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REEF

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ISSUE 31
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A scenic view of a swimming pool with a white building and trees in the background. The pool is in the foreground, and the building is in the background. The text is overlaid on the image.

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Introduction

We have had an amazing 12 months on Hamilton Island. We've opened new venues, kicked off new experiences, refreshed old favourites and earned recognition along the way.

I could not be more proud of our team, and in this edition of *REEF* you'll find some wonderful stories touching on just some of what we have been up to.

In April 2025 we opened our beautiful new boutique hotel The Sundays, with its Catseye Pool Club restaurant helmed by acclaimed culinary duo – and our good friends – Josh and Julie Niland. The reception and feedback has been amazing, thank you. At Bommie restaurant at Hamilton Island Yacht Club, executive chef Ryan Locke has been shaping modern menus grounded in The Whitsundays, celebrating native ingredients and regional producers.

In these pages you'll find the recipes for Ryan's summer-worthy kingfish tartare and Josh Niland's swordfish tacos – simple, generous and delicious to make at home, capturing the relaxed spirit of island dining. Be sure to take this edition of *REEF* with you when you leave. Catseye Pool Club and Bommie, together with chef Joshua Hingston at qualia, underpin our dining experiences right across the island, with new menus in all our restaurants emphasising fresh local flavours. Earlier this year we refurbished our much-loved Southeast-Asian diner coca chu, opened The Palms garden bar adjacent to the Marina Tavern, struck up a collaboration between Bob's Bakery and Sydney artisanal sourdough baker Fiore Bread, celebrated our Marina Café's birthday, extended operations at our IGA supermarket, embarked on an inside-out refresh



of our beautiful Beach Club resort and recently reopened our Sails pool and dining precinct, which is stage one of an exciting plan to refresh the entire Resort Centre. The feedback we are receiving from our guests and island community is greatly appreciated.

It has also been terrific to see recognition from our industry and peers, including being awarded a Michelin Key for qualia, two Australian Good Food Guide Chef Hats for qualia's Long Pavilion restaurant, a Chef Hat for Bommie, and double honours at the *Australian Traveller Readers' Choice Awards*: Best Resort and Best Island Escape. Queensland also picked up the gong for Best Destination, while Whitehaven Beach was crowned Best Beach. Our projects team, working with Green By Nature, also took out the Sustainable Landscape Award at the Landscape Queensland Construction Awards.

During the course of the past year we have staged a wide range of amazing events, including

welcoming more than 160 yachts for the 40th edition of Hamilton Island Race Week in August, the Hilly Half Marathon in May, the Great Whitehaven Beach Run in June, and November's Hamilton Island Triathlon and Ocean Swim. With so much to celebrate in this past year, I'm looking forward to a couple of quiet days of R&R. And there's no better place than right here, where slowing down feels effortless. However you choose to unwind, from a morning swim at Catseye Beach to golf at Dent Island, a hike, e-mountain bike ride or a trip to the reef, I hope this issue and our little island inspire you to do it. Because #alittleislandcandowonders.

Enjoy ...

Nick Dowling
CEO, Hamilton Island

Hamilton Island would like to acknowledge the Ngara and Gia people, and their connection to land, sea and community.

We pay our respect to elders past, present and future generations to come and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

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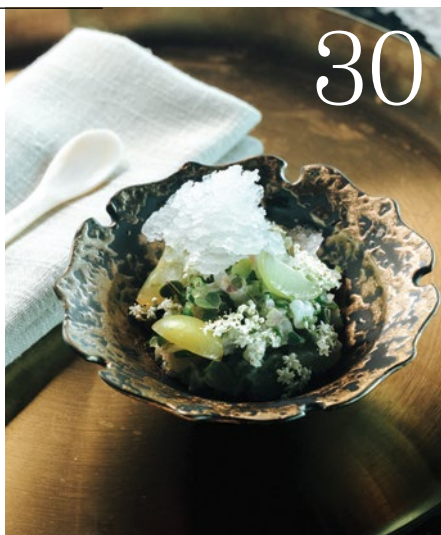
What if the best day of the week,
was every day of the week?



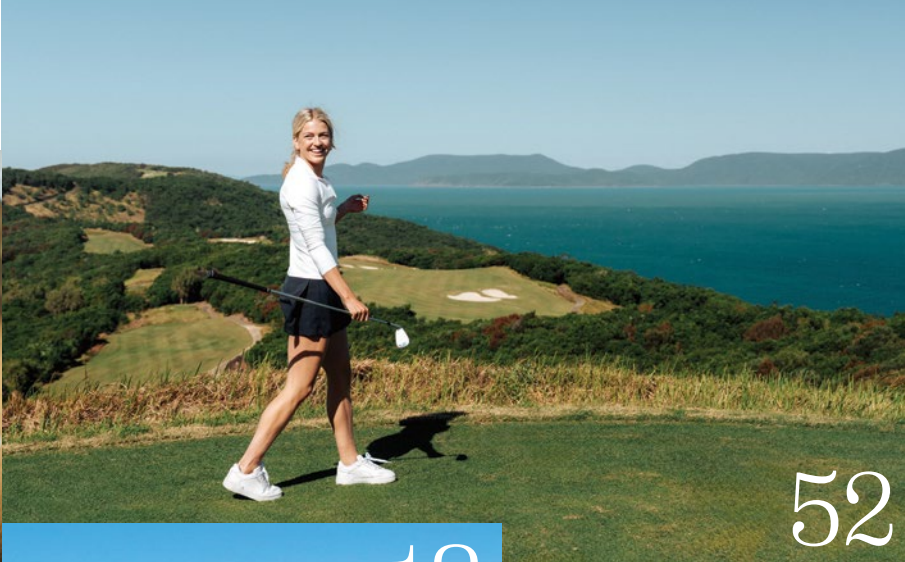
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HAMILTON ISLAND

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Contributors



Crosbie Lorimer

is the owner of Bow Caddy Media and a photojournalist who writes and shoots for sailing magazines and websites internationally.

Favourite sea to sail and why?

It's a tie between two of the world's best harbours: Cork Harbour in Ireland and Sydney Harbour.

Your go to boat/yacht/dinghy?

Right now it's my RS Aero dinghy. It's a small skiff-like singlehander, lighter than a Laser and very quick. It brings back memories of my dinghy days as a youngster and persuading myself that I was better than I really was.

Best recent sailing moment?

Shooting video aboard the 100-footer *Master Lock Comanche* on a very windy day as she raced around the Whitsunday islands. It was pretty cool sitting on the rail beside [Australian Olympic sailing gold medallist] Tom Slingsby.

Standout island holiday memory?

It's not strictly a holiday, because my wife and I have been part of the media contingent at Hamilton Island Race Week for more than 20 years. But sharing a drink with friends on One Tree Hill just before sunset is hard to beat.

Best beach read that's pending?

A sailing friend recently recommended *The Wager* by David Grann, as ... "a page-turning story of shipwreck, survival, and savagery". Perfect for a sunlounger.

Go-to island activity?

The character of Water Rat in Kenneth Grahame's *Wind in the Willows* sums this up perfectly for me: "There is nothing – absolutely nothing – half so much worth doing as simply messing about in boats!"

Essential holiday pleasure?

An early swim, followed by a cup of tea and a good read on the terrace before my wife is up. A coffee and breakfast with my girl rounds out the day's start perfectly.



Chelsea Pottenger

is a mindfulness and meditation coach, motivational speaker and the founder of EQ Minds, whose mission is to encourage people to prioritise their mental health.

Favourite way to relax?

Spending time in nature with my family – barefoot on the grass, phone away, just soaking it all in.

Go-to mindful exercise when you wake up?

Gratitude journaling and deep belly breaths to ground myself before the day kicks off.

Best island holiday memory?

Snorkelling off Hamilton Island in The Whitsundays with Jay and Clara.

No emails, just reef, laughter and those unforgettable turquoise blues.

Ultimate holiday playlist features?

Coldplay, Jack Johnson and a sprinkle of '90s throwbacks, perfect for long beach days and slow sunset drives.

Best beach read that you have pending?

Mad Mabel by Sally Hepworth. Everything she puts out is an extraordinary read. I can't wait to dive into this one.

Early riser or night owl? Sunrise or sunset?

Early riser. Always. I love the stillness of sunrise. It's like a gentle reset before the world wakes up.

Go-to island activity?

Ocean swims and sunrise yoga, or just a sandy walk with a good coffee in hand.

Essential holiday pleasure?

A massage with an ocean breeze – nothing resets my nervous system quite like it.



Kellie Leonard

is a Master Reef Guide, PADI staff diving instructor and through her work with Whales of The Whitsundays, collaborates with whale scientists and their research.

Favourite whale sighting?

A humpback whale had just given birth off Catseye Beach and brought her newborn past the marker buoys into the beach activity area, which I could see from my balcony. Its tail and dorsal fin was still really soft and floppy.

Most exciting recent research discovery?

When possible, I photograph humpback whale-tail flukes. Each pattern on a humpback's fluke is unique, like a fingerprint. The photos are uploaded to the Happywhale database. I always get excited when there's a match. One whale photographed near Hamilton Island who was a match had been sighted nine times since 1988 and three times with a calf. She is female and at least 40 years old.

Favourite time of day in The Whitsundays?

Both sunrise and sunset. I love listening to the birds waking up, going for an early walk. It's also good light then for spotting whales from the island. The sunsets here are always amazing. I never tire of One Tree Hill with live music and a glass of wine as the sun goes down.

Best island memory?

Seeing dugongs between qualia and Henning Island. Dugongs are very shy and elusive so it was a thrill watching them just cruising around, most likely looking for seagrass to feed on.

Ultimate playlist features ...

I Lived by OneRepublic. I can relate to the words "I did it all. I owned every second that this world could give, I saw so many places, the things I did. Yeah, ... I swear I lived".

Dream holiday would be?

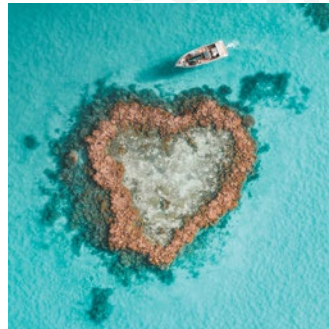
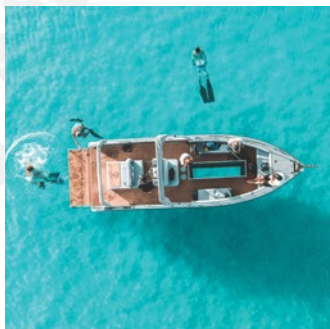
Scuba-diving, snorkelling, hiking, watching wildlife, relaxing on a beach or by a pool with ocean views and many dining options. Sounds a bit like Hamilton Island ... which is my home.

journey to the heart...



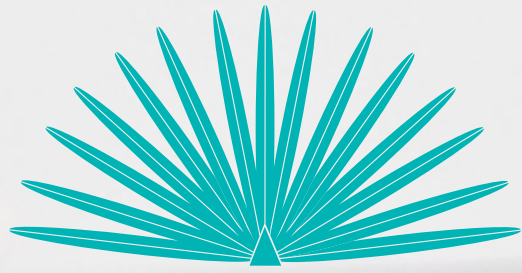
JOURNEY TO THE HEART

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Yena Choi.

Yena Choi

Imagine you've been stranded on a remote desert island but granted a few life-saving essentials. Multi-award-winning Australian violinist Yena Choi takes up the challenge and shares her most stylish and music-filled game plan.

Three essentials to pack?

50+ sunscreen because I don't leave the house without it. An unlimited supply of drinking water. And the most non-essential essential – my beautiful 1690 Tononi violin.

What would you most regret not packing?

Probably something to start a fire or build a shelter with.



Which book would you bring with you?

A French/English bilingual edition of *The Little Prince* by Antoine de Saint-Exupéry. It's the perfect opportunity to learn a new language through one of my favourite stories.

What would you miss most about reality?

Spending time with my friends and family.

What spirituality lessons that you've learned would you apply to your time spent stranded on the island?

"Adopt the pace of nature. Her secret is patience" – Ralph Waldo Emerson.

What would you wear?

A stunning silk Michael Lo Sordo gown. He is one of my favourite designers and a dear friend. If he can dress a Bond girl, he can dress me on a desert island.

Your island accessory?

Sunglasses.



Dream companion?

A violinist's dream companion is always their instrument.

How would you send your SOS?

I would use my violin to send an SOS signal by playing the international morse code. Rhythm is the key so I'd play short, sharp notes for the dots and longer ones for the dashes!

Who would rescue you?

Honestly, probably my superwoman mother. She's endured my beginner violin practice since I was three years old and if anyone is going to recognise my violin playing as an SOS signal, it will be her.

Jean-Luc Ponty.



If you could channel one legend of your musical world in the downtime, who would it be?

I'd love to channel French violin virtuoso Jean-Luc Ponty and learn how to shred some jazz improvisation solos the way he does so masterfully.

What would you grow to eat?

What's an island without coconuts? Delicious, nutritious and versatile enough to produce water, milk, oil ... and a cute bikini top.

Catch of the day? Or?

Hopefully a young Leonardo DiCaprio (from *The Beach*) washes ashore and becomes my catch of the day.

Top island tune that you could have on repeat?

Island In The Sun by Weezer.

Favourite island movie for inspiration?

Lord Of The Flies. The 1963 black-and-white version is iconic.

Dream meal once you've been rescued?

My mum's *jip bap*, a Korean term which directly translates to "home food". Nothing more comforting!

First place you'd go when rescued?

Shower, massage, bed – in that order.



1

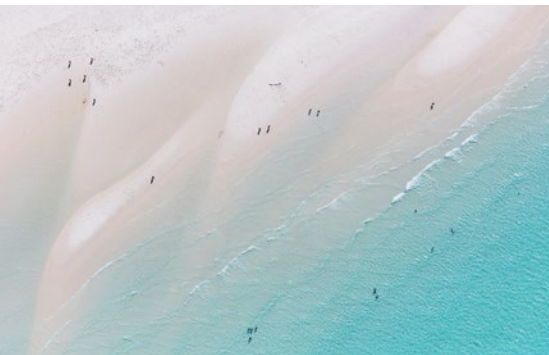
Deep dive: the Great Barrier Reef

There are so many ways to enjoy the World Heritage-listed Great Barrier Reef and to get up close and personal with its incredible tropical fish and coral. Hop aboard Cruise Whitsundays for a journey to Reefworld for a full day of snorkelling and exploring Hardy Reef. Cruise Whitsundays also offers the once-in-a-lifetime Reefsleeper, a beautiful night of sleeping beneath the stars on the Reefworld pontoon in its supremely comfortable Reefbeds. Explore Group also tours some of the more secret spots on the fringing and outer reefs of the magical Whitsundays, with the option of both half- and full-day trips.

2 Natural wonder: Whitehaven Beach

Want to visit one of the world's most pristine stretches of sand?

Whitehaven Beach, located on neighbouring Whitsunday Island, is a flawless seven-kilometre strip of white silica sand fringed by incredibly clear turquoise waters. This must-visit spot is ranked one of the world's best beaches and is just a short trip from Hamilton Island by helicopter, speedboat, sailboat, seaplane or high-speed catamaran. There are many tour options for exploring Whitehaven, with half- and full-day tours available. Walk, swim or simply relax on its white sands to marvel at this remarkable natural wonder.



3

Path less travelled: exploring country

Ngaro man Robbie Congoo leads visitors on a truly memorable journey to Hook Island aboard private vessel *Pebble Beach*. This immersive experience highlights the rich cultural heritage of The Whitsundays with a visit to this ancient location and viewing of its incredible millennia-old rock paintings. Discover the role of native

flora and fauna in Ngaro traditions while learning about their spiritual connection to country through stories that bring the island's history to life. Champagne and canapés crafted by qualia executive chef Joshua Hingston and featuring native ingredients and distinctive Australian flavours are served on the return journey.

4 On your bike: climb every mountain

Discover Hamilton Island with the exciting H/I Mountain Biking. This self-guided e-bike adventure takes you on picturesque trails that lead to remote lookouts, hidden beaches and great scenic spots around the island. Immerse yourself in all the fabulous Whitsunday views and uncover Hamilton Island's best-kept natural secrets. Mountain biking on the island is perfect for nature lovers, families, and of course, adventure seekers.



