

Guidebook

The Doctor's

*Welcome to
The Doctor's*

I will try to give you a good taste of things to do in and around the Doctor's in this guide. In the first instance, I'll give you my personal local highlights for an enjoyable stay here. Have a wonderful time!

Of course, first up, just enjoy the serenity of this place. Relax, recharge and slow down. Maybe take the kayaks out on the lake, dare yourself to go for a dip in its refreshing waters, catch a trout or go for a stroll among the gum trees. Kick back on the couch with a great tune or a book. Grab the torch and you sure will see some nocturnal wildlife. Light the fire, pour a glass and enjoy the amazing views in comfortable silence – bliss!

Dining and Tasting at The Doctor's

Are you ready to indulge in the finest, right from the comfort of your home away from home? We are very excited to offer you the incredible experience of **Season & Fire** who create live wood-fire cooking and communal feasting tables in an intimate dining experience like no other! Season & Fire set out to create the ultimate culinary adventure during your escape. Season & Fire's in-house chef experience is perfect for those celebrating a special occasion with the very best in locally sourced, seasonal produce served up as shared plate offerings. An unforgettable private dining experience for your heart, soul and senses.

Looking for something a little less lavish yet utterly delightful?

Our self-guided tasting options may be just the right thing for you.

Whether you like cool climate wines or are a connoisseur of fine Single Malt Whisky or award-winning gin, we've got you covered. We can offer you three fabulous Tasmanian wines from our friends at Ninth Island wines as well as three exquisite whiskies and three exceptional gin varieties from the local Callington Mill Distillery. All these come with special tasting notes from the creators and are available for purchase at The Doctor's.

Wildlife spotting

The area around The Doctor's is teeming with wildlife.

You will regularly see a variety of marsupials and monotremes including wallabies, possums, wombats, echidnas and occasionally Tasmanian devils. As most of these are nocturnal, why not grab our big spotlight torch and go for a wander at night. Even if you just walk out the driveway with the light you are sure to see some animals.

You may also encounter snakes with Tiger snakes the main local species.

Eagles, Rosellas and black swans frequent the area.

*Make use of the binoculars provided and venture over the road into the **Interlaken Reserve** which is listed as a Ramsar wetlands site and a paradise for bird watchers.*

Fishing

Lake Sorell - This is the magnificent lake where you are located at The Doctor's. It is a shallow lake but covering a huge area (over 50 square kms). Lake Sorell used to be one of Tasmania's prime trout fishing lakes. Closed to fishing in 1995 due to the discovery of European carp, the lake was only reopened again in 2020 after the eradication of the introduced pest fish. Since then, fishing in the lake has become popular again and good trout are being caught regularly.

We are excited to be hosting one of the many Tasmanian Angler's Alliance's webcams at The Doctors. Get a fabulous live view of the lake in front of you through the **Lake Sorell webcam**.

Lake Crescent on the other side of the road has a reputation for a small population of large trout.

There is a basic gravel ramp to launch your boat from right at The Doctor's front door and more sophisticated boat ramps at the nearby Dago Point Campground as well as in Laycock drive at Lake Crescent. Alternatively, you can fly-fish both lakes from the shore.

There are of course many more trout waters in Tasmania and some very good ones within a short drive from Interlaken.

If you are interested in fly fishing, we can get you in contact with guides who provide fabulous packages for all levels of fishing skills – from beginner to highly experienced.

Other outdoor activities

Kayaking

If you are lucky enough to experience the lake on a calm day, you can't beat a little paddle on the kayaks. Explore the shoreline, maybe take a picnic for a break on a sunny shore.

Strolls

Wander up the road and check out the Canal between Lake Sorell and Lake Crescent. You might see some eels at the weir. Turn left as you go out the front gate and you will get to the Canal after about 800m.

You could also go for a walk around the mostly deserted Dago Point campsite. Turn right as you go out the front gate and right into Dago Point Drive. Just follow your nose!

If you cross the road and wander down the bush track opposite the front gate (along the farm fence), you are in the Interlaken Reserve and will get to the shore of Lake Crescent. A good spot to wade the shores for some trout fishing or just sit and watch the birds in the marsh.

Any more extensive walks require you to drive. Check out **Short Walks of Tasmania**

Mountain biking

There are several Forestry tracks around the lake which are worth exploring, most notably the Mountain Creek or Mount Franklin track. To get there, turn left out the front gate and follow the main road. Go past the turn-off to Oatlands following the road on towards Tunbridge and turn left into Mountain Creek Road after approx. 8km.

Star Gazing

Say no more – the night skies here are AMAZING! And occasionally we get to marvel at The Aurora Australis in all its Beauty!

Amenities

Oatlands, at 25min down the road your closest township, has everything you may need during your stay. You will find

Midlands Multi-Purpose Health Centre

- *Pharmacy*
- *Police Station*
- *Post Office*
- *Petrol station*
- *Supermarket*
- *Bottle shop*
- *ATM*
- *News agency*
- *Bakery*
- *Rural supply store*

There are also art, antique and speciality shops as well as great options for dining out.

