

# CAIRNS

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

## UNEARTHED

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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.



# WORLD HERITAGE RAINFOREST

*Yours to discover*

CAIRNS  
QUEENSLAND



### 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.



**Skyrail**  
Rainforest Cableway



Visit [skyrail.com.au](https://www.skyrail.com.au) and [ksr.com.au](https://www.ksr.com.au)

### 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 Ngunbay (Kuranda).





# GURRINYALA GREETINGS & WELCOME TO GIMUY-BARRA (CAIRNS)

Traditional Owners within the Cairns region include the Gimuy Walubara Yidinydji; Mandingalbay Yidinydji; Gungganydji; Dulabed and Malanbara Yidinydji; Djabuganydji; Yirrganydji; bulwanydji, Wanyurr Majay; Mamu and Ngadjonjii Peoples.

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.

 PAMAGIRRI ABORIGINAL EXPERIENCE

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# THINGS TO DO IN THE *Cairns CBD*

## 1 RUSTY'S MARKETS

Discover Rusty's Markets on weekends. Enjoy exotic fruits, local food, and buy artisanal items like breads, spices, and flowers.

## 2 CAIRNS BOTANIC GARDENS

Just 4km from the city centre, visit the accessible Cairns Botanic Gardens. Explore 38 hectares of tropical gardens or join guided tours.

## 3 CAIRNS LAGOON

Spend a relaxing day at the iconic Cairns Lagoon, a 4800m<sup>2</sup> salt-water pool with sandy man made beaches and free BBQ facilities.

## 4 MUDDY'S PLAYGROUND

Located on the Esplanade, this children's playground offers water play, a flying fox, and a giant mudskipper for kids to explore. Afterward, enjoy a meal at Muddy's Cafe.

## 5 CAIRNS AQUARIUM

Prefer staying dry while exploring an underwater wonderland? Visit Cairns Aquarium to marvel at an array of incredible marine life.



## 6 CAIRNS MUSEUM

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

## 7 GALLERIES

Unleash your inner art critic at Cairns Art Gallery with changing regional and global exhibits. Keep the creative journey going at the nearby Court House Gallery.

## 8 SHOPPING

Cairns City offers diverse shopping: find vintage treasures in Oceana Walk, unique gifts on Shields Street, or major stores at Cairns Central.

## 9 NIGHT MARKETS

Located on the Cairns Esplanade is a smorgasbord of delights – souvenirs to swoon over, food to savour, and massages to melt into! Swing by any day from 4.30pm onward.

## 10 ESPLANADE DINING PRECINCT

The Esplanade Dining Precinct lays out a tempting spread of restaurants and bars, ready to please all kinds of foodies.



**EXPLORE  
AT YOUR DOORSTEP.**



**EXPERIENCE A  
HAND-CRAFTED HIGH TEA.**



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**RELAX & UNWIND  
IN OUR SPA.**



**INDULGE IN  
CURATED FLAVOURS.**





# Where to stay IN CAIRNS

Whether you're looking for indulgent luxury or a nature-infused getaway, Cairns has got you covered with a little something for everyone.

## IN THE CITY

Experience the heart of Cairns at **Novotel Cairns Oasis Resort** and **The Benson Hotel**. For a spot near Munro Martin Parklands and Cairns Performing Arts Centre, consider **Sunshine Tower Hotel** it provides an affordable boutique "home away from home." If you crave spa treatments, book a room at **Pullman Cairns International** with its on-site **Vie Spa**. Art enthusiasts will appreciate **Crystalbrook Bailey**, showcasing resident artists' exhibits. **Park Regis City Quays** offers a lovely rooftop terrace and a convenient location within a short walk of the harbour foreshore, restaurants, casino, and marina.

## 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.

## ON THE ESPLANADE & WATERFRONT

Enhance your Cairns Esplanade experience with breathtaking views. **Crystalbrook Riley** is a five-star eco-conscious resort with awe-inspiring views. All Crystalbrook properties prioritise sustainability. With wooden key cards, no single-use plastics, and energy-saving technologies, they ensure a greener stay. Families will appreciate the kid-friendly **Holiday Inn Cairns Harbourside**, where kids stay and eat for free.

**DoubleTree by Hilton Cairns** offers luxurious oceanfront accommodations surrounded by beautifully landscaped gardens and Coral Sea vistas. **The Vine Room**, located downstairs, offers a variety of options, from their delicious cubano sandwiches and grazing boards to Australian wines and craft beers. **Oaks Cairns** is conveniently situated near the iconic Cairns Lagoon and offers modern, spacious rooms. Don't miss the rooftop restaurant and bar, **Oak & Vine Rooftop Restaurant**, for some of the

city's best views. For a truly upscale experience, explore **Pacific Hotel Cairns'** luxurious Tropical Luxe Room Collection. **Hilton Cairns** is a waterfront retreat with balconies perfect for enjoying sundowners. You can also visit **Gin Social** downstairs for expertly crafted cocktails. Experience ultimate luxury at **Shangri-La The Marina Cairns**, featuring a large pool with a pool bar and spacious suites tailored for every stay. **The Pullman Reef Hotel Casino** offers premium rooms with private spa baths, and you can enjoy twilight swims in the rooftop pool under twinkling fairy lights before heading downstairs to **BAR36**.

At **Rydges Esplanade Resort**, you will have your pick of three swimming pools and two tennis courts set amidst lush tropical surroundings. Conveniently located within walking distance of a wide range of excellent shopping and dining options.

📍 CRYSTALBROOK BAILEY



# GUIDE TO *Cairns dining*

Cairns boasts a culinary haven, combining local ingredients and freshly caught seafood. Don't miss out on these legendary eateries during your visit.

## BREKKIE

**The Chambers** nails the cute factor for breakfast and brunch. In a converted 1920s bank, it offers an all-day brunch menu with classics like eggs benedict and wholesome Buddha bowls – a satisfaction guarantee!

For those who find it hard to rise with the sun on vacation, **Wharf One** has a clever trick up its sleeve. The sight of the ocean's golden glow might be the nudge you need. And fear not, the breakfast menu keeps the view company until 11.30am.

**Waffle On** offers both savoury delights and sweet dreams with ice cream on top. **White Whale Coffee** is committed to ethical coffee sourcing and supports the Reef Restoration Foundation through a portion of their sales to regenerate the Great Barrier Reef.

## LUNCH

**Crave Cairns** have got the secret recipe to tackle your, well, cravings! They've cracked the code for satisfying both your hunger and your taste buds. From delectable, sweet or savoury bowls to irresistible tacos and burgers that will make your taste buds dance.

Make your way to **Dundee's on the Waterfront** for lunch that's not only scrumptious but comes with a side of Cairns Marina views. **Little Sister**, situated on The Esplanade, blends traditional ingredients with a playful touch inspired by the vibrancy of Asian street food.

At **Ochre**, modern Australian dishes capture the local essence. Choose between the Mungalli Creek ricotta gnocchi and coconut prawns with zesty mango kimchi, and experience a delightful taste bud tango!

## DINNER

Enjoy an Italian feast at **Flynn's Italian**, featuring a stylish menu and the delectable antipasto burrantina with Tomewin Farm prosciutto. In Edge Hill, just 5km from the CBD, you'll find **Guerrilla**. They transform Mexican classics, craft exceptional cocktails, and delight with delectable churros.

Get ready for an elegant dining experience at **Tamarind**, where Eastern-inspired creations made from local ingredients dazzle your taste buds. **Ollie's Italian** brings the best of Italy to Cairns where handcrafted pasta, classic pizzas, charcoaled steaks, and fresh seafood are the stars of the show.

**CC's Bar and Grill** is a steakhouse with a unique flair, celebrated for its locally sourced steak from the Atherton Tablelands. Their menu showcases the finest Australian ingredients, complemented by a wine list spanning vineyards across the nation.



