

ADRENALINE EXPLORERS

8am Fuel yourself at Moxies Cafe on George Street.

9am Get your blood pumping at Manawatū's Premier mountain bike park – Arapuke.

12.30pm Enjoy the outdoor courtyard with a woodfire pizza at Brew Union.

2pm Hire a bike or e-scooter for your journey along He Ara Kotahi. There aren't many pathways in New Zealand where you traverse dairy farms, forests, pā sites, a military camp, streams and a river in less than nine kilometres.

4pm Cool off with a cocktail at Little Savanna and enjoy some delicious South African fusion food.

7pm Check out Palmy's events calendar at Central Energy Trust Arena, Centrepoint Theatre or the Regent Theatre.

