



# ITINERARY

*Friday 9th Feb*

**5:50am:** Arrive at The Heffron Centre. 431 Bunnerong road, Maroubra for our coach pick up.

**6am:** Depart the Heffron Centre for Narooma.

**8am:** Morning swim across the Minnamurra river- Cross the beautiful turquoise waters of the Minnamurra river to a tranquil, remote beach. This stunning setting is the perfect way to break up our drive to Narooma.

**9am:** Breakfast at the Minnamurra cafe.

**10am:** Team trivia on the coach.

**12:30:** Arrive at Mystery Bay Cottages

**1:30pm:** Official welcome lunch, house rules and overview of your stay.

**2:30pm:** Depart for a 15 minute bush walk to Mystery Bay Beach for some relaxation time. Swim, read a book, explore the headlands or play team sports with your peers.

**5pm:** Shower and freshen up for dinner. Enjoy a local grass fed lamb on the spit with organic local veggies and salad

**7pm:** Evening entertainment. Engage in a variety of fun team based challenges.

**8pm:** Fire pit and wine



# ITINERARY

## Saturday 10th Feb

**5:30am:** Gentle wake up

**6am:** Sunrise yoga at the beach

**7am:** Breakfast

**8:30am:** The amazing race- The amazing race is a team based fitness event where teams complete multiple adventures including skill based challenges, strategy, teamwork kayaking, archery and more.

**10:30am:** Free time. Take this opportunity to swim, lay in the sun, read a book, meditate, go on a short hike or take a nap.

**1pm:** Lunch- Enjoy a delicious paella freshly cooked in front of you on the beach.

**2pm:** Wine & Design Workshop- Explore the mesmerising and therapeutic nature of alcohol ink art whilst sipping on a nice drop of wine.

**3pm:** Mobility Workshop

**5:30pm:** Sunset Dinner by the sea.

**7pm:** Indigenous smoking ceremony, star gazing and storytelling

**8pm:** Bonfire and drinks at the beach



# ITINERARY

*Sunday 11th Feb*

6am: Gentle Wake up

6:45am: Moving Meditation Workshop- Unlock tension and rebuild your centre with a moving meditation that brings you back to harmony.

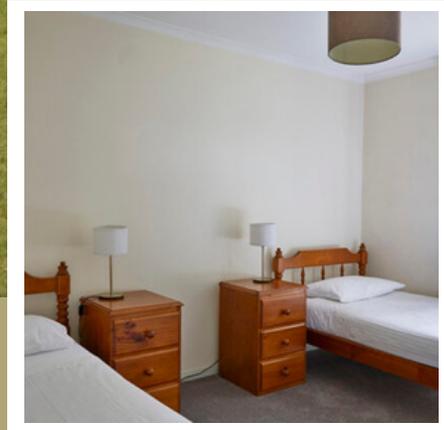
9:30am Breakfast

11am: Checkout

1:30pm: Crooked River Winery Family lunch

5pm: Arrive home

# Cottages



## Cottage Amenities

- Sleeps 4 people
- 1 x Queen room
- 1 x Twin single room
- Fully equipped kitchen
- Wood fire
- Lounge room with sofa and chairs
- Dining table seats 4-6
- Bathroom
- Washing machine
- Balcony with table and 2 chairs leading onto expansive lawn
- Quality linen and towels supplied
- Tea and coffee

# Cosy Cabins



## Cosy Cabin Amenities

- Sleeps 4 people
- 1 x Queen Room
- 1 x Bunk room (2 single mattresses)
- Fully equipped kitchen with 2 induction burners
- Integrated kitchen, dining and lounge room with sofa
- Dining table and 4 chairs
- Bathroom with shower
- Balcony with table and 2 chairs
- Quality linen and towels supplied
- Tea and coffee

# Glamping



## Glamping Tent Amenities

- Sleeps 2 people
- Queen bed or 2 singles
- Quality bed linen and fluffy towels
- Communal outdoor showers & change room
- Communal eco toilets
- Tea and coffee
- Shared fire pit