The lighthouse will guide you. Look for the lighthouse track markers to guide you. There are around 200 markers along the route, including signs with maps at key access points and on lookout signs.

Plan ahead...
► Transport - If you are planning a one way walk then you may need to arrange pickup or drop a car off in advance at your destination.
► Check the Tides - Walking along the beach is easiest at low tide. Some areas best walked at low tide include creek crossings at Arrawarra and Moonee Creek and around rocks on Campbells Beach. Tide and weather: www.bom.gov.au
► Prepare for the weather - Wearing sunscreen, sun glasses and a hat will provide protection from the harsh conditions. Conditions can change rapidly.
► Water - Carry a water bottle. These can be refilled at the toilet blocks and picnic areas shown on the map.
► Food - Carry a picnic or purchase along the way. All rubbish is to be carried out to help keep this area beautiful.
► In Case of Emergency call 000

More information
► Track Information
► Natural Path
► Sealed Path
► Water Crossing
► Toilet
► Other Walks

For information about a range of accommodation, transport and tour options:
Coffs Coast Visitor Services
Ph 1300 369 070
Ph 02 6648 4900
www.coffscost.com.au
For information about Moonee Beach, Corindi Beach and Red Rock Holiday Parks:
www.northcoastholidayparks.com.au
For information about about Moonee Beach, Sawtell, Woolgoolga Beach and Woolgoolga Lakeside Holiday Parks:
www.coffscostholidayparks.com.au
For information about weather and tides:
www.bom.gov.au
For information about Coffs Coast Regional Park, Moonee Beach Nature Reserve, Yuraygir or Bongil Bongil national parks:
www.nationalparks.nsw.gov.au

Red Rock
Turn back the clock and unwind
Red Rock is an authentic fishing and holiday village named after the stunning rock formations at the headland and mouth of the estuary.

How to get there
Park outside the Red Rock Holiday Park on Lawson Street. A large sign near the entrance to the park will guide you to the beach access past the surf club to begin the walk.

What's available:
► Picnic area and playground by Corindi River
► General store
► Accommodation includes: camping, cabins and holiday rentals
Nearby is Yarrawarra Aboriginal Cultural Centre, 140 Red Rock Road, Corindi Beach.

Woolgoolga Headland
Keep an eye out
Woolgoolga Headland provides spectacular views to the Solitary Islands, nearby beaches and hinterland. Whales pass through between May and November - come watch the show.

How to get there
Drive through to the end of Ocean Street. Parking is available on the headland, or alternately park in town and walk up to the headland following the signs from the main beach.

What's available:
► Picnic area and playground at Woolgoolga Beach
► Cafes, restaurants and shops
► Accommodation includes: camping, cabins, motels and holiday rentals

Arrawarra Headland
Engage in a little sea and beach culture
Arrawarra means meeting place in Gumbaynggirr and continues to be a great meeting place for families and friends. A return half day walk south is rewarded with breathtaking views from Ocean View and Mullaway headlands.

How to get there
Turn north into Arrawarra Road off Mullaway Drive and continue to the end.

What's available:
► Picnic area
► Accommodation includes: holiday rentals and camping and cabins across the creek and down the beach
► General store at nearby Mullaway

Look At Me Now
See for yourself
Look At Me Now is a place of many stories. A short loop trail takes you around the headland, a significant Aboriginal site. It offers great views over the ocean, South Solitary Island with its lighthouse, deserted Moonee Beach, the village of Emerald Beach and Mount Coramba and surrounding mountains out west.

How to get there
Turn east off the Pacific Highway onto Fiddaman Road, turn right at Dammerel Crescent and continue to the carpark.

What's available in nearby Emerald Bch:
► Picnic area and playground
► Accommodation includes: holiday rentals, camping areas across the creek and down the beach
► Cafe and General store

Beaches and headlands may be hazardous. Look after yourself and others in your care. Beaches are seasonally patrolled at: Sawtell Beach, Park Beach, Diggers Beach, Sapphire and Woolgoolga. For information on rips: www.ripcurrents.com.au

Dogs in public places must generally be leashed and under effective control. For information on leash-free areas: www.coffs harbour.nsw.gov.au

Dogs are not permitted in Moonee Beach Nature Reserve. For the southern end of Woolgoolga Beach, Park Beach north, Diggers Beach, Emerald Beach south of Fiddamans Creek, Sandy Beach, Sawtell Beach and Jetty Beach.

For information and games about plants and animals living in the NSW coastal environment:
www.wildquest.nsw.gov.au
Be fascinated by the diverse life that thrives on the rocky shores.

Experience wildlife first hand but do not approach these wild animals.

Woolgoolga Headland - Take advantage of headland views to the Solitary Islands.

