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# WALKS *in the Daintree*

Image courtesy of Mazime Coquard, Qld. Govt.



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## Introduction

There aren't many places in the world where you can walk out of one World Heritage Area (Wet Tropics) and straight into another one (the Great Barrier Reef). There's nowhere else you can step out of the world's oldest forest and onto the planet's largest living thing. But then there really is nowhere else like the Daintree.

Much of the Daintree is protected by the Daintree National Park, and lies within the Wet Tropics World Heritage Area, famed for its exceptional natural beauty, outstanding examples of the record of life, evolutionary history and remarkable diversity.

When visiting the Daintree, we recommend you take a walk - either short or long, depending on your time and fitness - to immerse yourself in the rainforest and the scenic stretch of coastline at your leisure. Don't rush, take your time to look around.

Destination Daintree has compiled this list of walks providing information on track length, approximate time, what you can expect to see and accessibility.

- Distances are return journeys.
- Grade of walk is level of difficulty, based on Australian walking track standard.
- Location refers to the start of the walk where there is an area to park vehicles.
- Unless specified, swimming is not advised due to possible presence of crocodiles.
- Walks where dogs are allowed are indicated by symbols. Where allowed, dogs must be on a leash and under your control always, as they can disturb cassowaries and other wildlife. Remember dogs are not allowed in Daintree National Park.

## **Be crocwise in croc country**

Crocodiles are potentially dangerous. Never take unnecessary risks in crocodile habitat. Everyone is responsible for their own safety, so please follow these guidelines.

- Obey crocodile signs - they are there for your own protection.
- Never swim in water where crocodiles may live, even if there is no warning sign present.
- When fishing, always stand a few metres back from the water's edge and never stand on logs or branches overhanging the water.
- Never clean fish or discard fish scraps near the water's edge or at boat ramps.
- Stay well back from any crocodile slide marks. Crocodiles may still be close and may approach people and boats.
- Never dangle your arms or legs over the side of a boat. If you fall out of a boat, get out of the water as quickly as possible.
- Never provoke, harass or interfere with crocodiles - even small ones.
- Never feed crocodiles - it is illegal and dangerous.
- Camp at least two metres above the high water mark and at least 50 metres from the water's edge. Avoid places where native animals and domestic stock drink.
- Never leave food scraps at your campsite. Always check that previous campers have left no food scraps.
- Never prepare food, wash dishes or pursue any other activities near the water's edge or adjacent sloping banks.
- Be more aware of crocodiles during the breeding season - September to April.

Visit [www.ehp.qld.gov.au/wildlife/livingwith/crocodiles](http://www.ehp.qld.gov.au/wildlife/livingwith/crocodiles)

## **Be cass-O-wary!**

Cassowaries are potentially dangerous. Avoid unnecessary risks and help protect cassowaries by following these guidelines in cassowary territory.

- Never approach cassowaries.
- Never approach chicks - male cassowaries will defend them.
- Never feed cassowaries - it is illegal, dangerous and has caused cassowary deaths.
- Consider your safety and when stopping for cassowaries. Don't block the road if visibility is poor, pull over if possible, and stay in your car.
- Always slow down when driving in cassowary territory.
- Always discard food scraps in closed bins.

## **Safety in the Daintree National Park**

Please be safe when visiting this park.

Dangerous stinging jellyfish ('stingers') may be present in tidal and coastal waters at any time, but occur more frequently in the warmer months.

Do not touch stinging trees. They grow up to 4m high, have large, heart-shaped leaves with serrated edges and often occur along rainforest edges. Touching any part of the plant leaf results in a very painful sting. If you are stung, and symptoms are severe, seek medical advice.

On extended walks ensure you have enough drinking water and protect yourself from the sun. Wear sturdy shoes and appropriate clothing. With the longer walks, we recommend letting someone know and advise them of your expected return time. That way, should you get into trouble, they can raise an alert.

