

# scout<sup>LOCAL</sup>

NOT ALL WHO WANDER ARE LOST.



WINTER  
EDITION

Free  
TAKE ME!

Gold Coast

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let's talk...

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haven creative

## 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.

How wonderful is our Gold Coast in winter?! It's not around for long, so us locals embrace the chill and a few other things we can't normally, year round, on the Goldie. For instance, I adore the way the sea seems to sparkle more in the winter sunshine and how the sunsets light up the sky with a rich, rosy colour pallet. We may not be in our bikinis at the beach, but we still get the sand between our toes and enjoy counting whales that are migrating past.

In the winter, you can savour a coffee and a sweet treat alfresco when you get your daily caffeine fix. And who doesn't love snuggling under a patio heater for tapas and a red wine on a winter afternoon with friends? End of financial year sales are in full swing so it's also the best time to grab a bargain and maybe even a new winter style?

Winter is also one of my favourite times of the year to adventure into the hinterland and get a dose of nature. Yes it's chilly, but you simply rug up, enjoy a tea and scone pit stop as you drive up Springbrook or Tamborine Mountains, or take a spin into the western ranges for the day.

Read on for ideas on where you can scout around on the Gold Coast (and beyond) this winter.

*Keeley O'Connor*  
— FOUNDER

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# SUBURB SPOTLIGHT...

Something of a local secret, Palm Beach is a real jackpot if you're keen for a day spent lounging on the sand - Palmy was voted Queensland's cleanest beach three years in a row, so there's no better place to do so. Just make sure you wander back up to civilisation for a quick bite to eat and a potter around afterwards.



## PALM BEACH



### AVVIA

Whether it's late night bites or sustenance for the morning after, Palm Beach has it all. Avvia has you covered if you're after a fancier brunch that won't break the bank - there's nothing better than polishing off a delicious eggs benny while watching the surf break. But if it's top nosh and liquid sustenance you're after, The Collective offers more options than you can poke a (bread) stick at as well as tasty drinks with a generous serving of good vibes and friendly service. Foodie heaven. And for something new at Palmy, head to Mr Buttergoods on Seventh Ave. Hemp flour doughnuts. Artisan sourdough. Bagels. Pulled pork sausage rolls. Holy, baked goods heaven! Ask Siri to take you to 1097 Gold Coast Highway #yourewelcome

## Fun

Looking to try something a little bit different? Head to the Rock Face at the Gold Coast Recreation Centre for a fun-filled day of climbing. With 10 different walls to climb and a state-of-the-art belaying system which accommodates solo climbers with ease, there's no shortage of fun to be had here.



PHOTOS COURTESY OF TOURISM QLD

scout

# SUBURB SPOTLIGHT...

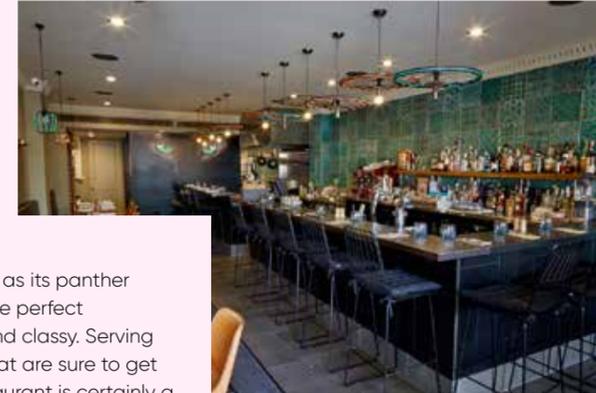
Southport has certainly changed a lot over the years, but take a walk around the Main Beach area and you're sure to spot plenty of remnants from the Gold Coast's glory days. From world-class surf to five-star hotels, there's nothing Main Beach doesn't have to offer.



## MAIN BEACH

IMAGES COURTESY OF TOURISM QUEENSLAND

## Bites



As sultry and captivating as its panther mascot, Bistro Chico is the perfect combination of casual and classy. Serving up flavoursome dishes that are sure to get you talking, this new restaurant is certainly a welcome addition to Main Beach's famous Tedder Avenue precinct.



### SIGHTS

Connecting the Spit and Point Danger is a 36km network of pathways known as the Gold Coast Oceanway. Popular with walkers and cyclists, the Oceanway should be the first port of call for any Main Beach newbie looking to get acquainted with the locals - and we're not just talking about the two-legged variety. Also home to some of the most amazing local watercraft you'll see, care of the Southport Yacht Club. A bit like window shopping, there's nothing better than enjoying fish and chips while daydreaming about that yacht you've always wanted! For real-life shopping though, head next door to Marina Mirage for your dose of retail therapy.



## Fun

Speaking of wildlife, Main Beach is home to one of Australia's most popular landmarks. Seaworld allows visitors to get up close and personal with dolphins, seals, sharks and plenty of other underwater creatures, while also advocating for ocean conservation and education. And if you're keen to be in the water yourself - or rather, soaring just above it - you have to check out Jetovator Australia. Strap on the jetpack or mount the jet bike and prepare for the time of your life!



scout

EAT...

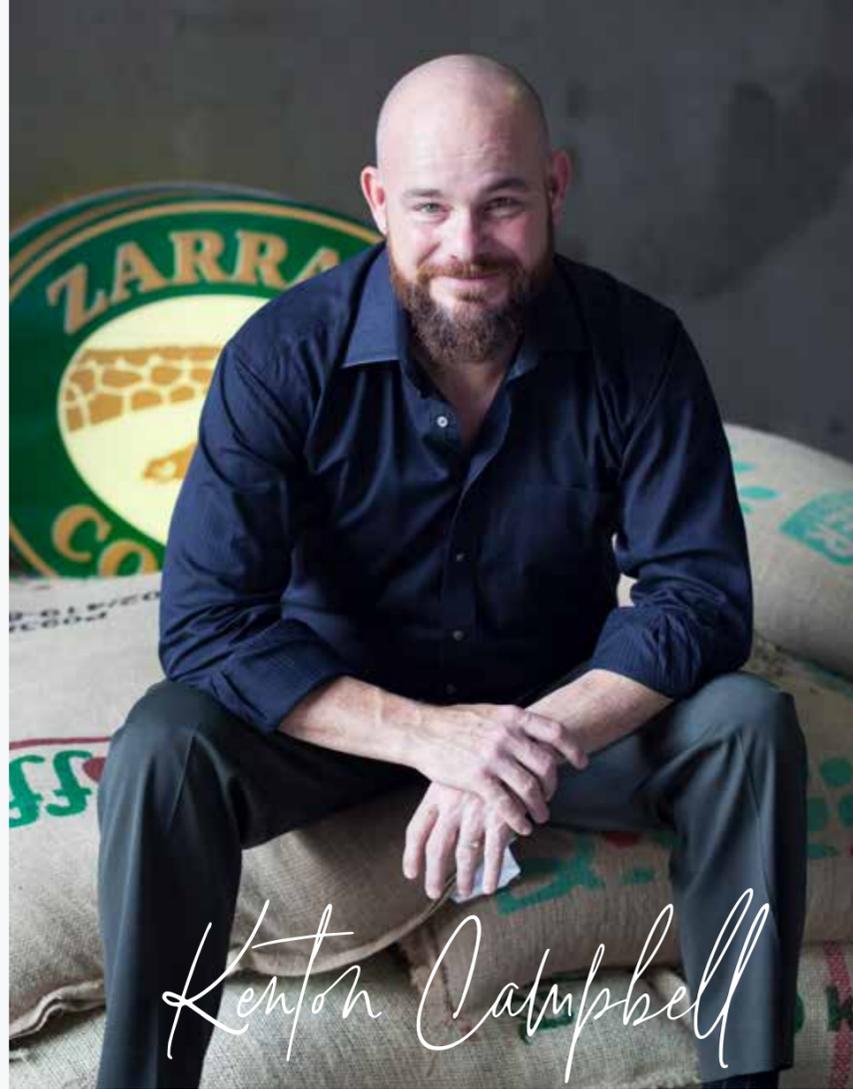
# THE COFFEE GUY

WE ALL LOVE A RAGS TO RICHES STORY INVOLVING LOCALS. WHETHER IT'S THE HOMELESS MAN FINDING A LOTTO TICKET OR THE STRUGGLING WAITRESS WHO HAS THE OPPORTUNITY OF A LIFETIME FALL RIGHT INTO HER LAP, THERE'S SOMETHING ABOUT STORIES OF UNLIKELY SUCCESS THAT FILL OUR HEARTS WITH HOPE AND MAKE OUR HAIRS STAND ON END.

This one in particular starts with one guy, in a cart, pushing his coffees on the streets of Seattle. And it ends with an empire of franchises across Australia. Sorry, not 'ends'... more like 'continues' – the Gold Coast's Kenton Campbell isn't cashing in just yet.

You'd be hard-pressed to walk through a shopping centre or drive along a main road without spotting the green and gold Zarraffa's logo standing, true to their motto, "head and shoulders above the rest". Dreamed up by entrepreneur Kenton – an adoptive-Aussie originally from Oregon, USA – the brand has certainly outgrown its original Gold Coast location at Southport. It now has stores in more than 70 locations Australia-wide.

Kenton showed an entrepreneurial spirit from a young age. At five, he started a bottle collection agency, collecting and delivering all of the bottles from his neighbourhood to the local supermarket for cash. Then, after a three-



year stint in the US Navy and a few odd jobs, he started his own cleaning business. Then, it was a job selling advertising. And then... coffee.

"I started to take notice of how many people were drinking coffee around me," Kenton says. "One month later, in 1993, I had my own coffee cart in Seattle."

In amongst the highs and lows that followed, Kenton became a consultant for a big coffee company and was transferred to Australia. As luck would have it, a major car accident on his first day in the country led to him meeting his now-wife, Rachel – a sports masseuse who ended up treating him for his injuries.

"She's what kept me here," Kenton says. "But I also felt like I came home when I came to Australia. Australia is punching well above its weight in the culinary world, particularly for coffee. When I first arrived, the coffee thing hadn't really taken off yet, so I took advantage."



