

Queensland Rail Travel Onboard Magazine

## 50 THINGS TO EXPLORE

*in the Whitsundays*

**Nine places to fall in love**  
under the falls this Valentine's Day

**25 photos to tick off**  
your Queensland bucket list

**Seven of Queensland's best**  
local farmers markets

**Eight ways to master**  
an outback summer

# Welcome aboard



Whether you're travelling on your summer holidays, visiting friends and family or taking a business trip, we're delighted you've chosen to do it by rail. Our onboard team are here to ensure your rail experience through Queensland is a memorable one, so please sit back, make yourself comfortable and enjoy the journey and the summer edition of Embark which is packed with great train travel tips across this beautiful state.

Our Queensland Rail Travel network plays an important role in connecting regional Queensland communities, offering the largest and most comprehensive network of long-distance and tourism trains in Australia.

Together with our partner, Sunlover Holidays, we've pulled together a selection of rail holidays showcasing some of Queensland's most iconic destinations for the brand new Queensland Rail Holidays Brochure. In this edition of Embark, we give you a sneak peek highlighting just a few of these exciting rail journeys along the colourful Queensland coast and out west to the best of Charleville, Longreach and Mount Isa.

You'll also find some of Queensland's new and exciting reef and rainforest experiences, from the only underwater art museum in the Southern Hemisphere and Australia's

first underwater accommodation on the Great Barrier Reef, to never-before-seen panoramic views of the impressive Barron Falls. As you're travelling through North Queensland be sure to tick off your wildlife encounters, as some you will only find in this unique and diverse region. Alternatively, head west and explore the unexplored through Roma, you never know what you might discover.

Love is in the air in Queensland this Valentine's Day. Take your loved one to a picturesque waterfall in Queensland, we've got nine for you to choose from. Or head to the beautiful Whitsundays, let's face it, with 74 islands to explore and kilometres of white sand beaches, we're sure you'll find something to tempt you, and we've got a list of 50 things to start you off.

Whether it's a new year's resolution or you're just craving some tasty fresh produce, Queensland has you covered this summer. With local farmers markets, summer fruits and delicious fresh seafood, it's the perfect time to get foodie focused... we've even thrown in a few recipes to get you started!

Summer is a great time to head west, and we've got some hot tips to help you master your Outback Queensland experience, PLUS some great rail fare savings on our Spirit of the Outback, The Westlander and The Inlander services.

We love our little train in the rainforest, but don't just take our word for it. Vagabonds of Sweden recently included Kuranda Scenic Railway as part of their one-year Australian East Coast adventure, and it became one of their most epic train rides ever. Read more in this edition.

Check out what's on in our summer event guide and get planning for your next experience. It wouldn't

be a Queensland summer without a myriad of events on offer, from international tennis in Brisbane, to the Clipper Race Carnival in the Whitsundays, and the Australian PGA Championship on the Gold Coast. There is so much to choose from and we think rail is a great way to get there. And remember, if you book early you could save as much as 40% off your rail fare.

It's also the time of year turtles grace our beaches in Queensland. If you haven't had the chance to visit the Mon Repos Turtle Centre, now is a great time to jump aboard the Tilt Train for a journey to an amazing encounter.

At Queensland Rail, we are committed to safety on board our services. In this edition, you'll find our rail safety guide to ensure your journey is comfortable and secure, as well as some sun safety tips when travelling through Queensland in summer.

Please take your time and move safely throughout the train using the grab rails, your safety is important to us and I encourage you to please read the safety card in your seat pocket.

It's wonderful to hear and see our customers' stories and shared experiences on board our trains. Remember to join us on Facebook and Instagram, tag us @queenslandrailtravel and share your rail experiences.

What a great time of year to be travelling through Queensland. On behalf of Queensland Rail Travel and your onboard crew, I'd like to thank you for travelling with us today.

**Nick Easy**  
CEO  
Queensland Rail

## Acknowledgements

### Editors

Lauren Fairley  
Rowena Wiles

### Creative Designers

Alex Kavoukis  
Lisa Mahoney

### Production Manager

Lisa Mahoney

### Editor-in-Chief

Sarah Douglas

### Editorial Contributors

Tourism and Events Queensland  
Tourism Tropical North Queensland  
Regional Tourism partners  
Queensland Rail Travel's Charity Partners

**For story ideas, editorial submission or feedback for this publication please email [embark@qr.com.au](mailto:embark@qr.com.au).**

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For more information on Queensland Rail Travel's services, timetables, fares and onboard facilities visit [queenslandrailtravel.com.au](http://queenslandrailtravel.com.au) or your local travel agent.



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Queensland Rail ABN 68 598 268 528



Cairns Station

## Queensland Rail Travel Centres

### Brisbane

Central railway station, Brisbane

### Bundaberg

Bundaberg railway station, Cnr Bourbong & McLean Streets, Bundaberg

### Cairns

Cairns railway station, Bunda Street, Cairns

### Gladstone

Gladstone railway station, Cnr Tank & Tooloola Streets, Gladstone

### Gympie

Gympie North railway station, Sandy Creek Road, Gympie

### Mackay

Mackay railway station, Connors Road, Paget

### Maryborough

Old Maryborough railway station, Lennox Street, Maryborough

### Rockhampton

Rockhampton railway station, George Street, Rockhampton

### Toowoomba

Toowoomba railway station, Railway & Russell Streets, Toowoomba

### Townsville

Old Townsville railway station, Flinders Street, Townsville

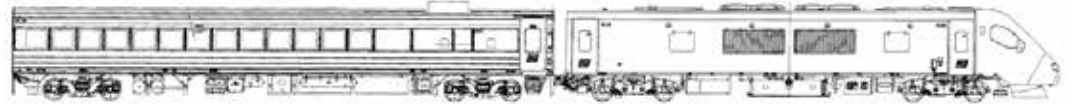
Please call 1800 872 467 for your nearest Travel Centre.

# Travel Fleet

Queensland Rail Travel covers the largest and most comprehensive network of long-distance and tourism trains in Australia. Our fleet comprises a mix of traditional and heritage carriages hauled by diesel locomotives, modern electric and diesel hauled tilt trains and a traditional railmotor.



Our long-distance services travel the Queensland coastline and into the outback, from Brisbane to Cairns, Longreach and Charleville and Townsville to Mount Isa. Our tourism services offer a unique rail experience in North Queensland and the Gulf-Savannah.



Route: Brisbane to Cairns	Brisbane to Cairns 5 services per week	Premium Economy Seats:	134
Distance: 1681 kilometres	Cairns to Brisbane 5 services per week	RailBeds:	35
Duration: 24 hours			



Route: Brisbane to Bundaberg	Route: Brisbane to Rockhampton	Business Seats:	27
Distance: 351 kilometres	Distance: 639 kilometres	Economy Seats:	258
Duration: 4 hours, 30 minutes	Duration: 7 hours, 30 minutes		
Brisbane to Bundaberg 12 services per week	Brisbane to Rockhampton 8 services per week		
Bundaberg to Brisbane 12 services per week	Rockhampton to Brisbane 7 services per week		



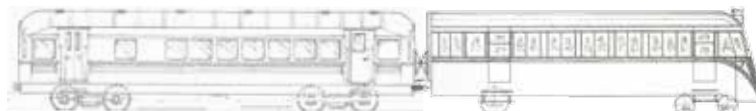
Route: Brisbane to Longreach	Brisbane to Longreach 2 services per week	Economy Seats:	84
Distance: 1325 kilometres	Longreach to Brisbane 2 services per week	First Class Twin Sleepers:	36
Duration: 26 hours		First Class Single Sleepers:	15



Route: Townsville to Mount Isa	Townsville to Mount Isa 2 services per week	Economy Seats:	84
Distance: 977 kilometres	Mount Isa to Townsville 2 services per week		
Duration: 21 hours			



Route: Brisbane to Charleville	Brisbane to Charleville 2 services per week	Economy Seats:	72
Distance: 777 kilometres	Charleville to Brisbane 2 services per week		
Duration: 17 hours			



Route: Normanton to Croydon	Normanton to Croydon 1 service per week	Economy Seats:	100
Distance: 94 Miles	Croydon to Normanton 1 service per week		



Route: Cairns/Freshwater to Kuranda	Cairns/Freshwater to Kuranda 2 services per day	Gold Class Seats:	56
Distance: 37 kilometres	Kuranda to Freshwater/Cairns 2 services per day	Heritage Class Seats:	500-750
		(depending on carriages in the consist)	

The fleet guide is for illustration purposes only.

Front Cover Image: Lady Musgrave Island – Melissa Findley & Bundaberg Tourism

To learn more about your onboard experience including timetables, services, menus and so much more, visit [queenslandrailtravel.com.au](http://queenslandrailtravel.com.au)



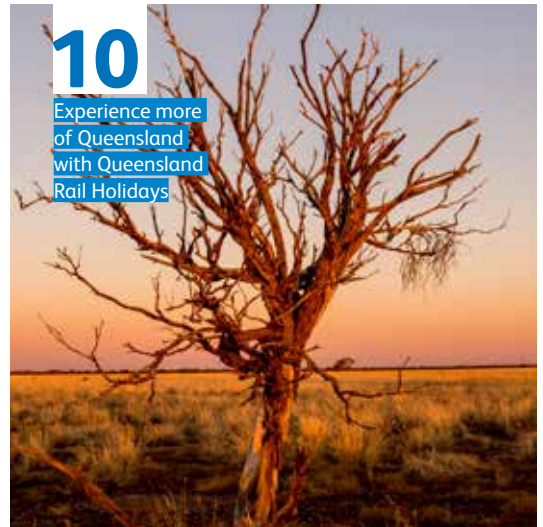
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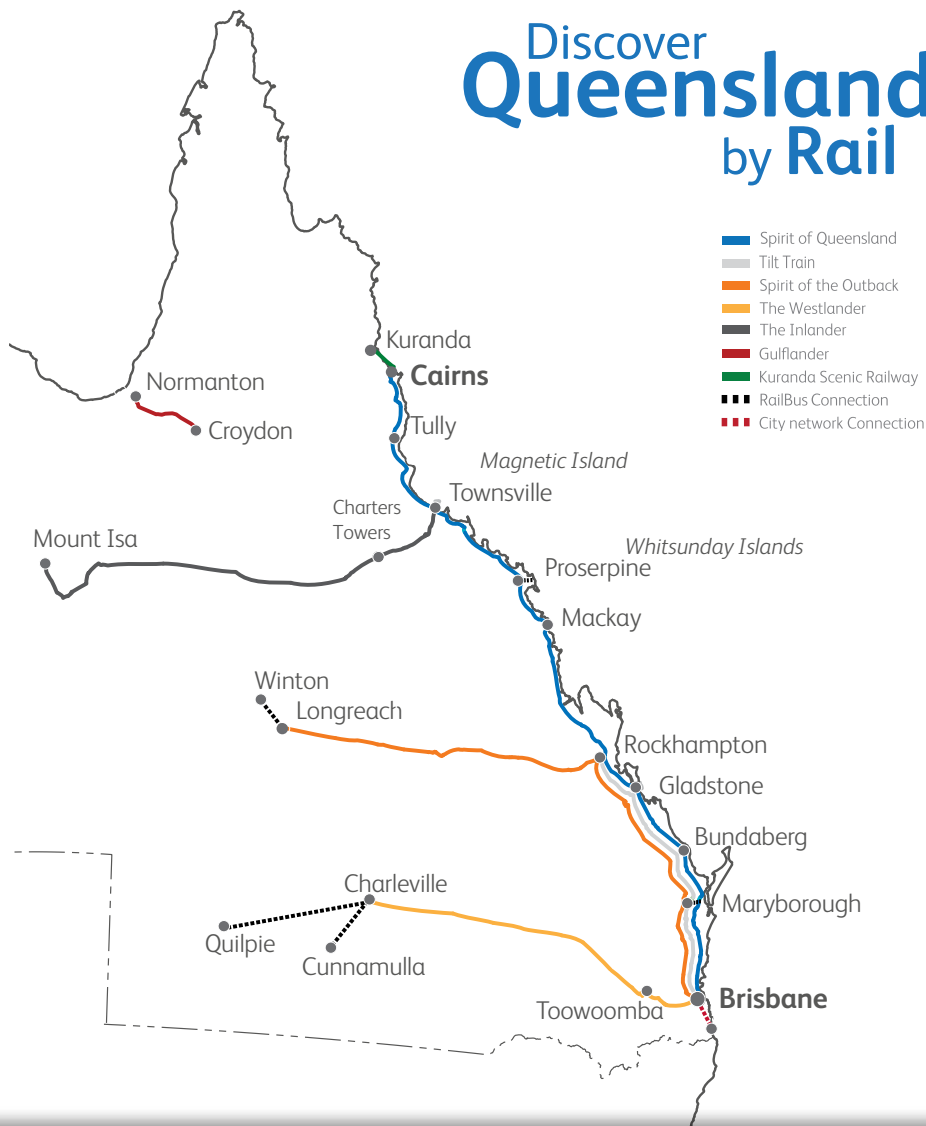
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Top pics for your Queensland photo bucket list

# Discover Queensland by Rail



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# what's new in Queensland

## Museum of Underwater Art (MOUA)

Launching in December 2019, world-leading underwater sculptor, Jason deCaires Taylor has created an experience, the MOUA, which will be a globally-significant asset to Townsville and the surrounding regions and more broadly to Queensland and Australia.

As the only underwater art museum in the Southern Hemisphere – along with being a major tourist attraction, economic injector, job generator and marine science and research hub, MOUA will act to highlight reef conservation, restoration and education on a global scale.

The artworks will be at several locations along the Queensland coast, including the John Brewer Reef, Magnetic Island, Palm Island and Townsville. The first, Ocean Siren, due to open in December, is on The Strand in Townsville. The 'Ocean Siren' sculpture will be installed 30 metres from the shoreline above the water and has been modelled on a local Traditional Owner, Takoda Johnson, and will change colour in response to changes in the water temperature. An estimated

500,000 visitors (locals and tourists) will view the sculpture on The Strand each year. [moua.com.au](http://moua.com.au)

## Reefsuites

Prepare to be dazzled by a magical underwater world and watch in awe as colourful tropical fish swim right by your window.

Spend a magical night in Australia's first underwater accommodation and have a front-row seat to the dazzling underwater world of the Great Barrier Reef. Be prepared for an intimate and totally unique experience that will stay with

you forever. The Reefsuites are the centrepiece of an \$8 million redevelopment of the Reefworld pontoon, situated at Hardy Reef, which has been meticulously reconstructed after damage sustained in Cyclone Debbie in 2017.

Guests will be able to stay overnight in one of two underwater Reefsuites, each showcasing spectacular panoramic views of the reef's marine life such as tropical fish, turtles and manta rays. This unique offering will be available to guests from summer 2019. [cruisewhitesundays.com](http://cruisewhitesundays.com)



## Hamilton Island Heart Reef Pontoon

Hamilton Island Air has recently opened its eagerly awaited pontoon, at Heart Reef. Moored 40 nautical miles (about 60 kilometres) northeast of Hamilton Island and situated in the Great Barrier Reef, Heart Island offers a unique experience for all who visit.

This breathtaking, James Bond-style experience starts with a 30-minute helicopter trip over iconic sights such as Whitehaven Beach, Hill Inlet, the Great Barrier Reef and on to Heart Reef. Guests arrive on the roof of a floating heli-pad, then venture down a secret staircase into the interior to board the glass bottom boat for a once in a lifetime trip around Heart Reef, followed by a snorkelling experience in the surrounding area. This exclusive tour is available to just six guests per visit.

This experience departs daily, including return scenic flight, glass-bottom boat tour of Heart Reef lagoon, snorkelling equipment, light catering and beverages. [hamiltonisland.com.au](http://hamiltonisland.com.au)

*Image captions from top left to right: The Edge Lookout at Barron Gorge – Skyrail; Museum of Underwater Art, Townsville – Riptide Creative; Desert Views at Winton, Outback Queensland*



*You can take the train to all these great new events and experiences!*

### Skyrail's Edge Lookout

Officially opened to the public in March this year, The Edge Lookout was proposed to provide Skyrail guests with never-before-seen panoramic views of the impressive Barron Gorge and Falls. Encompassing a large boardwalk, a nerve-testing glass floor section, sweeping views of the rocky vista and up-close views of the dramatic waterfall, The Edge Lookout provides an entirely new experience to the multi-award-winning Skyrail rainforest experience. [skyrail.com.au](http://skyrail.com.au)

### Cobbold Gorge Glass Bottom Bridge

Cobbold Gorge Tours have launched Australia's first glass bridge, spanning the width of the gorge which opened in October 2019. The 11-metre glass bridge will give tourists the opportunity to walk over the sandstone cliffs and look down to the waters below. This new tour compliments the existing experiences run by Cobbold Gorge Tours, which includes boat tours, stand up paddle boarding tours through the gorge and scenic helicopter flights. [cobboldgorge.com.au](http://cobboldgorge.com.au)

## Outback 2020

### Year of Outback Tourism Events Program

In Queensland, 2019 is the Year of Outback Tourism. This Queensland Government funding initiative has supported Outback Queensland as a world-leading tourism destination.

Due to the success of this initiative, the Queensland Government has extended the funding to 2020. Outback Queensland will see a variety of new events that will contribute to enhance the profile of Outback Queensland and attract new and increase existing visitation to the outback regions for 2020 and future years to come.

