

**ATLANTIC TRAVEL & TOURS**

**OCEANIA**

**AUSTRALIA AND FRENCH POLYNESIA**

**SENIOR TRAVEL**

**RELAX AND CULTURE: UNMISSABLE EXPERIENCES  
FOR SENIOR TRAVELERS OFF THE BEATEN TRACK  
OF MASS TOURISM**



**[WWW.VISITATLANTICTRAVELTOURS.COM](http://WWW.VISITATLANTICTRAVELTOURS.COM)**

## FROM THE CEO - FOUNDER

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Dear travelers,

Imagine rediscovering the pleasure of traveling at a gentle pace, without rush, allowing yourselves to be guided by curiosity and the landscapes that surround you.

Every place has a story to tell, every experience is an invitation to live in the moment, to **feel the rhythm of each destination and to savor its true essence.**

Picture leisurely walks through historic towns, along narrow streets that preserve ancient traditions, or moments of tranquility immersed in timeless natural landscapes. Let yourselves be embraced by the atmosphere of cultural cities, museums, local markets, rolling hills, and lakes that invite pause, reflection, and enjoyment.

This brochure is an invitation to dream with open senses: each page offers ideas, colors, scents, and inspirations to help you imagine a journey designed entirely for you. It is not just a collection of destinations, but a guide to experiences that combine **culture, nature, and comfort**, allowing you to fully enjoy every moment.

Turn these pages with curiosity, **let yourselves be inspired**, and begin planning a journey that celebrates the joy of discovering the world in your own way.



*Steve Tabacchi*

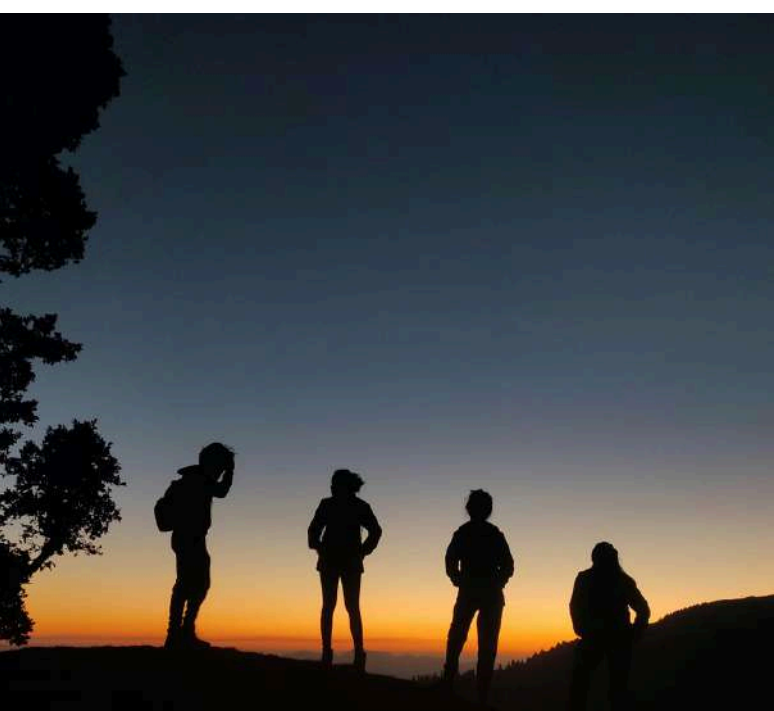
DR. STEVE TABACCHI  
CEO - FOUNDER  
ATLANTIC TRAVEL & TOURS



**WHY TRAVEL  
WITH US**

**DISCOVER WHY OUR  
TOUR OPERATOR IS  
UNIQUE AND  
UNRIVALED!**

# BESPOKE TRAVEL FOR EVERYONE



## OUR TRAVEL ITINERARIES

We exclusively curate itineraries for innovative and original travel experiences that diverge from the conventional paths of mass tourism. Our aim is for each customer to be the protagonist of their own journey.

## OUR TRAVEL CLASSES

We arrange travel for the following categories:

- **FIRST**
- **PREMIUM**
- **ECONOMY**

# WE ORGANIZE ITINERARIES USING THE FOLLOWING TRANSPORTS



## CAR

- ✓ RENTAL



## VAN

- ✓ RENTAL
- ✓ SCHEDULED TOURS WITH DRIVER



## COACH

- ✓ RENTAL WITH DRIVER
- ✓ SCHEDULED TOURS WITH DRIVER



## FERRY

- ✓ INTERNAL TRANSFERS
- ✓ TOURS AND EXCURSIONS



## AIRPLANE

- ✓ DOMESTIC FLIGHTS

# PRIORITY CHECK-IN AND CHECKED BAGGAGE

Bid farewell to lengthy check-in queues! With our priority check-in service, you can swiftly obtain your boarding pass and check in your baggage. We are consistently prepared to provide this option, contingent upon airline availability, to enhance your travel experience, whether you are flying in premium or economy class. **Do not squander time; opt for comfort!**



# NO QUEUES AT THE AIRPORT WITH THE FAST TRACK SERVICE



We understand the frustration of enduring lengthy waits at airport security. Therefore, we consistently incorporate fast track access into our travel packages, allowing you to bypass the queue and enjoy a stress-free experience.

The service is contingent upon the availability at each airport, thus we cannot assure its constant accessibility. Nevertheless, we are pleased to announce that it has been implemented in the majority of the airports we utilize. **Seize this opportunity!**





# COMFORT IN AIRPORT LOUNGES

Once reserved solely for business and first-class passengers, airport lounges are now available to travelers in other classes as well. We provide the highest level of comfort and luxury to ensure your airport experience is memorable. In our travel packages, we consistently strive to include access to these exclusive areas at both departure and arrival points (subject to airport and airline availability). Relax, indulge in culinary delights, savor fine beverages, and enjoy refreshing showers, all within elegant and tranquil settings. **Seize this exceptional opportunity!**



# OTHERS SERVICES

OUR EXCEPTIONAL PARTNERSHIPS WITH DIVERSE SUPPLIERS ENABLE US TO PROVIDE OUR CUSTOMERS WITH THE FINEST OF THE FOLLOWING SERVICES

**ADVANCED LUGGAGE SHIPPING**  
**TOURIST VISAS**  
**CURRENCY EXCHANGE**  
**INSURANCE POLICIES**



	AUD	7.01
	NZD	5.05
	JPY	0.0913
	GBP	11.23
	EUR	9.71
	SGD	5.35
	CHF	7.00



# ALWAYS TRAVEL WITH A PREMIUM DISCOUNT!



**-20%**

- **ACTIVE YEAR-ROUND**
- **FOR ALL CATEGORIES OF TRAVELERS**
- **NO MINIMUM SPENDING THRESHOLD REQUIRED**



# TRAVEL PHOTOGRAPHER

FOR AN UNFORGETTABLE TOUR  
**FOREVER**



Certain journeys hold a unique significance: a honeymoon, a wedding anniversary marked by the renewal of vows, or cherished moments spent with close friends or family. Such beautiful occasions will be immortalized through professional photography and videography. Should you wish to incorporate this option into your upcoming trip, we are pleased to provide assistance with photographers who can transform your experience into a lasting memory.



## **ONE FREE INDIVIDUAL FOR EVERY 15 PAYING CUSTOMERS**

Take advantage of our **perpetually active** promotion. If you can gather a **minimum of 15 individuals**, one person will receive a **complimentary** trip. Consider anyone who might be interested among family, friends, colleagues, or others. Additionally, if you require a tour leader or tour guide to assist you and your group throughout the entire tour, we can provide this service as well



## **OUR COMMITMENT TO ENVIRONMENTAL PROTECTION AND CANCER RESEARCH**



THROUGH OUR TRIPS, WE AIM TO PROVIDE OUR CUSTOMERS WITH THE OPPORTUNITY TO **SUPPORT** NON-PROFIT ORGANIZATIONS DEDICATED TO ADDRESSING THE FOLLOWING GLOBAL CHALLENGES.