# Ollie's

ITALIAN

7 Days • 11:30am 'til late

Ollie's brings the authentic taste of Italy to Tropical Far North Queensland, showcasing the region's finest produce in a pristine waterfront dining experience.

- Hand stretched pizzas
- House-made pastas
- Beers, wines & cocktails
- Caters to dietary requests
- Children's menu available

Book online at [olliesitalian.com.au](http://olliesitalian.com.au), or scan the QR code to learn more.



Continue your Cairns culinary journey

1 Marlin Parade, Cairns Waterfront Dining, Cairns • Ph (07) 4281 6814





# THE REAL *urban jungle*

Nestled between two extraordinary natural wonders, the Great Barrier Reef and the Wet Tropics Rainforest, Cairns injects some wild "jungle" into its urban landscape. In this city, you can seamlessly transition from bar-hopping to rock-hopping or even island-hopping, all in a single day.

## *Hit up the breweries*

Hemingway's Brewery at Cairns Cruise Liner Terminal offers a wide beer selection, including their own Hemingway's 7th Heaven Tropical Ale. **Macalister Brewing Company**, just 15 minutes from the CBD, serves delightful brews in an industrial park with scenic views. Make sure to drop by the **Two Turtles Taproom** of **Barrier Reef Brewing Co.**, situated between central Cairns and Smithfield, for a chance to taste their beers and support the **Cairns Turtle Rehabilitation Centre** with a donation.

## *Bars with a view*

We savour stunning views in Cairns and these bars offer just that. Watch the sunset at **Rocco By Crystalbrook** with a cocktail in hand, enjoy the lively Cairns Esplanade scene at **Whiskey & Wine**, and soak in tropical vibes overlooking the Esplanade Lagoon at **Oak & Vine**. For a relaxed atmosphere and Esplanade views, visit **The Vine Room**, or stay waterfront at **The Pier Bar** with great happy hours and wood-fired pizzas.

## *Slink into secret bars*

Discover laneway bars with a twist. At **Three Wolves** down Wolf Lane, try the 'Smoke on the Water' cocktail, infusing bourbon, bitters, and cinnamon syrup with smoked Western Red Cedar wood. Nearby, **Wolf Lane Distillery** offers locally-made gins, including unique flavours like Davidson Plum. For Instagram-worthy rum cocktails, visit **Flamingos Tiki Bar**. For a lush, intimate setting above Cairns, enjoy tropical vibes at **Miss Chief Bar & Eatery**.

## *Soak up seaside charm*

Experience the waterfront like never before at **Prawn Star**, Cairns' renowned floating seafood restaurant. As you dive into the ocean's bounty of fresh seafood, let your taste buds embark on a budget-friendly voyage with their remarkable \$7 wine and beer offerings. Afterward, don't miss **Salt House**, another popular spot in this coastal city, known for its relaxed atmosphere, tropical cocktails, and breathtaking views.

## *Hot summer tips*

**1** Sip poolside at Cairns CBD's only swim-up bar, **MOKU Beach Club**. Even those not staying at **Novotel Cairns Oasis Resort** are welcome to perch poolside with a drink or two.

**2** For music enthusiasts, **Elixir Bar** is a must-visit, with nightly live performances that create a vibrant and lively atmosphere.

**3** Boogie to live music, catch live sports on TV and enjoy quality pub-style food at **Rattle n Hum Cairns**.

**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**.

**6** Check out **Calypso Club**, Cairns' newest rum and seafood bar, located at the base of the iconic **Crystalbrook Riley**.



Delve deeper into the urban jungle



## Enjoy the ultimate Peppers' experience

Your dream holiday is waiting for you at the iconic North Queensland resort, **Peppers Beach Club & Spa**. Be welcomed by fragrant frangipani-scented air and gentle ocean breezes. Take a leisurely stroll through the lush green gardens.

Cool off in the lagoon pool with sandy beach edge. Swim up to the pool bar for snacks and cocktails. Relax around the formal pool or retreat to the rainforest serenity rock pool and fountain. Offering contemporary spa rooms, suites and penthouses with plunge pools.

**To book your indulgent escape visit  
[peppers.com.au](http://peppers.com.au) or call 1300 987 604**

**PEPPERS**  
BEACH CLUB & SPA  
PALM COVE

LEVEL 1, 39-49 LAKE STREET, CAIRNS

## Miss Chief Bar & Eatery



IMMERSE YOURSELF IN THE LUSH SURROUNDINGS OF MISS CHIEF,  
AN INTIMATE ASIAN INSPIRED BAR & EATERY, WHERE YOU WILL BE  
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# BEACH *Dreaming*

📍 CLIFTON BEACH

Just a hop, skip, and a sandy jump north of Cairns, a chain of beaches flaunt their distinct personalities. Discover which of Cairns' Northern Beaches floats your boat.

## FOR SOMETHING QUIRKY: *Machans Beach*

A 15-minute jaunt north of the city unveils the captivating **Machans Beach**. If you're feeling peckish, land at **Mayhem at Machans** for a brunch bursting with colours and classics. And for an unforgettable evening, steer your ship to **O'Sheas** during the golden hour and enjoy delicious cocktails.

## FOR UNFORGETTABLE DINING: *Holloways Beach*

Five minutes on from Machans is Holloways Beach, the closest patrolled beach to Cairns City. It offers a holiday paradise with resorts, shops, and fantastic dining options like **Strait on the Beach** and **Two Blocks Cafe**. Head next door to **Code**, a cocktail bar and restaurant serving up modern European and Middle Eastern-inspired shareable dishes.

## FOR SOMETHING SPORTY: *Yorkeys Knob*

If you want a bit of flop and drop and a bit of sporting action, Yorkeys Knob offers the perfect balance. Tee off at **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. Experience live music at **Hidden@Yorkeys**, and don't miss out on \$1 oysters every Sunday from 3pm.

## FOR A LAID-BACK ESCAPE: *Trinity Park*

Just 8 minutes north of Yorkeys Knob, is Trinity Park. Have a delightful dining experience at **Bluewater Bar & Grill**, with a deck offering marina views and a menu featuring a blend of pub classics and modern Australian dishes. Nearby, the newly opened **Bellbry Lodge** invites guests to relax in elegantly furnished, self-contained suites.

## 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 barbecue facilities, a children's playground and a swimming enclosure during summer. Indulge in delectable bites at **Coco Mojo**, a restaurant and bar that offers a diverse range of street food-inspired dishes from around the world.

## FOR A SUNDAY HANGOUT: *Ellis Beach*

If \$1 oysters and cocktails 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 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.



Your ultimate guide to Cairns Northern Beaches



# Palm Cove

Shop • Stay • Eat • Relax • Play



Annie's at the Beach

[palmcoveboutiques.com.au](http://palmcoveboutiques.com.au)

[tourismpalmcove.com](http://tourismpalmcove.com)



# PRETTY *Palm Cove*

Welcome to Palm Cove, a paradise that feels like a postcard come to life.

A tropical paradise with golden beaches, palm trees, luxury resorts, and great dining options. Relax under beach almond trees on the patrolled beach or take a dip in the designated swimming area. The beach is fully accessible, and you can rent beach wheelchairs from the Palm Cove Surf Life Saving Club. For adventurers, try fishing at the Palm Cove Jetty, biking to Clifton Beach with rentals, or kayaking to Double Island for a stunning sunrise..



