

# Saffire

FREYCINET

## WILD WELLNESS

Tasmania's fresh air, rugged scenery and quiet seclusion is synonymous with wellness. An escape to Saffire Freycinet can be, quite simply, transformational – from morning walks along empty white-sand beaches to restorative treatments at Spa Saffire, nourishing meals at Palate Restaurant, and quiet meditation and yoga on your private deck.



## THREE NIGHT ITINERARY



DAY 1

## ARRIVAL AND WELCOME

As you arrive to the private coastal sanctuary that is Saffire Freycinet, a sense of calm washes over you. Let this feeling linger as you're led through the doors of the main lodge which reveal the breathtaking sight of The Hazards mountain range and Great Oyster Bay. Your bags are taken care of; all you need to do is admire the view, with a refreshing welcome drink in hand. A Saffire guest services manager will soon show you to your suite and let you settle in. This elegant space - which offers the highest standard of luxury and privacy - will be your sanctuary for the next three days: beautifully appointed, featuring Tasmanian timbers and design touches with alluring views. Each suite features a double head rain shower and generously sized bath, and an exclusive outdoor deck. In the Private Pavilions, a plunge pool takes centre stage in the extended courtyard.

## AFTERNOON

14:00 - 16:30

## Spa Saffire

Begin your wellness journey at Saffire Freycinet with a relaxing Signature Package at Spa Saffire, pre-arranged ahead of your arrival. Nestled within the heart of the lodge, Spa Saffire draws on the natural elements to revive and



restore you, using luxurious skin and body care products like La Gaia – an Australian company focusing on holistic health and beauty care. Start with a personal consultation to establish which treatments and therapies best reflect your personal needs and preferences, then let life's stresses melt away with a therapeutic mineral and milk soak in the bespoke marble bath. Pair a blissful tension-relieving massage from a highly skilled therapist with a full-body exfoliation using organic salt scrub, or relish the soothing sensation of a hot stone massage followed by a deeply hydrating facial. Spa packages can be tailored to individuals or couples, depending on the treatment. Leave Spa Saffire feeling both transformed and at ease, and allow this mindset to permeate the rest of your stay.

Note: This experience incurs an additional cost for guests.



DAY 1

## EVENING

Palate Restaurant at Saffire Freycinet is open exclusively to guests and has a reputation as one of Australia's most revered fine dining restaurants. Menus change daily, designed around what is available fresh from the water or paddock. A focus on fresh, high-quality ingredients is key, with Palate Restaurant's menu using the best of Tasmania's seasonal ingredients and locally grown produce. Once seated at your table, take a moment to admire the views of Great Oyster Bay and the Hazards mountains at dusk, then let Palate's expert team guide you through the evening's tasting menu. Or, create your own à la carte culinary journey featuring ingredients like fresh seafood straight off the local boats, succulent grass-fed beef and lamb, full-flavoured game meats, fresh herbs and spices and seasonal fruit and vegetables. Choose to match your meal with outstanding local wines or request a non-alcoholic beverage pairing. After dinner, enjoy a nightcap in the lounge, or retire to your room for a cup of soothing herbal 'snooze blend' loose-leaf tea, known for its calming properties that aid a deep and blissful night's sleep.





## DAY 2

## MORNING

Start the day with a cup of tea or coffee in-room; best enjoyed snuggled up in bed as you watch the sun light up the mountains through your floor-to-ceiling windows. Your suite's 'Art of Tea' selection includes an array of choices like the bespoke organic Saffire Rose Earl Grey - blended exclusively for Saffire Freycinet - featuring a black backdrop of earl grey highlighted with rose petals and a magical sprinkle of blue cornflowers, inspired by the everchanging hues of The Hazards mountains range.

If you like to move your body before breakfast, request for a yoga mat to be delivered to your room and salute the sun on your private deck. Or, take a gentle morning stroll or jog along Muirs Beach. Fuel your body with breakfast at Palate Restaurant ahead of this morning's walk, with dishes like coconut yoghurt labneh with fresh seasonal fruits and wild hives honey, or Four Mile mushrooms with whipped fetta, thyme and poached eggs on sourdough paired with a freshly squeezed green juice.

