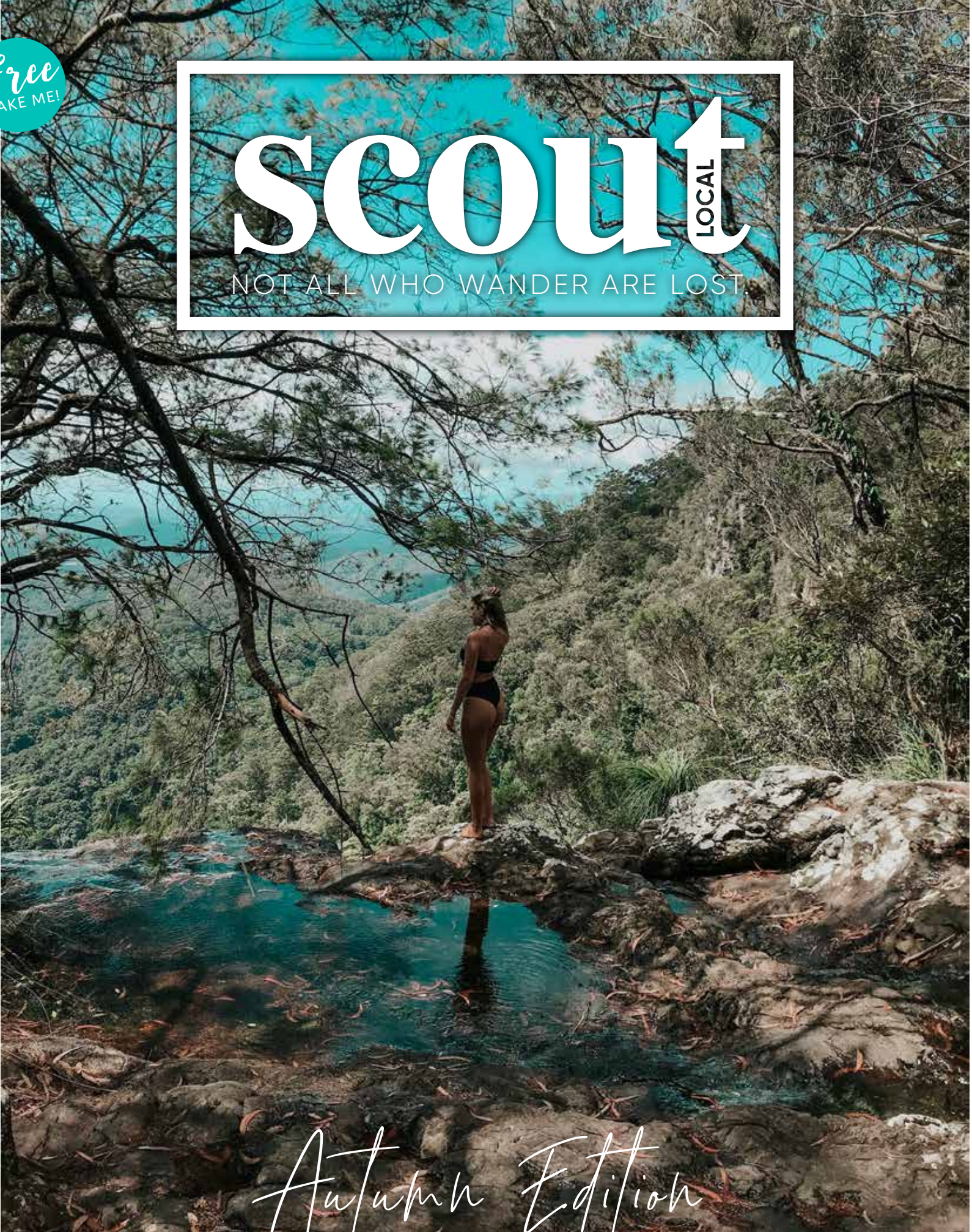


Free  
TAKE ME!

# scout

LOCAL

NOT ALL WHO WANDER ARE LOST.



Autumn Edition

GOLD COAST





## AN EVERYDAY ESCAPE

Discover the latest fashion on Level 1 or enjoy an alfresco meal in one of the many relaxing bars or restaurants. Alternatively, the new-look Woolworths offers variety and convenience at your doorstep with an extended range of products and services.

Escape to The Oasis for unique fashion, dining, and convenience.

Open 7 days | [oasisshoppingcentre.com.au](http://oasisshoppingcentre.com.au)

THE OASIS

75 SURF PARADE, BROADBEACH QUEENSLAND

## WELCOME...

We're about wanderlust...  
The spirit of adventure...  
The thrill of the chase...  
The unbeaten path. We're about showcasing the best of the coast, the hotspots that locals know best.

Welcome to our autumn edition! I'd like to say we're feeling the autumn chill but as I write this, we're in a hot spell and temps are still in the mid-30s. Thanks for the extended summer Gold Coast! You beauty!

This time of year always lures us to the green behind the gold - our hinterland - and as such, we've given Springbrook the glory in our regular Suburb Spotlight section. Dig up some of our past articles on our website for some great autumn bushwalking ideas and places to stay, if you have time to explore. [www.scoutmagazine.com.au](http://www.scoutmagazine.com.au)

In autumn, rather than escaping the midday heat, we embrace long lunches again and have literally given you tips on how to eat your way around the world - right here on the Gold Coast. India, Mexico and Japan - here we come!

We also start to embrace our t-shirts over tanks and can even shelve the cut-off denim shorts to dig out some jeans. We are loving the new autumn palette and earthy tones this season, and you'll also find some of that autumn fashion inspiration in the coming pages.

Our city's event calendar is super exciting this season with everything from cabaret and our very own Gold Coast Film Festival to footy season kicking off. Don't miss our calendar that spills all the intel, and keep up with scout on our social pages for all the latest, as more details drop closer to the events.

If you're a family visiting our sun-kissed Gold Coast for the autumn/Easter school holidays, be sure to check out our sister magazine and website, haven, for a total family fix. [www.havenmagazine.com.au](http://www.havenmagazine.com.au)

*Keeley O'Connor*  
— FOUNDER

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scout local magazine

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SCOUT LOCAL MAGAZINE PUBLISHED BY:  
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EAT



SHOP



WELLBEING



WHAT'S ON

STAY



COVER IMAGE:  
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Springbrook National Park  
 judsgoncalves

*Travelling - it leaves  
you speechless then  
turns you into a storyteller*  
— IBN Battuta

scout



## THE WORD...

*And the winner is...*

The winners of the Wotif Uniquely Aussie Awards were recently announced and the Gold Coast's own Tallebudgera Creek took out the award for 'Best Swimming Spot' – beating out Fraser Island's Lake McKenzie, Bondi Beach and other local watering holes Currumbin Rockpools (which came in second) and Burleigh Heads. The awards are a big victory for the Gold Coast in general, with a few of our favourite spots taking out top places in a number of other categories, too. Yatala Pies won the glory of serving up Australia's third 'Best Sausage Roll' and being the second 'Best Roadside Pit Stop', while Cavill Mall came in third in the 'Best Main Street' category.



*The Henchman is here!*

The Gold Coast can add yet another coffee hotspot to its already impressive list, with the opening of The Henchman in – you guessed it – Henchman Street, Miami. Promising to serve up healthy vegan-friendly eats and plenty of treats for your four-legged friends, we think this café is one to watch.

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## GOLD COAST TOP SPOT FOR FAMILIES

Destination Gold Coast has launched a new campaign, highlighting our city as the ultimate place to 'come and play' – a nod to our famous theme parks, natural rainforest and beach playgrounds and our many family-friendly dining options. While we're pretty sure a lot of people already know that the Gold Coast is must-visit spot for families, we're excited to see this massive campaign broadcast that fact to the world.

To keep up to date with all things families on the Gold Coast, make sure you check out scout's sister title, haven for families magazine. You'll find printed copies in selected locations around our city as well as online at [www.havenmagazine.com.au](http://www.havenmagazine.com.au)



## FROM THE GOLDY TO THE GRAMMYS

Did you know that Grammy-nominated music producer 'Fisher' (of 'Losing It' fame) is a true-blue Gold Coast local? He was also a pro surfer before switching his surfboard for DJ decks but, with his outlandish, party-loving persona, he's definitely still making waves.

The food is excellent.

The beer is cold.

The sun nearly always shines.

There is coffee on every corner.

Life doesn't get much

better than this.

– Bill Bryson, on Australia



## JOBS FILL YOUR POCKETS, BUT ADVENTURES FILL YOUR SOUL

– Jamie Lyn Beatty

## Raw Chocolate Easter Nests

### INGREDIENTS

- 300g slivered almonds, toasted
- 200g (2 cups) shredded coconut, toasted
- 100g (1 cup) almond or hazelnut meal

### For the raw chocolate:

- 200g (1 cup) raw cacao butter or raw, extra virgin coconut oil (or a combination of 100g of each), melted

### METHOD

- Toast your almonds and coconut.
- Melt the cacao butter or coconut oil over a very low heat, either in a small pot or Thermomix (temp 50, speed 1) until just melted.
- Add the cacao powder and rice syrup, mix until well combined and the syrup is dissolved.
- Combine the slivered almonds, coconut and nut meal in a bowl. Add the raw chocolate and stir until well combined.
- If you would like a darker nest, add a tablespoon or two more cacao.
- Line a muffin tin and press one tablespoon of the mix into the base. Add another tablespoon (approx.) and press into the sides to make a small basket.

For more of the Gold Coast's most chocolatey goodness, check out Page 10



- 30g (1/3 cup) cacao powder
- 2-6 tablesp of sweetener such as maple, coconut or rice malt syrup (you can adjust the sweetness to your taste).

### HOW TO SERVE

- Filled with small chocolate easter eggs.
- Filled with double cream or cashew nut cream and berries for an Easter dessert (my plan for Easter Sunday dessert!)
- Make an easy berry coulis by pureeing any red berry with a tablespoon of water or cream (or your favorite liquor for an adult version). Push it through a sieve to remove the seeds.

[www.wellnourished.com](http://www.wellnourished.com)



*Movies in  
the moonlight*

THE GOLD COAST HAS BECOME QUITE THE PLACE FOR OUTDOOR MOVIE CINEMAS, SO WE'VE LISTED THE BEST SPOTS TO CATCH A FLICK UNDER THE STARS THIS AUTUMN...

