

# CAPE ST ALBANS - EXPLORE THE REGION




## Dining 'local'

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Penneshaw is less than a 30 minute drive from Cape St Albans and has several options for both lunch and dinner. Below are a few of our local faves - including one 'just around the corner' from Cape St Albans.


### Millie Mae's Pantry

For beautiful coffee, fresh healthy lunch or a friendly afternoon local wine, gin or beer with a sweet or savoury snack, visit Millie Mae's Pantry in the heart of Penneshaw. You can also find a wide range of Kangaroo Island made products, onsite pantry and picnic options including mixed wraps, paninis and sweet treats.

 1 Nat Thomas Street, Penneshaw  
Open daily except Monday from 7.30am to 4pm


### Penneshaw Beach Bar

Located at Penneshaw Beach Stay, the Beach Bar is home of the Kangaroo Island honey gelato, amazing coffee, cocktails and food. Enjoy the Garden Bar with ocean views.

 27 Middle Terrace, Penneshaw  
Open daily except Tuesday from 7am to 4pm


### Penneshaw Hotel

Also known as the 'Penny', the historic Penneshaw Hotel has uninterrupted views over the ocean and features both inside and alfresco dining areas. The restaurant menu includes some great Aussie hotel 'pub' classics, as well as some gourmet specials and lighter options, with an emphasis on fresh local seafood. The hotel also includes a bottle shop for you to purchase and takeaway your beverage of choice.

 North Tce, Penneshaw  
Open daily from 11am to 9.30pm, dinner from 5.30pm

### False Cape Wines

Literally down the road from Cape St Albans, enjoy great quality wines paired with their fantastic Deluxe food platter, homemade pies, salads and daily specials. Select from the a la carte menu, or sit back and enjoy a wine tasting experience - book [here](#) for a tasting flight and cheese board for \$50 per couple, or book [here](#) for a deluxe lunch experience for \$99 per couple, both options available at 11am, 1pm and 3pm.

 1054 Willson River Road, Dudley East  
Open daily from 11am to 5pm (note meals served daily until 3pm)

### Cactus Kangaroo Island


A fun, energetic and vibrant café located in the heart of Kingscote. Serving great artisan coffee, fresh pressed juices and simple tasty food using locally source produce, KI beers and wine.

 54 Dauncey Street, Kingscote  
Open daily from 7.30am to 2.30pm

### Amadio's Vino e Cucina

Modeled on an authentic Italian trattoria, Amadio's Vine e Cucina delights diners with traditional, rustic Italian cuisine accompanied by Amadio wines. Everything is made in-house from tasty pasta sauces, gnocchi and breads by Chef Fabio Rocco Ricciardi, formerly in-house chef for Ferrari's Formula 1 racing team. Chef Fabio brings the traditional tastes of his hometown of Modena to the shores of Kingscote, Kangaroo Island.

In the area late afternoon and want to get back to your stunning CABN X for evening? Amadio's Vino and Cucina offers takeaway.

 1 Commercial St, Kingscote  
Open Wednesday to Sunday, 4pm to late

### The Oyster Farm Shop

Situated across the road from the working oyster farm, the Oyster Farm shop is a 'must visit' foodie experience with oysters coming in fresh off the boat and shucked on the premises. Also producing a range of smoked products, Kangaroo Island Abalone can also be purchased here. The Farm Shop is a 'harvest of the day' concept so each day the menu may be a little different for a delicious and healthy experience. There is limited seating on the premises but lovely picnic spots along the foreshore.

 44 Tangara Drive, American River  
Open daily 11am to 3pm  
(opening hours change with the seasons as visitation and produce is seasonal)

Please note: opening hours and days can vary from season to season. Please call ahead or check the social media pages of the business

Cape St Albans is such a special place, we don't blame you if you want to spend as much time here as possible! Your CABN X includes a two burner cooktop and a built-in BBQ on your private deck outside. We have a number of suggestions and in-room dining experiences for you below.

## In-room dining:

Let someone else do the hard work - a pre-planned and chef prepared hamper includes two dinners and desserts that requires minimal preparation or reheating.

We partner with Kangaroo Island Source to showcase the finest Kangaroo Island produce. Examples of menu items are below, with more detail available on the order form.

### Dinner Options:

'From the Land' - Lamb cutlets, beef sausages, haloumi cheese, garden salad, baked local potato, assorted condiments garlic bread

'From the Sea' - American River Oysters, King George Whiting, Spencer Gulf prawns, potato salad, seasonal greens, garlic bread, Aioli and lemon

'From the Garden' - bean & smokey eggplant burgers, haloumi cheese, roasted beetroot salad, garlic skordalia, roasted dukka sweet potato with smoked yoghurt, salad greens, garlic bread

Indian feast - lamb rogan josh, tandoori chicken, lentil dahl, steamed rice, garlic naan, pappadams, yoghurt raita, chilli coriander chutney

### Dessert options:

Chocolate tart, Sticky Date Pudding, Apple Crumble, Orange Almond Cake

Requires a minimum two weeks advance notice. Email [hello@cabn.life](mailto:hello@cabn.life)

