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Population

130.000

Currency

Australian Dollar (AUD) \$1 = 100 cents

Opening hours

Generally stores & shopping mall are opened 7 days a week, late night shopping on a Thursday night until 9pm. Sunday from 4–5pm. Closed only christmas day.

Internet

www.cairns.com.au

www.cairns.aust.com

www.cairnsattractions.com

Newspapers

The Cairns Post

The Cairns Sun

Emergency numbers

000 (Police, Fire and Ambulance)

Tourist information

Cairns & Tropical North Visitor Information Centre

51 The Esplanade, Cairns 4870

Open 7 days from 8.30am–6.30pm. Closed Good Friday,

Christmas Day & New Years Day.

Tel: +61 7 4051 3588

www.cairnsgreatbarrierreef.org.au

CAIRNS

PUBLISHING DATE: **2012-03-30** | COUNTRY CODE: **AU**

Contents: The City, Do & See, Eating, Cafes, Bars & Nightlife, Shopping, Sleeping, Essential Information, Maps

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People have been flocking to Cairns in search of treasure since the first gold rush. However, today prospectors come to mine the abundance of natural and environmental treasures that surround the city. With the tropical rainforest and the Great Barrier Reef in close proximity, Cairns attracts a young and intrepid crowd that adds to the vibrancy of this lively and welcoming city.

THE CITY



© Neal Jennings

The city's landmark is the Esplanade, which fringes the shoreline for 2 km and provides a place for locals and visitors to walk, cycle, lounge by the lagoon and generally enjoy the sun. As the focal point of the city, the Esplanade is always alive with various musical and cultural events and is also home to many fine restaurants and bars.

Just back from the Esplanade is City Place, a modern European-styled piazza where there are plenty of shopping and eating opportunities and many of the city's cultural and entertainment attractions. Dotted around this area, particularly along Wharf Street, you will also find a number of Cairns' older and historical buildings with their signatory wide verandas and porches.

Outside of the Central District, the suburb of Edgehill is home to the Tanks Centre, a lively local arts space, the Flecker Botanical Gardens and the Whitfield Range Environmental Park. While for those looking to hit the beach, there is a bus service running to some spectacular stretches of sand about 15 minutes north of the city.



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DO & SEE



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Cairns offers endless possibilities to explore, learn and meet interesting people. The nature is breathtakingly beautiful and the people friendly and helpful. There's always something exciting going on and if you're all adventured out, there are plenty of options when it comes to taking it easy, and hey - why not get a nice tan while you're relaxing?

The Esplanade

The Esplanade is full of cafés and restaurants and there are also bbq areas where you can sit down with friends and use the big grills. Stroll along the promenade, splash about in the famous lagoon, enjoy some of the free events or just soak up the sun!

Internet: www.cairnsesplanade.com

Great Barrier Reef

No trip to Cairns would be complete without a day spent exploring the Great Barrier Reef. One of the largest and most experienced reef cruise operators is Quicksilver, which operates daily cruises to the outer

reef and islands from Cairns and Port Douglas. The company has over 50 Great Barrier Reef dive sites and eleven major vessels in its fleet.

Address: Reef Fleet Terminal Cairns
Phone: +61 7 4087 2100
Internet: www.quicksilvergroup.com.au

Tjapukai Aboriginal Cultural Park

Discover the aboriginal cultural park showcasing the culture and beliefs of the rainforest people of Tropical North Queensland through theatres, stage shows, boomerang/spear throwing & bush medicine.

Address: Western Arterial Road, Caravonica
Phone: +61 7 4042 9900
Internet: www.tjapukai.com.au

White Water Rafting

There are three rivers in Cairns suitable for rafting, each with its own degree of difficulty. It is a great experience and also team building to face the impressive rapids together. RnR White Water Rafting is a White Water Rafting specialist in Australia and they offer a wide range of different tours.

Barron River is a Grade 3 which makes it perfect for everybody in the ages 13 to 99.

Tully River is a Grade 4 and contains up to 45 rapids, while you're at it, try raft surfing, rapid swimming and rock jumping with your guide.