### SIPFest,

Saturday, April 6 to Sunday, April 7

Otherwise known as the 'Shorts in Paradise Festival', SIPFest is an annual short film festival that transforms Surfers Paradise beach into a unique, sandy cinema, showcasing 14 finalist films and live performances across two nights. With quality short films across a broad range of genres, there will truly be something for everyone – vote for your favourite film on the night and it could be in the running to win \$8000 in cash prizes.

[www.gcfilmfestival.com](http://www.gcfilmfestival.com)

### American Express Openair Cinema,

Thursday, March 14 to Sunday, April 14

It was a favourite for Brisbane residents when it debuted last year and now the Openair Cinema has graced the Gold Coast's shores to deliver plenty of outdoor cinema action for parents and children alike. With a program full of blockbusters and family favourites, simply take your pick, purchase your ticket and head along to the Broadwater Parklands for live entertainment, sunset drinks, delicious food from on-site food trucks and, of course, a great movie.

[www.openaircinemas.com.au/gold-coast](http://www.openaircinemas.com.au/gold-coast)

### Movies under the Stars,

until Saturday April 27

Is there any better way to spend an evening than watching a movie with the family under the stars? Gather your friends or just get out with the kids to one – or a few! – of the many 'Movies under the Stars' taking place all over the Gold Coast. With fantastic food truck options on-site and plenty of interactive kids' activities, all you'll need to do is bring the snacks and head to your nearest movie to make the most of this City of Gold Coast initiative. Did we mention they're free?

[www.goldcoast.qld.gov.au](http://www.goldcoast.qld.gov.au)

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## SUBURB SPOTLIGHT...

It's known for its rainforest hikes and sprawling views, but there's a lot more to discover in Springbrook - a hinterland oasis that's part of Springbrook National Park.

# Eat

Seeing as this suburb is almost entirely set upon a mountainside, it isn't exactly teeming with spots to grab a fancy dinner or embark on a pub crawl. Luckily, the food options that are available are delicious, so you definitely won't feel like you're missing out.

**Dancing Waters Café** offers light lunches and delicious morning teas to help sustain you on your day out. Made with love from locally-sourced ingredients, Dancing Waters Café is one of the best places to get an authentic Springbrook feed. Another similar spot is **Polly's Country Kitchen** which offers a menu bursting with simple, quality goodness and even better coffee. And, if you're after a sweet treat, **The Fudge Shop Springbrook** is always (ALWAYS) worth the detour.



# Explore

Springbrook may be a trendy Instagram spot these days, but its origins date way back to an ancient volcanic eruption around 23 million years ago - which might explain some of the weird and wonderful things you can find in the area. Whether it's glow worm caves at **Natural Bridge**, perilous plants like strangler figs and massive vines, gigantic boulders and more rare bird and plant species than you could spot in one day, there is always something new awaiting you on the rainforest floor at **Springbrook National Park**. Or, you can see it all from above at one



of the many lookouts in the national park. We're not sure why, but we think **Best of All Lookout** is one you should probably check out ;) Whether you're keen to hike, swim or simply soak up the serenity, there's always an excuse to head up the mountain.



## SPRINGBROOK



# Stay

It may only be a 45-minute drive inland from the Gold Coast's beachside suburbs, but Springbrook makes for the perfect weekend getaway destination. If you're a keen camper, **Springbrook National Park** has its own camping grounds that appeal to everyone from lone explorers to families with their well-kept facilities and private sites. Those who are after something a little more upmarket will love the many chalet and retreat options available in the Springbrook area - **Eagle's Nest Cottage**, **Mouse's House** and the **Springbrook Mountain Chalets** are just a few of our top picks. Or, if you've got a large family or group of friends, **Whipbirds Calling by the Falls** has everything you need for the ultimate mountain getaway.



scout

## SUBURB SPOTLIGHT...

Where does Kirra actually end and Coolangatta start? Kirra locals will tell you their suburb has a distinct vibe that makes it easily distinguishable from its southern neighbour.

# Eat



Kirra may be small, but its mighty menu of breakfast, lunch and dinner offerings make it more than worth the trip. Pun and dessert lovers alike will love **Kirramisu** - the café that's been serving up delicious, family-friendly meals and a laidback surf culture since 2007. At the point, **Baskk** has become a bit of a hotspot (particularly among millennials) for its pastel colours, stunning view and mouth-watering lunch and dinner delicacies that cover everything from Mediterranean share platters to Asian entrees.

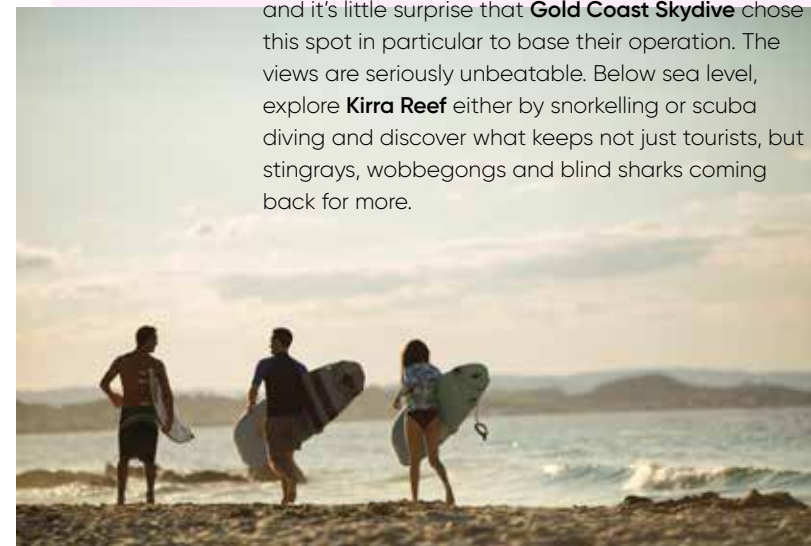


Their killer cocktail list will have you lingering long after the empty plates have been cleared, too. But if it's a nostalgic Kirra dining experience you're after, then you can't go past the **Kirra Beach Hotel**. For 50 years, this establishment has been serving up ice-cold beer, classic surf club meals and sweeping views of the Gold Coast and that world-famous surf break.



# Play

Kirra is without a doubt the Gold Coast's most popular natural playground. Its world-famous surf break - which is protected by the World Surfing Reserve - has drawn attention from global surfing superstars, and it's rare to look out to the horizon and not see at least a couple of figures bobbing around waiting for the next break. Speaking of surf watching, the **Kirra Hill Lookout** is one of the best spots to take in the full expanse of the Gold Coast to the north or peak across the New South Wales border to the south - take some food up there for a sunset barbeque for the ultimate dinner with a view. For the adventurers, the only better way to see Kirra - and the rest of the Gold Coast - is from above, and it's little surprise that **Gold Coast Skydive** chose this spot in particular to base their operation. The views are seriously unbeatable. Below sea level, explore **Kirra Reef** either by snorkelling or scuba diving and discover what keeps not just tourists, but stingrays, wobbegongs and blind sharks coming back for more.



scout

# Shop



To go alongside its pumping surf culture, Kirra offers a selection of popular surf shops that are definitely worth paying a visit to. Whether you're looking to add a new board to your arsenal or need one in a pinch to get out onto a particularly tempting surf break, **HSD Kirra** is your go-to. Surfboards are obviously their specialty, and they offer an impressive collection at a range of prices so that you're sure to find the one you're looking for. Similarly, **Kirra Surf** - the local branch of **Surf Dive 'n' Ski** - sells both surfboards and surf apparel for men and women. If you're looking for wares to keep on dry land, **Cotton Living** specialises in large living for small spaces. Their collection of beautiful homewares will turn any room in your house into an immaculately decorated tropical villa, and their home fragrances to make it smell like one, too.

## KIRRA BEACH





EAT...

# FOOD AROUND THE WORLD

THE GC IS A MELTING POT OF PEOPLE FROM DIFFERENT PLACES, AND THERE'S NOWHERE THAT OUR DIVERSITY IS MORE APPARENT THAN IN OUR LOCAL MENUS. HERE'S YOUR (LOCAL) TRIP AROUND THE WORLD...



## THAI

Thai restaurants have become a staple in just about every Queensland suburb and the Gold Coast is no different – there are hundreds on offer between Yatala and Coolangatta, so picking only three was quite the challenge. In Broadbeach, **Chiangmai Thai Restaurant** always draws a crowd for their authentic, flavoursome menu of traditional Thai dishes. Down the southern end of the city, **Lam Lam Delicate Thai** at Coolangatta is always a good option whether you're dining in or taking away. Though it may be small – it's hard to find if you're not from the local area – Lam Lam's commitment to serving up good, honest food will transport you to Thailand with one mouthful. And, if it's quality Thai food in a quintessential Gold Coast setting that you're after, you can't go past Hope Island's **House of Siam** – perched on the boardwalk overlooking the marina, the view is almost as good as the food itself.



## JAPANESE

If there's one thing the Gold Coast does exceptionally well, it's Japanese. There are so many places to wine and dine in Japanese style that it was tough to narrow down just a few, but it goes without saying that Mermaid Beach's **Etsu Izakaya** couldn't be left off the list. The impressive menu of Japanese share-plates and cool atmosphere are what keep customers coming back through its outwardly unassuming barn doors, and the owners have continued to expand their business with various food-focused ventures around town. Quirk meets quality at **Yamagen**, QT Hotel's funky Japanese restaurant with a killer cocktail list that perfectly complements the share-plate-style menu crafted by talented executive chef, Adam Lane. But, if you're after a more low-key spot to dine on sashimi and miso soup, Currumbin Waters' **Zipang** offers an authentic menu of Japanese favourites in a casual, friendly setting.



## ITALIAN

Good Italian food can be recognised by its fresh ingredients, kept simple to maximise the flavour of each individual element – and that's exactly how you could describe the food at **Mario's**. This Broadbeach icon has gained its reputation for serving up delicious Italian with a smile and is particularly popular for families seeking excellent value. On the other end of the spectrum, Burleigh's funky **Justin Lane** has become a local favourite, dishing up award-winning pizza and pasta with a side of good vibes, particularly when eaten in the rooftop dining area. Back north at Nobby Beach, **Gemellini** certainly lives up to its 'Italian at its best' tagline. Enjoy handmade pasta, woodfired pizza and the best Italian wine, the product of both local and Italian-imported ingredients and generations of Italian cooking.



