

Freewheeling in Coffs

Urunga Board Walk

by Eddy and Kathy - Resident Managers, Aqua Villa Apartments

One morning, when one of our young guests told us he and his dad were going to spend the day at **Cows with Guns**, I was a little taken back. Fortunately, his dad must have seen my expression and said 'I guess you are not into mountain bike riding?', as he continued to load the bikes onto the bike rack on their car. Dad went on to describe the excellent trails in the Pine Creek State Forest which are well sign posted and creatively named. The tracks range from quite flat to tight tree root tangles to test all different levels of skill.

I knew about '**The Sawmill**' and '**Mt Coramba Downhill**' as it is one of Australia's most renowned and longstanding downhill trails, in a very picturesque setting, so I should not have been surprised that we get so many guests bringing their bikes with them.

One of the great things about this area is the bike routes the Council has clearly identified. Families love them. It's a great way to see the beaches, creeks and headlands at a relaxed pace. There are good rides all the way to **Sawtell** and another 17 km track up at **Woolgoolga**. Fresh air, sunshine and no crowds - no wonder it is a fast-growing sport for every age group.

We are often asked for ideas of what to do when staying in Coffs Harbour. The only problem is there are so many options. The obvious options of the **Big Banana**, **Dolphin Marine Park**, **Clog Barn**, **Butterfly Farm**, **Tree Tops Adventures**, fishing and **whale watching** still occupy many guests. If you want a quieter pace, and have already sampled the delights of a trip to **Bellingen**, then perhaps it's time to be enchanted by the **best board walk in NSW**. The board walk provides a stroll for about one kilometre. It also provides views of **Urunga** township and the beautiful waters from the **Kalang** and **Bellingen Rivers**.



Spectacular scenery along the Coffs Coast - near Woolgoolga

The **Ocean View Hotel** was rebuilt in 1927 and is a great place to have some lunch to keep the holiday ambience going.

Whilst down that way, head just a little further south to the **Honey Place**. You will easily spot the huge yellow beehive which forms the entrance of the building. Honey is used in traditional ways to prevent infections on cuts and heals some intestinal problems. For others, a regular serving of raw honey helps reduce pollen allergies. For us, it is just delicious on crumpets.

If you want to make the day even more memorable, consider travelling there on the back of a trike. **Coffs Harbour Trike Tours** can take you there, or anywhere else, but if you go in this direction, you could call into the **Raleigh Winery** on the way back, for a few samples and cheese platter - good thinking 99!



Coffs Harbour Trike Tours

If you have slept in and are in dire need of a serious coffee and breakfast, there is a solution with your name on it. The **Urban Espresso Lounge** at the **Jetty** serves amazing all-day breakfasts with plenty of Gluten Free and Vegan options if you need them. The food presentation is part of the story at this spacious café. (Of course, you could cycle there)

One of our guests was a real character. He chuckled about the size of his tummy not reducing. He told us he wanted to report to his doctor that he only ate out at one place during his entire holiday. While he was technically correct, the problem with his story was that in the two weeks he stayed with us, he ate at **Brooklyn's Burger Bar Espresso** every day. Apparently, he tried all 14 burgers, including the Nashville Chicken and Smoked brisket, as well as, trying the pork belly and pork ribs!



Townhouses at API's Aqua Villa

API members are loving the improvements we have been making at **Aqua Villa**. What changes will you notice when you come and stay? One of the frequent comments is about the bigger TVs and the ability to use their own Netflix accounts on the free NBN service, to keep the kids (big and small) relaxing in the evenings. **API**



Urban Espresso Lounge

Book your stay in an API holiday home online at www.apilifestyle.com.au or call us on 1300 653 322.