

CAIRNS

Your ultimate guide to the Cairns region. From the reef to rainforest and beaches to city.

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Skyrail Rainforest Cableway

Unlock the secrets of the oldest tropical rainforest on Earth. Enjoy a unique perspective of Australia's World Heritage listed Wet Tropics Rainforest as you glide above the canopy, before descending to explore and discover more at the forest floor.



Din Din (Barron Falls)

Din Din is the Djabugay First Nations peoples name for the Barron Falls. It is spectacular year-round, coming alive dramatically with tropical rain during summer and autumn.



Kuranda Scenic Railway

Join us aboard one of Australia's most iconic rail journeys, Kuranda Scenic Railway. Immerse yourself in breathtaking scenery as the train winds its way from Cairns through ancient World Heritage-listed rainforest, past towering waterfalls and deep ravines to the mountain village of Kuranda.

GURRINYALA GREETINGS & WELCOME TO GIMUY-BARRA (CAIRNS)

Traditional Owners within the Cairns region include the Gimuy Walubara Yidinji; Mandingalbay Yidinji; Gunggandji; Dulabed and Malanbarra Yidinji; Djabugandji; Yirrganydji; Bulwanydji, Wanyurr Majay; Mamu and Ngadjonjii Peoples.



📍 MINJIL – BULURU BANA (SACRED WATER) TOUR

“Gimuy-Barra and the surrounding Yidinji lands and waters, have sustained our Bamanda (people) for aeons. Bulmba Yabanday (home and country) will continue to sustain us far into the future. We have always stayed connected to the practical and spiritual benefits that the land and waters provide. Let us connect you to our land and waters through our stories and our songlines.”

Carl Fourmile, Minjil

Aboriginal and Torres Strait Island People have lived on this land for more than 60,000 years, and in Cairns you will find an array of opportunities to connect with both Indigenous cultures. Here are some of the ways you can experience Indigenous cultures in Cairns:



Explore the Great Barrier Reef (Uirie) with Indigenous rangers on **Dreamtime Dive & Snorkel**



Sample bush tucker and bush medicines with **Mandingalbay Ancient Indigenous Tours**



Sail away on an Indigenous-infused dining experience with **Minjil – Buluru Bana (Sacred Water) Tour** aboard **Spirit of Cairns** (charter only)



Discover Wunyami (Green Island) with the Gunggandji and Yidinji People on a guided island tour with **Wunyami Tours**



Check out Indigenous art at **Cairns Art Gallery** and the recently refurbished historic **Court House** gallery

We acknowledge the custodianship of the land and sea country by Aboriginal and Torres Strait Islander Traditional Owners in Tropical North Queensland, whose rich cultures, heritage values, enduring connections and shared efforts protect our natural assets for future generations. We pay our respects to elders past, present and emerging.

Discover more ways to connect to Country at
tropicalnorthqueensland.org.au/indigenous-culture



PERFECT *Palm Cove*

Welcome to Palm Cove, a paradise so perfect that you'd be forgiven for thinking that you'd somehow teleported into a postcard.

Palm-fringed golden beaches, five-star resorts and award-winning restaurants make this charming coastal village the perfect place to base your tropical holiday.

Relax on the patrolled beach under the shade of a beach almond tree and splash in the designated swimming area. The wide beach is fully accessible, with beach wheelchairs available for hire from the **Palm Cove Surf Life Saving Club**.

Throw a line off the Palm Cove Jetty, hire a bike from **Biked** and peddle through paradise to nearby Clifton Beach, or see the sunrise over the sea from a kayak en-route to **Double Island** with **Palm Cove Water Sports**.

WHERE TO *relax* IN PALM COVE

Get ready for long pool days and lulling spa treatments at these places to rest your head.

1 PULLMAN SEA TEMPLE PALM COVE RESORT & SPA

Pullman Sea Temple Palm Cove offers a level of luxe for every traveller, from swim out rooms to apartments with private plunge pools. The award-winning **Vie Spa** offers signature spa rituals, while the **Temple of Tastes** restaurant utilises locally-sourced, seasonal ingredients.

2 THE REEF HOUSE BOUTIQUE HOTEL & SPA

Find the ultimate romantic escape at this adults-only retreat, which has been leaving guests rejuvenated for over 47 years. Indulge in signature inclusions such as cocktail classes, a pool butler and twilight cocktails.

3 SANCTUARY PALM COVE

Sanctuary by both name and nature, these private apartments offer a true home-away-from-home experience. They feature fully fitted kitchens, making dining a breeze.

4 ALAMANDA PALM COVE BY LANCEMORE

Embrace ultimate barefoot luxury at Alamanda, set just a few footsteps from the beach. Float the day away in three on-site pools, relax at **L.M Spa** or tantalise your taste buds at **Nu Nu Restaurant**.

Discover more to do in Palm Cove at tropicalnorthqueensland.org.au/where-to-go/palm-cove/

5 MANGO LAGOON

This slice of paradise is located a little back from the main restaurant-lined strip on 2.5 acres, making it a great choice for those wanting a quieter stay.

6 PEPPERS BEACH CLUB & SPA

If a pool bar is calling your name, check into Peppers Beach Club and perch yourself on a suitably submerged pew. Sip sundowners in your private balcony spa as you watch the sunset over the sea.

7 NRMA PALM COVE HOLIDAY PARK

Who said that beach front had to equal a fancy resort? NRMA Palm Cove Holiday Park is located just metres from the sandy shore and offers powered caravan and campsites that are perfect for the whole family – even your dog can come along with you!

8 MELALEUCA RESORT

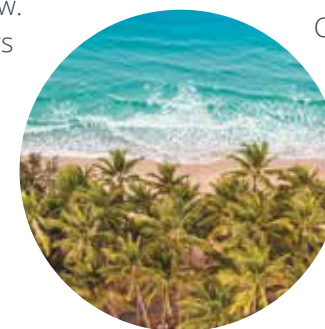
This resort has just steps between your bed and the beach, so you spend more time at the beach than getting to it. Apartments are fully self-contained and facilities include a pool, three spas and lush tropical gardens.



9 THE BOUTIQUE COLLECTION

The world is your accommodation oyster with The Boutique Collection who offer a range of private holiday homes in Palm Cove including rooms in Palm Cove Sea Temple, Beach Club Palm Cove, Island Views Palm

Cove and Alamanda Resort to name a few resorts in their collection.



10 THE PALMS AT PALM COVE

Set back 300m from the Palm Cove Esplanade, this accommodation provides a 'live like a local' feeling, rather than staying in the thick of the visitor-action. Choose between one, two and three-bedroom apartments, which are entirely self-contained.



CHOOSE YOUR *dining vibe*

Craving something tasty? Whether the day calls for a relaxed brunch or a fairy light-adorned romantic dinner, you'll find it in Palm Cove.

FOR A RELAXED BRUNCH

You won't need to rinse the sand off your feet to enjoy a laid-back brunch in Palm Cove. Right at the southern end of the esplanade you'll find **Chill at Portofino**, where you can pair ocean front views with classic brunch options and some quirky ones too. Special shout out goes to the signature tree hugger and sexy banana bread. **Espresso & Co** has coffee in its name and its caffeinated options do not disappoint – get a buzz from the Screaming Monkey smoothie, a blend of banana, ice-cream and milk fused with a double espresso shot. Or take a trip to London with the suitably British-themed **Underground Palm Cove**, which offers black pudding, a British delicacy, with its brekkie options.

FOR THE TASTE OF ITALY

Bon appetito by the shore at **Chill at Portofino**, which is just a few footsteps from the beach. An abundance of freshly made pasta and classic woodfired pizza options ensure there's something every member of the family will enjoy. **Il Forno Pizzeria** is perched up high in Palm Cove Shopping Village and has pizza so authentic you would swear you are in Positano rather than Palm Cove. Try and get the window seat for stunning beach vistas – the perfect pairing for a sunset vino.

FOR PUB CLASSICS

Although Palm Cove offers a plethora of fine dining options, sometimes you can't go past a classic pub meal. **Rattle N' Hum** offers a real bang for your buck, serving up hearty portions of tucker from 12pm to late. Tuck into burgers, steaks, salads and iconic pub mains. Relax on the deck at the **Surf Club Palm Cove** for a lunch and dinner menu that has something for everyone. Take advantage of daily specials, like \$18 steak night.

