

# LSJ

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## 10 LAWS THAT NEED TO CHANGE

TOP LEGAL MINDS PRESENT THEIR  
CASES FOR LAWS THAT NEED REVIEW

### THE POWER OF ETHICS

LAW SOCIETY PRESIDENT JOHN EADES  
ON WHAT UNITES THE PROFESSION

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### OUTSIDE THE LINES

THE DANGERS OF PERFECTIONISM

**W**hen you are time-poor and dreaming of the ultimate retreat, what's on your list? Nature at its best? Fine food and wine? Luxurious accommodation with water views, an outdoor deck, DVD and a well-stocked library of books and movies? How about a spa that caters for just one person at a time, meaning a high level of personal attention? Add no mobile reception yet wifi when you want it – that's Capella Lodge on Lord Howe Island.

James and Hayley Baillie (she is the daughter of philanthropist Dick Smith) took over Capella in 2003 and subsequently developed Southern Ocean Lodge on Kangaroo Island and Longitude 131° in the Red Centre. Capella is small with nine suites, and children under 10 are not allowed.

The island is a natural wonderland, with five species of birds and 50 plants found only on Lord Howe. One is the providence petrel, a dark bird that nests in burrows in just one place in the world: Lord Howe Island. If you get the chance to take a walk with nature expert and island resident Ian Hutton, it is astounding to watch him clap his hands and squawk, and for the birds, within seconds, to dive and land at your feet, concerned you are attacking their precious eggs.

Another incredible experience of nature is feeding giant kingfish by hand in the waves at Ned's Beach. It's another free and unforgettable experience.

However, when staying at Capella Lodge, it's the two mountains – Mt Gower at almost 900 metres and

Mt Lidgbird at 777 metres – that dominate your thoughts. Capella Lodge offers the best views of these stunning, ever-changing basalt peaks, which are often covered by cloud for part of the day. The biggest challenge on the island is climbing Mt Gower in an eight-hour trek so tough you can only do it on a supervised hike.

Lord Howe was first sighted by the First Fleeters in 1788 and was settled in 1834, with residents making a living selling supplies to whalers then selling kentia palms to Europe for buildings and exotic decoration. Development is

They cost \$1400 for two and include private decks with views to Mt Gower and Lidgbird, 14 varieties of tea, DVD players, and evening bed turndown (think candles and meditation music once you finish dinner). The tariff includes a multi-course breakfast, pre-dinner cocktails and canapes, dinner with wine and beer, and use of bikes, snorkelling gear, kayaks, beach towels and the outdoor hot tub.

Among the most valuable bonuses of a stay at Capella is the understated yet elegant approach by the lodge managers Libby Grant and Mark Mckillop, who have run Capella for 11 years after four years working on luxurious Lizard Island. They can book day tours, deep sea fishing, boating to see Ball's Pyramid (which rises 562 metres 16 kilometres from the coast, making it the tallest volcanic stack in the world), diving and snorkelling trips in the lagoon, and unguided hikes including a two-hour walk from near Mount Eliza to

Ned's Beach in the north. The views are nothing short of spectacular.

At Capella the food and wine are a specialty. The chef for the past 18 months has been Pete Smit (ex Attica and Brooks in Melbourne, and Southern Ocean Lodge). The menu features seasonal produce such as Yamba prawns, Clarence River seafood, Manning River oysters, Tasmanian beef as well as some unusual options grown on Lord Howe – purple potatoes, bush lemons and microherbs.

What's most attractive for someone wanting a true retreat is that there is no mobile phone coverage on the island (but there is internet, albeit sometimes slow). This gives you full control of when you opt back into the real world. Bliss. **LSJ**

## ULTIMATE RETREAT

It's World Heritage-listed as a natural wonderland and one luxury retreat only adds to the beauty, writes **JANE SOUTHWARD**.

strictly controlled, as the island is World Heritage-listed. Seventy per cent of the 11-by-two-kilometre island remains uncleared bush or beach. The board that controls Lord Howe Island has ruled that only 400 tourists are allowed on the island at any one time. Residents number 360 and there's a speed limit of 25km/hr for cars. Another limit is 14 kilos of luggage allowed on Qantaslink flights from Sydney.

The best accommodation at Capella costs \$2800 for two per night. The Lidgbird Suite has a private heated plunge pool, outdoor bath, upstairs bedroom and bathroom with a pretty view to the northern peaks on the island. Downstairs, there's a private deck, lounge and open bar. The standard suites are far from but basic.



## CHECKLIST

Rates at Capella Lodge begin at \$1400 for two per night with the most luxurious option, the two-storey Lidgbird Suite with private heated plunge pool and open bar at \$2800 for two per night. Tariff includes multi-course breakfast, pre-dinner drinks and canapes, full dinner with wine. Qantaslink flights take two hours and cost about \$1000 return.

Clockwise from top: World Heritage-listed Lord Howe Island; Capella Lodge dining room and deck with its stunning water and mountain views; Ball's Head Pyramid; Mt Gower on a rare, clear day; outdoor bath in the Lidgbird Suite.

