

## WATER BASED ACTIVITIES

69. Enjoy the natural beauty of the Brunswick River on a Rainforest River Cruise or try their unique kayak cruise and SUP. Morning and sunset tours plus all day trips available. A must do!
70. Get a fishing licence at the IGA Supermarket, Park St News or Brunswick Bait & Tackle and a fishing map from the Visitor Centre.
71. Bring your own tinnie or hire one from Brunswick Buccaneers and take the kids exploring or fishing up the Brunswick River.
72. Go out through the Bruns bar with Blue Bay Whale Watching (in season). Take the family to see the dolphins, turtles and other marine life while strolling along the breakwall.
73. Hire a canoe or kayak or join a Stand Up Paddle tour of the Brunswick River with Byron Bay Surf School.
74. Paddle alongside expert guides on a tour of the Brunswick River with Go Sea Kayak.
75. Swim between the flags on our surf patrolled beach to avoid rips.
76. Learn to surf like a local with Mojo Surf.
77. Join in the Mullum2Bruns Paddle held in May.

## ARTISTIC ENDEAVOURS

78. Chat to Roz at Mina Mina Gallery and learn all about indigenous art.
79. Visit village potter Lucy Vanstone at the Wheel of Life Gallery.
80. Check out the new Youth Seat made from earth bags at the Bruns Skate Park and admire the handy work of local artists and students.
81. Perch yourself on the gorgeous mosaic seat outside the Catholic Church on Tweed St, depicting local flora and fauna.
82. Admire the photos hanging in the shop windows in the Simple Pleasures Photo Competition during September.
83. Visit Soulife, Byron's home of crystals, to source esoteric books and eclectic jewels as well as unique gifts to nourish the soul.

## PAMPER YOURSELF

84. Try acupuncture, Chinese herbals, sound therapy or Reiki at Brunswick Heads Acupuncture, or visit Ocean Shores Health & Kinesiology.
85. Enjoy a remedial massage, osteo or cranial sacral treatment from Brunswick Heads Osteopathy.
86. Relax with a soothing massage from Brunswick Heads Massage, Zen Massage or Back2Yourself Massage.
87. Book in for some well deserved pampering at Ozone Beauty or Michaela's Hair & Beauty or visit Byron Cloud 9 in Ocean Shores.
88. Venture into the hinterland for an indulgent day at Botanica Rainforest Spa & Retreat at Wilsons Creek or try a Crystal Dreaming treatment with Dilma Morais Kinesiology.
89. Pop into the Visitor Centre for skin care from Pure Nut, a range of local macadamia oil products or Tea Tree products from Thursday Plantation.



## ENJOY OUR COMMUNITY FESTIVALS AND EVENTS

90. Get married, have a christening or celebrate a reunion or special occasion. Celebrant Kate Priddle can assist with your weddings, funerals and other ceremonies.
91. Enter the Fishing Comp at the Fish 'n Chips Festival (Jan).
92. Watch chips fly at the unique Woodchop Carnival (Jan).
93. Roll up to the Bruns Picture House mixed arts venue for live theatre and cabaret, kids shows, circus performances and films.
94. Enter the 10km Mullum2Bruns Paddle fun or challenge sections (May).
95. Hunt for treasure at the award-winning Old & Gold Festival (June long wknd).
96. Marvel at the stunning 'Back to Bruns' Hot Rods gracing the streets (July).
97. Enter the Byron to Bruns walk or run along the beach (August).
98. Get the camera out and snap some photos for the 2018 Photo Competition.
99. Experience Melbourne Cup Day at the pub or Bowlo, Bruns style (Nov).
100. Join in the Twilight Christmas Market celebrations with Santa and fireworks (Dec).

## AND FINALLY

101. Just relax... and enjoy... the Simple Pleasures of Brunswick Heads!

## BEYOND BRUNSWICK

If you have time to take a trip further afield, the following towns are a day trip away by car. If you're flying into Gold Coast Airport, hire a vehicle at Economy Rental Cars. Daily flights now operate in and out of the Ballina Byron Gateway Airport. For transport to and from the airports, see the Visitor Centre and book your next trip on Byron Easy Bus, Go Byron Bus & Taxis or Blanch's BVC. Byron and Beyond magazines with free maps and information on nearby towns are available at the Visitor Centre.

Ocean Shores	5 mins	Tweed Heads	30 mins
Byron Bay	15 mins	Murwillumbah	40 mins
Mullumbimby	10 mins	Currumbin	35 mins
Ballina	35 mins	Gold Coast theme parks	1 hour
Alstonville/Lismore	40 mins	Brisbane	1.5 hours

Collect a Brunswick Accommodation Guide and plan your next stay in one of the fabulous holiday houses, units and serviced apartments, holiday parks, motels, retreats or the pub. Planning a wedding or event? Visit the Weddings & Events section of our website [www.brunswickheads.org.au](http://www.brunswickheads.org.au).

