



Dear colleagues,

Thank you for planning to attend our **XVII Symposium on Sleep and Breathing**, we look forward to hosting you in New Zealand this March!

As you are working on your travel plans, we want to alert you of an outstanding opportunity for you to consider incorporating. A post conference 3-day tour is being planned to **Hobbiton Movie Set**, departing on Wednesday, March 15, after the conference ends for a guided tour and an evening banquet feast fit for a Hobbit, described below. Located ~2.5h drive south of Auckland, allows exploring additional sites and experiences, detailed below, on the way back to Auckland. The estimated return to Auckland is on Saturday afternoon, in time for a featured dinner at the award-winning restaurant Ahi, in the heart of downtown Auckland!

The tour is being organized by [Ballygelvar Bespoke Tours and Boutique Accommodations, Inc.](#) and there is flexibility in crafting it. The estimated costs include a fee of US\$700.00 (that includes excursions fees, ie Hobbiton tickets & banquet, Waitomo Caves, etc) with additional costs for accommodations, transport and dining, and a \$400 fee for the organizer to be shared among the participants, the more register, the less each pays.

If this tour is of interest, **please register on the dedicated [page](#) of the symposium's website by February 8** and contact Dr. Mihaela Teodorescu (mt3@medicine.wisc.edu) with questions and suggestions.

We hope you'll enjoy it!

Tour Outline

[Hobbiton Movie Set:](#)

Experience Hobbiton™ Movie Set as you have never seen it before with a guided tour through The Shire™ at dusk. Making the most of the remaining daylight, your tour guide will escort you through the 12-acre site, recounting fascinating stories and anecdotes about the trilogies. The tour concludes at The Green Dragon™ Inn with a complimentary beverage from our exclusive Hobbit™ Southfarthing™ range. The guests will then be moved through into The Green Dragon dining room and treated to a banquet feast fit for a Hobbit. The tables will be heaving with traditional Hobbit fare and, as is the tradition in the Shire, second helpings are encouraged!

To conclude this premium Hobbiton Movie Set experience, after dinner the guests will re-join their guide to make their way back through the wandering paths of The Shire. The trails will be illuminated by path lighting and handheld lanterns will be provided amongst the guests to help light the way. This stunning journey under moonlight will travel through the village breathtakingly lit up, with Hobbit Hole™ chimneys smoking and lanterns glowing in the darkness.

[Sanctuary Mountain Maungatautari:](#)

This is a mainland ecological island in the North Island of New Zealand. Surrounded by one of the world's longest pest-proof fences, our ancient forest offers a sanctuary for populations of many of our most endangered species such as birds, skinks, geckos, frogs, bats, and insects. Experience for yourself the New Zealand environment the way it used to be – an ancient, vibrant forest alive with native wildlife including many of New Zealand's rarest and most endangered wild life. Step through the pest-proof gate into another world where ancient New Zealand forest towers majestically above well-maintained walking tracks and the air is filled with birdsong. Enjoy a variety of hikes and bush walks around our eco-sanctuary, take a guided tour or nature walk and learn about why this conservation project is so special.

[Waitomo Caves:](#)

Discover a magical underground world during a tour of the Waitomo Glow Worm Caves. Take a short walk through breath-taking New Zealand native bush to the cave entrance. There, your guide lights the candles setting the scene for an intimate cave experience, where you will see glow-worms and cave formations up close and appreciate the beauty of Footwhistle Cave.

[Inspirit Studio & Gallery:](#)

Drinks & canapés overlooking Waikato River at this beautiful gallery. The purpose-built gallery exhibits a diverse range of artistic mediums. Photography, painting, indoor & outdoor sculpture, glass, jewelry, ceramics, functional art, wearable art, print making and mixed media. The Inspirit mission is to support and promote highest quality original New Zealand art and design with an emphasis on representing leading local artists.

A Maori experience of culture and history:

Watch stories unfold through the dynamic scenes of warriors paddling down Wai-o-Whiro stream, the melodious sounds of instruments and entertainment from performers sharing the haka or war dance to poi dances and more. You will also walk through our ngahere (forest) to see the ancient, fortified village learning the old ways of living and survival of the Maori. Discover the natural resource Te Puna a Tuhoe, our sacred freshwater spring. The evening is not over until you glimpse the glow worms light up the banks of forest as the veil of darkness engulfs the forest.

Geothermal experience:

Explore a volcanic world of gushing [geysers, hot springs, bubbling mud pools](#) and some of the largest and most amazing silica terraces in the world.

Wander through the Hidden Valley and visit the thermal Ruatapu Cave which extends more than 36m down into volcanic tuff to the 'Waiwhakaata' or 'Pool of Mirrors' hot pool at the bottom.

[Waiheke Island:](#)

Visit three of Waiheke's top vineyards and sample a range of their wines. Along the way enjoy a commentated scenic drive, learning about the Island's history, geography, people and culture from your knowledgeable local guide. After your wine tasting experience, sit back, relax and enjoy lunch and a glass of Waiheke wine Three Seven Two (Awarded one Hat in the latest Cuisine Good Food Awards) on Onetangi beachfront.

Dine at award winning restaurants (Saturday evening): Including [Ahi](#).

The te reo Māori word 'Ahi' means 'Fire'. The cooking connection is obvious but. Ahi also speaks of the fire in our bellies to deliver the best New Zealand kai in the most authentic way. The entire Ahi whanau is united by its love of Aotearoa, its food and people, and sharing the warm feelings of Manaaki and Whanaungatanga.