

# Tonga Fitness Retreat



Join us in an truly beautiful trip in the true South Pacific, Eua, one of the islands of the Kingdom of Tonga. Enjoy the charming surroundings and the island lifestyle while we take care of your fitness and health.

The retreat is designed to completely submerge you in a simple, detoxified, healthy active and eco experience.

Eua is an optimal destination, thanks to its National Park, many trails are used for hiking or running. Its beautiful beaches are perfect for walks, swims or relaxing moments. And the starlight of all of it, is that the presence of the whales all day long, just in front of you, which makes all the experience extremely soul nourishing.

## What to expect

This retreat is designed for any level of fitness, either if you want to experience all the activities that the island can offer you for the first time or you are already an athlete after an active holiday, you will absolutely love all of it!! FROM BEGINNER TO HIGHLY TRAINED PEOPLE, we will customise for each individuals needs.

### Retreat Highlights

- Whale watching and swimming
- Exploring the national park while practicing many fitness activities
- Paradisiacal beaches and trails
- Practice TRX, body work and yoga on a platform just in front the whales
- Healthy, organic, plant-based nutrition
- Daily smoothies, teas, water, healthy snacks

### Example of day routine

- 6 :15 Wake up, cup of hot water and lemon
- 6:30 – 7 :30 Dynamic morning Yoga
- 7:45 Breakfast
- 8:00-12:00 Hike/Run
- 12:30 Lunch
- 13:00-15:00 Chilling time
- 15:00 Smoothie
- 16:30 Body work
- 18:30 Relaxing Yoga Session
- 20:00 Dinner

### Description of the different activities

- **Hikes/Walks/Runs/ Bike Rides:** Explore by foot the different parks and wild areas of the North Island, while practicing your favourite sports and improving your fitness. From proper trails, gravel roads, beaches and forestry roads.

## Timetable for MV Alaimoana:

Approximately 2'30hours to 3 hrs boat ride to Eua. Monday: departs Eua at 5am. No ferry to Eua from Nuku'alofa Tuesday: departs Nuku'alofa at 10:30am and docks overnight in 'Eua. Wednesday: departs 'Eua at 5am. No ferry to 'Eua from Nuku'alofa Thursday: departs Nuku'alofa at 10:30am and docks overnight in 'Eua. Friday: departs 'Eua at 5am. No ferry to 'Eua from Nuku'alofa Saturday: departs Nuku'alofa at 10:30am and docks in 'Eua on Saturday and Sunday night.

Ph: (00676) 21326

## Plane

A concise seven-minute flight links Tongatapu to the island of 'Eua on its southeastern tip, reputedly the world's shortest commercial airline flight. Passengers probably shouldn't expect an inflight meal, but they should look forward to landing somewhere very different to the other island groups of Tonga. Please check out their website : [www.realtonga.to](http://www.realtonga.to) for more information and bookings.

## What to bring:

- Snorkel fins and mask
- Trail running shoes
- Light pair of training shoes
- Active wear
- Rain jacket
- Some warmer clothes, for nights that could be a bit cooler
- Beach wear
- Sun block / After block / Sun glasses / Insect repellent



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- **Yoga:** is an ancient art based on a harmonising system of development for the body, mind, and spirit. The practice of yoga will lead you to a sense of peace and well-being, and also a feeling of being at one with your environment. Practicing yoga in the morning will energise your body to attack the many amazing activities. However, having a yoga session at the end of the day, will help to relax your muscles and your mind after a day full of physical activities.

- **Pilates:** art of controlled movements, which look and feel like a workout. It improves flexibility, builds strength and develops control and endurance in the entire body. Pilates puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

- **Body work:** Feel how your fitness improves by doing an extensive number of exercises that will increase your strength, balance, coordination, perception and fitness in general. By only using your body weight or with the help of a minimal equipment, such as TRX\*, swiss balls or kettle weights.

**TRX:** Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

- **Outdoor training:** Let's play as much as possible with what nature can offer to improve all the different aspects of our fitness. From runs to walks, mixed up with different types of exercises, such as efforts, workouts, etc. we will use the beauty of the surroundings to go outside and enjoy the most of it.

- **Beach activities:** the sand and the water are exceptional places to complete your training to health and fitness. Many bodywork and sport activities can be done by using that space that the island offer us.

- **Whale watching/Swimming:** Get the incredible opportunity to be closer than ever with those majestic creatures. A normal Whale watching/swimming boat tour is 2 hours long, you get to see the whales from the boat as well as submerging yourself in the water and seeing them from another perspective, in the blue.

## Food

We will offer you the best fresh, mostly organic, local and plant-based food (with the option to add high quality fish and meat) to maximise your energy and wellbeing. Enjoy the extra taste and nutrition of local seasonal products.

We will prepare your daily delicious meals. The menu is designed to provide you all the food to clean your body without eliminating the essential nutrients required. All meals and drinks are included, and between the meals there is plenty water, herbal teas, smoothies and fresh fruits. Let us know at the time of your booking if you have any special dietary requirements.

## Exclusions

No alcohol is served during the retreat to keep the body and mind pure.

## Accommodation

Let us take you to a peaceful, simple a lovely place just in front of the ocean. The hideaway accommodation has clean and modest bedrooms with private bathroom and shower. Keep an eye on the whales right in front of you by staying in this privileged place.

## Instructors

Tom Wellby

## What 's included in the package

- 7 nights Accommodation
- Transfer from the Eua's airport or wharf
- Daily healthy meals
- Fresh smoothies and fruits
- Outdoor activities
- Body Work
- Yoga/Pilates
- 1 session whale swimming adventure

## What can be included as an extra

- Extra whale swims
- Cultural tours
- Fishing
- Diving
- 4WD island tour

## How to get there

You either go to 'Eua by boat or by plane. Both do not operate on Sundays in accordance with our strict Sabbath law.

### Ferry

The MV 'Onemato is the latest and newest maritime vessel to operate to/from 'Eua.

There are now two (2) ferries operating to/from 'Eua, MV 'Onemato and MV Alaimoana.

### Timetable for MV Onemato:

Approximately 2'30 boat ride to Eua Monday: departs Nuku'alofa at 11am. Departs Eua at 4pm. Tuesday: NO Wednesday: departs Nuku'alofa at 1pm and docks overnight in 'Eua. Thursday: departs 'Eua at 5am. No ferry to 'Eua from Nuku'alofa Friday: departs Nuku'alofa at 11pm. Departs 'Eua at 4pm Saturday: departs Nuku'alofa at 11am. Departs 'Eua at 4pm.

Phone: (00676)879 4725 or (00676) 876 5367 for enquiries and booking. Fare: \$23 per head, one way.