Exclusions: beverages

Cost: \$725+GST

(pricing also available for 3 and 4 night dinner/dessert options)

## Self-catering:

### **Penneshaw IGA Supermarket**

No need stock up before you travel to the Island, schedule a visit to the Penneshaw IGA when you arrive where you will find a fantastic array of local produce, in addition to your everyday grocery items. You can also find fishing and other recreational accessories here too, as well as visitor information and guides. Better still, order ahead to have your groceries waiting for you on arrival (orders must be placed at least 3 days prior to arrival)



Middle Tce, Penneshaw

Open daily from 8am to 8pm

### **From the Farm Gate**


Pick up the freshest food, wine and spirits direct from the farm gate and cellar doors of the producers featured in the next section.

## Meet the producers - food, wine, beer and spirits

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### False Cape Wines

Conveniently located just a short 17km drive from Cape St Albans is the beautiful cellar door, False Cape Wines, made from recycled wood, jetty timbers and limestone sourced on the property, is surrounded by vineyards and alongside the family home of the winemakers. Taste the delicious False Cape Wines in an idyllic setting nestled among vineyard and gum trees, with a wood heater creating a cosy and warm atmosphere in winter and a huge stone deck and lawn for summertime gatherings.

 1054 Willson River Road, Dudley East  
Open daily from 11am to 5pm, with meals served daily until 3pm.


### Petite Provence

Born out of love for organically grown food, fresh produce and providing a flavour bomb experience like no other, Petite Provence transforms organically grown fruit and vegetables into traditionally preserved products for sale at their farmgate shop. It is merely metres from garden to kitchen, minimal milage ensuring absolute freshness!

 12 Florance Rd, Haines  
Open daily except Tuesday, 10am to 4pm

### Kangaroo Island Living Honey

A family owned and operated bee farm producing raw organic honey and honey products, Kangaroo Island Living honey is part of the producer's home surroundings meaning a relaxed and casual atmosphere where even farm animals and pets welcome all that visit. Visit the Farm Gate Shop (selected days only) or pre-book one of two experiences – the Farm Gate Tour or a Beekeeping Experience [here](#).

 172 Florance Rd, Haines  
Open Friday, Saturday and Public Holidays 9am to 5pm.  
Pre-booked experiences are available daily.

### The Oyster Farm Shop

Situated across the road from the working oyster farm, the Oyster Farm shop is a 'must visit' foodie experience with oysters coming in fresh off the boat and shucked on the premises. Book a 30 minute oyster farm guided walking tour around the land base of the Kangaroo Island Shellfish farm in the picturesque, seaside town of American River. See where the oyster leases are located, learn how oysters are farmed and see local birdlife including black swans and pelicans. See a shucking demonstration and take the opportunity to taste freshly shucked oysters!

 44 Tangara Drive, American River  
Tours commence daily at 10.30am and can be booked [here](#)

# Meet the producers - food, wine, beer and spirits

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## Kangaroo Island Spirits

From humble beginnings as Australia's first gin distillery, Kangaroo Island Spirits has created spirits that truly capture the spirit of the island, making for one of a kind cocktails. Visit the Cellar Door to purchase your special KI Spirits bottle to take back to CABN X, book a table in the Gin Garden or [pre-book](#) a unique cellar door experience, including the Premium Gin Tasting Experience, Private Cocktail Masterclass and Private Blend Your Own Gin Masterclass. Discover for yourself some of their favourite ways to bring the essence of this unique place to life, courtesy of a little island mixology.

 856 Playford Highway, Cygnet River  
Open daily from 10.30am to 5.30pm

There are other wineries and breweries for you to visit to pick up a bottle of sparkling wine and beer for a self-guided gourmet picnic or sunset champagne experience at Cape St Albans. These include:

## Dudley Wines

 1153 Cape Willoughby Rd  
Open 5 days a week (closed Tue and Wed), 10.30am to 4.30pm

## The Islander Estate Vineyard

 78 Gum Creek Rd, Cygnet River  
Open daily except Wednesday, 12noon to 5pm

## Bay of Shoals Wines

 49 Cordes Rd, Kingscote  
Open daily 11am to 5pm

## Kangaroo Island Brewery

 61 North Coast Rd  
Open daily from 12noon on weekdays and 11am on weekends

Alternatively, visit the Sip'n'Save Bottle Shop at the Penneshaw Hotel for a range of Kangaroo Island and South Australian beverages.

# Highlights of Kangaroo Island

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If you are planning a self-drive exploration of Kangaroo Island, there are endless natural attractions and activities to choose from, all well documented on websites such as Tour Kangaroo Island. Below are just a few of our favourites – both close to and further afield from Cape St Albans. If you're planning a drive to the Western End of the Island, we recommend you plan ahead and pack lunch or plenty to snack on throughout the day, saving yourself for a hearty dinner in the evening.

