

**PROGRAM
TERE HA'AMAITA'I**

Saturday, July 26, 2025

- **06 : 30 am – Registration and departure for the west coast**

Meeting point : Punaauia Town Hall parking lot, then boarding the trucks.

- **07 : 00 am – Stop at *Mahana* park**

Fitness session before breakfast.

- **09 : 00 am – Welcome by Teva I Uta Tourism Committee at Vaima spring**

Explanation of spring water benefits.

- **10 : 00 am – Stop at Sublime Retreat Lodge**

Relaxation and escape with wellness workshops : massage (10 minutes micro-massage per person), aqua gym ...

- **12 : 30 pm – Lunch at Gauguin restaurant**

A selection of dishes prepared and served at the table.

- **03 : 00 pm – Stop at Vaipahi water garden**

Guided tour of the site, followed by a demonstration workshop on *mono'i* (traditional oil).

- **04 : 00 pm – Final stop at La Plage restaurant**

Polynesian dance show, followed by a friendly moment with a welcome drink.

- **06 : 30 pm – Return to the starting point**

End of the day.

PRACTICAL TIPS : Bring a hat, sunscreen, raincoat, spare clothe, towel, mosquito repellent, and water bottle.

**10-minute micro-massage*

Goodies : free gift item

Information and booking : +689 40 50 40 30 ou sur www.TahitiTourisme.pf

11 000 XPF : Adult (+ de 12 years) - 6 000 XPF : Child

Non-refundable ticket

Payment at *Fare manihini*, remotely by credit card or bank transfer.

#TEREDUBIENÊTRE