

Sun, Sea, and Sumptuous Seafood, Sounds Idyllic, Sounds Marlborough.

An opportunity to join a 'Nudie Foodies Adventure Weekend' in beautiful Marlborough.

Don't miss the next adventure at *Wai-natur* beginning with a Friday night catch-up with old and new friends alike.



Take a short drive to Havelock Marina the following morning to join 'Aussie' and his side-kick Hamish (or will Linda take up the challenge) for an all day adventure cruising aboard the fabulous 20 metre catamaran *Odyssea* through the breathtaking coves and bays of the 'Sounds'.

Lunch will be in a private bay to explore ashore; to walk naked on a well managed DOC track in the bush; or to just soak up the sun, sand and sea. On the return trip, experience the thrill of diving off the back of the launch and swimming in the deep azure green sea.

Saturday evening is a 'Nudie Foodie' delight. Read the 'Nudie Foodies' article in the June issue of *gonatural* to find out about last year's adventure as well as what culinary treats could be in store for you.

Sunday is at leisure... around the pool at *Wai-natur*, a guided vineyard tour in a luxury coach with Grape Lander, or the Nude Golf International at the Wairau Valley Golf Club.

When? Friday 10th - Sunday 12th February 2012.

All inclusive cost for the 'Nudie Foodies Adventure Weekend' including Friday and Saturday nights camping, Saturday's cruise, lunch and evening meal: \$195.00 per person. If you are planning on joining us next year, do contact Kay asap and get your name on the list, particularly if you want accommodation.

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