# 1. Manjal Jimalji Trail

This walk within the Daintree National Park is very challenging and suitable only for experienced walkers with above average fitness. Locally known as Devils Thumb, this trail is best attempted during the dry season only. The trail is isolated, and help can be hours away. You must be responsible for your own safety and be well prepared.

This trail starts at Little Falls Creek. Take care crossing the creek then follow the trail as it climbs steeply through the forest. After 3.3km and a gain of 1000 metres elevation, enjoy views over the coast from the clearing. Always stay on the walking track—people have been seriously injured when leaving the track to photograph the waterfall. It is 2km further (4km return) to the summit—only continue if you have climbing experience and 5 hours of daylight remaining as camping overnight is not permitted. About 400 metres after re-entering the rainforest you'll pass a giant boulder known as Split Rock. On the final section you'll need climbing skills to negotiate large boulders scattered across your path before you reach the lookout. On a clear day, enjoy views over the Main Coast Range, and Daintree Valley and coast. Retrace your steps to return.

## START LOCATION:

The trailhead is 17km north of Mossman via Miallo and Whyanbeel Roads. Pass the Karnak Playhouse and park beside the road after crossing the cattle grid. From here it's 700 metres on foot, following markers through private farmland to the start at Little Falls Creek. Before you go: Visit [www.qld.gov.au/nationalparks](http://www.qld.gov.au/nationalparks) for more details, map and current Park Alerts.

**Grade:** Difficult - Map essential

**Distance:** 10.6 kilometre return

**Time:** 8 hours



## 2. Wonga Beach

Walk one of the longest beaches in the Daintree. Behind the sand dunes at the northern end is a Melaleuca forest and beyond this you will find the mangroves and wetlands of the Daintree River system. At the southern end of the beach there are free BBQs.

This is a reliable Beach Stone-Curlew viewing location and is a good place to find Double-eyed Fig-Parrots in open vegetation.

### START LOCATION:

There are several access roads from the Captain Cook Highway. From south to north:

- Marlin Drive
- Wonga Beach Drive (at the Service Station)
- Vixies Road (at Hook-a-barra)

**Grade:** Easy

**Distance:** Up to 9 kilometres

**Time:** As long as you like



### 3. Daintree Village

This trail begins steeply but offers good views of the Daintree Village and the Daintree River.

Along the track you will see eucalypts, acacias, paperbark, and one of the ancient and interesting plants known as Cycads. Of the various ferns along the way, the most obvious is a climbing fern which forms an attractive curtain but its tangled wiry stems can be frustrating to deal with when walking through a forest hung with this creeper. One of the more common epiphytes seen is the Bottlebrush Orchid. These can form fairly large clumps with sprays of small flowers borne in a tight bottlebrush-like cluster from August to November.

Look out for the Lovely Fairy-wrens in family groups by the track.

#### START LOCATION:

Pioneers Park in Daintree Village. Walk 50 metres along Stewart Creek Road and take the first track to the left, on the edge of Pioneers Park. Go past the water treatment plant and water tanks.

**Grade:** Medium

**Distance:** 1 kilometre

**Time:** 45 minutes



## 4. Daintree Village Historical Walk

Pick up a map at Daintree Riverview Lodge and Van Park which has a museum of collectibles and relics – entry is free. Stroll around the tiny village, learning about its fascinating history on the interpretive signs you'll find along the way.

**Grade:** Easy

**Distance:** 1 kilometre

**Time:** 30 minutes, plus time to explore the museum

## 5. Tranquility Falls

This walk is on private property and there is an entry fee. After a picturesque drive through the Daintree Valley you will arrive at Tranquility on the Daintree, a holiday home and cattle property tucked into the valley and at the bottom of the famous 4WD CREB track.

A shaded bush track follows the creek and takes you to majestic waterfalls woven into the fabric of the rainforest.

Swim anywhere along the creek and at the falls.

Entry is \$10 for adults, \$5 for children and \$28 for families. Tickets can be purchased in Daintree Village at the tourist information centre where you will receive a map.

