

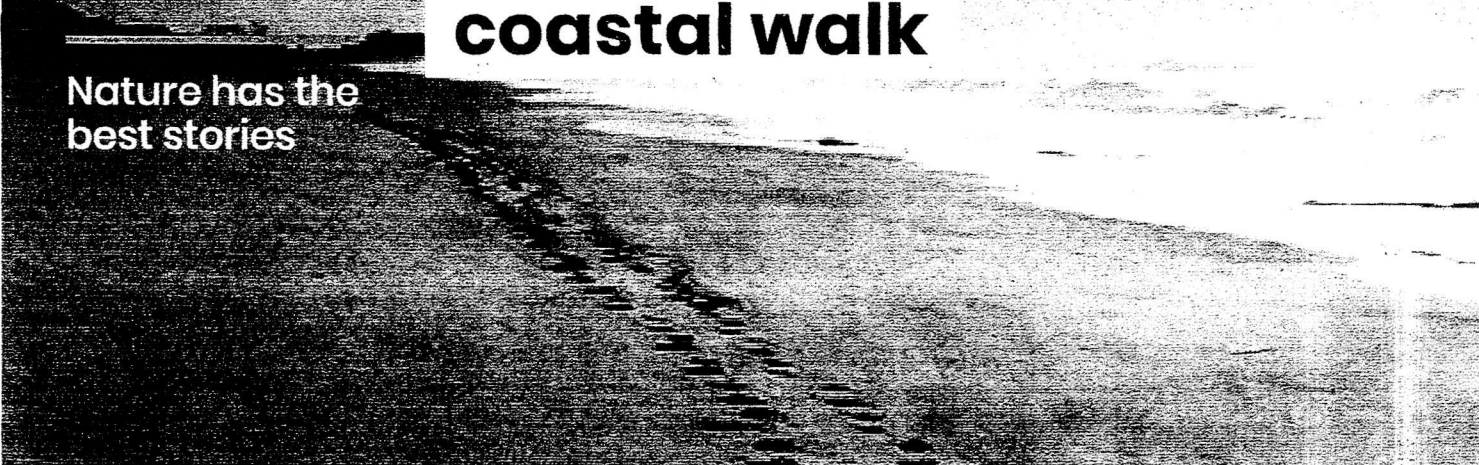
Kim Rose



Visit

# Solitary Islands coastal walk

Nature has the best stories



Spectacular beaches, an ocean of many moods, soaring sea eagles, whales and dolphins... the 60km Solitary Islands coastal walk tracks the beaches and windswept headlands of the Coffs Coast. It extends between the small coastal village of Red Rock in the north and Bonville Headland in the south, adjacent to the charming coastal village of Sawtell.

It's a paradise for ramblers, photographers, nature lovers and birdwatchers.

The Solitary Islands have long enjoyed protection as nature reserves, surrounded by a marine park – a place where temperate and tropical waters meet. Along the coastline, parks and reserves safeguard a coastal trail of idyllic golden beaches, rocky headlands and lush rainforest.

### Walk as much or as little as you want

Choose a small section and take advantage of the local attractions or facilities, or attempt the entire walk in four days, with a choice of accommodation along the way.

### 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.



## Red Rock

### Turn back the clock and unwind

Stunning rock formations at the headland and mouth of the estuary lend the name 'Red Rock' to this authentic fishing and holiday village. It's an ideal place to enjoy life at a quieter pace.

