

Transport is proudly brought to you by Busways and fantoSea Cruising

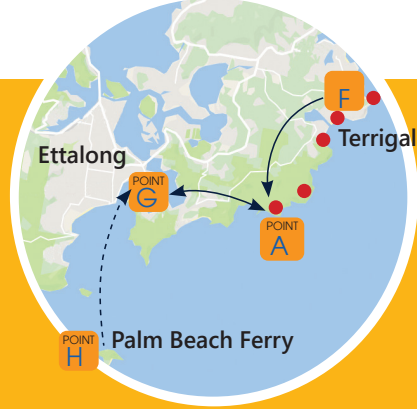
STARTING YOUR WALK

Pick up and set down points (Map left)

- **Park** in Terrigal where free buses shuttle you to MacMasters Beach 7.00am - 10.30am
- **Pick up** is from **Point F** - Entrance of Crowne Plaza Terrigal, Pinetree Lane or **Point G** - Terrigal Haven
- **Set down** is at **Point A** - Warri Cres, MacMasters Beach
- **Register** Walk 750m downhill to the MacMasters Beach Surf Club for registration and events
- **Captain Cook Lookout** - Shuttle runs 8.00am - 1.30pm, between **Point B** - Copacabana Surf Club and **Point C** - Captain Cook Lookout

Visiting from Palm Beach (Small map below)

- Palm Beach via Ettalong**
- Catch the Palm Beach Ferry **Point H** to **Point G** - Ettalong
 - Shuttles will meet ferry arrivals to take you to the start at **Point A** - MacMasters Beach via Ettalong
 - Throughout the day shuttles will run from **Point F** - Terrigal, Pine Tree Lane and return to MacMasters Beach. You'll change buses to Ettalong Wharf



Walking track information

- POINT A** Macmasters Beach
 - Track Surface - Beach & sand
 - Gradient - Level
- POINT B** Copacabana (Distance - 1.4 kms)
 - Track Surface - Beach & sand
 - Gradient - Level
- POINT C** Captain Cook Lookout (Distance - 1.6 kms)
 - Track Surface - Road & flight of stairs
 - Gradient - Long uphill climb, with 2 steep sections
- POINT D** Winney Bay (Distance - 1.2 kms)
 - Track Surface - Road, concrete path & steps, rough track & mud
 - Gradient - Hilly road, followed by steep down hill, then level
- POINT D** Avoca Water Tower (Distance 0.9 kms)
 - Track Surface Unmade road
 - Gradient - Climb uphill
- POINT D** Avoca Beach Surf Club (Distance 0.9 kms)
 - Track Surface Concrete path, steps & parkland
 - Gradient Steep downhill
- POINT E** North Avoca Surf Club (Distance 1.6 kms)
 - Track Surface Beach & sand
 - Gradient - Level
- POINT E** Scenic Hwy Crossing To Terrigal (Distance 1.6 kms)
 - Track Surface Road
 - Gradient - Long uphill climb
- POINT F** Terrigal Surf Club (Distance 1.1 kms)
 - Track Surface Road
 - Gradient Long steady downhill, then level

ABOUT US

The 5 Lands Walk...

connecting people to people and people to place...

A place where nobody is excluded.

A place where people are encouraged to celebrate life with their friends, family and the wider community.

In doing so, help create a more harmonious and inclusive community on the Central Coast and beyond.



Local Aboriginal Land Council **DARKINJUNG**



- ART EXHIBITIONS
- CULTURAL PERFORMANCES
- LIVE ENTERTAINMENT
- SPIRITUAL CEREMONIES
- CHILDRENS ACTIVITIES

JUNE 23
24

DARKINJUNG COUNTRY • CENTRAL COAST NSW
5 Lands Walk

SEE THE DAYS PROGRAM OF ACTIVITIES & MAP INSIDE!

