



STAY. PLAY. EAT

STAY

- Elements of Byron Resort & Spa
144 Bayshore Drive, Byron Bay,
elementsofbyron.com.au

PLAY

- Stone & Wood tours and tastings
4 Boronia Place, Byron Bay, stoneandwood.com.au/byron-brewery

- Zephyr Horses trail rides
Book through Elements Resort

EAT

- Beach
Clarks Beach, Lawson Street Byron Bay,
beachbyronbay.com.au

- Folk
Sunrise Blvd, Byron Bay, folkbyronbay.com

- Foam food + wine
41 Pacific Parade, Lennox Head, foamlennox.com



one traditional tourist trap I'm not ready to give up on: Wategos. While this stunning natural beauty is at risk of being a victim of its own popularity, the famously protective Byron community has sheltered it from any ill effects.

If you're lucky enough to snare a park (it's still unmetered here!), take the tree-lined trail through Palm Valley, back towards town.

As well as a photo op around every corner, the carrot at the end of this – admittedly not very strenuous – walk is the newly revamped Beach restaurant.

With prime position in the sand dunes, reservations are recommended if you want to savour their famously lingering lunches.

The menu is an interpretation of Italian

driven by local produce, epitomised by an elegant serve of Byron Bay burrata with charred broccolini.

Balmain bugs are another highlight, swimming in a divine cultured butter that's made in very limited batches at The Farm.

You'll see now why I recommended taking the scenic route. Once you've refuelled, atone for the calories by extending your return trip up to Cape Byron lighthouse.

There's so much to look at you won't be counting the steps until you wake up the next morning with mysteriously sore calf muscles.

It's here we come to a crossroads.

You can head north to the aforementioned Brunswick Heads, where tiny restaurant and

bar Fleet is causing an unprecedented stir in foodie circles.

Wander west to Newrybar – a charming hamlet bypassed by the highway, home to Harvest restaurant, deli and bakery (don't go home without a sourdough souvenir).

This coin toss will also take you to Bangalow, the charming centre of counter culture. Market day is a must – the next one is on September 25 – and so is coffee at ivy-twined cafe Woods Bangalow.

This Saturday the Bangalow Showground hosts the annual Sample Food Festival. Pack a picnic blanket and indulge in \$5 and \$10 tasting plates from 28 local restaurants.

But one of my favourite finds lies further to

the south, following Broken Head Road as it meanders along the coastline through rainforest to Byron's laidback neighbour Lennox Heads. Unexpectedly planted in the middle of the surf "shacks" that skirt Seven Mile Beach, Foam Food + Wine is quietly doing its own thing. With incredible food, wine, service and that strip-of-ocean-blue view, it's the whole package – like a really good-looking bloke who doesn't know it.

After the meal, feast your eyes at Pat Morton Lookout, where you can watch surfers dodging dolphins. This out-of-the-way oceanfront perch affords box seats for whale watching ... and you won't have to fight the throngs for a car park.