Get up and get active

with the Destination NSW Fun & Fitness Program!
Why not greet the day at sunrise on Sydney’s famous Bondi Beach? Perhaps early morning surfing, paddle boarding or yoga takes your fancy. Or experience Sydney city sights on a guided morning walk through the city or the Royal Botanic Gardens. Or learn about Australia’s Aboriginal heritage and the connection with Sydney Harbour. Or meet some of the locals at WILD LIFE Sydney Zoo. Or enjoy the wildest views of Sydney with Taronga Zoo’s Wild Ropes. Or gather for a fun night out at the Sydney Opera House with Opera Australia.

We have some fantastic opportunities for you to enjoy throughout ATE 2017 so you can experience fun and fitness in Sydney!

Please contact the relevant operator listed for all bookings and further information

Destination NSW looks forward to welcoming you to ATE 2017!

*Please note: For ATE17 Buyers only. For bookings, further information and terms and conditions please consult with the operator directly.
Get a morning energy boost at Bondi Beach with Lets Go Surfing

Forget the late night bars and hangovers this ATE. Get up and out there with the Lets Go Surfing team for some ‘me’ time on Australia’s most famous beach. Experience a morning energy recharge session. We’ll pick you up and get you going; ready and energised for the day’s work. Get out of the CBD and do what the Sydney locals do before work! You’ll feel great and enjoy ATE in a new way!

Get Wet – easy for beginners:
Bondi Dawn Patrol – dive in to the sparkling Pacific Ocean for a refreshing, invigorating surfing, board paddling or ocean swim session.

Stay Dry – easy for all levels:
Bondi Beach Yoga Session – centre your mind, body and soul ready for the day on Bondi Beach.

Stand Up Paddle Boarding (SUP) – easy for beginners:
Perfect for calmer ocean conditions, SUP boarding is a fun and easy way to get active.

Coastal Headland Walk or Jog:
Energise and take in the breathtaking Pacific Ocean views with a guided light jog or walk.

Dates:
Departs daily during ATE

Itinerary:
5.30am sharp! Pick up from ATE hotels, transfers to Bondi Beach
6am – 7am: Beach activity – surf, SUP, yoga or headland walks
7am – 7.20am: Quick breakfast – coffee, tea, juice, smoothies and muffins
7.20am – 7.50am: Transfers back to ATE hotels.
8.45am: ATE First appointment

What to Bring:
Bottled water
Sunhat and sunscreen
Wet weather gear if wet or likely to rain
Comfortable shoes
Swim wear if participating in surfing or SUP

To Book:
Contact: Julia Volz, Business Development Manager
Email: julia@letsgosurfing.com.au
Phone: 02 9365 1800

For more info visit: www.letsgosurfing.com.au

Advanced bookings are required to avoid disappointment, as places are limited.
Stop and smell the flowers: Royal Botanic Garden Sydney’s Breakfast Walking Tour

ATE will be fast paced and full of distractions, this Breakfast Walking Tour will allow you to take time to stop and enjoy the simple pleasures of life – right in the heart of Sydney.

This is not a fast paced workout, you’ll be able to take in the sounds of our native birds and smell Australia’s beautiful flowers as you stretch your legs and learn about the iconic Royal Botanic Garden’s incredible 200 year history from a passionate guide.

The tour is completed with a healthy ‘grab and go’ breakfast provided by Trippas White Group, that can be enjoyed in the Garden or on the transfer back to Darling Harbour.

**Date:**
Tuesday 16 May 2017

**Itinerary:**
6.10am: Pick up from International Convention Centre / select Darling Harbour hotels
6.30am: Arrive at the Garden for a 45min guided walk
7.15am: ‘Grab and go’ breakfast by Trippas White Group
7.45am: Transfer from the Garden to Darling Harbour

8.10am: Drop off at International Convention Centre / select Darling Harbour hotels

**Inclusions**
Return transfers, guided walk, ‘grab and go’ breakfast

**What to Bring:**
Bottled water
Sunhat and sunscreen
Wet weather gear if wet or likely to rain
Comfortable shoes

**To Book:**
Please contact Wendy Symonds, Royal Botanic Garden Sydney, with your name, contact details, preferred pick up point (ICC Sydney or Darling Harbour hotel) and any dietary requirements.

