



Social Program

Supernovae in the Local Universe:
Celebrating 10,000 Days of Supernova 1987A
Sunday 10th – Friday 15 August, 2014, Novotel Pacific Bay Resort

Day 1: Sunday 10th

3pm Registration Desk opens
Jetty Harbour Room

5pm Welcome Drinks
Charlie's Decks

Day 2: Monday 11th

6:30 am **Early Morning Walk: Charlesworth Bay to Korora Bay**
Duration: 1 – 1.5 hours
**** There is NO cost for this activity**

Enjoy an early morning walk along this picturesque coast line
Note: please remember to wear warm clothing – it will still be quite cold as it is winter – and comfortable walking/running shoes.



Day 3: Tuesday 12th

6:30am **Beach Volley Ball**
Duration: 1 – 1.5 hours
**** There is NO cost for this activity**
Novotel Pacific Bay Resort

Note: please remember to wear warm comfortable clothing – it will still be quite cold as it is winter – and comfortable sport/running shoes.

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Day 4: Wednesday 13th

6:30am

Tennis

Duration: 1 – 1.5 hours

**** There is NO cost for this activity**

Novotel Pacific Bay Resort, Tennis courts

Enjoy a friendly game of non-competitive tennis to start the day

Note: please remember to wear warm, comfortable clothing – it will still be quite cold as it is winter – and comfortable sport/running shoes

2:00pm

Option 1: Tour the Big Banana

Duration: 1 – 1.5 hours

Cost: \$15/person

No visit to Coffs Harbour would be complete without a visit to the iconic "Big Banana". Constructed in 1964, the "Big Banana" launched a craze in Australia for the construction of 'big things' such as the Big Marino, the Big Pineapple, the Big Prawn, and the Big Oyster. However, the Big Banana is the original, and best, 'big thing'. It contains an interactive multimedia experience which will enlighten you on all aspects of bananas and the banana industry in Australia, as well as a gift shop, cafe, and toboggan ride.

Revel in the kitsch awesomeness of the "Big Banana", which may, or may not, be visible from space!



2:00pm

Option 2: Golf

Cost: \$27/person, paid to the Resort

Enjoy the Resort's 9 hole, par 3 golf course



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2:30pm

Option 3: Muttonbird Island Walk/CBD Visit

Duration: 1 – 2.5 hours

Cost: \$15/person

Note: please remember to wear warm, comfortable clothing – it will still be quite cold as it is winter – and comfortable walking/running shoes. You will also require a hat and sunscreen.

Muttonbird Island, also known as Giidany Miirlarl, is a precious seabird rookery in Coffs Harbour’s heart. It boasts spectacular views from coast to islands.

Muttonbird Island is a great spot for watching birds up close; it’s one of the only easily-accessible places in NSW where the migratory wedge-tailed shearwater nests. It is also an important Aboriginal place, harbouring stories of the Dreaming and a wealth of traditional resources.

It’s a great place to take a short walk, and the unforgettable views will be well worth your effort. The best way to find out more about the Aboriginal stories of Muttonbird is on an award-winning guided Discovery tour conducted by local Gumbaynggirr rangers.

There will also be time to visit the city centre for some shopping and exploring.



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Day 5: Thursday 14th

6:30am

Early Morning Beach Walk

Duration: 1 – 1.5 hours

**** There is NO cost for this activity**

Enjoy an early morning walk along this picturesque coast line

Note: please remember to wear warm, comfortable clothing – it will still be quite cold as it is winter – and comfortable walking/running shoes



Day 6: Friday 19th

7:30am

Pilates

Duration: 1 – 1.5 hours

**** There is NO cost for this activity**

Mat-based Pilates – this is a series of exercises performed on the floor using gravity and your own body weight to provide resistance. The main aim is to condition the deeper, supporting muscles of your body to improve posture, balance and coordination

Note: please remember to wear warm, comfortable clothing – it will still be quite cold as it is winter.

