

AUSTRALIA COAST TO COAST

JANUARY 2015

COUNTRY STYLE

ESCAPE THE
EVERYDAY

*on summer
holidays*

SWEET THING
*The dairy farmer
making gelato*

**THE DREAM
BEACH SHACK**
A YOUNG FAMILY'S
FLINDERS WEEKENDER

**SOUTHERN
BEAUTY**
Explore pristine
Kangaroo Island



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HERE COMES THE SUN

• DECORATING FOR LAZY BEACH DAYS • A LONG LUNCH
AT NEWRYBAR'S HARVEST CAFE • SHORT STORY SPECIAL

"MY FIRST RACQUET WAS A FENCE PALING" MARGARET COURT ON GROWING UP IN ALBURY

great southern island

ITS WILDLIFE SUSTAINED EARLY EXPLORERS AND NOW
KANGAROO ISLAND OFFERS DISTINCTIVE PRODUCE
TO VISITORS LURED BY ITS NATURAL BEAUTY.

WORDS VIRGINIA IMHOFF PHOTOGRAPHY MICHAEL WEE

The guest suites at Southern Ocean Lodge are set back from a cliff face on the south-west of the island.



The Southern Ocean is a fickle thing as it pounds and claws relentlessly at Kangaroo Island's coastline. On a fine day it's mesmerising to watch glassy blue-green rollers unfurl into lacy lines on the sand. And at night the rhythmical thump and boom from the shoreline is the best kind of sleeping pill. But when giant swells smash against the cliffs, driven by storms that may have raged all the way from Antarctica, it's a sharp reminder that this can be a wild, and sometimes brutal, ocean — and that it's the primal force that has shaped Kangaroo Island's remarkable environment.

For guests of Southern Ocean Lodge, the grandeur of this stretch of Kangaroo Island's coastline is evident just metres from their very comfortable accommodation.

Kangaroo Island lies 120 kilometres south of Adelaide; a 30-minute flight on Regional Express or 45 minutes by SeaLink car ferry service from Cape Jervis on the Fleurieu Peninsula. And at 155 kilometres from east to west 'KI', as locals call it, is Australia's third largest island. Southern Ocean Lodge, hugging the cliff top overlooking Hanson Bay, is at the remote south-western end, between the untouched wilderness of Flinders Chase National Park and the Cape Bouguer Wilderness Protection Area.

Here nature takes first billing and a stay at the lodge is all about experiencing the extraordinary natural beauty, while being indulged with fine food and wine with a proudly local provenance — a taste of the island.

This luxuriously understated lodge has 21 elegant suites that tail off along the cliff edge. Behind, vast waves of mallee heath are alive with the 'zit-zit' calls of tiny finches and the soft padding of little Tammar wallabies, one of the two macropod species on the island.

British explorer Matthew Flinders named the island in 1802 when, to his delight, he discovered large numbers of unwary kangaroos, several of which soon became dinner for his half-starved crew. Today the roos are just as bold — indeed, you should go slow and keep your eyes peeled when driving, especially around dawn and dusk when they're on the move. By far the easiest — and most enjoyable — encounter is an evening 'Kangas and Kanapes' foray, one of the events run by the lodge, at the historic Grassdale property nearby. It's a far cry from Flinders's desperate experience: as the roos graze peacefully in the setting sun, guests can do the same, with a glass of island bubbly in one hand and some delicious morsel in the other.

Thanks in large part to its clean, isolated environment, KI is renowned for the quality of its seafood and other produce. We pick up a farm gate and cellar door trail map to sample some ourselves. The island is a sanctuary for pure strains of the Ligurian bee; among the honey producers, Clifford's Honey Farm sells honey and a delicious honey ice-cream. Bees are on show, making honey in a glass-fronted hive at Clifford's and also at >

