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INTRODUCTION



As I write, the countdown is well and truly on for this year's Audi Hamilton Island Race Week. This edition of REEF Magazine will launch only days before the talented, the fashionable and the high-spirited arrive on Hamilton Island for an exciting week of sailing, style and gastronomic adventures. A favourite on our calendar, the regatt was moulded by our late founder, Robert Oatley. We chose to put Bob on the cover of this issue of REEF Magazine because, put simply, he was

Race Week. He loved competing. He brought his

He loved the banter, the camaraderie and the

boats and he never missed a race.

inclusiveness of what happened to the sailing community after the day's racing. He couldn't walk more than two metres without somebody stopping him for a chat. Along with shaping Race Week, Bob instigated a cataclysmic change and improvement to the island when he created our luxury resort, qualia. Not only committing to the investment financially, he changed the culture and in doing so changed the persona and perception of Hamilton Island. We now take on that mantle and continue his legacy in that vein

With this purpose clear in our minds, Race Week 2016 is set to have a record-breaking number of entries and a stirring array of onrising popularity of multihulls entering Race Week and other regattas around the world. Throughout the pages of REEF Magazine, you will find a preview of our favourite on-shore events, and we think you'll be inspired by entrepreneur and surfboard shaper Hayden Cox as he launches his newest venture. Internationally renowned chef's Guillaume Brahimi and Matt Moran have shared recipes for you to enjoy at home and they will be dishing up culinary experiences during Race Week.

shore events. We've featured an article on the

In the following pages you'll see highlights from new events we introduced this year. We pushed the limits with our Endurance Series by doubling the Stamford Hamilton Island Hilly Half Marathon to include a full marathon for the event's 10th year. The inaugural Active Women's Weekend celebrated women who have excelled in fitness. We were fortunate enough to have Olympians Libby Trickett and Eloise Wellings attend the events and share their knowledge.

I hope you enjoy this issue of REEF Magazine, full of holiday inspiration and stories, but more importantly, I hope you make the most of your time here. While we have been working hard to continue the advancement of Hamilton Island, it has been extremely gratifying to see guest satisfaction climb to an all time high. Thank you for joining us in our little slice of paradise and I encourage you to discover the many wonderful experiences the island has to offer.

Jon Glenn Bourke CEO, Hamilton Island



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D ob Oatley, our father, was a regular visitor to the island for many years and always enjoyed B the experience of Race Week. Each time he competed he looked forward to sailing on the tropical waters around the island, the excitement that came with racing in warm tradewinds, and the wonderful camaraderie to be shared with fellow sailors both on and off the water. The opportunity to acquire Hamilton Island was a rare event and one he relished. Starting in 2003, dad undertook a major transformation of the island which was consistent with his dream to create an Australian guest facility of the highest standard, surrounded by the beautiful Great Barrier Reef. We are extraordinarily proud of his achievements and his ability to inspire those around him. We continue to fulfil his legacy and remain deeply passionate about his desire to satisfy the high expectations of all our guests and our employees.

Robert Oatley AO, BEM 1928 - 2016

Thank you for visiting Hamilton Island and we hope that you love it as much as we do.

Sandy

Sandy Oatley.

Ian Oatley.

Rosalind Oatley.

 $\mathsf{Reef}\;\mathsf{magazine}\; 999$



Australia's Number 1 Beach

World's Number 1 Reef

ISSUE 15

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Cruise Whitsundays Number 1 Day Cruises

Great Barrier Reef Adventures & Whitehaven Beach Day Cruises Outstanding experiences with the region's premier marine tourism operator. Cruises depart daily from Hamilton Island Marina. For bookings or further information contact the Hamilton Island Tour Desk on 07 4946 8305 or 68305 (in-house) or visit them in the main Resort Centre. cruisewhitsundays.com



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CONTRIBUTORS



MOST MEMORABLE SAILING MOMENT? "Hopping on a boat for a bit of fun at Audi Hamilton Island Race Week, without realising we were competing in an actual race. Happy accidents."

TAPPY actuents. OCEAN OR POOL? "Ocean, always ocean." FAVOURITE HOLIDAY ACTIVITY? "Diving, I love being in the water, looking in on the underwater kingdom. Nothing beats a dose of nature." SURFBOARD OR PADDLEBOARD? "Paddleboard. I paddleboard everywhere I go. It's

like meditation for me: clears the mind and slows life right down ... though I secretly wish I could surf."

HOLIDAY PLAYLIST TOP TUNE? "Mozambique, Bob Dylan. Always gets me in the mood." ATHLEISURE OR HARD-CORE EXERCISE? "Hard-core exercise. I'm full strength: go hard or go home!"



KEVIN GREEN, WRITER MOST MEMORABLE SALLING MOMENT? "Probably being aboard Wild Oats XI in 2005 for her very first race and watching Bob Oatley see if skipper Ricko could really sail their expensive new canting keel toy!" OCEAN OR POOL? "I was taken to sea on the Scottish Pentland Firth before I could even walk

OCLAYON FOOL Twas face to see the south remaining pool rever saw was on television." FAVOURTE HOLIDAY ACTIVITY? Big Friedbreak fast an early morning surf. And the Aussie waves are much warmer than the Penland Firth ones in the far north of Scotland, Nusse waves are much warmer than the remainer in ones in the far north of scotland, where I had to wear more rubber than a dominatrix." SURFBOARD OR PADDLEBOARD? "I won't trade in my 20-year old 7'6" mini mal for one

of those gross logs!"

of those gross logs? HOLIDAY PLAYLIST TOP TUNE? "My iPod says most played is Kate Bush, who like me, has mellowed with age. But I just saw my favourite Aussie rockabilly band – The Detonators – at the Blues on Broadbeach music festival. Ripper!" ATHLEISURE OR HARD-CORE EXERCISE? "Variety is the spice of life so both sides of

this equation are needed to keep me on an even keel; otherwise I get grumpy, says my wife."

ABBIE KOZOLCHYK, WRITER MOST MEMORABLE SAILING MOMENT? "It has to have been the one in this picture. I was in a rope swing that hung from the side of a boat over the Red Sea in Egypt. Someone would periodically lower me so that my feet were skimming the delicious – and in fact, very Coral Sea-like – water."

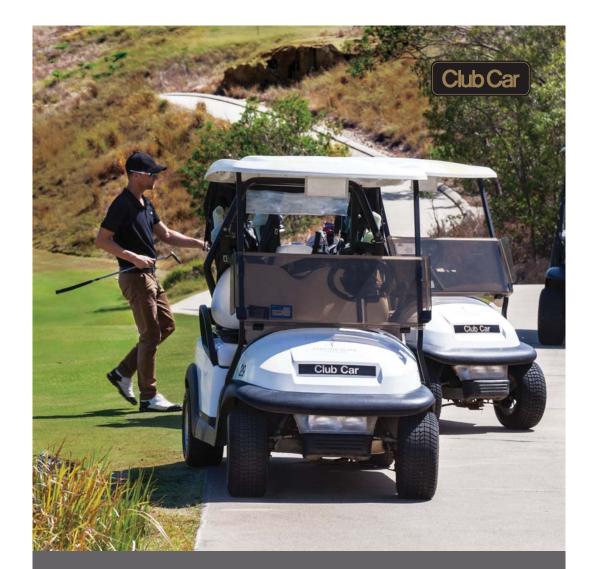
OCEAN OR POOL? "Ocean, unequivocally. Unless it's not a clear, warm ocean — in which case, pool."

case, pool. FAVOURITE HOLIDAY ACTIVITY? "Snorkelling and hiking." SURFBOARD OR PADDLEBOARD? "I'd be a menace to myself and others on a surfboard, and would surely be asked by the local authorities to kindly leave, as has actually happened on ski slopes. So, um, paddleboard."

Un sat super: 36, unit, paraterioatic HOLIDAY PLAYLIST TOP TUNE? "Lately, almost anything by Carlos Vives." ATHLEISURE OR HARD-CORE EXERCISE? "There's not a hard-core bone in my body (except where crossword puzzles and *Came of Thrones* are concerned)."



MOST MEMORABLE SAILING MOMENT? "Nursing a wicked red wine hangover sailing from Hamilton Island to Hayman Island." Saming from Haminor Island to Haydian Island. OCEAN OR POOL? "Pool, preferably with a cool bevvie." FAVOURITE HOLIDAY ACTIVITY? "Golf, golf and for good measure, a bit more golf." SURFBOARD OR PADDLEBOARD? "In a past life, would have been a surfboard." HOLIDAY PLAYLIST TOP TUNE? "Champagne Supernova, Oasis." ATHLEISURE OR HARD-CORE EXERCISE? "The thought of hard-core exercise makes my head hurt."





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TOP 10 TO DO



THE EXPLORER: WHITEHAVEN BEACH

To most visitors, Whitehaven Beach is a pristine stretch of sparkling white silica sand bordered by clear blue waters. However, those who venture deeper will discover the rich history of this beach. Head north, up to Hill Inlet and track the history of the indigenous Ngaro people. Walk south through the native bush and find spectacular swimming holes and hidden snorkelling spots. The best part: although it feels remote, Whitehaven Beach is just a short trip by helicopter, seaplane, yacht or motorboat from Hamilton Island.

THE ATHLEISURE ADDICT: TEE TIME ON DENT ISLAND Catch the ferry across to our fairway to heaven the Hamilton Island Golf Club. You'll be amazed. But don't rush your round at this impressive 18hole course designed by five-time British Open champion Peter Thomson, a challenge to professionals and Sunday swingers alike. Every tee offers yet another perspective on the ruggedly beautiful Dent Island and the Whitsundays beyond. And be sure to visit the 19th hole: drink in yet more views over a laidback lunch in the Clubhouse

THE DISCOVERER: REEF BY SKY AND SEA

The natural wonders of the Great Barrier Reef are worth exploring by all means available. Take a day-trip out to the Reefworld viewing pontoon and snorkel through the brilliantly coloured coral formations. Or spend a half or full day touring the secret spots of the Whitsunday Islands, including a dive or snorkel out at Bait Reef with the Explore Group experts. Prefer to be up in the air? Take flight in a chopper with Hamilton Island Air, soaking up the big, postcardperfect picture. This is a scenic spin you won't forget.





THE ADVENTURER: REEL IT IN

Fishing fanatics, listen up. Hamilton Island Watersports' Predator Fishing or Renegade Fishing Charters cater to all levels of fishing prowess. Hire a private or share charter and let the crew show you how to clean and prepare a catch for dinner. First-timers can get advice on where the big fish are biting. And for the seasoned salty fisherman, Hamilton Island Dinghy Hire is the best bet for a boat, bait and tackle for that solo adventure.

THE CHILL-OUT AFICIONADO: RELAX

There's no better way to restore body, mind and soul than a dedicated session of pampering. Start at Spa wumurdaylin, set deep in lush gardens near the Resort Centre. Intuitive, highly skilled therapists provide indigenous-inspired treatments by Waterlily and LI'TYA, including customised cocoons, scrubs, rituals and facial therapies. This sanctuary also offers consultations with a nutritionist or alternative therapist for a total wellbeing experience. Need a blow dry, wedding up-do or emergency spray tan? Of course you do. Book into Island Hair and Beauty in the Resort Centre.





THE SAILOR: CRUISE CONTROL

Soak up the best of sea and land with a sail-and-stay package, or hire a skippered yacht charter and tour the Whitsunday Islands' beaches and bays on your own bareboat charter. Budding captains can book lessons with the island's expert sailing crews to earn internationally-accredited qualifications. If a quiet sail into the sunset or luxury dinner cooked onboard a traditional cruiser is more your style, then raise a sundowner and simply enjoy. Whether you're an adrenalin junkie, an avid explorer or constantly in cruise control, enjoy and ride that tropical breeze.

THE FITNESS FANATICS: MOVE IT, MOVE IT

There are 20 kilometres of bushwalking tracks on the island. Watch the sun rise from one of the many breathtaking lookouts to which the tracks lead. Or head to the Hamilton Island Sports Club for a range of group fitness classes including body pump and cycle, a weights session, cardio workout or game of tennis. Or if you're looking for a more centred start to the day, does a morning yoga session fit the bill? Guests staying at Reef View Hotel, Palm Bungalows, Beach Club, qualia or Hamilton Island Holiday Homes can also pick up a complimentary catamaran, kayak, windsurfer or paddleboard from Beach Sports on Catseye Beach. One of the best ways to see the island is from a sea-kavaking session Paddle out, get wet and just go for it.



THE FAMILY: WILD LIFE

It's the ideal way for the whole family to have fun: a guided walk to meet the animals, then stop in for breakfast or lunch at the café. Say hello to Freddie the talking sulphur-crested cockatoo (he might even say "Hello" back), or Elvis the koala and his family. Don't forget the slippery lizards and snakes, creepy spiders, kangaroos, dingoes, the fierce Australian cassowary and the island's own resident crocodile are all here at WILD LIFE Hamilton Island

THE KIDS: FUN IN THE SUN

The youngest of the bunch will find new friends to hang out within the Kids Fun Zone play area or the Clownfish Club childcare centre. Kids aged six to 14 years with a sense of adventure can tackle the Quads for Kids course in Palm Valley. Sports fans will get a kick out of a few rounds of mini golf or try for a strike at the island's seven-lane bowling centre. For the water babies, head to the Resort Centre to put dibs on a Water Walker: a giant blow-up bubble that you climb inside and roll out onto the sea.