#### Some of these events include:

<b>Harry Redford Cattle Drive Reunion, Aramac</b>	22 – 24 May 2020
<b>Outback Queensland Golf Masters, Various Locations</b>	20 June – 26 July 2020
<b>Festival of Outback Opera, Mount Isa</b>	22 – 28 June 2020
<b>Better in Blackall Festival, Blackall</b>	13 – 16 August 2020
<b>Outback Paddle Regatta, Longreach</b>	19 September 2020
<b>Karumba Barra &amp; Blues Festival and Anglers Classic, Karumba</b>	3 – 5 October 2020
<b>Out the Back Music Festival, Emerald</b>	11 October 2020
<b>Savannah Way Art Trail, Various Locations</b>	30 November 2020

### LOOKING FOR A GREAT VALUE RAIL FARE THIS SUMMER?

Travel in Economy Seats on our western services with this **2FOR1\*** offer aboard The Westlander, The Inlander or the Spirit of the Outback.

2 people from  
**\$108\***  
Townsville to Mount Isa  
Economy Seat

2 people from  
**\$141\***  
Brisbane to Longreach  
Economy Seat

2 people from  
**\$90\***  
Brisbane to Charleville  
Economy Seat

\*Conditions apply.



# nine places

to fall in love under the falls  
this Valentine's Day!

Author: Tourism and Events Queensland –  
Kantesha Takai

In Queensland, Valentine's Day is at the end of summer. Coincidentally, that may be why the term "having the hots for someone" was invented. But we digress. While the weather may be perfect for beach dates, romantic trips and all things adventure, it can get stinking hot. We're talking upwards of 40 degrees in some places. Ouch!

You're probably thinking "who wants to be outdoors this V-Day", and we don't blame you. But, before you rush off to book a poorly lit restaurant or a movie that both of you agree isn't cinema-worthy, imagine cooling off under cascading falls, floating weightlessly and swimming in rejuvenating fresh water.

That's right, you can still have an outdoor adventure and keep cool at the same time. So, ditch the rose for the great outdoors and treat your valentine to a date under these falls.

## MILLAA MILLAA FALLS

*Tropical North Queensland*

Channel your inner Peter Andre and woo your date by dancing in front of the flowing falls of Millaa Millaa in Tropical North Queensland. Just 1.5 hours drive from Cairns, you'll find Millaa Millaa in the Atherton Tablelands.

Warning: you will pass other fresh water holes and waterfalls on the way (because hey, this region is riddled with them) however, hold out to see your date's eyes light up when Millaa Millaa's movie-quality falls transports them to exotic Thailand.

## WALLAMAN FALLS

*North Queensland*

Profess your never-ending love under Wallaman's never-ending falls. This beauty is Australia's highest permanent single drop waterfall and it runs all year round, 365 days a year, 24 hours a day. And just like the complexities of love, Wallaman Falls isn't a walk in the park. In fact, it's a hike and a-bit-of-bouldering to reach the pool at the bottom. So, help your date

lace up their boots and trek the 4-kilometre course together.

For the not-so-keen hikers, see the falls (and its 268-metre drop) from the lookout near the car park instead. To get to Wallaman Falls, it's 2.5 hours northwest from Townsville or only an hour drive west from Ingham.

## JOSEPHINE FALLS

*Tropical North Queensland*

Slide down a natural water slide and into each other's arms (aww), what could be more romantic? The boulders at Josephine Falls are a natural waterpark where you and your valentine can be big kids and swing on thick vines, splash in the pool and enjoy each other's company. You'll find Jo about an hour south of Cairns, in the Wooroonooran National Park.

## MORANS FALLS

*Lamington National Park*

If you're looking for the perfect spot to exhale and reflect on an amazing Valentine's Day, head to Morans Falls in the afternoon. Only a 1.5 hour drive from the Gold Coast, or

2 hours from Brisbane. Follow the walking trail to the lookout and be rewarded with a gorgeous sunset. Hold hands, stare out over Lamington National Park and picture your future together.

## BABINDA BOULDERS

*Tropical North Queensland*

A tale of forbidden love makes Babinda Boulders a very special spot to spend V-Day. Legend has it that a young Aboriginal woman named Oolana was forced to marry an older man, whom she had no feelings for. And, when a wandering tribe arrived, she found love at first sight with a handsome man named Dyga. They met every night until their tribes uncovered their secret. Disappointed, Dyga's tribe took him far away. In pain and anguish, Oolana threw herself into the water creating an upheaval. Huge boulders emerged from the earth and she disappeared.

When you visit Babinda Boulders with your date, please refrain from swimming in Devil's Pool. Stick to the main swimming area, it's close to the car park and is very accessible.





Because the water runs straight from the tablelands, it's fresh and slightly chilly, but on a balmy Valentine's Day, all you'll want to do is dive in.

**ELLINJAA FALLS**

*Tropical North Queensland*

Beautiful from every angle, Ellinjaa Falls is arguably one of the best falls along the Atherton Tablelands waterfall circuit. Complete with natural props for stunning photos (like the large log directly in front of the falls), it's perfect for professional and budding photographers to get creative. Capture moments from your Valentine's Day that you'll cherish for years to come and don't forget to take a romantic selfie on the hidden ledge under the falls. You'll find Ellinjaa Falls about a 1.5 hour drive from

Cairns and at the bottom of a lush rainforest staircase.

**CEDAR CREEK FALLS**

*Airlie Beach*

Gift your date a giant inflatable swan and then drive 30 minutes inland from Airlie Beach. Take a left on Conway Beach Road and drive about 7 kilometres into the Whitsunday Coast hinterland (you can't miss it). Here you'll find the oasis that is Cedar Creek Falls. Complete with resident turtles and fish, this natural rock amphitheatre is a cool spot to chill.

**STONEY CREEK FALLS, FAIRY FALLS OR CRYSTAL CASCADES**

*Tropical North Queensland*

If you're planning an itinerary for the big day and are pulling out all the stops, you need a

waterfall on that schedule. And, the best place to go is Stoney Creek Falls, Fairy Falls or Crystal Cascades. These three local faves are only 15 minutes from Cairns city and they're perfect for a quick dip and hot Insta photos.

**MENA CREEK FALLS AT PARONELLA PARK**

*Tropical North Queensland*

Swoon your valentine and set a high bar for all Valentine's Days to come with a day trip to Paronella Park, just 1.5 hours from Cairns. The romantic history behind Paronella is a tear-jerker (the happy kind) and you can learn all about it arm-in-arm with your #bae on a tour.

In short, after arriving in 1913, Spanish cane farmer Jose Paronella had a dream to build

a large house on a five-hectare virgin plot of land in Tropical North Queensland. Before getting started, Jose returned to Catalonia and married his wife Margarita. Together they returned to Queensland where Jose brought his vision to life.

For anyone who's read or watched *The Notebook*, Jose and Margarita are basically the real-life Noah and Allie. And, instead of a big white house with blue shutters, Jose built his wife a Spanish castle surrounded by tropical rainforest and an accompanying waterfall. How's that for an act of love?

Psst! If you're planning to go all the way and pop the big question (hint hint), Paronella Park is the perfect place to do it.

**take the train**

The Spirit of Queensland runs five times a week from Brisbane to Cairns



*Image captions from top left to right: Josephine Falls, Tropical North Queensland – Vagabonds of Sweden; Wallaman Falls, Townsville – PixbyJen; Babinda Boulders, Tropical North Queensland; Moran Falls, Lamington National Park – The Travel Quandary*

# Queensland Rail Holidays

The new Queensland Rail Holidays Brochure is filled with getaways to tropical destinations, island escapes and adventures to the rugged and vast country of Queensland's Outback or the Gulf Savannah. There is a great rail holiday just waiting to be discovered. Grab your copy today and start planning your next rail holiday in Queensland.



## Town of 1770 Highlights 4 Days

Explore the Southern Great Barrier Reef aboard the Tilt Train to Agnes Water. Discover the national parks and waterways bordering the picturesque Town of 1770 on an amphibious craft, the LARC!

### Highlights

- Visit the coastal Town of 1770
- Agnes Water Museum
- Tour of Bustard Head Lighthouse
- The LARC!

### Inclusions

- Return travel in an Economy Seat aboard the Tilt Train to Miriam Vale
- Return coach transfers from Miriam Vale Railway Station to Town of 1770
- 3 nights 4½ star accommodation in Town of 1770
- Half-day Town of 1770 tour
- 2 day Town of 1770 bus pass
- Full day LARC! Paradise Tour
- 5 meals included

4 days from

**\$945\***

per Adult Twin Share ex Brisbane  
Australian Senior Twin Share **\$883\***



## Bundaberg Breakaway

### 4 Days

Start your holiday aboard the Tilt Train. Enjoy unforgettable scenery including the beautiful Southern Great Barrier Reef and must-see attractions in Bundaberg.

### Highlights

- Swim in the coral lagoon at Lady Musgrave Island
- Visit a working fruit farm
- Tour the Bundaberg Rum Distillery
- Stop at the Hummock Look Out

### Inclusions

- Return travel in an Economy Seat aboard the Tilt Train to Bundaberg
- Return coach transfers from Bundaberg Railway Station to Bargara
- 3 nights 3½ star accommodation in Bargara
- Half day Taste of Bundaberg Tour
- Entry to Bundaberg Rum Museum and Distillery Experience Tour
- Full day Lady Musgrave Cruise
- 6 meals included

4 days from

**\$1059\***

per Adult Twin Share ex Brisbane  
Australian Senior Twin Share **\$989\***



## Airlie Beach Escape

### 5 Days

Escape to the Whitsundays in the comfort of a RailBed aboard the Spirit of Queensland. Arrive relaxed and ready to explore this beautiful region.

### Highlights

- Discover Airlie Beach
- Spend time at Hamilton Island Marina
- Walk along the fine white sand at Whitehaven Beach
- Sunset sail around Pioneer Bay and Turtle Bay

### Inclusions

- One-way travel in a RailBed aboard the Spirit of Queensland including all meals to Proserpine
- RailBus Coach Connection transfer to Airlie Beach
- 3 nights 4 star accommodation in Airlie Beach
- Full day Hamilton Island and Whitehaven Beach Tour
- Sunset sail around Pioneer Bay, Airlie Beach
- 6 meals included

5 days from

**\$905\***

per Adult Twin Share ex Brisbane  
Australian Senior Twin Share **\$863\***



## Cairns Rail & Reef

### 7 Days

Take the Spirit of Queensland and discover the tropical city of Cairns and enjoy access to the beautiful Great Barrier Reef and rainforest on this unforgettable journey.

### Highlights

- Snorkel on the Great Barrier Reef
- Stroll along the Palm Cove Esplanade
- Ride on the Skyrail Rainforest Cableway
- Experience Kuranda Scenic Railway

### Inclusions

- One-way travel in a RailBed aboard the Spirit of Queensland including all meals to Cairns
- 5 nights 4 star accommodation in Cairns
- Full day Michaelmas Cay Cruise
- Half-day Cairns City Sightings Tour
- Full day Kuranda Scenic Railway and Skyrail tour
- 9 meals included

7 days from

**\$1365\***

per Adult Twin Share ex Brisbane  
Australian Senior Twin Share **\$1312\***

\*T&C's: Prices are subject to change and availability, based on per person twin share, unless otherwise specified and based on the lowest room category for travel in low season. Prices from other departure points and seasons available, seasonal surcharges may apply. On sale now for travel from 01 April 2020 to 31 March 2021, block out periods may apply. For full terms and conditions visit [queenslandrailtravel.com.au](http://queenslandrailtravel.com.au)



## Explore Outback Longreach & Winton 8 Days

Start your Outback Queensland experience aboard the Spirit of the Outback, a journey through ever-changing scenery. Enjoy true blue country hospitality and must-see attractions in Longreach and Winton.

### Highlights

- Take a stagecoach ride on the old Longreach to Windorah mail route
- Sunset cruise on the Thomson River
- Follow in the footsteps of dinosaurs as you walk through Dinosaur Canyon
- Be charmed by local bush theatre at The Harry Redford Old Time Tent Show

### Inclusions

- Return overnight travel in a First Class Sleeper aboard the Spirit of the Outback to Longreach including all meals
- 5 nights 3 star accommodation in Longreach
- Nogo Station Experience
- Qantas Founders Museum and Jets Tour
- Cobb & Co Stagecoach Experience
- Starlight's Cruise Experience with two-course campfire dinner
- Starlight's Spectacular Sound & Light Picture Show
- Australian Age of Dinosaurs Tour, including Dinosaur Canyon and the Collection Room
- Admission to Waltzing Matilda Centre and Australian Stockman's Hall of Fame
- All coach transfers
- 16 meals included

8 days from  
**\$2868\***

per Adult Twin Share ex Brisbane  
Australian Senior Twin Share **\$2676\***



## Winton Adventure 7 Days

Adventure to the home of Waltzing Matilda and the land where dinosaurs once roamed in and around Winton. See spectacular landscapes at Bladensburg National Park and Carisbrooke Station.

### Highlights

- See the Dinosaur Stampede at Lark Quarry Conservation Park
- Take in the natural beauty of Carisbrooke Station
- Tour the fossil preparation laboratory at the Australian Age of Dinosaurs
- Visit the old Homestead at Bladensburg National Park

### Inclusions

- Return travel in a First Class Sleeper aboard the Spirit of the Outback to Longreach including all meals
- Return RailBus Coach Connection transfers from Longreach to Winton
- 4 nights 4 star accommodation in Winton
- Australian Age of Dinosaurs Tour, including Dinosaur Canyon
- Half-day Bladensburg National Park Tour
- Rangelands Sunset Tour
- Winton Historic Town Tour
- Visit Waltzing Matilda Centre, Royal Open Air Theatre
- 13 meals included

7 days from  
**\$2014\***

per Adult Twin Share ex Brisbane  
Australian Senior Twin Share **\$1848\***



## Charleville Stars & Secrets 5 Days

Discover the true pioneering spirit of Queensland's famous outback as you follow in the path of Queensland's famed explorers aboard The Westlander.

### Highlights

- Travel across the Great Dividing Range, through the rich farmlands of the Darling Downs
- Explore the outback town of Charleville
- Visit the Cosmos Observatory to view the sun through a specially designed solar telescope
- Guided tour of the Cosmos Centre and learn all about our solar system
- Marvel at the clear night skies to where distant stars, galaxies and planets shine brightly
- Visit the WWII Top Secret USA Airfield
- Complimentary in-seat snack-packs delivered at meal times on The Westlander

### Inclusions

- Return Economy Seat aboard The Westlander to Charleville
- 2 nights 4 star accommodation in Charleville
- Full day Outback Stars and Secrets Tour including the Cosmos Centre.
- 3 meals included

5 days from  
**\$585\***

per Adult Twin Share ex Brisbane  
Australian Senior Twin Share **\$535\***

\*T&C's: Prices are subject to change and availability, based on per person twin share, unless otherwise specified and based on the lowest room category for travel in low season. Prices from other departure points and seasons available, seasonal surcharges may apply. On sale now for travel from 01 April 2020 to 31 March 2021, block out periods may apply. For full terms and conditions visit [queenslandrailtravel.com.au](http://queenslandrailtravel.com.au)



## Gulf Savannah Experience

### 6 Days

Take a journey like no other across the vast Gulf Savannah region. Enjoy the country hospitality, spectacular scenery and two unique rail journeys.

### Highlights

- Watch the spectacular sunset over the Gulf of Carpentaria
- Discover the fishing village of Karumba
- Travel from Normanton to Croydon on the iconic Gullflander
- Embark on the scenic journey through semi-arid spinifex ranges on the Savannahlander
- Experience historic Forsayth
- Take a cruise through Cobbold Gorge
- Explore the oldest standing lava tubes on earth

### Inclusions

- Coach transfer from Cairns to Karumba
- Gullflander from Normanton to Croydon
- Savannahlander from Forsayth to Cairns
- 2 nights 3½ star accommodation in Karumba
- 2 nights 3 star accommodation in Forsayth
- 1 night 4 star accommodation in Mount Surprise
- Forsayth By Night Tour, Cobbold Gorge Cruise and Undara Lava Tubes tour
- One way transfer between Karumba to Normanton and Croydon to Forsayth
- Return transfers from Forsayth to Cobbold Gorge and Mount Surprise to Undara
- 10 meals included

6 days from

**\$1795\***

per Adult Twin Share ex Brisbane  
Australian Senior Twin Share **\$1724\***



Start planning your next escape across Queensland, with the new Queensland Rail Holidays Brochure, out now!

# *eight ways to master*

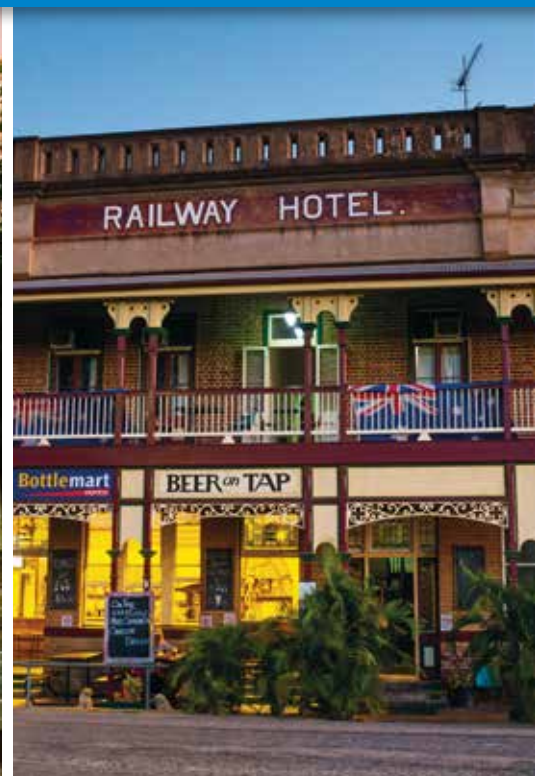
## an Outback Queensland summer

Author: Outback Queensland

If there was any doubt that Outback Queensland is smokin' hot – a quick glance at a thermometer in summer settles all bets but hang around and we promise, you'll be rewarded. Here are our hot tips for cooling down when you head out west to Outback Queensland.



