



GREG FREESTYLE TOUR

East Coast Freestyle Tour Itinerary

Sydney to Brisbane Monday

Duration: Minimum 10 days, Maximum 12 months

Tours Begin: Monday

Blackout Periods: Christmas Day and New Year's Day

Group Size: Min 4 / Max 40

Transportation: Stray bus

Age Requirement: 18+

What is Freestyle?

It's flexible adventure travel! You can complete your trip in the minimum amount of time or you can hop off and extend your stay in any destination on the route. Use the Stray Mate App to book extra nights' accommodation and activities along the way. Contact our friendly reservations team when you're ready to hop back on the bus and continue the adventure.

Monday: Arrive into Sydney

Check into your centrally located hostel and get ready for your epic East Coast adventure. Start the Tour in Sydney with a day to yourself to discover the city sights and world-famous landmarks.

Accommodation included: Central Sydney accommodation

Optional activities: Bondi to Coogee beach walk, explore King Street Wharf, Royal Botanic Gardens, Taronga Zoo

Tuesday: Blue Mountains Day Trip

Prepare for a day of adventure to see some of the most spectacular scenery in Australia. Our first stop out of Sydney is at Euroka to spot wild kangaroos and other wildlife in a natural clearing. Next, we stop off in the local town Glenbrook for a coffee/snack break to fuel up for a 1.5-hour hike to the stunning Wentworth Falls and viewpoints of the beautiful Jamison Valley. Enjoy a light picnic lunch and then trek to a remote waterfall and lookout. We head up to view the famous 3 Sisters lookout to take a couple of selfies, before driving back to central Sydney for a well-earned drink (beer/wine or soft drink).

Accommodation included: Central Sydney accommodation

Meals included: Lunch

Activities included: Blue Mountains day trip - guided walk, wildlife spotting

See More moment: Go deep into the heart of the World Heritage Listed Blue Mountains. Learn about the rich history and Dreamtime stories of the Aboriginal people and see inspired indigenous artwork. Take a guided hike to Wentworth Falls to gain a different perspective of these gorgeous mountains.

Wednesday: Sydney to Barrington Tops

We depart the big city early this morning to make our way to the Hunter Valley wine region for a tasting at an award-winning vineyard. From there, we carry on through the backcountry to our first stunning Strademark stop right on the edge of the World Heritage listed Barrington Tops National Park. At our Stray exclusive accommodation beside the Karuah River, you'll spend the afternoon checking out the amazing property. Finish the day with a shared group dinner and a few drinks around the campfire.

Accommodation included: Lodge at Barrington Tops

Meals included: Dinner

Activities included: River tubing/bush walk or farm visit, wine tasting

See More moment: Spend the night on the edge of the World Heritage-listed Barrington Tops National Park, well and truly off the beaten track!

Thursday: Barrington Tops to Spot X Surf Camp

We depart after breakfast and journey north through the remote countryside back towards the coast. Our next stop is the Port Macquarie Koala Hospital, where you can get a closer look at Australia's laziest (and arguably cutest) marsupials. Check out the information centre to learn all about the hospital's efforts to rehabilitate, protect and preserve the koalas. After this, we head to Emerald Beach, an iconic kangaroo hangout, where if you're lucky you can spot them hopping along the beach. We arrive at our beachfront overnight stop Spot X in the early evening, where you'll have dinner at camp.

Accommodation included: Spot X Surf Camp accommodation

Meals included: Breakfast, Dinner

Activities included: Port Macquarie Koala Hospital, kangaroo spotting on Emerald Beach

Friday: Spot X Surf Camp to River Retreat

The morning at Spot X you'll take part in a fun group lesson to learn the basics of surfing on some of the best beginner waves in Australia. If you love the beach or are keen to hone your surf skills, we recommend staying longer to do a Surf & Stay. We depart around midday, grabbing a bite to eat in town before travelling to our relaxing, rural River Retreat. Spend the afternoon on a guided canoe trip down the Nymboida River to learn about the area, which is home to amazing birds, snakes, and the incredibly shy platypus. This evening, we'll crank up the barbeque for a shared

dinner, then gather round the bonfire for a few drinks before bed.

Accommodation included: River Retreat wilderness cabins

Meals included: Breakfast

Activities included: Surf lesson, canoeing (or guided walk if bad weather)

Optional activities: Hop-off to extend your stay for a Surf & Stay

See More moment: Head out on a guided canoe trip or walk to spot wildlife and learn about the fascinating local history. In the evening, cook a classic Australian meal together and watch the stars.

Do More moment: Your stay here helps to support the local community of Nymboida. Once a hub for white water canoeing, the town has struggled since a crucial dam was shut down and the bushfires went through the area in 2019. With the help of community volunteers and Stray passengers, the centre is being revived.