### 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.

**Track details:** Red Rock to Arrawarra Beach 10.2km, grade 3.

### What's available:

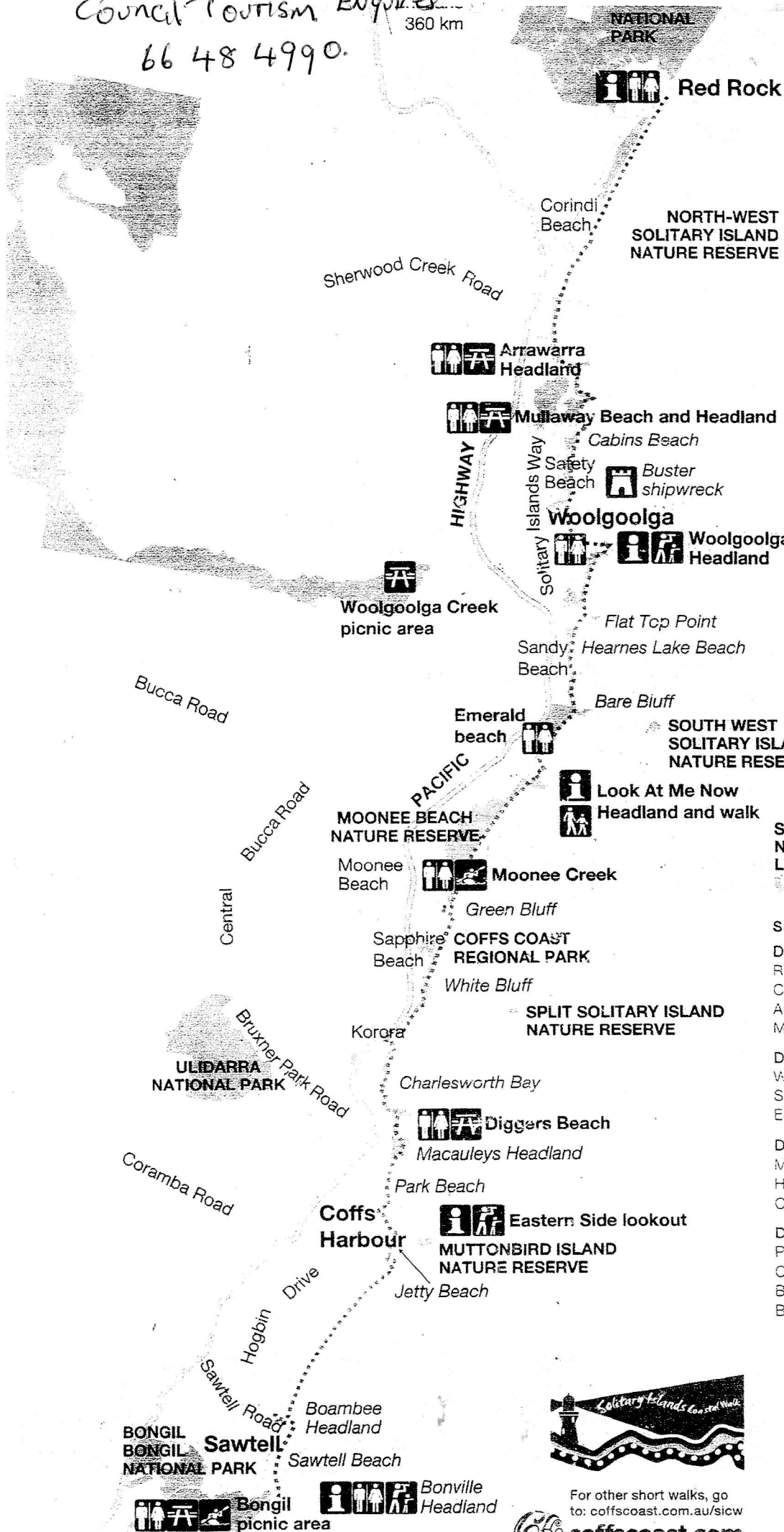
- Picnic area and playground by Corindi River
- General store
- Accommodation includes camping, cabins and holiday rentals

Nearby is Yarrawarra Aboriginal Cultural Centre, 140 Red Rock Road, Corindi Beach.



Photo: Rob Cleary/Seen Australia

Council Tourism Enquiries 360 km  
66 48 4990.

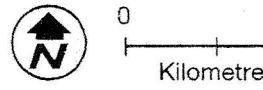


- NPWS reserve
- Motorway
- Primary road
- Arterial road
- Sub-arterial road
- Distributor road
- Local road
- Solitary Islands coastal walk

- Visitor information
- Toilet
- Picnic area
- Walking track
- Lookout
- Kayaking
- Historic site

**Suggested 4-day walk itinerary**

- Day 1 - 18.5km**  
Red Rock to Corindi 6.5km  
Corindi to Arrawarra Beach 3.7km  
Arrawarra Beach to Mullaway 2.1km  
Mullaway to Woolgoolga 5.5km
- Day 2 - 17.1 km**  
Woolgoolga to Sandy Beach 7.8km  
Sandy Beach to Emerald Beach 4.5km  
Emerald Beach to Moonee Beach 4.8km
- Day 3 - 15 km**  
Moonee Beach to Hills Beach 7.5km  
Hills Beach to Charlesworth Bay 3.5km  
Charlesworth Bay to Park Beach 4.0km
- Day 4 - 12.4 km**  
Park Beach to Coffs Jetty 1.4km  
Coffs Jetty to Boambee Headland 3.0km  
Boambee Headland to Bonville Headland (Sawtell) 3.0km



**MAP INFORMATION**  
This map does not provide detailed information on topography, alert times and may not be suitable for activities.  
Published October 2019



For other short walks, go to: [coffscoast.com.au/sicw](http://coffscoast.com.au/sicw)



## Arrawarra Headland

### Engage in a little sea and beach culture

The Gumbaynggirr people named this Arrawarra, or meeting place, and it continues to be a treasured spot for families and friends to gather. If you do the return half-day walk south, you'll be 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.

