

SATURDAY, 20TH JUNE 2015

5 LANDS WALK PROGRAM

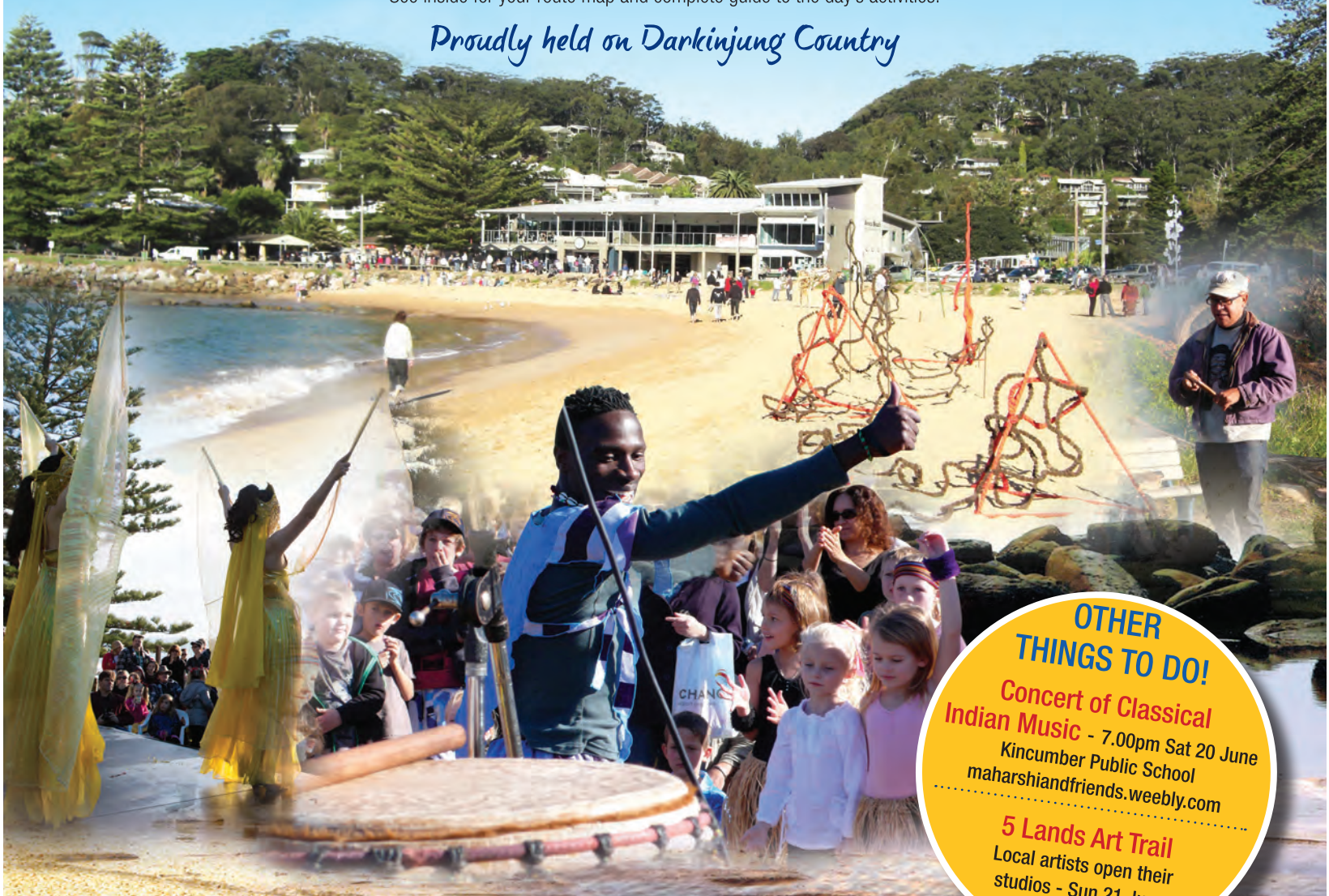
• Art exhibitions • Cultural performances • Live entertainment • Spiritual ceremonies

Enjoy the FREE walk through the lands of

MACMASTERS BEACH, COPACABANA, AVOCA BEACH, NORTH AVOCA & TERRIGAL

See inside for your route map and complete guide to the day's activities!

