

AUSTRALIA ON THE MENU



EPICUREAN
ADVENTURES
ON THE EDGE
WESTERN
AUSTRALIA

ON THE ROAD TO
GOURMET CENTRAL
AUSTRALIAN
CAPITAL TERRITORY

EXPLORE AN
ISLAND OF
GOOD TASTE
TASMANIA

HIT THE
CULINARY
HIGHWAY
NEW SOUTH
WALES

SUBLIME
WINE & DINE
DRIVES
SOUTH
AUSTRALIA

HEAVENLY
FORAYS FOR
FOOD LOVERS
VICTORIA



Pedal to produce trail, High Country, Victoria

Welcome to Australia on the Menu,

There is no better way to explore Australia's food and wine regions than by embarking on your own journey of discovery. Be sure to pack *Australia on the Menu* - this gourmet guidebook is an invaluable starting point for making delicious inroads across six states.

Connect the culinary dots along some of the country's most picturesque food, wine, whisky and cider trails. Our suggested epicurean escapes highlight important stops en route, along with places to rest your weary head when you're well and truly sated.

We have turned the spotlight on the best food and wine experiences in stunning locations - from iconic institutions to the best-kept secrets and hot-new kids on the gastronomic block. In South Australia, ACT, New South Wales, Victoria, Western Australia and Tasmania, you can raise a glass to good taste among the vineyards with a view, enjoy fine dining in top-tier city restaurants, or feast on farm-style country fare.

And, while you're supping and sightseeing, take advantage of the variety of world-class events - from fabulous food festivals to art exhibits, and international music performances.

Australia on the Menu serves up a platter of experiences to help you plan an incredible edible escape.



LUCAS MARTIN

The Agrestic Grocer, Orange, NSW

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BIG-BITE COUNTRY

WHERE ARTISANS AND AMPLE APPETITES MEET THE SEA

If your holiday checklist demands great food and wine, wildlife, adventure, remote beaches and national parks, then South Australia gets the big tick. Adelaide is the epicentre of the lively artisanal movement, but to meet the people behind the products, explore the bountiful land they depend on. Visit rolling lands blanketed with grapevines in the Barossa, Clare Valley, Adelaide Hills and McLaren Vale. The striking terrain entices with forests, cruises on the mighty Murray River, cliffs shaped by the Southern Ocean and those Remarkable Rocks on Kangaroo Island, a short hop away. More time to stay and play? Head to the Eyre Peninsula, Flinders Ranges and Outback.

EPICUREAN WAY

Begin a tastebud-led tour at **The Blending Bench** at **d'Arenberg** winery where oenophiles unite to play winemaker for a day. Pop into **Blessed Cheese** to pick up a big wedge of brie or plan a picnic in the Barossa with a bottle of **Penfolds**. One highlight in the Adelaide Hills is **Hahndorf**

Hill Winery, another is **ChocoVino**. At **Hentley Farm** enjoy a farm-to-fork meal at the restaurant. Learn to curate your own rustic feast at the **Casa Carboni** Italian cooking school or lunch beneath an olive tree at **Skillogalee** restaurant before an excursion to **Knappestein Winery and Brewery**.

Finally, a visit to food legend **Maggie Beer's Farm Shop**, Nuriootpa, is a must. southaustralia.co.nz

SOUTHERN OCEAN DRIVE

The fog-soaked cliffs along this iconic drive provide reason enough to explore but add the wow factor with an itinerary that weaves in vineyards such as **Coonawarra Estate**, **Zema Estate** and **Hollick Wines**. Or take a tour of **Mayura Station** near Millicent, which farms premium wagyu beef. While fisherfolk may enjoy throwing a line in at Robe's Long Beach, the more sedentary can order fresh-caught seafood at **Sails Restaurant**. If you're veering toward Victor Harbour, visit the **Meningie Cheese Factory Museum** and **Wirra Wirra** winery. Visitors to McLaren Vale can go the extra mile on the **McMurtrie Mile** tour to quaff beer, food and wine on a concentrated strip. Then mosey over to Kangaroo Island to feast on crazy fresh crayfish at **Andermeal Marron**, honey straight from the hives at **Clifford's Honey Farm**, cheese from **Island Pure** and wine at **Dudley Wines**. southaustralia.co.nz

