An exciting journey of discovery, linking Coffs Coast to the New England Tableland, through a landscape rich in culture and natural history. Come and start your own story.
Design and Production Team:  
Manuela Taboada, Hazel Wallace, Sue Webber and Martin Lang, at the Centre for Ecological Economics & Water Policy Research, University of New England, in collaboration with local community members and stakeholders.

Printed by:  
Finsbury Print on 100% recycled paper using soy inks.

© 2007 New England Ecotourism Society

Disclaimer of liability

New England Ecotourism Society (NEES) is a not-for-profit, incorporated organisation and proponent of the New England to Coffs Coast Cross Region Sustainable Tourism Strategy, an Australian Government-funded initiative under the Australian Tourism Development Program. NEES does not invite reliance upon, nor accept responsibility for, the information it gathers or act upon in the execution of such gathering. NEES makes every effort to provide users with accurate, complete and timely information. The information contained in this document has been prepared with due care and has been gathered from sources believed to be reliable. NEES seeks to make available to the fullest extent information of all types and from reliable sources. NEES cannot guarantee the accuracy, completeness or timeliness of such information. NEES shall not be liable, whether in contract or in tort, for any damage, loss or expense caused directly or indirectly by reliance on such information.

NEES does not guarantee that hypertext links to non-NEES sites are accurate or accessible. NEES does not assume responsibility for the content of any linked site. NEES recommends that users ensure the information obtained from any linked site is up to date, current and accurate.

Contents

Location Map .................................................. 3
Introduction .................................................. 4-5
A Taste of the Way ............................................. 6
A Food and Wine Journey ................................. 8-9
Meet the Birds .................................................. 10-11
A Bird Watching Journey ................................. 12-15
Another Way to Travel ...................................... 16-17
A Cycling Journey ............................................ 18-19
The Way of the Child ........................................ 20-21
The Way of the Spirit ........................................ 22
Green Travel .................................................... 23
Getting Here .................................................... 24

Welcome as waters unabashed by the summer
Are the voices of bell-birds to the thirsty far-comers.
When fiery December sets foot in the forest,
And the need of the wayfarer presses the sorest,
The bell-birds direct him to spring and to river,
Are toned by the pebbles and the leaves in the currents.

Henry Kendall
Visitor Centres:

Walcha
51w Fitzroy Street, Walcha.
Phone 02 6774 2460.

Uralla
104 Bridge Street, Uralla.
Phone 02 6778 4496.

Armidale
82 Marsh Street, Armidale.
Phone 02 6772 4655.

Guyra
New England Highway, Guyra.
Phone 02 6779 1876.

Dorrigo
Hickory Street, Dorrigo.
Phone 02 6657 4846.

Bellingen
Doepel Street, Bellingen.
Phone 02 6655 1522.

Urunga
Pacific Highway, Urunga.
Phone 02 6655 5711.

Nambucca Heads
Cnr. Pacific Highway and Riverside Drive, Nambucca Heads.
Phone 02 6568 8954.

Coffs Harbour
Cnr. Pacific Highway and McLean Street, Coffs Harbour.
Phone 1300 369 070 or 02 6648 4990.

Woolgoolga
Boundary Street, Woolgoolga.
Phone 02 6654 8080.
Introduction

Somewhere high on the Great Dividing Range, rain is falling. It is filling the lagoons where Japanese snipe fly thousands of kilometres to come to feed, it waters cool-climate vines, swelling grapes for the next vintage. A little creek flows across the high pastures and through forests, until it plunges over a waterfall. In the waterfall’s spray and mist, a rainbow appears and the river descends into deep, gorge country, the home of the brush-tailed rock-wallaby.

Ancient, mossy forests, a remnant of Gondwana, drip with water. Shady rainforests drink their fill, while bats feast on nectar high in the canopy. The river grows wider and deeper as it approaches the coast. High above the trees, a sea-eagle soars, searching for fish in the water below.

