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Spring love! High Country activates new season of happiness

Victoria's High Country gets set to stimulate the serotonin and activate the dopamine with a raft of **brand new, fun and delicious visitor experiences** launching across the region this Spring.

Guaranteed to bring on the happiness hormones this Green Season:

Mind Body Bike at Mount Buller *(Pictured)*

A fun, active [weekend getaway for women](#) run by All Terrain Cycles and the Bike Club of Victoria. Stay on mountain and learn new skills in mountain biking, enjoy guided rides on Buller's internationally renowned trails and wind down with classes in mindful meditation & movement, cooking or art.

Pitch Perfect - [Luxe Camping in the Winton Wetlands](#)

How's the serenity? See stunning sunrises and sunsets and incredible birdlife from a luxe bell tent on the shores of the wetlands. Add in a choice of experiences including paddles and pedals through the wetlands, a thrilling ride in a glider or a *Wild Harvest Trail* progressive, native-produce-inspired feast at four Glenrowan Wineries in the Warby Ranges.

Shake off the city and take a big dose of calm on a ***Farm Connection: Journey to Wellbeing*** on a picture-perfect organic nut farm in the gorgeous **Wandiligong** valley near Bright. Megan Hughes of [Wandiful Produce](#) combines with [Emily Rose Yoga](#) to offer a half or full day immersion in yoga, guided meditations and farm-based experiences like planting, foraging, harvesting, gentle bushwalking, cooking and feasting on farm-to-table produce.

Bliss out on yoga, brekkie and bubbles at **John Gehrig Wines** in **Rutherglen** and **Oxley** with [Breathe, Believe, Release & Receive!](#)

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Exciting times at **Feathertop Winery in Porepunkah** with the launch of a rich new series of [indulgent, bookable experiences](#). Visitors can now choose from a menu that includes private group wine tastings, tuition in food and wine matching, cooking master-classes, an educational vineyard tour and bespoke *Pedal & Picnic* in the vines tours.

Learn a [Lost Art at Beechworth Honey](#)'s newly relaunched **Bee School** where classes kick off on 2 September. Get the lowdown on how to make souffle or a Sri Lankan curry or home-made crumpets, draw with charcoal or learn how to keep your own bees at these engaging, informative sessions.

Soak up the scenery and indulge in delicious home cooking at [Howes Creek Farm's new paddock to plate cafe and store](#) near **Mansfield**. Specialising in boutique small goods and charcuterie products from its own home-grown pigs and locally sourced ingredients, **visitors can join in the Farm's bacon smoking classes and farm tours** year-round.

New to Rutherglen's Main Street is the [new cellar door from James & Co Wines](#) winemaker Ricky and his photographer wife, Georgie James. Ricky's modern Italian wines and tasty platters can now be shared with friends in this very stylish new venue.

[Ripe at Buller Wines](#) adds a rich new dimension to Rutherglen's well established gourmet credentials. Open for lunch Wednesday to Sunday, *Ripe* is the new baby of Gav and Fiona Swalwell, the team behind Taste@Rutherglen. Visitors can also experience Buller's newly renovated underground cellar door.

Offering some of Australia's best food, wine, craft beer, cycling and nature to experience and explore, Victoria's spectacular High Country is the perfect destination to get away, indulge and rejuvenate this Spring.

For full details of new High Country Spring 2017 experiences, for images or to discuss media famil possibilities, contact Sue Couttie, PR Manager, Tourism North East - 0419 522 064 or sue.couttie@tourismnortheast.com.au