



Welcome to the **Ballina Coast & Hinterland**

Are you ready to slow down, soak it up and show the kids what coastal holiday magic really looks like? This four-day itinerary is your guide to exploring the best of Ballina and its beautiful surrounds. Where rivers meet the sea, hinterland drives have major attractions, and every turn unveils something the whole family will love.

From sunrise dolphin-spotting walks and rock pool rambles to glamping under the stars and tasting the region's freshest produce, each day balances nature, nostalgia and new experiences. Whether you're beach-hopping, bush walking, wildlife spotting or simply unwinding, it's all within easy reach – no stress, no rush, just memorable moments made with the ones you love.



DAY ONE

North Wall

Ballina Exploration

Travel Distance 15km

Start the day with a walk along Ballina's **North Wall** overlooking the picturesque Richmond River to spot dolphins, turtles, pelicans and other marine birds, a great place to see the sun rise and watch the trawlers cross the Ballina bar. If you are looking for a longer walk, park near Reflections Shaws Bay and follow the footpath heading out along the breakwall – return along the wall or do the Shaws Bay Loop – both options taking approximately 45 mins. For those with littler kids and prefer a shorter walk, park at the Coast Guard tower and just wander to the end of the wall which will only take 10mins.

A 2 minute drive from the breakwall you can grab a takeaway breakfast from **Kiosk Capiche**, located under the Surf Club at Lighthouse Beach or for something more substantial, **Shelly Beach Café** is located along the coastal path so not only has stunning beach views, it also has a kid-friendly menu.

After breakfast spend the morning exploring the **rockpools** at Shelly Beach located directly in front of the café or pop around to the calm, tidal waters of **Shaws Bay** for a splash, snorkel or kayak. Conveniently located right next to Shaws Bay, you will find **Pop Denison Park** which has fun equipment for all ages from nature play to flying foxes which is right next to the bay. Great way for the kids to burn off some energy!

By now the kids would have built up a hunger for lunch. Enjoy the Richmond River views at **Wharf Bar & Restaurant**, a relaxed dining restaurant or for a more casual option, **Babalinos Bakery** have fantastic salads, wraps and bakery goods to get takeaway and enjoy on the riverfront.

From April to October, an unmissable winter experience is a whale watching cruise with **Out of the Blue Adventures**. Departing four times daily from the wharf near Fawcett Park, these tours are guided by a knowledgeable marine biologist. As you cruise along our breathtaking coastline, your guide will share in-depth knowledge of the area and valuable insights into the region's rich marine life. If visiting in summer, enjoy some old school family fun at **Ballina Waterslides**, open daily throughout the NSW school holidays in summer and autumn and weekends through school terms. An option for all year round? Dive into Ballina's rich culture and history by visiting the **Naval & Maritime Museum** that offers interactive displays to keep the kids entertained while parents can enjoy learning about the history of the area.

Finish the afternoon off with a selfie with Ballina's iconic **Big Prawn**. Should this impressive crustacean inspire a seafood craving, just across the road, **Northern Rivers Seafood** or **Ballina Fishermens Co-Op** awaits, both offering an abundance of fresh, local seafood selections that you can get takeaway and enjoy on the waterfront. Head across the Richmond River to South Ballina on the **Burns Point Vehicle Ferry** and after a mere five-minute drive, you'll reach the tranquil haven of **Ballina Beach Nature Resort**. Surrounded by nature in nine hectares of coastal bushland, this serene retreat offers a touch of indulgence with its luxurious safari-style glamping tents, blending comfort with the allure of the great outdoors.



DAY TWO



Wardell and Alstonville Discovery

Travel Distance 15km

Take a short drive south to the historic village of Wardell situated on the Richmond River between Ballina and Broadwater. Wardell is known for its landmark lift span bridge and its famous pies. Start your day with a delicious pie from the **Wardell Café and Takeaway** and wander down to the riverside jetty to enjoy the view.

Following **Tourist Drive 28**, discover the natural wonders of **Victoria Park Nature Reserve**, a sanctuary for the last remnants of the Big Scrub Rainforest. The kids will love strolling along the short boardwalk loop and keeping an eye out for the pademelon kangaroos (if they stay quiet).

Drive a further 8 mins past green rolling hills to today's destination, **Summerland Farm**, a 238-acre macadamia & avocado working farm in Alstonville's hinterland. Summerland Farm offers something for the whole family. The kids will love the open spaces, meeting the farm animals and using up energy on the nature playground.

Parents will love browsing the local produce in the deli and the whole family will enjoy heading into the picturesque macadamia and avocado orchards, while gaining an insight to the behind scenes of their farm practices and learning the history of social enterprise farm on a unique farm tour. If visiting through the NSW school holidays, keep an eye out for the fun workshops they offer.

Just a 4 minute drive will bring you to the charming village of Alstonville for dinner. Savor a relaxing moment with a cold beer on the sprawling deck at the **Federal Hotel** for a relaxing family dinner. Alternatively, pop into **Plateau Sports** for a bistro meal where kids can run on the greens and enjoy the playground while the parents unwind with a glass of wine.

Head back to the comfort of **Ballina Beach Nature Resort** for another night of relaxation where the kids can enjoy the waterpark.