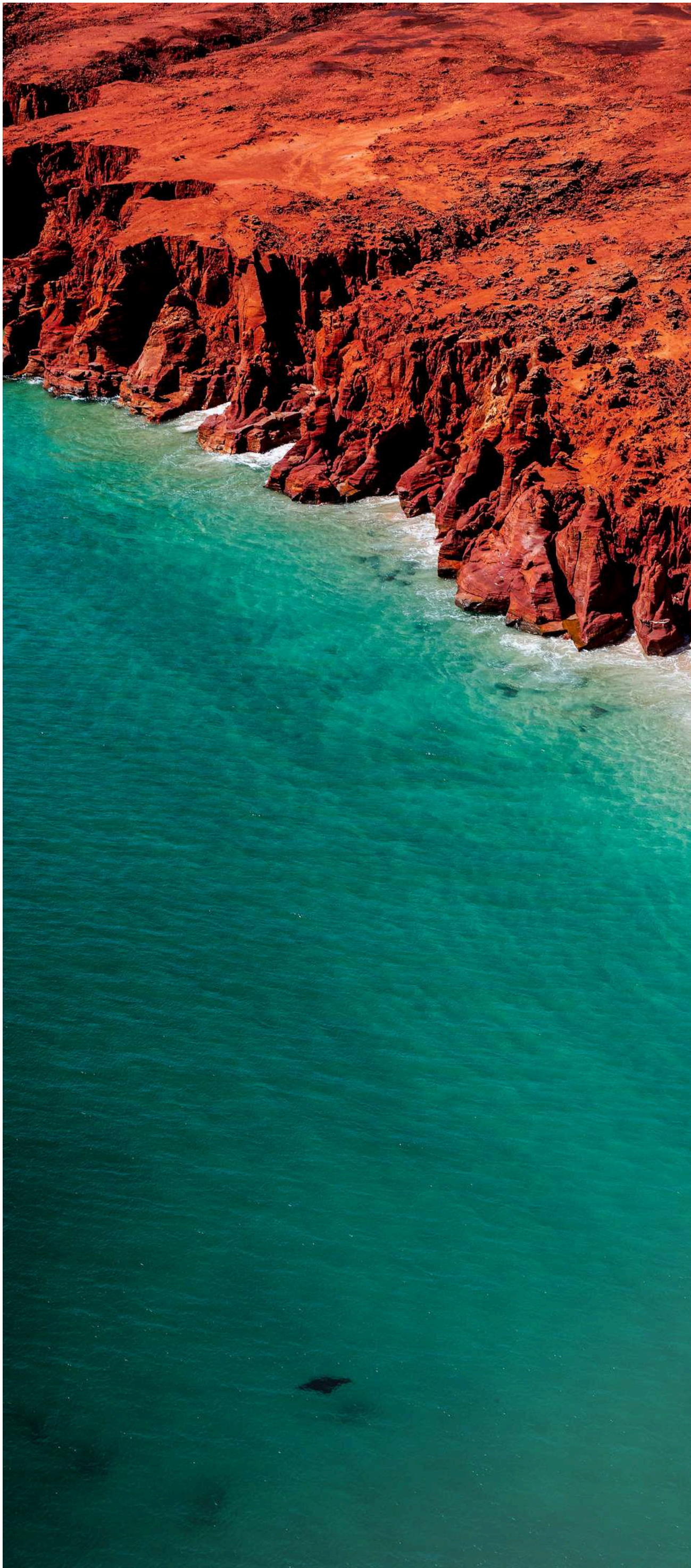
- **CONSERVATION OF PLANT AND ANIMAL LIFE**
- **GLOBAL WARMING**
- **CANCER RESEARCH**



## **WHY CHOOSE OCEANIA FOR SENIOR TRAVELERS**

DISCOVER AUSTRALIA AND FRENCH POLYNESIA AND LET YOURSELVES BE INSPIRED BY ITINERARIES DESIGNED TO BE ENJOYED AT A RELAXED PACE, THROUGH AUTHENTIC LANDSCAPES, CULTURAL EXPERIENCES, AND PLACES FAR FROM MASS TOURISM, FOR A JOURNEY THAT IS RELAXING, COMFORTABLE, AND DEEPLY MEANINGFUL

# THE CHARM OF A SENIOR JOURNEY BETWEEN AUSTRALIA AND FRENCH POLYNESIA



A journey for travellers over 65 between Australia and French Polynesia is not built around the number of stops or the constant search for activities, but rather through itineraries that allow the territories to be experienced with greater continuity, more balanced timing, and a more direct relationship with the landscape and local culture. In these destinations, the value of the experience does not depend on the speed of movement, but on the ability to alternate nature, history, and everyday life in very different yet well-organised and easily readable contexts.

Australia offers a wide territorial variety distributed along coastal areas and more accessible inland regions. Cities such as Sydney, Melbourne, and Adelaide make it possible to combine urban environments, museums, historic districts, harbour areas, and ocean landscapes without excessive intensity, while regions such as Tasmania, South Australia, and parts of Queensland introduce a more natural and scenic dimension, made of bays, vineyards, forests, and small coastal towns. The vast Australian distances are balanced by efficient infrastructure and well-distributed internal connections, allowing itineraries to be built progressively without constant changes of accommodation or overly complex transfers.

In French Polynesia, instead, the journey takes on a more contained and insular dimension. The Society Islands, such as Tahiti, Moorea, and Bora Bora, allow longer stays in tropical environments that are easy to enjoy, where the relationship with nature is immediate but does not necessarily require physically demanding experiences. Protected lagoons, coastal villages, and short transfers between bays and motu support a more relaxed and regular way of travelling.

From a landscape perspective, the two destinations complement each other through very clear contrasts. In Australia, the journey crosses oceans, tropical forests, desert regions, and wine-producing areas, creating continuous changes of scenery. In French Polynesia, on the other hand, the continuity of the oceanic environment prevails, where the landscape is dominated by coral lagoons, volcanic reliefs, and tropical vegetation that slowly shape the perception of space and time.

The pace of the stay also changes significantly. In Australia, travel can alternate between cities and nature through more structured but well-organised stages, while in French Polynesia the stay tends to focus more on island life, on the relationship with the sea, and on the possibility of experiencing the territory without constant movement.

The cultural component plays a central role in both contexts. In Australia, the contemporary multicultural dimension of cities coexists with Aboriginal cultures, which give the landscape a deep spiritual and identity-based meaning. In French Polynesia, Polynesian culture remains strongly connected to navigation, the communal structure of the islands, and traditions passed down orally.

Accommodation also helps define the experience. In Australia, the journey moves from panoramic hotels overlooking urban bays to lodges immersed in vineyards or coastal nature, while in French Polynesia the focus is on properties integrated into lagoons and tropical landscapes, designed to maintain a direct connection with the ocean and the surrounding environment.

A journey for travellers over 65 between Australia and French Polynesia is therefore built on balance, variety, and landscape continuity: not a frenetic experience, but a journey that prioritises the quality of places, the clarity of territories, and the possibility of experiencing very different cultures and environments at more natural and sustainable rhythms.

# WHY CHOOSE AUSTRALIA AND FRENCH POLYNESIA FOR A TRIP OVER 65

## A JOURNEY BUILT ON BALANCE, READABILITY OF THE TERRITORIES, AND QUALITY OF EXPERIENCE

A trip for travellers over 65 between Australia and French Polynesia is not based on the constant search for activities or excessively fast-paced itineraries, but on the possibility of crossing very different territories while maintaining comfort, continuity, and more natural visiting times. In these destinations, the journey takes on a more balanced dimension, where the variety of landscapes is combined with the ability to experience each place without pressure and without the need for frequent complex transfers. Australia allows for alternating well-organised coastal cities, easily accessible natural regions, and scenic routes spread across vast but well-connected territories. French Polynesia, instead, introduces a more compact and relaxed dimension, based on staying on the islands, the regularity of daily rhythms, and the strong presence of the ocean environment.

## LANDSCAPES AND TERRITORIAL SYSTEMS THAT FAVOUR A MORE REGULAR RHYTHM

In Australia, the journey develops through extremely diverse but easily readable environments: urban bays, wine regions, ocean coasts, temperate forests, and tropical areas alternate without necessarily requiring physically demanding experiences. Modern infrastructure and internal connections allow for the creation of progressive itineraries, where cities and nature coexist in a fluid way.

In French Polynesia, instead, the territory is organised around archipelagos and lagoons. The Society Islands, such as Tahiti and Moorea, allow for longer and more stable stays, with reduced travel and strong continuity between accommodation, coastal villages, and the natural landscape. The journey thus takes on a slower and more contemplative dimension, where the sea and light naturally structure the days.

