

FOODIE ITINERARY 7 days

in the bunbury geographe region



Small's Bar, Eaton

visitbunburygeographe.com.au

GASTRONOMIC GURUS, LIFE IS REALLY ABOUT FOOD AND WINE

You've been going 'down south' for years, so you think you have the food places covered. Think outside the box! Find foodie destinations unknown in #BunGeo



DAY ONE - PERTH TO BUNBURY

Depart Perth and drive south to Bunbury on Forrest Highway. Travel time: allow 2 hours or less.

ACCOMMODATION

Check into **your accommodation throw on an outfit**.

PRE-DINNER DRINKS

Start your night with a cocktail at **Yours or Mine**, the Best Regional Small Bar at the 2019 WA Small Bar Awards which serves up incredible South American food, an eclectic wine list, craft beer and some of the best cocktails.

DINNER

Your next stop is **Market Eating House** in Victoria Street, described as a 'destination restaurant' – it's the sort of place you plan your weekend around. The food is sublime, the service sensational, and the atmosphere relaxed and cosy. Before returning to his hometown of Bunbury, co-owner (with his talented wife Bec) Brenton Pyke was the head chef of George Calombaris' Little Press & Cellar in Melbourne, and Perth small bar Andaluz. Put your faith in the kitchen and order the Feed Me or Feed Me More menu – who doesn't like a surprise.

DAY TWO - BUNBURY

Rise and shine. Start the day by checking out the CBD sights. Either walk or drive to **Marlston Hill Lookout**. Continue past the **Bunbury Lighthouse** to **Wyalup Rocky Point**. The extensive basalt rock formations at Wyalup were deposited thousands of years ago by flowing lava and now create a distinct and eye-catching feature on the Back Beach. You may wish to return here at night - it's the perfect place to watch the sunset.

TIME FOR BREAKFAST

Seek out breakfast served with a turmeric latte, cold-pressed juice or Mano a Mano coffee from boutique coffee house and cafe, **Townhouse Bunbury** in Victoria Street. If the sun is shining, head to their banging backyard featuring murals by local artists. Try the pesto rosso and eggs with sundried tomato pesto and free range poached eggs on wood-fired toast with rocket, grilled asparagus spears, and balsamic glaze.

Or continue a little further down Victoria Street for a casual breakfast (though they also do a mean lunch) at **Benesse Bunbury**. Located in the historic Grand Central precinct, Benesse offers a broad menu of light bites to more extensive options with fresh, local fare. Dig into some **Boyanup Free Range Eggs**. Sit indoors or enjoy outdoor laneway dining – they supply blankets to keep you warm. For waterviews, head to the gorgeous **Corners on the Bay** on the Marlston Waterfront.

FIT IN SOME QUICK SHOPPING TIME

Victoria Street is full of little boutique stores that are big on style. Start at **Sabotage**. You're destined to do some damage here, with leading Australian labels. **Life and Soul Boutique** has some of our favourite brands as well as talented up-and-coming designers to discover. Seek out their collection of **ByHelo** jewellery - Canadian born, now Bunbury local, Heloise Fitzpatrick makes superb architecturally influenced designer pieces. Next door is **Green Depot**, a green jungle in the middle of the CBD. Behind is **Maker + Co COLLECTIVE** - a store with a difference. Local artists, artisans and ethical traders work together and exhibit their wares in an iconic CBD warehouse location. Just off Victoria Street, **Emporium of Eshe** is also worth a visit for gorgeous accessories and giftware. Source beautiful children's clothing, gift and toys at **Kidd&Co** for babies to 8-year-olds.

For shopping of the food variety, visit Australian-European food providore **The Rusticana**, bulk stockists of dried fruit, nuts, rice, flour, spices, tea and coffee to name a few. It has a continental deli with all manner of local and imported small goods plus a traditional butcher shop serving premium local produce, including Yearling Bell Beef, Mount Barker Chicken and Turkey, **Amelia Park Lamb** and a range of game meats.