Winding slowly, the river fills the wetlands where black swans nest. Tiny fish dart through the waters of an estuary edged with mangroves. The sea is roaring, surf tumbling onto a wide, sandy beach and farther out, in the ocean at the edge of the continental shelf, a humpback whale is calling to her calf.

This is the Waterfall Way - an awe-inspiring journey from the high tablelands of New England through the rainforests and down to the Coffs Coast. It is home to rare and endangered plants and animals that live in an incredible variety of habitats. It is a new journey for you to explore, and a new story to experience.

The people who live around the Waterfall Way region are keen to welcome you and share their stories, their places and their produce. So, take a walk with a local guide, learn to milk a cow, taste locally-grown and prepared food and wine, discover an Aboriginal perspective, bicycle through a new landscape or wait quietly at dawn to see the birds.

Each journey is like a story that leaves you wanting to know what happens in the next chapter... The journeys that follow are a taste of the Waterfall Way. You’ll find all the information you need to create your own journey with details about places to stay, places to visit and things to do on the Waterfall Way website at:

www.visitwaterfallway.com.au
A Taste of the Way . . .
Food and wine bring us together

Relaxing over a good meal with family, friends, plenty of conversation and laughter is a wonderful way to enjoy the local produce of the Waterfall Way.

Share a yam with the people who grow and produce the local food and wine as you visit their farms along the Waterfall Way. Meeting the people and tasting their produce is your personal introduction to the country and its food and wine. Give your visit a regional flavour by buying food at the growers’ markets and ask at restaurants for dishes made with local ingredients.

Tasting locally-produced food and wine is a great way to enjoy the Waterfall Way region while looking after the environment and supporting local communities. Eating locally means that the food is fresh and doesn’t have to travel long distances to markets and shops. When you buy locally-grown produce, you connect to the community that you visit and also reduce your ecological footprint.

Succulent fruits, honey and seafood are the highlights of the subtropical coastal region. The abundant sunshine and water create sensational local produce. You’ll find restaurants serving local food and wine, and roadside stalls selling the produce grown in lush valleys and on sunny hillsides.

Visit the Macksville region to try the local bush Tucker of lillipillies, Davidson plums, lemon and aniseed myrtle, native limes and macadamia nuts. These local ingredients give the special flavours to the award-winning Macksville sausages. Locally-grown and processed macadamias are available as ice cream and jellies and taste the Dorrigo cheeses.

As you travel inland the soils and climate change as the road climbs through the rainforest. If the coast provides a starter and dessert, the mountains provide the main course of beef, lamb and potatoes. Dorrigo is famous for its potatoes, grown in the rich red soil. Team the potatoes with Dorrigo Pepper, a spicy seasoning from the leaves and berries of a native plant that is harvested locally and sold in the town. While you’re here, try the local fruit wines and jellies and taste the Dorrigo cheeses.

Further inland, the high country grows tasty beef and lamb. In Guyra, they celebrate the local produce every year with the Lamb and Potato Festival in January. Close to Guyra you can catch and taste locally produced trout, which are grown and smoked on the farm.

SOUTH OF WALCHA, BERRY FARMS PRODUCE AN EXTENSIVE VARIETY OF BERRIES FOR JAMS AND BERRY WINE. GRAPE VINEYARDS ALSO PRODUCE WINE. THE REGION’S CLIMATE WITH SUMMER RAIN AND COOL WINTERS ALLOWS WINES TO DEVELOP A DISTINCTIVE REGIONAL CHARACTER.

Add Dorrigo Pepper at the end of cooking for a hot seasoning. If you prefer a milder seasoning, add it during cooking.
The Waterfall Way is a wonderful meeting place for birds. The region is like a huge crossroads with birds arriving from the south and the north of Australia. Others fly in from Japan, New Guinea or the Philippines. The exciting diversity of habitats means that bird lovers have the chance to see a wide range of species in one region.

If you’re looking for your first jabiru, an endangered regent honeyeater, the nest tunnels of the rainbow bee-eater or black swan cygnets, then there are some special places to visit along the Waterfall Way.

