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Weekend Gold Coast Bulletin, Gold Coast

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# WE ARE GOLD COAST

THERE'S NO PLACE LIKE HOME.  
THREE LOCALS WEIGH IN ON WHAT  
THEY LOVE ABOUT OUR CITY  
**#wearegoldcoast**



KAREN DICKINSON  
*Biggera Waters*



LAUREN BATH  
*Main Beach*

### ***What are you excited for in 2018?***

I'm so excited about GC2018 and the vital role TAFE Queensland will play in training the 15,000 Commonwealth Games volunteers. I'm looking forward to meeting those volunteers when they begin their training at our Southport campus.

### ***Where do you take visitors when you want to show off the Gold Coast?***

The first place I head is to the hinterland. I can't believe how gorgeous the national parks are with many fabulous treks to be navigated through ancient rainforests.

### ***What's your best breakfast tip?***

Elk Espresso — they have an incredible menu with great coffee. The pannacotta or bircher muesli are to die for.

### ***Share your fitness favourites.***

Walking is my thing and I have really enjoyed spending time in Binna Burra. Dave's Walk and the Lower Bellbird Circuit are great. I'm hoping to do the Gold Coast Hinterland Great Walk next year.

### ***What's something only a local would know about the Gold Coast?***

TAFE Queensland's Southport campus was once a shopping precinct.

### ***What are you excited for in 2018?***

I have a lot to be excited about. My Travel Bootcamp conference possibly coming back to the Gold Coast in June, swimming with humpback whales in Tonga with Olympus and a research trip to Zimbabwe in the hopes of establishing photography tours there in 2019.

### ***Where do you take visitors when you want to show off the Gold Coast?***

I always take them to the Spit at Main Beach, to Snapper Rocks and to the hinterland somewhere so they can see the diversity we offer here. Natural Bridge is an old fave.

### ***What's your best breakfast tip?***

When I travel I eat in cafes every day, so when I come home I actually love to have some Vegemite on toast in my own home. In saying that, my local is Lark Café and I get my morning coffee there.

### ***Share your fitness favourites.***

Fitness has fallen off the radar a bit for me since starting my business, but I still sometimes strap on my old rollerskates for a skate on the esplanade to Surfers Paradise. I also love a good hike. O'Reilly's is an awesome starting point for walks.



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REGINA KING

*Southport*

***What are you excited for in 2018?***

That the Commonwealth Games will change the perception of our city. When visitors come here I think they will be blown away by the sheer natural beauty and also how so many things have changed in the past five years.

***Where do you go for retail therapy?***

For sheer variety you can't beat Pacific Fair, which has everything from top-of-the-range overseas brands to local labels.

***What annual event do you look forward to as a local?***

For me it is the Magic Millions. I've covered all of them, from Roger Waugh's original concept to the present. Gerry Harvey and Katie Page have made it a world-class event. It keeps evolving, too.

***What's your best breakfast tip?***

I have two favourites: Le Café Gourmand in Mermaid Beach for the true French croissants and scrambled eggs, and Diva in Marina Mirage for the French toast.

***What's something only a local would know about the Gold Coast?***

This is a generalisation, but we are so much more than sun, surf and sand.