## DINE & SIP

Palm Cove offers a diverse dining experience, from beachside fish and chips to upscale, award-winning restaurants highlighting seasonal ingredients. The iconic and atmospheric **NuNu** restaurant serves innovative modern Australian tasting menus paired with wines, while **Temple of Tastes** offers beautifully presented Asian dishes. Visit **Rattle n Hum**, a vibrant restaurant and bar situated in Palm Cove, where you can enjoy a diverse menu of food and beverage in a lively setting. If tequila cocktails are your preference, don't miss the newly opened **Cabana Bar**. For an Italian culinary journey, **Vivo** and **Chill at Portifino** have you covered! Families will appreciate the variety of options at **The Surf Club Palm Cove**. Wrap up your evening with a post-dinner glass of wine at **Third on the Left**.

## STAY

Palm Cove, a quaint village with around 2,000 residents, offers charming boutique hotels and resorts. Stay at the beachfront **Alamanda Palm Cove by Lancemore**, nestled near iconic palm trees, or indulge in the luxury of **Pullman Palm Cove Sea Temple Resort & Spa** with private plunge pool options. **The Reef House** combines elegant South Pacific decor with tropical Queenslander vibes. For a peaceful getaway, choose **Mango Lagoon**, a serene paradise on 2.5 acres. **Melaleuca Resort** boasts an award-winning tropical garden teeming with exotic Australian birds and a lagoon-style pool. For a budget-friendly choice, consider **NRMA Palm Cove Holiday Park**, located beachfront by the jetty.

## PLAY

If you can tear yourself away from your poolside sun lounger, there's plenty of fun to be had in Palm Cove. Start the day with the ultimate nautical adventure and kayak to nearby Double Island with **Palm Cove Water Sports**. Paddle over coral reefs and spot an abundance of rays and turtles. Just a hop, skip, and a namaste away from the Alamanda Resort, you'll find **Hartig Yoga**. They offer beach yoga classes, a must-do for your beach holiday relaxation. You can also enjoy a leisurely bike ride around Palm Cove by hiring a bicycle from **Biked**. Find jewellery, art and souvenirs at many boutiques dotted along **Williams Esplanade** and pick up something for your holiday wardrobe at **Beach Catwalk** and **Annie's at the Beach Boutique**. On the first Sunday of each month, Williams Esplanade becomes a bustling street bazaar of stalls selling handmade products, gifts and food at the **Palm Cove Markets**.

## RELAX

Relaxing and Palm Cove go hand-in-hand, so head to the beach for some vitamin sea. Make sure you only swim in the patrolled area and stay in the stinger nets during the warmer months (November to May). To relax to the max, treat yourself at one of many luxurious spas. **The Reef House Day Spa** is the only day spa in Queensland to offer Phytomer treatments, **Vie Spa** at **Pullman Palm Cove** and **Palm Cove Retreat Day Spa** offer couples massages in private suites, and **Lancemore Spa** at **Alamanda** finishes with a refreshing dip in a private pool overlooking the Coral Sea.





**RH**  
The Reef House

## Adult Escapes in Palm Cove

Trip Advisor #1 Luxury Hotel in Australia and South Pacific 22/23 ★ 2022 QLD Tourism Award Gold Winner 5 Star Luxury Accommodation

The Reef House Boutique Hotel & Spa provides  
Adults Tropical Escapes and bespoke service, with inclusive packages  
curated for rest, relaxation and rejuvenation.

### 5 Night Relaxation Escape

From \$1,772 pp

- 5 nights in our Colonial Beach House accommodation.
- A bottle of chilled Australian Sparkling in-room.
- Daily a la carte breakfast overlooking the Coral Sea.
- Candlelit three-course a la carte dinner, one night.
- All 21+ complimentary signature inclusions and activities.

### Complimentary Inclusions & Experiences

- Luxury Concierge to assist in curating your escape.
- Gin infused welcome drink & cold scented towel upon arrival.
- Brigadier's punch & canapés served in the lounge each evening.
- Poolside Butler service and cold towels served at 11am daily.
- Local tropical sorbet served around the pools at 3pm.
- "Reef House Mixology" interactive cocktail classes.
- Exclusive Sleep Easy support guide.
- Beachfront yoga, aqua aerobics and stretch & breathe classes.
- Wine & digestive tasting experience.
- Unlimited use of our vintage style cruiser bikes & fishing rods.
- Reef Discovery talks & Aboriginal Interpretation.
- Guest library, board games and adults sketch kits.

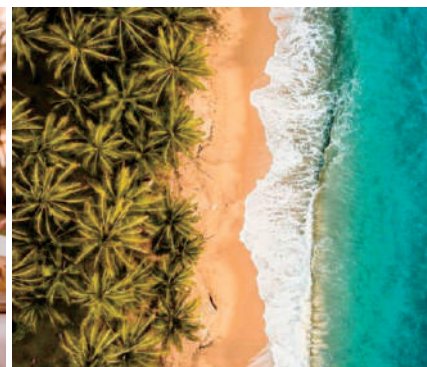


### LOCATION

The Reef House is perfectly situated in the heart of Palm Cove on the beachfront, just 25 minutes North of Cairns Airport. Palm Cove makes the perfect base for exploring the beauty of Tropical North Queensland.



Check out our  
website for exclusive  
seasonal offers.



## WE HAVE THE ACCOMMODATION FOR YOU!

Find your dream holiday accommodation with us!  
Not sure which property in Palm Cove is right for your stay?  
Please call our friendly staff to discuss your holiday needs and they will  
advise which options are suitable for your family.

We manage an array of private apartments within several different Palm  
Cove resorts, ranging from the very popular 5 star resorts right the way  
to budget friendly studio rooms. We have your needs covered.

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# A GUIDE TO *Trinity Beach*

Trinity Beach in Cairns is a serene paradise where palm trees gracefully pose, and sunsets are the stars of the show. Choose from a variety of beautiful hotels and restaurants to complete your tranquil tropical experience.

## WHERE TO STAY

### SEA CHANGE HOLIDAY APARTMENTS

Unearth your slice of paradise at Sea Change. Step into their 1 - 4 bedroom apartments, perfectly perched by the breathtaking beach. Gaze upon the stunning Coral Sea views, revel in the roomy interiors, admire the chic decor, cook up a storm in well-equipped kitchens, pamper yourself in marble bathrooms, and soak up the scenery at the picturesque pool.

### ROYDON BEACHFRONT APARTMENTS

Nestled in relaxing tropical gardens, this haven boasts a terrace with shared BBQ spots and comfy loungers by not one, but two pools. The gardens even flaunt a cozy shaded nook with picnic tables for your leisurely indulgence. And if you fancy a beach day, Trinity Beach is right across the road, putting the sand between your toes in a flash.

### SEA POINT ON TRINITY BEACH

Unwind at Sea Point in Trinity Beach's tranquil Balinese style gardens. Two buildings with elevator access amidst lush gardens ensure convenience. The central courtyard boasts a poolside pavilion, an outdoor kitchen, and a BBQ for your pleasure. Take a refreshing dip in the pool with a waterfall and spa, or keep the kids entertained in the wading pool. Your tropical escape awaits.

### VUE TRINITY BEACH

Vue Apartments at Trinity Beach are the VIPs of coastal living, with breathtaking views of Double Island in the north, to Green Island in the south. Open walkways provide panoramic vistas, and you can quickly access the beach via the pool terrace's gated entrance. When it's time to dine, the Trinity Beach Tavern is right downstairs, your on-site culinary neighbour!



Find more Trinity Beach tips

## WHERE TO EAT

### TUK TUK BY THE SEA



Treat yourself to Thai street food with a side of ocean views at Tuk Tuk by the Sea. If you are looking for somewhere to fuel your fun-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, offering a side of ocean views too. The menu has something for the whole family, including pizzas, salads and steaks.

### THE BEACH HOUSE AT TRINITY



The Beach House at Trinity welcomes guests for breakfast, lunch, and dinner, providing a tranquil setting to unwind while indulging in delicious food and drinks.

### 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 stinger net during warmer months.



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



You'll need to drive the 2.4km to then 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 9,000m<sup>2</sup> of tropical parkland grounds. There's also a smaller playground along the Esplanade.