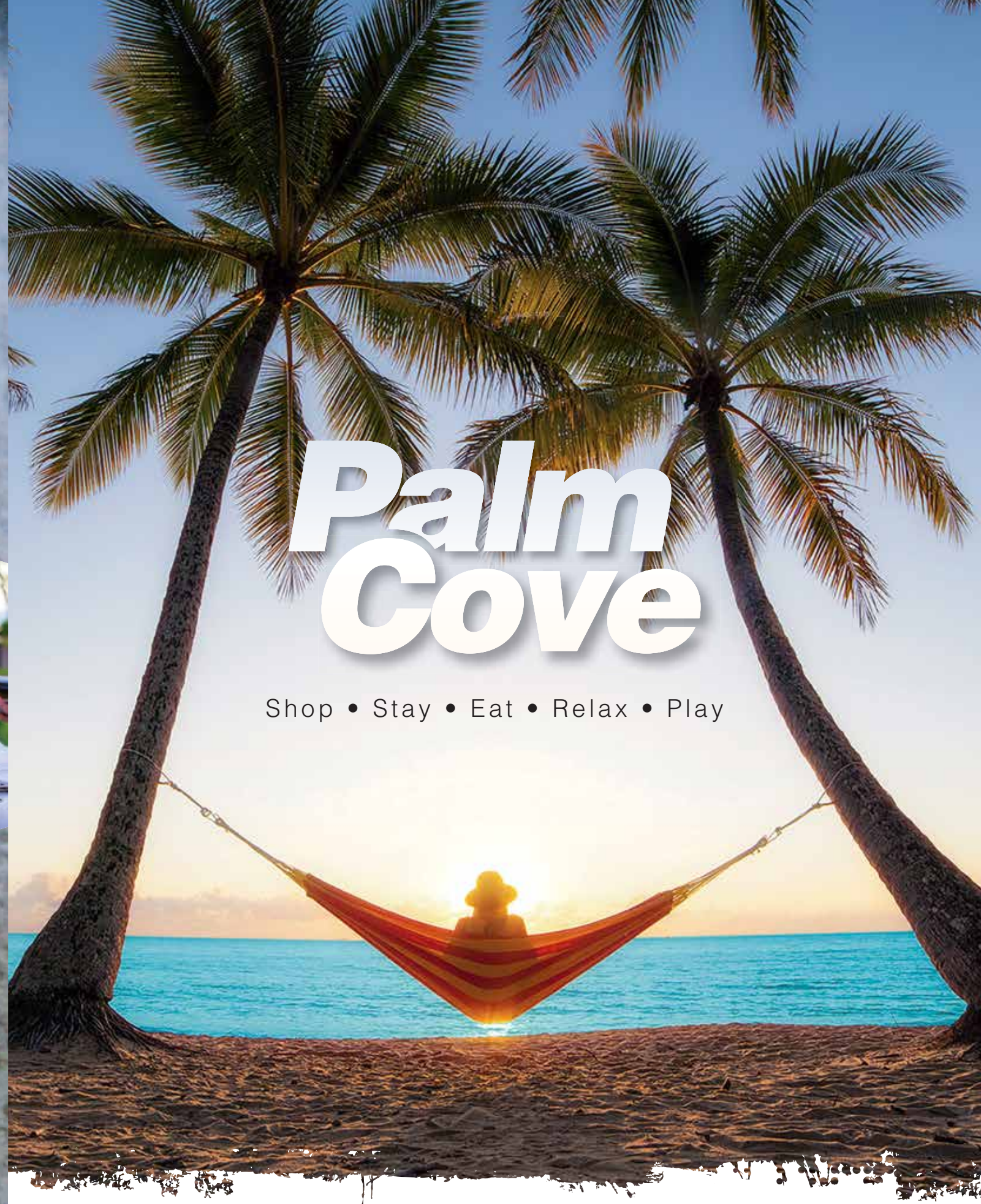
FOR SOMETHING FANCY

Palm Cove is a village of stunning resorts, so it's only fitting that there's restaurants as ritzy to match. For the ultimate beachfront dining experience, make a booking for **Nu Nu**, which cooks up award-winning Australian dishes curated by head chef Nick Holloway. A little more north along the esplanade you'll find **Vivo Palm Cove**, which serves up sumptuous seafood options, as well as Italian and Asian-infused dishes. If degustation is calling, **Temple of Tastes at Pullman Sea Temple** offers a tongue-tingling degustation menu paired with matching wines, that infuses locally grown products. **Beach Almond** has a modern Asian menu that celebrates the rich harvest of local seafood. Treat yourself to the chilli live mud crabs or tropical lobster – you're on holiday after all!



Palm Cove

Shop • Stay • Eat • Relax • Play



Annie's at the Beach

palmcoveboutiques.com.au

A GUIDE TO *Trinity Beach*

Trinity Beach offers a winning holiday trifecta of accommodation, places to eat and plenty to see and do. Making up part of Cairns' famed northern beaches, Trinity Beach looks like it stepped out of a dictionary's definition of 'tropical paradise' and onto the Queensland map.

WHERE TO STAY

ON THE BEACH HOLIDAY APARTMENTS

As expected by its name, this spot is where to stay if you want the sound of the ocean to lull you to sleep. With one to three bedroom options available, these are perfect for families. Big and little kids alike will love splashing in the pool – plus there's beach toys, boogie boards and pool noodles.

BLUE LAGOON RESORT

If you'd like time to dust the sand off your toes before heading back, Blue Lagoon Resort is an easy five minute walk from the beach. Nestled around a beautiful lagoon, the resort has two swimming pools, a tennis court and a gym for the optimal fit and flop balance.

AMAROO AT TRINITY

If you like your beaches quiet and serene, Amaroo at Trinity may be what you've been looking for. This resort is located on the quieter, northern end of Trinity Beach with stunning ocean views. If you want a changeup of scenery, head to the tennis court for mountain views.

VUE TRINITY BEACH

"Vue" by name and view by nature, this luxurious resort is perched on a hill overlooking the Coral Sea. Watch the sunrise and sunset from the rejuvenating infinity pool, which stretches seamlessly into the sparkling ocean. The apartments are complete with a fully equipped kitchen, dining area and laundry facilities, making it a true home away from home.

BELLEVUE AT TRINITY BEACH

Elevated over the ocean on the northern end of Trinity Beach, Bellevue offers some seriously stunning pool views. The apartments themselves are equipped with large private balconies looking out over the Coral Sea. Did someone say sundowners?

WHERE TO EAT

TUK TUK BY THE SEA



Treat yourself to Thai street food with a side of sea views at Tuk Tuk by the Sea. If you are looking for somewhere to fuel your sand-filled day, this spot also offers a classic brekkie menu.

TRINITY BEACH TAVERN



Sometimes there's nothing better than a classic pub feed and Trinity Beach certainly delivers this and offers a side of ocean views too. The menu has something for the whole family, including pizzas, salads and steaks.

BLUEWATER BAR & GRILL



Make your way to nearby Trinity Park and dine on the deck overlooking the boat-lined marina and choose from pub classics and modern Australian dishes.

L'UNICO TRATTORIA



Chew with a view at this family-run trattoria, which is a local and tourist icon. With hand-stretched pizzas and succulent seafood and pasta, it's easy to see why.

WHAT TO DO



It's always beach o'clock at Trinity Beach. Take a **dip in the ocean**, which is patrolled year-round and has a swimming enclosure during warmer months.



Beautiful views are guaranteed at Trinity Beach, but you can enjoy a variety of views by taking a short walk to the **Rocky Lookout**.



Enjoy a **beachside barbecue** at one of the free barbecues located along the foreshore. Or pack a picnic and head to one of the picnic tables.



You'll need to jump in the car and hike the 3.4km return loop to see the views from **Earl Hill**, but the panoramic views of the sparkling Coral Sea are 100% worth it.



Bluewater Playground is any landlubbing child's dream set on 9,000m2 of tropical parkland grounds. There's also a smaller playground along the esplanade.

THE COAST *is calling*

Spanning from Machans Beach in the south to Ellis Beach in the north, Cairns' Northern Beaches range from quirky villages to up-and-coming foodie heavens.

FOR SOMETHING

QUIRKY: *Machans Beach*

Located just 15 minutes north of the city, what Machans Beach lacks in sand, it makes up for in bohemian charm. Arrive mid morning for a brunch at **Mayhem at Machans**, a kaleidoscope of colour serving up all the classics. Or make way to **O'Sheas** at golden hour for sundowners with a sunset-drenched sea view.

FOR A CHILLED SUNDAY

SESSION: *Ellis Beach*

If cocktails and \$1 oysters on a Sunday float your holiday boat, add Ellis Beach to your itinerary pronto. Located just north of Palm Cove, this spot boasts a stunning beach. The cherry on top of this beach is the **Ellis Beach Bar & Grill**, which serves up a storm – and previously mentioned \$1 oysters. Rest your head at **Ellis Beach Bungalows** to stay a little longer.

FOR A RELAXED

GETAWAY: *Kewarra Beach*

Calm and collected Kewarra Beach is a tropical slice of paradise that is perfect for a relaxing beach escape. **Kewarra Beach Resort & Spa** offers dreamy beachfront luxury, with spacious suites, swimming pools and tropical gardens. Turn your zen level to the max with a spa treatment, then enjoy food, drinks and live music with your soles in the sand at **The Beach Shack** (open seasonally).

FOR SOMETHING

SPORTY: *Yorkeys Knob*

If you want a bit of flop and drop and a bit of sporting action, Yorkey's Knob offers the balance that you're looking for. Try to get a hole in one at the 18-hole **Half Moon Bay Golf Club** and cool down with a frothy on the deck at **Yorkeys Knob Boating Club**. Or keep it coastal and try some kite surfing lessons.

FOR A LOCALS SECRET:

Clifton Beach

If you like your patch of sand all to yourself, head to Clifton Beach, located just south of Palm Cove. This beach is a little bit of a locals secret and has barbeque facilities, a children's playground and a swimming enclosure during summer.

FOR EPIC DINING:

Holloways Beach

Cairns Esplanade is known for its bustling dining scene, but head a little north to Holloways Beach and you will be pleasantly surprised by what's on offer. **Two Blocks Café** has become a bit of a local icon and offers a classic and creative brunch. Sister restaurant, **Code Cairns**, recently opened next door and is already pulling in local foodies with its boujee share plates. Beachfront dining doesn't get closer than **Strait on The Beach**, who offer casual meals perfect for the beach.

Craving more beaches? Keep palm and head to tropicalnorthqueensland.org.au/things-to-do/great-barrier-reef-ocean/beaches



Fitzroy Island - Where the Rainforest meets the Reef

Fitzroy Island is a tropical paradise of rainforest and beaches within the calm sheltered waters of the Great Barrier Reef Marine Park, just 45 minutes from Cairns.

ACTIVITY PACKAGE:

- 3 nights accommodation in a Suite
- Return boat transfers from Cairns
- Daily a la carte breakfast
- Snorkel & fin hire (3 days)
- Glass Bottom Boat Tour (1 hour tour)
- Kayak hire (30 mins)
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Located on the beautiful Palm Cove Esplanade, Alassio Palm Cove offers a selection of luxury 4-star AAA rated 1, 2 or 3 bedroom self-contained apartments and studio rooms.

Alassio Palm Cove accommodation is walking distance to boutique shops, fine dining restaurants and bars ... and close to the life guard patrolled section of Palm Cove beach.

Alassio Palm Cove, 139 Williams Esplanade,
Palm Cove Queensland 4879, Australia

07 4059 1550
www.alassiopalmcove.com

THINGS TO DO IN THE *Cairns CBD*

1 CAIRNS ZOOM & WILDLIFE DOME

Brave the zipline over a giant saltwater crocodile, cuddle a koala, and see sweeping views of the city when you walk around the outside of the casino roof at this family-friendly attraction.

2 RUSTY'S MARKETS

Soak up the colour and character of Rusty's Markets on Fridays, Saturdays and Sundays. Try unusual tropical fruits, grab a bite to eat and stock up on local produce, artisan breads, spices, flowers and more.

3 CAIRNS LAGOON

While the day away at the iconic Cairns Lagoon, a 4800m² saltwater pool with sandy man-made beaches and free barbecue facilities.

4 CAIRNS BOTANIC GARDENS

Head 4km out of the city centre to the fully accessible Cairns Botanic Gardens. Wander through 38 hectares of tropical gardens or join a guided tour.

