

Lush rainforests, deep blue seas, beaches of golden sand - the North Coast entices with its rich natural wonders

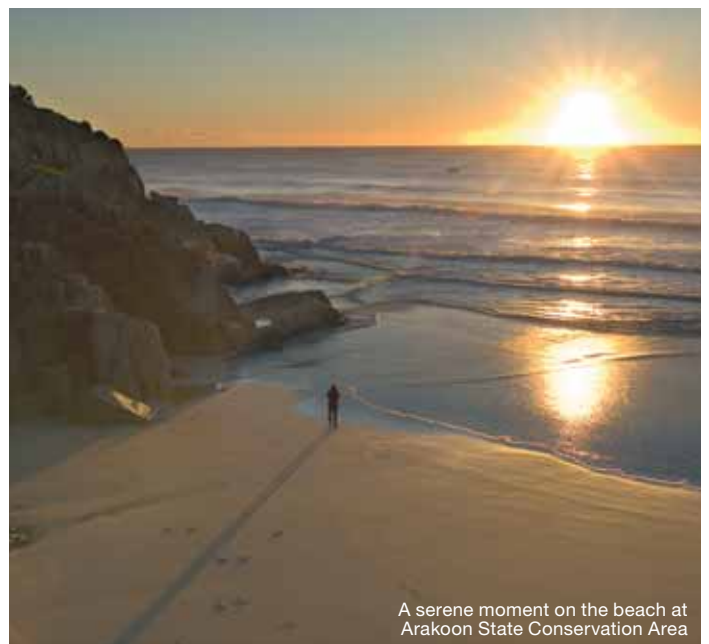
North Coast

The North Coast region abounds with natural treasures, centred on the Gondwana Rainforests of Australia World Heritage Area and sparkling beaches. Also within our north coast parks are waterfalls, mountains, towering dunes, rocky headlands, coastal lakes and estuaries.

Waiting for you to explore are the magnificent icons – Cape Byron lighthouse, Wollumbin Mount Warning, the Dorrigo Rainforest Centre with its accessible walkway, Trial Bay Gaol, Sea Acres Rainforest Centre at Port Macquarie, Sugarloaf Point lighthouse at Seal Rocks and Myall Lakes National Park.



Rocky headlands and plenty of white sandy beaches are some features of Tomaree National Park



A serene moment on the beach at Arakoon State Conservation Area

HIGHLIGHTS

DORRIGO RAINFOREST CENTRE DORRIGO NATIONAL PARK

The Dorrigo Rainforest Centre and Skywalk are only an hour's drive west of Coffs Harbour. An interactive display guides visitors of all ages through different aspects of this World Heritage listed rainforest, and staff can provide detailed information on national parks throughout north-east NSW. The Rainforest Shop is open 7 days, and sells specialised books and guides, posters, prints, craft and souvenirs, and you can enjoy lunch or coffee at the award-winning Canopy Café. All facilities are accessible, with a wheelchair and child carry packs available to use.

Phone 6657 2309
Café enquiries 6657 1541

SEA ACRES RAINFOREST CENTRE PACIFIC DRIVE PORT MACQUARIE

Sea Acres offers tours of the rare subtropical rainforest, an ecology display, a gift shop and conference facilities. There is an entry fee to the elevated rainforest walkway. Open 7 days. The Rainforest Café offers a pleasant leafy venue for relaxed dining.

Phone 6582 3355
Café enquiries 6582 4444



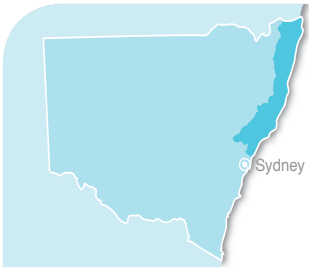
Dorrigo Rainforest Centre



Enjoy a break at the Rainforest Café, Sea Acres Rainforest Centre



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*So much to experience
for people of all ages. Go, explore, come back
refreshed and rejuvenated!*

HIGHLIGHTS

This region has so many highlights, it's impossible to list them all ... so here are just a few ideas to encourage you to head out and explore.

IMMERSE YOURSELF IN NATURE

Wander the delightful forest paths of Boorganna Nature Reserve; The Bouddi Coastal Walking Track gives fantastic views along the coast; seabirds and whales can often be seen. Experience World Heritage rainforests on a walk in Border Ranges or Barrington Tops National Parks. Pack a picnic and visit the breathtaking Protestors Falls in Nightcap National Park. Stand on the headland at Diamond Head in Crowdy Bay National Park and watch whales go by. Visit a flying fox maternity site in the rainforest at Wingham Brush Nature Reserve west of Taree.

GET YOUR ADRENALIN RUSH

Enjoy unique and exciting challenges high in the trees, up to 15 m above the forest floor at TreeTop Adventure Park, Blue Gum Regional Park. Challenges are graded to allow children to participate, and they'll have huge fun on the flying foxes, suspension bridges and wall climbing. Visit www.treetopadventurepark.com.au.

Get a thrill from rafting the Nymboida rapids in Nymboi-Binderay National Park, or cycle the gravel fire trails of Bongil Bongil National Park.

EXPERIENCE COASTAL WONDERS

Discover the underwater wonders of Solitary Islands Marine Park. Sanctuary zones around the islands are brilliant for snorkelling or scuba diving. Camp near the beach at Woody Head in Bundjalung National Park or in Booti Booti National Park. Or experience the 4 day Yuraygir Coastal Walk, where you will come upon long sandy beaches, crystal clear creeks and lagoons, and abundant life.

GET IN TOUCH WITH HISTORY

Visit a lighthouse; mysterious and isolated, NSW's historic lighthouses, perched on rugged headlands, are often surrounded by spectacular national parks. Many welcome visitors, some are still functioning and several offer tours and accommodation. Cape Byron, South Solitary Island, Port Stephens, Sugarloaf Point ... look for the lighthouse symbol in this guide for places to see and explore these heritage icons.

Explore Cape Byron and its Aboriginal and European heritage, or wander through historic Trial Bay Gaol, located in Arakoon Conservation Area. Evening tours are available during school holidays. Saltwater National Park has been an Aboriginal seasonal camp site for thousands of years.

THE RAINFOREST WAY

The Rainforest Way takes you on an inspirational journey through the World Heritage listed rainforests of northern NSW. Be prepared for amazing sights, sounds and smells as you explore this lush, green environment.

Everywhere, as you meander along, you'll encounter scenic lookouts and picnic areas, rainforest walks featuring diverse wildlife, waterfalls and quirky villages and towns. Choose a challenging mountain walk, a gentle stroll, or simply sit and gaze at wonders such as the dramatic spike of Wollumbin Mt Warning, beautiful Minyon Falls in Nightcap National Park, Protestors Falls on Terania Creek and the engineering marvel of the Border Loop, a railway that allows trains to cross the Border Ranges.

You can choose short, half day drives departing from Murwillumbah, Lismore, Casino or Kyogle, or take a few days to explore it all. You're sure to gain a new respect for this awesome region and an understanding of the community's commitment to place it under permanent protection – protection that assures it is here to stay.

For more information visit the Murwillumbah World Heritage Rainforest Centre or www.rainforestway.com.au

THE WATERFALL WAY

Another must-do on your itinerary is the Waterfall Way, one of the most scenic drives in Australia. It takes in several national parks, townships such as Bellingen and Dorrigo, and, of course, spectacular waterfalls.

Starting from the Pacific Highway at Urunga, the drive takes you through the lush Bellingen Valley, then steeply up to Dorrigo National Park. It's definitely worth a stop for the view from the Dorrigo Skywalk and perhaps a longer walk through the Gondwana Rainforests of Australia World Heritage area.

On your way, you'll encounter the New England National Park, a land of valleys, rainforest and tall trees. Point Lookout gives the chance to look out across this rugged wilderness and on to the Pacific Ocean.

Wollomombi Gorge in Oxley Wild Rivers National Park features two spectacular waterfalls, the Wollomombi Falls, one of Australia's highest, and the Chandler Falls. It is a great place to stop to look at scenery or walk to see the falls plunge into the misty gorge, most dramatic after heavy rain.

Before finishing the Waterfall Way in Armidale, explore Gara Gorge and Dangers Gorge in the World Heritage listed Oxley Wild Rivers National Park.

For more information visit www.waterfallway.com



Immerse yourself in nature in the Barrington Tops National Park

Staying at the Cape Byron Lighthouse Keepers' Cottages will let you experience the many moods of Cape Byron



GREAT PLACES TO STAY

CAPE BYRON

Imagine seeing the sun rise over the ocean at the most easterly point of the Australian mainland – Cape Byron – enjoying the welcome sight of seabirds and dolphins and, perhaps, a breaching humpback whale.

Staying in the former lighthouse keepers' cottages puts you at Cape Byron well before the day's visitors arrive and long after they've left. You'll see the iconic lighthouse beam sweep across the ocean at night, as the stars blaze above. You'll see the Cape's mood change with the whim of the weather, and be part of the multicultural mix drawn there each day. There are two cottages available that can sleep up to six people.

You'll soon see why this rugged headland is bathed in Aboriginal and European heritage – it's a spiritual, magical place of natural and cultural significance.

