



Welcome to the **Ballina Coast and Hinterland**

Jingi Wahla –welcome – to the Ballina Coast & Hinterland, the traditional Nyangbul Country of the Bundjalung Nation.

With 32km of stunning coastline, world heritage listed rainforests, breathtaking waterfalls, and unique hinterland communities to discover; the Ballina Coast and Hinterland is the ultimate destination for nature lovers and adventure seekers.

Within only four days, it is possible to traverse magnificent coastal headlands, hike to the base of a waterfall, experience the best of the regions local produce, cruise through hinterland roads, get up close and personal with our native wildlife and immerse yourself in ancient rainforests. This adventure packed itinerary showcases the rich and diverse natural attractions that the Ballina Coast and Hinterland has to offer.



North Wall

Day one

Ballina Exploration

Wake up with a walk along Ballina's **North Wall** overlooking the picturesque Richmond River to spot dolphins, turtles, pelicans and other marine birds, a great place to see the sun rise and watch the trawlers cross the Ballina bar. Finish the walk with a swim in the tidal **Shaws Bay**.

For a takeaway breakfast pop into **Kiosk Capiche**, located under the Surf Club at Lighthouse Beach or for something more substantial, **Shelly Beach Café** and the **Belle General** are located just off the coastal path along **Shelly Beach**, both serving up delicious meals using fresh, local ingredients.

Head into **Ballina's CBD** to enjoy a few hours exploring the main street filled with vibrant shops, cafes, and historic landmarks. Enjoy some time exploring the main street, which runs parallel to the mighty Richmond River.

For lunch, visit **Café Boker**, a popular Middle Eastern café serving delicious food and great chai! From April to October, an unmissable experience is a whale watching cruise with **Out of the Blue Adventures**. Departing from the wharf near Fawcett Park, these tours are guided by a knowledgeable marine biologist.

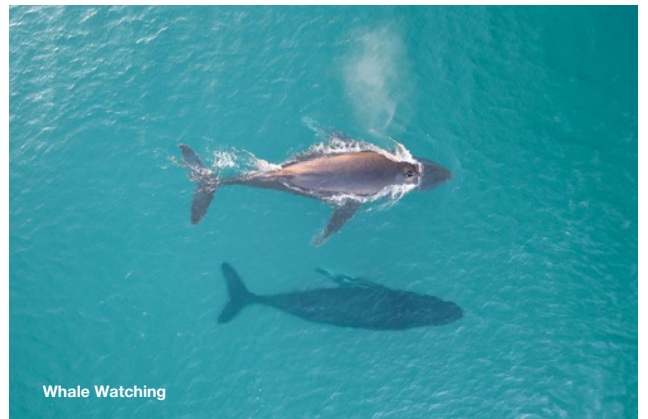
Alternatively, dive into Ballina's rich culture and history by visiting the **Naval & Maritime Museum** and then pop into the **Northern Rivers Community Gallery** which showcases fascinating exhibits and local artworks.

Finish the afternoon off with a tasting session at **Seven Mile Brewery** then stop for a selfie with Ballina's iconic **Big Prawn**. Should this impressive crustacean inspire a seafood craving, just across the road, **Northern Rivers Seafood** awaits with an abundance of fresh, local seafood selections.

Head across the Richmond River to South Ballina on the **Burns Point Vehicle Ferry** to enjoy the tranquil haven of **Ballina Beach Nature Resort** in one of their luxurious safari-style glamping tents, blending comfort with the allure of the great outdoors.



Shaws Bay Loop



Whale Watching



Big Prawn



Day two

Wardell and Alstonville Discovery

Take a short drive south to the historic village of **Wardell** situated on the Richmond River between Ballina and Broadwater. Wardell is known for its landmark lift span bridge and its famous pies.

Start your day with a delicious pie from the **Wardell Café and Takeaway** and wander down to the riverside jetty to enjoy the view.