## AN ITINERARY THAT PRIORITISES CONTINUITY AND IMMERSION IN THE LANDSCAPE

Australia and French Polynesia share the ability to offer very different experiences without creating fragmentation in the journey. In Australia, the continuous change of landscape — from the Pacific coasts to inland regions, and to the bays of Tasmania — keeps the sense of discovery alive while maintaining a high level of organisational quality. In French Polynesia, instead, a stronger visual and emotional continuity prevails: coral lagoons, volcanic reliefs, and small island villages create a more compact and regular experience.

The result is an over-65 travel model that does not prioritise speed or the number of stops, but the possibility of experiencing very different environments with more sustainable pacing, high comfort, and a more direct relationship with the territory. It is an experience that places at its centre the quality of the stay, the fluidity of transfers, and the ability of landscapes to accompany the journey without overwhelming it.





# **TAILOR-MADE JOURNEYS FOR UNFORGETTABLE OVER-65 TRAVELERS**

**A trip to Australia and French Polynesia for those over 65 is more than just a holiday: it is an opportunity to explore extraordinary landscapes, discover authentic villages, immerse oneself in local culture, and enjoy moments of relaxation far from mass tourism.**

**For this reason, it should never be a standard package, but an experience designed with care and attention, tailored to your pace, your passions, and your story.**

**Our approach to creating over-65 journeys is based on a fundamental principle: every itinerary must be unique and reflect the needs of those who travel slowly, seeking comfort, accessibility, and authenticity.**

**We listen to your wishes, understand your rhythm and travel style, and design a journey that makes every stage of this experience special.**

**Every detail is carefully considered:**

- Destination selection, from historic villages to lesser-known towns, quiet beaches, and natural parks with accessible routes**
- Itinerary pace, to enjoy every experience without hurry or stress**
- Experiences along the way, such as scenic walks, visits to museums and local galleries, food and wine tastings, and small excursions immersed in nature**
- Selection of the most comfortable, welcoming, and inspiring accommodations, away from the most crowded tourist routes**

**The result is an authentic, balanced, and deeply personal journey, designed to offer moments of relaxation, discovery, and pleasure, turning every stage into a lasting and precious memory.**

# EXPERIENCES THAT MAKE A TRIP OVER 65 UNIQUE BETWEEN AUSTRALIA AND FRENCH POLYNESIA



## **A JOURNEY SHAPED BY THE QUALITY OF TIME AND THE HARMONY BETWEEN VERY DIFFERENT ENVIRONMENTS**

An over-65 journey between Australia and French Polynesia is not defined by the density of activities, but by the quality of time spent in each destination and the ability to experience contrasting environments while maintaining a steady, sustainable rhythm. Australia and French Polynesia offer two complementary ways of travelling: on one hand, a vast and well-structured territorial system; on the other, a more intimate insular dimension, where the sea becomes the defining element of the experience.

## **EXPERIENCES THAT ARISE FROM THE ALTERNATION BETWEEN WELL-ORGANIZED CITIES AND ACCESSIBLE NATURE**

In Australia, the journey unfolds through a range of very different yet generally well-structured settings. Coastal cities such as Sydney, Melbourne, and Adelaide allow for a combination of culture, scenic waterfronts, and easily accessible historic districts. The wine regions of South Australia and the coastal areas of Victoria offer a slower pace, with open landscapes and stays set within orderly natural environments. Even regions such as Tasmania and parts of Queensland introduce a more nature-oriented dimension, while still benefiting from infrastructure that facilitates travel and movement. In French Polynesia, by contrast, the experience is centered on the main islands such as Tahiti, Moorea, and Bora Bora, where stays tend to be more stable and linear in structure. Protected lagoons, coastal villages, and short distances between points of interest allow for a slower way of experiencing the territory, with a strong sense of continuity between landscape and stay.

## **A JOURNEY DEFINED BY CONTINUITY, EASE OF MOVEMENT, AND A SUSTAINABLE TRAVEL RHYTHM**

In this type of journey, value does not lie in the complexity of the itinerary, but in its ability to maintain coherence and fluidity. In Australia, movement between different regions is supported by modern infrastructure and efficient connections, allowing travellers to alternate between cities, coastlines, and natural landscapes without excessive logistical effort. In French Polynesia, by contrast, the journey is mainly contained within individual islands or between nearby islands, reducing the need for frequent transfers.

This structure makes it possible to experience travel in a more relaxed way, with sufficient time for visiting and staying in each place, without pressure or an overload of stops. The result is an experience built on balance and continuity, where the landscape becomes the primary point of connection with the journey.

An over-65 itinerary between Australia and French Polynesia thus becomes a path that combines geographical variety with operational simplicity, offering the opportunity to experience very different environments — coastal cities, wine regions, tropical islands, and ocean lagoons — at a natural, steady, and fully enjoyable pace.

# WHEN TO TRAVEL FOR AN OVER-65 JOURNEY BETWEEN AUSTRALIA AND FRENCH POLYNESIA



The ideal timing for a travel between Australia and French Polynesia depends significantly on the climatic diversity of two destinations that are both geographically distant and seasonally complex. Australia spans multiple climate zones, while French Polynesia follows a tropical oceanic pattern, where seasonality is mainly defined by rainfall and sea conditions. As a result, there is no single “perfect” period for both destinations, but rather overlapping seasonal windows that must be carefully combined depending on the itinerary.

## **Australia: contrasting seasons across regions**

Australia’s vast scale creates strong regional differences, meaning the best time varies depending on the area visited.

September – November / March – May

These are generally the most balanced periods for much of the country. Southern cities such as Sydney, Melbourne, and Adelaide experience mild temperatures, while coastal regions of Queensland and Western Australia are also typically stable and pleasant.

December – February

Austral summer: ideal for southern coastal regions and Tasmania, with warm, vibrant conditions. However, the northern tropical areas (such as Cairns, the Daintree region, and Darwin) can be very hot and humid, with a higher risk of heavy rainfall and cyclones.

June – August

Austral winter: particularly suitable for the tropical north and the Red Centre (Uluru), where conditions are dry and more comfortable. Conversely, southern regions and Tasmania can be cooler and less inviting for extended outdoor experiences.

In summary, Australia is a year-round destination, but not all regions are equally suitable at the same time.

## **French Polynesia: tropical rhythm between dry and wet seasons**

French Polynesia follows a more uniform tropical climate, with two main seasonal phases.

May – October

The most favourable period, characterised by more stable weather, lower rainfall, and generally calmer seas. This is the ideal season for islands such as Tahiti, Moorea, and Bora Bora, offering optimal conditions for lagoon activities and sea-based experiences.

November – April

Warmer and more humid season, with a higher likelihood of intense but often short-lived rainfall. While still visitable, weather variability may affect the consistency of the experience, particularly on more exposed islands.

In summary, French Polynesia is a year-round destination, but the dry season offers a more predictable and generally more comfortable experience.

## **Planning across two hemispheres and two climatic systems**

A honeymoon between Australia and French Polynesia therefore requires careful coordination of seasonal patterns across two different hemispheres and climatic logics. Australia varies significantly between north and south and between austral summer and winter, while French Polynesia follows a tropical cycle defined by dry and wet seasons.

The choice of travel period becomes a defining element of the experience itself, influencing not only weather conditions but also landscape quality, regional accessibility, and the overall rhythm of the journey between a continental system and the island world of the Pacific.

# 10 TRAVEL SCENARIOS THAT EXIST ONLY BETWEEN AUSTRALIA AND FRENCH POLYNESIA

Between Australia and French Polynesia, there are travel experiences that unfold far from major international flows and well-established routes, across extremely vast or highly fragmented territories where geography directly shapes the rhythm of daily life. Australia and French Polynesia offer two opposite yet complementary systems: a continent made up of vast distances, deserts, coastlines, and cities isolated from one another, and an oceanic archipelago composed of volcanic islands and atolls scattered across the Pacific. The result is a way of travelling based on the continuity of landscape and the constant alternation between continental scale and insular dimension.

