

Hungry for the South Coast

Dear Food Adventurers,

Imagine yourself now at a beautiful, hidden inlet with a local wine in hand, tucking into the freshest oysters you can imagine, or sitting on a pristine beach with a sense of peace in your heart. Welcome to the South Coast of NSW.

Join Chef Victor Pisapia (VictorsFood) and Michelle Darlington (MasterChef finals contestant 2009) for a 2-day feast of food & wine to the delicious South Coast of NSW originally developed as part of the Sydney International Food Festival 2009.



Along the way you meet local producers, take in stunning scenery, eat amazing local dishes and celebrate the best of what the region brings to the world of food.

You will get an insight into the region and its culture, the food and the people. The trip has exciting stops and many great events organised for you. We have been meeting people, making friends and building a wonderful trip, with unique experiences at each stop for you.

Your Guides

Victor Pisapia – is passionate about food and travel. A qualified chef and trainer, Victor is currently owner of VictorsFood (www.VictorsFood.com.au), and formerly of award-winning restaurant Rattlesnake Grill, and team building company Cheeky Food Group. Victor moved to Sydney after developing and running several successful restaurants in the USA. He has crafted and led food adventures to South America (the next in April 2010), Santa Fe (New Mexico, USA), the Greek Islands and Far North Queensland. His travel experience and personal approach to food make each tour a unique experience.

Michelle Darlington - MasterChef finals contestant 2009, and a South Coast native, Michelle has also been a teacher and a photographer. Michelle's recent focus on food led her to take every cooking class she could, including an amazing "food trip" to Italy to study with an Italian chef. Passionate about the food she eats, Michelle grows her own veggies and fruit trees. Big on organics and slow food, she will lead us to all the great finds in the area, and whip up a few goodies to tantalise our palates. Michelle is the secret ingredient to this great food and fun adventure.

Sample Itinerary

The tour runs periodically through the year and features the best seasonal produce and experiences at the time. Therefore the itinerary will change, so it will always be a unique experience. The following sample itinerary is based on our previous tours.

Saturday

Depart: Sydney by coach at 7:30 AM via Sea Cliff drive about 2.5hrs

Arrive: Berry about 10:00 AM for a hit of great coffee and some morning tea at the Berry Sourdough Bakery.



Our next stop is to learn about “flour + water + salt” – the key ingredients that make Joost Hilkemeijer, owner of Berry Woodfired Sourdough Bakehouse (www.berrysourdough.com.au), a unique artisan in his craft. We enjoy a few tastings of his wares with some luscious local Kangaroo Valley Olive Oil. Then we’re off to the Treat Factory for a chocolate making demonstration using callebaut chocolate (only the best). Our next stop is a local vegetable farm that supplies many of the great local restaurants.

We then travel to Greenwell Point, to Jim Wild’s Oysters where we meet the man himself, the World Champion Oyster Shucker. Eat delicious fresh Sydney Rock Oysters, drink local wine and enjoy a unique lunch experience featuring oysters and fresh local fish. Expect a few demos from your tour leaders. This experience is almost zero food miles, so you can indulge in the guilt-free adventure. This is about a man and his oysters!

After lunch we make our way to our accommodation in Boderee National Park, Jervis Bay at Bay of Plenty Lodges (www.bayofplentylodges.com.au). We embrace, in true Aussie spirit, the simplicity of pristine cabins along the edge of a beach like no other. Now you will know you’re on the south coast – it shines.



After a few hours of relaxation and a swim, we drive through the woods to our dinner setting at Paperbark Camp (www.paperbarkcamp.com.au). Tucked away in the South Coast bush, this gorgeous Ecotourism certified resort has an “Out of Africa” feel that carries over to their restaurant The Gunyah (aboriginal for meeting place, or place of shelter). Designed by Sydney architects, Nettleton Tribe, it is a chic space built high off the ground where you can relax in the moment. New

celebrity chef John Evans (ex Three Weeds, Sydney) is manning the kitchen now so expect a delicious seasonal menu full of regional specialties.

Return to Bay of Plenty Lodges for a well-deserved sleep.

Sunday

Enjoy a walk or run on the beach and a lazy morning, with a simple al fresco breakfast before we head out around 10:00 AM.