Dangar’s Lagoon, just outside Uralla on Thunderbolt’s Way, is a favourite with waterbirds because it is one of the few lagoons in the area that usually has water. It was declared as a Wildlife Refuge in 1972 and more than 110 species of birds have been recorded there. Take a walk around the lagoon to the bird hide where you may be able to watch pink-eared, blue-billed and musk ducks, shovelers, hardheads, Australasian and hoary-headed grebes and great crested grebes, whistled terns, sharp-tailed sandpipers, marsh sandpipers and greenshanks to name just a few of the visitors.

Another popular breeding and feeding ground for waterbirds is the Mother of Ducks Lagoon in Gua ya. Next to the town’s golf course, this lagoon is a freshwater wetland in a volcanic crater, 14km around. Take a walk along the edge to watch black ducks, black swans, straw-necked ibis, grey teal, hoary-headed grebes, musk ducks, swampers, woodhens and Japanese snipe. The Japanese snipe breed in Japan then leave in August for the long journey to Australia through Taiwan, Japanese snipe breed in Japan then leave in August for the long journey to Australia through Taiwan, Japanese snipe breed in Japan then leave in August for the long journey to Australia through Taiwan, Japanese snipe breed in Japan then leave in August for the long journey to Australia through Taiwan, Japanese snipe breed in Japan then leave in August for the long journey to Australia through Taiwan, Japanese snipe breed in Japan then leave in August for the long journey to Australia through Taiwan, Japanese snipe breed in Japan then leave in August for the long journey to Australia through Taiwan.
The Way Less Travelled... Take some time out

Experience the world on foot. Walking helps you slow down, connect with the earth and become rejuvenated. Relax as you experience the panoramic lookouts, the waterfalls and the many different environments with their special plants, birds and animals. These walks are just a small sample of the variety of walks along the Waterfall Way.

For more information about walks along the Waterfall Way, visit the website at www.waterfallway.com.au

Bundagere Rainforest walk, Bongi Bongi National Park, Easy - 6km return.
Access; From Pacific Highway, 6km north of Urunga. Follow Tucker Rocks Road to car park at end. This easy walk follows a track through remnant rainforest parallel to the coast. The walk passes through a selection of remnant rainforest parallel to the coast. The track emerges from the shade into bright sunlight at Bundagen Headland where the tea-coloured waters of Bundagere Creek flow into the sea. On the beach, you may find shells, coral and cuttlefish bones washed up on the sand. Explore the mini worlds of the rock pools and look for them leave around dusk.

Flying-fox walk, Bellingen. Easy - 1-2km circuit.
Access; Through the old Bellingen carpark, Hammond Street to Bellingen Island. Hundreds, and sometimes thousands, of grey-headed flying-foxes make Bellingen Island their home. Walk quietly through Bellingen Island along the marked paths and look up to see the bats roosting in the trees during the day. They hang upside down to sleep, wrapping their wings around their bodies. They also spend the day grooming, squabbling and changing position on the trees.

These fruit bats fly away to spend the night eating fruit. They prefer native plants but will eat cultivated fruit when other sources are scarce. Laverdens Bridge is the best spot to watch them leave around dusk.

Warrigal circuit, Cathedral Rock National Park. Easy - 1km circuit. Picnic tables and toilet at car park.
Access; From Gayne Road, 13km north of Ebor. Start from Native Dog camping area. A walk through the dry woodland of Cathedral Rock National Park with views from granite outcrops. This walk has plenty of interpretive signs with information about the park and its plants and animals. Look for native orchids and Styphelia perileuca, a plant special to this area. Because it mainly occurs in this area it is listed as a Rare or Threatened Australian Plant (ROTP). The Ebor styphelia has yellow-green, tube-like flowers with fine, pink stripes. It blooms in spring and summer. Watch for woodland birds including rose robins, flycatchers and parakeets. The area is named for the dingo and you may see one if you’re very lucky.