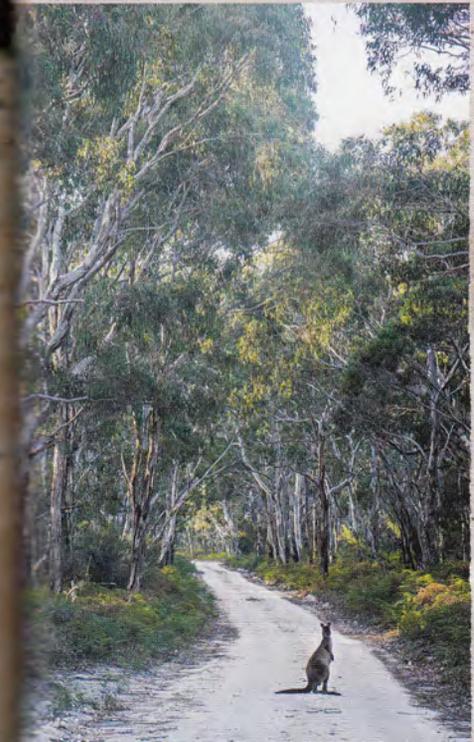
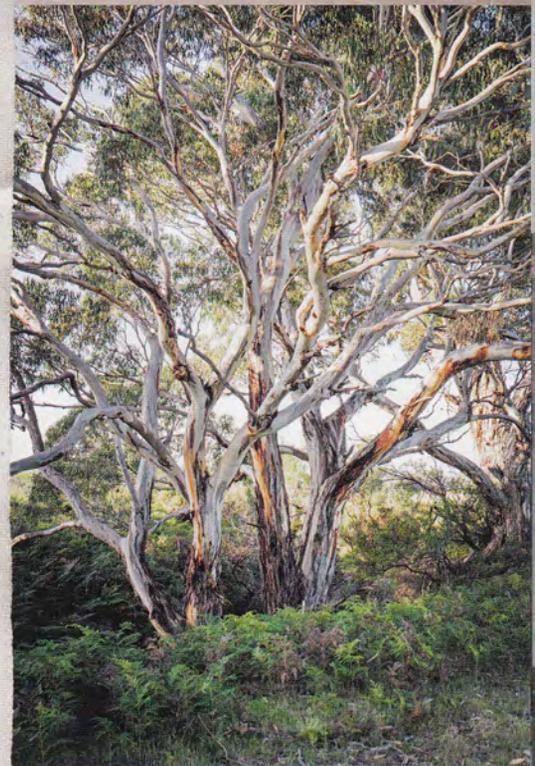
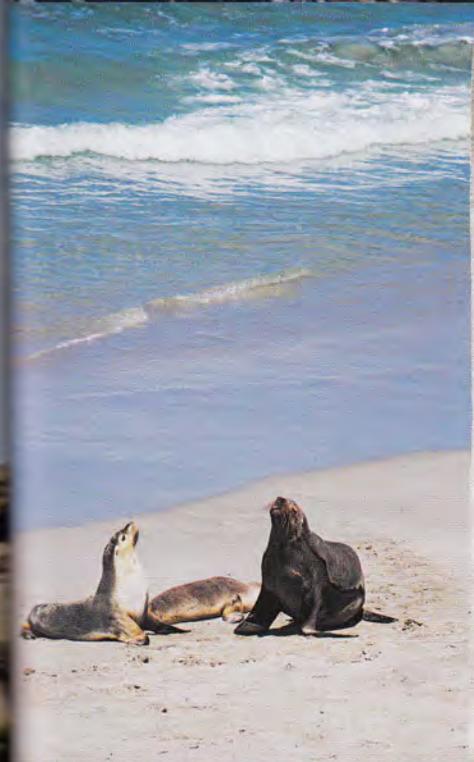




WHERE TO STAY AND WHAT TO DO

- **Antechamber Bay Retreats** Two self-contained homes on a farm overlooking Backstairs Passage. There's a private beach where you can fish or swim with dolphins. 2131 Cape Willoughby Road, Penneshaw. 0427 504 588; kicc.com.au/thekona
- **Flinders Chase National Park** Visit the Remarkable Rocks, Admiral's Arch and the Cape du Couedic lighthouse. Entry \$10. (08) 8559 7235
- **Kangaroo Island Wilderness Retreat** Set on 45 hectares of bush next to Flinders Chase National Park, accommodation to suit budget travellers and those seeking a boutique hotel stay. Lot 1, South Coast Road. (08) 8559 7275; www.kiwr.com
- **Regional Express** Offers daily flights between Adelaide and Kingscote Airport, on Kangaroo Island. 131 713; rex.com.au
- **Sea lions** Guided tours depart from the visitor centre, or view them from the boardwalk. Seal Bay. (08) 8559 4207.
- **SeaLink** Car and passenger ferries operate between Cape Jervis on the mainland and Penneshaw at least four times a day. 131 301; sealink.com.au
- **Southern Ocean Lodge** Packages include accommodation, all food and drink, airport transfers and a selection of tours. Hanson Bay Road, Kingscote. (02) 9918 4355; southernoceanlodge.com.au
- **Stranraer Homestead** Restored historic homestead offering gracious accommodation and fine fare. Wheaton Road, Macgillvray. (08) 8553 8235; stranraer.com.au

CLOCKWISE, FROM TOP LEFT Southern rock lobster at Ferguson Australia seafood outlet in Kingscote; superb views at Southern Ocean Lodge; a third of the island is natural wilderness; moorings at American River; drivers need to watch for kangaroos and wallabies; sea lions lounging at Seal Bay. FACING PAGE The view over Backstairs Passage to the mainland.