North Johnstone is a Grade 5 and the trip spans over 4 adventurous days with camping and helicopter rides.

Address: Cairns
Phone: +61 7 4041 9444
Internet: www.raft.com.au

Green Island

Tropical and magical Green Island is a unique part of the Great Barrier Reef with boardwalks that take you through the lush island rainforest of the National Park to the luxury of Green Island Resort where visitors can browse the shops or make use of the facilities

including fresh water showers, change rooms, restrooms and lockers.

A half day or full day tour to Green Island gives you the option to snorkel, dive and swim in the clear island ocean waters, explore Green Island National Park, Scuba Dive, Parasail or simply relax on the white sandy beach.

Address: Reef Fleet Terminal, 1 Spence St. Cairns Qld Australia 4870
Phone: +61 7 4051 0444
Internet: www.greenisland.com.au

Jungle Surfing

Jungle Surfing is located on a private reserve 2,5 hours drive north of Cairns. The property borders the Daintree Cape Tribulation National Park and offers stunning rainforest as well as views over the Great Barrier Reef. Jungle Surfing is an exciting and adventurous way to experience the spectacular Daintree Rainforest and being up there in the canopy gives you unparalleled access to the heart of the Daintree.

Address: Cape Tribulation
Phone: +61 7 4098 0043
Internet: www.junglesurfing.com.au
More Info: Courtesy pick ups from all accommodation in Cape Tribulation is part of the deal when you purchase a Jungle Surfing tour with Jungle Surfing Canopy Tours.

Mossman Gorge

Amazing Mossman Gorge lies 80 kilometers north of Cairns. It is a river with magic blue green waters surrounded by enchanting rainforest. The water is refreshingly cool and it is a peaceful place to go swimming - beware of the rapids though. This area is part of the traditional homeland of the indigenous tribe of Kuku Yulanji.

Address: Mossman Gorge

Cairns Rainforest Dome

Meet the animals and learn about the fragile ecology of the rainforest right in the heart of Cairns. This spectacular wildlife exhibit is enclosed by a 20 meter

high glass dome on top of the Reef Hotel Casino. Be surrounded by birds such as parrots, cockatoos, lorikeets, doves and rosellas and see for yourself how cute the rainforest wallabies are.

Address: Reef Hotel, 35-41 Wharf Street
Phone: +61 7 4031 7250
Internet: www.cairnsdome.com.au

Cairns Botanic Gardens

Learn about Aboriginal plant use and wonder at the flora and fauna at this tropical oasis of 38 hectares of native Australian gardens.

The Cairns Botanic Gardens area is divided into four distinct areas:

Flecker Gardens
Centenary Lakes
Mt. Whitfield Conservation Park
Tanks Art Centre

Address: Collins Avenue, Edge Hill
Phone: +61 7 4044 3398
Internet: www.cairnsattractions.com

Daintree Rainforest

Experience the splendour of this World Heritage listed rainforest. At around 1,200 km² the Daintree is the largest continuous area of tropical rainforest on the Australian continent.

Internet: www.daintreerainforest.com

Kurunda Scenic Railway & Skyrail Rainforest Cableway

Board the famous Kuranda Scenic Rail for a breathtaking journey on one of the world's most scenic operational rail journeys to the charming town of Kurunda and a return journey by cable car across the canopy of the rainforest.

Address: Cairns Railway Station
Phone: +61 7 4036 9333 / +61 7 4038 1555
Internet: www.ksr.com.au, www.skyrail.com.au
More Info: Cairns Railway Station, Bunda Street and corner of Captain Cook Highway and Cairns Western Arterial Road

Cairns Historical Museum

Exhibition displaying the history of Cairns beginning with the Aboriginal and Islander beginnings as well as the early timber, mining and agricultural industries.

Address: Cnr Lake & Shields St, City Place
Phone: +61 7 4051 5582
Internet: www.cairnsmuseum.org.au

Cairns Regional Gallery

Exhibitions showcasing the visual art of Far North Queensland.

