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Having a grape time

WHO said you can't drink wine and exercise at the same time? The Grapest 5K Run (18+ Event) is not quite like many runs – this is a five-kilometre run with wine-tasting and will have you exploring some of the most exquisite trails and vineyards at Balgownie Estate, Bendigo as you enjoy some of the best wines in the region.

Held this Saturday the Grapest 5K Run is the first of its kind in the southern hemisphere.

It will take you on an outdoor evening adventure as you run through the vineyards and trails of the winery at dusk, leaving you to enjoy fine wine and spectacular views at the end of your run.

Starting at 5pm and ending at 9.30pm, participants can take part in the five-kilometre or 10km run then stroll through a kilometre of four wine tasting stations as they cool-down.

If running is not for you, simply take part in the 1km wine-tasting walk only and taste some of the best wines in the region.

On the night you can expect to receive a lanyard with a custom wine tasting cup, headband and wristband and at the end of your run enjoy an unforgettable wine tasting experience at dusk alongside live entertainment.

You will indulge in some of the finest wines during the wine tasting as Balgownie Estate is regarded as a leading Victorian wine producer – crafting long-lived examples of complex cabernet, shiraz and chardonnay from the older Bendigo vineyards.

Tickets are available at www.centauroutdoorevents.com.au/grapest5krun

For more information: www.balgownieestate.com.au