Following **Tourist Drive 28**, discover the natural wonders of **Victoria Park Nature Reserve**, a sanctuary for the last remnants of the Big Scrub Rainforest. Stroll along the short boardwalk and immerse yourself in the tranquility of the rainforest.

Consider joining a **Vision Walks** tour for an insightful journey that helps you to connect with the natural environment and explore local wildlife.

Continue your drive past green rolling hills to **Summerland Farm**, a 238-acre macadamia & avocado working farm in Alstonville's hinterland. Pick up some fresh produce, snap a selfie the with farm animals, and sample local produce at the retail outlet.

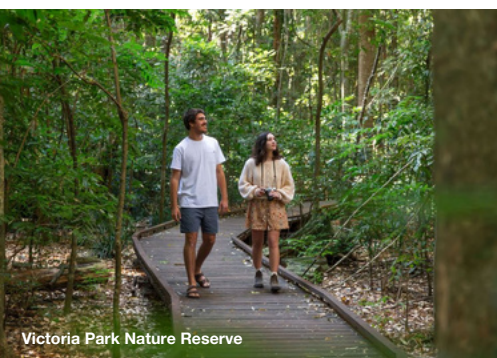
Heading into the charming village of **Alstonville**, enjoy a long late lunch at **Buckley's Chance**. A modern Australiana style café that celebrates local produce in their dishes. This contemporary café, infused with Australiana charm, prides itself on incorporating local ingredients into its menu.

Savor a relaxing moment with a cup of coffee, a glass of wine, or a beer on the sprawling deck, embracing the laid-back atmosphere.

Spend some time wandering through Alstonville village with gorgeous book shops, dress shops and heritage style buildings to admire.

Enjoy a cold beer at the **Federal Hotel**, chat to the friendly locals before savouring the flavours of Peru at **Bonito Peruvian Eatery** in Wollongbar for dinner.

If you are tired after another big day, opt for a tasty takeaway from **Trident Fish & Grill** to enjoy before heading back to the comfort of **Ballina Beach Nature Resort** for another night of relaxation.



Victoria Park Nature Reserve



The Federal Hotel



Buckley's Chance



Lennox Head Boat Channel

Day three

Lennox Head & Coastal Beauty

Prepare for an action-packed day exploring the stunning coastline by taking advantage of Ballina's renowned shared paths and cycleways, known as the best in the region.

Head back in to Ballina CBD and pick up your hire bike (or e-bike) from **Ballina Byron Bike Hire**. **The Coastal Recreation Path** follows the stunning coastline from Ballina CBD through to East Ballina's subtropical rainforests before taking you to the spectacular cliff tops of Lennox Head. Along the way, immerse yourself in the region's rich cultural heritage through the **Aboriginal Cultural Ways** which stretches from Angels Beach in East Ballina to **Pat Morton Lookout** in Lennox Head.

The ride to Lennox Head only takes about an hour, however there are plenty of places to stop and explore along the way, so it's recommended you take at least half a day. Take a dip in anyone of the beautiful beaches or perch on the headlands at **Boulder Beach** and **Pat Morton Lookout** which provide excellent vantage points for watching surfers all year round and whales between April and October.

Continue along the path into **Lennox Head**, where you'll be greeted by the laid-back beach vibe and a selection of inviting cafes and restaurants. This charming coastal town is the perfect place to relax and refuel, offering a taste of local cuisine against the backdrop of the famous **Seven Mile Beach**.

