

# Regional Walking Trails



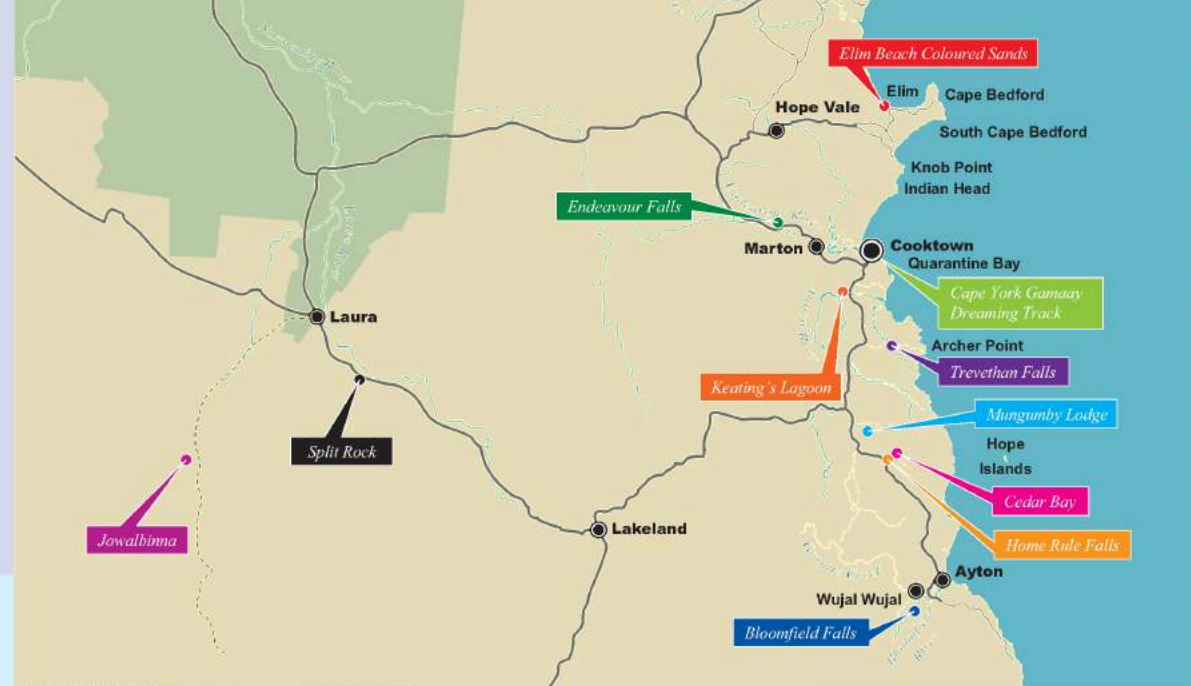
Gamaay Dreaming Track

## Cedar Bay

Grade:	Difficult
Distance:	28km (return)
Access:	Self guided (camping permit required) - track begins on the private property of the Home Rule Rainforest Lodge. Contact Queensland Parks and Wildlife Service Cooktown for a camping permit for Cedar Bay - phone 07 4069 5777
Facilities:	None enroute
Description:	Trail includes beautiful tropical rainforest, rugged mountains and a palm fringed beach.

## Bloomfield Falls

Grade:	Easy
Distance:	400m (return)
Access:	Self guided
Facilities:	Parking
Description:	A short stroll down an uneven rocky path to a viewing point for the falls. Swimming is not advised due to crocodiles.



## Cycling Trails

The stunning natural scenery around Cooktown can be enjoyed by the whole family on exhilarating cycle trails. Ride past heritage buildings, visit our pioneering ancestors in the cemetery, go bird watching, stop for a dip in the public swimming pool or park the bikes at Nature's Powerhouse and take a hike on the Scenic Rim Walking Trail. Energetic riders can try a hill climb to reach the summit of Grassy Hill and enjoy amazing 360 degree views of Cooktown.

## Cycling Events

**The Cardiac Challenge**  
The annual Cairns to Cooktown bike ride (330km) is a fantastic physical challenge that allows you to experience the stunning Tropical North Queensland scenery and raise funds for a great cause - the Far North Queensland Hospital Foundation. The three day ride in September includes overnight stops in Mount Carbine and Lakeland with an end of race celebration in Cooktown. More information can be found at <https://www.cardiacchallenge.com.au>

# WALKING AND CYCLING TRAILS

Cooktown and Cape York Peninsula



## Mungumby Mountain Bike Muster

The annual Mungumby Mountain Bike Muster is held in a beautiful rainforest setting at Helenvale, south of Cooktown. Surround yourself with like minded mountain bike enthusiasts and enjoy tackling several different tracks.



