

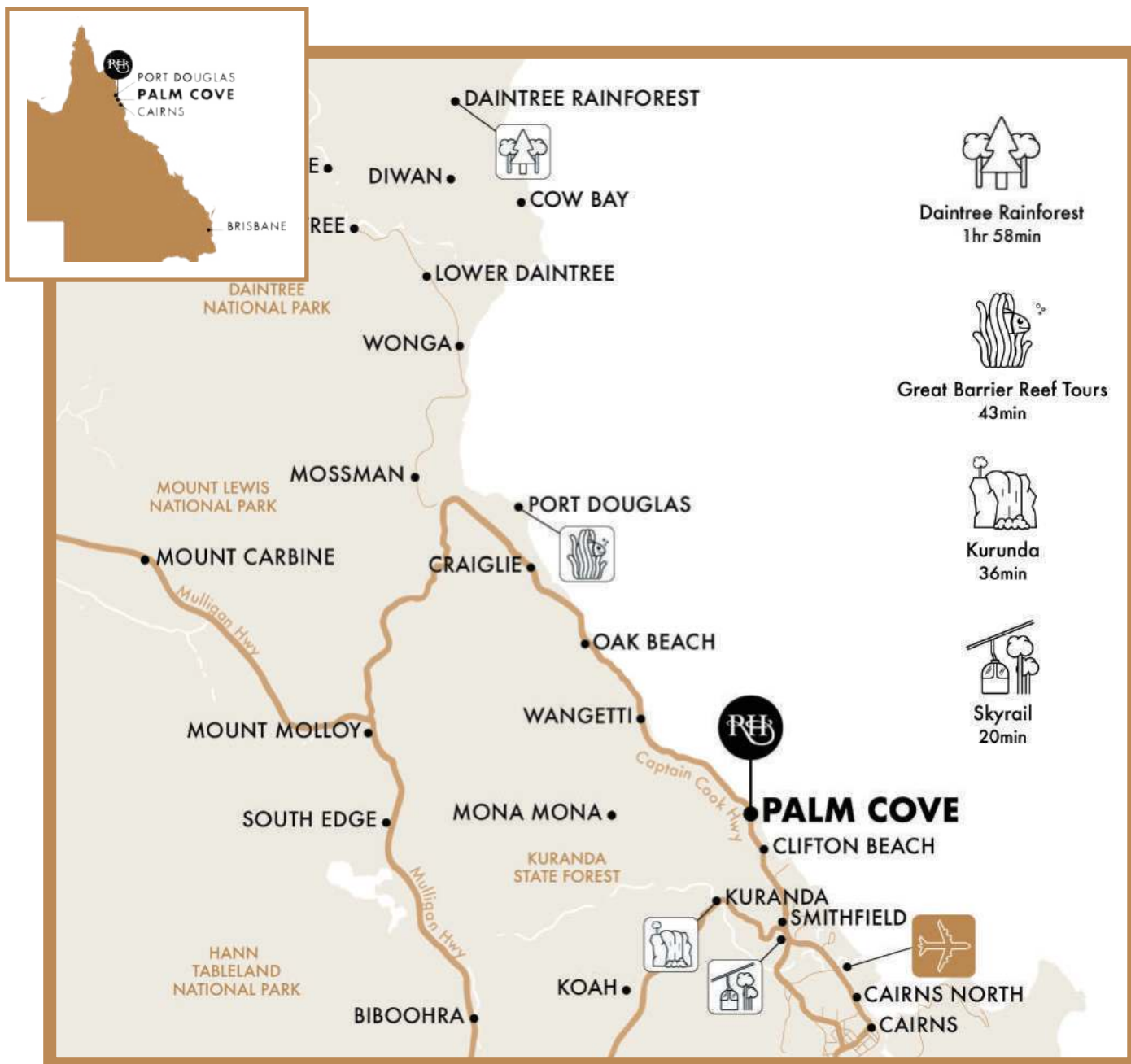


The Reef House

Boutique Hotel & Spa Palm Cove

Rejuvenation Season at the Reef House
in Tropical North Queensland

Summer in the tropics is a feast for the senses.



