Mondays

Yoga
Peppers Pre Function Area
7.30-8.30am • $10pp

Kids Club
Mantra Plantation Room
3-5pm • $20pp (4-12yrs)

Mantra Happy Hour Drinks
Mantra Surge Bar • 3-5pm

Peppers Happy Hour Drinks
Peppers Lobby Bar • 3-5pm

Tuesdays

Yoga
Peppers Pre Function Area
7.30-8.30am • $10pp

Brewery Beer Sampling
Mantra Surge Bar • 2-4pm • FREE

Wine Tasting
Peppers Lobby Bar • 2-4pm • FREE

Kids Club
Mantra Plantation Room
3-5pm • $20pp (4-12yrs)

Mantra Happy Hour Drinks
Mantra Surge Bar • 3-5pm

Peppers Happy Hour Drinks
Peppers Lobby Bar • 3-5pm

Wednesday

Yoga
Peppers Pre Function Area
7.30-8.30am • $10pp

Junior Adventure Gurus
9-12noon • 3hrs • $50pp

Chef’s Tasting Station
Mantra Surge Bar • 2.30-3.30pm • FREE

Chef’s Cooking Station
Peppers Lobby Bar • 2.30-3.30pm • FREE

Kids Club
Mantra Plantation Room
3-5pm • $20pp (4-12yrs)

Mantra Happy Hour Drinks
Mantra Surge Bar • 3-5pm

Peppers Happy Hour Drinks
Peppers Lobby Bar • 3-5pm

Yoga - Daily
Daily, 7.30-8.30am, $10pp. Morning Yoga is suitable for all levels, yoga mats provided, please bring a towel and water. Peppers Pre Function Area near Reception.

Local Activities
See our knowledgable Front Office team to learn about the abundance of local activities available, including snorkelling with the turtles, stand-up paddle boarding, learn to surf, kayak on Cudgen Creek, and all about the Junior Adventure Guru’s program, just to name a few.

Junior Adventure Gurus - Wed/Fri/Sun
Meet at the Red Tent next to the Kingscliff Bridge at Cudgen Creek, Wed/Fri/Sun, 9am-12noon, $50pp.
The Junior Adventure Guru’s program gets kids (7-12yrs) out engaging in exploration, water awareness, adventure and fun, from 9am-12noon. Book with Tim at the Activities Desk, or phone 0430 082 890.

Kids Club - Mon-Sat
Held in the Mantra Plantation Room, Mon-Sat in school holidays, 3-5pm, $20pp
Children will be entertained for 2 hours with a wide range of activities. They are free to play or be crafty independently, or join into group games and craft, which will be teacher directed. It’s all about fun and play with a touch of structure. Bookings through Mantra or Peppers Reception, or at the Activities Desk.

Parkrun
All levels of runner and walkers welcome!

Saltbar Activities

Dan The Balloon Man
Friday 25th September 6-8pm
Saturday 26th September 6-8pm
Sunday 27th September 6-8pm
Friday 2nd October 6-8pm
Saturday 3rd October 6-8pm
Sunday 4th October 6-8pm

Kids Disco
Thursday 24th September 4-6pm
**SCHOOL HOLIDAY ACTIVITY GUIDE**

**THURSDAY**

**Yoga**
Peppers Pre Function Area
7.30-8.30am • $10pp

**Kids Club**
Mantra Plantation Room
3-5pm • $20pp (4-12yrs)

**Mantra Happy Hour Drinks**
Mantra Surge Bar • 3-5pm

**Peppers Happy Hour Drinks**
Peppers Lobby Bar • 3-5pm

**FRIDAY**

**Yoga**
Peppers Pre Function Area
7.30-8.30am • $10pp

**Junior Adventure Gurus**
9-12noon • 3hrs • $50pp

**Wine Tastings**
Mantra Surge Bar • 2-4pm • FREE

**Beer Tasting**
Peppers Lobby Bar • 2-4pm • FREE

**Kids Club**
Mantra Plantation Room
3-5pm • $20pp (4-12yrs)

**Mantra Happy Hour Drinks**
Mantra Surge Bar • 3-5pm

**Peppers Happy Hour Drinks**
Peppers Lobby Bar • 3-5pm

**SATURDAY**

**Yoga**
Peppers Pre Function Area
7.30-8.30am • $10pp

**parkrun**
Lawn in front Salt Bar 8am every Saturday

**BBQ**
Mantra Pool Deck • 12.30-2.30pm

**Kids Club**
Mantra Plantation Room
3-5pm • $20pp (4-12yrs)

**Mantra Happy Hour Drinks**
Mantra Surge Bar • 3-5pm

**Peppers Happy Hour Drinks**
Peppers Lobby Bar • 3-5pm

**SUNDAY**

**Yoga**
Peppers Pre Function Area
7.30-8.30am • $10pp

**Junior Adventure Gurus**
9-12noon • 3hrs • $50pp

**Kids Movie**
Peppers Boardroom • 3-5pm • FREE

**Mantra Happy Hour Drinks**
Mantra Surge Bar • 3-5pm

**Peppers Happy Hour Drinks**
Peppers Lobby Bar • 3-5pm