



# 4 of Our Favourite NSW Destinations

*Travel. Adventure. The open road. Remember that? Neither do we.*

by **Kit Bond**

"Staying within NSW has so many wonderful benefits, not least supporting our beautiful regional communities."



Actually that's not true, we do remember it and we miss it. So this summer, with movement restrictions finally lifted, we are all – like many others no doubt – absolutely living for the prospect of some time off from work and the glories of a little voyage.

But where to go? This is 'The Question'. And we thought it might be a question on your mind too so we took it upon ourselves to do a little research and come up with some places to explore within our own backyard.

Staying within NSW has so many wonderful benefits, not least supporting our beautiful regional communities who have faced incredible challenges over the last 24 months from devastating bush fires to global pandemic induced travel restrictions. What's more, there is so much to learn about the culture and history of our state and what better way to do that than by traveling within it and supporting others as we explore?

We've come up with a variety of location types so that there is something for everyone from the solo traveller in a van, to families with little ones and groups looking for something different. All within driving distance of the Bondi Bubble. So, without further ado and in no particular order, here are our four local locations to explore:

## 1. Mollymook, South Coast

Yes, we know. This one may be obvious and you've probably been there before, but when in doubt this little slice of heaven is only 3 hours south of Sydney and never fails to relax and replenish the soul. There are a variety of accommodation options from campgrounds to Bannisters

Hotel and with Narrawallee Beach just north and Milton a stone's throw away, you really can't go wrong. Did we mention the good surf?

## 2. Tilba Tilba (Narooma), Far South Coast

If you're looking for a South Coast road trip, this is it. This special place is 5 hours south of Sydney and is a small historic town rich in culture and stories. Just below Gulaga National Park, Tilba Tilba is said to be a Thawa Aboriginal term for "many waters". The area has loads of bush walks to explore. Narooma is just a short drive away and with ferry rides across to Montague Island, this section of the South Coast has endless adventures on offer.

## 3. Glenmack Park, Kangaroo Valley

Families with little ones, this one is for you. With villas and cabins, powered sites and campgrounds, animals, a swimming pool, a dam lake and the comfort of essential amenities this spot is the perfect family get-away location without having to worry about the details.

## 4. Providence Holiday Park, Snowy Mountains

This is our wild card. A hidden treasure, this spot is not simple to get to but oh so worth it. Set in a valley with a (fly fishing) river running through it, a magical location just outside Kosciuszko National Park with hiking tracks galore. The morning light cutting through the valley fog, turning the ground into a bejeweled carpet is quiet moment you'll never forget.

Wherever you adventure this summer, we hope it's a great trip and that it replenishes you. Merry festive season and happy adventuring to all.

# Up The Coast, Down The Coast

Why travel is vital for our character



by **Sophie Howeson**

The joke goes that the average Australian holiday is either up the coast, down the coast, or Bali. And frankly, why would you need to venture further when the world's most stunning beaches are within reach. Most native Poms on the other hand will concede that for them it was almost mandatory to subscribe to a life of border hopping in order to stave off seasonal depression. Fortunately, travelling around Europe was facilitated by cheap air and rail networks and, at one time, minimal border controls.

Whichever form of travel was your cultural norm, the past 18 months have directly challenged these freedoms. Now that the borders are opening up however we must venture out of our comfort zones again.

Frequent exposure to different cultures broadens our horizons. Research shows that it makes us more empathetic and creative. Multicultural learning requires adaptation. When we are forced to acknowledge that there is a different way of greeting others, or an alternative time to eat lunch, we subconsciously challenge our own social norms and wonder whether there may be a better way of doing something.

"An easy way to pad ourselves out and become more multi layered is to spend time away".

Existing in a (5km) bubble prejudices our ability to open our minds, and risks making us constantly afraid of the unknown, or the foreign 'other'. We all strive to be rounded, interesting people given that our place in the world is based upon our social interactions. An easy way to pad ourselves out and become more multi layered is to spend time away.

Newness never gets old and opportunities to expand either friendship circles, CVs or linguistic talents, or simply to join the great Weetbix vs Weetabix debate, should be seized upon.

And this does not mean ignoring the perils of globalisation and travelling without respect: happily, a recent study has shown that 82% of people feel compelled by the pandemic to travel sustainably. If you can truly incorporate eco-consciousness into those itineraries, get up the coast, over the border or across the ocean as fast as you can - it'll make more inspiring and understanding individuals of us all.