**Track details:** Arrawarra Beach to Safety Beach 5.8km, grade 3

#### 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

## Woolgoolga Headland

### Keep an eye out

Woolgoolga Headland affords spectacular views to the Solitary Islands, nearby beaches and hinterland. Whales are seen between May and November. Come watch the show and enjoy these magnificent creatures as they pass unhindered along the whale highway.

#### How to get there:

Drive through to the end of Ocean Street and park on the headland. Or you can leave your car in town and walk up to the headland following the signs from the main beach.

**Track details:** Safety Beach to Woolgoolga Headland 2.7km, Woolgoolga Headland to Sandy Beach 4.8km, grade 3

#### What's available:

- Picnic area and playground at Woolgoolga Beach
- Cafes, restaurants and shops
- Accommodation includes camping, cabins, motels and holiday rentals

## Look At Me Now Headland

### See for yourself

Look At Me Now is a place of many stories and a fascinating area to investigate. You can follow a short loop trail around the headland, a significant Aboriginal site. Appreciate the spectacular vista over the ocean across to South Solitary Island with its iconic lighthouse. Absorb vistas of 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.

**Track details:** Sandy Beach to Look At Me Now Headland 4km, Look At Me Now Headland to Moonee Beach 5.5km, grade 3.

#### What's available in nearby Emerald Beach:

- Picnic area and playground
- Accommodation includes holiday rentals, camping areas across the creek and down the beach
- Cafe and general store

## Moonee Beach

### Birds aplenty

Moonee Creek is a hotspot for birdwatching along the Solitary Islands coastal walk. You can see many varieties, including shorebirds, birds of prey and waders. If heading north, crossing the creek can present a challenge. Expect to get wet! It's 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.

**Track details:** Moonee Beach to Hills Beach 7km, grade 3. Check tides.

#### What's available:

- Picnic area
- Accommodation includes camping and cabins
- Shopping centre near the highway



Photo: Rob Cleary/See

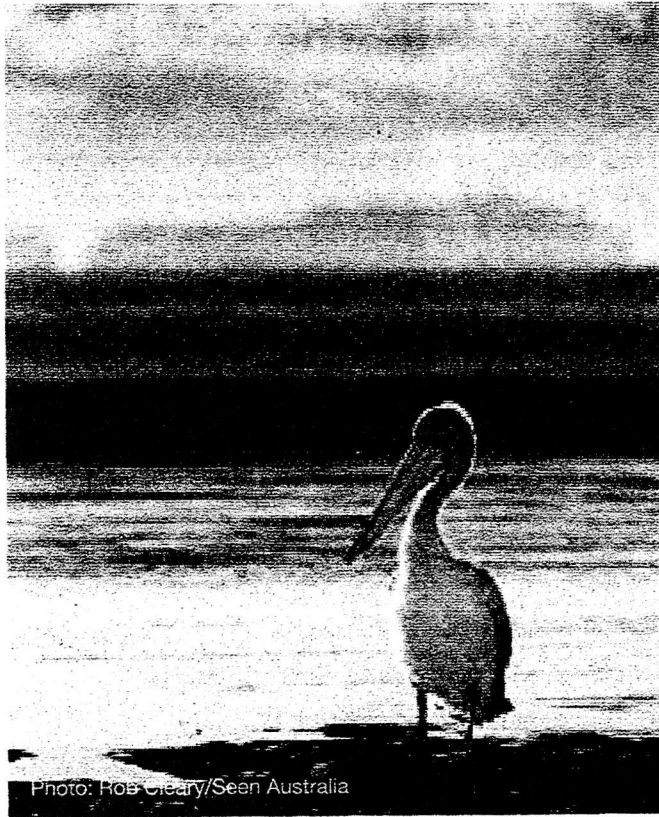


Photo: Bob Cleary/Seen Australia

## **Korora**

### **Explore a little further**

'Korora' means stormy seas, a place to feel energy from the ocean before you explore the headlands and rainforests through to Charlesworth Bay. Further afield you'll discover Diggers Head and Diggers Beach with its rolling surf.

#### **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.

**Track details:** Hills Beach to Charlesworth Bay 1.5km, grade 3

#### **What's available:**

- Picnic area and playground
- Accommodation includes resorts, motels and holiday rentals

## **Diggers**

### **Lots to do**

Claim your patch of sand on popular Diggers Beach. It's a top place for families, where children swim under the watchful eye of lifeguards during school holidays. And there's a great playground and picnic area. If you want to try surfing, there are expert instructors to assist.

Take a break from the beach and walk to nearby Macauleys or Charlesworth Bay and take in the spectacular scenery 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.

**Track details:** Charlesworth Bay to Park Beach Reserve 4.5km, grade 3

#### **What's available:**

- Picnic area and playground
- Cafes and restaurants at resorts
- Accommodation includes resorts and holiday rentals

## **Coffs Jetty**

### **Everything at your fingertips**

Coffs Jetty is a thriving hub of activity, a focal point for the community and visitors. Take a stroll along the historic jetty foreshores that reveal the maritime heritage of the town. Stroll along the Marina 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, or join a NSW National Parks tour to learn more about the island and its birdlife.