Muttonbird Island - Take advantage of the facilities and services and take a stroll along the Jetty foreshores, the historic Jetty itself, the Manna and the Northern Breakwall and admire the scenic harbour views. The hilly island dominating this view is Muttonbird Island Nature Reserve, home to thousands of wedge-tailed shearwaters. Its walking track offers exceptional views back to Coffs Harbour.

How to get there:
Turn east off Harbour Drive onto Marine Drive

What's available:
- Picnic areas and playgrounds
- Cafes, restaurants and shops
- Accommodation includes: camping, cabins, motels and holiday rentals

Coffs Jetty
Everything at your fingertips
Coffs Jetty is a thriving hub of activity. Take advantage of the facilities and services and take a stroll along the Jetty foreshores, the historic Jetty itself, the Manna and the Northern Breakwall and admire the scenic harbour views. The hilly island dominating this view is Muttonbird Island Nature Reserve, home to thousands of wedge-tailed shearwaters. Its walking track offers exceptional views back to Coffs Harbour.

How to get there:
Turn east off Harbour Drive onto Marine Drive

What's available:
- Picnic areas and playgrounds
- Cafes, restaurants and shops
- Accommodation includes: camping, cabins, motels and holiday rentals

Bonville Headland, Sawtell
Enjoy the ambience on tap
Sawtell is a cosmopolitan seaside village set between two creeks and headlands. Walks on Boambee and Bonville headlands offer striking views to the Solitary Islands and Boambee Creek to the north and Bonville Creek to the south provide opportunities for swimming, fishing, canoeing or kayaking, picnicking and general lazing about.

How to get there:
From First Avenue, turn southeast into Boronia Street. Drive through to the end where parking is available on Bonville Headland.

What's available:
- Picnic areas and playgrounds
- Cafes, restaurants and shops
- Accommodation includes: camping, cabins, motels and holiday rentals

Diggers Headland
Lots to do
Diggers Beach is ever-popular. Swim under the watchful eye of Lifeguards, on duty during summer holidays, or learn to surf with expert instructors. Take a break from the beach in the picnic area and playground or walk to nearby Macauleys or Charlesworth Bay and take in the spectacular scenery offered on the headlands.

How to get there
Turn east off the Pacific Highway onto Diggers Beach Road opposite the Big Banana and drive through to the end.

What's available:
- Picnic area and playground
- Cafes and restaurants at resorts
- Accommodation includes: resorts and holiday rentals

Korora
Explore a little further
Korora means stormy seas and is a great staging area from which to explore the headlands and rainforests to the south through Charlesworth Bay and on to Diggers Head and Diggers beach.

How to get there
Normal Hill picnic area is at the end of Norman Hill Drive. Turn off the Pacific Highway onto James Small Drive, east onto Korora Bay Drive, north onto Links Avenue and east on to Norman Hill Drive.

What's available:
- Picnic area and playground
- Accommodation includes: resorts, cabins, motels and holiday rentals

Moonee Beach
Birds aplenty
Moonee Creek is a great place for spotting shorebirds, birds of prey and waders. If heading north, crossing the creek can present a challenge. Expect to get wet. It is best tackled at low tide for a waist deep crossing.

How to get there
Turn east into Moonee Beach Road and continue to the end.

What's available:
- Picnic area
- Accommodation includes: camping and cabins
- Shopping centre near the highway

Watch for Whales - May to November - from headlands, Muttonbird Island or take a tour.

Coffs Harbour
Be fascinated by the diverse life that thrives on the rocky shores.
**Arrawarra - This Walk is part of the traditional walking route of the Gumbaynggirr People.**

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**Distance between locations with a map on a directional sign**

<table>
<thead>
<tr>
<th>NORTH</th>
<th>Distance (km)</th>
<th>SOUTH</th>
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<tbody>
<tr>
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</tbody>
</table>

**MD** = free standing map on a directional sign, **LO** = lookout sign in the ground or on a structure

* Distances shown are indicative and may vary according to beach conditions, the tide and your chosen path.

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**Wheelchair assisted sections include the Jetty through to Park Beach, and Bonville, Look At Me Now and Woolgoolga Headlands.**

**Generally the walk has short steep sections and steps particularly at beach to headland accesses. The track includes raised platforms, paved sections and natural surfaces.**

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**Australian Walking Track Grading System**

- Wheelchair assisted sections include the Jetty through to Park Beach, and Bonville, Look At Me Now and Woolgoolga Headlands.
- Generally the walk has short steep sections and steps particularly at beach to headland accesses. The track includes raised platforms, paved sections and natural surfaces.

**MD** = free standing map on a directional sign, **LO** = lookout sign in the ground or on a structure

* Distances shown are indicative and may vary according to beach conditions, the tide and your chosen path.