5

Power-up: adventure world

Hamilton Island's Palm Valley go-kart track is pure adrenaline-fuelled fun. These easy go-karts can reach speeds of up to 45 km/hour around the track. Offroad Adventure Tours offers exciting experiences for riders aged 20 and above. Those with a full driver's licence can jump in an all-terrain vehicle or enjoy an expert-guided journey along scenic fire trails and up to the Resort Lookout. Children aged 12 and above can also join in the action, riding as passengers in a double kart. For children aged six to 14 years, Hamilton Island's Quad Bikes for Kids operates a short, child-friendly circuit that provides safe but full-throttle fun in the fast lane.



Let's glow: sunset rules

Hamilton Island boasts countless attractions but one of the most memorable is its spectacular sunsets. A beautiful way to enjoy these moments is on the water. A privately chartered sunset cruise can be booked aboard any of the island's luxury vessels: *Alani*, *Palm Beach*, *Nisi*, *Impulsive*, *Murcielago* or *La Mar*. Explore Group offers a daily sunset sail around the Whitsunday islands aboard their catamaran *On The Edge*, and a longer dinner cruise aboard *Ocean Explorer*. Ricochet Yachting's sunset sail aboard their supersleek 47-foot catamaran can carry up to 16 people but can also be booked privately for a more intimate experience. On land, head for sunset drinks at One Tree Hill to watch the sun sink into the Coral Sea. Or grab a sundowner at Hamilton Island Yacht Club's Bommie Deck and watch the light fade over the marina. As darkness falls, enjoy regular live music at The Palms, or take the family along to the Marina Tavern lawns for the complimentary Moonlight Movie night during school holidays.



7

Salute the sun: posing in paradise

Could there be a better start to an island morning than a short boat ride ahead of a blissful yoga session? Sunrise yoga is held on the first Sunday of each month on Dent Island, offering guests a session of quiet focus during one of the most calm moments of the day in The Whitsundays. Bookings for the yoga class include ferry tickets and a mat: all you need to bring along is water and a hat. Stay grounded with reformer Pilates at the Hamilton Island Sports Club, with instructor-led classes held each week and virtual classes available daily. Wellness is also the priority at Spa wumurdaylin, with its menu of beauty treatments using LaGaia UNEDITED, the Australian-formulated range packed with potent vitamins and botanical extracts. Spa wumurdaylin is extremely popular with visitors so please book early to secure your you-time.

PHOTOGRAPHY: ANDREW CAITENS; JUSTIN RIDLER; HAMILTON ISLAND PHOTOGRAPHY; SASKIA WILSON.



Flying high: take a scenic flight

The best way to appreciate the sheer beauty of Hamilton Island and the Great Barrier Reef is to take to the sky with Hamilton Island Air. The one-hour Heart Reef and Whitehaven Beach Express flight is the most affordable way to see Heart Reef from above. The Best of Both Worlds helicopter tour delivers amazing views of the reef and includes a landing at the Reefworld pontoon moored permanently above Hardy Reef, as well as a stop at blissful Whitehaven Beach. Bucket list-worthy is Journey to the Heart, an experience exclusive to guests of Hamilton Island. Helicopter out over Hill Inlet and Whitehaven Beach before heading to the Heart Island pontoon for a glass-bottomed-boat ride and some snorkelling in the lagoon.

Golfing gold: let's play

It is not just keen golfers who can appreciate the challenge of Hamilton Island Golf Club. This championship course, designed by five-time British Open champion Peter Thomson, is situated on Dent Island, a short but scenic ferry ride away. Head on over for lunch at the airy Clubhouse, taking in incredible island views and perhaps spotting a humpback whale during their migratory season from May until September. Lunch guests can also opt for a self-drive buggy tour of the course. Golfers should expect a challenging day's play, with their focus undoubtedly distracted by The Whitsundays vistas. There's a well-stocked pro shop for any last-minute needs and the 10-minute ferry journey to Dent Island is a wonderful way to begin and end a day's play, too.



Ride on time: make waves

Hamilton Island Jet Ski Tours offer an adrenaline-pumping experience in a place of unrivalled natural beauty. It's a winning mix of adventure and action, and a great tour for the thrill-seeking traveller looking to maximise their time on the water. Riders have their own jet ski but are accompanied by an experienced instructor who guides a safe passage through the waterways of The Whitsundays. The tours are available to riders aged 18 years and older and passengers aged 12 years and above. No licence is required, all safety gear is included and the tour takes 90 minutes, which includes a safety briefing before the action gets under way.

Booking ahead of your stay is highly recommended for all tours and activities. To book scan the QR code or visit the Hamilton Island website and submit an online Tour Booking request. To find out more, download the Hamilton Island app or visit the Tour Desk, located in the Hamilton Island Resort Centre.



Bulletin BOARD

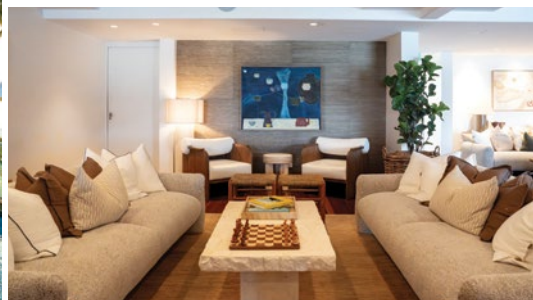


Support crew

Hamilton Island is proud to deepen its partnership with Australian Sailing, supporting the Australian Sailing Team (AST) 16ft Skiff as it lined up for the Port Jackson Championship on Sydney Harbour. Hamilton Island and the Oatley family, whose sailing legacy spans generations, remain committed to fostering Australia's sailing future, from the national stage to the Olympic pathways. The AST 16ft Skiff features a rotating crew of the country's leading National and Futures Squad athletes, offering a showcase of emerging talent and high-performance skiff sailing. Hamilton Island is already looking ahead to Los Angeles 2028 and Brisbane 2032 Olympic Games as it continues to nurture Australia's future champions and contribute to a legacy of success.

Hit refresh and relax

The Beach Club is in its glamorous era, with lush tropical landscaping plus a fresh new paint scheme and decor. The new aesthetic enhances the modern coastal feel and child-free charm of the Beach Club. New lunch and dinner menus that hero seasonal flavours while also honouring coastal classics are being served, alongside the amazing views on offer at the highly popular Beach Club Restaurant. Sails, too, has a new look, with the family restaurant and bar sporting refreshed spaces and an upgraded pool complete with dedicated swim-up bar.





Marine update

The joint efforts of guests and the local community has seen Hamilton Island's proud partnership with Eco Barge Clean Seas Inc. collect more than 234,600 containers through Containers for Change. Fact: 10 cents per container goes directly to Eco Barge, helping to fund a new granulator for enhanced recycling, a fourth (larger) turtle tank and ongoing marine-debris clean-ups and turtle rehabilitation. Eco Barge currently has three turtles in care, and the new tank will be dedicated to adult turtles, giving them the space they need to heal and thrive. Learn more, donate, or simply volunteer at ecobargecleanseas.org.au



Fair game

The island's upgraded aquatic driving range reopens in February 2026 and is definitely the place to perfect your swing while enjoying some magnificent views. The range, which challenges golfers of all skill levels to drive their ball into the water, provides an excellent warm up for taking on the immaculate fairways of Hamilton Island Golf Club on Dent Island. The range sits alongside the island's airport runway at Palm Valley and is easily accessible via buggy or the complimentary island shuttle.



PHOTOGRAPHY: AUSTRALIAN SAILING:
HAMILTON ISLAND PHOTOGRAPHY: NIKKI TO.

Gong time

qualia is one of 35 Australian hotels awarded a prestigious Michelin Key in the guide's first ever global collection of the world's best places to stay. The Key, the hotel equivalent of an esteemed Michelin star rating for restaurants, recognised qualia for delivering exceptional guest experiences. And the awards keep coming. Bommie restaurant at Hamilton Island Yacht Club was also named a winner in the 2025 Australian Good Food Guide Readers' Choice Awards. The accolade collates votes by diners from across Australia, with the result celebrating Bommie's innovative Australian menu, fresh seasonal produce and its breathtaking Dent Passage outlook. The global ranking by Trip.com's "Trip.Best" awards are also in. This guide for discovering the top-rated travel experiences around the world named qualia as a Trip.Best 2025 Luxury Hotel and Reef View hotel a Trip.Best 2025 Family Hotel. Our advice? Book now.



P.S. Cheers

There's a new way to enjoy the not-to-be-missed golden hour on Hamilton Island, and we are *there*. The Casamigos margarita van is back at One Tree Hill from 3pm until 7pm each evening. So kick back, enjoy a killer margarita or two as well as some live music, as you soak up the vibe of the island at its most beautiful time.



2025

December 24 Christmas Eve

Christmas Eve at the Beach Pavilion on Catseye Beach is a fun-filled family event capturing all the anticipation and magic we love about the festive season. Enjoy a relaxed beachside barbecue, dazzling fireworks and a special visit from the man in red. Busby Marou's Thomas Busby leads the carols on Christmas Eve so come along, sing and simply enjoy the evening with us.

December 31 New Year's Eve

Say goodbye to 2025 and kick off 2026 with a street party designed to get everyone dancing. There is live entertainment at the Marina Tavern forecourt from 9pm, followed by a spectacular fireworks display as the clock strikes midnight. Events are also held at the Beach Pavilion near Catseye Beach and include a family-friendly fireworks display from 8.30pm. Guests of qualia enjoy live music and a midnight fireworks display, too. Hamilton Island's celebrations are a memorable way to ring in a new year.

2026

April 25 Anzac Day

The dawn service, held each Anzac Day at the time of the original landing at Gallipoli during World War I, is a poignant way to acknowledge the men and women who have served our country. Like those who congregate at memorials across Australia, on Hamilton Island we gather to commemorate the lives of fellow countrymen and women lost in military operations. Join friends and families at the Beach Pavilion for the service, followed by a traditional sausage sizzle and games of two-up at the Marina Tavern. Gold coin donations are directed to Airlie Beach RSL.

May 3
Hamilton Island Hilly Half Marathon
Serious training is required to be ready for the challenge of the famed Hamilton Island Hilly Half Marathon. The May event also includes a half marathon for the super fit and fearless, as well as a relay and three distance options for kids. The diverse terrain makes this an ever-changing experience that challenges athletes of all fitness levels as the courses weave through the island's bushland interior, along roads, fire trails and walking tracks. It's serious. And seriously special.

PHOTOGRAPHY: KARA ROSENBLUND; SALTY DINGO;
HAMILTON ISLAND PHOTOGRAPHY.

SAVE THE DATE

The action never stops on Hamilton Island, unless of course you want it to. And the year ahead offers something for everyone, from world-class sailing and endurance events in paradise to ballet beneath the stars and magical celebrations. Memories are made here.

May 15-17 and May 17-19

Pas de Deux in Paradise

This is a unique opportunity to experience The Australian Ballet under the stars at qualia's Pebble Beach. Pas de Deux in Paradise is an exclusive black-tie event that forms the centrepiece of a memorable two-day program blending world-class performance, intimate artist discussions and fine dining in one of the most breathtaking settings in The Whitsundays. Hear from The Australian Ballet's artistic director David Hallberg and enjoy a post-performance discussion with some of the company's unbelievably talented artists.

March 20-23

Charles Heidsieck at qualia

Enjoy an extraordinary weekend celebrating the artistry and heritage of Charles Heidsieck Champagne at qualia. Experience masterclasses with the legendary Champagne house's executive director Stephen Leroux and its cellar master Émilien Érad, and indulge in a remarkable dining experience on Pebble Beach. A rare fusion of craftsmanship, flavour and island luxury awaits.

August 15-22

Hamilton Island Race Week

Australia's favourite yachting regatta is an event that ranks among the world's most prestigious, with a fleet ranging from high-performance yachts to trailer-pulled family favourites heading to Hamilton Island to compete. Race Week comprises a series of short races staged close to Hamilton Island and longer passage races around The Whitsundays. Onshore celebrations are plentiful and varied and include exclusive events hosted by some of Australia's most respected chefs throughout the week. From sunrise, when crews prepare their yachts for racing, to dusk when everyone converges at Hamilton Island Marina for drinks and dancing after a full day of competition, everyone agrees that Race Week is an unmissable annual highlight on the sailing calendar.

November 21

Hamilton Island Triathlon

The Hamilton Island Triathlon is a tough but rewarding combination of a hard and fast swim in warm tropical waters, a challenging cycle leg, and a run with incredible views from the island's highest peaks. Even better, the course is

designed to be spectator friendly, meaning everyone can soak up the action during this unrivalled physical challenge. The junior triathlon and a splash'n'dash fixture follow the main event, guaranteeing a fun day of participation for all the family.

November 22

Hamilton Island Ocean Swim

Catseye Beach hosts the Hamilton Island Ocean Swim, the final event in the island's annual Endurance Series. Competitors can choose between a two-kilometre swim or the shorter 750-metre course, plus a hotly contested junior event raced across 350 metres for swimmers aged 13 and under. Expect a competitive field and the perennial post-race question of whether to recover on the sand or dive straight back in.



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



Hamilton Island Race Week.



Hamilton Island Hilly Half Marathon.



The Hamilton Island Triathlon.



Hamilton Island Ocean Swim.



Pas de Deux in Paradise.



Wild Oats XI combines the passions of Hamilton Island's longtime custodian and avid sailor, the late Bob Oatley, who was also a mentor to skipper Mark Richards.

A sailing legend: *the next chapter*

If anyone has the vision, drive and international contacts to awaken the famous Australian maxi *Wild Oats XI* from a two-year slumber, it's Mark Richards. The star skipper is racing to transform the 20-year-old boat in record time for its new era. By Lisa Ratcliff.



Mark Richards is the longtime skipper of Australia's most successful ocean-going 100-footer *Wild Oats XI*. He is also the founder and chief executive of Palm Beach Motor Yachts, and the ambitious businessman and seasoned sailor is about to unite his two worlds.

Palm Beach XI is the name of the reborn *Wild Oats XI*, set to relaunch in time for the 80th Rolex Sydney Hobart Yacht Race starting on Boxing Day. Under the ownership of Richards and Palm Beach Motor Yachts, the maxi is one of six 100-footers gearing up for the 80th anniversary of what is one of the world's greatest offshore contests. Richards' passion for sailing began at the age of six while growing up in Newport, on Sydney's Northern Beaches. He sailed for Manly Juniors before at 16 beginning a boatbuilding apprenticeship at Sydney Technical College, dividing his time between the classroom and sharpening his skills at Martin Lewis Shipwrights. His professional yachting career was launched when "Ricko" joined Peter Gilmour's crew for the 1986 Columbus Cup, marking the beginning of a remarkable journey piecing together world match racing titles, America's Cup challenges and a prized role as the permanent skipper of the Oatley family's maxi *Wild Oats XI*. The *Wild Oats* moniker and unrivalled sailing success is due to the Oatleys, current custodians of Hamilton Island. Bob Oatley, who bought Hamilton Island in 2003, was a cherished mentor

and father figure to Richards. Each time *Wild Oats XI* edged towards and then passed the previous record of seven Rolex Sydney Hobart line honours victories set by *Morna/Kurrewa IV*, the pair would embrace and celebrate on the dock together, whether a day finish or in the dead of night. The relationship continued through the patriarch's family. Bob would finance, support and greet the race team in Hobart – alongside wives, partners, family friends, children and grandchildren of the crew – and following his passing in 2016, his family took on the tradition.

"I'm deeply grateful to the Oatley family for their amazing support and friendship over the past two and half decades," Richards says. "Together we made *Wild Oats XI* a benchmark in global ocean racing. It's an honour to carry that legacy forward under the Palm Beach Motor Yachts name." Career-wise, Richards acted early on his father's advice that the "best investment he could make was in himself", founding Palm Beach Motor Yachts in 1995 in a tiny 100-square-metre facility at Palm Beach in Sydney. Operations moved to accommodate rapid growth before Grand Banks Yachts Limited acquired Palm Beach Motor Yachts in 2014. Richards stayed on as chief executive and chief designer, becoming a major shareholder in Grand Banks to ensure the original Palm Beach DNA remained intact.