PHOTO COURTESY OF GOOD FOOD GOLD COAST



## AUSTRALIAN

Bring it back home with a sample of delicacies from our own backyard. We're not talking bug rolls at **Rick Shores** (although we could always go a few of them) – we're talking true blue Aussie classics that will have you saying 'strewth' before you can polish off your schooner. It doesn't get more Australian than a surf club, and the Gold Coast is home to dozens of them. You'll find one in just about every coastal suburb and are always guaranteed to get a good deal on a jug of beer and a chicken parmy. If you want something a little bit unique, **Apres Surf** in Mermaid Beach bleeds Aussie surf culture, serving up a diverse menu of multiculturally inspired dishes and, of course, ice-cold beer. What more could you want? An esky of oysters and a Bunnings-inspired sanga? Then you better head to **Rosella's**, Burleigh's latest Aussie bar. Australiana meets childhood nostalgia in this quirky watering hole, which has quickly become the talk of the town. Fair dinkum!

## MEXICAN

Maybe it's the temperate climate and the seaside locale that we both share, but for some reason, Mexican cuisine has really found its home on the Gold Coast. **MexiCali** at Nobby Beach is the obvious choice if you're after full-on flavour tacos washed down with a blueberry and lychee margarita jug in a rooftop bar setting – you'll be able to spot it by its iconic blue, pink and white wall art. Palm Beach's **Frida Sol** serves up as much colour and intrigue as its namesake – the great Frida Kahlo, obviously – and its menu is no different. And, if you're thinking that Frida Sol is reminiscent of another popular GC Mexican restaurant, **Bonita Bonita**, you'd be right – the genius behind Bonita Bonita (and heaps of your other favourite Goldy food spots) helped the Frida team with their fit-out, and it certainly shows. But, if you're after something a little more low-key, Burleigh's hidden gem **California Tacos** plates up award-winning Tijuana-inspired cuisine every day from 11am. Post-surf shrimp taco, anyone?



## VIETNAMESE

Venture to Vietnam, but still stay close to home, with these picks from around the Gold Coast. Lovers of authentic Vietnamese food can't go wrong at Southport's **Quan 55**, with its traditional menu offerings and impressive selection of delectable cocktails (the Viet Slip is our personal favourite). Vietnamese gets a modern twist at Burleigh hotspot **Jimmy Wah's**. Their bursting bao buns and crispy spring rolls are just a few of the reasons why Burleigh locals and visitors love this spot so much, and the atmosphere on a Saturday night is as tantalising as the sticky pork belly on the menu – so much so that it lingers on throughout Sunday during their popular banquet. And, at **Can Tho** in Runaway Bay, you can tuck into your soft shell crab or rice paper rolls knowing they're the real deal – the product of owners Vien and Thao's childhoods in Vietnam.



scout

scout



EAT...

# DEATH BY CHOCOLATE

WE DREAM ABOUT CHOCOLATE PRETTY MUCH ALL YEAR 'ROUND, BUT THINGS REALLY TURN UP A NOTCH AROUND EASTER. GET YOUR CHOC FIX, IN ANY FORM, WITH THESE PICKS FROM AROUND THE GOLD COAST.

## CHOCOLATE EVERYTHING

There aren't many places that centre their menu on chocolate, which is why the King of Chocolate – **Max Brenner** – caused such a stir when he burst onto the scene back in the mid-2000s. Since then, this franchise has been serving up chocolate anything and everything – we're talking pizzas, waffles, milkshakes... you name it. But if it's chocolate-infused baked goods that you're after, **Bam Bam Bakehouse** in Mermaid Beach has earned quite the reputation for its jam-packed cabinet of freshly made pastries and 'bombs' (that you should definitely order online, they're that popular) since a certain Masterchef judge stopped by for a taste.

## HANDMADE WITH LOVE

It may no longer be Valentine's Day, but there's always an excuse to pick up a box of chocolates – and, luckily, the Gold Coast is home to plenty of chocolateries. **Sanctuary Cove Chocolates** specialise in bite-sized drops of chocolatey goodness as well as gourmet Norgen Vaaz ice cream, or, a little further south, **Cravve** at Burleigh Heads will satisfy your cravings with their bespoke chocolates, drinking chocolate and café products. Or, if you're in Mermaid Beach and the chocolate cravings hit, **Lucia Chocolates** proudly smother more than 100 products in chocolatey goodness for your tasting pleasure.

scout

## GUILT-FREE DELIGHTS

**Kiss the Berry** aren't just the acai specialists – they're also experts at making healthy chocolate taste good! Their Snykers Delight acai bowl is loaded with raw cacao powder and peanut butter (among plenty of other tasty ingredients) and topped with things like cacao nibs and coconut flakes. If you're after a liquid lunch, their Choc Mousse smoothie is nutritious and delicious. Or, if you've got a 'hole' lot of love for doughnuts, the reinvigorated **Doughnut Time** in Burleigh Heads serves up scrumptious vegan delicacies as well as flavours like 'It's Always a Gaytime', 'Life on Mars' and the now-famous, Nutella-filled 'Love at First Bite'.

## GET FREAKY

Drink your chocolate cravings away with a 'freakshake' – the thickshake's delicious, #instaworthy older brother that's topped with anything and everything you like. Over at **Burgster** in Palm Beach, their 'line crossing' Ridiculous Shakes (yep, that's their official name) will have you cancelling your food order after just one sip – they're seriously large. Other freakshake suppliers include the **Loose Moose** at Broadbeach and **The Paddock Bakery** at Miami (they're doing delicious hot crossed buns for Easter, too!), but since this trend has picked up serious speed over the last few years, we'll bet there will be plenty more popping up near you soon enough.

EAT...

# FOODIE HAVEN

THERE'S A BRAND NEW REASON TO STOP BY THE OASIS AND INDULGE YOUR TASTEBUDS – AND IT JOINS MANY OTHER ESTABLISHED EATERIES THAT, TOGETHER, MAKE THIS CENTRE A FOODIE HAVEN.



Photos by Good Food Gold Coast



## THE NEWBIE:

*Grand Dynasty*

Have you heard the news? There's a new kid on the block at The Oasis and this restaurant joins a bevy of other well-established and very popular eateries at this buzzing Gold Coast location. Grand Dynasty brings authentic Chinese to Broadbeach in a venue that oozes oriental appeal. Chinese lanterns are strung throughout and the traditional decorative Asian trinkets and ornaments will sweep you away – straight to Chinatown. The person bringing this literally "Grand" vision to life is chef Ken Zeng. Ken has spent many years traversing the globe, honing his skill at the kitchen bench as well as his business nous.

While Grand Dynasty's menu is overflowing with choice, it's the dumplings and live seafood that the punters are chasing. Heading to Grand

Dynasty for lunch? From 10.30am–4pm you'll find a traditional yum cha fiesta waiting for you (think dim sims, dumplings, pork pastries and soft shell crab –YUM!). Into the evenings, from 5–10pm, the menu becomes a la carte with a focus on that amazing seafood. A stand out dish is the Hong Kong chilli mud crab but other fan faves include the Lobster with garlic and butter sauce as well as the abalone, steamed and sliced with ginger and shallots. You'll also find your traditional Chinese favourites here – Honey chicken, Crispy duck etc. But if the extensive menu choices all become too much, just order a banquet. Easy. This is one Asian food coma that will have you coming back for more! Grand Dynasty is open seven days a week.

## THE LONG-ESTABLISHED:

*Mario's Italian Restaurant*

A local institution, Mario's Italian Restaurant was established in 1989. Just like the other modern-day icons that came before it (think "Madonna" and "Ellen" and "Oprah"), this restaurant only needs one single name – "Mario's". Thirty years on, Gold Coasters are still relishing the Italian flavours. From the starters and antipasti (you had us at Mushroom and parmesan arancini balls) to the pasta, risotto, seafood and pizza, Mario's specialises in authentic and modern Italian cuisine. Customers can sit indoors or dine alfresco, or even enjoy the takeaway and delivery options too. Mario's really is a little slice of Italy on the sun-kissed Gold Coast – and perfect for families. Find them at the beach end of The Oasis. Mario's is open seven days from noon until late.

scout

Photos by Andrew Meadowcroft



*Dining options at The Oasis*

- Base Espresso
- Beachside Pavilion
- Bloke in a Bar
- Elk Espresso
- Grand Dynasty
- Harajuku Gyoza Beer Stadium
- Main Street Burger Bar
- Madison's Café & Patisserie
- Mario's Italian Restaurant
- The Broadbeach
- The Loose Moose
- The Roosevelt

The Oasis is at 75 Surf Parade, Broadbeach.  
www.oasisshoppingcentre.com



# WELLBEING...

## UNIQUE BEAUTY THERAPIES

IT CAN BE HARD TO KEEP UP WITH ALL OF THE WEIRD AND WONDERFUL BEAUTY TREATMENTS ON THE MARKET THESE DAYS, SO WE'VE DONE THE HARD WORK FOR YOU.



CRYOTHERAPY AT CRYOPERFORMANCE

We're sure you've seen this one all over social media – your favourite celebrity, with only their head visible, shrouded in smoke in a large white machine. It's called 'cryotherapy', and it's said to be revolutionising the way people treat their pain, reduce inflammation, reduce their cellulite and even lose weight. Cryotherapy involves treating all or part of your body with extremely cold air (liquid nitrogen makes temperatures drop to as low as -140 degrees) either in a chamber or with a hand-held device. Treatments, it goes without saying, are short, but their reported effects are seriously impressive. Elite athletes use cryotherapy to heal injuries faster, while the physiological and mental benefits have been said to help treat anxiety, depression and even visible signs of aging. It's totally natural (that 'smoke' is safe-to-breathe fresh air, not a chemical or artificial substance) and Mark from Cryoperformance says, it always puts a smile on your face at the end of the treatment. The cold promotes the release of endorphins, the 'happy hormones', that will keep you coming back time and time again.



P3 SPORTS AND RECOVERY

A favorite for local sports stars, teams and athletes, Burleigh's P3 Sports and Recovery is the home of every unique therapy you can imagine. From their Vibrosaun machine – a therapeutic dry sauna consisting of a padded vibrating bed that simulates exercise without putting any strain on your body (sign us up!) – to their hyperbaric chamber – that uses pressure to get more oxygen into your body's tissue, stimulating recovery and healing – there are a number of treatments and therapies that are seen by professional athletes coming back to P3 time and time again. One treatment that might not bring you rushing back, however, is the PainPod – but it isn't as bad as you think. This special piece of biotechnology helps athletes, gym enthusiasts and anyone with an active lifestyle achieve faster training results and higher performance intensity for longer periods, all through BioPods that target knots and trigger points to give a deep post-workout massage. When it comes to P3's therapy options, you can take your pick from wet or dry options. Staying dry, you can take a turn in the Recovery Zone using equipment like zero-gravity reclining chairs and the Recovery Pump system – a kind of compression therapy – while making use of P3's free WiFi and large screen. You could hit up the Roll Zone to try the state-of-the-art Hyperice vibrating roller range, or try out the Pro Ice compression to relieve that coked muscle, sprain or strain. The wet therapy options at P3 are a favorite for many local athletes, including surfers like Pacha Light and footy players Jarrod Wallace and Jai Arrow, among others, and include everything from a magnesium hydrotherapy pool to a cold plunge pool, as well as hot and cold spas.