The Cape Byron Beach Cottages are another great accommodation option. Relax in one of four environmentally-friendly cottages, step off your deck and onto the sands of Byron's beaches. All cottages have direct access to Byron Bay's main beach, a haven for sun lovers and surfers from all over the world. A national park holiday you'll always remember! Reflecting the days when a beach holiday was a simple family affair, Partridge Cottage is one of the last remaining original north coast beach shacks tastefully renovated to reflect the 1950's beachlife. Mildenhall Cottage and Thomson Cottage allow you to enjoy luxury comforts whilst taking in magnificent ocean and mountain views. Used as a beach holiday shack for nearly 100 years, the recently renovated Imeson Cottage has a large outdoor deck area and ocean views to die for.

For more information and bookings
phone 6685 6552, fax 6685 7685,
email: holidays@byronbaypro.com.au or
visit www.byronbaypro.com.au

SMOKY CAPE LIGHTHOUSE COTTAGES

So you're looking for a secluded hideaway, a place to relax in a beautiful spot away from the crowds? Perhaps you'd like to throw in the romance of a heritage cottage – and all in a national park.

Smoky Cape Lighthouse B&B is a fully-restored lighthouse keeper's cottage in Hat Head National Park, just minutes from South West Rocks. You'll be spoilt with a three-course country breakfast – or if you prefer self contained accommodation, the assistant lighthouse keepers' cottage is available for two groups of up to six. You'll have easy access to the Smoky Cape Lighthouse, a popular visitor attraction, featuring spectacular ocean views and a great spot for dolphin and whale watching.

Explore the many walking tracks and pristine beaches that are part of Hat Head National Park, which also protects one of the largest dune systems in NSW. Head to South West Rocks to visit the historic Trial Bay Gaol – or simply relax and enjoy some of the best ocean views you'll see anywhere.

For more information and bookings
phone 6566 6301 or email: info@smokycapeighthouse.com

CUTLERS COTTAGE, MYALL LAKES NATIONAL PARK

This restored cottage sits by the lake in a secluded location with water views and its own boat jetty. With three bedrooms it sleeps up to six people.

For bookings phone 4997 4566

SUGARLOAF POINT LIGHTHOUSE COTTAGES

Enjoy the unique experience and romantic ambience of staying in an Australian Tourism Award winning heritage listed lighthouse cottage. Located within Myall Lakes National Park in beautiful Seal Rocks village, the cottages let you discover an unspoilt natural environment, experience cultural heritage or just get away from it all.

Three self-contained heritage cottages are nestled on the hill below the light station; built in 1875, they are newly restored and beautifully appointed. Each has abundant outdoor space to enjoy breathtaking panoramas.

The head keeper's cottage comprises 3 bedrooms each with queen beds (one 4 poster), 2 with a single/trundle bed. There's a fully equipped modern kitchen with dishwasher. The bathroom contains a full sized bath with separate shower and toilet. The assistant keepers' cottages has 2 bedrooms each with queen beds (one 4 poster), 1 with single/trundle bed as well. There is a double sofa bed in the lounge room and a fully equipped kitchen.

For more information and bookings
phone 02 4997 6590, email:
stay@srla.com.au or visit www.sealrockslighthouseaccommodation.com.au

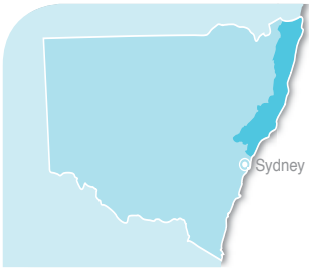
BIG YANGO HOMESTEAD, YENGO NATIONAL PARK

The journey to the homestead takes you through beautiful and rugged terrain along unsealed roads. Stop at Finchley Trig and enjoy fantastic views across the landscape to Mount Yengo where you can learn about the significance of the area to Aboriginal people. Make a stop at Finchley camping area and take the short walk to view the rock engravings at Finchley Aboriginal Site.

Once at Big Yango enjoy the remoteness and views over surrounding valleys with lots of opportunities to enjoy the area. Try the walk around Mount Yengo, including the Yango Walk circuit and wilderness hikes for more experienced walkers. It's also a great location for 4WD touring, mountain bike riding or simply sitting on the verandah and watching the local wild life, including goannas and wombats.

The homestead accommodates nine people; larger groups can make use of a separate cabin 100 m away which has an extra five beds.

For bookings and enquiries phone 4320 4203



1 ARAKOON STATE CONSERVATION AREA 114 HA



Camping fee level – special fees

Highlights The heritage-listed Trial Bay Gaol (1886) is surrounded by rocky foreshores and pleasant sandy beaches.

Activities Wander through the museum, explore the ruins or relax on the beach. You can take a stroll over Monument Hill to the Little Bay picnic area, or enjoy the spectacular half-day walk from the picnic area to historic Smoky Cape Lighthouse in Hat Head National Park. Around the gaol there are picnic areas and facilities for car-based and caravan camping, and you can stay at secluded Little Bay Cottage (for bookings phone 6566 6168). There's an entry fee to the gaol and museum with guided tours available in holiday periods. Please contact the gaol office regarding fees.

Access 4 km east of South West Rocks near the village of Arakoon. Email: trialbay.gaol@environment.nsw.gov.au

Trial Bay Gaol: 6566 6168

2 ARAKWAL NATIONAL PARK 186 HA



Highlights Created in 2001 as the result of an historic agreement with the Bundjalung of Byron Bay (Arakwal) Aboriginal community, Arakwal National Park protects important natural and cultural heritage and is co-managed with the Traditional Owners.

Activities Enjoy 3 km of secluded unpatrolled beach backed by coastal heath.

Access 2 km south-east of Byron Bay township along Tallow Beach Road.

Byron Bay Office: 6620 9300

3 BARRINGTON TOPS NATIONAL PARK/STATE CONSERVATION AREA 83,403 HA



Camping fee levels 1, 2, 3

Highlights An area of contrasts, with World Heritage subtropical rainforests in the lower valleys and sub-alpine woodland on the upland plateau. Most of the area is declared

wilderness, with wild and scenic rivers and winter snowcaps.

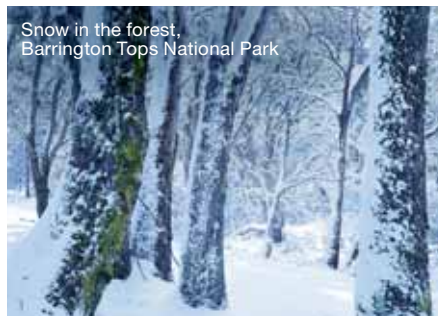
Activities Short interesting walks at Gloucester Tops feature Antarctic beech forests, snow gum woodlands and scenic waterfalls. At Williams River and Jerusalem Creek there are easy walks through rainforest and tall blue gums. Wheelchair access is provided at Devils Hole lookout and the Williams River picnic area. On the plateau, short and inspiring walks pass through snow gum woodland, tall eucalypt forest, Antarctic beech rainforest and areas of high-altitude swamp. Wander through the sub-alpine Polblue Swamp on the Barrington Plateau and discover why these are such special places. Car-based camping is available at Gloucester River, Polblue, Horse Swamp, Junction Pools, Gummi Falls, Little Murray and Devils Hole.

Access 38 km west of Gloucester, 40 km north-west of Dungog and 65 km east of Scone. Access is generally along unsealed roads. Entry to Polblue camping area and barbecue facilities is off the Barrington Tops Forest Road.

Gloucester office: 6538 5300

Scone office: 6540 2300

Nelson Bay office: 4984 8200



Snow in the forest, Barrington Tops National Park

4 BLUE GUM HILLS REGIONAL PARK 130 HA



Highlights This regional park is just 4 minutes off the F3, near Minmi west of Newcastle. Come and join us for a fun, challenging and adventurous experience in the network of ropes, bridges, flying foxes, trapezes and Tarzan jumps at TreeTop Adventure Park. This new eco-friendly activity has been installed with graded levels of difficulty for children from 3 to the most experienced and fit adventurer. Bookings are advisable and prices are available at www.treetopadventurepark.com.au or phone 4026 7616.

Activities Enjoy a picnic or barbecue in a bushland setting with a children's playground, maze and large open spaces. A number of easy-grade walking tracks near historic Minmi Cemetery and Minmi Heritage Garden provide pleasant strolls. Being a regional park, dogs are permitted on a leash.

This land was previously used for open-cut coal mining. The park's significant heritage from the early years of mining at Minmi is being preserved, protected and interpreted.

Access 4 minutes off the F3 from the Wallsend/Minmi turnoff. 14 km from Newcastle City with access off Minmi Road, Minmi.

Newcastle office: 4955 0038



Take a self-guided tour of Trial Bay Gaol at Arakoon State Conservation Area

5 BONGIL BONGIL

NATIONAL PARK 4,136 HA



Highlights The 11 km of unspoiled beaches, coastal rainforest and fascinating estuaries make Bongil Bongil ideal for family activities. Cyclists will enjoy the flat terrain and many kilometres of gravelled fire trails through beautiful coastal forest. The park also protects one of the largest koala populations on the north coast.

Activities The Bongil picnic area is set among tall trees on the banks of peaceful Bonville Creek. Explore Bonville and Pine creeks by canoe from the launching pontoon or enjoy an easy walk from Tuckers Rocks. Camping isn't permitted in the park but you can stay at Tuckers Rocks Cottage (phone 6655 6616) or privately owned caravan parks at Mylestom and Sawtell. The beach north of Bundagen Head is a car-free zone, no vehicles are permitted in this area.

Access 10 km south of Coffs Harbour via Williams Road at Bonville (closed sunset to sunrise) or Tuckers Rocks Road (unsealed) at Repton.