## ROYDON BEACHFRONT APARTMENTS

*Relax, Rejuvenate, Reconnect At Roydon*

- Ocean views, privacy and a touch of luxury you can definitely become accustomed to.
- Large, 1, 2 or 3 bedroom, self-contained apartments directly opposite Trinity Beach.
- Two resort pools in tropical landscaped gardens.
- Short walking distance to shops, restaurants, and cafes
- Perfect base to explore the world heritage listed reef and the rainforest.



**From \$158 per night**

(3 night minimum)

**w** [www.roydon.com.au](http://www.roydon.com.au)

**a** 83-87 Vasey Esplanade,  
Trinity Beach QLD 4879

**p** (07) 4057 6512

**e** [info@roydon.com.au](mailto:info@roydon.com.au)



## TRINITY BEACHFRONT APARTMENTS

*Find Your Space at Trinity Beachfront*

- Self-contained apartments with 1 or 2 bedrooms, open-plan living, picture windows, air conditioning and a private balcony or patio.
- Expansive Coral Sea views from every apartment.
- Choice of two resort pools including adjacent co-owned property, Roydon.
- Walking distance to supermarket, transport, shop, cafes and restaurants.
- Directly opposite uncrowded, white sand, patrolled beach with stinger nets (October to May)



**From \$158 per night**

(3 night minimum)

**w** [www.trinitybeachfront.com.au](http://www.trinitybeachfront.com.au)

**a** 89 - 91 Vasey Esplanade,  
Trinity Beach QLD 4879

**p** (07) 4057 6048

**e** [info@trinitybeachfront.com.au](mailto:info@trinitybeachfront.com.au)



WHERE THE Rainforest  
MEETS THE Reef

Day Tours | Snorkel Safari | Guided Kayak & SUP Tours | Glass Bottom Boat | Turtle Centre



### A tropical paradise of rainforest & beaches, 45 minutes from Cairns.

Fitzroy Island is situated within the calm sheltered waters of the Great Barrier Reef. Ideal for families and groups of friends, visit for the day with three daily departures from Cairns or stay overnight at the contemporary resort. Fitzroy Island offers a range of exciting activities and experiences for all ages.

#### ACTIVITY PACKAGE INCLUDES:

- 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)
- Kids & Adults Activity Program

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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 *Have some stand up fun with Whats'SUP*

Join expert guides, and dive into tropical fun as you paddle through the stunning waters. They offer a variety of tours, from Fitzroy Island to Lake Tinaroo.

## 3 *Explore the outer Great Barrier Reef*

Delve into an underwater wonderland on the Outer Barrier Reef and search for 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 *Wander through the rainforest at Mossman Gorge*

Enjoy a dip in a rainforest stream and join a local Kuku Yalanji guide for a Ngadiku Dreamtime Walk to explore traditional plant use and ceremonies.

## 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 platypuses. Don't forget to pack a picnic to enjoy along the way.

## 8 *Go batty at Tolga Bat Hospital*

Explore the captivating bat world at Tolga Bat Rescue's renowned Bat Hospital Visitor Centre, where you'll encounter small insectivorous microbats and larger fruit and nectar-eating megabats like flying foxes.

## 9 *Chase waterfalls with Barefoot Tours*

Head out for a day exploring some of Mother Nature's most stunning water parks 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 rocky gorges and tumbling waterfalls to the funky village of Kuranda. Return to Cairns on Skyrail Rainforest Cableway and fly over the rainforest canopy.

## 📍 BABINDA KAYAKING

## 11 *Step back in time at the Chillagoe Caves with Billy Tea Safaris*

Explore the Chillagoe Caves, Granite Gorge and other highlights of Tropical North Queensland on a full-day tour.

## 12 *Drive south to Mission Beach*

You'll need a car for this south-bound adventure. Hit the road and head 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*

Embark on a day tour to the Daintree and Cape Tribulation for an up-close rainforest experience. Tours are available with Down Under Tours, Billy Tea Safaris, Discovery Tours and more.

## 14 *Visit Paronella Park with Cairns Discovery Tours*

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

## 15 *Smile at a crocodile at Hartley's Crocodile Adventures*

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



Find more day trips from Cairns



# REEF *dreams*

## SNORKEL

### *Snorkelling splendours await*

Dive into adventure with **Reef Magic**, home to the newest state-of-the-art pontoon, spanning 1003 sqm. Marvel at the protected coral lagoon and buddy up with their Marine Biologist on a Snorkel Safari. And the cherry on top? **Reef Magic** are proudly eco-certified! Sail to the picturesque Upolu Reef with **Reef Daytripper** on their charming catamaran for a relaxing yet fun filled trip.

## SCUBA DIVE

### *Take the plunge*

Plunge into an underwater wonderland with eco-certified **Passions of Paradise**, **Ocean Freedom** or **Quicksilver**. Whether you're a newbie or a pro, their skilled crews will lead you on an unforgettable adventure. Get acquainted with a Giant Maori Wrasse or tag along with a friendly Sea Turtle amid the stunning coral gardens of the Outer Barrier Reef.

## LIVEABOARD

### *Sleep, sail & snorkel*

Extend your reef experience with liveaboard trips. Join **Reef Encounter** for diverse courses and pristine reef tours. Dive with Dwarf Minke Whales via **Pro Dive Cairns**, witness coral spawning in November/December, or explore night shark dives with **Divers Den** on **OceanQuest**.



Learn more about the world's largest reef

## SCENIC FLIGHT

### *Get a birds-eye view*

Prepare to be awestruck by the Great Barrier Reef from above. Take a scenic flight with **Nautilus Aviation** or **Zoom Helicopters** to truly appreciate this incredible ecosystem, the only living organism visible from outer space.

## GLASS BOTTOM BOAT

### *Enjoy the reef without diving in*

Experience the Great Barrier Reef dry and comfy on a glass-bottom boat or semi-submersible on **Sunlover Reef Cruises**. They also offer an underwater observatory on their pontoon and marine biologist talks with touch tanks.

## ISLANDS

### *Live out your castaway dreams*

Take your pick: Join **Reef Unlimited** as they whisk you away to **Fitzroy Island**. Just 24km away, it offers beachfront snorkelling and reward scenic walks with cocktails at **Foxy's**. **Great Adventures** has you covered for an amazing **Green Island** tour, a historic coral cay that provides snorkelling, rainforest strolls, and amazing marine adventures. Join **Frankland Island Reef Cruises** for a **Frankland Island** tour for a taste of uninhabited island life.

# CORAL *spawning*

## WHAT IS CORAL SPAWNING?

In a nutshell, coral spawning is like the Great Barrier Reef's annual "reproductive party." Coral polyps release egg and sperm bundles into the ocean, where they meet and create new life. This stunning event, often called the world's largest orgasm on the world's largest organism, turns the reef into an underwater snowglobe. The result is a pinky-brown surface "slick," where some lucky sperm fertilize compatible eggs. After about ten days, these fertilized eggs become larvae, swimming freely for up to two months until they settle somewhere, transform into coral polyps, and start building coral colonies by replicating themselves

Image credit: Gareth Phillips

## WHEN DOES IT HAPPEN?

While experts can anticipate coral spawning times, this phenomenon retains an air of mystery. It unfolds under the cover of night, triggered by consistent water temperatures exceeding 26°C for a month and tranquil seas. The actual catalyst remains an enigma, with discernible signs emerging only 20 to 30 minutes beforehand.

