



With a plethora of activities on our doorstep, there is a world of local beauty waiting to be discovered during your stay at Jonah's including some of Australia's most beautiful beaches, national parks and water ways.

Please contact our concierge for further information or reservations.



PITTWATER KAYAK TOURS

Explore our local surroundings of Pittwater, known by locals as a place of absolute natural beauty. Beaches, bushland and vast areas of estuary make it perfect for a day of fun and exercise. Go on an adventure in a kayak with Pittwater Kayak Tours.

pittwaterkayaktours.com.au



MEDITATION & MINDFULNESS

Calming, connecting and bringing the best out in you. Private meditation & mindfulness sessions with Greg Hawes can be tailored specifically to you, couples or groups. You may simply want more calm, harmony & peace in your life or need some stress & anxiety relief to increase your feeling of wellbeing on all levels. No previous experience required, just simple relaxing technique. Pricing \$165 one on one session – 60 minutes.

Please contact reception to book.



48FT CLASSIC GENTLEMAN'S CRUISER

Enjoy a luxury chartered cruise on beautiful Pittwater with the Iluka Cruiser and your own skipper. This beautiful boat comfortably holds up to 12 guests. Pricing from \$600 per hour in low season (Min 5 hours). Add on: Jonah's picnic hamper with a bottle of Champagne Bollinger \$264 (suitable for two guests).

localeyesaustralia.com



YOGA – IN-ROOM

Offering a variety of in-room yoga to suit each individual.

Please contact reception to book.



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LOCAL ACTIVITIES

The real beauty of Whale Beach and its surrounds is that the area is less than an hour's drive from Sydney yet you feel a thousand miles away. The natural raw beauty, the peaceful serenity and the ocean as a back drop make the area a perfect place to relax and rejuvenate.



BARRENJOEY LIGHTHOUSE WALK

This is a fantastic activity for those wanting a great walk on Sydney's northern beaches. Features of this track include views of the central coast, Palm Beach, the South Pacific Ocean, and historic remnants of old lighthouses.

WHALE WATCHING CRUISES

Join Fantasea Cruising Palm Beach during May - November to experience seeing the whales up close in their natural environment.

Cruises are seasonal to maximize chances of seeing numerous whales on their migration while learning all things whales, wildlife and Northern Beaches history.

fantasea.com.au/palm-beach-ferries/whale-watching

GOLF

The Northern Beaches offers many stunning golf courses including:

Bayview Golf Club: 8 holes of sporting enjoyment hidden away among the rolling hills of the Peninsula.

Palm Beach Golf Club: a 9-Hole Golf Course, nestled perfectly underneath Barrenjoey Headland.

Avalon Golf Club: a 9-Hole Golf Course on the outskirts of the Avalon Village.

Mona Vale Golf Club: an 18-Hole Golf Course with beautiful greens and undulating fairways.

Long Reef Golf Club: an 18-Hole Golf Course on the edge of the ocean with spectacular views.

AVALON SUP

Experience the many pleasures of Stand Up Paddle (SUP) at any level you choose. Avalon Stand Up Paddle is an Accredited SUP school dedicated to building this healthy and exciting sport on the beautiful Northern Beaches from their HQ at Clareville Beach.

avsup.com.au or phone 0413 363 405



SURF SCHOOL AT PALM BEACH

Learn to surf with Manly Surf School, teaching since 1983. They have been voted by surfing Australia as the number 1 surf school in NSW. Classes run daily at Palm Beach. All equipment is provided.

manlysurfschool.com.au

SAILING ON PITTWATER

Enjoy a cruise with Taylor Made Escapes on beautiful Pittwater. Includes a 2 hour cruise, opportunity to explore with a private Skipper and relax in a sheltered bay for a swim before returning to Palm Beach. Each individual guest will be asked how they would like to spend the 2 hour activity.

Time: 11am or 2pm for 2 hours

Cost: \$480 for 2 people

Add on: Jonah's picnic hamper with a bottle of Champagne Bollinger \$264 (suitable for two guests)

Please contact reception to book.

