

WELCOME TO THE

MORNINGTON PENINSULA

eBOOK



visitmorningtonpeninsula.org



FIND YOUR WAY

There are hundreds of ways to discover the Mornington Peninsula. And, with just a little help from us, you'll find your own unique way. Maybe it's tipping and tasting on the Wine Food Farmgate trail. Slipping into slow mode in a spa. Diving to the depths of the ocean or surfing the tree tops. Walking beaches, wandering villages, watching wildlife. Just come and find your way.

DAYBREAK TO DUSK DISCOVERIES

Sip an early morning coffee from local roasters and plan your day. If you're up with the birds and want a unique wildlife experience, find your way to Greens Bush where kangaroos feed in the wild at dawn. Then it's time to stock up on your own provisions: follow the Wine Food Farmgate trail and discover a busy local market, a gourmet village store or a farmgate selling just-picked produce.

You could easily spend days exploring this trail, with its orchards, vineyards, chef's hat restaurants, cool cafes, cooking classes and more than 50 cellar doors. Breweries, distilleries and ciders are expanding the drinks list too, with a distinctive regional twist.

Other trails criss-cross the Mornington Peninsula: horse rides wind their way around bridle trails, cyclists hit mountain bike and bitumen trails, walkers tackle the 100km Mornington Peninsula Walk, art lovers follow the coastal arts trail.

And if you're loving fresh the maritime air, there are plenty more ways to enjoy it. Tee off on some

of Australia's top golf courses, walk dramatic cliff tops or stroll through award-winning sculpture parks and historic gardens.

The water's so fresh and clear too - you can revel with seals and dolphins, kayak along a coastline or hook your own catch of the day.

At dusk, it's time to slip into naturally heated mineral waters. Float in a private outdoor pool sculpted from local limestone, or luxuriate in a hilltop pool and watch stars emerge in the sky.

HIGHWAYS ALL THE WAY
All roads lead to the Mornington Peninsula... you'll be here in just an hour.





THE VILLAGE VIBE

Roam around colourful villages right along the coastlines and in the hinterland. It's a way of life that's delightfully lazy and full of unexpected finds.

WHAT'S OLD IS NEW

Around 30 villages with traditional main streets and little retail squares reveal your kind of shopping...cafes with cred, boutiques with style, artists' studios and galleries, food stores packed to the rafters with local produce.

If you're into vintage and antique or love the quaint and quirky, Tyabb is your kind of town. Marvellous markets dotted around the Peninsula are the best places to unearth handmade treasures, along with super-fresh produce. Standouts are Red Hill's monthly market (spring to autumn) and the Wednesday Main Street market which stretches almost a kilometre in Mornington. The big food and wine focus is up in the hinterland, especially around Red Hill and Main Ridge. You can tick off fine dining restaurants, gourmet stores, farmgates, olive groves and tipples from breweries, distilleries, cideries and cellar doors.

Then there's the continuous shopping spree right along Port Phillip Bay, from Frankston through Mt Eliza, Mornington and Mt Martha, to the family villages of Rosebud, Dromana, McCrae and Rye. Sorrento is serious sophistication, then you can relax with a drink at the end of the day at Portsea and the Peninsula's most famous beachside hotel. Next day, drive over to Western Port Bay: Balnarring and Merricks are edged with vineyards and boast lots of local produce, and Flinders makes its mark for dining, boutiques and antiques.

Home is where the art is...
Mornington, Red Hill, Mt Eliza,
Sorrento and Flinders have
your style.



INSPIRED! ARTS, CULTURE AND EVENTS

If it's creative, inventive and fun,
you'll find it here.



LOOK, LAUGH, LEARN AND LISTEN

You'll find an event calendar that can get as busy as a pop diva's diary. Summer sand sculpting and carnivals, garden tours, art and cooking just for kids, sports events, theatre, music and twilight markets. And it's just as busy along the Wine Food Farmgate trail, with a pinot noir celebration, regular cooking classes, wine dinners and picnic race meetings.

Then there are the galleries and studios where you can watch artists at work - including world class glass blowers and ceramicists. Check out the fine art exhibitions, wander around outdoor sculptures and fossick in markets for local crafts.

The history is just as absorbing, as Victoria's first European settlement was established near Sorrento in 1803. Many strands of this story are woven together by tiny museums, simple heritage homes and richly furnished mansions.

Two of the Peninsula's most famous heritage features are best combined with fabulous coastal walks: the military installations and the old Quarantine Station in Point Nepean National Park, and the maritime history of the 1859 Cape Schanck Lightstation.



50 SHADES OF GREEN

Get out amongst it...great golf courses,
grand gardens, crazy hedge mazes. And
you can hop on a horse for a bush ride, or
handfeed the wildlife.