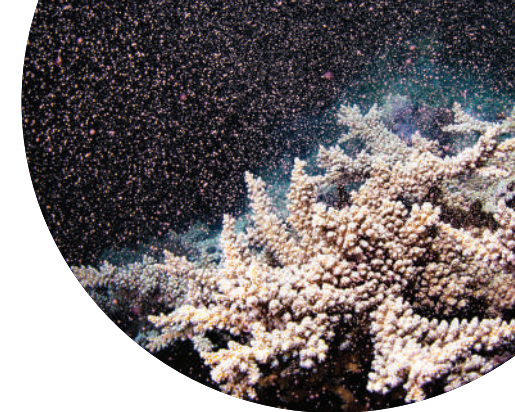
The timing of this event varies depending on the reef's location. Outer reefs near Cairns and Port Douglas generally host spawning events two to six nights after the November full moon, often spanning just one night. Nevertheless, it might choose late spring or early summer nights to grace us with its presence. For islands and inshore reefs, spawning may occur a month earlier. Night-time spawning serves to evade most plankton feeders who are asleep, thereby enhancing the survival prospects of the coral eggs.

## WHAT HAPPENS IF I MISS IT?

Although nature's wonders are never a sure bet, don't be discouraged. The Great Barrier Reef undergoes a mesmerizing transformation after sunset, becoming an entirely different world. Use this time to uncover the creatures that prefer to stay concealed during daylight hours. And keep in mind, the opportunity to dive or snorkel the Great Barrier Reef at night is a unique and extraordinary experience that few get to encounter.

## 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. Join, **Divers Den**, **Pro Dive Cairns**, **Tusa** or **Mike Ball Expeditions** to experience this beautiful event.







# CONSCIOUS *Travel*

Tropical North Queensland has the highest concentration of Eco certified experiences in Australia. Come and uncover the remarkable environmental initiatives.

## CRYSTALBROOK COLLECTION

Discover eco-luxury at Crystalbrook Collection hotels like **Flynn**, **Riley**, and **Bailey**, known for their sustainability efforts such as locally sourced ingredients, recycled room keys, and less plastic use. With EarthCheck certification, Riley and Bailey offer eco-conscious travellers greener stays.

## TURTLE REHABILITATION CENTRE

The Cairns Turtle Rehabilitation Centre is a volunteer-run not-for-profit dedicated to healing and releasing injured turtles. Support them by visiting their centres on **Fitzroy Island** and at the **Cairns Aquarium**.

## CORAL NURTURE PROGRAM

Join **Passions of Paradise** on a reef trip to support the Coral Nurture Program, a unique partnership between tourism and science aimed at restoring Great Barrier Reef sites using innovative techniques like the Coralclip and coral nurseries.

## CORAL TREE FRAMES

On **Fitzroy Island**, a team from the Reef Restoration Foundation is nurturing coral fragments on frames to create ocean-based nurseries for future reef restoration, with a goal to produce one million new corals on the Great Barrier Reef by 2026.

## GBR BIOLOGY

The GBR Biology team is passionate about ecotourism and adventure, focusing on coral stabilisation, larval reseedling, and Eye on the Reef initiatives. They partner with **Reef Magic**, offering educational snorkel safaris. Reef Magic's eco-friendly pontoon, "Remoora," uses solar and wind energy, featuring a scientific lab for research.

## BIOBANK

Join **THE FOREVER REEF** Living Coral Biobank Tour at **Cairns Aquarium**, where they are protecting all 415 Great Barrier Reef Hard Coral species. In 30 minutes, learn about coral's vital role and our preservation efforts. Witness the world's largest hard coral collection in a state-of-the-art biobank, securing their eternal survival.

## TUSA REEF TOURS

In 2023, Tusa relaunched their operations with a strong sustainability focus. They offset carbon emissions through a partnership with Reforest, support local reforestation in Queensland and Victoria, practice low-impact diving, recycle extensively via Containers for Change, source from sustainable local suppliers, and use plant-based wetsuits.

**From top left to bottom:** Tusa's plant based wetsuit, Cairns Turtle Rehabilitation Centre, Coral Nurture Program.







# Stay, Dine, Spa Sustainably

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📍 LAKE MORRIS

# Rainforest REVERIE

**WELCOME TO THE WET TROPICS WORLD HERITAGE**

**AREA, WHERE MOTHER NATURE'S BEEN KEEPING THINGS**

**GREEN AND FABULOUS FOR OVER 130 MILLION YEARS!**

## EXPLORE AT GREAT HEIGHTS

To explore the ancient rainforest's history and breathtaking beauty, take the **Skyrail Rainforest Cableway**. It offers unmatched views as you glide over the canopy. Download the **Skyrail Interpretive App** for educational insights and enjoy ranger-guided tours at **Red Peak Station**. Explore the **Rainforest Discovery Zone** to learn more about this unique bioregion.

## TAKE A HISTORIC ROUTE

Join **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**.

**TIP** Pair **Skyrail Rainforest Cableway** with **Kuranda Scenic Railway** for the ultimate rainforest experience.

## INNER CITY GREENS

Just a five-minute drive from Cairns CBD, you'll find the lush suburb of **Edge Hill**, home to the impressive **Cairns Botanic Gardens** and **Centenary Lakes**. These gardens boast a remarkable collection of tropical plants, making them a top destination in Australia. While some garden sections have specific opening hours from 7:30 am to 5:30 pm daily, you can still enjoy the natural beauty by taking a leisurely stroll along **Collins Avenue** or exploring the **Centenary Lakes** boardwalks.

## TAKE TO THE SKIES

If you've enjoyed soaring through the treetops and crave even greater heights, consider embarking on a scenic flight with either **Nautilus Aviation** or **Zoom Helicopters**. These rainforest flights are combined with a journey over the Great Barrier Reef, offering a convenient way to explore both World Heritage Areas while gaining a breathtaking aerial perspective of the city and coastline all in one day.



Learn more about the Wet Tropics rainforest



# MEET *the locals*

## BIRD LIFE

Tropical North Queensland is a birdwatcher's paradise. Head to the **Cairns Esplanade** for shorebirds like curlew sandpipers and common greenshanks, or head to **Mount Whitfield Conservation Park** to spot orange-footed scrubfowl and noisy pittas.

## SOUTHERN CASSOWARY

A direct descendant of dinosaurs, cassowaries are truly remarkable, and we're fortunate enough to have them residing here in Tropical North Queensland! Recognised as a 'key' species, the cassowary holds a critical ecological role. By consuming rainforest fruits and subsequently depositing seeds through their droppings, they play a pivotal role in seed distribution and rainforest rejuvenation. While cassowaries are inherently timid, it remains imperative to exercise caution and keep a safe distance when encountering these birds in their natural habitat. A sure fire way to spot cassowaries is at **Birdworld Kuranda** and **Rainforestation**.

## ESTUARINE CROCODILES

Estuarine (saltwater) crocodiles are the planet's ultimate survivors, outlasting dinosaurs by around 65 million years. They are Earth's largest living reptiles and top terrestrial predators, and play a crucial role in our ecosystem. Enjoy a crocodile cruise or visit wildlife havens like **Hartley's Crocodile Adventures** or **Rainforestation** in Kuranda. Just remember, exercise caution in crocodile country, and if you're unsure, steer clear of the water.

## TREE KANGAROOS

In the **Atherton Tablelands** and **Daintree Rainforest**, you'll find two extraordinary tree kangaroo species: Lumholtz's and Bennett's tree kangaroos. These remarkable creatures, known for their kangaroo-like jumping skills and pouch-raised young, have a herbivorous diet of leaves and inhabit trees like koalas. Keep your eyes on the treetops while exploring, and you might spot one peeking out from the forest canopy.

# Explore the beauty of Cairns & Great Barrier Reef

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# 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**. Their pontoon boasts a hydraulic lift for easy water access, allowing guests with limited mobility to snorkel while seated and enjoy the fish feeding spectacle.

**Marlin Coast Diving** offers DDI-based certification courses. They aim to be a Centre of Excellence for accessible diving, enabling those with disabilities to enjoy scuba diving.