### START LOCATION:

893 Upper Daintree Road, Daintree Village

**Grade:** Easy

**Distance:** 500 metres

**Time:** 15 minutes



## 6. Cape Kimberley Beach Walk

Out of the way, and out of this world, a beach as beautiful and nostalgic as our past. This is the way beaches used to be - very few people and a whole lot of nature. Soak up views of Cape Kimberley with Snapper Island directly opposite and to the south, the expanse of Trinity Bay to the headlands north of Cairns.

To the north of the carpark there is some amazing rock-hopping around the headland at low tide. See little rock pools, crabs, oysters, algae, mudstone for painting, and jagged rocks to attract any fishing lines.

The 2 km walk from Cape Kimberley down to the mouth of the Daintree River will satisfy your exercise needs and give you a sense of quietness, personal space and isolation.

Walk slowly. You might see a school of dolphins rounding up sea mullet; sea turtle; perhaps a passing pelican or sea eagle fishing; a soaring reddish-white Brahminy kite; or stingrays patrolling the shallows. You'll certainly see driftwood, flotsam, exposed casuarina roots, pandanus and swamp lilies, the odd coconut and a lonely stand of paperbarks (melaleucas) near the River mouth. Stroll, wander, wonder and snap for hours.

Crab-art? You'll see crab-art from the little sand-bubbler crabs on this and many local beaches.

### START LOCATION:

Cape Kimberley turn off is 4.7 km north of the ferry on Cape Tribulation Road. From here, drive 5 km on good quality gravel road to the beach.

**Grade:** Easy

**Distance:** 5 kilometres

**Time:** 1 ½ hours return



## 7. Jindalba Boardwalk

This shady boardwalk in Daintree National Park meanders through lush lowland rainforest. In places the boardwalk is elevated up to 4 metres above the ground keeping your feet dry as it crosses creeks and swampy areas. From the vantage point of the boardwalk you can enjoy views of the surrounding lowland rainforest.

From information signs along the way, learn about the ecology and diversity of the rainforest and find out how different species have evolved to survive in this tropical environment. Early morning and late afternoon are good times to spot the coastal Bennett's Tree Kangaroo and if you are lucky, you may also see a cassowary.

A stream runs through the rainforest. Wetter spots are fringed by king ferns, ancient plants which appeared 325 million years ago, pre-dating the dinosaurs.

Another ancient plant seen here is Hopes Cycad (possibly the world's tallest cycad at 20 metres high), which has been around for 40 million years.

Jindalba (meaning 'foot of the mountain') is the local Kuku Yalanji people's name for this area.

Before you go: Visit [www.qld.gov.au/nationalparks](http://www.qld.gov.au/nationalparks) for more details, maps and current Park Alerts.

### START LOCATION:

Turn off Cape Tribulation Road at the Daintree Discovery Centre. The start of the walk is at the end of Tulip Oak Road, Cow Bay.

**Grade:** Easy

**Distance:** 650 metres

**Time:** 30 minutes



## 8. Jindalba Circuit Track

This walk in Daintree National Park begins near the entrance of the Jindalba boardwalk. The track is well marked but is stony in places and crosses rainforest creeks. Look for birds of all kinds—large majestic cassowaries or buff-breasted paradise kingfishers streaming their long tails through the forest. Although many of the park's mammals are nocturnal, you may catch some day-time action with musky rat-kangaroos foraging on the forest floor and Bennett's Tree Kangaroos rustling about the canopy. After your walk, relax in the Jindalba day-use area. You need to be reasonably fit to do this walk.

Before you go: Visit [www.qld.gov.au/nationalparks](http://www.qld.gov.au/nationalparks) for more details, maps and current Park Alerts.

### START LOCATION:

Turn off Cape Tribulation Road at the Daintree Discovery Centre. The start of the walk is at the end of Tulip Oak Road, Cow Bay.

**Grade:** Moderate

**Distance:** 3 kilometres

**Time:** 2-3 hours



## 9. Airstrip to Cow Bay Beach

The footpath from the Daintree Airstrip to Cow Bay Beach is a great way to see the changes in forest variety, spot the jungle perch in the fresh water creeks, observe birds, goannas, cassowaries and butterflies.