*Image captions from top left to right:  
Birdsville, Outback Queensland; The Burdekin  
River, Charters Towers; Outback Bathtub,  
Longreach; Charters Towers Pub, Charters Towers*



#### 1. Visit a man-made, air-conditioned attraction

They build things cooler in the outback and the QANTAS Founders' Museum in Longreach, John Flynn Place in Cloncurry and the Charleville Cosmos Centre are no exception. Put them on your to-do list when the temperatures start to rise and your temperament starts to deteriorate. You'll see attractions, artefacts and art pieces encased in world-class air-conditioning.

#### 2. Sip an ice-cold beer at one of Outback Queensland's iconic hotels

There's a correlation between hot days and cold beers in this neck of the woods. A stop in at one of Outback Queensland's best watering holes is guaranteed to quench your thirst. As the temps outside reach 40 degrees you'll still be sipping on sub-5 degree liquid gold.

#### 3. Find shade under a Coolibah Tree

Follow the movements of the jolly swagman and find yourself under the shade of a Coolibah Tree. These wide-spreading eucalypts are usually found on the banks of creeks and rivers like Coolibah Trees in the Roma Bush

Gardens, Lochern National Park, or by the banks of the Five Mile Waterhole.

#### 4. Take a dip in an artesian pool

For the original float tank experience, swap inner-city salt caves with an artesian pool. These therapeutic spas draw on thermal mineral waters from the Great Artesian Basin and are perfect for relieving muscle tension. You'll find them located in Blackall and Mitchell – smack bang in the middle of Artesian Country. By summer you'll want to dive straight into a chilled artesian pool – natural artesian water is 38 degrees.

#### 5. Dive into an outback river

There's no need to go coastal with so many inland watercourses in Outback Queensland, where you can swim, fish, barbecue and waterski. The Thomson, Warrego, Barcoo, Dawson and Flinders Rivers are dotted across the region and are the best chill-out locations during the summer solstice.

#### 6. Cool off in one of Outback Queensland's gorges

If cooling off in blow-up pools has become all too familiar, swap the

backyard water dish for an au naturale dip in an Outback Queensland gorge. Set beneath towering sandstone cliffs and among lush vegetation Isla Gorge, Carnarvon Gorge and Porcupine Gorge are all found a little off the beaten track, but a journey their way is our weapon of choice in this summer survival pack.

#### 7. Relax in an outdoor outback bathtub

Shandonvale Station gives 'bathtime' a new meaning. Lay back in their iconic outdoor bathtub and watch the sunset on a warm day in Outback Queensland with a glass of crisp white wine in tow. It'll cure whatever summer heats ail you.

#### 8. Ride the rails in air-conditioned comfort

What would you say if we mentioned you could see the best of Outback Queensland without ever having to leave the air-conditioning? Join Queensland Rail Travel's Spirit of the Outback, The Westlander and The Inlander for a journey through Outback Queensland in fully air-conditioned comfort. Double the fun for these iconic rail journeys through Charleville, Longreach and Mount Isa with a 2FOR1 deal this summer.

# 2FOR1 SUMMER FARE

Discover Queensland's outback with great savings aboard our western services with this 2FOR1\* rail offer. Travel in First Class Sleepers aboard the Spirit of the Outback.





**50** *things*  
*to do in the*  
*Whitsundays*  
**this summer**

Author: Tourism and Events Queensland – Shelley Winkel





*Number 32 – Palm Bay Resort,  
Long Island*

With 74 islands to explore, kilometres of squeaky white sand beaches – and the kind of mainland hub you find yourself plotting a seachange to after just one visit – you won't be short of things to do in the Whitsundays.

**Your bucket list will be overflowing with these 50 things to tick off:**

- 1 Feel the solitude of the reef without the tourists and camp out on Reef Sleep pontoon with Cruise Whitsundays. From \$525 per person, you get two days on the reef, comfy swags and a million stars at night.
- 2 Tuck into a local crab claw, the biggest and the best outside Singapore at Fish D'vine or slug down one of their mojitos, rated – by one journalist at least – as best in the world.
- 3 Grab a coldie, pick the perfect palm tree and then sit back and watch the sunset at Cape Gloucester Resort restaurant... Shhh, keep it quiet. This is truly a local secret.
- 4 Warm up on the world's whitest sand on Whitehaven Beach, often voted as the No. 1 Beach in Australia and the South Pacific, and one of the Top 10 beaches in the world.



- 5 Tee off at Australia's only island championship golf course located on Dent Island.

- 6 See a swarm of majestic blue Ulysses butterflies at Butterfly Bay on Hook Island as they fly out over the ocean every morning and afternoon.
- 7 Sign up for Salty Dog Sea Kayaking's half-day, full-day or a marathon six-day tour and power yourself through the Whitsundays.
- 8 Walk from your lounge to the lawn, set up a banana chair and snooze just metres from the impressive Whitsunday Passage at Marina Shores.
- 9 Jump on board a ferry and island-hop the passage to Hamilton Island. Taste test a poolside Pina Colada at each resort.
- 10 Zip, zoom and zap across the Coral Sea from your very own jet-ski with award-winning operator, Whitsunday Jetski Tours.
- 11 Have a 60-minute heart-to-heart and chopper over Heart Reef, perfectly shaped and surrounded by turquoise waters.
- 12 Eat a Bowen mango where it all started, in Bowen, the home of summer's most favourite fruit.



- 13 Take a day trip to Palm Bay with Island Transfers. Immerse yourself in the lush rainforest whilst tracking through the national park. Play tennis, go kayaking, snorkelling or fishing, or just laze by the pool with a cocktail in hand.
- 14 Get behind the eight ball with billiards or croon your heart out on karaoke at the lively bars in the main street of Airlie Beach.



- 15 Bet on a toad or two at the weekly Cane Toad Races every Thursday night at Magnums, Airlie Beach.
- 16 Check out the Saturday markets on the Airlie Beach foreshore for the usual jumble of fresh fruit and veg, coffee, clothing, and one of the cheapest places for a massage.
- 17 Grab a hand line and land a prized barramundi, the prince of freshwater catches, just 30 minutes from Proserpine at Peter Faust Dam.
- 18 Help save the Great Barrier Reef with Eco Barge Clean Seas Inc., a hands-on volunteer experience where you pick up marine debris from the beaches of the Whitsunday Islands.
- 19 Take a natural shower at Cedar Creek Falls, located 20 kilometres from Proserpine on Saltwater Creek Road.
- 20 Smell the wild lemon myrtle flowers and listen to the wampoo pigeon as you trek the lowland tropical rainforest along the Conway Circuit.
- 21 Light up a free barbecue at the Airlie Beach and Shingley Beach lagoons or Cannonvale Beach in a safe stinger-free environment surrounded by relaxed landscaped gardens.
- 22 Hike your way to Coral Cove, a hidden bay fringed by reef and surrounded by tall pines, accessed from Saddle Junction on Hamilton Island on a 4.6 kilometre round trip. Don't forget to pack your togs – there's plenty of swimming spots along the way!

**23** Set sail from Coral Sea Marina on a dreamy day trip to secluded bays and beaches like Macona Inlet and Butterfly Bay with Airlie Beach Day Sailing. The French chef will prep the nibbles and you can BYO tippie!

**24** Picnic on the soft white sand at Boathaven Beach and suck up the stunning views of the Coral Sea and islands beyond.

**25** Jump on board with Just Tuk'n Around pedicabs who run short tours of Airlie Beach as well as progressive dinners. Start at Sorrento for pizzas and sundowners, then onto Shucks for oysters and 74 Taphouse for share platters, finishing at KC's Bar & Grill for live music.

**26** Travel in an open-air tractor-drawn wagon train with Whitsunday Crocodile Safari and take a cruise to spot flocks of magpie geese, agile wallabies, resident brolgas, and the prehistoric saltwater crocodiles.

**27** Get down with gran over a \$15 barefoot bowl (including a sausage sizzle!) at the Airlie Beach Bowls Club.



**28** Re-enact the Hot Tub Time Machine at the Pinnacles Resort and Spa. These oversized spas offer sweeping views of the Whitsunday Islands.

**29** Dig into a degustation dinner at Tides Restaurant & Bar at Peppers Airlie Beach and taste the local flavours.

**30** Slide into total relaxation with a spa treatment Spa qualia at qualia Hamilton Island.

**31** While at Hamilton Island, order the dribble-worthy 'son-in-law' eggs followed by 'twice-cooked pork ribs' at coca chu restaurant. No need to fly to Asia.

**32** Enjoy the serenity and sunsets from your hammock on the verandah of your private Balinese inspired beachfront villa, at secluded Palm Bay Resort on Long Island while exploring the 13 kilometres of walking tracks through abundant island rainforest.

**33** Sit on the beach and enjoy live music every Sunday at the Airlie Beach Esplanade.

**34** Heck, while you're in the Whitsundays, why not get married? There happens to be a chapel on Daydream, Hayman and Hamilton Islands.

**35** Ride your own Segway through the spectacular Conway National Park rainforest, or along the Whitsunday Bicentennial Boardwalk overlooking the pristine waters of Pioneer Bay.

**36** Walk in the footsteps of the Ngaro people at Nara Inlet on Hook Island and discover ancient Aboriginal artworks on the fragile rock surface.

**37** Walk, run or ride the 3.7 kilometres Bicentennial Walkway from the Airlie Beach Lagoon, past the Botanic Gardens to Cannonvale Beach (and check out the outdoor gym along the way!).

**38** Watch the sunset from the decks of Sundowner Cruises' flat-bottomed boat and absorb the twilight hues with beautiful views.



**39** Cuddle a koala or any other furry marsupial at Wildlife Park Hamilton Island.

**40** Walk one of nature's gifts at low tide and spot starfish, crabs, stingrays and other marine life along the myriad of Whitsundays' sand flats.

**41** Blend in with the locals by lunching at Northerlies (while pretending you're used to seeing such ridiculously turquoise water every day).

**42** Holiday big on a small budget and go camping on the largest island in the Whitsundays, Whitsunday Island. Permits are around \$6 per night.

**43** Get inspired by Hamilton Island's palm-fringed beaches, then take an on-island art class to capture the beauty first hand.



**44** Throw a line in with Whitsunday Fishing Charters during a half-day or full-day fishing charter.

**45** Hike to the lookout at Hill Inlet for stunning views over Whitehaven Beach.

**46** Line up for a seafood feast at Bird's Fish Bar at Bowen Fishermans Seafood Company, and then visit the sites of Bowen and spot where Australia the movie was filmed.

**47** For the best morning brew with a view, head to the Fat Frog Beach Café at Cannonvale Beach.

**48** Visit the infamous Living Reef Lagoon for either a day or night at the newly refurbished Daydream Island Resort.

**49** Hire a set of fins and a snorkel from the dudes at Catseye Beach at Hamilton Island and snorkel the fringing reef directly off the island at low tide.

**50** Watch the sunrise and sunset from your balcony at Bowen's 'island on the mainland' at Whitsunday Sands Resort.

For more information on your perfect next holiday to the Whitsundays, visit [queensland.com](http://queensland.com).

*Image captions from top left to right: Whitehaven Beach, Whitsundays; Bowen Mangoes, Bowen; Ulysses butterflies at Butterfly Bay, Hook Island; Barefoot Bowls, Airlie Beach; Wildlife Park, Hamilton Island; Fishing Charter, Murray Creek*

# Explore the Unexplored

Author: BOOBOOK Eco Tours



**Outback Queensland is host to some of Australia's best-kept secrets. This unique country of ours is so vast that some areas are yet to be properly explored.**

With a keen interest in natural history and native animals and plants, BOOBOOK ecologists love to explore the unexplored to further understand this wonderful state we call home.

Over the past 20 years, our teams have discovered six new plant species and numerous range extensions for both native plants and animals. In addition, our Director and

Principal Ecologist, Craig Eddie, has discovered over 50 new species of land snails alone and yes, he can describe and name the 3000+ currently found across Australia.

This thirst for more knowledge and interest in the natural environment has led to the initiation of our Eco-Science Expeditions. The first of which took place in September 2019, in the little-explored uppermost headwaters of the Dawson River within the Carnarvon Ranges.

The Dawson River is the lifeblood for both biodiversity and agriculture, yet we know virtually nothing about the ecology and biology of the environment at the source of the river. There have been no previous biological surveys in

this stretch of the river, and we sought to unlock its secrets.

Here are some preliminary findings from our inaugural Eco-Science Expedition within the Dawson River study area (results are still being analysed and it will take some months to fully prepare the report/data).

- We intensively explored a 4-kilometre stretch of the Dawson River which had not previously been explored by biologists
- The terrain was rough in places but included some beautiful sandstone cliff lines, caves and side gorges – these provide numerous hiding places for a range of animals which could potentially include rare and endangered species such as the Northern Quoll (although we didn't find any)
- With seven pairs of keen eyes (two guides and five participants) we recorded approx. 50 species of birds, 10 species of reptile, and several species of mammals and frogs
- This included several sightings of the elusive Herbert's rock-wallaby which has a very patchy occurrence in the Carnarvon Range
- We also found evidence of where glossy black-cockatoos had been feeding under Casuarina (she-oak) trees – this is a rare and threatened species in Queensland
- We also targeted several invertebrate groups (animals without backbones) including butterflies, dragonflies and land snails
- We found 15 species of butterflies and at least six species of dragonflies
- Land snails were represented by at least 10 species – although we had previously done some serious snail work nearby, one of our participants still managed to find a 'hairy snail' which represents a range extension for the species
- We found many significant waterholes – these provide refuge for plants and animals that depend on water in an otherwise very dry landscape. We mapped the extent of the waterholes so that we know where to target any future studies. Lots of evidence of the presence of Rakali (water rat) was observed and one





was spotted in a water hole unusually during the middle of the day (normally seen at night)

- We found one spring which had not been previously documented
- We recorded approximately 180 species of plants along the river – quite a large total which included some exciting finds such as:
  - A species of wattle which is likely to be the first record for this species from the Carnarvon Range
  - A new population of a rare species of bottlebrush (*Melaleuca*)
  - A range of spectacular wildflowers was photographed including grevilleas, wattles and native peas.

The weather was superb with very warm days - even warm enough for a swim and paddle in a canoe. Our exploring participants also learnt about animal identification and observation techniques, plant collecting and using identification keys and flora survey techniques. We had great food in an awesome base where we could share our daily discoveries!

### What happens next?

All the information we collect is recorded electronically following each expedition and the analyses of data provide a summary report highlighting the area's values. Information collected is also used to form the bases of scientific papers. This will contribute to a much better understanding of the upper reaches of one of Queensland's most important river systems. The information is valuable too and can be used by multiple organisations including the landowner/ managers and Natural Resource Management Groups.

*Image captions from top left to right: Arch Rock, Carnarvon; Agriculture Farming, Rural Outback Queensland; Bottle Tree, Roma; Écho Hills, Roma – Peter Bellingham; Richard Johnson on an Eco Tour, Outback Queensland; Craig Eddie finding local snails. Images supplied by BOOBOOK Eco Tours*

### ROMA'S OWN DR DOLITTLE

Craig Eddie, BOOBOOK Principal Ecologist, loves conversing with animals. He has been face-to-face with the endangered Northern Hairy-nosed Wombats in Central Queensland and a less-intimidating, though equally intriguing leaf-tailed gecko in the Carnarvon Ranges. On ecological surveys throughout Outback Queensland, he has found new species of land snails, scorpions, fairy shrimps and plants.

Should you get the chance, let Craig be your guide on a BOOBOOK "Discover Carnarvon Ranges" tour to explore the hidden wonders of secluded gorges, see amazing rock formations, uncover cool Australian wildlife, rare plants and visit unique Aboriginal rock art sites.

Or if you're interested in seeing the many industries that support our outback towns, join in our "Wheat Wells and Wildlife" tour. During the day we take a behind the scenes guided tour through a major coal seam gas field and visit a family-owned working cattle and cropping property which is also home to an array of wildlife including playful platypus, Sturt's Desert Rose and a critically endangered turtle.

If you want something a bit shorter than the "Explore Roma Town" half-day tour may be just what the doctor ordered. Share a few hours with a local guide for an insight into the colourful history and present-day goings-on in and around Roma. Uncover how the town transformed, learn about the industries it supports while keeping an eye out for some of our local characters. Find our hidden treasures like Hero's Avenue, specular stain glass windows, our biggest Bottle Tree and the Roma Bush Gardens.



# 10 things you didn't know about the Wet Tropics Rainforest

Author: Tourism Tropical North Queensland – Hannah Statham



## RIDDLE ME THIS...

### What do Kylie Minogue, Nicole Kidman and the Wet Tropics Rainforest all have in common?

They're all Australian, the oldest in their family and more famous than the rest of their bloodline. Yep, serious overachievers. However, for all the trivia facts you might know about our Kylie and Nic when it comes to the Wet Tropics, we reckon you might draw a blank if asked a question about Australia's A-list rainforest, which grows from Townsville to Cooktown. Get to know the famous forest, which spans 8940 square-kilometers, with this list of 10 things you didn't know about the Wet Tropics.

### 1. The Wet Tropics are crawling with animals

Despite the Wet Tropics only taking up 0.2 percent of Australia's landmass, it's habitat to more than a quarter of the marsupial species in the country – a factoid worthy of professor Stephen Williams labelling the Southern Atherton area “the most biodiverse location in Australia”. More than just marsupials, the Wet Tropics has plenty of winged creatures in its habitat – in particular, 58 percent of all Australian bat species, 58 percent of the butterfly species and 40 percent of bird species. The best way to spot the lot is to join a nature tour.

### 2. The Wet Tropics have distinct precincts

Considering the Wet Tropics runs for 450 kilometres, it's no surprise to find that this mega forest is actually made up of 29 different national parks. In fact, this rainforest stops and starts along the coastline and has six different precincts, each with its own identity and microhabitat. From the Daintree in the north to Paluma Range in the south, of the entire Wet Tropics landmass, 79 percent is a national park, making this World Heritage-listed area accessible and affordable, since all national parks are completely free to visit. All you need is a pair of boots to discover this rainforest, with roots so deep that it predates the Amazon.