Address: Cnr Abbott & Shields Streets
Phone: +61 7 4046 4800
Internet: www.cairnsregionalgallery.com.au

EATING



© jazzlah

The cuisine of Cairns is similar to the rest of Australia in that it has absorbed many influences from the migrants who have arrived at its shores. Thus, there is a fusion of South East Asian and Mediterranean influences with more traditionally Western style traditions. Cairns also draws on the natural environment for its sources, and there is an abundance of fresh seafood, native meats and locally produced fruit and vegetables.

Rattle n Hum Bar & Grill

This is a great place to go whether it is for lunch, dinner or just a drink. The atmosphere is laid back and there's always a friendly crowd. The portions are big and the food is tasty the perfect Aussie pub experience.

Address: 65-67 The Esplanade

Phone: +61 7 4031 3011
Internet: www.rattlenhumbar.com.au

The Pier Bar & Grill

The Pier Bar & Grill is a little more upscale, with a somewhat older crowd. The location is perfect, overlooking the water. They have a wide range of local as well as international beers and offer wood fired pizzas and char grill food.

Address: Pierpoint Road
Phone: +61 4031 4677
Internet: www.pierbar.com.au
More Info: The Pier Marketplace

Ochre restaurant

Contemporary styled restaurant bringing an imaginative approach to native food fresh local seafood, bush food, game and other regional Australian cuisine.

Address: 43 Shields Street
Phone: +61 7 4051 0100
Internet: www.redochregrill.com.au

L'Unico @ Trinity Beach

Talk about a fantastic setting! Sit ocean side on the veranda enveloped by palm trees. Take the 20 km drive and enjoy upscale Italian fare for both tourists and locals. Try the char grilled vegetables with goat cheese or the mussels Napoletana.

Address: 75 Vasey Esplanade, Trinity Beach Q
Phone: +61 7 4057 8855
Internet: www.lunico.com.au

Cock & Bull

There are many reasons to have dinner here, the first and foremost is that this is where the locals go - and they should know. Boasting two kitchens, a tropical garden, pool tables, multiple big screen televisions and ever smiling staff, Cock & Bull has reason to be proud of themselves.

Address: 6 Grove Street
Phone: +61 7 4031 1160
Internet: www.cockbull.net.au

Cafe China Seafood Restaurant & Noodle Bar

An award winning restaurant known for its exquisite Chinese-infused seafood cuisine. Caters fresh Asian cuisine and hospitality to regulars as well as tourists.

Address: 32-40 Spence Street
Phone: +61 7 4051 0423
Internet: www.cafechina.com.au

Tamarind Restaurant

This is the signature restaurant of the Reef Hotel Casino, - an exclusive restaurant serving a delicious mix of Asian and Western cuisine in an intimate setting.

Tamarind recently won the "Best Fine Dining" category at the '2011 North Queensland - Savour Australia™ Restaurant and Catering Association.

Address: 35-41 Wharf St
Phone: +61 7 4030 8897
Internet: www.reefcasino.com.au/tamarind
More Info: Reef Hotel

CAFES



© Nicky Jurd

Boardwalk Café

Drink in the sights of the marina, while enjoying the divine selection of coffee and cakes.

Address: Wharf St
Phone: +61 7 4031 5496
More Info: The Pier Quayside

Coast Roast Coffee

Overlooking the Cairns lagoon, this is the perfect location for a spot of people-watching. Excellent value for money as well with hot coffee and helpful staff.

Address: 7a The Esplanade, Cairns 487
Phone: +61 402348482
Internet: www.coastroast.com.au

Fusion Organics

Fusion Allergy Free Café has an excellent selection of food and drink, catering specifically for vegetarians. Situated three blocks from the Esplanade and boasting a covered courtyard, it's over all a great experience hanging out here.

"Faces of the world cover the walls world music plays and world food is served to remind everyone that we are in fact one people just living in different parts of the planet with different stories but with the same concerns."

Address: 2/135 Grafton Steet, Cairns
Phone: +61 7 4051 1388
Internet: www.fusionorganics.com.au

Tiny's Juice Bar

Sample the fruits of the rainforest and get your energy levels soaring for the day ahead. A quick and yummy way to stay healthy.