### START LOCATION:

Cape Tribulation Road, just past turn off to Cow Bay Beach.

**Grade:** Easy

**Distance:** 6 kilometres

**Time:** 1 hour



## 10. Cow Bay Beach

Looking for a deserted beach walk? Cow Bay Beach is the ideal walk. It is possible to walk north along the beach and go around the headlands to reach even more isolated beaches.

The first small rocky point to the north has a cluster of projecting rocks, which are a strange metamorphic mix of pinkish, coloured complex quartz striations. These are very hard but, behind these, on the foreshore, are quite different much softer rocks – a range of yellow, black and orange mudstones. These were created millions of years ago by layers of different coloured muds and are akin to harder sandstones. Like ochres, mudstones are part of the colour palates of the Kuku Yalanji people.

### START LOCATION:

Turn off Cape Tribulation Road at Floravilla and drive to the end of Buchanan Creek Road.

**Grade:** Easy

**Distance:** As far as you like

**Time:** As long as you like



## 11. Thornton Beach Walk

Walking south from the café, the walk along the beach takes you to the mouth of Cooper Creek, one of Australia's richest mangrove systems. The picturesque backdrop of Struck Rock (offshore from the beach) adds to the experience of this lovely stretch of coastline.

### START LOCATION:

CJ's Bar and Café, Cape Tribulation Road Thornton Beach.

**Grade:** Easy

**Distance:** 400 metres from the café

**Time:** 20 minutes



## 12. Marrdja Boardwalk

Marrdja is a Kuku Yalanji word meaning 'rainforest' or 'jungle'. This walk in the Daintree National Park contains examples of every stage of the evolution of land plants over 400 million years, including basket ferns, tassell ferns and club ferns, cycads, ancient pines and primitive flowering plants.

The walk starts along pretty Oliver Creek, with a stunning hollowed out strangler fig, leaning at a seemingly impossible 45 degree angle.

After a cluster of giant fan palms, the walk passes through some paperbark and pandanus trees and opens dramatically into the most diverse and interesting mangroves in Australia. The smooth, flaky, creamy-trunked cannonball mangroves have huge seed pods which are often called monkey puzzles after opening. They have wavy buttress roots and often host orchids among the branches.

Huge and ancient basket ferns grow among the mangroves, sometimes clustered with up to six on the one tree. The golden orchid with its huge sprays are the largest orchids in Australia. Look for them high up among the older trees near the Noah Creek end of the walk, along with dangling pencil orchids, distinctive pink bottlebrush orchids, Lily of the Valley and cute so-called button orchids.

Well-camouflaged fiddler crabs and mud-skipper hide among the mud and roots. A creek running under a low bridge is popular for many fish including the banded archer fish.

Before you go: Visit [www.qld.gov.au/nationalparks](http://www.qld.gov.au/nationalparks) for more details, maps and current Park Alerts.

### START LOCATION:

Cape Tribulation Road 10 minutes' drive south of Cape Tribulation.

**Grade:** Easy (wheelchair & stroller friendly)

**Distance:** 1.2 kilometre loop

**Time:** 45 minutes



### 13. Coconut Beach

This is one of those iconic spots “where the rainforest meets the reef”. The rocky border of fringing reef, exposed at tides below about 1 metre, helps protect the coastline and its plants from cyclones and storm surges.

Grey mangroves and smooth boulders make a picturesque and peaceful area to contemplate nature’s wonders.

To the south, you can spot Snapper Island and the huge horizontal trunk of a Beach Mahogany as it stretches out to the sea, defying gravity. This tree species was used as a canoe tree by the Kuku Yalanji people. Its nuts are toxic and inedible but they are used to make oils, cosmetics and pharmaceuticals.

Another beautiful sight is the lovely flower of the *Barringtonia Asiatica* or “Bishops hat”. It has white flowing filaments, with a pink tip and yellow micro-tip. Go early in the day, as it blossoms briefly overnight, is then pollinated by fruit bats, and is grounded by early morning.

