

## Five ways to cool off in a Marlborough summer

### Swim with the dolphins

Bored

with the beach? Come swimming with dolphins and reawaken your sense of wonder. Join our local marine biologists for a dip in the Queen Charlotte Sound and be charmed by the Dusky, Hector's, Bottlenose and common dolphins that come to visit.

### Sea-kayak the Sounds

There's

no better way to explore the inlets and bays of the Marlborough Sounds than sea kayaking. Hit the water and experience crystal clear bays and deep shorelines of native bush. Enjoy the gentle sounds of splashing water and birdsong and stop off for a swim and a nap at beaches so isolated you feel like the only person alive.

### Shady vineyard afternoons

In the shade or the sun, relax with a glass of chilled Marlborough Sauvignon Blanc in our world-renowned vineyards. Gorgeous gardens, gourmet food, great wine...what more could you want?

### Get some altitude

Too hot on the ground? Check out the air temperature and the view from 12000ft with a tandem skydive. Or for those who prefer to stay inside the plane, take a scenic flight over the Marlborough Sounds before cruising inland to take in the vineyards of the Wairau and Awatere valleys from the air.

### Walk in the woods

Revel

in the shade of a mighty totara forest by the Pelorus River, or under the canopy of flowering manuka along the iconic Queen Charlotte Track. Get away from it all and soothe your overheated senses with a touch of wilderness, Marlborough style.