Kenton and Rachel co-signed the lease for the very first Zarraffa's in 1995, and things just took off. Stores started popping up in shopping centres and later in larger drive-thru locations across Queensland, then New South Wales and Western Australia.

"We've had offers from overseas companies wanting to buy the business – some reasonably serious – but I haven't taken on any of them for a number of reasons," Kenton says. "I guess from an entrepreneurial view, I'm not really finished here yet. I've got a 10-year business plan that I'm only part-way through, and I've put too much time into the corporatisation and the back-end systems to walk away right now."

"Now that I think about it, I don't know of many entrepreneurial coffee franchise founders who are still part of their business – I guess that's something to be proud of. But really, it's the other people in the business that keep me here. I would bow out if it weren't for the people who are showing up and doing the work. So as long as they continue to do it, I'll be here for a long time."

Kenton explains that a host of former Zarraffa's managers have actually ended up buying their own franchises and, along with the corporate staff, they keep the machine running day-to-day.

"Everything's certainly come to fruition, but nothing happens overnight. Myself and our franchisees consider Zarraffa's to be a persistent voice – we're stayers, not players," says Kenton. "In business, it's all about building that good foundation. Every step takes a sacrifice of some sort – whether it's money or time – but as long as you're prepared and understand the industry you're in, you'll have done as much as you can to alleviate the stress and ensure you succeed."

Since its inception, Zarraffa's has transformed from a roastery and coffee shop into a national logistics and training company, securing its place in the competitive coffee market. But it's not about being number one, or even number two, Kenton says – it's simply about competing and giving it your all.

"Jump out of the plane, climb the mountain, dive to the bottom of the trench," he says. "I'd rather not die wondering, 'what if I'd done that?'"

Moving swiftly from talks of planes and trenches to discussion about the perfect cup of joe, Kenton says his business has always been based on simply striving to make the best cup of coffee, every time – it's the Zarraffa's way.

"Sometimes it's not going to be perfect, but we're always trying to exceed expectations," he says. "A customer should be able to get the same coffee at every franchise, which is why we focus so much on the training and have focused on that from the start."

The question remains: What does the coffee guy order himself?

"A quad Grande Americano with pouring cream," Kenton tells the cashier at the Zarraffa's he's popped into, during our interview, en route to check out the site of his new headquarters at the northern end of the Gold Coast. "You can't get anything done without four shots of coffee!"



## THE PERFECT CUPPA... FOUND!

FINDING THE PERFECT CUP OF COFFEE OR TEA - OR WHATEVER YOUR POISON - IS LIKE FINDING TREASURE AND WILL HAVE YOU GENERALLY DRIVING THAT EXTRA MILE OR MAKING THAT ILLEGAL U-TURN (WE DO NOT CONDONE THIS ACTIVITY!) WITH THE PROMISE OF A WARM, COMFORTING CAFFEINE HUG.

We asked some Gold Coast locals where their fave place is to stop, relax for 20 minutes and enjoy a morning cuppa? And, of course, we need to know what treat is on the plate beside that bevvie. Here are their local secrets – enjoy!

I love my coffee and Main Beach has a number of very good cafes. Hard Coffee for bacon/egg English muffin followed by a cappuccino and lemon myrtle biscuit or Black Smiths for an omelette with coffee and the Gold Coast Bulletin.

**Richard Fowler, Announcer, 94.1FM**

Barefoot Barista is one of our favourites. They were one of the original pioneers in Palmy and they are still doing great coffee and food. My order is a long black with their bacon and egg sandwich and, if I'm feeling naughty, one of their delicious home baked muffins.

**Jeremy Davidson, Director, The Collective**

Has to be a takeaway coffee on Burleigh Hill with a warm, freshly baked Pain au chocolat from Burleigh Bakery.

**Georgia Harding, Naturopath, 'Well Nourished' blogger**

I love walking the Burleigh Esplanade path with my twins in their pram, stopping at Nook or Nectar along the way for a coffee and muffin. There's about five playgrounds along the way which means happy kids – and mum!

**Sophie Guidolin, Author and fitness model**

I usually mix it up at different venues at Soul Boardwalk. Nothing beats the peace and calm of looking at Surfers Paradise's beautiful beach of a morning. I don't drink hot drinks so it would be either a Coca-Cola (yes, bad I know, but let it go LOL!) and maybe a bagel with cream cheese or eggs benedict.

**Missy Robinson, The Rebel Collective**



EAT...

# FOOD FOR THOUGHT

IT DOESN'T GET MUCH MORE 'QUEENSLAND' THAN SUNDAY ARVO AT YOUR LOCAL SURF CLUB – IT'S PRACTICALLY TRADITION. AND WHY NOT? CHEAP MEALS, COLDIES AND GOOD VIBES ALL 'ROUND, PLUS PROFITS GO DIRECTLY TO SURF LIFESAVING SERVICES. ACE.



### NORTH BURLEIGH SLSC

If it's casual, relaxed and family-friendly food you're after, North Burleigh Supporters' Club has to be your first port of call. Perched on the absolute beachfront with views from Miami Hill right down to Burleigh Headland and Snapper Rocks, their alfresco beer garden – the only one at a Gold Coast surf club – is the perfect place to watch the surf or enjoy the live music of their Sunday Sesh. On the menu, expect your classic club favourites – fish and chips, chicken parmys and hearty roasts – as well as some raved-about signature dishes, like their macadamia and spiced chicken salad or seafood, fresh from the trawler. All this, washed down with a selection of local and imported beers and a carefully curated wine list including on tap 'barrel-fresh' premium wine, means there's never been a more appetising way to provide vital support to the North Burleigh surf community. Funds raised from food and beverages sold at the Supporters' Club go towards volunteer training, lifesaving equipment and the beach patrollers who watch over the near 200,000 North Burleigh beach-goers every summer.



### MERMAID BEACH SLSC

Seen as 'the locals club', Mermaid Beach boasts a panoramic, glass-enclosed balcony overlooking Hedges Avenue (otherwise known as 'millionaire's row') and the Pacific Ocean. Enjoy an icy cold beer from their impressive selection while watching passing whales, or let the kids run rampant in the kids' room – which comes complete with free Playstations and a jungle gym – or hit the Balcony for live entertainment every Sunday arvo. And while you're tucking into their famous coconut barramundi or salt and pepper calamari, you can feel confident that you're supporting your local community, too.

"Profits generated from the Mermaid Beach Supporters Club go directly into the day to day running of the Life Saving business on the beach," says Leigh McConkey, Supporters Club GM. "So eat, drink and celebrate knowing you are helping our lifesavers save lives and provide a valuable service to this community."

## What's cooking

- Southport SLSC:** Duck and plum spring rolls (\$16)
- Rainbow Bay SLSC:** Chilli prawn linguine (\$18.90)
- Nobby's Beach SLSC:** Curried coconut prawns with jasmine rice (\$26)
- Surfers Paradise SLSC:** Surf n Turf grilled Porterhouse steak with prawns, salad and chips (\$29.90)
- Kurrawa SLSC:** Cob loaf with smoked garlic butter (\$9.90)
- Currumbin Beach Vikings SLSC:** Garlic, tomato and rosemary braised lamb shanks with potato and vegetables (2 for \$24)
- Palm Beach Surf Club:** Sea salt and black pepper squid with fries, salad and lemon aioli (\$22)

EAT...

# FOODIE HAVEN

SINCE 1989, THE OASIS HAS DELIVERED FASHION, HOMEWARES, ENTERTAINMENT AND SO MUCH MORE TO BROADBEACH LOCALS AND TOURISTS ALIKE. BUT IT'S THEIR IMPRESSIVE COLLECTION OF RESTAURANTS AND CAFES THAT HAVE HEADS TURNING, PROVIDING MORNING COFFEE RIGHT THROUGH TO FRIDAY NIGHT DRINKS.



The Oasis Broadbeach Shopping Centre is at 75 Surf Parade, Broadbeach. Visit [www.oasisshoppingcentre.com](http://www.oasisshoppingcentre.com)

## ELK Espresso

For the past 6.5 years, the industrial-chic local favourite ELK had occupied the same spot overlooking the Broadbeach Park soccer fields so, naturally, fans were a little taken aback when they heard that their beloved espresso pit-stop would be packing up and moving on. But they needn't despair, because ELK only moved a few blocks away, setting up shop at Oasis's lively food hub and continuing to serve up their raved-about Single O coffee and seasonally-inspired brekky and lunch combos (buttermilk fried chicken and waffles, anyone?). The location of your next coffee with friends, mid-morning pick-me-up or important lunch meeting, sorted. And for the customer with kiddies in tow, don't distress – ELK's perched right on the beachfront. You can enjoy the slides, swings and climbing frames of Pratten Park before or after your ELK fix. Plus, the outdoor dining area is dog friendly and a great space to sip on some lattes while soaking in the sun. Win, win... win!



## The Loose Moose

After a bit of grub with a side-serving of soul? The Loose Moose Tap & Grill House is your go-to. It's not often that you find a spot that offers breakfast, lunch, dinner, dessert, barbecue and even tapas – and it's even rarer to find a place that does it all perfectly. Promising dirty food made clean (and certainly delivering) The Loose Moose's Canadian-inspired menu could have you eating a quinoa and oat porridge for breakky, a 'Hot Stuff' burger or 'Piggy Mac' for lunch and a smorgasbord of jalapeno poppers, drunken prawns and lamb ribs for dinner – all washed down with one of their famous four-glass beer paddles or a Salted Pop Caramel Freakshake. Or, you can accompany their winter warmers with one of their 160 whiskeys collected from all over the world. And if you're feeling extra naughty, opt for a Snickers Mess from the late-night menu – trust us. The Loose Moose is also home to a must see Sunday Session, with live music, from 2-7pm.

## Main Street Burger Bar

Born in Byron Bay, Main Street Burger Bar has made the trek up to Broadbeach in recent years to keep spreading the good word about their 'bewildering burgers and boutique brews'. There's a lot to be said for a restaurant that finds their niche and sticks to it, so it's no surprise that Main Street have become pretty good at the art of burger making. Slow-roasted barbecue pork shoulder, pickled jalapenos, chipotle mayo and house slaw. Crispy chicken tenders, lettuce, tomato and garlic aioli. 'Ramen' glazed tofu, garlic mayo, bean sprouts and lettuce and tomato. Macaroni. And. Cheese. Croquettes... need we say more?