5 MUDDY'S PLAYGROUND

Located on the esplanade, this playground is a true kids paradise. Splash in the water playground, zoom on the flying fox and hop aboard the giant mudskipper. The whole family can fuel up at Muddy's Cafe.

6 CAIRNS AQUARIUM

Discover an underwater wonderland without even getting wet at Cairns Aquarium. Journey from freshwater rivers to the Great Barrier Reef and meet the marine life that call these ecosystems home.

7 BAD FISHY

Get your adrenaline pumping on Bad Fishy, a thrilling jet boat adventure down the Trinity Inlet.

8 CAIRNS MUSEUM

Learn about Cairns, its history and its people at the Cairns Museum.

9 CAIRNS ART GALLERY

Embrace your inner art critic with a visit to Cairns Art Gallery, featuring changing regional, national and international exhibitions.

10 COURT HOUSE GALLERY

Continue to keep it arty with a visit to the nearby Court House Gallery.

11 SHOPPING

Cairns City offers an array of stylish shopping. Head to Oceana Walk for vintage treasures, Shields Street for quirky and cute giftwares, or Cairns Central for large chain stores.

12 GET FIT ON THE ESPLANADE

Offset your holiday dining with free fitness classes on the Cairns Esplanade, or challenge yourself on the free volleyball courts and skate park.

13 NIGHT MARKETS

There's something for everyone at the Night Markets – souvenirs, food and even massages! Open daily from 4.30pm on the Cairns Esplanade.

14 ST MONICA'S CATHEDRAL

Wander to St Monica's Cathedral and look at the stunning stained glass windows.

15 CAFE HOP

So many cafes... so little time! Cafe hop your way through some of Cairns' best coffee spots. Begin at Grafton Street, which is jam-packed with eclectic cafes.

16 T GALLERIA BY DFS

Treat yourself to something fancy at this designer shopping spot, which features brands such as Louis Vuitton.

17 ESPLANADE DINING PRECINCT

The newly renovated Esplanade Dining Precinct offers a smorgasbord of restaurants and bars for every kind of foodie.

18 BAR HOP WITH CAIRNS BREWERY TOURS

Sip your way around Cairns' local breweries and distilleries and visit five unique venues.

19 FIG TREE PLAYGROUND

Playgrounds don't get much more nature based than the fig tree playground, a maze of walkways, slides and tunnels in a giant fig tree on Cairns Wharf.

20 BE A HISTORIAN WITH CAIRNS URBAN WALKING TOURS

Don your history hat and head out with Cairns Urban Walking Tours to learn more about the tropical city's history.





AMAZING VIEWS

The perfect place to relax in our fully self-contained luxury 1, 2 and 3 Bedroom Apartments overlooking the Coral Sea, gateway to the Great Barrier Reef. Enjoy our large lap pool overlooking the beautiful Trinity Beach. Perfect for couples and families all year round.

5% off for all bookings made directly via the phone while mentioning this ad

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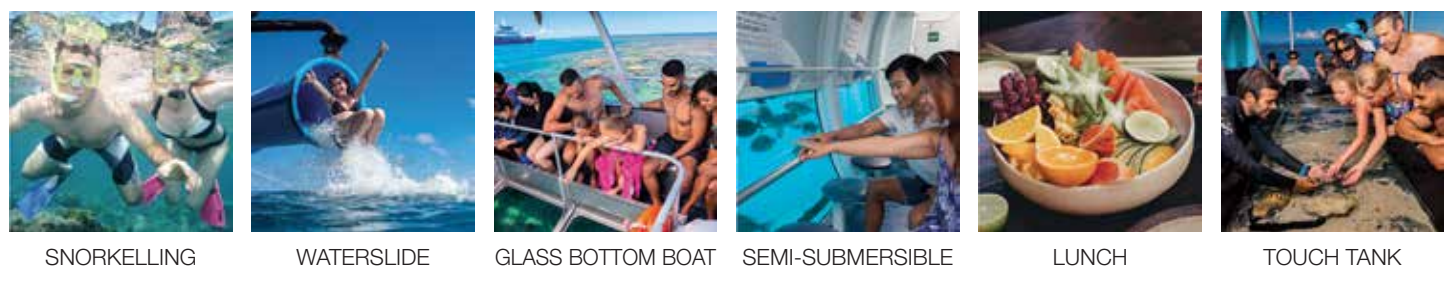
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15 day trips FROM CAIRNS

1 EMBRACE ISLAND TIME ON FITZROY ISLAND

Welcome to island paradise. Walk to the stunning Nudey Beach, SUP off the main beach or simply relax and enjoy a cocktail at Foxy's Bar.

2 CONNECT TO CULTURE WITH MANDINGALBAY ANCIENT INDIGENOUS TOURS

Join traditional Mandingalbay Yidinji Guides and venture across the Trinity Inlet for an authentic cultural experience featuring bush tucker, a smoking ceremony and more.

3 EXPLORE THE OUTER GREAT BARRIER REEF

Delve into an underwater wonderland on the Outer Barrier Reef and search for all its famous residents from a pontoon or off the back of a boat. Up the ante with an introductory scuba dive.

4 TASTE THE TABLELANDS WITH BRETT'S OUTBACK TASTING TOURS

Get your foodie fix and sink your teeth into a tongue-tingling itinerary around the best food and wine spots on the Atherton Tablelands.

5 HIRE A BOAT FROM CAIRNS BOAT HIRE

Grab your own eight man or ten man pontoon and cruise down the Trinity Inlet for a spot of fishing.

6 CATCH A FISHING CHARTER

Cast a line with a fishing charter to the reef, or in one of Tropical North Queensland's many rivers and creeks.

7 PADDLE THROUGH THE RAINFOREST WITH BABINDA KAYAKING

Kayak down a crystal clear rainforest creek and search for fish, turtles and platypus. Don't forget to pack a picnic to enjoy along the way.

8 DELVE DEEPER INTO GREEN ISLAND WITH WUNYAMI TOURS

Join GuruGulu Gunggandji and Gimuy Yidinji guides to discover the Indigenous stories, legends and traditions of Wunyami (Green Island) on Wunyami Tours.

9 CHASE WATERFALLS WITH WATERFALL WANDERERS

Head out for a day exploring some of Mother Nature's most stunning waterparks including Babinda Boulders, Josephine Falls and Millaa Millaa Falls.

10 UP YOUR ALTITUDE TO KURANDA

Ch-cho-choose the Kuranda Scenic Railway and venture past gorges and tumbling waterfalls to Kuranda. Return to Cairns on Skyrail Rainforest Cableway and fly over the rainforest canopy.

11 SEAS THE DAY AT THE FRANKLAND ISLANDS

Live out your castaway dreams with a trip to the Frankland Islands, a paradise with white sand beaches and fringing coral reefs teeming with marine life.

12 DRIVE SOUTH TO MISSION BEACH

You'll need a car for this south-bound adventure. Hit the road and venture to the stunning Cassowary Coast towards Mission Beach. Wander along unspoilt beaches and keep your eyes peeled for a cassowary in the nearby rainforest.

13 EXPLORE THE DAINTREE & CAPE TRIBULATION

Hop aboard a day tour to the Daintree and Cape Tribulation and get up close to the rainforest. Tours are available with Jungle Tours & Trekking, Billy Tea Safaris and Down Under Tours.

14 VISIT PARONELLA PARK WITH CAIRNS DISCOVERY TOURS

Depart from Cairns on an action-packed day tour to the Cassowary Coast. Cassowary spot at Etty Bay, then visit Paronella Park for the iconic "Darkness Falls" tour.

15 TEST YOUR CROC-O-DIAL AT HARTLEY'S CROCODILE ADVENTURES

Cruise the makeshift lagoon and see crocodiles jump for their dinner. Hold a wombat or cockatoo on a Premium Wildlife Encounter.



ULTIMATE CAIRNS *dining bucket list*

With dishes fused with locally-sourced ingredients and seafood straight off the trawler, it's safe to say that Cairns is a dining mecca. Add these legendary eateries to your itinerary and try to munch your way through this whole list. Challenge accepted!

BREKKIE LUNCH DINNER

Brekkie and brunch spots don't get much cuter than **The Chambers**. Set in a historic former 1920s bank, this spot offers a mouth-watering all day brunch menu. With classics such as smashed avo and buddha bowls available, you're sure to leave satisfied.

If you struggle to get up early while you're on holiday, the view of the golden ocean glow from **Wharf One** may just motivate you. The view is supercharged by the breakfast menu, serving up classic dishes until 11.30am.

Head to the laid back northern end of the esplanade to **Guyala Cafe**, which offers dishes inspired by Indigenous ingredients. Special shout out to the chilli crab omelette and the truffle and tofu toastie.

Dine in the midst of an underwater wonderland at **Dundeels at the Aquarium**, which serves up contemporary and innovative lunch options. Or head to **Dundeels on the Waterfront**, offering sumptuous lunch specials with views of the Cairns Marina.

If your action-packed day calls for a grab and go lunch, **Bury Me Standing** has a bagel menu with a difference it's all 100% vegan! Meat-free bagel dog or Hungarian donuts anyone?

A few shops down, **Falafellicious** has become a bit of a local legend, and with one taste of the handmade falafels, it's easy to see why.

Eat where the locals eat and make way to the trendy suburb of Edge Hill, home to the Cairns Botanic Gardens. **NOA** serves up innovative lunch options, including crispy pork and snapper salad and salmon ceviche.

If you've been to Cairns and not eaten prawns on the **Prawn Star** trawler, have you actually really been to Cairns? Feast on seafood al fresco on the iconic boat restaurant.

Watch the twinkling of boat lights in the marina as you dine at **Ochre**, which offers modern Australian dishes infused with local ingredients. With bites such as gnocchi made with Mungalli Creek ricotta and duck leg confit with Davidson Plum, you may find it hard to choose.

Tuck into an exceptional two or three course Asian-infusion menu at **Tamarind**. Located in the Reef Hotel Casino, this restaurant has been awarded a coveted Chef Hat Award – and has a tempting menu to back it up!

There's steak and then there's **CC's Bar & Grill** steak. Inspired by the ruggedness of the Australian outback, this spot redefines the traditional steakhouse. The sustainably grown steak comes directly from the Crystalbrook Station, located three hours from Cairns, and is complemented by an extensive wine list.