There are a range of other longer walks in the area that include a 5.8km walk to the top of Cathedral Rock with views of the tablelands.

Point Lookout, New England National Park. Easy - Less than 1km. Picnic tables and toilet at car park.
Access; From Waterfall Way turn along Point Lookout Road, mainly unsealed. An easy walk from the Point Lookout car park to two viewing platforms with views to the north, east and south. On a clear day you may see the Pacific Ocean 70km away. Point Lookout is 1562 metres above sea level, perched on top of a steep escarpment. Listen for the superb lyrebird mimicking other birds and even car alarms and cameras.

There is a selection of other walks in the area including the 2.5km Eagles Nest Track that descends into a mossy, Antarctic beech forest, a remnant of the Gondwana forests of 80 million years ago.

Wollomombi Gorge, Oxley Wild Rivers National Park. Easy - 1.2km. Picnic tables and toilet at car park.
Access; From Waterfall Way, 49km east of Armidale. A great place to see the gorge and waterfalls after rain. There are several short and easy walks along the rim of the gorge, from the picnic area to lookouts to see the waterfalls. The park is listed on the World Heritage Register for its extensive dry rainforest and rare and threatened species. The falls are among the tallest in Australia with a total height of more than 200 metres.

Heritage walk, Uralla. Easy - 1-2km circuit. Toilet at Visitor Information Centre.
Access; Start from the Uralla Visitor Information Centre on the corner of Bridge and Railways St. Pick up a leaflet from the Visitor Information Centre before you start and follow the trail to walk past 34 historic buildings that include McGrossan’s flour mill, built in 1871 and now a museum, the Coachwood and Cedar Hotel, with its iron lace balcony and Uralla granite quoins, as well as old banks, churches, meeting halls and private homes.

Much of the iron lace in Uralla was made locally at the New England Brass and Iron Lace Foundry.

Sculpture walk, Walcha. Easy - 1-2km. Picnic tables and toilet at McHattan Park.
Access; Start from McHattan Park, Fitzroy Street, Walcha. Pick up a leaflet about the artworks from the Visitor Information Centre on the corner of Fitzroy and South Streets. This collection of more than 25 sculptures and public artworks creates an interesting and dramatic walk around the town. James Roger’s sculpture, Song Cycle dominates the town centre from the roundabout. A collection of sculptures and street furniture follows the Apsley River, and the town entrances are marked with wood and steel sculptures.
**Superb Lyrebird**

*Menura novaehollandiae*

- Males from 800-1000mm including 500-600mm tail.
- Females smaller.

Upper parts chocolate brown with paler brown underparts. The adult male has an ornate tail with two long central plumes, 12 filaments and two outer feathers which in display assume the shape of a lyre. Males create earth display mounds where they display and sing to attract a female.

They can mimic almost any sound, including chainsaws, horns, alarms and even trains but they usually copy the sounds of other birds and mammals. Females incubate the single egg and feed the young in their nest found in wet eucalypt and rainforest.

---

**Walking story - key:**

"We were unloading our backpacks at Wattle Flat, when we were asked by a somewhat overweight lady in thongs how far we'd walked. Peter said "About 300 km from Apsley Falls - we're going through to Coffs Harbour". She looked up and down at our 60+ aged faces and said "Well, that'll keep you out of the nursing home for a bit longer!" Now all our longer trips have become "Nursing Home Walks"."

David Lawrence, Armidale

visitwaterfallway.com.au
Another Way to Travel . . .

Cycle from the top of the range down to the sea

Day one: Guyra to Ebor - 83km.
Start Guyra 1330 metres. Guyra is at the top of the Great Dividing Range but that doesn’t mean it’s all downhill. The ride to Ebor is across the tablelands with many undulations. There are no food or water stops so you’ll need to carry whatever you require for the ride.

Leave Guyra along Ollera Street East (east side of the New England Highway) and turn into the Ebor Road following the signs to Ebor. Follow this road all the way to the Waterval Way, then turn left there and ride 4km to Ebor. It’s worth stopping at Ebor Falls to see the waterfall.

