

➔ TUESDAY 20 NOVEMBER 2018

LET'S SPIN!

TIME 6:30am - 7:20am **GRADE 7/10**
START LOCATION Waiheke Workout, 116 Ostend Rd, Ostend

Have you ever thought about giving a Spin class a go? Spinning is a fun and effective way to enable you to walk further and reduce the likelihood of injury. Whether you want to walk fast, slow, uphill or down, trails or roads, the Spin programme is a perfect cross-training option for walkers of all ages and abilities. **Sarah Gloyer** and **Waiheke Workout** are offering this free class as a Festival special - give it a go!

NORTHERN RESERVES SILENT WALK

TIME 10:00am - 12:00pm **GRADE 5/10**
START LOCATION Cnr of Hauraki and Karaka Roads - "Pope's Corner"

During this northern coastline walk, you will not only experience stunning views, but also connection of body and mind. For most of the walk you will be invited to forego all communication with each other, but instead cultivate positive communication with yourself. Be inspired and guided on this walk and meditation experience by **Mel Burdett**, a certified and experienced Yoga Therapist and Life-Coach.

MAN O' WAR MAGIC

TIME 10:00am - 2:00pm **GRADE 7/10**
START LOCATION Man O' War Vineyard Tasting Room, Man O' War Bay Road

An absolute treat of a walk on privately owned Man O' War Station. Walk alongside long-standing Vineyard Manager **Matt Allen** and learn about vineyard and varietal plantings, lessons learned and the amazing success story that is **Man O' War Vineyard**. Finish the walk on the shores of Man O' War Bay with a delectable and fantastic food and wine offering. This is a very special walk that we feel very fortunate to be able to offer.

CHURCH BAY WALK AND WINE

TIME 1:00pm - 4:30pm **GRADE 5/10**
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 fantastic wine inspired walk. Enjoy lovely coastal and bush tracks to start before sampling award winning wines at fabulous **Jurassic Ridge, Mudbrick and Cable Bay vineyards** enroute. Complete your afternoon by enjoying a specially priced dinner with a view on the Cable Bay veranda - Waiheke afternoon perfection.

ONETANGI RAMBLE

TIME 5:00pm - 7:00pm **GRADE 5/10**
START LOCATION Onetangi Beach, in front of 3rd Avenue, Onetangi

With the Onetangi Forest and Bird Reserve closed, we thought it would be nice to showcase some of the other gorgeous walking spots around Onetangi. Join track aficionado **Jan Ramp** of Snapper Graphics as he takes you around the back streets and reserves of Onetangi - there are some hidden gems in there that we think will surprise and delight.