Island Beehive in Kingscote. Here you can tour the factory, have a coffee and scones, and buy honey and a whole range of beeswax products.

In addition to the island's wild seafood, the Parndana School has a barramundi aquaculture program. Marron, the delicious freshwater crayfish from WA, is farmed at Andermel Marron Farm and served in the café that doubles as a cellar door for Two Wheeler Creek Wines. On the way to the Dudley Peninsula we called in at the Oyster Farm Shop in American River (a village named after American sealers who camped here in 1803), which specialises in oysters, marron and sustainable fish. Simple grilled whiting with a squeeze of lemon made a quick and delicious lunch at an outdoor table.

Further on at Antechamber Bay, Kate and Andy Gilfillan raise South Rock Lamb, sold online and at selected outlets as cuts, chorizo, mettwurst and 'L'hamb', a smoked lamb ham.

We timed our trip back through Cygnet River near Kingscote in the afternoon, so we could see the sheep being milked at Island Pure Sheep Dairy. You can taste and buy the award-winning cheese and yoghurt in the farm shop.

"It's a dream for me," says Southern Ocean Lodge's executive chef, Tim Bourke, who designs his menus around island produce. "We get beautiful seafood straight from the boats, the marron from the farms, the barramundi from the school, the lamb, the beef... you name it."

The sentiment is echoed by island produce champion and caterer, Kate Sumner. Kate owns Kangaroo Island Source, making condiments from local produce, and runs a cooking school in Penneshaw. It's the combination of a clean, green environment and fiercely proud growers that makes local produce second to none, she says. "A third

of the island is untouched and we have the cleanest soil and air. But what makes the food here so different is it's all so small scale, with a lot of heart and soul."

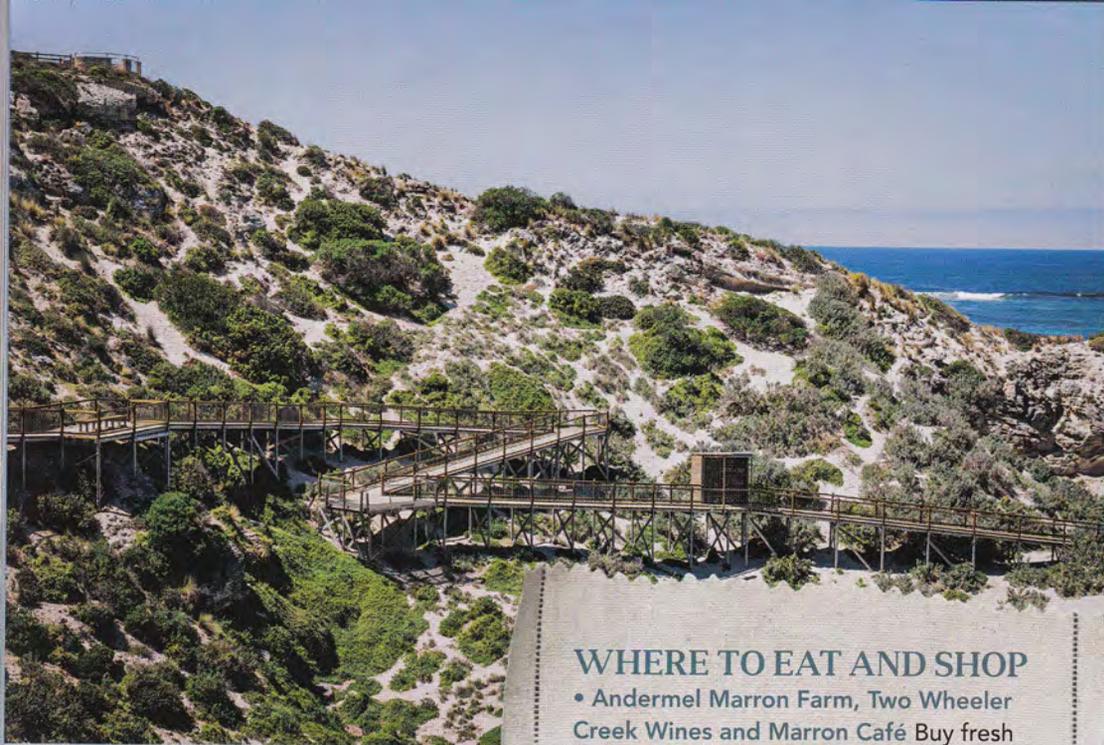
For South Australia's newest wine region, the island's 25 wine growers have also made a name for themselves. The temperate climate allows a long ripening, resulting in wines with strong varietal fruit flavours — and you can try them at several cellar doors. A visit to Dudley Wines just out of Penneshaw, and to Bay of Shoals Wines at Kingscote is worthwhile simply for the wonderful ocean views. Cap off the day with a honey and walnut liqueur at Kangaroo Island Spirits, a boutique distillery at Cygnet Creek.

