

WRINKLE
FIGHTING DIET

5 foods to make you look younger!

AUSTRALIA'S NO.1 WEEKLY MAGAZINE

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Woman's Day



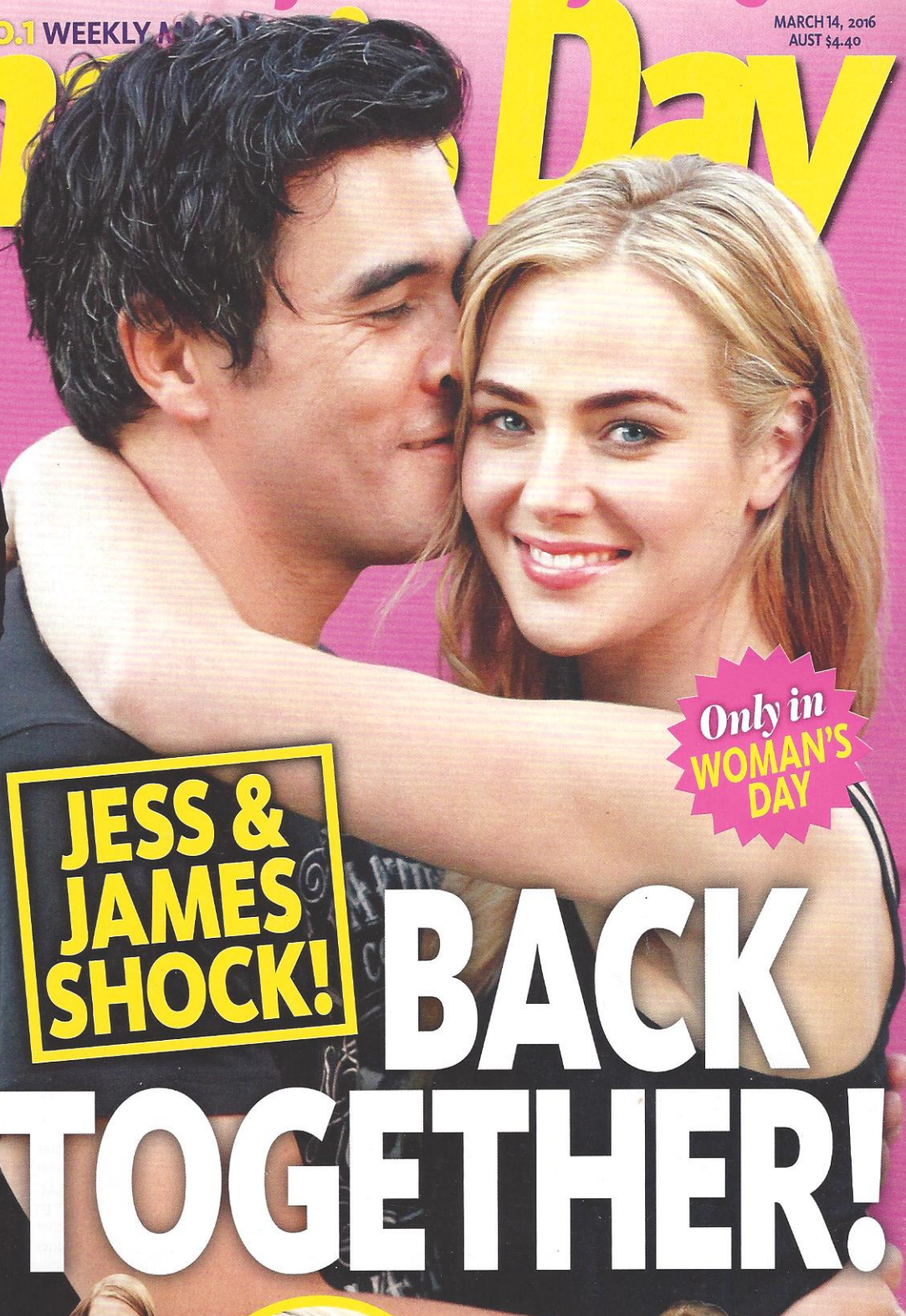
Nicole & Keith

HOW WE SAVED OUR MARRIAGE



Lara
Harry's
dramatic
arrival

THE
BLOCK
BABY
SPECIAL



JESS & JAMES SHOCK!