The partnership meant production could expand into Grand Banks' Malaysian facility, an enormous

From left, Bob Oatley and *Wild Oats XI* skipper Mark Richards celebrate their Sydney Hobart Yacht Race win in 2006.

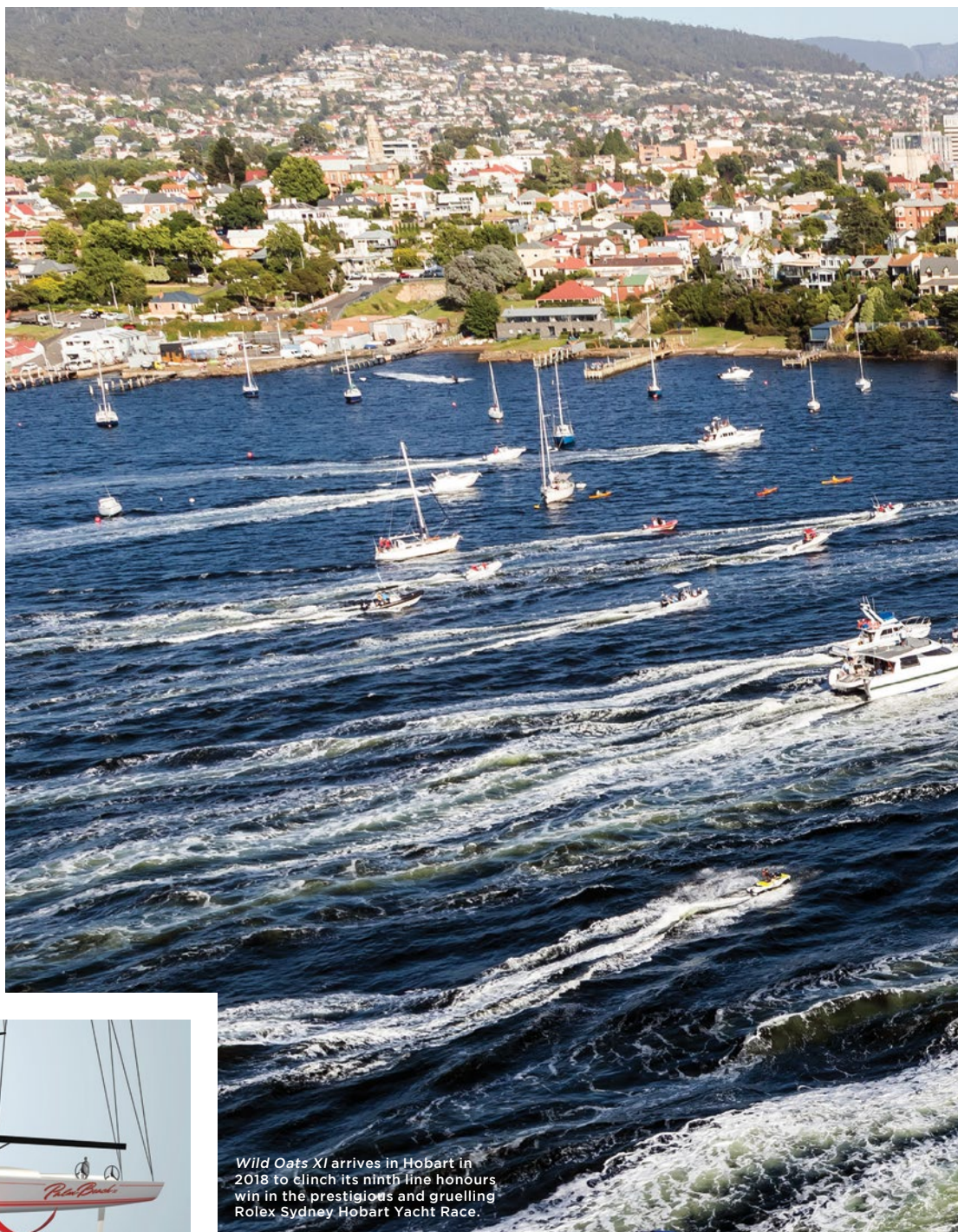


state-of-the-art facility and more than 1200 staff worldwide.

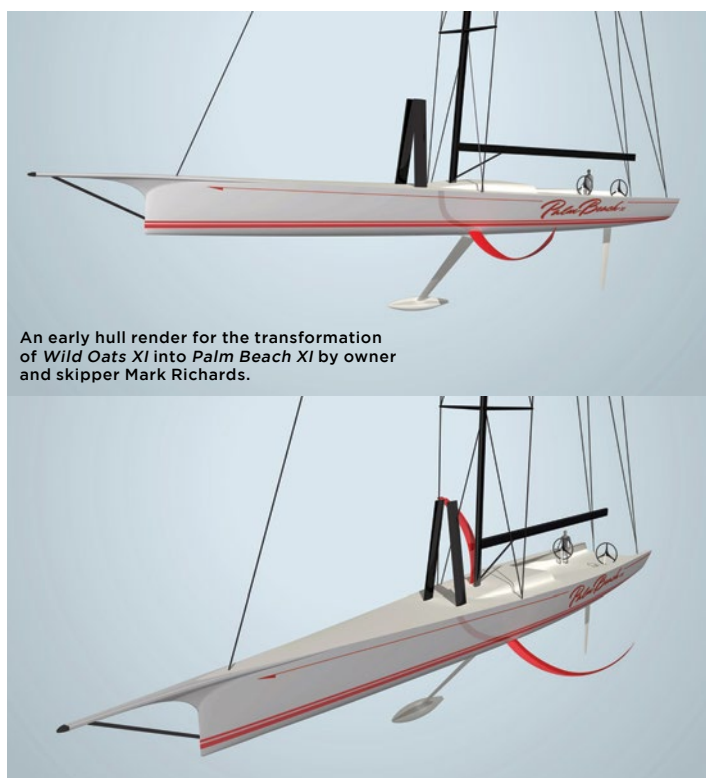
The reborn *Wild Oats XI* will carry the Palm Beach Motor Yachts brand as a symbol of the company's passion for technology and innovation and as a proving ground for performance and design excellence.

Richards' snap decision to purchase and transform *Wild Oats XI* sparked an international collaboration spanning six countries to design, engineer and manufacture components. Names including America's Cup designer Dan Bernasconi, naval architect Juan K, builder McConaghy Boats and others rallied to create a modification package the new owner describes as "extreme". The upgrade features a deeper keel fin and bulb, upwind daggerboards and impressive C-Foils, all engineered to optimise lift, minimise drag and keep *Palm Beach XI* at the forefront of international ocean racing.

"It's unheard of to pull off a modification of this size in four and a half months," Richards said from Fort Lauderdale, Florida, in late October. "Design, engineering and production of the 100-per-cent-custom components and installation of very structural and complex systems, and then final assembly ready to go sailing is an incredible job by all involved, and great for our industry. The next couple of weeks are crucial. The boat is in Sydney in pieces with



Wild Oats XI arrives in Hobart in 2018 to clinch its ninth line honours win in the prestigious and gruelling Rolex Sydney Hobart Yacht Race.



An early hull render for the transformation of *Wild Oats XI* into *Palm Beach XI* by owner and skipper Mark Richards.

holes in it and we still have a month of high-tech labour-intensive boatbuilding ahead." The mammoth task of rebranding and reassembling *Palm Beach XI* has a hard deadline of an early December christening followed by the Cabbage Tree Island Race, the boat's first proper hit-out the same month.

"If *Palm Beach XI* does what we've designed it to do, it'll be the most amazing yacht modification in modern history. But until we get out there, you need to have some pessimism," Richards acknowledges.

The enigmatic "Ricko" will be joined once again by American navigator Stan Honey and a mostly Aussie crew making up the 18 on board for the



PHOTOGRAPHY: ROLEX/CARLO BORLENGHI.

great race south. Honey will work alongside Australian navigator Alice Parker, whose industry profile is skyrocketing.

Palm Beach XI's global roadshow includes the next three Rolex Sydney Hobarts, the Transpacific Yacht Race from Los Angeles to Hawaii, the Newport (Rhode Island) Bermuda Race and Hamilton Island Race Week in 2027 to wrap up the campaign.

When it comes to the famous race to Hobart that draws sailors and adventurers from all over the world, key pieces of the puzzle need to line up for a shot at the silverware. Once *Palm Beach XI* reaches the start line in Sydney's glorious harbour, the maxi must then complete the 628

nautical mile journey into the Tasman Sea and oft treacherous Bass Strait crossing for a chance at a record 10th line honours win.

The final piece in the puzzle is the weather.

From multi-million-dollar maxis to the smallest among this year's 142 entries, each is designed and built to suit a unique weather window – the combination of wind strength and direction, and sea state and direction.

The pedigree of *Palm Beach XI* and experience and respect of the race team for an event that humbles even the most seasoned are certainties. What is uncontrollable is nature's mood when almost 1500 sailors set sail on Boxing Day for the annual quest to tame the fickle Tasman.

Palm Beach XI's reincarnation announcement set tongues wagging around the world and the boat's global following makes it feel like a family member is returning, says Richards.

"My vision is clear; it's the billboard for Palm Beach Motor Yachts and I hope, like Bob [Oatley], I've put us in a position to create something amazing that no one else on the planet has.

"Of course we are chasing another line honours win, but we are dealing with the Hobart race. We'll approach it like everyone else: bring a reliable boat and do the best job we can."

rolexsydneyhobart.com; @palmbeachxi



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The Price is *right*

Her incredible sailing career is the stuff of dreams, nightmares and unrivalled determination. And there is so much to learn from Olivia Price's champion's mindset and courage to answer when opportunity calls, writes Crosbie Lorimer.

“**O**ppportunity knocks lightly; blink and it will be gone.” For Olympic sailing silver medallist and America's Cup sailor Olivia Price, this axiom of her father's has been a guiding refrain throughout an extraordinary career – a career that saw her first competing in match-racing teams on the world circuit at the age of just 16. The initial entries in her impressive sailing resumé are consequently peppered with the word “youngest”, most notably being the youngest medal-winning female sailor at the London Olympic Games in 2012. It is not surprising then to hear Price recall that her singular drive and ambition to win was already evident as a 13-year-old. She was confident in her training and keen to do well when she entered her first national championships, helming her Flying 11 dinghy. “We came 50th or 60th out of 75!” she recalls, expressing still barely diminished shock, some 20 years after the event. “I looked up to the national champions at the presentation and said to myself, ‘I want to be there, that's what I want to do.’” By the age of 14 Price had added match racing at the Cruising Yacht Club of Australia to her busy program, a format in which boats compete one-on-one through round-robin stages to knockout rounds and ultimately to a final two-boat match.

“It started to become something that I really loved, because it was quite combative” she recalls with a smile, happily recognising that trait in herself. Price's long-time coach, Euan McNicol, could see her ability to grasp these concepts from a very young age and has worked with her to hone these skills over many years, “Olivia is very authentic, what you see is what you get. She's a great leader, very open and honest” McNicol reflects. “She is extremely focused, with a very keen eye for detail and she's very demanding of herself.” By late 2011 Price and her crew of Nina Curtis and Lucinda Whitty had qualified for the London Olympics in the Elliott 6 keelboat class to be sailed at Weymouth, on the Dorset coast. With the Olympics under way, Price and her team put their competitors on notice from the outset, powering through the initial stage of 11 round-robin races undefeated. And that momentum continued through to the semifinals, first beating Finland, before facing Spain in the finals. Price wavers between moments of emotion and astonishingly clear-headed analysis when describing the rollercoaster that was the best-of-five final. Many who watched will remember the heart-stopping moment in race three, the score tied at 1-1, when Price was washed out of the back of the boat in large seas just as the Australians had gained a lead over the Spanish team.

Olivia Price and Evie Haseldine sailing off Sydney Harbour in 2022.



A young Olivia Price sailing her Flying 11.



Price and Haseldine rigging their 49erFX at Sydney's Middle Harbour Yacht Club in 2022.



From left, Olivia Price, Nina Curtis and Lucinda Whitty receive their silver medals at the 2012 London Olympics.



Haseldine and Price racing at the Paris 2024 Olympics in Marseille.



PHOTOGRAPHY: BEAU OTTERIDGE/AUSTRALIAN SAILING TEAM;
ONEDITION; SAILING ENERGY; SALTY DINGO.

But perhaps the most telling moments were played out in the post-race team debrief, with Australia now 2-1 down. Price sums up the discussion in just five words: “Well, that just happened.” She pauses briefly in illustrating the reset moment: “Next?”. The Australians turned adversity into motivation, coming back strongly to win the next race and level the score at 2-2. But sadly, the gold medal was to slip from their grip in the final race after incurring a penalty from which they could not recover. The trio’s silver medal was a remarkable achievement, particularly given the relatively limited time that they had been sailing together. But for Price, when every part of her being had been set on gold, it left a strangely hollow feeling.

“It took many years to debrief all that,” she says pensively, hinting that traces of the defeat still linger.

But, drawing on her ability to bounce back quickly, Price was soon planning her Olympic campaign for Rio de Janeiro in 2016. She opted for the fast and demanding 49erFX – a powerful 16-foot two-person skiff – and teamed up with young Victorian, Eliza Solly. Despite some promising results on the European circuit, their campaign received a major setback when Solly snapped her anterior cruciate ligament. Worse for the pair, Australian Sailing chose not to send a 49erFX team to Rio at all.

“Olivia is very authentic. What you see is what you get. She’s a great leader, very open and honest ... extremely focused with a very keen eye for detail.”

“At that point I just had to step away,” says Price, who took a break from high-performance sailing, working full-time in a communications and media role for the Cruising Yacht Club of Australia while studying for a degree in communications and media studies at university.

That break turned into a five-year hiatus from Olympic sailing, during which time a mountain-bike accident left her with a broken back. And then she was invited to be the first female skipper in the fast-paced SuperFoilers program.

But it was later, while watching the Tokyo Olympics at home, that she came to the realisation she had unfinished business with the 49erFX. An opportunity then knocked lightly for Price in 2022 when the 18-year-old Evie Haseldine – the daughter of family friends – asked if she would be her mentor for her own campaign in the 49erFX event at the Paris Olympics in 2024.

“I had a poster of Olivia and the 2012 Olympic sailing team on the back of my bedroom door when I was very young” recalls Haseldine. A three-hour discussion on a long walk soon revealed their shared desire to win, swiftly turning that mentorship into a partnership. With only two years of lead-up, Price and their Spanish coach Victor Paya went all in to supercharge the learning curve for Haseldine. But Price’s hypermobile joints, which had proved a constant challenge throughout her sailing



PHOTOGRAPHY: SALTY DINGO.

Olivia Price and Evie Haseldine sailing off Sydney Harbour in 2022.



career, were now affecting her knee. Surgery was needed, but it would just have to wait.

Haseldine recalls Price's astonishing courage and focus when faced with the need to race in the 2023 Allianz Sailing World Championships at The Hague, in order to qualify Australia for a 49er-FX place at the Paris Olympics.

"Olivia's pain was so severe that she had to adapt the way she sailed, particularly given the rough sea conditions, yet we won the bronze medal and automatically qualified Australia for Paris" recalls Haseldine with obvious awe and respect.

A six-week layoff for Price's surgery and recovery – while Haseldine continued training with another partner – hindered their preparations but remarkably did not stop the duo from qualifying for the Olympics.

The very light winds and high temperatures at the sailing venue in Marseille would prove challenging for everyone, making the pair's ninth place overall an impressive finish, particularly in light of their numerous setbacks.

Within days of finishing the Olympics, Price's expertise in the fast-paced 49erFX saw her compete as an invited driver at the Puig Women's America's Cup in Barcelona. The event was sailed in identical foiling AC40s and these high-tech boats, which can achieve speeds up to 49 knots, are extremely complex to operate.

"We had a good start in the regatta, but we couldn't make qualifying for the semifinals" Price says, her trademark high standards and modesty inflecting her assessment of events.

"It was very disappointing."

With her ongoing knee injury, Price has moved away from high-performance dinghy sailing and is enjoying being involved in a wide range of sailing-related activities, including coaching schoolgirl sailors, working in sailing media and going on tour with the Olympics Unleashed program, which involves telling her story to young children across the country.