Address: 45 Grafton Street
Phone: +61 7 4031 4331

Perrotta's at the Gallery

A café/restaurant that is lively and stylish, boasting a mix of fresh local produce and upscale edibles. The coffee is superb and try and leave room for one of its divine desserts. Located only metres away from the CBD and the Esplanade lagoon, with an outdoor seating area that lets you sit down and take a break while watching other people go by their busy days.

Address: 38 Abbott St
Phone: +61 7 4031 5899
More Info: Regional Gallery

The Lillypad Cafe

The Lillypad Cafe is excellent for lunch, you get a huge feed for super cheap, and always delicious! It is extra recommended if you're looking for organic, vegetarian and healthy food.

Address: Grafton Street
Phone: +61 7 4051 9565

The Gingerbread House Bakery

The Gingerbread House Bakery has exquisite pastries and cookies. The staff here promises "freshest, high class products made with passion" for their customers.

Address: 90 Lake Street
Phone: +61 7 4041 4123
Internet: www.gingerbreadhousebakery.com

BARS & NIGHTLIFE



© Paul Mannix

After a hard day trekking through the rainforest or diving on the reef, hit the town and share a few stories (and a few beers) with the crowds who converge on the city's bars after dark. Be prepared to party hard!

If you've still got the energy after the day's exertions and the night's shenanigans, then hit one of Cairns nightclubs where the party continues until the early morn.

Gilligan's Backpackers Bar

Renowned party venue, maybe the biggest one in Cairns. Popular among locals and backpackers alike. From Thursday to Sunday the back deck by the pool shows off some of Cairns most popular live bands and

Dj's.

Address: 57-89 Grafton Street
Phone: +61 7 40 402 777
Internet: www.gilligansbackpackers.com.au

The Pier Bar

Great place to down a few beers while watching the sunset from the deck. Simply awesome! Be prepared though, because as the night passes, the crowd grows, and you better be ready for a night of chatting up handsome strangers.

Address: Pier Marketplace
Phone: +61 7 4031 4677
Internet: www.pierbar.com.au

The Woolshed

Late night watering hole popular with the backpacking crowd. Riotous fun that usually ends up with quite a few people shaking their behinds on top of the tables.

Address: 24 Shields Street
Phone: +61 7 4031 6304
Internet: www.thewoolshed.com.au

PJ O'Briens

Great atmosphere, live music and excellent drinks. P.J. O'Briens is an Irish pub full of tourists, locals and backpackers, all of which are having a good time, enjoying the fun atmosphere.

Live Party Bands on the weekends, Coyote Ugly Girls Wednesdays & Saturdays and Happy Hours Every Night!

Address: 87 Lake Street
Phone: +61 7 4031 5333
Internet: www.pjobriens.com.au

Vertigo Bar & Lounge

Vertigo Cocktail Bar & Lounge is a perfect meeting place and one of the best live music venues in Cairns. There are live bands playing four nights a week from Wednesday to Saturday. From Latino to Jazz, and everything in between, everybody's happy with the

music, if not, you can do something about it: join in on the fun with iSing Karaoke, every Sunday.

Address: 38-41 Wharf St
Phone: +61 7 4030 8888
Internet: www.reefcasino.com.au
More Info: The Reef Hotel Casino

Cairns Tropic Jazz Club

Excellent array of domestic and internationally acclaimed jazz stars, open for music lovers and dancers. The Jazz Club meets every Thursday for great food and bar service and to see visiting musicians from overseas perform with local musicians at a FNQ live Jazz music haven.

Address: Wharf St
Phone: +61 7 40 413011
Internet: www.tropicjazz.org.au
More Info: Historic Cairns Yacht Club

Met Bar

Formerly Metropolitan, eat in style, and drink inventive cocktails on the open balcony overlooking the city centre. Fun and funky, smoke a cigar in Cairn's only cigar room!

Address: 15 Spence Street
Phone: +61 7 4041 0258
More Info: Level 1

The Green Ant Cantina

The Green Ant has a good old fashioned beer garden and has become an institution among its regulars thanks to boutique beers, great wines, cocktails and awesome Mexican fusion cuisine.