**Email:** Wendy.Symonds@bgcp.nsw.gov.au

For more information about the garden visit: www.rbgsyd.nsw.gov.au

Advanced bookings are required to avoid disappointment, as places are limited.
Guided walking tour with Two Feet & A Heartbeat Tours

Begin your day with a relaxing and entertaining walk through downtown Sydney. We’ll take the least-walked path on this walking tour and meander through this fascinating city’s tumultuous history and into the modern day.

Discover the secrets of ‘The Tank Stream’, and what events led to the birth of modern Australia, the legacies left from decisions made and the people who made them: those who won, those who lost, and everyone in between.

Factual, funny, irreverent, and anecdotal – this Sydney walking tour is a great local experience packed full of Sydney history!

**Dates:**
Departs daily during ATE

**Duration:**
1.5 hours

**Itinerary:**
7.00am: Pick up from International Convention Centre
8.30am: Drop off at International Convention Centre

**What to Bring:**
Bottled Water
Sunhat and sunscreen
Wet weather gear if wet or likely to rain
Comfortable shoes

**To Book:**
**Contact:** Ryan Zaknich, General Manager
**Email:** bookings@twofeet.com.au
**Phone:** 1800 459 388

For more info visit: www.twofeet.com.au/sydney-home/

Advanced bookings are required to avoid disappointment, as places are limited.
The Rocks Dreaming Aboriginal Heritage Tour and Sunrise Ceremony with Dreamtime Southern X

The Rocks Dreaming Aboriginal Heritage Tour is a perfect introduction to Aboriginal Culture showing a perspective of Sydney that is touching, enlightening, and very informative.

Experience an Aboriginal sunrise ceremony by the Harbour Bridge at Hickson Reserve, overlooking the harbour and followed by the 90-minute leisurely walkabout through The Rocks where you’ll learn about the Aboriginal Dreamtime, its origin, history and culture and understand the connection between modern Sydney and the Aboriginal Dreaming.

**Dates:**
Departs daily during ATE

**Duration:**
1hr and 20mins

**Itinerary:**
6.30am: Pick up from International Convention Centre
8.30am: Drop off at International Convention Centre

**What to Bring:**
Bottled water
Sunhat and sunscreen
Wet weather gear if wet or likely to rain
Comfortable shoes

**To Book:**
Book Online

**Contact:** Margret Campbell, Managing Director
**Email:** bookings@dreamtimesouthernx.com.au
**Phone:** 0428 661 019

For more info visit: www.dreamtimesouthernx.com.au

Advanced bookings are required to avoid disappointment, as places are limited.
Fun & Fitness @ Barangaroo

Get up and going with Barangaroo this ATE and explore one of Sydney’s newest and most spectacular waterfront parks, Barangaroo Reserve.

Experience a morning workout with a difference. Barangaroo Aboriginal guides will take you on a morning trail or brisk walk to Barangaroo Reserve, through Darling Harbour and Cockle Bay to the Barangaroo precinct sharing with you some of the Aboriginal history of Sydney Harbour, its surrounds and the significance to Aboriginal Australians.

Brisk Morning Walk:
Meet your guide at International Convention Centre and learn about Australia’s Aboriginal heritage.

Morning Run:
Meet your guide at International Convention Centre and learn about Australia’s Aboriginal heritage and take part in an Aboriginal Dance and culture workshop.

Dates:
Departs daily during ATE

Duration:
Both tours are 1 hour in duration

Itinerary:
7.00am: Pick up from International Convention Centre
8.00am: Drop off at International Convention Centre

What to Bring:
Bottled water
Sunhat and sunscreen
Wet weather gear if wet or likely to rain
Appropriate shoes

To Book:
Contact: Clarence Slockee, Team Leader, Visitor Services
Email: visitor.services@barangaroo.nsw.gov.au
Phone: 02 9255 1700
For more info visit: barangaroo.sydney

Advanced bookings are required to avoid disappointment, as places are limited.
Koala Breakfast and Wild Flight experience with WILD LIFE Sydney Zoo

Start the day with a self-propelled flight through WILD LIFE Sydney Zoo’s aviary, where you will see kangaroos and other native wildlife from the sky and glide past princess parrots and other feathered friends.

