

# TAKE A BREAK

Byron Bay is one of the country's most popular health and wellbeing destinations. Here's what the idyllic coastal town has to offer

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**A**s you drive through the lush green hinterland en route to the seaside town of Byron Bay, you can almost feel the tension in your body start to melt away.

The farming hills give way to reveal a glimpse of sweeping beach vistas that stretch along Australia's eastern coastline in northern NSW.

Known for its relaxed approach, Byron Bay has become synonymous with wellness and those seeking a lifestyle overhaul.

It has also become home to high-profile celebrities such as Chris Hemsworth and Matt Damon, who are often spotted picking up takeaway coffees from local cafes or heading down to the beach with their children. Top model Elyse Knowles has also made the town her new home base with partner Josh Barker.

It is a destination that can be visited at any time of the year, no matter the season, when a long, bracing walk along the beach can soothe the soul.



**FOREST BATHING @ THE BYRON**

## STAYING ACTIVE

With Byron Bay enjoying a warm climate for much of the year, it's easy to get outside and stay healthy – even if the water may be a bit too chilly for a dip during the cooler months!



## HORSING AROUND

Watch the sun rise over the ocean and light up the beaches during an early-morning ride. Zephyr Horses offer daily 1-1.5 hour rides, which can take you along forest trails or down on to the beach. Beginners are able to take the rides, with horses matched to each rider's capabilities.

**\* Zephyr Horses Byron Bay,**  
[zephyrhorses.com](http://zephyrhorses.com)





ELEMENTS OF BYRON



THE BYRON

## “LEARN ABOUT THE HEALTH BENEFITS OF FOREST BATHING AND BE GUIDED THROUGH A DEEPLY RESTORATIVE MEDITATION.”

### WHERE TO STAY

Wellness and relaxation are the focus at The Byron at Byron Resort & Spa, and Elements of Byron. Located south of the main town in the midst of the rainforest hinterland, The Byron is an intimate resort suited to couples. It offers yoga classes daily and is a short stroll to Tallow Beach. A highlight at the resort is the 5 Senses Forest Experience at the spa, which draws on the Japanese practice of forest bathing. “In our forest experience, you will hear about the powerful energy in the Byron shire, learn about the health benefits of forest bathing and be guided through a

deeply restorative meditation in nature,” spa manager Mym Mouchel says. On the other side of town is Elements of Byron, a sprawling resort with a lagoon pool and separate adults-only pool, tennis court, playground, beach club and forest trails to explore. Families will enjoy staying in the self-contained villas and roaming the natural surroundings. Guests can also take part in yoga by the beach, before indulging at the Osprey Spa.

- \* **The Byron at Byron Resort & Spa,** [thebyronatbyron.com.au](http://thebyronatbyron.com.au)
- \* **Elements of Byron,** [elementsofbyron.com.au](http://elementsofbyron.com.au)

### WELL NOURISHED

There is a strong focus on local and seasonal produce at restaurants dotted around Byron Bay. Harvest Restaurant head chef Alastair Waddell changes the menu depending on produce availability. “Not only is a weekly changing menu more relevant and exciting, it helps local farmers by moving their produce and showcases small quantity ingredients,” Alastair says. Another destination popular with visitors is The Farm Byron Bay. Stroll around the 32ha working farm before enjoying a meal at its restaurant, Three Blue Ducks, which utilises the farm’s fresh produce.

- \* **The Farm Byron Bay,** [thefarm.com.au](http://thefarm.com.au)
- \* **Harvest Restaurant,** [harvestnewrybar.com.au](http://harvestnewrybar.com.au)



### TAKE A CLASS

Just because you’re on holidays, doesn’t mean your exercise routine has to go out the window. Byron Bay has a wealth of yoga classes on offer, plus Bende Byron has varied options that focus on mindful movement such as barre, pilates and reformer classes that are all taken in their light-filled studios.

- \* **Bende Byron,** [barrebody.com.au](http://barrebody.com.au)



### WALK IT OUT

A trip to the NSW coastal town isn’t complete without a hike to the Cape Byron Lighthouse along the 3.7km loop coastal track. Alternatively, pick one of the walking tracks through the surrounding hinterland or along its expansive beaches.



PHOTOS: JAKE HEALY, NATALIE MCCOMAS, LAUREN BAMFORD