You’ll find overnight accommodation and food in Ebor but it is best to book in advance.

Day two: Ebor to Dorrigo - 57km.
Start Ebor 1300 metres. Today you’ll notice more downhill as you drop nearly 600m to Dorrigo. The environment changes as you descend through moist forests lining the road. There is a small shop at Tyringham where you can buy food and drink.

Ride through Ebor along the Waterval Way for 9km, then turn left on the road to Graffan through the localities of Hemani and Glen Fernagh. Tyringham is 30km from Ebor and 1km off your route, so if you decide to visit the shop you will need to return the way you came and then turn east along the Tyringham Road to Bostobrick. Follow the road to Bostobrick and then through North Dorrigo to Dorrigo. There is a good choice of places to stay and eat in Dorrigo, and you can visit Dangar Falls, just north of town.

Day three: Dorrigo to Urunga - 58-62km depending on route.
Start Dorrigo 760 metres. You’ll lose most of your altitude on the first 14km of today’s ride as you descend through the rainforest on the Waterval Way. Take special care on this section as the road is narrow and winding, and you may need to stop and allow other vehicles to pass. Bellingen has plenty of places to stop for lunch.

Descend on the Waterval Way from Dorrigo towards Thora but turn left before you reach Thora along Sunnervillies Road (14km from Dorrigo) to stay on the north bank of the Bellinger River. There are two unsurfaced sections of about 4km in total along this road. Follow the road left to Gordonville and turn right at the Gleniffer crossroads to follow the Gleniffer Road to Urangan (35km), then either stay on the north side for North Bank Road or cross the bridge over Bellinger River to the south side for South Arm Road.

Option one: North Bank Road. Bellingen to Urangan 23km. Total 58km. From the roundabout on the north side of Bellingen bridge follow Wheatley Street which becomes North Arm Road. This road leads through dairy country and there are good views back to the mountains. After 12km from the roundabout follow the road under the Pacific Highway, then turn right to cross a bridge over the Bellinger River. Then turn left and follow North Street and Yellow Rock Road. As you approach Urangan, turn left into Veerman Crescent. At the end of the road take the walkway down to the river and then up the ramp to the highway. Cross the bridge over the river then turn left (don’t cross the highway) and follow the road down Hill. Turn left and cross the railway bridge and follow the road to the centre of Urangan.

Option two: South Arm Road to Uranga 27km. Total 62km. This ride includes a one-and-a-half km climb up Hospital Hill out of Bellingen. Head southwest out of Bellingen on Church Street then up Borawillie Road. Turn left onto South Arm Road and follow this road across the panorama of the Kalang River. Turn right onto Short Cut Road which comes out on the Pacific Highway. Cross the highway, turn right and ride into Urangan.

There are places to stay and eat in Urangan and connections to rail and bus.
1. Brush-tailed rock-wallaby

Looking out over Hole Creek/Blue Mountain Creek - Walcha

Brush-tailed rock-wallaby

Petrogale penicillata

Endangered species. Lives in rocky areas and cracks as shelter during the day. Feeds during the night on native grasses, roots and bark.

Probably 75% of those live in the Clarence/Macleay Gorges along the Waterfall Way.

In 1900, at least 50,000 were shot in Tenterfield, and in 1902, 37,000 were shot around Armidale.

2. Whale spotting

Whale spotting from all over Australia. These are interesting. Discover how a caterpillar changes to know about butterflies are as beautiful as they are here too. While whales are a big reason to visit the coast, can tell you about whales and their behaviour. Muttonbird Island using powerful viewing scopes can still launch themselves from the water and may be done many times in succession. This clearing in the forest has tables, barbeques, toilets and grassy areas where the children can play. Brush-turkeys with their red heads and yellow wattles are frequent visitors here too.

3. Kayaking

Along a tranquil river, walk through a shady rock pools, watch dolphins in the sea, paddle tablelands, you can observe mini-worlds in the wattles are frequent visitors here too. Are there a lot of other birds living in the rainforest and you can look for them along the Walk with the Birds boardwalk and the Salenbird Stroll that start from the picnic area.