Price was also invited to the 40th edition of Hamilton Island Race Week in 2025, where she was part of Team Australia Challenge, running the America's Cup simulator – which was open for sailors and non-sailors to try – as well as speaking at sponsors' and ticketed events about her sailing experiences and multiple Olympic campaigns.

Both McNicol and Haseldine speak of Price with palpable admiration, not only for her extraordinary talent as a sailor, but also for her strength of character and fun-loving personality.

"I am very lucky to have spent two and half years with her" says Olympic teammate Haseldine.

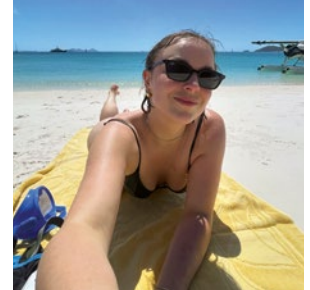
"I think the outlook that she has and the way she thinks about and approaches her sailing has been underrated at times. We need more of her in our sport."

Time may not always heal but it can lend perspective. And Price's ongoing work in coaching and inspiring young sailors is, you can sense, quietly confirming in her that the legacy of her remarkable sailing career is so much more than the gold medal that got away.

Maybe too, like Haseldine, one of those children who aspire to what Price has accomplished will one day see their own opportunity knock lightly – and grasp it.

Postcards from paradise

Dear Instagram followers, having a wonderful time here on Hamilton Island ...



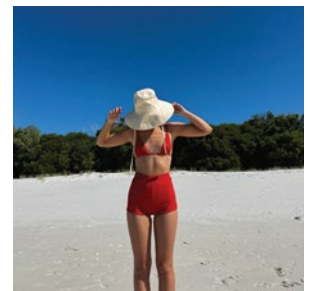
"Everything IS romantic"
@hollyberckelman



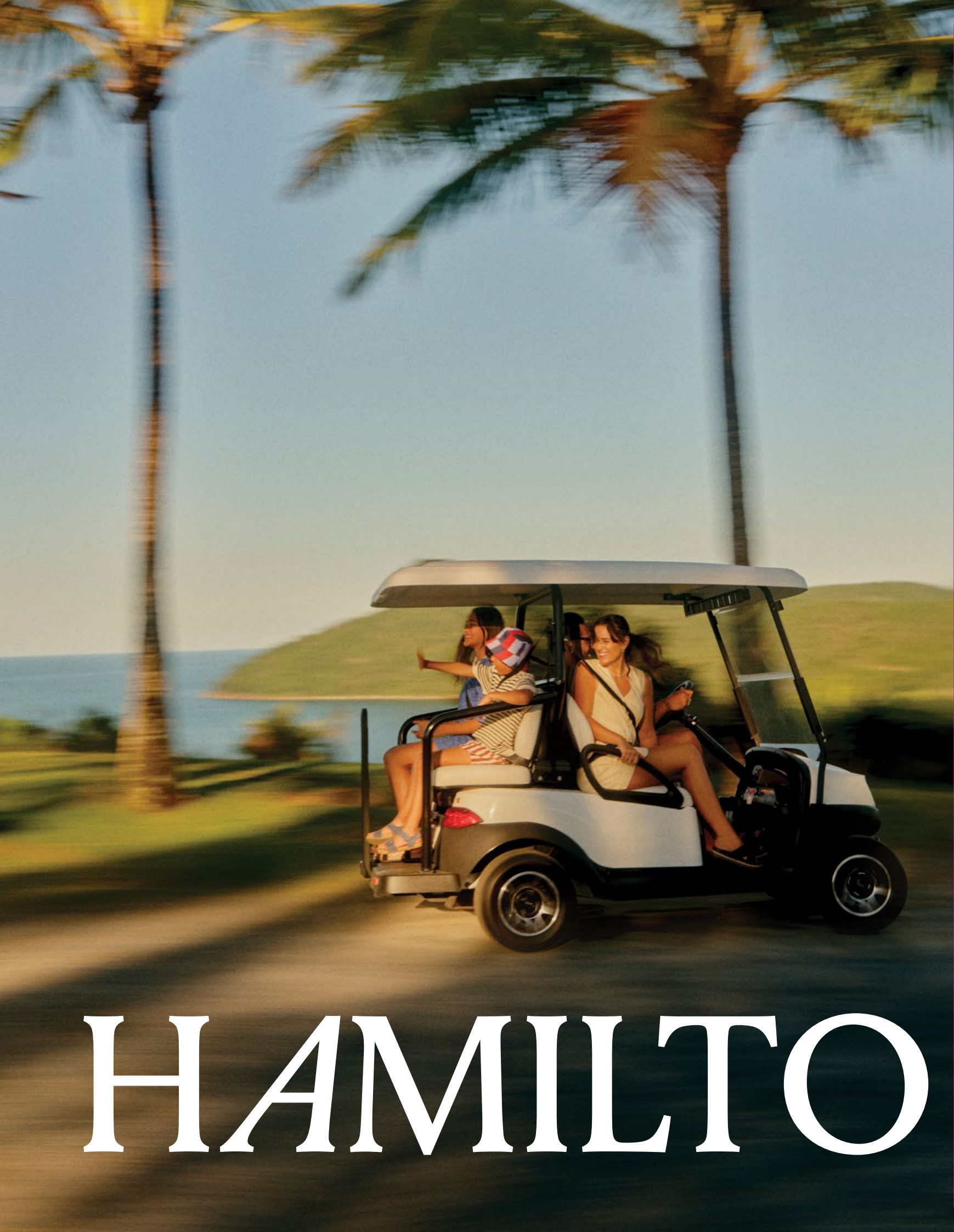
"No words for yesterday with @meccacosmetica. Flying over the Whitsundays and an arvo on Whitehaven Beach."
@arianatapsell



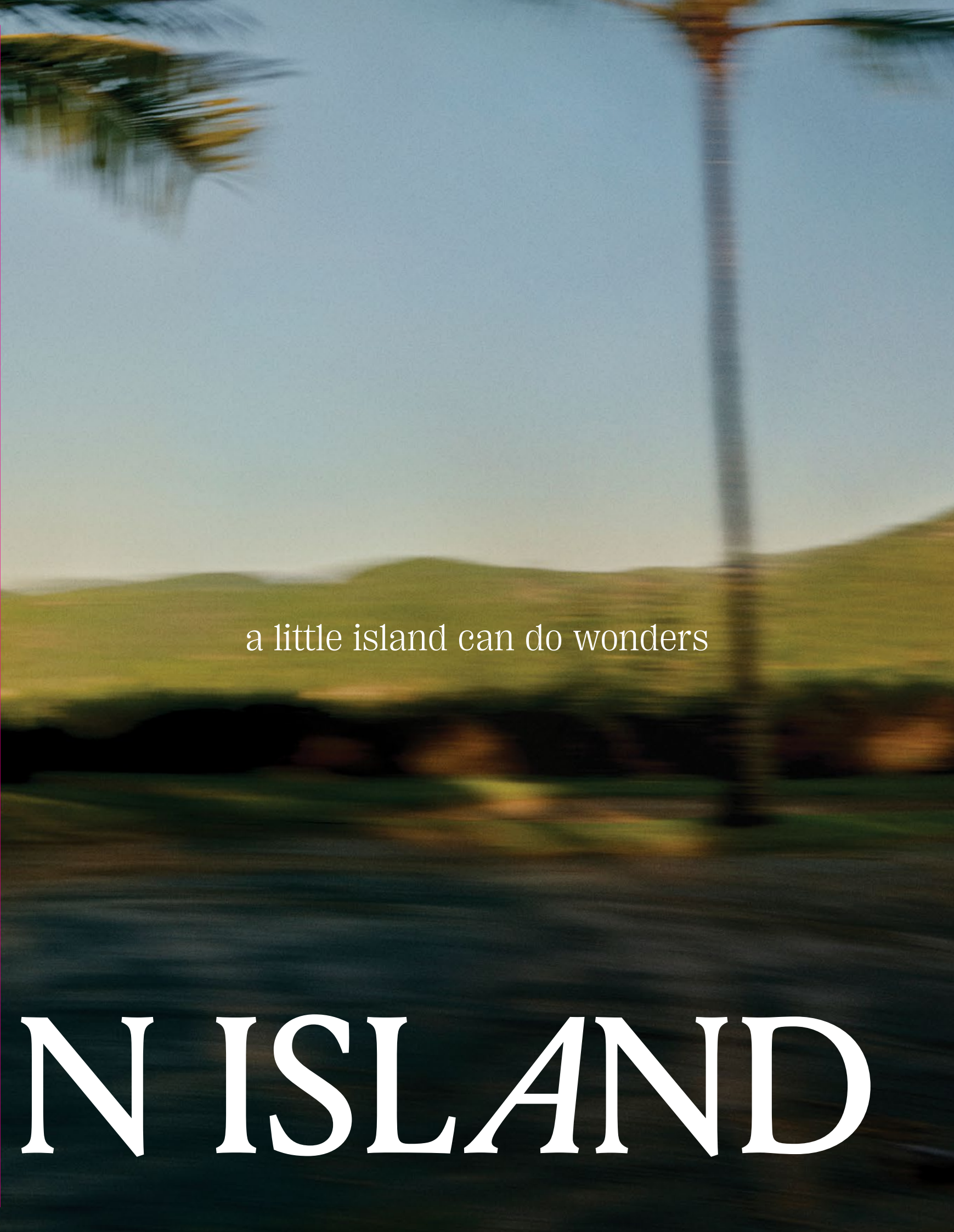
"The moment you arrive in Hamilton Island it feels like time slows down in the best way. My stay at @thesundaysotel was more than I could have imagined. Stunning views at the heart of the Great Barrier Reef, serene vibes and delicious dining options."
@oliviamollyrogers



"An afternoon spent at Whitehaven beach."
@mattiegouman



HAMILTO

The background image is a blurred photograph of a tropical landscape. In the foreground, there's a dark, calm body of water reflecting the sky. The middle ground shows rolling green hills under a soft, hazy sky. A palm tree is visible on the right side, its trunk and fronds blurred. The overall mood is serene and peaceful, suggesting a tropical island setting.

a little island can do wonders

N ISLAND



Ryan Locke's kingfish tartare with native finger lime and verjuice is "super fresh and refreshing, which is exactly what I want in summer".

PHOTOGRAPHY: ANDRES AGURTO; NIKKI TO.

Summer is served

For Hamilton Island's star chefs – Bommie and Beach Club's Ryan Locke, and Catseye Pool Club's acclaimed Josh Niland – warm weather gives simple ingredients and vibrant flavours their chance to shine. By Emma Joyce.

Ryan Locke grew up in Taupo on New Zealand's North Island, with his childhood summers spent digging under rocks for crayfish (*kōura*) in beautiful Lake Taupo. Nowadays he likes to spend his free time hiking Hamilton Island's Passage Peak and South East Head trails to find inspiration for the dishes he creates for Bommie at Hamilton Island Yacht Club and the newly refreshed Beach Club Restaurant.

"When I go for a walk, I'll see something that might inspire a flavour or feeling that I want to transform into a dish in some way," he says. Locke's elevated menu at Bommie is informed by nature and presented as organically as possible. In his eight years cooking in Australia, five of which were spent at qualia resort, he has always strived to produce dishes that reflect the flavours of his immediate setting. His signature Whitsundays cuttlefish dish at Bommie is a good example: textural, with surprise flavour hits such as a crunch of koji-

roasted cauliflower, or umami richness in the mushroom-soy glaze.

When entertaining at home, though, Locke keeps things simple. His kingfish tartare with native finger lime and verjuice granita is a recipe influenced by the produce he works with at Bommie and Beach Club, but in a choose your own adventure-style experience. He encourages home cooks to season the kingfish tartare however they like, building on spiciness or acidity as per their own tastes.

"The idea is to build lots of texture and flavour," he says. Use 80 grams of diced kingfish per person as the base, then "it's very freestyle". One of the ingredients, the Australian coastal succulent karkalla (also known as pigface and beach banana), adds a little bit of saltiness and acidity, as well as texture. "I was first introduced to beach bananas in Mildura. We used to forage for it; all the billabongs and marshes had heaps of these inland sea succulents," he says. Karkalla and native finger limes can be bought at specialty

grocers or native Australian ingredient stores.

Finger limes bring "bursts of acidity" and "a beautiful popping sensation", says the chef, whereas shallots or french onions provide spicy raw onion flavours.

You'll need to get started a day in advance to prepare the granita and freeze the green grapes, which add a "beautiful acidity and sweetness". Elderflower cocktails will pair well with the sour green apple and grape profiles of the granita, and if you're in the market for a quality extra virgin olive oil, Locke recommends the cold-pressed version from South Australian brand Joseph. "It's not too peppery, has a beautiful colour, and you can use it on anything – raw seafood, cooked seafood, chicken. It's a beautiful little finishing glaze and has a nice mouthfeel to it."

If you want to go the extra mile and pickle your own jalapeños, use 700 grams of plain white vinegar and 300 grams of white sugar. Heat to dissolve the sugar, then place thinly sliced fresh jalapeños in chilled pickling liquid for 24 hours.

Kingfish tartare with native finger lime and verjuice granita

Serves 2

Ingredients

160g kingfish, finely diced (80g per serve)

Seasoning

1 tbsp karkalla/beach banana, diced

½ tsp finger lime

1 tbsp chives, finely sliced

1 tsp shallots/french onions, diced

Pickled jalapeño, diced

2 tbsp extra virgin olive oil

1 tbsp lime juice

Murray pink salt to taste

For the granita

1 tbsp frozen verjuice, shaved with a fork

8 frozen green grapes, quartered

Method

Starting 24 hours before you serve, put the quartered green grapes and the verjuice in a shallow container and place in the freezer.

Leave until fully frozen.

On the day of serving, finely dice the kingfish and place in a chilled bowl.

Add small amounts of the seasoning, starting with your preferred flavours. Fold through the seasonings individually, until seasoned to your desired level of spiciness.

Remove the verjuice from the freezer. Using a fork, shave off the granita. Add approximately one tablespoon of the granita and a few frozen grape quarters to the tartare.

Serve immediately.





Fish has always been synonymous with summer dining, says Catseye Pool Club's Josh Niland. The award-winning chef's career turning-point came when he first started thinking of fish as though it were meat – often curing it in the same way, using the whole fish, and importantly removing the limitations of what fish could be turned into, including candles and soaps. In his more than two decades in professional kitchens, the Maitland-born Niland has turned fish sperm and coral trout head into terrine, john dory liver into pâté, and he's subbed in yellowfin tuna for beef in a cheeseburger. In his James Beard Award-winning cookbook *Take One Fish*, he also makes a compelling case for swapping out pork for swordfish. "To me, swordfish has always been my pork," says Niland. "It's always played the role of a pig in our restaurant, Saint Peter [in Sydney's Paddington]." Niland's swordfish tacos recipe was inspired by a trip to Los Angeles, where he toured the city's renowned taco trucks with friend Zen Jay Ong – owner of groundbreaking LA vegan ice-cream shop Awan. "We went to six or seven taco trucks in the city, and most had a beautiful big vertical rotisserie spinning these *al pastors* (a Spanish spit) of pork, and it was delicious and very, very memorable," he says. "I loved the taste of it, and that beautiful pineapple on top. I loved how exciting it looked."

Shortly after returning to Australia, Niland was forced to devise a takeaway menu for his Sydney eateries when covid lockdowns meant eating in was suddenly off the menu. "And I thought tacos would be a really fun one for families," he says. "It helps show people how versatile fish is." For the cookbook, Niland and his team managed to thread 50 kilograms of swordfish onto a horizontal rotisserie at his house in Sydney, "which was quite a feat," he says. "We got this extraordinary photo, and I think we were all eating swordfish for a week after that day." For those cooking the swordfish tacos at home, Niland says not to stress if you don't have all the ingredients in your pantry. "If you can't find guajillo or achiote paste, then just use paprika. Don't over complicate it," he says. It's a crowd-pleaser with Niland's four children, who are aged four to 12. "It's taking a stereotypically meat-based marinade, then applying it to fish to create something really yummy and delicious where the kids don't necessarily think about the fish they're eating." The 36-year-old has celebrated another string of accolades this year: Saint Peter was named Restaurant of the Year by *Gourmet Traveller* and retained its three-hat status at the 2025 Good Food Awards. On top of that, Niland and his wife and business partner Julie opened Catseye Pool Club at the new family friendly boutique hotel The Sundays here on Hamilton Island.

