

Melbourne



Classic Melbourne architecture

INSIDER TIP

Melbourne is a **hotbed of musical activity**. To find out where all the best bands are playing, pick up free street paper *Beat* on Wednesdays or visit www.beat.com.au.

SHOP TALK

What began 15 years ago as a quest to make a bag big enough to hold a slab of beer, **Crumpler** has become a Melbourne icon. See the colourful bags being made. Laptop, wheeie and messenger bags are among the offerings. 87 Smith St, Fitzroy, tel: (0)3 9417 5338, www.crumpler.com

JAVA JOLT

A quirky warehouse café has won over Melburnians with its micro-roasting plant, laboratory and some rare coffee. **Seven Seeds** serves arguably the city's best java. 114 Berkeley St, Carlton, tel: (0)3 9347 8664, www.sevenseeds.com.au

CHEAP EATS

Tiny Nepalese eatery **Momo Station** makes some of the tastiest and cheapest dumplings in town. Chicken dumplings with a delicious broth are the specialty here. Shop 25, Tivoli Arcade, 235-251 Bourke St, tel: (0)431 052 014

TOP TABLES

The French-inspired dishes at **Millswyn** together with its location on a picturesque street make this fine-dining option a winner. Try the slow-braised lamb navarin. 131-133 Domain Rd, South Yarra, tel: (0)3 9866 5627, www.themillswyn.com.au ☼☼

AT YOUR LEISURE

Since 1967, **La Mama Theatre** has been showcasing the best emerging actors and playwrights. A top choice for those with non-mainstream sensibilities when it comes to stage drama. 205 Faraday St, Carlton, tel: (0)3 9347 6948, www.lamama.com.au

LATE & LIVELY

From the outside it looks like a regular watering hole, but head upstairs to discover one of the city's liveliest band rooms. Popular with the uni crowd, **John Curtin** has cheap daily specials. 29 Lygon St, Carlton, tel: (0)3 9663 6350, www.johncurtinhotel.com

Perth



Biking by the Swan River

INSIDER TIP

The City of Perth Winter Arts Season features a wide range of performances at venues throughout the city from June through September. Think classical, jazz, pop music and theatre. www.perthwinterarts.com.au

SHOP TALK

The Perth Mint Shop is well worth a visit. The shop sells precious metal coins and medallions that are minted onsite, as well as nuggets, bullion and superb jewellery. 310 Hay St, tel: (0)8 9421 7428, www.perthmint.com.au

JAVA JOLT

Occupying a prominent place in the heart of Perth, the **Merchant Tea and Coffee Company** offers quality hot drinks and tasty accompaniments. Murray Street Mall, 183 Murray St, tel: (0)8 9221 1323, www.themerchant.com.au

CHEAP EATS

Sassellas may not be the cheapest eatery in central Perth but it has good nosh, served within 10 minutes of ordering. A popular lunch-time choice. Upper Level, Carillon City, tel: (0)8 9322 4001, www.sassellas.com.au

TOP TABLES

Clarks of North Beach is out of town in the Indian Ocean suburb of North Beach, but it's worth every cent of the taxi fare. Clever, innovative, glorious food. Best of all, it's BYO. 97A Flora Terrace, North Beach, tel: (0)8 246 7621, www.clarksofnorthbeach.com.au ☼☼☼

AT YOUR LEISURE

Visit Perth's new, sparkling **State Theatre Centre**, home of the Black Swan and Perth theatre companies. 174 William St, Cnr of Roe St, Northbridge, tel: (0)8 6212 9200, www.statetheatrecentre.dca.wa.gov.au

LATE & LIVELY

The Ellington Jazz Club is Perth's only commercial jazz outlet, with live music every night from top Australian musicians and the finest tourist acts. An upstairs lounge provides someplace to relax and chat. 191 Beaufort St, Near Newcastle St, Northbridge, tel: (0)8 9228 1088, www.ellingtonjazz.com.au

Rockhampton



Couple outside Customs House

INSIDER TIP

If Rocky is the "beef" then Yeppoon is the "reef". Visit it on the Capricorn Coast, gateway to a number of **sleepy little beachside hideaways** that are well worth exploring.

SHOP TALK

There is nothing misleading about the name – **City Centre Plaza** is indeed in the centre of Rockhampton and is the city's second-largest shopping complex, with more than 30 specialty shops and department stores. Cnr Fitzroy and Bolsover Sts, tel: (0)7 4922 4480, www.rockhamptoncitycentre.com.au

JAVA JOLT

Café Emporio makes good coffee and great pie so whether you're in need of a java jolt or a snack on the run, you're sorted. Shop 6, City Centre Plaza, tel: (0)7 4921 2900

CHEAP EATS

The humble pie made well is a grand treat and **Mount Morgan Hot Bread Shop** makes a miner's pie worth the stop. 70 Morgan St, Mount Morgan, tel: (0)7 4938 1427

TOP TABLES

There is no shortage of good steak restaurants in Rocky, but if you're looking for the top alternative, you can't go past the award-winning **Heritage Grill**. Local produce is used in the preparation of modern Australian dishes served in a relaxed environment. 228 Quay St, tel: (0)7 4927 6996, www.theheritagehotel.com.au ☼☼

AT YOUR LEISURE

The southern end of the Great Barrier Reef is often unjustly overlooked. **Mantaray Dive Centre** is Rocky's only PADI dive centre and can quickly get you to reefs around Keppel Island. Shop 2, 205 Musgrave St, Berserker, tel: (0)7 4927 9811

LATE & LIVELY

After dinner at the Heritage Grill, head into the Heritage Hotel itself and choose from a number of late-night options including the **Rooftop Beer Garden** – complete with water fountains featuring beer taps – and the Heritage Nightclub. Cnr Quay and William Sts, tel: (0)7 4927 6996, www.theheritagehotel.com.au