Dining out

There are a few very good options in Oatlands:

The Kentish - perfect pub food and delicious drinks in the heart of Oatlands.

Bunch - a providore, stocking seasonal produce sourced across Tasmania. They also do great coffee, lunch including woodfired pizzas and sell delicious Van Diemen's Land Creamery ice cream.

The Pancake and Crepe Shop – it's all in the name!

And you may want to experience the **Callington Mill Whisky Distillery** where you can do tours, tastings and exquisite lunch in a gorgeous cellar door setting. Book online.

One of our absolute favourites is the **Clyde Mill Distillery** in Bothwell. Fabulous for a relaxed lunch in a special setting and exquisite offerings. The Mill Kitchen features locally sourced ingredients delivering an authentic taste of place. Visit for tastings, distillery tours, and delicious delights. And there is a free G&T on arrival for guests of The Doctor's!

The rustic **Great Lake Hotel** and the **Central Highlands Lodge** both at Miena, both do a great meal. Be sure to ring ahead as they may close their kitchen earlier than you expect.

The **Ross Hotel** (Man O'Ross) in Ross is a down-to-earth restaurant and bar in a

There are many more choices further afield with Hobart and Launceston offering exceptional dining options.

Whisky

Tassie is home to many Whisky distilleries and there are several award-winning Whisky Distilleries with fabulous Cellar Doors between Hobart and Interlaken. Give them a try and you might find that perfect Tassie souvenir in one of their unique creations.

Lark Distillery Pontville - Just thirty minutes north of Hobart lies the new home of Australia's oldest single malt whisky, Lark Distillery. Take a tour of the distillery, experience the cellar door for a tasting and sample Lark whisky or Forty Spotted gin.

Old Kempton Distillery is located in Dysart House, Kempton, in an 1840's colonial inn along the Highway between Hobart and Oatlands. The cellar door has two large dining rooms, available to sit and relax while you enjoy some home cooked treats from the kitchen or indulge in a whisky tasting!

Callington Mill Distillery Oatlands- As mentioned above, not just a historic site but an award-winning Whisky Distillery which just keeps delivering the goods. Well worth a visit for a tour and superb lunch.

Clyde Mill Distillery in Bothwell. Another wonderful distillery with relaxed cellar door mentioned in the previous section. One of our favourites!

Day Trips

Oatlands – Of course Oatlands is not just noteworthy for its amenities and places to eat. First and foremost, it is an incredible piece of history. Just 25 min down the Interlaken road Oatlands is one of Tasmania's oldest settlements and with more than 150 sandstone buildings it has the largest collection of any Australian town. Visitors can obtain a free Oatlands Key (from participating businesses displaying this logo), allowing self-guided tours of the buildings including the Commissariat, the Supreme Court House and the Gaoler's Residence. Discover the fascinating stories behind Oatlands and its captivating buildings and landscape by grabbing a self-guided map and exploring Oatlands at your own pace. Visit the Oatlands Historical Society History Room for a first-hand glimpse into Oatlands' past through displays and images. Entry is by gold coin donation.

A winter treat is the Oatlands Heritage and Bullock Festival, a two-day celebration that showcases the best of Oatlands' unique culture and history. An August weekend of fun, food, and festivities. From traditional bullock teams to vintage car displays, market stalls, live music, and more, the Heritage and Bullock Festival is a must-attend event for anyone who wants to experience the magic of Tasmania's rural heritage. Come and immerse yourself in the sights, sounds, and flavours of Oatlands at this iconic event.

The Coal River Valley – venturing further South from Oatlands you can travel through the beautiful Coal River Valley towards Richmond. Originally serving as one of Australia's first food bowls, today the Coal River Valley is home to a trail of some of Tasmania's finest vineyards and cellar doors.

There are too many wonderful places to mention in this valley so you really need to check it out for yourself. Some of my favourites though are the Coal River Farm

which is renowned for its cheeses and chocolates. Frogmore Creek is a beautiful award-winning cellar door for a wine-tasting and exquisite lunches and don't forget to grab your fresh fruit and homemade cider and ice-cream at Lowdina orchard.

Richmond - Richmond is one of Tasmania's most popular destinations, steeped in history and a hub for food and wine lovers. Nestled in the heart of the Coal River Valley, Richmond was established as an important military staging post and convict station linking Hobart with Port Arthur. The village is famous for its elegant Georgian architecture, with beautiful heritage buildings dating back as early as the 1820's now housing galleries, tea shops, craft boutiques and museums.

Bothwell – 30 min South from here Bothwell, settled by Scottish grazers in the 1820s, has retained its 19th century ambiance. With 53 classified buildings, some housing arts, crafts, old wares and collectibles, it is a place where bush rangers roamed, and young Irishmen settled into a harsher lifestyle than they had ever dreamt of knowing. Local cemetery gravestones tell their stories of hardship and provide a focus for historians.

Bothwell features Australia's oldest Golf Course (Ratho farm). Housing the Australasian Golf Museum – with the largest collection of golf memorabilia in the Southern hemisphere – it is, however, also a working sheep farm which has necessitated the rule that if you hit a sheep you can play that shot again.

