



SOUTH AUSTRALIA

Southern Rock Lobster pulled straight from the ocean, spicy Barossa Shiraz made from prized old vines, a picnic basket filled with ash-rolled Adelaide Hills cheeses and the tangy lime flavours of a Clare Valley Riesling. Where else can you find this distinctive combination of flavours, than in South Australia?



BAROSSA VALLEY

With more than 80 cellar doors and 150 wineries, the Barossa Valley is one of Australia's oldest - and the world's finest - wine producing regions. From boutique and quirky vineyards, to internationally celebrated wines like Penfolds, the Barossa Valley is also renowned for its fresh seasonal produce, artisan food producers and award-winning restaurants.



SPOTLIGHT:

BAROSSA VALLEY

- » Just one hour's drive from Adelaide, popular day trip or easy self-drive
- » Explore by bicycle, vintage car, helicopter or hot air balloon
- » Luxury boutique hotel, **The Louise** in the Barossa Valley, follows a paddock to plate philosophy in its fine dining restaurant **Appellation**, 85% of the menu ingredients comes from within the Barossa Valley and South Australia
- » **Seppeltsfield Vineyard** remains the only winery in the world to release a 100 year-old single vintage wine each year
- » Undertake a cooking class at the award winning **Jacob's Creek Visitor Centre**

FLINDERS RANGES - FERAL FOOD

The Flinders Ranges is an ancient landscape and the doorway to the great Australian outback. With great expanses as far as the eye can see, dramatic gorges and a giant natural amphitheatre, the Flinders Ranges is like nowhere else. With such a unique landscape, there needs to be unique food. This is where the iconic **Prairie Hotel** comes in. Situated in Parachilna, five and a half hour's drive from Adelaide, the Prairie Hotel serves up delicious 'feral food' including kangaroo, camel and emu. An outback experience not to be forgotten!

KANGAROO ISLAND - FOOD SAFARI

Kangaroo Island's **Southern Ocean Lodge**, snakes its way along the southernmost coast of Australia. Its dining room features infinity views of the ocean and rugged cliffs and the dishes served are just as impressive as the view. Innovative cuisine features a range of Kangaroo Island's magnificent produce such as honey, freshwater crayfish, King George whiting and lamb. The food is complimented with local wines from the island itself and mainland South Australia.

Each August the Lodge offers a six-night **Kangaroo Island Food Safari** package. The program sees the Lodge's Executive Chef joined by renowned Australian chefs and takes guests on a journey that includes farm visits, meeting local producers, hosted wine tastings and master classes using the islands unique produce.

SPOTLIGHT:

KANGAROO ISLAND

- » Australia's premier destination for nature and wildlife including; kangaroos, koalas, sea lions and little penguins.
- » Accessible via a 30 minute flight from Adelaide to Kingscote or a 90 minute drive from Adelaide to Cape Jervis and 50 minute ferry crossing to Penneshaw
- » Southern Ocean Lodge, is a 50 minute drive from Kingscote airport or 90 minutes from the ferry terminal and is considered one of the best luxury eco-retreats in the world
- » Rates include all meals, open bar with premium wines, in-suite bar, signature experiences and island airport transfers



CLARE VALLEY RIESLING TRAIL

The Clare Valley two hours from Adelaide, is famous for its Riesling trail, a 35-kilometre (20-mile) walking and cycling track, following an old railway line looping through valley's, farmland, villages and vineyards.



SPOTLIGHT:

CLARE VALLEY

- » Considered the Riesling capital of Australia
- » The **Clare Valley Riesling Trail** can be cycled in approximately two and a half hours, however with quaint little villages, historic buildings, cellar doors, restaurants, galleries, art classes and most importantly world famous wines, at least a full day should be allowed to appreciate this trail
- » Bikes can be hired locally and a range of romantic bed and breakfasts are available
- » Seven Hill cellars is the oldest winery in the Clare Valley and the only winery in Australia run by a religious order. Explore the nearby St Aloysius church and crypt as well as the extraordinary wine cellar.



ITINERARY TIP:

Stop off at the Clare Valley en-route to the Flinders Ranges

MORE FOOD AND WINE EXPERIENCES IN SOUTH AUSTRALIA

- » At **d'Arenberg winery** in the McLaren Vale wine region, visitors can become a wine maker for the day and blend their own wine complete with personalised wine label
- » The **Eyre Peninsula** on South Australia's west coast, is not only a region of spectacular rugged beauty it is also rich in succulent seafood. Dig up cockles from the sand, pluck oysters from the ocean or cast a rod from the beach with a local food safari tour.
- » Situated on the edge of Adelaide's stunning Botanic Gardens, the award-winning **National Wine Centre**, showcases the depth and breadth of Australia's wine industry. The new tasting room offers 120 of the finest wines, from Penfolds famous Grange to boutique wines.
- » Take a helicopter over the Mt Lofty Ranges home to **The Lane Vineyard**



Adelaide's Central Market is the biggest undercover fresh produce market in the Southern Hemisphere. The markets are open Tues-Sat and guided tours are available.

SOUTH AUSTRALIA

FOOD & WINE FESTIVAL AND EVENTS CALENDAR

APRIL

Tasting Australia- Adelaide

An eight-day moving feast of South Australia's best produce attracting some of the world's best chefs, restaurateurs, winemakers and brewers. Events are held across Adelaide regional S.A.

JUNE

Sea and Vines Festival, McLaren Vale

This four day food and wine bonanza delivers a programme packed with fine dining, local produce, craft beer, art and music set against the back drop of the spectacular coastline of the Fleurieu Peninsula

OCTOBER

Coonawarra Cabernet Celebrations

One of Australia's most recognised wine regions, showcases its flagship variety with the Coonawarra Cabernet Celebrations. Visit the big names and discover smaller producers on this weekend of special cellar door events

USEFUL LINKS

[Adelaide Food and Wine Itinerary](#)

[Barossa Valley](#)

[The Louise](#)

[Seppeltsfield Winery](#)

[Prairie Hotel](#)

[Southern Ocean Lodge](#)

[Southern Ocean Lodge, Food Safari](#)

[Clare Valley Riesling Trail](#)

[d'Arenburg Winery](#)

[Eyre Peninsula](#)

[National Wine Centre](#)

[Adelaide's Central Market](#)