**Fitzroy Island**, an untouched National Park, lies just a 45-minute boat ride away from Cairns. Whether you're planning a day excursion or an extended stay, accessible

accommodation options are on offer.

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

Just outside the city lies **Cairns Botanic Gardens**. Most parts of the gardens,

including the Conservatory, Aboriginal Plant Use Garden, and Spice Garden, offer full wheelchair accessibility.

## NEARBY

**Palm Cove** perfectly exemplifies paradise. You can borrow a sand cruiser beach wheelchair at no cost from the lifeguard tower during their designated hours. **Kuranda Village** offers a full day of exploring with cafés, 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.

Check out **Babinda Boulders**, a popular swimming spot with wheelchair access and a sealed track.

## ACCOMMODATION

**Spinal Life's Healthy Living Centre** on the Cairns Esplanade offers premium accessible accommodation with amenities like ceiling hoists, adjustable beds, and spacious bathrooms.

**Novotel Cairns Oasis Resort** For a tropical oasis in the city centre head to the Novotel Oasis Resort. It features three accessible rooms, ample parking, and easy access to its facilities and restaurant, **Moku Bar & Grill**. Service and guide dogs are also welcome.

**DoubleTree by Hilton** At this beautiful ocean front property you'll find two interconnecting ground-floor accessible rooms with spacious bathrooms, private courtyards, lowered mini-bars, and accessible pool facilities, including a spa and wading area.

## Shangri-La The Marina Cairns

The hotel is nestled in the city's waterfront dining area, positioned between **Marlin Marina** and the Coral Sea. It offers four accessible guest rooms, including two superior rooms on upper floors accessible by an elevator.

## NEARBY ACCOMMODATION

For beach front luxury head to **The Reef House** located in **Palm Cove**. The resort entrance features a wide accessible ramp. While the reception desk lacks a lowered section, the friendly staff are ready to assist as needed. The accessible room is located on the lower ground floor.



Find more accessible travel content



# 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.

## SPRING

*September– November*

**Average Cairns temperatures:**  
20.5°C / 29.5°C

Sure, the tropics are known for their perpetual summer vibes, but when spring strolls onto the scene, it's like pressing the play button for an extended summer vacation. People can't resist the lure of swimming holes as warm, sun-soaked days tempt them into refreshing waters.

Meanwhile, the landscape becomes a vibrant canvas as flowers burst into bloom, attracting a colourful cast of birds sipping on sweet nectar.

Embarking on a reef tour during spring treats you to tranquil winds, serene seas, and utterly flawless boating conditions.

## SUMMER

*December– February*

**Average Cairns temperatures:**  
23.6°C / 31.4°C

Summer in the tropics is a sensory extravaganza! Dive into refreshing waterfalls, admire the crystal-clear reef, breathe in the earthy rain scent, revel in lively wildlife, and savour sweet tropical treats.

This season revitalises nature with warm rain, painting landscapes in lush green tones. Embrace the occasional tropical shower with a piña colada – it's nature's own refreshment! Although, the sun still often shines, allowing for plenty of sunny beach days.

Local markets brim with tropical delights, from sweet mangoes to tangy lychees, and an abundance of native fruits.

## AUTUMN

*March– May*

**Average Cairns temperatures:**  
21.6°C / 29.2°C

As the summer rains transform the scenery into a lush green wonderland, these rejuvenating downpours gradually taper off as autumn strides forward. The landscape remains a picturesque tapestry, with rivers brimming and waterfall expeditions at their most splendid.

This season offers a golden opportunity to cosy up in the heart of the rainforest or rev up your excitement with a thrilling white-water rafting adventure. In tropical autumns, leaves aren't falling – they're thriving.

## WINTER

*June– August*

**Average Cairns temperatures:**  
17.5°C / 26.2°C

While temperatures are taking a nosedive elsewhere in Australia, in Tropical North Queensland the sun's rays are beaming bright. Imagine snorkelling on enchanting reefs, basking on pristine beaches, and savouring dinner beneath a star-studded sky.

With those azure skies and daytime temps hovering in the mid-20s, it's your chance to dive with adorable dwarf minke whales, island-hop in tropical paradise, or sip cocktails atop a chic rooftop bar. Say goodbye to winter gloom – this is where the fun shines!

From top left to bottom right:  
Divers Den (Great Barrier Reef),  
Clifton Beach, Rusty's Markets  
produce, Cairns Botanic Gardens



# UNLEASH YOUR *adrenaline junkie*

From rainforest rapids to encounters with Dwarf Minke Whales on the Great Barrier Reef and everything in between.

📍 BEHANA GORGE

## 1 DISCOVER A DIFFERENT SIDE TO CAIRNS' WATERFALLS

Get ready for **Cairns Canyoning** with **Cairns Waterfalls** – it's not your typical waterfall adventure! You'll abseil, zipline, slide, and take daring leaps down freshwater creeks, all amid tropical rainforest. Choose from exciting options like Behana Gorge, Crystal Cascades, or the advanced Spillway jumpers in action.

## 3 CRANK UP THE EXCITEMENT IN CAIRNS' TRINITY INLET

Experience the exhilarating "Tropical Twist" ride by **Bad Fishy** on Cairns' Trinity Inlet. This 35-minute adventure combines thrilling spins, slides, and scenic views of Cairns, promising lots of fun and laughter. Get ready to get wet and pumped up with music as your local skipper guides you. Discover the beauty of Trinity Inlet and gain interesting insights into the region from the knowledgeable captain.

## 2 JUMP OFF AUSTRALIA'S ONLY BUNGY TOWER

A mere 20-minute jaunt from Cairns CBD is **Skypark by AJ Hackett**. Leap into action with 16 jump styles, ranging from elegant dives to BMX bike launches – an adrenaline aficionado's paradise. Soar skyward at 45m and 120 km/h on the Giant Jungle Swing. Post-thrills, quench your thirst with a well-deserved beer at the bar. Spectators, you're in for a treat too! Grab a bite and look skyward to see your mates in action.

## 4 TACKLE THE RAPIDS

How many cities offer grade 2 and 3 rapids just a short 20-minute ride from the CBD? With **Raging Thunder** and **Foaming Fury**, you can ignite your adrenaline on a half-day white-water rafting adventure through Barron Gorge. Surrounded by World Heritage rainforest, the gorge's raw natural beauty towers above as you paddle down the river.

**TIP** They also offer a family rafting tour specifically catered to families with children aged 6–11 years.

## 5 FLOAT UP, UP AND AWAY

Don't miss out on the ultimate scenic experience in the tropics! Join **Hot Air Balloon Cairns** for daily balloon rides. Book well in advance and soar with Australia's most popular balloon ride. Start your day with a sunrise over the Atherton Tablelands' rolling hills, take in the 360-degree panorama, and enjoy some post-flight fun before a rainforest drive or an afternoon on the reef.

## 6 TAKE THE PLUNGE

Soar to the skies with **Skydive Cairns** and witness sights few get to see. View the splendour of farmlands, urban landscapes, majestic peaks, winding rivers, and the stunning Coral Sea. You'll enjoy a heart-pounding free-fall for 60 seconds at over 200 kilometres per hour. Although, once the parachute opens, you'll have a leisurely seven minutes to embrace the scenery.

## 7 SWIM WITH MINKE WHALES

The Great Barrier Reef stands as the exclusive global destination for swimming with Dwarf Minke Whales. Participate in a Minke Whale Dive Expedition (June - July) offered by **Mike Ball Dive Expeditions, Divers Den, Spirit of Freedom, or Pro Dive** to embark on an extraordinary journey swimming alongside these majestic ocean giants, an unparalleled natural encounter.