Summer is a feast for the senses. Feel the invigorating cool water of a rainforest waterfall, see the Great Barrier Reef in crystal-clear clarity, listen to wildlife come alive and taste tree-fresh tropical produce. Start your tropical Summer at the Reef House Palm Cove.



SUMMER (DEC-FEB) Average Cairns temperatures: 23.6°C / 31.4°C

Summer in the tropics is when nature comes alive.



AUTUMN (MAR-MAY) Average Cairns temperatures: 21.6°C / 29.2°C

Let summer live on in Autumn in Tropical North Queensland.



HIGHLIGHTS

Top 10 Things to do in North Queensland during Rejuvenation Season

1. Spot Wildlife
2. View spectacular waterfalls
3. Walk to a freshwater swimming hole
4. Feast on tropical fruits
5. Rejuvenate body and soul at the Reef House Day Spa
6. Take a day trip to the Atherton Tablelands
7. Explore the Daintree Rainforest
8. Visit Cairns Botanic Gardens
9. Relish the novelty of restorative tropical rain
10. Scuba dive or snorkel on the Great Barrier Reef

"The Reef House provides **adults and couples** Boutique Tropical Escapes and bespoke service by the Coral Sea. Enjoy inclusive packages and activities curated for **rest, relaxation and rejuvenation** in our small hotel dedicated to house guests." - *Malcolm Bean, Director*



Why you should
visit north
Queensland during
summer

North Queensland thrives during the summer months as the region comes alive after restorative tropical rains.

Visitors are lured into the season's transformative embrace as nature swings into overdrive during the annual restorative season of renewal and rejuvenation.

Drip. Drip. Drip. It's the soundtrack of a flourishing rainforest. In the aftermath of a tropical downpour, droplets trickle from table-sized palm fronds laden with moisture. Rainwater pools along woody flanges of buttress roots taller than a child. Beads of water cling to mossy tendrils. Underfoot, a pungently composted forest floor greedily sucks the dampness deep into its earthy heart, nourished by its life-giving force.

REJUVENATION IS AFOOT.

Metallic starlings nest in Quandong trees, signalling their presence with a raucous cacophony. North Queensland's own dinosaur, the cassowary - which evolved through 80 million years - swaggers through the understory powered by humungous three-pronged feet with dagger-like talons. Frogs bark throatily. Boyd's forest dragons look on mutely. Golden bowerbirds trill above the fronds of Triassic-era Cycads. Mammoth fronds of King Ferns unfurl ever so elegantly. A booming rumble erupts from the inflated necks of brush turkeys coloured like the Aboriginal flag. Tree kangaroos pirouette through the canopy high overhead.

Tropical summer rains in these parts are anything but subtle, where dramatic posturing is part of their attraction. High in the Atherton Tablelands streams burble. Rivers rumble. Water tumbles through an ancient landscape carved by eons of erosion. Waterfalls cascade down vertical rockfaces in a tumultuous crescendo. Rainbows sashay and sway, dancing ghost-like above rock pools shrouded in mist. Delicate ferns quiver in the updraft. Orchids come rainbow-hued. Sightseers, bushwalkers and hikers relish cooling dips in boulder-lined swimming holes.



This is what an 180 million-year-old forest feels like during Rejuvenation Season.

The planet's oldest living rainforest thrives on these annual, rejuvenating rains. Each year from around November to March, rains wash away dirt draped across the canopy, clear the dust from the forest floor. North Queensland glistens with new growth as an abundance of the planet's freshest, cleanest water is filtered by rainforest. Mirror-like waters of volcanic crater lakes reflect ancient forest-clad shorelines. After dark, skies are awash with a twinkling constellation more captivating than New Year's Eve fireworks above the Sydney Harbour Bridge. Australia's largest butterfly, the Cairns Birdwing with its striking 'look at me' colouration of green, gold and black wings and a black body slashed by scarlet flutter through the forest looking for love. Who can blame them?

