



# WORKOUTS & WARRIORS 2019 DAILY ITINERARY

## Thursday 7 November

Grab your passport because it's time to go!

Today you depart Australia, fly via Auckland, cross the international dateline and arrive in Tahiti yesterday!

## Wednesday 6 November

la Ora Na and welcome to Tahiti. Breathe in the tropical aromas and the unique ambiance as we meet you at the airport. You arrive late at night and will probably be tired so off we head to the InterContinental Tahiti Resort to get you checked-in. Feeling peckish? We'll be on hand with some late-night snacks to keep your belly happy before you settle in for a 1-night stay. Soak up your first impressions of paradise then fall in to a blissful state of sleep. (S)

## Thursday 7 November

It's Thursday again so you get to relive your day! We have a group brekky this morning where you'll meet Steve, the Travel & Tonic team and your fellow warriors. You'll then launch in to your first training session - sure to be hard but worth it! After your workout you'll have time for a quick dip in the pool before we head to downtown Papeete. You'll have time to wander the local markets, buy some souvenirs and grab a bite to eat. We'll meet, then head to the ferry terminal together, a short walk away. We'll leave Tahiti island behind us and make a 40 minute ferry crossing to the island of Moorea. Upon arrival in Moorea we'll take a bus around the famous bays of Oponohu and Cook, to our home for the next 5 nights, the gorgeous InterContinental Moorea Resort & Spa. Tonight we enjoy our first group dinner together at the resort. (B,D)

## Friday 8 November

Morning session with Commando Steve

After breakfast this morning you have the day to relax and explore the resort.

Why not try out one of the optional excursions on offer this afternoon: diving, quad biking, jet skiing, 4WD ... the choices are many!

Afternoon session with Commando Steve

Dinner at leisure tonight. (B,D)



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## **Saturday 9 November**

Morning training session

Today we'll spend an unforgettable day immersed in Moorea's stunning mountains and lagoon. Imagine hiking to a hidden waterfall and taking a dip; local net fishing, rock lifting, local drummers, BBQ lunch on private beach, lagoon swimming and more!

Dinner at leisure tonight. (B,L,D)

## **Sunday 10 November**

Morning training session

Between training sessions you may choose to relax beach-side or hire a bike and discover the island of Moorea ... it's only 60 kms around!

Afternoon training session

Dinner at leisure tonight. (B,D)

## **Monday 11 November**

Morning training session

Today's the day to try out the kayaks and outrigger canoes, or maybe wander out for a snorkel or paddle board. You're training twice again today so make sure you find some time to rest up during the day!

Afternoon training session

Tonight we're dining together to enjoy the taste sensations of local Polynesian cuisine at our beach BBQ dinner, all the while being seduced by the dancers in the Tahitian fire & dance show! (B,D)

## **Tuesday 12 November**

Morning training session

By now you're well and truly a workout warrior and today you'll share in your last Moorea training session before heading back to Tahiti island.

Our final afternoon together will be spent on the Tahiti lagoon aboard a floating fare hut. Our chef will be cooking up a BBQ storm, the tunes will be local, and you can farewell your island paradise with local beer and wine because you've earned it! (B,D)



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## Wednesday 13 November

You did it!

We'll have an early breakfast at the resort this morning before heading to the international airport for our departure flight. We leave Wednesday morning, cross the dateline back to reality and arrive in Auckland on Thursday afternoon to connect with ongoing flights to home cities. (B)

## Thursday 14 November

Arrive in Australia

B = breakfast

L = lunch

D = dinner

S = snack dinner

Itinerary order & inclusions are subject to change without notice