# WELLBEING...

## THE GREAT OUTDOORS

**AN APPLE A DAY MIGHT KEEP THE DOCTOR AWAY BUT NOW RESEARCH IS SHOWING THAT FRESH AIR AND SUNSHINE ARE WHAT THE DOCTOR SHOULD BE ORDERING. AND WE KNOW A LITTLE CITY THAT'S BRIMMING WITH THE GOLDEN STUFF!**

Sunshine, warm weather and good vibes are what generally attract people to our vibrant corner of Queensland. And there are so many additional benefits for spending time outdoors that relate both to mental wellbeing and physical health. The Gold Coast could not be a more perfect destination for you to soak up the natural wellness on offer courtesy of Mother Nature.

### VITAMIN D

Vitamin D is primarily known for its role in bone health. It helps with the absorption of calcium and phosphate, reduces calcium loss from bones and is needed for bone growth. There are suggestions that it also plays an important role in other aspects of human health especially immunity and infection control. Recent research on tuberculosis bacteria has shed light on the critical role vitamin D plays in the function of T-cells, which are white blood cells that fight infection in the body. Vitamin D is also linked with fighting flu and other respiratory infections due to its role in the production of infection-fighting amino acids (antimicrobial peptides).

According to Choice and ABS data, some four million Australians suffer from a vitamin D deficiency. This has been put

down to our increasing preference towards indoor recreation. Choice states that the 'right' amount of outdoor sun exposure to maintain adequate vitamin D levels is 6-7 minutes of sun with arms and hands exposed outside the hours of 10am-2pm for those moderately fair skinned. However, those with darker skin may need 3-6 times as much sun exposure.

### FRESH AIR

**There are many proven benefits of breathing fresh air. Among them:**

- Fresh air helps improve blood pressure and heart rate.
- It increases the flow of oxygen helping you digest food more effectively and elevate the amount of serotonin (the happy hormone) in your system.
- An increase of oxygen helps white blood cells function properly by fighting and killing bacteria and germs.
- Fresh air cleans your lungs, improving lung function.
- Fresh air gives you more energy and a sharper mind, improving your concentration skills.

### REDUCE STRESS

Phytoncides are airborne chemicals that plants and trees emit for protection from insects and rot. These chemicals also happen to be at the centre of research in regards to stress reduction.

A 2008 study published in the "Journal of Biological Regulators & Homeostatic

Agents" recruited participants to spend time walking forest and city areas for this very reason. According to the research, participants showed more physical signs of relaxation – including lower blood pressure and lower amounts of the stress hormone cortisol – when they spent time in the forest compared to the city. Sounds like the perfect excuse to get out and explore our GC hinterland, doesn't it?

### GET ENERGISED

The "Journal of Environmental Psychology" published a group of studies in 2010 that showed "being outdoors was associated with greater vitality".

Research participants reported just generally feeling happier, healthier and more alive when they spent time outdoors and in nature.

## Natural wellness remedies

**Here are scout's Top 5 Gold Coast locations to soak up our beautiful local environment and get your dose of Mother Nature's natural wellness remedy #yourewelcome**

1. Burleigh Headland
2. Snapper Rocks
3. Best of All Lookout (Springbrook National Park, via Repeater Station Rd)
4. Springbrook National Park
5. Tallebudgera Creek (Tally Creek to the locals)



# WELLBEING...

## BEACHSIDE BIKIN'

**PEOPLE COME FROM FAR AND WIDE TO VISIT OUR BELOVED GOLD COAST, AND FOR GOOD REASON – WE'VE GOT SUN, SURF AND MILES AND MILES OF PRISTINE SANDY COASTLINE, ALL RIGHT AT OUR FRONT DOOR. AND CONTRARY TO POPULAR BELIEF, THERE IS STILL PLENTY TO DO HERE IN THE WINTER.**

If you're keen to see the GC from a new perspective, have some fun on dry land or simply get that fresh, salty air into your lungs, you might want to give one of our many beachside bike tracks a go.

### DARREN SMITH MEMORIAL ROUTE

Declared one of the best bike tracks on the Gold Coast, this 48km stretch of pavement is definitely not for the faint of heart. Named after the Olympic cyclist who was tragically killed when he was struck by a vehicle on a training ride, the Darren Smith Memorial Route runs from Paradise Point right down to the Captain Cook Memorial at Point Danger, near Coolangatta, giving you an unrivalled view of the GC coastline along the way. There are plenty of beachside stops along the way, meaning you can break up the ride with a spot of sunbaking or body surfing.

### GOLD COAST OCEANWAY

If the monstrous Darren Smith Memorial Route sounds a bit daunting, why not try its baby brother – the Gold Coast Oceanway? Whether you're a Gold Coast local or have visited the city a handful of times, you've probably strolled along

the Oceanway without even knowing it. Starting at Point Danger and finishing up at the Gold Coast Seaway at the end of the Southport Spit, the Oceanway tracks 36km of coastline, made up of a series of sections dotted with viewing platforms, public barbecue areas, playgrounds and cafés. Pick a portion of it or attempt the Oceanway in full – just remember to reward yourself with a smoothie or coffee when you're done.

### MAIN BEACH TO THE SPIT

Starting at the Southport Lifesaving Club and tracking north, this route – also known as Federation Walk – will take you right alongside the beach, under the sand pumping jetty and all the way up to the Spit wall, or the Gold Coast Seaway. Comprised of both bike path and an off-road bush track, this route is perfect for families wanting to try something a little different, or anyone wanting some fresh prawns purchased from the fishing trawlers for lunch.

## GET ON YOUR BIKE

... or borrow someone else's! There are so many bike hire places along the Gold Coast, meaning it couldn't be easier to go for a spontaneous bike ride on a sunny winter's day. Check out our picks below:

**Crooze Electric Wheels** at Broadbeach offer all the fun of biking, without the hard work. You can hire electric bikes for adults and children, plus seats and trailers for little ones, for a few hours or a few days at a time. [www.croozeelectricbicycles.com.au](http://www.croozeelectricbicycles.com.au)

**Beach Bikes** have established themselves as one of the best bike hire spots on the Gold Coast. You can hire traditional bikes for adults and children of all ages, with seats, trailers and tagalong bikes also available. As a mobile bike delivery service, Beach Bikes bring the bicycles to you. [www.bikehiregoldcoast.com.au](http://www.bikehiregoldcoast.com.au)

Starting your bike ride a little further south? **Storm Cycles** at Tugun are your go-to. With road, hybrid, electric and cruiser bikes available to hire or buy, Storm Cycles are sure to have the perfect bicycle to suit your needs – whether you're in it for half a day, a week or want a bike for life. [www.stormcycles.com.au](http://www.stormcycles.com.au)



# WELLBEING...

## BEND & STRETCH

WHETHER YOU'RE A CERTIFIED YOGI OR YOU HAVE TROUBLE TELLING YOUR SHAVASANA FROM YOUR SARVANGASANA, LISTEN UP! HERE'S WHERE YOU CAN BEND, STRETCH AND 'OM' ON THE GOLDIE WITHOUT SPENDING A CENT! TRUE!

That's right – we've done the legwork so that you can do your own legwork (and more) on a yoga mat at different spots throughout the Gold Coast, every day of the week. Here it is: Your week in yoga, completely free of charge.

### MONDAY

Mondays are hard enough without throwing early morning exercise into the mix. That's why the free yoga class with Madonna from Zen Soul Yoga is perfect – it starts at the incredibly civilised time of 6pm. Long day? Kids driving you crazy? Head straight to Pacific Pines Community Hub in Waijin Park, on Pacific Pines Boulevard in, you guessed it, Pacific Pines, to de-stress and unwind... literally. There's nothing a bound forward fold can't fix.

### TUESDAY

There's no better way to start the day than with some outdoor yoga, and this class with Essence of Living offers exactly that. The session kicks off at 6am at Len Wort Park in Currumbin – a favourite for weddings, this beachfront space is the best place to be when the sun comes up. And there are plenty of cafes nearby, so that post-yoga coffee is totally justified.

For the late risers, the Robina Australian School of Meditation and Yoga has you covered. Their 9am and 11am classes in the Robina Community Centre are perfect when you need that little bit more time to sleep in. And if you love the class, you can come back on Thursdays, too!

### WEDNESDAY

Pacific Pines locals, you're in luck – Madonna from Zen Soul Yoga on Mondays also hosts another free class on Wednesdays at 6pm, this time at Pacific Pines State High School.

Head south to the Country Paradise Parklands in Nerang and you'll be able to join in on another one of the Australian School of Meditation and Yoga's free classes. Flexibility is an important part of yoga, after all.

### THURSDAY

By Thursday, you're probably ready for another early morning yoga class. Good thing Fitness First Broadbeach hosts a 6.30am session at the beachfront venue of Kurrawa Terrace on Old Burleigh Road, Broadbeach. These classes are on from January to June and September to December, and aren't just for Fitness First members.

A little later in the morning, the Australian School of Meditation and Yoga host another session, this time starting at 9.15am at the Southport Community Centre on Lawson Street in Southport. Plus, don't forget about ASMY's other 9am and 11am classes in the Robina Community Centre – so many options!

### FRIDAY

After a chaotic week, there's nothing quite like a bit of yoga to get you feeling weekend-ready. Thankfully, Essence of Living host a free yoga session at 10.15am on a Friday, so head down to the Carrara Community Centre on Nielsens Road to squeeze in one more class for the week!

### SATURDAY

Unless it's a 'hike' to the nearest brunch spot, we're normally firmly against exercise on the weekend. But when there are a few free yoga classes to check out around town, a Saturday morning workout seems almost appealing, right? Early-risers can get their fix at 6.30am with Quicksilver Boardriders, at Queen Elizabeth Park in Coolangatta.