## 8 DRIFT DOWN THE RIVER LIKE A LOCAL

Elevate the excitement with **Cairns Adventure Group** as you leisurely float like a local on an inflatable tube along serene rainforest waterways. Explore a pristine river bordered by towering trees and keep an eye out for native wildlife like birds, butterflies, turtles, fish, and lizards. While mostly relaxed, you'll also conquer some minor rapids for a dose of adrenaline. It's an adventure suited for everyone.

**TIP** Have little ones in tow? Ages from 5 and up are able to join in the fun!



Find more thrilling adventures



# Mini road trips FROM CAIRNS

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

## 📍 CAIRNS TO ETTY BAY

Point your GPS south. Just an easy 90-minute drive south of Cairns, near **Innisfail's** charming art deco town, you'll find the stunning **Etty Bay**. This beach is no ordinary spot – it's a scenic masterpiece. But what truly steals the spotlight? The elusive southern cassowaries that practically rule the beachfront. Keep your eyes peeled for these magnificent birds – your chances are pretty darn good! Grab some picnic treats from the famous **Oliveri's Continental Deli** and roadside fruit stalls en route. And don't miss **Paronella Park** for a dose of enchanting love stories or the **Mamu Tropical Skywalk** to experience the rainforest from above. It's nature's runway in action!



Discover more road trips from Cairns

## 📍 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 8km 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 CHILLAGOE

Depart Cairns for a captivating journey to **Mareeba's** arid landscapes, then to Chillagoe's rocky marvels. Climb the Kuranda Range to a quaint rainforest village, with a detour to **Rainforestation** for wildlife wonders. Press on to Mareeba. Pop by **Skybury Coffee**, dip into **Emerald Creek Falls**, and chill with ice cream from **Emerald Creek Ice-Creamery**. Head inland to **Chillagoe-Mungana Caves National Park**. Explore three grand caves with a guide, and three more at your own pace. Delve into history at **Chillagoe Smelters**, watch the sunset by **Balancing Rock**, and if staying overnight, stargazing is a must – visit the **Chillagoe Observatory** for an enhanced view.

## 📍 GREAT BARRIER REEF DRIVE

Welcome to one of Australia's most scenic drives. Head north from Cairns and fuel with brunch at **Palm Cove**. Continue along the palm-fringed highway, beach-hopping your way along sandy stretches and tiny coves until you reach **Port Douglas**. Peruse the boutiques, taste 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 130 million year old rainforest on boardwalks and roam beaches where the rainforest meets the reef.

From top left to right:  
Millaa Millaa Falls,  
Great Barrier Reef Drive,  
Etty Bay beach,  
Balancing Rock, Chillagoe.



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📍 BABINDA BOULDERS

# WATER Wonderland

AMIDST CASCADING WATERFALLS AND LUSH  
RAINFOREST POOLS, CAIRNS OFFERS AN ABUNDANCE  
OF OPTIONS TO STAY REFRESHED.

## BABINDA BOULDERS

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

## JOSEPHINE FALLS

Just an hour south of Cairns and only a short drive from Babinda Boulders, 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.

## CRYSTAL CASCADES

Just a short 25-minute drive from Cairns CBD, Crystal Cascades in the Redlynch Valley offers a refreshing experience. Whether you're seeking the magnificent waterfall at the trail's conclusion or prefer a relaxing dip in one of the tranquil pools along the route, Mother Nature has it all for you to enjoy.

## 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.

## BEHANA GORGE

Hike through the rainforest on a 3.2km trek on a 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.



Continue to chase waterfalls



# SCENIC *lookouts*

## WRIGHTS LOOKOUT

Just outside of the village of **Kuranda**, along Wrights Lookout Road, you can take in the view and a touch of mist while admiring the **Barron Falls**. During summer enjoy a misty embrace and a thunderous waterfall display. In drier months, relish the graceful cascade over the gorge's narrow walls, sculpting its way through water-carved rocks.

## RED ARROW

**Mount Whitfield's Red Arrow trail**, a 1.5km rainforest path that doubles as nature's stair-master. With 250 steps, the ultimate reward comes at the end – a lookout offering prime views of the Coral Sea.

## ROOFTOP BARS

No need to work up a sweat for a view – head to **Crystalbrook Riley's** rooftop bar, **Rocco**, or **Oak & Vine** located in **Oaks Hotel**. Savour Cairns City and Esplanade views while sipping a delicious cocktail.



## BABINDA BOULDERS

From **Babinda Boulders** take the 1.3km return **Devils Pool Walk** to discover the 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.



Find more lookouts near Cairns

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# Hiking & WALKING TRAILS

📍 FITZROY ISLAND SUMMIT

## FOR ISLAND VIEWS: *Fitzroy Island Summit*

Take a break from snorkelling to embrace the stunning 360-degree vistas. To reach this vantage point, you have two choices: the Summit Track or the Lighthouse Track. Opt for the Lighthouse Track for an opportunity to visit the historic lighthouse.

**DISTANCE: 4KM/4.6KM RETURN**

## FOR BEACH VIEWS: *Earl Hill*

Nestled within Trinity Park, a suburb of Cairns' Northern Beaches, this trail features a 197-metre climb to the summit, where you'll enjoy a continuous refreshing sea breeze and sweeping sea vistas encompassing Double Island and Palm Cove. Additionally, along the way you'll find Half Moon Bay, one of Cairns' hidden gems.

**DISTANCE: 4KM RETURN**

## FOR A LEISURELY STROLL: *Cairns Esplanade*

Cairns Esplanade is a popular local exercise spot with ocean views, palm trees, and various attractions along its accessible route. You can explore sculptures, playgrounds, a skate park, and volleyball courts. After your walk, don't miss Hemingway's Brewery by the Cairns Marlin Marina for a locally brewed beer.

**DISTANCE: 5KM RETURN**

## FOR REWARDING VIEWS: *Walshs Pyramid*

This ancient volcanic remnant boasts a distinctive pyramid shape that beckons adventurers to conquer its slopes. The ascent takes you through a steep and rugged trail that winds amid lush rainforests and dense vegetation. As you climb, you'll be treated to breathtaking vistas of the surrounding landscapes, including glimpses of Cairns and the Great Barrier Reef.

**DISTANCE 6KM RETURN**

## FOR SWIMMING & WATERFALLS: *Behana Gorge*

The walking track guides you through the lush rainforest surroundings, offering a delightful journey to the breathtaking Clamshell Falls. Along the way, you'll encounter the cool, pristine waters fed by Mt. Bellenden Ker, providing an irresistible opportunity for a refreshing swim.

**DISTANCE 6.6KM RETURN**

## FOR A REFRESHING DIP: *Copperlode Dam*

Savour the scenic views of Lake Morris, set against a mountainous backdrop including Lambs Head. Your journey commences at the idyllic swimming spot, Crystal Cascades, leading you through Dinden National Park to the picturesque Lake Morris.

**DISTANCE: 6.6KM RETURN**

## FOR DIVERSE VIEWS: *Lambs Head*

Embark on a tranquil hike to Lambs Head (Kahlpahlim Rock), where you'll feel like solitary explorers. Choose between two trailheads: the shaded Kahlpahlim Rock Trail, weaving through rainforest with creek crossings, or the open forest of the Ridge Trail. Both converge near the summit, offering sweeping views from Lake Morris to Cairns' coastline on clear days.

**DISTANCE: 12.9KM RETURN**

## FOR A CHALLENGE: *Mount Bartle Frere*

Queensland's tallest peak, standing at 1622 metres. As you traverse this challenging trail, you'll find yourself immersed in the heart of a World Heritage rainforest, crossing mossy creek beds and navigating boulder-strewn terrain. The journey culminates in awe-inspiring panoramic views that stretch from the coastline to the Atherton Tablelands. Two trailheads, Eastern and Western, offer different routes and stops for hikers to explore. However, this trek is not for the faint of heart and is best tackled by experienced hikers. Many choose to camp overnight, allowing them to wake up to a breathtaking sunrise right outside their tent.

