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Guilt-free Food And Wine Indulgence

Chris Greive

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I have two passions: great food and wine, and the great outdoors. In Australia, from coast to coast, I've combined them into amazing holidays. Two hours southwest of Brisbane, high on a mountaintop surrounded by fantastic views of Queensland's Scenic Rim, is luxurious Spicer's Peak Lodge. The accommodation, cuisine and wine here are world-class – and so are the challenging mountain biking and bush trekking that burn off the calories!

On the opposite side of the continent I recently enjoyed amazing food and wine in a fantastic setting at Vasse Felix Vineyard in Margaret River. The Cabernet Sauvignon was a standout; so too is the surfing in the Indian Ocean and explor-



Vasse Felix winery, Margaret River, WA

ing the region's ancient karri forests and caves. I'm a big fan of scuba-diving on the incredible Great Barrier Reef, which I've enjoyed several times. I'm just as keen on Australian seafood, and for anyone

wanting a real taste of Australia, Barramundi and Moreton Bay Bug (basically a mini crayfish) are must-tries. Swimming and diving, eating and drinking – combining my passions in Australia is guilt-free!



"Hi, I'm Marea, Cabin Crew at Virgin Australia Airlines. We're searching for secret travel discoveries in Australia. Tell us your stories and if voted one of New Zealand's favourites, you could win one of four amazing Australian adventures flying Virgin Australia. Enter now at australiatravelstories.co.nz."

5 Things You Didn't Know About Food & Wine

- 1 From Waitara to culinary stardom, **Ben Shewry's Attica restaurant** in Melbourne was recently rated 21st in the world's top 50 restaurants. With a focus on sustainable and native ingredients, the flavours of Attica literally sing "Australia!" For more incredible Melbourne food and wine experiences check melbournefoodexperiences.com.au
- 2 **Wonders of WA** – Western Australia has many food and wine wonders that includes being the second largest producer of black truffle in the world – second only to its native home in Southern Europe. Exquisite seafood and world class wines are amongst the tasty treasures on offer. gourmetescape.com.au
- 3 **Go Foraging in NSW**. Take to the country for a scenic self-drive through the Blue Mountains and Bathurst to join Central New South Wales' wine and farmplate trail. From Canowindra to Cowra, visit boutique producers and dine at the source. centralswntourism.com.au
- 4 **Chocavino!** The ultimate combination of fine chocolate and fine wines can be found in the Adelaide Hills. Named in CNN's top 10 global adventures for chocoholics. hahndorfhillwinery.com.au
- 5 **Restaurant Australia**. For exceptional food and wine experiences right around Australia click onto restaurant.australia.com and turn your Australian experience into a culinary adventure.

Set Your Culinary Compass To South Australia

It's my first visit to Adelaide and I know I'm in for a treat, but what I'm really keen to test

is the "20 minute city" theory. So I start at the beginning with Adelaide's Central Markets – it's

a must do for any visitor and foodie nirvana. It's also something of a culinary compass on the region as many of the producers sell and share their bounty here. It gives me a taste of what's to come and yes, just 20 minutes out of Adelaide I find myself in the Adelaide Hills. It's a feast for the senses; patisseries, cheese shops, coffee sellers, third generation salami makers, chocolate fountains and of course incredible wines. Given this level of indulgence, I opt for a cycle tour as I head 20 minutes toward the Barossa Valley and pedal my way through the vines, many of which still bear the legacy of their German forefathers and pioneers of the region. Freewheeling in wine and food heaven – sublime!

Rachael Titter

Campaign and Digital Executive, Tourism Australia New Zealand Region



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