

SATURDAY 19 MARCH Continued

10:00AM-12:00NOON BOOKINGS ESSENTIAL - \$35

Yoga In Nature

Yankalilla

Enjoy a peaceful morning starting with a sensory walk through native bushland with conservationist Hannah Jones from Wattle + Wonder, followed by a relaxing outdoor yoga session lead by local yoga teacher Hannah MacWilliams. Finish with a cup of native river mint tea and small native foods treat. Presented by Fleurieu Environment Centre.

Bookings: Fleurieu Environment Centre info@flec.com.au

10:00AM-4:00PM BOOKINGS ESSENTIAL - \$22

Adventure At Myponga Reservoir

Myponga Reservoir

A day of fun outdoor activities for people living with disabilities. Try one or try them all! There's kayaking from the accessible launch, orienteering through the pine forest, a nature walk, cycling/accessible trikes and simple nature-based problem-solving activities. Bookings: xlent.org.au/adventureatthereservoirs/

4:00PM-6:30PM BOOKINGS ESSENTIAL - \$40

Breathwork & Sound Bath

Collins Reserve, Carrickalinga

Sacred Spaces will take you on a journey of self - nourishing your mind, body and soul. Set in the beautiful Collins Reserve, surrounded by Mother Nature you can feel your mind, body and soul start to relax and your mind quieting.

Bookings: Fleurieu Coast Visitor Centre

SUNDAY 20 MARCH

10:00AM-1:30PM BOOKINGS ESSENTIAL - FROM \$29

Blue Devil Snorkel

Second Valley Jetty

Join professional snorkel leaders and marine biologists from Experience Marine Sanctuaries for a guided snorkel. The jetty and seagrass beds are home to an amazing variety of colourful fish and plant life. Suitable for children 10 years and above who are good swimmers. Children under 15 years must be accompanied by an adult. Bookings: www.emsau.rezdy.com

10:00AM-3:00PM BOOKINGS ESSENTIAL - \$200

Sausage Making Day

Lessismore Farm, Myponga Beach

Enter the world of sausage making at Lessismore Farm. Your day starts with a meander through the herb garden to collect seasonings for your own creation. You'll then learn the art of making flavoursome sausages! Your day ends with wood oven pizza. You'll have 3kg of sausages and course notes to take home.

Bookings: www.lessismorefarm.rezdy.com

10:00AM-4:00PM FREE

Outdoor Adventure & Eco Expo

Normanville Village Green

The Expo returns with a spotlight on the great outdoors. Wander among the family-friendly exhibits, join a pop-up workshop, watch presentations on a variety of sustainable living topics, enjoy guest speakers on the main stage, check out the mobile junk and nature playground, and much more!

SUNDAY 20 MARCH Continued

11:30AM-1:30PM BOOKINGS ESSENTIAL - \$5

Travellers Of The Permian Ice Age

Morgans Beach

Join retired geologist Fraser Farrell of The Backyard Universe and hear about the fascinating geological history of the sands, shore platform and cliffs. Search for rocks brought here by the mighty glaciers of the Permian ice age.

Bookings: Fleurieu Coast Visitor Centre

4:00PM-6:00PM BOOKINGS ESSENTIAL - \$40

Water Releasing Ceremony

Carrickalinga Beach

Sacred Spaces will lead you through a guided meditation and gentle breath work. We will be holding ourselves with great tenderness and love. Seeing your inner child with all her/his hurts, fears and insecurities.

Bookings: Fleurieu Coast Visitor Centre

THROUGHOUT THE FESTIVAL

10:00AM-5:00PM FREE ENTRY

Garden Walk

Raywood Nursery, via Delamere

Set amongst one of the oldest remaining stringybark and grass tree forests in the State, the garden features a wide selection of Australian and exotic plants. Look out for the blue wrens and scrub wrens – birdlife abounds!

FROM 8:00AM BOOKINGS ESSENTIAL - FROM \$30

Kayak Adventure

Myponga Reservoir

Experience a self-guided tour of the reservoir and create your own adventure! Drop a line whilst enjoying stunning views from your kayak – ask about fishing hire. From \$30 for 2 hours. Bookings: mypongakayakhire@outlook.com

SELF GUIDED FREE

Heritage Fleurieu Coast Tree Trail

Various

Trees around the Fleurieu Coast help tell the history of the district. Follow the Tree Trail which travels between Myponga and Cape Jervis to 22 points of interest. Download the Tree Trail map flec.com.au/tree-trail

1:00PM-2:00PM \$45A/\$30C*

Sea Worrina Boat Tour

Worrina Cove to Rapid Head return

Enjoy a 60 minute cruise along the spectacular coast viewing stunning headlands, secluded bays and pristine turquoise waters. Departs each Saturday, Sunday & Thursday. Bookings: Fleurieu Coast Visitor Centre



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FESTIVAL OF NATURE

Fleurieu Coast



MADE BY NATURE

Fleurieu Coast

12 - 20 March 2022

Fleurieu Coast Visitor Centre

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