Coffs Harbour office: 6652 0900

6 BOOTI BOOTI

NATIONAL PARK 1,567 HA



Camping fee level 4

Highlights Wallis Lake and beautiful beaches of all shapes and sizes offer excellent opportunities for water activities. Elizabeth Beach is patrolled in summer. The lookout tower on Cape Hawke offers 360° views over the forests of Booti Booti and Wallingat national parks, the foothills of the Barrington Tops, Seal Rocks and Crowdy Bay.

Activities Wallis Lake, on the western boundary, is popular for boating and windsurfing. Cape Hawke has one of the state's most significant stands of coastal rainforest. There's car-based and caravan camping at The Ruins – facilities include hot showers and gas barbecues. Wood fires are not permitted in the park or on the beaches.

Access 10 km south of Forster on The Lakes Way. Vehicle entry fee is \$7 per day.

Pacific Palms office: 6591 0300

Nelson Bay office: 4984 8200

7 BORDER RANGES

NATIONAL PARK 31,729 HA



Camping fee level 2

Highlights A park within the Gondwana Rainforests of Australia World Heritage Area on the rim of a vast, ancient volcano. Pinnacle Lookout offers views of Wollumbin Mt Warning, the escarpment and all the way to the coast. The park is a haven for native fauna such as Albert's lyrebird, rufous scrub-bird and the marbled frogmouth. The park contains some of the most important areas of subtropical rainforest in Australia. This park is co-managed with the Githabul People.

Activities Explore tall rainforests, ancient beech forests and crystal clear creeks on the walking track network. The spectacular Tweed Scenic Drive (unsealed, but suitable for 2WD when dry) loops through the eastern half of the park. There's car-based camping at Sheepstation Creek (suitable for caravans; accessible toilets) or Forest Tops (short walk from carpark), and opportunities for extended backpack camping treks.

Access 38 km west of Murwillumbah, off the Kyogle Road or 15 km north of Kyogle from the Summerland Way. Unsealed roads. Vehicle entry fee is \$7 per day.

Kyogle office: 6632 0000

*Visit the lookout tower on
Cape Hawke for amazing views*

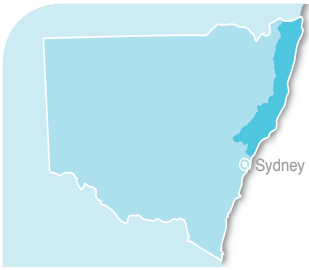


Explore the World Heritage rainforest of Border Ranges National Park



Sunset in Booti Booti National Park

Photography: LEFT: H. Lund / Courtesy Tourism NSW, RIGHT: DECCW



8 BOUDDI NATIONAL PARK 1,532 HA



Camping fee levels 3, 4

Highlights Small secluded beaches, fringed by rainforests, sandstone cliffs and coastal heaths blanketed in wildflower colour, make Bouddi National Park one of the most diverse and delightful reserves accessible to Sydney.

Activities Drop in at the Maitland Bay Information Centre for information (open on weekends only). Camping is available at Putty Beach (car-based, gas barbecues, toilets and water – no facilities for campervans and camper trailers), Little Beach (700 m walk, gas barbecues, composting toilets, bring your own water) and at Tallow Beach (1,200 m walk, limited facilities). Bookings are essential (phone 4320 4203). Discover picturesque Maitland Bay and the wreck of the PS Maitland at the heart of the park's marine protected area. Explore the spectacular Bouddi Coastal Walk with its breathtaking views along the windswept coastline.

Access 95 km north of Sydney, 19 km south-east of Gosford along Avoca Drive and the Scenic Road. Vehicle entry fee of \$7 applies at Putty Beach. Catch a Busways bus from Gosford or Woy Woy Railway Station (phone 4368 2277 for details).

Gosford Office: 4320 4200

9 BRISBANE WATER NATIONAL PARK 11,473 HA



Highlights This sandstone landscape is rich in Aboriginal art. You can see engravings at Bulgandry on Woy Woy Road (accessible boardwalk, but take care if sight-impaired as boardwalk is raised), and there are sweeping water views from Warrah Trig and Staples Lookout.

Activities Somersby Falls (accessible toilets) and Girrakool picnic areas have excellent picnic facilities and forest walks.

Access 60 km north of Sydney, 9 km south-west of Gosford. Girrakool is near Kariong off the Pacific Highway; Somersby Falls is along Somersby Falls Road off Wisemans Ferry Road. Vehicle entry fee of \$7 applies at Somersby Falls and Girrakool picnic areas.

Gosford office: 4320 4200

10 BROKEN HEAD NATURE RESERVE 98 HA



Highlights Encompassing superb headlands and steep rainforest-clad slopes sweeping down to secluded beaches, Broken Head Nature Reserve is a fascinating place to explore and a peaceful spot to relax. One of the few areas in NSW where the beaches are fringed with rainforest, you'll also experience a wealth of bird life in the reserve, both sea birds and rainforest dwellers.

Activities Walk the Three Sisters walking track. Starting at the Broken Head day use area, this 1.6 km return walk ascends through littoral rainforest, along the cliff top to the exposed headland and spectacular views. A great spot for whale watching during season (May – Nov). The Broken Head day use area is the spot to stop for a BBQ, or to venture out for a swim or surf (unpatrolled beach). No campfires are permitted.

Access 4 km south of Byron Bay, off Coast Road.

Byron Bay Office: 6620 9300

11 BRUNSWICK HEADS NATURE RESERVE 204 HA



Features diverse animal and plant communities, a stopping point for migrating birds. Protects rare coastal rainforest and gives access to the Brunswick River.

North – Murwillumbah office: 6670 8600

South – Byron Bay Office: 6620 9300



Cycling the Tommos Loop in Brisbane Water National Park

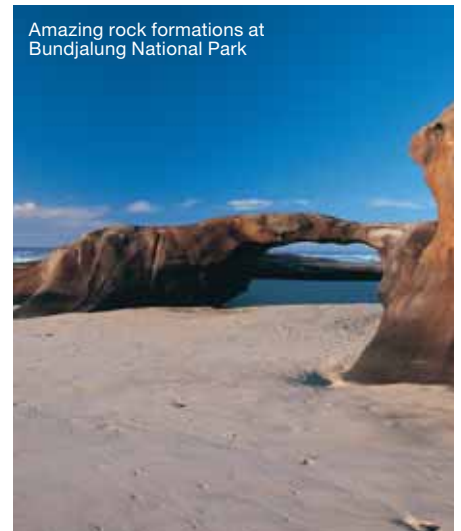
12 BUNDJALUNG NATIONAL PARK 20,116 HA



Camping fee levels 3, 4

Highlights Ten Mile Beach forms part of Bundjalung's 38 km of protected coastline. The Esk River, the largest untouched coastal river system on the north coast, runs through the southern half of the park. Other features include the Jerusalem Creek Peninsula, freshwater lagoons, mangrove mud flats and coastal heathlands.

Activities The beaches (unpatrolled) suit



Amazing rock formations at Bundjalung National Park

surfing, fishing and swimming and the Esk River and tranquil Jerusalem Creek are popular for canoeing. There's car-based camping at Black Rocks (unsealed 2WD road, no bookings taken), but no drinking water or showers, so make sure you bring your own water. Camping, caravan and cabin accommodation is available at Woody Head (bookings essential). There are five picnic areas near Iluka, including Iluka Bluff, which has a great whale-watching lookout and cultural heritage display in the picnic shelter.

Access For Black Rocks Camping Area – 5 km south of Woodburn turn left into Gap Road. For Woody Head Camping – 50 km south of Ballina, 60 km north of Grafton off the Pacific Highway on Iluka Road. Vehicle entry fee is \$7 per day for both areas.

North – Alstonville office: 6627 0200

South – Grafton office: 6641 1500

13 CAPE BYRON

MARINE PARK 22,700 HA



Highlights Local marine habitats include a range of exposed and sheltered sandy beaches, rocky shores, rocky reefs, submerged pinnacles, small rocky islands, coral communities, riverine estuaries, coastal creeks and lakes, and a variety of sandy seabed habitats.

Marine life includes many species of dolphins, seabirds, turtles, fish, seaweeds, and invertebrates such as sponges, corals and anemones. Threatened marine species that occur in the Cape Byron Marine Park include little terns, grey nurse sharks and sea turtles. Humpback whales travel through the park on their annual migration.

Sites within the marine park that have been identified as particularly culturally significant to Indigenous people include Julian Rocks, Cocked Hat Rocks, Cape Byron and beaches around Broken Head.

Activities For the benefit of the marine environment and for the enjoyment of visitors, some areas of Cape Byron Marine Park are protected areas where fishing and collecting are prohibited. There are

also general-use areas that support both commercial and recreational fishing. Phone 6620 9300 or check out the NSW Marine Park Authority's website (www.mpa.nsw.gov.au) for the Cape Byron Marine Park Zoning Plan. Commercial dive operators will take you diving and snorkelling at Julian Rocks.

Access Cape Byron Marine Park extends from the Brunswick River to Lennox Head and from mean high water out to three nautical miles from the coast or islands. It includes the tidal waters of the Brunswick River, Belong and Tallow creeks.

Byron Bay Office: 6620 9300

14 CAPE BYRON

STATE CONSERVATION AREA 99 HA



Highlights The Cape Byron Lighthouse has stood on the most easterly point of the Australian mainland since 1901. A guided tour (phone 6685 5955 for bookings) of this heritage listed icon is an experience not to be missed. It's a unique opportunity to see within the walls of an operational lighthouse, with its superb Fresnel lens, the first of its kind in Australia. The lighthouse's top

balcony gives a bird's eye view of the marine park and surrounding hinterland.