FISH SPA AT BAREFOOT FISH

Letting a school of fish feast on your feet might not be your idea of a relaxing beauty treatment, but it's actually an incredibly popular way to get soft, supple feet – and even treat some long-term skin conditions, like eczema and psoriasis. Simply called 'fish spas', this treatment will have you submerging your feet into warm, fresh water, ready to be nibbled on by small, toothless fish who will remove all of the dry and dead skin. The result? Refreshed, healthy feet in less than 20 minutes. At Barefoot Fish, Surfers Paradise's newest fish spa, it is a requirement that all feet be sterilised before being put into the tanks, and the water is also continuously cycled through a powerful filtration system to ensure the process is as hygienic as possible. As for the tickle factor? You may want to bring a friend – you're definitely going to need a hand to squeeze for the first few minutes.

# WELLBEING...

## LENGTHEN AND STRENGTHEN

ONE OF THEM IS AN ANCIENT HINDU DISCIPLINE THAT HAS BEEN AROUND FOR OVER 5000 YEARS; THE OTHER WAS A WORLD WAR ONE-ERA APPARATUS-BASED EXERCISE REGIME TURNED 70S WORKOUT CRAZE. BUT STILL TODAY, NO ONE CAN SEEM TO AGREE ON WHICH IS BETTER: YOGA OR PILATES?

YOGA

Yoga dates back thousands of years, but it only really gained popularity in the Western world around the 1980s. There are a number of different varieties of the ancient discipline, all with different focuses, intensity and methods. Almost all of these varieties, however, focus on some core principles: breathing exercises and simple meditation, and most incorporate poses and stretches to flex and strengthen different muscles. The purported benefits of yoga include improved flexibility and muscle strength, better posture, the prevention of cartilage and joint breakdown, protection of the spine, improved bone health, increased blood flow and draining of lymph fluids and even a boost in your immunity.

PILATES

It's often confused with yoga, but Pilates is actually totally different – with a whole other set of focuses at its core (pun intended). Like yoga, there are many forms of Pilates, but the one that is closest to founder Joseph Pilates' original studies – and arguably the most popular form of Pilates – is Reformer Pilates. In this practice, performed on a reformer machine, you use your arms and legs to push and pull against the resistance of springs, bands and the movement of the carriage. It is said that the reformer assists with improving your overall strength, flexibility, coordination and balance, which in turn leads to improvements like better posture, grace, efficient movement and – for some – relief from imbalance-associated pain, like back pain, in daily life. Other reported improvements include increased muscular endurance and core strength, improved breathing and a reduction in body fat.



WHY NOT DO BOTH?

At the Sanctuary Cove Country Club, wellbeing is celebrated in all of its many forms. With a gym, outdoor facilities including a heated 25m swimming pool and five tennis courts, specialised treatment rooms, personal training, a diverse range of group fitness classes (including yoga, mat work Pilates, Body Pump, Zumba, RPM, cardio, cycle, Rev it Up and more) and child minding options in the Kidz Club, which caters for babies and children up to 10 years old, you don't have to choose just one way to stay fit and healthy. You can do it all in an idyllic setting overlooking the Palms Golf Course, then refuel at Arnie's Café & Bar on site. Sanctuary Cove Country Club memberships start from just \$12.50 per week, and you can also sign up to PMP Studios – based at the Sanctuary Cove Country Club – for additional Reformer Pilates classes.

### COUNTRY CLUB OPEN DAY

On Saturday, March 23, the Sanctuary Cove Country Club on Gleneagles Drive will open its doors to the public, giving everyone the opportunity to experience the Sanctuary Cove difference. With free activities on offer for the whole family (including yoga on the grass, spin cycle on the verandah and plenty of other fun, free classes) and tours of the gym and training facilities available, you can come in, look around and meet the tennis and swimming experts, massage therapists, beauticians, gym and Pilates instructors and personal trainers who will be available to you if you become a Country Club member. You can also get a free body scan on the day to see how you measure up! Make sure you stop by Arnie's Café & Bar for a taste of the food, smoothie and juice samples straight from their new menu. Sign up on the day to win a night at any Rydges Hotel in Australia! It's all happening from 8am 'til 12pm.



SHOP...

Pack your bags

HERE AT SCOUT, WE'RE ABOUT THE SPIRIT OF ADVENTURE, FOLLOWING THE UNBEATEN PATH - AND LOOKING REALLY, REALLY CUTE WHILE WE'RE AT IT. HERE ARE SOME OF OUR FAVE TRAVEL ACCESSORIES THAT'LL SURELY BEAT THE JETLAG BLUES.



1. Elizabeth Palmier velvet wash bag, \$47, [www.sweetpeaandwillow.com](http://www.sweetpeaandwillow.com) 2. Typo travel pillow in Birds of Paradise, \$24.99, [www.theiconic.com.au](http://www.theiconic.com.au)  
3. Roxy Stay True wheeled cabin suitcase, \$143.99, [www.theiconic.com.au](http://www.theiconic.com.au) 4. Annabel James luxury travel shaving kit, \$214, [www.annabeljames.co.uk](http://www.annabeljames.co.uk)  
5. LeMU zipper tote in white birds in paradise, \$64, [www.lemuarrival.com](http://www.lemuarrival.com) 6. LeMU x Salt Gypsy hip pack in grey microstripe, \$42, [www.lemuarrival.com](http://www.lemuarrival.com)  
7. Olli Ella See-Ya suitcase in rust, \$119, [www.oliella.com](http://www.oliella.com) 8. LeMU x Samudra Kalapana mid pouch, \$46, [www.lemuarrival.com](http://www.lemuarrival.com) 9. Flylite Tribeca hard large suitcase in charcoal, \$149, [www.strandbags.com.au](http://www.strandbags.com.au)

SHOP...

## YOUR SCHOOL HOLIDAY HAVEN

ONCE UPON A TIME, THE IDEA OF SPENDING A WHOLE DAY IN A SHOPPING CENTRE WOULD HAVE BEEN ENOUGH TO SEND YOUR KIDS STIR CRAZY. AT PACIFIC FAIR, THEY'LL NEVER WANT TO LEAVE.

There are few places that so perfectly cater to every member of your family as Pacific Fair Shopping Centre. Covering the latest and greatest in retail, dining and entertainment, you could spend a whole day here and still not get to everything. Not to mention, with lush palm trees, water features and an open, breezy atmosphere, it's not exactly your typical shopping centre...

### SHOP 'TIL YOU DROP

Your little shopaholic will love a trip to Pacific Fair, with its impressive collection of children's clothing and accessory retailers. Gorgeous products at reasonable prices are the aim of the game at stores like Pavement – which is perfectly suited for the tween in your life – Cotton On Kids and Seed Heritage, but there are a number of one-off retailers where your boy or girl will certainly find something they love. If it's not fashion that they're into, then your kids are bound to go crazy in Kidstuff, the major toy store at Pacific Fair – it covers tech, wooden toys, puzzles, arts and crafts, costumes, dolls and even educational games, which you're sure to love just as much as your kids will.

Mums, you can get your fashion fix with the kids in tow, too. Unique boutiques like AJE and Gorman specialise in gorgeous garments for everyday wear or your next night out, while the newly-opened Sabo Skirt – which had enormous success with their flagship store in Brisbane – will deliver all of the luxe, vintage-inspired goodness you could ask for. And don't worry, dads – we haven't forgotten about you. With stores like Lacoste, Gant and Tommy Hilfiger, you can update your wardrobe with the latest threads and accessories for fellas to ensure you look your sharpest.



### RELAX AND REFUEL

When you're all shopped out, head to one of the many family-friendly dining spots in the centre to refuel – the Outback Steakhouse is the perfect spot for the entire family with big family booths, toys for the kids to play with and all kids' meals under \$14. Or, if you're after a sweet treat, Cowch is a family favourite that is almost too delicious to be true. Head there in early April for their brand-new Easter menu, which will again include their famous Bunny Shakes. For parents and guardians with little ones, Crema Espresso is always a hit. Located just near Play Street (the coolest street on the block, complete with a high climb course, giant slide and interactive toddler room) parents can sit back and enjoy a hot coffee or lunch while the kids climb their way through the impressive play area. Or, organise a school holiday meet-up with a lunch date at The Patio, taking your pick from more than 15 dining options and relaxing in the gorgeous cabanas in the communal seating area. But no trip to Pacific Fair is complete without a visit to The Resort, the tropical wonderland filled with luscious palm trees, flowing water falls and sun lounges. It really is the perfect place to rest your legs during a day of shopping, and before heading off again to stroll through the many designers stores that line the area. Kids can also dip their feet in the water and play the giant Connect Four, Jenga and table tennis games.

[WWW.PACIFICFAIR.COM.AU](http://WWW.PACIFICFAIR.COM.AU)

### WHAT'S ON AT PACIFIC FAIR

These school holidays, let your little PACasso's get creative at Pacific Fair's Art Academy. With help from the craft experts from The Craft Parlour, your kids will learn how to draw, paint and craft as they create mini cactus gardens, magical tube monsters, pom pom ice cream cones and so much more. There will also be massive colouring-in walls to keep your tiny artists busy, as well as creative sticker art projects and fun photo walls. There are no bookings required for these workshops, however, spaces are limited per session.



Then, in the lead-up to Easter, Pacific Fair will host their Big Egg Scramble event on Saturday, April 6. The massive Easter egg hunt will send kids searching around The Resort, hunting for more than 3000 plastic Easter eggs that they can then redeem for real chocolate eggs. Tickets are available exclusively to members of the Little Paccas Kids Club, so make sure you sign up at [www.pacificfair.com.au](http://www.pacificfair.com.au) so you don't miss out on any of the action. And don't miss the Easter Bunny when he roams throughout the centre from April 15-20 (excluding Good Friday) from 11am each day.