THE THRILL-SEEKERS: NEED FOR SPEED

Feel the need for speed? Why not burn around the go-kart track or take that needle down a notch on the speedometer and hire a golf buggy. They are easy to drive and a great way to get to know Hamilton Island. Hire some wheels and ride the fire trails and bush tracks on an all-terrain vehicle. It's a blast. and one of the best ways to get to rugged outlooks on the island. Or take it out to sea and power up on the water with a guided jet ski tour. Exhilarating and totally memorable.

To find out more or book your tours and activities visit the Resort Centre Tour Desk or call 07 4946 8305.

ISLAND NEWS

BULLETIN BOARD

It's all about the wonderful environment and life on the Great Barrier Reef. Here, the latest updates. By Esther Holmes.



REAL, REALER, REALITY

Oh Sir Attenborough, we'd follow you anywhere. And so we climbed inside the wildlife legend's state-of-the-art submarine and sank, sank, sank to the most gorgeous depths of David Attenborough's Great Barrier Reef and explored like never before. Fish darted amongst otherworldly coral; sharks cruised in circles around us; Sir David staved by our side as our personal quide. It was via virtual reality, of course: the immersive experience first shown at the Natural History Museum in London, then at the Australian Museum in Sydney. Nothing made everyone want to dive more. Brit bookings on Hamilton Island, the springboard to the reef, actually tripled as the VR documentary made waves. We're wearing scuba suits as we speak

RETAIL THERAPEUTIC

We love a wearable memento. Think "I went to Hamilton Island and all I got was this ... fabulous canvas beach bag printed in the living colours of the Great Barrier Reef and crafted by local artist Kerry Alexander". That's the kind of holiday story a souvenir should tell. Of course, a respectable piece of Henry Lloyd yacht-wear would do nicely, too. Shop gorgeously at Hamilton Island Designs on Front Street for a little slice of casual island life to take home. If you must pick up a cute kid's hat, trinket (or emergency flip flops), this is also the hotspot.





UNDER THE SEA

The Great Barrier Reef has six of the world's seven marine turtle species and also the humpback whale passing through during the months of July, August and September. Almost every day during this period we see the whales on trips to the reef and hear them singing while snorkelling. The best way to do this is with Explore, here on Hamilton Island, an eco-accredited marine operator and a climate change innovator. Essentially what this means is that Explore care immensely about the environment and are accountable for the way they operate throughout the business. Explore is also active in the Great Barrier Reef Marine Park initiative, Eye on the Reef, an ongoing monitoring process of reef quality, which requires monthly reporting back to the authority. Over time the data collected will provide historical facts as to what is changing at our specific location on the Great Barrier Reef



WHAT LIES BENEATH

We love the Disney Pixar classics Finding Nemo and Finding Dory. Spot the real-life versions of the popular characters on the Great Barrier Reef. The whole gang is here.



CHARACTERS: REAL LIFE: NEMO AND MARLIN CLOWNFISH



REAL LIFE:

REAL LIFE:

REAL LIFE:

RAY

YELLOW TANG

CHARACTER: BUBBLES



CHARACTER: GIL

MOORISH IDOL





CHARACTER: MR RAY

SPOTTED EAGLE





CHARACTERS: REAL LIFE: SQUIRT AND CRUSH GREEN SEA TURTLE





CHARACTER: DORY

REAL LIFE: PALETTE SURGEONEISH



CHARACTER: HANK

REAL LIFE: OCTOPUS



CHARACTER: PEACH



STARFISH



CHARACTER: DEB



REAL LIFE: FOUR-STRIPE DAMSELFISH



CHARACTER: BLOAT



REAL LIFE: MASKED PUFFERFISH



FIVE MINUTES WITH... QUALIA GENERAL MANAGER **KYLE LAMONICA**

As gigs go, General Manager at qualia is the one to get. Kyle LaMonica's certainly got the CV for it: he's been GM at the fabulous Beach Club resort, and run some super-luxe spas. We throw the crucial questions at him

REEF: WHAT MAKES QUALIA MAGICAL?

Kyle LaMonica: "Within 10 minutes of touch down, we'll have you here and I, or my Executive Manager, will meet you with Champagne or spa tea. Our amazing staff will check your buggy's plugged in late at night while you sleep. It's all about the detail."

REEF: SO HOW DO YOU LIFT THE GAME? KLM:"Food at gualia is already some of the best in Australia. It's exclusive to guests, but sometimes we'll bend the rule for VIPs or celebrities who are staying elsewhere. Now we've got a new Executive Chef, Craig Knudsen, who was at Tetsuya's before qualia, and we are exploring taking a finedining degustation from Long Pavilion down to Pebble Beach with that waterside atmosphere. Every table has a fantastic view. We're taking the menu ahead of trends to really wow our quests."

REEF: YOUR QUALIA CALENDAR HIGHLIGHT?

KLM:"Hard call. The Australian Ballet we host is incredible; it's as if they are dancing on water. Audi Hamilton Island Race Week too is electric. The Charles Heidsieck lunch is the absolute highpoint, for me."

REEF: AFTER 5PM, I'D LIKE TO BE ... KLM: "At Pebble Beach. I'd have Sean our

head bartender, mix me a Cosmopolitan and watch the sunset with my wife.' **REEF: TOP TIER AT THE SPA?**

KLM: "The Wild Oats treatment for men is the ultimate to melt away all the daily pressure over 180 minutes. Full-body salt scrub, outdoor rainshower, hydrating massage, a facial and hand, scalp and foot treat.'

Reef magazine 999

SAILING

Wild Oats AC45.

THE CATS ARE COMING

TUHIO

This year's Audi Hamilton Island Race Week features the inaugural Multihull Racing class. Their thrilling momentum and technical innovation made the inclusion almost inevitable, argues sailor Kevin Green.

he sailors I race with on the multihulls often have a mindset driven by new concepts. Performance is their holy grail, with seaworthiness perhaps down their lists.

The extremes of these ideas were first seen with the arrival of the outrageous AC72 catamarans in 2010, which relied on sheltered waters and steady breezes to reach speeds of 44 knots. Huge research and development budgets from major companies such as Oracle and SAP turbocharged a naval architecture development frenzy that disproved the traditional idea that bigger is faster.

The smaller AC48 catamarans are expected to go as fast or faster than old AC72s when they compete in the 2017 America's Cup in Bermuda. The development class for these, the AC45, is already reaching speeds of 55 knots while testing new ideas and technologies including high-speed gybing and tacking. But bingles have occurred, so the professionals

including America's Cup-winning strategist and Australian Olympic gold medallist, Tom Slingsby, are wary.

NUMBER OF STREET, STRE

"Foiling sailing and foiling boats, especially as they get bigger, should not be associated with cruising or inexperienced sailors. I've sailed foiling multihulls as much as any person in the world and when things go wrong, they go wrong fast," warns Slingsby.

The simple equation of adding sail power while reducing drag has led to the introduction of hydrofoils that lift the hulls clear of the water. This in turn creates the need for aerodynamics, as the parameters of lift, windshear and sheeting loads change. Previously unheard-of wind speeds have also prompted improved wing-sail technologies. Elite sailors such as Slingsby pioneer these boats for reasons which include speed and pure excitement. "Foiling is not for amateur sailors but there are high-performance multihulls out there without foiling and the enhancements are in power-to-weight, better hull shapes and low

drag set-ups," says Slingsby, who says these are ideal for club events and regattas such as Audi Hamilton Island Race Week. Slingsby has also raced in the Extreme 40 Series which is a thrilling way to bring stadium style racing to the crowds. The Sydney Opera House during December 8-11 is now a regular venue for these boats which race in eight regattas, across three continents. The 2016 competition saw a major change in the series with the 40 foot catamarans being replaced by GC32 foiling boats. Reaching speeds of 39 knots, compared with 30 knots for the larger 40 footers, the GC32's carbon hulls are elevated by J-foils to minimise drag. Inspired by the AC boats and designed by foil expert Dr Martin Fischer and built by Premier Composites in Dubai, the GC32 is aimed at both elite sailors and skilled amateurs. Unlike AC boats which have a wing sail, the one design GC32 uses a conventional catamaran rig with rotating mast and three sails (main, jib and gennaker), so could bring foiling to club-level sailors.



SAILING



"I'VE HAD MY BOAT HIT BY A WAVE AND SIDEWAYS IN **10-METRE SEAS** IN THE MIDDLE OF THE TASMAN."

Bruce Arms aboard his Chamberlain 46.

The Olympic Nacra 17 class to be seen at the Rio Olympics best illustrates the production models of these styles of performance catamaran, characterised by narrow, high-aspect carbon rigs that power up and down instantly while maximising crew weight in relation to the boat. These also have lightweight carbon hulls with drag reduced by curved daggerboards that lift the lee bow clear. Other advancing technologies include rotating masts that create an aerofoil shape to improve flow across the luff. Offshore sailing is a different story for both multihulls and monos, as witnessed in the last Vendée Globe where several foil failures occurred on the Open 60 monohulls. For the offshore multihull sailor, Bruce Arms - who won back-to-back Trans-Tasman Races and holds the solo, around Australia record seaworthiness rather than pure performance is a high priority.

"I've had my boat hit by a wave and thrown 50 metres sideways in 10-metre seas in the middle of the Tasman; that's pretty frightening," recounts Arms.

We've competed in several Three Peaks races together, and raced his Chamberlin 46 catamaran short-handed during these five-day events. Night-time solo helming was my challenge during the Three Peaks because knowing when to reduce sail or ease windage by running downwind is critical in preventing a vessel that can't heel from capsizing or pitchpoling.

Unlike performance cats, such as that Chamberlin 46, modern cruising catamarans are much more forgiving under sail. Typically they don't have daggerboards like the Chamberlin 46 but rely on small mini keels integrated into their hulls, so can usually be pushed sideways in gusts without capsizing. Their vast decks and interiors, plus the tall flybridges on some from leading brands such as Lagoon, Leopard and Fountaine Pajot see these modern cruising catamarans labelled the ultimate party boats, but they can also cross an ocean faster than equivalent monohulls. Up yet another notch is the performance cruising catamaran, a regular attendee at Audi Hamilton Island Race Week. The newest in this year's fleet is an Australian 18.3 metre Schionning 1800 SSS, the Zero, built by Ian McMahon of Cure Composites Queensland. The performance aspects of this family cruising cat includes a full carbon rig and daggerboards with carbon crossbeams to enhance stiffness and create a thrilling ride, which racing catamarans undoubtedly are all about.

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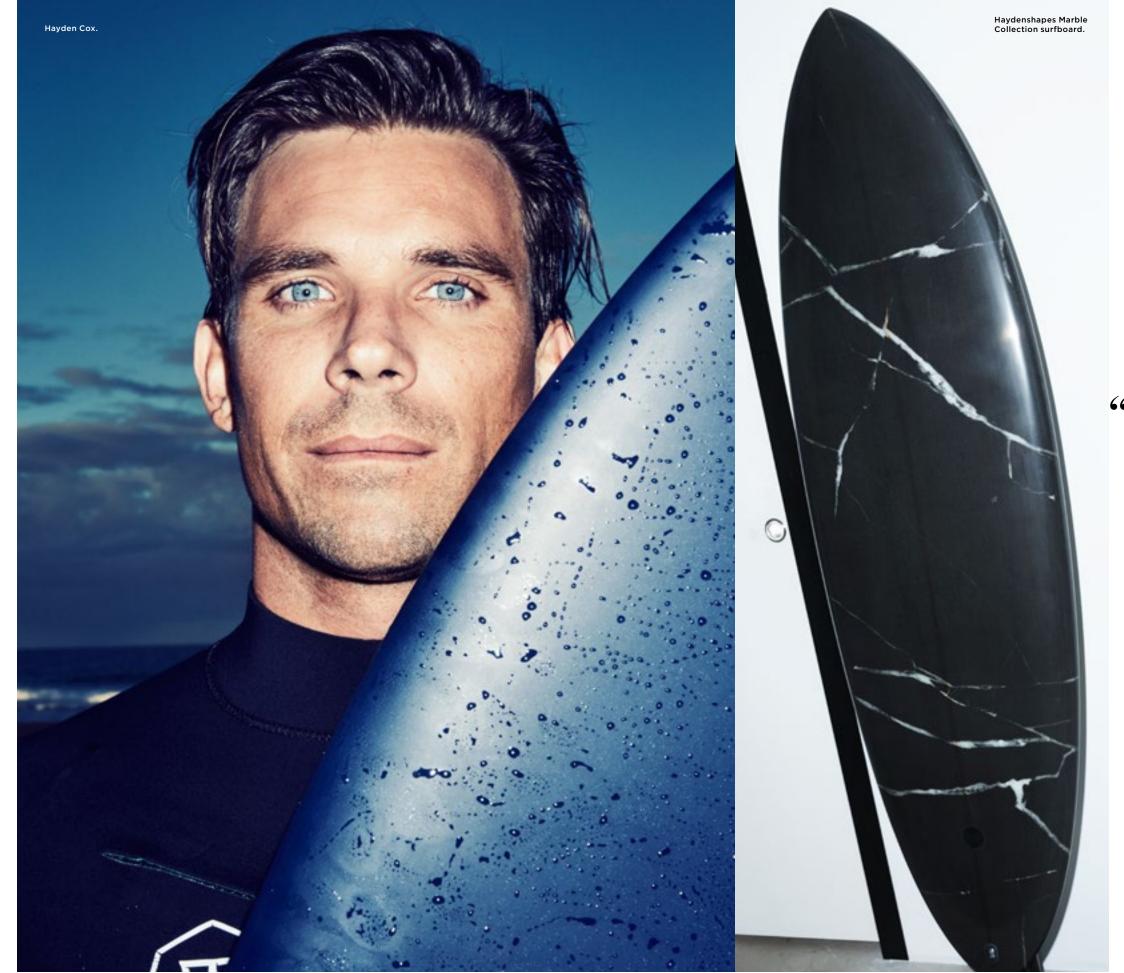
- Daily snorkeling and Whitehaven beach tours Visiting the stunning inlet at Whitsunday Island







DESIGN



WAVE RIDER

Hayden Cox is the man who can. He has built a world-class surfboard empire and his first book is about to be published. Here he talks to Alison Veness about boards, technological innovation and his journey to the top.