Only in
WOMAN'S
DAY

BACK TOGETHER!

Easy CHEESY chicken schnitzel

You know you
want to!

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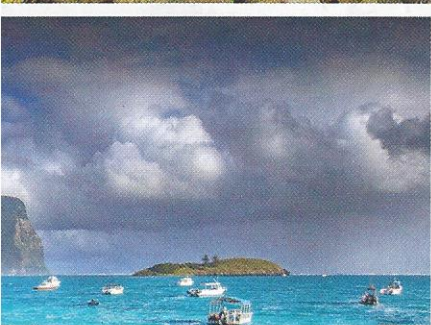
BECK'S JOY
MY MIA'S
GOING TO BE A
SUPERMODEL!



OUTBACK ANGELS

The selfless
heroes giving our
farmers hope

The SWEET



There are plenty of opportunities to get active.

Chill out in the garden at Pinetrees.



GETTING THERE

Lord Howe Island is a two-hour flight from Sydney, Brisbane or Port Macquarie. See qantas.com.au

WHERE TO STAY

Pinetrees Lodge runs Wellness Weeks in May, September and October from \$2130, including six nights twin share, all meals, twice-daily yoga classes with Charlotte Dodson and daily cooking classes. See pinetrees.com.au

Rolling out my mat on the boatshed's wooden deck, I prepare to lie back under the clear blue sky for our morning yoga session.

"There's a big spider on your leg," someone says, just as I feel the creepy-crawly!

Panicking, I flick my leg and the spider catapults through the air to land on the unsuspecting girl lying beside me.

"I'm so sorry!"

I cry, as she jumps to her feet squealing and jiggles it off.

We're all in fits of giggles as our waiter Denis, who has joined the class on his morning off, gallantly scoops up the harmless huntsman and places it on a nearby Norfolk pine.

Our sweet yoga instructor Charlotte Dodson remains calm throughout, and we continue the

class without further incident.

As I move into downward dog pose I peer backwards through my legs at Blackburn Island – a breeding ground for shearwaters – and hear birds fluttering in and out of the boatshed to their nests.

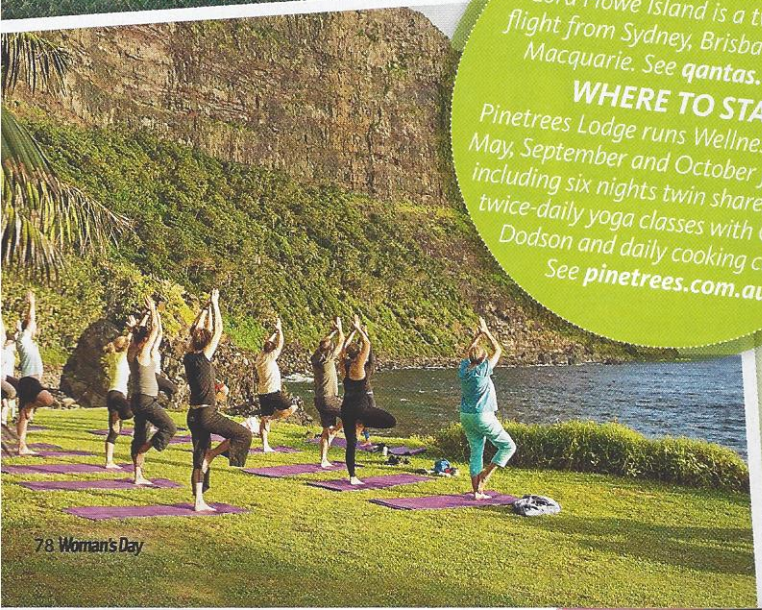
Wellness adventures

A far cry from a sterile yoga studio back home, here we are truly at one with nature during Pinetrees Lodge's Wellness Week classes on Lord Howe Island.