Proudly held on Darkinjung Country



OTHER THINGS TO DO!

Concert of Classical Indian Music - 7.00pm Sat 20 June
Kincumber Public School
maharshianfriends.weebly.com

5 Lands Art Trail
Local artists open their studios - Sun 21 June
5landsarttrail.com



Free shuttle bus transport. Available from 7am to 5pm

Starting your walk: Pick up & set down points overleaf on map

Park at Terrigal, free bus to MacMasters Beach 7am to 10.30am. Pick up from the Pinetree Lane entrance of Crowne Plaza Terrigal (**POINT F**) or Terrigal Haven (**POINT G**). Set down at Warri Cresc, MacMasters Beach (**POINT A**).

Walk 750m downhill to the registration and events at the Macs Beach Surf Club.

Getting around during the day:

Use the shuttle bus between the Lands and to avoid the big hills: From 10.30am catch the shuttle on the Circular Route Copacabana (**POINT B**), Avoca (**POINT D**), North Avoca (**POINT E**), Terrigal (**POINT F**) & all stops return. Last bus leaves Terrigal at 5.00pm

Just want to get up the hill to Captain Cook Lookout? Circular Shuttle will run from 10am to 2pm from Copacabana Surf Club (**POINT B**) to Captain Cook Lookout (**POINT C**) back to Surf club.

Getting back to MacMasters Beach:

If you parked at Macs Beach and need to get back from Terrigal, mini buses will run from Terrigal direct to MacMasters Beach from 2pm until 5pm.

Important Notes: The Haven is pick up only from 7am to 10am direct to Macs 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.



\$16 Special late lunch & drink at Crowne Plaza Terrigal

Show your official wrist band for a choice of meal plus one drink (middy of beer or glass of wine or soft drink).

- Pork & paprika sausage in a crusty bread roll with sauerkraut self-serve sauces, chilli tomato, chimichuri or honey mustard mayo.
- Lamb or Mediterranean vegetable souvlaki on pita bread with tomato capsicum salsa and tzatziki

Special Draw: Registered walkers will be entered into a draw to **WIN a \$200 Florida Beach Bar Voucher**

Valid 20th June 2015 only from 12.00 - 4.00pm

LAND 1: MacMasters Beach

Shuttle Bus stop: **A**

7 - 3 pm at the MacMasters Beach Surf Club

1 REGISTRATION DESK: Opens at Surf Club end of Marine Pde - until 11am

7.15 am FREE BREAKFAST: 550 bacon and egg sandwiches - first in best fed!

7.20 am 1st shuttle bus from Terrigal arrives at Warri Crescent

7.30 am Photographic Exhibition - Opens in the Surf Club until 3pm

Browse photo competition entries and schools photo workshops outputs to the sound of sitar and djembe

