

➔ FRIDAY 23 NOVEMBER 2018

LET'S PUMP!

TIME 9:00am - 10:00am **GRADE 6/10**

START LOCATION LEAOD Dance Studio, 23c Tahi Road

Join *Heidi and Rahman* for this fun class perfect for walkers - prevent injury by strengthening muscles and connective tissues, walk faster by improving neuromuscular coordination and power, and improve coordination and stride efficiency. *Waiheke Workout* is offering this class free as a Festival special - go on, give it a go!

OMIHA - AWAAROA COASTAL WALK

TIME 10:30am - 3:00pm **GRADE 7/10**

START LOCATION Omiha Memorial Hall, O'Brien Road

Available as a one-off special, this wonderful walk will take you from Omiha, through Whakanewha and around the southern coastline. Enjoy your byo picnic lunch before Gulf Trees' *Rob Morton* guides you along the Awaaroa Estuary and up in to private land being nurtured by Awaaroa village residents. End of week perfection.

ARCHITECTURE WALK WITH PAUL MACINTOSH

TIME 2:00pm - 4:00pm **GRADE 4/10**

START LOCATION Ray White Waiheke office, 147 Oceanview Road, Oneroa

Waiheke is very fortunate to have a large number of beautifully designed and constructed homes, and we often wonder where the inspiration comes from. Join award winning architect *Paul MacIntosh* for a behind the scenes opportunity as he showcases some of the varied yet stunning homes and baches that he has helped create and recreate around Oneroa.

PARK POINT SUNSET SCULPTURE SPECIAL

TIME 5:00pm - 8:00pm **GRADE 6/10**

START LOCATION Cable Bay Lane/Walter Frank Drive/Park Point Drive Junction

Festival walks don't get much better than this. A stunning coastal walk from Te Wharau Bay around Park Point to start, with cocktail hour on a beautiful private property, looking back to Auckland as the sun sets, to finish. Friday night perfection.

GLOW WORM ADVENTURING FOR FAMILIES

TIME 7:30pm - 10:00pm **GRADE 6/10**

START LOCATION Pukeatua Reserve, Top of Trig Hill Rd

Join us for this private land night time treasure of a walk led by *Paul Walden* across his family's farm. Dip down in to secret spots, torches off, shhh now... what can you see? Don't forget headlamps/torches, sturdy shoes and warm clothing for this fantastic after dark family adventure.