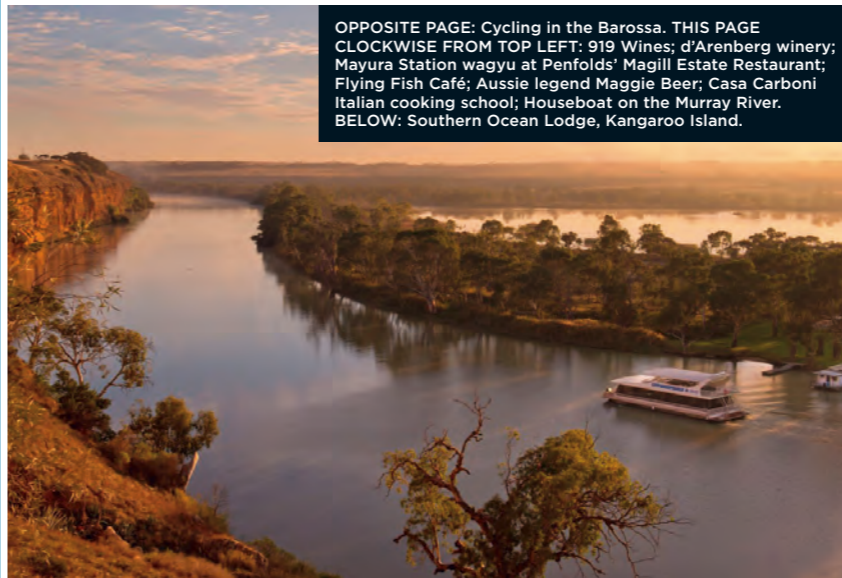
MURRAY RIVER TRAIL

Go with the flow of the Murray River as it snakes through historic townships, past groves of red gums. The **Woolshed Brewery** is a great place to spend an afternoon, local ale in hand, overlooking the river. Wine pilgrims should make haste

to **919 Wines**, specialists in heritage fortified wines and **Banrock Station** where you can walk through the wetlands. Trail highlights include the **Overland Corner Hotel** (with the biggest beer garden in all Riverland) and **Havenhand Chocolates** which bring melted moments to Waikerie. Wineries to watch for include **Caudo Vineyard** on the banks of the Murray as well as **Bleasdale Vineyards** and **Bremerton Wines**. Join the **Proud Mary** paddle steamer for a lunch cruise from Mannum and, while onboard, clink glasses to your good fortune. southaustralia.co.nz

SEAFOOD FRONTIER

The ultimate seafood safari hugs the coast between the Yorke and Eyre Peninsula, which hangs above the water's edge like an eyrie. If it's fish and chips you're after, stop at **Inland Sea Restaurant**, Warooka or **Pier One** seafood café. For an insight into tuna and kingfish breeding, join **Arno Marine Tours** or get up close and personal with a **Swim with the Tuna** experience off Port Lincoln. For adrenaline-charged dining, chow down below sea level in an aqua sub while watching Great White sharks in their habitat with **Adventure Bay Charters**. DIY diners can pick up prawns, whiting or snapper from **The Fresh Fish Place** or take in a tasting tour of **Pure Coffin Bay Oysters**. southaustralia.co.nz



OPPOSITE PAGE: Cycling in the Barossa. THIS PAGE CLOCKWISE FROM TOP LEFT: 919 Wines; d'Arenberg winery; Mayura Station wagyu at Penfolds' Magill Estate Restaurant; Flying Fish Café; Aussie legend Maggie Beer; Casa Carboni Italian cooking school; Houseboat on the Murray River. BELOW: Southern Ocean Lodge, Kangaroo Island.



FACT FILE

EPICUREAN WAY
WHEN TO GO Year-round
DISTANCE 400 km (four days)
EAT Magill Estate Restaurant, Penfolds Wines
STAY Kingsford Homestead, Gawler

SOUTHERN OCEAN DRIVE
WHEN TO GO September to May
DISTANCE 565km (five days)
EAT Andermeal Marron Café
STAY Southern Ocean Lodge, Kangaroo Island

MURRAY RIVER TRAIL
WHEN TO GO Year-round
DISTANCE 565km (five days)
EAT Flying Fish Café, Port Elliot
STAY Unforgettable Houseboats

SEAFOOD FRONTIER
WHEN TO GO September to May
DISTANCE 2212km (eight days)
EAT Mocean Café, Streaky Bay
STAY Kangaluna Camp, Gawler

DELICIOUS EXTRAS

- If you're in McLaren Vale on a Saturday, visit the Willunga Farmers Market.
- Follow the Kangaroo Island Farm Gate and Cellar Door Trail and enjoy produce made on the patch of land you're standing on.
- Work off the calories and join the 1200km-long Heysen Trail, a 60-day hike on the Fleurieu Peninsula – but you don't need to do it all!
- Dedicate a day or two to explore the spectacular Southern Flinders Ranges and Outback.
- Adelaide mounts a good argument to stay put. Enjoy al fresco dining at Street ADL, which uses Australian native ingredients on its menu.

HOW TO GET THERE

Fly to Adelaide, pick up a car and head to the trails: Adelaide Hills (20 mins), the Barossa (1 hour) or Murray River (1 hour 15 mins). Get there with Flight Centre; call 0800 35 44 48 and start planning your dream escape to South Australia today.





TASTE OF THE SOUTH

AN ISLAND ORCHARD RICH IN DAIRY COUNTRY DELIGHTS

The vast, varied landscape around Tasmania makes the island state one of the world's most scenic places to hit the highway for a road trip. After drinking in the views, visitors also discover there are rich pickings to be found in the vibrant food and wine scene. While the mountains are the starting point for many treks, epicurean tourists are drawn to attractions that range from marine farms serving seafood a periwinkle's throw from the source, to cellar doors offering top cool-climate drops, awardwinning dairy farms, cheese makers, chocolatiers and ice creameries. Following are highlights from five diverse itineraries that direct traffic around the state that is the cradle of some real culinary treasures.



