



# scout LOCAL

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Stories  
for Gold Coast  
wanderers

SUMMER  
EDITION

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## 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.

Oh summer. You're definitely one special season that we absolutely love! Bring on early starts, salty skin, sandy toes, holidays reads and icy cocktails!

What is a typical summer day for you on the coast? Will you seek out something sweet with your morning caffeine hit, take a bike ride to search for that local crafted keepsake or indulge in a massage? Explore our beaches and bush walks, chase waterfalls or find your fave iced coffee at one of our hip cafes? Maybe you're feeling adventurous, want to get wet, want to hit the waves? Will you end the day with some street food and sweet tunes or a twilight picnic with takeaway fish and chips on Burleigh Hill? These summer days are ours to enjoy and you'll find more local adventures in the pages that follow.

scout magazine is brought to you by the same team behind *haven* family.life.style magazine. We're no tourist mag or destination guide, we're sharing stories, like locals do, about where we choose to hang and what we like to get up to on the Goldie. Now read on, get out and about and enjoy summertime on our stunning Gold Coast!

*Keeley O'Connor*  
— FOUNDER

[www.scoutmagazine.com.au](http://www.scoutmagazine.com.au)



FOUNDER/PUBLISHER:  
Keeley O'Connor  
[publisher@scoutmagazine.com.au](mailto:publisher@scoutmagazine.com.au)

EDITOR:  
Belinda Glindemann  
[editor@scoutmagazine.com.au](mailto:editor@scoutmagazine.com.au)

WRITERS:  
Anastasia White  
Nicholas Grech

ART DIRECTOR:  
Emma Mardaine

ADVERTISING SALES:  
[advertising@scoutmagazine.com.au](mailto:advertising@scoutmagazine.com.au)  
Corry Alm  
[corry@scoutmagazine.com.au](mailto:corry@scoutmagazine.com.au)

SCOUT LOCAL MAGAZINE PUBLISHED BY:  
Savvy Scene  
PO Box 5366, Q Super Centre QLD 4218

COVER PHOTOGRAPHY:  
Luke Workman of Photos 13 (who happens to be 16 years old!)  
[photos\\_13\\_](https://www.instagram.com/photos_13_)  
[www.photos13.com.au](http://www.photos13.com.au)  
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# SUBURB SPOTLIGHT...

When people think about Surfers Paradise, the stereotypical images conjured up generally include boozy nights out, the Pink Poodle, Meter Maids and Schoolies. But this suburb, the heart of the Gold Coast, offers so much more.



## SURFERS PARADISE

### STAY

The somewhat notorious Islander Hotel has had a major facelift, transforming into the upscale vintage Island Hotel almost overnight. Once the backdrop of news reports about Schoolies' foolishness, the boutique hotel has now shut its doors to school-leavers and gone for a more becoming look. The rooftop is dotted with leafy pot plants and old-school wicker furniture that goes perfectly with the famous pink walls of the building itself. An impressive cocktails list and relaxed vibes make this old-eyesore-turned-new-favourite the perfect pit stop for an afternoon pick me up.



### GET HIGH

SkyPoint Climb, atop the Q1 building in Surfers Paradise, is one of Australia's highest external building walks at 270 metres! Starting on Level 77 at the SkyPoint Observation Deck, climbers enter the open-air walk dressed in a full body suit and harness. Stunning 360-degree views of the Gold Coast await climbers – if you're brave enough!



scout

# SUBURB SPOTLIGHT...

Did you know that in 1840, James Warner was commissioned to survey the coastline near Moreton Bay and he named the headlands near Tallebudgera Creek 'Burly Head' because of its massive appearance. Decades later the name was adapted to the more genteel spelling of "Burleigh Heads" and was declared a town reserve by the state government in 1871.

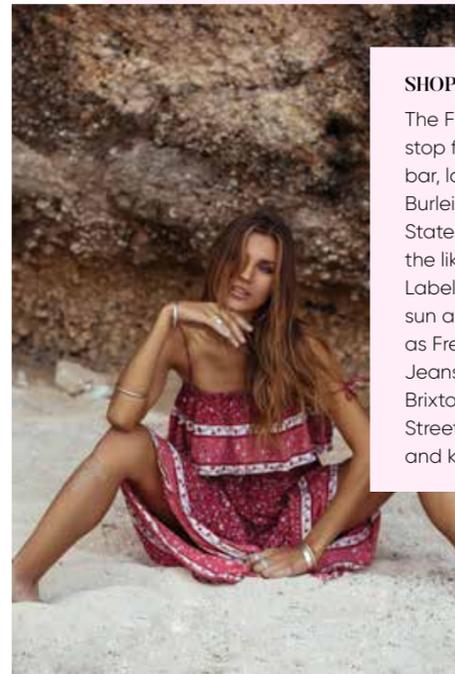


## BURLEIGH

IMAGE COURTESY OF TOURISM QUEENSLAND

### SHOP

The Freedom State is your Burleigh one-stop fashion shop for festivals, beach and bar, located just across from beautiful Burleigh Heads beach. The Freedom State stocks bohemian x LA-style labels the likes of Spell Designs, Auguste the Label, Rowie, St. Agni and Temple of the sun along with international labels such as Free People, Amuse Society and Levi Jeans. Grab your headwear here too. Brixton, Lack of Color and Fallen Broken Street will keep the shade off your face and keep you looking hot.



### BEAUTY

Established in 2005 and centrally located at Burleigh Heads, Elysium provides a retreat for those who love to be pampered and want to look and feel amazing. There are three private treatment rooms here at this iconic Burleigh beauty haven as well as a pedicure room equipped with a pedicure spa. It's a tranquil sanctuary to make you unwind and relax. The lights are dimmed and the candles are lit as you chill-out to soothing music and scents. Then the Elysium therapists do their magic! The Elysium mission is "to assist everyone to be the best version of themselves, inside and out". Burleigh Heads' bliss!



## COFFEE



## THREE THINGS TO DO

1. Zullaz has been family owned and run since 2003 – a Burleigh institution. Open mic night on a Sunday draws some great musos and, combined with the amazing food on offer, is one fab weekend combo.
2. Burleigh Heads Bowls Club. If you haven't played Sunday arvo barefoot bowls here, you haven't lived.
3. And of course, Burleigh Heads is a surfer's paradise. For the non-surfers, simply surf-watching from the beach or headland is a great way to pass the time.

Holy caffeine hits – you are blessed for options when it comes to your fave warm cup here at Burleigh. If a line-up is evidence of coveted coffee then Nook Espresso Bar is coffee Mecca. This hole-in-the-wall at 43 Goodwin Terrace is a must-do. Otherwise, enjoy a piece of carrot cake or a delish slice with your brew at Burleigh Social (2 Hibiscus Haven) and, of course, we can't forget The Paddock Bakery which is braving new heights (literally) via The Loft.

scout

## EAT



The all-new Sandbar in Surfers Paradise has some new stories tell after close to 20 years in the business. Not only is it about the stunning new Hamptons-meets-harbourside fit out, a fresh menu has been styled by one of the best global chefs on the culinary planet. Head chef Maxie Hill, originally from Ireland, worked for industry legend Rick Stein where he rose to become Rick's head chef for more than four years. Travelling the world with Rick working on his iconic cooking travel show, Maxie met some amazing chefs on his journey who shared their local secrets on ingredients and techniques – one could say Maxie truly is a protégé of international influence. Diverse in offer with a contemporary take on some old favourites, Sandbar's breakfast, lunch and dinner dishes capture the salty seaside spirit while staying deliciously affordable. A must-do when you're in Surfers.

## THE HOT TIPS

We put a poll out around the scout office and here are some of our fave Surfers Paradise to-dos:

- Paradox Coffee Roasters at The 4217 is beautiful for cakes, fresh juice or coffee.
- Lurve the handcrafted burgers and hot dogs at Brooklyn Depot (very USA!).
- Retros on Orchid Ave is a great new bar for all retro music ...shout out to the '80s and '90s peeps!
- Fill up on the QT Gold Coast buffet. Food coma bliss!
- For a luxe treatment, try spaQ which is unbelievably relaxing or The Golden Door as well.
- You can't beat Hard Rock Café. The food is so good and a great atmosphere is always offered.



## FOOD/DRINK

**Stone's Throw:** On the GC Highway, Four words: Pulled pork breakfast tacos. Sold!

**The little plate:** A fine casual, boutique restaurant with a share-plate philosophy. The fresh seasonal produce and ever-changing menu means one visit is never enough.

**Lockwood:** Find the red door and send an SMS to get in. So secretive, so cool. The cocktails here will Blow. Your. Mind.

**The Night Jar:** Alongside Lockwood in Justin Lane, this is another must-do on a night out.

EAT...

# FOODIE FINDS

THERE MIGHT BE FIVE 'OFFICIAL' FOOD GROUPS BUT WE HERE AT SCOUT THINK THAT YOU CAN ADD TWO MORE TO THAT LIST: FISH AND CHIPS AND, OF COURSE, THE AUSSIE MEAT PIE!

There are two foodie staples that everyone has a strong opinion on – where to find the best local fish and chips and where to score a great pie. *scout* spoke to a pile of experienced Gold Coast locals to learn their favourite places to find these Aussie delicacies and here's what they had to say...

There ain't no 'dirty street pies' here on *scout's* list (Laurina from *The Bachelor* would be devo-ed!) only top quality meat wrapped in moreish pastry. Try these GC pies on for size:

**Fuel Bakehouse, Currumbin Waters:**

We just died and went to pie heaven! Bigger than your average pie by 100g, think seven-hours slow cooked pulled beef and other spesh inclusions like chorizo and Guinness. Take home a family pie for dinner as well. Easy as, well, pie.

**Quinneys, Burleigh Heads:**

32 Taree Street might be in the industrial part of Burleigh Heads but trust us, it's worth finding. These multi-award-winning pies are all handmade and ooze meaty goodness.

**Flour of Life Bakery, Helensvale:**

Don't mistake this bakery for a place to simply get your sweet tooth satisfied. The pies here are flaky and golden and... Sorry, we lost our train of thought. Mmmmm pastry...

**The Flying Pieman, Jacobs Well:**

The best of us pie eaters will trek heaven and earth for a decent hit and this one is worth the journey. In the middle of cane fields at the end of a road is The Flying Pieman, best summed up by a reviewer who said "A must stop for visitors but us locals love it, too!".

**Yatala Pies, Yatala:**

More than 130 years of history and 3500+ pies sold per day (!!) proves these guys are serious pie people. A Queensland institution on the freeway.

## PIE TIME!



Whether you like yours battered or crumbed, fish is best served with salty hot chips and here's where to find some of the best on the Gold Coast...

**Red Hot Cod, Burleigh Heads:**

With the freshest locally sourced Aussie fish and oysters to die for, this is one must-do for your next fish and chip hankering! Cod, flake, Tassie salmon, sea perch, snapper, king dory and other fresh local catches are staples on this menu but don't forget to add a scoop of hot chips (plain, beer battered or sweet potato), a deliciously fresh salad or an even a brown rice side to your meal.

Visit *Red Hot Cod* on the GC Highway at Burleigh Heads or online at [www.redhotcod.com.au](http://www.redhotcod.com.au)

**Dine Fine, Palm Beach:**

The parmesan-crumbed fish here is to die for and don't miss their wicked garlic butter grilled option for those looking for a healthier alternative.

**Peter's Fish Market, Main Beach:**

Pick your piece of raw fish, choose your coating and have it cooked right there for you. Great for families as there's a big grassy area for picnics. Beware the hungry birds!

**Oceans Fish and Chips Bar, West Burleigh:**

There's a somewhat Japanese vibe to this fish and chipper. With coating options including Japanese crumbs, tempura batter or grilled, they also make a delish mayo that in itself is worth the trip!

EAT...

