

# THE GASTRONOME GETAWAY

With an abundance of world class restaurants, passionate local producers, and the must-visit event – the Noosa International Food and Wine Festival, the Sunshine Coast truly is a haven for foodies.

Suggestions and inspiration for an indulgent trip to the Sunshine Coast which celebrates some of the best food and wine experiences available are below.

## DAY ONE

- Make your way to the Sunshine Coast hinterland. This area is home to a number of local producers, charming villages, and a thriving food scene.

- Luxurious accommodation options abound in the hinterland, and for those who love food consider staying at Freestyle Escape or Spicers Tamarind Retreat. Both properties have onsite cooking schools!

- Spend your first day on the Sunshine Coast honing your cooking skills. At the Freestyle Escape cooking school all of their classes use ingredients from their own orchard of native and exotic fruit, and vegetable garden, including edible flowers and zesty herbs. If you are passionate about

Thai cuisine than the Tamarind cooking school at Spicers Tamarind Estate is for you.

- Celebrate your cooking triumphs by dining at one of the Sunshine Coast's premier restaurants. Reserve Restaurant at Maleny, and The Long Apron at Montville are both award winning restaurants that will not disappoint. Reserve Restaurant has been described by critics as a "stylish dining experience". The cuisine is modern Australian with French influences.

- The dining experience at The Long Apron has been compared to "a fabulous night at the theatre". The Long Apron cuisine and styling is distinctly European.



## DAY TWO

- Rise early and enjoy a hot air balloon ride over the Glass House Mountains. Skydrifter Ballooning host this magical experience, and you'll be rewarded for the early start, (the trip starts 30min before sunrise) with breathtaking views of the Sunshine Coast hinterland.

- After your ballooning experience have a leisurely breakfast/brunch. On Sundays Flamehill Vineyard host a Sunday brunch where a glass of sparkling wine is a must. At Flamehill Vineyard you can even crush grapes the old fashioned way... in a barrel using feet, so if you are game considering taking on this unique experience.

- Another great breakfast/brunch option is 3 Divas café at Landsborough. This little gem typifies the welcoming nature of the Sunshine Coast.

- After brunch continue your exploration of the Sunshine Coast food scene by visiting some of the local farms.

Maleny Dairies is set in the picturesque hills of Maleny, and is home to one of only three buffalo herds in Australia. Tours of the farm are available. Gowinta farms at Beerwah also offers tours of their property which consists of a staggering 170 acres of strawberries, 3 million pineapples, and 10,000 lychee trees. From (approximately) June through until October you can even pick your own strawberries.

- For dinner enjoy what has become an iconic dining experience in the Sunshine Coast hinterland – the Spirit House. There is something magical about the Spirit House (located at Yandina), as you pass the front gates you'll discover private tables set amongst a tranquil pond and lush gardens. The whole crispy fish is a standout on the Thai inspired menu, whilst crisp and balanced flavors are enhanced by fresh local ingredients delivered daily to the kitchen by local growers.



[sunshinecoastholidays.com.au](http://sunshinecoastholidays.com.au)

 Sunshine Coast  
Queensland Naturally refreshing



## DAY THREE

- Before departing the hinterland head to Eumundi to catch a glimpse of second-generation chocolatier Louise Raven at work, hand-rolling truffles and creating exquisite handmade Belgian chocolates at Cocoa Chocolat.

- Having stocked up on chocolates drive to the coast to experience the coastal food and wine scene.

- Noosa (the home of the Noosa International Food and Wine Festival) is a great base for your coastal sojourn. If you want to stay close to the action select accommodation on Hastings Street. For something a little more secluded (but still within walking distance to Hastings Street) try Outrigger Little Hastings Street Resort and Spa. Another option which is ideal if you are after a resort experience is the Hyatt Regency Coolool. This five star resort is set at the base of Mount Coolool and its' bushland setting combines perfectly with low rise clusters of hotel rooms, suites and villas.

- After checking-in to your accommodation make your way to Hastings Street for lunch. Bistro C, Berardos Bistro on the Beach, and Season all have amazing views of main beach at Noosa as well as clean balanced cuisine.

- Having perhaps indulged slightly too much, enjoy a walk through Noosa National park. The park is easily accessed by walking from Hastings Street along the seaside boardwalk.

- If you are travelling with your partner end your day with a moonlight dessert tour with Gondolas of Noosa. You can choose from a dessert or cheese platter as you glide along the beautiful Noosa river.

- Alternatively, if you are staying at the Hyatt Regency Coolool spend your evening dining at Eliza's. This modern Australian restaurant celebrates the best of local Sunshine Coast produce, and with its' setting amongst a grove of Angophora trees you are sure to have an enchanting dining experience.



## NOOSA INTERNATIONAL FOOD AND WINE FESTIVAL

Held each May the Noosa International Food and Wine Festival is the must visit event for all foodies. Over 100 events fill the four day program including lifestyle lunches, food trails to the Sunshine Coast's most idyllic locations, cooking demonstrations, culinary exhibits and degustation dinners, and lots more.

For more information go to [noosafoodandwine.com.au](http://noosafoodandwine.com.au)

## DAY FIVE

- Before departing the Sunshine Coast drop into Belmondo's Fresh Food Market in Noosaville. Belmondo's truly is a Aladdin's cave of gourmet delights. Stock up either on gifts for friends or family or some delectable delights for yourself.

- Depart the Sunshine Coast with a plan to return to continue discovering the gourmet delights that abound.



## DAY FOUR

- The spa experience on the Sunshine Coast is one that is not to be missed, so begin your day with the treatment of your choice. There are too many indulgent spa's on the Sunshine Coast to name. However, a few to consider are The Spa at the Hyatt Regency Coolool, Stephanie's Ocean Spa at Outrigger Little Hastings Street, or the Spa at Noosa Springs.

- Continue your day of indulgence with a cruise on a 1940's inspired 19 foot mahogany runabout. After a 90 minute cruise with Noosa Dreamboats you'll stop at a secluded beach and enjoy a picnic.

- To complete your gourmet getaway try one of the coast's cultural dining experiences. Wasabi, which overlooks the Noosa River, is getting rave reviews for its' contemporary Japanese cuisine. If you prefer Italian try the iconic Lindoni's on Hastings Street.