Cycling Cooktown



## Elim Beach - Coloured Sands

Grade:	Easy
Distance:	600m (return)
Access:	Self guided
Facilities:	Camp ground with amenities
Description:	A scenic beach walk to the mesmerising sandstone cliffs known as the Coloured Sands. A path up the cliff leads to stunning views across to Cape Bedford. Contact Elim Beach Camp Grounds for further information - phone 07 4060 9223

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This brochure was produced with the assistance of Mungumby Lodge, Hillcrest Guesthouse and Gamaay Dreaming Track.

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[www.cooktownandcapeyork.com](http://www.cooktownandcapeyork.com)

## Cape York Gamaay Dreaming Track

Grade:	Difficult
Distance:	25km (one way)
Access:	Self guided Permits required from Kuku Bulkaway Gallery Cooktown - phone 07 4069 6957
Facilities:	Camping, toilets, drinking water
Description:	This walking track takes you through picturesque tropical landscapes and ecosystems. Starting from a coastal terrain, you will proceed towards savannah grasslands, through to rainforest and sclerophyll forest. There are fantastic coastal views from several vantage points.

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## Keatings Lagoon Conservation Park

Grade:	Easy
Distance:	1.4km (return)
Access:	Self guided
Facilities:	Parking, picnic area, bird hide, interpretative information
Description:	Managed by Queensland Parks and Wildlife Service - phone 07 4069 5777
Description:	This natural freshwater lagoon is an ideal habitat for wetland vegetation, animals and migratory water birds. A bird hide provides a perfect spot for observing the natural surrounds.

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## Mungumby Lodge

Grade:	Moderate
Distance:	Various
Access:	Guided by appointment only Contact Mungumby Lodge - phone 07 4060 3158
Facilities:	Accommodation
Available walks:	Nocturnal rainforest walk or half day hidden falls trek and swim
Description:	Pristine tropical rainforests, waterfalls and local knowledge are highlights of these guided walks.

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Split Rock

## Endeavour Falls

Grade:	Easy
Distance:	400m (return)
Access:	Self guided (donation box at Endeavour Falls Tourist Park phone 07 4069 5431)
Facilities:	Parking
Description:	A short, easy stroll through the Endeavour Falls Tourist Park will lead you to Endeavour Falls. Swimming is not advised due to crocodiles.

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Home Rule Falls

## Jowalbinna Rock Art Walks

Grade:	Moderate
Distance:	Varies
Access:	Guided
Facilities:	Camp ground
Description:	The walks offer fantastic views across spectacular sandstone escarpments and the Quinkan Indigenous rock art. Access is by 4WD only and bookings are essential. Phone 07 4060 3236 (March to September)

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## Cooktown

Follow the routes on the map to explore the town and experience some of our local sights and attractions.

## Keatings Lagoon

5km south of Cooktown is Keating's Lagoon, just off the Mulligan Highway - a wetland wonderland for birdwatchers. Partly dirt road access.

## Quarantine Bay and Golf Course

Just south of Cooktown are the Golf Course and beach at Quarantine Bay which are accessible on a bitumen road.

## Battlecamp Road to Laura

Further afield, experienced mountain bikers can tackle the Battlecamp Road to Laura - a challenging off road route.

## Wet Tropics Routes

Discover the Wet Tropics area on off road routes from the historic Lion's Den Hotel to Home Rule camp ground (Rossville) or Bloomfield Falls. The ride to Home Rule can be combined with a rainforest hike to Home Rule Falls and overnight camping is available. Mungumby Lodge near Helenvale has some great mountain bike trails and lodge style accommodation is available. Bookings are essential.

## Split Rock - Indigenous Rock Art Galleries

Grade:	Moderate
Distance:	4km (return)
Access:	Self guided or Guided
Facilities:	Parking, boardwalk, interpretative information, toilet
Description:	These rock art galleries are listed by UNESCO as being among the top 10 rock art sites in the world. The walk leads you through a landscape of eucalypt and sandstone escarpments to outcrops that shelter numerous rock paintings. Contact Quinkan and Regional Cultural Centre phone - 07 4060 3457.

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Trevehan Falls

## Trevehan Falls

Grade:	Moderate
Distance:	200m (return)
Access:	Self guided
Facilities:	Parking
Description:	A short stroll leads you to cascading falls that plunge into an idyllic swimming hole. A short but steep downhill section will give you access to the swimming hole.

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# Cooktown Walking Trails

## Cooktown Scenic Rim Walk

The Scenic Rim Walk trail passes through bushland, along roads, paved paths and rough tracks, catering for all levels of fitness. The walk sections can be completed in a single day, however the special features of the area are better appreciated if the walks are spread over a few days.