Discover more tropical tastes at tropicalnorthqueensland.org.au/things-to-do/eat-and-drink

Ride the Tropics

Cairns - Tropical Far North Queensland

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THE REAL *urban jungle*

Discovering the reef and rainforest can be thirsty work. Add the fact the city has a climate that rarely (if ever) dips into single figures and there's a good chance you'll be parched come sundown. Here are some bars and breweries to check out on your next Cairns trip.

BEERS THAT BETTER THE WORLD

They say that nothing goes down better than a cold beer on a hot day and what better to sip on in the tropics than a tropical ale? The 7th Heaven Tropical Ale from **Hemingway's Brewery** isn't any brew, this liquid gold contributes half of its profits to the **Great Barrier Reef Legacy** for the future sustainability of the city's most well-known attraction. Perched overlooking the Trinity Inlet and East Trinity, you're hitting the ultimate feel-good trifecta – awesome views, great vibes and good virtue.

SET THE BAR HIGH AT THESE ROOFTOP BARS

We take your concrete jungle rooftop bars and raise you Cairns' urban jungle. Up here, watch the sunset over the mountains and lap up views of the Coral Sea with a cocktail in hand at sophisticated **Rocco**; peak through the palm trees of the lively Cairns Esplanade at, **Whiskey & Wine**; or soak in the tropical vibes with a drink in hand overlooking the famous Cairns Esplanade Lagoon at **Oak & Vine**.

SLINK INTO SECRET BARS

Here's proof laneway bars aren't just a thing of the big smoke, but if smokey's your vibe, follow the woody scent to **Three Wolves** hidden down Wolf Lane in the CBD. 'Smoke on the Water' is this whiskey bar's twist on an Old Fashioned; infusing bourbon, bitters and cinnamon syrup with smoked Western Red Cedar wood. Gin lovers need only to prowls a few steps to Three Wolves' sister venue, **Wolf Lane Distillery** whose locally-made gins are on the world stage, including native flavours such as Davidson Plum.

SOAK UP SEASIDE CHARM

The seaside doesn't get any closer than **Prawn Star**, Cairns' iconic floating seafood restaurant. Of course, while you're here for the fresh no-nonsense seafood, drinks come cheap with \$7 happy hour all day, every day. Afterwards, set your sights on **Salt House**, another noted venue of this coastal city, famous for its laidback vibes, tropical cocktails and great views.

HOT TIPS

- 1 Choose from a smorgasbord of natural wines at **Harbourside Bar & Kitchen** and sip with views of the esplanade.
- 2 Find a list of ever-changing and refreshing fruity flavours of beers and spritzers as well as all your favourite classics at **Sauce Brewing Co.**
- 3 Boogie to live music, catch live sports on TV and enjoy quality pub-style food at **The Pier Bar** or **Rattle n Hum**.
- 4 Dance the night away at pumping party venues **Gilligan's**, **PJ O'Brien's Irish Pub**, **Cotton Club** and **The Woolshed**.
- 5 Why settle for one brewery when you can visit five with **Cairns Brewery Tours**.

Discover more of Cairns' urban jungle at
tropicalnorthqueensland.org.au/real-urban-jungle



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Where to stay IN CAIRNS

From five star resorts with ocean views to caravan parks flanked by rainforest, you're guaranteed to rest your head in paradise.



IN THE CITY

Stay in the bustling heart of Cairns city at the newly renovated **Benson Hotel** on Grafton Street. Both **Novotel Cairns Oasis** and **Coral Tree Inn** boast a central location and are a fantastic place to stay if you are catching an event at **Munro Martin Parklands** or the **Cairns Performing Arts Centre**. If spa treatments are calling you, reserve a room at the **Pullman Cairns International**, whose onsite **Vie Spa** will see you floating back to your suite. Art lovers will adore **Crystalbrook Bailey**, which features exhibits by resident artists.



ON THE ESPLANADE & WATERFRONT

Take it up high on the Cairns Esplanade for a room with a view. **Crystalbrook Riley** is a luxury five-star resort with an eco edge. With initiatives such as 100% waste-free bathrooms and paperless tech, it's easy to tread lightly during your stay here. Wander to the very north of the esplanade and you will find the family-friendly **Holiday Inn Cairns Harbourside**, where kids can stay and eat for free. **Oaks Cairns** is just a hop, skip and jump from the iconic Cairns Lagoon and offers modern, spacious rooms. Head to the rooftop restaurant and bar, **Oak & Vine**, for some of the best views in the city.

If you prefer your waterfront vistas peppered with boats, book a hotel perched above the Cairns Marina. **Hilton Cairns** is a waterfront

retreat with balcony views made for sundowners. Rather have your drinks prepared for you? Head downstairs to **Gin Social** and peruse the curated cocktail list. **The Sebel Cairns Harbour Lights** is another marina front gem and offers self contained apartments, a roof top swimming pool and a gym. Live the luxe life at **Shangri-La The Marina, Cairns**, which is equipped with everything you need to relax to the max, including a large rooftop pool with pool bar and spacious suites to suit every stay. Stay and play at **The Reef Hotel Casino**, where every luxury hotel room boasts its very own spa bath. Swim at twilight under twinkling fairy lights in the roof top pool before heading downstairs to indulge in an evening of drinks and dancing at **BAR36**.

CARAVAN & CAMPING PARKS

Get back to nature without being too far away from the city at **Cool Waters Holiday Park**. Located 7km from the city centre, this tranquil spot is flanked by rainforest, with a crystal clear creek running through its centre. **Big 4 Ingenia Holiday Cairns Coconut Resort** is a kid's paradise and features an adventure playground, splash park and aqua aerobics. There's even a dog agility park, so every member of the family can enjoy their time in the tropics. **NRMA Cairns Holiday Park** is just 3km from the city centre and offers camping, caravan sites and cabins.



From top left to right:
Crystalbrook Riley, Pullman Cairns International,
Big 4 Ingenia Holiday Cairns Coconut Resort

Say goodbye to predictable

Time to take the great escape, jump in and live this summer your way.

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Unique cocktails with world class views of the Coral Sea at Rocco by Crystalbrook and Whiskey & Wine, to the lazy afternoons spent poolside at Pachamama, it's time to ease into the perfect tropical holiday.

Over 80% of the produce comes from within a 3-hour radius of Cairns so there is no need to worry about your meal's carbon footprint.

Drink, dine, and delight with Crystalbrook Collection, Cairns.

Learn more

crystalbrookcollection.com/cairns-restaurants-and-bars





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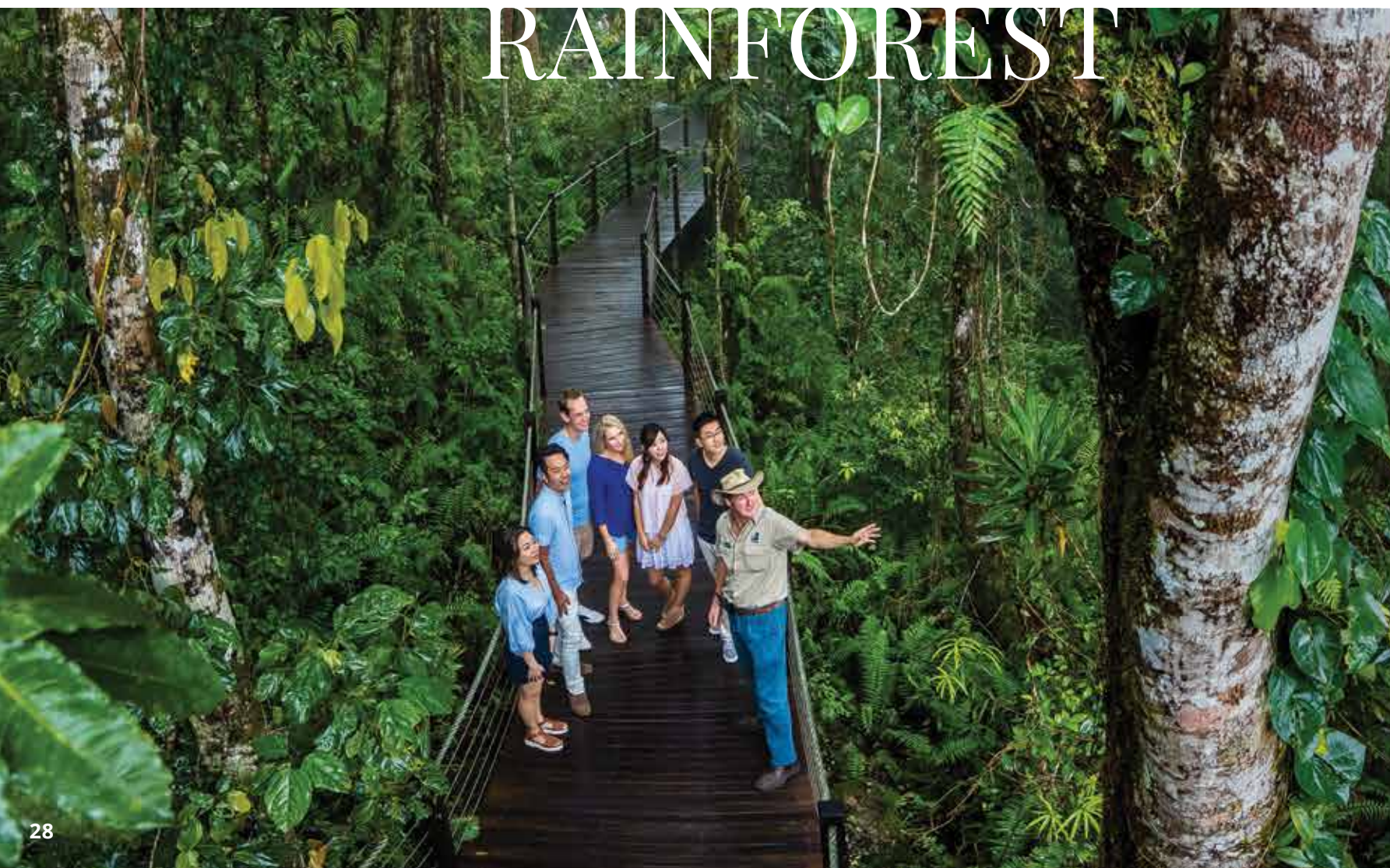
RAINFOREST

TWO WORLD HERITAGE AREAS SIDE-BY-SIDE

Cairns has long been known as the launchpad to the reef and rainforest. In fact, this region is the only place on earth where two natural World Heritage Areas meet – the Great Barrier Reef and Wet Tropics Rainforest. Both boast incredible biodiversity and thousands of species found nowhere else on the planet.

