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ALL OUR THERAPISTS HOLD AN ACCREDITED LASER SAFETY CERTIFICATE AND WE USE MEDICAL GRADE SQUARE PULSED LIGHT

'Darlo': it's paradise

A FRIEND of mine visiting for Christmas asked me a strange question: if Coffs Harbour is where NSW comes to holiday, where do Coffs Harbour folk go to get away? I couldn't answer then, but I can now – Darlington Beach, of course!

Twenty minutes from Coffs and a world away from the everyday, Darlington Beach Holiday Park is the perfect place to holiday at home.

Situated at Arrawarra just north of Woolgoolga, 'Darlo', as it's affectionately known, is a 4.5 star rated park set over 110 acres and boasting 6km of beachfront beauty.

Checking-in to the park quite late on a Friday had me thinking I'd missed out on something, but as soon as I sunk into a comfy chair on the veranda of number 11 Gummut Villa, I knew I hadn't missed a thing.

Relaxation, thy name is Darlo. My fiancé inadvertently dropped a crust of bread over the railing, and before you could say 'four and twenty' we were surrounded by birds – honey eaters, magpies, a troop of ducks, and even a peacock stopped by for a snack.

As the sun went down, flying critters of a different kind came out, with swarms of fruit bats circling in the twilight sky and creating a weirdly serene night that felt as if the real world was a million miles away. Refuge, thy name is Darlo. The next day began with a hit around the

nine-hole seaside golf course – great for the amateur hacker and the little hackers, too – and after contemplating a game of tennis, a spin around the park on a hired bike, a go on the jumping pillow (my idea), or an archery lesson, we settled on the one thing that just couldn't be passed up – the pool.

In the afternoon I was soundly beaten by my fiancé at air hockey, lawn bowls and table tennis (she cheats a lot), and after partaking of a (ahem) nana nap, we headed back to the pool, just in case we'd missed something the first time round.

Recreation, thy name is Darlo. Saturday night saw us at the Spinifex, Darlington's a la carte restaurant and watering hole; the place to get caramelised lamb shanks and glasses of Zilzie sauvignon blanc before walking the whole meal off along 6km of pristine beach.

That night we just sat on the veranda of our villa, talking, laughing, and marvelling, every so often, at just how peaceful it was to be somewhere without traffic, without neighbours' stereos, without the cares and worries that defines the working-day week. Refreshment, rejuvenation, reflection. Thy name truly is Darlo. But it was only after packing up our villa on the last day and hitting the (short) road for home that I realised the one word that sums up what Darlington Beach Holiday Park really is. Reality.

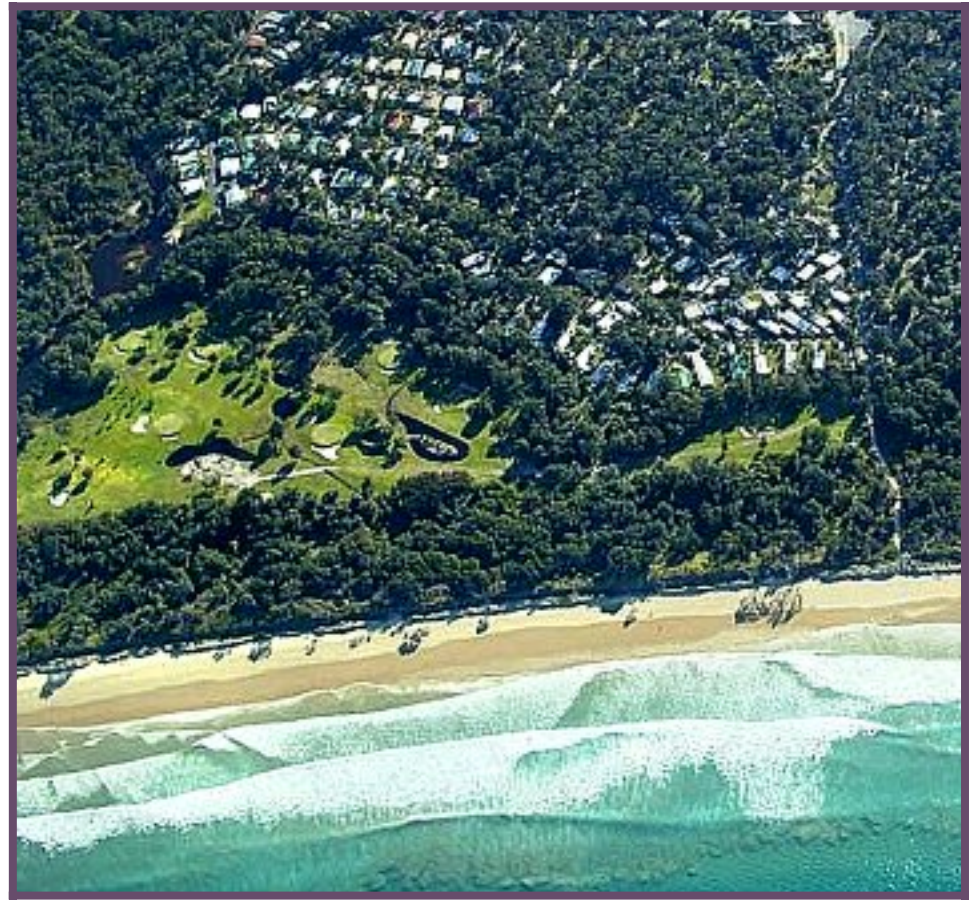
And it's right on your doorstep, Coffs Harbour.

THE FACTS:

For the adults:
 Pool
 Heated spa
 Nine-hole golf course
 Floodlit bowling green
 Spinifex licensed restaurant
 Tennis courts
 Wedding facilities
 Large screen TV in atrium
 Archery range

For the kids:
 Water slides
 Toddler's wading pool
 Kiddies' playground
 BMX bike track
 Giant jumping pillow
 Learn to surf
 Craft, painting, sand crafting
 Karaoke, discos, talent and trivia nights
 Water aerobics
 Nature walks

Accommodation options:
 Three-bedroom villas
 Two-bedroom spa villas with lagoon views
 Largest powered camping sites in Australia
 Private bathroom on some sites
 10 acres of bushland for unpowered sites



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 • 1 dozen roses • 1 night accommodation in an Executive Spa Room • Hot breakfast from the a la carte menu including bottomless espresso coffee and juice
 • Limousine Transfer back to Coffs Harbour Airport on Sunday 15th February courtesy of Bonville Golf Resort. **Value of major prize package: \$700.00**

Runner up prize: • 2 x 18 holes golf including twin share electric cart & warm up range balls • 2 x use of the Premium Callaway hire clubs
 • 2 Bonville Golf Resort hats **Value of Runner up prize package \$400.00**

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Promotion is open to anyone 18 years and over. Prizes are non-transferable and must be used on 14th February 2009. Promotion closes Wed 11/2/09 5pm. Winners drawn 10am Thurs 12/2/09 and notified by phone for prize collection. NSW Trade Permit No. LTPM/08/100859

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