While you can see and hear the birds during the day, most of the animals are active at night. Explore the rainforest after dark on a guided noontime walk to look for possums, bats and insects that feed at night. You’ll need to bring a small torch, walking shoes and warm clothes, and book the walk with the NSW National Parks and Wildlife Service.

For a real change of pace you can experience life in the bush - away from television, mobile phones and computer games - at a wilderness retreat. Children and adults can find out more about native plants and animals, explore bush trails, try bush tucker and spend the evening under the stars telling stories around a camp-fire. If your family is looking for some active adventure take the opportunity to join one of the holiday

4. Friendly butterfly

Images courtesy of: Frank Low (1), Hazel Wallace (2, 3, 4, main image), Michael Taylor (5, 7) - 19

There are a lot of activities for families to enjoy along the Waterfall Way. It’s a great way for families to explore together; finding out about birds, animals and plants. Travelling from the ocean to the high tablelands, you can observe mini-worlds in the rock pools, watch dolphins in the sea, paddle along a tranquil river, walk through a shady rainforest, look for possums, bats and stars at night, and find out where milk comes from.

Take the opportunity to join one of the holiday programs that give families a chance to discover new places together.

Coffs Coast has a wealth of beaches to enjoy and it’s also a great place to go out to sea to watch the whales in the Solitary Islands Marine Park. Humpback whales migrate up and down the coast between June and November. They travel north to breed inside the Great Barrier Reef and return south with their calves to spend summer in the Antarctic. Humpback whales can grow to 16 metres long and weigh up to 45 tonnes but they can still launch themselves from the water and land with a giant splash. This is called breaching and may be done many times in succession. They come close to the coast here and there are some good lookouts from headlands but you’ll have a better chance of seeing whales from one of the boats that offer whale watching tours from Coffs Harbour.

NSW National Parks and Wildlife Service also runs whale watching from the viewing platform on Muttonbird Island using powerful viewing scopes and binoculars. Join a group, and the Parks staff can tell you about whales and their behaviour.

While whales are a big reason to visit the coast, there are some fascinating little creatures to see here too. With a life cycle that every child wants to know about, butterflies are as beautiful as they are interesting. Discover how a caterpillar changes into a chrysalis and then into a butterfly, and enjoy walking through the colourful clouds of butterflies from all over Australia. These butterflies live indoors in a protected environment so you can see them whatever the weather.

If your family is looking for some active adventure on the water, then a canoe trip on the Bellinger River is a fun way to explore a new environment. Paddling along the river, you’ll see the world from a new angle. From the canoe you can watch for turtles and jumping fish in the water, koalas in the trees and eagles in the air. Stop for a swim in the river or find a quiet picnic spot on the banks.

Another great place for a family picnic is the Glade Picnic Area in Dorrigo National Park. It’s just a 1km walk through the rainforest from the visitor centre or you can drive and park close by. There is a need to help mankind young people’s sense of connection and belonging to the natural world to foster an understanding of respected and responsibility for all other living things.

Expanding our senses and observation, is needed to develop awareness and a greater, appreciation, of nature and ourselves. Learning to read the environment using eyes rather than running away. ‘Nature mirrors back to us how we are feeling, if we are still inside ourselves, we get to see more microscopically growing birds singing their base line songs - we get to see nature in a more relaxed way - not always hearing birds abstorm, calls but experiencing things canine towards us rather than running away. Nature itself is the greatest teacher, and the earth is the real university.” Rosemary Yates, Mt Hyland
Traditional stories and sacred places are a way to connect with the Aboriginal knowledge of this region. Our journeys touch on ancient pathways and link us to the spirit of the land. Visit the website at www.visitwaterfallway.com.au for more information.

