

— Second Valley



# BEST THINGS TO DO IN McLAREN VALE

.....  
*Autumn 2019*

A local guide on the best places to eat, drink,  
stay, relax and explore in McLaren Vale  
and the Fleurieu Peninsula.

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## To Eat REAL FOOD LIFE

Sarah, owner of Real Food Life has found the perfect balance to be home and present with her two young children as well as filling their bellies and the wider world with fresh, healthy food.

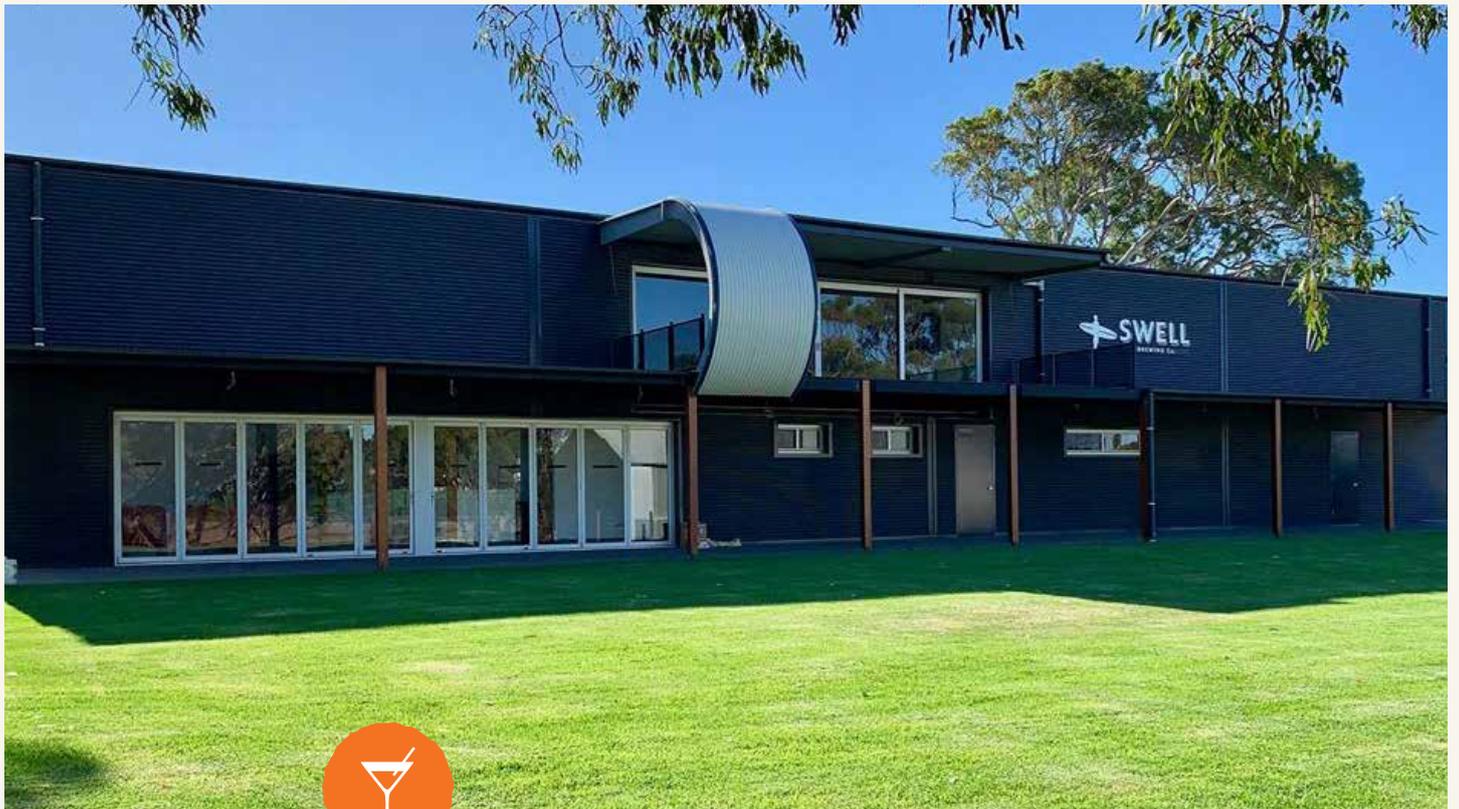
Although her treats are predominantly raw, the overarching philosophy is probably more Paleo based. Sourcing fresh local ingredients, grown organically or biodynamic where possible with minimal intervention.

