

Brisbane



Kangaroo Point abseiling

INSIDER TIP

The suburb of Teneriffe has no end of cafés and bars, but if you're looking to stock up on gourmet goods, seek out the **Sourced Grocer**. 11 Florence St, www.sourcedgrocer.com

SHOP TALK

The Happy Cabin fits right into West End's multicultural urban street vibe, offering an eclectic mix of men's and women's fashions from independent designers based in Australia and overseas. 58 Vulture St, West End, www.thehappycabin.com

CHEAP EATS

Brisbane's gourmet food trucks serve great grub at low prices. Try **The Bun Mobile's** twice-cooked pork with hoisin sauce, sakura pickled cucumber and shallot batons. www.thebunmobile.com.au

TOP TABLES

The Euro is the laidback sibling of top eatery Urbane next door. A European-inspired brasserie, its menu is stellar and bar maestro Perryn is on hand to help with beer, wine or cocktail pairings. 181 Mary St, www.urbanerestaurant.com.au 🍷

LATE & LIVELY

Named for the theatre term, **Fourth Wall** is leading mixologist Chris Denman's intimate and refined space for celebrating the best in beverages. 743 Ann St, Fortitude Valley

OVERNIGHT

The **Brisbane Hilton** marked its 25th birthday by spending A\$14 million to give the city's most centrally located five-star a complete facelift. It was money well spent. 190 Elizabeth St, www.hilton.com 🏨

Cairns



Captain Cook Highway

INSIDER TIP

The new **Jump the Beach Drop Zone** experience includes Cairns' only beach landing at Palm Cove, 20 minutes north of Cairns. <http://australiaskydivegroup.com>

SHOP TALK

Keen to see the latest in local fashions? **Sugar Boutique** stocks homegrown labels like La Lune, Lucinda, and The Sun by Erunda. Shop 10/The Pier, PierPoint Rd, www.sugarboutique.com.au

CHEAP EATS

Fancy some French toast with vanilla roasted pear, raspberry caramel and King Island vanilla yoghurt? **Perrottas** at the Gallery goes well beyond bacon and eggs. Cnr Shields & Abbott Sts, tel: +61 (0)7 4031 5899

TOP TABLES

TripAdvisor rated **Bellocale Italian Seafood Restaurant** 4.5 out of 5. As the name suggests, seafood's the speciality. Try the salmon oysters. 62C Shields St, www.bellocale.com.au 🍷

LATE & LIVELY

Intimate music venue **12 Bar Blue** features different acts every night, with three jam sessions a week. Musos are welcome to strut their stuff onstage. 62 Shields St, www.entertainmentcairns.com/12bar-blue

OVERNIGHT

The life of luxury at **Peppers Beach Club** revolves around its mammoth white-sand pool. Swim up for a refreshing mocktail or practise your breaststroke before grabbing a catnap in your exquisitely appointed apartment. 20-22 Davidson St, Port Douglas, www.peppers.com.au/beach-club 🏨

Gold Coast



INSIDER TIP

Stop by for the dolphin feeding at **Tangalooma Resort** on Moreton Island and you may see crowd favourite Tinkerbell's newborn or see her siblings being hand-fed. www.tangalooma.com

SHOP TALK

With a name like **When Mad Met Crazy** you'd expect a fashion boutique that values individualism and flair over the ordinary and everyday. You'd be right. 2/25 James St, Burleigh Heads, www.aboutagirl.com

CHEAP EATS

No frills doesn't have to mean no taste. **Hakataya Noodle Shop's tonkotsu** soup (broth made with pork bones) is a treat for the tummy and the wallet. Shop 26, 3131 Surfers Paradise Blvd, www.hakatayanoodle.com

TOP TABLES

Staying beachside means you risk missing gems like **Verve**, an intimate eatery that serves up clever twists on old favourites. Cnr Sunshine Blvd & TE Peters Dr, Broadbeach Waters, www.ververestaurant.com 🍷

LATE & LIVELY

Stingray Lounge at QT is so hot that if you don't get in early on busy nights, you might not get in at all. Spice things up with a Mexican meal then cool down with a cocktail. 7 Staghorn Ave, Surfers Paradise, www.qtgoldcoast.com.au

OVERNIGHT

Overlooking the Nerang River, **Moorings on Cavill** offers apartment-style accommodation for a comfortable, self-contained Gold Coast holiday. 63 Cavill Ave, tel: +61 (0)7 5538 6711, www.mooringsoncavill.com.au 🏨

Melbourne



Degraves Street

INSIDER TIP

Melburnians tend to be sports crazy, but never more so than in September when the **Australian Rules Football** finals are held. If you can't get a ticket, stop by one of the many pubs that show it on the big screen. www.afl.com.au

SHOP TALK

One of Melbourne's youngest and most interesting designers, **Lucy Folk** is all about wearable food. Think pasta bangles, taco pendants or lobster legs cast in 18ct gold. 1A Crossley St, <http://lucyfolk.com>

CHEAP EATS

Enough with the burgers! **Phat Brats** offers over ten varieties of quality bratwurst sausages at bargain prices. Try the Wagyu chilli dog. 320 Brunswick St, Fitzroy, www.phatbrats.com.au

TOP TABLES

Brunswick's stock has risen sharply with the opening of **Albert St Food & Wine**, whose seasonal produce-driven, Euro-centric cuisine has made it the go-to place for gourmands. Cnr Albert St & 382 Sydney Rd, www.albertst.com.au 🍷

LATE & LIVELY

You can tell by the address (AC/DC Lane) that **Cherry Bar** is all about live rock music. Dress down, bring gold coins for beer and feel the noise. 103 Flinders Ln

OVERNIGHT

Set on the city fringe, the newly opened **Space Hotel** is touted as a "new social hotel experience". Custom-made for flashpackers, it has dorms, twins and singles along with a rooftop deck and a bar with insane food and drink specials. 380 Russell St, www.spacehotel.com.au 🏨

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