Further north in Jacobs Well, you can score a free yoga class with Alison Pryce from Enhance Your Life PT. Running out of Harrigan's in the Calypso Bay Marine Village at 9am, this is your last chance to get some free yoga in for the week – don't miss out!

# SHOP...

## OFF TO MARKET

HERE ON THE GOLD COAST, WE LOVE A GOOD MARKET. THE FRIENDLY FACES, THE HANDMADE PRODUCTS AND THE SMELL OF COOKING WAFTING THROUGH THE AIR... WE'VE COMPILED A LIST OF OUR MARKET FAVES. CONSIDER YOUR WEEKEND SORTED.

### THE VILLAGE MARKETS



It just wouldn't feel like Burleigh without the Village Markets. Created in 2008 as a platform for local emerging designers, artists, creatives and collectors, the markets quickly grew to become quite the community affair. Find handmade and vintage clothes, upcycled furniture and a tonne of other goodies.

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

Burleigh Heads State School  
8.30am-1pm, first and third Sunday of the month

### THE GREEN MARQUEE

The Green Marquee is a Gold Coast Markets, Weddings and Specialty Events company focused on all things sustainable, handmade, eco and natural. Once a month, The Green Marquee becomes a marketplace that features art, fashion, homewares, food, live music and kids entertainment. With stalls selling everything from recycled fashion, homewares and art to beauty products, food and (most importantly) coffee, The Green Marquee is the place to be for Gold Coast locals and eco-warriors alike.

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

2 Village Way, Currumbin Valley  
2-7pm, second Saturday of the month



### SURFERS PARADISE BEACHFRONT MARKETS

There's no question that the Surfers Paradise Beachfront Markets are perfectly positioned. Set along that wide, inviting foreshore footpath, with an abundance of amazing restaurants just across the road, and those ah-mazing beach views, the market is popular with international tourists, short-stay visitors, after-dinner diners and locals alike. Held each Wednesday, Friday and Sunday, there are up to 130 stalls along this 800m foreshore stretch with live entertainers bringing the fun. You'll find a wide variety of stall holders here – pick up fashion and jewellery, exotic shells, art, unique homewares, artisan foods and more. You can score Dad that cane toad wallet he's always wanted, get your own hand made into a wax sculpture or maybe even encounter an exotic bird – and everything else in between! And here's a hot tip: Call into the Beachfront Markets marquee for discount vouchers and info on what there is to do around town, before and after your market experience. Keep an eye on their Facebook page for info and updates.

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

Surfers Paradise foreshore  
4-9pm, Wednesdays, Fridays and Sundays



# SHOP...



Scotch & Soda from Flynn's Gallery

RETAIL THERAPY NEVER LOOKED SO GOOD OR HAS BEEN MORE CONVENIENT THAN AT THE OASIS. ENJOY SHOPPING IN UNIQUE AND BESPOKE BOUTIQUES WITH PERSONALISED SERVICE –

## Your Fashion Oasis

THERE'S FASHION FOR ALL FROM CASUAL THREADS THROUGH TO EVENING WEAR, PLUS A GREAT RANGE OF FOOTWEAR AND ACCESSORIES. YOUR ONE-STOP FASHION SHOP!



Pasduchas, available at Gearbox Boutique



8 Birdies fur coat from Venus & Apollon



David Smith men's shirts at Matrixx



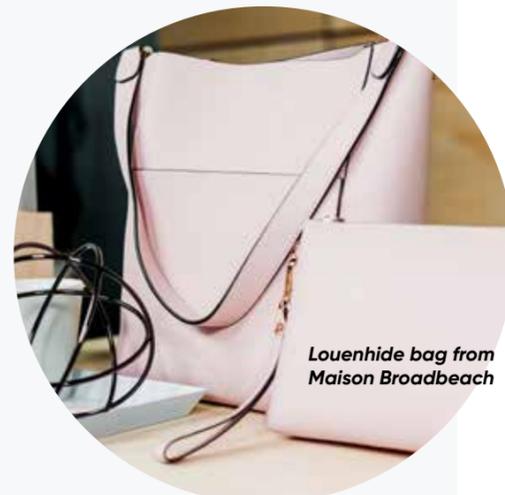
Brave + True, available at Style Collective



Pasduchas dresses from Gearbox Boutique



Galani boots, made in Portugal and available at Flynn's Gallery



Louehide bag from Maison Broadbeach

The Oasis Broadbeach Shopping Centre is at 75 Surf Parade, Broadbeach. Visit [www.oasisshoppingcentre.com](http://www.oasisshoppingcentre.com)

# WHAT'S ON...

## WINE TIME!

WINTER IS HERE AND WITH IT RETURNS GOLD COAST'S EPICUREAN-STYLE WINTER WINE FESTIVAL AT THE MULTI AWARD-WINNING SANCTUARY COVE, ACROSS THE WEEKEND OF JULY 28-29.

Food and wine lovers are invited to rug up to revel in wintry delights and enjoy all things wine as Sanctuary Cove's Marine Village is transformed into an enchanting vineyard-inspired winter wonderland in celebration of the season's finest drops.

Returning for its third year and proudly presented by Sanctuary Cove, the annual Winter Wine festival will see guests follow an indulgent wine trail throughout the Marine Village to taste a selection of full-bodied reds and crisp whites, while enjoying the top champagnes from across the globe, special wine appreciation events, fine dining and live music.

Map in hand, the trail will allow guests to meander throughout the Village, stopping in at its award-winning restaurants and fittingly-themed supplier pavilions to sample decadent drops. Showcasing labels from local, national and international regions, guests will be able to taste and buy from a wide range of wines on display using a coupon-based redemption system along the wine trail.

Head of marketing and events at Mulpha Sanctuary Cove, Johan Hasser says Winter



## Top drops

For the wine aficionados amongst us, here are some of the wineries you'll experience at Winter Wine:

- Woodlands from Margaret River
- Mountadam from Eden Valley
- Serafino and Cape Barren from McLaren Vale
- Vinteloper from Adelaide Hills

Wine had evolved to become a permanent highlight of the destination's seasonal events calendar, appealing to the tastes of many.

"Whether you are a wine lover or a sommelier, the festival offers a charming vineyard-inspired setting to escape the cooler weather and enjoy some of the best wines from all over the world without having to leave the coast," Johan says.

"Guests can journey through the Village sampling drops from the extensive list of Australian and international winemakers on show, while enjoying informative and engaging wine-appreciation events as well as live entertainment across the weekend."

Johan says there are prominent personalities from the wine industry travelling from all over Australia to attend Winter Wine. The festival runs from 11am-6pm both days. Entry is free, however, there are also ticketed events including a wine dinner on July 27 (with six wines matched to six dishes) at the InterContinental Sanctuary Cove Resort – check out the full event program online.

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

## The winemakers

Meet these leading winemakers at Winter Wine:

- Matt Wenk from Smidge Wines
- Stuart Blackwell from St Hallett
- Richard Done from Bimbadgen
- Tom Northcott from Howard Vineyard



# WHAT'S ON...

## JUN 30-JUL 8



### SCENIC RIM EAT LOCAL WEEK

For seven years, Scenic Rim's Eat Local Week has been the best celebration of all of the fresh produce that the region has to offer, and this year will be no different. With more than 90 events – from farm tours to gourmet dinners – between Tamborine Mountain and Peak Crossing, there will be plenty to sip, nibble and see.

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

## JUN 30

### NEIL FINN

HOTA presents 'Neil Finn with Orchestra: Out of Silence', a spectacular performance by one of the world's greatest song-writing masters and the front man of Crowded House, Neil Finn. Enjoy a whimsical journey paying tribute to Finn's recent album under the stars, at HOTA's magnificent outdoor stage.

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



## JUL 28-29



### WINTER WINE

Don't let the cold weather stop you from getting out and about in July. If you needed a reason to rug up and visit Sanctuary Cove, Winter Wine will be it! The Marine Village will be transformed into an enchanting vineyard-inspired winter wonderland with an indulgent wine trail providing visitors with the opportunity to taste a selection of full-bodied reds and crisp whites, while enjoying top champagnes from across the globe, special wine appreciation events, fine dining and live music.

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

## AUG 23-26



### GYMPIE MUSIC MUSTER

For 37 years, the Gympie Music Muster has delivered true, grassroots country favourites in a star-spangled line-up – and this year will be no different. Join Lee Kernaghan, Troy Cassar-Daley, John Williamson and so many more in this celebration of Australian country music talent and community spirit.

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

## JUL 26-29



### GROUNDWATER COUNTRY MUSIC FESTIVAL

Formerly known as the Broadbeach Country Music Festival, Australia's fastest-growing country music festival has announced its 2018 line-up – and boy, are we in for a treat. The McClymonts, Granger Smith, Adam Harvey, Bill Chalmers and loads more will descend upon Broadbeach for this unmissable (and completely free!) event.

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

## AUG 25-26



### BURLEIGH BBQ CHAMPIONSHIPS

Come one, come all to an event like no other – 50 Australian and US competition BBQ teams battling it out on North Burleigh Heads Esplanade to win the first ever 'Brisket Challenge'. From the 'pit yard' to the trade area, plus a tonne of market stalls, there's sure to be something to suit every appetite.

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

## AUG 31-SEPT 2



### GOLD COAST SHOW 2018

The Gold Coast Show will be held at the Broadwater Parklands and Owen Park Southport from Aug 31- Sept 2 and will be completely FREE to attend. Catch all your favourites such as equestrian, cattle, dogs, side-show alley, woodchopping, baby animal farms, pig racing, arts and crafts, camel rides on the beach, live music, show food, incredible roving entertainment, fireworks, the gigantic Showbag Pavilion and LUMINOCITY Festival illuminating the city like never before.

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



## JUN 30-JUL 1

### 40TH GOLD COAST MARATHON

Now in its 40th year, the Gold Coast Marathon will kick off on Saturday, June 30, and run – pun intended – until July 1. With 25,000 participants expected to tackle the flat, fast and scenic course, the world-class international event will comprise eight races, including the ASICS Half Marathon, the Wheelchair Marathon, two Junior dashes and the Gold Coast Marathon itself. Will you be there?