Don’t leave without taking a peek into the spiky pandanus leaves at the entrance to the beach where you may find a peppermint stick insect.

#### START LOCATION:

Cape Tribulation Road south of Cape Tribulation. Travelling north, as you drop down Noahs Range towards Cape Tribulation, there is a parking bay with direct access to the beach just before the road splits around a large tree.

**Grade:** Easy

**Distance:** As far as you like

**Time:** As long as you like



## 14. Dubuji Boardwalk

This walk is in Daintree National Park. Discover lush lowland rainforest, fascinating mangrove swamps and surprising stretches of sandy beach on this boardwalk near Myall Beach. From the pleasant Dubuji (meaning 'place of spirits') picnic area, this boardwalk, shaded by a canopy of enormous fan palms, vines and strangler figs, winds its way through lowland rainforest swamps and mangroves. Sense the change in habitats as you cross a spring-fed creek and meander through mangrove swamps. Pause to read signs about how different plants and animals survive, and if you're lucky, you may spot a cassowary.

Spot azure and little kingfishers darting into shallow pools from overhanging branches and watch orange-footed scrub fowl scratching on the forest floor. Walk along the beach during winter and look for passing humpback whales. Enjoy views of Cape Tribulation from Myall Beach - you can walk to Cape Tribulation along the beach when the tide is out.

Before you go: Visit [www.qld.gov.au/nationalparks](http://www.qld.gov.au/nationalparks) for more details, maps and current Park Alerts.

### START LOCATION:

Cape Tribulation Road just before Camelot Close, Cape Tribulation.

Toilets at carpark with café and store nearby.

**Grade:** Easy (wheelchair & stroller friendly)

**Distance:** 1.2 kilometre circuit

**Time:** 30-60 minutes



## 15. The Sculpture Trail

The owner of Rainforest Hideaway, Rob Lapaer, has created a series of sculptures along a winding trail through the rainforest on his five acre property. Most of the artwork has been created by Rob himself, but over the years other artists have contributed work so you will discover various styles and influences from around the world. There are many seats to sit and relax and take in the ambiance, so you could spend anywhere from 15 minutes to two hours on this trail.

The walk is open from 10am to 5pm most days and the entry fee is \$5/adults, \$3/child.

### START LOCATION:

Rainforest Hideaway, 109 Camelot Close, Cape Tribulation. The entrance is guarded by two massive Easter Island Moai guards. If the gates are open, park on the roadside and walk up to the house where you will meet the owners and be given a trail map. If the gates are closed, you will need to come back another day!

**Grade:** Easy

**Distance:** 900 metres

**Time:** 30 minutes

## 16. Cape Tribulation Beach Walk

This beach has the most diverse coastal vegetation anywhere in Australia for several reasons. As a tropical rainforest, its vegetation is richer; it is protected by the nearby fringing reef and headland, and has never been developed.

Plants were used by the Kuku Yalanji people for food, medicine, fishing craft and tools. Beach almonds are edible, have medicinal potential and, apparently, are aphrodisiacs. Beach hibiscus provided spears, fire-sticks and a versatile string. Sea lettuce fruit juice was an eye cleanser.

Clusters of coastal giants - reclining beach mahoganies are standout heroes, with their huge twisted trunks and branches reaching out almost horizontally across the shore and out to the sea. Once used as canoe trees, their branches provide shade, while twisted roots interlock and expose ongoing erosion by the high tides.

You'll often see mound-building brush turkeys and scrub fowl; lace monitors (a large goanna); ghost and sand bubbler crabs and their food-sifted sand turned into pellets.

Just out from the shoreline and visible at lower tides is the fringing coral reef, where small sharks, turtles and occasional dugongs are seen.

Further out, imagine where Lt James Cook sailed past on his route charting the east coast of New Holland in 1770. Having crashed on the reef further north, he later called the headland Cape Tribulation, "where my troubles started."

Be careful of the tides, and don't walk through little Rykers Creek with water in it. A little croc often lurks there.

### **START LOCATION:**

The beach has two major access points. Kulki car park and Cape Trib Beach House.



