

Escaping the hustle of city corporate life and looking for a healthy haven to recharge your batteries and soothe your soul?

Here's the ultimate healthy guide to Margaret River:

[Boranup Karri Forrest](#)

Take a scenic drive down caves road to the Boranup Karri Forest, here you'll find breathtaking views of towering Karri Trees. Turn in to Boranup Drive, there are several places to park up, go for a walk through the forest and enjoy a picnic or camp at the camp ground.

[Boranup Cafe](#)

If a picnic in the forest isn't your thing, you can visit the Boranup Café where you'll find yourself surrounded in Nature. They have a range of healthy fresh juices, smoothies and lattes along with some healthy food options.

[Body Bliss Margaret River](#)

Located in the heart of Margaret River and in the Boranup Forrest, Body Bliss offers a range of wellness treatments. The rooms are gorgeous and as soon as you step into the studio you feel calm and relaxed. The therapists are skilled and passionate about their craft.

[Floating Emporium](#)

Soothe and soak your stresses away in a flotation pod at Floating Emporium. The flotation tanks are a unique relaxing and restorative experience. The wellness centre offers a range of massages that complement your flotation experience.

[Sound Relaxation](#)

The first time I experienced a sound relaxation class I knew I was onto something special. Harmonious sounds are created with singing bowls, gongs, chimes and more. It's the ultimate way to enjoy doing absolutely nothing and allowing yourself to go on a deep meditation journey.

[Cape to Cape Track](#)

The Cape to Cape track has to be one of my all-time favourite places to explore when I need a long nature fix and get back in touch with the things that set my soul on fire.

I love it so much that in 2016 I ran the [entire track in 24 hours](#) and raised much needed funds for youth at risk in our local area.

A couple of my most favourite sections are; Moses Rock to Quinninup Falls. Getting to Moses Rock is simple by taking Moses Rock Road off Caves Road. From the car park head North along the Cape to Cape track for 2.5 – 3km then veer to your right (there is a track) this will take you to Quinninup Falls. The views along the way are stunning and the waterfall is spectacular.

Redgate Beach to Contos, this section is breathtaking. It is approximately 6km from Redgate car park to Contos making it a 12km return if you're energetic and do an out and back. The trail is technical in sections but it's so worth the trek or run. You can reward yourself with an invigorating ocean swim afterwards.

To stop at six ultimate healthy things to do in Margaret River is just too hard! There are so many things to do and explore in the area to keep you healthy, inspired and connected with nature. Here's five more for you to explore.

[Josh Palmateers Surf Academy](#)

Josh Palmateer was the first surfer to start up a private surf school in Western Australia in 1994. Still going strong 23 years later he offers so much more than surf coaching. They offer a range of hire equipment, so you can explore Margaret River from a different perspective. In the summer I love hiring Stand Up Paddle Boards (SUPS) or a Canoe and going for a paddle up the Margaret River from the River Mouth. It's so quiet, still and serene, I always return feeling energized and revitalized.

[White Elephant Beach Cafe](#)

Who doesn't love a café with a view? The White Elephant provides this and much more. Offering a range of simple yet creative meals for breakfast and lunch. A perfect post workout pick me up after a surf, sup or canoe session.

If you're feeling energetic a stroll along the limestone path from the café car park is a stunning way to soak up the sensational coastal views or take a swim at Gnarabup Beach.

[Margaret River Trail Runners](#)

Ok so I might be a little bias here, but this HAS GOT to be the ultimate way to explore Margaret River's natural beauty on foot. Margaret River Trail Runners meet every Saturday for a 10km run along some of the best kept secret trails in Margaret River. Everyone is welcome, the runs are suited to runners that are experienced with 10km distances as some of the trails can be technical and challenging but always great fun. The club meets at 7am every Saturday with the run loop changing every 3 weeks. So be sure to follow them on Facebook to find out where to meet.

[Park Run – Margaret River](#)

Margaret River Park Run meets 8am every Saturday at Rotary Park. This is a free 5km run – it's you against the clock. The run is the same every week and caters to all fitness levels. You need to register online, once only and bring your barcode with you for your first run. They meet for a discounted cuppa afterwards at [The Hairy Marron](#)

[Margaret River Farmers Market](#)

Recently awarded the best in the country at the Delicious Produce awards the Margaret River Farmers Markets is a vibrant bustling market with up to 50 stalls selling a variety of delicious local produce.

You'll find certified organic produce, raw foods, freshly made juices and smoothies and a range of delectable delights to tantalise your tastebuds. On Saturdays I just love heading out for a run then wandering the markets after – the perfect way to kick off your weekend.