# GET LUCKY

A NIGHT OUT WITH FRIENDS IS BEST CATERED BY SHARE PLATES OF DELISH FOOD OPTIONS AND, OF COURSE, LOADS OF LIQUID ENCOURAGEMENT. TRY YOUR LUCK AT THIS POPULAR MODERN ASIAN EATERY.

Asians consider many things lucky. The colour red, the lucky knot, the laughing Buddha, certain numbers, fish and even cats. But there's one Gold Coast eatery emerging as a prosperous stop for Asian cuisine aficionados – Lucky Bao.

Lucky Bao is influenced by the international experience of head chef and owner, Daud Kendall. Born in Singapore, Daud, with the help of his team deliver a vibrant experience of North Asian countries such as Japan, Korea, Taiwan and China. Lucky Bao is known for its bao (of course!) as well as amazing Asian share plates and a never-ending supply of top-notch cocktails and specialised beer.

Lucky Bao co-owner Emmi Kendall says all their bao are made in-house in a tedious four-hour process - but the results are certainly worth the effort. "In the bao line up, it's hard to decide between the tempura soft shell crab, confit pork belly, twice-cooked lamb rib or Taiwanese fried chicken," Emmi says. "That's even before you consider the braised beef cheek or the tofu."

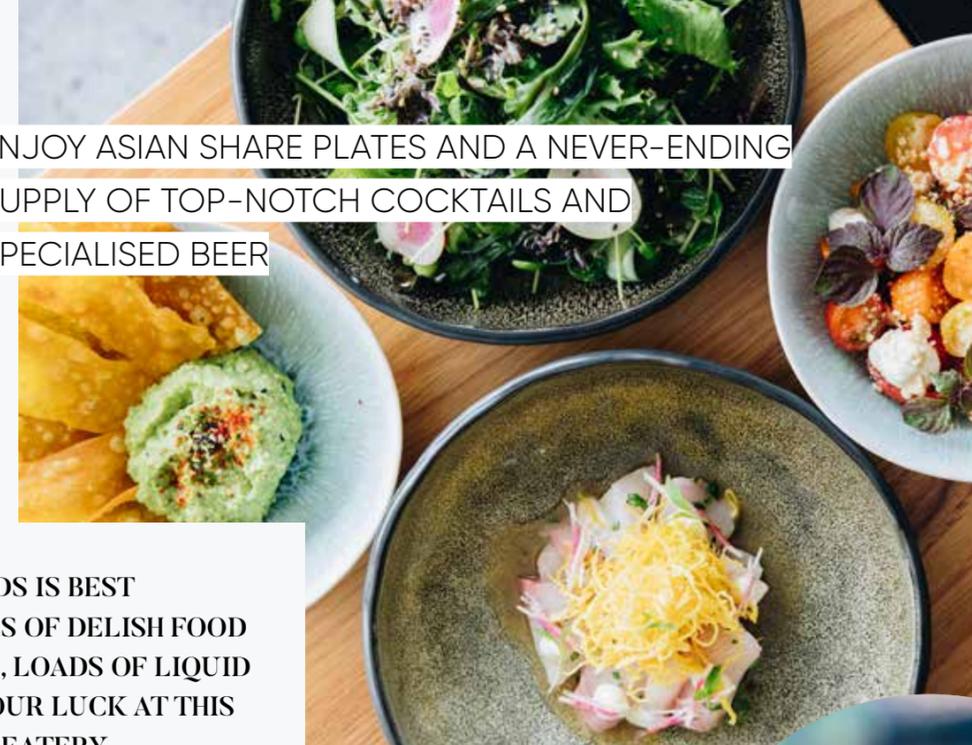
But don't think it's only about the bao here. Plates of twice-cooked lamb ribs sit alongside Korean rice cakes, crispy eggplant, tempura cuttlefish, sashimi kingfish and dumplings on this mouth-watering menu. And the bar snacks are just as good. Lamb spring rolls and pulled pork soft tacos all make this writer want to pack up the keyboard and mouse and 'get lucky'!

While also an experienced barista, it was Emmi's design eye that brought a smashing interior fit out to Lucky Bao. She sourced local suppliers for much of the furnishings and even the ceramics.

Lucky Bao is open seven days a week for lunch and dinner in the heart of the Gold Coast's coolest Asian block - 90 Markeri St, Mermaid Waters. Follow your nose to the fragrant smells or just look for the fluoro pink circle and crowds of people having a good time! Lucky Bao can seat large or small groups, offers outside catering and private functions. And don't forget that the whole menu is available to takeaway.

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

ENJOY ASIAN SHARE PLATES AND A NEVER-ENDING SUPPLY OF TOP-NOTCH COCKTAILS AND SPECIALISED BEER



## TAKE A BAO

*scout's* Top 3 fave bao on the menu include:

1. Tempura soft shell crab with Asian slaw and wasabi mayo
2. Confit pork belly with cucumber sesame pickle and pork crackle crumble
3. Salt and pepper organic tofu with homemade pickles



## Liquid luck

While Lucky Bao's name suggests delicious and convenient food, don't think that this eatery doesn't know its alcohol. With boutique Australian and European wines and other 'quirky' beers on offer, Lucky Bao pours Sapporo and a rotating local beer on tap. There's also a strong focus on sake, umeshu, yuzushu and Asian cocktails.

For those a little more standard in their liquid loves, homemade fresh sodas and Blackboard Coffee is the focus at lunch. Lucky Bao is also the first eatery in Australia to stock Byron Beverage Co's 'Nitro' coffee. You might like to also try Vietnamese cold drip and hot drip coffee?



## FISHING FOR IDEAS

For restaurants offering a more upmarket fish and chips option, try **Omeros Brothers Seafood Restaurant** at Main Beach, **Fisherman's Wharf Tavern** also at Main Beach, **Helm Bar & Bistro** in Surfers Paradise or **Yellowfin Seafood Restaurant** at Broadbeach.

EAT...

## DANGEROUSLY DELICIOUS

MUCH LIKE ITS IMMORTAL INHABITANTS, IT FEELS LIKE DRACULA'S HAS BEEN AROUND FOR, LIKE, EVER – AND IT SHOWS NO SIGNS OF DYING OFF ANY TIME SOON. WITH A BRAND SPANKIN' NEW SHOW AND FOOD AND DRINKS MENUS TO MATCH, THERE'S PLENTY TO SINK YOUR TEETH INTO DOWN AT BROADBEACH'S WELL-ESTABLISHED LANDMARK.

Since 1985, the cast and crew at Dracula's have been delighting and disturbing Gold Coast audiences. From the very moment your car's front tyres enter the Dracula's driveway, scantily-clad zombie-like staff are waiting to see you, direct you to your seats and make sure you're in for the night of your after-life. From the plot of their own graves (a pitch-black room where the show's stars are projected on the ceiling, eerily peering down from high above) to the final bows, audience members are treated exactly as one might expect to be treated as a guest in Dracula's mansion – if that mansion had been overrun by maniacal, crude and just plain creepy beings from the beyond.

Richard Macionis has been part of the Dracula's family for almost 15 years now, starting in Dracula's Melbourne in 2002 before moving up



to Queensland for what was supposed to be a two-month stint – 11 years later, he's now a self-confessed "Broadbeach boy". A senior cast member and entertainment manager for the show, Richard has his hands full, on and behind the stage. By day, he's in television production and artist management. By night, he transforms into 'Spine', one of the lead vampires in Dracula's current production, Terrorbyte.

"I've obviously seen and performed so many different shows with Dracula's and with every single show we really grow and expand upon what we did in the show before," Richard says. "You don't really notice all of the little improvements at the time, but when I look back from 2002 to now it's like going from mono to stereo. We really do keep raising the bar."

Richard explains that his Dracula's cast mates have become more like family and says that he particularly cherishes those moments in the dressing rooms when they all transform into their on-stage personas.

"We arrive in the afternoon and all say, 'Good morning', because our work days don't really start until then," Richard says. "We talk about our days as we get ready, putting on the makeup and the contact lenses, and then suddenly, the voices change and we're on."

The show itself is a whirlwind of lasers, aerial manoeuvres and sexual innuendos, exploding off the stage and into the audience with even the serving staff in full-blown creepy vampire mode. The drinks are zany and, with the brashness of the show, somewhat of a necessity. And the food? Extremely well-thought out.

### SUCK ON THESE...



"I'm very aware of the things that go into making the show itself run smoothly, but I'm always blown away by the level of coordination and planning that goes into actually serving the meals to the audience," Richard says. "That aspect gets a great response."

As does the show itself. "This new show still has the rawness and the energy of any other Dracula's show, but it's got this new digital element that just takes you away," Richard says. "I'm still speechless watching some parts of the performance, even though I've seen the same thing a hundred times."

So where does one of the people behind the Gold Coast's most vivacious nightlife destinations like to get his kicks?

"My favourite restaurant at the moment is the Indian at the bottom of my building," he admits. "It's called Saffron and they're my go-to takeaway."

When forced to reveal his favourite spot for a drink, Richard's answer was hardly a surprise. "Dracula's!" he says. "It sounds like I'm kidding, but it's where I spend the most time and the food and drinks get a great response. But I have also been to Aloha Bar a few times recently and I think it's great – I love a place that makes you feel like you could be anywhere in the world."

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

### SINK YOUR FANGS IN...



**You might not expect it from a venue like Dracula's, but there are a bunch of foodie options to choose from. From the entrée to the mains and even dessert, there's sure to be something you can chow down on. And don't stress vegetarians, they've got you covered, too.**

To start... Try the chicken and roasted pumpkin, combined with a blend of aromatic curry spices and enveloped in a fluffy chai seeded pastry crust, topped with cucumber yoghurt.

Then... The Furnace of Fish is a definite crowd-pleaser, featuring baked Tasmanian salmon set atop shitake mushroom, ginger and star anise broth, and served with sliced shallots and baby bok choy.



Finally... Death by Chocolate – sinfully silky cacao and coconut chocolate mousse, resting in a decadent dark chocolate coffin and bleeding raspberry coulis'.

**With a dozen or so creatively creepy cocktails to choose from, you'd have to hold a stake to our heart to make us choose a favourite. We closed our eyes and randomly pointed to the cocktail menu, and these are the ones we came up with!**

#### THE COFFIN COLLECTOR:

Banana-infused Jack Daniels, smoky maple syrup and Angostura bitters. Oh my!

#### THE FRANKENSTEINER SKULL BREW:

Kraken spiced rum, white crème de cacao, falernum syrup, passionfruit, lime juice and ginger beer all served in one enormous glass skull.

#### THE BLOOD BAG:

Richard admits that, although he's not sure what's in it, this authentic blood bag is a time-tested favourite. And for what it's worth, you get to take home the empty blood bag – try explaining that one to visitors who see it lying around your house!



EAT...

## BEACHSIDE BREKKIE BLISS

**SUMMERTIME CALLS FOR EARLY MORNING BEACHSIDE BREAKFASTS - BECAUSE THERE'S SIMPLY NO BETTER START TO THE DAY!**

As the weather warms up and the holidays arrive, it's time for beachfront breakfasts with family and friends. Situated on The Esplanade in Miami, North Burleigh Surf Life Saving Club is the perfect place to soak up the sun with friends before heading down to the beach to cool off.

The menu includes all of the classic breakfasts from bacon and eggs to pancakes. For those after a more café vibe, the infamous smashed avo on toast is available with lemon and chilli flakes - no mortgage required!

North Burleigh SLSC's Carly Way says the breakfast menu is diverse and delicious, with so many items to choose from. "There is really something for everyone," Carly says. "Our stand-out breakfast item is the farm fresh breakfast, which includes sautéed mushroom, avocado and sourdough toast."

To the delight of GC caffeine addicts, the surf club has a focus on serving premium coffee, with locally roasted 'Blackboard Coffee' the bean of choice. The location is just perfect if you're a coffee lover who is after a beachfront, family friendly and casual alfresco vibe.