FIVE-DAY EAST COAST SAMPLER

Kate's Berry Farm is an East Coast sensation where visitors to the Just Desserts café can celebrate the fresh, fruity produce that underpins the menu. Fuel your love affair along the 400km-long route with a visit to Freycinet Marine Farm, which serves abalone, mussels and oysters plucked straight from the sea. Discover greener pastures west of the Bay of Fires at the Pyengana Dairy Company and buy a doorstop-sized circle of awardwinning English-style Cheddar or order a toastie at the Holy Cow Café. For a killer counter lunch, try the Pub in the Paddock. Licensed since 1880, it's home to the beer-swilling pig, Pinky, and is packed with character(s). eastcoasttasmania.com.au

TAMAR VALLEY WINE ROUTE

Stock up on provisions – such as Bill's Beetroot Marmalade and Oomph coffee – at Lilydale Larder and find a patch of grass for a picnic. The Leaning Church Vineyard, outside Launceston, is the next place of worship for wine lovers hell-bent on exploring the Pipers River district. Pipers Brook is the home of Kreglinger Wine Estates, producers of Kreglinger Vintage, Pipers Brook and Ninth Island; succumb to a bottle of Kreglinger Vintage Brut de Blanc. Finally, toast the success of cool-climate wines at PX Tapas with a sunset glass of pinot noir. tamarvalleywineroute.com.au

TASMANIAN WHISKY TRAIL

Lark Distillery was the first licensed whisky distillery to swing open its doors in Tasmania since 1839. Established in 1992, it's worth a detour to this Hobart waterfront location for a taste of single malt. Or start at Sullivans Cove where you can sup on the

French Oak cask dram named the best single malt at World Whiskies Awards 2014. Nant Whisky Bar, Salamanca is a top spot to get into the spirit, as is a whisky tour at Hellyers Road Distillery in the northwest of the island, which looks out over paddocks velcroed with cottonwool sheep. The golden nectar flows at McHenry & Sons, an ambient drinking den in Port Arthur, and Belgrove Distillery, a sustainable, bio-diesel operation in the Midlands. Redlands Distillery is one of two 'paddock to bottle' single malt distilleries in the world. taswhiskytrail.com

CRADLE TO COAST TASTING TRAIL

Whether you visit Belgian-born chocolatier Igor Van Gerwen's House of Anvers, dine in a converted flour mill at Stillwater or replay your childhood at Christmas Hills Raspberry Farm with a Redback Spider (raspberry soda and ice cream), you're in for an epicurean adventure. At Mount Gnomon Farm you'll encounter rare heritage breeds of cattle, sheep and pigs that will soon turn up on the menu at the new restaurant. Seven Sheds, Ashgrove Cheese, and 41 Degrees South (salmon and ginseng farm) are pleasant pit stops. cradletocoasttastingtrail.com.au

TASMANIAN CIDER TRAIL

The cider industry is well and truly at the core of the Apple Isle's agri-tourism equation. Fruit puns aside, Spreyton Cider Co in Aberdeen, Small Players at Rowella and Dickens Cider have put the awe back into orchards. Also celebrate this premium product at Two Metre Tall in Hayes, Lost Pippin Cider in Coal River, Willie Smiths organic cider from the Huon Valley, and Red Sails handcrafted in southern Tassie. tascidertrail.com



OPPOSITE: Tamar Valley Wine Route. THIS PAGE, CLOCKWISE FROM TOP LEFT: Stillwater; Jon and Lyndall Healey of the Pyengana Dairy Company; Seven Sheds Brewery; lunch at Josef Chromy Wines; Willie Smith's organic apple cider in Huonville; Freycinet Marine Farm; Belgrove Distillery is a sustainable operation running on bio-diesel in the Midlands. BELOW: Lark Distillery on the Hobart waterfront.



HOW TO GET THERE

For these Tasmanian experiences, fly in and out of Hobart or Launceston. Get there with Flight Centre; call 0800 35 44 48 to start planning your dream escape to Tasmania today.



FACT FILE

FIVE-DAY EAST COAST SAMPLER

WHEN TO GO Year-round
DISTANCE From 30km to 300km (one to three days, without stops)
EAT Freycinet Marine Farm
STAY Tidal Waters Resort, St Helens

TAMAR VALLEY WINE ROUTE

WHEN TO GO Year-round
DISTANCE From 30km to 300km (one to three days)
EAT Josef Chromy Wines
STAY Hotel Charles, Launceston

TASMANIAN WHISKY TRAIL

WHEN TO GO Year-round
DISTANCE From 40km-250km (one to four days)
EAT Frank Restaurant, Hobart
STAY Henry Jones Art Hotel, Hobart

CRADLE TO COAST TASTING TRAIL

WHEN TO GO Year-round
DISTANCE From 30km-200km (one to four days)
EAT Pier01, Ulverstone
STAY Quamby Estate, Hagley

TASMANIAN CIDER TRAIL

WHEN TO GO Year-round
DISTANCE From 40km-200km (one to four days)
EAT Franklin, Hobart
STAY Sullivan's Cove Apartments

DELICIOUS EXTRAS

- Tasmania is the only place in the world that produces leatherwood honey.
- Look out for the roadside honesty boxes, one of many paddock-to-plate experiences the state has to offer.
- No visit to Hobart would be complete without a visit to the Salamanca Markets and the Hobart Farm Gate Market.
- Cascade in South Hobart is Australia's oldest brewery.



