

Sydney & New South Wales – An Itinerary for Foodies

Day 1, Sat

Arrive at Sydney Airport on your Qantas flight in the morning.

Visit the **Carriageworks Farmers' Markets** (Saturdays 8am-1pm), an award-winning authentic Farmers' Market with fresh, seasonal produce and hot food.

If you happen to arrive on a Friday, head to **The Rocks Foodies Markets** (Fridays 9am-3pm) on the quaint cobblestone laneways of the birthplace of modern-day Australia where European settlers first stepped ashore. Catch a glimpse of the **Sydney Opera House** from under the **Sydney Harbour Bridge** at Dawes Point Park.

Head over to **Tramsheds Harold Park**, set in the historic once bustling Rozelle Tramways Depot built in 1904. There's even a fully restored Sydney tram inside!

There's a wide variety of food options, such as **Flour Eggs Water** for home-made pasta, where you can even sit at the bar and observe their open kitchen as their Pastaio, dedicated to his craft take part in the daily ritual of making fresh pasta. Enjoy live music at the park on Saturday and Sundays 12-3pm.

Explore the creative Glebe precinct. Visit the **Glebe Markets** (Saturday 10am-4pm) for amazing produce, arts & crafts and more. Savour delightful churros from Chocolateria San Churro. Enjoy the Earth vs Sky art installation by Allan Giddy at the Glebe's Bicentennial Park during sunset, when the dramatic bathing of light transforms two Moreton Bay fig trees.

Spend a relaxing day at **The Grounds of Alexandria** in this coffee roaster, café, bakery, bar, kitchen garden, weekend market, florist and a mini-farm all rolled in one. Visit the Potting Shed and have your delicious food served on a shovel or flower pot! On Fridays, enjoy live music from 6.30pm.

For something more fancy, make a reservation at **Café Sydney** or **Bennelong Restaurant and Bar**, both offering stunning views of the Sydney Harbour.

Day 2, Sun

Spend the morning café-hopping between some of Sydney's best cafes in **Surry Hills** such as: Bourke Street Bakery, Single Origin Roasters, Neighbourhood by Sean McManus, Bangbang Espresso Bar and Café, Devon Café, Gelato Messina and more.

Hit the streets of **Chippendale** where you can visit White Rabbit, home to one of the world's most significant collections of contemporary Chinese art, before getting a dessert fix at Koi, by Indonesian Masterchef judge Arnold Poernomo and Masterchef contestant Reynold Poernomo.

Explore **Newtown's** famous street art pieces like the 'I have a Dream' mural featured in Coldplay's "A Sky Full of Starts" music video. Make sure you stop by Black Star Pastry for its famous Strawberry Watermelon Cake and award-winning slow-cooked Lamb Shank and Red Wine.

Why not try some of the 'World's Best Gelato' at Cow and Moon, Enmore?

Plan to go shopping at **Pitt Street Mall** and **Queen Victoria Building**; or discover **Barangaroo**, Sydney's newest waterfront destination.

End the day with a sunset dinner cruise along the Sydney Harbour with Captain Cook Cruises.



Carriageworks Markets



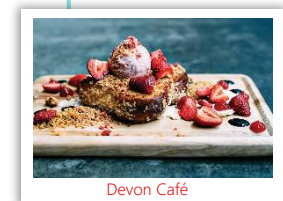
Tramsheds Harold Park



Glebe Markets



The Grounds at Alexandria



Devon Café



BlackStar Pastry



Sunset dinner cruise

Day 3, Mon

Go on a Behind the Scenes tour at the **Sydney Fish Market** (6.40am, approx. 2 hours), the largest working fresh seafood market of its kind in the Southern Hemisphere.

Enroll into a cooking class at Sydney Seafood School, a hands-on cooking session with a leading chef or seafood educator and prepare your own seafood lunch with wine-tasting.