### 3. The oldest creature you'll find isn't the Cassowary

Contrary to what your pub trivia team might have you believe, the oldest animal in the Wet Tropics is not the Cassowary or the Crocodile... it's about 400 million years more senior and looks like a cross between a worm and a crab. Introducing... the velvet worm, which measures 10 centimeters (at best) and has more than 500 million years to its species' name. Despite their soft and cuddly moniker – velvet worms are far from it – they're carnivorous critters, which probably explains why they've done so well for themselves throughout the ages. Keep your eyes peeled on the forest floor

for the chance to spot them. You'll be looking for a small worm, not unlike a caterpillar, save for its clawed legs, an adaptation worthy of a Frankenstein movie.

### 4. Civilisation dates back more than 5000 years

If ever you thought cooking practices have never been so refined, we take your molecular gastronomy and raise it an overnight stay in the Wet Tropics. Before European settlement, there were 18 different Aboriginal groups living in the Wet Tropics World Heritage area, with over 20,000 nomadic people, speaking six languages and living in their various precincts. Even more mind-blowing than the number of communities is the fact they were living among 14 different toxic plants, which they were able to eat, thanks to highly advanced cooking techniques – the kind that took western civilizations years to perfect. Evidence of leaching, fermenting, and sun-drying is well documented among Aboriginal people who lived sustainably among the forest until the early explorers disrupted their 5000 years of existence. A Dreamtime Walk at the Mossman Gorge Centre is one of the best ways to hear these ancient rainforest tales.

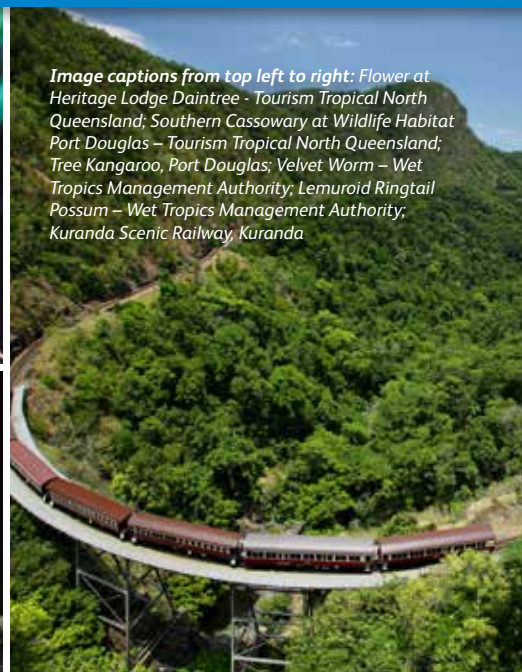
### 5. You'll need an Encyclopaedia to spot all the plants

It'll come as no surprise that the rainforests of the Wet Tropics are the most diverse in Australia

if judged by plant species type and structure. As if this isn't credential enough, it's also home to some of the world's most primitive flowering plants. If thinking about visiting, buy a plant book, because you'll run out of fingers to count the 3000 vascular plant species in this forest, which is just one of the ways this rainforest contributes to the “outstanding universal value” criteria for UNESCO.

### 6. Some of the animals are rarer than a panda bear

Don't be alarmed if you haven't heard about this very rare, white variety of the lemuroid ringtail possum – it's so rare, that its plight for survival is more damned than the panda bear. So endangered is this white and fluffy emblem of the forest, that it's thought that there are just four of them alive today. This endangered species is only found 1000 metres above sea level in the Carbine Tablelands and parts of the Atherton Tablelands. It's main threat to survival is global warming, as these white puffs of fluff can't survive for more than five hours at temperatures above 30 degrees. With evolution, they've been climbing higher and higher to escape the heat, but once they reach the tallest branches of the forest, there will be nowhere else for them to go. While your chance of seeing them would be like spotting a needle in a haystack, you can discover more about them at the Malanda Visitor Information Centre.



*Image captions from top left to right: Flower at Heritage Lodge Daintree - Tourism Tropical North Queensland; Southern Cassowary at Wildlife Habitat Port Douglas - Tourism Tropical North Queensland; Tree Kangaroo, Port Douglas; Velvet Worm - Wet Tropics Management Authority; Lemuroid Ringtail Possum - Wet Tropics Management Authority; Kuranda Scenic Railway, Kuranda*

**7. Not everyone wanted it to become World Heritage-listed**

The phrase 'there are two sides to every story' couldn't ring more true of the Wet Tropics heritage listing in 1988. In fact, it divided the community of Ravenshoe, who built their livelihoods on logging this ancient timber. The Ravenshoe Visitor Information Centre, shares clippings from newspapers detailing the outrage, as the town's logging history was chopped down. While the town of Ravenshoe, incidentally, Queensland's highest town, might be a shadow of its former population because the workers had to move to greener pastures (pun intended), there's no doubt the Wet Tropics meet the UNESCO criteria, and its listing has done great things to protect it. Trailheads to the Misty Mountains wilderness tracks

are found in the dense rainforest just outside of Ravenshoe and flow through the Wet Tropics to Tully, Innisfail, Mena Creek, Millaa Millaa, traversing Tully Falls, Tully Gorge, and Wooroonoan National Park.

**8. Kangaroos actually climb trees here**

Not just any kangaroo, the Lumholtz's and Bennett's tree-kangaroo, are a species that's only found in the Wet Tropics. One of our favourite quotes about these mysterious 'roos comes from William Hann in 1872, who said, "to entertain the idea that any kangaroo could climb a tree would be ridiculous." Despite his certainty, Hann can be proven wrong quite easily with a trip to their habitat. Mupee's as they're known in the local Indigenous dialect, live high in the rainforest canopy and are best described as a blend between the possum and

the kangaroo, which evolved over 50 million years ago. Fun fact - its forearms, feet, claws and tail have evolved in response to the canopy - and this is the only 'roo that can move backwards. While there are no guarantees for places to spot these wild creatures, we recommend a visit to the Nerarda Tree Plantation for a possible encounter with a Lumholtz's and the Jindalba Boardwalk in the Daintree Rainforest to spy on a Bennett's.

**9. You can spot (and climb) Queensland's highest peaks and swim in a waterfall afterwards**

You'll often find Queensland's tallest mountain pop up as a pub trivia question - and while you might have known its Mount Bartle Frere (1622 metres), did you know it's found in Tropical North Queensland? You'll find it south of Cairns on the Cassowary

Coast, next to its tall cousin, Bellenden Kerr (1592 metres), sitting like two camel humps in the landscape. Their lofty heights bring tropical monsoon conditions to the surrounding areas and plenty of waterfalls that go with it. Experience the full force of Bartle Frere with a dip in the granite playground of Josephine Falls - or if you're feeling full of beans, why not climb the mountain yourself? The walk can be started from Josephine Falls, near the small town of Innisfail, or from the Atherton Tablelands.

**10. It's full of volcanic lakes and craters**

10,000 - 20,000 years ago when Australia was a volcanic mass, Atherton Tablelands would have been a place to avoid - spewing molten lava from its highly active volcanic core. Although it's long been dormant, you don't need to wear your history goggles to get a real sense of what the area would have looked like. Instead, you'll find a real-life geology lesson with a visit to the Tablelands' many craters. Make a stop at the twin volcanic crater lakes, Lake Barrine and Lake Eacham, to see examples of maars, formed by the superheating of groundwater. In each you'll find tranquil pools of inky blue water that are fringed entirely by rainforest. Both lakes are noticeably deep 65 metres to be precise, and come with their own myths and legends. You'll want to take a tour like Tableland Adventure Guides' kayaking tour of Lake Barrine to hear them for yourself.

Learn more about what makes the Wet Tropics one of the planet's most extraordinary places at [tropicalnorthqueensland.org.au](http://tropicalnorthqueensland.org.au).



Atherton Tablelands

DISCOVER PERFECT






[WWW.ATHERTONTABLELANDS.COM.AU](http://WWW.ATHERTONTABLELANDS.COM.AU)



# Kuranda Scenic Railway

Author: Vagabonds of Sweden

We recently started our one-year road trip adventure along the Australian East Coast in Cairns. This became our base right away for finding a van and converting it into a campervan, while at the same time giving us the choice of doing some day trips in the vicinity to places like Cape Tribulation and the Daintree Rainforest.

Having been in Cairns for about four weeks, we happily discovered this beautiful train ride with Queensland Rail Travel called the Kuranda Scenic Railway. This railway supposedly went up in the mountains through tropical rainforest, past waterfalls, via 15 tunnels and over 37 bridges to finally end up in the picturesque village of Kuranda. It sounded like a dream. Is this train ride worthy of its reputation and fine reviews? We just had to check it out for ourselves and decided to give it a full day out.

## What Is Kuranda Scenic Railway?

The Kuranda Scenic Railway is a 1-hour, 45-minute train ride stretching 34 kilometres between Cairns and Kuranda. It offers spectacular views of the surroundings about 328 metres above sea level. A truly unforgettable experience. We were absolutely amazed by the beauty of the train ride itself and just loved the way the whole train sort of quietly rocked you to the sounds of clickety-clack while slowly rolling forward, with windows down giving us the chance to smell the rainforest and feel the fresh breeze in our hair.

It felt a bit like travelling back in time. All along the train ride, you get a history lesson and you are not only mesmerized by the stories of the past and the incredible feat of 1500 men constructing the railway but you also get to enjoy the ride sitting in beautiful carriages made from silky oak timber that date back to the early

1900s. And for us, travelling in Gold Class, we also had the pleasure of tasting exquisite cheese, crackers, sparkling wine, beer and mango sorbet ice cream – making it a surreal experience we can hardly forget. Surely it is one of the most epic train rides we have ever done and the Gold Class experience was just the icing on the cake.

In addition, the service onboard was nothing short of excellent. Throughout the whole train ride, we were well taken care of and the train attendant even gave us heads up when some of the more famous attractions along the track showed up.

## Prices

The Gold Class experience, such as the one we did will cost you \$99 per adult one way or \$174 per adult for a return ticket. It is well worth the price considering everything you get in return.

*Image captions from top left to right: Kuranda Railway Station, Kuranda; Gold Class Seating, Kuranda Scenic Railway; Gold Class food and drinks, Kuranda Scenic Railway. Images supplied by Vagabonds of Sweden*





***"When visiting Cairns and Queensland – this is an experience not to be missed."***

**Location**

The Kuranda Scenic Railway stretches from Cairns Station to Freshwater and then onto Kuranda Station. If you travel from Cairns you can hop on the train at Cairns Central. We travelled the other way around from Kuranda towards Cairns. The Gold Class experience is only available between Freshwater Station and Kuranda, or the other way around – but of course, everyone can commence or end their journey at Cairns Station.

**Book Your Experience**

To enjoy this epic train ride, a journey you will never forget, you can fill out the booking enquiry and reserve your tickets on Kuranda Scenic Railway's website or simply show up to the ticket office at Cairns, Freshwater or Kuranda Station. However, we suggest booking in advance because it is highly popular and tickets are prone to sell out, especially on weekends.

[instagram.com/vagabondsofsweden](https://www.instagram.com/vagabondsofsweden)  
[facebook.com/vagabondsofsweden](https://www.facebook.com/vagabondsofsweden)  
[vagabondsofsweden.com](https://www.vagabondsofsweden.com)



**Experience a trip aboard Kuranda Scenic Railway in Gold Class**

**Gold Class** is a premium rail experience offering customers who appreciate extra comfort, a little bit extra to make your journey even more memorable.

Enjoy a selection of delicious local delights for morning or afternoon tea, immerse yourself back in time with the heritage hand crafted Victorian inspired decor and club class lounge seating.

**Cairns to Kuranda**  
adult one-way from

**\$99\***

**Cairns to Kuranda**  
adult return from

**\$174\***

\*On selected services only.



# seven of the best local farmers markets in Queensland

Author: Tourism and Events Queensland – Hannah Statham

Queensland's agricultural industry is the third-largest food processing industry in Australia, which makes sense considering the state is 81 percent farmland. The best way to meet the farmers, makers and growers and fill your basket with the freshest local produce you can get is to visit a local farmers market. Here's seven to try first:

## Noosa Farmers Market, Noosa

No weekend in Noosa would be complete without a visit to the Noosa Farmers Market. You'll find everything from organic fruit and veg to bush foods, freshly-squeezed drinks and the kind of homemade marinades that will leave your dinner guests asking, "what was that incredible sauce you put on the burger"? Bring a cooler bag for take-home treats like freshly-caught sustainable seafood, meats from Kilkivan and creamy Gympie Farm cheeses.

**Find it:** 155 Weyba Rd, Noosaville, every Sunday 7.00am to 12.00pm.

**Good to know:** Get your mitts on the market speciality – handmade quality olive oils, olive tapenade and fresh olives from Kilkivan's Fat Hen Farm.

## Gold Coast Organic Market, Miami

If you prefer your fruit and veggies served without a side of pesticide, a trip to the Organic Gold Coast Farmers Market is akin to walking through the gates of organic heaven. Why? To even get a market stall on the Miami High School oval, all producers must be Certified Organically Grown, so you know they are the real deal. Spice up your morning smoothie bowl with 'picked yesterday produce' alongside more hard-to-find veggies like dandelion greens, daikon radish and chard. Once you've stocked up on produce, crusty bread and fresh juices, you can start organic-ifying your house with cleaning products, cosmetics, clothing and bedding. Make like a local and pick up kombucha to keep you hydrated while you wander.

**Find it:** Miami High State School, Gold Coast Hwy, Miami, every Sunday, 6.00am to 11.30am.

**Good to know:** Sick of having the same old breakfast each morning? Pick up homemade jams, sauces and nut-butters.

## Jan Powers Farmers Markets, Brisbane Powerhouse

The market matriarch of Brisbane, Jan Powers takes over the Powerhouse in New Farm for weekends filled with farm-fresh produce. Within the stalls, you'll find everything from fresh fruit and veggies, homemade bread, meat, and plants to fresh plates of pasta. Arrive with hands as empty as your stomach because this market is as much about produce to cook yourself as food trucks that have everything assembled. With a focus on international cuisine, you can chow down on the likes of croissants, dumplings, pizzas and yakitori.

**Find it:** The Brisbane Powerhouse, 119 Lamington St, New Farm, every Saturday 6.00am to 12.00pm.

**Good to know:** If shopping with little ones, New Farm Park is right around the corner if you need to trade 30 minutes on the swings for two hours of nag-free shopping.

## Rusty's Markets, Cairns

Since pushing up its roller doors in 1975, Rusty's Markets in Cairns has been a Tropical North Queensland institution – worthy of being this high on your holiday agenda. This is no run-of-the-mill market – Rusty's is more of a three-day event that turns the base of Gilligan's Backpacker Hotel & Resort into a hawker-style market that wouldn't be out of place in the streets of Southeast Asia. Within its CBD footprint, Rusty's packs 180 stalls of exotic fruit, vegetables, fresh bread and a host of international food stalls, which cover everything from hot and spicy samosas to Vietnamese coffee. If you've never seen tropical fruits up close, prepare for bright colours straight out of a Lewis Carroll novel, like eye-popping dragon fruit, rambutans and mangosteens. And if you have change left over from your weekly grocery shop, you can also splurge on the bric-a-brac on offer too.

**Find it:** 57-89 Grafton St, Cairns City, Friday and Saturday 5.00am to 6.00pm, Sunday 5.00am to 3.00pm.

**Good to know:** You'll find parking above the market and you get two hours free.



Whether it grows on trees, under the soil, comes from a paddock or is plucked from the ocean you can bet you can get it in Queensland.

### My Local Feast Farmers Markets, Toowoomba

The people behind Toowoomba's Farmers Market aren't just advocates for good food but also social change – with a mission to teach consumers exactly where their food comes from. You'll find the markets on the grounds of the Cobb+Co Museum, selling everything from fruit and vegetables from the Lockyer Valley and Southern Downs to organic meat, free from preservatives and direct from the farmer. It's not just exotic 'maybe I'll use that one-day' ingredients – My Local Feast cover everything from the basics like gourmet salt and pepper to stalls entirely dedicated to figs.

**Find it:** The Mills Precinct, Ruthven and Campbell St, Toowoomba, every Wednesday from 2.00pm to 7.00pm and at Cobb+Co Museum, 27 Lindsay St, Toowoomba, every Saturday from 7.00am to 12.00pm.

**Good to know:** You can find Australian-grown garlic in abundance here. Trust us, you'll smell Budgee Garlic & Herbs before you see them!

### Greater Whitsundays Farmers Market, River Street Twilight Market, Mackay

Riddle us this: What do you get when your Friday night drinks collide with your weekly grocery shop? Find your answer at the River Street Twilight Market in Mackay. A basket for produce is a must along with a picnic rug to toss down under the stars to listen to live music along the riverfront. There's no need to race home from this market to quickly cook up your produce. Ever-changing food trucks will ensure you're not doing your groceries on an empty stomach.

**Find it:** River St, Mackay, every second Friday of each month (except January) from 4.00pm to 8.00pm.

**Good to know:** Parking is a cinch for this market, making short work of lugging your pumpkins back to the car.

### Urangan Pier Park Markets, Hervey Bay

The Urangan Pier Park Markets in Hervey Bay may well be Queensland's most picturesque market, running adjacent to the iconic 868-metre pier. Between all the handicrafts you'll find a fresh produce scene that has locals beating a track to the waterfront markets each weekend. Tune in to the Facebook page for the regular specials and comings and goings such as The Seafood Smokery Bundaberg, loaded with the likes of macadamia-smoked Spanish mackerel loins. The fish is served the traditional way, smoked with nothing but Bundaberg raw sugar, salt and a blend of local timber shavings.