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

### UNISPORT NATIONALS

## JUL 1-5

Australia's largest multi-sport event series for university athletes will hit the Gold Coast in July, with students from 42 universities going head-to-head in a number of national-standard sports.

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



## SEP 14-23



### SWELL SCULPTURE FESTIVAL

Around 275,000 visitors are expected to view the creations of nationally- and internationally-renowned artists, exhibited as part of SWELL Sculpture Festival at Currumbin Beach. Also on the agenda for the 10-day festival are masterclasses, art activities for kids, sculpture workshops and performances by local musicians.

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

# WHAT'S ON...

## REGIONAL FLAVOURS TURNS 10

CALLING ALL FOODIES – IT'S ALMOST THAT TIME OF YEAR AGAIN. ON JULY 21-22, YOUR FAVOURITE CELEBRITY CHEFS, FOOD STALLS AND LIVE PERFORMANCES WILL TRANSFORM BRISBANE'S SOUTHBANK PRECINCT INTO A HUB OF ALL THINGS TASTY FOR THE TENTH YEAR IN A ROW.

It's the Sunshine State's 'must do' food and wine festival and, this year, Regional Flavours will pack a serious punch. With a focus on all things fresh, the free festival is a unique celebration of Queensland's best eats and drinks and truly has something for everyone.

An impressive line-up of celebrity chefs and cookbook authors – we're talking everyone from MasterChef Australia's Gary Mehigan and The Living Room's Miguel Maestre to Sarah 'I Quit Sugar' Wilson and Jessica Sepel – will descend upon Brisbane for the weekend of July 21-22, doing cooking demonstrations, talks and book signings.

One must-try beverage at this year's festival? Merlo Coffee and Fortitude Brewing Co.'s ground-breaking new product, the Pot Shot Ale. A beer-coffee hybrid, the fruity flavours of the Kenyan coffee bean balances against the beer for a drink that has to be sipped to be believed.

"Drinkers will get more of a coffee aftertaste with Pot Shot Ale than a big, bold punch of coffee flavour," says Dean Merlo, founder of Merlo.

As the day wears on, you can swap your coffee-flavoured beer for a cocktail at the popup riverside bar, wander down the rows of street market stalls for a bite to eat. With so much to see, do and taste, make sure you're up-to-date on all things Regional Flavours.

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



### Whats On

#### ALL WEEKEND

- Free live celebrity & local chef cooking demonstrations
- Free kids activities
- Over 80 market stalls with fresh Queensland produce and wares
- Live music
- Luxe pop-up bar & bistro & more!



# WHAT'S ON...

## MIAMI MARKETTA

Words: Belinda Glindemann

WE ALL KNOW MIAMI MARKETTA IS MECCA FOR DIVERSE FOOD OPTIONS. BUT THE MUSICAL ACTS ARE ALSO DRAWING BIG CROWDS.

Miami Marketta has established itself as a haven for Gold Coast food foragers and chilled after-hours drinks, but it's the music scene that's becoming a real drawcard for Marketta crowds.

Miami Marketta music director Melissa de Regt prides herself on providing the Marketta masses with a variety of options.

"Each event will always have a different vibe," Mel explains. "At our Wednesday mid-week Marketta, we have a resident Brazilian band, Bossa Trio. Our Friday and Saturday Street Food nights offer a really eclectic group of genres from Blues to Ska to Reggae. We chose bands we think will complement the festival vibe on the weekend. People can come eat some food and then have a boogie to end their night."

And boogie they do. Especially when the musical menu is this good.

"We have had some amazing acts come through – some of the most memorable would have to be Sublime with Rome, The Growlers, Allah - Las, Meg Mac, Amy Shark, Boy & Bear, The Cat Empire, Vera Blue, Client Liaison and Ocean Alley," Mel says.

Miami Marketta really offers the well-rounded night out, where Gold Coast visitors are encouraged to hang with



locals on communal tables, learning the secrets (straight from the horses' mouths) behind what makes our patch of paradise so unique and compelling.

"I think because we have such a community vibe here, anyone can feel like they are welcome," Mel agrees. "We also have all the elements of a good night out – good food, great music and even greater cocktails. It's a more unique going-out experience."

Mel says Marketta is great for young families who come for an early dinner and let the kids dance and socialise. It's also a popular meeting point for groups looking for a total night out – they will start with a bite to eat, then a delicious cocktail or three, and stay on for the band. Otherwise, Mel says Marketta offers a nice, social, relaxed date destination for couples to grab a dessert and a wine. "It's a win on all levels," Mel says.

While Mel has played a role in Miami Marketta hosting some amazing acts already, there are a few key targets on her wish list. And she says she's happy to dream big, for the benefit of the crowd.

"It would be amazing to have Aussie legends perform here, like King Gizzard and the Lizard Wizard, Gang of Youths and Aussie royalty like Nick Cave and the Band Seeds!" she says.

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

### Whats on at Miami Marketta

#### JUNE 30

The After Hours Cabaret Club. They've got enough sass, charm and decadence to power a moonshine distillery. Where the hottest burlesque, cabaret, sideshow and circus stars let loose.

#### AUGUST 23

The Preatures. Off the back of an arena tour with Harry Styles and headline festival spots, The Preatures are heading to Miami Marketta on their biggest regional tour to date.

#### SEPTEMBER 1

Chocolate Starfish play 'KICK' by INXS. With their powerhouse performances and magnetic stage presence, the 'Fish are a perfect fit to bring this much-loved album to the stage.

STAY...



## PRECIOUS GEM

THE COUNTDOWN UNTIL THE COVETED RUBY APARTMENTS OPEN THEIR DOORS IS OFFICIALLY ON! SCOUT WAS LUCKY ENOUGH TO GET A BEHIND-THE-SCENES AT ONE OF THE GOLD COAST'S MOST ANTICIPATED ADDRESSES TO SEE EXACTLY WHAT'S IN STORE FOR YOU ON YOUR NEXT FAMILY HOLIDAY – YOU CAN THANK US LATER.



scout



It's been described as a "billion-dollar game changer", and after a peak at one of the luxurious two-bedroom suites in the Ruby Apartments – due for completion in early November – you'll know why.

The latest project by Ruby CEO David Brook, the Ruby Apartments are set to deliver an unprecedented level of class and comfort to the Gold Coast's world-famous shoreline. Having just finished the fit-out of the first of many two-bedroom apartments, David believes the look and feel will certainly raise the standard for holiday accommodation.

"With an emphasis on space and design, each apartment exudes a luxurious feel that complements our Gold Coast surrounds," says David. "The use of teal and earthy tones brings together the ocean and hinterland, and our bedspreads form a ripple like the ocean. The rose gold accents throughout each apartment are modern yet timeless touches and drawn from the inspiration of our namesake – Ruby."

The first tower, which is currently under construction but making excellent progress, will feature 243 apartments and villas boasting either ocean or hinterland views. All will include a full kitchen, comfortable lounge and dining areas, a private ensuite with shower and all of those nice little extras – USB charging points, smart TVs that can be paired with guests' own devices, complimentary Wi-Fi and easy access to Ruby's own digital concierge.

The first tower, which is scheduled to be open for business on November 5, will be one of four 5-star towers. Named the Ruby Collection, the luxury accommodation will live up to its motto – "we don't do ordinary" – bringing a level of service and amenities that literally tower above the rest. Traditional customer service roles will be transformed with Ruby Ambassadors providing a more multi-faceted and personalised approach to hospitality.

The result? A fun, relaxed atmosphere catering perfectly to the modern family, with spacious living areas, easily-accessible amenities and all of the comforts of home, plus so much more. Book your Christmas holidays now!

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

# WHAT PRECIOUS GEM WILL YOU DISCOVER?

Introducing the Gold Coast's newest luxury family accommodation. Where family-friendly facilities and innovative features meet subtle elegance and understated style. These spaciouly designed apartments and sky suites combined with modern facilities and cutting-edge features will provide an exceptional holiday experience and a place for families to relax and unwind while creating precious memories in the heart of the Gold Coast.

**OPENING NOVEMBER 2018**



*We Don't Do Ordinary*

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

+61 7 5579 4488 | 9 Norfolk Ave, Surfers Paradise Qld 4217



THE  
ruby  
COLLECTION  
GOLD COAST AUSTRALIA



# DAY TRIPPIN'...

## NATURAL WONDER

**LOOKING FOR A COUNTRY ESCAPE THAT YOU CAN DO IN A DAY FROM YOUR GOLD COAST BASE? TOOWOOMBA RESIDENTS ARE IN NO DOUBT THAT THEY LIVE IN ONE OF THE MOST PICTURESQUE PARTS OF OUR COUNTRY. GET OUT AND EXPLORE IT WITH THEM THIS WINTER.**

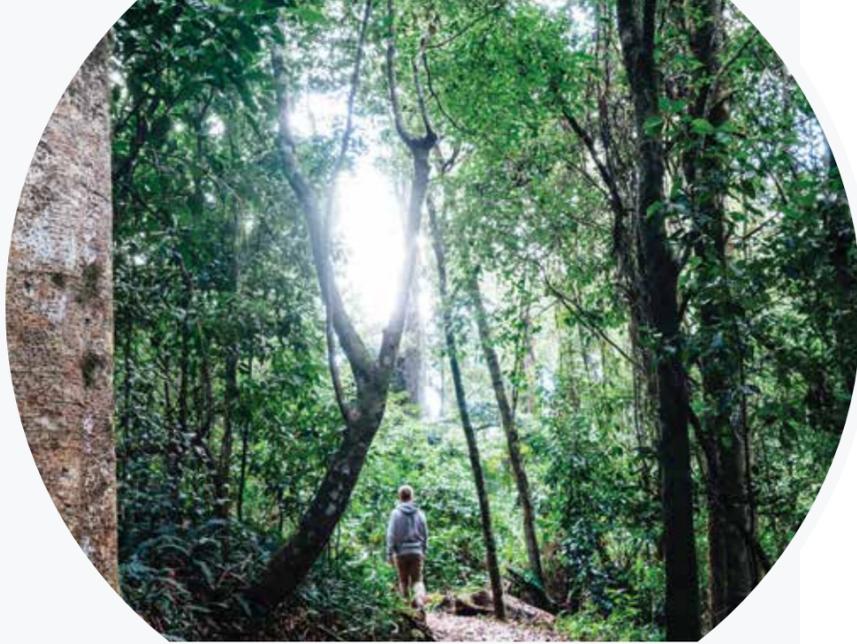
There's no better time of the year than winter to hit the Warrego Highway and explore Southern Queensland Country. With the days so mild, it's actually worth ditching the car and pulling on your sneakers for an up-close-and-personal experience, on foot, with this area's natural wonderment. We spoke to Southern Queensland Country Tourism to find out the best short walks in and around the greater Toowoomba area this winter. Stretch your body, your mind and most of all, your soul with these Top 7 short walks.

