

WELLNESS

Norfolk Island 3 - DAY ITINERARY

Norfolk Island is the perfect escape from a demanding world and you will feel the relaxed vibe the moment you step off the plane.

"Du miekhies, es sloewarn orn Norf'k"

Don't hurry, Norfolk's pace of life is slower.

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.

DAY 2

Morning

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

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!

Afternoon

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.

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.

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.

Evening

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

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

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

STAY FOR 7 – DAYS

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.



www.norfolkisland.com.au

There's more to
NORFOLK ISLAND