**Find it:** Pier Park, Urangan, every Wednesday and Saturday 7.00am to 1.00pm.

**Good to know:** Got a sweet tooth? Beware the Dutch pancake stand (poffertjes). Picture pancakes, fresh cream and drizzled chocolate and you've just found the breakfast of champions.

For more information on your next trip to farmers markets visit [queensland.com](http://queensland.com).

### Take a culinary journey with Queensland Rail Travel in a RailBed aboard the Spirit of Queensland.

Customers can enjoy delicious meals, prepared by a chef, using Queensland-sourced produce as well as a selection of beverages.

A spacious and comfortable seat by day that converts to a lie-flat bed at night, each RailBed includes a wide flat screen with on-demand entertainment options.



*Image captions from top left to right: Gold Coast Organic Market, Miami; Rusty's Markets, Cairns – Andrew Watson; Noosa Farmers Market, Noosa; My Local Feast Farmers Market, Toowoomba*

# where to eat for that *Summer Seafood Fix*

Author: Tourism and Events Queensland – Hannah Statham and Jennifer Ennion

When you're in the heart of the Great Barrier Reef or holidaying along the Fraser Coast, you can expect some pretty fine seafood platters and seafood restaurants to be on offer on dry land.

Bareboating caterers, cafes with stellar views, and celebrity-studded island restaurants are among the best places to get your seafood fix in Queensland. And to make it that little bit more special, some have shared their recipes. And yes, we recommend trying these at home!

## AIRLIE BEACH

### **Fish D'vine, Airlie Beach**

Considered an institution, every visitor to the Whitsundays should dine at least once at Fish D'vine, a lively restaurant and rum bar in Airlie Beach. In a state renowned for its fresh seafood, Fish D'vine is easily one of the best places to splurge on mud crab. You can order it three ways: wok-tossed in a Thai curry sauce, with a spicy pepper sauce, or served natural and chilled. Open from 5.00pm, this laid-back eatery has a tonne of other seafood dishes, too.

### **The Boathouse Fishbar, Port of Airlie Marina**

Another restaurant you can't go past is The Boathouse FishBar, where the menu is swarming with crustaceans and their ocean friends. The trendy menu options include a salmon sashimi poke bowl, a soft-shell crab burger and seafood pie. There are also themed nights, such as oyster Tuesday, prawn-bucket Thursday and seafood-platter Saturday.

### **Tides Restaurant and Bar, Airlie Beach**

Away from the hub of Airlie town centre, Tides Restaurant and Bar is among the best hotel restaurants you'll find in the region. Chef Gregory Devine is the mastermind behind it all and is passionate about sourcing local produce for an Asian-infused modern Australian menu. Go at night for the "four tastes of the sea" dish that includes a half-shell scallop with Champagne mornay.

## HAMILTON ISLAND

### **Bommie Restaurant, Hamilton Island Yacht Club, Hamilton Island**

One of the region's most picturesque places to dine is Bommie Restaurant on Hamilton Island, but you don't only come for the water views. Celebrate a special holiday with a delicate plate of cold-smoked ocean trout and Hydeaway Bay squid, while enjoying a glass of Champagne or two. Be sure to make a reservation.

### **Coca Chu, Hamilton Island**

Fun, modern and with a sharing-style street-hawker menu, Coca Chu has locals – and regular visitors – talking. Try the salt and pepper cuttlefish or tiger prawn betel leaf to start, before moving onto the Moreton Bay bug curry. You can enjoy it all while watching dusk descend on Hamilton Island's popular Catseye Beach.

### **Mariners, Hamilton Island**

Casual but sophisticated, the menu at Mariners has recently been given an overhaul by Hamilton Island Yacht Club Executive Chef Trent Dawson. It now has a strong Japanese influence and dishes that will excite you. Expect yellowtail with buttermilk, scallops with finger lime, octopus with rice wine, and seafood platters unlike any you've seen before.



## FRASER COAST

**Vinyard Wine Bar & Restaurant, Urangan**

With a philosophy that “wine and food are at their very best when they coexist”, The Vinyard Wine Bar & Restaurant thoughtfully pairs some of the world’s best wines with modern cuisine and local produce. Take the guesswork out of choosing what to order, following the chef’s selection for the best the region has to offer, including Hervey Bay scallops served ceviche style with chilli and fennel, so you can taste the molluscs that put this region on the map. As a special treat, they have shared their secret recipe!

**Hervey Bay Scallop Ceviche**

Serves 4

**Ingredients**

12 raw fresh scallops (in shell) • 1 cup (fresh) lemon juice • 3/4 cup of castor sugar (taste to balance out) • 50ml lime juice (fresh) • 1 tablespoon of lemon zest • Pinch of salt • 200g fine diced fennel bulb • 1 large red chilli fine diced (remove seeds) • 50g golden shallots or spinach onion fine diced • Mint, coriander, and flat-leaf parsley fine diced and added to taste • 50ml extra virgin olive oil

**Method**

1. Mix all of the above together.
2. Add your fresh Hervey Bay scallops (shell off) ensuring the liquid is covering the scallop meat, let sit for approx. 10-15 minutes, until the translucent scallop meat has turned a whiter shade.
3. Plate the scallops back into the original shell (or serving spoon) and cover with some of the liquid and chopped herbs.

**Beach House Hotel, Scarness**

Forget what you know of the old Beach House – this pub has had one hell of a multi-million dollar facelift – and the building looks like it stepped off the set of *The OC* and onto the Esplanade. To celebrate local produce and their love for seafood, you can now make one of their favourite dishes at home.

**Seafood Pasta**

Serves 4

**Ingredients**

2 tablespoons olive oil • 100g unsalted butter, chopped • 4 garlic cloves, chopped • 1/2 diced onion • 1 1/2 cups (375ml) white wine • 250g cherry tomatoes halved • 2 tablespoons of chopped shallots • 32 green ocean king prawns (peeled and deveined tails left on if you like) • 2 whole cooked sand crabs cleaned and cut in half • 250g chorizo (we used Scott’s Mad About Meats Smoked Chorizo) • 400g fettuccini (we used Fraser Coast Artisan Pasta – Turmeric Fettuccini, cooked in salted water for 5-6 minutes)

**Method**

1. Heat oil in a frypan over medium heat. Cook the garlic and chilli, stirring, for 2-3 minutes until fragrant.
2. Add the wine, and cook for 5 minutes until it starts to reduce.
3. Add the cherry tomatoes and chorizo, then, stirring constantly, add the butter, 1 piece at a time, making sure each piece is incorporated before adding the next.
4. Add seafood and cook for 5-6 minutes until cooked.
5. Remove the crab and put to one side, add the pasta to the sauce. Toss to combine, then add shallots and season.
6. Serve in bowl or plate with half crab on top and garnished with micro herbs.

**Coast Restaurant, Hervey Bay**

Hervey Bay dining institution, Coast, has been the Fraser Coast’s go-to dinner spot for the best part of a decade, launching onto the scene in 2010. Since then, they’ve been blurring the line between comfort food and fine-dining with an onus on fresh seafood and local produce, earning a place on this list of regional Queensland restaurants worth driving for. It’s all about share plates here, like slow-cooked lamb shoulder, beef short ribs and red pepper and cumin-spiced chicken, which can be devoured across the table. To help capture those summer vibes, Coast has shared their crowd favourite below.

**Northern Blue Fin Tuna, Avocado, Ponzu and Seeded Crackers**

Serves 4

**Ingredients**

250g sashimi-grade northern bluefin tuna - diced • 1 long red chilli - deseeded and brunoise • 40g avocado purée • 20g chives - thinly sliced • 20g pork scratchings • 50ml ponzu dressing (Japanese citrus dressing) • 400g seeded crackers (or any other crackers you desire) • Good quality salt to taste • Micro coriander for garnish

**Method**

1. Mix together the tuna, ponzu, chilli, chives. Season with a little bit of good quality salt to taste.
2. Split the tuna mix into four and plate evenly into a circle mould (cookie cutter).
3. Top the tuna with avocado purée in small dots.
4. Break up the scratchings so they are easy enough to eat and place between the avocado purée.
5. Garnish with micro coriander and place the seed crackers on the side of the dish.

**Brisbane to Hervey Bay**  
**\$62\***  
 in an Economy Seat

\*Conditions apply.

*Image captions from left to right: The Boathouse Fishbar, Port Of Airlie Marina; Vinyard Wine Bar & Restaurant, Urangan; Beach House Hotel, Scarness; Coast Restaurant, Hervey Bay*

# ESCAPE by *train*

## SUMMER EVENTS

### DECEMBER

#### CHRISTMAS IN THE CITY

*Brisbane*

**30 November – 25 December**

Australia's most extensive free Christmas program takes over Brisbane each December. Join the city for free festive fun at the annual parade, light projection shows, markets, fireworks and cinema series.

[brisbane.qld.gov.au](http://brisbane.qld.gov.au)

#### TRIPLE M MAYORAL CAROLS BY CANDLELIGHT

*Toowoomba*

**8 December**

For more than a decade thousands have been pouring into Toowoomba's iconic Queen's Park for the annual Carols by Candlelight event as up to 15,000 people are led in traditional Christmas celebrations by a lineup of talented local musicians and singers. This free event kicks off with pre-show entertainment from 5.30pm, carols from 6.30pm and concludes with fireworks at 8.15pm. Christmas markets, food and rides kick-off at 4.00pm.

[southernqueenslandcountry.com.au](http://southernqueenslandcountry.com.au)

#### BRISBANE UCI TISSOT TRACK WORLD CUP 2019

*Chandler*

**13 – 15 December**

Cycling Australia is excited to host the world-class Anna Meares Velodrome round five of the 2019 Tissot UCI Track Cycling World Cup Series.

[brisbanetrackworldcup.com](http://brisbanetrackworldcup.com)

#### QUEENSLAND BALLET'S THE NUTCRACKER

*South Brisbane*

**13 – 21 December**

Christmas isn't officially here until you see Queensland Ballet's annual production of The Nutcracker. With the magnificent music of Tchaikovsky and lavish sets and costumes, Ben Stevenson's production is a must-see Christmas treat, and always a sellout.

[queenslandballet.com.au](http://queenslandballet.com.au)

#### STABLE ON THE STRAND

*Townsville*

**18 – 22 December**

Stable on The Strand is one of Australia's most spectacular Christmas events, delighting crowds of 40,000 people over five nights. Stable on The Strand will feature the Town of Bethlehem: the story of the birth of Jesus told interactively using live actors; animals for children to pat; huge carousel in the Stable Village; fabulous youth program; great children's activities and amazing entertainment on the Main Stage.

[stableonthestrand.com.au](http://stableonthestrand.com.au)

#### AUSTRALIAN PGA CHAMPIONSHIP

*Gold Coast*

**19 – 22 December**

Australia's most energetic golf tournament, the Australian PGA Championship is back at RACV Royal Pines Resort. A stellar list of Australian and international players from all over the globe will compete for the Joe Kirkwood Cup.

[championship.pga.org.au](http://championship.pga.org.au)

#### WOODFORD FOLK FESTIVAL

*Woodford*

**27 December – 1 January**

In its 34th year, Woodford Folk Festival will bring more than 2000 local, national and international performers to the stage over six days and nights. With over 35 performance venues within the village, festival-goers will sell-out with concerts, dances, street theatre, circus performances and cabarets.

[woodfordfolkfestival.com](http://woodfordfolkfestival.com)

#### ONE HOT NIGHT

*Rockhampton*

**28 December**

Celebrate music and community hosted by Busby Marou in Rockhampton, Queensland. In its third year, One Hot Night is only getting better every year. Be part of this amazing regional event that brings talent from across the country together on the 28 December.

[queensland.com](http://queensland.com)

#### KENMORE PARK NYE MUSIC MUSTER

*Gympie*

**28 December – 2 January**

A back to basic country music festival, held at Kenmore Park located about 15 minutes west of Gympie. A great line-up of artists over the course of the muster will include Mirror Image Duo, Glen Albrecht, Vanessa Sanger, Natalie Fenton and Tony Wagner.

[whatsoningympie.com.au](http://whatsoningympie.com.au)



## ESCAPE by *train*

### NEW YEAR'S EVE FIREWORKS SPECTACULAR

*South Bank*

**31 December**

The main big city fireworks go off over South Bank at 8.30pm and midnight. The best viewing spot is from the Clem Jones Promenade, Streets Beach and River Quay, Eagle Street Pier, Howard Smith Wharves and Portside Wharf fireworks fire from the Brisbane River at 8.30pm and midnight.

[visitbrisbane.com.au](http://visitbrisbane.com.au)



## JANUARY

### BRISBANE INTERNATIONAL

*Brisbane*

*3 – 12 January*

Heading into 2020, Brisbane will be the place to be for catching some of the greatest superstars in tennis. Whether it's the men, playing for pride and glory as they lead their countries into the ATP Cup, or the women, vying for supremacy in the recently revitalised Brisbane International, electrifying tennis is guaranteed.

[brisbaneinternational.com.au](http://brisbaneinternational.com.au)

### WHITSUNDAYS CLIPPER RACE CARNIVAL

*Airlie Beach*

*11 – 18 January*

The Whitsundays will once again come alive with festivities and fun when the world's most wondrous sailing event arrives, for the Whitsundays Clipper Race Carnival. Airlie Beach will host the twelve identical 70-foot ocean racing yachts, their skippers and their international crew and supporters in the final stop of the Australian leg of the internationally renowned Clipper Round the World Yacht Race. The carnival will be a one-week long celebration of vibrant regional events and activities showcasing the beauty of the Whitsundays.

[tourismwhitsundays.com.au](http://tourismwhitsundays.com.au)

### GREAT BARRIER REEF CHINESE NEW YEAR

*Cairns and Great Barrier Reef*

*24 January – 9 February*

The Great Barrier Reef Chinese New Year celebrations continue the age-old custom of welcoming

the Lunar New Year in Cairns and the Great Barrier Reef. A unique experience and way to celebrate the Lunar New Year and learn of the cultural history of the region.

[gbrchinesenewyear.com](http://gbrchinesenewyear.com)

## FEBRUARY

### SAND SAFARI ARTS FESTIVAL 2020

*Surfers Paradise, Gold Coast*

*14 February – 1 March*

Sand Safari Arts Festival transforms Surfers Paradise into a captivating beachside exhibition of life-sized and even larger than life art pieces. An integral part of the festival is the Australian Sand Sculpting Championships.

[surfersparadise.com](http://surfersparadise.com)

### AGNES BLUES, ROOTS AND ROCK FESTIVAL

*Gladstone*

*21 – 23 February*

Agnes Blues, Roots and Rock Festival is back! Three days of the best blues, roots and rock music that they can fit in. The 2020 performer line up will get you up on your feet, with new artists and a few of this festival's faves.

[agnesbluesandroots.com.au](http://agnesbluesandroots.com.au)

### STANTHORPE APPLE AND GRAPE HARVEST FESTIVAL

*28 February – 8 March*

The Stanthorpe Apple and Grape Harvest Festival is a biennial festival that celebrates the harvest of all produce from the Granite Belt Region! It is still one of Queensland's longest running and most successful festivals.

[appleandgrape.org](http://appleandgrape.org)

## TURTLE-Y AWESOME SUMMER EXPERIENCES

**November – March**

Experience a turtle-y awesome summer holiday for the family just a short 4-hour train ride from Brisbane.

Bundaberg's turtle experiences are unlike any other. From intimate encounters with endangered Loggerhead turtles to swimming over pristine coral with curious greens, make family memories last a lifetime.

Between November and March take a trip north to the Bundaberg Region – home to the Southern Great Barrier Reef and Australia's largest turtle rookery, the Mon Repos Turtle Centre. Make yourself at home at one of the many accommodation options scattered throughout the coastal villages of Barga, before witnessing the natural phenomenon of the Mon Repos Turtle Encounter.

From November to January, experience first-hand conservation as the turtle rangers guide you through the nesting of mother turtles along Mon Repos beach. Return to Mon Repos from late January to late March, to watch the adorable hatchlings first moments as they erupt from their nest and make the mad dash towards the big blue to begin their journey. With only 1 in 1000 baby turtles surviving the odds and maturing to

return to nest at Mon Repos each year, witnessing the beginning of this circle of life is an experience you'll never forget.

Book your Mon Repos Turtle Encounter at [bundabergregion.org/turtles](http://bundabergregion.org/turtles).

### Come explore the wonders of the Southern Great Barrier Reef

After spending time with the turtles and rangers at Mon Repos you'll be eager to make more memorable moments. Put on your snorkel and dive into the Southern Great Barrier Reef, just a stone's throw from the Bundaberg coast.

Accessible by boat or plane, the Southern Great Barrier Reef is home to Lady Musgrave Island and Lady Elliot Island. Why not spend the day snorkeling these stunning coral cays exploring the crystal clear waters, untouched island, discovering a plethora of marine life and capturing selfies with friendly local turtles. For those who prefer to keep their feet dry, marvel at the reef and marine life below from the comfort of a glass-bottom kayak or glass-bottom boat.

This magical reef experience will leave you and the kids with plenty of stories and selfies to share for years to come.

Explore the Southern Great Barrier Reef at [bundabergregion.org/southern-great-barrier-reef](http://bundabergregion.org/southern-great-barrier-reef).

*Image captions from left to right: Woodford Folk Festival, Woodford; New Year's Eve Fireworks, South Bank; Brisbane UCI Tissot Track, Chandler; Loggerhead Turtle, Bundaberg – Bundaberg Region*



## THE ESSENTIAL

# Queensland Photo Bucket List

Author: Tourism and Events Queensland – Kate Wienburg



Holidays used to be about making sure you got the perfect golden tan, meeting amazing people and creating memories that last a lifetime. Not anymore. Today, the only way to determine if you've had an amazing holiday is based on how good your Instagram photos are. You need the stunning sunsets, perfectly-timed jumps and classic aeroplane shots to show your friends YOU are the best at taking a holiday.

