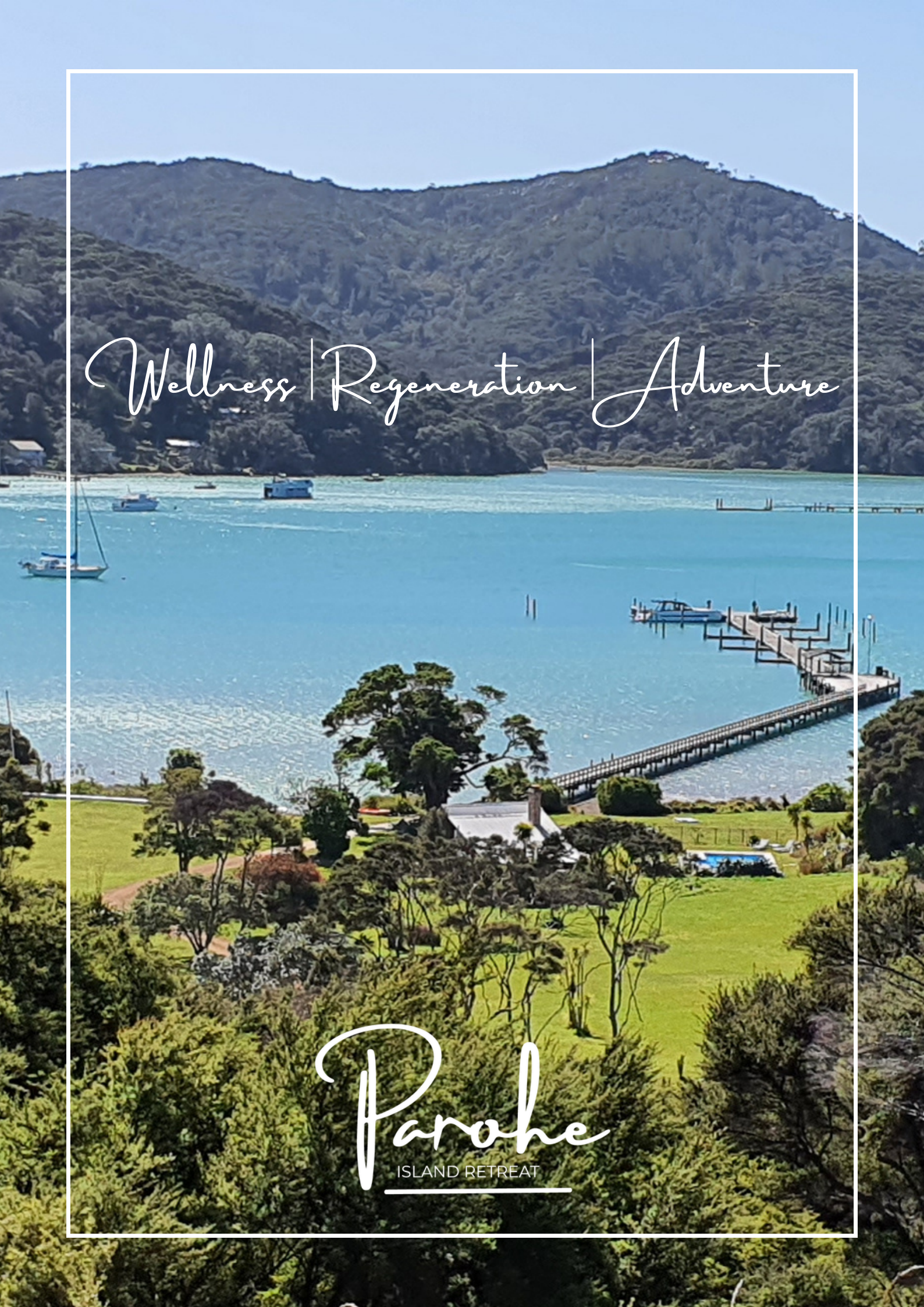




Wellness | Regeneration | Adventure

Parohe
ISLAND RETREAT



Welcome

“Parohe” translates to a ‘relaxed, easy-going mood’ and that is exactly how we want you to feel as you arrive at our natural oasis situated on Kawau Island.

A jewel in the Hauraki Gulf.

Parohe is nestled in 20 hectares of native bush, luxurious Scandinavian-inspired accommodation, organic gardens

and orchards with land and sea activities.

Easily accessible to Auckland with multiple ferries departing Sandspit daily.

Parohe hints towards a deepening connection

with our environment.

Welcome to Parohe Island Retreat.