Out on the Great Barrier Reef, rejuvenation is reaching a crescendo. The planet's largest sexual event erupts with mass coral spawning early in Rejuvenation Season. When the tides and moon align, corals release sperm and eggs as the marine world becomes a virtual snowdome of procreation. So too, turtles are mating, then later nesting on beaches. Hatchlings are scurrying from the sand to the sea as winged predators hover overhead. The last of the migratory humpback whales have departed for southern waters. Prevailing trade winds desist. Scuba divers and snorkellers rejoice as exceptional underwater visibility reveals kaleidoscopic coral gardens.

RESTORATION IS UNDERWAY.

In the fruit bowl on north Queensland, the Atherton Tablelands are healthily laden. An abundance of fresh produce is harvested as plantations and orchards provide summer delicacies cherished by Australians across the country. Think mango, pineapple and dragon fruit. Citrus, bananas and berries. Sugar, coffee and tea. Avocado and corn. Dairy farms too are in full production with the likes of Mungali, Misty Mountains and Gallo producing premium chocolates, cheeses, yoghurts, cream and milk so fresh you can almost smell the emerald grazing pastures of elevated dairy country draped in revitalising mist.

Renewal sows the seeds for next year's bumper season.

Across north Queensland, the nurturing nature of Rejuvenation Season allows us restorative time in sync with the seasons. To nurture the mind. Nourish the soul. Recharge weary bodies. To reconnect with loved ones. Or with ourselves. Essential time to reinvigorate. Rejuvenate.



Feels like family

*“We were greeted with a complementary cold drink,
homemade coconut sorbet and cool towel on arrival
which was a godsend after a day of driving. Our luggage
was then whisked away while we were checked in and
given a tour of the property...*

Can't wait to visit with you again.”

Bridget Walker - September 2021



You will never want to leave!

*“3 nights is just not enough to experience Palm Cove
& everything this hotel has to offer. You must stay
5-7nts. This is the place where everybody is talking
about when they will be coming back.*

From the moment you arrive, the staff are amazing...”

- AUspecialist - September 2021



A large sea turtle is swimming towards the camera in clear, turquoise water. The turtle's head and front flipper are visible, showing detailed patterns on its skin. In the background, a vibrant coral reef stretches across the bottom of the frame. The water's surface is visible above the turtle, with sunlight filtering through the waves. The overall scene is bright and captures the beauty of marine life.

Top 10 Things to do in North Queensland during Rejuvenation Season

Photo Credit : Tourism Tropical North Queensland

1

Spot wildlife when they are at their procreating peak

Turtles come ashore to lay their eggs between November and January, with hatchlings starting to emerge from nest from mid-January to March. Paddle a kayak to the islet known as Scouts Hat and look for turtles foraging on the reef.

Cassowaries have usually mated by November with young 'stripey' chicks staying close to their fathers. Look for cassowaries in the rainforests of Mission Beach, the Atherton Tablelands and the Daintree and on the beach at Etty Bay.

Saltwater crocodiles are mating, with males becoming particularly active as they look for a mate. Mating generally takes place during October and November with nesting occurring from December to April. Saltwater crocodiles are extremely dangerous. The best way to view them safely is at a wildlife park such as Hartley's Crocodile Adventures, where the daily Crocodile Attack Show mixes humour with entertainment and education.

2

View spectacular waterfalls

See **Barron Falls** from the comfort of Skyrail Rainforest Cableway or Kuranda Scenic Railway or walk along the elevated rainforest boardwalk to the viewing platform at **Kuranda. Millaa Millaa, Zillie and Elija Waterfalls** are also well-known beautiful falls, but if you want to see the locals' favourites, visit **Mungalli, Nandroya, Windin, Josephine, Tchupala or Hartleys Falls**.