Sarah's amazing food is available from many local Fleurieu eateries in the Great Southern, Qahwa, Mega Health and Wildfire Organic Tea shed just to name a few.

Recent catering gigs also include the red carpet premier of Storm Boy – January 2019, where dinner boxes were presented to over 250 VIP's.

Get in contact with Sarah as she is happy to cater for holiday makers, community events or your own private functions.

-  [realfoodlife](https://www.instagram.com/realfoodlife)
-  [realfoodlifeau](https://www.facebook.com/realfoodlifeau)



## To Drink SWELL BREWING COMPANY

New digs for old locals. Corrina and Dan Wright have expanded their empire of grape growing and winemaking at Oliver's Taranga Vineyards to the latest labour of love – their new Swell Brewing Company and eatery. For those that are familiar with Chef Steele's fare you know it is perfectly matched with beer – the whole bar wall is complete with 16 pull taps, so there's not much of a wait for drinkies.

An expansive lawn, mezzanine and toilets to talk about – they have thought of it all.

- 168 Olivers Rd, McLaren Vale SA 5171
- P: 0448 288 822
- [www.swellbeer.com.au](http://www.swellbeer.com.au)



## To Perk Up ONE LITTLE SISTER CAFÉ

One should only talk about their amazing coffee with every modification or milk option that they serve to perfection...but everything about these guys is cool and wholesome. You might just roll in for a poached egg and a brew, but come out with –some fabulous ‘trivets’ made by an ethical charity and some lemon curd tart -because the crust looks like a mix of all your best biscuits smushed into one.

So go on - have your Piccolo three quarter decaf ristretto with two eye droppers of goats cream on top. I’m sure they could do it!

— 4/48 Main Road, Normanville SA  
— Summer Holidays :- Open 7 days  
8am-4pm, Fridays-Sats 8am-8:30pm

## Other Links

— [mclarenvale.info](http://mclarenvale.info)  
— [daytrippa.com.au/mclaren-vale](http://daytrippa.com.au/mclaren-vale)  
— [instagram.com/thefruitfulpursuit](http://instagram.com/thefruitfulpursuit)

Stay tuned, the Oliver’s Taranga team will share more of our favourite places in Winter!

246 Seaview Road, McLaren Vale SA

— [oliverstaranga.com](http://oliverstaranga.com)  
— Follow us:    @oliverstaranga



## To Experience BOTANISTA SA

Botanista is a beautiful shopping destination for boutique teas and plants, in the heart of Port Noarlunga.

Check out some of the fantastic workshops coming up this Autumn to create your own succulents terrariums, macramé hangers and much more.

Alternatively, check out the terrarium bar stocked with over 100 beautiful plants and various different container sizes for your creations. The bar is always open so no need to book, just pop in!

— [Click here for workshops](#)  
— Shop 1, 18 Gawler St, Port Noarlunga SA  
— P: 0405 109 685  
— [www.fleurieugifts.com.au](http://www.fleurieugifts.com.au)



## To Explore McLAREN VALE VINTAGE BIKE HIRE / DAL MARE

This is really the most fun you can have with your buddies! Pick up your vintage tredley on the Main Street of McLaren Vale from Dal Mare coffee roasters. Get pedaling on one of four suggested tours around the McLaren Vale region – but not until you’ve had your first cuppa for the morning though.

The bikes come with the handy basket – so if Willunga Farmers Markets is

on your itinerary you can fill it up – with some beer and wine on your way home.

A great day out and you get to exercise ...no guilt in that.

— [Click here for tours & booking system](#)  
— Dal Mare coffee roasters  
189 Main Road, McLaren Vale  
— P: 0410 067 199  
— [www.dalmare.com.au](http://www.dalmare.com.au)