For more foodie finds we also suggest tracking down a bottle of **Wild Vinegar Co**. One of the first of its kind in Australia located in a hip, old mechanic's shop in Bunbury's east. Their tonics are known as "tinctures" which draw the natural goodness of the ingredients into the liquid. Continue your health kick with a juice, elixir or nut mylk from **The Juicer & Co** which are cold pressed fresh every day.



Townhouse

I am a wanderer; I discover,
I challenge myself, I go
against the norm, I unearth
the unexpected....
in the Bunbury Geographe



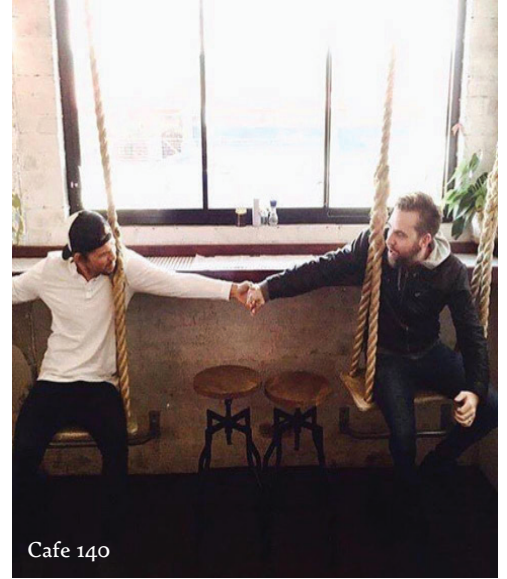
Benesse Bunbury



The Juicer & Co



Bread and Butter Wood Fire Bakery



Cafe 140



ReDiscover Street Art
From Stormie Mills to Lister - all the
best street artists have made their
mark in Bunbury.

DAY TWO - BUNBURY

LATE LUNCH

Grab a quick bite to eat at **Cafe 140** and while you're there, take a swing. Their ramen with extra chilli on the side will cure any side effects from last night's antics. Then slip through the side door for the best organic, hand-rolled donuts in the region from the **Bread and Butter Wood Fire Bakery**. Make sure you also pick up one of their organic wood-fired loaves with homemade creamy butter.

CULTURE UP

Grab a copy of the Bunbury's new **ReDiscover and Out of the Box Street Art Map** by **Six Two Three Zero** and discover the city from a different perspective. Bunbury is home to the largest collection of street and public art in regional Australia. Find the whimsical characters painted by leading WA artists on 20 electrical boxes scattered through the CBD. On your journey, stop at the **BRAG** - housed in a very distinctive pink convent. It's the perfect backdrop for an Insta pic. BRAG is home to the largest collection of public art in regional Western Australia and also offers a program of rotating art exhibitions.

COLD PRESSED JUICE OR COFFEE STOP

Venture down Central Arcade to **La Pause Miam**, a Parisian café with Scandi style and the best coffee in the City. The pastries are baked fresh and melt in your mouth. Or, if you are on a health kick visit **Plant Organic Cafe & Market** for a green smoothie with homemade almond milk and one of their famous choc spirulina superfood balls.

PRE-DINNER DRINKS & DINNER

Start your night with a wine in **Mojo's Kitchen Bar & Bottleshop** streetside sea container. It has one of the biggest wine lists in the region, including local Geographe wines, and museum wines from their cellar. Exceptional sommelier, Jake Atkinson oversees the selection. Devour food from Head Chef Lee Collins (previously Eagle Bay Brewing) who is passionate about creating food from scratch. If you prefer a waterview try **Vat 2** at Jetty Baths.

End your night at the ultimate hipster hang-out, **Lost Bills** - a tiny bar with a banging craft-beer list, heart-warming spirits, and some damn good wine. One of only four regional WA finalists in the **WA Best Small Bar Awards**.

DAY THREE - CAPEL AND PEPPIE BEACH



dig into berry pancakes at the Capelberry Cafe

Get off the Highway and into **Capel**. Walk the streets and discover walls of street art, before dropping into **Capelberry Cafe**.