The rugged Cape Byron headland comprises a diverse range of natural environments and has a rich Aboriginal cultural heritage. Immerse yourself in this land of diverse and rare plant and bird species, where you can also view magnificent marine life including seabirds, dolphins and turtles, and whales on their annual migration.

Activities One of the main attractions is the Cape Byron Walking Track. This 3.7 km track includes coastal cliffs, littoral rainforest and world class beaches. Allocate at least two hours to fully appreciate this walk, which heads high above the coast then down through sheltered rainforest gullies to white-sanded sparkling beaches. You'll look across the ocean to the world heritage of Wollumbin Mount Warning and its surrounding rainforest – truly an uplifting experience.

If you time your walk for dawn, you'll be the first to see the sunrise over the east coast. The best bet is to stay overnight in one of the heritage lighthouse keeper's cottages (bookings essential, phone 6685 6552) where you can enjoy the many different day and night moods of this dramatic coastal environment.

The adventurous can enjoy a sea kayak experience, learn to surf, try hang gliding from the headland or snorkelling and diving in the Cape Byron Marine Park. While those seeking a more relaxing experience might choose to head to the beach, go for a swim or surf or simply indulge in a relaxing café lunch.

Walkways and toilets in the lighthouse precinct are wheelchair accessible, though inside the lighthouse and other buildings are not.

Access 2 km east of Byron Bay along Lighthouse Road. Vehicle entry fee is \$7 at the lighthouse precinct (\$2 motorbikes), \$2 per hour at The Pass, Captain Cook lookout and Tallow Beach carparks.

Byron Bay Office: 6620 9300

15 COFFS COAST

REGIONAL PARK 360 HA



Highlights The park's 26 km of coastal dune systems, rainforests, heathlands, headlands, coastal lakes and parklands link coastal towns, villages and resorts with the Solitary Islands Marine Park

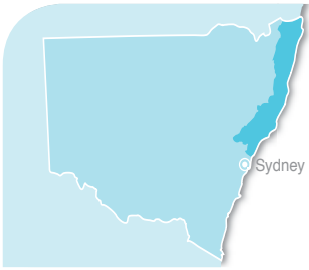
Activities The developing Solitary Islands Coastal Walk explores a string of beaches, estuaries and headlands and takes in scenery that includes the Solitary Islands and the Coffs hinterland. There are plenty of picnic areas and opportunities for water sports and you'll find a wide range of accommodation in the surrounding towns.

Access North of Coffs Harbour via coastal villages including Arrawarra, Woolgoolga, Emerald Beach, Sapphire, Korora and Diggers Beach.

Coffs Harbour office: 6652 0900



A visit to Cape Byron is a 'must do'



Diamond Head at Crowdy Bay is a gentle place for a swim



Woolgoolga Headland, Coffs Coast

16 COOK ISLAND

AQUATIC RESERVE 78 HA



The island has a varied marine life resulting from the warm east-Australian current from the north converging with cooler currents from the south. Temperate, subtropical and tropical species of fish, crustaceans and molluscs are found around the island.

Protected species including the giant Queensland groper, black cod, estuary cod and the grey nurse shark also enjoy visiting this area. It's great for boating, swimming, diving and snorkelling. Recreation use not permitted on the island to protect the habitat of threatened sea birds.

Port Stephens office: 4916 3826

Murwillumbah office: 6670 8600

17 COORABAKH

NATIONAL PARK 1,840 HA



Three prominent volcanic peaks dominate this park. Newbys Cave is a short stroll from the road, the lookout offers sweeping views of the Manning Valley and has picnic facilities. Starrs Creek has a rainforest boardwalk. The park is 25 km north of Taree. Follow the signs on Pacific Highway at Moorland.

Taree office: 6552 4097

18 COPELAND TOPS

STATE CONSERVATION AREA 2,400HA



This is the largest easily accessible area of dry rainforest in the Gloucester District and contains a diverse variety of plants and animals. A highlight is the Hidden Treasure Trail taking you back to the old gold mining days.

Join a Discovery guided tour and step back into the golden days at the historic Mountain Maid Gold Mine. For public tour times contact Gloucester Visitor Information Centre on 6558 1408, or NPWS Hunter Region on 4984 8200.

Barrington Tops office: 6538 5300

Photography: LEFT: G. McConnell / Courtesy Tourism NSW; RIGHT: B. Webster / DECCW

*Dramatic coastline, glittering sand
and ocean, bringing all your senses alive*

19 CROWDY BAY

NATIONAL PARK 10,001 HA



Camping fee levels 2, 3

Highlights Beautiful beaches north and south of Diamond Head. Australian author Kylie Tennant spent time living and writing here and her hut has been restored.

Activities At low tide you can explore the coastline. There's good fishing, birdwatching and fascinating headland walks with abundant wildlife. Car-based and caravan camping is available at Diamond Head, Indian Head, Kylies Beach and Crowdy Gap. Bring your own drinking water; firewood is sold on site.

Access Diamond Head is 35 km north-east of Taree off the Pacific Highway at Moorland; 5 km south of Laurieton via the coast road from Port Macquarie or 13 km east of Kew via Laurieton and the coast road. Vehicle entry fee is \$7 per day.

Port Macquarie office: 6588 5555

20 CUDGEN

NATURE RESERVE 917 HA



Sea turtles have been recorded nesting on the beach; koalas inhabit the forest around the lake and the Round Mountain area.

Murwillumbah office: 6670 8600

21 DHARUG

NATIONAL PARK 14,850 HA



Camping fee level 1

Highlights The multi-hued sandstone landscape forms part of Sydney's green belt and protects vital clear-water tributaries to the Hawkesbury River.

Activities Try the 1.6 km Grass Tree Circuit or stroll a section of the convict-built, World Heritage listed Great North Road, one of the great construction feats of the early colony and recognised as a National Engineering Landmark. Picnic at Mill Creek or Hazel Dell. Discovery walks, talks and tours are available year round. The park is also good for mountain biking (bikes must be walked down Devines Hill); phone the Gosford office for details. Car-based and trailer camping is available at Mill Creek – tank water only (fees apply and bookings are required – phone 4320 4203) and backpack camping at Ten Mile Hollow.

Access 40 km north-east of Windsor. Mill Creek is 5.5 km east of Wisemans Ferry along Wisemans Ferry Road.

Gosford office: 4320 4200

22 DOORAGAN

NATIONAL PARK 1,042 HA



According to Aboriginal legend, North Brother Mountain is the resting place of Dooragan, the eldest of three brothers. Enjoy grand coastal views from wheelchair accessible lookouts or take a short rainforest walk. The park is 2 km west of Laurieton.

Port Macquarie office: 6588 5555

23 DORRIGO

NATIONAL PARK 11,902 HA



Highlights Immerse yourself in a lost world – the ancient Gondwana Rainforests of Australia. Dorrigo National Park is one of Australia's most accessible World Heritage areas.

Activities Venture out on the Skywalk (level ground) and Walk with the Birds boardwalk (500 metres return, seating provided) – both suitable for wheelchairs. Picnic with the brush turkeys at The Glade, visit the Dorrigo Rainforest Centre and Canopy Cafe or take one of the frequent Discovery tours. Venture through subtropical rainforest to the new suspension bridge over Crystal Shower Falls or try one of the more challenging walks at Never Never picnic area.

Access 2 km east of Dorrigo on Dome Road.

Dorrigo Rainforest Centre: 6657 2309

Canopy Café: 6657 1541

24 GLENROCK

STATE CONSERVATION AREA 516 HA



Highlights This coastal strip, bounded by the suburbs of Merewether and Dudley, protects the last remnant of coastal rainforest in the Newcastle region.

Activities Swim (unpatrolled beach), surf or fish at Dudley or Burwood beach, picnic at Dudley Beach, or walk the Yeulerbah Track,

part of the Great North Walk. A hang gliding pad is available at Hickson Street.

Access 160 km north of Sydney, 5 km east of Charlestown off Burwood Road via Dudley Road, and 5 km south of Newcastle via the Pacific Highway.

Newcastle office: 4955 0038

25 GOOLAWAH

NATIONAL PARK AND REGIONAL PARK 591 HA



Camping fee level - special fees

Highlights Where the Eastern Australian Current is closest to the coastline, local marine habitats are diverse and include a range of exposed and sheltered sandy beaches, rocky shores, reefs and coastal lagoons. The beaches (unpatrolled) suit surfing, fishing, swimming and snorkelling.

The biological diversity of the natural environment along with significant Aboriginal heritage makes Goolawah a spectacular coastal reserve. Visitors can also view magnificent marine life including seabirds, dolphins, turtles, and whales on their annual migration.

Activities Beach activities include swimming, surfing, snorkelling, fishing and bird watching. Some short bush walks are available to explore coastal lagoons and wetlands.

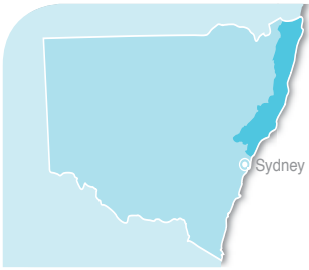
There are 2 beachside campgrounds. Racecourse Campground is in Goolawah National Park, an undeveloped site with a toilet and shelter shed. Delicate Campground is in Goolawah Regional Park, where dogs are permitted. The campground has a shelter shed, flushing toilets and cold water showers. Firewood is currently supplied at both sites, bring your own drinking water.

