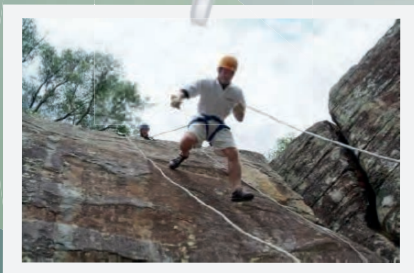


The following five activities will be available during the afternoon of **Tuesday 21 February** at **Glenworth Valley** in addition to the **Central Coast Highlights Tour**.

Glenworth Valley is Australia's largest horse riding and outdoor adventure centre and has been providing a range of fun and exciting outdoor adventure experiences since 1972. It is situated in a deep valley in the hinterland region of the NSW Central Coast with 3,000 acres of the finest unspoilt wilderness to explore consisting of lush green valleys and ancient rainforest areas.

Anyone can do all the activities on offer with no prior experience necessary and only a very basic kind of fitness is required. Experienced guides accompany participants on all activities and all safety equipment and devices are supplied.



ABSEILING

Abseiling is an exciting way to be challenged and to experience a rewarding sense of achievement of being pushed beyond your comfort levels. The qualified and experienced instructors will safely guide participants through a series of increasingly challenging abseils, including vertical descents, overhang descents and face forward run down descents.

Requirements

- Some previous experience is advisable, although the tour caters for both less and more experienced participants
- Closed footwear essential
- Sunscreen and sunglasses; hair tie if you have long hair
- No singlets

Availability

Numbers are limited

LASER SKIRMISH

Laser skirmish is a team combat simulation game similar to laser tag that is played outdoors. Laser skirmish is like a live action computer game as players shoot guns with a harmless infra-red beam, with a sensor detecting hits. The game takes place in a bush setting with loads of places to hide and take cover. Experience all the thrills and fun, without the mess or bruising of paintball.

Requirements

- No experience necessary
- Camouflage clothing is provided
- Closed footwear essential

Availability

A minimum number of people will be required to run this activity



KAYAKING

Kayaking offers paddlers the opportunity to explore the unspoilt wilderness of Popran Creek before exploring either the upper reaches of peaceful Mangrove Creek or heading downstream onto the magnificent Hawkesbury River system. The tours are relaxed and proceed at a leisurely pace, even stopping off to discover the natural surroundings along the way. Participants ride in a double kayak and are fitted with a personal flotation device.

Requirements

- No previous experience required
- Long sleeved shirt, shorts or something that will dry quickly as it is likely you will get wet
- Recommended footwear is old joggers, reef sandals or shoes
- Hat, sunglasses and sunscreen is recommended

Availability

Numbers are limited



QUAD BIKING

Quad Biking is an exciting way to explore the Australian bush on board a four wheeled fun machine. Training and instruction is provided before setting out on a guided tour of the 3,000 acre property, traveling through scenic bushland, open paddocks, rainforest areas, mountain trails and around the specially designed quad bike track. Helmets and safety glasses are provided.

Requirements

- No previous experience required - bikes are fully automatic
- Long pants, t-shirt, sunglasses and enclosed footwear required. It is advisable that you wear clothes you do not mind getting dirty
- No singlets permitted

Availability

Numbers are limited

AMBROSE GOLF

Kooindah Waters Golf, a scenic 18-hole championship course, is situated in the Resort. Enjoy a game of 9 holes played in a team of four. The event you will play is called an Ambrose and is a perfect game for the beginner. Staff from the Golf resort will provide tuition and then guidance. All equipment supplied.

Kooindah Waters Golf, a scenic 18-hole championship course, is situated in the Resort.

Requirements

- No previous experience required, but some prior experience is advisable
- No singlets permitted
- Hat, sunglasses and sunscreen is recommended

Availability

Numbers are limited



CENTRAL COAST HIGHLIGHTS TOUR

The Central Coast is home to some of the state's most beautiful locations and exciting attractions. This tour will take in two of those. Our tour will start at Norah Head Lighthouse. Under the direction of a guide, climb the 96 stairs (optional) and enjoy the 360 degree views from the Tower's balcony and feel what it was like to be a lightkeeper. Marvel at the optics prism and imagine polishing the 700 lens of the prism and hear the stories of shipwrecks in days gone by.

The tour then proceeds to the Entrance which has now been internationally recognised as 'The Pelican Capital of Australia'. Experience the daily pelican feeding which is accompanied by an entertaining and educated commentary about the pelicans, bird and marine life and general information about the area.

Requirements

- All levels of fitness catered for - 93 stair climb to top of Lighthouse Tower is optional

Availability

Numbers are strictly limited