



# Cape St Albans 3 Day / 2 Night Itinerary

## Day 1

Arrive on Kangaroo Island by ferry or plane. If you arrive early in the morning, we recommend exploring Penneshaw and surrounds. We personally like to start our Kangaroo Island getaway with great coffee and at Millie Mae's Pantry, our favourite cafe for locally sourced produce and gifts.

We recommend exploring Penneshaw on foot, following the signs of the Penneshaw Town Walk. The first section starts in the town centre leading towards Baudin National Park, taking in the spectacular views of Backstraight Passage - which if you arrive on ferry, you have just crossed. Discover Baudin Beach, Frenchmans Rock, Aboriginal heritage at Contemplation Seat and excellent outdoor art along the Penneshaw Sculpture Trail.

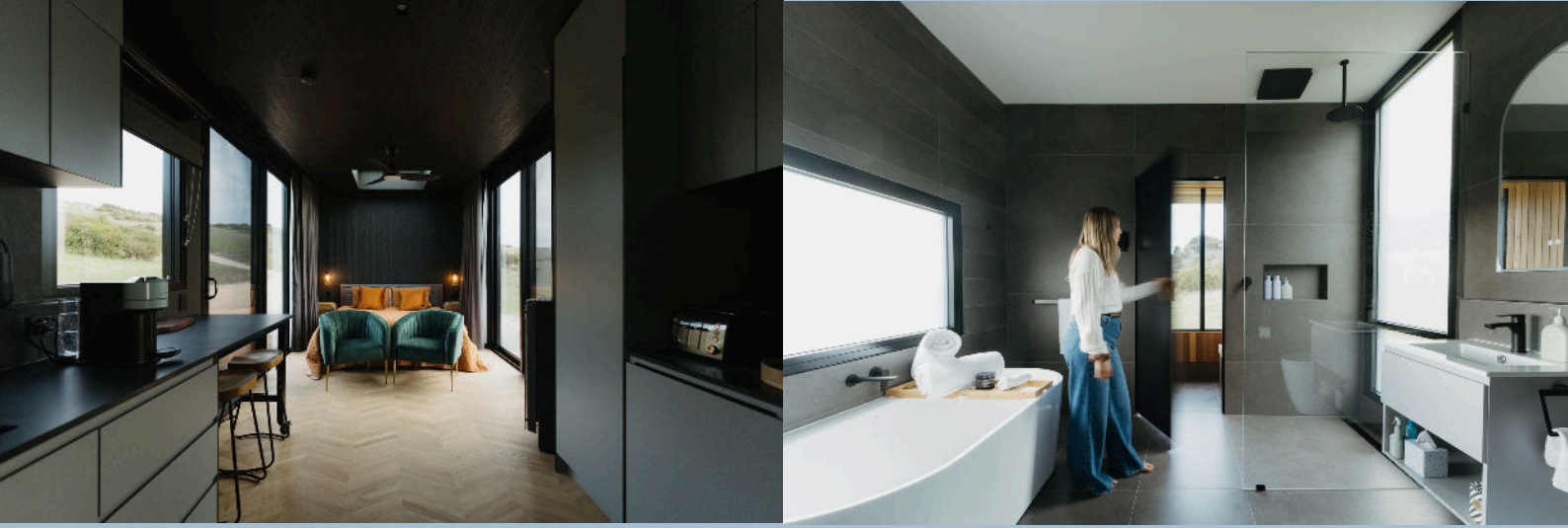
Before making your way to Cape St Albans, we suggest you stop at the Penneshaw IGA to stock up on amazing Kangaroo Island food and beverages for picnics, lunch and dinner. We also recommend stopping at Cape False Wines if you like to drink wine. We like to fill our gourmet picnic basket with a bottle of Cape False Pinot Grigio, or the Captain Cabernet Sauvignon - pair with a selection of local cheeses, crackers, olives, olive tapenade, beetroot relish and figs, KI Dukka with olive oil and sourdough bread. Don't forget to pick up a bag of KI honey popcorn which is simply a delicious treat - keep an eye out for this at local stores.

### **3pm Arrival and Self-Check-In**

As you turn off Cape Willoughby Road and drive towards the entrance to Cape St Albans, you'll be delighted by the natural beauty of the eucalyptus tree archway. Follow the signs to your allocated CABN X and be mesmerized by the rolling hills and ocean views that greet you.

Unpack your shopping into the indoor and outdoor fridge, make yourself a cuppa or pour a wine and sit on the deck, enjoying the stunning ocean views of Antechamber Bay overlooking the South Australian coastline. This special, peaceful place is your home for the next two nights - take in the bush smells, spot a kangaroo or wallaby in the distance or an echidna digging in the dirt nearby. The peace and tranquility will trigger an immediate sense of relaxation and reconnection.

As you move in and out of your CABN X, your senses may further awaken with our special aromatherapy blend featuring the scents of Lavender, Lemon Myrtle and Lime.



Go for a wander down to Kona Beach and search for the shipwreck of the Kona, a four-mastered American schooner that fell victim to mighty power of the ocean in 1917.

Once the sun begins to set, we recommend embarking on a self-guided dusk wildlife spotting experience at Cape St Albans which can be an exciting way to see wildlife in the wild (refer to the self-guided dusk wildlife spotting tour description and map).

Alternatively, enjoy the restorative powers of an in-house sauna, gazing through the picture window at the kangaroos grazing at dusk.