For breakfast slurp up baked Spanish beans with tomato, chorizo, and Turkish bread. Or the breakfast bruchetta will surely fill up the hungriest of travellers. They have a massive selection of herbal teas, Rubra coffee and you may be in the country, but fear not, you can still get your almond milk here too. The lemon tart and French custard donut drops are divine. Pick up a little gift too, with Robert Gordon homewares, abstract art by local Jess Seroka, and chutneys by Peppi Beach producer, the **Fat Hippo**, and much more.

A little further down the street, the best value in the region has to be the **Capel Bakery**. It's super cute. Stock up on homemade pies, sourdough bread, and old favourites like wagon wheels and butterfly cakes. The service is cheerful, the surrounds cosy, and the price is budget friendly. In season, you can also pick up some great farmgate produce.

This is where you may find freerange organic eggs, seasonal veggies and fruits from **Mostly Organics**, jams and preserves, olive oil produced by local producer **Goccio D'oro**, as well as a select range of **Handmade and Marina** natural olive oil soaps and skincare balms.

DISCOVER RARE TUART FORREST

Time to stretch your legs through the **Tuart Forest National Park**. The Park protects the largest remaining pure forest of Tuart in the world. It also has the tallest and largest specimens of Tuart trees on the Swan Coastal Plain. Some trees are more than 33 metres high and 10 metres in girth.

*ED Note: seeking fresh regional produce on your way to Capel from Bunbury, drop into **The Forbidden Fruit** at Stratham.*

DAY THREE - CAPEL AND PEPPIE BEACH

LUNCH

Enjoy a late lunch at **Capel Vale Winery's** Match Restaurant. It's all about 'matching' food perfectly with wine. The view's pretty special too. Finish with a cheese plate and a glass of their delicious Geographe Merlot. James Halliday agrees with the Australian Wine Companion nominating Capel Vale as **2019 Top 100 Wineries in Australia and a Top 5 Red Star Winery**. If you have a sweet tooth, we suggest you book a high tea. It's a delicious and decadent tradition that never disappoints.

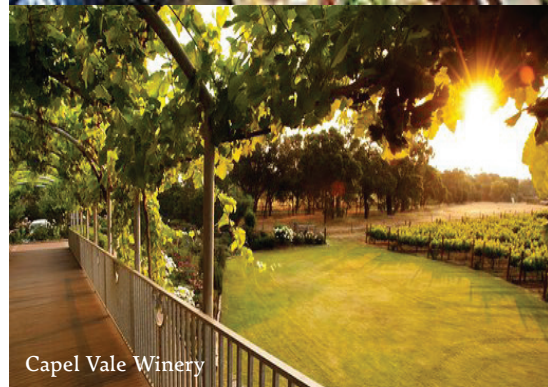
Next, it's onto **Peppermint Grove Beach** (or as locals call it - Peppie Beach) to check out the beach views and if you are late enough, a stunning sunset.

RETURN TO BUNBURY

Tonight it's time to change up the taste buds with modern Japanese fusion at **Tokyo Jacks**. They pride themselves on using the best produce including Black Angus Beef, Wagin Lamb, Exmouth Seafood, Binningup Whiting, free range Manjimup Pork, Mt Baker free-range chicken, and shitake mushrooms from Narrogin. Their regular degustation nights are legendary. If Indian-fusion is more to your tasting, head a little further down **Victoria Street** to the **Funkee Monkee Eatery & Bar**.