## Kulki

There are three walks starting from the car park at Kulki which is on Cape Tribulation Road, a few minutes drive north of PK's Jungle Village and Cape Tribulation township.

### 17. Kulki Boardwalk (Cape Tribulation lookout)

In Daintree National Park, from the Kulki car park and picnic area (toilets and picnic tables provided), stroll along a boardwalk through tropical lowland rainforest to a viewing platform at iconic Cape Tribulation. Gaze at views of densely rainforest-clad slopes sweeping down to meet the white sands of Cape Tribulation beach—the meeting place of two World Heritage areas.

Along the boardwalk, keep an eye out for Bennett's tree kangaroos and cassowaries. Look for buff-breasted paradise kingfishers and listen to pied imperial-pigeons, cooing and rustling about in the canopy. At the viewing platform, spot dugongs, turtles, dolphins and whales out on the horizon.

Before you go: Visit [www.qld.gov.au/nationalparks](http://www.qld.gov.au/nationalparks) for more details, maps and current Park Alerts.

**Grade:** Easy (wheelchair & stroller friendly)

**Distance:** 600 metres

**Time:** 10 minutes



## 18. Myall Beach Walk

Also from the Kulki car park, a short track with some steps winds its way over the ridge of Cape Tribulation to beautiful Myall Beach. Explore the spectacular rocks at the base of the Cape and at low tide (ankle deep or less), you may cross the small creek on the beach then walk along Myall Beach as far as you like towards Dubuji day-use area.

Before you go: Visit [www.qld.gov.au/nationalparks](http://www.qld.gov.au/nationalparks) for more details, maps and current Park Alerts.

**Grade:** Easy

**Distance:** 400 metres

**Time:** 10 minutes



## 19. Kulki to Mason's Swimming Hole

From the Kulki car park, follow the track to Myall Beach to join the Dubuji Boardwalk to walk to Cape Tribulation Road and follow the footpath to Mason's Store and Café.

Walkers can get access to a fantastic local freshwater swimming hole on private property from the verandah in front of the café for a gold coin.

On the return walk, you can retrace your steps or follow the foot path along the road back to the car park.

**Grade:** Easy

**Distance:** 1.5 kilometres

**Time:** 2 hours



## 20. Mount Sorrow Ridge trail

This trail in the Daintree National Park is a steep and strenuous hike through dense rainforest. Although marked, walkers have been lost in this area. Mount Sorrow is not for everyone—only experienced bushwalkers with above average fitness should attempt this trail. You must be prepared for a very steep and difficult trail with log scrambling required in places. Carry plenty of water and start early to allow 6 hours of daylight to complete the hike.

This hike takes you along the ridgeline of Mount Sorrow and through lush tropical rainforest. Once you reach the lookout you will be rewarded with spectacular views of the Daintree coastline and beyond. The climb begins immediately through lowland rainforest and becomes steeper after passing the 2km marker. Tree roots cover the track in places, making for a tough scramble. After the 3km mark the track enters open forest for the last 500 metres to a lookout platform with magnificent views out over the rainforest to the reef. Return via the same route.

Before you go: Visit [www.qld.gov.au/nationalparks](http://www.qld.gov.au/nationalparks) for detailed track notes, maps and current Park Alerts.

### START LOCATION:

Park your vehicle at the Kulki day-use area and walk 150 metres north along Rykers Road to a gravel pull-off area. The start of the trail is signposted and is directly opposite this pull-off area.

**Grade:** Difficult - Map Essential

**Distance:** 7 kilometres return

**Time:** 6 hours



## 21. Emmagen Beach Walk

A lovely little beach with abundant wildlife and great views to the south back to Cape Tribulation, around to Mount Donovan and Cowie Range in the north.

At the beach, the smooth rocks on the left reveal the mouth of Emmagen Creek. Most local beaches are sandy, but Emmagen is unique in that both banks are lined with water-eroded rocks, a result of the topography of short and steep catchment area and 4 metres of rain annually.