Swordfish tacos *al pastor*

Serves 8–12

Ingredients

2½ tbsp grapeseed oil, plus extra for brushing
8 garlic cloves, coarsely chopped
2 tsp dried oregano
1 tsp freshly ground cumin seeds
1 tsp freshly cracked black pepper
½ tsp freshly ground cloves
7 dried guajillo or ancho chillies, stems and seeds removed, cut into 2.5cm pieces
180ml pineapple juice
80ml apple cider vinegar
100g (or 1/3 cup) achiote paste
sea salt flakes
2kg trimmed swordfish loin, sliced into 3mm-thick rounds
½ medium pineapple, peeled

To serve

20 warm corn tortillas
1 large onion, finely diced
sea salt flakes
2 bunches coriander (cilantro), stems and leaves coarsely chopped
3 limes, cut into wedges

Method

Heat the oil in a medium saucepan over a medium-high heat to a light haze. Add the garlic and cook, stirring occasionally, for about

1 minute until lightly coloured. Reduce the heat to medium, add the oregano, cumin, pepper and clove and cook until fragrant, about 1 minute. Add the chilli and cook, stirring, for 30 seconds or until it begins to blister and bubble. Add the pineapple juice, vinegar and achiote paste and bring to the boil. Remove from the heat and stand for 5 minutes.

Pour the chilli mixture into a blender and blitz to a smooth purée. Season well with salt. Decant the marinade into a very clean stainless-steel baking tray or clean airtight container. Add the swordfish loin and turn to coat liberally and evenly. Leave uncovered in the fridge to marinate overnight. The next day, thread the marinated fish onto a vertical/horizontal spit (or onto large metal skewers), folding the rounds over to create half-moons. Alternate the direction of the slices so that the finished result is even and the slices are then interlocked.

If you are using a charcoal grill, make sure the grill is very hot with evenly burnt-down embers. If you are working with a rotisserie, make sure the coals are spread evenly through the centre of the grill, so the fiercest heat is in the middle.

The key to cooking this dish well is to work over a very high heat – the more caramelisation you can achieve on the marinade, the better. If the temperature is too low the fish will cook before it has any real colour.

Before grilling the fish, brush the peeled pineapple with a little grapeseed oil. Grill over a medium heat, turning every 3 to 4 minutes, until it is evenly charred on the outside with tender flesh on the inside. (Alternatively, set the pineapple in the embers and leave for 1 hour until blackened all over.) Set aside.

Brush the skewered swordfish with grapeseed oil and grill over a high heat, turning regularly to allow the fish and marinade to toast and caramelise. Cooking time will vary, depending on the fattiness of the swordfish and heat of your grill, but could take between 12 and 15 minutes. The best way to check is to insert a probe thermometer close against the skewer: the temperature should not exceed 46°C to 48°C. Too much heat will result in very dry, chalky swordfish. Remove from the grill and rest for 4–5 minutes.

To serve, using a very sharp knife, slice the swordfish off the skewer straight onto warm corn tortillas. Cut the pineapple into thick slices. Top the tortillas with diced onion, salt flakes, a slice of grilled pineapple and chopped coriander, and finish with a big squeeze of lime.

Serve hot with cold beers.



This is an edited extract from *Take One Fish: The New School of Scale-to-Tail Cooking and Eating* by Josh Niland, published by Hardie Grant Books.



PHOTOGRAPHY: ROB PALMER; KARA ROSENBLUND.

Catseye Pool Club chef
Josh Niland's swordfish
tacos al pastor.

Called to *the bar*

We do love a great mixologist and Samuel Cocks is the man in charge of making the cocktail magic happen at Catseye Pool Club. He shares four of his finest with *REEF*.

Catseye Pool Club bar director Samuel Cocks began his career working at “a bunch of small bars” in his native Perth. But it was joining the team at Wildflower, a three-hatted restaurant within the city’s acclaimed Como The Treasury hotel that really confirmed his love of mixology.

“Wildflower was the most formative of the places I worked and responsible for introducing me to native Australian ingredients and really starting my passion for foraging, while also working alongside some of the best chefs in the state,” he shares.

Cocks moved to Sydney as bar manager at innovative zero-waste bar Re by Matt Whiley, followed by Saint Peter in Paddington.

It was while working for Saint Peter’s founder, award-winning chef Josh Niland, that the opportunity came to create the drinks menu for Catseye Pool Club, Niland’s restaurant at The Sundays hotel on Hamilton Island. For Catseye Pool Club, Cocks heroes the abundant seasonal Queensland produce, creating original twists on the classic martini and negroni. The results are original and delicious.



Sea purslane martini

Serves 1

Ingredients

50ml dry gin

10ml sea purslane vermouth

Finely chop the sea purslane and vacuum seal it with the vermouth at room temperature for two days. Fine strain using an oil filter.

Sea purslane vermouth

100ml Dolin Vermouth

de Chambéry,

7.5g sea purslane

(And yes, you can definitely forage for sea purslane!)

Method

Add all ingredients into a mixing tin and stir until at preferred dilution. Strain into a frozen Nick & Nora glass. Garnish with sea purslane.



Coffee and turmeric negroni

Serves 1

Ingredients

20ml turmeric gin

20ml coffee Campari

20ml sweet vermouth

Coffee campari (16 serves)

35g coffee beans

350ml Campari

Roughly blend coffee beans.

Add Campari and blended beans into a vacuum bag and seal.

Macerate for two days at room temperature.

Fine strain using an oil filter.

Turmeric gin (16 serves)

20g fresh yellow turmeric

350ml gin

Finely cut turmeric with skin on, add to a vacuum bag with gin and seal.

Macerate for two days at room temperature.

Fine strain using an oil filter.

Method

Add all ingredients into a mix tin and stir until at preferred dilution. Strain into a rocks glass. Garnish with an orange slice.



Chinotto and grape

Serves 1

Ingredients

20ml Scotch whisky
30ml clarified grape
10ml fino sherry
10ml Muyu Liqueurs Chinotto Nero

Clarified grape (10 serves)

500g red grape

12.5g pectinex

1.5g ascorbic acid

Blend all ingredients in Thermomix, speed 4, for 7 minute at 50°C.

Fine strain using an oil filter.

Method

Add all ingredients into a mix tin and stir until at preferred dilution.

Strain into a rocks glass.

Garnish with an orange slice.

Bloomfield vanilla sgroppino

Serves 1

Ingredients

30ml tepache vinegar

45ml prosecco

1x scoop Bloomfield vanilla ice-cream

Tepache vinegar (15 serves)

250g pineapple offcuts

50g caster sugar

200ml filtered water

200ml filtered water

45ml apple cider vinegar

Use pineapple skins, core and leaves

and place in a large container.

Cover with the water and sugar

mix. Leave in a warm place for

four days. Fine strain using an oil

filter. Finish by adding 10 per cent

apple cider vinegar to the volume of strained tepache (pineapple mix).

Method

Add all ingredients into a Vitamix or other high-speed blender.

Blend slowly until all ingredients

are mixed together then five

seconds on high.

Pour into a frozen martini glass.



POWER DOWN

Feel human again with science-backed rituals that will see you through from sunrise to starlight. Chelsea Pottenger, founder of EQ Minds, suggests some easy-to adopt yet effective micro resets for a maxed-out mind.



PHOTOGRAPHY: ANDREW CAITENS.

Few places slow the mind like Hamilton Island. Time stretches between the tides as days unfold without hurry. It's a contrast to the lives most of us lead, full of notifications and decisions that never seem to stop. In that state of constant distraction, it's easy to forget how to rest.

Finding calm doesn't require leaving everything behind. Often it begins with small, intentional habits that help the body and mind reset. On Hamilton Island, those moments happen almost naturally – standing barefoot in the sand, watching sunlight dance on the water or simply breathing it all in. These small acts are micro resets: short, science-backed rituals that steady the nervous system and effectively restore focus in just a few minutes.

Each reset activates the body's relaxation response, slowing the heart rate, lowering cortisol and clearing the mental noise that builds through most of our days.

What the island offers is a reminder of how natural calm can feel. The value of these micro resets lies in how easily they can travel. Back home, they might appear as a slow morning coffee, a walk without headphones or a few steady breaths before your next task. Wherever you are, those small pauses can bring you back to balance. Read on to learn how to weave them easily into your day.

Bring the sense of island time back home by intentionally slowing your mind.



Mindfulness and meditation coach Chelsea Pottenger practises yoga and nightly journaling as part of her self-care routine.



PHOTOGRAPHY: COURTESY OF EQ MINDS.

Morning Gratitude

The first eight minutes after waking set the tone for the day. Skip the scroll. Step outside barefoot, breathe in the salt air and name three things for which you're grateful. Research shows that gratitude lowers anxiety and primes the brain for optimism. The grounding effect of sand underfoot helps the nervous system settle before the day begins.

Balance While You Brush

A simple trick to wake up both brain and body: brush your teeth with your non-dominant hand while standing on one leg. The small challenge sparks the part of the brain responsible for balance and focus, pulling you out of autopilot and into the present moment.

The Breath Reset

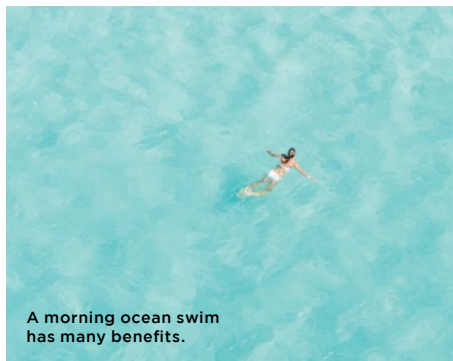
Midday heat brings a natural lull. Take it as an invitation to breathe: two short inhales through the nose, one long exhale through the mouth. This pattern, known as the physiological sigh, tells the body to shift from stress to calm within seconds. It's easy enough to try poolside or as you rest between activities.

Mindful Meals

At breakfast on the balcony or a long lunch at Bommie, slow down enough to truly taste your meal. Notice the texture, colour and aroma before the first bite. Eating without devices helps digestion and gently trains the brain to focus on the present moment.

Digital Sunset

As twilight settles in, wind down with the island. Switch off the last of the blue light and let your eyes adjust to evening. Your sleep hormone, melatonin, rises with the onset of darkness. Replace screens with soft lighting, a good book or gentle stretching. You'll feel calmer and sleep more deeply.



Cold-Water Clarity

A morning swim or post-hike plunge at Coral Cove delivers more than a rush of freshness. The first shock of water can take your breath away but as the body adjusts, the rush of endorphins and dopamine lifts mood and focus for hours afterwards. Studies show cold exposure improves immune response and resilience to daily stress. On the island, it's as easy as diving in.

Ten Minutes of Deep Rest

Rest isn't only about sleep. Non-Sleep Deep Rest, or NSDR, is a guided meditation designed to relax the body while keeping the mind awake. Ten quiet minutes in a hammock or shaded nook can reset concentration and energy for the afternoon.

Evening Journal

Before bed, spend a few minutes noting one thing you loved today, one challenge you managed, and one thing that made you proud. The act of reflection signals closure and helps the mind unwind, improving sleep quality and calm.

If you want to get started journaling but an empty page makes your mind go blank, try this 66-day journal to help you build a more sustainable habits:

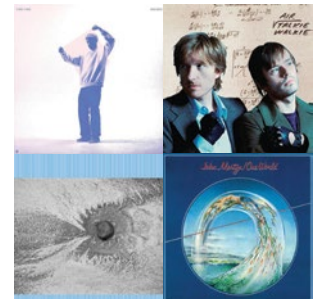


Try an NSDR meditation for a 10-minute guided reset:
www.insighttimer.com

Reset	What to do	Why it works
Gratitude	No phone, name three things	Rewires the brain
One-Leg Toothbrushing	Opposite hand and balance	Boosts brain focus
Physiological Sigh	Two inhales, one long exhale	Calms stress instantly
NSDR	10-minute audio rest	Deep cognitive recharge
Journaling	Reflect nightly	Improves sleep and provides closure
Cold water	Morning ocean dip	Activating vagus nerve
Mindful eating	Eat without devices	Enhance digestion and calm
Digital sunset	No screens before bed	Boosts melatonin

REEF reset

A playlist to rebalance and re-centre.



1. #3 by Aphex Twin
2. Into Dust by Mazzy Star
3. The Frolic by Black Brunswicker
4. River Man by Nick Drake
5. Cloud Corner by Marisa Anderson
6. You Are Not An Island by Vanishing Twin
7. Alone in Kyoto by Air
8. Small Hours by John Martyn
9. Petals by Bibio
10. Over The Ocean by Here We Go Magic
11. Deep Blue Day by Brian Eno
12. Two Thousand and Seventeen by Four Tet
13. Soothing by Laura Marling
14. Sketch for Summer by The Durutti Column
15. I'll Be Around by Yo La Tengo
16. Heavens Just A Mile Away by Hether
17. Shine a Light by Spiritualized
18. Fantino by Sébastien Tellier
19. You and I by Toro y Moi
20. Wildlife Analysis by Boards of Canada

To listen, scan the Spotify code below.



POOL CUES

Turn up the heat and hit the sunlounger in laidback yet serious style. Add a sleek swimsuit, a pair of sunglasses with edge and hit relax; we've got you.



Tanora tote bag,
\$459.99,
from The
Deckhouse.

Camilla
dress,
\$895, from
qualia
boutique.



St Agni sandals,
\$359.99, from
qualia boutique.



Billabong skirt,
\$79.99, from
The Hut.



Miu Miu
sunglasses,
\$669.99,
from qualia
boutique.



Rhythm
swimsuit,
\$99.99,
from The Hut.



Rhythm cap,
\$39.99, from
The Hut.



Luv Lou
sunglasses,
\$179.99,
from The
Deckhouse.



Billabong
slides,
\$39.99, from
The Hut.



Billabong bag,
\$39.99, from
The Hut.



The view of Catseye Bay from the pool at The Sundays.

Billabong bikini top, \$69.99, and bottom \$59.99, from The Hut.



Barney Cools T-shirt, \$89.99, from The Deckhouse.



Rhythm cap, \$39.99, from The Hut.



Rhythm shorts, \$79.99, from The Hut.



Peony dress, \$359.99, from qualia boutique.



Peony bikini top, \$129.99, and bottom \$129.99 from qualia boutique.

Tanora bucket hat, \$299.99, from The Deckhouse.

