

LUXURY 64FT SUNSEEKER PREDATOR

Enjoy a luxury chartered cruise on beautiful Pittwater on Beleza including a 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 \$250 (suitable for two guests)



YOGA – IN-ROOM

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



JONAH'S RESTAURANT & BOUTIQUE HOTEL
69 BYNYA ROAD, WHALE BEACH,
SYDNEY, AUSTRALIA 2107
P (02) 9974 5599
WWW.JONAHS.COM.AU | ENQUIRIES@JONAHS.COM.AU

PITTWATER KAYAK TOURS

Explore Pittwater, on Sydney's northern beaches, is 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. Come on an adventure in a kayak with Pittwater Kayak Tours

www.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, (or you & your partner and / or your group) - 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



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 the fact that the area is less than an hour's drive from Sydney yet you feel a thousand miles away. The natural raw beauty of the area, 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 walk for those wanting a great walk on Sydney's northern beaches. Features of this track include views of the central coast, Palm Beach and the South Pacific Ocean, and historic remnants of old lighthouses.

WHALE WATCHING CRUISES

Join manly Whale Watching during May - November for some adventure cruising and experience the amazing sights of seeing the whales up close in their own natural environment.

These cruises are seasonal and are only operated in Peak season to maximize your chances of seeing numerous whales on their migration.

www.manlywhalewatching.com.au

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. The land is wholly owned by the club. 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 our HQ, Clareville Beach.

www.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.

www.manlysurfschool.com.au

SAILING ON PITTWATER

with Taylor Made Escapes

2 hour cruise

Enjoy a cruise with Taylor Made Escapes on beautiful Pittwater: Includes Cruise and explore with private Skipper, 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

www.taylormadeescapes.com

CRUISE: \$180 per person (2 hours)

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

