

## ➔ MONDAY 19 NOVEMBER 2018

### RAY WHITE EXTREME HEADLANDS COASTAL WALK

**TIME** 9:00am - 4:00pm **GRADE 9/10**

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

Join Ray White Principal and Waiheke Walking Festival Presenting Partner **Matthew Smith** as he takes you on a full-scale walk around Park Point, Church Bay Estate and the twin Matiatia headlands. You need to be fairly fit for this walk as it is long and there are plenty of ups and downs, but your efforts will be rewarded with stunning coastal views and a real sense you have had a true Waiheke experience. The wine at the end will help with that too!

### MUMS & BUBS WALK IN WHAKANEWHA

**TIME** 9:30am - 11:30am **GRADE 4/10**

**START LOCATION** Whakanewha Sculpture Carpark, Gordons Road

Join self-care life coach, passionate hiker & mum of 3, **Linda Anderson** from Linda on the Go, on this special mums & bubs walk. Designed specifically for mums with infants this is the perfect way to explore the beauty of Waiheke in a gentle and supportive environment. If you have been wanting to make more time for your own needs and get out and explore then this walk is for you. Please note: infants need to be carried at all times either in front carrier or backpack.

### WHAKANEWHA AND BEYOND

**TIME** 9:30am - 3:00pm **GRADE 7/10**

**START LOCATION** Omiha Memorial Hall, O'Brien Road

A fantastic loop walk that will take in the delights of Whakanewha Regional Park, the tracks of Onetangi Sports Park, and Kuakarau Reserve. It's a big walk but will be taken at a relaxed pace and as a Festival treat walkers will be able to enjoy their byo lunch at a private historic chapel, overlooking the Onetangi wine valley.

### WALKING WITH GREATER POSTURAL AWARENESS

**TIME** 10:00am - 11:30am **GRADE 1/10**

**START LOCATION** Onetangi Beach, in front of 3rd Avenue, Onetangi

Join **Penelope Will**, internationally recognised myotherapist/movement coach, on gorgeous Onetangi beach, and discover your true walking potential. Enhance your gait by improving your posture to help erase pain, prevent injury and enhance performance. Learn simple exercises to reawaken your body as a whole, along with techniques to release muscle tightness and improve joint range of motion.

### ONETANGI SPORTS PARK AND SURROUNDS - AN EXPLORATION IN CONSERVATION WITH TREESCAPE®

**TIME** 4:00pm - 7:00pm **GRADE 6/10**

**START LOCATION** Onetangi Sports Park Pavilion, O'Brien Road

Join us on a journey around one of the most historically, culturally and ecologically significant sites on Waiheke Island known as Rangihoua. Along the way you will learn of the ecological significance of the park and the current efforts to restore and save its native flora and fauna. This will be a great walk you won't want to miss.