

DIRECTIONS TO MANA AND WHAT TO BRING

Location

Mana is situated 20 minutes south of Coromandel Town, a two-hour drive from Auckland or Hamilton. From Thames take State Highway 25 along the pohutakawa-fringed coast line. After 38 kms. you will see the entrance to Mana on the right.

Driving from Thames:

From Thames take Hwy 25 toward Coromandel. After about 30 mins on the coast road you will come to Wilson Bay after which the highway turns inland and uphill. After a short dip the road rises again to Manaia Summit and Rest Area. From here proceed 2 kms downhill looking for the sign on the right "Mana Retreat 300m". Turn right into the drive. If arriving after dark, the drive is marked by a series of red reflectors on stockyard fencing. Passing a side road to the left, continue up the drive to the fishpond and palm. The Centre is on the left and the office is through the double doors. The car park is a few metres beyond the centre.

Other transport:

A-B Shuttle: 07 867-7544 or 021 367 576 or 027 769 484

InterCity Bus: 09 913 6100 or www.intercitycoach.co.nz

What to Bring:

In addition to clothing, toiletries and personal belongings we suggest that you might like to bring a torch, walking shoes and warm socks/slippers for wearing in the Centre.

Facilities

Our facilities include a sauna, bush bath, library, massage room, tennis & volleyball courts, bushwalks, labyrinth and a Sanctuary/Chapel at the foot of Mt Pukewhakataratara, a 20 minute bush walk from the Centre.

Catering

During courses our kitchen provides vegetarian meals. If you have special needs please let us know as soon as possible before you arrive. For personal visits at other times you may wish to be self catering, in which case we ask you to bring vegetarian food only please. Mana is an alcohol & drug free zone at all times.

Mana

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