



The Triple F Challenge Taupō Programme

28 - 30 April 2023

The Triple F Challenge 2023 carries on a proud heritage of Triple F since 2007. Although each location brings its own flavour to the Triple F Challenge, the three cornerstones remain the same: Fun, Fitness and Friendship. This year, for the first time, the Triple F Challenge will be held in the North Island. A Triple F experience provides a wonderful opportunity for connection while supporting RWNZ's charitable aims.

The Triple F Challenge programme offers a number of fixed events and the opportunity for participants to choose from a range of activities in and around Taupō. Here are the fixed events:

DAY ONE: FRIDAY 28 APRIL 2023

6.30pm: Join us at the **Lakeland Bar and Restaurant** for a **Mix and Mingle**. Grazing platters will be supplied and drinks will be available for purchase.

8.00pm: We will welcome our first guest speaker of the weekend, **Liz Pennington** who will offer a session entitled **Managing change and navigating uncertainty**.

- **Liz** is in private practice in her own Management and Wellbeing consultancy in the Bay of Plenty. She is passionate about women's health and addressing issues of equity. She is a Registered Comprehensive nurse with clinical background in mental health, wellbeing and psychological trauma. Liz has worked in a range of social services in the NGO sector and has 15 years experience in CEO roles including at RWNZ. She is a professional supervisor, coach, speaker, workshop facilitator, psychological trauma responder and proud Nan of three grand daughters.

DAY TWO: SATURDAY 29 APRIL 2023

6.00pm: Meet for drinks and dinner at the **Taupo Cossie Club** for a fabulous evening celebrating the Triple Fs: Fun, Fitness and Friendship.

7.00pm: Dinner will be served. Following dessert, we will welcome guest speaker for the evening:

- **Shaz Dagg** - Shaz will speak about her journey from limb amputation to becoming Limb-it-less Shaz Dagg and competing as a triathlete in events such as World para-triathlon events, Coast-to-Coast and Ironman. Shaz uses her life-changing experience as a way to advocate, support and relate to people living with disabilities and to create inclusiveness in sport. She is a fabulous event organiser, cheerleader and role model to those around her.

DAY THREE: SUNDAY 30 APRIL 2023

8.30am: Celebrate ACWW Women Walk the World Day with a guided walk along Taupō's beautiful lakefront.

10.00am: Brunch at the **Lakeland Bar and Restaurant** with our final guest speaker for the weekend:

- **Sarah Martelli** - Building resilience in rural communities is her passion! Sarah from Strong Woman can't wait to share her own personal health journey with you, along with her top health and wellness tips for living your strongest life. She will then share some simple exercises and stretches with us all, to help get our bodies moving! Sarah was our 2022 NZI Rural Women NZ Business Awards Health & Wellbeing category winner, we're excited to have her attend our FFF event.

1.00pm: Farewells

This year's Triple F Challenge in Taupō has a range of optional activities (listed below) that participants can choose to add to their stay. The Organising Committee would appreciate your indications of interest in attending some of these activities so they can arrange transport and any group booking discounts that can be applied. The costs indicated are additional to the Triple F Challenge Registration Fee. However, payment of these costs is not required upon registration - they are due on the day of the activity and are payable to the activity provider.

Date	Time	Description	Cost	Need to indicate participation on Registration Form
Friday, 28 April	4 – 6pm	Cruise on Lake Taupo on the Ernest Kemp and visit the beautiful Māori rock carvings visit: www.ernestkemp.co.nz	\$40 per person	Yes as booking is dependent on a minimum of 30 people
Saturday, 29 April	6am	Climb Mt Tauhara at dawn and arrive back to enjoy a glass of bubbles or cup of coffee	No charge (but bring your own headlight)	No
	10am	Golf at Wairakei International Golf Course	\$265 per person	Yes (so we can arrange groups of four)
	10am	Visit Honey Hive and Lava Glass	Free admission to Honey Hive and \$20 per person admission to Lava Glass	Yes
	11am	Lakeman Brewery	Visit the brewery and hear the story of Lakeman, then head into town to Jimmys to enjoy a taster paddle of Lakeman beers for \$16. Lunch also available at Jimmys	Yes
	1pm	Huka Jet Boat ride	\$129 per person Experience 30 minutes of incredible jet boating on the Waikato River and view the Huka Falls www.hukafallsjet.com	Yes
	3pm	Wairakei Terrace Hotpools and Walk	\$20 per person to use the pools and \$15 per person for the walk www.wairakeiterraces.co.nz	Yes
	All day	Biking - hire bikes from: Torpedo7 trail bikes & ebikes Torpedo7.co.nz Packandpedal 7 Tamamutu St 07 377 4346	Bike lakefront or on local trails 4hrs or 8hrs \$69-\$99 2hr / 4hr / full day \$30-\$60 std bikes only	No
	All day	Walking	Botanical Gardens Sculpture Trust Walk Graffiato	No

ACCOMMODATION

Triple F Taupō headquarters will be located at the Lakeland Resort located at 282 Lake Terrace, Taupō. The FFF Organising Committee has reserved accommodation at the Lakeland Resort for Triple F attendees which is open for booking now. A limited number of single and double rooms have been reserved for two nights with check-in on Friday, 28 and check-out on Sunday, 30 April.

Room Rates: Single Studio - \$161 per room per night (Price includes GST and breakfast for 1 person).
Twin/double Studio - \$183 per room per night (Price includes GST and breakfast for 2 people).

To book your room, contact the Lakeland Resort's reservations team on 0800 378 389 and quote. Reference number 002115 to access the RWNZ block booking.

Please note that there is no obligation to stay at The Lakeland to attend the Triple F Challenge so feel free to explore the many wonderful accommodation options in the Taupō area. Some options are:

Top 10 Holiday Park	top10.co.nz	07 378 4272
Haka Lodge	hakalodges.com/taupo	07 377 0068
Acacia Lakeview Motel	acacialakeviewmoteltaupo.co.nz	07 378 4948
Asure Prince Motor Lodge	princemotorlodge.co.nz	07 377 8888

For multi-bedroom options, visit www.bookabach.co.nz or www.airbnb.co.nz