8am OPENING CEREMONY: • Welcome to Country

- Classic Indian music and dance

- Kincumber Public School performances

9am OFFICIAL START OF 5 LANDS WALK: • Smoking Ceremony

Head up the beach lead by the MacMasters Beach Bagpiper

Help build the story line to Copacabana

LAND 2: Copacabana

Shuttle Bus stop: **B**

7.45 - 2 pm at the Copacabana Surf Club

7.45 am Connections Art Exhibition in Surf Club until 2 pm

- Rhythm Method - Classic rock

- Aboriginal Dance - Darawang Bingayja Dancers

- Possum Pack - from Kincumber High School

- Irish music and dance

- Scoil Rince Coisceim Irish Dance School

- Gabrielle Calcagno Irish music

- Copacabana Public School performance - music & dance

10.15 am MESSAGE STICK CEREMONY

- Moving Stills - Local Indie/Alternative/Surf Rock outfit

- Youth Group Music

8.30 - 1 pm Up the hill at Captain Cook Lookout

- Jeannie Lawson - Marine biologist and Whale Expert

- John Oates - Aboriginal Whale Storyteller

11.30 - 1 pm

Shuttle Bus stop: **C**

LAND 3: Avoca Beach

Shuttle Bus stop: **D**

10.45 - 5 pm at Bulbarorong Stage, near the Avoca Beach Surf Club

10.45 am ACKNOWLEDGMENT OF COUNTRY

- U-Bouddi Big Band - Swing brass band

- Leslie & Narelle - French chansons

12.30 pm ABORIGINAL CEREMONY: with the Possum Pack Choir and presentation of the Message Stick to the French community

- Avoca Beach Public School - French performance

- Hillside Pre-School - French performance

- Jump Street Dance - Contemporary dance on the beach

- The French Connection - mostly manouche music

- Red Hot Papas - Hot Club de France and old time jazz

- Viva - French Gypsy jazz

- Sega - French Mauritian islander dance on the beach

11 - 5 pm Unstairs in the Surf Club - Art & music.



Terrigal Haven

POINT F
LAND 5: TERRIGAL

12 Turn left to the events at the Surf Club

11 Take care crossing the Scenic Hwy into Kurrayba Ave & follow that to the beach

POINT E
LAND 4: NORTH AVOCA

10 Now follow North Avoca Pde, The Arena & Coast Rd to Scenic Hwy.

9 Then walk north up the beach past the ephemeral art to North Avoca

8 Turn right and after 100m enter the pathway that starts on the corner of Endeavour Dr between the houses and follow it right down the hill, cross the park and head for the Avoca Beach Surf Club and Hunter Park near the Avoca Beach Picture Theatre

POINT D
LAND 3: AVOCA BEACH

7 Follow the path & signs to the Fire

10 am



7 Follow the path & signs to the Fire Trail that leads up to the water tower on Cape Three Points Rd.

6 Follow the signs across the park down to the bush track that leads down to Winney Bay.

5 Walk back to Del Monte Pde, turn right & follow Del Monte Pde for 475 metres to the park on your right.

4 Turn right at the top to Captain Cook Lookout

3 Then continue along Del Monte Pde & head up the hill.

2 Walk north along the beach to Copacabana

RE-HYDRATE THROUGHOUT THE DAY:
Walkers can top up their water bottles at each of the Surf Clubs and at Points 1 and 2

1 Your walk begins here **REGISTRATION DESK** at MacMasters Beach Surf Club, end of Marine Pde.

ROUTE DETAILS

Location	Distance	Track Surface	Gradient
MacMasters Beach			
Copacabana	1.4 kms	Beach, sand	Level
Capt Cook Lookout	1.6 kms	Road & flight of stairs	Long uphill climb, 2 steep sections
Winney Bay	1.2 kms	Road, concrete path & steps, rough track & mud	Hilly road, then steep down hill, then level
Avoca Water Tower	0.9 kms	Unmade road	Steady climb uphill
Avoca Beach Surf Club	0.9 kms	Concrete path, steps & parkland	Steep downhill
North Avoca Surf Club	1.6 kms	Beach, sand	Level
Scenic Highway crossing to Terrigal	1.6 kms	Road	Long steady uphill climb
Terrigal Surf Club	1.1 kms	Road	Long steady downhill, then level

- 4 pm • Sega - French Mauritian islander dance on the beach
- 11 - 5 pm **Upstairs in the Surf Club - Art & music**
- 11.30 am • Yantra De Vlader - Improvised piano
- 12.30 & 2.30 pm • Mary-Ellen Barry - French composers classical piano
- 1.30 pm • Red Hot Papas - Hot Club de France & old time jazz
- Various times • French Can Can dancers
- Most of the day **at Hunter Park**
- Alliance Francaise - French language and culture
- Petanque demonstration - Bowls French-style in the park
- French Cuisine demo - French cuisine from the Flaming Frog & Ludo's Patisserie
- The Community Fair - Explore it all, from bush fire preparedness to child road safety