PHOTOGRAPHY BY MICHAEL NAUMOFF

um put a surfboard under all our arms so she could enjoy lying on the beach without interruption. She had five kids... so that kept five kids

entertained for a long time. For me, it turned into my love and my passion.

My first surfboard was a leopard-print rail Hot Buttered five. That's the only board I don't have now that I really miss. Surfing definitely became an obsession.

I like to build things with my hands and enjoy learning about construction. And so I started to piece together what was going on in the surf world, not knowing that I would go on and make it my life. When I was 15 I broke a board that summer holiday and by the time it got to the Easter holidays I'd lined up work experience in Mona Vale [Sydney] at Dalgleish Surfboards and they let me build a board. Rod, the owner, shaped one side and showed me the basics and then I shaped the other. That was the beginning and end of my lessons. Everything else was self-taught.

I started building boards for teachers and friends and I went to parties and I would tell everyone I'm a surfboard shaper. I lived and breathed it. I sold the dream. I was definitely sort of 'fake it till you make it' because I had no bloody idea about the surfing industry really but hey, I had my logo, I digitally printed that onto tissue paper and in my mind I created the empire!

I think it's in my blood, my nature and in my personality. My dad studied metallurgy and materials at university and my mum and grandpa have both been very entrepreneurial. My grandfather ran businesses, my mum developed homes and things like that. I think a lot of the different aspects of all this were

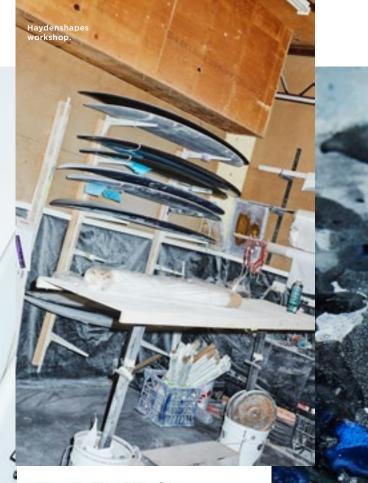
subconsciously instilled in me from a young age. Interviewing the people for my book, New Wave Vision, has helped me understand and reevaluate even the journey that I've been on. The underlying message that's come through from everyone has been that early sense of naivety and sort of disregard for the risk, and just to go for it and not have any clouded mindset about creating and innovating things. I think it's easy to get caught up in the commercial side. When I designed the FutureFlex [an innovation in surfboard technology with a compression molded EPS foam and a parabolic carbon fiber frame], it was new, it was not how people saw surboards as surf technology had been unchanged since the 1960's. I wasn't thinking commercially; I was thinking product and product only. I hadn't commercialised to that level before and so for me now, it's about getting back to that. I've got to extract myself from the commercial side and be creative and innovative, not have that fear, the thing that hangs over you when you're trying to run a business, day in and day out.

Everyone says you won't get it unless you have confidence; if you have that passion behind the product. You're your first customer too, and so you know the product is good because you use it yourself. All common sense. The latest product I have been designing is a chrome surfboard. It has been a really creative project because of the inherent nature of the material. There is an innovative process in how to apply it and maintain the performance element of the surfboard at the same time. I love this kind of challenge.

My favourite surf movies are Kelly Slater in *Black and White* and *Slow Dance* with Craig Anderson, who is one of our athletes. That's a proud moment for me. I've shaved Craig's

DESIGN

Surfboard line up, Haydenshapes, Mona Vale.



"THE ENERGY YOU GET FROM SALT WATER AND THE MOVEMENT FROM WAVES IS WHAT I LOVE ABOUT THE OCEAN."



surfboards since he was 15 years old and when he was 25 or 26 he released a feature movie and it showcases his surfing obviously on my boards. That was definitely a rap. The energy you get from salt water and the movement of waves is what I love about the ocean. I suppose it's mind power; I think it enables you to get to that space in your mind where you completely disconnect from the next thought about past or the future. You're completely present. It's sometimes really hard in this world to be able to get to that kind of moment.

10

I love being right out on the ocean and paddling out on a wave from a boat, right out in the middle of nowhere. Maybe a wave is breaking over a sharp coral reef and it might be breaking for 200 metres, moving really quickly and it will be like the sun is just coming up and you're the only one out there. You paddle out by yourself and you take off on

your first wave and you don't know how that wave is going to happen... you just don't know and that's that feeling of excitement. I was surfing out by myself in the South Island, New Zealand down near Dunedin and found this beach break. It was magical. It was so beautiful and I was out there and then this thing starts barking at me and bringing up its massive tusk, with six-inchlong teeth. I catch a wave and I think 'I'll just ignore it'; I hadn't experienced anything like that before. I was thinking it must be a dolphin maybe, but it sounded like a dog barking... Then it started chasing me through the whitewash onto the beach and I was thinking it would swim away. But it freakin' came up on the beach and chased me over the sand dunes. It was like 'Get out of my beach'. Respect the locals, I say. It was a sea lion. Yes, I've had adventures along the way."

New Wave Vision by Hayden Cox, published by Simon & Schuster. In stores October 2016.



HOW HAYDEN SHAPES UP...

1996: Hayden Cox starts brand, aged15, while still at high school. Learns how to shape during work experience. Registers business and builds first website.

1997–2003: Works out of a local factory to build his boards. Pays lamination fees, material fees and shaping-bay rental to the owner. Quickly outgrows space as customer demand increases; sets up his own facility.

2003: Opens first factory aged 22. Actually moves into the factory to live so he can work seven days a week building the business.

2006: Designs/invents and patents FiberFlex surf board technology (since renamed FutureFlex). Launches to market in Australia and Japan.

2008: GFC hits. Challenging times and Haydenshapes is on the brink of bankruptcy.

2011: Business pulls through. Cox signs global distribution deal and travels to Thailand, spending eight months setting up a production line.

2012: Launches Haydenshapes internationally (now in 72 countries). Sets up home base in USA.

2013: Opens Haydenshapes custom factory in Los Angeles.

2014: Becomes No. 1 selling surfboard worldwide, plus winner of Surfboard of the Year in Australia. Launches key design projects, including Alexander Wang collaboration.

2015: Again snags No. 1-selling surfboard worldwide. Winner of Surfboard of the Year in Australia and adds USA. Opens first retail store in Sydney.

2016: Launches: two new models globally; his first book, New Wave Vision published by Simon & Schuster (October 2016); the chrome surfboard project.

PHOTOGRAPHY

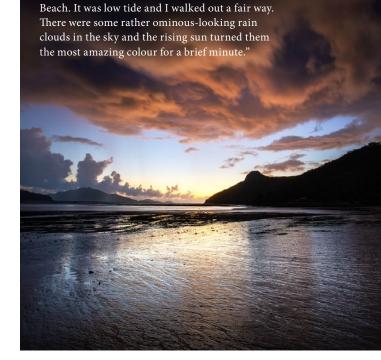
"It was a beautiful day on Whitehaven Beach. I decided to capture some frames of the cloud and water movement with the aid of my neutral-density filter. The long exposure gives the scene a beautiful vibrant soothing feeling, much like the experience of being on the beach."

And the second s





"I was fortunate to take a flight with Hamilton Island Air over the Great Barrier Reef during my stay on Hamilton Island. I instructed the pilot to fly up high over the channel between Hook and Hardy reefs and was able to capture this amazing natural formation during the middle of the day."



"I woke quite early and headed down to Catseye

"I saw this wonderful lone cloud while I was at the lookout on Whitehaven Beach, and allowed it to move to the centre of the frame before I captured it. The varied colours in the water of Hill Inlet were mesmerising at high tide."



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FLYING HIGH

It takes more than a good eye to capture a great shot. It requires intense curiosity, a sense of adventure and a speedy response to action. So when photographer Luke Tscharke flew over Hamilton Island, he was camera ready, finger hovering over the shutter release for those moments when the light is just right. Here, he shares his photo diary and musings from a memorable visit to the reef.

> "Coming in to land at Hamilton Island Airport, I was able to capture a few frames of the island from the air. It looked stunning in the midday sun."

> > Reef magazine 999

CAPTAIN COOK

The creative force behind the new menu at qualia is executive chef Craig Knudsen, whose star has been on the rise since manning the pans alongside Tetsuya as a young chef de partie. Carla Grossetti chats with the 29-year-old chef about his style of cooking, island life and his latest step up the culinary ladder.

REEF: YOU WORKED UNDER FORMER EXECUTIVE CHEF ALASTAIR WADDELL AT QUALIA SIX YEARS AGO. HOW DOES IT FEEL TO TAKE CHARGE IN THE KITCHEN NOW?

CRAIG KNUDSEN: "My food and Ally's food is very similar, as our menus are both very produce-driven, but I changed the menu within the first week of taking over as I wanted to make it my own. The new menu is probably more reflective of my personality. In the kitchen, I'm relaxed, fun, loud and serious because that is my comfort zone. Outside of the kitchen, I'm a lot quieter and more reflective."

REEF: WHAT'S THE DYNAMIC LIKE IN THE KITCHEN?

CK: "It depends on whom you ask [laughs]. I like to think my kitchen is calm but it's also a very serious environment. We all know when it's show time and when we can have a play. As executive chef, I like to respect everyone's opinion. It's not 'My way or the highway', because riffing about a dish is how you ensure the best outcome."

REEF: WHAT SHOULD FOOD PILGRIMS KNOW ABOUT YOU?

CK: "I run a young passionate team who are focused on seasonal cooking and marrying clean flavours with modern cooking techniques. My style is refined, but it is not overcomplicated, which reflects my training under Tetsuya — it's very much about that Japanese precision paired with French technique. Of course, I also use Australian produce wherever possible."

REEF: CAN YOU CHART YOUR CAREER PROGRESSION?

CK: "I grew up in Canberra and I started cooking when I was 16. I left Canberra when I was 18 and started travelling around Australia

cooking in fine-dining restaurants everywhere from Uluru to Margaret River, Broome and Mount Buller. My most recent role was at the Royal Mail Hotel in Dunkeld, Victoria."

REEF: HOW HAVE YOUR TRAVELS HELPED INFLUENCE YOUR COOKING STYLE?

CK: "I got to see a lot of Australia and what that brought home to me was that we could have winter in one area of Australia, while up north it remains warm and tropical. To travel around and see the different climates has given me a greater understanding and respect for regionality and seasonality. I'm not trying to be the next Heston [Blumenthal]. I like cooking real food for real people."

REEF: WHAT DO YOU LOVE ABOUT THE TROPICS?

CK: "I love the freedom and the fact my team are constantly evolving and pushing each other to be better. I love the challenge of cooking for a resort, too. Our clientele are very specific in what they want and we work at an extremely high level. It's the challenge of the role that brought me back, but I also love the lifestyle that is Hamilton Island."

REEF: AND ISLAND LIFE?

CK: "I love the camaraderie that you can build within the team. We work together, we talk about food in our spare time, we eat together and spend a good 60 to 70 hours a week together so the mateship is really strong and that builds a united team."

REEF: WHAT IS IT THAT QUALIA GUESTS EXPECT?

CK: "Some like simple food and then others who are well travelled and eat at the best restaurants in the world, expect refinement. We also get a lot of health-conscious guests so we



need to make sure our dishes are light, healthy and refreshing. Whether guests have been lying in the sun by the pool all day or out snorkelling on the reef, we have to be mindful that they don't want to feel too full at the end of the day."

REEF: NAME A FEW DISHES YOU'VE CREATED OF WHICH YOU'RE PARTICULARLY PROUD? **CK:** "I have a Champagne lobster dish that I have put with foie gras, white chocolate and grape, and it is insane. Another dish I designed



is cauliflower done five ways. It's nothing too crazy or complex, but it really celebrates the one ingredient. I'm so proud of the flavour combination. When you put all the elements together, what you get is a really balanced and textural dish that tastes incredible. Scampi tartare with an ume [boshi] dressing, watercress juice and dashi is another winner."



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CK: "I love working with fresh broad beans and fresh peas and the lotus root. Local garfish will also be running in spring and that's something I look forward to putting back on the menu."

REEF: GUILTY PLEASURE? **CK:** "I've always got a packet of Tim Tams on hand for a cup of tea."

REEF: YOU HAVE AN OBSESSIVE INTEREST IN LOCALITY. NAME SOME OF YOUR TRUSTED SUPPLIERS? **CK:** "I get my Queensland red claw from Whitsunday Seafood, which is farmed out of Gympie. I source my bacon from the local butcher — Master Butchers Whitsunday, on the mainland — and use the local fish supplier, Fresh Island Seafood Hamilton Island. I also have a kitchen garden that my team and I are very proud of. At the moment we have nasturtiums going ballistic, fennel coming through and I have just harvested all of my cucumbers."

REEF: IT'S SPRINGTIME. WHAT ARE YOUR HERO INGREDIENTS?



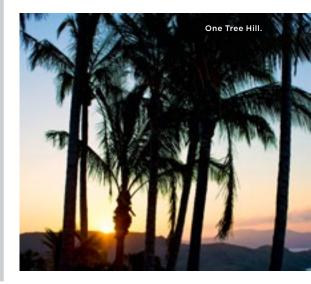
IT'S YOUR DAY OFF CRAIG...

