

# DISCOVERY

WALKS, TALKS AND TOURS



## SUMMER 2011 -2012 PROGRAM



### Rock Pool Ramble and Baby Shark feeding (easy)

When: December 29<sup>th</sup> 4-6pm, January 5<sup>th</sup> 3-5pm, January 12<sup>th</sup> 4-6pm

Where: Merimbula Wharf

- ▶ Explore the local rock pool area and learn about creatures who live in our oceans
- ▶ Your Discovery Ranger will find treasures amongst the rock pools
- ▶ Then venture into the Aquarium to help feeding the baby Port Jackson sharks and little Cat Sharks

Age: 5+

Cost: \$10 per person

### Aboriginal Bush Walk (medium)

When: January 4<sup>th</sup> & January 18<sup>th</sup> 10-12pm

Where: Merimbula Spencer Park

- ▶ Join our Aboriginal Ranger on a walk along the foreshore to Bar Beach
- ▶ Learn more about Bushucker and native plants
- ▶ Enjoy an unforgettable experience

Age: 8+

Cost: \$8 per person , \$25 for family of 4

### YOGA & Nature (easy)

When: January 10<sup>th</sup> 10 - 11.15 am / January 17<sup>th</sup> 10 -11.15 am

Where: Bournda National Park - Scotts Bay

- ▶ Come along and enjoy the experience of practicing yoga in nature.
- ▶ Yoga helps to balance the systems of the body and will leave you feeling refreshed
- ▶ Paula Casciola is a certified Iyengar Yoga teacher with twenty years of practice.

Bring a yoga mat or towel, drink bottle and dress for the weather of the day.

Age: All ages welcome.

Cost: \$15 per person

### Creative Writing (easy)

When: January 12<sup>th</sup> 10-1pm

Where: Bournda National Park, Hobart Beach Camp Ground

- ▶ Peter Shepherd is a multi-award winning nature writer and director of the Wilderness Coast Writing Centre.
- ▶ The workshop offers a chance for new perspectives on nature itself, as well as a wild approach to writing. [www.wildernesswriting.org](http://www.wildernesswriting.org)

Bring along notepad, pen, and a willingness to see the world differently.

Age: 16+

Cost: \$30 per person

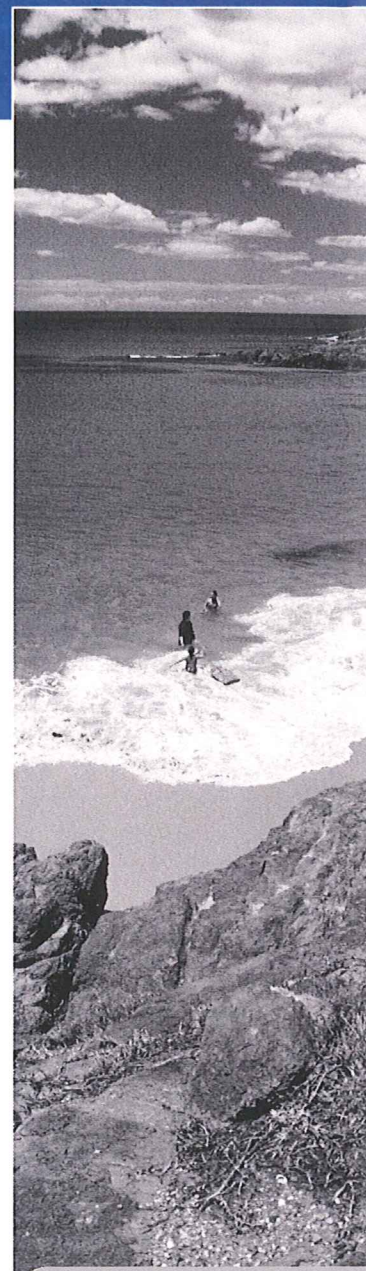
### "Cloud Hands" – Introduction to Thai Chi (easy)

When: Jan.5<sup>th</sup> 5-6pm , Jan 19<sup>th</sup> 8-9am

Where: Bournda National Park - Hobart Beach Camp Ground

- ▶ Thai Chi Instructor Tim Hutson will guide you through a few easy movements and talk about the benefits of Thai Chi Practise.

