

➔ THURSDAY 22 NOVEMBER 2018

PILATES IN THE PARK WITH SARAH GLOYER

TIME 9:00am - 9:45am **GRADE** 1/10

START LOCATION Onetangi Sports Park Pavilion, O'Brien Road

Join Pilates Instructor and Personal Trainer **Sarah Gloyer** for 45 minutes of pilates with a focus on balancing and optimising the body and mind of walkers and hikers. Bring a mat, water bottle and comfortable clothing.

ROCKY BAY NEIGHBOURLY RAMBLE

TIME 9:30am - 12:30pm **GRADE** 5/10

START LOCATION Omiha Memorial Hall, O'Brien Road

Join local resident **Tim McMains** as he guides you on a winding wander through the narrow roads of Omiha, where everything feels the same as it always was. Hear interesting stories of the fascinating characters who have come and gone from this timeless and very special piece of Waiheke. Finish at Omiha Memorial Hall for Gulf News Thursday and a cuppa and scone to fully appreciate how uniquely Waiheke the Rocky Bay community is.

WHAKANEWHA MINDFULNESS

TIME 10:00am - 12:00pm **GRADE** 4/10

START LOCATION Batch Winery Carpark, Carsons Rd

This focused walk, led by Simply B's **Mel Burdett**, through beautiful Whakanewha Regional Park will invigorate the mind and body. Finish the walk with spectacular views and a delicious, specially priced lunch and bubbles at Batch Winery.

OMARU BAY COASTAL STUNNER

TIME 11:00am - 2:00pm **GRADE** 6/10

START LOCATION Cowes Bay Road

Magnificent views from the very beginning of this beautiful walk that takes you down through a stunning landscape, in to private bushland and onwards to the shores of Omaru Bay where you can enjoy your byo picnic lunch. A steep climb back is rewarded with more spectacular views. A gorgeous walk hosted by very generous landowners, it will be a real treat.

ONETANGI VINEYARD VALLEY TASTE SENSATION

TIME 11:00am - 3:00pm **GRADE** 3/10

START LOCATION Onetangi Beach in front of 7th Ave

Join Ray White Waiheke's Principal and Waiheke Walking Festival Presenting Partner **Matthew Smith** as he guides you through the stunning private Onetangi Vineyard Trail. Starting at beautiful Onetangi beach this walk will include sherry and tapas pairings at **Casita Miro**, followed by oodles of wine at **Obsidian, Te Motu and Stonyridge vineyards**, a gorgeous walk amongst the vines and a divine, fantastically priced, lunch at **Tantalus Estate**. You will not want to miss this walk.