Capel Vale Winery



Capel Vale Winery

DAY FOUR - BUNBURY, EATON, AUSTRALIND

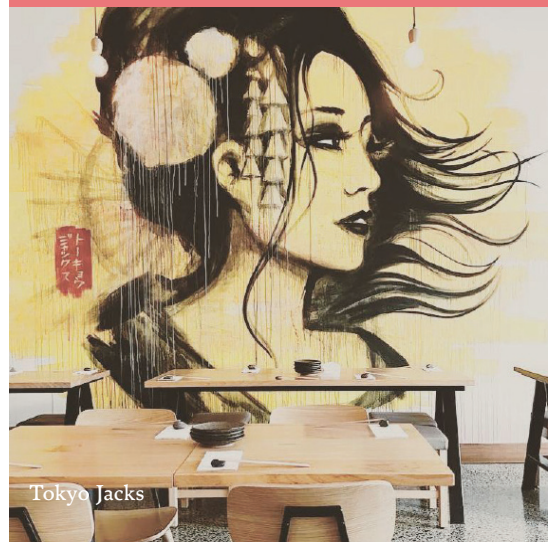
WORK UP AN APPETITE

Rent a bike from **Melo Velo** in Victoria Street (grab a fab coffee while you are there). Jump on and take a ride around the inlet. First head over the new bridge to **Koombana Bay Foreshore** then cross over Koombana Drive to join the Inlet Bike Path. Stop at the **Mangrove Boardwalk** to discover Western Australia's southern most mangroves. Pure serenity to start your morning.

Continue around the Inlet, down Richmond Street and Austral Parade until you stumble across the **Happy Wife**. Be sure to grab a table outside to take in the Inlet views. #BunGeo food favourites include baked mushrooms with dukkah hommus, poached eggs, raw spinach and beetroot jam, handmade savoury crumpets served with herb butter, avocado and molasses or, if trying to stay healthy, the chia pudding with banana, berries, passionfruit and vanilla yogurt. Everything is home-baked on the premises, right down to the croissants.

Walk across the road to **Corners on King**. It may be a little early, but you must order a crazy shake. With more than six varieties to choose from you'll be sure to find your secret indulgence. The nutella and pretzels shake is a customer favourite. Health conscious folks should not fear, Corner also has cold pressed juices, smoothies and a range of kombucha drinks. With fabulous coffee and the best baby chinos in the region, Corners is a popular stop for mums in activewear after they've walked around the Inlet. Hop back on your bike and continue riding around the Inlet (wearing off your crazy shake) to your hotel.

Let's do lunch - while away the day with a vineyard lunch in the Capel River region. Then head to Bunbury for modern Japanese fusion using the best Western Australian produce.



Tokyo Jacks



The Happy Wife



Small's Bar

DAY FOUR - BUNBURY, EATON, AUSTRALIND

Next, we're venturing to Eaton. **Small's Bar** is changing the face of dining in Eaton with a team drooling in talent. Think shared food, craft beer, amazing wine, and cocktails. BunGeo recommendation (though note - their menu changes regularly) - mouth watering, fall off the bone, slow roasted Sichuan Lamb shoulder served with spring onion pancakes and mint avocado. Pair it with a Ferguson Hart Estate SBS. Finish off with a plate of cheese and steeped mulberries, and fruit bread crisps. As an advocate of paddock to plate, BunGeo loves how the menu lists the food miles of each item of delectable produce used. Small's Happy hour is on every day from 5pm - 6pm with half price beer, wine, spirits and cocktails. But, we suggest you head there on Sunday for their Tunes, Brews and Food from 4pm - 7pm.

Continue onto Australind via the **Leschenault Estuary**. The Estuary is an estuarine lagoon nearly 14kms in length and 25km². If you like catching your food, over summer beautiful Blue Swimmer Crabs are easily scooped up into a net. Serve them with a **Mazza Bastardo**. Not far away, in The Village Australind, is **Benesse Australind**. The sister store of the highly-successful **Benesse Bunbury**, it has gorgeous interiors. Continue your oh so bad, but oh so right foodie journey with their Boston Waffles. From Green Bowls and Cider Pork Salads, to Brekky Burgers, they have the food spectrum covered.

ACCOMMODATION

It's time for some quintessential country life. **Happy Days Country Retreat** is a superb, renovated farmhouse set on eighty-five acres of pastoral grazing land. Owner Eamon is a gourmet chef and will cater and style for private dinner parties, breakfast, lunch, BBQ's, high tea and intimate gatherings of up to 60 people.