You only have to look out of the window on your flight in to see how close the city is to these two wonders. In less than an hour from the CBD, you can be snorkelling or diving in Australia's most spectacular underwater environment, while in 30 minutes you can be splashing under a waterfall.

Head to page 30 to read more about how to experience the Great Barrier Reef and page 46 to plan which waterfalls and swimming holes you'll visit.



RAINFOREST ADVENTURES NEAR CAIRNS



Only 10 minutes from the CBD, find yourself in the lush inner-city suburb of **Edge Hill**, home to the **Cairns Botanic Gardens**. Simply strolling down leafy **Collins Avenue** or through the boardwalks of **Centenary Lakes** will satisfy your nature fix, but the gardens are worth a visit with one of the best exhibitions of tropical plants in Australia.



For a comprehensive insight into the history, evolution and extraordinary beauty of the Wet Tropics Rainforest, hop aboard **Skyrail Rainforest Cableway**. This grants you access to views that no other experience in the region is able to offer, skimming over the canopy where the forest floor disappears into the oblivion below.



Pair your trip on Skyrail with **Kuranda Scenic Railway**, a picture-perfect rail journey that winds its way from Cairns to the quirky rainforest village of **Kuranda** through World Heritage rainforest. The journey incorporates unsurpassed views of the spectacular **Stoney Creek Falls** and the mighty **Barron Falls**.



If skimming the treetops has given you a taste for heights, why not climb higher on a scenic flight with **Nautilus Aviation**. Rainforest flights are paired with a flight over the **Great Barrier Reef** so it's an easy way to explore both World Heritage Areas plus get a bird's-eye view of the city and coastline on the same day.

Discover more of world's oldest rainforest at tropicalnorthqueensland.org.au/wet-tropics-rainforest

Reef DREAMS

Discover how to explore the Great Barrier Reef on one of these fantastic tours from Cairns.

BOAT TOURS

What better way than to explore the big blue than to jump right in? Snorkel and dive straight off the boat and be mesmerised by the world below. Make your trip carbon neutral by visiting with **Passions of Paradise**, or visit three different sites in one day with **Silverswift**. Join Indigenous Sea Rangers on **Dreamtime Dive and Snorkel** to immerse yourself in cultural dance, song and ceremony. **Down Under Cruise & Dive** features a boujee gold class lounge, while **Spirit of Freedom** offer multi-day liveaboard expeditions.

PONTOONS

Pontoons are floating platforms and you can literally walk down the stairs and into one of the Seven Wonders of the World. This makes them perfect for families with small children. **Sunlover Reef Cruises'** pontoon has its very own waterslide, while **Great Adventures** offers Scuba Doo – an underwater scooter. **Reef Magic's** new pontoon, Remoora, is powered by solar panels and wind turbines and has fully functioning scientific lab for reef research and projects.

ISLANDS

Cairns is peppered by island paradises. Head 24km out from Cairns to **Fitzroy Island**; snorkel straight off the beach, take a short walk to the dreamy Nudey Beach and sip on a cocktail at Foxy's. Join **Wunyami Tours** on **Green Island** to discover the Indigenous core of this island and search for turtles amongst the fringing coral reef. Live out your castaway dreams on Normanby Island with **Frankland Island Reef Cruises**.

CAYS

Explore the reef from a patch of white sand surrounded by endless ocean and colourful reef. **Ocean Freedom** offer tours to **Upolu Cay** or you can head to **Michaelmas Cay** with **Ocean Spirit**. Live the luxe life and head out to **Vlasoff Cay** by helicopter for a private picnic with **Nautilus Aviation**. Visit **Sudbury Cay** with **Coral Expeditions** as part of a seven-day expedition around the Great Barrier Reef.

CORAL spawning

WHAT IS CORAL SPAWNING?

In simple terms, coral spawning is the reef having sex. Coral polyps simultaneously release egg and sperm bundles that they've spent months growing into the ocean for external fertilisation. This happens in a mass event annually, affectionately named the world's largest orgasm on the world's largest organism.

During this time, the Great Barrier Reef is transformed into an underwater spectacle resembling the inside of a snowglobe. The spawn then produces a pinky-brown 'slick' on the surface where eventually, some sperm will meet a compatible egg and produce a larvae that takes about ten days to fully mature. It will swim around anywhere from two weeks to nearly two months until it finds somewhere to settle, metamorphosing into a coral polyp and beginning its journey building a coral colony by replicating itself.

Image credits from left to right: Gareth Phillips, Gabriel Guzman (Calypso Productions)

WHEN DOES IT HAPPEN?

Experts are able to predict probable times of coral spawning but there still remains an air of mystery around when it occurs. It only happens at night and once the water temperature is above 26°C for the whole month prior and the seas are calmer. What actually triggers the event still remains unknown and tell-tale signs won't reveal themselves until 20 to 30 minutes before it occurs.

Coral spawning is literally just an eruption that lasts for 20 minutes to a half an hour, where the whole Great Barrier Reef just has sex, with coral polyps releasing. Clams go. Sea cucumbers go. Starfish go. Everything just goes. It's literally a mass orgy. It's the biggest sexual event on the planet. It's an amazing thing to go snorkelling or diving in.

Gareth Phillips,
Marine Biologist

The time of year depends on the reef location. Outer reefs off Cairns and Port Douglas generally begin spawning two to six nights after the full moon in November and it's usually just the one night that it explodes. However, it may occur over different nights in late spring or early summer. Coral spawning off the islands or inshore reefs can happen a month or so earlier. It only happens at night once most plankton feeders are sleeping to give the eggs a greater chance at survival.

The estimated 2022 outer reef dates are between 11-15 Nov and 11-15 Dec.

WHAT HAPPENS IF I MISS IT?

While any natural events are never a guarantee, don't let that dishearten you. The Great Barrier Reef transforms itself from day to night and is a completely different beast after the sun sets. Spend your time discovering the creatures that like to stay hidden during the day – and remember; you are diving or snorkelling the Great Barrier Reef at night, that in itself is pretty special and an opportunity not many people have the chance to experience.

WAYS TO EXPERIENCE

Single night trips for the coral spawning will depart Cairns over the predicted period. These leave late afternoon and return after midnight.

Divers Den

11 & 12 November

Pro Dive Cairns (liveaboard)

11-15 November

11-15 December

Other liveaboards operate over the predicted dates however these are not dedicated coral spawning trips. Plans can vary depending on weather and time, so if you are interested in a liveaboard experience enquire directly with the company for their plans around the event.

Learn more about the world's largest reef at tropicalnorthqueensland.org.au/great-barrier-reef

Seasons GUIDE

The climate is one of the best things about Cairns – you can have a great holiday at any time of year. But the weather can be very different from what you'll find in other parts of the country, so you'll need to know what to expect.

SUMMER

Average Cairns temperatures:
23.6°C / 31.4°C

Summer in the tropics is when nature comes alive. Like a time-lapse before your eyes, the landscape can quickly transform from the warm tones of spring to fresh green tones of summer with warm, therapeutic rain. Thanks to the regular rainfall, summer is the ideal time to bask in the spray of a waterfall.

Local tropical produce including sweet mangoes and tangy lychees fill markets; and with native fruit in abundance, so is the incredible and unique wildlife.

Due to lower winds and calmer seas, water clarity on the Great Barrier Reef is amazing through summer.

SPRING

Average Cairns temperatures:
20.5°C / 29.5°C

Sunny days call for relaxing in cool waters. Bright tropical flowers bloom and with them, flocks of colourful birds feeding on their nectar arrive. See the reef come alive at the annual coral spawning.

Warm days and glassy seas are synonymous with spring, with winds dropping off causing flat seas and ideal beach, reef and fishing conditions.

Reliably drier conditions make spring a popular time for hiking and biking. It's more common to have great visibility on hikes such as Mt Bartle Frere, which is notorious for its summit hiding behind clouds throughout most of the year.

AUTUMN

Average Cairns temperatures:
21.6°C / 29.2°C

Summer lives on in Autumn in the tropics. The landscape is lush, the creeks and rivers are full and waterfall chasing is spectacular – if you're lucky, you might even get to see Barron Falls at its most iconic.

Get your adrenaline pumping rafting down rivers surrounded by ancient rainforests, or visit an outback painted green by the regenerative rain, giving you a new perspective on this Aussie icon.

WINTER

Average Cairns temperatures:
17.5°C / 26.2°C

Welcome to the place where your typical idea of winter doesn't really exist. Daytime temperatures hover in the mid-twenties, outside is the place to be. Instead of being huddled inside around heaters, indulge in cocktails by the beach or laze by the pool at a luxury resort.

With milder temperatures – locals will say "cold", you'll say "perfect" – winter provides the ideal time for camping, hiking or Great Barrier Reef adventures.

SCENIC *lookouts*

There's nothing quite like a great view while on holidays, so here are a few to check out near Cairns.

LAKE MORRIS

Hit the road for a scenic drive up to **Lake Morris (Copperlode Dam)**. The old adage "the journey is as good as the destination" is a tough call when the final destination is as beautiful as Lake Morris, but when the road is dotted with dozens of Jurassic-looking tree ferns and lookouts over Cairns City, it holds true. Once at the top, the magnificent **Lamb Range** towering over the lake makes the perfect backdrop for a picnic lunch.

HENRY ROSS LOOKOUT

You could say this is Cairns' most underrated lookout. You'll find it on the **Kennedy Highway** (aka **Kuranda Range**) around 10 minutes drive from the bottom of the range. It's a great place to catch the sunrise, and for the adventurous, the **Kuranda Downhill MTB Trail** leaves here.

THE EDGE LOOKOUT

Skyrail Rainforest Cableway is the gift that keeps on giving. You could say the whole journey is a series of lookouts, but special mention goes to the **The Edge Lookout** which juts out over **Barron Falls** on a glass walkway.

BABINDA BOULDERS

From **Babinda Boulders** take the 1.3km return **Devils Pool Walk** to discover the tragic Dreamtime story of Oolana and Dyga. Admire the swirling waters of **Devils Pool** and **Boulders Gorge** from two picturesque lookouts.

Never venture into the out of bounds areas of Babinda Boulders.