SHOP...

Autumn dreaming

WE MAY NOT REALLY FEEL ALL FOUR SEASONS HERE ON THE GOLD COAST, BUT THAT DOESN'T MEAN WE CAN'T DRESS LIKE WE DO. THIS AUTUMN, WE'RE PREDICTING WARM TONES, COOL TEXTURES AND A TOUCH OF SEVENTIES-INSPIRED FLAIR.

Tigerlily Adilah suede trench coat,  
\$999, [www.tigerlilyswimwear.com.au](http://www.tigerlilyswimwear.com.au)

Lack of Colour Mesa cap,  
\$179, [www.lackofcolour.com.au](http://www.lackofcolour.com.au)

Spell and the Gypsy Collective  
Amethyst blouse,  
\$199, [www.shop.spelldesigns.com.au](http://www.shop.spelldesigns.com.au)

Zara Corduroy mini skirt,  
\$45.95, [www.zara.com/au](http://www.zara.com/au)

Spell and the Gypsy Collective  
Zephyr patchwork clutch,  
\$159, [www.shop.spelldesigns.com.au](http://www.shop.spelldesigns.com.au)

Federation Shoe Co Nevada sandal,  
\$149, [www.whitebohemian.com.au](http://www.whitebohemian.com.au)

Peach - It Indigo earrings,  
\$2995, [www.shoppeach-it.myshopify.com](http://www.shoppeach-it.myshopify.com)

Free People bow scrunchie,  
\$8.46, [www.freepeople.com](http://www.freepeople.com)

Witchery asymmetric jumpsuit,  
\$16995, [www.witchery.com.au](http://www.witchery.com.au)

Zulu and Zephyr Essence dress,  
\$220, [www.zuluandzephyr.com](http://www.zuluandzephyr.com)

Witchery Ivy suede pumps,  
\$15995, [www.witchery.com.au](http://www.witchery.com.au)

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1,636 following

WE'RE ABOUT WANDERLUST... the spirit of adventure... the thrill of the chase... the unbeaten path. Make sure you're following @scoutmagazinegc on Instagram for the latest and greatest from around the Gold Coast and beyond...



EAT



ADVENTURE



WELLBEING



ELSEWHERE



EVENTS



SHOP



STAY

POSTS

TAGGED



EAT...

@tufu\_mermaidbeach is serving up pretty pinks and mouth-watering eats. Try also @elkespresso @paddockbakery @goldcoasteats



WHAT'S ON...

@thevillagemarkets bring Burleigh to life every second Sunday. Try also @hotage @the\_craft\_parlour @\_itoursntxgoldcoast\_



DRINK...

@burleighpavilion will fill your Insta-cup with great views and ice-cold drinks. Try also @thescottishprince @lostopalmsbrewingco @granddadjacks



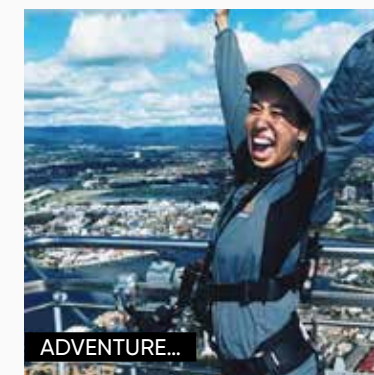
STAY...

@theislandgoldcoast is everyone's favourite boutique hotel and rooftop bar. Try also @palazzooversace @goldcoastacomm @thepinkhotelcoolangatta @therubycollectiongc



WELLBEING...

@essenceofliving have your fitness, health and motivation covered. Try also @thebodymethod @wholehealthstudio @stephaniegilmore



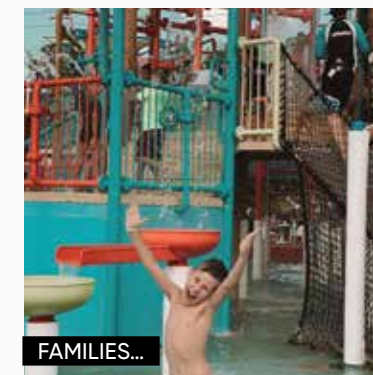
ADVENTURE...

@skypoint\_au's panoramic views are best enjoyed whilst scaling it from the outside. Try also @goldcoastwatersports @paramountadventures @goldcoastgondolas



SHOP...

@theborrowednursery is simply the coolest plant store you ever did see. Try also @thefreedomstateonline @whitebohemianstore @violetgrace\_ @kiraandkira



FAMILIES...

@wetnildgc will get your adrenaline pumping and your kids beaming. Try also @currumbinsanctuary @dreamworldau @trickpicgc and don't forget scout's sister magazine @havenhub for families



ELSEWHERE...

@breathingtravel is a Gold Coast girl taking you on her global adventures. Try also @europefocus @review\_nature @theactivepassport



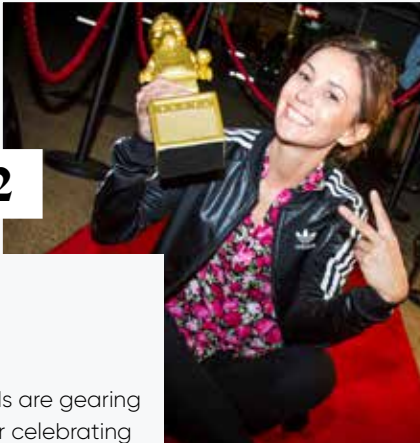
# WHAT'S ON...

APRIL 17-28

## BLEACH\* FESTIVAL

With a program that promises to be the event's most captivating yet, the eighth annual Bleach\* festival will herald a new era for the Gold Coast while celebrating its unique rituals and culture. With a jam-packed program that spans large-scale opera, award-winning dance, eye-popping cabaret, free live music, a thought-provoking political swimming carnival and a thrilling drive-in with a difference, the Gold Coast's beaches, waterways, parklands and civic gathering places will become playgrounds for contemporary performance and installation.

WWW.BLEACHFESTIVAL.COM.AU



MAY 2

## GOLD COAST MUSIC AWARDS

Gold Coast Music Awards are gearing up for another huge year celebrating the vast and varied array of quality music produced from the region. With alumni like Bobby Alu, Amy Shark and Fisher who have all gone on to successful international careers, getting a nod at the Gold Coast Music Awards is a sign of big things to come for local artists. Kicking off the four-day Surfers Paradise LIVE festival, the Gold Coast Music Awards free live concert will feature 2018 Golden Guitar finalist Casey Barnes, San Mei and Peach fur.

WWW.GCMUSICAWARDS.COM.AU

APRIL 3-14

## GOLD COAST FILM FESTIVAL

Jam-packed with premieres and exciting films set across a number of locations, the Gold Coast Film Festival returns for what could be its biggest year yet. With a full program of 178 films and events, the Film Festival has earned a reputation for offering something for everyone and the 2019 instalment will be no different. From a unique array of outdoor pop-up cinemas to Q&As with various filmmakers, the innovative program centred on adding to the audience's cinema experience and allowing people of all ages to fall in love with film.

WWW.GCFILMFESTIVAL.COM



JUNE 5-9

## COOLY ROCKS ON

Australia's favourite rock'n'roll nostalgia festival returns to Cooly, bringing music, dancing, cars and good old-fashioned family fun right back to one of the best destinations in the world. Set on a combination of outdoor stages and venues within the beachside streetscape of iconic Coolangatta, the highlight of Cooly Rocks On is the destination; the spectacular Southern Gold Coast beaches, the relaxed and friendly hospitality and family-friendly atmosphere for which the Southern Gold Coast is renowned.

WWW.COOLYROCKSON.COM



APRIL 3-13

## SURF'S UP! QUIKSILVER & ROXY PRO

One of the most iconic surf competitions will be hitting the Southern Gold Coast this April. The first stop on the WSL Championship Tour, the Quiksilver Pro sees surfers and spectators from around the region and the world converge on Coolangatta's Snapper Rocks, with the event attracting the biggest names in surfing for the coveted title.

WWW.WORLDSURFLEAGUE.COM

## AFL FOOTY SEASON KICKS OFF!

GOLD COAST SUNS

Footy fans will be glad to know that the ALF season has officially kicked off – pun intended – and, this year, the Gold Coast SUNS are looking like a force to be reckoned with. The SUNS will host ten matches throughout the 2019 season, much to the delight of local fans who descend upon Metricon Stadium every home game for family-friendly activities, good food and an even better standard of footy.

WWW.GOLDCOASTFC.COM.AU



JUNE 25 - JULY 6

## WICKED

Co-presented by HOTA and Matt Ward Entertainment, one of the most globally-loved musicals is getting set to take the stage at the Gold Coast – much to the excitement of the local community. Catch the exciting rendition of WICKED when it hits our shores, showcasing a talented line up and telling the beloved tale of the extraordinary adventures in Oz and a profound friendship between Glinda The Good Witch and Elphaba, The Wicked Witch of the West. Gold Coast local and graduate of the Queensland Conservatorium of Music Emily Monsma will play Glinda alongside Samantha Dodemaide, starring as Elphaba.

WWW.HOTA.COM.AU

## GOLD COAST OPEN

It may have changed its name from the Burleigh Pro to the Gold Coast Open, but spectators and competitors alike can expect the same high calibre of surfing prowess as previous years. The six-day event will see some of the world's best surfers travel from all corners of the globe to battle it out for valuable Qualifying Series points.

WWW.SURFINGAUSTRALIA.COM

MAY 7-12



Surfers celebrates

FESTIVAL OF FILM, MUSIC AND DANCE  
APRIL 6-7

Film, music and dance enthusiasts will be delighted to know that the precinct will host a weekend packed with fun, free, film-inspired events for the annual Festival of Film, Music and Dance.

AUSTRALIAN STREET  
ENTERTAINMENT CARNIVAL  
APRIL 19-22

This free, four-day family-friendly event is set to dazzle with live knife and fire juggling, acrobatics, dance, music, and magic performances on the Cavil Mall mainstage and the Surfers Paradise beachfront.

SURFERS PARADISE LIVE  
MAY 2-5

Darryl Braithwaite, Hoodoo Gurus, Reece Mastin and more will feature on the line-up for the award-winning four-day music festival, which showcases live music acts over 40 stages and multiple venues throughout Surfers Paradise.

SEAFIRE  
MAY 31 - JUNE 1

Australia's only international fireworks competition returns to the iconic Surfers Paradise Beach for two exciting nights, celebrating the spectacle of pyrotechnics with hypnotic performances and thrilling fireworks from world-leading pyrotechnic designers.