#### **How to get there:**

Turn east off Harbour Drive to Marina Drive.

**Track details:** Park Beach Reserve to Coffs Jetty 1.4km, grade 1.

#### **What's available:**

- Picnic areas and playgrounds
- Cafes, restaurants and shops
- Accommodation includes camping, cabins, motels and holiday rentals

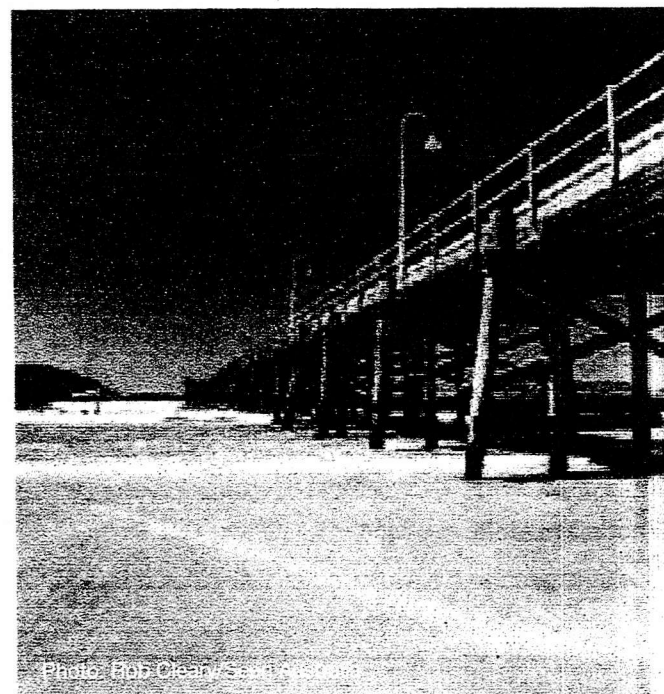


Photo: Bob Cleary/Seen Australia



## Bonville Headland, Sawtell

### Enjoy the ambience on tap

Sawtell is a cosmopolitan seaside holiday 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. After your morning coffee, there are plenty of options 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.

Track details: Coffs Jetty to Boambee Headland 8km, Boambee Headland to Bonville Headland 3km, grade 3.

### What's available:

- Picnic areas and playgrounds
- Cafes, restaurants and shops
- Accommodation includes camping, cabins, motels and holiday rentals

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

## Plan ahead...

- **Transport** – If you are planning a one-way walk then you may need to arrange pickup or drop a car off 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.
- **Prepare for the weather** – Sunscreen, sun glasses and a hat will provide protection from the sun and wind, and bear in mind that conditions can change rapidly.
- **Water** – Carry a water bottle; there are plenty of refill stops at the toilet blocks and picnic areas shown on the map.
- **Food** – Take a picnic or purchase along the way. Join us in keeping this area beautiful by taking your rubbish with you.
- **Emergency** – Dial Triple Zero (000)



Photo: Rob Cleary/Seen Australia



Photo: Coffs Coast Tourism

## More information

For information about a range of accommodation, transport and tour options visit:

NSW National Parks and Wildlife Service  
[nswparks.info/solitaryislandswalk](http://nswparks.info/solitaryislandswalk)

Download the free NSW National Parks app and the Solitary Islands coastal walk map before you set out.



### Coffs Coast Visitor Services

1300 369 070 or 02 6648 4990

Email: [paradise@coffscoast.com.au](mailto:paradise@coffscoast.com.au)  
[coffscoast.com.au](http://coffscoast.com.au)

### Caravan parks:

Moonee Beach 02 6653 6552

Corindi Beach 02 6649 2803

Red Rock 02 6649 2736

[northcoastholidayparks.com.au](http://northcoastholidayparks.com.au)

Park Beach and Sawtell Beach 1800 200 555

Woolgoolga Beach and Lakeside 02 6648 4715

[coffscoastholidayparks.com.au](http://coffscoastholidayparks.com.au)

Sapphire Beach Holiday Park 02 6653 6212

[sapphirebeachholidaypark.com.au](http://sapphirebeachholidaypark.com.au)

### Weather, tides and rips:

[bom.gov.au](http://bom.gov.au)

[ripcurrents.com.au](http://ripcurrents.com.au)

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.

[coffsharbour.nsw.gov.au](http://coffsharbour.nsw.gov.au)

Dogs are not allowed on all beaches. For a list of beaches that allow leashed or unleashed dogs please refer to:  
[coffsharbour.nsw.gov.au](http://coffsharbour.nsw.gov.au)

Cover: Red Rock to Woolgoolga Solitary Islands Coastal Walk.  
Photo: Robert Cleary/DPIE

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