Complete your visit with a delicious buffet breakfast in the company of koalas, enjoy an informative koala talk, as well as a photo opportunity with the chance to enter the enclosure and get up close with our cuddly koala friends.

Dates:  
16 & 17 May 2017

Duration:  
1 hour and 45 minutes, including transfer

Itinerary:  
6.45am: Pick up from International Convention Centre  
8.30am: Depart WILD LIFE Sydney Zoo

To Book:  
Contact: Shannon Bailey, Head of Trade Sales  
Email: shannon.bailey@merlinentertainments.com.au  
Phone: 02 8251 7808

For more info visit: www.wildlifesydney.com.au

Note: This tour will only run if minimum numbers are met.  
Advanced bookings are required to avoid disappointment, as places are limited.
Wild Ropes @ Taronga Zoo

The wildest views of Sydney come to life on Taronga Zoo’s new sky high adventure, Wild Ropes. Set in the bushland surrounds of Taronga Zoo and with breathtaking views of Sydney Harbour, this action-packed high ropes course is an excellent way to experience and appreciate the Australian outdoors.

Only 12 minutes from the city by ferry, Wild Ropes offers a spectacular 90-minute outdoor activity that allows participants to observe nature from a new perspective. Koalas, kangaroos, emus and wallabies may be spotted as you climb through the trees, tackle challenges and soar through the air on flying foxes, with each challenge more exciting than the last. See the sights of Sydney Harbour, including the Opera House and the Harbour Bridge, like never before and capture and share your adrenalin filled adventure with an exciting on course action photo.

Enjoy exclusive water transfers with Fantasea Yellow Water Taxis. Boasting the largest fleet of vessels on Sydney harbour. With an emphasis on safety, quality and flexibility this is the easiest way to create your own exclusive cruise. Ideal for small group tours, these vintage vessels can be tailored to suit your itinerary whilst embracing Sydney’s most iconic landmarks. Available at any time of day, from any wharf, for any duration, this is the ultimate way to experience Sydney.

Date:
18 May 2017

Duration:
2.5 hours

Itinerary:
5.30am–6.00 am: Harbour transfer to Taronga Zoo wharf
6.00am–7.30am: Wild Ropes course
7.30am–8.00am: Harbour transfer to King St Wharf

What to Bring:
Bottled water
Sunhat and sunscreen
Wet weather gear if wet or likely to rain
Enclosed shoes

To Book:
Contact: Lisa Welsh, Tourism Sales Manager
Email: lwelsh@zoo.nsw.gov.au
Phone: 02 99784778
For more info visit: taronga.org.au/wildropes

Advanced bookings are required to avoid disappointment, as places are limited.
A night at the opera with Opera Australia:

**Two Weddings, One Bride**

Gather for a fun night out at the Sydney Opera House and let the sumptuous costumes, pretty sets and joyful melodies take you all the way to French Morocco. This is a 90-minute “jukebox opera,” featuring well-loved operetta tunes and plenty of laughs. Sung in English.

A water taxi transfer will be provided from Darling Harbour approximately 75 minutes before the performance and a return drop-off service departs from Sydney Opera House approximately 30 minutes after the performance.

**Dates:**
14 & 17 May 2017

**Duration:**
3.5 hours approximately with transfer. Performance time is approximately 90 minutes with no interval.

**Itinerary:**
Sunday 14 May:
3.45pm: Pick up from a wharf at Darling Harbour
7.15pm: Drop off at a wharf at Darling Harbour

Wednesday 17 May:
6.15pm: Pick up from a wharf at Darling Harbour
9.45pm: Drop off at a wharf at Darling Harbour

**What to bring:**
While it is fun to dress up for the opera, there is no mandatory dress code. An extra layer is advised because it can get cold in the theatre.

**To Book:**
To book visit: opera.org.au/ate
Email: tourism@opera.org.au
Contact: Tessa McLachlan, Tourism Sales Coordinator

Advanced bookings are required to avoid disappointment, as places are limited.
For enquiries, contact:
ATE.2017@dnsw.com.au

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