

Explore Bowen in one day!

BOWEN IS A SURPRISING TOWN WITH SO MUCH TO DO...BUT YOU HAVE TO KNOW WHERE TO LOOK! EXPLORE ONE OF NORTH QUEENSLAND'S MOST CHARMING HIDDEN GEMS WITH THIS ONE-DAY ITINERARY.

BREAKFAST: Start the morning off with the most important meal of the day. A scrumptious breakfast at one of the many cafés in the area will satisfy the appetite while you soak up the great surrounding ambience.

HIT THE BEACH TRAIL: Bowen sits on a square peninsula and is surrounded by eight beautiful beaches to the north, east and south. Walk and fossick along the endless sands of Kings Beach or Queens Beach; or swim and snorkel in picturesque bays flanked by granite boulders. Some fringing coral reefs are just metres from the beach. Horseshoe Bay and Rose Bay are top spots for snorkelling and are also great for the whole family.

TURTLE TIME: Bowen's Jetty, off Front Beach, was built in 1867 and stretches 750 metres into the Coral Sea. You can take a stroll along this piece of living history, which has seen cargo loaded on and off ships for many years but is now used mainly for fishing. And if you're lucky, turtles will pop up to say hello!

ICONIC: Go back in time during lunch by stopping in to the great historic pub in Bowen which featured prominently in the movie *Australia*, starring Hugh Jackman and Nicole Kidman.

HISTORY TOUR: Bowen was established in 1861 and the still-operating salt

works attests to its being at the centre of Queensland's salt industry in the 20th century. Be sure to visit Bowen Historical Society & Museum, on Gordon Street, and also the Catalina museum and memorial, which celebrates the brave pilots who used Bowen as a base in World War II.

INSTA-MOMENT: Head up to Flagstaff Hill for absolutely spectacular views of Cape Edgecumbe Bay, the North Island Lighthouse and Whitsunday Islands. Then turn around in the opposite direction and the whole of Bowen and its surrounds are spread out before you, as far as the eye can see. This is one spot you won't want to be without a camera!

QUIET TIME: Relax at Muller's Lagoon – 23 hectares of pretty parkland with a superb botanical garden and wetland habitat. Take a well-earned break in the shady picnic area – there are free BBQs and a playground – and use the helpful display boards to help you spot some of the 170 bird species that call the lagoon home.

DINNER: By now you will have worked up an appetite so why not head to the marina where there is an array of delicious seafood on offer. Eat your fish and chip supper while looking out at the tinkling boats moored up for the evening.

BREAKFAST: Stop at one of the enticing cafés along the main street of Proserpine, which is characterised by beautiful Art Deco and heritage buildings (Tip: look up!). Or grab a snack from one of the bakeries and enjoy the tranquillity of Pioneer Park at the end of the main street where the world is blotted out by the bird noises.

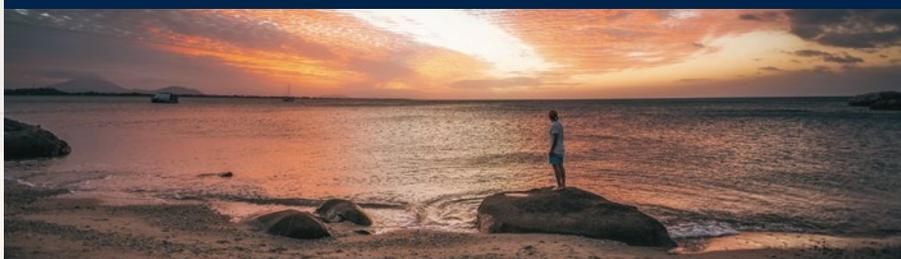
THERAPY: It's time to hit the shops and one of the great things about Proserpine is its range of quirky and eclectic shops selling all manner of things. Peruse the tiny back streets as well as Main Street for a colourful array of jewellery, clothing, shoes, handbags, babywear, homewares, garden items and cookware, amongst other things.

HISTORICAL: Dating back to the 1870s, Proserpine is a history buff's dream-come-true and a visit to the Proserpine Museum is a must. The museum houses fascinating displays about the town's heritage – its people and industries over the years. As well as a thriving cane industry, Proserpine also experienced its very own 'Gold Rush'!

LUNCH: Wow what a morning! After all that, it's time for some tucker. Why not take in a counter lunch with the locals at one of the many pubs lining the main street, all with their own distinct feel and character. Enjoy great food while you listen to the locals spin a yarn or two, and experience old-fashioned country hospitality.

AFTER LUNCH: Head to Lake Proserpine, 26kms inland from Proserpine (also known as Peter Faust Dam). Passing fields of cane and other crops you arrive at the massive dam, which was built in 1990 to provide the town's water needs. It also offers excellent recreational fishing – it is considered one of Australia's premier barramundi impoundments – and has shaded barbecue facilities. Whether it's food or fishing you're after, it's a beautiful spot to spend the afternoon.

AS YOU DRIVE BACK: As you drive back towards Proserpine, savour the stunning views as the sun spreads its golden glow over the valley, and you understand why this little town is called Proserpine, after the goddess of fertility.



Prosperous Proserpine packs a punch!

EXPLORE PROSERPINE IN A DAY WITH THIS HANDY ITINERARY AND REALLY MAKE THE MOST OF THIS PRETTY COUNTRY TOWN NAMED AFTER 'PROSERPINIA', THE GREEK GODDESS OF FERTILITY.

PHOTO OPP: Proserpine sits in a fertile basin dominated by swaying sugar cane fields and the sugar mill still looms over the town. Swing by the mill on your way into Proserpine for a great photo opportunity with the 62 metre high towers behind you, spewing out their steam as they process about 1.5 million tonnes of cane each year.