

WELLNESS

Norfolk Island - 3 day itinerary

DAY 1

Take an early morning walk through the National Parks along the Bridle track to the Captain Cook lookout. Breakfast at the Olive Café.

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Enjoy a swim or snorkel at beautiful Emily Bay lagoon. Pack a picnic hamper to enjoy then relax on the golden sands with gentle sea breezes.

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Sunset meditation at Puppies Point clifftop followed by dinner at the popular Bounty Bar & Grill.

DAY 2

Try sunrise yoga & meditation at Emily Bay then a wellness breakfast at Golden Orb Café with plenty of healthy treats to choose from.

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Join a guided Electric Bike ride to see the sights, or you can reward yourself with a relaxing pamper at Serenity Day Spa and Beauty.

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Dine at the exquisite Homestead Restaurant for the genuine paddock to plate experience.

DAY 3

Experience morning Pilates at the top of Mt Pitt, enjoying the 360° view of the whole island. You will feel like you are on top of the World!

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Rest at your holiday cottage, breathe in the fresh air and take in the views. Or a Hot Rock massage at Wilde Rose Hairdressing and Beauty Spa.

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Enjoy a sunset drink on the deck at the Castaway Hotel then stay on for a scrumptious dinner.

Norfolk Island - 7 day itinerary

There is so much to do on Norfolk Island, why not stay longer.

Find a quiet spot for meditation or read your favourite book, visit the Sunday art and craft markets, gaze at the night skies (Norfolk Island is a Gold level Dark Sky Town). Don't miss the Hilli Goat farm tour, shop for local artisan products, take a guided garden tour, simply breathe in the fresh air & listen to the wind in the pine trees.

*"Du miekhies, es sloewarn orn Norf'k"
Don't hurry, Norfolk's pace of life is slower.*

www.norfolkisland.com.au



There's more to
NORFOLK ISLAND

