

Cairns and Tropical North Queensland

...SUGGESTED ACTIVITIES AND TOURS

Reef, rainforest or relaxation – there is no end to the activities and tours available during your stay in Cairns so book your HIA events then stay for the weekend. For all bookings call **1800 093 300** or visit **www.cairnsgreatbarrierreef.org.au**

GREAT BARRIER REEF

Cairns is the gateway to the Great Barrier Reef - the world's largest, most spectacular coral reef system - where diving, snorkelling, sailing, cruising and island hopping are a part of everyday life. You can discover an amazing underwater world and encounter over 6,600 species of flora and fauna, including 1,500 species of fish, 4,000 species of molluscs and 400 types of coral. Over 50 tours depart for the Great Barrier Reef and islands daily from Cairns, Port Douglas and Mission Beach.

DAINTREE RAINFOREST

Guide yourself along the purpose built boardwalks or join a tour through the Rainforests of Cairns and Great Barrier Reef which are living museums rich with flora, fauna, marsupials, reptiles, birds and butterflies that have survived natural disasters and climate change for over 135 million years. Swim, paddle and explore by boat and 4 wheel drive the crystal-clear rivers and gorges, volcanic lakes and spectacular waterfalls surrounded by the beautiful Daintree Rainforest. You might even get to smile at a crocodile!

HEALTH & WELLBEING

Slow down and take time out to inspire, nurture and indulge your body and soul with some exotic tropical fruit, wine, and gourmet delights or treat yourself to a relaxing spa treatment, yoga or meditation session. Cairns and North Queensland boasts a huge array of pampering activities that will be sure to tickle your fancy.

CULTURE

There are numerous opportunities for you to experience the unique tropical culture during your stay in Cairns. Enjoy the privilege of an experience with indigenous Aborigines and Torres Straight Islanders, and be uplifted by the spirit of one of the world's oldest surviving cultures or visit the renowned Cairns Regional Art Gallery. Enjoy free live music and street theatre performances on the Cairns lagoon or at the Tanks Art Centre or take a trip to the picturesque mountain retreat of Kuranda to experience the markets and unique culture via the scenic railway or Skyrail Cableway.

ADVENTURE

Swing like Tarzan through the oldest rainforests on earth in the Daintree or dare to traverse the fierce, globally renowned, white water rapids on the Tully River, near Mission Beach. Or maybe you'd prefer to see a spectacular fire show before you float over the Tropical Atherton Tablelands in a hot air balloon and then touch-down for breakfast with a lion, a cuppa with a cassowary or lunch with a crocodile? Eco-certified adventure tour providers operate throughout Cairns and the Great Barrier Reef region so you can comfortably get back-to-basics and enjoy a truly unique, sustainable, eco-adventure.

WILDLIFE

You will encounter wildlife wherever you go in the Cairns and Great Barrier Reef region. From random roadside encounters, to interpretive self-guided rainforest boardwalks, guided coach and outback 4WD tours, night spotting excursions, and wetlands abundant with bird life, there is an animal encounter to suit everyone. From crocodiles and lions to birds and butterflies with everything in between, the animal parks in the area will send you wild!