Among the most evocative:

- Travel along the Great Ocean Road between cliffs, surf towns, and coastal forests – Australia (Victoria) - Along Victoria's southeastern coast, the Great Ocean Road stretches between Torquay, Lorne, and Apollo Bay, reaching the Twelve Apostles. It is an itinerary where the Southern Ocean shapes cliffs, rock arches, and exposed beaches, while small coastal towns maintain a strong identity linked to surfing and marine life.
- Cross the Red Centre between Alice Springs, Kings Canyon, and Uluru-Kata Tjuta – Australia (Northern Territory) - In the heart of the continent, the territory between Alice Springs, Kings Canyon, and Uluru-Kata Tjuta unfolds as a continuous desert landscape, marked by canyons, monumental rock formations, and remote communities. The desert becomes both a geographical and cultural system, deeply connected to Aboriginal presence.
- Explore Tasmania between Hobart, Freycinet, and the Bay of Fires - The island of Tasmania combines historic cities such as Hobart with natural areas like Freycinet National Park and the Bay of Fires. The landscape alternates between mountains, isolated bays, and coastlines of orange rock, in a context of strong natural continuity and low population density.
- Traverse the Daintree Rainforest and the Great Barrier Reef between Cape Tribulation and Cairns – Australia (Queensland) - In northern Queensland, the Daintree Rainforest extends to Cape Tribulation, where tropical forest meets the coastline directly. Further north, Cairns serves as the gateway to the Great Barrier Reef, one of the most complex marine systems in the world.
- Experience the Society Islands between Tahiti, Moorea, and Bora Bora – French Polynesia - In French Polynesia, the Society Islands offer a continuous yet varied insular system: Tahiti with Papeete and its inland peaks, Moorea with its deep bays, and Bora Bora with its central lagoon. The landscape is defined by the constant relationship between volcanic mountains and the ocean.
- Explore the Tuamotu atolls between Rangiroa and Fakarava – French Polynesia - The Tuamotu atolls, such as Rangiroa and Fakarava, represent one of the most essential geographical forms in the Pacific: coral rings, lagoon passes, and small villages spread over extremely limited land areas. The sea entirely defines the structure of the territory.
- Follow the traces of Paul Gauguin between Hiva Oa, Atuona, and the Gauguin Museum – Marquesas Islands, French Polynesia - In the Marquesas Islands, Hiva Oa is one of the most isolated environments in the entire Pacific. In Atuona lie the main village, Paul Gauguin's cemetery, and the Paul Gauguin Museum, while the surrounding landscape is composed of deep valleys, mountains, and ocean cliffs.
- Cross the Kimberley between Broome, Windjana Gorge, and the Horizontal Falls – Australia (Western Australia) - In northwestern Australia, the Kimberley is one of the country's most remote regions. Between Broome, Windjana Gorge, and the Horizontal Falls, rugged coastlines, canyons, and tidal phenomena alternate in a still sparsely inhabited territory.
- Discover Lord Howe Island between lagoon, extinct volcanoes, and protected biodiversity – Australia (New South Wales) - Lord Howe Island is a remote island in the southwestern Pacific Ocean, characterised by a sheltered lagoon, volcanic peaks, and unique biodiversity. Restricted access maintains a balance between environmental conservation and extremely limited human presence.
- Sail through the Austral and Gambier Islands between Mangareva and remote lagoons – French Polynesia - The Austral and Gambier Islands, with centres such as Mangareva, represent the most peripheral part of French Polynesia. Here, travel unfolds between deep lagoons, isolated villages, and a fragmented geography where maritime connections entirely structure daily life.





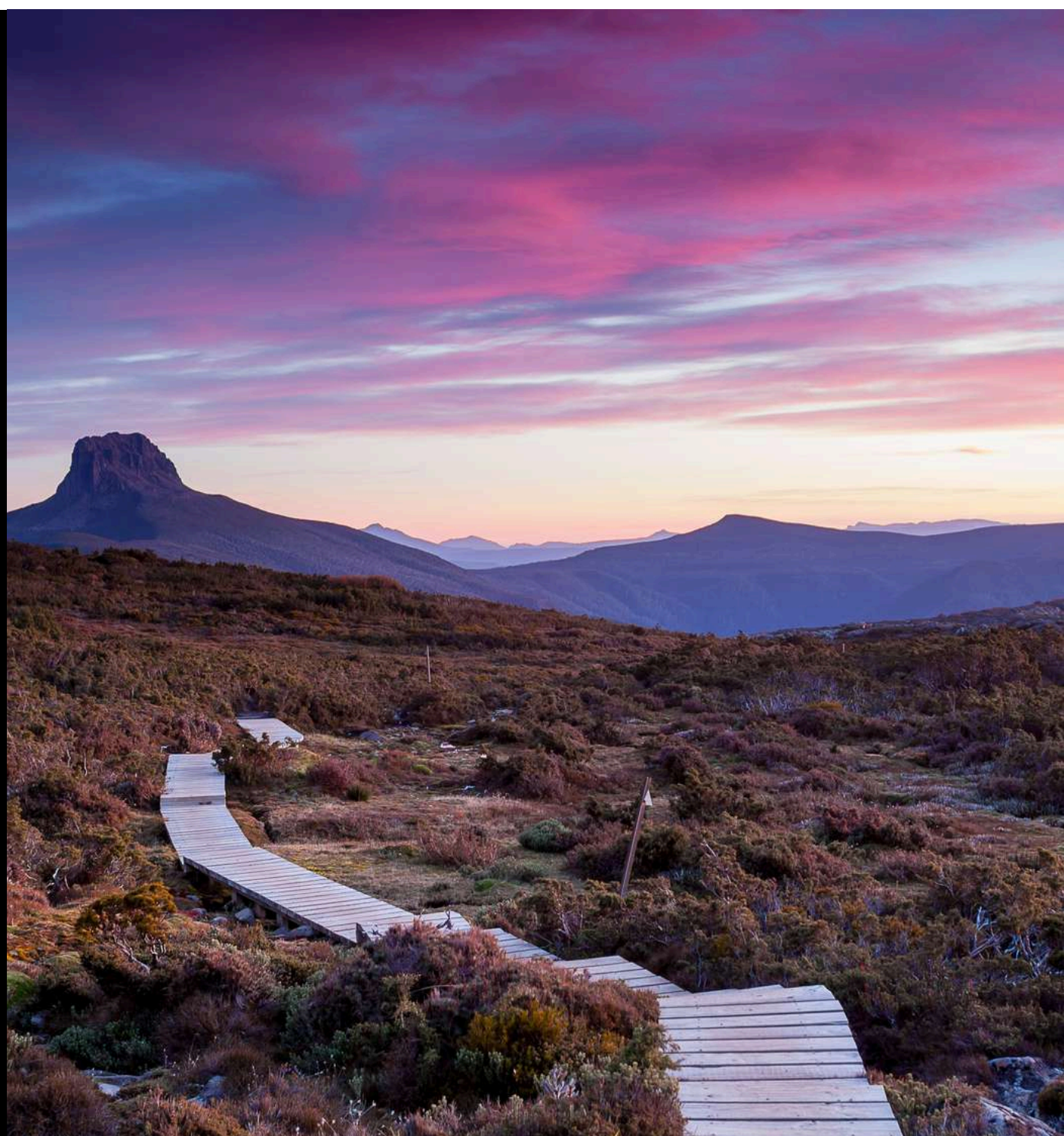
# THE MOST CHARMING ACCOMMODATIONS FOR AN OVER-65 JOURNEY

A journey is defined not only by the places visited, but also by the accommodations in which one stays, which become an integral part of the experience and profoundly influence its rhythm. Between Australia and French Polynesia, hospitality takes on very different forms: contemporary urban hotels, nature-based lodges, coastal eco-retreats, overwater bungalows, and structures integrated into volcanic or tropical landscapes. In both cases, accommodation is never neutral, but actively shapes the way the journey is experienced.

In Australia, accommodation directly reflects the country's vast geographical diversity. In major coastal cities such as Sydney, Melbourne, and Brisbane, contemporary hotels overlook waterfronts, historic districts, or evolving urban skylines. These properties offer an immediate connection with the country's cultural and urban dimension. In coastal and natural regions, accommodation shifts towards eco-lodges, retreats, and resorts immersed in the landscape, such as along the Great Ocean Road, in Tasmania, or in Queensland. Here, nature becomes an integral part of the architecture, with structures blending into forests, cliffs, and national parks. In more remote areas such as the Northern Territory Outback or the Red Centre around Uluru, stays take on yet another dimension, with experiential camps and desert lodges offering direct contact with the arid landscape and the night sky.

