

### LUXURY 64FT SUNSEEKER PREDATOR

Enjoy a luxury chartered cruise on beautiful Pittwater with the Beleza yacht and your own skipper.

This beautiful boat comfortably holds up to 6 guests.

Pricing from \$700 per hour in low season

Add on: Jonah's picnic hamper with a bottle of

Champagne Bollinger \$272 (suitable for two guests)



### YOGA – IN-ROOM

Offering a variety of in-room yoga to suit each individual. Please contact reception to book.



Jonah's Restaurant & Boutique Hotel

69 Bynya Road, Whale Beach

Sydney NSW 2107 Australia

T | +61 2 9974-5599

W | [www.jonahs.com.au](http://www.jonahs.com.au)

E | [enquiries@jonahs.com.au](mailto:enquiries@jonahs.com.au)

### PITTWATER KAYAK TOURS

Explore Pittwater, on Sydney's northern beaches, 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](http://pittwaterkayaktours.com.au)



### MEDITATION & MINDFULNESS

with Greg Hawes

Calming, connecting and bringing the best out in you. Private meditation & mindfulness sessions can be tailored specifically for you, (and for 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

\$150 one on one session – 60 minutes



# LOCAL ACTIVITIES



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

Please contact our concierge for further information or reservations.

Est 1929  
**JONAH'S**



# 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 for to experience seeing the whales up close in their own 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](http://fantasea.com.au/palm-beach-ferries/whale-watching)

## GOLF

The Northern Beaches offers many stunning golf courses including:

**Bayview Golf Club** is a picturesque private golf club located in the northern beaches area of metropolitan Sydney. It offers 18 holes of pure sporting enjoyment hidden away among the rolling hills of the Peninsula. The course's tree-lined and undulating fairways are impressive and test the skills of most golfers.

**Palm Beach Golf Club** boasts a world class 9-Hole Golf Course nestled perfectly underneath Barrenjoey Headland.

## 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 the HQ, at Clareville Beach.

[avsup.com.au](http://avsup.com.au) or phone 0413 363 405



## MANLY SURF SCHOOL

Learn to surf with Manly Surf School, teaching since 1983. Manly surf school has 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](http://manlysurfschool.com.au)

## SAILING ON PITTWATER

with Taylor Made Escapes

2 hour cruise

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.

## CRUISE or SAIL on PITTWATER

TIME: 11am or 2pm for 2 hours

\$180 per person (2 hours)

Add on: Jonah's picnic hamper with a bottle of Champagne Bollinger \$272 (suitable for two guests)