EAT-DRINK CENTRAL

A CULINARY CORNUCOPIA FOR HIPSTERS AND HUNTERS

For dedicated gourmands, NSW sits near the top of the hit list. Australia's most heavily populated state embraces regional food bowls, world-renowned chefs, fabulous markets and artisan talent who are winning plaudits for their commitment to their chosen craft. While many of the food trails skirt the sea - from cosmopolitan Sydney to the South Coast, Byron Bay and beyond - there is an increasingly sophisticated scene in the Hunter Valley and Central NSW, where you can sample food and wine on the very land you're tramping across. NSW's obsession with food is reflected in its diverse range of regional festivals, its pop-up eateries, fleet of mobile food trucks, cult cafés and multicultural suburbs where you'll find some of Australia's best cheap eats.

GOURMET SYDNEY

Every city has its own flavour. As well as a vibrant arts and cultural scene, glittering harbour and world-famous architecture, Sydney has a serious food focus. Hot spots include Iggy's Bread, Nomad, Ester, and Kitchen by Mike, as well as high-end restaurants such as Sepia and Quay, cult cafés such

as Black Star Pastry, and institutions like Ms. G's, where it's compulsory to inhale a couple of mini pork banh mi. Adventurers should search for the sweet spots in the suburbs for everything from pho (Pho Tau Bay, Cabramatta) to falafel (Jasmine 1, Bankstown). Eveleigh Markets are a must. sydney.com

ORANGE & CENTRAL NSW

Plan to visit during one of the area's seasonal food and wine events, such as F.O.O.D Week in April, Orange Apple Festival in May or Orange Wine Week in October. Sip stunning cool-climate wines at cellar doors sprinkled around the undulating landscapes, enjoy a ploughman's lunch at The Agrestic Grocer and visit food shrines such as Lolli Redini and Racine Restaurant. The Central NSW towns of Orange, Cowra and Mudgee are all part of the four-day Taste Orange itinerary. tasteorange.com.au

HUNTER VALLEY

The Hunter Valley is a place of provenance. It's where restaurateurs and winemakers unite to present food-and-wine experiences that locals and visitors flock to. Visit Circa 1876 to enjoy the sort of food you'd imagine if Pokolbin bordered Piedmont, with chef George Francisco's spanner crab linguine a trademark sensation. Then book a private tasting at Tyrrell's Wines, say cheese at Binnorie Dairy and visit Troy Rhoades-Brown's much-lauded Muse restaurant which has to be the Hunter's haute-st property. Plan your cellar-door strategy over coffee at Cafe Enzo and circle Krinklewood and Harkham Winery on the map. winecountry.com.au

BEACH & BEYOND BYRON BAY

Start the day sitting cross-legged with a chai latte on the beach at Byron Beach Café, mingle with the locals at Mullumbimby Markets and finish with a seafood feast at Fins. The cultural heart of Byron Bay seems to have seeped as far south as the mid north coast where you will find Hearthfire, in Bellingen and Headland Café, Valla Beach, and the fabulous Fig, in Sawtell. As the Pacific Highway wends its way to Port Macquarie, your first port of call should be the town's finest restaurant, The Stunned Mullet, then a pitstop at Sundays at Near River, where you can feed the chooks and harvest veggies that will be used to make your lunch. pacificcoast.com.au

SOUTH COAST FOOD & WINE

Meander south from Sydney along the coast to unearth an astonishing range of wines, cheeses, and seafood. Offerings run the gamut from glam (Rick Stein at Bannisters, Mollymook) to rustic (Pilgrims Vegetarian Café, Milton) and everything in between. Follow the eponymous river to the Bega Cheese Heritage Centre before crossing back to the coast for an oyster tour at Wheeler's Seafood Restaurant. Like any oyster farm worth its salt, Tathra Oysters serves the bivalve molluscs in situ. visitnsw.com/destinations/south-coast/food-and-wine



OPPOSITE: The Pass, Byron Bay. THIS PAGE, CLOCKWISE FROM TOP LEFT: Byron at Byron Resort and Spa; Black Star Pastry; Taste Orange; Eveleigh Markets; The Agrestic Grocer; Muse owner and chef, Troy Rhoades-Brown. BELOW: Kitchen by Mike.