Kangaroo Island is teeming with all kinds of wildlife — not just kangaroos, but koalas, echidnas, bandicoots, possums, goannas and 267 bird species, including the Cape Barren geese that are often seen feeding in paddocks near the entrance to Flinders Chase National Park. Inside Flinders Chase, which covers 33,000 hectares, key sights include the Remarkable Rocks (giant granite monoliths sculpted by wind and waves), the Cape Du Couedic Lighthouse, opened in 1909, and Admiral's Arch, where a colony of New Zealand fur seals can be seen basking on rocks. At Seal Bay on the south coast you can walk among the resident colony of Australian sea lions; the visitor centre runs regular guided tours, or you can view them at leisure from the boardwalk.

It could take weeks more to discover all that the island offers, and there is a range of accommodation to suit different budgets, while for those short on time, Southern Ocean Lodge provides a delicious slice of KI without discernible effort. * For further information, visit southaustralia.com and tourkangarooisland.com.au



Sheep graze on a slope above the vines at Bay of Shoals Wines.



CLOCKWISE, FROM TOP LEFT The boardwalk at Seal Bay; Amanda Rowe with fresh local oysters at the Oyster Farm Shop in American River; pelicans feeding at Kingscote; at KI Spirits, the O Gin is flavoured with the native herbs and exotic peppers; a boardwalk through the mallee scrub at Southern Ocean Lodge; at the lodge, chef Tim Bourke serves a salad of spring vegetables with homemade cheese, brown butter and capers.

WHERE TO EAT AND SHOP

- **Andermel Marron Farm, Two Wheeler Creek Wines and Marron Café** Buy fresh marron, enjoy marron dishes, and sample wines in the cellar door. 804 Harriet Road, Vivonne Bay. (08) 8559 4128; andermel.com
- **Bay of Shoals Wines** A cellar door with great wines and wonderful water views. Cordes Road, Kingscote (08) 8553 0289; bayofshoalswines.com.au
- **Clifford's Honey Farm** Pick up some honey and try the famous honey ice-cream. 1157 Elsegood Road, Kingscote. (08) 8553 8295; cliffordshoney.com.au
- **Dudley Wines** Sample a range of wines alongside an island produce tasting plate. 1153 Willoughby Road, Cuttlefish Bay. (08) 8553 1333; dudleywines.com.au
- **Ferguson Australia** Specialising in southern rock lobster and other fresh seafood. 48 Kohinoor Road, Kingscote. (08) 8553 0377; fergusonaustralia.com
- **Island Pure Sheep Dairy** See the sheep milked 2–4pm daily, and sample cheese and yoghurt. 127 Gum Creek Road, Cygnet River (08) 8553 9110; islandpure.com.au
- **Island Beehive** Watch bees making honey and purchase Ligurian bee honey and beeswax products. Acacia Drive, Kingscote. (08) 8553 0080; island-beehive.com.au
- **Kangaroo Island Source** Kate Sumner produces condiments with local produce. 90 Cape Willoughby Road, Penneshaw. (08) 8553 1041; kangarooislandsources.com.au
- **Kangaroo Island Spirits** Drop into the cellar door for spirits and liqueurs reflecting wild island flavours. 856 Playford Highway, Kingscote. 0408 818 012; kispirits.com.au
- **South Rock Lamb** Free-range lamb, chorizo, mettwurst and smoked leg 'L'hamb'. (08) 8553 1444; southrocklamb.com.au
- **The Oyster Farm Shop** The best of the island's sustainable oysters, shellfish, seafood and aquaculture product. Tangara Drive, American River. (08) 8553 7122.



**“A THIRD OF THE ISLAND IS
UNTOUCHED AND WE HAVE THE
CLEANEST SOIL AND AIR.”**



JOURNEY KANGAROO ISLAND SOUTH AUSTRALIA

The Cape du Couedic lighthouse
in Flinders Chase National Park
opened in 1907. **FACING PAGE**
A rest stop along the cliff-top
walk at Southern Ocean Lodge

