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Fremantle

Writer Lynn Gail

Warmly dubbed 'Freo' by locals, Fremantle, Western Australia's historical port city has a hippy vibe, arts and adventure

8AM Start your stopover with a barista-brewed coffee along Fremantle's famous Cappuccino Strip on South Terrace. Choose an al fresco table in one of the cosmopolitan cafes and watch the world go by.

9AM Fuel up with a hearty breakfast at rustically furnished Bread In Common. Their hand-built ovens use a long ferment and slow mixing technique resulting in a wood-fired bread that tastes like 'grandma used to make'. The menu will have you stumped for a selection and each carefully created dish combines tasty, local ingredients.

10AM Head to Fremantle Harbour and delve into some maritime history at WA Shipwrecks Museum. It's free to enter the now restored 1850s military building where you'll find original relics and artefacts from ships wrecked along West Australia's treacherous coastline in the 16th and 17th centuries.

11AM Continue with the maritime theme and head to WA Maritime Museum. Perched on the edge of Victoria Quay, overlooking the Indian Ocean, the building mirrors a maritime form with its hull-shaped structure rising 34 metres and extending out over the sea. Climb into the Submarine HMAS Ovens and find

out what life was like aboard a submarine in World War Two. Visit long-term exhibits at the WA Down Under Gallery, where you can immerse yourself in the marine life found along the WA coastline.

12PM Indulge in wholesome dishes at Moore & Moore Cafe. Housed in a contemporary art gallery and furnished with an eclectic assortment of antiques and curio, this unique eatery has a passion for preparing meals using ingredients sourced from around the world. Check out the rustic gallery – every few weeks there's a new exhibition by local or national artists.

1.30PM Time for some adventure – don a hardhat and take a tour of Fremantle Prison's underground ladder system. Experience how life was like for the convicts who dug out tunnels 20 metres below the surface in the 1880s. The tunnel network was constructed to provide Fremantle Town and the prison with fresh water; prisoners were given better food and shorter sentences due to tough conditions. The two and a half hour tour runs daily, and bookings are essential.

4.30PM After climbing up and down prison tunnels, a refreshing beer will quench your thirst at the Sail and Anchor, a popular pub serving craft beers in the heart of Fremantle. There's a wrap-around balcony upstairs where you can sample some of the 40-plus brews on offer.

6PM On your way to dinner, walk through an open-ended tunnel under The Roundhouse and head to Bathers Beach – there's a protected bay, perfect for a dip if you're visiting during summer. Opened in 1831, the Roundhouse is the oldest public building in Western Australia and was used to hold prisoners. Now the tunnel pipes ocean sounds through its speakers serenading beachgoers.

7PM Book a table at Bathers Beach House. Boasting a prime beachfront location, you can watch the sunset while enjoying Western Australian wines as you peruse a menu of fresh seafood, chargrilled meats and enticing deserts.

9PM Before turning in for the night, head to the Esplanade and catch the last ride on the Tourist Wheel, rising 40 metres above Fremantle to see the harbour lit up at night. The ride lasts around eight minutes, with far-reaching views over the area.

10PM Wander back through Fremantle and check into the Hougoumont Hotel, a purpose-built boutique property, innovatively constructed using sea containers. Named after the last ship to transport convicts to Fremantle, guests are invited aboard to their complimentary nightly cheese and wine 'togetherness hour' to meet fellow passengers. A list of the ship's prisoners, their crimes and sentences feature on the walls, offering an interesting insight into sentencing during the 19th century. 🌿

Concierge Insider

- Check out Fremantle Markets, boasting over 150 stalls and where you'll find everything from antiques to saris. Musicians and street acts are performed inside and out as you wander the labyrinth of vibrant passages.
- Hop-On-Hop-Off Fremantle's tram. With eight convenient stops, your driver will provide entertaining commentary as you tour the port city highlights.
- For ocean-bound luxury, jump aboard a private yacht and let Jazzia Experience Sailing show you how to harness the power of the wind as you set sail from Fremantle Harbour.



OPPOSITE PAGE: Bathers Beach has a protected bay if you fancy a swim. THIS PAGE: View over Fremantle Harbour from Skyview Wheel; inventory of the last shipment of UK convicts and their sentencing in the Hougoumont Hotel dining area