Quick coffee? "Marina Café."

Lunchtime spot? "If I'm with the chefs, I go to the Marina Tavern; you can't go past the chicken parmigiana. If I'm with my wife, I go to Manta Ray café or to the Clubhouse at the Hamilton Island Golf Club on Dent Island."

Dinner date? "I love being cooked for at coca chu; the food is always good there. I always order a chef's special and the pork ribs. The salty, crispy school prawns are also good. They are delicious with a nice, cold beer."

Sunset cocktail? "qualia is of course hard to beat but on my day off it would have to be One Tree Hill for a cocktail while watching the sun set over the islands."



TROPIC THUNDER

This year's Audi Hamilton Island Race Week schedule will include special dinners with two of Australia's favourite chefs: Guillaume Brahimi and Matt Moran. We asked the chefs to each recommend a dish designed to show off typical tropical flavours. While Moran's dish of fresh grilled prawns with lemon and oregano would suit a casual gettogether, Brahimi's is more suited for a sit-down dinner, but both are perfect for Hamilton Island's year-round tropical climate.



INGREDIENTS:

16 king prawns (four prawns per person) 1 lemon (juice and zest) 20ml chardonnay vinegar 1/4 garlic clove (crushed) 80ml olive oil 2 tbs oregano, roughly chopped 1 tbs parsley, roughly chopped 2 limes, halved Salt and pepper to taste

METHOD

Pre-heat a grill pan over a high heat. Split each prawn down the centre of the back and open it out, leaving the head and tail intact.

Place the crushed garlic, chardonnay vinegar, olive oil, lemon juice and lemon zest in a bowl and mix together. Add the chopped oregano, chopped parsley and season with salt and pepper to taste.

Drizzle the prawns with a little olive oil, season with salt and pepper, place shell side down on the grill plate and cook for 2 minutes, then turn over and cook for about 1 minute on the flesh side. Remove from the heat and place on a serving plate.

To serve, spoon the dressing over the top and serve with the lime halves as garnish.

WINE NOTES:

DARREN JAHN RECOMMENDS I know Matt's grilled prawns well as they're a favourite when I hang at his North Bondi Fish restaurant over summer. If not enjoying a glass of Piper-Heidsieck Champagne, I enjoy them with either a light savoury white such as Hunter Valley semillon — Mr Moran serves an excellent version from Terrell's — or a European-style dry rosé. My current favourite is a brand-new release from Hancock & Hancock in South Australia's McLaren Vale



GUILLAUME BRAHIMI PAN-SEARED SNAPPER. OCEAN TROUT ROE, CLAMS AND KALE **SERVES 4**

NGREDIENTS	
6 clams	
00ml white wine	
sprigs thyme, peeled and sliced	
0ml olive oil	
eschallots	
0ml white wine vinegar	
00ml fish stock	
x 160g snapper pieces, skin off	
0g butter	
punnet chestnut mushrooms	
zucchini, thinly sliced	
bunch baby kale	
0g ocean-trout roe	
now pea sprout leaves	
Red vein sorrel, to serve	

METHOD

Place a pot on high heat, add clams, white wine and thyme. Cook for 40 seconds and remove from heat. Strain the clams and keep the cooking liquid.

Place a saucepan over a medium heat, add 20ml of the oil and cook eschallots until

translucent. Deglaze the pan with vinegar, then add 100ml of the clam liquor and fish stock and reduce by a quarter. Add 30g butter and use a blender to whisk into a foam.

Place a saucepan over a medium heat. Add remaining olive oil, place the snapper into the pan and seal until golden, then turn and cook the other side. Place into oven for four minutes or until fish is cooked. Remove fish

ocean trout roe on top of the fish and garnish with snow pea sprout leaves and sorrel. Serve immediately. WINE NOTES: DARREN JAHN RECOMMENDS This sophisticated dish cries out for a riesling - a wine-style with citrus notes of lemon, grapefruit and tangy mandarin. Can't you just imagine that working with the snapper and clams? I love the rieslings of Larry Cherubino and Frankland Estate in WA's Great Southern, and if you've a slightly sweeter tooth, an (only just!) off-dry version such as the Grosset Alea from the Clare Valley in South Australia is divine. Its touch of sweetness would be a perfect complement.

from pan, then add 20g of butter and chestnut mushrooms. Toss mushrooms for 1 minute and remove from pan and drain.

Place sauce over a medium heat and add clams to warm gently.

Place a pot of salted water over a high heat and bring to the boil. Blanche the zucchini ribbons for 30 seconds and then remove from the water and twirl. Blanche the kale in the same water for 1 minute, then remove and drain.

Place clams, mushrooms, kale and zucchini in each bowl and place the fish on top. Blend the sauce using a hand blender to incorporate air. Add the sauce around the fish, place

FIVE TOP DROPS FOR SEAFOOD

Be prepared to break the classic rule of "white with white" and serve a rosé or even a softer-style red wine with your seafood. Just match the weight of the wine to the richness of the dish. These range from fresh crisp whites through to medium-bodied reds. and I've listed them in order. By Darren Jahn.

MOUNT HORROCKS

WATERVALE RIESLING. Clare Valley is Australia's classic region for great riesling, and Stephanie Toole's version is amongst the top of the tree: lemon, lime and mineral notes; crisp and refreshingly dry.





SANTI SORTESELE

PINOT GRIGIO. This combines the variety's pear-juice character with a savoury edge, the result being light, reasonably dry and typically Italian. Ideal with deepfried fish.

THOMAS BRAEMORE

SEMILLON. An excellent value, impeccably balanced traditional Hunter semillon displaying lemongrass and lime notes, zesty acidity and a long, satisfying aftertaste.

PARINGA ESTATE PENINSULA

PINOT NOIR. This is the least expensive of Lyndsay McCall's exemplary range of Mornington pinots and an easy match with seafood that has a little extra flavour or texture. Bright acidity and soft tannins are perfect foil to the cherry-berry fruits. Delicious.

HANCOCK & HANCOCK SHIRAZ GRENACHE. This is

as soft a red as you'd find from *the typically rich, full-bodied* red region of McLaren Vale. Its supple, smooth red fruits and gentle tannins will pair well with bouillabaisse.







MUSIC



TROPICAL TUNES

Island life and the sounds of the Pacific proved the perfect inspiration for New Zealand musician Lanu's latest album, a holiday soundtrack that's reviving a forgotten genre. Noelle Faulkner listens up.

iki torches, cool cocktails, jungle motifs and beautiful women with mysterious eyes. Such is the imagery associated with exotica, a musical genre born in the 1950s that draws on the feel and traditional music of Polvnesia, Oceania, South-East Asia and elements of tribal Amazonia and Africa. Think congos, bongos, steel guitars and big-cat roars; sounds from where you'd rather be. Exotica was created to provide a soundtrack to cocktail drinking and poolside gatherings, a sonic attempt to capture the essence of island life, the luxury of travel and to bring the beauty of the islands home to those who had never seen the reefs, beaches and palms of the Pacific. Despite a brief revival in the 1990s, criticisms of cultural misappropriation and kitsch overkill saw exotica relegated to bargain bins in record stores and Tiki-themed bars around the world. The genre's chances of another moment in the sun looked slim, until New Zealand musician, Lance Ferguson, under his solo moniker Lanu, took it on with his tropical concept album, The Double Sunrise; a sunfuelled record made for holiday listening in the 21st century.

"I guess the tropical thing ties in to a longing I had for tracing my own heritage and experience," says the Melbourne-based musician, mostly known for his work with his band The Bamboos and collaborations with Megan Washington.

"I spent part of my childhood in Yeppoon [on Queensland's Capricorn coast] and I'm part Tongan. Even though I've never been, I've always wanted to go."

"Parts of New Zealand are semi-tropical and on top of that, I've always holidayed in the tropics, so I've always felt comfortable in that environment."

The album is named after the flight path taken by Qantas in the 1940s between WA and what is now Sri Lanka. The journey took so long — up to 33 hours flying time that passengers would see two sunsets and at the end, be inducted into "The Secret

998 reef magazine

Order of The Double Sunrise" with an illustrated certificate.

The Double Sunrise has all the elements of a perfect, sit-under-the-palms-while-the-waves-lap-at-your-feet soundtrack, minus any of the usual holiday-album cheesiness.

"I loved the idea of seeing two sunrises and the glamour of travel in those days," says Ferguson, although a retro throwback was never the plan. "Exotica was almost like a pastiche of what was actually authentic," he says. "It was more of an imagining, a style influenced by indigenous music around the world, mixed with jazz and unusual percussion sounds. I've always listened and collected those sorts of records, but I wanted to update it, remove the tackiness and introduce it to listeners in a way that is relevant to now."

A little help from his vocalist friends Megan Washington and Nouvelle Vague's Mélanie Pain saw it morph into more of an indie album, with bossa-nova undertones and

tribal beats evocative of relaxing sunset hues, palm trees and the other myriad wonders of the Pacific.

There are nods to Ferguson's musical heritage — his Tongan grandfather, Bill Wolfgramm, was a Hawaiian-guitar virtuoso and one of the first to release a record in New Zealand — and love of island life, from his New Zealand home, all the way to Hamilton Island, where he has performed with his band. One of the richest and most inspiring experiences of his life happened at Hamilton Island: a deep sea dive at the Great Barrier Reef (along with "driving around the island on the buggies", he laughs).

"I love the fact that there's this idolised image of the tropics, but I also love how they're also a bit raw," he says. "It's not always blue skies, it can be cloudy and it rains. I love the rawness and fragility of nature and island life. That aspect is really attractive to me...

"I suppose this was a chance to really make an album completely devoted to the aesthetic of all those things."

The Double Sunrise by Lanu is out now.

HOLIDAY PLAYLIST

Listen up these are the sounds of a totally tropical escape courtesy of Lance Ferguson, aka Lanu. Sit back, relax and tune in.

The Beach Boys — Sloop John B (1996 Remaster)

Ryuichi Sakamoto — Merry Christmas, Mr Lawrence

Massive Attack — Sly

Brian Eno — Deep Blue Day

Prefab Sprout — When Love Breaks Down

Cocteau Twins — Cherry Coloured Funk

Cults — High Road

Javelin — We Ah Wi

DJ Shadow — Changeling/Transmission 1

Arthur Lyman — Sea Breeze

Bill Wolfgramm & His Hawaiians & Millie Bradfield — My Hawaiian Song of Love



EXPLORE



One Tree Hill sunset

"CONSIDER, FOR EXAMPLE, WHAT'S OBSCURED BY ALL THAT LUSH NATIONAL PARK: A WHOLE CIRCUIT OF TRAILS LEADING TO ISOLATED COVES, PANORAMIC PEAKS, AND ENDLESS NATURAL **BEAUTY IN-BETWEEN.**"



Take Hamilton Island, the largest inhabited island in the Whitsundays and designate 70 per cent of it to national park: the result is a wildly disproportionate ratio of natural beauty. And in that equation, the winner is romance, writes Abbie Kozolchyk.







A FINE ROMANCE

f course, there's much to commend the island to romantics beyond maths. Consider, for example, what's obscured by all that lush national park: a whole circuit of trails leading to isolated coves, panoramic peaks, and endless natural beauty in-between. If you do nothing else, take the Passage Peak trail for unending Coral Sea and Whitsunday views that more than make up for your burning quads.

The other great way to appease your trailweary muscles: the two-hour couples' treatment at Spa wumurdaylin. Lay side-byside while you both enjoy an aromatherapy massage, soothing head massage, invigorating foot exfoliation, a rose and guava hand hydration treatment—and, for good measure, mini-facials.

Thus duly revived, you'll be ready to try the other local pursuits for two, many of them focused on the surrounding swathe of sea. By day, if you take out kayaks, catamarans or a dinghy, you'll be treated to the gorgeousness in plain sight but — thanks to the water's

transparency — below the surface, too. Book a Sea Kayak Adventure Paddle, for example, and you'll spy on entire schools of technicolour fish, at a minimum, if not on sculling turtles, visiting dolphins and migrating whales as well. But even if the water's transparency wanes as the sky darkens, the romance of being out on a boat only intensifies. Sunset cruises here mean front-row seats to one of the greatest shows on earth: the gradual transformation of all that liquid turquoise into tones of orange and fuchsia. Hop aboard the spacious On the Edge catamaran for one of the best versions of the experience, complete with sparkling wine and canapés.

If being on the water for sunset is like watching a show from the orchestra section, catching the same show from One Tree Hill is like the VIP box seats. You'll love both perspectives, and the latter is actually part of a longstanding tradition on Hamilton Island: many people descend on (or more accurately, ascend to) this lookout just before sunset, so go a bit early to stake out a couple of seats and pick up a couple of sundowners at the little local bar.

EXPLORE

coca chu, over Catseye Beach

Heart Ree



"HAVE A HAMILTON ISLAND AIR HELICOPTER FLY YOU FIRST OVER THE UNCANNY HEART REEF (YOU CAN ALL BUT SPOT CUPID TAKING AIM

AT THE THING IN A WETSUIT AND FLIPPERS). THEN TO THE FABLED WHITEHAVEN BEACH."

A third stunning sunset option — Bommie's prow-like deck bar, which juts out over the water at the vacht club - comes with a bonus: some of the best food on the island. Once the sun is down, head inside this glassy, gorgeous space for, ideally, a tasting menu with wine pairings. You'll experience five courses' worth of inventive and incredibly fresh fare, from the grilled smoked oysters with finger lime, chilli and ginger to the Cape Grim beef eye fillet with oyster sauce, sweet corn, quinoa, snow peas and mint.