### 1. QUEEN MARY FALLS

Move over Meghan, you'll feel a little like royalty yourself meandering along the Queen Mary Falls Circuit in this section of Main Range National Park, 64km south-west of Boonah. This Class 3 walk is 2km long and takes about 40 minutes. In that time, you'll encounter changing flora from eucalypt to rainforest. The Queen Mary Falls lookout affords views of the 40m plunging Spring Creek which eventually joins the Condamine River and is the perfect place from to snatch some travel snaps.

### 2. SCENIC CIRCUIT, BUNYA MOUNTAINS

There's good reason they call this route the Scenic Circuit. This 4km trek, which takes about 80 minutes, is one of the most popular on the Bunya Mountains due to the diversity and views it offers. The start is conveniently situated at the Dandabah picnic area from where you'll walk through a forest of Bunya pines. Make sure you stop for a photograph as you pass through the giant strangler fig, before continuing on to some pretty rock pools and Tim Shea falls. Pause at Pine Gorge lookout you'll be over to survey the South Burnett below.



### 3. THE PYRAMID, GIRRAWEE NATIONAL PARK

There are 11 different walks from which to choose in Girraween National Park, but one of the most popular (if you have the stamina) is The Pyramid, a 3.6km, two-hour trek incorporating eucalypt forests, rocky outcrops and grassy flats. In the end, it's all about the view from the top – of Balancing Rock, the Second Pyramid and over the national park itself.

### 4. GOVERNOR'S CHAIR LOOKOUT, SPICERS GAP

It all sounds a bit posh really and, in fact, if you track back through the history, it is. Situated in Main Range National Park, this is not a long walk, just 300m return, but it's one of importance. There's a huge rock called Governor's Chair, which affords views over the Fassifern Valley, and is reportedly where early governors themselves would take a rest when travelling throughout Queensland.

### 5. TOOWOOMBA'S GARDENS

There are three gardens and parks worth a short walk in Toowoomba, after all, you are in Queensland's flower capital. While Queen's Park is considered the city's centerpiece, there are 3km of paths and 230 species of Japanese and Australian native trees in the Japanese Garden, and the Newton Park State Rose Garden boasts more than 1500 roses, which are well worth wandering around.

### 6. RUSSELL ST SELF-GUIDED WALK, TOOWOOMBA

Not a nature trek in any sense but one of history, you'll find plenty of ancient landmarks and architecture along Toowoomba's Russell Street. It will take you a lazy hour to wander past the Railway Station, through Kensington Street and on to the shop fronts in the city centre that hark back to yesteryear.

### 7. BALD ROCK CREEK CIRCUIT

Situated within Girraween National Park, this 2km trek takes one hour and is considered a snapshot of this park's finest features. You'll see plenty of feathered, furry and the odd scaly animal or two along the way, but don't be scared, we can assure you they're more frightened of you. Girraween itself means "place of flowers", so you'll see plenty of them as well.

scout

# DAY TRIPPIN'...

## BYRON BAY IN A DAY

**IT'S BOTH A CULTURAL HUB AND A PLAYGROUND OF NATURAL WONDER, AND JUST A SHORT DRIVE FROM THE GOLDIE. THE LAID-BACK MECCA THAT IS BYRON BAY IS THE JEWEL OF THE NORTHERN NEW SOUTH WALES COAST. OH, AND IT'S HOME TO A HOLLYWOOD CELEBRITY OR TWO!**



### BITES

One of Byron's most loved eateries is The Pass Cafe. Situated in Arakwal National Park and overlooking the Pass Beach and surf break, the staff here serve up food that's even better than the view. The diverse menu boasts everything from banana and toasted coconut pancakes to lemon pepper barramundi fillet, and just about everything in between. Enjoy a long breakfast or lunch here while taking in the scenery, or simply grab a cup of quality coffee to go. The Farm Byron Bay is another must-do. Think rolling acres of green working farmland, a menagerie of farm animals to watch and enjoy, and food worth driving interstate for! Eat at Three Blue Ducks or order a picnic hamper to enjoy on your chosen patch of cool grass under one of the inviting shady trees. And don't forget to grab an artisan loaf from The Bread Social and some sustainably produced local pantry goods on your way home.

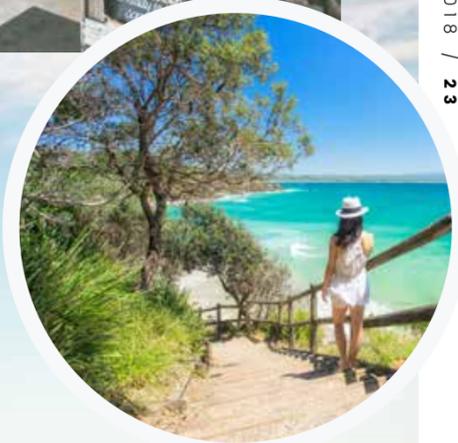


### SIGHTS

Cape Byron Lighthouse is perched on the Australian mainland's eastern-most point. The outcrop is a great place for a hike, while the lighthouse itself is steeped in history – it's also Australia's most powerful lighthouse! If you time your visit well, the walking track is a great location to watch migrating whales right now! They be hanging around Byron Bay between June and October each year. Remember, a long morning walk is best enjoyed with a big breakfast waiting at the end...

### SHOPPING DELIGHTS

The unique boutiques dotted along Byron Bay's main streets will keep your retail therapy under control for hours – days, even! For the fashionista, Spell Byron Bay is definitely not one to miss. The dreamy collection of Bohemian-inspired clothing truly embodies the Byron lifestyle, and floating around in one of their dresses will have you feeling like you're on summer holidays long after you've returned home. They also stock children's clothes, meaning your Christmas and birthday presents for the grandies are sorted.



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# ADVENTURE...

## THE ULTIMATE STAY-CATION

FANCY A MORNING HIKE THROUGH RUGGED, BREATHTAKING MOUNTAIN SCENERY, LUNCH ON A LITERAL CLIFFTOP, A SPOT OF ARCHERY OR ABSEILING, ALL BEFORE RETREATING TO YOUR OWN PRIVATE RAINFOREST SANCTUARY? YOU'LL FIND ALL THESE ADVENTURES (AND MORE) JUST AN HOUR FROM BROADBEACH.

Since 1933, Binna Burra Lodge has provided a place for people to experience the beauty of the heritage-listed Lamington National Park rainforest. While a lot has certainly changed since Arthur Groom and Romeo Lahey founded the destination 85 years ago, the environment is still what Binna Burra Lodge is all about.

Your iPhone or laptop may not be essential for your stay at Binna Burra Lodge, but a sense of adventure certainly is. With a tonne of family-friendly activities available – from 'wild' hikes and flying foxes to archery and ropes courses – there's no better place to test your limits and get out of your comfort zone. Whether you get your adrenaline-fix by abseiling down cliff faces or challenging your brain and endurance with some orienteering, Binna Burra has something for you to try, seven days a week.



scout

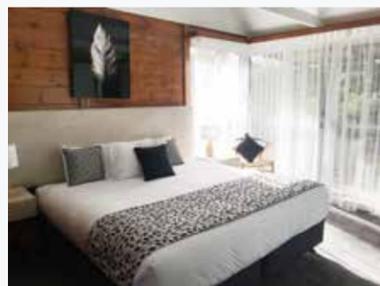


"The great thing about our property is the mix of accommodation which suits all budgets,

from camping in the bush to our award-winning Sky Lodge apartments. There is something for everyone," David Smith, General Manager.

But Binna Burra isn't just about reconnecting with your own family – there is a strong emphasis on forging new friendships, too. The stunning Clifftop dining room, perched on the edge of the Coomera Valley, stays true to Binna Burra tradition by encouraging communal dining, allowing guests to converse with friends both new and old. Whether you're fuelling-up for a day of adventuring or winding down watching the sunset, there's really nowhere quite like the Clifftop dining room – you can even order packed lunches to take with you for the day. And for lunch or a more low-key dinner, the picturesque Lamington Tea House and the great barbecue facilities are also available to guests.

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



### THE ROSEWOOD ROOMS

If it's a romantic weekend away that you're after, Binna Burra's recently remodelled Rosewood rooms are for you. Fully-equipped with a king-size bed, a private verandah, bar fridge, ensuite bathroom and your choice of either mountain or rainforest views, the Rosewood rooms provide the perfect couples retreat. A soft take on contemporary classic style, the Rosewood rooms feature exposed stone and wooden beams, high ceilings and wooden-caged pendant lighting. From the private verandah, guests can snuggle up to watch the sunrise, as it warms and brightens the room. For the lovers looking for a romantic getaway, or friends seeking a rainforest retreat, the Rosewood rooms are the perfect sanctuary – without the hefty price tag.

# ADVENTURE...

## WINTER WELLNESS GETAWAY

Words: Keeley O'Connor

EMBRACE THE COOLER DAYS WITH A TRIP OUT WEST. THERE'S ACTUALLY NOTHING BETTER THAN GETTING YOUR DOSE OF WINTER WELLNESS BY RECHARGING IN NATURE AND ONE OF THE BEST PLACES TO DO JUST THAT IS SPRINGBROOK MOUNTAIN

There is something compelling about an adventure into our Gold Coast hinterland to get your winter fix. It's generally a simple matter of packing the car with your winter woolies, some red wine, cheese, grapes, crackers and those all-important ingredients to make s'mores and then hitting the road.