## Cape Willoughby Lighthouse and Heritage Trail

A short drive from Cape St Albans and situated in the easternmost point of Kangaroo Island, Cape Willoughby Lighthouse was the first lighthouse to be built in South Australia in 1852. It stands 27 metres high with 102 steps to the lookout tower, and offers stunning panoramic views across the Southern Ocean. Self-guided walking trails provide further insight into the lives of the early Lighthouse Keepers and the construction of the Lightstation. A 1.9km loop walk commences from the Visitors Centre.


## Antechamber Bay and Lashmar Conservation Park

Antechamber Bay Beach is a 4.2km pristine stretch of white sand and crystal clear waters on the eastern coast of Kangaroo Island. Visitors can swim, snorkel or simply relax and take in the stunning scenery. It is accessible by sealed and unsealed road through Lashmar Conservation Park to the Antechamber Bay Campground.

 Cape Willoughby Rd, Antechamber Bay


## Baudin Conservation Park

Baudin Conservation Park encompasses a mix of coastal heathlands, open woodlands, and dense mallee shrub lands creating a diverse ecosystem that supports a wide range of plant and animal species. While the primary draw of the Park is its natural wonders, the presence of historical remnants adds an extra layer of interest and invites visitors to contemplate the rich heritage of Kangaroo Island. It's a reminder that the land we appreciate for its natural beauty has also played a vital role in human history and exploration. Hike the Ironstone Hill trail that showcases spectacular views, wildlife, and fascinating heritage stories, culminating at the historic Bates Cottage overlooking the town of Penneshaw. This hike is 4 km return, and will take about 1 hour and 30 minutes to complete.

 Access via Frenchman's Terrace, Penneshaw  
Park in the car park at the start of Binneys Track

## Raptor Domain

An interactive wildlife sanctuary, Raptor Domain offers visitors the opportunity to get up close and personal with a range of birds of prey, including eagles, owls, falcons and hawks. Visitors can watch as these majestic creatures take to the skies in awe-inspiring flight demonstrations.

 58 Seal Bay Rd, Seal Bay  
Open daily from 11am to 4pm, Birds of Prey flight presentations at 11.30am and 2.30pm daily, tickets available on arrival at the entrance.

## Highlights of Kangaroo Island cont.

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### Seal Bay Conservation Park

A must visit attraction on Kangaroo Island, Seal Bay is a protected breeding ground for Australian sea lions, and you can observe these majestic creatures up close in their natural habitat on the white sandy beach on a guided tour. Or, set your own pace on a self-guided tour (cost applies) on the wheelchair accessible 900 metre (return) boardwalk which meanders through the dunes to a number of viewing platforms.



Seal Bay Rd, Seal Bay

Open daily 9am to 5pm, with several 45 minute tour departures throughout the day.

[Book here](#) for a guided tour.

### Kangaroo Island Outdoor Action

A popular adventure park that offers outdoor activities including quad biking and kayaking on the Harriet River. A great place to experience the thrill of the outdoors while enjoying the beautiful surroundings of Kangaroo Island.



188 Jetty Rd, Vivonne Bay

Open daily from 9am, book [here](#).

### Little Sahara Adventure Centre

Little Sahara is a naturally occurring inland dune field, approximately 4km from the coast and the tallest dune is 70 metres above sea level. Explore on foot or by sandboard (available for hire) or book an experience including buggy tours, fat bike tours and koala walking tours.



3733 South Coast Rd, Vivonne Bay

Open daily from 9am to 5pm, book [here](#) for experiences

### Flinders Chase National Park

Covering over 326 square kilometres of pristine wilderness, visitors can explore a range of landscapes from rugged coastline, dense bushland and encounter an abundance of wildlife including kangaroos, wallabies, echidnas, goannas and koalas. Flinders Chase is home to the iconic Remarkable Rocks and Admirals Arch, and the Cape du Couedic Road – the wavy section has become one of the most insta-famous roads in South South Australia.

Flinders Chase National Park is recovering naturally following the 2019-20 summer bushfires which burnt 96 per cent of the park. Bushfires have played an integral part in shaping the ecology of the Australian landscape for millions of years and many native plants species are adapted to survive, regenerate and thrive after fire. Much of the park has regained its green cloak of coastal health, mallee woodland and eucalyptus forest.



South Coast Rd, Flinders Chase

Open daily, customer service staff are in the park between 9am and 5pm at Rocky River where entry fees can be paid.

### **Remarkable Rocks, Flinders Chase National Park**

A must visit landmark if visiting the National Park, Remarkable Rocks is a cluster of what appears to be precariously balanced granite boulders. This stunning work of nature has been shaped by the erosive forces of wind, sea spray and rain over millions of years. Visitors can take in breathtaking views of the Southern Ocean and catch the waves crashing against the rocks below.

### **Admirals Arch, Flinders Chase National Park**

Another geological wonder, Admirals Arch features a natural rock arch that has been carved out by the sea. Access the boardwalk around the cliff face to the viewing platform and watch as fur seals frolic in the waters below.

For more information, ideas on things to see and do, taste and explore, visit the Tour Kangaroo Island website:

<https://www.tourkangarooisland.com.au/>