10 am
REGISTRATION & SURVEY TENT: if you didn't register on line or at MacMasters Beach, you can do so here. And complete our walker survey.
Closes 2 pm

- Art Exhibitions **Saturday and Sunday**
- 10 - 4 pm • Connections - Art exhibition upstairs at the Surf Club
- 10 - 5pm • Ephemera - Sculptures on the beach

LAND 4: North Avoca

Shuttle Bus stop: **POINT E**

- 9 - 2.30 pm **at the North Avoca Surf Club**
- 9 am • River Shack - Local blues band
- 10 - ?? am • Shikoda Grauner - Aboriginal singer songwriter on acoustic guitar
- 10.30 am • NAISDA - Contemporary and traditional Aboriginal dance workshop
- 11.00 pm • George Pawley - Aboriginal singer and acoustic guitar player
- 11.45 pm • The Strive - Easy listening acoustic music
- 12.30pm • NAISDA - Contemporary and traditional Aboriginal dance workshop
- 2.15pm MESSAGE STICK CEREMONY:** Ceremonial support from NAISDA performers

All day, upstairs at the Surf Club

- Aboriginal arts and crafts exhibition - the work of three local Aboriginal women
- All day on the Beach**
- Aboriginal camp site - with weaving, string making, song & dance and traditional story telling
- Kites - Kite making workshops and giant kites flying over the beach

LAND 5: Terrigal

Shuttle Bus stop: **POINT F**

- 10 - 4.30 pm **at the Terrigal Surf Club and Park**
- 11 pm • Multicultural show - Dances & songs from the Chinese, Fijian, Iranian, Filipino & Thai cultures
- 12.30pm • Cultural food presentations - 500 samples by the Fijian, Iranian, Thai, Filipino & Greek communities
- 3.00pm • Central Coast Brass Band - Melodies from across the world ending with festive march for all, lead by Terrigal Public School kids
- 3.30pm • 5 Lands Childrens Choir - 100 children from schools across the 5 Lands sing a song directed by local composer Yantra De Vlader
- 3.40pm **ABORIGINAL FINALE:** Message Stick ceremony introduced by NAISDA performing Aboriginal dance. The Corroboree of Aboriginal men, with open invitation for ALL to join in".

FINISH LINE:
Registered walkers collect their certificate, a wrist band for a discount meal at the Crowne Plaza Terrigal & complete our walker survey.
Closes 5 pm.

Some things are beyond our control so our program is always subject to change



connecting people to people and people to place...



MACMASTERS BEACH COPACABANA AVOCA BEACH NORTH AVOCA TERRIGAL

The 5 Lands WALK

is a physical, cultural & spiritual journey here on the Central Coast.
Join the communities of the 5 Lands, the local Aboriginal community
and local ethnic groups in a beautiful journey through
the landscape that is the Central Coast.

About the 5 Lands Walk

The 5 Lands Walk is not a race, nor an extreme bushwalk. It's a journey through and with the communities of the Central Coast, experiencing the diverse cultural offerings of the communities and the landscape in which they dwell.

You don't have to complete all the walk to enjoy the wide variety of activities and experiences - you can sample just some of the programs. But completing the walk will maximise your experience.

The intention of the Walk is to help build a sense of belonging and connectedness in the communities that participate. And have some fun, too!



Beach Sculptures



Art exhibitions

The 5 Lands Walk Inc. Committee & our tireless volunteers thank you for participating in the 2015 5 Lands Walk. Keep an eye on our website at: www.5landswalk.com.au for more information on next year's walk.

See you next year
Proudly supported by:

