



2018 Program Itinerary

Timor Leste is one of the last places in the world that is untouched by tourism, from rainforest's and miles of coastal beaches to mysterious valleys. Our trip journeys into the mountainous district of Luro, where we stay with the local community, learn of their culture, tackle *Tetum* (the local language) and hike the mountain ridge known as the '*Crocodiles Back*' to the top of Mt Hafa Hafa, for a breathtaking view of the north coast and from Mt Legumau the south coast.

2018 DATES

Tour 1	Saturday 7 July - Saturday 14 July 2018
Tour 2	Saturday 1 September - Saturday 8 September 2018
Tour 3	Saturday 22 September - Saturday 29 September 2018

COST	\$1,500.00 (AUD)
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ITINERARY

Day 1 Saturday	Dili / Metinaro / Baucau
Day 2 Sunday	Luro
Day 3 Monday	Trek to Mt Hafa-Hafa
Day 4 Tuesday	Luro Market & Community Activity
Day 5 Wednesday	Trek to Mt Legumau
Day 6 Thursday	Luro / Baucau / Metinaro / Dili
Day 7 Friday	Dili tour
Day 8 Saturday	Dili - return home





Itinerary

Saturday

Day 1 - Dili / Metinaro / Manatuto /Baucau

Upon arrival to Dili's International Airport - *Presidente Nicolau Lobato International*, you will be issued with a 30 day travellers visa (USD \$30). We will be there to greet you.

We stop at Timor Plaza to share in coffee, get money from the ATM, purchase SIM cards, have breakfast and buy gifts for our Home Hosts before we depart. We leave the city's capital, a former Portugese settlement, established in 1669 and begin winding through the coastal mountain range.

Along the journey we stop at Manatuto, a village specialising in pottery (a mixture of river clay and beach sand) and basketwork. We cross the Lacle River in Manatuto, the birthplace of Xanana Gusmão and continue on through Vemasse, where the countryside is devoted to rice paddies, before gently ascending up the forested Baucau plateau. Along the journey you will have an opportunity to see the circular houses and conical roofs of the *Mambat* people.

We arrive in Baucau for late lunch, where you will notice that the menu is heavily influenced by South East Asia and likely to use ingredients including pork, fish, basil, tamarind, legumes, corn, rice, root vegetables and tropical fruit. Dishes that maybe available include *Midarsin* (pork ribs with tamarind juice and sweet soya sauce), *Batar Da'an* (a unique pumpkin, corn and bean dish) and *Tapai* (made from fermented rice and slightly alcoholic).

Baucau, was once the capital of Timor Leste, and is a popular weekend escape for the Dili Expat community. You will notice its bustling produce market, pink hotel, historic churches and crumbling sites - both tragic and inspiring to discover.

After lunch we check into Tato Toti Guest House and have time for a siesta. In the late afternoon we cool off with a refreshing swim at the local Baucau Pool. In the evening we will have dinner at nearby hotel, Pousada de Baucau, the pink hotel,.

Meals: Breakfast , Dinner & Lunch not included

Accommodation: Tato Toti Guest House





Sunday

Day 2 - Baucau / Luro

This morning we leave Baucau and travel to Luro. Ascending high into the mountains we experience the Lautem District greetings from the villagers as we pass by.

By lunchtime we arrive in Luro to the warm welcome of our Hosts. We share a group lunch prepared by local women of the community.

After lunch you will be escorted to your accommodation and introduced to your host families. Enjoy some quiet time. Before dinner we will have the opportunity to participate in a Tetum language lesson as well as learn some Sa Ani the dialect of the Sub Districts of Baracafa, Luro & Kotamutu. You will share dinner with your fellow traveller and start to become familiar with the layout of Luro, Tetum language and home traditions.

Meals: Motel Breakfast / Group Lunch / Group Dinner
Accommodation: Luro Home Hosting

Monday

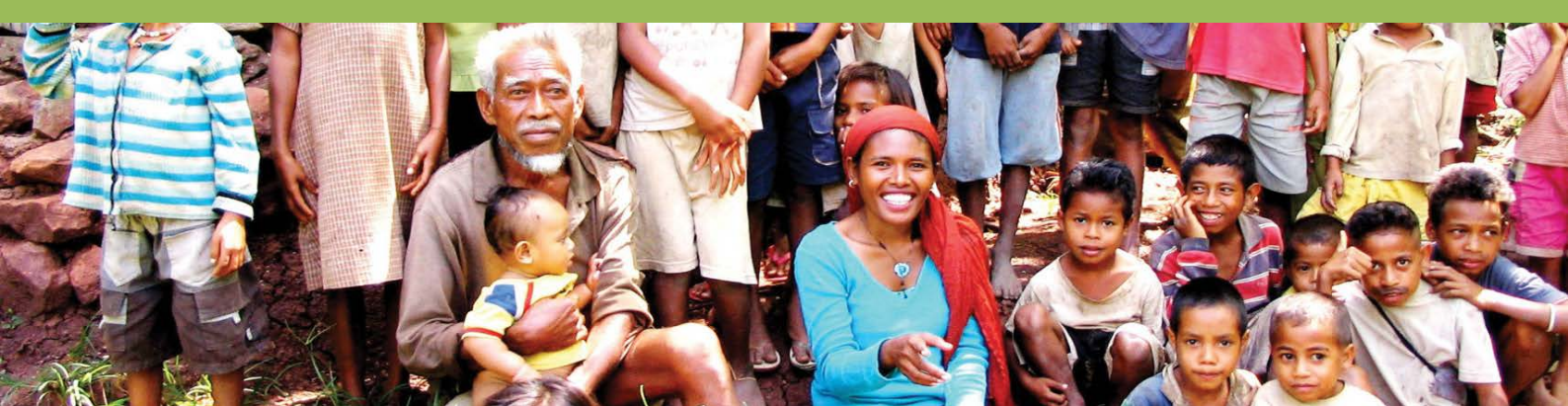
Day 3-Luro / Trekking Mt Hafa Hafa (Gunung Hafahafa)

This morning after breakfast we meet. Walking out of Luro, we begin a slow and steady ascent to the top of Mt Hafa Hafa (824 meters above sea level). From these heights you will see the spectacular coastline and rugged mountains and lush valleys. From the top of Mt Hafa Hafa the views are simply breath taking.

We visit the small village of Buanomar that sits at the base of Mt Hafa Hafa. We walk through the rice paddies, observing farmers at work and enjoy a traditional cooked Timorese lunch at Baracafa. After lunch we visit a traditional Timorese house, referred to as a Fataluka house. The high tapered roof and stilted structure is fascinating to view and will provide you with insight into how the traditional Timorese live. We then walk back to Luro, with a side track option to visit the local swimming hole (warning steep decent). You will share dinner with your fellow travellers.

Meals: Home Host Breakfast / Group Lunch @ Baracuffa / Group Dinner
Accommodation: Luro Home Hosting





Tuesday

Day 4 - Community Activity & Luro Home-Stay program

Early this morning, we venture into the bustling weekly produce market. You will have an opportunity to buy some fresh pastries from the market to take with you for morning tea. We look inside the Luro Junior and Senior schools to say hello and have an opportunity to view the local Medical Centre.

We venture through the agricultural community, visiting vegetable gardens, rice paddies, a fish farm and enjoy a coconut morning tea. We then walk to Kotamutu where we will visit a Fataluku house and learn about why they are the iconic symbols of Timor. We finish the morning program with a visit to the Kotamutu primary school and share a delicious lunch, prepared by the local women of Kotamutu.

In the afternoon we will participate in a community development activity which will give us an opportunity to share our skills with Luro people. We have dinner with our Home Hosts, followed by music and dancing, performed by Luro's most contemporary outfit 'The Sa Ani Dancers'.

Meals: Home Host Breakfast / Group Lunch @ Kotamutu / Group Dinner

Accommodation: Luro Home Hosting

Wednesday

Day 5 - Trekking Mt Lagumau

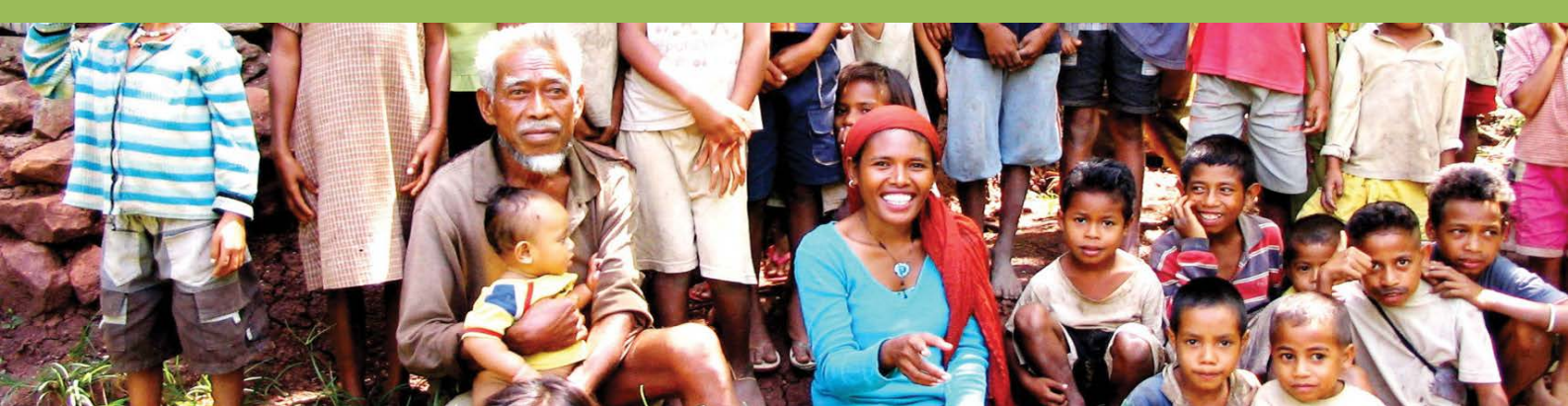
Early this morning we drive out to the remote village of Oecussi, via Baracafa. On our way we will have an opportunity to view the magnificent trellised landscape. You will also notice the Lopo and Ume Kebubu houses, infamous in the Oecussi region by the Dawan people. From Oecussi we will begin the trek up to Mt Lagumau. As we ascend we will experience the breathtaking views and lush landscapes of the mountains, looking off into the far distance we see Timor's north and south coastline.

We return to Oecussi for a late lunch of local traditional Timorese flavours. Late afternoon we take a road walk home via Baracafa to Luro, greeting children as they wander home from school. Following the downhill meander back to Luro, we will enjoy a well-earned beer, a rest and have an opportunity to share a final dinner.

Meals: Home Host Breakfast / Group Lunch @ Oecussi / Group Dinner

Accommodation: Luro Home Hosting





Thursday

Day 6 - Luro /Baucau / Cristo Rei / Areia Branca / Dili

This morning, we pack up and say goodbye to our Host families. Traditional *tais* will be available to purchase. Prices will vary from \$80-\$100, based on size and length. Unique to the region and woven using distinct colours and shades that reflect the weavers family of origin, we encourage you to consider buying one in memory of your unique experience. Although *tais* will be available to buy in Dili markets, many are synthetic and imported from Indonesia.

We descend the highlands of the Luro district, enjoying the picturesque view of the mountains we leave behind. We stop for lunch in Baucau and enjoy Sumatran style food, before we journey back to Dili.

We return to Hotel Esplanada in Dili for a well-earned swim and cocktail.

Meals: Home Host Breakfast (Lunch & Dinner not included)

Accommodation: Hotel Esplanada (Twin Share)

Friday

Day 7 - Dili Tour

We explore Dili this morning, visiting historic ‘must see’ sights and museums that will give you insight into the history of this nation’s dramatic, post-colonial struggle for independence. The capital has been recently anointed by José Ramos Horta as the ‘*City of Peace*’ and is a fascinating place to explore.

We warm up the muscles with a walk up the many steps to Cristo Rei, the 65ft Christ statue and local landmark. The views of Dili and the harbour are stunning and will provide you with an overview of the bustling city. We will explore the Santa Cruz Cemetery, where you will learn about its history, the 1991 massacre, the footage delivered to the world by British journalist Max Stahl and why it is cited as a turning point in Timor’s struggle for independence.

We then visit the Resistance Museum, a space that commemorates the 24 year struggle against Indonesian occupation through stories, photos and timelines. We lunch at a traditional Timorese cafe before wondering the Tais Market, a traditional Timorese *mercado*, where you will have an opportunity to buy customary jewellery, bags and handicraft.

We return to Hotel Esplanada for a refreshing drink and an opportunity to meet international expats gathering for happy hour, while the sun sets across the esplanade.

There is an opportunity to gather for a group meal in the evening and share email addresses and photos.

Meals: Breakfast included

Accommodation: Hotel Esplanada (Twin share)





Saturday

Day 8 - Dili return home

This morning our trip ends after breakfast. The friendly staff at Hotel Esplanada can help you book a taxi to the airport.

Consider spending a few extra days visiting Atauro Island (30km north of Dili) or Oecussi Island (West Timor). Ferries and Charter boats can be easily booked.