09:30 – 12:00

**Signature experience: Wineglass Bay Lookout Walk**

Lace up your comfortable shoes and meet your Saffire guide, who'll transfer you to the start point of the famous Wineglass Bay Lookout Walk. Beginning at the entrance to Freycinet National Park, this moderate trail is suitable for most fitness levels, and can be enjoyed at your own pace. Along the way, you'll be treated to panoramic views of the pristine coastline, rugged cliffs, and lush forests, and serenaded by the sounds of native birds as you breathe in the pure Tasmanian air. With each step, the mesmerising beauty of Wineglass Bay unveils itself; the turquoise waters glisten under the sun, while the pure white sand forms a perfect crescent, resembling a delicate wineglass. The view is breathtaking, offering a moment of serenity and wonder that will stay with you forever.



DAY 2

## AFTERNOON

Return to your room to refresh if you wish, then enjoy lunch at your leisure in the lounge. A more relaxed affair than dinner; join us for a seasonal spread of Tasmania's finest produce, complemented by an à la carte option from land and sea.

This afternoon is yours to spend as you please. Book into Spa Saffire for a relaxing post-hike Saffire Recovery massage, designed to relieve tired and sore muscles with the magic of magnesium, kunzea and zen soothing balm to penetrate deep into the muscle fibres. Or, take a stroll down to Muirs Beach and walk the two-kilometre-long stretch of sand, keeping an eye out for marine treasures washed up on the shore. If you'd prefer, spend some time perusing the fascinating selection of books and maps in the library area. Alternatively, stimulate your mind with a challenging game of chess or Scrabble.

16:00 – 17:00

### Signature experience: *Mixology Masterclass*

Head to the lounge, settle in and marvel at the dramatic ocean and mountain views. You're here for a mixology masterclass with a twist, where Saffire's expert bartenders will show you how to muddle, stir and shake up a beautiful range of signature cocktails featuring a premium Tasmanian



spirit. If you'd prefer a mocktail, let the team know in advance and the masters will use secret local ingredients and techniques to create a Saffire exclusive mocktail innovation.

## EVENING

Join us for dinner at Palate Restaurant at your leisure, followed by a restful night's sleep.



## DAY 3

## MORNING

Rest and rejuvenate with a lazy sleep-in this morning, relishing the luxurious comfort of your plush king bed. The morning is yours to do with as you wish: start with some restorative poses on the yoga mat outside on your private deck, then head up to Palate Restaurant for breakfast. Afterwards, channel your inner Wim-Hof and take a plunge into the refreshing waters of Muirs Beach, and emerge feeling invigorated and revitalised. Tip: For an extra dose of 'vitamin sea', opt for a picnic breakfast to be packaged up along with a picnic rug, so you can enjoy it alfresco-style on the beach with your toes in the sand.





DAY 3

## AFTERNOON

Return to your room to refresh, then enjoy lunch at your leisure in the lounge. Lighter lunch options are available if you're looking for something simple.

15:00 – 16:00

### Signature experience: Cooking Demonstration

Fresh food plays a vital role in our wellbeing, and many of the ingredients used in the kitchen at Palate Restaurant are grown lovingly onsite. Here you'll taste and experience some key ingredients used to create the delicious dishes at Palate. Peruse the kitchen garden for herbs and vegetables with one of Saffire's chefs and taste honey produced by Saffire's very own wild hives. Touch, taste and smell the nourishing ingredients that take the short journey from the garden to your table as part of a guided, interactive cooking masterclass, where you'll learn, participate and taste one of Palate's creative dishes as it's prepared from start to finish. A must-do activity for lovers of seasonal produce and fine dining, with the opportunity to take the recipe with you and recreate your Saffire culinary memories at home.



## EVENING

Kick off with sunset canapés in the lounge, where you'll have the chance to meet and mingle with the property guest managers. Head into Palate Restaurant for dinner at your leisure. Upon returning to your suite, take the time to sit out on your deck. Enjoy the dazzling night sky and the crisp Tasmanian night air, wrapped in a blanket with a warming cup of herbal tea in hand.



## DAY 4

## MORNING

Enjoy a final sunrise from the comfort of your cosy bed, with a tea or coffee in hand. After some morning yoga poses or a brisk jog to get the body moving, take a leisurely late breakfast at Palate Restaurant. Your bags will be collected from your room when you're ready to check out.

Depart Saffire as arranged.



All dining and signature experiences, unless specifically outlined, are included in your nightly rate.

Please note that this is a sample itinerary, designed to inspire your stay. There may be occasions where certain experiences are not operationally feasible during your stay. We understand how important these moments are, and we'll always offer thoughtful alternatives to ensure your time with us is just as memorable.

Our guest services team is here to tailor your experience to your preferences and interests. We encourage you to connect with our team early in your planning process so we can create the most seamless and rewarding itinerary for you.