The gorgeous interiors of Benesse Australind

Happy Days Country Retreat

DAY FIVE - COLLIE RIVER VALLEY

Climb the mountain
to **Collie River Valley**.

Take a drive up the mountain and through the forest to the Collie River Valley. On the way stop at **Black Diamond Lake**. Rated as one of WA's Top 10 Instagram spots, a trip to the lake is a must with its vibrant, crystal clear turquoise blue waters creating a photo frenzy. Black Diamond was formerly an open cut mine site that ceased operation in the 1950s – so check the water quality before diving in! The lake is extremely popular with visitors bringing inflatable floats, because who wouldn't want to lay back and enjoy the beauty?

It's a short drive to Collie for coffee break at **Wagon 537** - a pop-up cafe, located in a heritage train wagon. People rave about the coffee sourced from the Margaret River Roasting Co or try a cold-pressed juice, green smoothie, turmeric and beetroot lattes, and gluten-free cupcakes.



find donut delight Happy Circle Donuts at markets or a pop up store

DISCOVER THE SERENE HONEYMOON POOL

Then, head out of town along Mungalup Road toward the **Ferguson Valley**. If you have time take a diversion loop through the **Wellington National Park** to **Honeymoon Pool**, a wide pool in the river surrounded by graceful peppermints, and Jarrah and Marri forest. Sunbake on the wooden platform or find your inner child and try out the swinging rope

DAY FIVE - FERGUSON VALLEY

ACCOMMODATION

Check into **Peppermint Lane Lodge**. This bed and breakfast located in Wellington Mills is a private adult retreat for couples who want to escape city life. Peppermint Lane is also a perfect venue for girls weekends away. It has four self-contained suites overlooking the Ferguson River. Facilities include a great space for meditation and a sparkling swimming pool that is both private and tucked away. They love to cook for you using the very best of local produce and enjoy sharing food, wine and great company. Freshen up and then head to lunch.

LUNCH OPTION ONE

If you're after something simple, head to **Ferguson Falls Wine Cafe**, home to the **Best Pizza in WA (Gold Plate Awards** - they were also a finalist in the best Tourism Restaurant category)! In a small, intimate venue run by the Giumelli family (of course, they are Italian-Australian with some American thrown in too), you will unearth mouth-watering stonebaked pizza topped with farmhouse cheese. BunGeo's favourite pizza - Artichoke Gourmet: homemade cashew pesto base, garlic, artichokes, marinated goats cheese, parmesan and mozzarella. Savour while sipping a glass of their award-winning Chardy.

Next, travel to **Green Door Wines** along Henty Road for some of the best views in the region. Green Door produce Spanish and Italian wine varieties served in cute cafes. Don't miss tasting the Tempranillo – it's the best in the Geographe and The James Halliday Wine Companion 2018 rated it 95/100. Their wines are preservative free = minimal hangover. Still hungry? Order their 100 Mile Platter with sheep's milk cheese from Roelands, mixed olives from Boyup Brook, fruit loaf from Dardanup and much more.

LUNCH OPTION TWO

For a fabulously lazy long lunch, head to **Hackersley Estate**. Low key and a little arty, Hackersley sits in a cute cottage overlooking a lake with cows grazing in the background. Aaron and Arie Devitt serve up a sensational 5 course degustation - think amuse bouche; lamb fillet, piccalilli, curry, wild rice; cod, beetroot, fetta, horseradish, lime; beef, kohlrabi, mushroom, eggplant, honey, coriander; and pear, caramel ginger, cardamom, apple, Baileys – matched with wine. Start with a glass of Verdelho but finish with the Merlot (a #BunGeo favourite). Between courses chill out on the lake's grassy bank with a glass in hand.

On the way home, be sure to stop at **Saint Aidan Winery**. Their Zena Liqueur Muscat is the Geographe's Best Fortified. Savour it with an afternoon 'sweet bite' from their European trained chef.

Return to **Peppermint Lane Lodge** to relax in their stunning surrounds.