Diving in Timor-Leste (East Timor) is world class, thanks to a perfect mix of cool, deep water, undamaged reefs, under fished marine life and its prime location in the Coral Triangle.

The Triangle encompasses portions of two biographic regions, the Indonesian-Philippines Region (including East Timor) and the Far Southwestern Pacific Region. Recognized as the global epicentre of marine biodiversity, the Coral Triangle has the most diverse coral in the world, including 76% of the world's coral and 37% of the world's coral-reef fish.

Day trips are available through local tour operators, Timor Adventures.

Meals: Breakfast included

Accommodation: Check out of Hotel Esplanada at 10.00am

Bring a spirit of adventure

There is a real need for You to have a genuine spirit of adventure and be aware, You are part of tourism in its infancy. As such the daily itinerary maybe altered to address unforeseen circumstances and challenges. To prepare for this, 'pack' a flexible and relaxed attitude, bring a spirit of adventure and inquiry, a healthy sense of humor and a willingness to encounter the unexpected. With these essential items packed, we promise, You will find this trip to Timor Leste the adventure of a lifetime!

Please remember that you are embarking on an adventure, in a place and amongst people whose lives are very different from your own. Many aspects of life in Timor Leste will seem unusual. Remember that these are often the same aspects that make it an exotic and attractive destination.

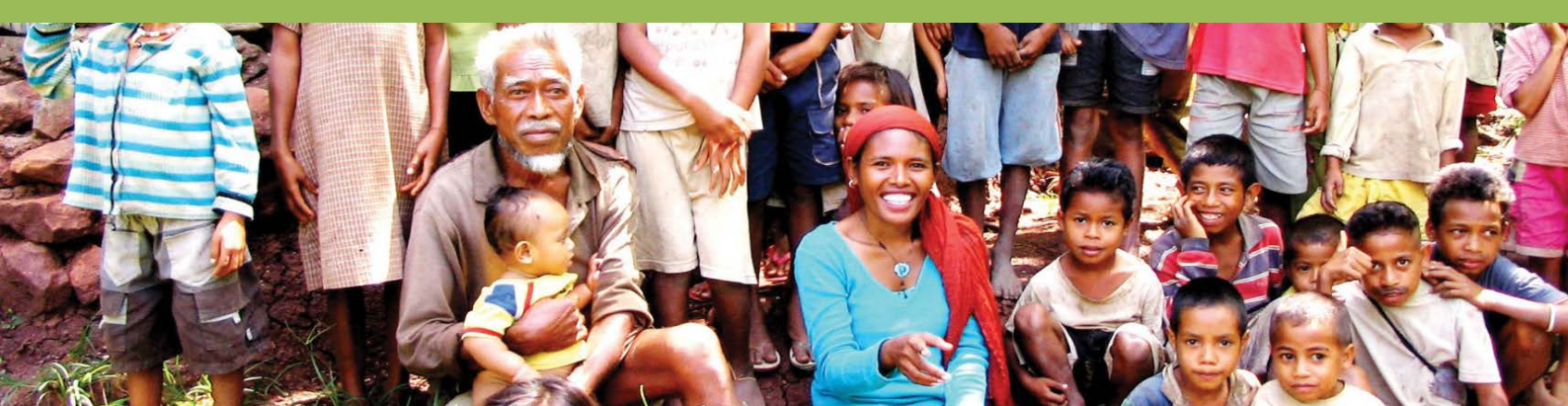
Other physical challenges you may face include rough, bumpy roads and changeable weather. It's important you bring a healthy sense of humor and a willingness to encounter the unexpected.

Physical requirements

While you are touring Timor, your safety and comfort depends a great deal on your physical fitness. So we recommend you undertake 2 months of training to prepare your body; so you are in peak physical fitness. You must be fit to very fit, with good endurance and cardiovascular strength.

Your training should include long bush walks, uphill and downhill - the steeper the better, or walking up and down stairs is an ideal training method. Preparation for strength, stamina, endurance and cardio





fitness will provide you with a good base for these day treks. You should train in the hiking boots that you will wear for the trek so they are well worn-in and comfortable. On the treks we will generally not exceed 4 hours in a day. At any stage of the trek you can expect some steep climbs and descents and a wide range of weather conditions. Speed is not important, however fitness, stamina, confidence and balance will provide you with a safe experience. It is paramount that all trekkers take out travel insurance with a reputable travel insurer, that covers Timor Leste and Asia. Upon booking it is mandatory that you provide us with your travel insurance details.