For further information, bookings and souvenirs drop in to the Visitor Information Centre at 7 Park St, ph 6685 1002.

 **Brunswick Heads.** Visitor Centre.  **Brunswick Heads.** Chamber of Commerce.

CORPORATE PARTNERS



FALLS FESTIVAL



SPLENDOUR IN THE GRASS

# 101 Things to do in BRUNSWICK HEADS



[www.brunswickheads.org.au](http://www.brunswickheads.org.au)

**Brunswick Heads.** Simple Pleasures.

## RIGHT IN TOWN

1. Pick up visitor maps and guides from the Visitor Centre and find out all about Brunswick's Simple Pleasures from the friendly volunteer team.
2. Window shop or take home beautiful fashions, homewares and gifts from Silver Dragon, Saffron Home Essentials, Lazybones, Torakina Daze, Fabulous Mrs Fox, Violetta's Shoes, Sunshine Trader and Mandorle.
3. Have a coffee, breakfast, lunch or dinner at the pub, Footbridge Café, Terrace Espresso Bar, Park St Homemade Pasta Bar, Torakina Café, Bruns Bakery, Fleet, Sticky Fingers Pizzeria, Dolphin Café, Table View, The Milk Bar, Jones & Co, Brunz Indian, Gringo's Fresh Mex, Yami Vegetarian, Bernardi's Gelato, Yu Café at Clems Cargo, Trawlers Bar & Kitchen and Old Maids.
4. Stock up the pantry or picnic hamper at the IGA Supermarket, Village Greens, Brunswick Health Foods or Homegrown.
5. Fossick for vintage and retro treasures in Clem's Cargo, Resould, Fabulous Mrs Fox, Vintage Interior Pieces or the 50+ shops on the Northern Rivers Secondhand Trail.
6. Wrap yourself in a luxurious towel, treat yourself to a momento or take home a Simple Pleasures' inspired souvenir from the Visitor Centre.
7. Enjoy a drink in the beer garden at the Hotel Brunswick or catch a show at the Brunswick Picture House.
8. Pick up a newspaper or magazine from Park St News or buy a secondhand novel at the Visitor Centre.

## FORGET THE CAR AND USE YOUR LEGS

9. Do a walking tour of the town with your free map from the Visitor Centre.
10. Amble to the end of the breakwall or get up early and watch the sunrise.
11. Walk your dog along the beautiful beach south of the Surf Club.
12. Take a stroll along the foreshore and over the highway bridge to the Nature Reserve on the north side and along Oyster Lease Rd.
13. Hire or buy a bike from the centre of town at Brunswick Heads Bicycles.

## BE A SPECTATOR

14. Watch the boats come in and out of the bar and spot dolphins and whales from the Brunswick breakwall early at dawn and dusk in season.
15. Take a personal tour of the Marine Rescue Tower and learn about the dangers of the bar and the history of the shipwrecks.
16. Enjoy watching a local cricket, soccer or footy game at the sportsfields.
17. Watch the sea eagles swoop the beach, listen to the cheers of rainbow bee-eaters or admire the pelican, whose beak holds more than his belly can. Find out about the local ecology and wildlife on a Brunswick River tour with the award winning Rainforest River Cruises.
18. Take in the breathtaking views over Bruns and beyond from the Ocean Shores lookout at Devine's Hill.
19. Visit the lighthouse at Byron Bay, Australia's most easterly point.
20. Peruse the windows of Elders, North Coast Lifestyle Properties, LJ Hooker and Byron Shire Real Estate agencies and dream about coming back or retiring to Brunswick Heads.

## LAND ACTIVITIES

21. Visit the Bruns markets (1st Sat of month), the North Byron Farmers' markets in New Brighton (Tue) and Mullumbimby (Fri). Pop into the iconic Poinciana Mullumbimby for healthy clean food and medicinal cocktails.
22. Stargaze every 1st quarter moon with Starry Night Planetarium.
23. Enjoy fish 'n' chips from the Brunswick Fishing Company at the Boat Harbour, Starfish or the Fish & Burger Bar.
24. Play Bingo Mondays and Thursdays at the Bowlo or play Housie over the Christmas holidays in the big tent in Banner Park.
25. Pitch a tent at one of our three Reflections Holiday Parks - or let Glamp Oz or Retropod set a tent up for you!
26. Picnic or BBQ in the parks and kick a ball or throw a frisbee.

