

To Stay C.

COAST MOTEL & APARTMENTS

Set upon the coast of picturesque Adelaide beach town Port Noarlunga South, just a 12 minute drive from McLaren Vale.

Coast Motel and Apartments offers 15 light filled beachfront studio apartments. Enjoy the space and privacy of self-contained apartments, with hotel luxuries and convenience such as free-Wi-Fi, daily house-keeping, front reception and free onsite parking.

Whether you're a wine lover, water enthusiast, beach bum or foodie, there is something for everyone on the doorstep and surrounding neighbourhood.



153-157 Esplanade

Port Noarlunga South, SA 5167

★ <u>coastmotelandapartments.com.au</u>

f @ <u>@.coastmotelandapartments</u>





THE SALOPIAN INN

Food at the The Salopian Inn is eclectic – an edible story, if you like – chef Karena Armstrongs's culinary journey and her ever persistent need to learn more, eat more and cook more

Celebrating their 6th birthday recently, they have been cultivating an organic kitchen garden. The garden now provides a large percentage of fruit, vegetables and herbs for the restaurant. The seasons dictate what is cooked to ensure the freshest and best quality ingredients. They only use pasture-fed, locally sourced beef and lamb, free range poultry and pork as well as Australian caught seafood.

Allow yourself to be left in their hands and experience the \$80 pp menu where the most loved dishes are served.



Mc CAREN STALE

Corner of Main Rd & McMurtrie Rd

McLaren Vale, SA 5171

* salopian.com.au

f @ <u>@.salopianinn</u>





NOURISH ME HAPPY CAFÉ

Nourish me Happy's focus is to provide nourishing wholefoods, rich in nutrients and flavour. Handcrafted, organic, local and seasonal produce. They believe in gut health support and incorporate activated grains, nuts, kombucha and fermented vegetables into their cafe menu.

If dietaries are a concern, they make their own nut milk, so a coffee made with your milk preference is a great option.



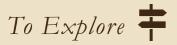
Mc CAREN SYALE

22 Old Coach Road

Aldinga, SA 5173

f @rawtreatsbytalia





ABSEILING ONKAPARINGA GORGE

Abseiling is the art of descending a vertical cliff face using of ropes. Learn some tricky moves and enjoy a great day of challenge during the Adelaide Hills Abseiling Adventure. Your adventure takes place at the magnificent Morialta National Park. (The package will occasionally take place at the beautiful Onkaparinga Gorge or The Bluff, in picturesque Victor Harbor).

Step out of your comfort zone and onto the rock face.



Mc CAREN SYALE

Departs Adelaide CBD, SA

rick here for booking link



To Watch &

MYPONGA RESERVOIR

- ENJOY, EXPLORE & PRESERVE

This past April, Myponga Reservoir has opened their park and recreation trails to the public. The first time since 1962.

Start your morning off by running a lap through a new 5km track cut through Myponga's beautiful bushland, with new hardly-seen water-views. If running isn't your preference the tracks are enjoyed by walkers or cyclists.

The path travels through open plains, forested areas and native vegetation and is peppered with picnic tables.

Allow at least half a day to enjoy the splendor of this hidden gem.



Myponga Reservoir

- Enter via Main South Road

Click here to view YouTube video