With our backs to the ocean, we headed towards Springbrook Mountain. One definite pit stop that you have to make on your trip west is The Fudge Shop Springbrook on Lyrebird Ridge Rd. Made daily, there are 35 flavours available and this fudge is simply delicious! There's also coffee, drinks and souvenirs here to snatch up, if you so desire.

It was rainy on our getaway weekend, so we couldn't fully take in the 'best of all lookouts' due to clouds but, if the weather's kinder to you, don't miss Twin Falls Circuit walk to see the stunning Purlingbrook Falls. There are actually so many good walks to do out this way, it's hard to choose just one. I'd encourage you to put them ALL on your bucket list and promise yourself you'll get through that list, one day.

The destination for our winter wellness getaway was The Mouses House. This property consists of 14 chalet cabins nestled throughout the World Heritage Listed Springbrook National Park. Hidden in the bushland, we followed a quaint trail to our chalet (each of the chalets are uniquely named after the seven dwarfs which was a quirky touch!). These cosy chalets offer all the comforts of home and you've also got movies on demand so bring your ugg boots and settle in. We read books on the verandah while listening to the creek bubble away nearby and fell asleep to the pitter patter of rain on the roof of our chalet. In fact, the sounds of



nature were amazing here. Birds were endlessly chirping and kookaburras welcomed us with their iconic song.

Kindling, newspaper and wood was all set up for us to light up the fireplace on arrival. We came prepared and mastered our own version of the s'more with Scotch Finger biscuits, Lindt chocolate and marshmallows. That's where the name comes from, I guess – we wanted s'more!

The electric blankets were divine, heating our lush beds, in fact the digs were really comfortable. The spa bath allowed us to soak away the stresses of life, and there was even enough room for the kids to hop in! If you're brave enough, there is a communal hot tub you can walk to from your chalet and a fresh rainwater plunge pool for before and/or after your soak – it was invigorating alright! Brrrr...

If you are looking for an enchanting and peaceful winter wellness weekend close to nature, The Mouses House is a great destination. And the road trip out there from the Gold Coast is all part of the greater adventure.

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

[WWW.EXPLORESRINGBROOK.COM/WALKS](http://WWW.EXPLORESRINGBROOK.COM/WALKS)



scout

## ELSEWHERE...

# PORTLAND: WHERE NATURE MEETS ADVENTURE

THE 12 APOSTLES MAY PROVIDE THAT ICONIC POSTCARD SHOT OF AUSTRALIA'S MOST FAMOUS TOURING ROUTE, BUT IT'S THE COASTAL TOWN OF PORTLAND THAT IS ATTRACTING THOSE OF US WANTING TO 'SCOUT' OUT SOME AMAZING NATURE AND ADVENTURE OPTIONS.

Situated halfway between Adelaide and Melbourne, the coastal town of Portland was the birthplace of Victoria in the early 1800s. Portland's bluestone paved streets are lined with some of the state's earliest buildings, providing a glimpse into its rich colonial past. While history is cool and all, it's the 'wild' experiences of Portland that will have you turning your back on the Gold Coast and (bravely) heading south. For example, it's not unusual to be sharing a footpath with a koala in this relaxed coastal town! Some of regional Australia's best wildlife experiences, including great whale watching, diving gannets and world-class nature walks, will also be on your Portland bucket list.



### Surfing seals

Nature lovers, take note: The neighbouring beach of Cape Bridgewater is home to the only mainland breeding colony of seals in Australia. There are more than 2000 Australian and long nosed fur seals who call this beautiful beach home, lazing most days on the cape rocks or surfing in the waves. Boat tours are available daily or, for those more daring, try a cage diving experience – it's the only place in the world where you can do it! This spot is also frequented by hump back and southern right whales in the cooler months. It is one of the only places in the world where you can see blue whales from the mainland.

### Tuna fishing

Did you know, Portland is Australia's bluefin tuna capital? On any given day hundreds of anglers launch their boats from the town's marina in hunt of this elusive catch. There are more than 30 charter boats ready at your disposal to catch one of the 100kg-plus barrels, something that occurs on an almost daily basis. One recent female angler lured a world record catch with a tuna weighing in at 123kg. The heaviest ever caught was a whopping 176kg!



### Great South West Walk

This 250km trail, which includes 15 shorter day walks, is picturesque and one of the region's biggest tourist attractions. The trail begins at the Portland Maritime Discovery and Information Centre and weaves its way around three capes, taking in four national parks and the neighboring communities of Cape Bridgewater and Nelson. It features Aboriginal heritage sites plus amazing beach, river and bushland walks. A key highlight is the Petrified Forest, a seascape that is like walking on Mars. It's believed that advancing sand engulfed an ancient forest of coastal trees that once covered the sea cliff, petrifying them for all time. The walk is suitable for all ages and abilities and includes amazing camping spots. Photographers take note: You will get the most amazing images along this walk.

### Free camping

Portland has western Victoria's largest choice of free camping sites. Travellers have the option of a central park in inner Portland, just a short stroll from the beach, or can settle into a bush setting. Two popular spots are located on the Glenelg River at Dartmoor's Fort O'Hare and Casterton's Ess Lagoon – both riverside camping areas with picturesque views and town supplies only a short stroll away. There is also a great range of beachside caravan parks or, for something more high-end, set yourself up in a delightful B&B.

### Indigenous history

Situated just outside Portland near the township of Heywood is an ancient indigenous settlement that is more than 6600 years old. The Gunditjmarra culture pre-dates the Egyptian Pyramids and Stonehenge and is Mecca for scientists and historians who travel from across the world to research its eel traps and stone huts. The traps are proof of one of the oldest aquaculture systems in the world. The indigenous community was thought to have been nomadic but this evidence illustrates that the Gunditjmarra lived permanently in the area, farming and harvesting eels and other marine life. And here's a hot tip: It's highly recommended you complete an onsite tour to get the full cultural experience from a local elder.

## But wait, there's more...

Want more out of your Portland holiday?  
Try these ideas on for size:

1. Visit the Portland Maritime Discovery Centre and be amazed by the whale skeleton.
2. Travel on the Portland Cable Tram.
3. Eat locally caught fish and chips on the foreshore and watch the latest catch being hauled in.
4. Have a wine or icecream at the Bridgewater Café after visiting the surfing seals by boat. This café is also your hot tip for easy mainland whale watching – with a great coffee in your hand!
5. Visit the Cape Nelson Lighthouse. Tours are conducted twice daily – you'll be able to mark off gannets, seals and whales from your Portland bucket list all in the one stop!

WWW.IAMPORTLAND.COM.AU



ELSEWHERE...

## SHANGHAI SIGHTS

Words: Anastasia White



**WHENEVER I TELL SOMEONE THAT SHANGHAI IS ONE OF MY FAVOURITE CITIES IN THE WORLD, I'M USUALLY MET WITH A QUESTIONING LOOK, FOLLOWED BY A, "REALLY? WHY?". IT'S BUSY AND CHAOTIC, SURE, AND IT OFTEN HAS A VISIBLE LAYER OF POLLUTED AIR HANGING ABOVE ITS SKYSCRAPERS, BUT THERE'S A CERTAIN CHARM TO CHINA'S BIGGEST CITY THAT LEAVES YOU CRAVING MORE.**

Maybe it's just the shopaholic in me – Shanghai is hands-down one of the best places in the world for fake designer goodies and quirky one-off pieces (more on that later). But between the rooftop bars, the historic architecture and the street food stands that send smoke billowing into the air, I really do believe that Shanghai has something for everyone. With remarkable buildings, gorgeous parks, butt-loads of history and, of course, the shopping, it's little wonder Shanghai is called 'the Paris of the East' (okay, so it's vying for the title with more than 20 other cities, but still...).

### The Sights

Perhaps Shanghai's most recognisable destination is The Bund, a riverside walkway dotted with enormous old buildings that offers a spectacular view of the more modern Pudong district on the south side of the Huangpu River. It was once a hub for international trade, but these days The Bund has everything from rooftop bars – Bar Rouge is a personal favourite – to museums and a weird laser light tunnel ride that takes you underneath the river. If there's one place you must visit along The Bund, it's the Fairmont Peace Hotel – stunning inside and out and the setting of part of Steven Spielberg's World War II film, 'Empire of the Sun', there's no better place to play 'ladies and gentlemen', even if it's just while you walk in and out of the front doors. Enjoy some evening drinks, a bite to eat, then an evening stroll appreciating all of the weird and wonderful buildings Shanghai has to offer. From the Shanghai World Financial Centre – known to locals as the 'Bottle Opener' – and the neighbouring Shanghai Tower, the world's second tallest building, to the famous Oriental Pearl Tower and the Globe Building, it's hard to find a better skyline than the one visible from The Bund.

Imagine Times Square and the Champs Elysees had a baby, and that baby packed up and moved to China – that's Nanjing Lu. Shanghai's premiere shopping street, Nanjing Lu ('lu' means road in Mandarin) stretches from The Bund to Jing'An Temple, offering 5km of hotels, attractions and multi-level shopping centres. It was created during the Qing Dynasty (China's last and longest dynasty) and some of the original shops still stand

today. Ironically, just 2km away, you can visit the residence of the man responsible for overthrowing the Qing Dynasty and forming the Republic of China, as we know it today. The former residence of Sun Yat-Sen, who is considered to be the forerunner of 'democratic' revolution in China, has been turned into a museum, filled with artefacts and information about the former president's life. After poking around there, it's definitely worth taking a walk through the surrounding French Concession area. Distinctively un-Chinese in its architecture, the area is full of colonial brick buildings and plane tree-lined streets and is arguably one of the most beautiful parts of the city – tied only with parks like Fuxing, Gongqing and Xujiahui which are packed with flowers, sculptures and locals practicing tai chi and screaming at trees (seriously).

### The Bites

Tucked away in the French Concession area is Xintiandi, a restaurant precinct offering everything from traditional Chinese, to Mexican, to Green and Safe – part grocery store, part restaurant (with surprisingly good cocktails). Xintiandi could easily take you from breakfast right through to dinner, and even dessert – Pree and Godiva are two superb icecream stores in the area.