FACT FILE

GOURMET SYDNEY

WHEN TO GO Year-round
DISTANCE 30km (one day)
EAT Sepia
STAY Pier One Sydney Harbour

ORANGE & CENTRAL NSW

WHEN TO GO March to October
DISTANCE 450km (four days)
EAT Tonic Restaurant
STAY Borrodell vineyard, Orange

HUNTER VALLEY

WHEN TO GO Year-round
DISTANCE 150km from Sydney
EAT Muse, Hungerford Hill
STAY Peppers Convent, Pokolbin

BEACH & BEYOND BYRON BAY

WHEN TO GO Year-round
DISTANCE 400km (five days)
EAT Cicchetti, Byron Bay
STAY Byron at Byron Resort

SOUTH COAST FOOD & WINE

WHEN TO GO Year-round
DISTANCE 500km (four days)
EAT On the Pier, Batemans Bay
STAY The Escape at Shallow Crossing

DELICIOUS EXTRAS

- Include 121BC, 10 William St, The Wine Library, and Love, Tilly Devine on your hit list in Sydney.
- At Lovedale Smokehouse you'll be tempted to stock up on Ben Sales' vine-smoked meats, cheeses and seafood. Pick up some local olives and olive oils, too.
- Make time for the Mudgee Fine Food Farmers' Markets when visiting Central NSW.
- Drop into Brokenwood in the Hunter Valley to taste the Graveyard Vineyard Shiraz, the only Hunter wine rated "exceptional" by the prestigious Langton's Classification.

HOW TO GET THERE

For all these trails, fly in and out of Sydney or, for Byron Bay, to Gold Coast. Get there with Flight Centre; call 0800 35 44 48 and start planning your dream escape to New South Wales today.





CAPITAL APPETITES

GOURMET ACTS APLENTY IN A TASTE-FUELLED TERRITORY

Canberra is known for its speckled greyish-green countryside, world-class art galleries, and as the political hub of the nation. But the capital is now a destination for food and wine tourists who are happy to swing through the city's many roundabouts in search of the region's best vineyards and restaurants. As well as being fertile ground for artists and activists, the Australian Capital Territory is breaking new ground on the food front. So, next time you pencil in some time feasting on impressionist art or heckling politicians at Parliament House, be sure to connect the dots between the Capital Coast & Country Trail and The Poacher's Way, two gourmet drives that link swishy restaurants with hipster-heavy cafés and über-cool hotel bars.



CAPITAL, COAST & COUNTRY TRAIL

THE CAPITAL In Canberra, it's common for restaurants awarded hats by *The Sydney Morning Herald's* esteemed *Good Food Guide* to rub shoulders with cult food vans (**Brodburger**), quirky cafés and cellar doors. This trail steers visitors from top-tier eateries such as **Monster Kitchen & Bar** and **Aubergine** to the **Capital Region Farmers Market**, where you can sample everything from spreads and breads to smoked fish and fresh produce. After enjoying coffee at **Lonsdale St Roasters**, allow time for afternoon tea at the **National Arboretum Canberra**.

THE COAST The crystal-clear lakes, vast beaches and beautiful rivers of the South Coast make it an ideal destination for fishing, diving, surfing and boating. Motoring north along the Grand Pacific Drive from Jervis Bay to Wollongong, you will pass pristine stands of eucalypts, tea-tree scrub, high cliffs and pounding waves. It would be unthinkable not to stop at the **SAGE Farmers Market** in Moruya, **Rick Stein at Bannisters** in Mollymook, the **ABC Cheese Factory**, **Eden Smokehouse** and one of the 100 farms along the Oyster Coast Trail. This skirts the coast for 300km and includes farms everywhere from the Crookhaven River to the Clyde, known to produce some of the cleanest and creamiest-tasting oysters in the world.

THE COUNTRY Break up the trip to or from the Capital with a visit to historic villages such as Mittagong and Bowral in the Southern Highlands, where you can balance sightseeing at Fitzroy Falls and the **International Cricket Hall of Fame** with a side trip to **Montrose Berry Farm** and lunch at **Biota Dining**. The Country

leg of the tour also travels through the villages of Bungendore and Braidwood, where you can pick up an artisan loaf at **Dojo Bakery**. visitcanberra.com.au/visitor-information/brochures-and-maps

THE POACHER'S WAY

This flourishing food trail on the fringes of Canberra showcases a range of immersive experiences. The trail was created by Susan and Robert Bruce as an extension of their business, the Poachers Pantry, which comprises a smokehouse, cellar door and café. There are more than 140 vineyards in the Canberra District wine region and there are tutored tastings of cool-climate wines along The Poacher's Way at **Clonakilla**, **Tallagandra Hill** and **Lark Hill Winery**, which is a lovely spot to press pause over lunch. **Grazing at Gundaroo** is also part of The Poacher's Way collective of artists, chefs, winemakers, galleries and rural retreats that have banded together to celebrate a landscape that is paramount to their success. The locale of the **Capital Wines Epicurean Centre** has been a time-honoured stopover since it began its life as the old stables at the **Royal Hotel**, built in the 19th century. Epicurean tastings focus on home-cooked farmhouse food such as housemade sweet potato ravioli or the signature pork belly roll. Additional highlights on the trail include **Robyn Rowe Chocolates**, the Glenn Murcutt-designed **Lerida Estate** winery, a gumboot tour of **Mount Majura Vineyard**, and an excursion to **Poachers Pantry**, home to the **Smokehouse Café** and **Wily Trout Vineyard**. If you're visiting in June-July, be sure to factor in a dig with **French Black Truffles of Canberra** where you'll learn how to cook truffles. poachersway.com.au



HOW TO GET THERE

For the **Capital, Coast & Country Trail**, fly to Sydney or Canberra and hire a car. For the **Poacher's Way**, fly to Canberra. Get there with **Flight Centre**; call 0800 35 44 48 and start planning your dream escape to ACT today.

