



# Cairns Esplanade and Lagoon

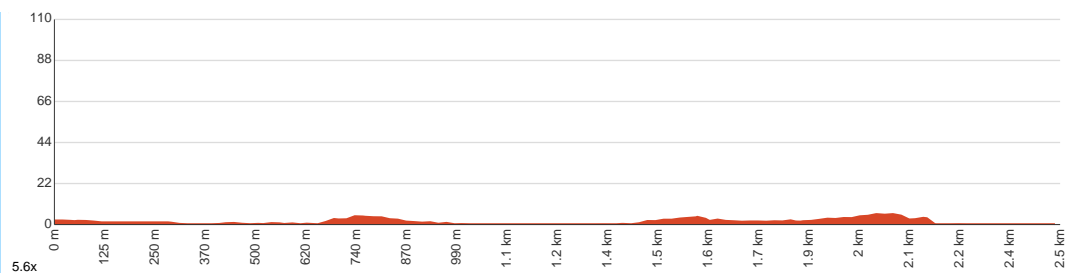
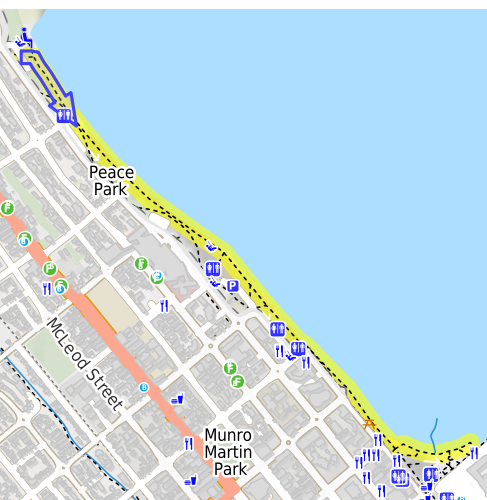
1 h to 1 h 45 min  
30 min to 45 min  
1 h to 2 h

4.9 km  
Return

↑ 28 m  
↓ 28 m

2  
Easy track

Starting from the car park off the Esplanade, Cairns North, this return walk gives you a tour of the coastal area next to the mudflats via a wheelchair friendly track, visiting a lagoon along the way. Take a leisurely stroll along the mudflats and the ocean, then cool off in the exceptionally scenic lagoon as you enjoy the coastal views. Featuring multiple cafes and playgrounds throughout, this flat and concrete track is great for families. You can bring your dog along as well, but make sure you keep him/her on a leash and away from the lagoon. The vast mudflat area next to the track is home to many migrating birds coming from all around the world. Amongst them, the eastern curlew is truly a sight to see with its long, eye-catching beak. Let us begin by acknowledging the Traditional Custodians of the land on which we travel today, and pay our respects to their Elders past and present.



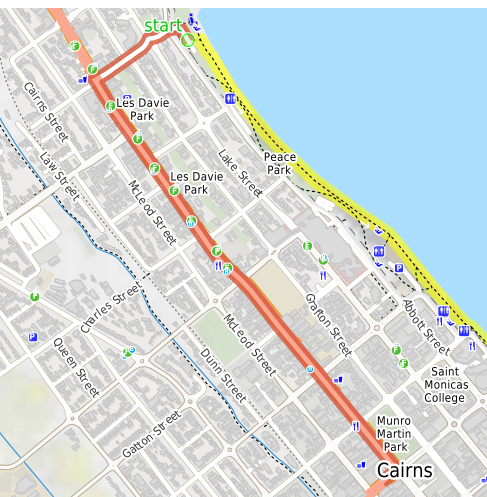
Class 2 of 6

Clear and well formed track or trail

Quality of track	Smooth and hardened path (1/6)
Gradient	Flat, no steps (1/6)
Signage	Clearly signposted (2/6)
Infrastructure	Generally useful facilities (such as fenced cliffs and seats) (1/6)
Experience Required	No experience required (1/6)
Weather	Weather generally has little impact on safety (1/6)

**Getting to the start:** From Florence Street, A1

- Turn on to Sheridan Street, 1 then drive for 1.9 km
- Turn right onto Smith Street and drive for another 255 m
- At roundabout, take exit 2 onto Smith Street and drive for another 205 m