Follow Sophie @sophiehoweson1

# Who's Taking a Break In Byron This Summer?



By **Sophia Pace**

I, like many, headed there last NYE, fell in love with the place and never came back. With its spectacular beaches, lively community, incredible nature and fun-loving vibe, it's truly a magical place I now call home. Over the last year, I've come across some local gems you won't find on Google, so I'm letting you in on a few below.

**Mullum Markets every Friday from 7 am** The vibe, the produce, the food stalls, the music. I get the biggest smile when I think about it. Top picks; the cane sugar juice and sourdough doughnuts! And whilst you're in Mullum, definitely pop by **Baker & Daughters**. It's a gem of a bakery that has a reputation for great sourdough loaves, pastries and sandwiches. Try the spelt sourdough, L'acciene rolls, assorted toasties or any of the fantastic, soft and crisp savoury croissants. Plus, the challa is the best I've ever tried.

**Cosy Corner at Tallows Beach** The most spectacular sunrises! With the national park behind, you're also likely to have a roo or two to enjoy the view with. Plus, if the wind picks, it's one of the best-protected spots to sunbake & avoid getting schnitzeled during the day.

**Coconut cold brew coffee from Bayleaf** Now, Bayleaf is a crowd favourite, but no one tells you about the magic of this coffee brew in-store! Seriously try it. I have yet to meet some who was disappointed.

**Lilium Cafe** Nestled in what feels like fairyland, this cafe's backdrop is something else. The food is a little on the pricey side, but the environment truly transports you somewhere else. And whilst you're there. Drive a little bit north, make a day out of it, head to **Column Range**, and enjoy your pick of walking tracks and waterfalls.

**Whites Beach** If the surfs up, head here. It's secluded, which means fewer people. The car park fits about 20, and it's a 15-minute walk to the beach. I don't have words to describe it. Just go, but get there early!



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## Aries

Interest in self growth and transformation is the focus as we draw to the end of the year. Don't worry to much about others noticing these changes just yet. It's more important for you to fully recognise them within yourself first, and then shifts will radiate outward on their own.

## Taurus

Integrity in relationships and taking responsibility for our own emotional state is something to consider here. When we get lost in the chaos and fantasy of our own mind, it soothes to consider the other. Every time you find yourself in the maze of your thoughts, look outward, shifting the focus from yourself to those you love.

## Gemini

Passion versus devotion doesn't always have to mean you're at a crossroads. Understanding the intention behind your desires right now will support you with the clear energy to follow through on what is right for you.

## Cancer

Pent up anger and emotion needs to find a voice right now. But that might not look like your traditional conversation - take a more artistic or transformational approach at this time. Write, create, go deep into your personal practices and shift the energy in that way.

# For Long Beach Days

When only radiant refreshment will do

Our friends at Orchard St have shared with us their ultra-hydrating herbal tonic. It sings with sweet hibiscus, native Kakadu plum and antioxidant-rich quondong. Glow Tea and Beauty drops are available at Orchard St stores.

1. Brew 250ml near-boiling water and 1 tsp Glow Tea. Allow to infuse for 3-5 minutes.
2. Once bright and fragrant, strain and pour over a handful of ice.
3. Add 20 drops Beauty Drops and stir to combine.
4. Garnish with citrus slice and raw honey to taste. Whisk in the spices, sea salt, vanilla and tonic herbs of choice.



Visit [orchardstreet.com.au](http://orchardstreet.com.au) or go in-store at 2 Brighton Blvd North Bondi.

# Knoxy's Training Tips

**Trent Knox** is a Bondi local, personal trainer and founder of the The 440 RUN Club. To find out more go to [440runclub.com](http://440runclub.com)

With summer here, panic and stress can kick if we feel we didn't stick to our routines during winter. However, the silver lining to that might suggest your old routine was not as sustainable as you thought ...

So here's a few summer training tips:

1. Take your training outside!
2. Get up early so you can enjoy the sunrise while you train.
3. Train with friends or jump into a group.
4. If you're near the beach, jump in the ocean after you train.
5. Try and move everyday, and move how you feel.
6. Map out new coastal and park runs, pay attention to the sites!
7. Mix up your training, don't do the same thing everyday.
8. Have lots of fun!!