North Burleigh SLSC's breakfast options are moderately priced, ranging from \$7.50 to \$22. Most items are around the \$12 - \$15 mark. From December 11, the club will be open seven days a week from 7am for the summer holidays.

If you're in a rush, you'll find Nectar Espresso on the southern side of the club. It's open from 5.30am seven days a week, serving Blackboard Coffee along with acai bowls, toasted sandwiches and chips.

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



**THE SURF CLUB'S BREAKFAST MENU IS FULL OF BREKKIE CLASSICS ALONGSIDE MORE UNIQUE OPTIONS FOR THE FOODIES. SCOUT'S TOP 3 RECOMMENDED BREAKFAST ITEMS INCLUDE:**

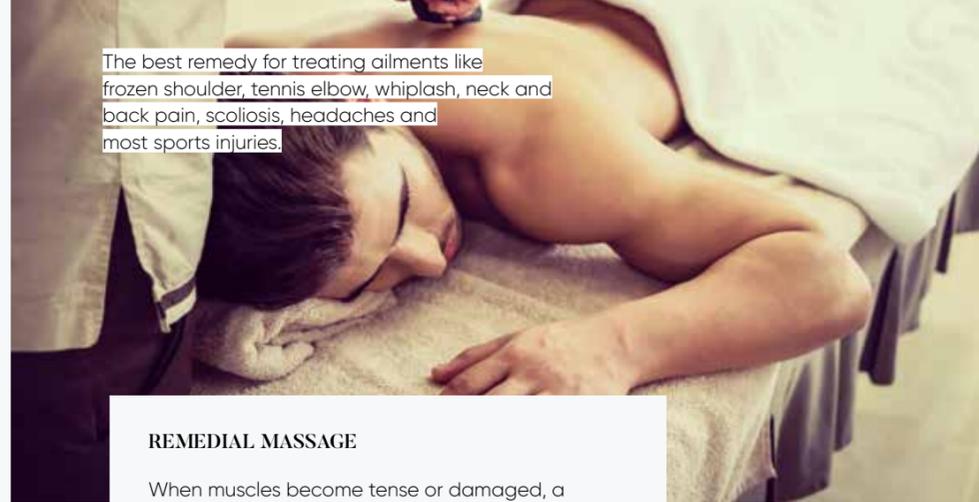
1. Farm fresh breakfast
2. Bacon benny
3. Smashed avo



WELLBEING...

## TREAT YOURSELF

**WE ALL NEED A BIT OF PAMPERING NOW AND THEN. BUT WHAT IF WE TOLD YOU THAT THERE WERE TREATMENTS THAT COULD HELP YOU UNWIND AND INCREASE YOUR BODY FUNCTION AT THE SAME TIME? DEIA ABITANTE FROM WHITE STONE MASSAGE RUNS US THROUGH HER SALON'S MOST POPULAR TREATMENTS.**



The best remedy for treating ailments like frozen shoulder, tennis elbow, whiplash, neck and back pain, scoliosis, headaches and most sports injuries.

### REMEDIAL MASSAGE

When muscles become tense or damaged, a remedial massage can provide a healing treatment that can be gentle or strong, deep or shallow. But what separates a remedial massage from an average rub down are the techniques used.

"The therapist's aim is to identify the original dysfunction, in turn healing the cause of the disorder and the symptoms," Deia says. "Massage therapy of any sort supports and speeds up the body's own repair mechanisms."

### AROMATOUCH

AromaTouch is the clinical approach of applying essential oils along energy meridians and reflexology points of the back, feet and hands to help balance, protect and energise the entire body. Although a gentle technique, it is super relaxing and energising at the same time.

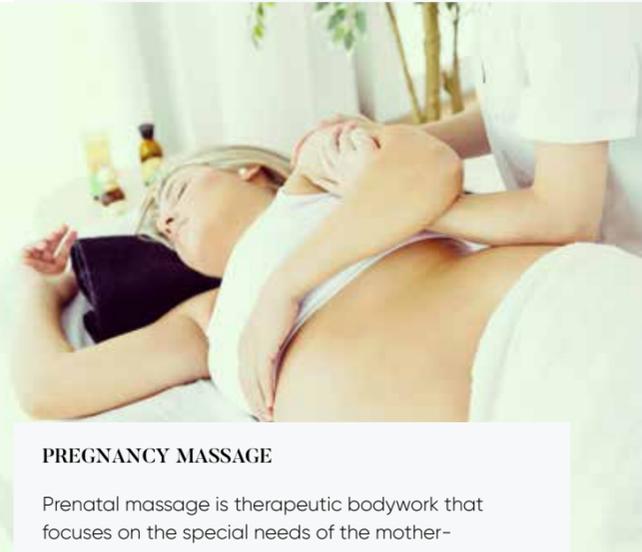
### DEEP TISSUE / SPORTS MASSAGE

The perfect massage for any athlete, weekend warrior or anyone else who has muscular pain, this massage reduces the amount of waste product within the muscle, which can be generated by strenuous or repetitive physical activity. A sports treatment is a firm, usually deep massage which aims to affect all muscle layers, ligaments, tendons as well as connective tissue. The intent is to break up old structural patterns and to allow the free flow of nutrients and oxygen to the soft tissues.

### CHINESE CUPPING

This ancient form of Chinese medicine uses specially designed glass cups that are placed on the skin to form a suction. This suction draws the muscle fibres apart allowing for an increase of blood flow and the release of built-up toxins. Blended with different massage techniques, this treatment is very effective for breaking up any waste product within the muscle. Noticed a celeb or sports star with dark purple circles on their skin? Cupping can leave these bruise-type marks, but the benefits are felt almost straight away.

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



### PREGNANCY MASSAGE

Prenatal massage is therapeutic bodywork that focuses on the special needs of the mother-to-be as her body goes through the dramatic changes of pregnancy. Using a special table, the gentle, non-invasive approach of prenatal massage can ease discomfort associated with pregnancy, help the mother-to-be prepare for labour and give her nurturing emotional support by reducing stress.

How it helps? Decreases swelling/fluid retention, relieves aching muscles due to postural changes, enhances the function of muscles and joints, improves circulation and general body tone, and relieves mental and physical fatigue.



# WELLBEING...



## QUIET TIME AT QT GOLD COAST

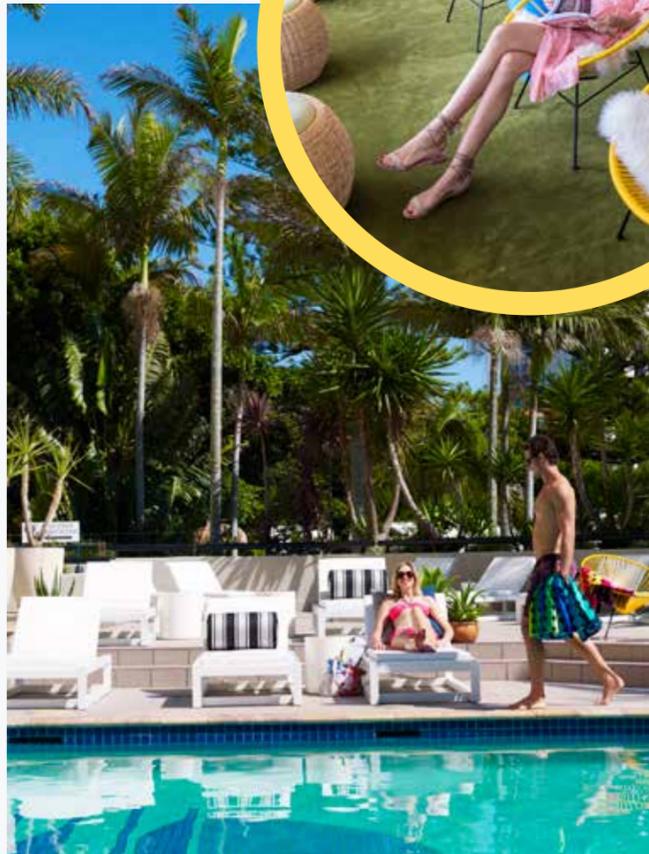
WITH THE UPS AND DOWNS OF 2017 FINALLY COMING TO A CLOSE, YOU'RE PROBABLY DREAMING OF WINDING DOWN AND RELAXING. WHETHER YOUR HAPPY PLACE IS A DRINK BY THE POOL, A SPOT OF SHOPPING, AN INVIGORATING MASSAGE OR MAYBE JUST A COUPLE OF DAYS TO SWITCH OFF AND RECHARGE, YOU'LL FIND IT AT QT GOLD COAST.

Any Gold Coaster will tell you that our sunny local shores are among the best places in the world to unwind and indulge. There's no shortage of good surf, good food and good vibes to let your troubles melt away.

So, it only makes sense that the GC's quirky and colourfully captivating QT Gold Coast has become a destination for not just sleeping and eating in style, but for relaxing, too.

spaQ is QT Gold Coast's answer to stress and busyness. With all of the creature comforts and retro fun the hotel is known for, spaQ is a world away from your traditional spa or salon experience – with some seriously cool services on offer. Whether you're in need of a quick pick-me-up in the form of a mani, pedi or brow shaping, or in it for the pampering long-haul, there's a treatment for everyone and everything. And we mean everything.

scout



## CHOOSE YOUR POISON

Under the pump or have you got hours to kill? Here are the treatments to fit any schedule.

### A QUICK TRIP:

**30 mins: Petite Hand Pamper + Twinkle Toes (\$65 each)**

Pretty fingers and toes... pronto! Shaping, buffing, cuticle care and your choice from a range of hard-wearing polishes. In, out, done.

### A LITTLE LONGER:

**60 mins: Uspa Custom Facial (\$135)**

Holistic touch and active plant extracts combine to address your personal skin needs. A deep cleanse, exfoliation, mask and cell therapy, followed by a therapeutic face and scalp massage – all in an hour. Allow 120 minutes to experience this facial over bubbly with friends, as part of the Gossip Guys & Dolls service.

**90 mins: Thermal Massage (\$205, or \$140 for 60 mins)**

Warming and cooling with natural remedies like red pepper and essential oils, this cure-all massage is your go-to if you suffer from chronic pain, muscle tension or old-sporting injuries.

### AN EXTENDED STAY:

**150 mins: The Suite Retreat (\$325 per person)**

Bonding over foot therapy, a relaxing massage and a Uspa facial sounds pretty great to us. Wild thyme, jojoba oil and custom ingredients all combine in the couple's suite for a date you'll never forget.

**180 mins: Pure Gold (\$385)**

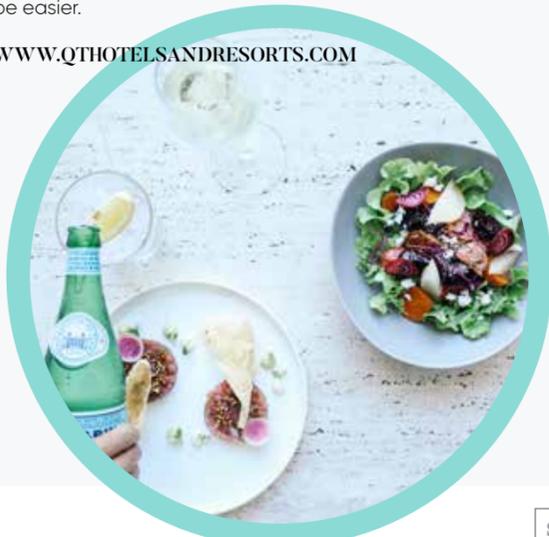
The ultimate in personal pampering, this treatment has your body, face, lash and nail needs covered. It starts with a foot and leg ritual, then works up to your back for a warm oil massage, then there's a facial followed by a lash tint and a mani/pedi to top it all off.

Among the most popular signature services is the Skin Rescue which penetrates over-exposed skin and hair and pampers you, literally, from head to toe. Starting with a foot ritual, you'll then be treated to a warm oil back massage, then a nourishing hair mask to finish off. If you're wanting to walk out of spaQ looking and feeling like a new and improved you, the Skin Rescue is your go-to.