This list will guarantee their jealousy will be off the charts and you can go home with a smile on your face... even without a perfect tan!

### 1. HOLDING A SURFBOARD

Whether you take a surf lesson or just end up on the beach at sunrise after a long night, get a friend to snap a pic of you with a surfboard.

### 2. SHIPWRECK

Luckily Queensland has a few shipwrecks for you to choose from: The Maheno Wreck on Fraser Island, Tangalooma Wrecks on Moreton Island and Wreck Diving on Magnetic Island.

### 3. FOOTSTEPS

These shots can be taken anywhere that your foot leaves a mark. Sand, red soil – this is your chance to get creative!

### 4. FERRIS WHEEL

When you visit Brisbane's South Bank, you have to get a snap of the iconic Wheel of Brisbane.

### 5. FACING QUEENSLAND

Face the ocean, face the sunset, just face Queensland.

### 6. CUDDLING A KOALA

Queensland is only one of two states in Australia that let you get this close to these incredibly cute critters!

### 7. UNDERWATER

Bring an underwater camera when hitting the Great Barrier Reef for a snorkelling or scuba adventure. You can find sea turtles at several places including Lady Elliot Island and Green Island.

### 8. JUMP SHOT

Prepare to get wet or dirty to ensure you get the ultimate jump shot.

### 9. SCENERY

Queensland scenery is vast, take your time and take in all the amazing scenery.

### 10. SAND WRITING

These photos are great for using in photo books to label each beach you visit in Queensland. They're also useful to send messages back home to jealous friends and family. #wishyouwerehere

### 11. ICE CREAM IN PARADISE

Nothing will incite more jealousy than a delicious looking ice-cream cone with paradise for a backdrop. Trust me.

### 12. AEROPLANE VIEW

Whether you're flying in from overseas or taking a small plane up the coast, ALWAYS ask for a window seat. These photos can be unbelievable when the angle and lighting are right.

### 13. PALM TREES

Nothing says the tropics like a shot of palm trees. Sunrise and sunset really make these beauties shine.

### 14. RED DIRT IN THE OUTBACK

Mix up those blue ocean/beach shots with some beautiful red dirt on a trip to the outback. Visit Winton or Birdsville to really get a feel for one of these great communities.

### 15. MOUNTAIN TOP

Head to one of these spots to get the best views of Queensland (also one of the best places to catch sunrise or sunset). Try Picnic Point in Toowoomba, Passage Peak on Hamilton Island or Mount Cooroy on the Sunshine Coast.

### 16. COUNTRY WINDMILL

There is more to Queensland than just beaches and sunsets... a short drive into the country will open you up to a world of rolling hills, farmland and gorgeous scenery. Don't miss an opportunity to snap a windmill at sunset!

### 17. CURTAIN FIG TREE

This incredible tree is located in the Atherton Tablelands and is just a short drive from the small town of Yungaburra. It's massive. Make sure to get into the pic to show your friends how big the tree really is!

### 18. CHILLING IN A HAMMOCK

At some point during your tropical holiday, you need to be in a hammock. Bonus points if you can hang it between palm trees and stay to watch the sunset.

### 19. WATERFALLS

Don't go chasing waterfalls... but if you do, check out our top nine romantic waterfalls on page 8!

### 20. OUTBACK TOURIST ICON

It's not just the coast of Queensland that has some of the most iconic tourist spots - Outback Queensland has its fair share too! Outback towns such as Normanton is home to the iconic Gulflander, a locomotive that goes 'nowhere to nowhere'.

### 21. I'M ON A BOAT!

If you've been living under a rock and haven't seen the video, Google it right now. Otherwise, you get the idea.

### 22. KANGAROO ON A BEACH!

Head to Cape Hillsborough, less than an hour from Mackay, to see the kangaroos come to the beach every morning for sunrise. It's an early wake-up call but worth every second.

### 23. SAND DUNES

Check out some of the amazing sand dunes in the outback and islands in Queensland when you can. Sand ripples for days!

### 24. JETTY

The lines of a jetty or pier work really well in the Instagram feed. Check out these beauties: Redcliffe Jetty in Brisbane, Urangan Pier in Hervey Bay and The Spit on the Gold Coast.

### 25. SUNRISE OR SUNSET

There is nothing an Instagram user double-taps more than a stunning sunset or sunrise. Make sure you stay until the end (preferably with a cup of coffee or glass of wine) and watch the colours change.





#holdingasurfboard  
#sunshinecoast



#tangaloomashipwrecks  
#moretonisland



#footsteps  
#caloundra



#ferriswheel  
#southbank



#facingqueensland  
#townsville



#cuddlingakoala  
#kuranda



#underwater  
#greatbarrierreef



#jumpshot  
#bundaberg



#redirtintheoutback  
#winton



#sandwriting  
#caloundra



#icecreamparadise  
#magneticisland



#airplaneview  
#outbackqueensland



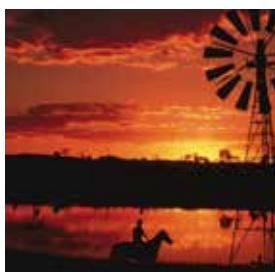
#palmtrees  
#palmcove



#scenery  
#mountisa



#mountaintop  
#toowoomba



#countrywindmill  
#longreach



#curtainfigtree  
#tropicalnorthqueensland



#chillinginahammock  
#catseyebay



#jouramafalls  
#townsville



#outbacktouristicon  
#normanton



#imonaboat  
#whitsundays



#kangarooonabeach  
#capehillsborough



#sanddunes  
#birdsville



#jetty  
#tropicalnorthqueensland



#sunset  
#birdsville



So ... how many can you tick off the list? ✓

Don't forget to tag us in your great holiday snaps @QueenslandRailTravel

Footsteps, Caloundra – Michael Norman; Facing Queensland, Townsville – Khy Orchard; Sand Writing, Caloundra – Michael Norman; Ice Cream, Magnetic Island – Khy Orchard; Palm Trees, Palm Cove – Sean Scott; Red Dirt, Mount Isa – Gordon Ross; Curtain Fig Tree, Tropical North Queensland - Elizabeth Carlson

# Connect with us!

We love reading our customer reviews on TripAdvisor, scrolling through Facebook and catching up on your Instagram posts and stories. Here are some social snaps, and traveller reviews by our followers out and about in Queensland.

## QUEENSLAND RAIL

Tilt Train

*Reviewed by Min B*

"Recently we took the Tilt Train to Maryborough West then a bus to Hervey Bay. I must say Queensland Rail are very well organised. We have now been in several of their trains. This train was no exception.

Trains are very prompt and it's easy to find your seat. Seats are extremely comfortable. Meals are well organised and very pleasant. And reasonably priced too. If you have ear phones you can listen to music or there are a few shows they have operating on a screen above.

When we arrived at our destination the bus was waiting for us. The bus driver was excellent and took us to our hotel as it was very near the bus transit depot. On our return we did exactly the same, with no problem at all. The Tilt Train was a thoroughly enjoyable and easy way to travel."

## 10/10

Tilt Train

*Reviewed by Sue B*

"Yesterday I took the Tilt Train from Cooroy to Brisbane, and it was a great experience, arriving in Brisbane ahead of schedule. With a smooth comfortable ride, friendly and polite staff, good mobile and internet reception, it was a really relaxing way to get to Brisbane and back in a day without driving. 10/10!"

## TRIP DOWN MEMORY LANE

Gulflander

*Reviewed by Meryl M*

"Great morning spent on the Gulflander with friends. Travelled from Normanton to Croydon. Most enjoyable and a trip down memory lane. Thank you to all Gulflander staff and the cat."

## HIGHLY RECOMMENDED

Spirit of the Outback

*Reviewed by Doug from Nimbin*

"One of the great rail trips in Australia. Should be on all bucket lists. To see the outback is to appreciate better my relatively lush sub-tropical home in Nimbin. Good food. But more importantly the staff

are happy in their jobs and attentive to passenger needs. A small niggle ... the fitted sheets didn't fit very well both ways to Longreach and return. Margaret, the Conductor should be promoted – capably handling all my questions with ease. Highly recommended."

## GORGEOUS SCENERY

Spirit of the Outback

*Reviewed by Lea S*

"Just did the Spirit of the Outback trip from Longreach to Brisbane with a 90-year-old and an 11-year-old. We all absolutely loved it – attentive staff, scrumptious food with complimentary wine, comfortable beds, gorgeous scenery and on time arrival." See [blog with photos at onshaw@wordpress.com](mailto:blog with photos at onshaw@wordpress.com).

## FANTASTIC JOURNEY

Spirit of Queensland

*Reviewed by Patti M*

"My family of six adults recently travelled on the Spirit of Queensland train from Brisbane to Cairns and return. Could not fault a thing. Seats are very comfortable and loads of room. When converted into RailBeds, quite comfortable for overnight sleeping. Meals provided, breakfast, lunch and dinner. Quite tasty with a choice of two generally. Shower clean and lots of room."

## MY FAVOURITE LONG DISTANCE TRAIN

Spirit of Queensland

*Reviewed by David L*

"I have been on this Brisbane to Cairns train a few times before, so it is the right time for a review. I have not been on most of the other Queensland long distance trains, so I am comparing the Spirit of Queensland to other trains I have been on, the ones that go Brisbane to Sydney, then Sydney to Melbourne.

This Spirit of Queensland train is easily the best. Nice big seats, lots of leg room, lots of foot room. Nice reclining seat. Free small blanket if you want one (brand new blanket still in its packet). Fantastic big dining area in the buffet carriage, so you can chat with other travelers.

But wait!! The best two parts of the ride, one unlike other long-distance trains in New South Wales and Victoria, on the Brisbane to Cairns train, you can plug in and charge your mobile phone and laptop! Two, small TVs are built into the back of all seats, so you can watch tv shows and movies!

No need to say more, 10 out of 10. Very nice."

## DON'T MISS THIS TRAIN!

Kuranda Scenic Railway

*Reviewed by kerrybigbuzz*

"Amazing train trip through the world's oldest rainforest. Views of the waterfalls and gorges were spectacular and the commentary telling the history of the railway that started running in 1891 was so interesting. A must for all the family!"

## RELAXING RETURN FROM KURANDA

Kuranda Scenic Railway

*Reviewed by CmdrNudnik*

"After taking the Skyrail up to Kuranda, we enjoyed the Gold Class upgrade on our return. Food, drink, and special attention from our wonderful attendant Maria. The views and overhead commentary were nice, although we mostly enjoyed the opportunity to relax after a full day exploring. Highly recommended!"



Share your [@queenslandrailtravel](#), [@kurandascenicrailway](#) and [@thegulflander](#) experience with us.





@lisannaweston



@williamsonmatty



@northcoastlineql



@floydbrumley



@DougfromNimbin



@alpha.foxtrot.photography



@Burnlie



@jonathanguthrie

# All aboard with us!



## MATTY J – KURANDA SCENIC RAILWAY

Matty J and Luxury Escapes visited Kuranda Scenic Railway to promote Tropical North Queensland and tourism to the region. During their travels throughout Cairns and Kuranda, they enjoyed the full jaw-dropping rainforest, gorges and waterfall experience, via the historic Kuranda Scenic Railway. Presenter Matty J experienced the Gold Class service throughout the journey.



## LEE CARSELDINE – THE INLANDER

Lee Carseldine jumped aboard The Inlander and the first stop was Mary Kathleen, located in the Selwyn Range between Mount Isa and Cloncurry. Joining North West Tours, Lee explored this fascinating place, once Australia's largest Uranium Mine which was abandoned in 1980.

During their trip on The Inlander, Lee and the crew from Queensland Weekender witnessed a beautiful sunrise out of the window before arriving into the mining hub and rodeo capital of Queensland, Mount Isa. Adeles Grove was next on their list for some rest and relaxation, before returning to enjoy more action of the Mount Isa Rodeo.



## SAMMIE O'BRIEN – THE WESTLANDER

Sammie O'Brien recently travelled to Outback Queensland to shoot an episode for Queensland Weekender featuring the Cunnamulla Fella Festival.

Along the way, she stopped overnight at Roma to visit the stunning Carnarvon Ranges with BOOBOOK Eco Tours. Queensland Rail Travel was lucky enough to have Sammie and the Channel 7 crew join The Westlander at Roma and travel to Charleville before heading further west to Cunnamulla.



## BRIDGET ADAMS – SPIRIT OF QUEENSLAND

Travel Reporter Bridget Adams hopped aboard the Spirit of Queensland to experience the comfort and convenience of travelling by RailBed.

Embarking in Brisbane and making the journey all the way through to Cairns, Bridget and the Queensland Weekender crew enjoyed their modern rail experience as much as the Queensland Rail Travel staff enjoyed hosting them. On arrival into Cairns, the crew then made their way onwards to see the best of Far North Queensland, namely the rainforest and the Great Barrier Reef!

# Get to know our team



## Di Whalley

OPERATIONS COORDINATOR,  
BRISBANE

I am originally from Bundaberg and I have been with Queensland Rail for approximately 19 years. I'm currently in the role of Operations Coordinator, Brisbane. The best part of being an Operations Coordinator is the constant variety and hands-on involvement with our customers and staff.

Outside of work I love spending quality time with my family and grandchildren and watching my grandson play rugby league. My favourite onboard meal would be the Barramundi.



## Peter Brown

BUSINESS DEVELOPMENT  
ASSOCIATE, BUNDABERG

I have been working for Queensland Rail for 36 years, I'm based in Bundaberg, and my role is Business Development Associate.

My favourite activities outside of working are catching a few waves at Agnes Waters, going for a ride on my old Triumph or jamming with some friends in my shed.

The train I like most travelling on is the Spirit of the Outback to Longreach, as it feels like a journey back in time to a destination I love.



## Janice Keen

CATERING SERVICE  
ATTENDANT, BRISBANE

I have been working for Queensland Rail for nearly 10 years now, and my role is Catering Service Attendant.

I am a lover of all things family. I have a passion for music, dance and theatre believing that all children should be given the gift of music studies.

Like most I know, travel is high on my bucket list.

My closest friends are those since my primary school years.

My greatest dream – a cure for Motor Neuron Disease.



## Stephen Norris

PASSENGER OPERATIONS  
ATTENDANT, BUNDABERG

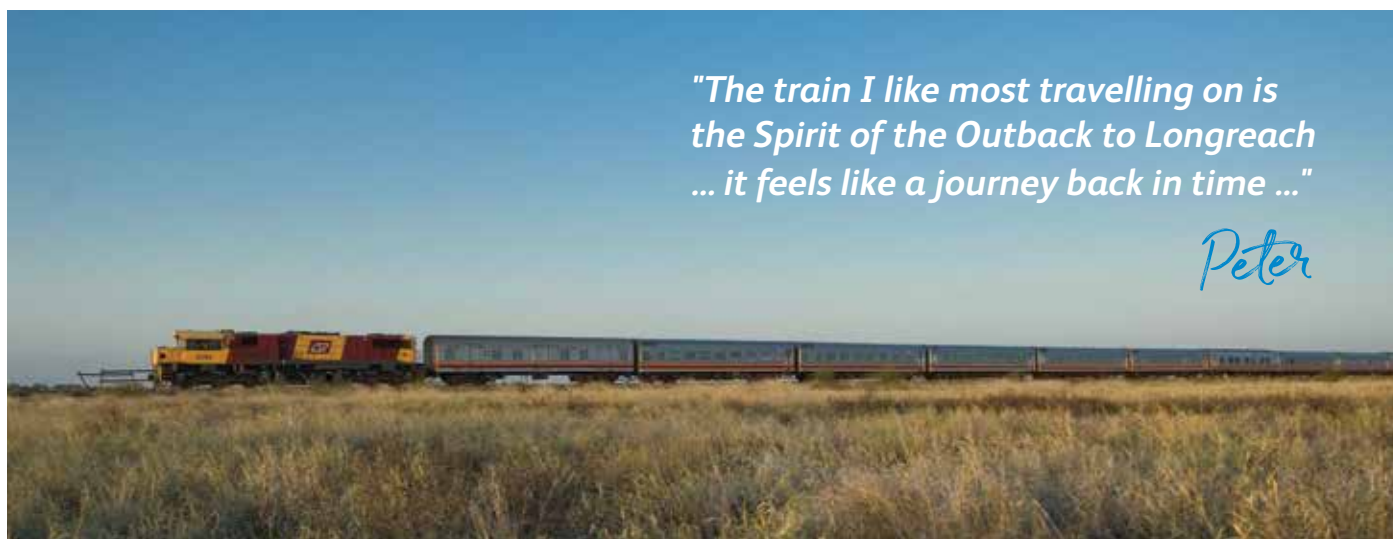
I have been employed at Queensland Rail for 35 years. I am the Passenger Operations Attendant for Onboard Customer Service.

The most enjoyable part of my job is looking after our customers whether its loading their luggage or answering their enquiries.

I am renowned for my outgoing personality and bringing humour and fun to the workplace. Away from work I enjoy catching up with family and mates. I am also known to enjoy a good fruit cake.

*"The train I like most travelling on is the Spirit of the Outback to Longreach ... it feels like a journey back in time ..."*

*Peter*



# Queensland's Year of Outback Tourism



*Railway station - Barcardine*

2019 has been a celebration of Outback Tourism in Queensland, as visitor numbers grow and the events and attractions on offer are ever-expanding. Queensland Rail's Travel network provides a connection not only to Outback Queensland but also to the history of the development of the railways in Queensland.

Many towns in Outback Queensland trace their beginnings to when the steel rails that crept in from the east (in many cases) joined them to a far-distant world. The arrival of the steam train, its whistle, and the goods, people, news and many thousand items we take for granted today (such as linen, animals and alcohol) marked the beginning of an important time for many Queenslanders.

Some of the great 'railway Outback towns' are those on the 'central railway' journey of the Spirit of the Outback

from Brisbane to Longreach. Construction westward from Emerald began in May of 1879.