GREAT IDEAS FOR THE GREAT OUTDOORS

With magnificent landscapes to explore and the sea almost surrounding us, the Mornington Peninsula has about as much adventure as you can tak. Discover a wealth of fun activities and attractions for everyone to enjoy.

Entertaining the kids on the Mornington Peninsula is also very easy. Let 'em loose in adventure gardens, treat them to a pony ride and introduce them to super cute baby farm animals. There's mini golf, tree surfing, a new gondola ride at Arthurs Seat, the annual sand sculpting exhibition on Frankston waterfront and some very puzzling mazes in huge historic gardens.

These gardens put on a show right through the year, with blossoms and bulbs in spring, acres of rose gardens in summer and hills of lavender flowering year-round. Garden cafes are the best spot to admire it all.

Ever been horse riding? If not, this is the perfect place to learn. There are rides through native bushlands, over the sand dunes to a dramatic ocean beach, all-day excursions for experienced riders and romantic twilight rides along the beach.

Just after twilight, take a lantern-lit tour of endangered wildlife that emerges only after the sun goes down. Daytime highlights include little wallabies that love to be handfed, and many rare creatures.

A NEAT PACKAGE

Have we got a deal for you! Golf touring with accommodation, horse riding with hot springs, or a beach ride followed by lunch.





*"Just a leisurely drive
from Melbourne will
take you to a whole new
worlds of experiences."*

Get Up & Go Magazine





WALKING TRACK →

CAIRNS BAY 600 m

WALK IT, (CYCLE IT, HORSEBACK RIDE IT

The rolling hills and endless coastlines are beckoning you to come and explore.
Who could resist?

CLIFFTOP RAMBLES AND COUNTRY LANES

If ever a region was made for walking, it's the Mornington Peninsula. Take a beach stroll along a white sandy beach on Port Phillip Bay, or brave the breezes and wild surf along an ocean beach. Up on the cliffs, walking tracks bring the bonus of spectacular views, especially around mega-rich Sorrento and Portsea.

Clifftop rambles and country lanes

Super fit and want a challenge? Take the 100km Mornington Peninsula Walk through the countryside and along the coast. Love history? There are the dramatic wartime relics of Point Nepean to explore on foot, while Cape Schanck has one of Victoria's oldest light stations perched high above Bass Strait.

Inland, it's all green, quiet and shady, with bird-filled wetlands and grand gardens. And you can walk-and-shuttle between wineries. End the day with a walk at Arthurs Seat, the Peninsula's highest point, with bays curving right along the coastline below you. (If you stay on till evening, the villages become part of a huge patchwork of pretty lights.)

Trail tactics

Hire a bike, and you never know who you'll meet: fellow cyclists, walkers, horse riders, runners or locals walking their dogs.

There's lots to discover, including little villages, local history, famous old bathing boxes, bushlands and seascapes. Mountain bikers love the Red Hill to Merricks rail trail, cyclists spin along the 17 km Bay Trail from Dromana to Sorrento or the 26 km Western Port Bay Trail from Somerville to Balnarring.

DID YOU KNOW

The Mornington Peninsula has long been a muse...take the Sorrento-Portsea Artists' Trail or the Coastal Arts Discovery Trail at Frankston.



MARINE MARVELS

It's another world down here, where seals swim, dolphins dive and all sorts of curious sea creatures can be spied.



SPLASH OUT ON AQUATIC ADVENTURES

Port Phillip Bay is one big adventure that's just waiting to happen. So come and meet your new playmates: the wild bottlenose dolphins and the fur seals that provide endless entertainment when you snorkel down to join them.

Operators provide all the gear you need, along with comfortable boats for non-snorkelling partners.

Scuba divers have the ultimate experience: diving along steep walls, shallow reefs and some of the 60 shipwrecks that have gone down since the 19th century. Snorkelers have just as much fun, with the 200m Octopuses' Garden Trail at Rye pier. Weedy sea dragons are the main attraction, but watch for pygmy seahorses hiding in the seaweed, octopuses in the sand, as well as sponges, sea stars, fish and rays.

There's just as much action on top of the water – ever been sea kayaking, stand up paddle boarding or wakeboarding? Instructors are ready and waiting, and there are sea kayaking tours to the

dolphin sanctuary off Point Nepean National Park.

Port Phillip Bay is renowned for fishing, so come and hook your own 'catch of the day'. There are enough varieties here to make a seafood chef go misty eyed... King George whiting, snapper, shark, garfish, calamari, flathead and more. Just make sure you've got a bottle of Mornington Peninsula wine nicely chilled.

FROM COAST TO COAST

Just across Port Phillip Bay is historic Queenscliff. Pop over for a day visit from Sorrento – the ferries run every hour, on the hour.