Peppermint Lane Lodge



Green Door Wines



Green Door Wines

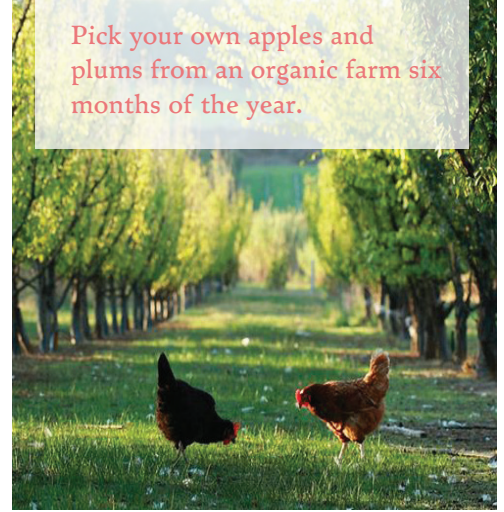
Nothing beats food with a fabulous view and the Ferguson Valley have some of the best in WA. Enjoy it with a glass in hand!



Ferguson Falls Wine Cafe



Pick your own apples and plums from an organic farm six months of the year.



DAY SIX - DONNYBROOK, BALINGUP

After a leisurely breakfast at Peppermint Lane, hop in the car and head to **Spring Valley Organic Orchard** near **Donnybrook**. This is apple country, colloquially known as the **Apple Capital of the West**, and home of the Lady Williams. Spring Valley have 1200 fruit trees (mainly apples and plums) along with a market garden and a flock of chickens who happily roam around the farm. For six months of the year, they are open for Pick Your Own.

COFFEE BREAK

If are a coffee addict in need of a great brew pull-up in Donnybrook's mainstreet at **Crazy Cow Coffee**. After the week's antics, one should consume a freshly pressed juice and gluten/dairy free delights. But the cake looks soooo good and so do the toasties. It has a drive-thru too!

LUNCH

Next, it's onto **Smallwater Estate Winery & Restaurant**, home to the renowned marron and Chardonnay pie. It's the ultimate paddock (or dam) to plate experience with the marron sourced directly from the dams in front of the restaurant. Make sure you also try a bottle of their Rob's Block Cabernet Sauvignon 2013 with blackcurrants, mint, and spices on the nose.

Head onto the small but vibrant town of **Balingup** (one the way stop at the **Blackwood Daily Grind** in Mullalyup). The town takes its name from Balingup Pool, located on the Balingup Brook which flows through the town. Walk the streets - it would have to be one of the prettiest towns in Western Australia, offering some super-cute stores and galleries for you to peruse. It's also home to the largest arts and craft centre in the southern hemisphere - **The Old Cheese Factory**.

ACCOMMODATION

Check into WA Tourism Awards Hall of Fame winner **Balingup Heights Hilltop Forest Cottages** for beyond-spectacular views of Balingup and the valley. BunGeo recommendation - head to their lookout at sunset with wine and cheese. Or, for accommodation within stumbling distance of the main street try **Applegate Lane**, set in the grounds of Rose Cottage gardens. If it's Friday night (also open for breakfast and lunch 7 days), enjoy an early dinner at **The Mushroom at No 61**. The Bunbury Geographe pie sensation continues, with The Mushroom the winner of a plethora of national Great Aussie Pie medals. BunGeo favourite - pork and mushroom in creamy cider sauce. If you are on pie-overload, they also serve a range of seasonal menu items from Thai beef salad to pulled pork with Asian slaw.

DAY SEVEN - BALINGUP AND HARVEY TO PERTH

Rise and shine and stretch your legs with a walk through the WA's largest arboretum, the **Golden Valley Tree Park**. It's a magnificent arboretum with trees from around the world grown in a landscaped setting stewn with a series of walk trails. The seasonal colours are spectacular; so much so, QANTAS Traveller named it as one of their top 5 places in Australia to see autumn colours.

