



**LAUNCESTON**  
**SARA REDMAN**  
 Director,  
 BodyZen

**Best breakfast:** At Fresh café on Charles Street. It has the freshest local food made with love — it's all vegetarian, but I'm pretty sure you won't be missing the meat. Fresh also caters for special diets, such as vegan and gluten-free, yet all the meals are truly scrumptious.

**Must-buy gift:** Anything from Cocoon in George Street. Cocoon prides itself on providing a vast array of handmade products that I find to be of the highest standard and creativity. The interior of the shop is beautifully laid out, and I simply cannot walk in without buying the right gift for someone, or for myself!

**Survival tip for tourists:** Know that you're never stranded — the locals are always happy to help. As a Canadian, I continue to be impressed by how warm and welcoming Launcestonians are to visitors.

**Must-eats:** The wraps and salads at the Atrium Cafe, Cimitiere Street. They deliberately do not have a menu because they only serve seasonal, local foods. I love walking in to see what surprising, delicious fare is on offer for the day. There's great coffee too, and you can enjoy the surrounding art gallery as well.

**I love Launceston because:** It's the perfect size, and has Cataract Gorge in the middle of the city.



Launceston's picturesque Cataract Gorge  
**BELOW:** Great beaches galore at Coolangatta, in southern Gold Coast



**COOLANGATTA**  
**TONY CANNON**  
 Currumbin property  
 investor and surfer

**Best breakfast:** The Deck Café on Currumbin Beach for great food and coffee. Currumbin has a beautiful and unique little seaside village setting.

**Best night out:** Head to Komune Resort's cool poolside beach club, right opposite Greenmount Beach, for amazing pizza and pasta from Italian chef Francesco. A quick walk from Komune down the beach walkway will see you at Neverland Bar, definitely the best nightclub on the south side of the Gold Coast.

**Insider's tip:** Coolangatta has unique snorkelling and diving experiences a mere 10 minutes offshore at Cook Island and Nine Mile Reef. You can get up very close to massive loggerhead turtles and manta rays, as well as see many different coral and volcanic rock platforms.

**Survival tip for tourists:** Don't drop in while surfing the points. There are some incredibly fast surfers in this area!

**Best idea for a family outing:** Currumbin Wildlife Sanctuary, followed by the Australian Surfing Museum. The Wildlife Sanctuary has an incredible array of local wildlife, and is right near Currumbin Beach. They've also just installed an epic rope course high up in the trees, for those kids wanting an adrenaline rush. ★