*"The daily choice of ocean
adventure or bayside leisure
is a luxury."*

Australian Gourmet Traveller





SIX DEGREES OF RELAXATION

For some, it's a brisk and breezy walk or 18 holes of golf. For others, it's 'me time' at a luxurious spa or private mineral pool.

What's yours?

IT'S BODY BLISS

You'll find quite a few miracle workers on the Mornington Peninsula. A walk on a deserted beach, with the rhythm of the waves and fresh sea air, is one. So is the naturally heated mineral water which flows into private spa pools. Just lie back, let go and put life on hold for a bit.

Treatments at day spas certainly fall into the miraculous category. Just an hour of body bliss is all it takes, with therapists using western, eastern and Aboriginal massage techniques. Add a facial and foot treatment, scrubs, masks and wraps with organic ingredients, and you're well on the way to a new you.

Outdoors you'll find a choice of mineral water pools, warm water exercise classes and yoga. Then there's a reflexology walk, Turkish steam bath, underground sauna, hand and foot baths and cold plunge pools.

If boosting your wellbeing involves a little more exertion, think bush walks, cycle trails, golf courses, horse rides, surf breaks and aquatic adventures.

Feeling better already?

DID YOU KNOW

That local shiraz grapes can be transformed into a luxurious antioxidant balm, which is applied during a soothing and calming massage?





WINE FOOD FARMGATE

How delicious is this? Come and discover the many places to eat, forage, sip, shop and learn on the Wine Food Farmgate trail. More than a dozen trail maps show you where and how.

4 SEASONS, SO MANY REASONS TO EXPLORE

Everything changes with the seasons. The fruits and vegetables from farmgates. Restaurant menus inspired by what's fresh and local. Summer delights like cherry picking, winter adventures like truffle hunting.

Just follow the Wine Food Farmgate trail map, and it all unfolds ...market gardens, farmgates and farmers' markets. Artisan food producers, restaurants, cafes and cooking classes.

There are special interest trails too. Start your next lunch or dinner party with a new talking point - just follow 'That's the Spirit...and Cider and Ale' trail and meet the new wave producers who are really shaking up the cocktail lists.

'Gourmet Stores and More' will tick everything off your shopping list...from dukkha and olive oils to jams and pickles, honey and chocolate to spices and locally roasted coffee.

'Down on the Farm' pinpoints all those farmgates where everything has come from the paddocks, orchards, vegetable gardens, hen coops and

beehives. Want to know more? The 'Learn and Grow' trail lists cooking classes and produce-growing workshop. The 'Tour Around with a Local' trail highlights local tour operators who have an abiding passion for food and wine.

The 'Great Indulgence' trail winds a delectable route between cheese and chocolate producers. The 'Berries and Cherries' trail yields luscious summer fruit - just pair it with house-made ice cream and dessert is on the table.

And check out the 'Wine and Dine' trails where you're staying, such as Red Hill/Main Ridge, around Port Phillip Bay and from Merricks to Flinders along Western Port Bay.

DOWNLOAD

The Wine Food Farmgate trails maps and look for the Wine Food Farmgate logo on your travels.



"With more than 50 cellar doors as well as cafes, restaurants, and farmgates selling fresh produce, you'll want to return again and again."

Australian Good Food Magazine





BOOK YOUR WAKE-UP CALL

What will it be? The murmur of the sea?
Bird calls in the bush? The sounds of farm life,
or the first golfers to the tee?

COASTAL CHIC, COUNTRY CHARM

Here's the best of all worlds, from the coast to the country and everything in between. Coastal villages lay out the welcome mat with luxury hotels, seaside cottages, B&Bs, bayside apartments and motels. Seaside camping has long been a tradition on the Mornington Peninsula, and it's now hit the style register with contemporary glamping.

Then, as they say, it's location, location, location. Port Phillip Bay villages are perfect if you want to be right opposite the beach, and in the thick of marine sports, shopping, pubs and cafes. Western Port Bay villages are a little more laid back, with peaceful beaches and quick access to the wineries and cellar doors on the western slopes.

But if you're a country gal or guy at heart, just head for the hills. You'll find luxury vineyard suites and apartments, 5-star boutique hotels, lakeside villas and spa retreats. Many little country properties have been transformed into B&Bs, and

there are cute cottages (think open fires, comfy couches and shady verandahs) if you'd like to self-cater.

The big bonus? The vineyards and cellar doors of Red Hill and Main Ridge are close by, as are many farm gates, restaurants, gardens and bush walks.

If your golf clubs are the first thing you load into the car, check out the resorts and hotels right on the golf courses.