Maybe you could be tempted by some facial therapy? With 30-, 60- and 90-minute treatments, you (and your friend) can zone out while the spaQ experts pamper your pores and massage away those frown lines. The Essential Focus Facial will help you put your best face forward with a fresh, cleansed and toned complexion in just half-an-hour, while the Supernatural Men's Facial is the perfect gateway for the sceptical guy to get into spa-ing.

The best part? With spaQ's 'neighbourly love' offer, it's that much easier for Gold Coast locals to make R&R part of their routine. From Monday through to Thursday, services of one hour or longer will attract a 10-20 per cent discount, plus benefits like free hotel parking, steam room, pool use and La Gaia herbal tea and glossy mags while you wait for your appointment. All this with just a flash of your driver's licence, a utility bill or some other form of documentation that shows your postcode – zoning out and treating yo'self couldn't be easier.

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



scout



# WELLBEING...

## BEND AND STRETCH

ARE YOU LOOKING TO ESCAPE EVERYDAY STRESS AND YOUR DAILY GRIND IN A TROPICAL PARADISE? SILLY QUESTION, RIGHT?

It's right about now that most of us are feeling the end-of-year drag. Another busy year has zapped our energy and there's so much busyness. Agree? If you need to stop, breathe and take stock of life, Soul Centre has unveiled a magical escape that you need to put under your Christmas tree (for yourself!) this year.



Soul Centre owner Libby Wever and her business partner daughter Madi will be taking guests on a six-night all-inclusive retreat to Fiji. Daily yoga, meditation and pranayama, morning and night, will be taught by Kirsten Nielsen and Libby, with workshops throughout the week on yogic philosophy, asana and meditation as well as other daily activities such as hiking, exploring waterfalls, scuba diving and learning more about the Fijian culture. Three gourmet meals daily round out this blissful offering.

"In our hectic, busy world it is easy to forget about the magic inside each of us. Just as your car needs a service, so do



you," Libby says. "This retreat is an act of service for your physical body, your mind and, most importantly, your soul. These are all the aspects that require guidance and nurturing in order to flourish."

The beautiful Matanivusi Eco retreat is where guests will be based and the resort specialises in surfing. There's the option to combine surfing with your yoga practice on this retreat or, if you're a newbie, have your first surfing lesson in paradise!

**The Soul Centre Fiji retreat will be held on March 11-17, 2018. Soul Centre is based at The Brickworks, Southport.**

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

# STAY...

## UNWIND AT ULTIQA

THREE PROPERTIES. THREE CHANCES TO REDISCOVER HOW FUN VACATIONING ON THE GOLD COAST CAN BE. THEY SAY IT'S LESS ABOUT WHERE YOU ARE AND MORE ABOUT WHO YOU'RE WITH, BUT SPEND JUST ONE NIGHT IN ONE OF THESE ULTIQA PROPERTIES AND WE THINK YOU'LL FIND THAT THE DESTINATION CAN MAKE ALL THE DIFFERENCE.



THE FAMILY GETAWAY:



### ULTIQA FRESHWATER POINT

Close to the action but still perfectly peaceful, ULTIQA Freshwater Point Resort on the outskirts of Broadbeach is the ideal destination for your next family getaway. One-, two- and three-bedroom self-contained luxury apartments provide you with a jumping off point for some of the best attractions the Gold Coast has to offer – Currumbin Wildlife Sanctuary, Dreamworld, Wet'n'Wild, Movie World, and Sea World, just to name a few. More 'low-key' activities nearby include kayaking and snorkelling with Seaway Kayaking Tours and the picturesque Mount Tamborine, offering tons of tracks and natural pools to take a mid-hike dip in. The resort itself is just a short walk away from restaurants, cafes and shopping, and a couple of minutes to the beach by car. Alternatively, you can keep things close to home by spending the day by one of the two heated pools, warming up in the sauna and then heading back to your apartment to bask in the air-con.



THE GIRLS' TRIP:

### ULTIQA BEACH HAVEN ON BROADBEACH

Gather your gang, clear the schedule and get ready for a weekend to remember at ULTIQA Beach Haven on Broadbeach. Choose from a one-, two-, three-bedroom or a huge three-bedroom sub-penthouse apartment and settle in for a fabulous few days with friends. Situated in the heart of Broadbeach, ULTIQA Beach Haven offers easy access to the best that the bustling postcode has to offer – cafes, restaurants, shopping and nightlife are all at your front door. There's no shortage of rooftop bars and swanky watering holes for your Friday or Saturday night crawl, and a tonne of cafes (with plenty of smashed avo) to refuel the next morning. In the hotel itself, you've got access to ULTIQA's trademark facilities like sauna, tennis court, spa and gymnasium, plus the choice to lounge by one of the two heated pools or walk to the beach and have some fun in the sun.



### THE COUPLE'S RETREAT:

#### ULTIQA AIR ON BROADBEACH

Perched high above the heart of Broadbeach, these single and multi-level apartments provide the perfect destination for a romantic respite. Cushy bedrooms and living spaces with a private balcony or terrace mean you and your special someone will never have to leave – well, at least not until reality calls you back down to earth. The crisp blues and whites of the Gold Coast shoreline are echoed in the interior decorating and the rooms are designed with both functionality and luxury in mind – fully-equipped kitchens, air conditioning and free Wi-Fi provide that all-important 'home away from home' feel. With a pool, sauna and tennis court also available to guests, there's always something to do – and, when all else fails, hit the beach or the enigmatic Broadbeach strip for dinner or a round of cocktails.

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

# Gold Coast Cabs

Call us any time on **131008**

### DID YOU KNOW?

- Taxis operate 24/7, 365 days a year
- You can download our free app
  - Credit Card Payment
  - 0% Surcharge when paying via app
  - Live Tracking
  - Rate Your Driver
- You can open an account with us
- You can purchase our Fare Cards
- We can transport up to 11 passengers in our maxis
- We can pick up and deliver parcels
- We welcome assist dogs and even pets to travel with you by prior arrangement
- We can help you to promote your business... ask us how!



Download the App NOW



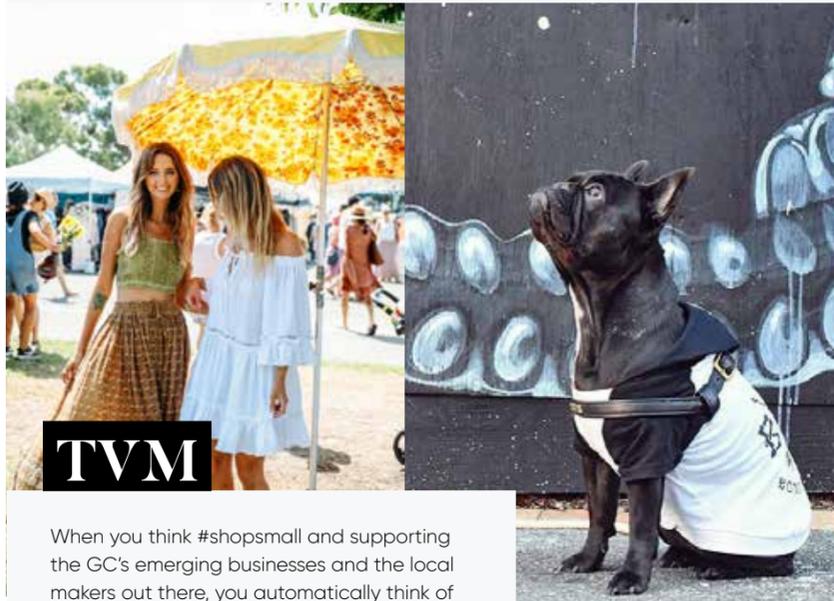
# SHOP...

## SHOP SMALL BIG REWARD

**THIS SUMMER FESTIVE SEASON, WHILE YOU'VE GOT SOME HOLIDAY TIME ON YOUR HANDS AND GOOD REASON TO SHOP, WHY NOT SEEK OUT AND SUPPORT SMALL LOCAL BUSINESSES?**

The "Shop Small" movement, founded by American Express, encourages purchases from small businesses, particularly in your own community, to show your support for Australia's smaller retailers and service providers. Two million small businesses in this country need our support. Remember, when you #shopsmall, a small business owner somewhere does a happy dance! How can you deny them that? Here are some of the GC's best small businesses for you to enjoy.

16 / SCOUT / SUMMER 2017



### TVM

When you think #shopsmall and supporting the GC's emerging businesses and the local makers out there, you automatically think of The Village Markets (TVM). TVM is a creative community that has seen the beginning of some great brands. Peony Swimwear, Kivari, Bones Society and Children of The Tribe have all started out selling their wares at TVM on Sunday mornings.

[WWW.THEVILLAGEMARKETS.CO](http://WWW.THEVILLAGEMARKETS.CO)

scout



### KIRA & KIRA

Combine two ex-bankers, "a clever eye" (or four!) and some entrepreneurial spirit and you have one of the hottest Gold Coast interiors stores and the eponymous furniture brand Kira & Kira. Simone and Grason Kira are business partners in Kira & Kira as well as being a formidable local husband-and-wife partnership boasting almost 30 years of 'togetherness'. The story behind the Kira & Kira furniture label is an interesting and fateful one. Simone says it was back in 2012 that Grason was simply asked by a friend to build a credenza. Everyone loved it. He made another and another and since that time, "The Iconic" credenza has gone on to be one of Kira & Kira's best selling pieces ever.

The Kira & Kira store at Miami is home to Grason's work as well as many other local artisans' wares.

"We enjoy engaging with other Australian designers, artists and makers," Grason says. "This element of the business is fantastic and we have had some really beautiful alternative work in store and we are proud to be involved with other creatives both locally and throughout Australia."

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



### GATHER

When we asked around for locals' input on their fave #shopsmall locations, Gather came up a popular choice. A bricks-and-mortar store on Currumbin Creek Road with a parallel online presence, it's the creative home of sisters in law Jan and Sandy Hogg. Gather offers a delightful blend of raw, crafted and botanical treasures, many of which are made by hand by local Gold Coast and Byron Bay artisans. The store features an eclectic mix of ceramics, plants, homewares, furniture, clothing, books, organic skincare products and jewellery.

"We love the originality and one-off aspect of the products we stock," Jan says.

"What stands out to us is that creativity is alive and well here in the southeast with many craftsmen and craftswomen supplying their wares through us. This helps to create an interesting mix of products throughout our store. We provide a vehicle for many emerging new artists and we get to enjoy the creative outlet as well."

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

scout

### SHOPPING GEMS

Here are some other great #shopsmall options. Get your credit card ready!

Carmel's Design, The Freedom State and Bikini & Me on James Street in Burleigh are great options for clothing, shoes and hats.

Apparel Collective in Palm Beach is your one-stop shop for the guys in your life.

White Bohemian Store in Palm Beach offers beautiful clothing and accessories.

### FOUND FURNITURE AND SMALL STALL



found furniture was established in 2006 by cabinetmaker Matt Hatcher. found brings together a colourful mix of vintage Australian and European mid-century furniture, one-off collectables and contemporary homewares. The first incarnation of the found showroom was in Palm Beach. In 2010, a new premise was discovered in Tugun (2/471 Golden Four Drive) and the team decided to move. Through the evolution of found, their ethos has always remained: quality furniture will last more than one lifetime. found prides itself on sourcing original pieces and revitalising them using a range of restoration techniques.

Extending on the #shopsmall movement and providing yet another reason to seek out the location, found will host a 'Small Stall' pop-up shop from December 2-23 featuring all things house plants, gifts and ceramics. Small Stall was a gorgeous store on the Gold Coast Highway at Palm Beach some years ago and through this pop-up, it will live on again!