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Cairns Great Barrier Reef Tours



RESPONSIBLE *Travel*

Welcome to Tropical North Queensland, a region enveloped by ancient rainforests, expansive savannah lands, and thriving reefs where extraordinary comes, well, naturally. Protecting the environment and unique wildlife is an unquestionable way of life. As the most eco accredited region in Australia, it's easy to tread lightly as you explore this diverse natural region. Discover some of the incredible eco initiatives in the region and how you can get involved.



GBR BIOLOGY

This small team of marine lovers are truly passionate about ecotourism and adventure. Their initiatives include coral rubble stabilisation, coral larval reseedling and Eye on the Reef initiatives. GBR Biology work closely with Reef Magic to offer snorkel safaris and immersive, educational excursions. Reef Magic's pontoon "Remoora" uses solar and wind energy and has a scientific lab for research and projects.

FNQ NATURE TOURS

Join FNQ Nature Tours for a multiday research tour that includes a visit to the Australian Quoll Conservancy, which is dedicated to the conservation of Spotted-tail Quolls.

CAIRNS TURTLE REHABILITATION CENTRE

The Cairns Turtle Rehabilitation Centre is a non-profit, volunteer-run organisation dedicated to the rehabilitation and release of injured and sick turtles. You can help by visiting the dedicated rehabilitation centres on Fitzroy Island and at the Cairns Aquarium.

CRYSTALBROOK COLLECTION CLIMATE CALORIES

Being calorie conscious takes on a whole new meaning when dining at a Crystalbrook Collection restaurant. Climate calories immediately show you if the ingredients are locally sourced, minimise waste, feature ethical meats, are supplied in eco friendly packaging and are culturally considered – so that you can track your environmental impact.

CORAL NURTURE PROGRAM

The Coral Nurture Program is a unique partnership between tourism and science, which aims to assist in the recovery of reef sites on the Great Barrier Reef. The marine biologists use a novel device called a Coralclip to attach coral fragments onto areas of bare rock on the reef, and also propagate corals using coral nurseries. Head out to the reef with Passions of Paradise to monitor coral planting as part of the Coral Nurture Program.

MANDINGALBAY ANCIENT INDIGENEOUS TOURS

Venture across the Trinity Inlet with Mandingalbay Yidinji guides for an immersive experience on country. The Hands on Country Eco Tour allows you to gain a deeper insight into native food, bush medicines, customs and artefacts. Mandingalbay Ancient Indigenous Tours (MAIT) is 100% owned and operated by Mandingalbay Yidinji Aboriginal Corporation (MYAC) and is Respecting Our Culture certified.

KUL-BUL

Kul-bul is a collaboration between Yirrganydji Land and Sea Rangers, GBR Biology, Reef Restoration Foundation and project partners based on Traditional Owner perspectives and contemporary knowledge. Kul-Bul selects appropriate reef intervention techniques including coral outplanting, rubble stabilisation, coral larval reseedling and crown-of-thorns starfish control.

From top to bottom: Reef Magic, Crystalbrook Rocco, Cairns Turtle Rehabilitation Centre, Australian Quoll Conservancy, Mandingalbay Ancient Indigenous Tours



UNIQUE Wildlife

SOUTHERN CASSOWARY

The Southern Cassowary is Australia's heaviest flightless bird and can grow to an incredible height of two metres. They are incredibly important to the ecosystem as they play a vital part in seed dispersion and rainforest regeneration. There are estimated to be around 4,200 cassowaries in the wild, with a large concentration dwelling on the **Cassowary Coast**. When you see one of these birds in the wild, it's important to be casso-way and keep your distance.

BIRD LIFE

Tropical North Queensland is a bird watchers paradise. Wander down to the **Cairns Esplanade** and search for wading birds on the mudflats, including pelicans and jabirus. Nearby **Cattana Wetlands** is home to an abundance of species such as Metallic Starlings and Spangled Drongos.

ESTUARINE CROCODILE

Northern Australia's Estuarine (Saltwater) Crocodiles are one of the world's most enduring species, having outlasted dinosaurs by some 65 million years.

They are the largest living reptile and the largest terrestrial predator on earth and an important part of the eco-system.

To learn more about these fascinating reptiles, jump aboard a croc cruise or visit a wildlife park like **Hartley's Crocodile Adventures** or **Cairns ZOOM & Wildlife Dome** in the Cairns CBD

Don't forget – **always be croc-wise in croc country** and stay away from the water if you are unsure if it's a croc habitat or not.

TREE KANGAROOS

Tropical North Queensland is home to Australia's only two species of tree kangaroos – Lumholtz's and Bennett's Tree Kangaroos. The former is the smaller of the two, weighing in at 7kg and can be found on the **Atherton Tablelands**.

The Bennett's Tree Kangaroo is endemic to the **Daintree River, Mt Amos** and **Mt Windsor**. It can leap up to 9m between branches and can drop to the rainforest floor from a height of 18m.

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YOUR HEART RACING IN CAIRNS**

There are plenty more ways to find thrills at tropicalnorthqueensland.org.au/adventure

1 PADDLE DOWN PRISTINE WATERS ON A KAYAK OR SUP

If you'd rather relax than rush, set your own pace and glide along the crystal-clear **Babinda Creek** with **Babinda Kayaking**. Hire a kayak or stand-up paddleboard and wind your way between Queensland's two highest mountains alongside fish, turtles, and the occasional platypus before pulling up on the banks for a picnic lunch. Good news if you're travelling with your pooch, dogs are welcome to join you on this tour.



2 FLOAT DOWN A RIVER LIKE A LOCAL

Up the ante a little with **Cairns Adventure Group** and float like the locals do on an inflatable tube down idyllic rainforest waterways. While this experience is mostly chilled, you'll also tackle some small rapids sure to get your adrenaline racing.

3 CAST YOUR LINE WITH AN EXPERT ANGLER

The waters of Cairns are some of the world's best fishing grounds with the seas, rivers and tidal estuaries teeming with fish. Board a fishing charter with **Fish Tales Cairns Charters**, **Reef Runner** or **Cairns Reef Fishing** to have an experienced local guide you to the best fishing spots as well as provide advice on which type of lure and bait to use. If you're lucky to hook a fish or two (or more!), they'll also help with identifying the type of fish, whether it should be kept or returned, and help you clean, fillet and cook your catch.



5 DO A MULTI-DAY REEF TRIP & DIVE IN THE DARK

Your trip to the Great Barrier Reef doesn't have to be limited to one day. Many dive boats offer what's called a "liveaboard", where you sleep overnight on the reef and complete a series of dives across multiple days (including at night). Many people opt for a liveaboard to complete their PADI or visit renowned dive sites that are too far to reach on a day tour like **Osprey Reef** or the **Ribbon Reefs**.

The reef is completely different from night to day so expect to see species like giant trevally, barracuda, crayfish, crabs or even parrot fish sleeping in their snout bubbles (yes, you read that right). Reef sharks are more active at night and many operators offer special shark dives.

TIP If you don't have enough time for an overnight expedition, take the plunge with sharks at **Cairns Aquarium**

TACKLE THE RAPIDS

How many cities can launch a raft on grade 2 and 3 rapids only 20 minutes from the CBD? Get the adrenaline racing with **Raging Thunder** on a half day white water rafting tour down the Barron Gorge. It's a place of raw natural beauty with the gorge, cloaked in World Heritage rainforest, towering either side of you as you paddle your way down the river – sometimes furiously, sometimes leisurely.

TIP Raging Thunder also offers a family rafting tour specifically catered for families with children aged 6–11 years

7 ABSEIL, ZIP LINE & JUMP DOWN WATERFALLS

There's waterfall chasing and then there's **Cairns Canyoning**. See a different side to some of Cairns' waterways as you abseil, zip line, slide and leap down incredible freshwater creeks surrounded by dense tropical rainforest. There are several adventures to choose from, including **Behana Gorge** and **Crystal Cascades** to the advanced Spillway tour.

GET A BIRD'S-EYE VIEW NOT EVEN A DRONE COULD CAPTURE

The aerial views of farmlands, cityscapes, mountain peaks, snaking rivers and the Coral Sea are ones not often seen by people. Be one of the few who can claim witness to it with **Skydive Cairns**. While you may struggle to take in the glistening green and blue landscape while plummeting at over 200km per hour during your 60-second freefall, you'll have up to seven minutes to soak up the scenery once the parachute opens.

JUMP OFF AUSTRALIA'S ONLY BUNGY TOWER

Set in the rainforest 20 minutes north of Cairns CBD at **Skypark by AJ Hackett**, test your thrills with 16 different jump styles on offer. These include everything from a graceful swan dive to riding a BMX bike off a roof. If you're not quite up to taking the leap, soar from 45m at speeds of up to 120km per hour on the Giant Jungle Swing, Walk the Plank on their newest attraction, or simply sit on the deck and watch others jump and swing.



Mountain biking



WHETHER YOU'RE A DOWNHILL ADRENALINE JUNKIE, AN INTREPID BIKE-PACKER, A CASUAL CYCLIST OR JUST STARTING OUT, YOU'LL FIND YOUR MOUNTAIN-BIKING NIRVANA IN THE TROPICS

SMITHFIELD MOUNTAIN BIKE PARK

Smithfield Mountain Bike Park north of Cairns City is the highest-profile rainforest trail network in the world and is hosting this year's Crankworx World Tour. It is the place to tap into a superlative trail-riding experience and just one of several world-class mountain-bike parks in the region.

KURANDA DOWNHILL

If downhill thrills are what get you out of bed, take on the legendary Kuranda Downhill – Australia's oldest operating downhill trail.

BUMP TRACK

Located in the foothills just behind the famous resort town of Port Douglas, this 6km trail climbs from sea level to almost 400m within just a couple of kms, allowing riders to experience one of the biggest downhill thrills in the region.

MUSGRAVEA TRAIL

This easy 6km one-way ride takes you into the dense rainforest of the Djiru National Park, just inland from Mission Beach, and has lovely swimming spots at either end of the trail.

ATHERTON MOUNTAIN BIKE PARK

Atherton Forest Mountain Bike Park, located just outside of the charming rural centre of Atherton, is the region's mountain biking jewel. This vast and varied single-track network has white-knuckle trails to thrill hardcore mountain biking connoisseurs, as well as a range of less technical but no-less-enjoyable trails for more intermediate riders.

Hit the trails at tropicalnorthqueensland.org.au/things-to-do/mountain-biking-cycling



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Dive into one of the 3 lagoon-style pools or relax & enjoy the feel of the sand beneath your toes while lounging on the man-made beach. Sip a cocktail or tuck into a delicious meal at "Thirsty Flamingo Poolside Bar & Dining." Big & small kids alike will enjoy endless hours of fun exploring the pools, playground, table tennis and water slides.