BRING YOUR BEST MATE

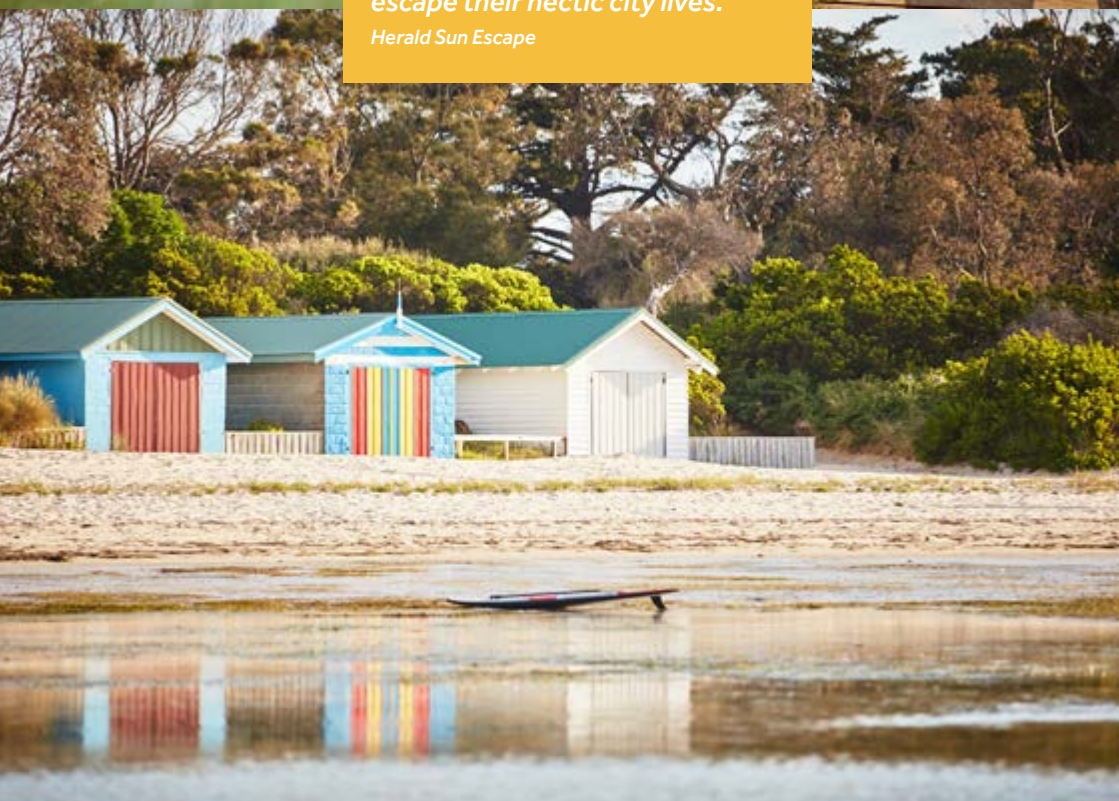
Can't bear to leave your furry friends at home? Some cottages, holiday homes, apartments and beach houses welcome dogs.





"The Mornington Peninsula has plenty to offer those wanting to escape their hectic city lives."

Herald Sun Escape



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visitmorningtonpeninsula.org

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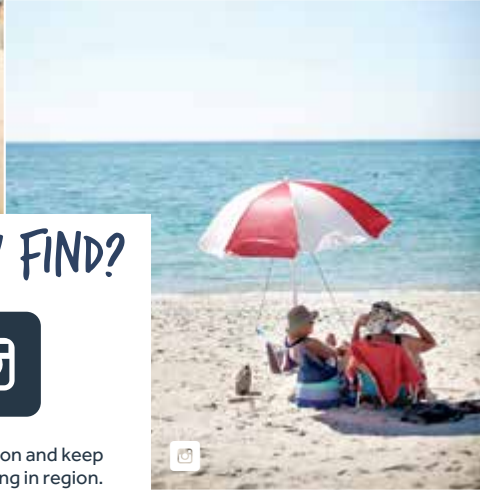
359B Point Nepean Road, Dromana VIC 3936
(Map Ref: M12)



FRANKSTON VISITOR INFORMATION CENTRE

Phone: **1300 322 842**
Pier Promenade, Frankston Waterfront,
Frankston VIC 3199 (Map Ref: R4)





WHAT WILL YOU FIND?



Follow us to join the conversation and keep up to date with what's happening in region.

As you discover all of the great things to do and places to see on the Mornington Peninsula share your pics on social media using our hashtags.

Hashtagged images stream into social media feeds on our campaign websites so that we can inspire others to get out and explore the region.

We'd love to see what you find!

#winefoodfarmgate
#findyourwaymorningtonpeninsula