On your way home we suggest you stock up on the best produce in WA. This is real 'paddock to plate' country with a plethora of farm fresh and organic options. There is no excuse to buy mass-produced in BunGeo. **Kirup** is the beginning of your foodie indulgence return journey. With a five-star rating on Tripadvisor and Facebook, **Lady Marmalade** (previous page) is a delectable coffee and cake shop fast gaining fame. Affectionately renowned as the sweetest stop in the South West, each week owner Lynlee Rutten adorns a generous oak table with macaroons, cakes, slices, scones and her biggest seller – lemon meringue cake. Before you leave, head a few doors up to **Newy's Vege Patch**, an organic fruit and vege shop with a cult following.

As you drive through the **Donnybrook-Preston Valley-Balingup** region, you'll find an array of farmers selling produce roadside or from their farm packhouse. Produce varies on the season, but there is always something coming fresh from the soil. If you have a pie fetish, for true-blue Oz fare with a European/Vietnamese twist drop into the small but bustling **Dardanup Bakery** in **Dardanup**. With a CV that includes Head Chef on Carnival Cruises, owner John with wife Laine, bakes authentic wood-fired sourdough bread and handmade pastries, ah-mazing pies (jam-packed with Dardanup beef), sausage rolls and pasties.

As you head home, one of your last stops should be the **Bunbury Farmers Market**. This place is legendary; so much so, many Perth's 'golden-triangle' residents travel the two-hour drive to shop. The produce here – much of it sourced from surrounding farms – is mostly organic and explodes with flavour. Grab gourmet pies, handmade soups, the most amazing local and French cheeses, and so much more.

ED Note: If you are visiting on a weekend, seek out the makers, bakers, sewers and growers at a local market. More than 13 weekend markets operate regularly across the region. Located in paddocks, sprawling gardens and even an old goods shed (that was designed by C Y O'Connor and built in 1898), they brim with character and are the perfect way to spend a weekend morning.



Lady Marmalade by @ Hariett Harcourt



Newy's Vege Patch

DAY SEVEN - BALINGUP, HARVEY, PERTH

Or a little further up along Forrest Highway is the much-loved **Crooked Carrot** - smaller but oozing local quality produce. The food is great too - trio tasting plate, venison pies and other delectable delights.

For a last lunch stop and tipple (please drive safely) BunGeo loves **Geographe Distillery** at the **Old Coast Rd Brewery**. Since establishment in 2008, they have been quietly perfecting the craft of producing premium quality spirits and liqueurs

If you prefer a more scenic drive home, we suggest you take the **South West Highway** which follows the Darling Scarp and is dotted with historic farmland and equestrian properties.

Next, pit stop at **Ha Ve Harvey Cheese** for great larder provisions. There are award-winning cheeses (feta, haloumi, camembert) along with a range of locally produced condiments such as dukkah. Indulge in one of the Cheese Cellar tastings to help you decide. Treat the kids to milkshakes to sip and slurp too.

As you drive through **Harvey**, keep an eye out for roadside stalls selling oranges, mandarins and other local produce (in season). Surrounded by rich, irrigated plains on the banks of the Harvey River, Harvey is one of Australia's prime producing regions with a rich Italian heritage.

This area is home to famous produce companies such as **Harvey Beef**, **Harvey Fresh**, and **White Rocks Veal**.

Stretch your legs with a climb up the **Big Orange**, nestled in the grounds of **Harvey River Estate** winery. Owned by the Sorgiovanni family (who established **Harvey Fresh** before recently selling), Harvey River Estate features a great cellar door for tastings and last minute gifts. They also run the fabulous **GeoVino** - a gourmet wine store located in Harvey, stocking wines from Harvey River Estate & Fishbone Wines, gourmet cheeses, pate, olives and a large range of unique giftware selections.

This is only a taste of Bunbury Geographe's fabulous foodie finds. Head to our visitbunburygeographe.com.au to uncover more.

BUN GEO



Harvey Cheese



The Crooked Carrot



Harvey is Orange Country. Climb the Big Orange at Harvey River Estate or pick up produce roadside in season.