Ross – 45 min drive North of Interlaken, Ross is arguably the finest nineteenth century village in Australia and well worth a visit. It is a small village with a big story offering an amazing opportunity for visitors to experience the beauty and drama of Tasmania's colonial history. Uniquely, you can walk amongst buildings erected in Australia's earliest years or walk across the sandstone carved bridge finished in 1836.

The Great Lake – a 40 min drive up the Interlaken Road you can experience the very rugged nature of the Central Highlands. Call into the Central Highlands Lodge or the Great Lake Hotel at Miena for a drink or a meal. On the way to the

Great Lake, you will encounter the Old **Steppes** homestead, a monument to life gone by in the highlands. Just South of the homestead are Stephen Walker's bronze sculptures depicting highland life.

If you want to venture further, **Lake St Clair** is another hour's drive from Miena. Lake St Clair is a magnificent natural lake at the Southern end of the famous Overland track in the Cradle Mountain-Lake St Claire National Park. Here you can combine a ferry cruise with an easy lakeside walk.

Venturing that way, **The Wall in the Wilderness** at Derwent Bridge is not to be missed. A magnificent and unique artwork. It is ever changing as it is a work in progress. It is expected to take 10 years to complete and will eventually consist of 100 sculpted panels each three meters high and one meter wide. The murals are carved out of rare Huon pine, telling the stories of pioneering development of the harsh Central Highlands. Check for opening times online as they vary throughout the year.

If you are interested in finding out about Tasmania's hydroelectric power stations, how the rivers and lakes are harnessed to create the cleanest energy in the world and produce two thirds of Tasmania's power, **Waddamana** is worth a visit. Waddamana power station opened in 1916 and is now a museum.

And of course, Hobart to the South and Launceston to the North are both gems and should be explored by every visitor to the state t but you probably need more than a day to do them justice.

The Big smoke

HOBART

Hobart is a great place and if you haven't already planned it into your Tassie experience, a trip down into the big smoke may be just what you 'd like to do. My highlights are

MONA - The Museum of Old and New Art. This is really a MUST for anyone visiting the Hobart area. David Walsh's weird and wonderful creation, executed to perfection with architecture to die for. The youngest World Heritage Building and possibly the most unique museum in the world. Make it a day – get the MONA ferry from the Hobart waterfront to approach the museum from the water and then just dive into this experience. You won't regret it! And don't forget to book through their website.

Kunanyi/Mount Wellington - For the best view Hobart has to offer a drive up or a walk on kunanyi/Mt Wellington is a MUST. The glory of what Tasmanians lovingly call "The Mountain". There are also lots of bushwalks starting from The Springs which is half way up the mountain. You can park your car there and go for bushwalks ranging in length and difficulty.

Salamanca Market - This famous outdoor market in the old centre of Hobart attracts thousands of locals and visitors every Saturday. With a range of 300 stallholders you will find hand made Tasmanian pieces from woodwork to jewellery, collectibles, gourmet foods, local fresh fruit and organic vegetables, all accompanied by buskers and music. Lots of good coffee and food from sausages to pastries. It is on every Saturday between 8:30am and 3pm.

If you happen to be in Tasmania during the Taste of Summer and the Sydney to Hobart yacht race (week after Christmas), the Midwinter Festival (two weeks leading up to the winter solstice) or the biennial Australian Wooden Boat Festival a trip into town for those is a given - these wonderful festivals combined with the serenity of The Doctor's to escape to are a match made in heaven.

LAUNCESTON

Having concentrated on the South and Centre of our beautiful Tassie, Launceston, or Lonnie as it is lovingly called by Tasmanians, is the second largest city on the Island and located in the North of the state. Not quite as popular as Hobart and the South it is definitely worth a visit, particularly if you are flying into the North from the mainland

***Cataract Gorge** is probably the most well-known and popular attraction in Launceston, attracting many locals as well as visitors, especially in summer. Usually just called 'the gorge' by Tasmanians, it's a national reserve around a basin of the South Esk River, that has beautiful, landscaped gardens, cafés, a swimming pool, a scenic chairlift, walking trails and lookout points. Really good for a day out!*

***City Park** is located in the heart of Launceston. This beautiful parkland features mature trees and shrubs, a display of annual flowers, a Japanese Macaque monkey enclosure, the John Hart Conservatory, a duck pond, senses garden, monuments and historic Albert Hall. City Park is also called the 'People's Park' and is famous for hosting one of Tasmania's premier summer food, wine and entertainment event – Festivale. Staged in and around Launceston's city park, Festivale is a three day celebration offering food, beer, wine spirits cider and a lot of entertainment. Usually held at the start of February it is definitely worth a visit.*

***The Queen Victoria Museum and Art Gallery (QVMAG)** in Launceston is the largest museum in a regional city in Australia. There are two locations for the QVMAG, the art gallery in the city centre, and the museum at Inveresk, a bit further out of the city. So if you're into art, head to the art gallery and if you're interested in natural science/history, go to Inveresk. Another little treasure is the National Automobile Museum of Tasmania, which has a collection of old cars and motorbikes. There aren't any other museums like this one in Tasmania, so it's worth visiting if you enjoy seeing old cars and bike*