The Scenic Rim Walk can be identified by blue sign posts that have a purple Cooktown orchid symbol on them. Contact Cook Shire Council for further information about the Scenic Rim Walk. Phone 07 4069 5444



Mount Cook

### 1. Bicentennial Park to Cooktown Cemetery

Grade: Easy  
Distance: 2.4km  
Access: Self guided

#### Description:

A pleasant stroll along Sherrin Esplanade and Adelaide Street before entering into melaleuca scrub along an ungraded track beside the mangroves. Make sure you carry insect repellent as the sandflies and mosquitos can be quite friendly at certain times of the year!



Cooktown Cemetery  
Gambay Dreaming Track

### 2. Cooktown Cemetery to Mount Cook

Grade: Easy  
Distance: 4.6km  
Access: Self guided

#### Description:

The cemetery has signs and information needed for a self-guided tour. Enjoy wandering through the different sections of the cemetery, reading the epitaphs and pondering Cooktown's colourful past. The walk then takes you through the streets of Cooktown to the base of Mount Cook.



### 3. Mount Cook

Grade: Difficult  
Distance: 6km (to the summit)  
Access: Self guided

#### Description:

From the carpark the trail enters sheltered bushland and winds amongst large granite boulders to the first lookout overlooking Cooktown (grade: easy). The trail mounts a long spur to the summit with two vantage points that provide amazing views of the Great Barrier Reef, Endeavour Valley and Cooktown.



### 4. Finch Bay to the Botanic Gardens

Grade: Moderate  
Distance: 800m  
Access: Self guided

#### Description:

At low tide Finch Bay is a wide stretch of sand only a few hundred metres long, sheltered by rocky headlands. At the northern end of the beach the trail continues to the Botanic Gardens and Cherry Tree Bay. Be aware of crocodiles.



### 5. Old Quarry

Grade: Moderate  
Distance: 1km  
Access: Self guided

#### Description:

The Old Quarry Walking track leaves the Botanic Gardens/Finch Bay walking track just 50m from its origin (the Botanic Gardens). It follows the ridge line above Nature's Powerhouse where hikers are afforded spectacular views of Finch Bay on the way to the first quarry. The track then gently descends to Finch Bay Road via a second smaller quarry.



### SIGHTS AND ATTRACTIONS

- Cooktown Wharf** – popular meeting place and fishing spot for visitors and locals
- The Queen's Steps** – made for HM Queen Elizabeth II for her visit in 1970
- Mick the Miner** – in memory of the Palmer River Gold Rush
- Chinese Monument**
- Milbi Wall** – created by local Aboriginal artists
- James Cook Statue**
- Musical Ship**
- James Cook Monument** – commemorates Cook's landing on 17 June 1770
- Cannon** – dating from 1881
- Stone Cairn** – where James Cook beached HM Bark Endeavour
- Cooktown History Centre** – family research facility
- The Boat House** – home of the Re-enactment Association
- Mrs Watson's Monument** – erected in 1886
- The Old Bank** – built in 1891 for the Queensland National Bank
- Cooktown Creative Arts Centre** – originally the Cooktown Railway Station
- Leopard Tank at Anzac Park**
- National Trust James Cook Museum** – home to 'Endeavour Anchor and Cannon'. Originally a convent school, built in 1889.
- The Cemetary and Chinese Shrine**
- Gunpowder Magazine** – built in 1874
- Grassy Hill and Lighthouse** – superb 360 degree views of Cooktown and the Coral Sea. Caravans and trailers not recommended.
- Botanic Gardens** – amongst the oldest in Australia
- The Old Hospital** – now the Kingdom Hall
- PCYC Cooktown Events Centre and Gym**
- Nature's Powerhouse** - Flora and fauna gallery and museum. Cooktown Visitor Information Centre.
- RV Rest Area** - Fully self-contained vehicles only
- Reconciliation Rocks Precinct**

### 6. Finch Bay to Cherry Tree Bay

Grade: Moderate  
Distance: 1km  
Access: Self guided

#### Description:

Finch Bay to Cherry Tree Bay trail climbs amongst large granite boulders through open eucalypt forest, with rocky outcrops providing good vantage points for unimpeded views of the coastline. The trail emerges at the southern end of Cherry Tree Bay. This secluded beach can only be accessed on foot. Swimming is not advised due to crocodiles.



Cherry Tree Bay

### 7. Cherry Tree Bay to Grassy Hill

Grade: Moderate  
Distance: 800m  
Access: Self guided

#### Description:

Steep, rough section of track that runs parallel to a rocky watercourse through open forest before veering toward a saddle where it levels out as it approaches the road to Grassy Hill.



Bicentennial Park

### 8. Grassy Hill to Bicentennial Park

Grade: Difficult  
Distance: 1.8km  
Access: Self guided

#### Description:

From Grassy Hill's 162 metre summit, a fantastic 360 degree view takes in Cooktown, the Endeavour River, Mount Cook and the Coral Sea.



Grassy Hill