STAY
A wonderfully easy-going stay just a barefoot skip from Wategos Beach, Raes is a magnet for the surf set. Here, sunlight dances off the whitewashed walls and the palm-fronded pool is the perfect spot for late afternoon chilling. Suites, all light and bright and overlooking the tropical gardens (above), have a serene feel. Most romantic are the two penthouses with their enormous, cloud-like beds, attractive marble floors and ocean-facing terraces. There are yoga mats for those that way inclined and you’ll return after dinner to find a pot of candle-warmed tea waiting on your bedside. This place is seriously soulful.

EXPLORE
Canter through the crystal-clear shallows as the sun comes up, on one of Zephyr Horses’ sunrise rides (above), or stop off at The Farm to coo over the heritage piglets and pick up artisan goods. At Little Wategos Beach, you can scramble over the boulders to watch the surfers catching the morning breaks or cool off in one of the rock pools dotting the shoreline.

WHAT TO WEAR
Aggy one-piece swimsuit, £128, Spell & The Gypsy Collective, from freepeople.com
Dr Roebuck’s Tama Healing mask, £25, from spacenk.com
Corfu woven slides, £205, ST. AGNI, from net-a-porter.com

TASTE
Wander straight off the sand for just-caught oysters (above) washed down with Perrier-Jouët at Raes Cellar Bar, and for a slap-up supper, Beach – perched high on the dunes overlooking the Pacific – is a must (think squid ink spaghetti with cuttlefish, cherry tomatoes and fish roe). Then stroll along to Bella Rosa for a late night scoop of rum and raisin gelato.

TRIP DETAILS: Rooms at Raes start from Au$650 (£360) per night B&B, including transfers from and to Ballina airport; visit raes.com.au. Cathay Pacific flies from London to Sydney via Hong Kong from £977 return; visit cathaypacific.com. Virgin Australia flies from Sydney to Gold Coast from £64; visit virginaustralia.com.