ART EXHIBITIONS

MACMASTERS BEACH

- Photographic History of MacMasters Beach
- Schools' Photographic workshop, high school artwork displays
- Art in the Open

COPACABANA

- Photographic History of Copacabana
- Art in the Open

AVOCA BEACH

- Connections & Ephemera Exhibitions
- Art in the Open

NORTH AVOCA

- Aboriginal Art Exhibition

TERRIGAL

- Aboriginal Land Art on the Skillion
- Art in the Open



CULTURAL OFFERINGS

MACMASTERS BEACH

Didgeridoo & Bagpipers

COPACABANA

Nga Waka E Whitu Maori Cultural Group

AVOCA BEACH

Message Stick & Middle European Cultures

NORTH AVOCA

Aboriginal Culture all day

TERRIGAL

Closing Ceremony



GETTING AROUND DURING THE DAY

From 10.30am the shuttle loops around the 5 Lands Walk to:

- **Point A** MacMasters Beach
- **Point B** Copacabana
- **Point D** Avoca Beach
- **Point E** North Avoca; and
- **Point F** Terrigal

Last bus to Ettalong Wharf leaves Terrigal at 4.15pm. You'll need to change bus at MacMasters Beach then on to Ettalong to catch the last Ferry to Palm Beach at 5:30pm.

Important Notes:

The Haven is pick up only from 7.00am - 10.30am direct to Macmasters Beach, then closed for the day.

Go to **Point F**, rear Crowne Plaza Terrigal in Pinetree Lane for all stops transport from that time service frequency varies throughout the day with services concentrating around the time of major ceremonies at each Land.

PROUDLY SUPPORTED BY

- Busways
- markmoran group
- STONE
- CENTRAL COAST LEAGUES
- TRIPLE 107.7
- NISSAN GOSFORD NISSAN
- TrendPac
- NSW Multicultural NSW
- The Peninsula Chamber of Commerce Inc.
- NSW Health Central Coast Local Health District
- Bendigo Bank
- Ettalong BIGGERS
- CROWNE PLAZA AN IHG HOTEL TERRIGAL PACIFIC
- Central Coast Council
- 10
- PAX

www.5landsWalk.com.au

LIKE US ON FACEBOOK @5LandsWalk

FOLLOW US ON INSTAGRAM @5LandsWalk



ENJOY FREE ALL DAY ENTERTAINMENT

The 5 Lands Walk Inc. Committee, our tireless volunteers and proud sponsors thank you for participating. Some things are beyond our control so our program is always subject to change.



Walkers can top up their water bottles at each of the Surf Clubs.

Toilets are also available there.

- The finish line is in site at Point F (C,10)**
Turn left to the events at Terrigal Surf Club
- Take care crossing the Scenic Hwy into Kurrabyba Ave and follow it to the beach
- Now follow North Avoca Pde, The Arena and Coast Rd to Scenic Hwy
- Celebrate Connection to Country at Point E (H, 8)**
Walk up the beach to North Avoca
- You've reached the half mark at Point D (L, 7)**
Turn right, and after 100m enter the pathway that starts on the corner of Endeavour Dr (between the houses) down the hill

Cross the park and head to the Avoca Beach Surf Club and Hunter Park near Avoca Beach Picture Theatre
- Follow the path and signs to the Fire Trail that leads up to the water tower on Cape Three Points Rd
- Walking back from the lookout, turn right and follow Del Monte Pde for 475 metres to the park on your right
- Immerse yourself in whale watching at POINT C (U, 10)**
Turn right at the top to Captain Cook Lookout
- Continue along Del Monte Pde and head up the hill
- Arriving at POINT B (V,5)**
After registering, walk north along the beach to Copacabana
- Begin at POINT A (S,2)**
The shuttle sets down and picks up only at Warri Cres. Walk down Marine Pde to the desk and REGISTER at MacMasters Beach Surf Club



POINT A

MACMASTERS BEACH • 7am - 2pm

7:30am Join us for a *free breakfast for the first 550* people, followed by a rip safety display hosted by Macmasters Beach SLSC.



7:45am Bagpiper performance leading walkers to the opening ceremony

8:00am The **First Step Opening Ceremony**, including welcome to MacMasters & Country, Didgeridoo, Children & Youth performances, as well as the reading of the message by Lachlan Masters.

9:00am - 2:00pm **Smoking Ceremony** & the First Step of walk with a Baiame footprint & childrens' stories portal. Schools' **Photographic workshop**, high school artwork displays.