Located just 4.5km from the Cairns City Centre and 5.5km from the Cairns Airport, the **Cairns Colonial Club** is an ideal access point for all major attractions including reef and rainforest tours.

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Hiking & WALKING TRAILS

CAIRNS ESPLANADE

It's no wonder Cairns Esplanade is an extremely popular exercise route for locals with its cool sea breeze, swaying palms and ocean views. It's entirely accessible, features both a bike and walking path and there's plenty to see along the way including sculptures, playgrounds, a skate park and volleyball courts.

From Fogarty Park to the northern end, it's 5km return. Pathways also meander past the lagoon and along the Cairns Marlin Marina down to Hemingway's Brewery.

JACK BARNES BICENTENNIAL MANGROVE BOARDWALK

One of the lesser explored sides of the tropics are mangroves, but those who've explored these habitats will tell you they hold a beauty that is hard to describe if you haven't seen them. Because of their tidal nature, each time you visit will be completely different. Keep an eye out for crabs, shellfish, mud skippers and birds who reside in these unique environments.

The boardwalk is located near Cairns Airport and has recently received an almost \$500,000 dollar upgrade. We recommend wearing long sleeves, pants and using plenty of insect repellent.

MOUNT WHITFIELD CONSERVATION PARK WALKING TRACKS

Inner-city suburb Edge Hill hosts a network of trails traversing Mount Whitfield, also known as the "Arrow" trails, of which you'll find four: Red Arrow, Blue Arrow, Yellow Arrow (are you sensing a pattern here?) and Green Arrow.

These tracks vary in length and difficulty but the one common factor is that you're guaranteed a great workout and million-dollar views. There are also trailheads at nearby suburbs Aeroglen for the Yellow Arrow, and Whitfield for the Green Arrow.

GLACIER ROCK, DOUGLAS TRACK

A favourite among locals for its ease of access and stunning views, Glacier Rock via The Douglas Track is a challenging but rewarding hike located a short 25 minutes drive from Cairns. The trailhead starts at the popular Stoney Creek swimming hole which is a welcome place to cool off on your return.

While you'll have no lack of views on the way, the real MVP is the view from the top which peers over the canopy and all the way to Cairns. There's an open shaded area perfect for a snack to refuel before making your way back down to Stoney Creek.

BEHANA GORGE

No matter the time of the year it is, when you jump into the crystal-clear waters of Behana Gorge, your skin will erupt in goosebumps.

The chilly waters, flowing from Mount Bellenden Ker – Queensland's second-highest peak – are a welcomed reprieve from the undulating trail which finishes at the magnificent Clamshell Falls. There's plenty of space to spread out, have a picnic or simply float until it's time to head back home.

MOUNT BARTLE FRERE

This is the hike for the intrepid as Queensland's highest mountain at 1622m elevation. The first half is fairly easy-going with little elevation gain and picturesque creek crossings. After the track forks to Broken Nose (a southern peak of Bartle Frere), the ascent to the summit is extremely steep with up to 75% incline and should only be attempted by experienced hikers.

With its peak in the clouds for most of the year, we recommend only attempting on a very clear day to capitalise on the panoramic views to the coast and over the southern Tablelands. While you can return in a day, sunrises are spectacular so we recommend booking a campsite through Queensland Parks.

EARL HILL

Located in Cairns' Northern Beaches suburb of Trinity Park, this dog-friendly 1km (197m elevation) ascent to the summit offers a constant cooling sea breeze with sea views to Double Island and Palm Cove thrown in for good measure. You can also walk directly to Half Moon Bay – one of Cairns' lesser-known beaches.

WALSHS PYRAMID

This 6km return trail steeply climbs to the 922m summit, rewarding you with incredible views over the patchwork of sugarcane farmlands below as well as down the thick, lush rainforests of the Bellenden Ker range to and towards the Goldsborough Valley.

Allow 4-5 hours to complete this walk. It's fairly short distance means the elevation gain is quite quick and challenging.

HIKE SAFELY

- Tell someone where you are going and when you'll be back.
- Take food and more water than you are used to due to tropical conditions.
- Pack a Personal Beacon Locator (PBL) or satellite phone.
- Pack a first aid kit.
- Check trail conditions and do prior research on the trail.
- Have a plan in place in case you or one of your party are injured.
- Ensure you choose trails suitable for your fitness level.
- Stay on the marked trails.
- Avoid hiking during the hottest time of the day.
- Keep your distance from wildlife.
- Only swim where you are sure is safe.

From left to right: Behana Gorge, Mount Bartle Frere, Cairns Esplanade, Walshs Pyramid, Mount Whitfield Conservation Park (Red Arrow), Glacier Rock





From left to right: Josephine Falls, Stoney Creek (Old Weir Falls), Josephine Falls, Behana Gorge, Crystal Cascades, Fairy Falls

Main: Babinda Boulders

Waterfalls & SWIMMING HOLES

CRYSTAL CASCADES

Located only 25 minutes from Cairns CBD in the **Redlynch Valley**, **Crystal Cascades** is a series of swimming holes and cascading falls. Venture to the end of the track for the most impressive of the falls or simply bring your floaty and retreat to one of the more shady pools along the way.

FAIRY FALLS

Tucked away in the dense rainforest close to **Crystal Cascades** is **Fairy Falls**, a picturesque waterfall as magical as its name. Some rock hopping is required to reach this natural plunge pool, but the end result, and the cooling swim, is more than worth it.

BABINDA BOULDERS

Babinda Boulders, located around an hour south of Cairns, features an incredible emerald-hued open swimming hole flanked with lush green rainforest and dotted with huge granite boulders. The water is cool year-round with a large picnic area and free barbecues by the water.

JOSEPHINE FALLS

Just an hour south of Cairns, **Josephine Falls** is nature's water park, with a natural rockslide being the main attraction of the beautiful cascades. It's an easy 600m walk to the bottom swimming hole, with wheelchair access available to the viewing platform at the top pool.

BEHANA GORGE

Hike through the rainforest on a 3.2km fully sealed path to the stunning **Behana Gorge**. Make regular pit stops to cool off in the crystalline creek before reaching the grand finale; **Clamshell Falls** – a series of cascading waterfalls dotted with rock pools.

STONEY CREEK

Local favourite **Stoney Creek** is an easy drive from the Cairns CBD. A track meanders through the rainforest, over a small footbridge and continues parallel along the creek with many pools offering a cool refuge on the 25 minute walk to **Old Weir Falls**, the final destination of your journey.

Cairns is home to many beautiful hikes, waterfalls and swimming holes. Please ensure you always follow the safety advice and never venture into out of bounds zones, flooded waters or dangerous areas to prevent serious injury or death.

Chase more at tropicalnorthqueensland.org.au/things-to-do/waterfalls



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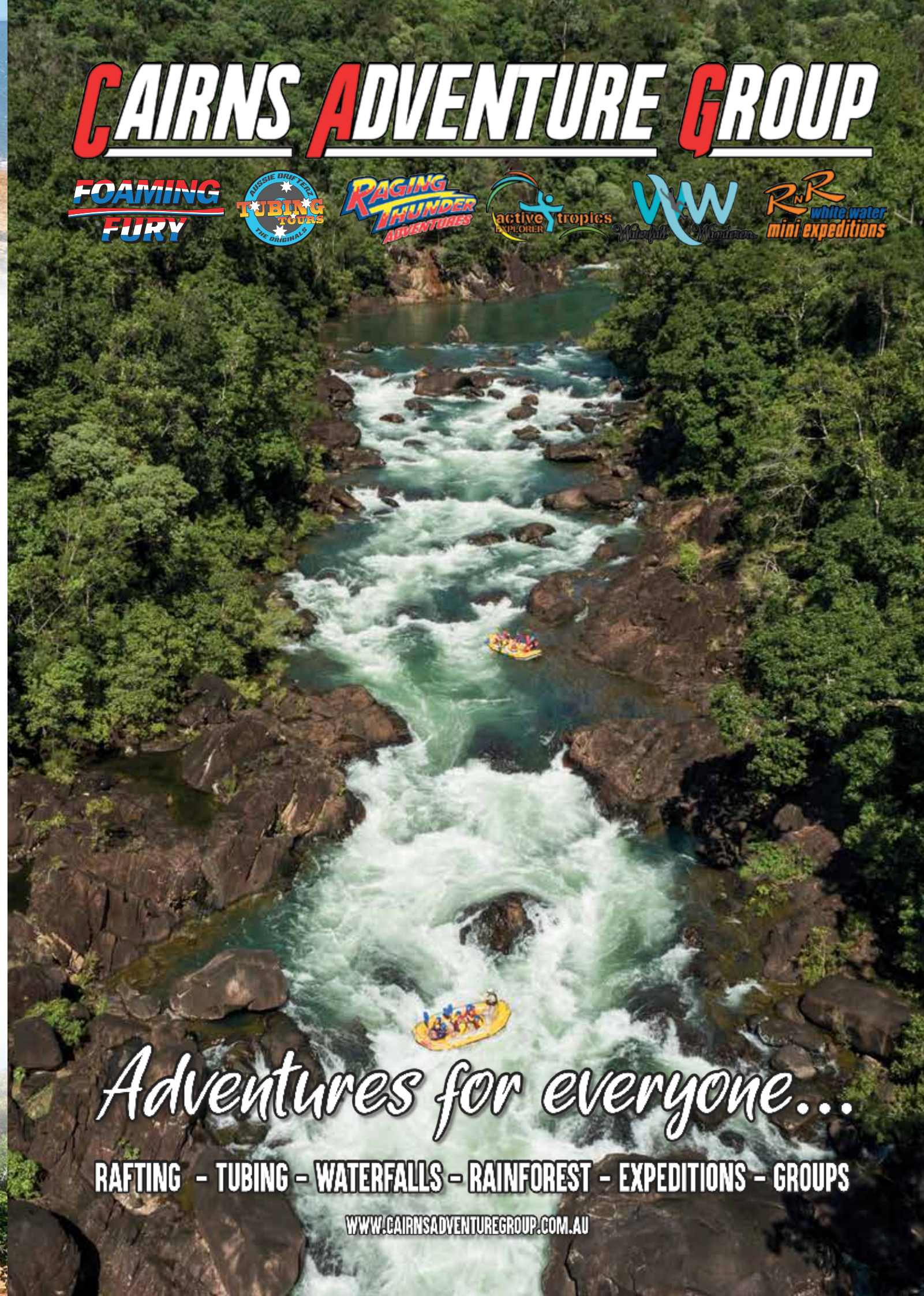
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CELEBRATING *arts & culture*

The vibrant hues of Tropical North Queensland are reflected in Cairns' thriving art scene. From traditional Aboriginal and Torres Strait Islander art to contemporary styles, Cairns is not only a hotbed of artistic talent, but the city attracts a lion's share of world-class events, exhibitions and music acts to its unique venues. Here are some you should check out:

MUNRO MARTIN PARKLANDS

Picture this: you're on a picnic rug surrounded by lush tropical foliage, twinkling fairy lights and vine-covered pergolas. Music carries through the air while the ballet twirls on stage – welcome to Munro Martin Parklands.