Aboriginal people tell the story of how the Rainbow Serpent created the gorge at Aspley Falls in the Dreamtime. Take a walk to one of the viewing platforms and you may see a rainbow in the mist of the falling water. The Rainbow Serpent is said to travel underground from the base of the falls to reappear at the mill hole near Walcha on the Apsley River, 20km upstream. The site is marked at Walcha by a mosaic by Gordon Hookey made with the ideas and help of the local Aboriginal community.

Aspley Falls are in the Oxley Wild Rivers National Park, just off the Oxley Highway, 20km south of Walcha. The Rainbow Serpent mosaic in Walcha is opposite the end of Legge Street on Derby Street.

The rock paintings at Mt Yarrorowc Nature Reserve, west of Armidale, tell another story. There is a short walk through the bush to see the paintings that include tracks, circles, short lines and dots painted with red ochre on an overhang under some granite boulders. These paintings are several hundreds of years old. One Aboriginal elder has explained that the paintings are about a ground feeding bird. The toes of the bird tracks are too short to be an emu so they probably represent the plains turkey or bustard.

Mt Yarrorowc is on the Bundarra to Uralla road, about 1km north of the junction with the road to Armidale. The nature reserve is on the right (north) side of the road.

Further north, there is a special area known as the Tingha Stonewoman Aboriginal Area. This place highlights the importance of natural features that occur within the landscape and are associated with the teachings of Aboriginal lore and song lines.

We are lucky here in Tingha that the Stonewoman story can, and is, still being told. The site is a women’s teaching area although the local community have agreed that men may also visit the site. The signs tell the story of one of the lores relating to marriage and what the outcomes could be if this lore was ignored. If you visit, take the time to sit and appreciate this unusual rock feature and think about what the traditional life of the local people would have been like. The community would also appreciate it if visitors left the site before 3.00pm.

To visit the Stonewoman site from Tingha, follow the New Valley Road (Ruby Street) south for 700 metres before turning right onto Kempton Road. Follow Kempton Road for 2.7km before continuing straight ahead on what becomes Long Gully Road, a further 2.1km will bring you to the car park adjacent to Long Creek. You may either drive or walk a further 300 metres south along the road to a pedestrian gate. From here, follow the signs for 750 metres to the site itself.

If you want to learn more about Aboriginal life, the Armidale and Regional Cultural Centre and Keeping Place in Armidale has a well-signed bush tucker walk, and exhibitions of Aboriginal culture and art. The Centre also runs holiday programs and study tours.

The Yarrawarra Aboriginal Cultural Centre at Arrawarra on the coast, north of Coffs Harbour, runs bush tucker and bush medicine guided tours, arts and crafts, and cultural activities. There is a gallery of Aboriginal art and a bush tucker café.

Near the boat ramp at Arrawarra beach, you can see arrangements of stone that were used as a fish trap by Aboriginal people. The trap would be baited with shellfish or meat and the fish would swim in on a high tide and once the trap was full, the entrance would be blocked, catching the fish inside.

Further south, at Yarrabini National Park, a modern sculpture marks the significance of the area to the Gumbaynggirr and Dunghutti people. Yarrabini means ‘koala rolling’ and is the traditional name for the coastal mountain also known as Yarrapajinni. The sculpture tells the spiritual story of a koala that was cut up by an enemy. The koala’s head rolled down the mountain creating a gully on the southern side. The rest of his body became the three peaks of Yarrabini.

Yarrabini National Park is east of the Pacific Highway. Turn east to Scotts Head Road, then south onto Way Way Creek Road which leads to The Pines picnic area and the sculpture.
Grass Trees are very slow growing and may live to 600 years. Trunks only appear after many years. Flowering often occurs in spring, particularly after a bushfire. Found in open woodland.

Images courtesy of: Hazel and Andrew Wallace

Flowering often occurs in spring, particularly after a bushfire. Found in open woodland.

Xanthorrhoea glauca
Grass Tree

A spear-like spike grows from the top of the trunk and small individual white or green flowers cluster on the spike.

Don’t feed the native animals as they can develop diseases from human food or may become dependent on handouts.