Victoria Park Nature Resort



Ballina Beach Nature Resort



DAY THREE

Lennox Head Boat Channel

Lennox Head & Coastal Beauty

Travel Distance 15km

Prepare for an action-packed day exploring the stunning coastline by taking advantage of Ballina’s renowned shared paths and cycleways, known as the best in the region. **The Coastal Recreation Path** follows the stunning coastline from Ballina CBD through to East Ballina’s subtropical rainforests before taking you to the spectacular cliff tops of Lennox Head. If you only choose to do a section of the walk, we recommend the sections from Sharpes Beach to Boulder Beach or Boulder Beach to **Pat Morton Lookout**. Kids love exploring the rockpools and building rock towers at Boulders!

If you prefer to be in the water rather than looking at it, then learn to do what the locals do and book a family Learn to Surf adventure with **Let’s Go Surfing**. A fun, family bonding experience and something the kids will remember (and maybe even take on as a new hobby!)

Lennox Head is a laid-back beach vibe village and offers a selection of inviting cafes and restaurants to choose from for lunch. This charming coastal town is the perfect place to relax and refuel, with the backdrop of the famous Seven Mile Beach. After lunch, spend the afternoon at **Lake Ainsworth** for a refreshing dip. Surrounded by tea-trees, the tannin-soaked waters are said to have healing properties that will leave your hair and skin feeling refreshed. The kids will be fascinated swimming in the ‘coca cola’ coloured waters and maybe consider hiring some SUPs from **Lennox Surf** to explore. **Lennox Kiosk** is close by, treat the family to milkshakes and coffee.

Finish the day off by dining in at **Lennox Pizza**. They have great cocktails, a fun atmosphere and delicious pizzas ticking boxes for all the family. A visit to Lennox Head is not complete without indulging in an ice cream from **Lennox Gelato** – conveniently located downstairs from Lennox Pizza and opposite the playground. Strongly recommend an evening family stroll along **Seven Mile Beach** and take in the headland views.

The 14 minute scenic coastal drive from Lennox Head to Ballina is one of the most breathtaking along the North Coast. As you come over the hill from Boulder Beach the ocean view over Sharpes & Flat Rock never disappoint.

Settle in to [Ramada Hotel & Suites](#) in Ballina in one of their spacious family apartments with views over the Richmond River – it’s now time to indulge with a cocktail while the kids enjoy a swim in the pool.



Beaches



Lake Ainsworth



ramada Hotel & Suites



DAY FOUR

Byron Bay Wildlife Sanctuary

Newrybar & Natural Wonders

Travel Distance 30km

This morning, embrace the opportunity to awake to the stunning water views from your balcony. No need to travel for breakfast, fuel up for the day downstairs from your apartments at the waterfront **Saltbush Restaurant & Bar** or grab coffee and some freshly baked goods at Lehem Breadhouse and enjoy on your apartment balcony. If you are lucky enough to be visiting on a Sunday, take the family for a 20 minute walk to the **Ballina Famers Market** and stock up on some delicious local produce and enjoy breakfast by the river.

As you venture out of town towards the hinterland, make your first stop **Killen Falls**, a stunning waterfall nestled amongst ancient rainforest remnants. Enjoy a brief bushwalk leading to a viewing platform, offering an impressive vantage point of the falls. Extend your walk another 20 mins to reach the base of the falls, where the kids will love exploring the cave hidden behind the cascading falls.

After a 10 minute hinterland drive, let the kids get up close to local wildlife at the **Byron Bay Wildlife Sanctuary**. Offering a range of experiences that allows visitors to engage with wildlife like feeding kangaroos, holding a snake and seeing koalas up close and personal, we suggest allowing at least half a day to enjoy all the sanctuary has to offer. From mini golf, splash water park, nature playground, to daily shows and education talks plus and onsite cafe for lunch, Byron Bay Wildlife Sanctuary is a kids paradise.

Again, if you are staying throughout the school holidays, they offer behind the scenes experiences where the kids can spend the day as Wildlife Guardians or Keepers for the Day or book the little ones into Puggles Playgroup.

A short 6 minute drive from the sanctuary is **Zentvelds Coffee Farm and Roastery**, a family-owned business that focuses on regenerative farming practices. With the beans grown, processed and roasted on the farm; Zentvelds Coffee offers a true 'crop to cup' experience. Indulge in a barista made coffee while overlooking the plantation or book a family tour on a Wednesday or Friday where you can walk around the farm, see the native and honey bee hives and visit the processing shed to see the machinery used.

Dinner time? A beloved local gem, **Cherry Street Sports** in Ballina is the go-to destination for relaxed family dining. A fun playground for the little ones plus a huge outdoor green field that is often full of local kids kicking a soccer ball or creating their own games. A large alfresco deck overlooks it all making it an easy dining option for all ages. On Thursdays, kids eat free all day (conditions apply), plus Kidz Klub run craft activities to keep the creative ones entertained.

After a full day of exploring, return to the comfort of your family apartment at **Ramada Hotel & Suites** in Ballina, fall asleep to the sound of the river noises.



Killen Falls



Farmers Market



Zentvelds Coffee