WWW.SURFERSPARADISE.COM





# WHAT'S ON...



**DON'T MISS OUT!**

**IF YOU'RE NOT ONE OF THE THOUSANDS OF PEOPLE WHO'VE CAUGHT NINE PINTS ALREADY, GET YOUR TICKETS QUICK STICKS BEFORE THE SEASON ENDS!**

Dracula's has redefined the entertainment experience with the hypnotically captivating and gloriously seductive show "Nine Pints" which is in its final months

Nine Pints takes Dracula's shift from sassy vaudeville to a far more scintillating and subversive Vegas-after-dark style and sees the blood flowing as freely as the booze and sinful laughter. Delivering a refined entertainment experience, the show explodes mid theatre with aerial trance acts, live rock, dark mime, burlesque and insane comedy.

Be warned, there is partial nudity, extreme staging FX and adult themes. Hot tip: You may require a fresh nine-pint blood transfusion to survive the night! Nine Pints is definitely living up to its "thrillertainment" label.

Nine Pints packages start at \$59 per person for supper club, show-only tickets with optional tapas menu. Otherwise, \$95 per person will get you a succulent three-course dinner and show experience.

Nine Pints at Dracula's runs five days a week, Tuesday to Saturday.

[WWW.DRACULAS.COM.AU](http://WWW.DRACULAS.COM.AU)

scout



## LITTLE SHOP OF HORRORS

Enjoyed the Dracula's experience? Take home a little piece of Dracula's with you to keep the memories flowing!

**FLASHING SKULL GLASS, \$10**

**FLOATING EYEBALLS, \$6.50 EACH**

**DRACULA'S SYRINGE, \$5**

**SHOT GLASS, \$6**

**TIKI MUG, \$15**



# WHAT'S ON...

## GRAB YOUR POPCORN!

**IF YOU'RE ONE FOR A SERIOUSLY GOOD FLICK, THE GOLD COAST FILM FESTIVAL IS GOING TO BE RIGHT UP YOUR PROVERBIAL ALLEY!**

Spanning April 3-14, Gold Coast Film Festival (GCFF) will offer a full program of 178 films and events in 13 locations across the 12-day festival. Among the standout events there will be three world premieres, 10 Australian premieres and four Queensland premieres. GCFF has earned a reputation for offering something for everyone and the 2019 instalment will be no different with a plethora of additions aimed at fostering a love for film in people of all ages – locals and tourists alike.

From a unique array of outdoor pop-up cinemas, to Q&As with various filmmakers, organisers have assembled an innovative program centred on adding to the audience's cinema experience. Now in its 17th year, the festival will explode to life when award-winning filmmaker Damon Gameau (That Sugar Film) walks the red carpet at Home of the Arts (HOTA) for the Australian premiere of 2040, his inspiring exploration of solutions for the planet's modern-day problems.

The screening, which will be followed by a Q&A, will be the first of more than a dozen premieres across the 12 days, including the Closing Night world premiere of Australian war film Escape and Evasion to be held at HOTA on Sunday, April 14. Directed by Storm Ashwood and filmed in the Gold Coast's luscious Currumbin Valley, it explores the troubling effects of Post-Traumatic Stress Disorder (PTSD) on a lone surviving soldier.

"It was only 12 months ago that Escape and Evasion was shooting on the Gold Coast and this year it makes its world premiere at the



Festival," says Assistant Minister for Tourism Industry Development Meaghan Scanlon.

Screen Queensland (SQ) CEO Tracey Vieira said SQ was proud to support a festival playing such a vital role in promoting the talents of the state's filmmakers.

"The festival program is packed with content that was conceived and created in Queensland by Queenslanders," Tracey says. "From the world premiere of Escape and Evasion and Australian premiere of Elements to the screening of 35 short films and web series across sections including SCREAM, EMERGE, SIPFEST and B.OLD, we are excited Queensland filmmakers have the GCFF to showcase their stories here in the State."GCFF director Lucy Fisher says the quality of the films to screen during the event was only surpassed by the wide variety of experiences on offer.

"I'm a firm believer that the best film festivals offer the public so much more than just the chance to watch movies and we have once again raised the bar on that front," Lucy says. "From unique pop-up cinemas on the water, in the bush and on urban streets to daily workshops for children, as well as wine and cheese events, our massive program of events and screenings allows people to immerse themselves in film and have a little fun along the way."

[WWW.GCFFILMFESTIVAL.COM](http://WWW.GCFFILMFESTIVAL.COM)

scout

## NOT-TO-MISS GCFF FLICKS

### WORLD PREMIERES:

Maybe Tomorrow, Locusts, Escape and Evasion.

### AUSTRALIAN PREMIERES:

Under The Silver Lake, 2040, Happy New Year Colin Burstead, Breaking Habits, Romantic Road, Tito and The Birds, Mia and the White Lion, The Furies, Waiting: The Van Duren Story, Elements.

### QLD PREMIERES:

Little Woods, Number 37, 1985, Emu Runner.





STAY...

# Staycation made simple

## RECHARGE THE HUMAN BATTERIES WITH AN EASY WEEKEND STAYCATION. HERE'S HOW...

You've survived Christmas and made a few New Year's Resolutions that you haven't actioned (yet). You even got the kids back-to-school and their 2019 routines down pat. You've ticked so many boxes already this year – is it time to give yourself a tangible pat on the back in the form of a weekend away?

Staycations are the best way to recharge the batteries because they are generally so simple. Step 1 is to free yourself up for a weekend. And Step 2 is to find a place that's not too far from home but will have your mind a million miles away. Easy. Find a staycation gem at The Ruby Apartments – the recently opened first tower within a very impressive 'The Ruby Collection' masterplan.



THE COUPLE'S STAYCATION

As the name suggests, The Ruby Apartments is an apartment-style hotel that offers everything you want out of any staycation. If you're seeking some well-deserved couple time and staycating without the kids (Editor's note: high fives to you!), you'll find fun, relaxation, fine dining and romance aplenty here. With various room types to suit every preference, your home-away-from-home will be plush and welcoming, with windows and balconies capturing gorgeous Gold Coast sunsets – just add wine.

There's the convenience of the on-site sauna and steam room. You can laze with your lover by the luxury pool (the submerged lounges will keep you cool while you relax in the sun!). Then, when the day is done, Ruby's on-site restaurant, Stones Bar and Grill, will give you ambience and a spectacular menu to match. Live music and a cocktail or three are the icing on the cake for any couple seeking some quality time together. You don't have to leave the resort location (everything you need is here – even cocktail making classes, wine and cheese tasting, and cooking demonstrations!) but if you do, you'll make some fun Surfers Paradise memories just a short walk away.

scout



THE FAMILY STAYCATION

For families looking for a weekend staycation together, The Ruby Apartments are also well geared for the mini holiday-makers. The self-contained apartments combine modern indulgence with homely aspects, all set on a backdrop of stunning ocean views. Kids need a snack? Your room's kitchen facilities will have their needs met. Kids made a mess of their clothes? The washer and dryer will answer your call. The three-bedroom sky suites will host even the largest families and wow the kids with the most incredible views of the Gold Coast from your perch, way high up in the sky.

The Ruby Apartments share neighbouring Paradise Resort's amazing waterpark and there's also a host of regular kid-friendly organised activities for the little guys at Ruby. Think teddy bear workshops, cupcake decorating, art and craft, and much more. Families can re-connect and create precious memories at an outdoor movie, family trivia event, bingo or even by playing a giant board game together.

### AND HERE'S A HOT TIP:

Seek out a 'William, The Bear' keepsake for your kids, to remind them (and you) of the fun you had while bonding as a family on your staycation.



Whichever way you go with your staycation – kid-free or family friendly – one of the most important things to schedule into your planner is a sleep in. Delicious quality linen and plump pillows will give you a warm hug. Remember, you deserve it! View The Ruby Apartments' packages online at [www.therubycollection.com.au](http://www.therubycollection.com.au) or phone 07 5689 4300.

[WWW.THERUBYCOLLECTION.COM.AU](http://WWW.THERUBYCOLLECTION.COM.AU)

## DISCOVER THE Ruby Difference

NOW OPEN ON THE GOLD COAST

## Introducing the Gold Coast's newest luxury holiday apartments

Stay at the brand-new, 4.5-star Ruby Apartments from \$149 per night\*

The Ruby Apartments, the first tower of The Ruby Collection, offers stylish yet spaciouly designed one, two and three-bedroom apartments, villas and sky suites catering perfectly for families, couples or even single travellers. Awaiting outside your room is a swimming pool, children's splash zone and waterpark, kids club, daily activities program and more to keep the younger ones entertained as well as a selection of dining and entertainment options for the adults which offers all guests a place to relax and unwind without ever having to leave.

\*conditions apply

We Don't Do Ordinary

[www.therubycollection.com.au](http://www.therubycollection.com.au) • @therubycollectiongc  
• [reservations@therubycollection.com.au](mailto:reservations@therubycollection.com.au)





## STAY...

*Excitement at*

## QT GOLD COAST

THE EASTER BUNNY IS HOPPING INTO TOWN IN LATE APRIL AND IT SEEMS THAT THE FIRST PLACE HE'S STOPPING BY IS QT GOLD COAST.

By this point in the year, we're really missing the indulgence of the silly season. Eating whatever we feel like, treating ourselves to a drink or two when we normally wouldn't and just sitting back and relaxing all seem like a distant, merry memory, clouded by the busyness and bustle of a brand new year.

## HOP TO IT

The Easter holidays are just around the corner, and QT Gold Coast is ringing them in, in their signature style. Proving that the ultimate indulgences – like eating, drinking and being merry – don't have to end with the summer holiday season, QT Gold Coast is giving you permission to #treatyourself this Easter.

Kick off the weekend with a breakfast or dinner at Bazaar, the interactive marketplace that delivers 'tradition with a twist' and an assortment of cuisines and creations to choose from. On Good Friday, Bazaar will have plenty of delicious local and global seafood options on offer morning and night, as well as the array of stations that visitors know and love.

On Easter Saturday, enjoy a holiday-inspired high tea at gorgeous Fixx Café – the candy-coloured venue that serves up kitschy, quirky dishes to match. In true Fixx style, which is known for twisting traditions, you can come along for 'high tea' any time between 10am and 3pm for an assortment of sweet and savoury treats that will tantalise your tastebuds (and your Instagram followers). Tuck into 'sex on the beach' balls, quirky cakes and scintillating slices, all washed down with a glass of champers. You're on holiday, remember?