In French Polynesia, hospitality is closely tied to the insular structure of the territory. On Society Islands such as Tahiti, Moorea, and Bora Bora, stays are defined by lagoon resorts, overwater bungalows, and properties integrated into tropical vegetation, where the ocean is a constant and immediate presence. In the Tuamotu atolls, accommodation becomes more essential and closely connected to the purity of the ocean environment, with guesthouses and small local structures overlooking lagoons and coral motu. In the Marquesas Islands, such as Hiva Oa and Nuku Hiva, stays take on a wilder and more cultural dimension, with lodgings set within mountainous landscapes and deep valleys, far from the classic Pacific beach image.

# MISTAKES TO AVOID WHEN PLANNING AN OVER-65 JOURNEY BETWEEN AUSTRALIA AND FRENCH POLYNESIA



## **PLANNING ITINERARIES THAT ARE TOO BROAD AND LACK COHERENCE**

One of the most common mistakes is trying to include too many Australian regions and too many Polynesian islands within the same trip. In Australia, for example, combining Sydney, Uluru, the Great Ocean Road, and Tasmania in just a few days means ignoring the continent's real distances. Similarly, in French Polynesia, attempting to link Tahiti, Bora Bora, Rangiroa, and the Marquesas in a tight sequence often results in a fragmented itinerary. A well-designed journey works better when focused on a few selected regions, allowing space for longer stays and a higher quality experience.

## **UNDERESTIMATING DISTANCES AND TRANSFER STRUCTURE**

Another mistake is failing to account for actual travel times. In Australia, domestic connections often require long-haul flights between cities and regions such as Sydney, Perth, or Darwin. In French Polynesia, inter-island transfers depend on limited flights or non-daily boat connections, which directly impact planning. Without careful time management, the risk is losing entire days to transfers alone.

## **NOT ALLOWING FOR LOCAL VARIABILITY IN CONDITIONS**

In both destinations, environmental conditions strongly influence the journey. In Australia, climate shifts dramatically between the tropical north, the central desert, and the southern coasts. In French Polynesia, tides, wind, and tropical seasonality can affect activities and sea travel. A rigid itinerary reduces the ability to adapt to these natural variations, which are an essential part of the experience.

## **LIMITING THE JOURNEY ONLY TO ICONIC DESTINATIONS**

A frequent mistake is focusing exclusively on Sydney and Melbourne in Australia, or Bora Bora and Moorea in French Polynesia. In reality, many of the most meaningful experiences are found elsewhere: regions such as Tasmania, Western Australia, or rural Queensland offer a very different Australia; similarly, lesser-known atolls and more remote islands in French Polynesia allow for a more authentic connection with local life.

## **UNDERESTIMATING THE ROLE OF ACCOMMODATION**

In these territories, accommodation is not a secondary element. A lodge in the Australian Outback, an eco-retreat in Queensland's rainforest, or an overwater bungalow in Bora Bora are not simply places to stay, but an integral part of how the landscape is experienced. A choice that is not consistent with the context can significantly reduce the quality of the journey.

## **APPLYING THE SAME TRAVEL MODEL TO COMPLETELY DIFFERENT CONTEXTS**

Australia and French Polynesia follow entirely different logics: the former is a continent defined by vast distances and complex infrastructure, the latter an insular system based on natural balance and limited mobility. Treating them as if they function in the same way leads to underestimating their true nature. A well-designed journey instead comes from respecting these differences, creating an itinerary that does not force the territories, but interprets them according to their real geographical and cultural structure.



## QUALITY AND SERVICE UPDATES

The experiences and services presented in this brochure have been selected based on qualitative criteria focused on comfort, accessibility, and the personalization of the travel experience.

As operational conditions, dedicated services, and policies may be subject to updates or changes over time, each proposal will be reviewed and confirmed at the quotation stage, in order to ensure full alignment with the traveler's specific requirements and the expected quality standards.



# AUSTRALIA – A CONTINENT SHAPED BY ANCIENT ABORIGINAL CULTURES, COLONIAL LAYERS, AND EXTREME LANDSCAPES CONNECTING INLAND DESERTS, OCEAN COASTLINES, AND REMOTE ISLANDS



Located between the Indian Ocean and the Pacific Ocean, Australia is a continental island distinguished by one of the world's most extensive and discontinuous territorial structures. Its geography is defined by a constant balance between extremely arid and desert inland areas, vast and densely populated coastal belts with diverse climates, tropical regions in the north, and remote island systems spread across different oceans. The Outback occupies much of the country's centre and is characterised by deserts, plateaus, and semi-arid environments, while the eastern and south-eastern coasts concentrate the main cities, infrastructure, and cultural systems. The north develops tropical environments and rainforests, while the south and south-east are defined by temperate and insular regions. This strong environmental discontinuity makes Australia a system of semi-autonomous territories, where each area presents profoundly different climatic and landscape characteristics. From a historical and cultural perspective, the Australian territory has been inhabited for over 60,000 years by Aboriginal peoples and Torres Strait Islanders, who developed a deep spiritual relationship with the land through the system of the "Dreaming", a worldview that connects landscapes, stories, and cultural identity. With the arrival of Europeans at the end of the 18th century, Australia entered a phase of British colonisation that led to the establishment of the first coastal cities and the introduction of new political and social structures. Over time, the country evolved into an independent federal and highly multicultural society, strongly influenced by European, Asian, and Oceanic cultures. This stratification has created a complex identity, in which major cities represent global modernity, while inland and remote areas maintain a more direct relationship with nature and Indigenous cultures.

The Australian territory can therefore be organised into macro-regions that group states and territories according to a coherent geographical and functional logic, also including the main islands and external territories:

- **EASTERN AUSTRALIA (NEW SOUTH WALES, VICTORIA, AUSTRALIAN CAPITAL TERRITORY)** – THIS MACRO-REGION CONCENTRATES THE HIGHEST URBAN AND CULTURAL DENSITY IN THE COUNTRY. NEW SOUTH WALES, WITH SYDNEY AS ITS MAIN CENTRE, EXTENDS ACROSS NATURAL BAYS, RUGGED COASTLINES, AND MOUNTAIN RANGES SUCH AS THE BLUE MOUNTAINS. VICTORIA, WITH MELBOURNE, REPRESENTS THE CULTURAL AND ARTISTIC HUB, WHILE THE AUSTRALIAN CAPITAL TERRITORY, WITH CANBERRA, SERVES AS THE INSTITUTIONAL AND POLITICAL CENTRE, DESIGNED AS A PLANNED CITY SET WITHIN A CONTROLLED NATURAL ENVIRONMENT
- **NORTHERN TROPICAL AUSTRALIA (QUEENSLAND, NORTH-EASTERN NORTHERN TERRITORY)** – THIS AREA IS DOMINATED BY TROPICAL AND SUBTROPICAL ENVIRONMENTS. QUEENSLAND, WITH BRISBANE AS ITS MAIN URBAN HUB, EXTENDS TO THE GREAT BARRIER REEF, ONE OF THE WORLD'S MOST COMPLEX MARINE ECOSYSTEMS, AND THE RAINFORESTS OF THE DAINTREE. THE NORTHERN NORTHERN TERRITORY INTRODUCES A MORE REMOTE AND WILD DIMENSION, WITH AREAS SUCH AS KAKADU NATIONAL PARK, WHERE WETLAND ECOSYSTEMS, ABORIGINAL ROCK ART, AND WILDLIFE COEXIST IN BALANCE.
- **CENTRAL AUSTRALIA (INLAND NORTHERN TERRITORY AND WESTERN OUTBACK OF SOUTH AUSTRALIA AND WESTERN AUSTRALIA)** – THIS REGION REPRESENTS THE DESERT HEART OF THE CONTINENT, DOMINATED BY EXTREME AND SYMBOLIC LANDSCAPES SUCH AS ULURU AND KATA TJUTA. IT IS CHARACTERISED BY LONG DISTANCES, EXTREMELY LOW POPULATION DENSITY, AND A STRONG ABORIGINAL CULTURAL PRESENCE. HERE, THE LANDSCAPE BECOMES AN IDENTITY ELEMENT RATHER THAN A SIMPLE GEOGRAPHICAL BACKDROP
- **SOUTHERN AUSTRALIA (SOUTH AUSTRALIA, SOUTH-WESTERN VICTORIA, AND INLAND REGIONS)** – THIS MACRO-REGION IS DEFINED BY A BALANCE BETWEEN CITIES, VINEYARDS, AND SEMI-ARID TERRITORIES. ADELAIDE IS THE MAIN CENTRE, SURROUNDED BY WINE REGIONS SUCH AS THE BAROSSA VALLEY AND CLARE VALLEY, WHILE PERIPHERAL AREAS OPEN TOWARDS LESS URBANISED DESERTS AND COASTLINES SUCH AS THE EYRE PENINSULA
- **WESTERN AUSTRALIA** – THE LARGEST AND MOST ISOLATED OF THE STATES, WITH PERTH AS ITS MAIN URBAN CENTRE. THE TERRITORY EXTENDS FROM THE AGRICULTURAL AND COASTAL SOUTH OF MARGARET RIVER TO THE NORTHERN KIMBERLEY REGION, CHARACTERISED BY CANYONS, SEASONAL RIVERS, AND REMOTE COASTLINES FACING THE INDIAN OCEAN. IT IS ONE OF THE LEAST DENSELY POPULATED AREAS IN THE WORLD RELATIVE TO ITS SIZE
- **TASMANIA (AUTONOMOUS ISLAND STATE)** – SEPARATED FROM THE MAINLAND BY THE BASS STRAIT, TASMANIA IS CHARACTERISED BY TEMPERATE FORESTS, MOUNTAINS, AND DEEPLY INDENTED COASTLINES. HOBART IS THE MAIN URBAN CENTRE, WHILE THE REST OF THE ISLAND IS DOMINATED BY NATURAL PARKS SUCH AS FREYCINET NATIONAL PARK AND CRADLE MOUNTAIN, WHERE NATURE REMAINS HIGHLY PRESERVED
- **EXTERNAL AUSTRALIAN TERRITORIES (NORFOLK ISLAND, CHRISTMAS ISLAND, COCOS (KEELING) ISLANDS, AND OTHER PACIFIC AND INDIAN OCEAN ATOLLS)** – THESE AREAS REPRESENT GEOGRAPHICAL AND ADMINISTRATIVE EXTENSIONS OF AUSTRALIA BUT WITH STRONG ENVIRONMENTAL AND CULTURAL AUTONOMY. NORFOLK ISLAND PRESERVES A COLONIAL HISTORY AND A GREEN OCEANIC LANDSCAPE IN THE SOUTH PACIFIC, WHILE CHRISTMAS ISLAND AND THE COCOS (KEELING) ISLANDS ARE ISOLATED TROPICAL ECOSYSTEMS IN THE INDIAN OCEAN, CHARACTERISED BY UNIQUE BIODIVERSITY AND LOW HUMAN IMPACT