Accommodations

With a selection of 17 rooms dotted across 22 hectares of native bush, you are spoilt for choice.

Our eco-chic accommodation has everything you need for complete comfort and each room has its own full-sized bathroom.

All in-room amenities are crafted here in Aotearoa and include naturopathic grade herbal teas from Forage & Bloom and sumptuous spaproducts from Real World in the sunny Hawkes Bay.

Fall asleep under the stars and wake up to the sound of native birds.



Barefoot Luxury

TEN CABINS

Dotted throughout 22 hectares of native bush, our cabins blend seamlessly

into the landscape, connecting you with nature.

Our Harbour View Cabins are nestled in a citrus grove with views of Bon Accord Harbour, with an uphill hike to get your heart pumping.

Our Enchantment Cabins are enclosed in fig trees with ginger and rosemary - stay connected to activity with a short walk to our restaurant.

Our Beach Cabins have outdoor showers, kitchen and BBQ area, and a private beach.

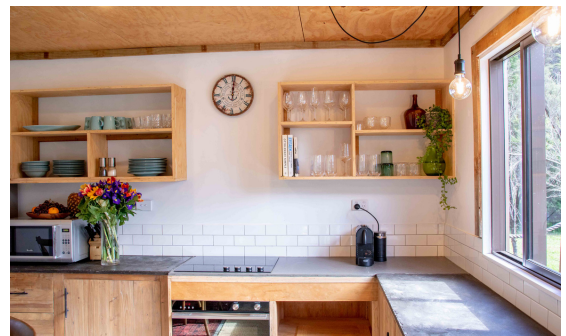


Perfect Simplicity

THREE CABANAS

Our Cabana suite is 80m2, our rustic favourite with an open plan kitchen, lounge and deck with peek views of our harbour. Our other two are 40m2 - all close proximity to Parohe's Alpacas.

Cabanas are a flat 5 minute walk to Enchantment via the boardwalk and glade path.



The Big Eye Villa

DIVINE COMFORT FOR 3 COUPLES OR 4 SINGLES

Our Parohe favourite is the Big Eye Villa. Sitting on top of its own sheltered micro-climate atop a hill, with all-day sun and a mesmerising view of the harbour and surrounding bush-clad hills.

Features include full kitchen a double sided fireplace and elevated bush or harbour views from the bedrooms. Open the sliding door by the shower and enjoy the privacy of the native bush.

The track up to the Big Eye Villa is steeper than other tracks but the views are worth it. The walk will take 15 mins from Enchantment via the Upper Glade path.



Activities and Facilities

Connect with nature through our various land & sea activities available.

LAND

Archery
Volleyball
Lawn games
Pitch / Putt golf
Bush immersed yoga platforms
Sauna / Massage hut
Petanque
Badminton

SEA

Fishing
Outdoor baths
Swimming Pool
Paddle Boarding
Kayaking



Enchantment

THE HEART OF PAROHE

Home to our dining and hub for activities and connection.
Explore our organic gardens or relax under the stars near our outdoor fire pit.

The restaurant seats up to 40 people and the fully equipped kitchen can cater for up to 100 people. Liase with our on site chef to curate a wellness menu for your event.

Parohe serves a garden to table cuisine featuring naturally organic produce from our gardens and premium local suppliers. Liase with our on site chef to curate a menu for your event.

A short stroll away you'll find our outdoor baths, sauna, massage hut, bush enclosed yoga platforms, with outdoor gym coming soon.



Sample Menu

BREAKFAST

Home-made granola
Spiced apple or pear compote
and nutmeg yoghurt
Mango chia seed pudding
Raspberry and coconut
Shakshuka

Free range eggs, peppers and
garden herbs

Seeded gluten-free bread
Kawau Island honey

DINNER

Soup taster
Spiced lentil

Whole charred cauliflower
Coconut chickpea curry

Eggplant miso
Brussel sprout and parmesan
salad

With lemon dressing

Fennel and courgette salad
Preserved lemon dressing

LUNCH

Soup
Kumara and coconut
cardamom

Parohe Bowl
Roast tofu and seasonal
vegetables, fresh
greens, nigella crumb with
citrus dressing

Vegetable oat tart
Home-made cashew feta and
balsamic

Chickpea, kale and red onion
salad with tahini dressing

SIDES

Cacao and date bliss balls
Activated almonds
Seasonal fruit bowl

*Parohe's sample wellness
menu is vegetarian, menus for
your event can be curated for
all dietary preferences.

Contact

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