Live performances by the Central Coast Academy of Music.

POINT B

COPACABANA • 7.45am - 2.30pm

Join us for a *Celebration of Life* as we celebrate our local community, our many cultures & the connections that join us.

- All Day**
- Live entertainment on stage with an outstanding line up of local schools & talented musicians, including Copa's own Frecko.
 - Copacabana Art Exhibition**, upstairs in the Surf Club. Meet our local artists and enjoy pieces created especially for the Walk while listening to a live musical performance.
 - Our littlest walkers can enjoy *free all-day facepainting* courtesy of artist Kayla Outhred.
 - Spread your wings and fly! Join us in creating an interactive a giant pair of eagle wings to be displayed outside the Surf Club.
 - Grab a delicious **sausage sizzle** & help your local surf club raise money for vital equipment.
 - Learn about local history through historical talks an photographs.
 - Visit Captain Cook Lookout for a spot of whale watching & to hear expert whale talks.

POINT D

AVOCA BEACH • 9.30am - 3.15pm

All Day
Community Fair, Hunter Park:
• Showcasing local Community organisations, wildlife & fun for kids.

Avoca Beach Surf Lifesaving Club:
• **Connections Art Exhibition** + Classical Delights live.

Art in the Open:
• Watch artists working live
• Red Hot Papas roving jazz band

Kids Dig Fun in the sand:
• Stop and rest while the kids enjoy creative sand play.

From 10am
Live Performances on the Bulbararong Stage, Hunter Park:
• Welcome the Message Stick & Celebrate Middle European culture on the Central Coast with stories, folk music, dance & costume from Lajkokik & Kukubara.
• **Professor Beazley's Pop-up Puppet Show** on the Eastern side of the SLSC. Check the chalkboard for session times from 10am onwards.



Why just walk when you can learn, explore & WIN!

Learn about the Aboriginal & post-European settlement history of each land, discover landmarks, look for clues & answer questions while you walk! **You can participate in two ways.**

Treasure Hunt - Suitable for families & children upto 12yrs

- Grab an entry form from the MacMasters Beach Information Desk at the start of your walk.
- Follow the map to solve clues & locate each landmark.
- To enter, complete the form, drop it off at the Terrigal Information Desk as you cross the finish line.

Additional entry forms & entry collection boxes will be available at each land for those who wish to complete each stage of the walk in a different order.

Scavenger Hunt - Suitable for those aged 13+

- Scan the QR code before you start the walk at Macmasters Beach to access the online Scavenger hunt.
- Solve clues & locate special items across all 5 lands.
- Enter as an individual, or share the love (& prize money) by working together as a team to complete the challenge.

Winners will be drawn Monday 26th June & contacted by phone & email to claim their prize.

POINT E

NORTH AVOCA • 9.30am - 3.30pm

Live it up with Australia's First Nation peoples at North Avoca. Dance, sing & enjoy our cultural activities & art.

- All Day**
- Visit the **Aboriginal Art & Craft Exhibition** upstairs in the Surf Club.
 - Join our **interactive art workshop**, upstairs balcony of Surf Club.
 - Enjoy live entertainment, music & dancing on stage
 - Join us for an interactive **traditional weaving workshop & papebark bowls** with Mirring Women.
 - Learn about various techniques & styles at our **interactive leatherwork workshop**, hosted by leatherwork artist JD.
 - Be mesmerised by our kite display on the beach.



POINT F

TERRIGAL • 9.30am - 4.30pm

All Day
Finish Line:
• Collect your completion certificate and strike a pose for your free commemorative photo as you cross the finish line, courtesy of John Ralph Camera House. Be sure to look out for decorations lovingly handmade by local school and preschool students.

Terrigal Live Stage:
• An all-day line up of incredible **live performances by local songwriters and performers**, next to the Terrigal SLSC club.

Surf Stage:
• Live performances from talented local buskers, on the Northern side of the Terrigal SLSC.

Workshop Space:
• Learn a new skill while making some new friends! Join us for a series of **family-friendly workshops** and presentations from local artists and organisations. Check the chalkboard for session times and details.

Treasure Hunt
Submit your Treasure Hunt entry once you complete the walk, for your chance to win.