From the perspective of connectivity and international access, Australia's airport system is organised into hubs that serve macro-regions and enable both entry into the continent and distribution across internal and external territories:

- **Sydney Airport** – The main gateway to eastern Australia and a major intercontinental hub connecting Asia, Europe, and the Americas, with direct links to Melbourne, Brisbane, and the rest of the country
- **Melbourne Airport** – The primary hub for the south-east and a strategic connection point for Tasmania, South Australia, and international routes
- **Brisbane Airport** – The main access point to Queensland and the Great Barrier Reef, with connections across the Pacific
- **Perth Airport** – A key hub for Western Australia and a direct link to the Indian Ocean and Southeast Asia
- **Darwin International Airport** – A strategic gateway to the Northern Territory and a connection point to Southeast Asia and the northern Outback
- **Canberra Airport** – Supporting the institutional system and domestic connections
- **Hobart Airport and Launceston Airport** – The main access points to Tasmania, with direct connections to the mainland
- **Regional and charter connections from Brisbane, Sydney, and Perth to external territories (Norfolk Island, Christmas Island, Cocos (Keeling) Islands), characterised by less frequent and highly regulated access**

In summary, Australia functions as a complex and deeply stratified continental system, where geography shapes culture, distance defines relationships between territories, and nature remains the dominant element connecting deserts, coastlines, and islands into a single yet highly articulated identity space.

# ITINERARIES FOR OVER-65 TRAVELERS BETWEEN CULTURAL CITIES, ACCESSIBLE LANDSCAPES, AND AUTHENTIC NATURE OFF THE BEATEN TRACK

## THE PLACES AND EXPERIENCES FOR AN OVER-65 JOURNEY OFF THE BEATEN TRACK

In Australia, an over-65 journey is designed around balance, comfort, and unhurried timing, without giving up the country's remarkable diversity. The experience unfolds between culturally rich urban centres, relaxed coastal regions, and easily accessible natural areas, favouring itineraries that avoid extreme distances while still offering strong landscape and identity value.

In New South Wales, beyond Sydney, the journey can focus on quieter and more legible areas such as the Blue Mountains National Park and inland historic towns like Bathurst and Orange. Here, accessible natural landscapes meet local culture rooted in agricultural traditions and small towns with a strong historical identity.

In Victoria, the cultural dimension extends beyond Melbourne. The region of Ballarat tells the story of the Australian gold rush through historic buildings and open-air museums such as Sovereign Hill, while the Mornington Peninsula combines natural thermal springs, small coastal villages, and easily accessible seascapes.

In South Australia, Adelaide offers an orderly and culturally rich city, with museums, gardens, and historic markets such as the Central Market. A short distance away, the Adelaide Hills introduce vineyards, small German-influenced towns like Hahndorf, and highly accessible rolling landscapes.

In Queensland, the Sunshine Coast provides a more relaxed approach to Australia's coastline, with places like Noosa and Montville combining protected nature, gentle walks, and small cultural towns. The inland areas offer subtropical forests and community-based local markets.

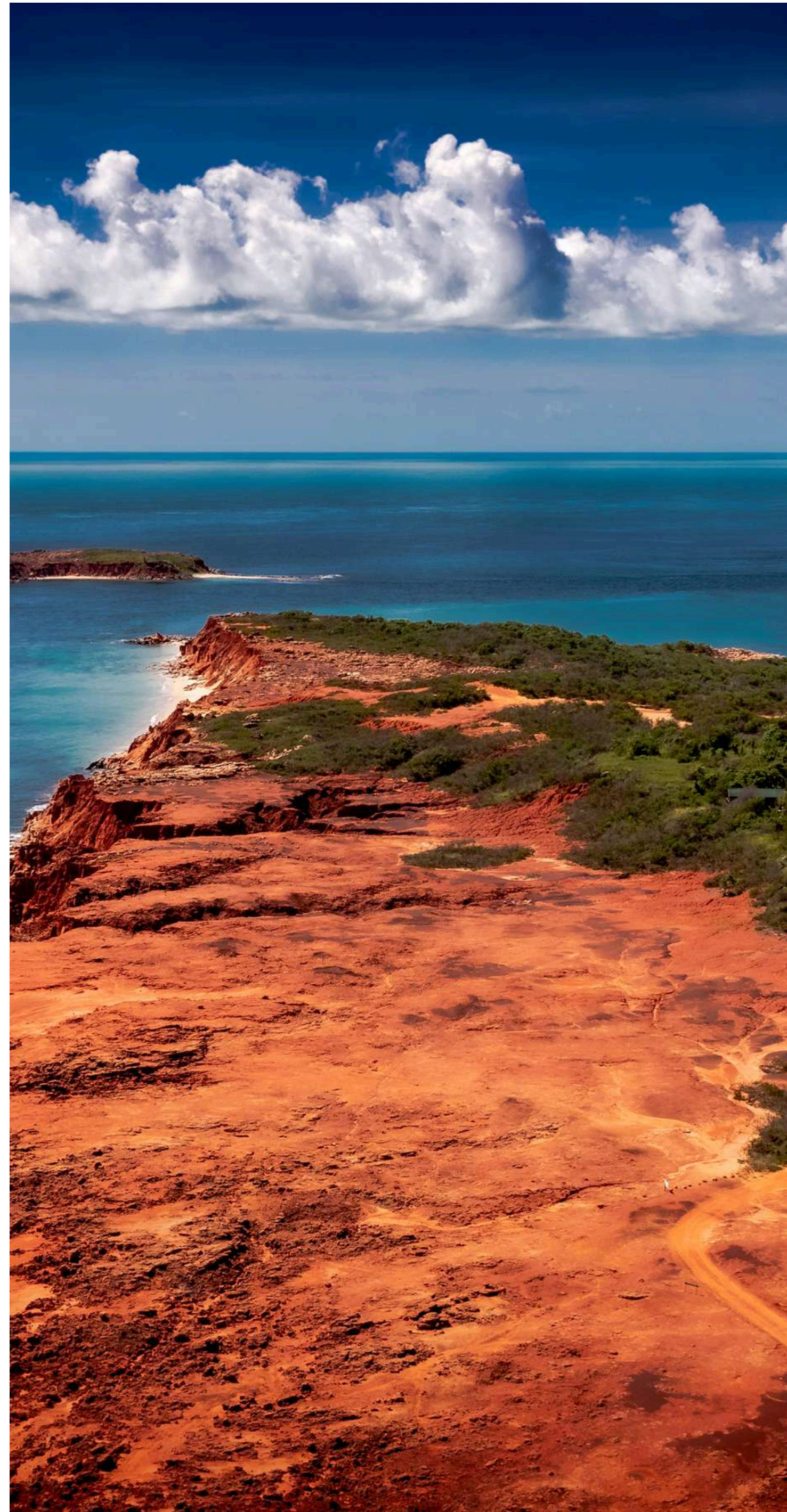
In Tasmania, Hobart stands out as one of the most suitable cities for a slower pace, with its historic harbour, the MONA (Museum of Old and New Art), and local markets such as Salamanca Market. Surrounding regions like the Huon Valley combine rural landscapes, orchards, and small historic villages.