For a more casual take on romantic island dining, check out coca chu, set in a lush, tropical garden and overlooking the stunning white sands of Catseye Beach. This Asianfusion restaurant serves up everything from twice-cooked Sichuan duck with chilli, coriander, ginger, and soy black vinegar sauce, to Vietnamese braised lamb shoulder

with herb salad and lime chilli dressing. Arguably the most romantic local dining experience happens off island. Have a Hamilton Island Air helicopter fly you first over the uncanny Heart Reef (you can all but spot Cupid taking aim at the thing in a wetsuit and flippers), then to the fabled Whitehaven Beach, where you can picnic alongside the surreal swirls of stark white and aqua that festoon the shore. At day's end, retreat to some of the most romantic surroundings not only on the island, but on earth: qualia. This series of pavilions tucked into the dense tropical greenery of Hamilton's secluded northern tip comes with

breathtaking sea and island views, whether from the sunset-maximising Leeward Pavilions, or from the Windward Pavilions, where the infinity pools seem to dissolve into the Coral Sea below.

ISLAND READS

Romantic beach reads, from The New York Times Bestsellers to beloved classics.





Love In The Time of Cholera, by Gabriel Garcia Marquez. Forbidden love. Never gets old.



Me Before You, by Jojo 3 Te Moyes. Everyone's talking about it. Sweet tragedy. 3 Θu Moyes



Pride and Prejudice, Jane Austen. Classic. Everyone needs a Mr. Darcy.



OBSESSIO

by Jill Shalvis. Girl meets boy by the ocean. Perfect island read.



The Obsession, by Riveting. Suspense and romance. What more do you need?



ENVIRONMENT



A DAY IN THE LIFE OF A ZOOKEEPER

We were up with the birds to track head keeper Nicole Sauer around WILD LIFE Hamilton Island. Warning: up close and personal animal encounters ahead...

PHOTOGRAPHY BY KARA ROSENLUND

<image>

6AM: It's often still dark when I do the first walk-around to check I can see everyone and that they're looking healthy and happy. Then we start cleaning. The grubbiest of all the animals? Koalas! They only eat certain parts of the eucalyptus so there are shredded leaves everywhere... and they don't mind where they 'go'.

8AM: I'm in, tidying up with the reptiles. We don't have venomous snakes, but our biggest is a nine-foot, 15kg black headed python called Medusa and she can get a bit cranky, even more than McCulloch, who is our threemetre saltwater crocodile. Crocs are pretty misunderstood. Not that I'd walk ours on a lead or lay down for a nap with him, but he's so big and we're relatively small so, he doesn't see us as a threat to bother with. Crocs run on instinct and repetition to stalk prey in the wild, so he'll recognise me and it might look like we have a relationship, but it's more that he knows the patterns of each of the different keepers. We're not exactly friends!

8.30AM: Food prep starts for the day. The birds get fruit and veg or parrot pellets; the kangaroos have grasses and apples and sweet potato. Each koala eats a kilo of leaf per day, which is about 5,000 trees in a lifetime, and we have eight koalas. The zookeepers have to go out, find and cut down a ute-and-a-half full of branches each day. Our dingoes eat chicken, lamb, venison, raw mince and raw eggs. McCulloch only needs to eat about a quarter of a chicken a day.

9AM: We are a new-school zoo, so we don't



just keep animals in cages and feed them; we're very focused on replicating the wild, so animals forage for their own food, find a mate, teach young, build nests and do things they would in the wild. We keep them engaged and in a positive state of mind. All day, I'll be setting up 'enrichment' activities, such as grapes hidden in trees for our cassowary to find: it's got to be different all the time. I'm also busy setting up things like heat lamps for the reptiles in winter because they're in brumation, which is not quite hibernation, and can't keep their cold blood warm. In wet season, we clean even more often so animals don't catch infections. I was a vet nurse before coming to the island and we do regular animal health checks. **10AM:** The park opens for visitors and our first guided tour. A lot of our animals are endangered so this tour is all about conservation. Keepers are always walking around the park and love to answer questions any time. I could talk about koalas all day. 11AM: Animal Encounters, in which visitors

998 reef magazine

Cassowary

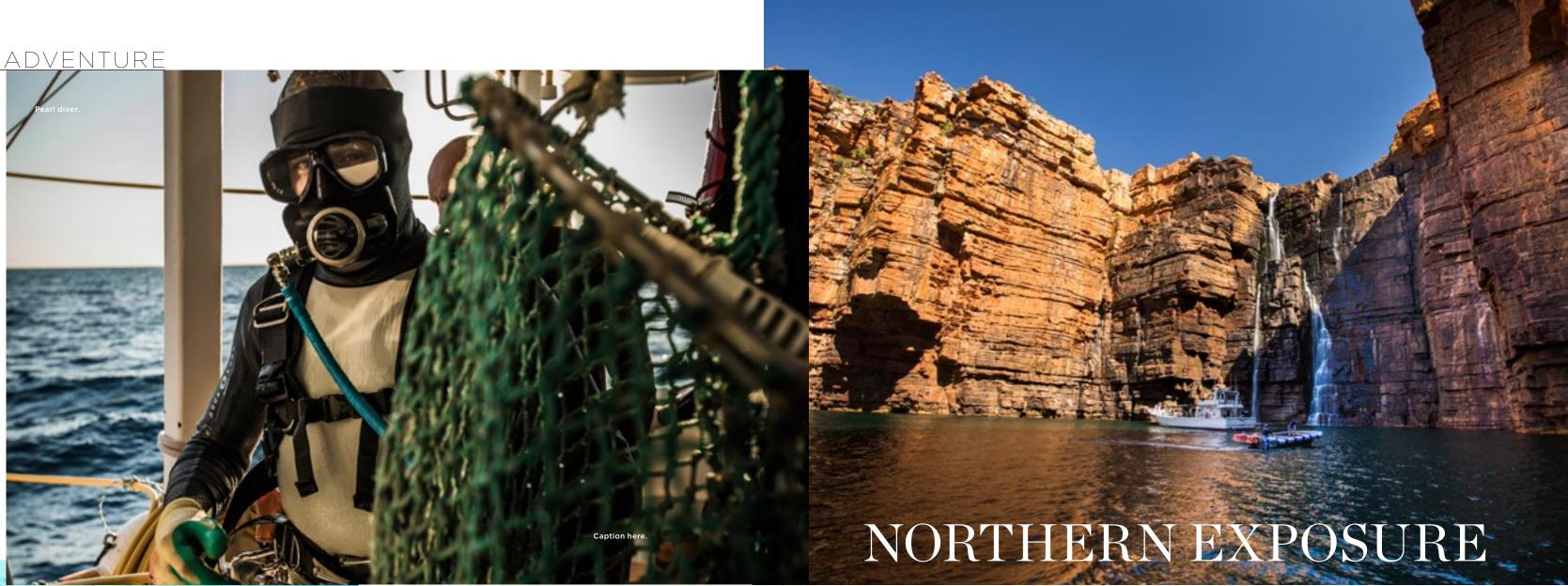
"I'LL BE SETTING UP 'ENRICHMENT' ACTIVITIES, SUCH AS GRAPES HIDDEN IN TREES FOR THE CASSOWARY TO FIND: IT'S GOT TO BE DIFFERENT ALL THE TIME."

can touch and have photos with animals, happen all throughout the day. You can meet the reptiles and birds or go in to play with the dingoes: they were hand-raised and are 10-years-old now but still get excited about seeing us. There are three different koala encounters. The koala cuddles are the main attraction. Queensland is one of the only places where you can do it, so we are very lucky. Each koala only does 30 minutes a day for three days and then they have a day off. Our koalas only cuddle if they want to.

4PM: Our second guided tour of the day is more of a feeding tour and we'll get you as involved as we can, except with the crocodile. We have very friendly parma and agile wallabies and some joeys right now, as well as eastern grey kangaroos. You might even get a pat.

5PM: The park closes, but that's not it for me. I'll be here for more feeding, and I like to say goodnight to all of the animals. It's a long day, and it's hard work, but I do it for the love of it.





"AUSTRALIA IS THE ONLY COUNTRY THAT STILL HAS A WILD PEARL INDUSTRY, MEANING THAT DIVERS ARE GOING OUT INTO THE SAME WILD "PEARLING BEDS" FISHED FOR MORE THAN A CENTURY ... "



ehind every brilliant Australian pearl, there is a story. And while all pearls are unique, their journeys to the market place have a number of things in common: they're filled with adventure, natural wonder, ingenuity, hard work, and a little luck. Now, these stories are being told. The National Geographic Channel, in partnership with Paspaley, has created The Secret Life of Pearls: a new documentary narrated by Australian actor Brooke Satchwell which explores Australia's one-of-a-kind pearling industry, the men and women who comprise it, and the rare and valuable orbs they farm, all set in Western Australia's wild and remote Kimberley. "I think the sheer scale of the operation will surprise people, not to mention the environment in which we operate," explains Michael Bracher, a member of the Paspaley family and an executive director of the company. "I think it's fair to say that overseas,

998 reef magazine

The pioneering Australian pearl industry is front and centre in a new documentary that celebrates the boldness behind every Paspaley piece. Zac Bayly on why Aussie (oysters) do it better.

most people have little understanding of north-west Australia. They'll be surprised by the sheer remoteness and natural beauty of that environment."

And that dramatic setting is part of what makes the Australian pearling industry unique. Australia is the only country that still has a wild pearl industry, meaning that divers are going out to the same wild "pearling beds" fished for more than a century to collect wild oysters, rather than exclusively using hatcheryreared oysters born in land-based laboratories. For this and many other reasons, Australia produces some of the rarest and highest quality pearls in the world. "Their rarity is obviously one of the most important factors of their value," Bracher explains. "But they're the largest and most beautiful pearls. And they can be sold with natural colour and natural lustre." What he's referring to is the practice within the worldwide pearling industries of chemically enhancing the colour and lustre of

pearls - essentially taking lower grade pearls and improving them. While the majority of the world's pearls are chemically enhanced, Paspaley and by extension Australia specialises in growing pearls that can be sold with their natural colour and lustre without any artificial enhancement. Au naturel, in other words. And there's great value in that. In fact, according to Bracher, "Australia produces less than one per cent of the global pearl supply literally a fraction of one per cent — but the value of Australia's pearl production is about a quarter of global pearl value." Some acclaim must be given to the animal that produces these beautiful pearls: the pinctada maxima — a large pearl oyster that is also known by the names "The South Sea Pearl" and the "Philippine Pearl".

"They're the best oysters in the world," says Bracher. While freshwater organisms are responsible for about 95 per cent of the global production of pearls, their products are of a

ADVENTURE



lesser quality and there's a high abundance of them, meaning they have a far lower value. He likens the wide variety of pearls available to that of gemstones, the majority of which are rather valueless (think quartz or zircon), while some are far more rare and thus more desirable (rubies and emeralds and the like). "Australian pearls are like the diamonds of the industry,", not least because there's a focus on using wild animals in the Australian industry. Many years ago, the pearl industry relied solely on wild oysters — there was no cultured pearl industry. And because a natural pearl was only found in approximately one in 10,000 oysters, the industry relied heavily on mother of pearl — the material that coats the outer shell of oysters and indeed the pearls they occasionally grow. Finding a real pearl was largely a game of luck. These days, pearls are "cultured", meaning that whether the oysters are wild-caught or grown in labs, a nucleus is inserted into the shell, and around that nucleus a pearl is formed. Natural pearls are still found, but they remain extraordinarily rare. The new process takes a large amount of luck out of the equation, although a small



"FINDING A REAL PEARL WAS LARGELY A GAME OF LUCK... NATURAL PEARLS ARE STILL FOUND, BUT THEY REMAIN EXTRAORDINARILY RARE."

amount is still required. From start to finish, the process of growing pearls takes two years, and until the final harvest, it's anyone's guess as to what quality of pearl these oysters contain. Crucial to this two-year process are Paspaley's courageous and passionate divers, who work in a fierce environment, braving sea snakes and sharks and all of the other dangers associated with working in the Australian ocean. They live on the ships, too, throughout the two years. But things are a bit better than they were a century ago, when the mortality rate for divers was as high as fifty

per cent.

These days, the pearling team works on sophisticated vessels, replete with chefs and satellite television and highly sophisticated navigation systems. But like their predecessors, the appeal of the job is all too easy to see: that phenomenal oceanic view. "It's a wonderful job... if you like diving, that is," says Bracher."It's also very hard work. You're up before sunrise, and you're working hard all day, but it's also an incredibly rewarding experience. You're working in such an incredible part of the world. I've spent a full year consistently on the ships, and I would say it was one of the best years of my life." "We notice that when we take people out to the pearl farms — obviously because of their remoteness we can't take many people a year - and they understand the operation, and they understand the product, they're suddenly completely in awe of the industry."

SPOILS OF THE SEA



Australian South Sea pearl and mother-of-pearl necklace with pavé set diamonds in 750 white gold, \$19,800.



in 750 yellow gold, \$1,480.



Australian mother-of-pearl bracelet in 750 yellow gold, \$2,480.



HAMILTON ISLAND

Dress by Matin



FUNNY GIRL

Hamilton Island is something of a second home for fashion blogger Nadia Fairfax, who admits her life feels like one big, albeit very stylish holiday and lunch. REEF sits down with a true island aficionado.

REEF: WHAT'S YOUR IDEA OF HOLIDAY HEAVEN?

NADIA FAIRFAX: "Hot weather. I'm one of those people who doesn't mind it when it's super humid and the water's like a bath. Some people can't stand that but I really like it. I can cope. I enjoy walking out at 3am and it's still really hot. Great food, great wine. You can be with a lot of people or alone, I'm happy with either."

