



Salad Days in Port Macquarie

by Timothy (Tubby) S.

Mornings are glorious on Town Beach

"No burgers or schnitties!" It was not a statement. It was meant to be a fierce command from the embroidery queen, although I chose to accept it as a challenge. A holiday in my favourite destination - **Port Macquarie** - while working on reducing my blood pressure.

The embroidery queen was determined to exercise my butt off. We strolled (I think we marched rather than strolled) along the coastal walk, south from the city. It is a fabulous march, oops I mean 'walk', with the sea on one side and Norfolk Island pines and cafes filled with tempting delicacies, dotted around. My mouth was watering as I slowed to examine the cakes and other sinful items.

It is amazing how much one person can know about what is good for me and what is not. I guess I should have felt privileged, being escorted away from blood pressure raising chips. Past **Town Beach**, **Flagstaff Lookout**, **Oxley Beach** and then to **Windmill Hill Reserve**. Knowing we

had to retrace our steps, before we went too far, the embroidery queen deftly steered us back to number 4 Clarence Street. She had judiciously stored a bottle of cold water in the fridge in our very comfortable unit. **API's own Waterview Apartments** have been hosting us for many years. With kids, with grand kids and on this occasion just the two of us.

The salad she whipped up in no time and consumed on the balcony was - well a nice salad full of green-salady things. Was it as tasty as the burgers at **Burger Rebellion** at 6 Clarence Street,



The Board Walk at Sea Acres Rainforest



The Coastal Walk at Lighthouse Beach

or the Rockefeller Wagu available from **Burger Urge**, in the shopping centre? I think I should say they are a different genre of food, as this article may be read by the embroidery queen.

The next day we drove to the other end of the coastal walk, to **Tacking Point Lighthouse** and headed north, past equally beautiful beaches. Rather than march along track adjacent to the beach, we turned into the **Sea Acres Rainforest Centre**. The boardwalk through the rainforest is exceptional and the staff in the centre are great. Apparently, an occasional coffee is not a bad thing, so armed with this useful snippet of information, we rested weary feet in the café. Sadly, my mind had run ahead, and I assumed a pastry to accompany the coffee would also be welcomed. Apparently, pastries are not good for high blood pressure - who can remember all this stuff?



Lake Innes Nature Reserve

We had a serendipitous moment because we were allowed to join the **Muluman tour**. Guided by an Aboriginal ranger from the Birpai nation, we were led on a fascinating bush tucker and medicine walk to **Shelly Beach**. I doubt the ranger will suffer from high blood pressure. The Birpai people did not include burgers on their traditional food list and it looks like it would take all day to gather a decent meal. But they did eat fresh food and lived in a lovely area.

The next day we were targeting **Lake Innes**. Before we departed on the walk around the lake - it is a lovely walk or cycle - we dropped into a shop in Lake Cathie. The queen was in her realm. **Curly Pink Stitches** is not big, but it took a lot of effort to get the embroidery queen out of this embroidery shop an hour later.



Little Fish Restaurant

It must have been the satisfaction of all those new sewing materials, or hopefully a sign of a less stringent future, as we found ourselves turning off **The Ruins Way** at the sign of the **Innes Lake Vineyard** and finding ourselves at the **Little Fish French restaurant**. It was lunch time. The French eat lashings of butter and have less heart issues than Aussies do, so we were allowed to enter the establishment. I do not know why Steve left his small village of Cotignac which is only an hour from St Tropez, but I am so pleased he did. Knowing that all the food would be good for my heart made the flavours even more sensational. I am convinced my blood pressure reduced with every mouthful. Be kind to your heart and try it too!

Oh, I have to say Glenn is funny (he told me to say that). He really is as funny as Kim is lovely and organised. Having on-site managers, at Waterview, is great for peace of mind, and an enjoyable holiday. **API**

Images: NSW National Parks

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