In Western Australia, the Swan Valley region near Perth offers an accessible setting of vineyards, river landscapes, and small historic towns. Further south, the city of Albany combines colonial heritage, local museums, and easily explored coastal scenery.

In the Northern Territory, Darwin introduces a cultural dimension linked to contemporary Aboriginal art and local markets, while Kakadu National Park can be experienced through light guided routes that combine nature, rock art, and Indigenous culture without demanding itineraries.

Even external territories can be adapted to an over-65 journey. On Norfolk Island, green landscapes, colonial history, and a very small community create an exceptionally slow and relaxed travel rhythm, ideal for longer stays.

An over-65 journey in Australia is not about extreme distances or challenging experiences, but about the gradual discovery of accessible cultural, historical, and natural environments. It is a path that prioritises the quality of time, the clarity of places, and direct contact with local communities and authentic landscapes.





## DID YOU KNOW?

Australia is one of the few countries in the world that also constitutes an entire continent. This means that within its borders coexist completely distinct ecosystems, ranging from the tropical climate of the north to the semi-arid central deserts and the temperate regions of the south.

The Australian Outback covers around 70% of the national territory, yet it is home to a very small percentage of the population. As a result, the country's interior is among the most vast and sparsely populated spaces on Earth, where distances between settlements can easily exceed hundreds of kilometres.

The Great Barrier Reef, off the coast of Queensland, is the largest coral reef system in the world and can even be seen from space. Stretching for over 2,300 kilometres, it represents a marine ecosystem of global importance in both biological and climatic terms.

Australia has one of the oldest continuously living Indigenous cultures in the world, with origins dating back more than 60,000 years. Many areas of the territory are not only natural landscapes but also cultural and spiritual sites connected to the "Dreaming," a worldview that interprets the land as a living map of stories and identity.

Australia's external territories, such as Christmas Island and the Cocos (Keeling) Islands in the Indian Ocean and Norfolk Island in the Pacific, lie thousands of kilometres from the mainland. They function as administrative extensions of the country, yet maintain completely distinct ecosystems and geographical identities.

Australia is among the countries with the highest levels of endemic biodiversity in the world. Many animals and plants, such as the koala and the kangaroo, exist nowhere else on Earth. In some regions—especially during the warmer and more humid months—there is also the so-called "spider season," when certain species become more visible even in urban or domestic environments. The country is also home to a highly diverse fauna that includes potentially dangerous species, such as certain snakes, box jellyfish in the tropical northern waters, and marine life such as the great white shark along some coastlines. These elements are part of the natural ecosystem but require awareness in specific environments and seasons.

The road network in the Outback includes some of the longest and straightest highways in the world, where it is possible to travel hundreds of kilometres without encountering towns, service stations, or major intersections.

Many Australian natural landmarks, such as Uluru, are not only scenic attractions but also culturally protected sites for Aboriginal communities, with regulated access or interpretive guidelines designed to respect their spiritual and cultural significance.



# FRENCH POLYNESIA – A SYSTEM OF ARCHIPELAGOS SCATTERED ACROSS THE PACIFIC OCEAN, BETWEEN POLYNESIAN CULTURE, VOLCANIC LANDSCAPES, AND REMOTE CORAL ATOLLS



Located in the South Pacific, French Polynesia is an overseas collectivity of France made up of five major island groups spread across an immense oceanic area rather than a continuous landmass. Its geographic structure is fragmented into archipelagos separated by thousands of kilometres, immersed in the central and southeastern Pacific Ocean. This dispersion creates a territorial system in which the sea is not a dividing element, but the true connective infrastructure between the islands. From a geographical perspective, the territory is divided between high volcanic islands and low-lying coral atolls. The high islands feature mountainous reliefs, inland valleys, short rivers, and rugged coastlines, while the atolls are characterised by protected lagoons and thin rings of coral land. The climate is tropical, with slight variations depending on exposure to trade winds, which influence vegetation, settlement patterns, and population density. From a historical and cultural perspective, French Polynesia results from the layering of ancient Polynesian navigational cultures, present for over a thousand years, and European influence from the 18th and 19th centuries. Traditional societies were organised around complex tribal and religious systems, with a strong connection between land, sea, and genealogy. Later, French and missionary influence introduced a modern administrative structure that coexists with local traditions, still visible today in villages, language, and cultural practices.

The territory is structured into several main island groups, each representing distinct but interconnected geographical systems:

- **SOCIETY ISLANDS (ÎLES DE LA SOCIÉTÉ) – THE MAIN CORE OF THE ARCHIPELAGO, DIVIDED INTO WINDWARD AND LEEWARD ISLANDS. THIS GROUP INCLUDES TAHITI, THE ADMINISTRATIVE AND CULTURAL CENTRE WITH PAPEETE, AND MOOREA, KNOWN FOR ITS VOLCANIC PEAKS AND ACCESSIBLE LAGOONS. THE LEEWARD ISLANDS INCLUDE BORA BORA, HUAHINE, RAIATEA, AND TAHA'A, WHICH SHARE A SIMILAR LAGOON STRUCTURE BUT MAINTAIN DISTINCT IDENTITIES AND LANDSCAPES**
- **TUAMOTU ARCHIPELAGO – A VAST COLLECTION OF CORAL ATOLLS SPREAD ACROSS AN EXTENSIVE OCEANIC AREA. ATOLLS SUCH AS RANGIROA AND FAKARAVA FEATURE DEEP LAGOONS, OCEAN PASSAGES, AND SMALL COASTAL VILLAGES, WITH VERY LOW POPULATION DENSITY AND A STRONG DEPENDENCE ON FISHING AND THE SEA**
- **MARQUESAS ISLANDS (ÎLES MARQUISES) – A GROUP OF HIGH, MOUNTAINOUS ISLANDS MORE ISOLATED THAN OTHER REGIONS. HIVA OA INCLUDES THE VILLAGE OF ATUONA AND THE MUSÉE PAUL GAUGUIN, SET WITHIN DRAMATIC VOLCANIC VALLEYS AND CLIFFS. IT IS ONE OF THE MOST REMOTE AREAS IN ALL OF FRENCH POLYNESIA**
- **AUSTRAL ISLANDS (ÎLES AUSTRALES) – A SOUTHERN GROUP LESS KNOWN AND LESS TOURISTIC, INCLUDING ISLANDS SUCH AS RURUTU AND TUBUAI. THESE ISLANDS FEATURE A COOLER CLIMATE, SOFTER RELIEFS, AND A STRONG AGRICULTURAL AND COMMUNITY-BASED LIFESTYLE**
- **GAMBIER ISLANDS – AN ISOLATED GROUP IN THE FAR SOUTHEAST OF FRENCH POLYNESIA, WITH MANGAREVA AS THE MAIN ISLAND. IT IS CHARACTERISED BY MISSIONARY HISTORY, INNER LAGOONS, AND VOLCANIC PEAKS COVERED IN TROPICAL VEGETATION**

From a connectivity perspective, the system is highly centralised:

- **Faa'a International Airport in Tahiti serves as the main international hub of French Polynesia, connecting the archipelago with North America, Europe, and other Pacific islands. From here, domestic flights link Moorea, Bora Bora, the Tuamotu, the Marquesas, and other remote islands through a minimal but essential air network that ensures inter-archipelago mobility**

In summary, French Polynesia is a fragmented yet coherent oceanic system, where distance between islands defines territorial identity as much as their physical form. It is a space dominated by the ocean, where Polynesian culture, volcanic structures, and coral atolls create a unique balance between isolation, nature, and cultural continuity.

