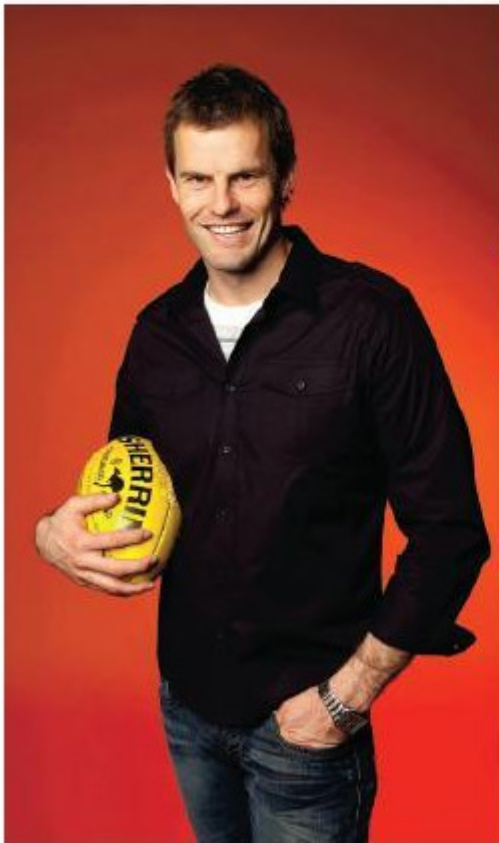


Local lowdown

with Triple M Hot Breakfast host **Luke Darcy**



Where do you:

Walk your dog? St James Park (Burwood Road, Hawthorn), an off-leash park where I can let Leroy the labrador loose.

Grab a coffee? Chapel Bakery Cafe (753 Glenferrie Road, Hawthorn). They do great organic coffee.

Buy your groceries? Bec orders all our groceries online from Miss Organic (missorganic.com.au) and they deliver to the house which makes things easy.

Go for brunch? Liar Liar (90 Kinkora Road, Hawthorn).

Buy a birthday card? Readings (701 Glenferrie Road, Hawthorn).

Go to the movies? Rivoli Cinemas (200 Camberwell Road, East Hawthorn).

Go for a fancy dinner? We tried out Cumulus (45 Flinders Lane, Melbourne) last week which was really good.

Work out? 2good Personal Training (48 Wilson Street, South Yarra). My trainer Tim Schleiger puts me through my paces a couple of times a week.

Get your hair cut? Talking Heads (606 Glenferrie Road, Hawthorn).