



# ACTIVITIES

## EXPERIENCE THE TROPICS

Nature is the star of the show in Cairns & Great Barrier Reef, and its diversity offers endless opportunities for delegates to mix business with pleasure.



## ADVENTURE

Adventure is calling with so many opportunities for thrill seekers to get an adrenalin rush. Take in the sights and sounds of the rainforest while zip-lining through its canopy. Get a bird's eye view of the region while hurtling through the air during a skydive, floating among the clouds in a hot air balloon or bungy jumping in beautiful tropical surrounds. Closer to the ground, race your teammates mountain biking through the rainforest or set off for a kayak excursion off one of the many beaches.



## INDIGENOUS CULTURE

Venture into the rainforest and enter a world steeped in ancient Aboriginal and Torres Strait Islander culture with spirits and legends recorded in rock art. Take an Indigenous cultural tour to learn about ancient ancestral pasts and the secrets of bush medicine, or try your hand at spear and boomerang throwing. Have a go playing the didgeridoo or settle in for a traditional dance and musical performance and feel the rhythm move you.

## WILDLIFE

Witness some of Australia's most precious and beautiful birds in their natural habitat, encounter an elusive cassowary or spot a platypus in a stream. On the reef, dive with turtles, swim with the minke whales or spy Nemo amongst the corals. Get up close and personal with the local residents of one of the region's wildlife parks by cuddling a koala, hand-feeding kangaroos, pole-feeding a crocodile or, for the more daring, posing for a photo with a python.



## LIFESTYLE

Reconnect with your inner self and indulge in a pampering session at one of the region's many award-winning spas. Shop 'til you drop at the many exclusive boutiques dotting the main streets of Port Douglas, Palm Cove and Kuranda. Unwind on the beach with a book and the gentle sea breeze or a sunrise yoga class to leave you revitalised and relaxed. For a more active venture, take part in the many free fitness classes offered at the Cairns Esplanade and start the day on an energetic note.



## FOOD TRAILS

The region offers a smorgasbord of flavours with something to tantalise everyone's taste buds. Enjoy a unique food and wine experience traveling from Cairns to the lush Atherton Tablelands. Visit a tropical fruit winery, an award-winning distillery, a cheese and chocolate factory or coffee and macadamia plantations. Venture off the beaten track, onto small family farms and hear the stories behind regional fare and how it travels from paddock to plate all the while savouring the mouth-watering flavours of the tropics.



## ARTISTIC FLAIR

A great way to immerse yourself in the regional culture is to visit the many art galleries and boutiques in Cairns, Port Douglas and Kuranda. Discover a variety of art forms on show from oil on canvas, ceramics, glassware, sculpture and photography. Learn about Indigenous artwork with historical exhibitions and get acquainted with the various Aboriginal and Torres Strait Islander artists from this region. For a lasting memento, treat yourself to a piece from one of the galleries or even directly from the artists themselves.