Just a few kilometres away is another restaurant precinct that's definitely worth checking out. Taikang Lu is a must-see, albeit difficult to find, labyrinth of alleyways packed with restaurants, cafes, tea shops and other novelty stores. Walk along the uneven cobblestone pathways and you'll find quirky sunglasses, poorly translated souvenir coin purses and the best hot chocolate 'bomb' you'll ever taste at Kommune Café.

### The Shops

I'd be lying if I said that shopping wasn't my main reason for travelling to Shanghai – it's truly spectacular. Seeing as the country's name features on more toys, clothes, bags, shoes and accessories than probably any other, there's no better place to come for all of your cheap knock off and 'I can't believe it's not Balenciaga' needs. While police have been cracking down on stores selling fake wares in recent years, there are a few good markets still standing. My personal favourite is the Science and Technology market, located underneath the Science and Technology Museum in what's essentially the subway station. This market is impossibly huge, and has everything – seriously, you can buy Louis Vuitton luggage and crystal-embellished trucker hats from the same store. Another market worth checking out is the Hongqiao Pearl Market. Whilst significantly smaller than it was in its heyday, the Pearl Market will see you through if it's a Tiffany necklace or a Grey's Anatomy box set (China's video pirates haven't exactly caught on to the whole Netflix thing just yet). If I can offer one word of advice for shopping in the markets, though, it's have your wits about you – ripping you off is the name of the stallholder's game, so offer half of whatever price they originally tell you and go from there.

In sharp contrast to the 'markets of mass production' are the many one-off and custom-made pieces you can score in Shanghai. Changle Lu is Shanghai's 'indie' area, lined with vintage and second-hand stores that can offer quite the bargain if you're willing to spend some time there. You can't always be sure if the items are genuine or not, but you can certainly walk away knowing no one else will be wearing it back home. And for the ultimate one-off, head to the South Bund Fabric Market. It's set up like all of Shanghai's multi-floor markets, but the stores in the Fabric Market look significantly different – they're filled with fabric (go figure) ready to be made into whatever you desire. Prices here aren't necessarily dirt cheap – a skirt will probably cost you \$20-\$50, depending on the style and material – but if you've got a favourite item that you want more of or a design in mind, this is your one-stop shop.

# 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...



**RICHARD FOWLER**  
Announcer at 94.1FM

**Which suburb do you call home?**

Main Beach

**What makes that suburb the best on the GC?** It's close to the beach and also the river and walking distance to all the cafes, bars and restaurants (and staggering distance home again!). It's a relatively quiet suburb. It's a very central location, we often walk into Marina Mirage, Omeros Bros, Surfers or Southport.

**Fave Gold Coast casual dining location? What's on the menu?**

Bistro Chico on Tedder Ave - Darren is amazing! Some of our favourites include the Burnt miso tuna, Snapper tacos + Apple Fennel Slaw or the Confit duck leg with steamed fig pudding for dessert.

**You're planning a fun, local night out with your mates?**

**Which three locations top your list and why?** Harry's Steak House at Burleigh. Then on to the roof top bar Justin's Lane. Then crash the night with friends at Burleigh Beach.

**Best local spot for family hangs and why?** My own balcony at sunset.

**Fave Gold Coast shopping destination?** Pacific Fair and Marina Mirage Farmers Markets.

**Complete this sentence: Only a Gold Coast local knows...** The fantastic drive over the Tomewin Mountain Rd through Currumbin and the views down the other side into the Tweed Valley.



**JEREMY DAVIDSON**  
The Collective, Director

**Which suburb do you call home?** Palm Beach

**What makes that suburb the best on the GC?** So many things... The best stretch of beach between Burleigh and Currumbin for a surf/dog walk/early morning sunrise swim. Amazing cafes, restaurants and bars providing great quality product and service. Awesome friendly people that say good morning with a real smile!

**Fave Gold Coast casual dining location? What's on the menu?**

We are so spoilt for choice right now... Good time to be a Gold Coaster! Some of our favourites are Glenelg Public House for steak, Etsu for Japanese, Mexicali for Mexican and Gemellini for Italian. Or for something different, you should definitely try out Rabbath in Burleigh for middle Eastern food done really well.

**You're planning a fun, local night out with your mates? Which three locations top your list and why?**

We start at Rick Shores (as the sun goes down) with a couple of cocktails and a bug roll or three. Then move to 8th Ave Terrace for dinner accompanied by some great wines. Then head to The Scottish Prince for live music, after dinner cocktails and their insane whisky selection.

**Best local spot for family hangs and why?**

Burleigh Hill on a Sunday afternoon with a picnic, especially when the swell is up, is a pretty magic place. Sitting looking over the ocean to Surfers Paradise while the waves role through and people all hanging out has a really nice vibe.

**Complete this sentence: Only a Gold Coast local knows...**

That feeling when the storm rolls in at about 5pm, sitting by the window or on a balcony, opening a bottle of wine, putting the music on and watching the amazing show that Mother Nature is about to put on!



**GEORGIA HARDING**  
Naturopath, 'Well Nourished' blogger

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

**What makes that suburb the best on the GC?** Stunning beaches, walks through the sensational national park and a great variety of wonderful shops, cafes and restaurants.

**Fave Gold Coast casual dining location? What's on the menu?**

Lunch at Rick Shores - the view is second to none. Bug roll, sashimi, dumplings and a glass of rose.

**You're planning a fun, local night out with your mates? Which three locations top your list and why?**

A sunset drink at the Justin Lane rooftop bar, then downstairs and up the road for a delicious dinner at Jimmy Wahs and if I were to kick on, Cambus Wallace is my kind of bar.

**Best local spot for family hangs and why?**

If the surf's just right, Burleigh Beach - you'll find me under the beach umbrella and the kids and hubby catching waves. If the surf's too big or too small, a walk through the national park to stunning Talle Creek - Burleigh has best of both worlds!

**Fave Gold Coast shopping destination?**

Food shopping is my favourite kind of shopping - I love my Saturday morning weekly shop at Palm Beach Market. It sets me up for an organised, healthy and delicious week ahead.

**Complete this sentence: Only a Gold Coast local knows...**

That we've got it all - bountiful fresh produce, sensational beaches, a stunning hinterland and sparkling winter days!



**MITCH MCCLUSKEY**  
Owner, Etsu Izakaya, Iku Yakitori Bar, Commune Espresso

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

**What makes that suburb the best on the GC?** The strong local community vibe and local business supporting each other. Also the beautiful morning walks along the esplanade.

**Fave Gold Coast casual dining location? What's on the menu?**

Rick Shores for lunch. The best Bug rolls you'll find anywhere.

**You're planning a fun, local night out with your mates? Which three locations top your list and why?**

I'd start with drinks in the afternoon at Hellenika Rooftop bar (the view of the hinterland is amazing), then head to Iku Yakitori bar for some delicious juicy Yakitori and a few whiskies and end the night at Lockwood Bar for their unbelievable cocktails!

**Fave place to stop, relax for 20 mins and enjoy a morning cuppa? And what treat is on the plate beside your hot bevvie?**

Definitely Commune Espresso! We love walking the pram down to the cafe every morning with our little bub. We always try to sit outside in the sunshine in the mornings with a delicious hot filter coffee (and a vegan protein ball too!).

**Best local spot for family hangs and why?** Burleigh Hill. If you've ever been there... you'll know exactly why it's a fave, it's so beautiful.

**Fave Gold Coast shopping destination?** James Street, Burleigh Heads. They have everything you need!

**Complete this sentence: Only a Gold Coast local knows...** Where to find Ping Pong on a Sunday!!



**MARK EVANS**  
Chief executive, Gold Coast SUNS

**Which suburb do you call home?** Nobby Beach

**What makes that suburb the best on the GC?** Nice and quiet but still really close to the beach with a number of great cafes and restaurants.

**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 Yard Cafe in Nobby Beach.

**Fave Gold Coast casual dining location? What's on the menu?**

Etsu in Mermaid Beach and my favourite dish would have to be the Wagyu Gyoza.

**You're planning a fun, local night out with your mates? Which three locations top your list and why?**

Metricon Stadium to watch a SUNS home game (of course!) followed by dinner at Etsu and a quiet night cap at Cambus Wallace.

**Best local spot for family hangs and why?** The walk from Nobby Bach to Burleigh.

**Fave Gold Coast shopping destination?** I'm not a massive shopper at all, but I seem to be able to get everything I need from Pacific Fair.

**Complete this sentence: Only a Gold Coast local knows...** How good the drive to Rainbow Bay is when the wind blows from the south.



**SOPHIE GUIDOLIN**  
Author and fitness model

**Which suburb do you call home?** Burleigh. We own a gym locally (Hold Your Own in Burleigh Heads) so our work, home, shops and school are all very close! We never travel more than 10 minutes and that's why it's great!

**What makes that suburb the best on the GC?** Its laid-back beachside vibes, fitness community and bustling nightlife in summer. It's easy to find a healthy, delicious meal, juice or quick bite and is like stepping into an outdoor gym of constant activity!

**Fave Gold Coast casual dining location? What's on the menu?** I'm a brunch girl, so give me the Paddock mushroom burger, or a Bam Bam Bakehouse special and I am yours!

**You're planning a fun, local night out with your mates? Which three locations top your list and why?** I am all about socialising with food, so my Top 3 would be Justin Lane, The Collective in Palm Beach or Miami Marketta.

**Best local spot for family hangs and why?** That's a hard one. We love the fact that we have theme park passes, and with four kids it is easy entertainment that they all love. We are very much into the movies or a bowling session too - although that's not very 'Gold Coast' given our incredible beaches! Between September and March you will find us at the surf club for Nippers every weekend.

**Fave Gold Coast shopping destination?** Pacific Fair is great based on the abundance of shops it now has on offer.

**Complete this sentence: Only a Gold Coast local knows...** Burleigh Hill on a Sunday is the place to be!

FINNS  
— BEACH CLUB —



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