FLIGHT CENTRE
The Airfare Experts



FACT FILE

CAPITAL COAST & COUNTRY TRAIL

WHEN TO GO September to November and March to May
DISTANCE: 7km-717 km (one to six days)
EAT: Mocan & Green Grout
STAY: Hotel-Hotel, Canberra

THE POACHER'S WAY

WHEN TO GO September to November and March to May or June and July (for the truffle hunt)
DISTANCE: 225 km (five days)
EAT: Poachers Pantry, Hall
STAY: East Hotel, Canberra

DELICIOUS EXTRAS

- The Kingston Foreshore is shaping up to be a vibrant precinct with C Dine Bar, 38 Espresso and La Rustica just a few of the new restaurants and cafés to move into the waterfront precinct.
- Get your foodie fix at The Old Bus Depot markets, which are filled to bursting with artisan vendors.
- Braddon, an inner north suburb, has helped Canberra find its mojo, with hipster coffee spots, cold-pressed juice bars, funky dress and gift shops, and ultra-cool dining experiences a go-go.
- Drift above the skies of the Capital in a hot air balloon and get a birds'-eye view of Brindabella Mountain Range and iconic Canberra attractions.
- Pod Food set in the gardens of the Pialligo Plant Farm in Canberra is a firm favourite with locals and visitors alike. Chef John Leverink leads a creative kitchen and the fine dining restaurant offers a fixed-price lunch menu.

OPPOSITE: Biota. THIS PAGE, CLOCKWISE FROM TOP LEFT: Ballooning over Canberra; Grand Pacific Drive; Rick Stein at Bannisters, Mollymook; Duck at Grazing at Gundaroo; National Museum of Australia; Mocan & Green Grout; Clonakilla Winery.

VICTORIA FOOD & WINE TRAILS 2015

PLATED PARADISE

SERIOUSLY GOOD EATING FROM TOWN TO COUNTRY

Victoria's culinary credentials are rooted in the region's fertile food bowl. From its vibrant, venerated Melbourne eateries to the lush orchards around Mildura and the artisanal nosh of the Mornington Peninsula, the state boasts some of the best dine-and-drink options in the country. Gastronomes weaving their way from Wyperfield National Park to Wangaratta, from Tallangatta to Talbot, will enjoy diverse experiences – from finding pickles at a roadside stall to visiting world-class wineries and landmark restaurants. Meander along the food-focused trails for the chance to eat your fill of natural wonders, too. Explore the legend of bushranger Ned Kelly through rugged bush, waterways, granite ridges and fields of wildflowers.

FOOD FOSSICKING

Travellers to Bendigo and the Heathcote Wine Region will find many treasures on this trail which celebrates the central Victorian region's growers and producers, who also pool together at local markets. Sample local varietals at **Balgownie Estate**, dine with a view of vines at **Big Hill**

Vineyard and learn why the area's ancient soils give rise to amazing wines. Pick up some **Kyneton Olive Oil**, apples from **Blackwood Orchard**, bread from **The Good Loaf Sourdough Bakery & Cafe**, handmade chocolates from **Indulge** and a wodge of triple brine from **Locheilan Farmhouse Cheese**. Put all the produce

to good use at a picnic at Melvilles Lookout. Lovers of good food will also strike gold at **The Dispensary Enoteca** and **Masons of Bendigo**.
foodfossickers.com.au

WINE FOOD FARMGATE

There are hundreds of wine, food and farmgate experiences to enjoy from Main Ridge to Red Hill on the Mornington Peninsula. Wine tourists can sample drops true to their terroir at **Darling Park Wines**, **Lindenderry** cellar door and **Ten Minutes by Tractor**, while food cognoscenti should blaze a trail to **Blue Bay Cheese**, **Mornington Peninsula Chocolates**, **Peninsula Fudge** and **Pure Peninsula Honey**. Pick up provisions for a DIY hamper at the **Mornington Farmers Market** and **Somers General Store** or acquaint yourself with the countryside while dining at **Epicurean**, Red Hill or **Linden Tree Restaurant**, where the pretty plating competes with the views.
winefoodfarmgate.com.au

CIDER & ALE TRAIL

You can pick your own fruit at **Rayner's Orchard**, buy fresh apple juice from **Yarra Valley Cider** and vinegar from **Yarra Valley Organics** all one hour's drive east of Melbourne. You can also embrace the age-old ways of making craft beer and artisan cider in the Yarra Valley, where the tradition of growing hops dates back

to the early 1800s. Sample boutique brews on rural back roads dotted with craft cider makers such as the **Kelly Brothers Cider Co**, **Hargreaves Hill Brewing Co** and **Napoleone Brewery** also form the backbone of the tour. Come in May for the cider festival.
visitvictoria.com
visityarravalley.com.au