REEF: YOUR BEST TIMES ON HAMILTON ISLAND ... TELL ALL.

NF: "One of my favourite times on Hamilton Island was when The Australian Ballet came to qualia. It is one of the most magical weekends I've ever had. I was crying watching the ballet; the table settings were so beautiful; the food was delicious, perfect; they danced on a stage built on the water. It's such a special weekend. My other favourite thing to do on Hamilton Island is to get the seaplane out to the Great Barrier Reef. It's spectacular. I must admit I did snorkel only for a little bit and then I got on a raft and had a little glass of Charles Heidsieck... another favourite."

REEF: WHY HAMILTON ISLAND?

NF: "We're so lucky we have it so close to home. Typically Australians feel we need to travel so far away to have a great time, but you just need to remember there are so many great things on our doorstep. To be able to travel for just two hours from Sydney and arrive somewhere so magical is pretty special."

REEF: WHAT'S IN YOUR BEACH BAG?

NF: "Minimal. Very minimal. Sometimes I take what I can carry in my hand. Less bags, the more you can do. You never know what can happen after the beach. You need to be free."

REEF: BEACH READ?

NF: "I don't. Most people do. I'm happy to lie down and have a chat. I did something terrible in Miami recently: I watched the rugby on my phone at the beach!"

REEF: SPOKEN LIKE A TRUE AUSTRALIAN. WHO WAS PLAYING? NF: "The Waratahs. Obviously."









REEF: GUILTY HOLIDAY PLEASURE, APART FROM WATCHING THE RUGBY AT THE BEACH?

NF: "I do the same things all the time. My life is a holiday. It's ridiculous. Everything feels like a holiday. I do appreciate a long, lavish lunch. Food is so, so important."

REEF: AGREED. SO, WHICH FORM OF EXERCISE WOULD YOU SUGGEST ON ISLAND POST THAT LAVISH LUNCH? **NF:** "Just walking to see the sights is great. I like to get 'lost' and walk around exploring the island."

REEF: HOLIDAY PLAYLIST?

NF: "I have the worst taste in music. I like the '70s and '80s. I don't like to feel too relaxed, I like to have fun, a few drinks and dance."

REEF: FAILSAFE HOLIDAY WARDROBE? NF: "A crisp white shirt. You can wear it everywhere, any occasion. You can throw it over a bikini or wear it with a tuxedo pant for dinner."

REEF: AND ACCESSORIES? **NF:** "I love to wear earrings, especially on holiday. I'll even wear them to the beach. They turn a standard bikini into something

WITH ANYONE IN THE WORLD, WHO WOULD IT BE? NF: "Goldie Hawn and Kurt Russell. I love them. They are my favourite couple. It's like I know them personally. There's so much I like about them. They seem so stylish, charismatic, fun and happy. We should invite them! completely different. Definitely earrings. I don't Let's invite Goldie Hawn and Kurt Russell."

"I LIKE TO GET 'LOST AND WALK AROUND EXPLORING THE ISLAND."



absolutely love hats, but I love a good visor. Always sunnies. Smaller glasses, because I have a small head. There's no Victoria Beckham, Olsen twins stuff going on here. I'm wearing Lucy Folk, Celine, Chanel... I'm not in favour of wearing much makeup; when you've got a sunkissed glow, you're good to go."

REEF: YOU DON'T PUT ANYTHING ON? NF: "Absolutely nothing. Sunglasses are my saviour."

REEF: IF YOU COULD GO ON HOLIDAY



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> RESORT STORE 0427 148 793

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BEARDED WONDER

Witness that mahogany facial mane. It belongs to Jimmy Niggles, part force of nature, part socialmedia activist. Jimmy is the founder of Beard Season, an initiative that revs men up to grow out their whiskers and get a skin check each winter. It was inspired by the death of mate, Wes Bonny, at just 26, from melanoma. So, salty seadogs, get checked. Cleanskins, Jimmy's got a proposition...

REEF: SALUTATIONS MR NIGGLES, AND RESPECT. THE BEARD'S LOOKING EPIC... **JIMMY NIGGLES:** "This glorious field of facial follicles is just under six-and-a-half years old with estimated dry weight of 600g, and 960g when wet."

REEF: IT LOOKS SEAFARING. BUT CAN IT RACE?

JN: "It has a high drag coefficient, due to split ends, a byproduct of my strict no-trimming method. Combine this with its rich mahogany lustre, which adds to cruising speeds. This head sail has been the edge for boat races all around the world, both onshore and off."

REEF: THUS IT'S THE MILLION-DOLLAR BEARD. OBVIOUSLY A CONSERVATIVE VALUATION. BUT WHY IS IT FOR SALE? **JN:** "We've been running Beard Season as a side project on favour and pocket change since 2010. We've generated well beyond five million in earned media, spoken at TEDx, hosted a Beard exhibition at Somerset House in London and helped thousands find early-stage melanoma. Imagine if we had resources. Buy this beard and you've got a monumental PR masterpiece. An artwork, skilfully shaved off and mounted in glass on live TV. There's plenty to spend a million on... very few give you this much cachet."

REEF: THE GIST OF BEARD SEASON IS: GROW FACIAL HAIR AND USE IT AS A CONVERSATION STARTER ABOUT MELANOMA AWARENESS. SO WHAT'S YOUR BEST OPENING LINE?

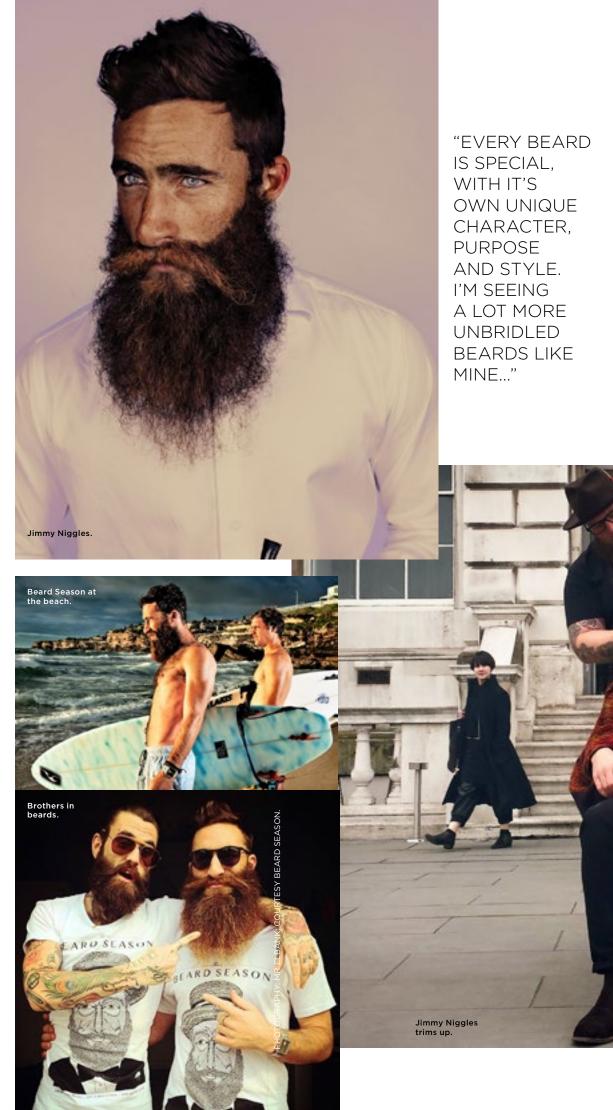
JN: "Ha ha. Most conversations are initiated by others. 'Are you Ned Kelly?', 'Can I touch it?'. After light banter about how it was grafted from the jawlines of sea captains, cared for by dedicated mermaids, I'll tell them about Beard Season, how I'm growing it to save lives. At this point encourage them to have a skin check."

REEF: THEN YOU TAKE A PICTURE AS EVIDENCE OF COMMITMENT, RIGHT? JN: "I'm on a mission to take a photo with someone new every day who will see their GP or dermatologist. I post @BeardSeason and tag them (#BeardSeasonSkincheck) to make sure they follow through."

REEF: WE'VE SEEN DAVID BECKHAM AND SIR RICHARD BRANSON ON YOUR INSTAGRAM. CAN ANYONE CAN BECOME A BEARD SEASON AMBASSADOR AND SPREAD THE MESSAGE WITH YOU? JN: "We've got more than 80,000 ambassadors from 28 countries. They've dared their footy teams, convinced the boss to pay for office skin screening, had parties, given us shout outs at music festivals or on TV. Simply grow your beard, get a skin check, and use your beard to tell others to do the same. Sign up on beardseason. com.au."

REEF: WHY IS WINTER THE BEST TIME TO GET A SKIN CHECK?

JN: "You're less tanned so the spots are easier to see. Also, if you need to have something treated





you won't be aggravating it in the sun too much when it's healing."

REEF: YOU SAY THE CONVERSATION 'SAVES A LIFE A WEEK'...

JN: "It works. Pretty much every week we'll receive a message from someone who's booked a skin check and found something which could have killed them. It's a pretty humbling KPI. Search #BeardSeasonVictories on Instagram."



REEF: WHAT ARE THE SECRETS TO GROWING A GLORIOUS BEARD? **JN:** "Tip one: Don't shave. I can't stress enough how important this can be to your quest. Tip two: Regular dips in the ocean, coatings of snow, beard oil and balms help maintain a lustrous thicket. Tip three: The barber is your friend, to coach you through growth stages and trim outbreaks. Tip four: It's not how big it is, it's how you use it. Every glance, raised eyebrow and knowing nod is a chance to represent the cause."

REEF: ON STYLE, HOW SHOULD A GENTLEMAN REARRANGE THE FACIAL-HAIR FURNITURE FOR 2016? JN: "Hmmm. Tricky. Every beard is special, with its own unique character, purpose and style. I'm seeing a lot more unbridled beards like mine about. But the most user-friendly are trimmed short enough to see your bowtie, long enough to turn heads. When I sell the #MillionDollarBeard I'm probably going to do that."

REEF: YOU'VE COLLABORATED ON A BEARD OIL UNLIKE ANY OTHER WITH CAPTAIN PEABODY FAWCETT. TELL US... **JN:** "For starters, it has 23-carat gold flakes. The rest is an intricate balance of oceanic and earthy scents, with a hint of well-worn leather. As if King Titan were riding side saddle on an Akhal-Teke stallion to drink first-batch Talisker in an Isle of Skye bothy. Proceeds from every sale are helping us run free skin-check sessions, engage with community groups and take our message global."

REEF: HOW CAN LADIES GET INVOLVED?

JN: "The main focus is on men aged 18-45 who are running the most risk. But we have more women writing in saying they had a skin check than men. Ladies are also pivotal at making sure lads follow through with a skin check. Spotting spots together on lazy Sunday mornings is also a highly recommended pastime. When it comes to ice-breakers to meet a beard, try a wink and compliment along the lines of 'You look like the most interesting man in the world, but younger.'"

ENDURANCE



"THERE'S PROBABLY A MOMENT IN EVERY RACE WHEN YOU THINK, 'WHAT'S THE POINT?'. WE ALL KNOW THE WALL."



I've run every day for the past three years, I've got good fitness and can do a marathon pretty comfortably, but the humidity factor on the island is unbelievable. We started at 5.30am and I was covered with sweat by 6am. I was running with this guy, Oliver, for half the race and I had to apologise to him because there was so much coming off me that my shoes were squelching. I jumped in the ice bath three times after the race. The infrastructure on this course — the fluids, the support, the medical — are amazing. I pulled over for fluids at one point; I was in a hole, two people overtook me and the toys were out of the pram. I said to the guy at the stop, 'I'm done'. But then the fluids kicked in and all of a sudden I was running strongly again, racing. Sometimes it can take a while to come out of that low, but if you've got your fundamentals right and you're not injured, you will.

THE THRILL OF THE HILL

The toughest run on the island upgraded to a full 42.2km in 2016. What does it take to make it? Winners of the women's and men's Stamford Financial Hamilton Island Hilly Marathon take us inside their race prep, the wall, the win and why the best come to get tested in paradise.

HANNY ALLSTON, 30. TIME – 04:01:26

The orienteering world champion, elite trail runner and Sydney Olympic torchbearer from Tasmania on brain-training for the race.

"I love getting in the hurt locker. I love that feeling, when you think you're at the limit, when everything comes together or unravels. For me, marathons and trail running, which I first sidetracked into to make me formidable at my other sport of orienteering, are all about the mental toughness. The Hamilton Island course is a fantastic challenge, probably two thirds is off the bitumen — the trails are beautiful, but you don't need trail-running experience — and it's incredibly hilly and hot, but in a race this long when you find space, it swaps from the physical into being able to understand yourself as a person.

Leading in to a race, I get itchy, I go into myself a little, getting ready for the day. I do 'pre-habilitative' injury prevention, prepare nutritionally. I balance cross-training on quads and glutes for the hills with swimming and running but, for me, racing is also mental prep. I study articles and my past experience, read blogs by mentors. So on the start line, I'm clear and focused, even trading advice with other runners. I've planned mini-steps ahead of time, I know what I'm going to do in the first few kilometres to the end. I'm never driven by the clock or a course record, but I'm competitive; I never line up if I'm not ready.

But this wasn't my perfect race. In that last six or seven kilometres I started to cramp and I found myself walking up the hills. That can be your mental undoing, if you think of walking as a weakness. When I coach other runners, I prepare them for what to do if you find yourself walking. Know it might happen and that you can recover. That elite knowledge is what makes a difference. That's why I started findyourfeet. com.au, a coaching and mentoring business, with my partner. When a race comes together, there's no better feeling as an athlete. And it's pretty amazing to chill on the island with a new-win glow."

