



Frequently Asked Questions

Where is the retreat?

Parohe is located in a secluded sheltered north facing bay in BonAccord Harbour, Kawau Island, Auckland. The closest ferry terminal is in Sandspit, just 45 minutes north from Auckland CBD. Free parking on site.

How do I get to the Island ?

The Kawau Cruises ferry from Sandspit to Parohe Wharf runs 5 times a day OR you can book a water taxi (up to 12 people) and has flexible departure times. Arrive by Helicopter (if you must!), bring your own boat (berths available to 80ft), jet ski, paddleboard

What do I need to bring?

As little as possible. We recommend activewear for the day and evenings, good sports shoes, something warm and something to keep you dry.

Do I have to do all the activities ?

No, activities are optional as you are here to relax.

Why is it called Parohe?

Parohe means relaxed. Enough said...

What food do you serve?

All means are vegetarian using as much produce from our natural organic gardens as possible. All guests are encouraged to inform us about any dietary requirements or allergies in advance so we can cater for them appropriately.

Can children stay?

Ideal for the over 16 year olds - and under 16 for specific retreats only .

What room types do you have?

There are a total of 17 rooms, each with their own ensuite bathroom, across 12 Cabins, 3 Cabanas, the 3 bedroom Villa and the Honeymoon Cottage. There are various bedding configurations which allow for 17 couples in king size beds or 28 singles on a twin share basis. An additional 8 rooms can be booked in a neighbouring bay if required.

Who owns the retreat??

It is owned and operated by boutique property owner Equinox Capital Ltd. We have been around for 35 years and as well as owning commercial property, we have built houses, operated and owned a large hotel in the USA and currently own Orakei Bay Village in Remuera, Auckland. One of our directors operates a regenerative organic dairy and beef farm on the Kaipara harbour .



What is the cost?

Bookings before 31 March 2024 are \$795 per night or \$1,590 per 2 night retreat for single private room occupancy and \$1,390 per person for couples & twin share occupancy. All meals, snacks, activities and use of the equipment and facilities are included in the cost. Massages and addons are additional and need to be booked in advance.

What do past guests say ?

Look at our Google reviews....but in summary they love Parohe Island Retreat

What's the itinerary for a 2 day retreat ?

- Sunrise yoga (outside platform unless bad weather)
- Breakfast
- Free time to explore, use the wellness facilities or just relax
- Lunch
- Afternoon activities / Meditation
- Afternoon workshop / Light yoga
- Dinner

Can I make up a retreat with my own friends and family?

Absolutely, we can make a plan for groups of 6 or more. Contact info@parohe.co.nz

Can I vary the itinerary?

Absolutely, contact manager@parohe.co.nz

What happens if I'm sick before the retreat

Tell us as soon as you can and we will swap you to another retreat. And get well soon!

I can't live without a drink and my phone?

Yes you can! Phones and other electronic devices aren't allowed in dining areas, during activities or on the grounds of Parohe Island Retreat. If you must use it, then only in your cabin please. We do not serve alcohol or encourage it. Part of relaxing is detoxing from your day to day life except for Atomic coffee which is served in Enchantment

What are the activities ?

- Swimming pool
- Outdoor baths
- Sauna
- Paddle boarding
- Kayaking
- Golf 4 pegs
- Badminton / Volleyball
- Pickleball
- Archery
- Spend time with Karen our resident Alpaca
- Petanque, croquet, kubb,
- Walking / hiking trails



Are there any add ons?

Yes, but these need to be arranged before your retreat. Contact manager@parohe.co.nz

- Picnic lunch at Beehive
- Walking tour of Mansion House
- Small group fishing
- Matakana market (by river) on Saturdays
- Vivian Bay beach trip and picnic
- Harbour sightseeing trip on our sealegs
- Around Kawau sightseeing trip in our panga boat
- Outdoor gym circuit
- Massage and beauty treatments
- Early or late check in and out
- Dine at Kawau Boat Club

Mosquitoes or Bugs?

Parohe is surrounded by beautiful native bush but bugs and mosquitoes are not a huge issue. We suggest lights are left off and windows closed when you are not in your room and natural home made Parohe Bug repellent made to a very secret recipe!