



My Saturday ritual

Colin Seery

Lives in: Clovelly

Clovelly and its serene surrounds are home for Colin Seery, and he wouldn't have it any other way. Seery is the chief executive at national Crisis Support service, Lifeline Australia, which celebrates its 60th birthday this year. To learn more about Lifeline or become a volunteer, visit lifeline.org.au

Early riser or Saturday sleep-in? I usually wake up at 6am on a Saturday, which is a sleep in for me. My weekend treat is being able to grab a coffee and bring it back to bed for a little longer before starting my day.

Best place to go with the kids or catch up with friends? Living so close to the ocean, we spend a lot of time down at the beach. When the kids come over or family come from interstate, we always find ourselves by the water somewhere from Tamarama to Coogee, enjoying the sun, surf and sand.

Favourite park? Centennial Park without a doubt. It's such a great place to both exercise and relax. When my children were younger we took them there for many a bike ride, and I love that I can now go there with a book or a coffee and tuck myself away in any of its nooks and crannies. It's very calming.

Local coffee haunt? My go-to coffee is from an open-air cafe at Clovelly Beach called Sea Salt. Overlooking the sea, it's a beautiful place to start my day, either by sitting in the cafe or on the nearby grass, enjoying the ocean and, quite literally, the sea salt.

Best spot for date night? Date night for us is the Clovelly Hotel. It's my favourite place to talk about the week that was and plan the weekend ahead. I love the vibe and the beer garden atmosphere.

Favourite takeaway? Tortellini boscaiola from La Spiaggia in Coogee. It hits the spot every single time.

Where and when do you exercise? If I don't have an early flight for work, my aim is to exercise every morning. I rise at 5.15am and jump straight out of bed into a walk or jog from Clovelly to Tamarama, or a gym session at Titan Fitness in Coogee.

Best hidden treasure in NSW? There's a place called Fred Hollows Reserve in Randwick. It sits in the middle of high-density living, and a short boardwalk off two busy roads leads you to 2ha of amazing forestry and boardwalks with seats scattered throughout. I've only recently discovered it and it's such a gem.

Favourite place to holiday in NSW? Byron Bay is my favourite place to relax, slow down and chill out, just as the sign says as you drive in. I like the eclectic group of people that get up there, as well as the amazing sun and surf. There's a great variety of things to do, and high quality local music to enjoy.

What's your idea of the perfect Saturday? Coffee in bed, followed by a walk to Bondi for breakfast. Then coming home to do some gardening and have a nap before dinner with family and friends.

COLIN'S FAVOURITES

DATE NIGHT



Clovelly Hotel

TAKEAWAY



La Spiaggia, Coogee

EXERCISE



Titan Fitness, Coogee

HIDDEN GEM



Fred Hollows Reserve, Randwick