RICHARD BANKS, 38. TIME - 04:30:48

The Sydney IT professional and father of two has run marathons for 15 years and chalks this one up as his hardest.

"There's probably a moment in every race when you think, 'What's the point?'. We all know the wall. I got up Passage Peak — it's so steep — and I was ready for it, but what really broke me this time was going up One Tree Hill so many times in a row. It was 20 to 30 kilometres in, I was miserable, but the bloody Channel 7 cameraman was at the top and I was like, 'Well, I have to run this now'. My wife and kids were halfway up a hill, too!



I've done the half here, but this marathon course is the toughest I've done time-wise. Scenically, though, it's number one. Not many people have seen Hamilton Island the way marathoners do: there's so much out there that's national park. That's why I pick events like this: it's a family holiday and I get four hours off to do what I love. Time for myself is scarce with two kids, so I'm really committed about what I do with it: that equates to running more aggressively. Consistency is key. Since 2013, some guys and I have set the challenge to run every calendar day. I try to average 11km a day; I'm aiming for 4000km this year. To really clock up kms, I run-commute from home in Manly into Sydney city for work – there are some hills there.

I might not have said so straight away, but, oh yeah, I was always going to want to go back to Hamilton Island next year and get closer to Hanny."



CHALLENGE

WOMEN OF ENDURANCE

Yes, we will run. Elite athletes and Olympians flew in to show us what they know during Hamilton Island's inaugural Active Women's Weekend, by Tracey Withers.

e came, we communed, we laced up. The fitness workshops were a highlight of the Active Women's Weekend, as fun-runners and weekend warriors got the rare chance to talk technique and take coaching tips and stamina-training advice directly from Olympians and ultra endurance champions. Getting control of breathing and panic when the track gets tough is essential, hence sunset yoga on the Keel Deck at the Yacht Club. Then absolutely everybody felt the burn in the strength training masterclass. During an unbelievable running clinic, Olympic distance runner Eloise Wellings took us through the tips and drills that have taken her all the way to the Rio Olympics.

It was very motivational. Wellings, 33, swears that whether you're a walker gearing up for your first run or a semi-pro, running really is all about just putting one foot in front of the other, so just go, go, go!

"Some do it faster than others, but we all go through similar mental challenges and physical challenges when running," says Wellings. We talked through things like arm-carry and foot placement and a little psychology: how to cue yourself while you're running.

"When you learn how to prevent injury and be a more efficient runner, you'll become faster," says the Olympian. That's when you start to love it. "You don't have to be a natural-born runner," confirms Nicole Bunyon, 39. She picked up marathoning after having three children, pretty much to drop baby weight. After slogging her way to her first half marathon, she's now crushed countless full and ultra marathons. "I never looked back. Anyone who has commitment can complete a marathon. Programs like 'couch to five kilometres' are perfect. Then when you are running the five comfortably, slowly build up to 10... A marathon is a big goal, but it is achievable with the right guidance."

Retired Olympic swimmer, and mum to one-year-old Poppy, Libby Trickett, 31, joined

Wellings and Bunyon on the panel for a Chatter That Matters workshop hosted by Women's Running Australia editor Sarah Joyce. Even Trickett, a gold medallist, was mind-blown by the expertise on tap as the athletes fielded questions about balancing family and career with health.

"Where else can you get access to elite athletes like that? I was a sponge. I've booked my first half marathon now and I've always hated running!" she laughs. "I've not really had a fitness goal since I was swimming, and linking exercise to a goal is so crucial for consistency. I'm like any mother, working woman or person on the planet who can feel overwhelmed. But I really think that having that goal to achieve helps put the power, and balance, back in your hands."

Time never just turns up, so don't wait. "Rather than just letting life happen to you and thinking, 'It will be better when this happens or that changes', it's about taking control of what you can," says Trickett. "I've felt mum-guilt, massively, about making time for myself. But then I realise I'm a better mum, friend, wife, I'm more productive in my life, when I have that goal. You might only make five minutes a day at first... but commit."

To make it happen, even pros have to deploy some everyday tricks.

"I lay out my workout gear the night before and put it on when I first get up, or it's just another thing I have to do, that might not get done," savs Trickett.

"Having someone to meet, to train with, is key," adds Wellings, who says she counted on her gym coach to get her fit for the Commonwealth Games after taking four months off to have her daughter, India. "It is natural for [women] to be strong," encourages Bunyon, who says she's ultimately motivated by the success of the finish line, something that no one can ever take away. "We just know how to get the job done while juggling everything that comes our way." As Wellings says, "The beauty of running is, all you really need to start is your shoes." Run on, run strong. We're inspired.





From the workshop: Eloise Wellings' technique tweaks to make our run more efficient and comfortable.

1. Work an angle: Keep nice and tall with a slight forward lean from the hips. It's about gravity. If you're leaning back your centre of gravity will be behind you, not propelling you forward; a slight forward lean will get more power out of each step.

2. Strike first: Everyone has a different footstrike but the more you run, the more of a forefoot-runner you'll become. That's far more efficient than being a heel-striker. 3. Think chill: Remind yourself to relax your body, especially as you start to hurt. If you run tight you increase your risk of injury and the whole run will be more uncomfortable. 4. Bear arms: Your arms are crucial to how

TOP 6 RUNNERS' TIPS

your legs work: that's about how you hold and pump them. If you're going up a hill, pump more and get your elbows back to help with the strain, but keep your shoulders down and loose. 5. Spiral downhill: Down steep hills, you want to relax from your hips and let yourself go a little. Run on your toes. The more you try to 'brake' on a trail, the more likely you are to fall.

6. Talk tech: Distract yourself from pain by thinking about what your body is doing. I go from head to toe and talk through relaxing each part of my body. I don't listen to music when I'm running hard but I do think of motivational song lyrics.

INSTA-ISLAND



"From the cobbled streets of my home away from home in Wales one day, to the white sands of Hamilton Island the next xx C'



@rachael_finch



@teresapalmer "We met the very sweet one-eyed Billy the Koala! Bodhi hasn't stopped talking about his new friend Billy with the 'eve that's sleeping



achrishemsworth "Channeling my Kung fu panda at @qualiaresort on Hamilton Island, anothe incredible place to visit in @australia"



@armo_20 "On Top #hamiltonisland'

REEF MAGAZINE 999

EYES ON THE PRIZE

Australia has always punched above its weight when it comes to producing world-class golfers. Brendan James shares his ones to watch.

n the late 1990s we boasted the top ranked male and female players in the game in Greg Norman and Karrie Webb. Today, Jason Day is the reigning PGA _ champion and world No.1 and has two titles under his belt already in 2016. Also with two wins this year is Adam Scott, the 2013 US Masters Champion, whose good form has seen him move back into the top 10 of the official world ranking.

West Australian Minjee Lee has won on the LPGA Tour, and based on her consistently good results, it's only a matter of time before the 20-year-old climbs high into the top 10 of the women's world rankings.

In recent years, Golf Australia — the game's governing body — has invested heavily in preparing our very best amateurs for their inevitable transition into the professional ranks. Lee is one graduate from that high performance squad system and there are few who would argue against her winning major championships of the future.

Here, another six young Australians from our next wave of talented golfers who are almost certain to be forging their reputation on the world stage within the next few years.

RYAN RUFFELS

Ruffels finished high school at the end of 2015 and promptly turned professional. The 18-yearold has been playing on sponsors' invites on the lucrative PGA Tour since February and is hoping to win enough prize money to earn his playing rights' Tour card for next season. He's already well known among the game's elite, with Jason Day declaring the young Victorian's game to be "better than mine at that age".

BEN ECCLES

Eccles was still an amateur when he led a good field of professionals for four days to win the New South Wales Open last November. The 21-year-old Victorian turned professional overnight and is looking to get a toehold on the European Tour.

CURTIS LUCK

It is only a matter of time before Luck turns professional, having overcome a quality field

to win the West Australian Open in May. The 19-year-old will be among our best chances to capture the coveted British and US Amateur Championships in coming months.

CAMERON DAVIS

Davis has already had an impressive amateur career, with victories in the 2015 Australian Amateur and 2014 Victorian Amateur among the highlights. A powerful swing and rapidly improving short game makes this

Curtis Luck

talented player already the holder of several course records.

HARRISON ENDYCOTT

Endycott has been on a steep improvement curve during the past six months, winning four major Australian amateur events including the coveted Riversdale Cup. He is currently ranked the No. 27 amateur in the world, and was recently elevated to the Golf Australia high performance national squad on the back of his good form and future potential.

SU-HYUN OH

Oh first played the women's Australian Open as a 12-year-old and now, eight years on, is on the verge of becoming a regular starter on the LPGA Tour. The 2015 Australian Ladies Masters Champion is already exempt on the Ladies European Tour and many experts predict she will be a longtime rival to her good friend, Minjee Lee.

HANNAH GREEN

Green is another member of the Golf Australia high performance squad and is coached by Ritchie Smith, who has also mentored fellow West Australian Minjee Lee. The 19-year-old played her way deep into the matchplay section of the US Amateur in 2015, having finished third in the strokeplay. World Golf Hall of Famer, Karrie Webb, says Green has the potential to win on the LPGA Tour in the near future.







"GOLF AUSTRALIA -THE GAME'S GOVERNING **BODY - HAS INVESTED** HEAVILY IN PREPARING OUR VERY BEST AMATEURS FOR THEIR INEVITABLE TRANSITION INTO THE **PROFESSIONAL RANKS.**"



a martin

Cameron Davis







CALENDAR





Open your calendars. Take note. Hamilton Island is buzzing with events. By Rebecca Khoury.

2016 20-27 AUGUST

AUDI HAMILTON ISLAND RACE WEEK Belive us, there is nowhere else you will want to be this week, it's Australia's favourite annual yachting regatta. The race week's mixture of short course, passage and the inaugural Multihull Racing class will test any sailor's tactical ability to ultimately decide the new national champions. Also on the schedule for top-end contenders is an IRC Passage class for modern, fast-cruising yachts; performance racing and a sports-boat competition. Cruising, corporate, bareboat, non-spinnaker and SB20 divisions will also be lining up. If you prefer to stay on dry land, Hamilton Island has a carnival vibe throughout the week, with the fashion, the food, and the social set-up on island giving non-sailors just as much buzz.

23-25 SEPTEMBER PAS DE DEUX IN PARADISE

Held every two years and set under the stars, witness two magical outdoor performances that will leave you completely spellbound. The Australian Ballet will perform at qualia, so book now and enjoy this intimate and exclusive weekend of Pas de Deux in Paradise. Honestly it's one of the most memorable events on Hamilton Island. Quick, tickets are limited.

OCTOBER PGA PROFESSIONALS CHAMPIONSHIP

AND HAMILTON ISLAND AMATEUR GOLF CHAMPIONSHIP Australia's top-order club golfers and teaching

professionals are primed and ready for the 2016 PGA Professionals Championship. Yes, the greens are going to be hot. That goes for the non-pro event, the Hamilton Island Amateur Golf Championship, too. This is the championship's fifth year and anyone who missed out on a spot last time will not be making the same mistake twice. Places are limited so, golfers and enthusiasts, book early. The popular stableford event starts at the same time as the PGA and will host a pro-am on day one, followed by a 36-hole competition, open to both men and women. There's serious prizes to be won but, honestly, we just do it for the glory. So lock in some extra practice hours between now and October.

2-4 DECEMBER WEEKENDS OF WONDERMENT

Back by popular demand, Weekends of Wonderment are a great way to meet inspirational experts who share their artisinal secrets. Now's your chance to front up with the experts and get down and get creative. Past visiting experts who have enthralled us include



leading florists, candlemakers, chefs and milliners. It's all about the craft.

12 NOVEMBER FUJIFILM HAMILTON ISLAND TRIATHLON

Hamilton Island Goli Club.

Pas de Deu in Paradise

This is your chance to face off against professional athletes with the likes of Susie O'Neill, Ky Hurst and other amateur-butintense athletes who come to Hamilton Island to test their mettle. Just crossing the line earns extensive bragging rights and, we would argue, first call on the daybeds by the pool. It's a beautiful course, covering the natural highlights of the island, but this is serious all the way to the beachside finish. For the kids there is also a junior triathlon (of varying lengths), and a Splash n Dash run and swim for athletes 15 years and under. We'll be taking it (a little) easier in the Dent Dash. It's more of a fun Sunday walk or run along the buggy paths of the picturesque Hamilton Island Golf Club on neighbouring Dent Island. No pressure it's not about prizes and the timing is all left up to you. That victory breakfast awaits us all and we are going to tuck in because we deserve it.

13 NOVEMBER FUJIFILM WHITEHAVEN BEACH OCEAN SWIM

If the adrenalin's still pumping, compete in the



Fujifilm Whitehaven Beach Ocean Swim, a 2km or 750m race, and help burn off the extra energy.

2017 30 April stamford financial hilly marathon

A new favourite on the Endurance Series calendar with both locals and visitors alike, in 2017, the Stamford Financial Hilly Marathon will take place again. We are putting down a challenge once more for runners to take on the 42kms of the island's uniquely challenging and mountainous terrain in what is now one of the most epic endurance events in Australia. If the half marathon is still more your style, you can take part in the 21km race, and the event also includes a 3 x 7km relay plus kids fun run. So what does it take to make it? Some serious race prep, because when you hit the wall running you want to be able to power through it.