Island directory

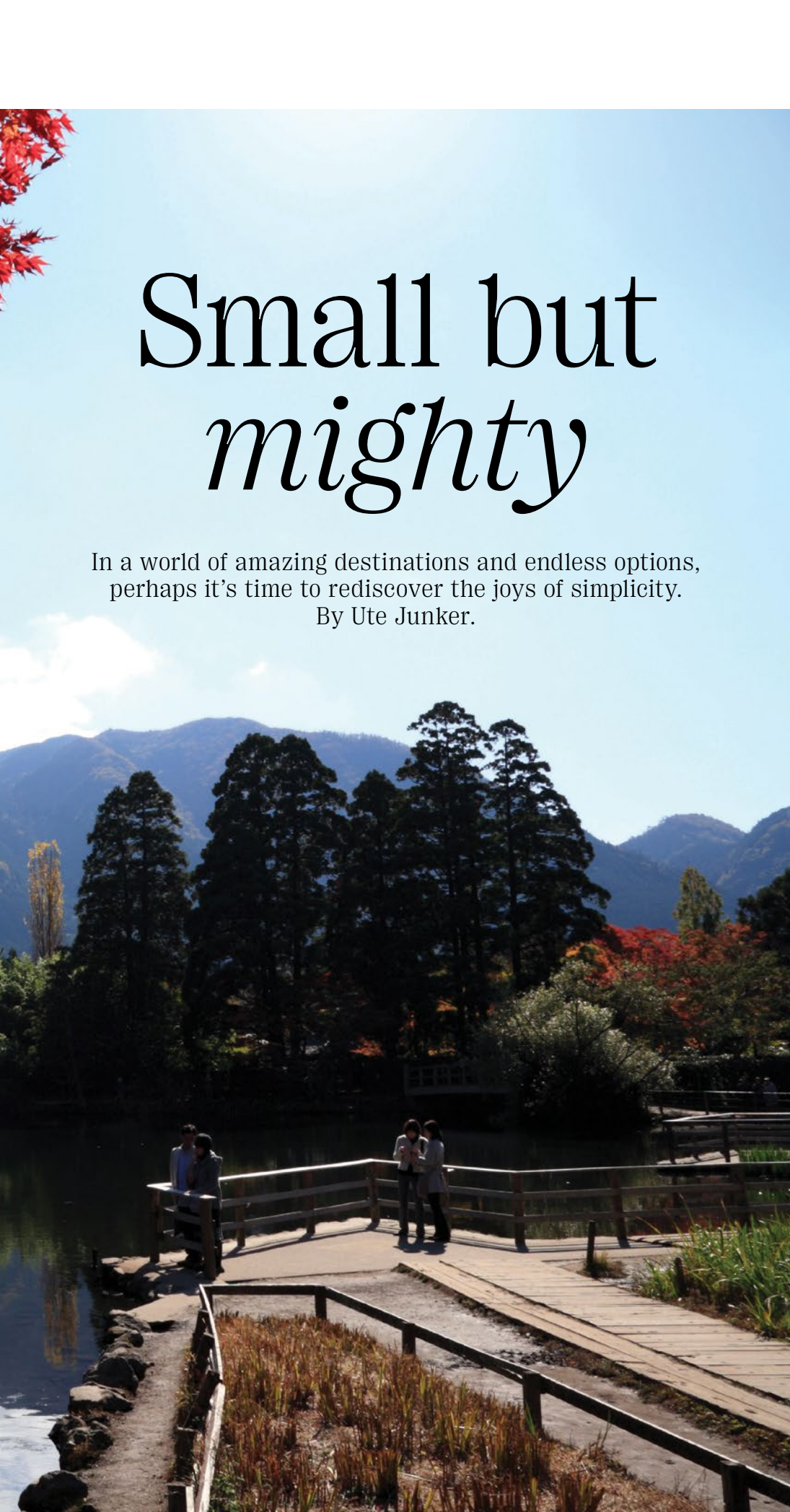
- **AUSTRALIA THE GIFT**
07 4946 9015
- **FLORAL COLLECTIONS**
07 4946 8335
- **FOOT'S ARTWORKS**
0427 761 975
- **HAMILTON ISLAND DESIGNS**
07 4946 8565
- **HAMILTON ISLAND JEWELLERY**
07 4948 9857
- **THE DECKHOUSE**
07 4946 8180
- **PRO SHOP (HI GOLF CLUB)**
07 4948 9760
- **QUALIA BOUTIQUE***
07 4948 9473
- **RESORT CENTRE LOBBY SHOP**
0427 148 952
- **REEF VIEW LOBBY SHOP**
0427 148 623
- **SALT**
07 4946 8221
- **HAMILTON ISLAND ART GALLERY**
07 4948 9657
- **THE HUT**
07 4946 8273
- **TRADER PETE'S**
07 4946 0907

* To shop at qualia boutique please call at least 30 minutes beforehand to book an appointment.



Serene Lake Kinrin in Yufuin,
on the Japanese island of Kyushu.

PHOTOGRAPHY: ALAMY.

A scenic landscape photograph of a Japanese town. In the foreground, a wooden walkway with railings leads towards a body of water. Several people are walking on the path. The middle ground is filled with lush green trees, some with hints of autumn color. In the background, rolling mountains are visible under a clear blue sky. The overall atmosphere is peaceful and scenic.

Small but *mighty*

In a world of amazing destinations and endless options,
perhaps it's time to rediscover the joys of simplicity.

By Ute Junker.

Twenty minutes. That's about the time it takes to stroll from one end to the other of the little town of Yufuin, on the Japanese island of Kyushu.

Whichever of its narrow streets you walk down, it won't be too long before you find yourself besides one of the rice paddies marking the boundaries of the town. But that doesn't mean Yufuin is a place through which you can rush – in fact, quite the opposite.

This small town, set on a lush plain ringed by scenic mountains, is known for its many hot springs, which have a reputation for easing conditions including neuralgia, arthritis and fatigue. But there is a lot more to do here than simply soak in these mineral-rich waters. The must-see list includes local shrines and the pretty Lake Kinrin, which is particularly lovely in the early morning when the mist seems to hug the water. There is also a clutch of high-calibre museums befitting a much larger city, with everything from a contemporary art gallery designed by acclaimed architect Kengo Kuma to Japan's first museum dedicated to stained glass.

There is a plethora of choice for lodgings, including the tranquil KAI Yufuin – scenically set just outside town and also designed by Kengo Kuma – and an abundance of quality dining options, ranging from street-food stalls to spots serving up artisanal soba noodles. The area itself is something of a food bowl: domestic tourists invariably arrive with half-empty suitcases to ensure they can snap up famed local gourmet treats, including its soy sauce or products made with the citrus fruits that flourish here.

Yufuin is a small place with outsize charms, and it is far from the only option of its type. So why, when we are planning a holiday, is it that we often opt for the bright lights of big cities? Possibly it's because we now live in the age of excess. These days we want every possible option available at every minute, seemingly living by the mantra of “more is more”. Streaming services, for example, offer many thousands of hours of viewing, more than enough to keep anyone glued to their screens for months. And yet most of us have at least two or three subscriptions on the go at any one time. This mentality has affected travel planning, too, and it feels increasingly difficult to narrow down in advance precisely what we want from our holiday. Is it lazy days by a pool or back-to-back activities? Galleries or the great outdoors? And so, instead of putting in some parameters, we choose destinations that keep our options open, defaulting towards the big cities. Whether

Travel

it is Las Vegas or London, Rio or Rome, in a buzzing metropolis you can wake up and decide then and there whether to go museum-hopping or head out of town for a scenic hike.

And of course, the downside of this approach is that these big, bustling cities often rev us up rather than encouraging any sense of genuine relaxation. And does anyone really need to be revved up any more than we already are?

There is also the growing issue of overtourism, which not only makes for unpleasant holiday experiences (just ask anyone who has tried to push their way down Barcelona's Las Ramblas on a sunny weekend) but also forces residents out of tourist hotspots while destroying the quality of life of those locals who remain.

On a recent trip to Amsterdam – my first visit in more than 20 years – it turns out that the best thing I did was to get out of town.

I had been looking forward to walking along my favourite canals, gazing up at the townhouses, browsing the boutiques and finding a quiet café for a bite to eat.

None of it happened. Instead, I was carried along by the throngs surging through the city's streets. The city I once loved is now so overrun with tourists that it is impossible to experience anything beyond the crowd.

So I headed to Delft, just an hour away. This small city is far from famous, except among art historians who recognise it as the home of painter Johannes Vermeer, best known for his work, *Girl with a Pearl Earring*.



The Maltese capital of Valletta.



Whitehaven Beach.



The medieval East Gate in Delft, an hour from Amsterdam in The Netherlands.

PHOTOGRAPHY: HAMILTON ISLAND PHOTOGRAPHY; ALAMY.

Delft is about one-tenth the size of Amsterdam, with the same charming canals and narrow townhouses. What it doesn't have is the crowds, meaning I was able to watch the swans glide the waterways or study the brickwork on a particularly lovely townhouse. I could stop to take pictures of the medieval East Gate, with its Gothic turrets and drawbridge, and two imposing churches, the Oude Kerk and the Nieuwe Kerk. No one jostled past as I experimented with angles, or walked in front of my viewfinder. I browsed bookstores and enjoyed a drink at an outdoor cafe overlooking the flamboyant town hall. In short, I got to enjoy the city, rather than being swept through it. When you slow down and spend time in a smaller destination, it is often surprising how much there is to discover. The Maltese city of Valletta is the smallest capital city in the EU. It was built in Baroque style 500 years ago and combines ambitious architecture with a wonderful walkability. Some visitors look at its compact centre and decide that Valletta only deserves a day or two.

They tick off their list – the over-the-top co-cathedral, with its gold leaf, polished marble and Caravaggio canvases, the Grand Master's Palace and the water views from the Upper Barakka Gardens – and say they've "done" Valletta. But there's so much more to see. On my most recent visit, I enjoyed Michelin-starred dining in basement restaurants and the contemporary art of the Malta International Contemporary Art Space built into the city's bastion walls. It was another reminder that a destination's size in no way determines what it has to offer. Hamilton Island is one such small wonder. From lively Catseye Beach to the secluded sands of Escape Beach, the mod-Mediterranean menu at Manta Ray, Josh Niland's cooking at Catesye Pool Club or the hawker-style flavours of coca chu, you could stay a week or two here and have a different experience every day. And that's before a snorkelling tour to Stonehaven Bay or day trip to Whitehaven Beach ... Add a few days extra onto your next trip and we guarantee you will get to know these "smaller" places in a very different way.

Listen up

These are the podcasts providing us with the best travel tips and tricks for our next adventure.



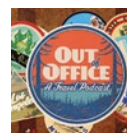
TRAVEL WITH AMATEUR TRAVELER PODCAST

Amateur Traveler host Chris Christensen has dished out culturally rich information on destinations since 2005. His podcast features expert guests, practical advice and adventurous inspiration. This year he was inducted into the Podcast Hall of Fame.



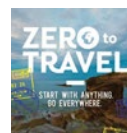
ARMCHAIR EXPLORER: TRAVEL AND ADVENTURE INSPIRATION

Award-winning British travel writer Aaron Miller knows what makes for fascinating listening. On *Armchair Explorer*, he interviews some of the world's greatest explorers, going beyond the tourist trail to everywhere from high-altitude climbs to intense jungle treks.



OUT OF OFFICE: A TRAVEL PODCAST

Ryan Davis and Kiernan Schmitt tackle everything from obscure museums to last-minute escapes on their travel podcast. The mix of practical advice and inspirational stories make it perfect for those seeking laughs alongside tips for getting out into the world.



ZERO TO TRAVEL PODCAST

Jason Moore is a longtime global wanderer, and his podcast is packed with advice for anyone getting ready to go exploring. Each episode features interviews with adventurers and digital nomads who have found freedom by honouring their wanderlust.

Rhythm and blues

Beneath the waters of The Whitsundays, male humpback whales are singing up a storm, and researchers are tuning in to hear what these songs can tell us about these majestic marine creatures.
By Kellie Leonard, Master Reef Guide, Whales of The Whitsundays.





PHOTOGRAPHY: NATHAN PARKER.

A humpback whale with calf in the whale superhighway of The Whitsundays between Long Island and the mainland in August 2024.

For many years it was not known exactly where humpback whales gave birth, but since 2009 researchers have been putting the pieces together to discover that it is right here in The Whitsundays, around Hamilton Island.

The Whitsundays is the perfect location because it has deep troughs close to shallow reefs, where whales can give birth and then move their calves to safer waters. In shallow water there is less chance of a predator attack from below and the mother can support the calf near the surface so it can breathe.

It's so significant that in 2024 The Whitsundays was recognised as a Whale Heritage Site by the World Cetacean Alliance, the first within the Great Barrier Reef Marine Park and also the first within a UNESCO World Heritage area. One of the exciting research projects being carried out in The Whitsundays focuses on the power of sound. The songs of the humpback whale are one of the most complex acoustic displays by any animal. Social sounds are made by all whales. However, it is only male humpback whales who sing songs, and those songs have been found to be highly structured. Humpback whale songs have been recorded in The Whitsundays during the past three whale seasons in collaboration with PhD candidate Genevieve Williams and Professor Mike Noad from the Cetacean Ecology Group based at the University of Queensland. The songs are uploaded to the Cetacean Ecology Group database, contributing to their long-term monitoring program.

Professor Noad, who has recorded whale songs for more than 25 years, is researching the evolution and function of humpback whale song, focusing on how the whales themselves use sound to communicate.

There are seven individual populations of humpback whales in the southern hemisphere. The Australian east coast humpback whales are believed to be a single population. Amazingly all males in one population sing the same song and it is possible to tell where a humpback is from by the song it sings during its annual migration. Whales' songs are constantly evolving, with small sections changing each year. All males listen to the song the other whales are singing, incorporating its evolution into their own song via social learning. This is called "cultural evolution".

Professor Noad also discovered an incredible phenomenon where on the east coast of



Glen Bradford and Kellie Leonard from Whales of The Whitsundays with Dr Olaf Meynecke (centre) of the whales and climate program at Griffith University.

Australia, a complete and rapid change of song occurred over a relatively short time period – the same song that the Australian west coast humpbacks were singing the year prior. The phenomenon is termed a "cultural revolution". Since then, researchers have discovered that the song continues to move from population to population in an easterly direction across the South Pacific. The findings support the idea that songs are being learned by whales on shared migration routes or shared feeding grounds such as Antarctica. We have no idea why they change the song or why they pass it from population to population.

Humpback whale vocalisation has an extensive repertoire of sounds, including low-frequency moans and grunts, and high-frequency cries and whistles.

So, what makes a song different to social noises? The basic level of a song is a "unit", like a moan, grunt or belch. When individual units are sung in a set order, they are called a "phrase". For example, moan, moan, cry, cry.

When a phrase is repeated several times, it's called a "theme". Multiple themes are sung in a set order, which is called a "song". Songs are sung many times for no less than five minutes and for up to as long as 35 minutes.

The songs are recorded using a hydrophone, which is an underwater microphone connected



Whales off the coast of Hamilton Island are being studied to deepen understanding of the male humpbacks' "songs".

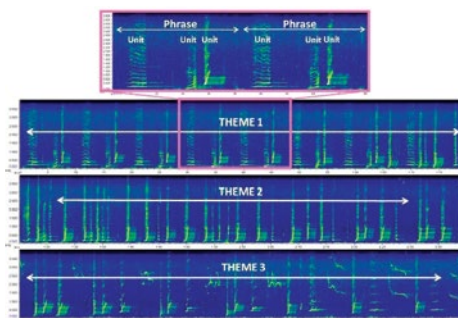
"The whales migrate to The Whitsundays to breed, not just to give birth, so are very vocal while in our waters."

to an amplifier and a recording device. Humpback whales can be recorded from as far away as 10 kilometres so the creatures don't need to be seen for their sound to be heard. It's preferable to record for at least 30 minutes in order to capture the entire song. Because these songs are constantly repeated, it doesn't matter in which section the recording starts. Humpback songs generally range from 30Hz (low bass notes) to 15kHz (high-pitched sounds) and a recording device captures the songs in a WAV file format. The WAV audio files can be analysed visually as a spectrogram.

The whales migrate to The Whitsundays to breed, not just give birth, so are very vocal while in our waters. And their songs are being recorded by local tourism operators and citizen scientists. Genevieve Williams says this is key, acknowledging "how great it is to have the help of the locals to collect this important data". Whale research using sightings data is collected during daylight hours, so acoustic recordings provide useful data across 24 hours each day while deployed. Not in the Whitsundays, but in other migration locations the Cetacean Ecology Group annually deploys loggers which are left to record for several weeks at a time.

Dr Olaf Meynecke, manager and researcher, whales and climate program at Griffith University, is conducting an exciting research project, deploying long-term 24/7 hydrophones that he hopes will deliver more insight into what the whales and seascape are doing at different times of the day and night.

In June 2025 Dr Meynecke and myself deployed a long-term hydrophone at a depth of 26 metres in the humpback highway of The Whitsundays, retrieving it in late October. It is one of seven hydrophones, spaced at 500-kilometre intervals along the east coast, from Merimbula



From top: the hydrophone, with underwater microphone and recorder, used to collect the whales' sounds; a spectrogram of a humpback whale's song.

in southern NSW to the Ribbon Reefs off Cooktown to ensure wide coverage of the annual humpback migration. Monitoring the sounds and songs of humpback whales is a useful indicator of ecosystem health, and can help scientists understand migration activity, patterns, mating calls and competitive behaviours. Even though the hydrophones are being deployed around the migration, they collect acoustic data for all whales and marine sounds. Two smaller hand-held hydrophones devices have also been developed in other locations in The Whitsundays with the help of

Ocean Rafting, to expand the project's reach and impact. They are retrieved fortnightly and the many terabytes of information are gradually being analysed by PhD students.

"The east coast acoustic project supported by Google and made possible through many collaborators allows us to collect whale sounds to learn more about habitat use and migration," Dr Meynecke says. "The Whitsundays are an important breeding area for humpback whales where we can study the whales' vocalisation and compare it with other regions."