PEDAL TO PRODUCE

Feeling fit? Try a diversion through the High Country, where you can earn your dinner while on wheels. Arrive rosy-cheeked at the villages of Rutherglen, Beechworth, Glenrowan, Milawa, King Valley, Mansfield and Myrtleford. Along the way, stop at **Milawa Mustards**, **Milawa Cheese Company**, **Feathertop Wines** in Porepunkah, **Myrtleford Butter Factory** and **Broadgauge** restaurant in Wodonga. Learn how to make perfect pasta at **Pizzini Wines'** cooking school and pop a few bottles in your panniers from **Ciaverella Oxley Estate**. Lose the Lycra and enjoy some superb High Country hospitality at **Simone's Restaurant** in Bright.
victoriashighcountry.com.au

OTWAY HARVEST TRAIL

Picturesque scenery along this popular trail means long journeys between stops are never dull. The trail takes in wineries such as **Blakes Estate**, **Brown Maggie Wines** and **Gosling Creek Estate** as well as microbrewery, **Forrest Brewing Company**. This fertile swathe of hinterland is filled with vineyards and farms that are a celebration of the seasons. Stock up at **Winchelsea Larder**, **Providore Birregurra** or **The Ridge Organic Foodstore and Café**, or visit the producers on site. Fill your goodie bags at **Apostle Whiey Cheese**, **Gorge Chocolates** and **Kazbah** coffee roasters.
otwayharvesttrail.org.au



OPPOSITE PAGE: Goats' cheese and olives at Epicurean, Red Hill. THIS PAGE CLOCKWISE FROM TOP LEFT: The Kilns; The Dispensary Enoteca, Bendigo; Michael Greenlaw, executive chef at Lindenderry; Provender at Beechworth; Boyntons Feathertop Winery. LEFT: De Bortoli Winery. BELOW: 12 Apostles, Great Ocean Road.

HOW TO GET THERE

To access these five food-and-wine trails, fly in and out of Melbourne and hire a car. Get there with Flight Centre; call 0800 35 44 48 and start planning your dream escape to Victoria today.

FLIGHT CENTRE
The Airfare Experts



FACT FILE

FOOD FOSSICKING
WHEN TO GO Year-round
DISTANCE FROM MELBOURNE 152 km
EAT The Dispensary, Bendigo
STAY The Schaller Studio, Bendigo

WINE FOOD FARMGATE
WHEN TO GO Year-round
DISTANCE FROM MELBOURNE 74.2 km
EAT La Petanque, Main Ridge
STAY Humming Bird Eco Retreat, Red Hill

CIDER & ALE TRAIL
WHEN TO GO Year-round
DISTANCE FROM MELBOURNE 61 km
EAT Locale at De Bortoli, Dixons Creek
STAY Chateau Yering

PEDAL TO PRODUCE
WHEN TO GO Year-round
DISTANCE FROM MELBOURNE 316 km
EAT Provender, Beechworth
STAY The Kilns, Bright

OTWAY HARVEST TRAIL
WHEN TO GO Year-round
DISTANCE FROM MELBOURNE 134 km
EAT Chris's, Beacon Point
STAY Great Ocean Ecologde, Great Otway

DELICIOUS EXTRAS

- Tani Eat & Drink is a beacon for good food in Bright.
- Time your visit to Melbourne to coincide with the annual Melbourne Food & Wine Festival in February/March.
- Hot tip: Bridge Road Brewers in Beechworth also serve killer pizza.
- High Country Victoria is rich in gold rush and bushranger heritage. After the history lesson, head to the Terrace restaurant in Rutherglen.

WESTERN AUSTRALIA FOOD & WINE TRAILS 2015

EDGE OF FLAVOUR

VINES, LIMES AND TRUFFLES BENEATH THE SETTING SUN

Western Australia's rich, varied landscape and climate makes it a magnet for domestic tourists trundling around in caravans, getting to know their own backyard. Certainly, one of WA's charms is its isolation but, beyond the empty beaches and thud of the surf, you will find what the locals have known for yonks: that the area deserves its tag as a world-class culinary and viticulture destination. Zigzag around the state to sample oysters and whisky in Albany, black truffles in Manjimup, king prawns in Exmouth and award-winning Margaret River wines. Balmy Broome is also enjoying its place in the sun: the multicultural fabric of the town established as a pearling port has left a culinary imprint on the food.

SOUTHERN DELIGHTS

You will want for nothing during a tour of the Great Southern Wine Region from Mt Barker to Albany and Denmark. It's cellar-door central in this, the largest and 'coolest' of WA's viticulture regions, which is renowned for its riesling, chardonnay, cabernet sauvignon, pinot noir, shiraz and malbec. The region is also regarded as a hotspot because of its warm, Mediterranean climate and incredible biodiversity.