Cormorants, darters, sea eagles, scrub fowl with their huge mounds and the occasional big bird (the cassowary!) are in the area.

As with all local beaches, it is best at low tide, with fringing coral reef exposed at the southern end, with jutting rocks, a pretty creek and a beautiful headland.

There's natural ocean debris washed up along the shore—volcanic pumice, shells and driftwood, plus assorted flotsam. It is all protected so don't take anything except photographs.

### START LOCATION:

The track entrance is hard to see. There is a small car park on the left, 7 kilometres north of Cape Tribulation, opposite an ancient strangler fig. Alongside are two rocks which mark the start of the track.

**Grade:** Easy

**Distance:** 500 metres to Emmagen Beach

**Time:** The walk is a 15-minute round trip plus up to two hours wandering time.



## 22. Emmagen Creek

Emmagen Creek is in Daintree National Park, about five kilometres north of Cape Tribulation. You can reach Emmagen Creek with a two-wheel drive vehicle, but you need a 4WD if you plan to travel further north on the Bloomfield Track. There is small carpark on the left side of the road just before you cross Emmagen Creek.

From the main road heading north, take the track on the left just before the creek. The track meanders through lowland rainforest for about 400 metres and leads to a deep pool with access via a small sandy shore.

Before you go: Visit [www.qld.gov.au/nationalparks](http://www.qld.gov.au/nationalparks) for more details, maps and current Park Alerts.

**Grade:** Easy

**Distance:** 800 metres

**Time:** 30 minutes



## 23. Cowie Beach Walk

Access is through a picturesque grove of coconut palms, then be amazed by the layers of colour, the expanse and isolation of this beautiful beach. At low tide, the beach extends out 800 metres, to a brown line of fringing coral reef. On sunny days, there are incredible layers of tropical colours, from the white sand through beige shallows then deeper turquoise waters to azure skylines. You will see isolated red mangroves which begin life as aerial roots then looping across the sand to stand like sentinels. Moving sentinels actually, as they slowly develop new trunks as older ones die.

Three different sand crabs leave their food pellets as reminders of their presence. Armies of soldier crabs marching forwards (yes, not sideways), are a feature of this beach on the outgoing tide. Watch for sea eagles, brahminy kites and pied imperial pigeons flying back to their islands in the early evening and hosts of seasonal migrating sea birds. Seasonally, rainbow lorikeets, figbirds and rainbow bee-eaters are abundant.

Expansive and isolated, it's a wonderful beach early morning or late afternoon.