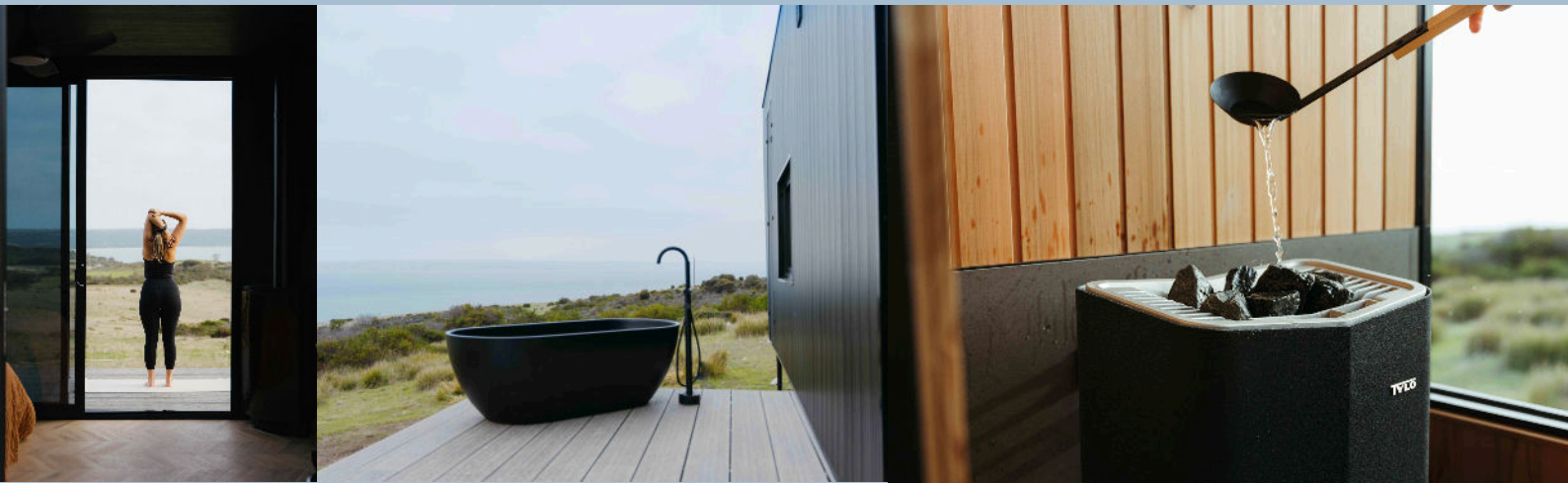
Finish your first day with a relaxing bath – indoor or outdoors, the choice is yours! When ready for bed, keep the skylight open to enjoy the discovery of the Southern Cross and the Milky Way before you slowly drift off to a good night’s sleep.

## Day 2

Start the day with a perfect cup of coffee and your favourite tunes. Then grab the CABN X yoga mat and set yourself up on your deck or at one of the wellness locations highlighted on the map. Being in nature during yoga practice allows you to connect more deeply with your body and surroundings allowing for a rich sensory experience that enhances the mindfulness of the practice.

If you are a new Yogini, simply follow the Yoga script we prepared for you (refer to the Cape St Albans Yoga Experience). If you are an experienced practitioner, you may want to practice your regular Asanas. At the end of your yoga practice, consider a meditation to fully connect within (refer to the Cape St Albans Sitting Meditation Experience).

After all this body, mind, and spirit work enjoy a healthy breakfast featuring locally sourced provisions, available as an optional extra for your CABN X experience.





Why not sit back, relax, and read a book or do some reflective nature journalling. If you feel like exploring Cape St Albans, we suggest taking a walk to the Cape St Albans Lighthouse where you may spot a breeding pair of rare, White-bellied Sea Eagles who have made Cape St Albans their home (refer to the self-guided birdwatching experience at Cape St Albans). At the right time of year you may also spot a third Sea Eagle!

For lunch we recommend a gourmet picnic-style experience – move your table out onto the deck and enjoy the fresh local Kangaroo Island produce that you have purchased along the way. Immerse yourself in the sights, sounds, smells, joy, and peace of your CABN X setting.

If you chose to go out for lunch, we recommend indulging in some local produce at Cape False Wine, which is only a short drive away from Cape St Albans. Our lunch favourites are their local platter paired with a glass of Pinot Gris or the homemade pies paired with a glass of their Captain's Cabernet Sauvignon.

If you feel like some further local exploration we suggest visiting Cape Willoughby Lighthouse station where you could join a guided tour or do some self-guided walks. You may also want to visit Lashmar Conservation Park and spend some time along the pristine sandy beach of Antechamber Bay, a favourite with all beach lovers.

To end a perfect day we suggest a self-guided sunset champagne experience at Cape St Albans enjoying the stunning coastal views and a magical island sunset. Roll out the Glamswag on the deck or walk down to Kona Beach with a bottle of your favourite KI sparkling wine, a couple of wine glasses, and KI honey popcorn for an unusual kind of pairing. Don't forget to bring your phone to take some Instagram pics and tag us!

## Day 3

Start today with a perfect sunrise at Cape St Albans overlooking the Pages and Cape Willoughby Lighthouse before

You may want to simply relax and enjoy the final hours at your CABN X either on the deck or in the outdoor bath. For our active guests we recommend some Pilates stretching and balancing exercises for enhanced mind-body connection and mental well-being (for a script refer to the Cape St Albans Pilates Experience for Beginners).

### Check out 10am

We do hope that you enjoyed your stay and have captured many memorable moments at Cape St Albans ready to share with friends and family near and far. We would love to hear about your CABN X and Cape St Albans experience, so please provide us with your feedback via the link in a post-stay email you'll receive.

Get social and share your Cape St Albans experience with us!  
@cabn.life

