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It was our second experience with air travel that day, as we'd flown the 420km with Brindabella Airlines. After we picked up our hire car, we enjoyed brunch at the town's Foreshores Cafe at the time we would have crossed the NSW border had we driven all the way from Brisbane.

The onsite circus school is just one of the activities available that makes the Novotel Pacific Bay Resort such a family-friendly destination. The four, floodlit tennis courts, three heated swimming pools and a supervised gym had our fellow guests on the go. And youngsters were entertained at Club Dolfi.

We kept to a slower pace the next day and joined an escorted walk around the grounds and sheltered bays, finishing with a visit to the Wallabies' training facilities. After a few hours on the go, tired muscles and minds were revived and rejuvenated with a 90-minute Pohaku hot stone massage at the Tranquility Beauty and Massage Retreat.

We thought it obligatory to continue our relaxed state with a nap in our spa suite overlooking the first tee of the nine-hole golf course and the lake that is home to so many water birds.

The rainforest theme of Charlie's Restaurant & Bar has been extended to the lunch and dinner menus, and that's where I learnt that there are more flavours to the myrtle family than lemon. My prawns dipped in aniseed myrtle-infused tempura batter were a case in point of how varied bush tucker can be.

www.pacificbayresort.com.au. Ph: 1300 363 360.
Brindabella Airlines flies Brisbane-Coffs Harbour twice daily, from \$390rtn.
Ph: 1300 668 824. www.brindabellaairlines.com.au

Deals

Liz Johnston

Long haul // Avoid hauling heavy bags and paying excess baggage fees with Personal Porter. The cost for a bag up to 32kg door-to-door from Brisbane to the UK is \$465. Sounds high, but the economy passenger limit is 20kg and each extra kg is up to \$48. Ph: 1300 851 601. www.personalporter.com.au

Birth right // If your baby is born on Mon, Oct 1, you qualify for a free, two-night holiday for two adults and two kids at Paradise Resort, Gold Coast, Nov 1, 2007-Aug 30, 2008. Register birth before Nov 29 at www.paradiseresort.com.au. Ph: 1800 074 111.

Cruise along // Save 20 per cent on a five-night Coral Princess cruise from Auckland to NZ's Bay of Islands, Dec 21-Feb 16. Discounted prices from \$2392 pp. Ph: 1800 079 545. www.coralprincess.com.au

Stay a while // Fly Scandinavian Airlines to Europe return and stay free at Novotel Suvarnabhumi Airport Hotel for six hours+ in Bangkok. Economy fares in combination with Thai Airways from \$2039. Ph: 1300 727 707, or email sas.australia@sas.dk