



Mosman Daily
11-Nov-2010
Page: 38
General News
Market: Sydney
Circulation: 36364
Type: Suburban
Size: 123.63 sq.cms
Frequency: ---T---



Grape way to eat well

KICK the junk food habit this summer and munch on a bunch of fresh, juicy Australian grapes.

Available for six months every year – from November through to May – grapes are delicious, affordable, low GI, easy to store and jam-packed with nutrients.

To celebrate the season, we are giving you the chance to win a two-night Grape Escape to Cypress Lakes Resort in the Hunter Valley, valued at \$1052.

The prize includes two nights in a luxury two-bedroom villa for up to four guests, including a full gourmet buffet breakfast per person daily.

The resort also has an 18-hole

golf course, pampering treatments at The Golden Door spa and an award-winning restaurant, Pipette.

To enter, go to mosmandaily.com.au and click on the competition link. Alternatively, on the back of an envelope put your name, address, the name of this paper, and in 25 words or less tell us why you need to get away.

Send it to Grape Escape Competition, PO BOX 662, Parramatta CBD DC, NSW 2124. Entries close 4.59pm on November 16. Winners will be notified by mail.

» Details: australiangrapes.com.au and cypresslakes.com.au.