



Open your heart to new experiences

by Damien Thomas

The coastal boardwalk at St Helens is a must-do experience

Are you open to new adventures? If you are, I have the perfect place for you to spend a week on holiday: **St Helens, Tasmania**. Let me take a moment to convince you why St Helens is an exceptional choice for your upcoming getaway.

St Helens is a hidden gem nestled on Tasmania's stunning east coast. It offers a captivating blend of natural beauty, outdoor activities and culinary sensations that will make your holiday truly unforgettable.

Imagine waking up to the sight of **Georges Bay** spread in front of you like the blueberry jam on the toast you are munching on, sitting up in bed (just be careful of the crumbs). Then, stroll along the board walk to capture the crystal-clear turquoise waters, and dramatic coastal scenery.

St Helens serves as an excellent base for exploring the natural wonders of the wider East Coast region of Tasmania. You can easily venture to nearby

attractions such as **Binalong Bay**, **Wineglass Bay**, and the **Freycinet National Park**, where you'll encounter more breathtaking vistas and unique experiences. The **Bay of Fires** is a must-do. Located just a short distance from St Helens, it's renowned for its awe-inspiring beauty. The vibrant orange lichen-covered rocks contrast with the azure sea, creating a stunning visual spectacle that you won't find anywhere else. It's a paradise for beach lovers, nature enthusiasts, and photographers alike.



Beerbarrel Beach St Helens - how can you resist a visit?



Breakfast, Lunch and Diner are all sorted at 'Radia'

For fishing enthusiasts, the area is a dream come true. It is renowned for its world-class game fishing and attracts anglers from around the globe. You can charter a fishing boat and try your luck at catching a prized trophy fish, or simply cast a line from the shore and enjoy the serenity of this angler's paradise.

“ St Helens is a feast for your senses. ”

St Helens also offers a culinary scene that will tantalize your taste buds and leave you craving more. The region is a food lover's paradise, brimming with fresh, locally sourced ingredients that are sure to delight your palate. There are a range of options to suit every preference. You can savour the catch of the day at waterfront seafood restaurants, where you'll be treated to the freshest and most succulent seafood dishes imaginable. Imagine indulging in platters of Tasmanian oysters, buttery lobster (we call them crayfish), and mouth-watering abalone while enjoying breathtaking views of the ocean.



Make yourself a delicious Leak & Cheddar Toastie using local Pyengana Dairy vintage cheddar

If you're a fan of farm-to-table dining, you will be pleased to know you can visit the local farmers' markets and sample an abundance of organic fruits, vegetables, cheeses, and artisanal products. The quality is exceptional and a great opportunity to meet the passionate producers behind the foods. To complement your decadently delightful meals, you can embark on a delightful wine tasting journey, sampling cool-climate wines produced in the nearby vineyards. Tasmania is renowned for its exceptional cool-climate wines, including Chardonnay, Pinot Noir, and sparkling wines. You'll have the opportunity to learn about the winemaking process, meet the winemakers and savour the flavours that result from the region's unique microclimate.



Discover for yourself why Priory Ridge is an award-winning winery

If you prefer spirits or craft beer, you'll be pleased to know there is a growing craft distillery and brewery scene. Sample handcrafted gins, whiskies, vodkas, and unique craft beers. The artisanal spirits and brews are made with care and dedication, showcasing the talent of the local distillers, brewers, and their ingredients.

API's three-bedroom, cosy, holiday home boasts impressive sea views from the main bedroom, deck, dining room or while relaxing in the leather lounges. It is a place where you can rejuvenate your spirit, reconnect with nature, and create lasting memories.

So, pack your bags, open your heart to new experiences and embark on a journey to St Helens. You won't be disappointed. Let the pristine beaches, stunning landscapes and culinary scene embrace you and make your holiday truly extraordinary. **API**

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Check out the facilities and book your API holiday online at www.apilifestyle.com.au or call us on 1300 653 322.