Wrap up your weekend with the famed Bazaar Brunch, which will be overflowing with Easter dining treats to celebrate Easter Sunday. Expect freshly baked hot cross buns, pretty pastel cakes and hand-crafted chocolate eggs – among many other delectable delights – and sip on something fruity in the form of a bottomless mimosa. Then, get in on the holiday spirit with the Easter egg hunt in the resort lobby.

*You'd have to be an April fool to miss out on the fun.*

scout

## DAY TRIPPIN...

## BUSH TO BEACH

IN A DAY TRIP TO THE SUNSHINE COAST, YOU CAN TAKE IN EVERYTHING FROM LUSH HINTERLAND LEAFINESS TO A BRIGHT, WARM BEACH – AND EVERYTHING IN BETWEEN.

*From Montville...**...to Caloundra*

## WINE

Just a short drive north-west from Montville's Main Street, you'll spot the bright red Flame Hill Vineyard through the lush green trees before you see it. Taking advantage of the rich soil and native flora, Flame Hill offers fine dining, wine tastings and a cellar filled with wines, condiments and relishes straight from the farm. Other Montville wine options include Mason Wines and Castle Glen, which can be found in Montville Cellars.

## DINE

Rich mountainous farmlands and a temperate climate create the perfect conditions for local farmers to grow the freshest, tastiest produce and Montville's many restaurants certainly make the most of it. Whether it's breakfast with a view at panoramic Altitude Café or a hearty stew at Gypsy's Table, Montville's dining options boast homegrown produce served with a side of small town hospitality – a combination that can't be beaten.

## PLAY

A rainforest mountain range, a stunning dam and a national park complete with a cascading waterfall – these are just some of the natural wonders that are easily accessible from Montville. Hikers can find adventure along the Sunshine Coast Hinterland Great Walk (a range of experiences can be enjoyed along this 58km trail, from half-day walks to three-day walks with camps), day trippers will love Kondalilla Falls, while art-buffs will gravitate to the various Montville galleries.



## EAT

Caloundra has a number of great, diverse food options – you could easily enjoy a relaxing lunch at a burger joint, followed by an upper class dinner on the waterfront – but the suburb comes alive every Sunday with the Caloundra Street Fair. Since 2002, the Street Fair has delighted locals and visitors alike with a showcase of around 100 hand-selected stallholders covering everything from food to clothing and homemade wares, as well as a range of talented local performers across a range of genres. And, whether it's an after dinner treat or a post-beach refreshment you're after, a stop at Gelataria Milano on Bulcock Street is never a bad idea – the family owned and operated store serves up gelati that transports you to the streets of Italy, the product of over 100 years in the ice cream business.

## SEE

Not only is Caloundra home to some of the most picturesque spots on the Sunshine Coast – it's steeped in local history, too. The Queensland Air Museum in Caloundra West houses almost 100 aircraft, with a detailed background about each and every one. Caloundra is also home to two lighthouses – the oldest, with its bright red top, dates back to 1896 – which you can tour. Climb up the steep timber "staircase" (which is really more like a ladder) to enjoy the panoramic view of Caloundra and beyond from the top of the signal tower.

## RELAX

Being situated on a headland certainly has its benefits – the biggest one being a multitude of beautiful beaches to choose from. Bulcock Beach, Kings Beach and nearby Dicky Beach are just a few of the options you have right on your doorstep, but – if white sandy beaches and temperate water isn't your thing – there is also Currimundi Creek just nearby for you to float around in.



scout



## ADVENTURE...

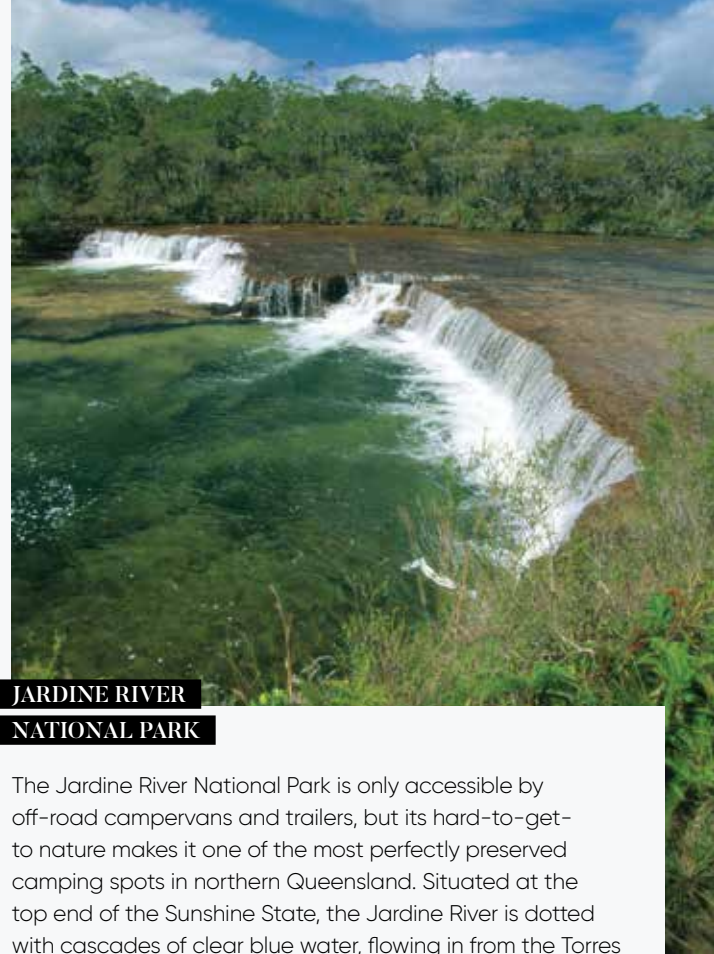
# WATERING HOLES

NOTHING SAYS 'ADVENTURE' LIKE THE WIDE-OPEN ROAD, TOPPED OFF BY THE FREEDOM THAT TOWING YOUR HOME BEHIND YOU PROVIDES. CHECK OUT THESE QUEENSLAND WATERSIDE ADVENTURE LOCATIONS FOR YOU AND YOUR RV.



### LAKE AWOONGA

It's a relatively well-kept secret unless you're from the Gladstone region, but Lake Awoonga might soon be your new favourite caravanning destination. The sprawling 6.7-hectare lake is popular for fishing and animal spotting, with the grey-headed flying fox and the yellow-bellied glider among some of its most fascinating residents. Adventure-seekers can jet ski or boat around the lake, but we recommend floating in the water or relaxing on the shore to soak up all that Lake Awoonga's beautiful surrounds have to offer. Spend a weekend or a month here and we guarantee you won't get tired of the view.



### JARDINE RIVER NATIONAL PARK

The Jardine River National Park is only accessible by off-road campervans and trailers, but its hard-to-get-to nature makes it one of the most perfectly preserved camping spots in northern Queensland. Situated at the top end of the Sunshine State, the Jardine River is dotted with cascades of clear blue water, flowing in from the Torres Strait. You can enjoy a leisurely float in one of the many swimming pools but be sure to obey crocodile warning signs and use your common sense to avoid any encounters with the river's reptilian residents. Do your research before visiting this relatively untouched part of Queensland to ensure you minimise your impact.

### DAINTREE NATIONAL PARK

This slice of far north Queensland paradise is the ultimate road trip destination for its unparalleled beauty and variety of UNESCO World Heritage-listed natural wonders. The Daintree Riverview Lodges & Van Park is the best place to enjoy views of the Daintree River as well as everything that the national park has to offer, with the cascading Mossman River and Mossman Gorge just a short drive to your south. Head north and you'll arrive at Cape Tribulation, famous for its rainforest-clad mountains that meet the white sandy beaches at the coastline. Stick close to the Daintree River and explore the ancient vegetation and spot the array of native wildlife just outside your caravan.

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# ELSEWHERE...

## ROME IN A DAY

Words: Anastasia White

THEY SAY ROME WASN'T BUILT IN A DAY, BUT YOU CAN CERTAINLY SEE MOST OF ITS BEST SIGHTS IN ONE – AND STILL HAVE PLENTY OF TIME FOR A PIZZA AND APEROL SPRITZ BREAK (OR TWO).

Don't get us wrong – you should definitely spend way more than one day in Rome. In fact, you could easily, happily spend an entire month there and not feel like you've seen enough. It's a city that keeps on giving. But if you, for whatever reason, find yourself in Rome for just 24-hours (or a few days, depending on how much you want to spread things out) these must-see spots should definitely be on your itinerary.

### Morning

Get up bright and early at around 7am (which admittedly won't be that 'bright' if you're there during the cooler months) and go for a walk – that is hands down the best way to see the city. Grab breakfast on the go from a bakery or 'forno' – 'oven' in English – but don't skip the coffee: starting the day without an espresso is practically illegal in Italy and particularly in Rome. If you're not an espresso fan, at least try to stick to the coffees with Italian names – your mocha or flat white definitely won't taste like the one you get at your local café. Also, beware that 'latte' in Italian literally translates to 'milk', so that's likely what you'll get if you order one.

Depending on where you're staying, you might want to catch the metro rather than walk to the Spanish Steps – the first stop



on your itinerary – but everything is so close together in Rome that, if you're staying roughly in the centre of the city, the walk is always worth it. When you arrive at the Spanish Steps, make sure you climb right to the top to watch the sun come up over Rome, then head back down to the Piazza di Spagna and embark on the rest of your walking tour. Take your pick between Via dei Condotti, Via Borgognona and Via Frattneri – the three most expensive shopping streets in Rome – and walk about a block down, then head left. The Trevi Fountain is not far away, and an early morning visit means not having to shoulder charge fellow tourists while trying to make your wish.

If you have time before taking your lunch break, head up Via del Lavatore to Giardini del Quirinale. It's here that you'll begin to notice a common theme – the Romans love fountains. Like, love them. This one in particular is the most exquisite blue and will make you want to dive in head first, summer or winter (which we definitely don't recommend, as it's probably quite shallow).

scout



scout

### Lunch

Now that you've well and truly earned your lunch, make your way to the closest trattoria to refuel. Rome's only downfall is that it's quite easy to get ripped off – sneaky service fees and charming waiters are just two reasons why – so try to pick somewhere where the margherita pizzas are around seven Euros if you want good bang for your buck.