We continue heading south towards Mollymook and Ulludulla where we take in some of the breathtaking scenery and a few local stops. We then head to Cupitt’s Winery (www.cupittwines.com.au). Step out of the coach and enjoy the outstanding views to the Budawang ranges and Burril Lake. Learn about





"underground" winemaking in the barrel "cave", with barrel and vat tasting led by winemaker Rosie Cupitt. Our food experience today is a Slow Food "100 Mile" Lunch, using only local regional ingredients that showcase the best of the South Coast. We will be joined by a host of like-minded foodies, so it's a chance to make some new friends while imbibing a stunning lunch and wines.

Return to Sydney in the late afternoon with one last stop in Berry for a quick comfort or shopping break – then dream your way back to Sydney!

Arrive: Sydney about 7:30 PM.

Cost:

Land Content, Twin Share: \$550; Single Supplement: +\$100

Note: If meeting the tour in Berry, NSW same cost applies.

Bookings & Information:

Tour Organiser

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Terms & Conditions

Inclusions

Coach transfers from Sydney starting point to all scheduled stops & return; 1 night accommodation; 1 morning tea; 1 breakfast; 2 lunches; 1 dinner; demonstrations, tours, and tastings as indicated; guides; gratuities (meals only), chef and tour fees for all listed activities (excluding beverages unless stated on itinerary); and plenty of local characters to make it a lasting memory.

Exclusions

Transportation to/from Sydney starting point; insurance; drinks (unless noted otherwise in itinerary); items of a personal nature.

Deposit & Payment

A non-refundable deposit of \$250 per person is required on booking in order to secure your place. Places will not be held without a deposit. Final payment is due 30 days prior to trip.

Travellers' Special Needs

Please advise VictorsFood of any special requirements such as Special Meals, Medical Requirements etc, as soon as possible.



Physical Requirements

Many of the sites on the South Coast are open-air and involve a reasonable amount of walking. But this is not physically a hard trip. If you get motion sickness it is imperative that you bring with you your motion sickness medication, as we travel by coach through sometimes-curvy roads.

Accommodation

Our accommodation is selected for location and amenities. Accommodation pricing is based on shared 3½ star cabins with 1 king/queen, 1 twin and 1 bunk room, with a shared bathroom. Single supplement gets a private bedroom in a shared cabin. We have 3-4 people per cabin. The cabins have tea and coffee making facilities, so you can bring along your private stash.

Travel Insurance

We strongly recommend you purchase a comprehensive travel insurance policy of your choice at the time of booking if you're coming from overseas. Insurance generally covers cancellation fees, loss of deposit, luggage, etc, but every policy has its own terms and conditions. Read your policy carefully.

Cancellation

If cancelling prior to final payment, the deposit is non-refundable. After final payment is received, a cancellation fee of approximately 75% applies. This percentage may be less depending on the date of cancellation. A cancellation fee of 100% is applicable within 14 days of travel.

Pricing

All prices are shown in Australian dollars and are current as the date of printing this itinerary. If there is dramatic fluctuation in the price of services provided which are beyond the control of VictorsFood, VictorsFood reserves the right to adjust tour prices accordingly, even though the balance of payment may have been made. This would only happen in very unusual circumstances.

Itinerary Validity and Content

This itinerary is valid for 2009 unless specified. Every effort has been made to ensure accuracy. VictorsFood shall not be liable for any injury, damage or loss caused by any inaccuracy or the need to make changes due to circumstances beyond our control. VictorsFood reserves the right to change tour arrangements or accommodations for security reasons, or to adapt to changes imposed by other carriers. We try to provide alternative arrangements of the same standard as that originally booked.

Disclaimer

VictorsFood is not a carrier or hotelier, nor do we own aircraft, hotels or coaches. The services VictorsFood supplies consist of arranging and co-ordinating accommodation, tours and transfers, making bookings and issuing vouchers to be redeemed by suppliers if necessary. We exercise every care but assume no liability for the selection of tour operators, coach operators, hotels and other suppliers of the various travel services that are used in these tours. It is important to note all bookings with VictorsFood are subject to the terms, conditions and limitations of liability imposed by the service providers whose services we utilise, some of which limit or exclude liability in respect of death, personal injury, delay and loss or damage of baggage. VictorsFood does not accept liability for events beyond our control or liability for accidents incurred due to actions taken at your own risk.

Travellers' Responsibilities

It is your responsibility to meet the tour at its place of departure in central Sydney. If joining the tour in Berry NSW, you must notify the tour operators in advance. It is your responsibility to bring a sense of adventure, let yourself enjoy the moment and relax. ☺