

H4U Travel

We're here for you

Welcome to Perth and the 2023 National Karate Championships!

It's our pleasure to be looking after your travel needs during your visit to Perth.

You're in good hands, our team at H4U Travel are *here for you* throughout your trip and we pride ourselves in making your travel as seamless and enjoyable as possible.

We hope you find this guide helpful, to ensure we can provide you the best possible experience, you can also contact our team for any assistance you may require prior to or during your stay in Perth. We will have team members in Perth who are available 24/7 for any assistance you need. You can reach us on:

- E-mail: info@h4utravel.com.au
- WhatsApp: +61451774767
- Team members for any urgent enquiries or assistance while in Perth:
 - Arlene: 0416520560
 - Adam: 0407787240

Please note that as hotels are booked under a travel agency group booking, hotel staff are unable to assist with any changes, issues or requests. Please contact our team any time before or during your stay for any assistance you may require.

During August Perth experiences great weather for exploring the region. Day time temperatures are normally between 18 & 23 degrees, while night time temperatures can get chilly so remember to take a jacket out at night.

You're in a very special part of Australia with incredible beaches, food, wineries and experiences right at your doorstep. If you have any spare time and we can assist with any touring in the region please do let us know.

Finally as a proud Australian business and sustainable tourism operator, we wish to acknowledge the custodians of this land, the Wadjuk people of the Nyoongar nation and their Elders past, present and future.

We wish you all the best for your national championship and look forward to meeting you.

Arriving in Perth

The InterContinental Perth City Centre is located in the CBD at 815 Hay Street, Perth. Taxi's & Uber's are readily available at the airport on arrival. We can also assist with private airport transfers - please contact our team for assistance.

On arrival at the hotel, you'll need to provide a credit card hold for any extra charges and the team at InterContinental will provide you with our welcome pack & your room keys.

Parking

If you've requested parking, limited, self-parking is available off-site at a cost of \$30.00 per 24 hours at Central Park Car Park (operated by Wilson Parking), please collect a ticket from the Concierge team upon arrival. There is a pickup and drop off bay at the front entrance of the hotel. Hotel operated valet parking is also available at a cost of \$45.00 per night.

Breakfast

If you've pre-paid breakfast, it's available in Ascuia Restaurant located next to Reception on the ground floor of the hotel from 6am on Friday and 6:15am on Saturday & Sunday. Just quote your room number to the restaurant staff on entry. If you have not prepaid your breakfast, please note that normal breakfast rates & opening times (from 7am) apply.

Hotel Wifi

Hotel wifi is available complimentary. To access the wifi connect to the hotel's wifi network and enter in your room number and athletes last name.

Daily Coach Transfers

Coach transfers are available for pre-booked athletes & their family members only. You will find coach passes in your welcome kit which need to be presented each time you board the coach. Please note two coach routes are operating:

- Red Route to/from Crowne Plaza Hotel
- Green Route to/from Holiday Inn & InterContinental Hotels.

Signage will be available on the windscreen of each coach to indicate the route its operating.

Your coach transfers will operate to/from the front of the Holiday Inn Hotel, located across the road at the following times:

From the Holiday Inn	To the Holiday Inn
6:50am - 3 coaches 7:45am - 1 coaches	Fri - 3pm, 4pm & 5pm Sat - 3pm & 4pm Sun - 2pm & 3pm

Please note that positions on the coach transfers are based on a first in, first served basis and the coach will depart strictly to schedule.

Your coach transfer will take between 15 and 25 minutes depending on traffic. For your own safety & to comply with West Australian law please use any installed seat belts on the coach.

Welcome to Perth!

You've arrived in one of the world's most remote cities with its spectacular surf beaches, gateway to the renowned Margaret River wine region and a true cosmopolitan lifestyle. We hope you enjoy your stay, here's a little information to help you along the way.

Pharmacy

Pharmacy 777 is located a two minute walk from the hotel, on the corner of Hay Street Mall & William Street. It's opening hours are:

- Monday to Friday 7am until 6pm
- Saturday 9am until 5pm
- Sunday 12pm to 5pm

Convenience Store / Supermarket

Woolworths St Georges Terrace is located a few minutes walk from the hotel, with access available via Hay Street Mall. It's opening hours are:

- Monday to Friday 8am until 9pm
- Saturday 8am until 5pm
- Sunday 11am to 5pm

Shopping

You're located in Perth's central shopping district. You'll find plenty of shopping just a couple minutes walk from the hotel in Hay Street Mall.

Fast Food & Dining

There's plenty of fast food & dining options along William Street & Hay Street Mall, just a minute or two from the hotel. Uber Eats is also available 24/7.

Home Doctor

The national home doctor service 13SICK is available in Perth for after hours (evening & weekend) non-urgent bulk billed GP visits. Call 137425 for bookings.

Hospital

Royal Perth Hospital is located in Victoria Square just a few minutes from the hotel. Royal Perth Hospital is one of the states leading Public Hospitals with a large Emergency Room, open 24/7. You can contact the hospital for general enquiries on 08 9224 2244

Emergency

In an emergency, dial 000.

Free City Bus

Transperth's CAT buses offer you a free, fast and convenient means of traveling around the Perth CBD. Whether you are in the CBD for shopping or traveling to an appointment, our CAT services make it easy to move around the city.

For more information visit <http://www.transperth.wa.gov.au>

Places to visit in Perth

If you have some spare time during your trip, we recommend visiting:

Kings Park

Kings Park is one of the world's largest and most beautiful inner city parks. It is rich in Aboriginal and European history, contemporary culture and offers innovative design, displays and services. Kings Park has an international reputation for scientific research, leading horticulture, conservation and public education.

Kings Park is home to the spectacular Western Australian Botanic Garden, which displays over 3,000 species of the State's unique flora. Two thirds of the 400 hectare park is protected as bushland and provides a haven for native biological diversity.

Visitors can enjoy sweeping views of the Swan and Canning Rivers, the city skyline and the Darling Ranges to the east. Bushland walk trails, immaculate gardens and parklands and a variety of children's discovery play areas can all be found in Kings Park. The Visitor Information Centre, free daily guided walks, Aspects of Kings Park gallery shop, cafes and public transport are easily accessible.

Perth Mint

The Perth Mint is Australia's official bullion mint and wholly owned by the Government of Western Australia. With multiple daily tours, you'll be able to see behind the scenes of the mint.

Fremantle

There's always plenty of things to do in Fremantle. Just 30 minutes from Perth City, Fremantle is renowned as Perth's Old Town, full of vibrancy, colour and culture.

The streets buzz with the song of buskers, the sidewalks fill with a wild collection of art and the music that floats out from trendy cafés and bars.

Along with plenty of dining options, it's also worth visiting Fremantle Prison, the Fremantle Markets, the Maritime Museum or just enjoy browsing local shops & boutiques.

Rottneest Island

Rottneest Island is a perfect island day trip from Perth, with direct ferry transfers available from Perth city. After the 90 minute ferry ride you'll find a protected nature reserve, that's home to the quokka, a small wallaby-like marsupial. White-sand beaches and secluded coves include the Basin, with its shallow waters, and Thomson Bay, the main hub and ferry port. Strickland Bay is known for its surf breaks, while reef breaks occur at Radar Reef, off the island's far western tip.

Elizabeth Quay

The new place to see and be seen in Perth. Here you'll find the island playground, the BHP Billiton Water Park, public artwork, promenades, Bell Tower, Segway tours, river cruises and a range of bars and restaurants. The free CAT bus stops right at the Bell Tower.