13-14 MAY ACTIVE WOMEN'S WEEKEND FEATURING MOTHER'S DAY CLASSIC



Sign up for the Active Women's Weekend, your chance to get up close with the experts who can share serious coaching tips on running, strenth and endurance techniques. During this weekend, Hamilton Island also proudly hosts the annual Mother's Day Classic, Walk in the Park. It's a fundraiser for breast cancer research, and a tribute to mums all over Australia. Dress in pink and join the island community and other guests in this walk for a good cause. It's so much fun and such a good spirit.

26 JUNE THE GREAT WHITEHAVEN BEACH RUN

Could there be somewhere more glorious to wait for that photo finish than on one of the most photogenic beaches in all of the Whitsunday islands? Wait, you have a choice: there's the full-throttle 21.1km half marathon, a 10km run along the silica expanse of Whitehaven Beach, or the shorter 5km circuit. We're not letting the lulling turquoise tide, the holiday sunshine or warm sand dazzle us into a false security. Focus: this is a test and we will sweat. Run solo or team up with friends. You can even bring the kids along for junior events — there's a challenge for everyone.



The Great Whitehaver Beach Run

For the latest event information and more details, visit hamiltonisland.com.au/events















NOVA'S RED ROOM: TAYLOR SWIFT

The biggest pop star in the world, Taylor Swift charmed Hamilton Island locals and entertained 100 lucky prize winners at Nova's Red Room, which transformed Hamilton Island's Yacht Club. It was intimate and epic.

Caption

Caption here.





Angela Bishop.





Darren Palmer, Guillaume Brahi



Fitzy and Wippa



Taylor Swift.



Nicky and Troy Tindill.

Hamilton Island



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AUDI HAMILTON ISLAND RACE WEEK 2016: THE LAUNCH

Ah the glamour of it all. Audi Hamilton Island Race Week 2016 was launch at Vaucluse Yacht Club in Sydney. It attracted a slew of fabulous faces including our favourite chef, Guillaume Brahimi, TV presenter Catriona Rowntree and all serenaded by Silvia Colloca.

Carmen Hamilton, Tanja Gacic.







Run with a view.



THE GREAT WHITEHAVEN BEACH RUN

Have you ever imagined slogging it out in paradise? Well, this is it. The Great Whitehaven Beach Run stretches along the most incredible turquoise sea and has to be the most beautiful endurance test in the world. Leif Mawson took out the mens 21.2km title and Leia Wang claimed the womens 21.2km race. Josiah McCarthy won the 5km event.



Caption here

Caption here.

Whitehaven Beach.

Caption here.



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STAMFORD FINANCIAL HILLY MARATHON

The inaugural marathon was an epic endurance course. Following a rugged 42km route with a challenging uphill and downhill terrain it tested even the best and toughest athletes. The women's title was taken out in the superfast time of 04:01:26 by Hanny Allston. The men's title was clinched by Richard Banks, his time 04:30:48.



Caption here.







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PROPERTY PORTFOLIO

GLASS PALACE

An architectural ode to sun, sea and sky and a landmark of Hamilton Island Holiday Homes is for sale. Blink and you'll miss it, says Tracey Withers.

ntuition, we know, says the most in solitude. Even if your soul isn't immediately gripped by an aspect that spans Catseye Beach, Fitzalan Island and _ the Coral Sea, listen up, for your smarts will be shouting out loud: island investment doesn't get better. Glass House, which presides over the coveted, Melaleuca Drive, is one of the most impressive holiday properties on Hamilton Island and it's on the market for the first time since 2006. We suggest not blinking; this is a dream space and also a built-to-go business bookings are solid until 2018.

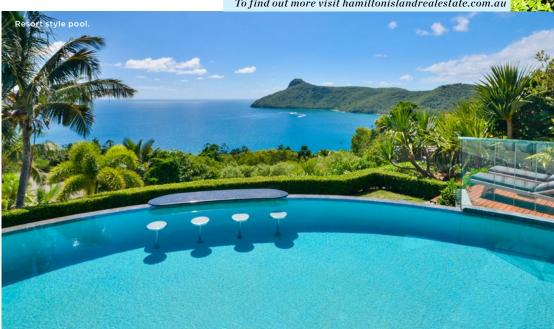
Let's review... The first architects — Boris Podberscek from Architects Whitsunday - built this escape in glass in the '90s. It was all about a home inside the green scrub, the light, the sky, the sea. Inspired extensions throughout the '00s by Core Architecture's Paul Braithwaite elevated the property into the sweeping five-bedroom, 10-guest luxury retreat that has holiday-makers on the waitlist. Every build, every design has been considered. Natural stonework, natives and

tropical palms in the well-established gardens, the blonde wood that bounces sunlight, the concertina doors that transform easy living areas into epic outdoor entertaining spaces... and still entire, invisible walls of glass. Almost every seat has a view. Here, nature lives inside with us, too. Naturally, there are human creature comforts to keep us happily captive on the large, private block for days. Cook dinner in the ultramodern kitchen's Teppanyaki bar. Take a dip in the spa, then relax on the Balinese day bed in the breeze or sun-soaked deck. Downstairs, the resortstyle pool spills over a wet edge out into the blue infinity of the Whitsundays. Yes, this is relaxed glamour, the interiors already carefully styled, furnished, everything curated.

Still, sometimes we simply must go out. Glass House is an easy stroll to sunset cocktails up on the island's high-point, One Tree Hill, or a quick trip in one of the two four-seater buggies down to the marina. How's this for a clincher: this is pure world-away escapism, yet we're still only a quick flight from major cities.

To find out more visit hamiltonislandrealestate.com.au





"YES. THIS IS RELAXED GLAMOUR, THE INTERIORS ALREADY CAREFULLY STYLED, FURNISHED, EVERYTHING CURATED."



HAMILTON ISLAND REAL ESTATE SALES



CASUARINA COVE 14 For sale \$1,050,000

4 2 1 3

Casuarina Cove 14 is part of the unique development of freestanding villas overlooking the Yacht Club and Dent Island Golf Course. Two enormous balconies, with their views of the planes descending and the amazing sunsets of the Whitsundays, means entertaining is never an issue. Drive in to your personal garage, which leads into the lower three bedrooms, shared bathroom and laundry area. Upstairs is an open-plan living, dining and kitchen that adjoins to the outdoor dining and barbecue area. The master bedroom and ensuite is a private haven with comforting sea views. The complex's generous pool and sundeck area creates a real resort feel. Casuarina Cove 14 is a popular holiday rental property with consistent returns which have improved further since the villa

THE PINNACLE FOR SALE \$830,000

2 2.5 🐋 1 🕂

If you are looking for a modern hilltop apartment with stunning views over Dent Passage to the islands and beyond, look no further. This property showcases a highquality, two-bedroom, two ensuites, fully air-conditioned and designer open plan layout with an endless list of features; superior furniture package, electric buggy, separate laundry and third toilet, lockable storage room, resort-style complex pool, plasma televisions, stone benchtops, master walk-in robe and two private covered balconies. These popular properties enjoyed occupancy rates of more than 75 per cent for the 2015-16 year and forward bookings of more than \$50,000 highlight an excellent incomeproducing investment. Consistent rental returns of more than \$100,000 per annum and depreciation benefits on account of a completion date of 2009 means this property ticks all the boxes and is priced to sell. Our last Pinnacle property sold quickly. Do not miss out on this one



CHAMPIONSHIP COURSE



Located just a stone's throw from Hamilton Island, on neighbouring Dent Island, the 18-hole championship Hamilton Island Golf Club has some of the most spectacular views of any golf course in the world, making it the perfect place to learn how to play or brush up on your golfing skills. The Clubhouse is ideally perched to catch the soft sea breeze and to take in the stunning views of the Coral Sea. It's a great spot for long, relaxed lunches or a relaxing drink after your time on the course.

To find out more contact the Hamilton Island Golf Club on 07 4948 9760 or golf@hamiltonisland.com.au www.hamiltonislandgolfclub.com.au



998 REEF MAGAZINE

HAMILTON ISLAND REAL ESTATE SALES



PENINSULA 7 For sale \$1,745,000

4 🧰 5 🐋 1 🕂

This detached, open-plan, fully-tiled and air-conditioned dwelling is located on the exclusive northern point of Hamilton Island, with excellent sea and island views towards Dent Passage and Shute Harbour.

The clever design features large kitchen, dining and living areas that open to a huge entertaining balcony perfectly positioned to watch the sunsets. On the lower level are four generous bedrooms - two with ensuites - plus a separate living area, all of which lead out to your own private plunge pool and patio. There are only eight houses in the complex which also features a communal 25-metre lap pool and sunset viewing area that complements this site. This body corporate scenario means the comfort of shared expenses, further adding to its attractiveness as an investment proposition. Its current holiday letting generates more than 4.5 per cent net per annum with full income history and future bookings provided on request.

FRANGIPANI LODGE 207 For sale \$925,000

2 2 2 1

When a property as stunning as Frangipani Lodge 207 comes on to the market, we get very excited.

This apartment presents like new following its recent complete renovation. The moment you enter through the front door, you are greeted with a wonderful modern kitchen with island bench and an open-plan living and dining area that leads out to the substantial balcony. Here you are met with one of the most spectacular views across Fitzalan Passage towards Whitsunday Island you will ever see. The main bedroom also enjoys stunning views of the passage and beyond, fully complemented by a modern ensuite with clean lines. The second bedroom is also of a generous size and the entire property is beautifully furnished for the holiday rental market. This top-floor apartment opposite Catseve Beach is a rare commodity that will not last long. Don't delay in arranging an inspection: it will not disappoint.



PROPERTY SALES: CONTACT WAYNE SINGLETON 0416 024 168 The properties featured in the REEF Magazine Real Estate section are available at time of print, but for a full listing of properties for sale or to review recently sold properties, visit the Hamilton Island Real Estate office on Front Street, or go to www.hamiltonIslandrealestate.com.au PROPERTY SALES: (07) 4948 9101 PROPERTY MANAGEMENT: (07) 4946 8028 HOLDAY RENTALS RESERVATIONS: 137 333 (02 9433 0444)





Hidden Cove – an exclusive waterfront development

Not many people have seen the beach that separates the Coral Sea from the green-covered land on the northwest edge of Hamilton Island. Even most locals don't know it's there, it's an undiscovered sanctuary. Don't miss out on your opportunity to secure one of only 22 private residences in the Hidden Cove development, which presents mid-density lifestyle at its best. With 2 bedroom, 2.5 bathroom single story residences, as well as 3 and 4 bedroom homes stretching across two levels and featuring their own private plunge pools, each boasts long, uninterrupted views across Dent Passage. Planned completion by late 2016.

Priced from \$1,150,000 14 residences already sold, 8 remaining For sales enquiries please contact | Wayne Singleton 0416 024 168 www.hchiunfo | hamiltonislandrealestate.com.au

HAMILTON ISLAND

HAMILTON ISLAND HOLIDAY HOMES RENTALS



YACHT CLUB VILLA #30 holiday rentals from \$1,020 per night Maximum capacity: 8 people

4 4 1 3

KIRRIBILLI

Recently refurbished, this luxurious villa offers a tranquil and private island escape. It is situated at the highest point of the Yacht Club Villa complex and commands panoramic ocean views of Dent Passage within a lush tropical setting. There are four generous bedrooms - each with its own bathroom a state-of-the-art gourmet kitchen and ducted air-conditioning throughout.



HOLIDAY RENTALS FROM \$980 PER NIGHT Maximum capacity: 10 3 3 2

Spacious and stylish, this three level designer home offers unrestricted views over the Hamilton Island Marina, across to Dent Island. With high ceilings, three spacious rooms, a private plunge pool and two buggies, it's one of the island's most stand-out luxury homes.



LAGOON LODGE#001 HOLIDAY RENTALS FROM \$525 PER NIGHT Maximum capacity: 7 people

2 1

This modern, three bedroom apartment is located directly across from Catseye Beach. It includes three spacious bedrooms and two bathrooms, and a large adjoining balcony where you can sit back and enjoy the view. There is also a fully-equipped kitchen, air-conditioning, and all the comforts of home

OASIS#21 HOLIDAY RENTAL FROM \$465 PER NIGHT Maximum capacity: 8 people

3 2 2 1



Recently refurbished, this modern three bedroom apartment offers a perfect home away from home. Enjoy the large entertaining terrace, which overlooks the Oasis pool, perfect for keeping an eye on the kids while they play. It also offers a great location, just a few minutes from the Hamilton Island Marina and all the cafes, restaurants and shops on Front Street. A complimentary Platinum FOXTEL package is also included.

HOLIDAY RENTALS: CONTACT HAMILTON ISLAND HOLIDAYS 137 333 (02 9433 0444) To view the full listing of Hamilton Island holiday rental properties available,

For the value for history of Hammony of Hammony and Ham Hammony and Hammony TRATES QUOTED ARE OFF PEAK RATES BASED ON 7 NIGHTS PLUS STAY. OTHER RATES AND DURATIONS OF STAY AVAILABLE, PLEASE ENQUIRE AT TIME OF BOOKING

PAVILLIONS 15 Hamilton Island's largest apartment

- Four bedrooms, master with spacious ensuite, built in spa and large walk in wardrobe.
- 582m² including a stunning open plan living area leading out to expansive ocean view balconies.
- Enormous family/media room complete with entertainment system plus professional office suite.
- 18m marina berth with 3 phase power.
- Beautiful sunken spa pool exclusive to this apartment and surrounded by an ocean view balcony.

For Sales enquiries please contact

Wayne Singleton 0416 024 168 wsingleton@hamiltonisland.com.au

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www.hamiltonislandrealestate.com.au