3

Walk to a freshwater swimming hole

Behana Gorge with its mammoth boulders and multi-level rock pools is reached after an easy 3km walk along a bitumen path. **Crystal Cascades** has rock pools linked by waterfalls alongside a shady grass area perfect for picnics. **Stoney Creek and Old Weir Falls** are at the start of a walking trail that rises steadily uphill to Glacier Rock where stunning views over Cairns and offshore islands are the reward for your sweat equity.

4

Feast on tropical fruits

Plantations are laden with fruit, streets are literally carpeted with fallen mangos and produce markets like **Rusty's Market** is the place to pick up luscious locally grown mangoes, pineapples, paw paws, avocados, citrus, berries, and melons.



5

Rejuvenate body and soul at the Reef House Day Spa

Check in for the **Signature Spa Ritual** and allow three hours of ultimate pampering in tranquil surroundings. Allow the gentle hands of skilled therapists to exfoliate, cleanse, massage and rejuvenate your whole body during a sensory journey that will leave you floating on clouds for days afterwards.

6

Take a day trip to the Atherton Tablelands

Almost 1,000m above sea level and with a noticeably cooler climate than the coastal plain, the Tablelands are all rolling green hills interspersed with dense pockets of ancient rainforest. Hastings and Bromfield Swamps offer exceptional birdwatching opportunities, visit Granite Gorge to see wild rock wallabies and look for platypus in the shallows of Lake Tinaroo near Yungaburra. Taste award-winning gin at Mt Uncle Distillery, fresh-baked scones at Lake Barrine Teahouse and pick up locally grown fruit and vegetables, macadamia nuts, tea, coffee, chocolates and dairy products from Tablelands towns or roadside 'honesty' stalls direct from the farmer.

7

Explore the Daintree Rainforest

The absolute best time to savour the sights, sounds and smells of a tropical rainforest is after recent rains when it's in full restorative mode. The rainforest literally drips with vibrant new life. Walk the boardwalk trails to see elegantly curved buttress roots with flanks the size of a small vehicle, delicate dangling ferns glistening with dew drops and multi-coloured fungi clinging to moss-draped logs, some of which glow iridescent in the shadowy recesses of the forest floor.





*Beautiful stay and location,
wonderful staff!*

“The pools, food, and signature inclusions were all amazing. We loved 3pm sorbet by the pool and canapés and cocktails in the Brigadier’s Lounge. Breakfast on the deck was also a daily highlight, and dinner at the restaurant was stunning. We can’t wait to come back for another relaxing holiday, hopefully some time soon!”

Chloe L - September 2021



Amazing place with amazing staff

“We loved our stay at The Reef House, a hotel full of character and charm. The staff were incredibly warm and welcoming and service was outstanding throughout. We loved the breakfasts on the deck, the cocktail making class, the various pools and spa’s and the afternoon punch and canapés that were included with the accomodation... One of our best holidays...”

mark2021a- September 2021



8

Visit Cairns Botanic Gardens

Join a guided walk for an in-depth dive into the lifecycles of extraordinary tropical species, wander the Conservatory where tropical butterflies flutter amidst exotic orchids and the peculiar beauty of phallic-like carnivorous pitcher plants make it hard to look away. Stay for coffee or linger over lunch at the Café to admire oversized ginger and heliconia plants with their extraordinary blooms in hues ranging across sassy scarlets, charred oranges and the vivacity of sunflower yellows.

9

Relish the novelty of restorative tropical rain

Participate in an Aqua Aerobic class in the Mineral Pool, where the rejuvenating tincture of rain on your skin is a warming elixir for the soul.

10

Scuba dive or snorkel on the Great Barrier Reef

Generally from November to March the trade winds subside and the Coral Sea is often as calm as a lake with mirror-like calm seas that reflect cotton wool cumulous clouds overhead. Underwater visibility is at its best, with exceptional clarity making for superb diving and snorkelling experiences. Early in the season, the largest synchronised coral spawning event in the natural world occurs – creating new life for future generations inhabiting the Great Barrier Reef.







The Reef House

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