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



SCOUT / SUMMER 2017 / 17

# WHAT'S ON...

**JAN 9-10**

## FAMILY FUN

Spring into summer at The Arts Centre Gold Coast with a wave of cool things to see and do for the whole family. Create awesome art or act and dance with celebrity performers. Look a scary dinosaur right in the eye or catch a free kids' movie. Get active exploring the riverside parklands, go jump in the lake, then relax under the shady trees with a packed picnic basket. There's so much on offer here, you can easily make a day (or two) of it! Two of *scout* mag's most anticipated shows on the schedule include:

**Erth's Dinosaur Zoo:** Go back in time and come face to face with real-life dinosaurs trained by their fearless zoo keepers in Erth's widely acclaimed show, Erth's Dinosaur Zoo. They're unmistakably 'alive' and mostly friendly in fun, educational and unique performances on January 9 and 10 (10am and 1pm both days).

**Peter Combe in Wash Your Face in Orange Juice:** Sing, dance, laugh and clap along with Peter Combe, aka Mr Clicketty Cane, in his hilariously interactive Wash Your Face in Orange Juice on January 16 (10am and 1pm) and January 17 (10am).

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



**JAN 8-28**

## FLAVOUR PACKED

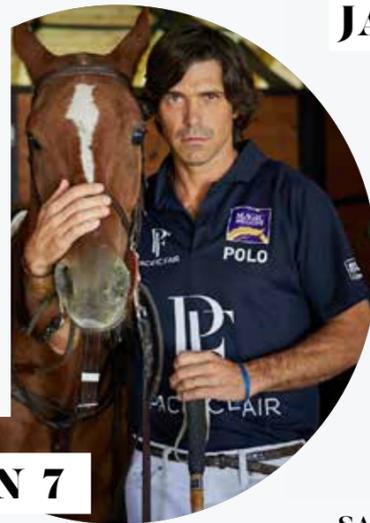
Locker Valley produce will take centre stage in early 2018 as Spicers Hidden Vale debuts its inaugural summer festival showcasing the gourmet food, wine and beer from the region. The Flavours of Summer Gourmet Festival will run at the property from January 8-28 with a variety of events on offer, from long lunches and moonlight cinema showings, to cheese and champagne masterclasses as well as the not-to-be-missed Hawke's Brewing Co backyard cricket tournament.

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

## HORSING AROUND

Make a note in your diary now: The Gold Coast will play host to the second annual Pacific Fair Magic Millions Polo on January 7. The glamorous event has confirmed itself as a must-attend date on the international polo calendar with the announcement of the world's most famous polo player, Ignacio 'Nacho' Figueras, as captain of the Veuve Clicquot Magic Millions Polo team for 2018. Nacho is well known beyond the polo world as the face of Ralph Lauren's Black Label line and has represented the entire line of Polo fragrances for more than a decade. The Pacific Fair Magic Millions Polo will be held at Doug Jennings Park, Main Beach, from 11.30am - 5pm.

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



**JAN 7**

## WHAT A (FAB!) DRAG

Looking for an evening of unadulterated musical theatre nonsense? A Night at the Musicals, showing at The Arts Centre Gold Coast from January 12-13, is just the ticket! From Gypsy to Grease, Annie to The Lion King and Phantom to Les Miserables, United Kingdom cabaret icons Le Gateau Chocolat and Jonny Woo will drag through the back catalogue of the world's best loved musicals for a raucous night of ballsy ballads, delightful duets and slightly slaughtered show tunes.

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



**JAN 12-13**

## SAND BETWEEN YOUR TOES

There will be no better way to spend February than at the 2018 Sand Safari Arts Festival. From February 9 to 25, Surfers Paradise will enjoy a celebration of sand, sea and sport-inspired art. This popular free event features the Australian Sand Sculpting Championships, drawing thousands of spectators to admire the country's most talented sculptors as they intricately carve life-sized masterpieces over the course of the first weekend. There's so much on during the festival - keep your eyes online for the full run down as the event gets closer.

[WWW.DESTINATIONGOLD Coast.COM](http://WWW.DESTINATIONGOLD Coast.COM)



**FEB 10**

## MUSIC STARS HIT THE GC

2018 is set to kick off in the most sensational way. Firstly, Richie Sambora and Orianthi will join forces for a new, genre-spanning musical project under the name 'RSO' that sees these two platinum-selling singer-songwriters and world-class guitarists teaming up as a duo. Catch RSO on January 11 at the RSL Club Southport.

Then, brand new summer festival 'Under the Southern Stars' is bringing together the best of Aussie rock on the Gold Coast. Headlined by the 'Working Class Man' himself Jimmy Barnes, Under the Southern Stars will also feature Ian Moss, Tex Perkins, Diesel, Richard Clapton, Ash Grunwald and The Rich and Famous. Under the Southern Stars hits the Broadwater Parklands on February 10.

[WWW.RSLCLUBSOUTHPORT.COM.AU](http://WWW.RSLCLUBSOUTHPORT.COM.AU)  
[WWW.TICKETMASTER.COM.AU](http://WWW.TICKETMASTER.COM.AU)



## OFF TO MARKET...

The Gold Coast is home to a wide variety of markets that offer delicious food, bespoke handcrafted goods, live music and great vibes. Here is *scout*'s list of the Gold Coast market must-dos.



### MARKETTA STREET FOOD

23 Hillcrest Parade, Miami

Wednesdays, 5-9pm / Fridays, 5-11pm / Saturdays, 4-11pm

Miami comes alive with foods from all around the world, complete with a dessert hall. This family-orientated outdoor dining experience has seating for 450 people, all undercover. The Cargo Bar and Marketta Cafe serve boutique wine and locally brewed beer, and the Wine & Cocktail bar serves up Marketta's specialty cocktails. The main stage hosts local blues, jazz, roots independent artist.

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



### NIGHTQUARTER

1 Town Centre Drive, Helensvale

Every Friday & Saturday, 4-10pm

Just off the highway at Helensvale you will find Gold Coast's creative playground, NightQuarter, which features night markets, micro-restaurants and a unique live music space called The Paddock. Step inside to find more than 120 specialty food purveyors, designers, musicians and craftspeople and experience the local communities love for food, music and culture.

[www.nightquarter.com.au](http://www.nightquarter.com.au)

### SURFERS PARADISE BEACHFRONT MARKETS

The Foreshore, Surfers Paradise

Every Wednesday, Friday & Sunday, 4-9pm

Locals and visitors from around the world fill the famous Surfers Paradise Foreshore each Wednesday, Friday and Sunday night, keen to admire an array of homemade and unique products from local stallholders at the Surfers Paradise Beachfront Markets. Operating right on the Esplanade since 1995, the Beachfront Markets have become a Surfers Paradise icon, providing a unique shopping and entertainment experience to more than one million visitors every year, in one of the best locations in Australia.

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

### THE SOCIAL MARKETS

Club Robina Bowls Club, 263 Ron Penhaligon Way, Robina

First Saturday of the month, 4-9pm

Mermaid Beach Bowls Club, 2408-2430 Gold Coast Highway, Mermaid Beach

Last Saturday of the month, 4-9pm

This market's got the best Gold Coast food trucks, free barefoot bowls all night long, makers' stalls, magician, balloon twister, face painting and bubble soccer. There's an outdoor bar and a bistro that serves some great chow too.

[www.thesocialmarkets.com.au](http://www.thesocialmarkets.com.au)

### THE VILLAGE MARKETS

Burleigh Heads State School oval, 1750 Lower Gold Coast Highway, Burleigh Heads

Every 1st & 3rd Sunday of the month, 8.30am - 1pm

TVM is not just 'a market', it's a collaborative, creative community of small businesses, designers, artists, creatives, foodies, musicians, culture seekers and lovers of good vibes.

[www.thevillagemarkets.co](http://www.thevillagemarkets.co)

# WHAT'S ON...

# TASTES OF THE WORLD

## MIAMI MARKETTA HAS BEEN OFFERING THE GOLD COAST AN ECLECTIC MIX OF GLOBAL WORLD CUISINES SINCE 2011.

In an unassuming shed in an industrial precinct behind the Gold Coast Highway, Miami Marketta boasts foodie delights from some 15 amazing cultures from Hungarian, Spanish, Greek and Turkish to Japanese, Thai, Modern Australian fusion, Chinese fusion and Italian.

Miami Marketta creative director Emma Milikins says she tries to offer a mix of food tastes and types. Everything from what people might be used to, to food vendors that little bit more obscure.

"Vegan and plant-based food is really popular at the moment and people are making different lifestyle choices that we need to cater for," Emma says. "We now have up to three vendors a weekend who specialise in vegetarian, vegan or plant based.

"At the other end of the spectrum, customers also love the smoked meats stalls. I know myself when I go out I want to eat something that I can not make myself or don't have the time to."

The cultural street food and music experience is only heightened by the exquisite Marketta drink offering. Miami Marketta works with wine makers in the Barossa Valley in South Australia and have now created two vintages and nine wines that are only available through their bar. Following the success of these wines, the team at Miami Marketta is also creating their own infused spirits to boost their cocktails.

"As a creative person you need to continuously push yourself and keep creating," Emma says. "Although running Marketta is really rewarding, I still need to be creative to keep the spark alive in that space."

Emma says there is some really exciting news coming in 2018, but she can't let the cat out of the bag just yet. *scout* readers will have to wait with bated breath!

Miami Marketta is open on Wednesday, Friday and Saturday nights at 23 Hillcrest Parade, Miami.

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

### STANDOUT SUMMERTIME EVENTS

**DECEMBER 10:** Meg Mac (music)

**DECEMBER 21:** COG (music)

**JANUARY 4:** The Beautiful Girls (music)

**JANUARY 11:** Shake n Bake – Bootleg Rascal, Boo Seeka, Gold Member (music)

**JANUARY 14:** Bad Dreams (music)

**JANUARY 17:** Rabbit Rummage (vintage markets)

**JANUARY 24:** Drag queen bingo (bingo hosted by a drag queen, plus other acts)



# SUMMER

Spring into summer with a wave of cool things to see and do for the whole family.



## ERTH'S DINOSAUR ZOO

ERTH VISUAL & PHYSICAL INC.

Dinosaurs take over this January! Giant puppetry, stilt-walkers, inflatable environments, aerial and flying creatures. This performance will delight audiences from ages 5 years and up!

Tue 9 & Wed 10 Jan

## PETER COMBE IN WASH YOUR FACE IN ORANGE JUICE

He's back! To the delight of kids (and adults!) sing, dance, laugh and clap along with the king of kids, ARIA award winning Peter Combe, aka Mr Clicketty Cane, in his hilarious show.

Tue 16 & Wed 17 Jan

## GREENROOM PROJECT JUNIOR

WORKSHOPS / PERFORMANCE

Musical theatre workshop & live showcase returns featuring celebrity mentor Ben Mingay. Learn skills from industry professionals and perform on stage. Register to Audition for the Featured Artists Intensive or sign up for the Group Workshop.

Wed 10 – Mon 15 Jan

## ARTLAB ROBOT HELMETS

ART WORKSHOPS FOR KIDS

What would you look like if you were a robot? Would you be shiny or rusty? Would you have lots of buttons that make lots of noises? Using recycled materials invent your very own Robot Helmet to wear when you take over the world!

Wed 17 – Fri 19 Jan



GOLDCOAST

#theartscentregc

[THEARTSCENTREGC.COM.AU](http://THEARTSCENTREGC.COM.AU)

2018

# DAY TRIPPIN'...



## A WALK IN THE PARK

I've got to be honest – when it comes to bushwalking, I don't have a clue. I've tried asking Google where the best hikes are and only found photos of adventurers atop cliffs so high they would give Q1 a run for its money. As someone who considers walking across a packed carpark a little too much on a scorching hot day, I was hardly about to scale Mount Tamborine by foot in the middle of summer. I was looking for hikes – not heights – and maybe even a shady rock pool to have a dip in when I was ready to give up. Was that really too much to ask?

