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out&about.

checkin



[THE BYRON AT BYRON, BYRON BAY, NSW]

Set among rainforest and only a five-minute drive from Byron Bay, we find a resort that's a treat for the senses – and the soul. Danielle Oppermann eases herself in to the region's relaxed way of life with morning yoga sessions, spa treatments, a day-trip through the hinterland and a stroll along secluded Tallow Beach.

out&about.



wow factor

The lush setting is the star here. The Byron's bush regeneration team has spent five years clearing introduced species and restoring the 18 hectares of rainforest to its natural state. The main building is a relaxed, beautiful spot at any time of day, from morning yoga on the Spa Deck to cocktails at the Fire Bar.

making an entrance

The reception area opens out onto the deck, setting the scene for the resort's indoor-outdoor feel. Staff offer a warm welcome, and you'll often find general managers Lyn and John Parché keeping a friendly eye on their domain. Check in, then hop into a golf buggy with your bags and head off down the wooden walkways to your room – superior suites are closer to the resort, while deluxe spa suites are a more secluded five-minute walk away, and closer to Tallow Beach.



what's the room like?

Our first-floor deluxe spa suite (from \$425 per night with breakfast) is breezy and open, yet private. The enclosed balconies literally offer a bird's-eye view of the treetops, with accompanying morning song from the local wildlife. The room has stone floors, sliding screens, nature-inspired artwork, a freestanding spa bath and galley kitchen. While perfectly designed for the usually balmy Byron climate, we did need the heating on the one chilly night of our visit.

how's the food?

Scottish-born head chef Gavin Hughes includes Mediterranean, modern European and Asian influences in his relaxed daytime share plates and more refined dinner menu, but all of the dishes reflect his commitment to showcasing local ingredients. On Thursday mornings, Gavin takes guests on a tour of the Byron Bay Farmers' Market and introduces them to his favourite producers. There's no need to venture further afield for brekkie either, with good coffee and cafe-style fare such as avocado, roasted Coopers Shoot tomato and poached eggs on bruschetta.

what about the spa?

If you're an early riser, the morning yoga sessions are a great way to get into the Byron vibe, but for more indulgent holiday relaxation, the spa's new nature-inspired menu offers treatments such as the Rainforest Body Ritual and Native Flora Journey.

what's nearby?

After you've explored the resort's rainforest and meditation walkways, the broad sweep of Tallow Beach is only a five-minute walk away. Stroll south to Broken Head, north to Australia's easternmost point at Cape Byron, and beyond to Wategos Beach. Byron's dining and bars are a five-minute drive away for dinner, and a leisurely day trip will take you through verdant hinterland to picturesque Bangalow, on to Mullumbimby, beachy Brunswick Heads and back, with plenty of foodie options along the way. **d.**
The writer was a guest of The Byron at Byron, 77-97 Broken Head Rd, Byron Bay, NSW, tel: 1300 554 362, visit: thebyronatbyron.com.au.

From top: Tallow Beach is 300 metres from the Byron at Byron resort; head chef Gavin Hughes; the rooms feature nature-inspired touches; the wide verandahs and infinity pool look out over tall stands of rainforest trees.

