

Lakeside Trails Number 2.

Head out of Ballina in a northerly direction to Macadamia Castle, it's on the left about 5 minutes south of Bangalow. They serve wonderful breakfasts from 8 am in the café and there's a lot for the children to do too.

After breakfast it's off again, up the highway and take the exit to the left marked Brunswick Heads and Mullumbimby.

Go into Mullumbimby first for a look around at this small village at the foot of the conical Mt Chincogan with it's galleries and eclectic little shops. Take a walk in the park beside the river and see the remarkable collection of exotic palms and trees which grow there. Look for the labels to help you recognise them. A must for visitors to Mullumbimby is the famous chocolate shop so don't miss out on this local treat try the freeze dried strawberries! And there are plenty of places to eat should you be hungry again! Pubs, restaurants and cafes are all there to choose from.

Mullumbimby has it's own golf course if you would like to play. Call ahead 02 6684 2273 to make sure you can get on. Golf carts available for hire.

Leaving Mullum to the south you can visit the 100 metre Minyon Falls in the Nightcap National Park, there are several short to medium walking tracks to chose from in this area. Alternatively, you can head east across the pacific highway to the seaside haven of Brunswick Heads. One of the best surfing beaches in the area is reached via the bridge across the Brunswick River. There are canoes for hire in case you need the exercise! Picnic in the park on the river bank with local fish and chips or something from the well known health food shop, otherwise there are cafes and the famous Bruns hotel. Back to Ballina only 25 minutes away south on Pacific Highway.