Thankfully, National Parks Association of Queensland (NPAQ) didn't think so. They suggested plenty of walks of different lengths and intensities that would suit my skill level – the skill level of most children. I chose Warringa Pool in breathtaking Springbrook National Park, a little over 30 minutes' drive inland from Palm Beach. The pool is the last stop on the Purlingbrook Falls circuit on Springbrook Road, which is dotted with other walks and lookouts along the way.

Expecting to trek through scrubby bushland to a creek just deep enough for us to dip our feet into, my hiking buddy and I followed the path that promised Warringa Pool was just 3km away. Only 5 minutes in, our expectations were well and truly blown by the view of Purlingbrook Falls and the valley beyond. Across from the viewing platform was a waterfall cascading into a valley of lush palm trees, with trees and vines crawling up the cliff face that were so reminiscent of the set of Jurassic Park I could almost hear pterodactyls flying overhead. I said, "I can't believe this is Queensland", so many times that 'Hiking Buddy' nearly pushed me down the hill.

**THE GREAT OUTDOORS.  
A PLACE WHERE FRESH AIR MEETS  
SUNSHINE MEETS QUALITY TIME  
BEING ACTIVE AND HEALTHY.  
WANT TO TRY SOMETHING  
NEW, CHEAP, LOCAL AND A  
LITTLE BIT ADVENTUROUS? GET  
BUSHWALKING!**

Words: Anastasia White

As we made our way down the track, we passed parents piggybacking toddlers, middle-aged couples and groups of teenagers. An eight-year-old boy even stopped and told us that the pool was "absolutely beautiful" which was all the encouragement we needed on a steamy Sunday. The path was well kept, so all we had to worry about was conserving our snacks (which we did not do) and admiring the views (which we definitely did do).

More than halfway through the walk we found the base of the waterfall, where people were swimming and soaking up the sun. We were seriously tempted to stop here, but with Warringa Pool just 1km away we plodded on. And boy, was it worth it. The pool is partly shaded by the same leafy palm trees we'd seen from the lookout, and was surrounded by around a dozen people enjoying the spots of sunlight.

We set up our towels, cursed each other for eating all the snacks and spent the rest of the afternoon in and out of the water – which was deep enough to dip our feet in some places and to jump into in others.

A few hours later we were homeward bound, tired but proud of ourselves for trying something new. I had successfully bushwalked, without scaling any cliffs, and even come away with a newfound love for it. I never thought I'd say it, but I now keep a list of potential hiking spots in my phone for future adventures.

[WWW.NPAQ.ORG.AU](http://WWW.NPAQ.ORG.AU)

### TIPS FOR BUSHWALKING ROOKIES

Be prepared. Choose a walk that suits your walking group's interests and abilities. Are you taking the kids? Or older family members? Or just yourself? Pack a backpack with water bottles, sunscreen, snacks and a first aid kit. Wear clothing that can get a bit dirty!

Take lots of pictures. Take your phone to capture all the great moments of exploring the bush. Remember to take only pictures and memories, and leave our beautiful natural environments intact.

Take your time. Look around and talk about what you can see. Asking and answering questions, or writing down what you're not too sure about, is the best way to get the most out of your day.

### HIKING SOUTH-EAST QUEENSLAND

NPAQ offers booklets featuring tips for bushwalking, as well as dozens and dozens of great walks in South-East Queensland. Here are some of the best bushwalking tracks, as recommended by NPAQ's Marika Strand.

**Springbrook National Park:** Natural Bridge Circuit (1km). Visit Natural Bridge by day to see a unique waterfall or after dark to discover the park's amazing glow-worms. Take a lunch and picnic on the shaded banks of the Nerang River at Forest Park picnic area.

**Burleigh Head National Park:** Rainforest Circuit (2.3km). A beautiful circuit through the rainforest along the headland. Tumgun Lookout is a great place to look for humpback whales in winter and spring.

**Lamington National Park:** Caves Circuit (5km). This is a great walk for older children. There are caves to explore and koalas are often seen on this interesting walk.



### HIKING NORTHERN NEW SOUTH WALES

Want to go a little further afield? Here are the Top 3 bushwalks as recommended by Lee Middleton of National Parks New South Wales.

#### **BORDER RANGES NATIONAL PARK: PINNACLE CIRCUIT (800M).**

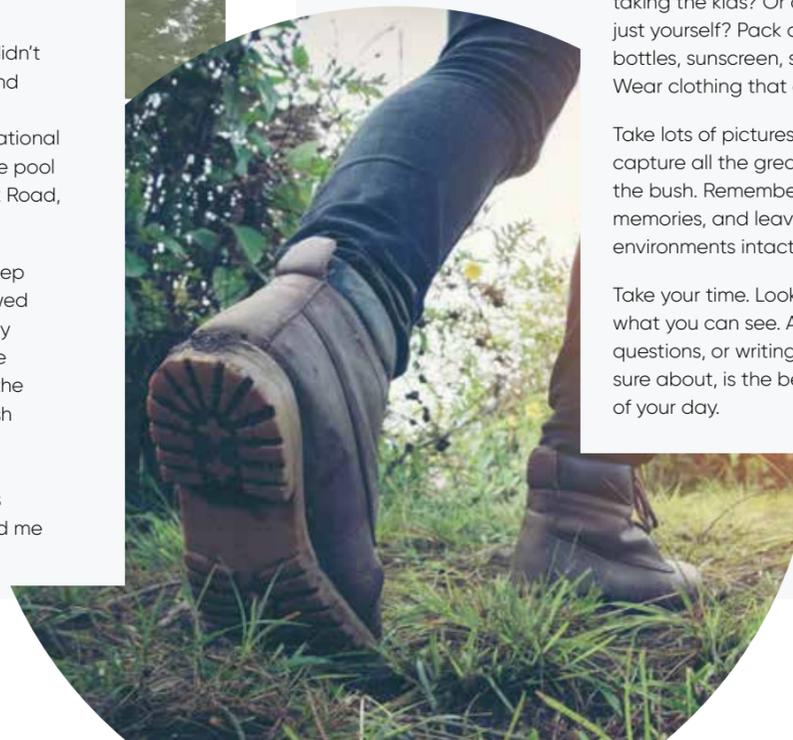
A short, beautiful walk in the World Heritage listed Border Ranges National Park. The area is very unvisited, offering amazing views of the rainforest.

#### **BROKE HEAD NATURE RESERVE: THREE SISTERS WALKING TRACK (1.6KM).**

Learn about the Indigenous heritage of the area and enjoy whale watching and picnicking by the beach.

#### **BRUNSWICK HEADS NATURE RESERVE: NORTH HEAD WALKING TRACK (700M).**

This short route is perfect for even the most novice walkers and provides a fantastic view of the Brunswick River. During the warmer months the area is filled with native birds, providing an excellent sight for those looking out for our feathered friends.



## ADVENTURE...

### ROCK SOLID

Words: Belinda Glindemann



**THERE'S SOMETHING INEXPLICABLY MAGNETIC ABOUT CRYSTAL CASTLE. YOU'LL BE PLANNING YOUR NEXT VISIT BEFORE YOU EVEN LEAVE THE CARPARK AT THE END OF THE DAY.**

Ask any little kid and you'll realise that people's fascination with rocks starts quite early. Whether your mum was constantly stopping you from eating them as you crawled around the backyard, or you were the champion rock skimmer at primary school, or you've kept a special perfectly formed pebble from that romantic walk on the beach on your first real date, the earth's natural treasures come in many forms. At the other end of the scale might be diamonds, sapphires and rubies but somewhere in the middle are semi-precious stones and 'crystals'.

Roughly an hour's scenic drive south of the Gold Coast (about 20 minutes inland from Byron Bay) is the home of the most amazing collection of crystals seen anywhere in the country – maybe even the world. Crystal Castle is the kind of place you'll lose yourself in, without even realising it.

On the day we trekked to Mullumbimby, I had three generations of extended family in tow. I'll admit straight out that we are all crystal lovers from way back. We all love crystal jewellery and have amazing crystal specimens all around our homes. My own relationship with crystals began decades ago. I remember those original feelings of awe at what Mother Nature 'grows' for us in her dirt. But awe is an understatement when you walk through the grounds of Crystal Castle. This place is home to the largest amethyst cave in the world and the world's tallest geode pair, The Crystal Guardians, at a jaw-dropping 5.5m high. Mega rose quartz specimens share the grounds with sodalite and adventurine chunks that would each weigh the same as small cars.

You could wander through the stunning gardens and rainforests all day discovering some pretty amazing sights around every corner. Beyond nature's wonders, Crystal Castle also offers the largest stone Blessing Buddha in Australia and the only Kalachakra World Peace

Stupa in the Southern Hemisphere (one of only seven worldwide). Even the Dalai Lama blessed it! But, beyond tackling the twisting and highly meditative Labyrinth, the Damanhur Spiral and walking barefoot around the reflexology path, my favourite experience of the day was writing a wish for the world on a piece of cardboard and hanging it among hundreds of other wishes on the Wishing Tree. Reading many of those wishes reminded me of what the human spirit is really about – people weren't wishing to win the lotto or for the latest sports car. They were wishing for peace and positivity. For an end to hunger and homelessness. For happiness. Loads of happiness. Bless.

Your hunger will be satiated at the gorgeous Lotus Café (overlooking The Crystal Guardians and that lush Byron hinterland) and your desire for a take-home treasure will be satiated in the various retail stores. And don't miss the daily guided tours for an even deeper understanding of the grounds.

There's an energy around this magical place that's inexplicable but almost tangible. Whether you're a believer in the healing energy of crystals or not, you'll leave Crystal Castle relaxed, centred and wanting to come back again.

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



scout

## ADVENTURE...

### AGE IS NO BARRIER

**YOU'D PROBABLY AGREE THAT SUMMER SURF LESSONS ARE A GREAT IDEA FOR KIDS TO KEEP THEM ACTIVE AND LEARN A NEW SKILL WHEN SCHOOL'S OUT, BUT HAVE YOU EVER CONSIDERED PICKING UP A BOARD AND GIVING IT A GO YOURSELF?**

The idea of a family surfing lesson will either terrify or excite you. "I can barely walk on flat ground," you think, "let alone stand up on a floating fibreglass board!" But if you've always dreamed of endless days spent in the water, or just want a fun way to bond with your loved ones, it's time to put those doubts aside and give surfing a red-hot shot.

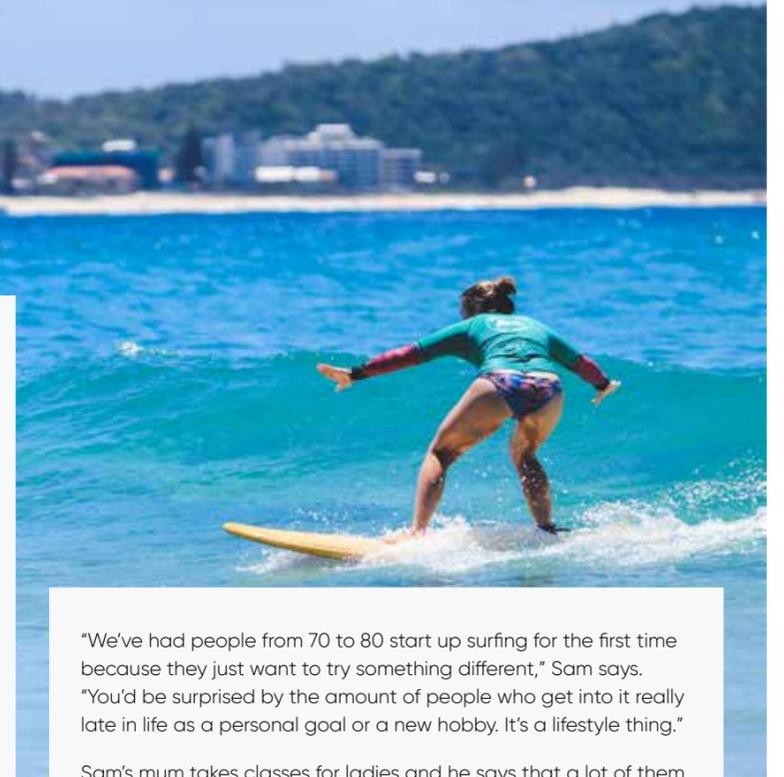
Whether your goal is to 'hang ten' or simply stand up, you'll find your feet in a series of summer surfing lessons. Locals, tourists, young and old, Sam, the owner of Currumbin Alley Surf School, has seen it all.