After lunch, head straight to the Pantheon. This mammoth structure started as a Roman temple, but at some point during its 2000-year history it became a church. Now, it's generally just known as an ancient wonder. Be there at noon to see sunlight pour through the oculus – a.k.a. the giant hole in the roof – to really understand why Michelangelo himself said the Pantheon looks more like the work of angels than humans.

### Afternoon

Keep the ancient Roman exploration going and head straight to the Roman Forum, the enormous ruins of what was once the greatest civilisation on earth, and the Colosseum, which was kind of like Mettricon Stadium – if Mettricon Stadium hosted gladiator matches, mass crucifixions of criminals and imported exotic animals for hunting matches. We highly, highly recommend booking a guided tour for both the Roman Forum and the Colosseum as both ruins are literally just that – there is no modern signage or information to be found, especially not in English. You will likely spot neon vest-clad tour operators bustling around – if you don't, they will certainly spot you first. Your first instinct will be to politely shoo them away, but don't. These guys can sell you a guided tour of the Colosseum, the Forum and the connected Palatine Hill (what's left of the Roman Emperor's ginormous palace, the site where Rome was supposedly founded and where Caligula was murdered, #justcasually) with – and here's the kicker – 'skip the line' access for a pretty reasonable price, an invaluable add-on all year 'round. Unless you love waiting in line for three hours, in which case, go ahead.

While they may not be able to fit both the tour of the Colosseum and the Roman Forum/Palatine Hill into one day, you can certainly take your pick of the two and get your money's worth. Or, you can always extend your trip by another day. We definitely recommend doing that, too.



## BITE-SIZE TIPS

### WISHING IN THE TREVI

If you throw one coin into the fountain, you want to return to Rome. Throw in two, and you'll have an affair with an Italian man. Throw three, and you want a divorce. Also, make sure you throw with your right hand over your left shoulder for your wish to come true.

### HIGH END, LOW PRICE

If you want to 'do as the Romans do' and don a luxury handbag around town, don't be ashamed to buy one from the street merchants. They're surprisingly good quality, and obviously a fraction of the price.

### GO VATICANO

Set aside at least half a day if you want to do the Vatican – not only is it huge, but there are separate visitor entrances for Saint Peter's Basilica and the Vatican Museum, which is home to the Sistine Chapel. To save paying and lining up twice, pay to join a tour group as this gives you access to both sections with the one ticket.





# LOCAL LOVES...

SCOUT ASKED SOME LOCAL PERSONALITIES JUST WHY THEY LOVE THE GOLD COAST SO, AND TO REVEAL THEIR FAVE HANGS. HERE'S WHAT THEY HAD TO SAY...



FIONA PRYDE  
General Manager  
Hilton Surfers Paradise

**Which suburb do you call home?** Mermaid Waters. Our family have had a connection here for almost 40 years.

**What makes that suburb the best on the GC?** The community spirit, quietness; yet proximity to everything. It's great to have neighbours who look out for one another.

**Fave place to stop, relax for 20 mins and enjoy a morning cuppa? And what treat is on the plate beside your hot bevvie?** North Burleigh Surf Club is a fave stop whilst on our family bike ride. Bircher muesli is on the side for me.

**Fave Gold Coast casual dining location? What's on the menu?** Fosters Bakery at Nobby's Beach and definitely a jam and cream donut! Our family eat here almost every Saturday.

**You're planning a fun, local night out with your mates? Which three locations top your list and why?** On the rare occasion we'd get a night off from the kids it would be dinner at Etsu followed by a nightcap at Cambus Wallace. From the outside, both venues are unassuming and let the quality of the food and drinks speak for themselves. For our third and most frequented choice it would be Miami Marketta with the kids. It's got so much to choose from and makes it easy to meet up with friends. The kids can eat, have their faces painted, dance and be noisy without us worrying that they are terrorising someone else's special evening!

**Best local spot for family hangs and why?** South Stradbroke Island. Looking back across at the stunning skyline of Surfers Paradise, yet it feels like you're a world away. At Straddie, it's just the sand, surf, wallabies, dolphins, your mates and an esky.

**Fave Gold Coast shopping destination?** Pacific Fair, it's got everything including space for the kids to play.

**Complete this sentence: Only a Gold Coast local knows...** When all else fails add water!



RYAN FISHBURN  
Operations Manager  
Sanctuary Cove Country Club

**Which suburb do you call home?** Paradise Point.

**What makes that suburb the best on the GC?** It has great walking tracks looking over the Broadwater. Great cafes and restaurants plus it has Flannerys health food store.

**Fave place to stop, relax for 20 mins and enjoy a morning cuppa? And what treat is on the plate beside your hot bevvie?** Bare food Café is my favourite spot for a long black coffee. I fast every day to 2pm so no breakfast for me.

**Fave Gold Coast casual dining location? What's on the menu?** favourite plus to eat is loesco at Sanctuary Cove, I will eat calamari entrée, steak and rocket salad for main.

**You're planning a fun, local night out with your mates? Which three locations top your list and why?** Casino to play blackjack and hang out at the Garden Bar, Top Golf to play golf and eat buffalo wings, Emerald Lake night golf.

**Best local spot for family hangs and why?** Paradise Point Park, heaps of cafes and barbeque areas and most important heaps of playgrounds.

**Fave Gold Coast shopping destination?** Harbour Town.

**Complete this sentence: Only a Gold Coast local knows...** That there is great surf at South Straddie.



KATIE LOVEDAY  
HOTA brand manager

**Which suburb do you call home?** Burleigh Heads

**What makes that suburb the best on the GC?** The headland, the beach, all the eats and drinks, local library and the abundance of nature.

**Fave place to stop, relax for 20 mins and enjoy a morning cuppa? And what treat is on the plate beside your hot bevvie?** I love to grab a bunch of flowers from Burleigh Blooms and a coffee at Quest with my hubby (along with their homemade coconut bread which is delish).

**You're planning a fun, local night out with your mates? Which three locations top your list and why?** Starting off at Wilderness in Palm Beach, then onto the Scottish Prince and ending up at Bin 12 in Burleigh because they open late and have excellent vodka and popcorn chicken with spicy mayo!

**Best local spot for family hangs and why?** We love heading to the mountains and doing a trek up the Cougals or the Cream Track and ending with a swim at Tallebudgera Creek on the way home.

**Fave Gold Coast shopping destination?** I love cruising around James Street and popping into the boutiques, homewares stores and second-hand bookshops.

**Complete this sentence: Only a Gold Coast local knows...** That we are no longer just a glitter strip and that we are continuing to become more curious and embracing of the arts and we are developing a community and culture that is our own, amongst a beautiful environment.



JUSTINE KELLY  
Podcast Producer, ABC Radio

**Which suburb do you call home?** Burleigh Heads

**What makes that suburb the best on the GC?** The Headland. Nothing beats the view from the Point up to Surfers Paradise. Every time I see it, I think to myself 'how lucky am I to live here?!'

**Fave place to stop, relax for 20 mins and enjoy a morning cuppa? And what treat is on the plate beside your hot bevvie?** Burleigh State School farmer's markets on a Saturday. There are a couple of coffee vans – both are great. So are the oliebollen (Dutch doughnuts) which you can throw into your gob while watching the live music.

**You're planning a fun, local night out with your mates? Which three locations top your list and why?** Because I'm entertaining kids, the local markets are perfect. Great food, good beer and wine and kids are entertained. TICK. Currumbin Wildlife Sanctuary Markets, Miami Marketta, BBQ Bazaar in Burleigh.

**Best local spot for family hangs and why?** Echo Beach, which is the beach on the northern side of Tallebudgera Creek. It's stunning and never as packed as Burleigh Beach. Walk over the Headland and throw yourself into the clear waters. So good on a hot day and the calm water is perfect for kids.

**Fave Gold Coast shopping destination?** James Street in Burleigh Heads. I dropped in to the fruit and veg shop once to get an apple and went home with two dresses and togs from some of the other shops in the street. Dangerous for the wallet, but oh so awesome.

**Complete this sentence: Only a Gold Coast local knows...** You should NEVER take a gamble with the parking inspectors in Burleigh. They will win EVERY time.



MATT BEVILACQUA  
Ironman

**Which suburb do you call home?** Broadbeach Waters (Florida Gardens)

**What makes that suburb the best on the GC?** It's so central to everything, while also being a nice quiet suburb to live in. It's also still only a short drive to the beach and Kurrawa Surf Club.

**Fave place to stop, relax for 20 mins and enjoy a morning cuppa? And what treat is on the plate beside your hot bevvie?** Coffee Sisters is my first stop every morning after swimming for a caffeine recharge. I can't not have one of their bacon and egg rolls!

**You're planning a fun, local night out with your mates? Which three locations top your list and why?** Justin Lane (their pizza and red wine is hard to go past), Night Jar (if the red wine goes down too well, it's a great place to continue proceedings after JL) and Kurrawa Surf Club. There's nothing better than a Friday night there as the sun goes down on the beach sitting up in the Surf Club, after a hard training session out the front in the surf.

**Best local spot for family hangs and why?** Burleigh Hill on Sunday afternoon is so relaxing and has a vibe for all ages!

**Fave Gold Coast shopping destination?** Pacific Fair has it all!

**Complete this sentence: Only a Gold Coast local knows...** We live the best lifestyle in Australia



DARREN RADLOW  
Matrixx, The Oasis

**Which suburb do you call home?** Southport

**What makes that suburb the best on the GC?** It has everything from the Broadwater Parklands and shopping, to restaurants, pubs and sporting facilities.

**Fave place to stop, relax for 20 mins and enjoy a morning cuppa? And what treat is on the plate beside your hot bevvie?** Sunset Bar at Marina Mirage. Great coffee, even better location, awesome view. My treat is an egg and bacon roll.

**Fave Gold Coast casual dining location? What's on the menu?** Arundel Tavern. Great food, excellent staff. Everything is on the menu. My favourite is the rib fillet.

**You're planning a fun, local night out with your mates? Which three locations top your list and why?** 1. Mario's at the Oasis Broadbeach for the best Italian food on the Gold Coast. 2. The Star because there is always something happening there. 3. The Broadbeach – great music, cool crowd.

**Best local spot for family hangs and why?** Broadwater Parklands is suitable for all ages. Good kids' play areas, great cafes and just a good place to chill.

**Fave Gold Coast shopping destination?** The Oasis in Broadbeach. Fantastic restaurants and individual specialty stores like nowhere else on the Gold Coast

**Complete this sentence: Only a Gold Coast local knows...** That, without a doubt, this is the best place to live!



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