5 Lands Walk

CENTRAL COAST • NEW SOUTH WALES

Join us in a weekend

of celebration across the
5 Lands of the Central Coast

MAIN EVENT

SATURDAY 22 JUNE '19

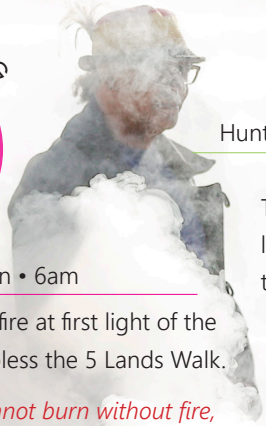
Easily hop on and off
the *FREE shuttle buses*

See back page for timetable

MACMASTERS BEACH Infusing Aboriginal and Scottish cultures
COPACABANA Girrakool Blues Festival Band competition
AVOCA BEACH Latino style and art exhibitions
NORTH AVOCA Celebrate life with Australia's First Nation peoples
TERRIGAL Local songwriters and perfoming artists

THE AWAKENING

SATURDAY 15 JUNE '19



Kincumba Mountain • 6am

Gather around the fire at first light of the Morning Star and bless the 5 Lands Walk.

Just as a candle cannot burn without fire,
man cannot live without a spiritual life

- Budhha

THE OPENING

FRIDAY 21 JUNE '19

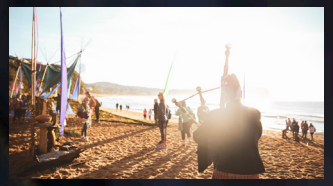
Hunter Park, Avoca Beach • 5.30pm

The OPENING Ceremony will showcase the magnificent landscape and musical talent of our region as it heralds in the arrival of *The Guardian of the Message Stick*. Featuring:

- 60 piece choir
- 10 piece music ensemble
- 5 multi-cultural communities and dancers

Register online and be in the draw to WIN a long weekend for two at Star of the Sea Apartments. Conditions apply.

www.5landswalk.com.au



MacMasters Beach brings you

The Beginning

MACMASTERS BEACH

Encapsulating Aboriginal culture and Scottish culture, the program starts your journey from "*The Beginning*" Ceremony, where you'll experience the ***Welcome to Country***, ***Reading of the Message Stick***, along with local school children performing.

Walkers begin by following a Bagpiper and Didgeridoo player, together leading the crowd to the beach where they'll walk through the smoking ceremony and stunning bamboo art installations

Take a journey back in time as you wander through an outdoor gallery of beautiful MacMasters Beach in historical images. All this whilst listening to musical performances from rising local artist ***Libby Ingels*** and budding stars from ***Coast Academy of Music***.

TERRIGAL

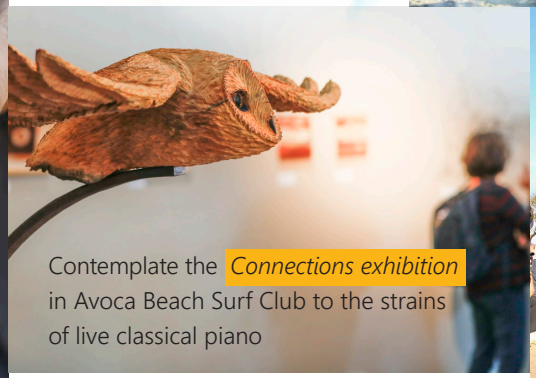
Terrigal will be a hive of activity this year, with a selection of local songwriters and performing artists bringing original land focused music to the Terrigal Live Stage.

Closing Ceremony

NORTH AVOCA

"Our spirituality is a oneness and an interconnectedness with all that lives and breathes, even with all that does not live and breathe."
Mudrooroo

Celebrate life and 'live it up' with Australia's First Nation peoples at North Avoca. Dance, sing, relax and enjoy our cultural activities and art. Make a wish upon the Wishing Wall and may your DREAMS come true.



Contemplate the *Connections exhibition* in Avoca Beach Surf Club to the strains of live classical piano

Don't miss *whale watching* at CAPTAIN COOK LOOKOUT. Mini Buses run throughout the day.

COPACABANA

Copacabana will fill your day with first-class entertainment and activity. This year's guest cultures are the people of Ireland, Scotland, England and Wales.

After last year's success the ***Girrakool Blues Festival Band Competition*** will be returning for an afternoon session of quality talent and tunes.

The captivating Irish dancers, rousing Welsh singers, inspiring Scottish pipe band and a mixed bag of British cultural contributions will provide a magical exhibition of dance, music and song.

Food tastings, face painting and of course the talent of ***Central Coast High Schools*** on display in the art and photographic exhibition in the surf club.

Connecting Communities

AVOCA BEACH

Avoca Beach will be cooking up a feast of the arts. Stroll the beach for a fascinating collection of sculptural installations in our ***Ephemera exhibition***.

Be entertained by performances in the park with a focus on Latino and Spanish-style celebrations as you wander through the ***Community Fair***. And there's plenty of fun for the kids with the Candy Striped Circus, Kids Dig Fun and Friendship Rocks.

FREE TRANSPORT ALL DAY

Everyone can join in

busways is an Australian family owned company which has been transporting people around the Central Coast for the last 29 years.

Proud to be associated with the 5 Lands Walk, Busways will provide free transport for walkers on the day as their contribution to creating a more inclusive and harmonious society on the Central Coast.

Free Bus Services

Terrigal Crowne Plaza to MacMasters Beach
Direct trip from 6:45am to 9:35am

Terrigal Crowne Plaza to MacMasters Beach loop
Via *Copacabana, Avoca Beach* and *North Avoca* will run continuously from 9:45am to 5:30pm

Ettalong Beach Wharf to MacMasters Beach
Services will be available from 7:25am to 5:50pm

MacMasters Beach to Ettalong Beach Wharf
Return services run from 7:45am to 6:10pm

Free Mini Bus

Copacabana Surf Life Saving Club to Captain Cook Lookout and Return
Continuous from 8am to 1:30pm

Stay connected

fb.com/5LandsWalk

instagram.com/5landswalk

Note: Some things are beyond our control so our program is always subject to change. For latest information go to: www.5landswalk.com.au

Palm Beach Ferry Time Table

fantasea Cruising

Depart	am			pm					
Palm Beach	7.30	9.00	10.30	12.00	2.00	3.00	4.00	5.00	6.15
Arrive & Depart									
Ettalong Wharf	8.00	9.30	11.00	12.20	2.30	3.30	4.20	5.30	6.40

PROUDLY SUPPORTED BY:

FM 107.7 2GO · NSW Health Central Coast Local Health District · The Law Society of New South Wales · NSW Multicultural NSW · Central Coast Leagues · markmoran group · Central Coast Council · TrendPac · busways · Freemasons NSW & ACT · Ettalong Diggers · Mighty Helpful Mitre 10 Kincumber · Crowne Plaza Terrigal Pacific