Access Via Point Plomer Road which starts at the township of Crescent Head. Both campgrounds are on the eastern side of Plomer Road and are about 3 km apart.

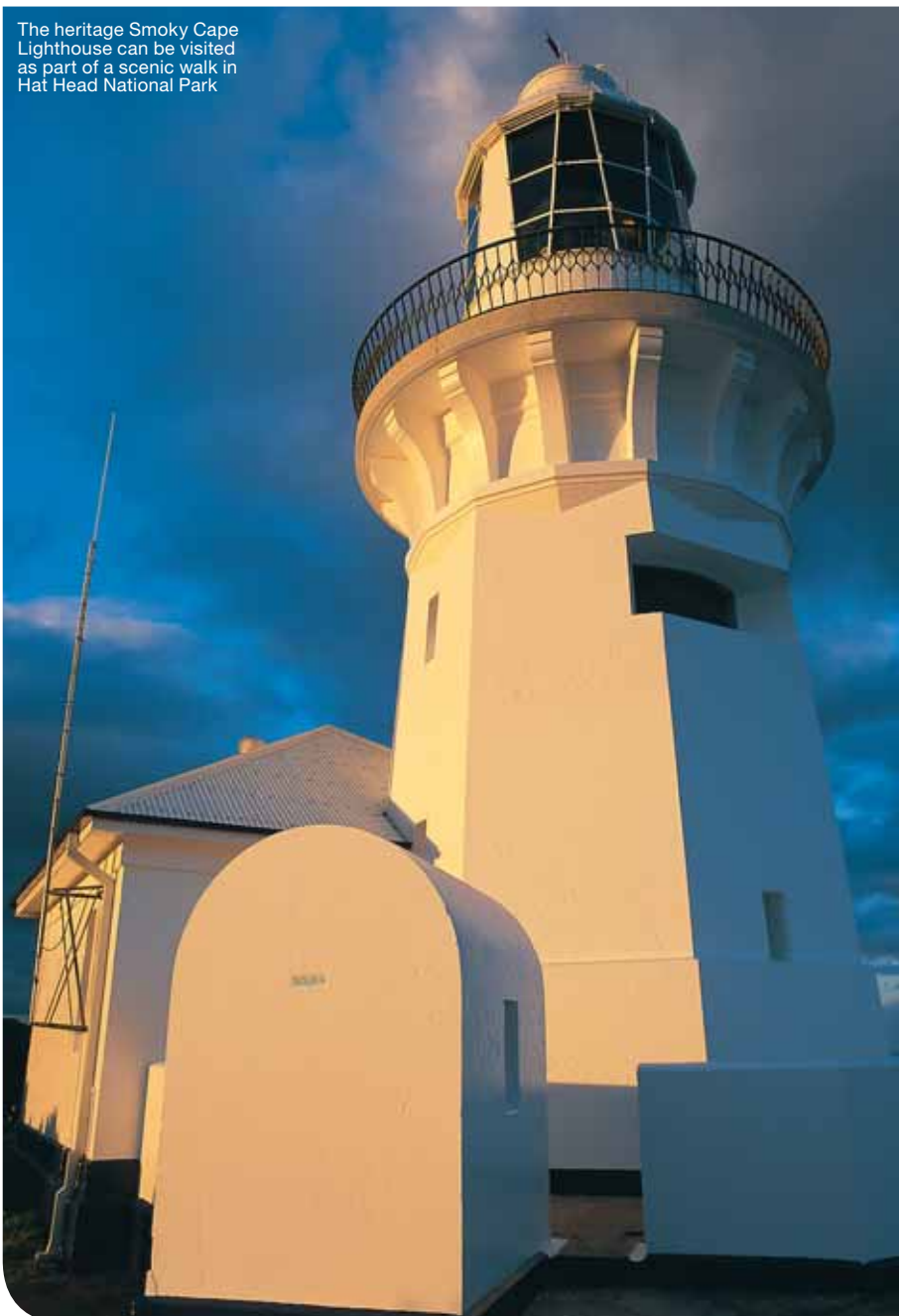
Macleay office: 6566 6621



Suspension bridge over Crystal Shower Falls, Dorrigo National Park



Stay at Smoky Cape Lighthouse Cottages and enjoy breakfast with a view



The heritage Smoky Cape Lighthouse can be visited as part of a scenic walk in Hat Head National Park

Photography: TOP: M. Van Ewijk / DECCW; BOTTOM: DECCW

26 HAT HEAD

NATIONAL PARK 7,396 HA



Camping fee level 2

Highlights A rich coastal environment with superb views from Hat Head and Smoky Cape.

Activities Historic Smoky Cape Lighthouse offers tours and accommodation in the assistant lighthouse-keeper's cottages (phone 6566 6301 or visit www.smokycapelighthouse.com). Captain Cook Lookout has wheelchair access, and there's a picnic area with facilities at Smoky Cape. It's a great place to spot whales. Car-based and camper-trailer camping are available at Smoky Beach and also at Hungry Gate camping area south of Hat Head.

Access 24 km north-east of Kempsey off the road to South West Rocks. Vehicle entry fee of \$7 applies at Hungry Gate and Smoky Beach.

Arakoon office: 6566 6621

27 HUNTER WETLANDS

NATIONAL PARK 4,254HA



Includes the previous Kooragang and Hexham Swamp Nature Reserves, and incorporates Stockton Sandspit and part of Ash Island. This is the largest single-estuary wetland reserve in NSW, providing a magnet for migratory shorebirds from the northern hemisphere.

Newcastle office: 4955 0038

28 ILUKA

NATURE RESERVE 136 HA



A small but very valuable remnant of what was once an extensive coastal rainforest offering easy yet rewarding bushwalks through a part of the Gondwana Rainforests of Australia World Heritage Area.

Grafton office: 6641 1500

29 JILLIBY

STATE CONSERVATION AREA 12,159 HA



Adjoining Watagans National Park, Jilliby provides opportunities for exploring the past with disused saw mills, walks to waterfalls and fantastic views from Muirs lookout.

Munmorah office: 4972 9000

30 LAKE MACQUARIE

STATE CONSERVATION AREA 667 HA



Camping fee level 3

Highlights This coastal and lake-shore forest area, spread over 16 km of foreshore in six sections around Lake Macquarie, forms an important habitat for kangaroos, wallabies, gliders and many birds.

Activities There are opportunities for picnicking, bushwalking, fishing and boating. Wangi Wangi Point and Awaba Bay have established walking track networks, picnic areas and fishing spots. Many areas are great for birdwatching. Point Wolstoncroft (run by the Department of Sport and Recreation, phone 1800 819 244) has facilities and accommodation for a minimum of two nights. Tent and caravan camping, onsite cabins and powered caravan sites are available at Wangi Point Holiday Park (fees apply and bookings are essential, phone 4975 1889).

Access 115 km north-east of Sydney, 50 km north-east of Gosford. Wangi Wangi Point is accessed via Watkins Road, Awaba Bay is off The Ridgeway at Bolton Point, and Point Wolstoncroft is at the end of Kanangra Drive off the Pacific Highway.

Munmorah office: 4972 9000

31 LIMEBURNERS CREEK

NATIONAL PARK 9,224 HA



Camping fee level 3

Highlights Spectacular coast between Port Macquarie and Crescent Head. Heathlands, banksia and blackbutt forest and the rare rainforests of Big Hill provide shelter for the threatened and well-camouflaged ground parrot. Limeburners Creek, Saltwater Lake and the surrounding sand ridges support an unusual mixture of vegetation communities and habitats.

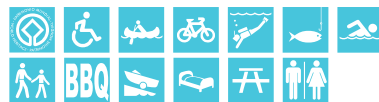
Activities The beach is popular for swimming, surfing, fishing or just relaxing. You can stay at Plomer Beach House, which sleeps up to 12 people and is nestled in a peaceful bushland setting. Car-based and caravan camping is available at Point Plomer (for information phone 6583 8805) or Melaleuca camping area (basic facilities); however sites are busy in summer and the access road is unsealed. Bring your own drinking water, and provide your own firewood or purchase it on site. Amenities are wheelchair-accessible.

Access 15 km south of Crescent Head off the Plomer Road. Vehicle entry fee is \$7 per day.

Arakoon office: 6566 6621

32 LORD HOWE ISLAND

MARINE PARK 48,000 HA (STATE WATERS)



Highlights The marine park surrounding Lord Howe Island contains the world's southernmost barrier coral reef. The reef is close to the shoreline and an amazing array of coral and fish can be seen while snorkelling from the beach, kayaking or on glass-bottom boat tours. The island's marine environment is home to over 450 species of fish. Green and hawksbill turtles are common in summer, and can also be seen throughout the year.

Activities Swimming, snorkelling, scuba diving, kayaking, fishing and surfing are all popular in the crystal waters of the park, and boat trips, fishing and diving tours operate from the island. Accommodation is available in lodges on the island.

Access 700 km north-east of Sydney. The island is served by air services from Sydney, Brisbane and Port Macquarie.

Lord Howe Island Marine Park: 6563 2359

Lord Howe Island Board: 6563 2066

Website: www.mpa.nsw.gov.au/himp

33 MEBBIN

NATIONAL PARK 3800 HA



Camping fee level 2

Highlights Mebbin shares its western boundary with Border Ranges National Park and forms part of the rim of the Wollumbin Mt Warning volcano. It's made up of dry eucalypt and rainforest, with a small section of old-growth forest.

