



With sun-drenched days and gardens filled with new growth, spring is the perfect time to revitalise mind and body. We've found some of the best places to escape to for an energising wellness experience

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Fuel *your* soul

TASMANIA

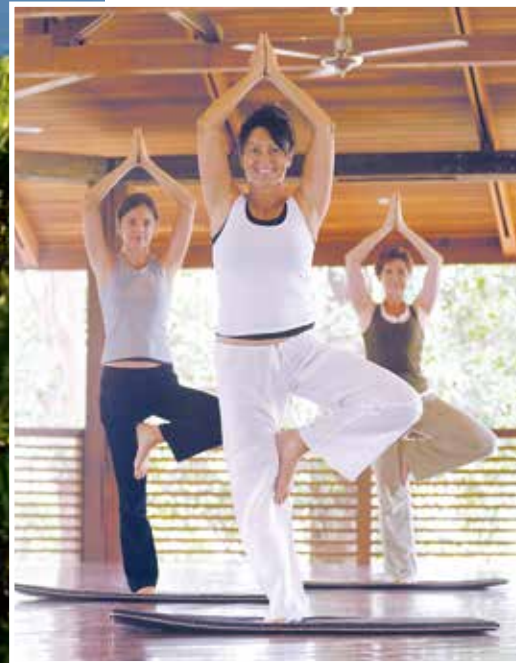
Start off the season with a physical — and mental — challenge. The six-day Cradle Mountain Overland Track hike forces you to leave the Wi-Fi connection at home and fully immerse yourself in the breathtaking wilderness. Led by Tasmanian Walking Company guides, the 59km trek from Waldheim to Lake St Clair passes through ancient rainforests, swimming holes and peaceful valleys. You will earn your evening breaks in your eco-huts, which are the only private accommodation option on the track.

taswalkingco.com.au

QUEENSLAND

Fancy being pampered for a week, with indulgences including organic living, spas, gentle movement and relaxation exercises? Make a beeline for Gwinganna Lifestyle Retreat. You will be surrounded by nature, with the 200ha hinterland setting overlooking lush valleys and the ocean. Opt for an enriching spa experience, find your zen with yoga and qigong, or boost your fitness with boxing and swimming. Before heading to dinner, stop off at the Amphitheatre to enjoy impromptu musical performances.

gwinganna.com



NEW SOUTH WALES

Submerge yourself in nature on Lord Howe Island. Snorkel with turtles 30m from the shore, or go one step further and scuba dive at one of 60 sites around the island, including the famed Ball's Pyramid. Surfers can have their share of aquatic fun, too, with Lord Howe picking up powerful groundswell from the Southern and Pacific oceans. Those who prefer to stay on land can have a crack at the 875m climb of Mt Gower — one of the highest vertical climbs in Australia. Afterwards, take in the views of the jewel-toned lagoon from your luxurious Capella Lodge suite.

lordhoweisland.info



WESTERN AUSTRALIA

Bloom alongside the blossoms at the largest floral show on earth. The Western Australian wildflower collection has more than 12,000 species, with 60 per cent of them not found anywhere else. The beauties light up the landscapes from coast to forest, city to the Outback. Start your trail in Perth at Kings Park and Botanic Garden, and travel north along the coast to Yanchep National Park, inland to the Perth Hills and, finally, across to Swan Valley to sample the abundance of fresh produce.

westernaustralia.com



SOUTH AUSTRALIA

Ground yourself in the simple life with a glamping escape. Tent Events makes it easy to reconnect with the natural world, with tents set up on arrival. Choose your setting from the Fleurieu Peninsula, Adelaide Hills, metropolitan Adelaide or arrange to have it pitched at your favourite location. From the cute bunting to luxury linen, the bell tents make a chic statement. There's also an outdoor setting, so you can nestle in at night with a hot cuppa while gazing up at the stars. Bliss.

tenteventssa.com

VICTORIA

It recently made it on to the World's 50 Best Restaurants list, and you don't have to go far from Melbourne to see why. Book in for an upscale seasonal feast at Brae at Birregurra, a 90-minute drive from the CBD.

Delight in esteemed chef Dan Hunter's menu, which changes daily and features Brae-grown produce and ingredients sourced locally. You can even stay on the premises — six luxury guest suites were built last year. There's everything required to encourage relaxation, including organic cotton bedding, a cocktail bar and views over the Otways.

braerestaurant.com