## GET HEALTHY OR STAY HEALTHY

27. Visit Brunswick Heads Medical Centre, Brunswick Osteopathy, Brunswick Heads Pharmacy or Pura Vida for health & wellbeing advice.
28. Book in an Information Balancing session with Healing Information in Mullumbimby, to fine tune your mind, body and soul.
29. Join a morning Gym on the Run session on the beach with Rick (Mon, Wed, Fri) or try a personal training session in his private studio.
30. Discover the benefits of holistic health at Brunswick Health Foods.
31. Hone your forehand and backhand as well as your relaxation skills at a Tennis by the Sea weekend retreat.
32. Walk/ride from Bruns to Byron along the beach (2.5hrs) or ride (1hr).
33. Play golf at the internationally recognised Ocean Shores Country Club.
34. Join a trail ride with Pegasus Park Equestrian Centre.

## ADVENTURE ACTIVITIES

35. Enjoy a daily sunrise flight with Byron Bay Ballooning.
36. Book a dive or snorkel tour with Byron Bay Dive Centre.
37. Learn to surf or join a Stand Up Paddle tour with Byron Bay Surf School.
38. See and do more at Currumbin Wildlife Sanctuary, for those who dare, try the Tree Top Challenge Croc Shock, where you literally zip line over crocodiles.
39. Make the jump and see Bruns from the air with Skydive Australia.
40. Walk the fire trail and beach through Tyagarah Nature Reserve starting from the surf club or bushwalk around Crystal Creek Rainforest Retreat.

## DAY TRIPPING

41. Delight in unusual and exotic fruits, see the animals, take a mini train ride and feed the ducks while cruising on the lake at Tropical Fruit World.
42. Discover Beach Byron Bay restaurant with daily breakfast and lunch, seven days.
43. Hire a car from Imagine Car Rentals and make a day of it with a round of golf at the magical Teven Valley Golf Course.
44. Treat yourself to an indulgent day at The Byron at Byron Resort & Spa with luxurious treatments and a happy hour drink on the deck overlooking the rainforest.
45. Wind your way north over the Burringbar Range to visit Tweed Regional Gallery and the Margaret Olley Art Centre. Enjoy lunch at Mavis's Kitchen, with stunning views of Wollumbin Mount Warning.

## FOR BUSINESS

46. Book a meeting, conference or event at the Memorial Hall, The Brunswick Picture House, Torakina Café, Brunswick Heads Bowling Club, Ocean Shores Country Club or the Ocean Shores Tavern.
47. Transform your corporate or private event with staging and lighting by North Coast Entertainment, styling by Victoria Fitzgibbon Florist and entertainment by one woman show, Louise McCabe.
48. Take your event outdoors with vintage vans or luxury bell tents from Retro Pod and Glamp Oz. Add healthy drinks from Juices 2 U.

## HISTORY AND NOSTALGIA

49. Visit the Brunswick Valley Historical Society Museum in Mullum on Tuesdays and Fridays. Do a one hour self-guided tour of Bruns. Learn about our fascinating local history from the Visitor Centre.
50. Appreciate the 1940's architecture and decor at the Hotel Brunswick.
51. Rest your weary legs on the Frank Mills seat, dedicated to our town's long-serving historian. Or visit the Fishing Seat at the Boat Harbour, celebrating our rich fishing history, both commercial and recreational.
52. Wander through the gravestones in the old cemetery at Pilgrim Park.

## KID'S STUFF

53. Pick up your Fairy Trail clues from the Visitor Centre and discover the little fairy houses nestled into nature and interesting places around town.
54. Meet all the other kids at the Banner Park riverside playground or fly a kite in the park on a windy day. The Visitor Centre sells kites for all ages.
55. Go swimming and build sandcastles at Torakina Beach - perfect for families.
56. Ride your skateboards, bikes and scooters at the Bruns Skatepark.
57. Join in story time at the Library on Monday mornings at 10.30am.
58. Enjoy nostalgic rides and stalls at McGregor's Family Carnival in Banner Park in December and January.
59. Treat the kids to a delicious gelato at Bernardi's or The Milk Bar.
60. Try the trapeze and other circus fun with Circus Arts Byron Bay.
61. Discover Crystal Castle and Shambhala Gardens. A magical place of giant crystals, sacred statues, stunning gardens, unique jewellery, fresh food. Free face painting on weekends and school holidays.
62. Meet the wombat and koala, hand-feed the kangaroo family, see the bird show, ride the train and play mini golf at Macadamia Castle.
63. Pick up some games for rainy days from the Visitor Centre.
64. Enjoy the great line up of kids entertainment at the Brunswick Picture House.
65. Visit Hosanna Farmstay and pat the calves, goats, horses, bunnies and guinea pigs. Jump off the diving board into the dam.

## BIG KID'S STUFF

66. Head back to school at Bean to Barrista. Indulge your love of coffee with a range of classes and tastings in the heart of Bruns.
67. Learn about Brookie's award winning gin, made with native rainforest ingredients on a tasting tour of Cape Byron Distillery.
68. Drop into Stone & Wood brewery's tasting room at the Byron Arts & Industry Estate. Grab a tasting paddle or book a tour.