Activities Picnicking and car-based camping (fees apply) are available at Cutters Camp rest area (mostly unsealed road but suitable for 2WD, except during heavy wet weather). From Cutters Camp you can take a 450 m walking track through subtropical rainforest – including a stand of ancient figs – ending at Byrrill Creek.

Access 32 km south-west of Murwillumbah on Byrrill Creek Road (unsealed) off Tyalgum Road. Vehicle entry fee \$7 per day.

Murwillumbah office: 6670 8600

34 MOORE PARK

NATURE RESERVE 15 HA



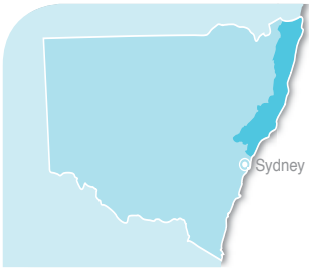
Protects one of the last remnants of Boyds Scrub. Several stands of gallery rainforest, including black bean and silky oak, provide habitat for a large colony of the endangered grey-headed flying-foxes.

Kyogle office: 6632 0000

Sunrise over a North Coast beach is nature at its best



You can camp near Plomer Beach in Limeburners Creek National Park



Walkers enjoy the first section of the New England Wilderness Walk

35 MOUNT ROYAL
NATIONAL PARK 6,920 HA



Camping fee level 1

Shrubland and eucalypt forests provide habitats for threatened species such as the Hastings River mouse and parma wallaby.

Bulga office: 6574 5555

36 MUNMORAH
STATE CONSERVATION AREA 1,515 HA



Camping fee level 3

Highlights 12 km of rugged coastline makes a fine site for water sports, coastal walks with magnificent ocean views and wildflower displays in spring.

Activities Launch a boat from the ramp at Elizabeth Bay or swim and surf at a variety of beaches (surf beaches are not patrolled, except Frazer Beach which is patrolled during Christmas and Easter holidays). Car-based camping is available at Frazer camping area (gas barbecues, accessible toilets) and car-based and limited caravan camping at Freemans camping area (gas barbecues); bookings essential. Only gas barbecues may be used in the park.

Access 115 km north-east of Sydney, 41 km north of Gosford via Elizabeth Bay Drive off the Pacific Highway. Vehicle entry fee is \$7 per day.

Munmorah office: 4972 9000



Spotted Tailed Quoll

37 MUTTONBIRD ISLAND
NATURE RESERVE 8 HA



Significant breeding site for thousands of muttonbirds, Discovery guided tours are available.

Coffs Harbour office: 6652 0900

38 MYALL LAKES
NATIONAL PARK 47,493 HA



Camping fee level 3

Highlights This park includes one of the state's largest coastal lake systems – a Ramsar Wetland of International Importance – as well as over 40 km of beaches, giant sand dunes and areas of forest catchment. The Grandis, a 76 m high flooded gum, is one of the tallest trees in the state. Visit or stay at the historic lighthouse at Sugarloaf Point, Seal Rocks. Visit www.sugarloafpointlighthouseaccommodation.com.au for details.

Activities The lakes and beaches are perfect for all types of water activities – and if you don't have your own craft you can hire one locally. There are lakeside and forest picnic and camping areas with car-based and caravan camping as well as walk-in sites. Remote boat-based camping is available in designated areas around the lakes.

Bookings are not required for camping. Most areas offer basic facilities, but bring your own drinking water and firewood (check locations where fires are permitted). Myall Shores Resort at Bombah Point (phone 4997 4495) offers accommodation, powered campsites, bar and restaurant, kiosk, fuel, telephone and boat/canoe hire. The historic Cutler's Cottage, situated on the lake's edge, offers accommodation for up to six people

(phone: 4997 4566). Wheelchair access is provided at Mungo Brush, Violet Hill and The Grandis. 4WD beach driving is available from Hawks Nest to Little Gibber, Mungo to Big Gibber and on Lighthouse Beach. Please do not drive on dunes or vegetation.

There are many walks to suit all levels, including overnight hiking opportunities. Take the delightful car-ferry ride at Bombah Point for an ideal touring route between Tea Gardens and Bulahdelah. O'Sullivan's Gap picnic area is a peaceful rest stop on the old Pacific Highway, 9 km north of Bulahdelah. The Grandis is accessible along Stoney Creek Road from either the Lakes Way or Old Pacific Highway.

Within the Port Stephens-Great Lakes Marine Park, Broughton Island is part of Myall Lakes National Park. It's the largest coastal island of NSW, accessible only by boat. Camping is permitted at Poverty Beach.

Access 35 km south of Forster off The Lakes Way, 15 km off Pacific Highway via Tea Gardens or 11 km via Bulahdelah. Some roads in the park are unsealed. Vehicle entry fee is \$7 per day.

Pacific Palms (Booti Booti) office:
6591 0300

Nelson Bay office: 4984 8200

39 NEW ENGLAND NATIONAL PARK 72,241 HA



Camping fee level 2

Highlights A dramatic landscape of basalt cliffs and rainforests with occasional snowfalls and lingering mist on the edge of the Great Escarpment, within the Gondwana Rainforests of Australia World Heritage Area.

Activities Point Lookout offers spectacular wilderness views. You can enjoy easy

walks around the lookouts, or take one of the longer, more challenging tracks. Experienced bushwalkers may venture down the escarpment to Darkwood on the 3 day New England Wilderness Walk. There's wheelchair access to the Point Lookout viewing platform on a 100 m sealed track from the carpark (accessible parking and toilets). Stay at The Residence, The Chalet or Toms Cabin (for bookings phone 6657 2309). Car-based camping is available at Thungutti camping area.

Access 85 km east of Armidale on the Waterfall Way (unsealed roads).

Dorrigo Rainforest Centre: 6657 2309

40 NIGHTCAP NATIONAL PARK 8,080 HA



Highlights The lush Gondwana Rainforests of Australia World Heritage Area rainforests of Nightcap National Park were saved by determined conservationists in the 1980s. The Mt Nardi and Minyon Falls areas are easily accessible by car and offer breathtaking views.

Activities The picnic area near the awesome 100 m Minyon Falls provides a great start to the 30 km Minyon Drive (unsealed). There is a range of short to medium tracks for the experienced walker, or you can take the shaded 1.4 km return walk from Terania Creek picnic area (accessible by unsealed roads) to the breathtaking Protestors Falls (swimming not permitted). The old Tuntable Falls track has been closed due to threatened frog habitat and public safety. No fires, portable fuel stoves only.

Access 35 km north of Lismore. Whian Whian Forest Drive (unsealed) is off the Lismore-Mullumbimby road.

Alstonville office: 6627 0200

41 NYMBOI-BINDERAY NATIONAL PARK 17,243 HA



Camping fee level 2

Highlights The dramatic granite gorges and rainforest-lined banks of the rugged Nymboida River produce rapids renowned among white-water enthusiasts.

Activities Rafting is certainly the best way to fully appreciate the stunning beauty of the river, and commercial operators conduct tours in the park. If walking is more to your taste, you can wander through a magnificent stand of tallowwood trees and coachwood rainforest at Norman W Jolly Memorial Grove (wheelchair-accessible). Picnicking, swimming and car-based camping (not suitable for caravans) are available at Platypus Flat (unsealed; 4WD when wet) and The Junction (4WD only) on the Nymboida River.

Access 25 km north of Dorrigo on Moonpar Road (unsealed; 4WD when wet) off Tyringham Road or Moses Rock Road (unsealed) from the village of Cascade. Access to the northern part of the park is on Black Mountain Road via Grafton, Nymboida or Glenreagh (unsealed; 4WD only).

Dorrigo Rainforest Centre: 6657 2309
Grafton office: 6641 1500

42 POPRAN NATIONAL PARK 3,970 HA



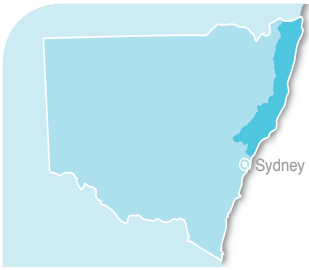
Aboriginal sites are dotted throughout the sandstone cliff-lines and gullies. Emerald Pool is just one of the pristine small creek catchments within the park, bushwalkers and mountain bikers are rewarded with spectacular views.

Gosford office: 4320 4200



Whale watching at Muttonbird Island Nature Reserve

Photography: S. Lehman / DECCW



44 RICHMOND RANGE NATIONAL PARK 15,712 HA



Camping fee level 2

The extensive old-growth forests and rainforests of the Gondwana Rainforests of Australia World Heritage Area within this park include the rare Richmond Range spotted gum, and provide sanctuary for a huge range of native fauna. This park is co-managed with the Githabul People.

Kyogle office: 6632 0000

45 SALTWATER NATIONAL PARK 33 HA



This small coastal reserve east of Taree has been a popular recreational spot for over a century, and an Aboriginal seasonal camp for thousands of years. The park conserves rare coastal rainforest and wetlands.

Taree office: 6552 4097

46 SEA ACRES NATIONAL PARK 76 HA



Highlights The Sea Acres coastal rainforest community is the most diverse in the region and the Rainforest Centre is a 'must see' eco-tourism attraction.

Activities Get into the rainforest on the 1.3 km wheelchair-accessible elevated walkway (fee applies). You can drive to Shelly Beach off Pacific Drive or walk in to Miners Beach off Lighthouse Road. Aboriginal guided bush tucker tours are offered. The Macquarie Nature Reserve, historic Roto House and the Koala Hospital are close by.