Take the Shopper Hopper direct ferry from Darling Harbour to **Birkenhead Point**, Sydney's largest outlet centre, where you can shop at over 120 premium outlet brands whilst enjoying spectacular harbour views.

Return to Circular Quay via the Shopper Hopper and hop on the next ferry to Watsons Bay while enjoying stunning views of the **Sydney Opera House** and **Sydney Harbour Bridge** along the way.

Explore rugged cliffs at Gap Bluff and if you're up for more stunning views, go on the South Head Heritage trail towards the historic **Hornby Lighthouse**.

If not, simply relax on the beach before your dinner at Doyles on the Beach and watch the sunset as the Sydney city skyline lights up from afar.

“ *I absolutely love the Sydney Fish Market. That's the only place I go to buy my fish. You seriously can't get any fresher than that... and sashimi – you get the best here, it's wonderful!*

- Audra

Day 4, Tue

Make your way to the **Hunter Valley** and explore Australia's oldest wine region. Experience award-winning vineyards, cellar doors and wineries of the region, such as Audrey Wilkinson, Tyrells's Wines and Brokenwood.

Sample cheeses and chocolates at the Hunter Valley Cheese Factory, Binnorie Dairy and the Hunter Valley Chocolate Company.

Have lunch with a view at Muse Restaurant or Bistro Molines.

Savour an after-lunch digestif at **Hunter Distillery** with a variety of vodkas, schnapps and their award-winning copperwave gin; or Explore the beautiful **Hunter Valley Gardens**.

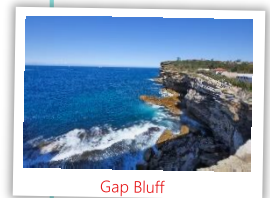
Dine at Restaurant Bontanica



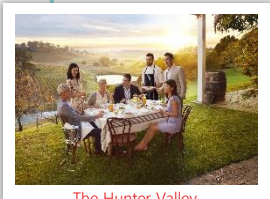
Sydney Fish Market



Birkenhead Point



Gap Bluff



The Hunter Valley



Wine tasting



Cheese tasting

Day 5, Wed

Float over the Hunter Valley vineyards on a sunrise hot air balloon ride with **Balloon Aloft**, followed by a delicious gourmet breakfast and champagne celebration at the famous Peterson House, Winery and Restaurant.

Enjoy a game of golf at the beautiful courses of Oaks Cypress Lakes Resort; or head to Port Stephens for the following activities:

- Dine on the marina at Little Beach Boathouse
- Enjoy freshly shucked oysters at the Holberts Oyster Farms
- Savour craft beer at Murray's brewery
- Join a dolphin watch cruise in the Dolphin Capital of Australia
- Whiz through the largest coastal sand dunes in the Southern Hemisphere on a quad bike or go sandboarding



Day 6, Thur

Head back to Sydney or if you have more time, travel to the beautiful unspoilt NSW South Coast for the following:

- Pick your own apples, peaches and nectarines from the family-owned **Glenbernie Orchard** from November to May, or just stop by for fresh apple juice, honey, cider and jams.
- Head inwards to for a **truffle hunt in the Southern Highlands** with Yelverton Truffles from June to August
- Savour fresh oysters right on **Australia's Oyster Trail**
- Go on an oyster farm experience with **Captain Sponge's Magical Oyster Tour**
- Catch your own abalone, sea urchin, mussels and more seafood with **Australia's Coastal Wilderness Adventures'** Ocean to Plate experience

Or visit the award-winning cool-climate vineyards and local produce-driven restaurants of **Orange** and **Mudgee** in Central NSW

Photo credits: Everleigh Farmers Markets by James Horan; Glebe Markets by James Horan; Sydney Fish Market by James Horan; Wine tasting, Hunter Valley by The Legendary Pacific Coast; Bistro Molines dining experience, Hunter Valley by Hugh Stewart; Sapphire Coast Eat Oyster Festival by Sarah Chenhall