Castle Rock Estate, Ferngrove, West Cape Howe and Plantagenet are all worth cracking a cap over. The sustainably managed **Oranje Tractor** organic vineyard is also a must-stop where you'll meet Rob Diletti, named James Halliday Winemaker of the Year for 2014. **The Old Marron Farm, Great Southern Distilling Company and Albany Farmers Market** are also aces up the region's sleeve. Work up an appetite on the **Granite Skywalk** before

joining an eclectic mix of locals at **Garrison**, in Mt Adelaide, which rocks the 'joint' on a Sunday with meaty roasts of pork, beef or chicken. **Pepper & Salt**, the Forest Hill vineyard restaurant in Denmark, is also kicking serious tail on the banks of the Derwent. Eat brined Plantagenet pork belly, steamed bao bun, and green apple kuchla. Bao wow, indeed. Australiassouthwest.com

WINE WANDERER

Amble along this lush route where farm gates and wineries collide. Indulge in black truffle shaved over fresh pasta at **The Truffle & Wine Co's** café before hunting down a bottle of the 2011 **Leeuwin Estate Art Series** chardonnay, which nabbed the #5 spot on *Wine Spectator's* Top 100 Wines of 2014 list. The southwest is home to more than 150 wine producers and 80 cellar doors, where you can sit, swish and sip on the riesling, shiraz and chardonnay that has earned the area serious cred on the New World wine map. Kick back with a hand-crafted brew at **Mash Brewing Bunbury** and feed your face along the trail with local produce such as marron, rainbow trout, cherries, native finger limes (dubbed 'the caviar of citrus') and chestnuts. You will also eat exceptionally well at **Clancy's Fish Pub** in Dunsborough, **Harvey Cheese, The Goose Beach Bar & Kitchen** in Busselton

and **Aravina Estate** in Margaret River. Australiassouthwest.com

TASTE THE KIMBERLEY

Everything about this salt-kissed corner of the country focuses on a connection with the environment and that breathtaking backdrop of red earth and blue-green sea. It's easy to eat and drink well in Broome, which is considered the gateway to the Kimberley. Try **The Kool Spot**, where you can enjoy the local delicacy of 'pearl' meat (the adductor muscle of the pearl oyster), **Cable Beach Club Sunset Bar & Grill** for bar food with banging views, **The Aarli** for dishes stamped with Asian flavours and **Azuki**, for sushi freshly made in front of you in this Japanese-style eating house. Caffeine-fiends should get their fix of coffee and cake at **The Good Cartel** before breaking some bread at the **Lombadina Bakery** at Cape Leveque. Forage for food with the local Bardi people at **Kooljaman** on a mission into the mangroves to spear mud crabs. For a round-up of regional delights, visit **Broome Courthouse Markets** with stalls selling chia seeds, garbanzo beans, mangoes, pumpkins, giant lobsters, prawns, scallops and barramundi. Linger long at a beach barbecue on the Dampier Peninsula and ask, 'What's up brew?' at **Matso's Brewery**. Australiansnorthwest.com



OPPOSITE: Valley of the Giants treetop walk, Denmark. CLOCKWISE FROM TOP LEFT: Garrison; Aiyana Retreat in Denmark; The Truffle & Wine Co; Plantagenet Wines; Margaret River Gourmet Escape; Marron at Cape Lodge; Foragers Field Kitchen's Pickled Kale & Fresh Ricotta Wraps with Wattleseed Za'atar. BELOW: Bbq at Kooljaman, Cape Leveque.



HOW TO GET THERE

Fly in and out of Perth then hire a car. The Margaret River region is about 3.5 hours' drive south while Broome is a 2.5 hour flight away. Get there with Flight Centre; call 0800 35 44 48 and start planning your dream escape to Western Australia today.

FLIGHT CENTRE
The Airfare Experts



FACT FILE
SOUTHERN DELIGHTS
WHEN TO GO Year-round
DISTANCE 925 km
(three to four days)
EAT Foragers Field Kitchen, Pemberton
STAY Aiyana Retreat, Denmark

WINE WANDERER
WHEN TO GO Year-round
DISTANCE 874 km
(four to six days)
EAT Cullen Winery Restaurant
STAY Cape Lodge, Yallingup

TASTE THE KIMBERLEY
WHEN TO GO May to October.
DISTANCE About 440 kms
(five days)
EAT Pinctada, Cable Beach
STAY Kooljaman Safari Camp, Cape Leveque

DELICIOUS EXTRAS

- Visit A Taste of Broome. This regular event held throughout the year showcases music, dance and food. goolarri.com/atob
- Stock up on venison and homemade jams, preserves, olive oil and sauces from Providore in Margaret River and find your own private beach for a BBQ picnic.
- If you really dig the fruit of the fungi, jaunt to WA in June for the Truffle Kerfuffle. trufflekerfuffle.com.au
- Jack's Indigenous Tours at The Kodja Place offer special insights into the local Noongar culture as well as billy tea and damper served with a good yarn.
- Plan a visit in November for the Margaret River Gourmet Escape, which attracts big names in the restaurant business such as Heston Blumenthal and Neil Perry. gourmetescape.com.au
- Visit the charming Porongurup Tearooms, established in 1937.