# Summer Reading List



We asked our local cafe-bookstore Gertrude & Alice to tell us their favourite food books. Go and visit this much-loved Bondi institution at 46 Hall Street. You can also order online at [gertrudeandalice.com.au](http://gertrudeandalice.com.au).

1. **Love stories** by Trent Dalton
2. **Crossroads** By Jonathan Franzen
3. **Still Life** by Sarah Winman
4. **Into the Rip** by Damien Cave
5. **Girt Nation** by David Hunt
6. **Country** Future Fire, Future Farming by Bruce Pascoe & Bill Gammage

## Leo

Soft spoken at the moment, as your impact lays in the energy your radiating right now. There's a magnetism this month that can support you in drawing you towards your goals. So focus not on the agenda, but on your own energy. Align yourself first, and the outer details will raise up to meet you there.

## Virgo

There is a lot of energy around your expression right now. A mastery of allowing yourself to understand it first, and then communicate, will prove more beneficial than trying to workshop everything with others. But this certainly does not mean bottle it up - otherwise the pressure will build and the pipes could burst.

## Libra

You start this month with alot of fire. Let it activate your ideas, but then take the slow road when it come's to the execution. The creative flow at this time will yield the most if you allow it to be a steady stream.

## Scorpio

The dance of wanting to retreat into your own scorpio cave, and enjoying the light hearted energy for you at this time is nothing to resist. You don't need to choose one way or the other right now. Rather take each moment as it comes, and meet it as it reveals to you what that instance is inviting you to do.

# Staying Cool with Fruit & Veggies

By **Dylan Smith**

Dylan is a certified Ayurvedic Practitioner and holistic health educator based in Bronte, where he runs and operates the Vital Veda clinic for patients. For more info or to schedule an Ayurvedic consultation with Dylan go to [vitalveda.com.au](http://vitalveda.com.au)

Summertime... and the living is easy. It's also hot and dry! and it's wise to protect yourself by keeping cool. Work in harmony with this season and thrive during it. You deserve to feel prime during summertime.

The very hot sun takes away the strength of the earth and all things on earth. Scientists call this "thermal accumulation." Particularly in the second half of summer you may begin to feel inner heat accumulate.

When the days are long and hot, we require cooling and high-energy foods such as fruits and vegetables. This gift of extra fruits and veggies is nature's antidote to the hot and dry weather. They have specific microbes that move excess heat out of the body. During the summer digestion is weaker allowing you to enjoy lighter fruit and vegetables.

Try apples, pomegranates and watermelons, if you eat enough of them, it will encourage looser stools and/or frequent urination – stimulating the body's heat-removing channels. It may seem odd, but try the Ayurvedic combination of sprinkling some black pepper on watermelon to reduce water retention. It provides a cooling zing!

Other cooling summer foods are rice, milk, ghee and grapes. Cooling vegetables such as asparagus, coriander, broccoli, zucchini and leafy greens. Coconut Water - to keep cool and hydrated. If you can, drink fresh whole coconut rather than packaged liquid. Keep it away from food as it puts the digestive strength out.

Think twice this summer before indulging in heavy foods like barbecued ribs, milkshakes, ice-cream, pizza, breads and cheese, as these are (poor quality) winter foods that our body simply does not have the acids to digest. Yes, it is OK to eat some of these harder-to-digest foods in the summer. Just do your best do eat smaller portions on the barbecue and much larger portions of the salad, fruits and veggies. Always though, whatever you eat, enjoy.

## Sagittarius

The focus definitely has to be on community at this time. If you're too caught up in your personal agenda, you might meet conflict or resistance in relationships of any kind. So allow your intentions to be about others and watch the seamless organisation of things.

## Capricorn

After a serious past few months, you're allowing yourself to enjoy some of that lightheartedness and laughter. A little bit of play will really bring alot into balance for you at this time.

## Aquarius

Effortless organisation and dissolution of obstacles is here for you right now. If you have anything you want to build, set up the plans now, so that in a few months time when you return to a slower pace it will simply be a matter of carrying out the steps.

## Pisces

Movement and travel is such a big theme for you right now. But that doesn't mean rush around. This is an integration time, when you take yourself for some time out to really embody and understand all that this past year has brought you.