# OVER-65 ITINERARIES BETWEEN SLOW ISLANDS, POLYNESIAN CULTURE, AND ACCESSIBLE NATURE BETWEEN THE OCEAN AND LOCAL TRADITIONS

## THE PLACES AND EXPERIENCES FOR AN OVER-65 JOURNEY OFF THE BEATEN TRACK

In French Polynesia, an over-65 journey unfolds as a slow and continuous experience, built around easily liveable islands, limited transfers, and settings where nature, culture, and local life are constantly intertwined. The focus is not on how many islands are visited, but on the quality of time spent among calm lagoons, traditional villages, and accessible volcanic landscapes without complex logistics.

In Tahiti, the stay is centred between Papeete and the western coast, where markets such as the Marché de Papeete offer a direct insight into local culture, while coastal walks and botanical gardens allow for simple, well-organised visits. The island's interior, including the Papenoo Valley, introduces accessible tropical nature through light excursions.

Moorea is one of the most suitable islands for a relaxed pace: Cook's Bay and Opunohu Bay offer easily accessible volcanic scenery, while small coastal villages maintain a cultural dimension closely linked to fishing and community life.

In Huahine, the journey takes on a strong historical and cultural character, with the archaeological sites of Maeva and Polynesian marae set within dense vegetation. The island preserves a very slow rhythm of life, with small centres such as Fare that are easily accessible and uncrowded.

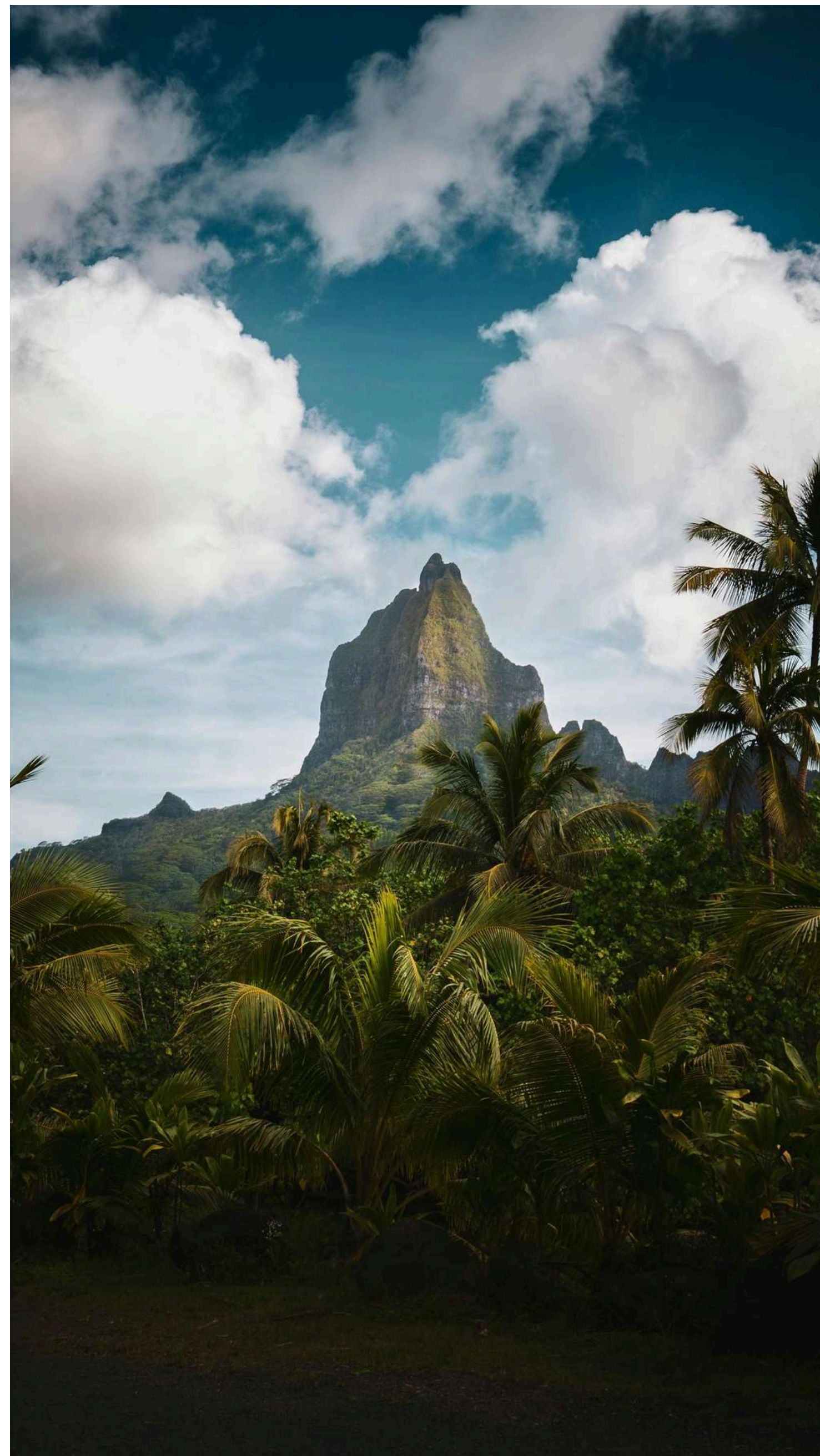
In Raiatea, the cultural dimension is central thanks to the UNESCO-listed site of Taputapuātea, one of the most important historical places in Polynesia. The island also offers navigable rivers and simple natural routes, allowing direct contact with the landscape without logistical complexity.

In Taha'a, the journey unfolds among vanilla plantations and lagoons shared with Raiatea, with small motu and rural villages where life follows traditional rhythms. It is an ideal setting for quiet, low-density stays immersed in nature.

Bora Bora can also be experienced beyond its main lagoon, exploring less frequented areas and the island's interior dominated by Mount Otemanu. In this perspective, the landscape becomes quieter and more natural, away from the most touristic zones.

In Hiva Oa (Marquesas Islands, often associated with Gauguin's Island), the journey reaches a unique cultural and historical dimension: here lie the village of Atuona, the cemetery where Paul Gauguin is buried, and the Musée Paul Gauguin, which tells the story of his presence and connection to the Marquesas Islands. The island is immersed in a remote landscape of mountains, wild vegetation, and ocean cliffs. It is one of the most isolated and authentic islands in all of French Polynesia.

In the Tuamotu Archipelago, atolls such as Rangiroa and Fakarava offer an extreme yet accessible natural setting through organised stays: calm lagoons, small villages, and a life shaped by the rhythms of the ocean, ideal for a slow and contemplative experience.





## DID YOU KNOW?

French Polynesia is made up of more than 100 islands scattered across an expanse of ocean larger than the whole of Europe, yet with a very limited land area. As a result, the sea is the dominant element both geographically and in everyday life.

The territory is divided into several island groups that differ greatly from one another: high volcanic islands such as Tahiti and Moorea, and low coral atolls such as those of the Tuamotu Archipelago, which were formed on top of ancient volcanoes that have since subsided beneath the ocean.

The distances between the islands are so vast that many domestic connections are possible only by air, with Faa'a International Airport serving as the main hub. This makes the transportation network one of the most fragmented in the Pacific.

Traditional Polynesian culture is deeply rooted in oral traditions and genealogy. The history of families, clans, and oceanic migrations plays a central role in social organization and the formation of collective identity.

Some atolls in the Tuamotu Archipelago contain lagoons so vast and isolated that they support nearly self-contained marine ecosystems, with ocean passes regulating the exchange of water between the lagoon and the open sea.

In the Marquesas Islands, particularly on Hiva Oa, the landscape is remote and mountainous, featuring villages nestled in deep valleys, steep coastlines, and strong cultural and practical ties to the ocean.

The Austral Islands are the coolest part of the archipelago, with lower temperatures than those found on Tahiti and a stronger agricultural focus.

Some marine species inhabiting Polynesian waters thrive in exceptionally well-preserved ecosystems thanks to the region's low level of urbanization. This makes many areas ideal for diving, provided that the often-changing ocean conditions are carefully respected.



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