Access 4 km south of Port Macquarie on Pacific Drive.

Sea Acres Rainforest Centre: 6582 3355

47 SOLITARY ISLANDS MARINE PARK 71,100 HA



Highlights This marine park shelters over 550 species of fish, four species of turtle and around 90 species of coral. There are colourful sea slugs and plenty of marine mammals, including migrating humpback whales during colder months.

Activities If you're a water enthusiast, Solitary Islands has everything – diving, snorkelling, swimming, surfing, beach walking, whale watching, birdwatching, fishing and boating. You can camp in the adjacent Yuraygir National Park (north of Red Rock), or you'll find accommodation in Coffs Harbour, Woolgoolga, Woolli, Red Rock and numerous other places in the area. Special rules apply in the marine park, and zoning maps are available from tourist information centres, bait and tackle stores, dive shops and the marine park office. Each August, special helicopter tours visit the historic South Solitary Island lightstation – Australia's most remote lighthouse.

Access The marine park stretches for 75 km along the coast north of Coffs Harbour. Access is from sealed roads off the Pacific Highway. Zoning and other information is available at www.mpa.nsw.gov.au

NSW Marine Parks Authority: 6652 0900

48 TAPIN TOPS NATIONAL PARK 10,976 HA



High on the Great Escarpment this park protects rainforest and old growth forest. There is a camping area and the lookout at Rowleys offers sweeping 360° views of the mountains and valleys. The park is 44 km north-west of Wingham.

Taree office: 6552 4097

49 TOMAREE NATIONAL PARK 2,347 HA



Highlights Rocky headlands and plenty of white sandy beaches are backed by angophora and melaleuca forest and spring-flowering heath.

Activities Take a walk to the summit of Tomaree Headland for superb views of Port Stephens and the coast, or to Fingal Island. A good path leads up from Zenith Beach carpark (1.5 hours return). There's good rock and beach fishing, and commercial accommodation nearby.

Access 50 km north of Newcastle, 3 km north east of Nelson Bay off Shoal Bay Road or Gan Gan Road.

Nelson Bay office: 4984 8200

50 TOONUMBAR NATIONAL PARK 14,991 HA



Camping fee level 2

Highlights Extensive subtropical rainforests protect threatened plants and animals, including the sooty owl, red-legged pademelon and yellow-bellied glider. The rainforests of Dome Mountain and the Murray Scrub are part of the Gondwana Rainforests of Australia World Heritage Area. This park is co-managed with the Githabul people.

Activities The Murray Scrub walking track provides access to World Heritage rainforest. It takes two to three hours and is mostly easy. Car-based and caravan camping are available at Iron Pot Creek (wheelchair-accessible toilets).

Access 25 km west of Kyogle via the Afterlee Road (part unsealed but suitable for 2WD in dry weather). Roads may be closed during wet weather.

Kyogle office: 6632 0000



43 PORT STEPHENS–GREAT LAKES

MARINE PARK 98,000 HA

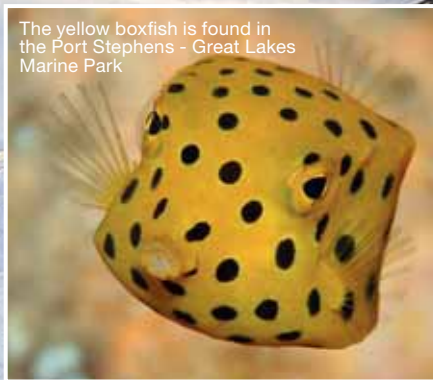


Highlights Port Stephens–Great Lakes Marine Park extends from Cape Hawke Surf Life Saving Club near Forster south to Birubi Beach Life Saving Club at the northern end of Stockton Beach and includes offshore waters to the 3 nautical mile limit of state waters. It includes Port Stephens and the Karuah River, the Myall River, Myall and Smiths lakes and all their creeks and tributaries to the tidal limit. The park's diverse marine life includes many species of dolphins, turtles, fish, invertebrates, seabirds and seaweeds along with threatened species such as the Gould's petrel, little tern, grey nurse shark and green turtle. Humpback whales travel along the marine park coastline during their annual migration north. Important islands, major estuarine wetlands and lake systems feature among a variety of park habitats. Many significant Indigenous cultural and spiritual sites are located within or adjacent to the marine park.

Activities You can enjoy a wide variety of water-based recreational activities including fishing within permitted zones, whale watching, boating, swimming, snorkelling, diving and other water sports. Picnic, camping and accommodation facilities are available in several national parks and local towns surrounding the marine park.

Access Numerous access points throughout Port Stephens and the Great Lakes area.

Port Stephens office: 4984 8200



The yellow boxfish is found in the Port Stephens - Great Lakes Marine Park

STAYING SAFE ON A BUSHWALK

Walking tracks provide all kinds of opportunities to explore our parks and reserves. For enjoyable and safe bushwalking, plan ahead and take simple precautions:

BE WELL PREPARED

- Research your walk, ensure everyone is comfortable. Don't overestimate abilities.
- Check weather forecasts and park conditions.
- Get into groups of three or more – in an emergency one might need to wait with the injured person while the other gets help.
- Know how to use your compass and map. You may not have mobile phone service; consider taking a locator beacon.
- Wear or take appropriate clothing and closed-toe footwear. Always take a windproof and waterproof jacket.
- If camping, take a good tent and appropriate sleeping bag.

- For longer walks take more water and snacks and a first aid kit. Remember insect repellent and a torch.
- Provide route details with friends or the police. Tell them when to expect you back and of any medical conditions. Check in when you return.

BE WATER SMART

- Be self-sufficient with drinking water, carry enough or know how to treat the water to make it safe for drinking.

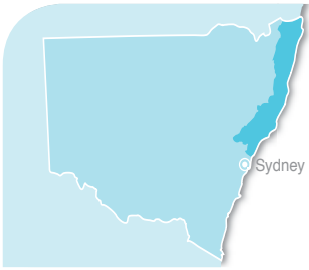
IF YOU BECOME LOST

- Stay where you are – you'll be easier to find and will save energy.
- Keep your group together unless one or more must go for help.
- Don't leave an injured person alone in the bush.
- As a last resort activate a locator beacon (see below).

EMERGENCY BEACONS

- You can hire a Personal Locator Beacon or Emergency Position Indicating Response Beacon if you're planning on walking in a remote area.
- 'Think Before You Trek' is a bush safety initiative between the NSW Police Force and the National Parks and Wildlife Service, providing bushwalkers and adventurers in the Blue Mountains with a free loaned Personal Locator Beacon (PLB). Kosciuszko National Park also hires PLBs to bushwalkers for a small fee - contact the Tumut, Jindabyne or Khancoban offices for more information. For more information, visit www.police.nsw.gov.au/community_issues/crime_prevention/trek

For further safety information visit www.environment.nsw.gov.au/parksafety



Amazing ecosystems are protected in North Coast parks. Tread lightly and experience the wonder



Beautiful Cattle Egret in breeding season

51 TWEED HEADS

HISTORIC SITE 8 HA



The cultural centre, museum and Minjungbal's ceremonial site offer an insight into local Aboriginal culture. The local Goori people conduct guided tours.

Murwillumbah office: 6670 8600

**Minjungbal Cultural Centre:
(07) 5524 2109**

52 TYAGARAH

NATURE RESERVE 800 HA



Tyagarah is a thin strip of protected coast encompassing 7 km of secluded and unspoiled beach backed by coastal heath.

Byron Bay office: 6620 9300

53 VICTORIA PARK

NATURE RESERVE 18 HA



One of the last remnants of the 'Big Scrub' – a lowland rainforest that once covered 75,000 hectares of northern NSW. Over 150 tree species have been recorded here.

Alstonville office: 6627 0200

54 WALLARAH

NATIONAL PARK 178 HA



Highlights Wallarah National Park conserves a diverse array of vegetation communities, including cabbage tree palm gullies, coastal heath, woodlands and forests. A wide range of native animals is found in the park. You might see a swamp wallaby or a sea eagle or whales and dolphins off the coast. There are birds in the coastal heath and goannas in the forest. At night, you may be lucky enough to see a magnificent powerful owl with prey in its talons.

Activities Pinny Beach is a popular fishing, swimming and surfing spot found along the coastal walk from Caves Beach. The walk leads to spectacular vantage points and meanders through a diversity of natural features, including coastal rainforest and heath. Significant Aboriginal sites in the park serve as reminders of the region's culture and history.

Access Access on foot via the coastal walk from Spoon Rocks Road at Caves Beach or via the Wallarah Peninsula Track from either Murrays Beach or Scenic Drive at Caves Beach.

Munmorah office: 4972 9000

55 WALLINGAT

NATIONAL PARK 6,557 HA



Camping fee level 2

Highlights Whoota Lookout, one of the best natural viewing platforms on the mid-north coast, provides magnificent views of the park's eucalypt forests and along the Forster coastline.

Activities Walking tracks lead from Sugar Creek through cabbage palm and flooded gum forests. There are picnic facilities at Sugar Creek, Gur-um-bee ('white gum tree') and Wallingat River. Car-based camping (caravans not recommended) is available by the river. Wallingat Forest Drive is a scenic route to one of the tallest trees in NSW, the Grandis.

Access 30 km southeast of Forster along the Lakes Way and Sugar Creek Road. All roads within the park are unsealed – take care after rain.

