



KANGAROO ISLAND INTRODUCTION (200 Words)

By Jim Healey

For the storm-tossed officers, scientists and sailors aboard Matthew Flinder's 1802 expedition ship, this was an island of sanctuary and recovery.

For the modern traveller, all at sea from hectic living, it still is.

Kangaroo Island is no one-tree islet, but a vast and rich landmass of distinct ecosystems, sublime vistas and exciting histories. Seven times larger than Singapore, it welcomes you with open arms but also gives you space to call your own.

The white untrodden beaches restore a sense of calm. The giant bushland reserves (some 2,250 hectares) are where nature holds sway. And even the rolling fields and pastures, worked by islanders for 200 years, are testament to beauty and balance.

The Flinders party was astonished to find abundant native wildlife. You'll be the same. Whereas the grateful sailors filled up on wallaby and fresh water, you'll delight in just-caught seafood, the finest regional produce and wines from some of Australia's newest vigneron.

And like the explorers of 1802, you can sleep under canvas on the shoreline – but don't forget the five-star spa retreat, the boutique B&Bs, the lighthouse keeper's cottages, the friendly pubs and beach houses.

So take refuge on Kangaroo Island. Give yourself time to catch up. And be provisioned enough to continue life's voyage.