Saturday: River Retreat to Byron Bay

Next up - Byron Bay, known as the most chilled out town in Australia. On the way there, we stop in the picturesque seaside town of Yamba for lunch. We'll also visit the Angourie Blue Pool, an old quarry that was accidentally (and awesomely) filled by an underground spring, meaning you can now cool off in an epic fresh water pool right on the beach! Upon arriving in Byron Bay, we'll take you on an orientation drive around town to help you get your bearings, showing you the points of interest and the top spots for food and shopping.

Accommodation included: Byron Bay accommodation

Activities included: Angourie Blue Pool swimming, Byron Bay orientation drive

Sunday: Byron Bay

You have a free day in Byron Bay to "cheer up, slow down, and chill out" as the town's famous welcome sign instructs. There is plenty to do in this laidback hippy town: practice your surfing skills down at the beach, walk to mainland Australia's most easterly point at the Cape Byron Lighthouse, or search for dolphins and other marine life on a sea kayaking trip.

Accommodation included: Byron Bay accommodation

Optional activities: Surf lessons, kayaking, snorkelling, diving, walk to Cape Byron Lighthouse

Monday: Nimbin Day Trip

Today you'll head out on an epic day trip to Nimbin, another hippy town worth exploring. You'll journey through the beautiful Byron hinterland on an entertaining guided bus trip and see the sights of Nimbin. Enjoy a traditional Aussie BBQ lunch, visit Nightcap National Park, and see a

stunning waterfall. You'll return to Byron Bay in the early evening.

Accommodation included: Byron Bay accommodation

Meals included: Lunch on Grasshopper Nimbin Tour

Activity included: 1 Day Grasshopper Nimbin Tour

Tuesday: Byron Bay

You have another free day in Byron Bay today. Tick off any activities you didn't get the chance to do on Sunday, or pass the day wandering the township and exploring the boutique shops and cafes. Eating your way around Byron is an experience in itself, and there are plenty of vegetarian options available!

Accommodation included: Byron Bay accommodation

Optional activities: Surf lessons, kayaking, snorkeling, diving, walk to Cape Byron Lighthouse, eat, drink and be merry.

Wednesday: Byron Bay to Brisbane

This morning we cross the border from New South Wales into Queensland. Our destination today is Brisbane, but those with more time might want to hop off and explore tourist hot spot Surfers Paradise on the Gold Coast. We hope you had a blast on your Stray adventure!

Accommodation included: Brisbane accommodation

Optional activities: Hop off on the Gold Coast

What's Included:

Accommodation: 10 nights' shared 4-10 bed dorm

Meals: 2 Breakfasts, 2 Lunches, 2 Dinners

Transport: Private Bus

Guide: Stray Driver Guide

Activities:

- Blue Mountains Day Trip
- Wine tasting Hunter Valley
- River tubing/walk, Barrington Tops National Park
- Surf lesson, Spot X Surf Camp
- Koala hospital visit, Port Macquarie
- Kangaroo spotting, Emerald Beach
- Canoeing /bush walk, River Retreat
- Angourie Blue Pools, Yamba

- Byron Bay orientation drive
- Nimbin Day Trip

What's Not Included:

- Most meals
- Additional accommodation in places where you hop-off to extend your stay

What to Bring:

- Clothes (mainly light with some warm layers)
- Walking shoes (sneakers/trainers)
- Camera
- Swimsuit & towel
- Toiletries
- Hat & sunscreen
- Bug repellent
- Daypack**
- Water bottle
- Waterproof jacket (shell)
- Do **NOT** bring: Sleeping bag, sheets, blankets or pillow

** Our trips are pretty active; you'll need a daypack to carry the essentials during activities and walks but you won't have to carry your pack/suitcase that far.

Notes:

- **Luggage restrictions:** A backpack or small/medium suitcase (up to 15kg) and a small daypack for day excursions.
- **Reconfirmation instructions:** All the activities/accommodation listed are open-dated, please contact Stray's reservations team (email hey@straytravel.com) at least 48 hours prior to arrival to confirm your bookings. For Fraser Island and Whitsunday trip bookings, we recommend booking at least 7 days in advance to guarantee your spot. In peak periods (e.g. Christmas/New Years Eve, Easter, School Holidays/Events) some accommodation may be subject to an additional surcharge or minimum number of nights.
- Freestyle Tours include all accommodation needed to complete the tour in minimum time. If travellers choose to hop-off and extend their stay in any location, all additional accommodation, meals and activities are at their own expense. Additional accommodation and activities can be booked via the Stray Mate app.
- Note: This is not a traditional tour. You'll be travelling on different modes of transport, with different groups and with or without a guide depending on location and activity.

This itinerary is a guide. Given the spontaneous nature of our trips and lack of control over Australia's weather(!), what we do each day might occasionally vary.