

# INCLUSIVE FITNESS GETAWAYS

## MORNINGTON PENINSULA ITINERARY

5th to 9th March 2021

Covid-safe rules apply.

### FRIDAY 5th MARCH

Meet at Aunt Billies carpark at 2pm. From here, we will load the cars and head off to our Peninsula accommodation in Rye. Once we arrive and settle into our rooms, we will have some nibbles and get ready to cook a BBQ dinner then head out for a beach walk!

### SATURDAY 6th MARCH

8am - Group Fitness training in the front yard

9am - A well-earned breakfast!

11am - Leave for the Enchanted Adventure Gardens where we will Immerse ourselves in a wonderland of mazes, artistic fun garden designs, Tube Slides and a Canopy Walk through the trees! A picnic lunch under the shady trees will be enjoyed during the day before heading back to our accommodation for some down time (with a few stops along the way for pics of the incredible views!) We will head to the Portsea pub for an early dinner

### SUNDAY 7th MARCH

8am - Group Fitness training in the front yard

9am - A well-earned breakfast!

After breakfast we will load into the cars and head to Sorrento where we will board the ferry and head over to Queenscliff for a picnic lunch and a walk. There will be an opportunity to do some shopping here if participants wish! Dinner will be Chicken and Salad followed by a movie night in the well-equipped theatre room.

### MONDAY 8th MARCH

8am - Group Fitness training in the front yard

9am - A well-earned breakfast!

After breakfast we will drive from our accommodation to Cape Schanck Lighthouse Reserve and walk to the lighthouse. There are many places along the way to stop and have a swim and simply take in the breathtaking views!

### TUESDAY 9th MARCH

8am - Group Fitness training in the front yard

9am - A well-earned breakfast!

11am - Checkout of the house and head to Mornington for a walk down the pier to see the fisherman. After our walk we will enjoy fish and chips in the park overlooking the water, wander down the Mornington strip before we head home.

**Pick-up point** - We will aim to be back at Aunt Billies carpark at 3pm on Tuesday.