"We get a lot of adults as well as heaps of kids," Sam says. "Around school holidays, it's a pretty mixed bag of locals and tourists, and we see a lot of families who stay at Currumbin for a week or two and want to give surfing a crack."

Sam explains that parents and kids can surf alongside one another, but in different groups that are more suited to their individual skill-level. There are private sessions for families or friends, and bigger groups in the school holiday programs – no matter your age, experience or surfing know-how, there's an option for you.

"People love coming to the beach in general and they see how much fun others have learning to surf and want to give it a go," Sam says. "It's a great way to connect and have a lot of fun with each other – when you get into it, it's a really rewarding experience."

With surfing, it's truly a case of 'age is just a number'. Sam says that he's had people as old as 80 take his classes – and absolutely love it.



"We've had people from 70 to 80 start up surfing for the first time because they just want to try something different," Sam says. "You'd be surprised by the amount of people who get into it really late in life as a personal goal or a new hobby. It's a lifestyle thing."

Sam's mum takes classes for ladies and he says that a lot of them tried it as a one-time thing but have actually kept at it.

"It's never too late and age isn't really an excuse, because it doesn't matter how old you are," Sam says. "You may not be the best surfer at the end of your summer holiday, but people don't get into surfing to be a world champion. You'll make a heap of progress and learn new things, and have fun as you go."

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

### Find your fit

**Frothing Grommet five-day school holiday program:** Every Monday to Friday of the summer school holiday period, for kids aged 5-14 years old. Beginner, intermediate and advanced level programs with all kids receiving a certificate and goody bag at the end of the week!

**Adults group classes:** Every day from December to February (except Christmas and New Year's Day) with 7-8.30am and 10-11.30am sessions.

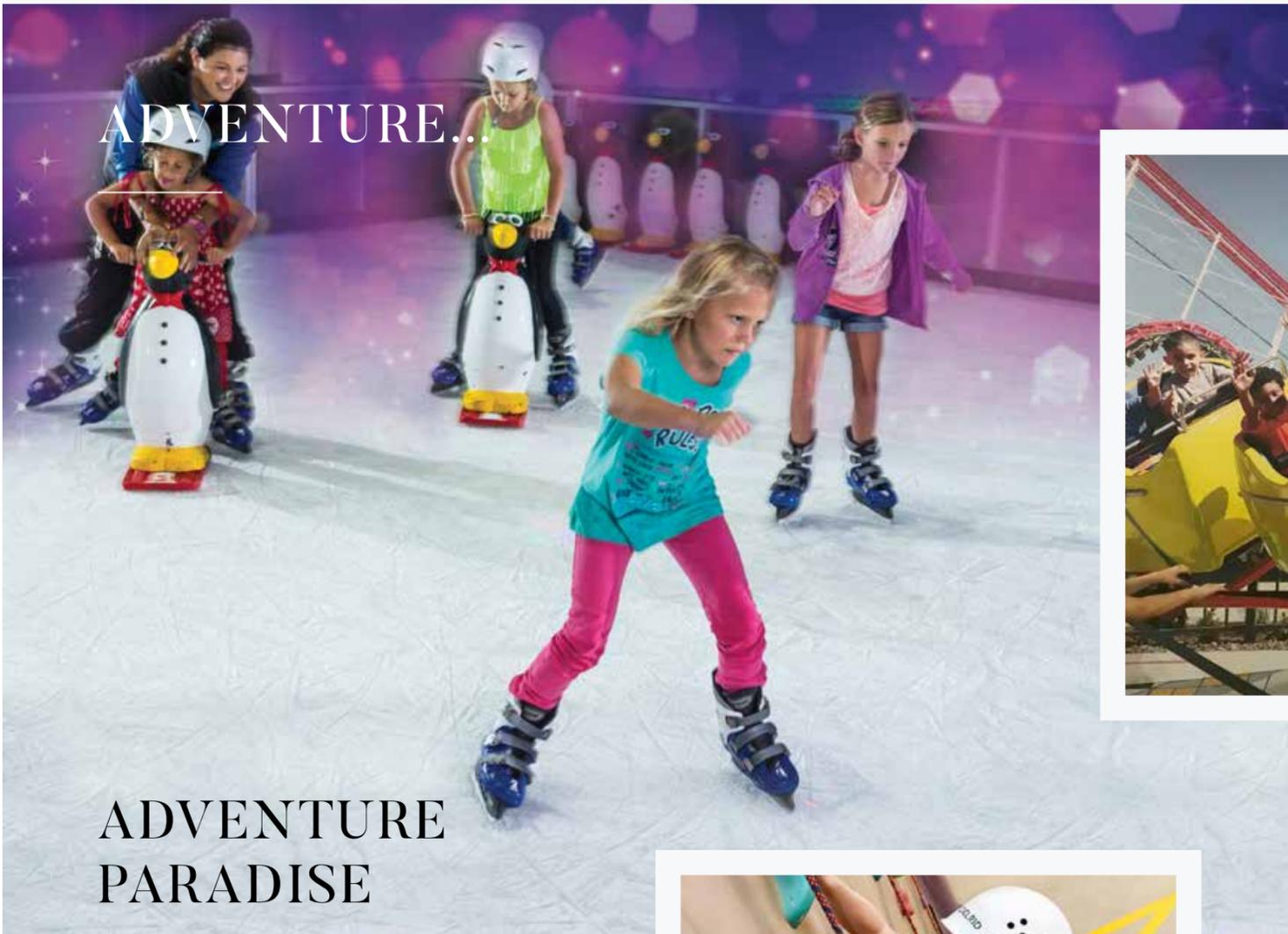
**Private lessons:** Either 1:1 with the friendly and professional instructors or grab a bunch of mates for a personalised surfing session.

**Gift vouchers:** The perfect present for a loved one!



scout

ADVENTURE...



## ADVENTURE PARADISE

Words: Anastasia White

**SAY GOODBYE TO SCHOOL HOLIDAY BOREDOM AND HELLO TO PARADISE. PARADISE RESORT'S GOT SUMMER FUN COVERED – MEANING YOU CAN SIT BACK AND RELAX, KNOWING THE KIDS ARE TAKEN CARE OF.**

How's this for a jam-packed, fun-filled day: A morning of rock climbing, followed by laser tag, a ride on a virtual reality rollercoaster followed by a chilled-out ice skating sesh, all topped off with another mind-blowing virtual reality experience? And the best part? It's all at your fingertips for just fifty bucks! Paradise Resort offers all this and more with Dusty's Adventure Pass – your ticket to unlimited holiday fun with some of the best activities around.



Perhaps the most intriguing and memorable activity on Dusty's Adventure Pass is the virtual reality rollercoaster – a life-like ride through some seriously thrilling courses from the comfort of a completely stationary rollercoaster car, which I was lucky enough to try. It's simple – you just pop on the goggles, choose your track and go! After lengthy deliberation, I finally chose to give 'Pirate's Island' a try. With five falls, speeds of around 60km/h and a 'high' adrenaline rating, this one definitely delivered.

When I took off the goggles and snapped back to reality, I realised we'd drawn quite the crowd – dozens of kids had been watching the course from a TV screen and were eager to give it a go themselves. Had it not been for the line-up of ready-to-go rollercoaster riders (and my incredibly sensitive stomach) I would have stuck around to try all of the tracks. But, there was ice-skating to be done, so I headed upstairs to 'Planet Chill'.

I'm not much of an ice skater but the awesome activities (and the penguin stabilisers on hand to help me) meant that didn't matter. I managed a few loops around the ice rink, dabbled in a bit of air hockey and even joined in on some of the on-ice games that were being led by the Paradise Resort staff. It felt more like a birthday party than an ice-skating session – particularly with the karaoke – and I could see myself happily spending hours there.

While I only got to trial two of the five activities, I almost had too much fun for one day. If you're going to attempt all five, the considerate Paradise Resort staff have made it easy – they've got rooms available for you to stay and ensure you get to experience everything! Perfect.

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

## ADVENTURE WITH DUSTY

Strap yourselves in for a wild adventure! Experience some of Paradise Resort's most popular attractions and enjoy incredible savings with Dusty's Adventure Pass 2.

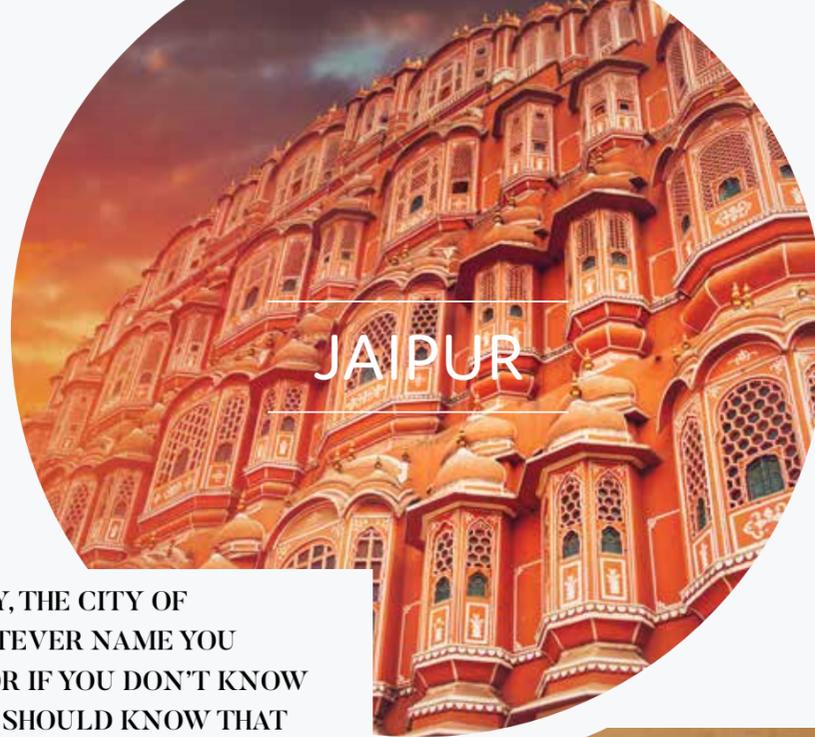
- FOR JUST \$50, YOU'LL RECEIVE:**
- 1 x Ice-Skating Ticket at Planet Chill
  - 1 x Laser Tag session
  - 1 x Virtual Reality session
  - 1 x Virtual Reality Roller-Coaster session
  - 1 x BONUS ticket to use at your choice of attractions, including the 9 metre Rock-Climbing Wall or an extra session of Ice-Skating, Laser Tag or Virtual Reality.



# ELSEWHERE...

## THE PINK CITY

Words: Anastasia White



**THE KING'S CITY, THE CITY OF PALACES... WHATEVER NAME YOU KNOW IT BY – OR IF YOU DON'T KNOW IT AT ALL – YOU SHOULD KNOW THAT JAIPUR IS ONE OF THE MOST VIBRANT DESTINATIONS INDIA HAS TO OFFER.**

The buzz of auto-rickshaws, the hum of morning prayers and the heat – oh gosh, the heat. The kind that sticks to you, so heavy it's almost tangible. But in a city characterised by colour and craziness, it would almost be wrong not to feel enveloped. It's like the warmth bounces off the walls and makes everything even brighter.