As well as our twice-daily yoga classes with Charlotte – who has taught everyone from Miranda Kerr to Gerard Butler – we snorkel the pristine reef, kayak to remote beaches and hone our skills at wholefood cooking classes.

Unlike more hardcore retreats, all the activities are optional, and you can still indulge in wine with dinner or a decadent dessert.

And when it comes to natural beauty, the 11km-long island,

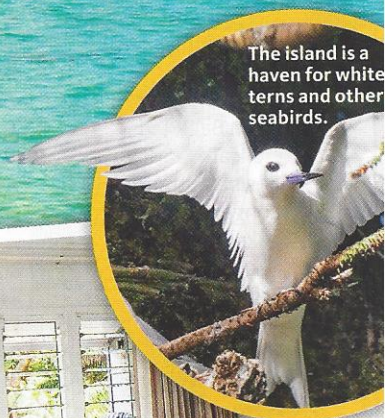


MT escape

The pristine beauty of Lord Howe Island is the perfect backdrop for a Zen escape
writes ANGELA SAURINE



The island is a haven for white terns and other seabirds.



which lies 600km off the coast of Port Macquarie, is hard to beat.

Trekking paradise

The best way to appreciate Lord Howe's white sandy beaches, two towering peaks and large turquoise lagoon is to get up high.

After a warm-up hike to Malabar Hill and Kims Lookout, some of us brave the notorious climb to the summit of Mt Gower, along with guide and former ranger Dean Hiscox.

It's a tough 14km, eight-hour return trek through palm forest, along a cliff, under branches, over tree roots, past a creek where we

refill our water bottles, up a few near-vertical rope climbs and through an *Avatar*-like cloud forest filled with mossy rocks and ferns, many of which can't be found anywhere else.

By the time we reach the top my legs feel like jelly - but the view is incredible.

Get away from it all

Pinetrees Lodge is the oldest accommodation on the World Heritage listed-island, though you wouldn't know it thanks to a stylish refurb by owners Luke Hanson and his wife Dani Rourke, whose great-great-grandparents settled here in 1842.

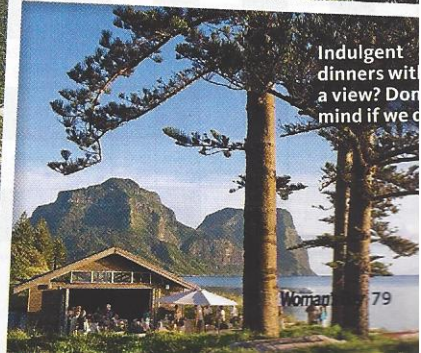
With limited wi-fi, no more than 400 tourists at a time and bikes the preferred transport option, a trip to Lord Howe is ideal if you want to chill out, get back to nature and get away from it all.



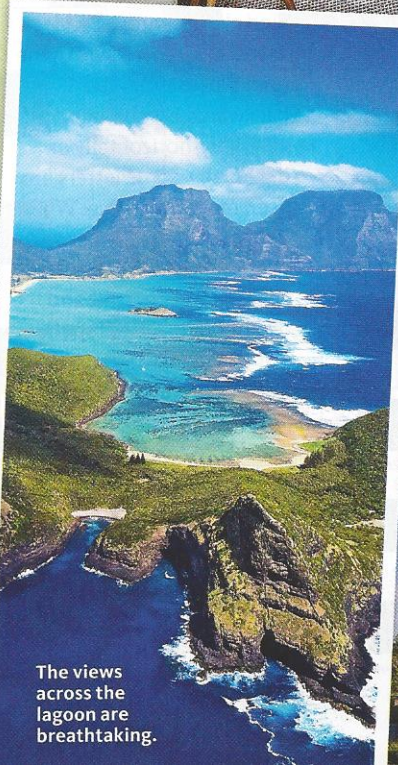
The trek up Mt Gower is hard going but very rewarding.



Indulgent dinners with a view? Don't mind if we do.



Woman 79



The views across the lagoon are breathtaking.



Angela gets back to nature on Lord Howe.