

Weekly Itinerary

PIER TO PINE 2026

THURSDAY 9TH APRIL 2026

7:30 AM - Swim Coaching Tips and Tricks

Session 1 - Adults only

(Session optional add-on. Limited spots, register [HERE](#) - Registered Pier to Pine Swimmers only)

FRIDAY 10 APRIL 2026

7:30 AM - Swim Coaching Tips and Tricks

Session 2 - Adults only

(Session optional add-on. Limited spots, register [HERE](#) - Registered Pier to Pine Swimmers only)

3:00 PM- Early Registration Opens

Call into Fenua & Moana (80 Taylors Road) to register and grab your race pack.

4:30PM- Welcome outdoor dinner & entertainment

Join us for a relaxed evening by the bay with a local fish fry, live music & Tahitian dancing.

(Dinner optional add-on, register [HERE](#) - For swimmers, family and friends)

SATURDAY 11 APRIL 2026 - RACE DAY

7:00 AM- Registration Opens

Check-in for swimmers & last-minute entries (if available).

7:30 AM - Yoga Session

At Emily Bay - 50 min

Kickstart your day with a morning warm-up yoga and get ready for your race!

Pre-bookings are essential:

(Optional add-on. Register [HERE](#) - For swimmers, family and friends)

9:00 AM- Around the Raft (200m)

A family-friendly swim for the kids and new swimmers- great fun for spectators too!

9:30 AM- The Channel (600m)

A short, fast-paced swim which starts at slaughter and through the heart of Emily bay.

10:00 AM- Pier to Pine (1.2km)

The signature swim to the historic pier and back to the iconic lone pine.

11:00 AM- Pier to Pine + Raft (2.5km)

The longest course of the day- for those looking for a bigger challenge.

5:00 PM- Presentations & Celebrations

Gather at 'The Salty' (Taylors road) for the presentation, prizes, and post-swim celebrations.

(no bookings required - cash bar and food)

Throughout the day enjoy:

Food & drink serving local favourites

Merch and product stalls

Kids' beach activities & entertainment

(All swims take place inside the reef within the sheltered waters of Emily Bay- safe for swimmers and for spectators.

Times may vary, keep up to date through socials.)

SUNDAY 12 APRIL 2026 - Recover & Farewell

7:30 AM Yoga Session

Rejuvenating & Recovery yoga session - 50 min

Pre-bookings are essential:

(Optional add-on. Register [HERE](#). For swimmers, family and friends)

8:30 AM- Recovery Breakfast

Ease into the morning with a relaxed breakfast after race day.

Swap stories, share laughs and enjoy the view with friends.

(Breakfast optional add-on. Register [HERE](#) For swimmers, family and friends)