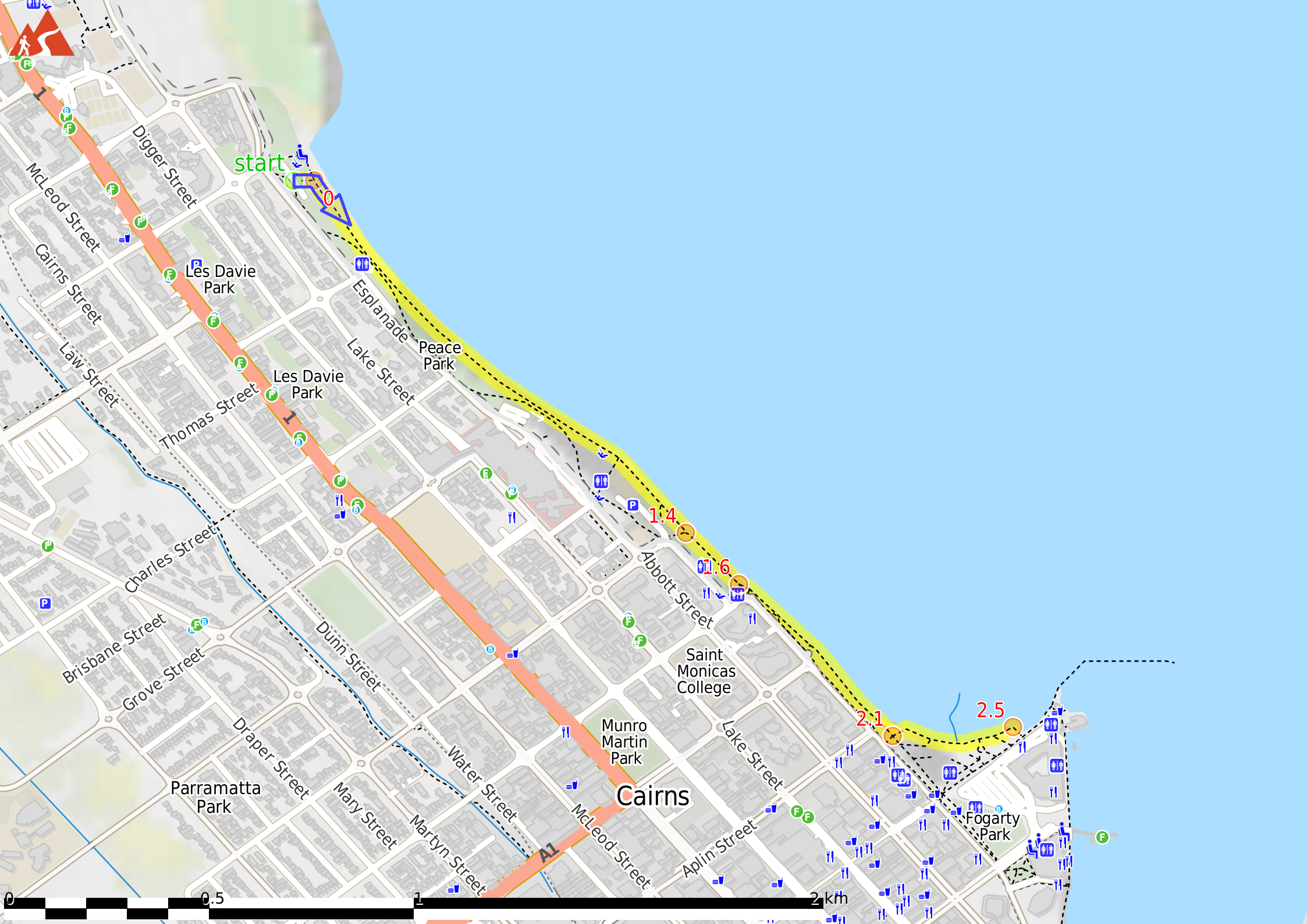
## Before you start any journey ensure you;

