



THREE DAYS IN CAIRNS

It's all action in sunny, sophisticated Cairns, gateway to the World Heritage-listed Great Barrier Reef and international hub for tanned travellers.

There so much to do here you might want to start slowly. Wander past the lagoon and picnic spots of the Cairns Esplanade, do an Aboriginal walking tour or bliss out on the white sands of Palm Cove. Alternatively, dive into action with a

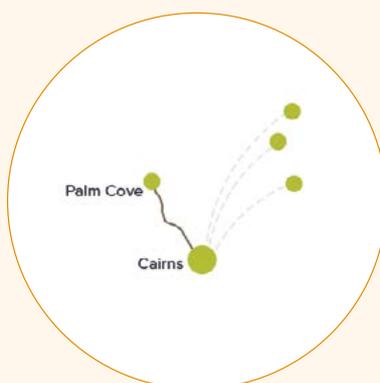
skydive or bungee-jump. Snorkel or scuba dive with brilliant fish and coral or sail past pristine islands on the Great Barrier Reef. Day-trip to the tranquil, butterfly-fringed village of Kuranda and discover Cairns' great restaurant and bar scene.

DAY ONE

Cairns sights

Ease into tropical holiday mode with a stroll along the oceanfront Cairns Esplanade, the city's social and recreational hub. Stop for an alfresco breakfast at one of the trendy cafes and watch the energetic locals whizz past on bikes and rollerblades. Afterwards cool off in the huge saltwater lagoon or relax on the grass alongside adventure-seekers from around the globe. Maintain the easy pace with a walk through the Cairns Botanic Gardens, cruise the mangrove-lined waterways of Trinity Inlet or explore the area on an Aboriginal walking tour, learning about fish, crabs and medicinal plants. In the afternoon, head to Palm Cove, a quiet and relaxing beachside village just 30 minutes north from Cairns. Alternatively, if up for adventure, send your adrenalin soaring on a bungy-

jump or sky-dive. In the evening, browse local Aboriginal artworks at the night markets, watch the flaming sun sink into the horizon and head back to the Cairns Esplanade for a fresh seafood feast.



AT A GLANCE



- › 2 nights Cairns
- › Day tour to the Great Barrier Reef
- › Green Island
- › Michaelmas Cay and Upolu Cay
- › Palm Cove
- › Rainforest and Aboriginal culture in Kuranda

USEFUL LINKS

Tourism Palm Cove
<http://tourismpalmcove.com/>

Great Barrier Reef
www.australia.com/en/places/great-barrier-reef

Cairns
www.australia.com/en/places/cairns



DAY TWO

Great Barrier Reef

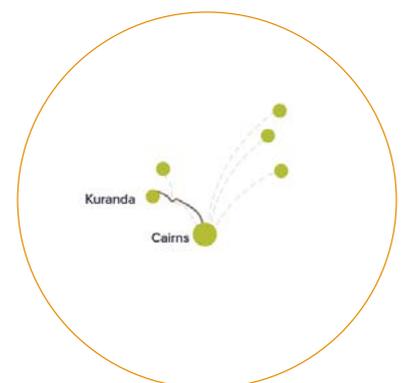
There are a huge variety of tours out to the reef, with something to suit every level of daring and experience. Go snorkelling, learn to dive or see the reef without getting wet on a glass-bottomed boat. Take a day tour to the 6,000-year-old coral cay of Green Island. Snorkel alongside brilliant tropical fish, and explore the island's white beaches and lush rainforest. Visit Michaelmas Cay, home to thousands of nesting seabirds, a myriad of colourful corals, giant clams and reef fish. Sail past palm-topped islands to Upolu Cay – a small sand island atop a skeleton of coral reef. Travel to the Outer Reef on a multi-storey pontoon or explore it on an introductory dive trip. Discover the vibrant coral gardens, marine life and turtle sanctuaries with an experienced instructor. Extend your stay and get qualified on a five-day PADI course. For experienced divers, there are multi-day live-aboard trips.



DAY THREE

Kuranda Rainforest

Take a scenic rail trip across mountains, tropical rainforest, waterfalls and national park to the picturesque village of Kuranda. Have breakfast or brunch amidst the World heritage-listed rainforest, watching colourful birds and butterflies flit past. Then follow one of the many walking trails through the verdant vegetation. Do short, gentle walks to Jumrum Creek and Davies Creek Falls or a four-hour hike to breathtaking Barron Falls. Cruise down the river past platypus, turtles, lime-coloured frogs, gaudy parrots and fresh water crocodiles. Afterwards, browse the lively markets for opals, Aboriginal art and handcrafted jewellery. Sit for your portrait, watch street performers and sample local honey, macadamias and exotic juices. Wander through the many galleries, many



of which are dedicated to Aboriginal art and cultural artefacts. Learn to play the didgeridoo and learn about the long-reaching history of different Aboriginal tribes in this rainforest. Back in Cairns, get into the energetic nightlife along Spence and Lake Streets.