This inner city park hosts a wide range of shows from symphonies to contemporary music concerts. If you can't make it to a show while in town, the venue is also open to the public daily (except ticketed event days) and is worth a visit.

CAIRNS PERFORMING ARTS CENTRE

Adjoining Munro Martin Parklands, Cairns Performing Arts Centre offers a range of touring and local shows with state-of-the-art facilities. The venue also features a collection of local Indigenous art, including the impressive sculptural *Rainforest Bagu*, based on the traditional fire making implements of the Girringun people (south of Cairns).

TANKS ARTS CENTRE

"The Tanks" is an iconic and innovative contemporary arts facility housed in three converted World War II naval oil storage tanks, and set amidst the lush backdrop of the **Cairns Botanic Gardens** precinct.

Many locals claim it as their favourite venue to catch a gig, made extra special by occasional post-gig performances by local acts in their art gallery space. The gallery is open daily, while the performance space is only open for events.

CAIRNS ART GALLERY & THE COURT HOUSE GALLERY

If you're wandering the CBD and spot two beautifully preserved heritage buildings side-by-side, be sure to venture inside. Not only are they a great place to find respite from the midday sun, these two galleries feature a vibrant and dynamic program of arts experiences and collections relating to the unique heritage and living culture of the tropical north.

CAIRNS MUSEUM

Cairns Museum's incredible collection holds the secrets and memories of the people, places, events and changing environment of the region. It features five galleries with accounts of the Bama Traditional Owners, the sugar cane industry, tourism development and more.

TIP Cairns Urban Walking Tours host informative historical & street art tours of Cairns CBD

From left to right: Munro Martins Parklands and Cairns Performing Arts Centre (main), Cairns Indigenous Art Fair fashion show at Tanks Art Centre, Indigenous textile exhibition The Court House Gallery

Your events guide: tropicalnorthqueensland.org.au/whats-on

CAIRNS *events guide*

THE GRASS IS GREENER: 29 OCTOBER 2022
Featuring Alok, Onefour, Phau, Sticky Fingers, Ty Dolla\$ign, YG, Zhu, Aluna, Boo Seeka Mashd N Kutcher and more

RED HOT SUMMER TOUR: 13 MAY 2023
Featuring Paul Kelly, Bernard Fanning, Troy Cassar-Daley, Missy Higgins, Mark Seymour, Vika & Linda and Ian Moss

CRANKWORX WORLD TOUR: 17-21 MAY 2023
Crankworx made its debut in October 2022 and returns in May 2023 for the second edition of its paradise tour

GBR MASTERS GAMES: 25-28 MAY 2023
20 individual and team sports across four days of competition with sports for all masters ages and interests

IRONMAN CAIRNS: 15-18 JUNE 2023
Part of the Cairns Airport Adventure Festival and the Asia-Pacific Championship

7 CAIRNS MARATHON: 15-16 JULY 2023
Must-do destination event for all running and lifestyle event enthusiasts located in beautiful tropical Cairns

CAIRNS INDIGENOUS ART FAIR: 13-16 JULY 2023
One of Australia's premier Indigenous art events including an ethical art market, cultural performances and more

TOUR OF THE TROPICS: 28-30 JULY 2023
A three day cycling event featuring picturesque rainforest, coastal and city scenes

GREAT PYRAMID RACE: 5 AUGUST 2023
One of Australia's fiercest mountain foot race conquering Walshs Pyramid in Gordonvale

CAIRNS FESTIVAL: AUGUST 2023
A 10 day annual event celebrating the arts, culture and beauty of Cairns and Tropical North Queensland

CAIRNS AMATEURS: SEPTEMBER 2023
Three days of fun, fashion, glamour and entertainment built around two days of horse racing in early September

More events: Understory Film Festival: November, Cairns Summer Sounds: February to March, Cairns Children's Festival: May, and heaps more!

Mini road trips FROM CAIRNS

Discover local specialties and hidden gems on a short road trip from Cairns.

📍 CAIRNS TO MISSION BEACH

Point your GPS south for this adventure along the **Great Green Way**. Stop at the Art Deco town of **Innisfail**, picking up a bite to eat at **Oliveri's Continental Deli**. Discover the ultimate love story at **Paronella Park**, a Spanish castle enveloped by rainforest, and head to **Mamu Tropical Skywalk** to wander the rainforest canopy.

Continue south to **Mission Beach** for 14km of unspoilt beaches. Explore the flanking rainforest and keep your eyes peeled for a cassowary. Up the ante and jump out of a plane over the Great Barrier Reef with **Skydive Australia** or raft on the nearby Tully River with **Raging Thunder**. Extend your stay and relax at **Castaways Resort & Spa**.

📍 GREAT BARRIER REEF DRIVE (CAIRNS TO PORT DOUGLAS)

Welcome to one of Australia's most scenic drives. Head north from Cairns and fuel with brunch at **Palm Cove** then continue beach-hopping along the palm-fringed highway until you reach Port Douglas. Peruse the boutiques, eat your way through enticing eateries or kick up your feet in one of the high-end resorts.

Make your way to **Mossman Gorge** to explore the ancient rainforest with a Kuku Yalanji guide. Continue to the **Daintree River** and hop on a boat cruise to search for a crocodile. Cross the river and wind your way through the rainforest to **Cape Tribulation**, stopping off to wander through the 135 million year old rainforest on boardwalks and to roam beaches where the rainforest meets the reef.

📍 CAIRNS TO THE WATERFALL CIRCUIT

What do you get when you have high altitude, mountains and rocky outcrops? Find your answer on the aptly-named **Waterfall Circuit** that lures travellers inland.

Hit the road to the **Atherton Tablelands** and follow the signs to **Millaa Millaa Falls**, which is straight out of a fairytale. Then drive 8kms to the beautiful **Zillie Falls** and take in the tumbling waters from a viewing platform. Complete your waterfall hopping with a refreshing dip at **Ellinjaa Falls**.

📍 CAIRNS TO MAREEBA

Kiss goodbye to the coastal city of Cairns and head up the Kuranda Range to the quirky little village in the rainforest. Indulge in some retail therapy at the **Kuranda Original Rainforest Markets** and **Kuranda Heritage Markets**. Wander through thousands of butterflies at the **Australian Butterfly Sanctuary** and meet koalas, wombats and more at **Kuranda Koala Gardens**.

Refresh and rejuvenate at the crystal clear **Emerald Creek Falls** or **Davies Creek Falls** then continue to **Mareeba** to caffeinate at **Coffee Works** or **Skybury Coffee**. Visit **Granite Gorge Nature Park** to see their colony of Mareeba Rock Wallabies and other wildlife.

Discover more road trips from Cairns at tropicalnorthqueensland.org.au/roadtrips

From top left to right:
Great Barrier Reef Drive,
Granite Gorge Nature Park,
Mission Beach, Zillie Falls

Accessible TRAVEL GUIDE

Welcome to Tropical North Queensland, a place where every traveller can immerse themselves in nature.

TOURS

Skyrail Rainforest

Cableway is proudly inclusive. The cableway can be slowed or stopped to allow for easy access onto and off the gondolas, and there's wheelchair access to all areas of the Skyrail experience thanks to the use of ramps.

Explore the reef with **Quicksilver**, which has a water-powered lift (hoist) which will lower you into the water.

ACCOMMODATION

Featuring premium accessible accommodation on the Cairns Esplanade, **Spinal Life's Healthy Living Centre** offers short and medium-term accommodation. It features ceiling hoists, an electric hi-lo bed, spacious bathrooms with adjustable benches and an adjustable kitchen.

Novotel Cairns Oasis is a slice of paradise in the city centre. It has three accessible rooms and two parking bays. The rooms have an under-bed clearance of 100mm and the resort has wide

smooth paths to the pool area, bar, conference facilities and restaurant, **Moku Bar & Grill**.

TIP want your time in the tropics to be as careefree as possible? **Out There Travel Care** offer tour companions and do the groundwork to ensure your tour is accessible as possible

CAIRNS CITY

A refreshing swim in the **Cairns Esplanade Lagoon** has level access and a variety of water depths, making it a good swimming option for all abilities. Accessible change and bathroom facilities are available.

Explore the reef and rainforest at **Cairns Aquarium**. It's completely accessible, fit with elevators, ramps, accessible bathrooms and hire-on-arrival wheelchairs. Service and guide dogs are also welcome.

Cairns ZOOM & Wildlife Dome is fitted with sloped ramps and an accessible lift and offers

an **All Ability Wildlife Experience**.

The **Cairns Botanic Gardens** are located just 10 minutes from the CBD and showcase an abundance of tropical plants. The majority of the gardens are fully wheelchair accessible, including the Conservatory, Aboriginal Plant Use Garden and the Spice Garden.

NEARBY

Palm Cove is the dictionary definition of paradise. A sandcruiser beach wheelchair is free to loan from the lifeguard tower during patrol hours.

Kuranda Village offers a full day of exploring with cafes, markets, and accessible attractions, including the **Australian Butterfly Sanctuary**, **Birdworld Kuranda** and **Rainforestation Nature Park**.

Get up close to large tanks, combat equipment and more at the **Australian Armour and Artillery Museum**, which offers level access throughout.

For more accessible travel content visit tropicalnorthqueensland.org.au/plan-your-trip/accessible-travel



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📍 FITZROY ISLAND, CAIRNS

KICK START YOUR SUMMER

The tropics have a reputation of a year-round summer, but spring is where that feeling of summer really kicks in. Warm and sunny days call for relaxing in cool waters, bright tropical flowers fill trees, while love blooms on the reef.

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