

# **WILD FOOD**

## **ADVENTURES**

### **SEASONAL GUIDE**

All Tours can be taken in the Southern Highlands and Shoalhaven

## **Seasonal Experiences**

### **All Year**

Nature Tours - Guided Bush Tukka, Hiking, Mt biking, Abseiling, Survival Skills, Welcome to Country, Restaurants, Wine Tasting, Distilleries, Cheese Tasting, Boat Cruises, Horse Riding, Galleries, Museums, Bradman, Wildlife, Fishing, Farm Tours, Clay Pigeon Shooting, Beekeeping, Wellness ( Yoga, Forest Bathing & Tai Chi), Spa Treatments....

### **Autumn (March - May)**

Wild Mushrooms Foraging , Canoes, Whale Watching, Blacksmith, Olive Degustation, Fire Feast, Wild swimming, Paddle Boarding, Surfing, Diving...

### **Winter (June - August)**

Truffle Hunts, Whale Watching, Blacksmith, Fire Feast..

### **Spring (September - Nov)**

Edible Weed Foraging, Whale Watching, Canoes, Blacksmith, Open Gardens, Olive Degustation, Fire Feast, Wild swimming, Paddle Boarding, Surfing, Diving...

### **Summer (Dec - Feb)**

Canoes, Wild swimming, Paddle Boarding, Surfing, Diving...