With Google AI partnering with the project, the analysis should eventually be fast tracked. At this stage, Dr Meynecke is planning to deploy the long-term hydrophones around the clock during the next two whale migration seasons in order to compile three years of consistent data. He, too, says the support from community members and the tourism industry is vital for the project. These research projects in The Whitsundays are a collaboration with the Whitsundays Marine Conservation Inc.'s major project, Whales of The Whitsundays, which has put The Whitsundays on the map as an accredited Whale Heritage Area. Using sound, there is a greater insight into the behaviour of the marine life frequenting our waters. While it can appear to be all quiet under the water, there is in fact a choir.



To support marine conservation in The Whitsundays, go to whitsundaymarine.org

PHOTOGRAPHY: ANDREA FRANCOLINI; DANIELLE CHOLEWIAK, NOAA/NMFS.

Beers do come true



on Hamilton Island.



Inside track

We're calling it the island workout. Five people who live and work on Hamilton Island share their favourite ways for keeping fit in paradise.

MOUNTAIN BIKING

Ben Norman, manager, Trails HQ

I moved up to the island from Adelaide in July 2025. I previously ran a gym for 15 years and am active pretty much seven days a week, riding, running, weight training, yoga; there is something going on all the time. I've been riding bikes for 30 years and always had a soft spot for mountain bikes. They equal freedom, take you so many places and you get to have a good time along the way.

It doesn't matter how many times I do it but riding from Cabbage Tree Junction out to South East Head never fails to disappoint. It's an awesome, fast and flowy section of trail, the epic views and the change of landscape make this particular trail uniquely "Hamilton Island". It's about a 60-minute ride, depending on how much time I spend soaking in the views, and the beaches are unbelievable when the tide is right up. The best bit about the mountain bike: the pedal assist that gives the option to work as hard – or not! – on the day.

Riding is a surefire way to clear the mind and be completely present. When I'm flying along a trail there's nothing else to worry about in the world apart from what's in front at that exact moment. If you haven't ridden a mountain bike, be prepared to take a new hobby back home after hitting the trails here.

PILATES

Katie Swift O'Connor, executive assistant

I have lived on Hamilton Island for nearly two years now. Having had a career as a professional dancer that kept me moving until my early thirties means keeping fit is essential for maintaining my range of movement and for my

long-term health. I'm focused on bone density and muscle mass as I age, (which hopefully I will do gracefully!).

I have been doing Pilates in some form, including barre, via group classes since I was 16. I love the community, connection [of fitness] and going out into the world feeling stronger and more confident in my body's capabilities. The new Pilates studio here on Hamilton Island is beautiful. It's boutique and has everything you need. Currently no bookings are required unless you're heading to a group class or instructor-led session.

There are a few Instructor-led sessions each week; otherwise the great thing is that you can use Bluetooth headphones for a guided Pilates workout. An hour is a good length, but if I had more time I'd do an hour and a half and tag on a sauna session as well.

I love the early mornings – words I never thought I'd hear myself say – and I'm definitely part of the 5am club. If not, I try to slot in my exercise after the kids are in bed. Having a gym so close means that, as a parent I can prioritise the children and then exercise.

I love that I leave my sessions feeling strong, I always seem to have more confidence and be ready to be the best version of myself for home or work. I'll see a friendly face or two while I'm there, too, which is always a nice boost. The benefits are multifactorial, that biopsychosocial wrap of community and movement to reset and at the same time to connect.

I'm a big fan of exercising with friends; you're more likely to stick with an exercise that makes you feel a part of a community. I know reformer Pilates can seem a little daunting but it isn't, and it's a wonderful place to start.



A way of life: the Hamilton Island Endurance Series.

RUNNING

Dean Marchini, social media manager and content producer

I see fitness as the foundation of a healthy life. It influences how I eat, sleep, think, work and even how I show up for others.

I've lived on Hamilton Island for almost 10 years. I found a love for running during my time in the Royal Australian Navy, prior to moving to the island. However, it wasn't until covid that I started pushing myself to try running trails, longer distances, harsher elevations and caring about my pace, as well as maintaining a lifestyle that supports improvements with my running. I love that my choice of fitness allows me to escape into nature and run for hours with views that bring people from across the world to see.

An approximate 10-kilometre run that I recommend to people looking for a challenge is the Passage Peak-South East Head-Escape Beach-Hideaway Bay loop. Start your run at the end of Catseye Beach and climb about 230 metres, along the 2.4-kilometre trail to Passage Peak. This segment can be unforgiving, especially in the warmer months ... your pace won't be pretty, but that's the hard part

PHOTOGRAPHY: HAMILTON ISLAND PHOTOGRAPHY.



STRENGTH TRAINING

Karmen Reardon, attendant,
HI Fitness Club

done. Next cruise down the eastern side of the island to South East Head; by now, your pace is looking better, the legs are warm and you're mesmerised by everything you're looking at. The next segment passes through the rainforest-like feel of Hamilton Island, as you make your way from the grassy trees of South East Head into the denser bushland on the island's southern side. Manicured trails wind along the ridge line until the creek crossing (in the wet months, this can be flowing with water, so it is important to walk this part and watch your step). You will come to Escape Beach, which is a great place to breathe in the air. From here it's around the point, back into Saddle Junction and then down to Hideaway Bay on the island's northern side. You can expect to run a moderate level of elevation on this segment. Hideaway Bay is another great spot for a rest before taking on the final 500 metres. There are many beautiful trails on the island, but this is the highlight loop I always look forward to running.

Fitness is a massive part of my world. It's not just something I do; it's who I am. I started going to the gym while I was at school. The part I love most about my fitness journey is the encouragement, the connections and I love being able to share my knowledge and help people. The gym is full of like-minded people, and I'm lucky enough to work with a team where we can share our knowledge between us. At the HI Fitness Club we offer a wide range of classes for everyone of all fitness levels and abilities. The gym floor has lots of equipment including two spas, a traditional sauna, and our brand-new reformer Pilates beds too. The Fitness Club is located right next to the Reef View Hotel and you don't need to book, although if you come to play some tennis, pickleball or try out our group fitness classes, it's best to do so – especially during school holidays. If you're staying at one of the Hamilton Island properties, gym access (including the spa/sauna) and use of the tennis courts is complimentary for guests of quality,

The Sundays, Beach Club, Reef View Hotel and Palm Bungalows.

For myself if it's a strength day I'll train for between 30 and 60 minutes, allowing time to warm up and cool down. The quietest time to train in the gym is between 11am and 2pm. If you are just beginning your own fitness journey, start small and ask for help. Bookings can also be made for a personal training session. There's nothing more rewarding than seeing someone grow stronger, gain confidence and transform physically as well as mentally.

OCEAN SWIM

Harry Budd, island concierge

Fitness is extremely crucial to me as I find it helps clear my mind and be at my best. Watching athletes train at Catseye Beach for the Hamilton Island Endurance Series Triathlon really motivated me to dive in. Having the chance to swim in what feels like our own "backyard pool" is pretty special. There's nothing quite like looking down at the beautiful coral on the reef and you never know when you might spot a turtle or two.

I start off by mentally preparing myself on the sand with the small waves crashing on my feet and simply enjoying the peace of the ocean. This gets me in the zone and ready to swim out directly towards Whitsunday Island (but not all the way, of course). Eventually I swim towards Frangipani Lawn. This gives me a long, clear passage of water ahead and on every second freestyle stroke I get a glimpse of the palm trees and buildings lining Catseye Beach. Once I reach Frangipani Lawn I head towards the sand, which I classify as my finish line. Typically, my swim is about 700 metres.

I usually swim straight after work, but it depends on the tide. I love a sunrise swim, too, at high tide. There's nothing like starting the day with the ocean at first light.

The best part about swimming is the connection to the ocean. It's peaceful and motivating. Being surrounded by crystal-clear water, coral and marine life makes every swim feel special. Swimming gives me the ultimate mind reset, every time. I never regret it. It leaves me feeling clear, confident and ready to take on whatever's ahead in my day. It truly is a powerful activity that I would strongly recommend to anyone to even just try. The benefits of ocean swimming can be summed up as "saltwater" healing, energy and a reset for the body and the mind.

Australian soccer star Charli Grant plays a round at Hamilton Island Golf Club with her fiancé Lachlan Cameron.



Match of the *day*

Rolling from the football pitch to the golfing greens with Aussie soccer superstar Charli Grant.

Australia's Charli Grant is a powerhouse on the world soccer stage. And it's fair to say that more eyes are (finally) on women's football and women's sport in general as talented players such as Grant inspire a new generation of young athletes. The Adelaide-born Grant, a member of the Matildas Tokyo 2020 Olympics squad, currently plays for the Women's Super League club Tottenham Hotspur in the UK. The star defender has plotted a committed journey from the Australian A-League to an international field of dreams, with her impressive career trajectory something her friends, family and a nation of supporters are proud to have witnessed. Grant has all the tricks on the soccer pitch and, like many professional athletes who possess a host of dexterity-trained skills, this translates well to other sporting codes. For Grant, golf is a newfound passion and played purely for pleasure. She recently played a round at Hamilton Island Golf Club on Dent Island with her fiancé (and golf devotee) Lachlan Cameron and shared her feedback with Roxanne Andrews.



When did you first pick up a golf club and why?

My fiancé got the golf bug about a year ago. He always puts in so much effort and commitment to support me in football, so I try to show some love to his interests in return. He's a lot better than me but he's helping me improve my technique. It's a fun way to spend time together.

Football is a team sport but golf is mostly a solo pursuit. What is the fundamental mindset difference?

In football, you rely so much on the team – the chemistry, communication, the shared energy. Golf is the complete opposite. It's just you, your thoughts and the next shot. You have to hold yourself accountable and stay calm when things don't go your way, although I find it very hard to stay calm when I miss-hit the ball.

How was your game at the Hamilton Island Golf Club on Dent Island?

It was such a fun experience. It was definitely the most challenging course I have played on, but it helped me improve my skills. The beautiful views made it hard to be annoyed when I lost a ball.

Highlight of your round?

Playing with my fiancé and soaking in the incredible scenery was definitely a highlight. And any hole where I didn't lose a ball was a bonus!



PHOTOGRAPHY: HAMILTON ISLAND PHOTOGRAPHY.

The Puma ambassador's philosophy is "Look good, feel good, play good".



Grant tees off at the fourth hole at Hamilton Island Golf Club, her No.1 spot on the Dent Island course.

Favourite hole?

Hole 4. It had the best panoramic views of Hamilton Island.

You had lunch at the clubhouse?

Of course! We finished our golfing experience with an amazing lunch and view. It was the perfect way to top off the round. The honey carrots were a standout.

Do you have a warm-up routine for golf, or do you just go out and hit it?

I do a few practice swings and then just give it a crack and hope for the best!

What clubs are always in your golf bag?

I go with whatever Lachie, my fiancé, uses; driver, 7-iron and a putter are the main go-tos. And I always ensure I have a sand wedge to help me out of the bunker, which is often. Ha.

Your favourite golf fashion brands?

Puma has a great range of golf fits that are a perfect mix of performance and style. My motto is "Look good, feel good, play good".

What other activities did you experience on Hamilton Island?

It's such a beautiful place — you can be active

or just relax by the water. We went kayaking, hiking, played some tennis and celebrated our beautiful friend's wedding. It felt like the perfect balance after a busy football season.

You currently play football in the UK for Tottenham Hotspur in the Women's Super League. Do you get homesick and if so, what's your remedy?

I feel so privileged to be able to travel the world with football but unfortunately, that means having to be so far away from home. It can be really hard, especially on those difficult days. I call my parents as much as I can and keep my family and friends updated with texts, voice messages and photos to feel a little closer to home. I'm very fortunate to have an Aussie teammate and have some other Australian friends so close to where I live. I find going out for brunch or coffee, like I would do back home, is always a good remedy for homesickness.

What does your own role as a PUMA athlete entail?

It's about representing the brand both on and off the pitch. Through performance but also showing the values of confidence, hard work and creativity.

Grant says it was Cameron who inspired her to take up golf.



What motivates you to succeed? On and off the pitch?
I'm motivated by getting better every day, not just for myself, but for the people who've supported me from the start. I love proving to myself what's possible with hard work, discipline and belief.

Who inspires you and who supports your dreams?
I'm so lucky to have such a great support network – my family, fiancé and my friends have always stuck by me through all the highs and lows. I wouldn't be where I am today without everyone who has supported me along the way. My teammates also continue to inspire me every day. Everyone has a story and seeing them show up and give their all, no matter what they're going through themselves, motivates me to keep pushing and be the best version of myself – for them and for everyone who has always been so supportive of me.

What is your advice for young athletes considering a pro career?
It takes a lot of hard work and sacrifice, so it's important you surround yourself with a positive support network, believe in yourself even when it feels hard, and always remember why you love the game.

And your sporting heroes?
Pro surfer Sally Fitzgibbons and The Matildas.

What's next?
Currently, I'm just focused on the season with Spurs and continuing to grow as a player to put myself in the best form I can be in for the upcoming [AFC Women's] Asian Cup in Australia next year.

Downtime? Currently reading?
The Seven Husbands of Evelyn Hugo.

What's on your playlist?
Justin Bieber's new album, Olivia Dean, and some Ziggy Alberts.



Grant, on the green at Hamilton Island Golf Club.

PHOTOGRAPHY: HAMILTON ISLAND PHOTOGRAPHY.

Champion reads

We dive into the world of sport with coffee-table books sure to inspire getting your game on.



GOLF: THE IMPOSSIBLE COLLECTION

by George Peper (Assouline)
In *Golf: The Impossible Collection*, acclaimed golf writer George Peper (recipient of the PGA's Lifetime Achievement Award for Journalism) explores the sport's landmark destinations. Peper journeys across continents and centuries to curate the 100 courses that shaped the artistry and spirit of golf itself.



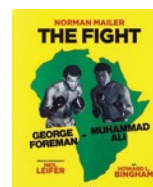
SHAPING SURF HISTORY DELUXE EDITION

by Jimmy Metyko (Rizzoli)
In the early 1980s, the beaches of Southern California were at a crossroads of creativity, talent and timing. Photographer Jimmy Metyko was right there, capturing the birth of a new surfing generation, marked by the rise of a young Tom Curren and creative joy of pioneering board-shaper Al Merrick.



1000 FOOTBALL SHIRTS REVISED AND UPDATED

by Bernard Lions (Rizzoli)
This updated edition is a celebration of football's most legendary kits, as guided by the insights of French sporting journalist, Bernard Lions. More than a thousand designs representing 100 nations and 500 legendary clubs feature, with classics worn by the greats seen alongside the modern styles of today's pitches.



THE FIGHT

by Norman Mailer (Taschen)
Mailer presents an electrifying account of the night that forever changed the sport of boxing: 1974's legendary heavyweight clash between Muhammad Ali and George Foreman in Kinshasa, Zaire. Mailer's fearless journalistic presence turns *The Fight* into a reflection on courage and identity. Introduced by Mailer scholar J. Michael Lennon.

RSVP

HAMILTON ISLAND
RACE WEEK



Josh Niland and the
Catseye Pool Club team.



Leigh Campbell.



MECCA COSMETICA
To Save Face and Body
50+ sunscreen.



Chef Josh Niland
working his magic.



Catseye Pool Club.

The Sundays long lunch with Josh Niland

CELEBRATING: MECCA COSMETICA.

LOCATION: Josh and Julie Niland's Catseye Pool Club at The Sundays hotel.

MENU HIGHLIGHTS: Man'oushe with wood-grilled eggplant and pepperberry, brown-butter hummus, sea-parsley tabouli and bush tomato ezme, followed by roast Sun Farms chicken, with fresh corn polenta, chicken fat-roasted potatoes, salt and vinegar wood-grilled peppers, saltbush, kale and seaweed salmoriglio. And dessert too ...

It was a delicious menu by The Sunday's Josh Niland and the perfect place to celebrate MECCA COSMETICA's latest sunscreen and SPF products.

Kate Waterhouse.



Adrian Spence and
Michael Branagh.



Josh Niland.



Wood-grilled
eggplant and
pepperberry.