In 1880 surveys were completed to take the line over the most difficult section of construction, the Drummond Range via Hannams Gap, between Emerald and Alpha. Alpha Creek was reached on 22 September 1884.

Alpha was a railway construction centre, and one of the wildest places on the central railway. The unplanned makeshift town was according to one writer, "lawless and rough, the scene of wild free-for-all disorder." Alpha as a township or camp was not expected to last as the line went west. But survive it did.

What was unromantically referred to as 'section eight' of the central railway ended at the 370 mile (595 kilometre) mark from Rockhampton, 20 kilometres west of Barcardine.

Barcardine was established as a town as it was the closest point to the established wool towns of Aramac and Blackall. Construction lapsed on further movement west at the end of 1886 and did not resume until 1889 – towards the Thomson River and what would become Longreach.

One of the signature events for the Year of Outback Tourism was recognised earlier this year with the Cobb & Co Festival centred on the towns of Surat and Yuleba. This festival recognised the 95th anniversary of the final run of a Cobb & Co coach in Australia. Cobb & Co are famous as a company for their stage coaches that ran throughout much of country Australia and even in New Zealand. The company complemented the arrival of the railway into what had been their territory.

From 1865 they even offered a co-ordinated train/coach service between the then 'end of the line' at Bigges Camp (Grandchester) to Toowoomba. The last scheduled Cobb & Co service to run in Australia was between Surat and Yuleba in August 1924.

Queensland Rail Travel is proud to connect with Outback Queensland where visitor experiences are incredibly diverse, from Indigenous cultural connections to the Barcardine Tree of Knowledge and the Dinosaur Trail. Just as in 1865, modern Queensland outback adventures take place in some of the most unforgiving yet picturesque landscapes in the country.

*Image captions from top (left to right): Barcardine Railway Station – Queensland Rail; Cobb & Co Yuleba Railway Yard – Yuleba Development Association; Yuleba Goats – Yuleba Development Association*





# Multicultural Queensland

This year's Multicultural Queensland Month, the state's largest celebration of our cultural diversity was held in August and was, once again a huge success.

Queensland is a multicultural success story and the month is an opportunity to showcase and celebrate our unique diversity and its benefits. People from across the state joined together to perform, share, taste, listen, learn and acknowledge that, while we may come from different cultures, we all love living in Queensland.

This year Queenslanders acknowledged the enormous benefits multiculturalism offers our state's culture and prosperity through the theme "We all belong".

Queensland Rail once again supported Queensland's cultural

diversity by promoting the month across the Queensland Rail network. The highlight of Queensland Rail's support was the two Multicultural Queensland Month trains that travelled throughout the Citytrain network.

A variety of events and activities were held during August including the Love You Queensland Tour by Pub Choir visiting 10 regional locations, the Multicultural Plaza Music Stage at the Ekka where the first Ekka Citizenship Ceremony was held, the Multicultural Race Day at Doomben Racecourse and the AFL's Brisbane Lions and Gold Coast Suns hosted Multicultural Rounds.

The month concluded with the Multicultural Queensland Awards where the valuable contributions of Queenslanders who support and promote

an inclusive, harmonious and united Queensland community were recognised. The awards are highly anticipated annually by Queensland's multicultural community, bringing together representatives from a range of community, corporate and other key contributors to our state's rich multicultural identity.

The gala dinner was attended by over 400 guests and acknowledged the winners of the nine categories. Queensland Rail, represented by Executive General Manager People and Culture Rebecca Munn, was proud to present the Outstanding Individual Achiever award to Anna Voloschenko alongside the Minister for Multicultural Affairs Stirling Hinchliffe. As a public health practitioner and registered psychologist, Anna has been actively involved with diverse communities for over

30 years in a variety of paid and volunteer roles. Through her work, Anna has effectively platformed health issues facing culturally and linguistically diverse Queenslanders, including reproductive health, chronic disease, cancer screening and nutrition.

You can read more about the inspiring 2019 winners and finalists at [qld.gov.au/MQA](http://qld.gov.au/MQA).

*Image captions from top (left to right): Minister for Multicultural Affairs Stirling Hinchliffe, winner Anna Voloschenko and Executive General Manager People and Culture Rebecca Munn at the Multicultural Queensland Awards; Branded Multicultural Queensland Month Citytrain; Citizenship Ceremony at the Ekka's Multicultural Plaza Music Stage, Brisbane*



# OUR SUPPLIERS

Queensland Rail proudly works with many Queensland-based suppliers, retailers and farmers to bring the freshest ingredients from around the state to our customers.



## Homestyle Bakeries

Based in the Queensland town of Toowoomba, a popular stop on the line of The Westlander train service, Homestyle Bakeries Pty Ltd is a leading and innovative Queensland food company providing quality bakery products and customer service.



Now in its 30th year of supplying bakery goods, the Queensland owned and operated business is strategically located to manage the fresh delivery of their entire product range. The large modern facility provides bakery products to South East Queensland and beyond in the school, wholesale, fundraising and retail sectors.

The product range includes bread, bread rolls, pastries, specialty bread and rolls and sweet food products – many of which Queensland Rail Travel uses aboard their trains.

At the helm of this enterprising Company are three Owner-Directors; Lindsay Weber, Brett Pascoe and David Nicoll, who are committed not only to the Australian Baking Industry but the development of bakery food products that provide healthier tasty food choices for their customers to enjoy.

Lindsay, Brett and David are passionate about using quality Australian and Queensland ingredients wherever possible; working with local businesses to help strengthen the economy they operate in; ensuring training

is accessible to all employees and delivering superior customer service and baking great tasting quality products from quality ingredients.

Homestyle Bakeries stands out as different from other commercial bakeries. Their vision is to be the leading and most innovative food company providing an emphasis on quality bakery products and customer service, whilst remaining a family owned entity. They care about people and what they bake and constantly strive toward providing a safe workplace and secure employment whilst encouraging people to increase their knowledge and skills.

For a family company to have come this far, it is an exciting thought to what the future will bring.

To learn more about Homestyle Bakeries, visit [homestylebake.com.au](http://homestylebake.com.au).

*Image captions from top: Homestyle Bakeries Owner Directors – Homestyle Bake*





# SOMETHING TO TEMPT YOUR TASTE BUDS!

## Spirit of Queensland

Enjoy toast with preserves or raisin toast with butter \$3.00

**Feeling Peckish Combo \$5.50**

Choose from either a Muffin, Biscuits or Lamington with Tea or Coffee

## Spirit of the Outback

Travelling First Class? Try our Continental Breakfast with a selection of Cereals, Pastries, fresh Queensland Seasonal Fruit and Creamy Vanilla Greek Yoghurt (GF, V)

Fresh Assorted Sandwiches are also available \$5.50

## Tilt Train

Grab a Spinach and Ricotta Roll \$5.00

Early morning? Ham and Cheese Croissant \$5.50

## The Westlander and The Inlander

Enjoy the freshness of the complimentary in-seat snack pack throughout your journey (depending on journey travelled)



# ONBOARD MOVIES

Please note entertainment options are subject to change.

## YESTERDAY

This heart-warming celebration of the musical brilliance of the Beatles starts with the unlikely premise of a world that has forgotten the Fab Four and their music.

When struggling singer-songwriter Jack Malik finds himself the only one who can remember classics such as Yesterday, Hey Jude and Strawberry Fields after a power blackout, he succumbs to the temptation to pass off the songs as his own. Soon the world, including real-life Ed Sheeran, is hailing him as a musical genius and he is performing to massive adoring crowds.

Despite this somewhat fantastical plot, the film maintains its grip on reality as Jack struggles with accepting success built upon a lie and having to choose between fast fame and firm friendships. Fine performances by Hamish Patel as Jack and Lily James as Ellie, his childhood friend and greatest support and, of course, a soundtrack of some of the best songs ever written, make this a truly delightful two hours of entertainment.



### Spirit of Queensland

Available through the in-seat on demand entertainment system.

### Tilt Train

Pre-selected program available through overhead TV monitors. Music is available through in-seat audio channels.

### Spirit of the Outback

Tablets only available in First Class aboard the Spirit of the Outback.

### The Westlander and The Inlander

Available via hand-held tablets. Please ask your onboard staff for more details.

A range of M, PG and G-rated movies, short programmes, kids programmes and music albums are available, depending on the service you're travelling aboard today.



## MOVIE HIGHLIGHTS



### TOP END WEDDING

COMEDY | ROMANCE



Lauren and Ned have 10 days to find Lauren's mother who has gone AWOL so that they can reunite her parents and pull off their dream wedding.



### THE CHAPERONE

DRAMA



In the early 1920s, a Kansas woman finds her life forever changed when she accompanies a young dancer on her fame-seeking journey to New York City.



### ALADDIN

ADVENTURE | FAMILY | FANTASY



A kind-hearted street urchin and a power-hungry Grand Vizier vie for a magic lamp that has the power to make their deepest wishes come true.



### GOING IN STYLE

COMEDY | CRIME



Desperate to pay the bills and come through for their loved ones, three lifelong pals risk it all in a bid to knock off the very bank that absconded with their money.



### ARGO

BIOGRAPHY | DRAMA | THRILLER



Under the cover of a Hollywood producer scouting a location, a CIA agent launches an operation to rescue six Americans in Tehran during the U.S. hostage crisis.



### THE THEORY OF EVERYTHING

BIOGRAPHY | DRAMA | ROMANCE



A look at the relationship between the famous physicist Stephen Hawking and his wife who defy the odds and break new ground in the fields of medicine and science.



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up to 40% OFF RAIL FARES

Book now and save!

\*Conditions apply.

# ONBOARD TV SHOWS

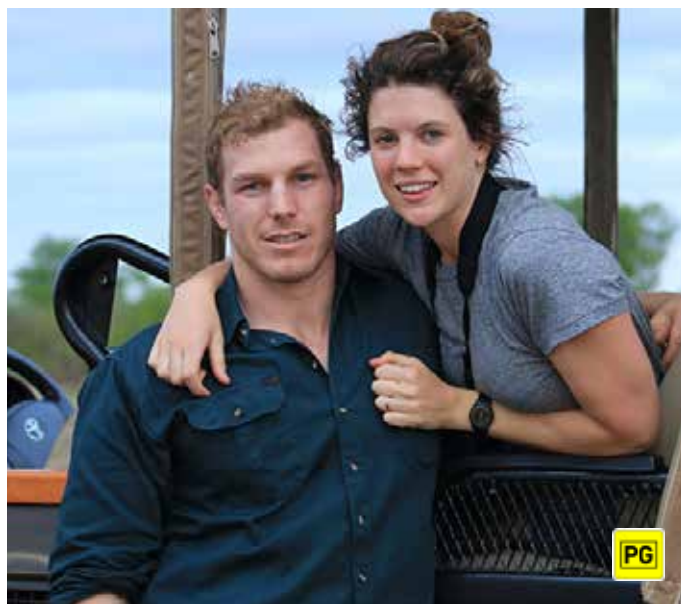
Please note entertainment options are subject to change.

## AUSTRALIAN STORY – TRUE GRIT

In this television exclusive, Australian Story takes you inside the private life of international Rugby Union star David Pocock. Filmmakers travel with the Wallabies hero back to his homeland Zimbabwe to explore the origins of the legendary passion that drives him today, both on and off the field.

Introduced by surfing great Mick Fanning, the program traces the dramatic story of one of the country's greatest sportsman from his family farm in strife-torn Zimbabwe, to his escape to Australia as a teenager and his prodigious rugby career, culminating with his stand-out performance with the Wallabies in the 2015 World Cup. Along the way, we see his dogged determination to conquer multiple challenges, from the emotional trauma of fleeing his homeland, to the injuries that threatened to derail his rugby career.

Now, at 31, he is directing the same determination that has defined his life into driving social and environmental change in Australia and Africa – and he is prepared to risk his rugby career for what he believes in.



## TV SHOW HIGHLIGHTS



**DOC MARTIN**  
DRAMA

Louisa and Martin are intrigued when Dr Timoney invites them for an additional therapy session. While an American tourist seeks help from the GP.



**DREAM GARDENS**  
LIFESTYLE

Frank and Mary-Anne D'Aquila from Essendon in Melbourne are in pursuit of a family garden complete with pool, plants and entertaining space.



**HARD QUIZ**  
COMEDY

Tom Gleeson is back with a fresh batch of experts on The Rocky Horror Picture Show, the Napoleonic Wars, Air Traffic Control and Brooklyn Nine-Nine.



**JULIA ZEMIRO'S HOME DELIVERY**  
REALITY | DOCUMENTARY

With Nicky Winmar, an AFL hero as her guest, Julia Zemiro travels to Pingelly, 158 kilometres outside of Perth in the West Australian wheat belt.



**MEGA AIR**  
FACTUAL

This series follows high-pressure shipments from departure to arrival and finds out how the people who work in this world keep the goods moving.



**OLD PEOPLE'S HOME FOR 4 YEAR OLDS**  
DOCUMENTARY

A unique social experiment that brings together elderly people in a retirement community with a group of 4-year-olds. Could it lead to a better life for all?



**REMARKABLE PLACES TO EAT**  
TRAVEL | FOOD

Fred Sirieix can't help but feel the glamour of the city, but to him, Venice is a destination better suited to romance than it is to food.



**THE FLASH**  
DRAMA

As Barry and the team work to capture The Mist, they revisit the painful night the particle accelerator exploded and killed Ronnie Raymond.



# FAMILY FAVOURITES

Please note entertainment options are subject to change.



**HOW TO TRAIN YOUR DRAGON: THE HIDDEN WORLD** PG  
ANIMATION | ACTION | ADVENTURE

When Hiccup discovers Toothless isn't the only Night Fury, he must seek "The Hidden World", a secret Dragon Utopia before a hired tyrant named Grimmel finds it first.



**THE SECRET LIFE OF PETS 2** PG  
ANIMATION | ADVENTURE | COMEDY

Continuing the story of Max and his pet friends, following their secret lives after their owners leave them for work or school each day.



**FINDING DORY** G  
ANIMATION | ADVENTURE | COMEDY

The friendly but forgetful blue tang fish, Dory, begins a search for her long-lost parents, and everyone learns a few things about the real meaning of family along the way.



**72 CUTEST ANIMALS** G  
KIDS

A diverse group competes for this episode's king of cuteness, from the koala to the gorilla and a dark horse candidate, the octopus.

# MUSIC HIGHLIGHTS



**MEGHAN TRAINOR**  
**TITLE**

Title debuted at number 1 on the ARIA Albums Chart, with "All About That Bass" certified 9X Platinum in the US.



**MARK RONSON**  
**LATE NIGHT FEELINGS**

Late Night Feelings comes after a landmark year for Mark, winning an Academy Award, Golden Globe and Grammy Award.



**MICHAEL JACKSON**  
**THRILLER**

Thriller explores similar genres to those of 'Off the Wall,' including pop, R&B, rock, post-disco, funk, and adult contemporary music.



**DARLENE LOVE**  
**INTRODUCING DARLENE LOVE**

The first new album of original songs in 27 years from the renowned vocalist; one of the most prolific backup singers of all time.



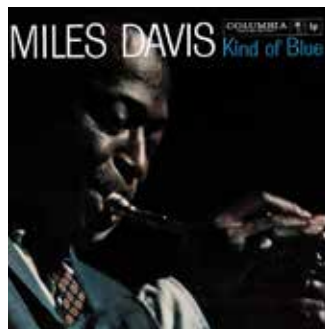
**HARRY CONNICK, JR.**  
**THAT WOULD BE ME**

For the first time in his career, Harry took a step outside his musical comfort zone to work in the studio with two external producers.



**OLGA PERETYATKO**  
**MOZART +**

Russian soprano Olga Peretyatko sings arias by Mozart as well as discoveries by his three contemporaries Traetta, Paisiello and Martín y Soler.



**MILES DAVIS**  
**KIND OF BLUE**

From the opening bass vamp of "So What" to the muted trumpet lines on "Blue in Green", Kind of Blue is ingrained in every jazz musician's DNA.



**SAVAGE GARDEN**  
**SAVAGE GARDEN**

Savage Garden is among the most successful Australian recording artists of all time with sales in excess of 20 million albums.