Of the 10 days that I was away from my home, I was in Jaipur for barely eight – the trip was bookended by a marathon of travelling that, in itself, was such an adventure. Located in India's north-eastern state of Rajasthan, Jaipur is less than an hour's flight from Delhi – or a six-and-a-half-hour taxi ride, as some lost luggage and missed flights would have us discover.



for a mesmeric streetscape (and some seriously cool photo backdrops), so it's not hard to understand why the colour continues to be maintained decades later.

Next stop was the Amber Fort – or the Amer Fort, we still debate what it's actually called – a sprawling fortress and wall structure perched atop a hill, overlooking the city. With enormous halls, including one of mirrors, it's not unlike France's Palace of Versailles, which was also built by an army general-slash-ruler to be the political centre of the city, only 100 years later... Not to point fingers, Louis XIV.

I have always lived by the belief that a great city is marked by its shopping – and Jaipur is a great, great city. Venture to the famous Hawa Mahal (the Palace of Wind) not for the sightseeing – although there are also a lot of sights to see – but for the hundreds of merchants selling their wares from literal holes in the walls along the streets nearby. Handbags adorned with pom poms, mirrors and colourful stitching, vibrant hand-printed scarves and the floatiest pants you could ever dream of wearing – I went home with about six of each. So much colour. So many patterns. So much fun.

Of all of the weird and wonderful things we experienced in Jaipur, Chokhi Dhani was almost top of the list. Quite a distance from the centre of the city, this mock Rajasthani village was unlike anything I could have expected. Eat a traditional (and spicy!) dinner, then ride an elephant, have your palm read, watch multiple magic shows and tightrope walkers before getting lost in the tunnels of the playground. It's literally all there, plus so much more.

Between the plethora of palaces, the dozens of delicacies and the abundance of attractions, you'll be hard-pressed trying to tick everything off your to-do list whether you spend a day or a month in Jaipur – but it's absolutely worth a shot.

### WHEN IN JAIPUR...



**DO:** Befriend the locals, because they will be more than happy to befriend you right back. Having some local know-how can spell the difference between purchasing a knock-off silver ring for 400 or 4000 rupees (roughly \$8 or \$80).

**DON'T:** Give money to beggars. While this rule applies in a lot of countries it's particularly important in India, where it's not uncommon for children to be kept out of school (which is normally free) and forced to beg on the streets to earn money for their parents or guardians. Instead, offer food and, if you have a translator, have a chat. There are so many incredible NGOs working in Jaipur to help kids like these, so definitely look into visiting some of them to get a better insight into the issue.

**DO:** Immerse yourself in the culture and religion by checking out which festivals are on when you're in town – our local friends told us that there is roughly one every month and they don't hold back when it comes to celebrating their deities and history. I've never danced as much as I did at Diwali – and I didn't have a drop of alcohol.



I have to admit, I didn't 'do Jaipur' in the normal way. Accompanied by 19 other budding journalists and two dedicated (and impossibly patient) lecturers from the University of Queensland, I travelled to India on the Australian government's buck on the condition that I would pretend to be a foreign correspondent. It was all part of the New Colombo Plan – a series of scholarships given out to students in a range of fields, allowing them to go on 'working holidays' across Asia.

But while we were technically there as working journalists, we still managed to squeeze in a lot of fun. Our first day saw us rolling around town in a tour bus, and it was while passing through the old city that we quickly realised where Jaipur gets its nickname. Rows upon rows of apricot-pink concrete buildings, traced with white paint and frequented by some of the city's cutest inhabitants – monkeys. Our tour guide explained that the walls were painted way back when by the ruler at the time, as a grand welcoming gesture for the visiting Queen Victoria and her husband, the Prince of Wales. I know, it's a bit extra. But, it makes



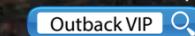
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# LOCAL LOVES...

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...



**CARLENE DUFFY**  
Cedar & Suede, Ready Set Reno

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

**What makes that suburb the best on the GC?** It's soooo green, quiet, we have heaps of space and yet we're still less than 15 minutes from the beach.

**Fave place to stop, relax for 20 mins and enjoy a morning cuppa? And what treat is on the plate beside your hot bevvie?** My sofa. I don't have a sweet tooth and I take my morning cup of tea seriously so I like to savour it all on its own.

**Fave Gold Coast casual dining location? What's on the menu?** Jimmy Wah's. It's amazing modern Vietnamese food, a few steps up from street food but not crazy expensive. You must order the Vietnamese prawn pancakes. Yum!

**You're planning a fun, local night out with your mates. Which three locations top your list and why?** Jimmy Wah's for the food, Justin Lane for the food or Burleigh Hill for the atmosphere.

**Best local spot for family hangs and why?** We hang at Burleigh Heads a fair bit, between cafes/restaurants, the beach, the park.

**Fave Gold Coast shopping destination?** Pacific Fair but I can't remember the last time I enjoyed a leisurely shop. I'm more of a speed online shopper.

**Complete this sentence: Only a Gold Coast local knows...** Just how good it is to live on the Gold Coast. Gold Coasters don't take for granted how lucky we are to live in paradise.



**AMANDA ABATE**  
7 News journalist

**Which suburb do you call home?** Miami  
**What makes that suburb the best on the GC?** I love Miami because it has a friendly village feel, full of laidback locals who enjoy a healthy lifestyle. It's hard not to be active and happy when the beach is your backyard!

**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 like Piccolos at Miami because it's no fuss, friendly and right across from the beach. I try (note: 'try') to be healthy so I'd probably choose a pitaya bowl or a little protein treat!

**Fave Gold Coast casual dining location? What's on the menu?** There is a lot to choose from these days! Our go-to is Burleigh, because there are plenty of options there. I'm a pescatarian, which is a fancy word for a vego who eats fish, so fish would likely be on the menu! Or a salad packed with veggies.

**You're planning a fun, local night out with your mates. Which three locations top your list and why?** There has to be a surf club in there, for the sunset views. North Burleigh is a personal favourite. Then maybe to Broadbeach for some Mexican at Miss Margarita. We could easily end the night with some fancy cocktails - the new gin bar Old Tom is great!

**Fave Gold Coast shopping destination?** Pacific Fair. It's an old favourite and now with the revamp, it's my one-stop shop for just about everything. I've been known to spend a little too much time there.

**Complete this sentence: Only a Gold Coast local knows...** There's a lot more to this city than Surfers Paradise!



**ANDREW MEADOWCROFT**  
Squirrel House

**Which suburb do you call home?**  
Surfers Paradise

**What makes that suburb the best on the GC?** Living in a high rise with magnificent city and ocean views and easily accessible to everything the Gold Coast has to offer. Walking distance to great cafes, restaurants, bars, hotels and of course the beach!

**Fave Gold Coast casual dining location? What's on the menu?** The Collective Palm Beach - five kitchens offering an amazing array of cuisine. Bazaar at QT Gold Coast - an interactive marketplace with endless options. Also, a quick cheeky burger at Brooklyn Depot!

**You're planning a fun, local night out with your mates. Which three locations top your list and why?** The Star Gold Coast at Broadbeach. I love the restaurants - Garden Kitchen & Bar, Cucina Vivo and the brand new Cherry Bar. And a little flutter too! QT Gold Coast - once again, what a great choice and it is a destination you can stay and enjoy the whole night. Yamagen or Bazaar and then hit Stingray Lounge. Private dining room at Little Truffle. A great way to catch up with 10 or so friends in a private environment and enjoy decadent cuisine.

**Fave Gold Coast shopping destination?** The Oasis at Broadbeach is a treasure trove of local retailers and businesses which I always prefer to support. The dining options are also impressive, from quick and yummy Asian street food at Junk or a coffee at Madison's Café or Elk Espresso.

**Complete this sentence: Only a Gold Coast local knows...** The true diversity of our growing, bustling and exciting city. We've got pristine beaches, stunning natural landscapes, eclectic residents, a burgeoning foodie culture, action-packed adventure options and some of the best natural and man made assets in the country.



**EMMA MILIKINS**  
Miami Marketta creative director

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

**What makes that suburb the best on the GC?** My whole life is within a 3km radius - work/gym/beach/home/restaurants. It has a little bit of everything you need.

**Fave place to stop, relax for 20 mins and enjoy a morning cuppa? And what treat is on the plate beside your hot bevvie?** 52 Espresso for coffee and Bam Bam bakery for caramel croissants.

**Fave Gold Coast casual dining location? What's on the menu?** Hellenika in Nobby's Beach. Can't go past the zucchini chips and chargrilled calamari.

**You're planning a fun, local night out with your mates. Which three locations top your list and why?** Gold Class at Pacific Fair, Haichi in Nobby's Beach (Nam, the owner, is the best, space is laid back and the Japanese food is awesome) and I'd finish up at Cambus Wallace Nobby Beach for cocktails

**Best local spot for family hangs and why?** Barbecues at the beach. We forget that people holiday here all year round and we forget how amazing our coastline is because we see it all the time.

**Fave Gold Coast shopping destination?** The Village Markets in Burleigh. You can get great local designer products from labels like Loko and Love St that are not mass produced.

**Complete this sentence: Only a Gold Coast local knows...** Winter is the best time of the year!



**LOUISE BEZZINA**  
Bleach Festival artistic director

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

**What makes that suburb the best on the GC?** We have our local coffee shop around the corner, beach a five-minute bike ride away, great parks for my kids to play, great bars and cafes close by and it's pretty quiet.

**Fave place to stop, relax for 20 mins and enjoy a morning cuppa? And what treat is on the plate beside your hot bevvie?** Paddock is definitely one of my favourite spots. I'd have scrambled eggs and toast with avo and mushrooms on the side.

**Fave Gold Coast casual dining location? What's on the menu?** I love Etsu and having the banquet. The food is always delicious and there's great service.

**You're planning a fun, local night out with your mates. Which three locations top your list and why?** The Collective - great bar, friendly staff and various food options. Justin Lane - great pizza and a lovely rose on the side sitting in the upstairs bar. Bonita Bonita - great Mexican, great bar, great atmosphere!

**Best local spot for family hangs and why?** North Burleigh headland. The kids can play at the beach and have a swim and we can grab a coffee and a juice from Nectar at the North Burleigh Surf Club. My son also loves playing on the rocks at the headland. It is just beautiful.

**Fave Gold Coast shopping destination?** Pacific Fair! They have all my favourite shops, great designers, my children love the bridges over the water in the outside area and they have Motto Motto!

**Complete this sentence: Only a Gold Coast local knows...** The city has so many free things to do all year round for families and that the library network has so many wonderful activities for our children.



**LUKE O'CONNOR**  
Fare Media

**Which suburb do you call home?**  
Mermaid Beach - The best spot in the world, just don't tell everyone, OK?

**What makes that suburb the best on the GC?** The people would be number one, closely followed by the beach, swapping your car for a skateboard as your weekend ride and the Mermaid 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?** The beachside deck at the end of our street with an Alltime or Board Culture coffee and a Nutella-filled doughnut from the Chinese bakery at the other end of our street.

**Fave Gold Coast casual dining location? What's on the menu?** Etsu and Poke Poke would be right up there and Bonita Bonita's Bon Bon bar for an after-dinner drink.

**You're planning a fun, local night out with your mates. Which three locations top your list and why?** My driveway, any of the beachside decks and the Mermaid Beach Surf Life Saving Club. I don't get out much as I prefer to hang with family and friends as a group. I have very social friends so there is always a happy hour or barbecue.

**Best local spot for family hangs and why?** Any beach, as we all love the water. Swimming at the rock pools is always a hit and Burleigh Hill is fantastic.

**Fave Gold Coast shopping destination?** Pacific Fair is awesome but I am probably more of an outlet shopper so the Ashmore surf outlets are a favourite for my once-a-year shop!

**Complete this sentence: Only a Gold Coast local knows...** About Apres Surf!

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