

➔ SUNDAY 18 NOVEMBER 2018

ORAPIU TO ONETANGI 18KM FITNESS ADVENTURE WALK

TIME 8:30am - 2:00pm **Grade 9/10**
START LOCATION Orapiu Wharf, Anzac Road

Join our wonderful personal trainer **Sarah Gloyer** as she guides you from the rocky coast to bush, up to our highest peak and back down to the sands of Onetangi beach. Walkers need to be fit, confident and the pace will be quick, but there will still be time to enjoy this magnificent trail.

WALKING WITH GREATER POSTURAL AWARENESS

TIME 9:00am - 10:30am **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.

GLOWING SKY ORAPIU'S HIDDEN GEMS

TIME 9:00am - 1:00pm **Grade 7/10**
START LOCATION Orapiu Wharf, Anzac Road

A brand new loop walk made possible due to more generous Waiheke landowners. This is a one-off opportunity to enjoy a fantastic mix of coastal tracks, stunning bush and some rock hopping in the peaceful area of Orapiu.

FOREST BATHING IN MCKENZIE RESERVE

TIME 9:30am - 12:00pm **Grade 3/10**
START LOCATION Enclosure Bay, Great Barrier Road

Forest bathing (or shinrin-yoku) is about how to immerse yourself in nature. As you open your senses, you bridge the gap between yourself and the natural world. The effects can be profound. Join expert practitioner **Richard Margesson** on a journey of connection.

TE WHAU PENINSULA LOW TIDE EXPLORING

TIME 9:30am - 1:30pm **Grade 7/10**
START LOCATION Omiha Memorial Hall, O'Brien Road

Join Hauraki Gulf Conservation Trust Chair and Te Whau resident **Ian Burrows** as he takes you on an enjoyable jaunt around the stunning Te Whau Peninsula. Enjoy breathtaking coastal views and hear fascinating stories of the people and place. This walk will give you a real taste of this special part of Waiheke.

WHAKANEWHA DOG WALK

TIME 10:00am - 12:00pm **Grade 3/10**
START LOCATION Whakanewha Regional Park, Carsons Rd carpark

Join *Ranger Dan* as he takes you and your best friend on an exploration of the dog-friendly areas of our beautiful regional park. Limited numbers so register early.

TE MATUKU - A CONSERVATION AND COMMERCIAL PARTNERSHIP SUCCESS STORY

TIME 2:00pm - 5:00pm **Grade 6/10**
START LOCATION 402 Orapiu Road

Join *Sir Rob and Lady Jennie Fenwick* as they share the happy partnership of their love for conservation and their acclaimed oyster business. From wetlands adjacent to Te Matuku Marine Reserve, through ancient forest and back via a private ridgeline road - take delight in this beautiful piece of the Te Ara Hura track that was donated by the Fenwicks to Auckland Council in 2005. Finish with wine and succulent oysters on the shores of the bay.

SUNSHINE VALLEY TO MAUNGANUI PEAK

TIME 2:00pm - 5:00pm **Grade 7/10**
START LOCATION 20 Orapiu Road

A fabulous, one-off, opportunity to enjoy land and views not usually accessible. The wonderful *Philcox family* have kindly opened their farm for us to enjoy and we know they will have a yarn or two to share. Wind your way up to Waiheke's highest peak, Maunganui, before making your way back down to sheltered Sunshine Valley for a scrumptious devonshire tea in their plant and woodcraft nursery.

BEETHOVEN LOVED TO WALK

TIME 2:30pm - 4:00pm **Grade 2/10**
START LOCATION St Peter's Catholic Church, 189 Oceanview Road, Oneroa

Did you know that Ludwig van Beethoven gained a lot of his inspiration from walking in the forests surrounding Vienna? Join internationally recognised master violinist *Joe Harrop* on this tribute to Beethoven walk in the Oneroa beach area. Following this will be a beautiful concert featuring Beethoven compositions in the acoustically stunning St Peter's Catholic Church.

WHAKANEWHA AND VINEYARD TOUR

TIME 4:00pm - 6:00pm **Grade 4/10**
START LOCATION Batch Winery, 129 Carsons Road

A lovely Sunday afternoon walk that takes in the beautiful bush and cascading waters within Whakanewha Regional Park before emerging back at Batch Winery for an informative tour of the vineyard and winery. Finish the afternoon with a fantastic *\$49 three course dinner special* as you watch the sun set over Auckland.