

# Merimbula

## A wonderfully wild, wellness weekend

Merimbula is located on the stunning Sapphire Coast of New South Wales. Where the ocean meets the wilderness and world class seafood takes the centre stage. Where rest, rejuvenation and relaxation are more than just an idea, it's a way of life. This three-day, two night itinerary is perfect for couples looking for unique experiences, who want to move in a meaningful, mindful way while indulging in the local produce creating a deeper connection to the place they're visiting.

## Where to stay....

### Hillcrest Motel

97 Merimbula Drive, Merimbula NSW 2548

Self-contained and air conditioned, with a balcony and sea views. Outdoor swimming pool, Garden, tennis court and fire pit.

### Lakeside Holiday Apartments Merimbula

14 Fishpen Road, Merimbula NSW 2548

Self-contained studio apartment right on the water of Merimbula Lake. Outdoor swimming pool and a BBQ facilities.

### NRMA Merimbula Beach Holiday Park

2 Short Point Road, Merimbula 2548

Self-contained ocean front glamping tent, outdoor dining area and outdoor bath.



# Day 1 - Connect

As soon as you arrive in Merimbula you breathe in the salty air and get the urge to get moving.

If arriving by plane you can hire a car at the **Airport** or if you have taken the 3.5 hour drive from Canberra you park in town to start your adventure.

**The Merimbula Boardwalk** is the perfect introduction to the town's natural beauty and gives you the perfect view of the lake and the landscape. The walk is a gentle and flat, **3.5km return** along the water's edge. You wind between the water and the shore, shadowed by towering spotted gums. At the turn around point you stop for a locally roasted coffee from **Sunny's Kiosk**. The walk takes around an hour to complete by which time you have worked up an appetite.

A short 5-minute drive away, **The Waterfront Café** is your brunch spot – where the menu is seasonal, the ingredients sourced locally and the view over the **Merimbula Lake** is unforgettable. Whether you go for a smashed avo with dukkah or the crème Brûlée French toast you will start your day energised.

After breakfast, it's time to connect with the land. Just a 15 minute drive away, **Navigate Expeditions Indigenous Kayak Tour** takes you down the **Pambula River** launching from the river mouth. Your expert guide from the **Twofold Aboriginal Corporation** will enlighten you with the significance, history and lore of the region connecting back to local indigenous culture. You land at Severs Beach and are welcomed with morning tea with flavours of the region such as lemon myrtle slice. While sipping your brewed coffee your guide will share with you their deep knowledge of bush tucker and traditional medicine as well as the ancient language connected to the flora and fauna. The tour takes 4 hours and as you land back at the river mouth you're ready to recharge with some lunch.

Lunch is all about fresh, local seafood, and there is no better place than **Wheeler's Takeaway** (10 minutes from Pambula and 5 minutes from Merimbula Town Centre) You order a dozen, freshly shucked oysters as well as the classic fish and chips before heading back to **Main Beach** to eat whilst watching the waves.

The water is just too inviting, some salt water recovery, from the morning's activity is on the cards. You can dive, dip or dwell between the ocean waves and the sand. It's easy to spend the afternoon taking in the natural beauty of the beach, watching dolphins frolicking in the waves and the seagulls flying overhead waiting for the stray chip!

As the sun sets, you head to your accommodation to get ready for dinner. **Hillcrest Merimbula** welcomes you into their newly renovated and classically beautiful room. Overlooking the township of Merimbula the retro vibes are just what you're looking for. Located a short drive out of town, the motel is unlike any other in the township Hillcrest offers Boutique accommodation, a swimming pool with ocean views and guest lounge with coffee, croissants and cocktails.

You drive the 5 minutes back into town and step into the warm and intimate atmosphere of **Bar Monti Italian**. This locally owned and operated eatery is where handmade pasta meets the exceptional Sapphire Coast Seafood. Think house made potato gnocchi with rich passata and home-grown basil enjoyed with a glass of Shiraz.

You have a big day tomorrow so off to bed early to recharge.

# Day 2 - Move

Fuel up early, because today started with an iconic coastal trek. You grab a takeaway toastie from **Market Street Coffee** before **Sapphire Coast Guiding Co** meets you to take you to the starting point of the Wharf to Wharf Walk in Tathra. It takes about 30 minutes to get there, while you're driving Cam gives you all the tips you need to have a successful and safe walk back to Merimbula.

**The Wharf to Wharf Walk** is a 27km hike through rugged headlands, secluded beaches and lush native bushland linking the **Tathra Wharf** with the **Merimbula Wharf**. The hike can be done in 1, 2, 3 days or in sections. You're up for the challenge so you tackle it in one day. The map and way finders along the trail make it easy to stay on track. It takes roughly 7 hours to complete so you're glad you started at 7am to beat the heat of the day. Along the way you can see the **migrating whales** from the shoreline as they continue their southern migration.

You complete the walk at the **Merimbula Wharf** midafternoon. Done with walking for the day Paul from **Pauls Personal Transport** takes you back into town.

It's time for the most important part of the trip, your recovery, and there is no better place than **Saffir House**, which is located in the centre of town. The luxury wellness space offers contrast therapy – alternating between a **Scandinavian style sauna** and then bracing for an **ice bath session**. Perfect for muscle recovery and mental clarity.

You're feeling refreshed after your afternoon recovery session and have a few hours free before dinner. You go back to your accommodation to rest before heading out to dinner.

Feeling like new, you head back into town for an early dinner at **Bar Surprette**. Tucked away in the heart of town, this low-lit, intimate eatery is all about hyper-local ingredients and natural wines. You order a bottle from **Aristotelis Ke Anthoula** which is bottled in South Pambula and pair it with their rotating menu of small plates (think Heirloom tomato and anchovy salad, sardines in olive oil or blue swimmer & snapper pie)

After Dinner, **Dulcie's Bar**, just a two-minute walk away, is the place to be. This vintage-style bar is popular amongst locals and tourists, serving up craft beers, boutique spirits, and live music in their courtyard. With fairy lights strung throughout the beer garden and a mix of folk, blues and indie artists setting the mood. It's the perfect way to end the night.



# Day 3 - Recharge

Kickstart your day and continue your recovery with a **Reformer Pilates** class at **Reform by TLF**. This class focuses on core strength, flexibility and control, setting you up for the day ahead.

From there, you have a quick shower before heading 10 minutes down the road to Millingandi. There you will find **Captain Sponge Oyster Tours** where you will dive into a real, working oyster farm for one of their hands on tours. Learn how the famous, Sapphire Coast Oysters are harvested in the pristine waters of **Merimbula Lake** before getting to sample some for yourself. Served natural with a squeeze of lemon on the banks of the Merimbula Lake. You don't think it could get better, but it does!

For lunch, you travel a further 10 minutes down the road to **Nine Circles Distillery**, a boutique gin distillery set next to the idyllic and pristine **Panboola Wetlands**. Enjoy a bite to eat while watching the native birds of the Wetlands before stepping into their Gin Masterclass, where you blend botanicals and craft your own gin to take home.

It's now time for your afternoon swim to end the day. You travel the 20 minutes to **Bournda National Park** where you float in the calm waters of the lagoon surrounded by native bushland. Expect to see black swans gliding across the water, yellow tailed back cockatoos in the tree tops and maybe an echidna or a wallaby!

As the sun sets it's time to head back home, back to reality away from the coastal paradise you have called home for the past three days.

After your long weekend escape you're feeling more refreshed and connected not only as individuals but also to each other.

While you're waiting for your plane home or riding in the car, you will be already planning your next trip to *Magical Merimbula*.

