



DOCTOR'S ORDERS

When Shortland Street's Dr. Callum McKay takes a well-earned rest from the small screen, his alter ego Peter Mochrie knows exactly where to go

Surfing, Bondi Beach.

MARGARET RIVER, WA

"Breathtaking views, extraordinary rock landscapes, powerful waves and great vineyards."

Margaret River, in Western Australia's south-west, has a Mediterranean climate, ideal for its 200 vineyards and 70+ wineries. While still a young wine-growing region, Margaret River is gaining international attention for its Rhine Reisling, Chardonnay, Semillon, Sauvignon Blanc, Cabernet Sauvignon, Pinot Noir and Shiraz. The region is also renowned for stunning limestone caves and beautiful wildflowers.

BONDI BEACH, SYDNEY, NSW

"I lived there for 30 years; it's got cool restaurants, great surf, white beaches, and a cosmopolitan feel."

Bondi Beach, just 7 km east of Sydney CBD has been a working class

suburb throughout most of 20th century, and is a name synonymous with Sydney's surf life saving and beach-loving population. A favourite destination for New Zealanders, Bondi is known for its carefree sun-drenched lifestyle. Learn to surf the high waves and enjoy Australia's alfresco dining with a multitude of cafes, restaurants, bars, and fish and chip shops.

GOLD COAST, QLD

"The lifestyle is very easy; everything is at your fingertips, and there are the most glorious beaches you'll ever see for surfing and relaxing."

Just south of Brisbane in Queensland's south-east, the Gold Coast is renowned world-wide for its surf and white sandy beaches and is now the country's sixth-largest city. Read more about this region's development as a food and wine destination on Page 25.