PHOTOGRAPHY: LEAN TIMMS.



Lunch is served at Pebble Beach.



Otto Brisbane's chef Will Cowper.

Lunch by Otto Brisbane's Will Cowper

CELEBRATING: American Express.

LOCATION: Pebble Beach, qualia.

MENU HIGHLIGHT: Canapés of rock oysters, potato scallops with crème fraîche and Oscietra caviar, Longreach lamb with yoghurt and piadina, and Champagne lobster skewers, all served with Charles Heidsieck Brut Réserve NV. Entrée of pumpkin and ricotta ravioli, Queensland tiger prawns, sage, pine nut and brown butter was followed by OTTO Reserve by Rangers Valley tri tip. There was barely room for the pineapple and passionfruit mousse with coconut and lime and basil sorbet. But we pushed on.



Naysla Edwards.



Blue skies for the AMEX long lunch at qualia.



Madelin Tomelty and Kristy Anderson.



A canapé of rock oysters.



Olivia Molly Rogers.

RSVP

HAMILTON ISLAND
RACE WEEK



Soprano Amy Manford.



The candlelit Long Pavilion.

A candlelit dinner by qualia's Joshua Hingston

CELEBRATING: Nicole Oatley Wines and Charles Heidsieck Champagne.

LOCATION: qualia's Long Pavilion.

MENU HIGHLIGHT: A canapé of prawn toast with fermented chilli primed the palate for a delicious entrée of coral trout sashimi with zucchini-pear pearls, nori emulsion, tomato dashi parsley, tapioca squid ink crisps and sea succulents. Beef wellington was swiftly followed by a cleansing lemon-curd tart and for dessert, pavlova. The evening was accompanied by the talents of soprano Amy Manford and violinist Yena Choi.



The delicate coral trout entrée.



Amanda Aguilera.



Darren Jahn, Edwina McCann and Nicky Oatley.



Hugo Breaky and Olivia Molly Rogers.



Violinist Yena Choi and cellist Anneliese McGee-Collett.

PHOTOGRAPHY: LEAN TIMMS.



Rohan Gully, Glen Adams, Andrew Brown, Emma Brown and Nicky Oatley.



Larry Cherubino and Alanna Sapwell-Stone.



Luke Ricketson and Kate Waterhouse.



Pebble Beach.



Native blooms set the scene for the Whipbird dinner.

Dinner with Alanna Sapwell-Stone and Larry Cherubino

CELEBRATING: Whipbird Wines.

LOCATION: Pebble Beach, qualia.

MENU HIGHLIGHT: Alanna Sapwell-Stone created a menu featuring “snacks to start” including oyster, cucumber, finger lime and chilli, emu donuts, a crumbed scallop with saltbush salsa verde, and a hash brown with burnt onion cream with N25 caviar. The courses were matched with a selection of delicious Whipbird wines created by winemaker Larry Cherubino for the new label.



Alanna Sapwell-Stone and Caua Lopes Demelo.



Scott Maggs.



Jeanine Bribosia.



Oyster, cucumber, finger lime and chilli.



Jordan Vick and Hayley McKew.



Hero of the night, 2024 Whipbird Pinot Noir.



Jerusalem artichoke, caramelised white chocolate and potato.



Living in a dream

KAROONDA

2 WHITSUNDAY BOULEVARD, HAMILTON ISLAND

\$5,995,000

4 4 1

Introducing Karoonda, offered to the market for the first time since its completion. This four-bedroom, four-bathroom residence is perfectly positioned on one of Hamilton Island's most elevated sites and shares the same incredible outlook as One Tree Hill. The home captures sweeping 180-degree Coral Sea and island views and is designed to embrace its breathtaking setting via open-plan living that flows to expansive terraces framed by floor-to-ceiling glass. Two beautifully appointed poolside villas, each with private ensuites, offer luxurious guest accommodation and total privacy. Every detail of Karoonda reflects refined island living: premium finishes, seamless indoor-outdoor flow and unrivalled views that showcase The Whitsundays' natural beauty. A truly exclusive offering and a sanctuary of sophistication meets serenity.

FEATURES INCLUDE:

- Two self-contained poolside villas with private ensuites
- Elevated position with uninterrupted 180-degree Coral Sea and island views
- Open-plan living and dining with floor-to-ceiling glass
- Expansive outdoor terraces perfect for entertaining
- Pool with panoramic outlook
- Premium finishes throughout
- Fully furnished and immaculately presented
- Rare first-time offering since construction



PROPERTY SALES: CONTACT LIAM KEARNEY 0458 178 601 OR SCOTT BOWSHIRE 0428 306 031

The properties featured in the REEF Magazine Real Estate section are available at time of print. 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 **PERMANENT RENTALS:** 07 4946 8028 **HOLIDAY HOMES PROPERTY MANAGEMENT:** 07 4946 8746

EDGE 17

5A ACACIA DRIVE, HAMILTON ISLAND

\$2,495,0003  3  1 

Breathtaking Coral Sea views are yours to enjoy at this luxurious apartment in the Edge complex. The property offers an exceptional blend of style, comfort and investment potential, with floor-to-ceiling glass doors and windows, and an expansive open-plan living and dining area that flows seamlessly to a full-width balcony. This is the ideal space for taking in the spectacular sunsets of The Whitsundays. The apartment is beautifully furnished throughout, its spacious master suite complete with generous ensuite and its own private balcony. The Edge apartments enjoy strong rental returns and enduring popularity among holidaymakers. They are moments from the Hamilton Island Marina's vibrant dining, shopping, and activity precinct, making this an exceptional opportunity to secure a premier island retreat in one of The Whitsundays' most sought-after developments.

**PAVILLIONS 19**

1 AIRPORT DRIVE

\$3,650,0004  3  1 

Experience the pinnacle of island living at Pavillions 19, a beautifully renovated waterfront residence with an unbeatable marina-front position. This four-bedroom, three-bathroom apartment spans an impressive 350 square metres and perfectly balances relaxed island living with refined sophistication. Generous open-plan living and dining areas flow onto a covered terrace complete with private spa, the ideal setting for soaking up the sweeping island views. The gourmet kitchen features premium finishes and quality appliances, while a separate media room provides an additional retreat for family or guests. The fully renovated apartment blends modern elegance with a timeless coastal aesthetic, located just steps from Front Street's shopping, cafés and restaurants. Pavillions 19 offers the rare opportunity to own one of Hamilton Island's most coveted waterfront addresses, whether as a private sanctuary, luxury holiday escape, or investment.



THE ANCHORAGE ON HAMILTON 12

6 BANKSIA COURT, HAMILTON ISLAND
\$1,175,000

2 2 1

The Anchorage on Hamilton 12 is a stylish two-storey townhouse surrounded by lush tropical gardens. It overlooks Hamilton Island Marina, with stunning views across to Dent Island and beyond. This residence is beautifully furnished and thoughtfully maintained, offering comfort, convenience and island charm. It is an ideal choice for both families and couples seeking a relaxed island getaway. The open-plan living and dining area upstairs flows effortlessly onto a covered entertaining terrace, complete with a barbecue and outdoor setting. You won't want to be anywhere else as the sun sets on another balmy island evening. The contemporary kitchen is flooded with natural light and features quality stainless-steel appliances, including a convection microwave and dishwasher. Downstairs, there is a European laundry, spotless second bathroom and two spacious bedrooms, the master featuring water views and a luxurious ensuite complete with private spa.

WHITSUNDAY APARTMENTS WEST 002

14 RESORT DRIVE, HAMILTON ISLAND
\$539,000

1 1

This beautifully appointed apartment is just steps from Catseye Beach, offering an exceptional blend of holiday lifestyle and investment return. The generous 84-square-metre ground-floor space sleeps up to five guests, appealing to families or small groups looking for a fully self-contained island escape. Enjoy the freedom of a well-equipped kitchen, an airy, open-plan living and dining area and a spacious bedroom with dual bathroom access. Outside, a lagoon-style swimming pool and spa surrounded by tropical gardens invite you to relax into the laidback rhythm of island life. This property operates under a licence and management agreement, offering a hassle-free investment style. All management, maintenance, housekeeping and refurbishments are handled for you, ensuring both peace of mind and guaranteed returns.



PROPERTY SALES: CONTACT LIAM KEARNEY 0458 178 601 OR SCOTT BOWSHIRE 0428 306 031

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PROPERTY SALES: 07 4948 9101 PERMANENT RENTALS: 07 4946 8028 HOLIDAY HOMES PROPERTY MANAGEMENT: 07 4946 8746

SHORELINES 32

5 ACACIA DRIVE, HAMILTON ISLAND
OFFERS OVER \$1,300,000

2  2  1 

From the moment you enter this property, your gaze is instantly drawn to one of the most spectacular views The Whitsundays has to offer, a true showcase of nature at its finest. Clean lines, impeccable presentation and a seamless open-plan layout define the living space, featuring a sleek kitchen with stainless-steel appliances and Caesarstone benchtops. The dining and lounge areas flow onto a generous balcony, where those panoramic views of the Coral Sea and Whitsunday islands provide a mesmerising backdrop for sunset entertaining. Downstairs, two spacious bedrooms each feature built-in wardrobes. The master suite enjoys its own private balcony, mesmerising ocean views and an open-style ensuite complete with spa bath.



PINNACLE 6

1 BANKSIA COURT, HAMILTON ISLAND
OFFERS OVER \$950,000

2  2  1 

Discover the appeal of this stunning two-bedroom townhouse, designed for comfort and easy island living. Expansive windows flood the spacious open-plan living and dining area with natural light, creating a bright and airy ambience while framing views of The Whitsundays. Step through the large sliding doors onto the generous balcony, perfect for entertaining and enjoying the spectacular sunsets. The master suite is a sanctuary, featuring a luxurious ensuite with a double vanity and spa bath, a spacious walk-in wardrobe and a private balcony designed as a personal retreat. The second bedroom enjoys its own private entry to the main bathroom, ensuring convenience and privacy for guests or family. A separate laundry with a linen cupboard adds extra functionality to this thoughtfully designed island space.



OASIS 12

2 FLAMETREE GROVE, HAMILTON ISLAND
OFFERS OVER \$900,000

3  2  1 

Don't miss this fantastic opportunity to secure a fully furnished apartment in the sought-after Oasis complex. This stylish single-level, three-bedroom residence offers the perfect balance of easy island living and strong investment potential. The Oasis is nestled in a quiet cul-de-sac, just a short stroll from the vibrant Hamilton Island Marina. The apartment itself features an airy, open-plan layout with expansive windows and abundant natural light. The apartment also offers views of the garden and tree-lined surroundings, with its generous balcony ideal for year-round outdoor entertaining. Oasis apartments have a record of strong rental returns and this property presents an excellent opportunity to enjoy both investment income and a personal slice of island paradise.

dive into your next event



Discover how a little island can do wonders for your next event. With its idyllic island location, variety of accommodation, a diverse range of meeting rooms and stunning dinner venues, and an award-winning team of event professionals, Hamilton Island can cater for groups of 10 to 750. All this within easy reach, with direct flights from Sydney, Melbourne, Brisbane and Cairns.



Scan QR code to request a quote.
For more information, call 02 9433 3333 or visit
www.hamiltonisland.com.au/Business-Events

HAMILTON ISLAND
GREAT BARRIER REEF AUSTRALIA

ELEMENT HILL

5-NIGHT MINIMUM STAY

MAXIMUM CAPACITY: 16

FROM \$4800 PER NIGHT

8  8  2 

This impeccably designed luxury home offers an exclusive and elevated position on the tranquil northern side of the island. There are unforgettable views across The Whitsundays waterways, with the residence split across two levels for privacy and space. Element Hill boasts contemporary interiors, eight generous bedrooms, as well as a private pool and gym, outdoor fireplace, two barbecue areas, an activity room and endless island views. There is space for 16 guests, making it an excellent choice for larger groups or extended family getaways.



SHORELINES 22

3-NIGHT MINIMUM STAY

MAXIMUM CAPACITY: 6

FROM \$700 PER NIGHT

2  2.5  1 

This elevated split-level apartment is ideal for both families or couples, with sleek, modern interiors and furnishings, as well as a covered alfresco dining area with spectacular sea views. It is conveniently located on the marina side of the island, with a short walk to the many cafes, restaurants and shops. A shared swimming pool in the complex completes the indulgent holiday experience.



LAGOON 208

3-NIGHT MINIMUM STAY

MAXIMUM CAPACITY: 5

FROM \$640 PER NIGHT

2  2  1 

This stylish two-bedroom apartment is surrounded by lush tropical gardens and situated directly opposite Catseye Beach, with panoramic views of The Whitsundays. There is a contemporary kitchen, modern bathrooms and spacious open-plan living and entertaining areas with a balcony for enjoying the island's sensational sunsets. A complimentary golf buggy is included for use during your stay in paradise.

HOLIDAY RENTALS: CONTACT HAMILTON ISLAND HOLIDAYS 137 333 (02 9433 0444)

To view the full Hamilton Island Holiday Homes rental listings go to hamiltonislandholidayhomes.com.au

*RATES AND MINIMUM STAYS QUOTED ARE BASED ON LOW SEASON. OTHER RATES AND DURATIONS OF STAY APPLY, PLEASE ENQUIRE AT TIME OF BOOKING.

PROPERTY MANAGEMENT: CONTACT HAMILTON ISLAND HOLIDAY HOMES 07 4946 8746

All-inclusive property management service, including sales, housekeeping, valet, property management and buggy management.

Professional on-island property managers. Bonus inclusions for guests: Kids Eat Free at Sails and Pool Terrace Restaurant; plus complimentary non-motorised watersports.

WHITEHAVEN HOUSE

5-NIGHT MINIMUM STAY

MAXIMUM CAPACITY: 10

FROM \$3100 PER NIGHT

5  5  2 

This striking residence offers a private sanctuary on the island's exclusive northern tip. It is set amid 3000 square metres of beautifully manicured gardens and lawns with spectacular views over Catseye Bay. There are five bedrooms, five bathrooms, two large living areas and a stunning private pool and entertaining area with a wraparound deck, cabana with outdoor daybed and flat grassed area, making this a luxurious yet practical option for families or groups looking for a very special holiday destination.



PENINSULA 4

3-NIGHT MINIMUM STAY

MAXIMUM CAPACITY: 8

FROM \$990 PER NIGHT

3  2.5  1 

Not only are there sensational views of Catseye Bay on offer here but this luxurious three-bedroom villa enjoys its own private pool and a large open-plan living and dining area that flows onto a covered balcony. This blissful elevated space comes with barbecue and outdoor seating for eight people. Guests also have access to the 25-metre shared pool and gazebo area within the Peninsula complex.



THE ANCHORAGE 10

3-NIGHT MINIMUM STAY

MAXIMUM CAPACITY: 4

FROM \$470 PER NIGHT

1  1  1 

This modern and elevated one-bedroom apartment is bright and spacious, ideal for couples or young families. A convenient location on the marina side of the island means all the island's key attractions are just a short walk or buggy ride away. Or simply relax in the shared resort-style tropical pool within the complex or take in the views of the marina and neighbouring islands from the covered balcony.

HOLIDAY RENTALS: CONTACT HAMILTON ISLAND HOLIDAYS 137 333 (02 9433 0444)

To view the full Hamilton Island Holiday Homes rental listings go to hamiltonislandholidayhomes.com.au

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PROPERTY MANAGEMENT: CONTACT HAMILTON ISLAND HOLIDAY HOMES 07 4946 8746

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Professional on-island property managers. Bonus inclusions for guests: Kids Eat Free at Sails and Pool Terrace Restaurant; plus complimentary non-motorised watersports.

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REAL ESTATE

Architecturally designed by Walter Borda. Outstanding waterfront positions with spectacular views.
Lagoon-style pool and private beach area. 4 Bedrooms / 4 Bathrooms. Direct flights from most Australian capital cities daily.

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A CALL FROM THE LAND



NEW FROM THE OATLEY FAMILY – WHIPBIRD WINES

- Margaret River Chenin Blanc & Sauvignon Blanc • Pemberton Chardonnay
- King Valley Pinot Gris • Victoria Pinot Noir • McLaren Vale Rosé & GSM

Available at the Hamilton Island Bottle Shop or to find your local stockist visit
WHIPBIRDWINES.COM.AU