Address: 183 Bunda St.
Phone: +61 7 4041 5061
Internet: www.greenantcantina.com

The Mad Cow Tavern

The Mad Cow has a reputation to live up to, and you can join in on the fun! Take advantage of one of the hottest bars in Cairns. The drinks are strong and stronger. Test your muscles.

Address: 25-27 Spence St
Phone: +61 7 4051 8872

SHOPPING



© telly telly

If by some quirk you tire of the natural abundance of beauty surrounding you, and you're looking to splash some cash reveling in the pleasures of some serious shopping, then Cairns has a host of different consumer options.

The Central Business District is the major place to head for where you will find a number of boutiques selling that must-have outfit, through to the arts and craft shops selling local Aboriginal handcrafted works and other souvenirs.

For that air-conditioned shopping mall experience, head to Cairns Central which has 170 speciality shops and department stores. Look out for Aussie Bush Hats and Oilskins, where you can pick up all the equipment needed for a trek in the rainforest. Nearby, on the Esplanade, is The Pier Market Place, which also has a wide range of speciality shops but is particularly good for souvenirs and art.

However, if you prefer your shopping experience to be a little more real and wholesome then head to one of Cairns many markets. On the Esplanade there is a nightly market (4pm-11pm) and on Saturday there are stalls selling some wonderful jewellery. Be sure to save some money for Rusty's Market held at Gilligan's Backpackers Hostel every weekend, where you can pick up some of the region's finest food.

SLEEPING



© Dai Fujihara

You don't have to worry about finding a place to stay, no matter your budget there is plenty of accommodation to choose from in Cairns.

Sofitel Reef Casino

The Reef Hotel has 128 luxurious rooms, all of them with its own spa bath and private garden balcony. There is a simple elegance to this hotel, with a charming North Queensland decoration, type plantation shutters and light timbers. Hotel facilities include gym, sauna and a rooftop swimming pool.

Address: 35-41 Wharf Street
Phone: +61 7 4030 8888
Internet: www.reefcasino.com.au

Shangri-La Hotel

Set on the beautiful seaside marina, this distinguished hotel provides minimalist style chic with some rooms overlooking the Marlin Marina and the Coral Sea.

As the Marlin Marina is the gateway to the fantastic Great Barrier Reef, the hotel offers a range of ways to explore the reef.

Address: Pierpoint Road
Phone: +61 7 4031 1411
Internet: www.shangri-la.com/en/property/cairns/shangrila

The Hotel Cairns

Located in the heart of the city, yet hid behind tropical trees and plants, The Hotel Cairns is a four star Resort hotel offering an outdoor pool and spa, a modern cardio gymnasium, function rooms and a welcoming

indoor/outdoor restaurant The Plantation Bar & Grill.

Address: 6-12 Florence Street
Phone: +61 7 4051 6188
Internet: www.thehotelcairns.com

Cairns Central Yha Backpackers Hostel

The perfect place for a backpacker: Cairns Central YHA Backpackers Hostel has everything a backpacker needs. Close to the Esplanade and all that entails such as pubs, shops and cafés, and of course Trinity Point, which is the departure of Great Barrier Reef cruises and tours.

Address: 20-26 McLeod Street
Phone: +61 7 4051 0772
Internet: www.yha.com.au/hostels/qld/cairns-surrounds/cairns-backpackers-hostel/

Bohemia Resort

Excellent budget accommodation with stylish well-maintained rooms. The Bohemia Resort has 72 individual rooms, all of them with its own personal style playfully created with furniture, layout and paint.

Address: 231 McLeod Street
Phone: +61 7 4041 7290
Internet: www.bohemioresort.com.au

Cairns Coconut Holiday Resort

Cairns Coconut Holiday Resort situated on the southern entrance to Cairns, surrounded by lush palm trees and tropical gardens.

Address: Cnr Bruce Hwy & Anderson Road
Phone: +61 7 4054 6644
Internet: www.coconut.com.au

Travellers Oasis Backpackers

This is a charming guest house offering clean and cosy accommodation for the budget aware traveller. There are two well equipped kitchens, possibility to do laundry, a swimming pool and a chill out area with a relaxing hammock.

