



Capella Lodge

Lord Howe Island

Expedition Lord Howe

There aren't too many islands where adventure comes wrapped in sybaritic luxury, but on Lord Howe Island, Capella Lodge is hosting a repeat of the last few years' sold-out **Expedition Lord Howe Programmes** with one ten day programme in September, 2008.

Less than two hours flying from Sydney or Brisbane, World Heritage-listed Lord Howe Island is framed by the world's most southerly coral reef, mantled in lush palm and banyan forests and rimmed by deserted, gold-sand beaches. The many species of rare migratory birds that visit the island display little fear of humans and the lagoon is crammed with hundreds of species of tropical and sub-tropical fish – you can even hand feed them without leaving the beach.

Expedition Lord Howe is led by Ian Hutton, the island's award-winning naturalist and organised by Hayley Baillie, co-owner of Capella Lodge, who worked in the expedition cruise industry, including Aurora Expeditions for a decade before hanging up her sea boots. The ten day programme includes guided nature walks with options to scale the heady heights of Mt Gower, the peak that towers over the southern end of the island and forms the focus of Capella Lodge's spectacular views.

There are also excursions to Ball's Pyramid, the world's tallest rock spire, which rises sheer from the sea to the south of the island; snorkelling, diving, bird watching – or just exploring your own stretch of pristine beach.

The days' activities are book-ended with the beach-chic luxury of Capella Lodge. The lodge hosts a maximum of 20 guests in a range of luxurious suites with a sophisticated beach house ambience. The restaurant – which features a 'contemporary Pacific' menu with the freshest local fish, homemade pasta and organic island greens – undoubtedly has the best views in the Pacific, with Mounts Gower and Lidgbird taking centre stage. There is also a spa and a range of treatments to soothe any sore muscles from all that adventure activity.

Expedition Lord Howe is a ten night package including flights from Sydney and island transfers; all meals including selected wines, sunset cocktails and canapés and all excursions and expedition activities. Prices start at \$7500 per person in a Capella Suite and range up to \$9500 in a Lidgbird suite. Departure is September 14, 2008.

For further information, call 02 9918 4355 or visit www.lordhowe.com.

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What's included Expedition Lord Howe includes •return airfare with QantasLink to Lord Howe Island from Sydney, including island airport transfers •ten nights at Capella Lodge in your choice of suite •all meals including daily gourmet breakfast, lunch (walkers picnic, BBQ or light buffet at the lodge), selected sunset drinks and canapés, three course dinner with inspired daily changing menu, selected dinner wines and most non alcoholic drinks •use of mountain bikes •all marine expeditions and land based excursions including MV Phasmid, Islander Cruises and LHI Environmental Tours with use of snorkelling equipment and wetsuits •leadership of the expedition and program of lectures by noted naturalist Ian Hutton •special Expedition Lord Howe kit including polo shirt, sun hat, rainjacket, fleece jacket and backpack •comprehensive expedition information, including suggestions of what to bring and the Australian Geographic Guide to Lord Howe Island by Ian Hutton At additional cost: Travel insurance, all items of a personal nature such as laundry, telephone, spa treatments, boutique, room bar and extra alcoholic beverage charges. Getting there QantasLink operate a 32 seat Boeing Dash 8 aircraft and provide an excellent scheduled service to Lord Howe Island in around 2 hours directly from Sydney. A 14kg luggage limit per person applies.