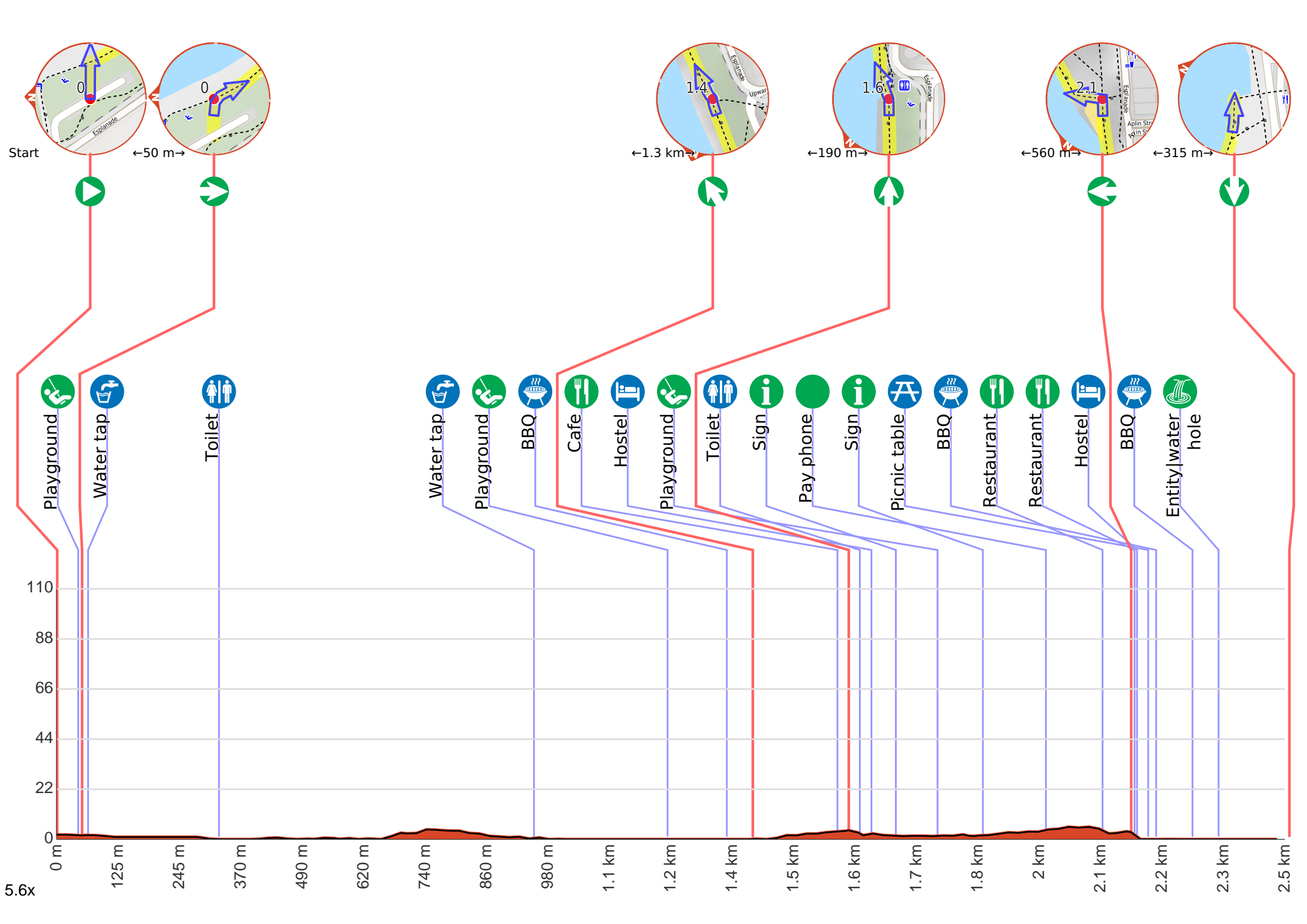
- Tell someone you trust where you are going and what to do if you are late returning
- Have adequate equipment, supplies, skills & knowledge to undertake this journey safely
- Consider weather forecasts, park/track closures & fire dangers
- Can respond to emergencies & call for help at any point
- Are healthy and fit enough for this journey

If not, change plans and stay safe. It is okay to delay and ask people for help.

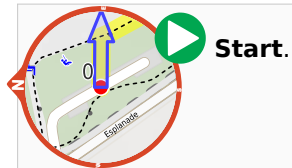
Share  
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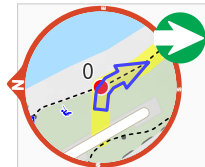




**Getting started:** From the car park off the Esplanade (across North Cove Waterfront Suites), head towards the ocean along the concrete walking track as you pass by a colourful, shaded playground to your left. As you come to the T intersection, turn right and follow the concrete track, keeping the ocean/mudflats to your left. Stay on the designated track to continue along Cairns Esplanade and Lagoon Track.



 Find the playground at the start.



After another 8 m **turn right**.



After another 10 m pass the water tap (on your right).



After another 260 m pass the toilet (25 m on your right).



After another 630 m pass the water tap (7 m on your right).



After another 265 m pass the playground (20 m on your right).



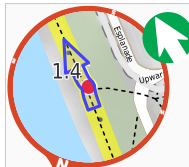
**Continue straight.**



After another 210 m pass the BBQ (15 m on your right).



**Continue straight.**



After another 100 m **veer left**.



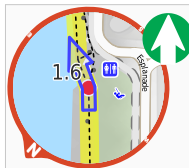
After another 170 m pass the "Muddy's Cafe" (15 m on your right).



After another 70 m pass the "Caravella Backpackers" (70 m on your right).



After another 130 m pass the playground (35 m on your right).



**Continue straight.**



After another 20 m pass the toilet (30 m on your right).



After another 8 m **continue straight**.



After another 65 m pass the "Cairns Foreshore Promenade" (7 m on your right).



After another 300 m pass the pay phone (45 m on your right).



**Continue straight.**



After another 25 m pass the sign (9 m on your right).



After another 330 m pass the picnic table (10 m on your right).



After another 15 m pass the BBQ (15 m on your right).



Then pass the "Barnacle Bill's" (55 m on your right).  
This restaurant is wheelchair accessible.

Mo-Su 11:30-23:00+



After another 65 m pass the "Villa Romana" (50 m on your right).

This restaurant is wheelchair accessible.

T: [+61 7 4051 9000](tel:+61740519000)

Mo-Su 06:30-23:00+



Then pass the "Jazz Cairns" (55 m on your right).

W: [jazzcairns.com.au](http://jazzcairns.com.au)



**Turn left.**



After another 125 m pass the BBQ (15 m on your right).



**Continue straight.**



After another 70 m find the "The Lagoon" (25 m on your right).

Salt water. No dogs allowed.



After another 50 m **continue straight**.



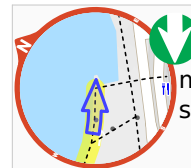
After another 35 m **continue straight**.



About 80 m past the end is "Howlin' Jay's".



About 100 m past the end is a toilet.



Turn around here and retrace the main route for 2.5 km to get back to the start.