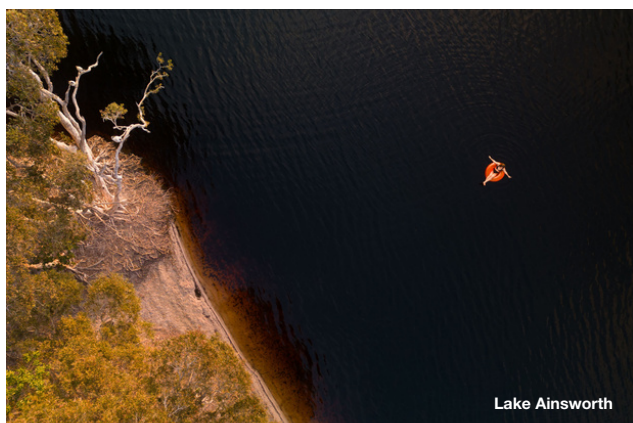
After lunch, follow the pathway north to **Lake Ainsworth** for refreshing dip. Surrounded by tea-trees, the tannin-soaked waters are said to have healing properties that will leave your hair and skin feeling refreshed.

Head back along the pathway to Ballina in time to return your bikes, stopping to enjoy any sights you missed earlier. If you feel like a sundowner, the **Wharf Bar & Restaurant** is located on the river right near Ballina Byron Bike hire and offer a great happy hour from 4pm – 6pm.

Spend the night at **Flat Rock Tent Park**, a picturesque beachside campground tucked away behind the dunes of Flat Rock Beach. Enjoy an evening beside the campfire, immersing yourself in the serene beauty of this unique camping location, where the sounds of the ocean and the starry sky create a perfect backdrop for a memorable overnight stay.



North Wall



Lake Ainsworth



Flat Rock Tent Park



Killen Falls

Day four

Newrybar & Natural Wonders

This morning, embrace the opportunity to awake beside one of the region's most picturesque beaches. Welcome the day with a stunning sunrise, with the beach lookout only steps away from the campsite.

If you're passionate about surfing, the well-loved right-hand break, or the more demanding left-hand break off **Flat Rock** awaits, promising an exciting start to your day. For a more serene morning, opt for a northward stroll along **Sharpes Beach**.

Fuel up for the day at **The Dove** in Ballina, a unique café that in addition to pumping out locally roasted coffee, is a social enterprise by providing on-the-job training and employment pathways for local young people.

As you venture out of town towards the hinterland, make your first stop **Killen Falls**, a stunning waterfall nestled amongst ancient rainforest remnants. Enjoy a brief bushwalk leading to a viewing platform, offering an impressive vantage point of the falls. Extend your walk to reach the base of the falls, where you can explore the intriguing cave hidden behind the cascading falls.

After exploring Killen Falls, continue to the quaint village of **Newrybar** – make sure to stop in at some of the roadside stalls along the way to pick up fresh, local produce.

Newrybar is known for its boutique shops, art galleries and the renowned **Harvest** - a restaurant, deli, and heritage bakery.

Choose from a delicious assortment of sandwiches, homemade salads, and pastries. Enjoy your lunch amidst the lush surroundings, either on a provided picnic blanket or at one of the garden's cozy seating areas.

Heading out of Newrybar along Broken Head Road, stop in **Zentvelds Coffee Farm and Roastery**, a family-owned business that focuses on regenerative farming practices. With the beans grown, processed and roasted on the farm; Zentvelds Coffee offers a true 'crop to cup' experience. Indulge in a barista made coffee while overlooking the plantation or pick up some freshly ground beans to take home with you. For a deeper insight, consider booking a farm tour with Zentvelds in advance.

Continuing to the coast, explore the coastal beauty of **Broken Head Nature Reserve**, where you can hike through coastal heathlands and enjoy panoramic views of the coastline or book a tour with **Explore Byron Bay**, guided by Delta Kay, an Arakwal Bundjalung woman who is passionate about sharing Aboriginal culture.

For dinner, enjoy some delicious wood-fired pizzas at **Lennox Pizza** or some Mexican flair **Chido Cantina** for a casual evening after a busy day.

Return to **Flat Rock Tent Park** for another night of camping bliss, surrounded by nature's tranquillity.



Farm Gate Stalls



Newrybar



Zentvelds Coffee Plantation