



*Central Coast Poets*

*Nature's inspiration*  
**ROCK POOL RAMBLE**

*Saturday, 1<sup>st</sup> February 2014*

*From the Forest to the Sea*  
*Join us on our second excursion*  
*to be touched and inspired by Nature*

*The rock pools of the Central Coast are teeming with life, some of it quite bizarre!*  
*Our eco-tour guide will help us delve into the mysteries beneath the waves*  
*to discover the lives of these creatures in their alien world.*

*Be moved by the essence of nature at its most powerful:*

- the poetry of the waves as they carve out their passions on the land*
- the time capsules that are the grains of sand on the beach*
- the raw power of the elements as they join forces here at the edge of the sea*

**PROGRAMME:**

- 3.00pm** *Meet at Toowoong Bay Surf Club*  
*Guided walk to the rock pools to discover the life hidden there*
- 5.00pm** *Time to reflect and create*
- 5.30pm** *Time to share our writings*
- 6.00pm** *Travel to Diggers Restaurant at The Entrance RSL Club to share a meal*

**PLEASE BRING:**

- shoes for walking in the rock pools (no thongs), shoes may get wet*
- a folding chair to sit on at the beach*
- writing materials for outdoor use (maybe a clipboard?)*

**COST:**

*Rock Pool Ramble - \$5 CCP members, \$10 visitors*  
*Purchase your own meal at Diggers (\$25 for buffet)*

*CCP Members, friends & family and all writers welcome.*



**ECO-TOURS**  
Ph - 0414 414 291

**RSVP to Central Coast Poets by 29th January**  
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