Address: 8-10 Scott Street
Phone: +61 7 405 21377

Internet: www.travoasis.com.au

Mantra Esplanade Cairns

On the water front, minutes away from the yacht harbour, lies Mantra Esplanade Cairns a spacious and contemporary hotel with a fully equipped kitchen and laundry.

Address: 53-57 The Esplanade
Phone: +61 7 4046 4141
Internet: www.mantraesplanadecairns.com.au

ESSENTIAL INFORMATION



© Ken Hodge

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Exchange Office

There are more fun things to do on your holiday than look for exchange offices or ATMs. Exchange your currency before you leave and get time to do things that you really want. At Forex Bank you can always buy foreign currency free of charge, at hours that suits you. For more info about Forex Bank visit our website or click:

<http://www.forex.se/sv/Om-FOREX/Bankbutiker/>

Airport

Cairns International Airport is located 7 km from Cairns CBD.

Free taxi telephones are located in the arrival halls and the taxi ranks are immediately outside the terminal. The average fare to the city is \$15-\$20.

Internet: www.cairnsairport.com

To And From Airport

Australia Coach operates an airport shuttle bus service to hotels and the city centre and costs \$8.00 per person.

Phone: +61 7 4048 8355
Internet: www.australiacoach.com

Public Transport

Sunbus provides the only form of public transport in the area. Daily, weekly and monthly passes are available as a series of zonal tickets, allowing unlimited travel in defined areas.

Phone: +61 7 4057 7411
Web: www.sunbus.com.au

Bicycles and scooters can be hired from Bolwell Scooter World.

Address: 47 Shield Street
Phone: +61 7 4031 3444
Web: www.cairnsbicyclehire.com.au

Taxi

Black and White Taxis

Phone: +61 7 131 008 / +61 7 4048 8311
Internet: www.blackandwhitetaxis.com.au

Post

Cairns Central Post Office is located on Grafton St.

Opening hours: 08.30am-5.30pm on weekdays

Pharmacy

For information and advice call +61 7 4052 1119.

Dentist

For information and advice call +61 7 4052 1119.

Telephone

Area code: 07

Country code: +61



Abbott Street	C1 C2 C3	Gatton Street	A2 B1	Mulgrave Road	A3
Aplin Street	C2	Gelling Street	A1	Ogden Street	A4
Archie Street	A2	Grafton Street	B2 C3	Owen Cl	B4
Balfe Street	A2 A3	Grimshaw Street	B3	Palm Avenue	B3
Beryl Street	A1	Grove Street	A1 A2 B1	Pembroke Street	A2
Bollard Street	A4	Hartley Street	A4 B4 C3 C4	Plath Street	B4
Buchan Street	A4	Joan Street	A4	Quigley Street	A3
Bunda Street	B3 B4 C4	Kenny Street	B4 C4	Robb Street	B3
Bunting Street	A3 A4	Kerwin Street	B1	Scott Street	A4 B3
Cairns Street	A1	Kidstone Street	A4	Severin Street	A2 A3
Charles Street	A1 B1	Lake Street	B1 C2 C3	Sheridan Street	B2 C3
Clare Street	A2 A3	Little Spence Street	A4	Shields Street	C3
Denbeigh Street	A2	Loeven Street	A3 B3	Spence Street	A4 C3 D3
Digger Street	B1	Lumley Street	B3	Terminus Street	B3
Draper Street	A1 A2 B4	Maranoa Street	A2 B2	Upward Street	A4 B1 B2
Dunn Street	A1 A2	Martyn Street	A1 A2 B2	Victoria Street	A3
Dutton Street	C3 C4	Mary Street	A2	Warrego Street	B3
Esplanade	B1 C2	McLeod Street	A1 B2 B3 C3	Water Street	B2
Fearnley Street	A4 B4	Miller Street	A3	Wharf Street	D3
Florence Street	B2	Minnie Street	A3 B2 C2		