Pacific Palms office: 6591 0300

Nelson Bay office: 4984 8200

56 WATAGANS
NATIONAL PARK 7,751 HA



Camping fee level 1

Highlights This park protects the headwaters of Congewai and Quorrobolong creeks, which flow into the Hunter River, and Gap and Dora creeks, which feed into Lake Macquarie.

Activities Magnificent red cedar and Illawarra flame trees line the walk to Gap Creek Falls. High points provide marvellous views of rainforest gullies, while Monkey Face Lookout sits above the Martinsville Valley. Boarding House Dam picnic area, set among large blackbutt and blue gum trees, offers rainforest walks along the creek, or a paddle on a hot summer's day. Check out the fabulous moss covered wall at Boarding House Dam. Car-based camping is available at the small Bangalow and Gap Creek camping areas with free gas barbecues adjacent to Bangalow Road, 3.8 km and 4.8 km respectively from the Mt Faulk Road intersection. Fireplaces are available but visitors need to bring their own firewood.

Access 150 km north of Sydney, 30 km south-west of Newcastle. Enter via Martinsville Road (partly unsealed) from Cooranbong, Mt Faulk Road (unsealed) from Freemans Drive, or Watagan Road

(unsealed) from Cessnock. All roads are 2WD-accessible in dry weather only.

Lake Munmorah office: 4972 9000

57 WERAKATA
NATIONAL PARK 3,337 HA



A rich history of Aboriginal occupation and, more recently, forestry operation; today it conserves a diversity of plants and animals including threatened species and endangered ecological communities.

Bulga office: 6574 5555

58 WERRIKIMBE
NATIONAL PARK 33,309 HA



Camping fee level 1

A park within the Gondwana Rainforests of Australia World Heritage Area of wild magnificence, with rainforests, heaths, rushing rivers and spring wildflowers, offering short and long walks.

East – Port Macquarie office: 6588 5555
West – Walcha office: 6777 4700

59 WHIAN WHIAN
STATE CONSERVATION AREA 2,439 HA



Camping fee level 3

Highlights Created in 2003 to protect an area surrounded by Nightcap National Park, this park is home to threatened species such as the spotted-tailed quoll, koala and Albert's lyrebird.

Activities Camp or picnic in the rainforest at Rummery Park and enjoy a short walk up Boggy Creek to Minyon Falls within Nightcap National Park.

Access 35 km north of Lismore via Minyon Drive off the Lismore-Mullumbimby road.

Alstonville office: 6627 0200

60 WILLI WILLI
NATIONAL PARK 29,870 HA



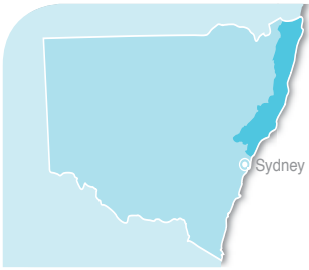
This mountain park lies within the Gondwana Rainforests of Australia World Heritage Area, along a section of the Great Escarpment to the east of Oxley Wild Rivers and Werrikimbe National Parks. It has three delightful walking tracks along the river to a sparkling waterfall.

Arakoon office: 6566 6621
Kempsey office: 6562 2376



A taste of adventure – abseiling in Watagans National Park

Photography: You Shoot TV / DECCW



61 WINGHAM BRUSH NATURE RESERVE 8 HA



The rainforest here has been regenerated by the local community and is one of the state's most significant maternity sites for the endangered grey-headed flying fox. The boardwalk is ideal for experiencing the rainforest and seeing flying foxes.

Enter from the picnic area on Farquhar Street.

Taree office: 6552 4097

62 WOKO NATIONAL PARK 8,598 HA



Camping fee level 3

Adventurous bushwalkers who overcome the steep terrain are rewarded with dramatic scenery and wonderful birdwatching opportunities. Or, you can simply sit and enjoy the tranquil Manning River.

Barrington Tops office: 6538 5300

Nelson Bay office: 4984 8200

64 WORIMI CONSERVATION LANDS 4,200 HA



Highlights Incorporating the popular Stockton Beach which stretches from Stockton to Anna Bay, the Worimi Conservation Lands are co-managed by the local Worimi Aboriginal community in partnership with NPWS. The landscape contains significant cultural and natural values of particular importance to the Worimi community, and contains an extraordinary number of cultural sites that pre-date the arrival of non-Aboriginal people to the area.

Activities Enjoy the wide open spaces of Stockton Beach, a popular beach for 4WD trips, fishing and picnicking. The beach within the Worimi Conservation Lands is unpatrolled. Birubi Surf Lifesaving Club patrols a swimming area in the adjacent Birubi Point Crown Reserve near Anna Bay. Dogs on a leash are permitted on Stockton Beach.

Access 4WD or pedestrian access only. Approximately 20 km north of Newcastle CBD to Lavis Lane entrance, Williamstown. Birubi Entrance is at Anna Bay, Port Stephens. All vehicles entering the Worimi Conservation Lands must be registered, and display a current Worimi Conservation Lands Beach Vehicle Permit, or in the case of RTA conditionally registered vehicles, a Worimi Conservation Lands Recreational Vehicle

Area Permit. These are available from several local outlets and NPWS Hunter Region. NPWS annual passes do not apply.

Nelson Bay office: 4984 8200

65 WYRRABALONG NATIONAL PARK 621 HA



Highlights The park's two scenic and forest-clad sections of coastline are separated by The Entrance. The southern part has high headlands, cliffs and rock platforms. The north is sandy and protects red gum forest and coastal rainforest.

Activities Swim at Tuggerah Beach (north) or Bateau Bay (south). There's good birdwatching by the lake, great surfing on the coast and several walking tracks. Visit Crackneck Lookout in the southern section, ideal for whale watching from late May to July, or enjoy a walk through the red gum forest in the north. Camping is not permitted.

Access 105 km north-east of Sydney. The two sections of the park are 5 km north and south of The Entrance off Wilfred Barrett Drive (north) and The Entrance Road (south) respectively.

Munmorah office: 4972 9000

66 YARRIABINI NATIONAL PARK 2,183 HA



Mt Yarrahapinni is significant to the local Gumbaynggirr and Dunghutti people. Steep coastal foothills sustain old-growth forests.

Coffs Harbour office: 6652 0900

67 YURAYGIR NATIONAL PARK 30,955 HA



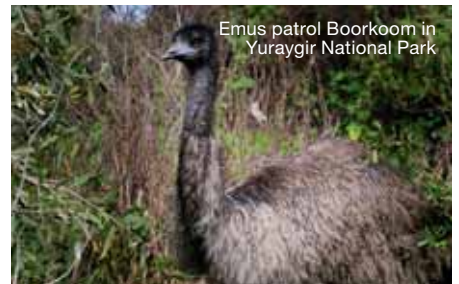
Camping fee levels 1, 3

Highlights 60 km of striking cliffs, rocky headlands, isolated beaches and quiet lake systems set against a backdrop of forests, heaths, estuaries and wetlands make Yuraygir the longest stretch of undeveloped coastline in NSW.

Activities Plan ahead to take the 4 day Yuraygir Coastal Walk from Angourie to Red Rock or enjoy shorter walks from picnic and camping areas dotted along the route. There's car-based and caravan camping at Red Cliff, Lake Arragan, Sandon River and Illaroo, and car-based camping at Station Creek.

Access 50 km east of Grafton. Red Cliff, Lake Arragan and Sandon River are 15 km south-east of Maclean along Brooms Head Road (partially unsealed). Illaroo is 47 km east of Grafton via Woolli Road and Minnie Water Road (off the Pacific Highway 12 km south of Grafton). Station Creek is 14 km north of Woolgoolga via Barcoongerie Way (unsealed). Vehicle entry fee is \$7 per day.

Grafton office: 6641 1500



Emu patrol Boorkoom in Yuraygir National Park



Canoeing on Lake Arragan, Yuraygir National Park

63 WOLLUMBIN (MOUNT WARNING)

NATIONAL PARK 4,117 HA



Highlights The dual named peak of Wollumbin Mount Warning is the remains of one of the world's largest shield volcanos. Long dormant, the volcano has been carved by 20 million years of high rainfall into a green cauldron with Wollumbin at its heart. Wollumbin National Park is of great spiritual significance to the Bundjalung and other Aboriginal people of the region.

Activities The rainforests in Wollumbin National Park are within the Gondwana Rainforests of Australia World Heritage Area and provide habitat to many threatened species. It's also a sanctuary for native birds, mammals and reptiles and supports a variety of distinct vegetation communities. The tree variety includes giant stinging trees, figs, booyongs, carabeens, brush box, and flame trees.

Winding upwards from the Breakfast Creek parking area is the Wollumbin Mount Warning Summit Track, which passes through a variety of vegetation communities, Subtropical and temperate rainforest, wet sclerophyll forest and heath shrubland are all encountered on your journey upward.

There's plenty of bird and animal life to reward the observant walker, with more than 100 species of birds recorded in the park. After a challenging final rock scramble the track emerges to the summit. However, out of respect for Bundjalung law and culture, the Bundjalung people ask that you consider choosing not to climb Wollumbin. As an alternative, enjoy a stroll along the 200 m Lyrebird Track or picnic at Korrumbyn Creek picnic area. Car-based and caravan camping is available at a privately run caravan park adjacent to the park.

Access 15 km south-west of Murwillumbah off Kyogle Road.

Murwillumbah office: 6670 8600

Wollumbin is a truly majestic sight and a place of great spiritual significance
Photography: Tweed and Coolangatta
Tourism / Courtesy Tourism NSW