Join tours led by local operators who know the area well. They can guide you to the best places and tell you the stories that make the place special.

Look for locally-made items for souvenirs. Markets are a great way to find locally-made products and meet the people who make them.

Think local. By buying locally you’re putting money back into the community you’re visiting. Try local food and wine, eat at locally-owned cafes and restaurants.

If you want to make your holiday carbon neutral there are organisations from where you can buy carbon offsets. See the Waterfall Way website for details.

Waterfall Way

Getting to the Waterfall Way...

For full information and contact details visit the Waterfall Way website at: www.visitwaterfallway.com.au

Car:
- Pacific Highway, Coffs Harbour is 550km north of Sydney and 427km south of Brisbane.
- New England Highway, Armidale is 536km north of Sydney and 466km south of Brisbane.
- Waterfall Way from Armidale on the New England Tableland to Coffs Coast.

Air:
- Coffs Harbour Regional Airport and Armidale Airport.

Train:
- From Sydney, trains stop at Macksville, Nambucca Heads, Urunga, Sawtell, Coffs Harbour.
- From Sydney, trains stop at Walcha Road, Uralla, Armidale.

Bus:
- Pacific Highway Sydney to Brisbane buses stop at: Macksville, Nambucca Heads, Urunga, Coffs Harbour, Woolgoolga.
- Bus service from Coffs Harbour to Bellingen and Urunga three times a day, Monday to Friday, and to Urunga only on Saturdays. Also Bowraville, Macksville, Nambucca Heads, Urunga, Coffs Harbour.
- Bus service from Coffs Harbour to Armidale, stopping at Dorrigo three times a week.
- Bus Service from Coffs Harbour to Grafton stopping at Korora, Sapphire, Moonea, Emerald Beach, Sandy Beach, Woolgoolga, Safety Beach, Mullaway, Arwara, Corindi Beach, Red Rock.
- Buses from Armidale to Guyra, and from Walcha Road to Walcha.

Ways to do your bit

Getting around:
Where you travel and how you travel can make a big difference to the places and the people you visit on holiday.

- By taking a holiday in the country where you live you’re helping to reduce carbon emissions caused by international air travel.
- By using public transport instead of driving you’re also reducing carbon emissions.
- Walking, cycling or kayaking for part of your holiday will help too.
- If you want to make your holiday carbon neutral there are organisations from where you can buy carbon offsets. See the Waterfall Way website for details.

Where to stay:
Choosing environmentally-friendly accommodation is only part of being a green traveller. It’s as much about what you do during your stay as it is about recycling water and refuse.

- Think about your water use and keep your showers short.
- Turn off the tap while you’re brushing your teeth.
- If you’re staying in a rural area, your accommodation may be using tank water that relies on rainfall to keep it topped up.
- If you’re staying several nights, hang up your towel after use rather than having it changed every day. This saves power and water with reduced laundry needs.
- You can also help to save power by turning off electrical devices and lights when you leave your room.
- Ask about your accommodation’s recycling needs and sort your refuse to help.

Out and about:
Think local. By buying locally you’re putting money back into the community you’re visiting. Try local food and wine, eat at locally-owned cafes and restaurants.

- Look for locally-made items for souvenirs. Markets are a great way to find locally-made products and meet the people who make them.
- Join tours led by local operators who know the area well. They can guide you to the best places and tell you the stories that make the place special.
- Respect the environment. If you’re going walking, follow existing trails to reduce erosion and take your rubbish back with you.
- Follow National Parks guidelines for bush camping and fires.
- Don’t feed the native animals as they can develop diseases from human food or may become dependent on handouts.

Noonday axeman

Axe-fall, echo and silence. Though I myself run to the cities, I will browser be coming back here to walk, knee-deep in gums, up and away from this metropolitan century.

Axe-fall, echo and silence. Dreaming silence. Though I myself run to the cities, I will browser be coming back here to walk, knee-deep in gums, up and away from this metropolitan century.
visitwaterfallway.com.au

A new journey, a new story...