



LET THE SUNSHINE IN

Press pause on the hustle and bustle and hit reset for a renewed you, with a weekend escape to Noosa

I'm lying on a massage table in my hotel room, listening to the waves on the beach outside my balcony and surrendering to the relaxation...

Noosa, on Queensland's Sunshine Coast, is already a byword for beach frolics and chic boutiques, but it's only Friday night and already this weekend has surpassed the usual benefits of a beachside break. In the fridge in my apartment at On The Beach is a healthy dinner prepared for me by Symmetry Concierge, and I go on to have the best night's sleep I've had in ages.

So far, so dreamy, but Luxe Fitness Escapes owner, Kelly Carthy, has plenty of activities in mind for my personalised break (brief: de-stress me and get me moving). She tailors itineraries for each individual according to need – and it's not just physical activities on the menu. If you're seeking a personal breakthrough, Carthy, a fitness trainer and lifestyle coach, can help you clarify your goals and prioritise your health. I come away armed with strategies to conquer my inbox and reconnect with friends.

Next morning begins with meditation on my rooftop terrace (later I zone out on a sunlounger up there), before a quiet paddleboard among the mangroves. Yoga and Pilates on the board work up my appetite for breakfast, which is elegantly laid out on an



BEACH THERAPY
(clockwise from far left) Noosa's tranquil Main Beach; cantering across the North Shore; riverside dining at Rickys.

Instagram-worthy lace picnic blanket. We cap off this indulgent day with riverside dining at Noosa classic, Rickys.

Sunday morning begins on quite a different note. I'm up early for a sweaty, exhilarating coastal hike rounded out by yoga on a deserted beach. An oceanfront breakfast at Season Restaurant is followed by horseriding with trekking experts Equathon. As we canter along an endless stretch of pristine sand, even a rogue storm can't dampen our enthusiasm.

After channelling Elizabeth Taylor (in *National Velvet*), I get a touch of the George Clooneys (in any Venetian scene you care to name), as we motor along the river in a vintage-style mahogany speedboat from Noosa Dreamboats.

Once back home, I'm still reaping the rewards of my trip. Showers now bring back the scents of Noosa with the Saya organic body wash I was gifted; the Vanilla Mozi repellent I slathered on among the mangroves is still scaring off Sydney's stinging things. Those weren't the only takeaways: I've scheduled in exercise again and sorted out a few nagging personal issues. This is a break with bonuses that go beyond... 📍

Visit luxefitnessescapes.com.au.

🐦 FOLLOW HANNAH ON TWITTER @HFJAMES.

EDITED BY HANNAH JAMES. PHOTOGRAPHY: KELLY CARTHY

FIT TO TRAVEL *Workout destinations* BY ALLEY PASCOE

HOTEL CYCLE, JAPAN



The world's first cycling hotel allows you to check-in on your bike, store it in your room and offers shipping services to send it home. Lycra is optional; onomichi-u2.com/en/hotel_cycle.

THE SIAM HOTEL, THAILAND



Get fighting fit at The Siam Hotel's Muay Thai gym in Bangkok. Learn from professionals and eat meals prepared by an executive chef to suit your program; thesiamhotel.com.

HAVE BOOTS, WILL TRAVEL

R.M. WILLIAMS WEEKEND

Strap your boots on and head to the Emirates One&Only Wolgan Valley. Think degustation, trail rides, luxe villas and stargazing. May 6–8, \$2480/night (twin share); (02) 9308 0500.