**DISTANCE: 15KM RETURN**

## HIKING TIPS

- 1 Tell someone where you're going and when you'll be back.
- 2 Take food and more water than you're used to, due to tropical conditions.
- 3 Pack a Personal Beacon Locator (PBL) or satellite phone.
- 4 Be sure to pack a well-equipped first aid kit.
- 5 Check trail conditions and do prior research on the trail.
- 6 Have a plan in place in case of injuries.
- 7 Ensure you choose trails suitable for your fitness level.
- 8 Ensure you leave enough time to complete your hike in daylight.
- 9 Don't deviate, stay on the unmarked trails.
- 10 Keep your distance from wildlife.
- 11 Observe signposted swimming guidelines.



Find more incredible hikes



# 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

Just 15 minutes from Cairns CBD, you'll find 60km of trails, from easy to challenging. You'll explore lush jungles, clear streams, and soak in Great Barrier Reef views from rugged ridges.

**DISTANCE:** 70M- 3KM

**TIME:** 5MIN- 1HR

**TIP** No bike, no worries! **Biked** offer bicycle rentals, shuttles and tours.

## ATHERTON MOUNTAIN BIKE PARK

Choose from 17 trails that wind through open forests, offering a rural experience for mountain biking enthusiasts. Beginners can enjoy the green trails at lower elevations, while more challenging rides await as you climb higher.

**DISTANCE:** 10-35KM | **TIME:** 1.5-4HRS

## DAVIES CREEK BIKE PARK

Here you'll find single track trails, with slightly less elevation. The park has multiple trails, with Trail 1 (Gateway Loop) as the main route. You can ride parts of it or the entire loop. Be sure to enjoy a refreshing post-ride dip at nearby Davies Creek Falls.

**DISTANCE:** 1KM-12.3KM | **TIME:** 2HRS

## MUSGRAVEA TRACK

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

**DISTANCE:** 12KM RTN | **TIME:** 2HRS

## BUMP TRACK

Choose between a guided tour with **Biked** for local insights or ride solo from Port Douglas. This trail, once an Indigenous path connecting coastal and mountain regions. The trail winds through ancient forests, waterfalls, and finishes at the beautiful Four Mile Beach. This historic route also serves as the exciting conclusion of the Reef to Reef race.

**DISTANCE:** 6KM | **TIME:** 2HRS

## MISTY MOUNTAINS

Conquer Koolmoon Creek, Gorrell, and Cardwell Range tracks. These serve up rides of varying distance and difficulty, from intermediate to hard, for experienced, well-equipped riders looking for a challenge in often very isolated territory.

**DISTANCE:** 15KM- 40KM

**TIME:** 1.25 HRS- 2.5KM

**TIP** Looking for a quick adrenaline rush? The **Kuranda Downhill Track** is your perfect playground!



Find your perfect trail

📍 MUSGRAVEA TRACK

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# INDIGENOUS *experiences*

For over 60,000 years, Aboriginal and Torres Strait Islander peoples have thrived on this land. In Cairns, you can engage with their rich cultures through various experiences:

## **MANDINGALBAY AUTHENTIC INDIGENOUS TOURS**

Embark on a unique adventure in Cairns, crossing Trinity Inlet to the lesser-known Mundingalbay Yindinji land for an authentic cultural experience. On their 3-hour guided Eco- Cultural Tour, you'll delve into ancient rainforests, coastal areas, estuaries, and witness the diverse wildlife inhabiting these environments. Larger groups can also enjoy a "Deadly After Dark" sunset cruise.

## **WUNYAMI TOURS**

Discover Green Island's (Wunyami) unique ecosystem with an Indigenous guide, deeply connected to the land. Learn about traditional land use, animal symbolism, and coral's role. Hear sacred stories, explore fire-starting techniques, and delve into the significance of ochre paint.

## **DREAMTIME DIVE & SNORKEL**

Indigenous Australians have cherished their connections to land and sea for millennia. Elevate your reef experience with Dreamtime Dive & Snorkel, where Indigenous Sea Rangers offer a traditional welcome and share the Great Barrier Reef's creation story. Explore the coral gardens and gain insight into their generations-long relationship with the reef.

## **PAMAGIRRI ABORIGINAL EXPERIENCE**

Experience Aboriginal culture at Rainforestation Nature Park, Kuranda. Pamagirri guides offer an immersive journey into their unique way of life, featuring boomerang and didgeridoo demonstrations, Dreamtime walks, and traditional dances. Discover the Rainbow Serpent-inspired walk, learn about cultural tools, and witness ancient stories through mesmerizing dance performances.

## **UMI ARTS**

The leading organisation for Aboriginal and Torres Strait Islander arts and culture in Tropical North Queensland. Its mission is to support Indigenous communities in preserving cultural identity, including visual arts, dance, and music. UMI Arts also operates as the Cairns Indigenous Art Centre, promoting collaboration symbolised by "UMI," meaning "You and Me."

## **CAIRNS INDIGENOUS ART FAIR (CIAF)**

This annual celebration showcases Aboriginal and Torres Strait Islander cultures, featuring art, performances, and workshops that provide a platform for artists to share their stories and traditions.



Learn more about indigenous culture



# CELEBRATING *arts & culture*

Cairns' vibrant art scene mirrors the rich colours of Tropical North Queensland. This city is a hub for diverse artistic expressions, from traditional Aboriginal and Torres Strait Islander art to modern styles. Beyond its home-grown talent, Cairns also draws a considerable share of global events, exhibitions, and music performances to its distinctive venues. Here are some must-see highlights:

## 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 dancer 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

Adjacent to 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

## CAIRNS *events guide*

### CAIRNS SUMMER SOUNDS: JAN - FEB 2024



Held annually throughout January and February, Cairns Summer Sounds kicks off summer in the tropics showcasing Australian and international music stars



### CRANKWORX WORLD TOUR: MAY 2024

Crankworx made its debut in October 2022 and returns in May 2024 for the third edition of its paradise tour



### GBR MASTERS GAMES: MAY 2024

20 individual and team sports across four days of competition with sports for all masters ages and interests



### IRONMAN CAIRNS: JUNE 2024

Part of the Cairns Airport Adventure Festival and the Asia-Pacific Championship



### CAIRNS FASHION WEEK: JUNE 2024

Launched in 2023, celebrating local, national and international fashion talent over five days



### CAIRNS ITALIAN FESTIVAL: JULY 2024

Celebrating the region's rich Italian history, enjoy 10 days of food, wine, song, dance and entertainment



### CAIRNS INDIGENOUS ART FAIR: JULY 2024

One of Australia's premier Indigenous art events including an ethical art market, cultural performances and more



### GREAT PYRAMID RACE: AUGUST 2024

One of Australia's fiercest mountain foot races conquering Walshs Pyramid in Gordonvale



### CAIRNS FESTIVAL: AUGUST 2024

A 10 day annual event celebrating the arts, culture and beauty of Cairns and Tropical North Queensland



### CAIRNS AMATEURS: SEPTEMBER 2024

Three days of fun, fashion, glamour and entertainment built around two days of horse racing in early September

**More events:** Cairns Children's Festival: May, 7 Cairns Marathon: July, AusArmourfest: August, Yarrabah Music and Cultural Festival: October, Understory Film Festival: November and heaps more!



Keep up to date with Cairns events





COOKTOWN •

# CAIRNS & *surrounds*

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PORT DOUGLAS •

PALM COVE •

KURANDA •

• GREEN ISLAND

• FITZROY ISLAND

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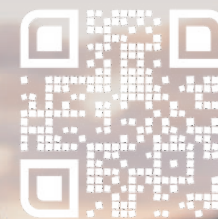
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