### START LOCATION:

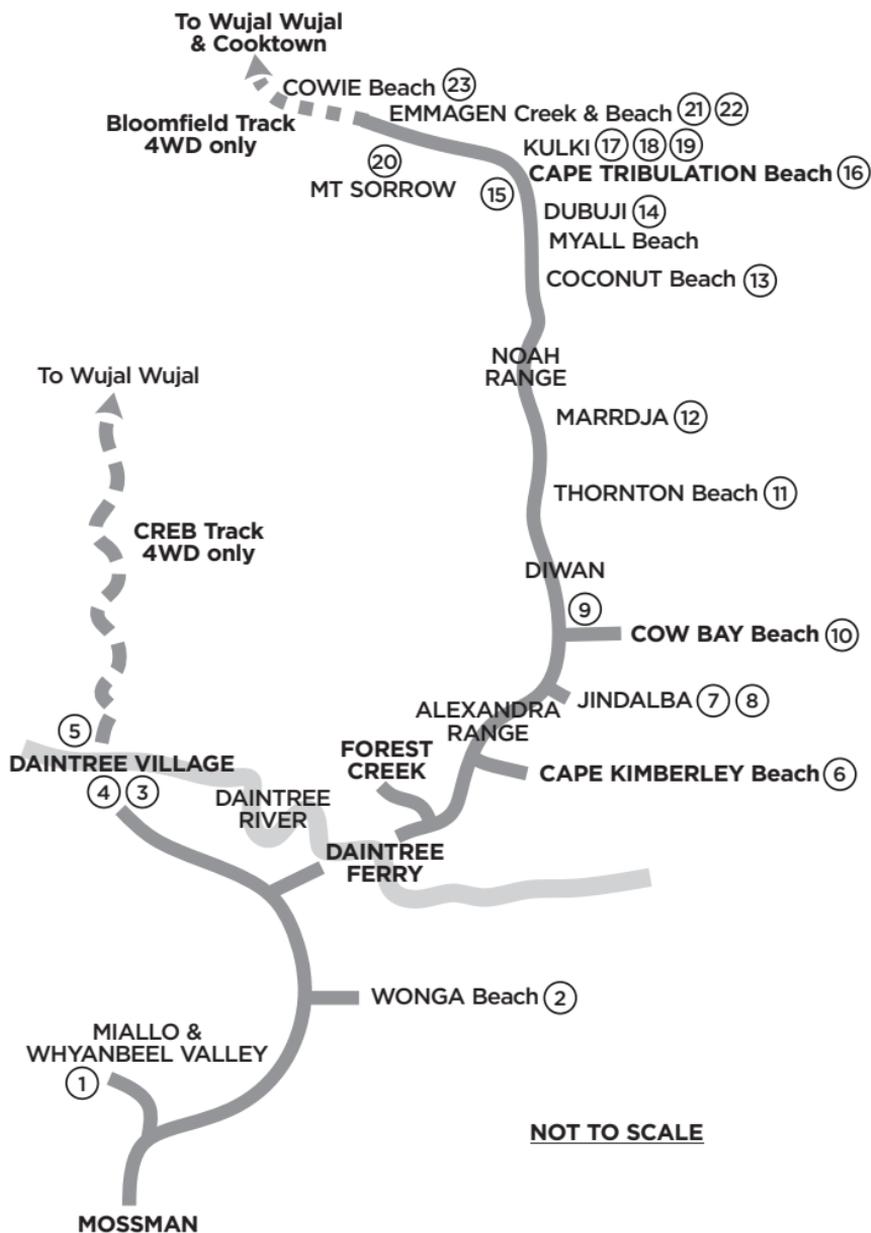
Cowie Beach is 4WD access only, 13 kilometres north of Cape Tribulation along the Bloomfield track, and 6.5 kilometres north of the Emmagen Creek crossing. There is a Stop 7 eBook marker on the left hand side and a small, unmarked carpark on the right.

**Grade:** Easy

**Distance:** Walks to the south and north ends of the beach are about 800 metres in each direction at low tide.

**Time:** A short 1 minute stroll to the beach





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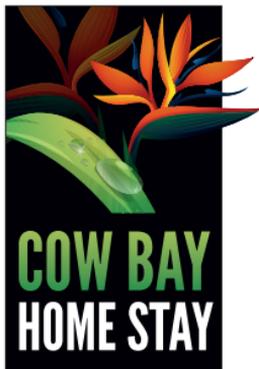
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# GUIDED STAND UP PADDLE TOURS

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SUP SURFING  
BY STAND UP PADDLE  
Swell .COM.AU



Unique way to explore  
the creeks of the wet  
tropic rainforests.

Like bush walking  
without leaving foot prints.

Runs twice daily:  
9am and 2pm  
0427 498 042  
windswell.com.au



We invite you to visit the Daintree Discovery Centre, an award-winning world class facility that allows visitors easy access to every level of the Daintree Rainforest; from the forest floor to the upper reaches of the canopy. Open 7 days, 8.30am - 5pm. For more information phone 4098 9171 or visit [www.discoverthedaintree.com.au](http://www.discoverthedaintree.com.au)

## CAPE TRIBULATION

# JUNGLE SURFING

CANOPY TOURS

All weather  
All ages from 3-103!  
BOOKINGS ESSENTIAL

**07 4098 0043**  
[junglesurfing.com.au](http://junglesurfing.com.au)



- Guided zipline and tree platform tour
- Spectacular views
- No experience necessary
- Up to 12 tours daily from Cape Tribulation



MULTI  
AWARD  
WINNER