

VISIT PORT DOUGLAS

*Reconnect* ITINERARY



# UNWIND IN *paradise*

Port Douglas offers the perfect escape for those looking to unwind in a serene natural setting, while indulging in world-class dining and luxury resorts. Nestled between two UNESCO World Heritage-listed wonders – the Great Barrier Reef and the Daintree Rainforest – the region offers the perfect blend of nature and relaxation.

Spend your days immersing yourself in the lush rainforests. Unwind at your resort, where you can indulge in soothing spa treatments or relax by the pool. Enjoy exquisite dining at the region's renowned restaurants.

Just an hour's drive from Cairns Airport, Port Douglas is the ideal base for your rejuvenating getaway. The scenic drive along the Great Barrier Reef Drive introduces you to the region's natural beauty from the moment you arrive, setting the tone for a peaceful and restorative experience.



*Tourism Port Douglas Daintree acknowledges the custodianship of the Daintree Rainforest and Great Barrier Reef by the local Kuku Yalanji and Yirraganydji people whose rich cultures, heritage values, enduring connections and shared efforts protect our natural assets for future generations, and we pay our respect to elders past, present and emerging.*

# DAY 1

## **Sunrise Yoga with Yoga On The Beach or Yoga In The Tropics**

Begin your day with a peaceful yoga session on Four Mile Beach, stretching out to the sound of the waves. If yoga isn't your thing, a quiet stroll along the shoreline offers the same sense of calm, with no resorts in view - just palm-lined sands and open ocean.

## **Breakfast at St Crispins Cafe**

After yoga, stroll into St Crispin's Café for one of the most extraordinary views in Port Douglas, overlooking the inlet, golf course and mountain ranges. You might even spot the local "Crispie" — the resident crocodile — gliding through the water below as you sip on an iced latte. With its relaxed, cosy atmosphere, it's the perfect place to slow down and enjoy a peaceful, wholesome start to the day.



## **Walk, Swim, or Learn and Float**

Just 15 minutes north, Mossman Gorge offers a peaceful escape into lush rainforest, where ancient trees and flowing streams line shaded boardwalks. Cool off with a refreshing dip in the crystal-clear waters, join a guided experience with a Kuku Yalanji guide through Dreamtime Walks or Walkabout Adventures, or float gently along the Mossman River with Back Country Bliss, drifting through serene waters surrounded by nature.

## **Sunset Sail with Sailaway**

In the evening, embark on a sunset sail with Sailaway. Enjoy a relaxing boat ride along the coast, watching the sun dip below the horizon. Delicious appetizers and drinks will complement this beautiful moment and make it the perfect way to end your first day.



# DAY 2



## **Morning Massage or stroll through Macrossan St**

Start your day with a relaxing massage or spa treatment at one of the luxurious spas in Port Douglas, unwinding with a soothing experience that rejuvenates both mind and body. Alternatively, take a leisurely stroll along Macrossan Street to explore its boutiques, galleries and low-key yet lovely day spas — and if you're visiting on a Sunday, don't miss the vibrant Port Douglas Markets at Anzac Park.

## **Lunch at Osprey's Restaurant, Thala Beach**

After your pampering session, head to Thala Beach Nature Reserve for lunch. This stunning eco-resort offers beautiful views over the ocean and delicious, locally inspired cuisine. After lunch, go for a walk on the resort's private beach, a hidden gem!

## **Wildlife Cruise along the Daintree River**

After lunch, take a crocodile cruise with Crocodile Express or Solar Whisper, gliding quietly along the river in search of crocodiles, birds and other wildlife in their natural habitat. Both cruises offer a relaxed, family-friendly and educational experience.

## **Sunset Picnic at Rex Smeal Park**

For your evening, pack a picnic basket and head to Rex Smeal Park. It's the perfect spot to watch the sunset over the Coral Sea, surrounded by lush greenery. Enjoy your meal while soaking in the natural beauty.



# DAY 3

## Coffee at Choo Choo's at the Marina

The perfect start to your final day and reef adventure. Begin with coffee at Choo Choo's at the Marina — a laid-back yet charming spot that pays homage to the town's old Bally Hooley railway. With creative breakfast options, beautiful marina views and, of course, excellent barista coffee, it's the ideal way to ease into another incredible day in Paradise.

## A day on the reef with Quicksilver Cruises

For a memorable final day, head out to the Quicksilver Reef Platform on the outer Great Barrier Reef. Travel in comfort to a vibrant reef system where you can snorkel straight from the platform into clear, coral-rich waters, or stay dry and explore via the underwater observatory and semi-submersible. Throughout the day, marine biologists and crew share insights into the reef's ecology, bringing the experience to life with expert commentary and guided activities. With everything you need in one place, it's an immersive and effortless way to experience the reef up close.



## Soak up the moments of relaxation

End your stay with a final moment of relaxation. Take a gentle stroll along Four Mile Beach, enjoy one last dip in the pool, or simply unwind with a cooling tropical drink in hand. It's the perfect way to soak up the atmosphere, knowing this is a place that will stay with you long after you leave.

## Departing Port Douglas

When it's time to go, take the easy drive south along the iconic Great Barrier Reef Drive to Cairns Airport, or call upon one of the many trusted transfer providers to take you in comfort — a gentle and fitting end to your time in Port Douglas.

**PORT DOUGLAS**  
Where rainforest  
meets the Reef

# PARADISE AWAITS

*Enjoy every moment*



Port Douglas invites you to slow down, connect with nature, and indulge in world-class experiences between reef and rainforest. We look forward to welcoming you to discover the magic of a place that stays with you long after you leave.