Age: 7 + Cost: \$12 per person



### Benefits of Touch (easy)

When: January 11<sup>th</sup> 9-10.30am

Where: Bournda National Park - Hobart Beach Camp Ground

- ▶ Both theory and practical instruction learnt for a clothed seated Massage for the whole family
- ▶ Tania Gordon is a local Remedial Massage Practitioner with over 10 years experience
- ▶ Receive a free sample of essential massage oil to take home

Age: All ages welcome

Cost: \$15 per person

### Snorkeling Adventure (easy and medium)

When: Dec 30<sup>th</sup> 2-4pm Bar Beach Merimbula /January 4<sup>th</sup> 3-5pm Narooma Bar Beach  
January 6<sup>th</sup> 9-11am and January 11<sup>th</sup> 1-3pm Kids Snorkel at Merimbula

January 12<sup>th</sup> 10-12pm Bermagui John Steer Pool

- ▶ Explore the under water world of the Far South Coast
- ▶ See amazing creatures and learn about their habitats
- ▶ All equipment supplied including wetsuits

Age: Depending on activity grade, please check when booking

Cost: \$25 per person

### Canoeing (easy)

When: Dec 30<sup>th</sup> 10-12pm; Jan 4<sup>th</sup> 1-3pm; Jan 11<sup>th</sup> 2-4pm at Bournda Lagoon - Bournda NP  
Jan.5<sup>th</sup> 11.30-1.30pm; Jan 19<sup>th</sup> 3-5pm at Ben Boyd NP - Saltwater Creek Camp Ground

- ▶ We paddle quietly along the pristine waterways on Bournda Lagoon or Saltwater Creek
- ▶ The chance to see the elusive Water Dragon, sea eagles, mullets and eels
- ▶ Learn how to do different paddling strokes. A great experience for the whole family

Age: 6+

Cost: \$25 per person

### Nunnock swamp and Platypus experience (easy)

When: January 17<sup>th</sup> 4pm -6pm stay overnight – January 18<sup>th</sup> 7am -8am

Where: Bombala

- ▶ Take a 4km circular walk with our Ranger around Nunnock Swamp in the South East Forests NP
- ▶ Have a country meal at the Heritage Guest House in Bombala & stay the night
- ▶ After a hearty early breakfast meet your Ranger at the Platypus Lookout and find out more about these elusive mammals.

Age: 6+

Cost: \$10 per person (accommodation and meals **not** included)

### Merimbula boardwalk (easy)

When: January 6<sup>th</sup> 3-5pm

Where: Merimbula – meet at Merimbula bridge

- ▶ What critters live along our lake system at low tide ?
- ▶ A hands on get muddy activity
- ▶ See soldier crabs, find out about Mangroves, Neptune Necklace and more

Age: 5+

Cost: \$8 per person or \$25 for family of 4

### Wanda On Wheels is back (easy)

When: Dec 30<sup>th</sup> 1.30-3pm and Jan 18<sup>th</sup> 2.30-4pm Hobart Beach , Jan 5<sup>th</sup> 9-10am Bittangabee

Where: Bournda NP and Ben Boyd NP

- ▶ Wanda is back with a new program
- ▶ Reptiles, Taxidermy animals, games, songs and Puppet show
- ▶ Pick up a colour in sheet and certificate

Age: 5+

Cost: Donations please

### By Boat to Davidson Whaling Station (easy)



When: Jan 6<sup>th</sup> , Jan 10<sup>th</sup> , Jan 19<sup>th</sup> 10-12pm

Where: From Eden /Snug Cove

- ▶ Enjoy a boat ride with Merimbula Divers Lodge across the bay to Davidson Whaling Station and back
- ▶ Take a journey back to the Whaling days and find out more about Tom the Killer whale
- ▶ Visit the Homestead and Museum and enjoy a cup of tea in the cottage gardens

Age: 6+

Cost: \$20 per person, \$60 for family of 4

**For bookings and information call:  
1300 361 606 or 02 6495 5000 ( Bookings are Essential)**



Office of  
Environment & Heritage  
NSW National Parks & Wildlife Service