# TILT TRAIN RADIO HIGHLIGHTS

<b>HOT TRAX</b>	AVAILABLE ON <b>CHANNEL 4</b>	Mix of today's latest hits and 00s
<b>CRUISE</b>	AVAILABLE ON <b>CHANNEL 5</b>	Compilation of smooth jazz and easy listening music
<b>COMEDY CLUB</b>	AVAILABLE ON <b>CHANNEL 6</b>	Just for laughs with a collection of comedy from around the world
<b>JUKEBOX SHUFFLE</b>	AVAILABLE ON <b>CHANNEL 7</b>	Jukebox of classic hits from the 70s to 90s

	Movie/TV Show	Genre	Rating	Tilt Train	Spirit of Queensland	Spirit of the Outback	The Westlander The Inlander	
MOVIES	Aladdin	Adventure   Family   Fantasy	PG	✓	✓			
	ARGO	Biography   Drama   Thriller	M		✓	✓	✓	
	Becoming Jane	Biography   Drama   Romance	PG	✓	✓	✓	✓	
	Galaxy Quest	Adventure   Comedy   Sci-Fi	PG	✓	✓	✓	✓	
	Going In Style	Comedy   Crime	M		✓	✓	✓	
	Little	Comedy   Fantasy   Romance	PG	✓	✓			
	National Treasure: Book of Secrets	Action   Adventure   Mystery	PG	✓	✓	✓	✓	
	Poms	Comedy   Drama   Sport	PG	✓	✓	✓	✓	
	Red Joan	Biography   Drama   Romance	M		✓	✓	✓	
	The Chaperone	Drama	PG	✓	✓	✓	✓	
	The Theory of Everything	Biography   Drama   Romance	PG	✓	✓	✓	✓	
	Top End Wedding	Comedy   Romance	M		✓			
	Yesterday	Comedy   Fantasy   Music	M		✓	✓	✓	
TV SHOWS	Aussie BBQ Heroes	Reality	PG	✓	✓	✓	✓	
	Australian Story - True Grit	Documentary	PG	✓	✓	✓	✓	
	Back Roads	Regional Australia	G	✓	✓	✓	✓	
	Doc Martin	Drama	PG	✓	✓	✓	✓	
	Dream Gardens	Lifestyle	G	✓	✓	✓	✓	
	Escape From The City	Lifestyle   Regional Australia	G	✓	✓	✓	✓	
	Hard Quiz	Comedy	PG	✓	✓	✓	✓	
	Impress Me	Comedy	PG	✓	✓	✓	✓	
	Inside IKEA	Factual   Reality	PG	✓	✓	✓	✓	
	Julia Zemiro's Home Delivery	Reality   Documentary	PG	✓	✓	✓	✓	
	Mega Air	Factual	PG	✓	✓	✓	✓	
	Old People's Home For 4 Year Olds	Documentary	G	✓	✓	✓	✓	
	Ottolenghi's Mediterranean Feast	Food and Culture	G	✓	✓	✓	✓	
	Outnumbered	Comedy	PG	✓	✓	✓	✓	
	Remarkable Places To Eat	Travel   Food	G	✓	✓	✓	✓	
	The Herbert Brothers	Reality	PG	✓	✓	✓	✓	
	The Flash	Drama	PG	✓	✓	✓	✓	
	Winners and Losers	Drama	PG	✓	✓	✓	✓	
	FAMILY	72 Cutest Animals	Kids	G		✓	✓	✓
		Finding Dory	Animation   Adventure   Comedy	G		✓		
How to Train Your Dragon: The Hidden World		Animation   Action   Adventure	PG		✓	✓	✓	
Nanogirl and the Imaginauts		Kids	G		✓	✓	✓	
The Secret Life of Pets 2		Animation   Adventure   Comedy	PG		✓	✓	✓	
MUSIC	Meghan Trainor – Title	Music Album			✓	✓	✓	
	Mark Ronson – Late Night Feelings	Music Album			✓	✓	✓	
	Michael Jackson – Thriller	Music Album			✓	✓	✓	
	Darlene Love – Introducing Darlene Love	Music Album			✓	✓	✓	
	Harry Connick, Jr. – That Would Be Me	Music Album			✓	✓	✓	
	Olga Peretyatko – Mozart +	Music Album			✓	✓	✓	
	Miles Davis – Kind Of Blue	Music Album			✓	✓	✓	
	Savage Garden – Savage Garden	Music Album			✓	✓	✓	
	HOT TRAX – mix of today's hits and old school	Channel 4		✓				
	CRUISE – easy listening and smooth jazz	Channel 5		✓				
	COMEDY CLUB – a collection of comedy sketches	Channel 6		✓				
	SHUFFLE – Jukebox classic hits from the 70s to 90s	Channel 7		✓				

# Find a Word

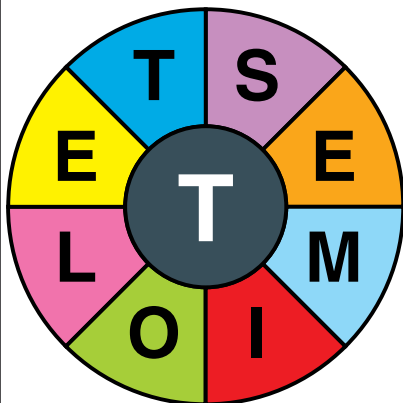
Y	E	L	A	G	O	N	A	L	R	E	E	F	S	
S	F	E	E	R	G	N	I	G	N	I	R	F	D	V
C	R	O	W	N	O	F	T	H	O	R	N	S	D	H
T	S	S	L	S	S	C	U	B	A	F	F	I	Q	D
I	T	S	I	S	F	V	L	B	C	E	R	U	M	G
A	R	A	Z	E	Y	E	R	O	E	A	E	O	R	A
R	U	R	A	T	L	A	E	R	W	E	I	E	G	R
T	C	G	R	R	U	T	C	R	N	N	E	R	E	S
S	T	A	D	O	T	I	R	S	N	N	F	T	N	M
S	U	E	I	U	A	E	L	U	I	O	R	I	H	S
E	R	S	S	T	P	A	R	S	T	A	B	V	S	C
R	E	R	L	P	N	X	L	N	H	A	J	B	O	H
R	E	E	A	D	J	A	O	C	L	K	E	B	I	D
O	D	N	N	J	N	P	I	P	E	F	I	S	H	R
T	S	O	D	D	N	A	L	S	I	N	O	R	E	H

- CAIRNS
- CAYS
- CHARTER
- CLOWNFISH
- CROWN-OF-THORNS
- DELTAIC REEFS
- FRINGING REEFS
- FROGS

- GREEN ISLAND
- HERON ISLAND
- LAGOONAL REEFS
- LIZARD ISLAND
- PIPEFISH
- QUEENSLAND
- RIBBON REEFS
- SCUBA

- SEA TURTLE
- SEAGRASS
- SNAPPER
- STRUCTURE
- TERN
- TORRES STRAIT
- TROUT

## Wheel Words



Create as many words of 4 letters or more using the given letters once only but always including the middle letter. Do not use proper names or plurals. See if you can find the 9-letter word using up all letters.

22 Good 26 Very Good 30+ Excellent

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## SUDOKU

Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★☆☆☆☆

		7						2	
9	3				8			6	
8			9	6	7			5	
	9		5	4		7		8	
	7	2				6	5		
3		8		2	6			1	
6			4	3	9			1	
	1		6					3	4
2						8			

Rating: ★★☆☆☆

						4			
			7	4		6			
1	8			2	6			5	
2	4				8	7		9	
5			1	9	2			8	
8		1	4					5	6
9			2	6				3	7
		2		3	5				
		6							

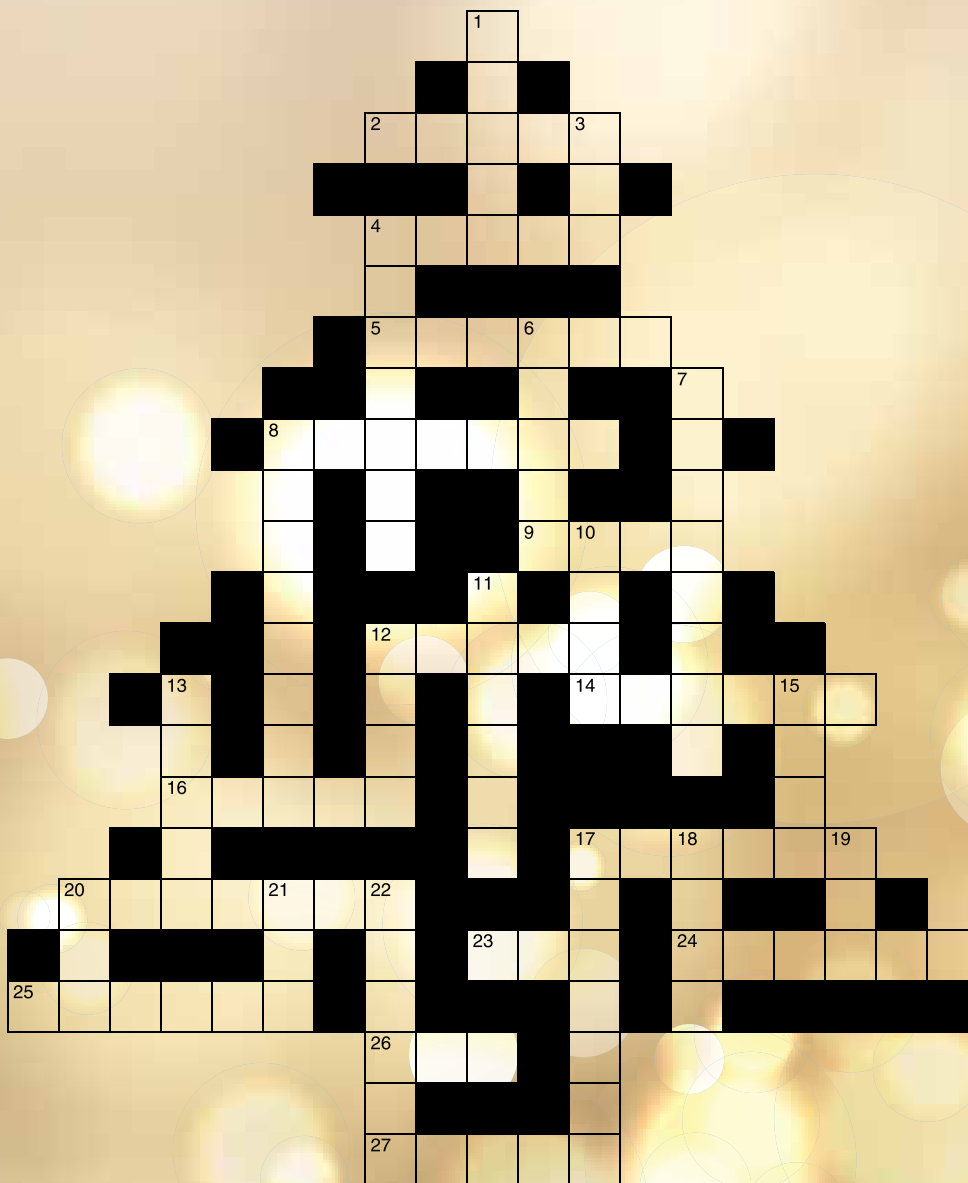
Rating: ★★★☆☆

						8	3		1
2	1			4		9	7		
		7				1		6	8
		3					7		
1	9		7				4		
	4	9		5				8	7
7		5	9						

Rating: ★★★★★

	6				5				3
7	3		4	8					6
	8			9		1			
3			6		8				5
		5		1				6	
2				3	4			1	8
6			9					4	

# Crossword of the month



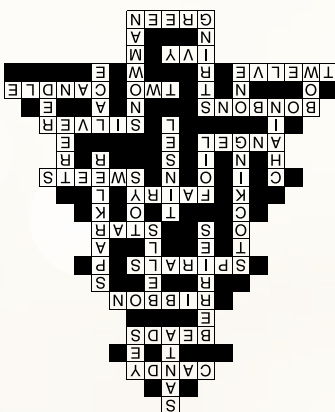
### ACROSS

2. Hook-shaped confectionery, ... cane
4. Christmas song, Jingle ...
5. Satin strip for a present
8. Twists
9. Christmas tree topper
12. Tiny twinkling ornaments, ... lights
14. Wine gums & fruit drops
16. Heavenly being
17. "City sidewalks, busy sidewalks; Dressed in holiday style; In the air; There's a feeling of Christmas," begins the song... Bells(6)
20. Crackers (3,4)
23. "All I want for Christmas is my ... front teeth"
24. Wax light
25. How many drummers were drumming (along with the eleven pipers piping)
26. The Holly And The ...
27. Wreath colour

### DOWN

1. Who, according to the song, was kissing mommy underneath the mistletoe
3. Reply to Virginia's famous letter to the New York Sun
4. Small fruits
6. Spheres
7. Handheld firework
8. What you hang by the chimney
10. "And so up to the housetop the reindeer soon flew, with the sleigh full of ... and St Nicholas too"
11. Xmas glitter
12. Metallic paper
13. Home-made decoration, paper ...
15. Yuletide fir, Christmas ...
17. "In the meadow we can build a ...; And pretend that he's a circus clown," went Winter Wonderland
18. Frilly fabric
19. Santa's favourite colour
20. Gift adornment
21. How many partridges my true love sent to me
22. Great for tying up packages

## PUZZLE SOLUTIONS



www.theguardian.com/crossword/2014/dec/23/crossword-solutions

1	A	S	C	A	N	D	Y
2	C	A	N	D	E	S	
3	T	O	O	T	H	E	
4	J	I	N	G	L	E	
5	R	I	B	B	O	N	
6	S	P	H	E	R		
7	F	I	R	E			
8	T	W	I	S	T		
9	T	O	P				
10	S	L	E				
11	G	L	I	T			
12	L	I	G	H	T		
13	P	A	P	E	R		
14	W	I	N	E			
15	S	T	R	E	E		
16	S	A	N	T	A		
17	B	E	L	L			
18	F	R	I	L	L		
19	R	E	D				
20	C	R	A	C	K		
21	E	L	E	V	E		
22	S	I	L	E	N		
23	T	E	E	T	H		
24	W	A	X	L	I	G	
25	E	L	E	V	E	N	
26	T	H	E	H	O	L	L
27	G	R	E	E	N		

www.theguardian.com/crossword/2014/dec/23/crossword-solutions

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6	S	P	H	E	R		
7	F	I	R	E			
8	T	W	I	S	T		
9	T	O	P				
10	S	L	E				
11	G	L	I	T			
12	L	I	G	H	T		
13	P	A	P	E	R		
14	W	I	N	E			
15	S	T	R	E	E		
16	S	A	N	T	A		
17	B	E	L	L			
18	F	R	I	L	L		
19	R	E	D				
20	C	R	A	C	K		
21	E	L	E	V	E		
22	S	I	L	E	N		
23	T	E	E	T	H		
24	W	A	X	L	I	G	
25	E	L	E	V	E		
26	T	H	E	H	O	L	L
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www.theguardian.com/crossword/2014/dec/23/crossword-solutions

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7	F	I	R	E			
8	T	W	I	S	T		
9	T	O	P				
10	S	L	E				
11	G	L	I	T			
12	L	I	G	H	T		
13	P	A	P	E	R		
14	W	I	N	E			
15	S	T	R	E	E		
16	S	A	N	T	A		
17	B	E	L	L			
18	F	R	I	L	L		
19	R	E	D				
20	C	R	A	C	K		
21	E	L	E	V	E		
22	S	I	L	E	N		
23	T	E	E	T	H		
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9	T	O	P				
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12	L	I	G	H	T		
13	P	A	P	E	R		
14	W	I	N	E			
15	S	T	R	E	E		
16	S	A	N	T	A		
17	B	E	L	L			
18	F	R	I	L	L		
19	R	E	D				
20	C	R	A	C	K		
21	E	L	E	V	E		
22	S	I	L	E	N		
23	T	E	E	T	H		
24	W	A	X	L	I	G	
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26	T	H	E	H	O	L	L
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6	S	P	H	E	R		
7	F	I	R	E			
8	T	W	I	S	T		
9	T	O	P				
10	S	L	E				
11	G	L	I	T			
12	L	I	G	H	T		
13	P	A	P	E	R		
14	W	I	N	E			
15	S	T	R	E	E		
16	S	A	N	T	A		
17	B	E	L	L			
18	F	R	I	L	L		
19	R	E	D				
20	C	R	A	C	K		
21	E	L	E	V	E		
22	S	I	L	E	N		
23	T	E	E	T	H		
24	W	A	X	L	I	G	
25	E	L	E	V	E		
26	T	H	E	H	O	L	L
27	G	R	E	E	N		







# Rail Safety

Our aim is to make your journey as comfortable and secure as we can, all whilst preserving the property of Queensland Rail and our customers. Our onboard staff are here to ensure your journey is as pleasant as possible. If you have any queries or require assistance, please do not hesitate to advise one of our friendly onboard staff.



## Train Movement is sudden and unpredictable

It's important to know that while on board our train you may experience some unexpected train movement. Think of it as 'train turbulence'.

Just like with air turbulence, train movement is sudden and unpredictable.

Remember a seated customer is a safe customer. If you need to move about the train, it's important you hold the grab rails and be aware of your surroundings.

### Some helpful travel tips to ensure your journey is pleasant and hassle-free.

- Please use the grab rails, backs of seats or the corridor walls as you move through the train, as unexpected train movement can cause injury.
- Please keep the aisles clear at all times, and place bags and other items in the overhead compartments.
- It's important to note that each platform may be a little different each time you travel with us. Always watch your step when boarding or disembarking the train. Please be mindful of the gap between the train and the platform.
- When your train pulls into the station, stand away from the door until customers have finished embarking or disembarking. Then, step carefully up or down from the train car.

**If you need assistance, please ask one of our friendly onboard staff.**

## Your safety is important to us

Please take a moment to read through our Safety Card in the back of the seat pocket or in your cabin.

**Travel Safe  
Arrive Safe**

# Summer Sun Safety

While living in a state that's positively swimming in sun is amazing, it's not all sunshine and roses. Queenslanders are at high-risk when it comes to those necessary, but damaging UVA and UVB rays.

According to Cancer Council Australia, approximately two in three Australians will be diagnosed with skin cancer by the time they are 70. The number of people treated in Australia each year, for one or more non-melanoma skin cancers is staggering, affecting more than 750,000 people. When excluding non-melanoma skin cancers, melanoma is the third most common cancer experienced by Australians. Every year in Australia skin cancers accounts for approximately 80% of all newly diagnosed cancers, with the majority of skin cancers a result of too much exposure to the sun.

With the strength of the sun increasing over the summer months and our endless desire to get out there and enjoy it, we want you to familiarise yourself with the types of skin cancer, the risk factors and preventative measures, so that you can keep living your best and healthiest life (and enjoy that sunshine).

## EARLY DETECTION AND PREVENTATIVE STEPS

When it comes to skin cancer, prevention is better than a cure. However, if you do develop a skin cancer, the earlier it is identified and treated, the better your chance of avoiding surgery, potential disfigurement, pain and in some cases, death.

- **Protect your skin** – apply a 30 SPF or higher, broad spectrum, water resistant sunscreen 20 minutes before sun exposure, slip on protective clothing (long sleeves etc), wear a broad brim hat, sunglasses and seek the shade wherever possible.
- **Regularly check your own body** in good lighting and be sure to check all over, including the soles of the feet, between fingers, toes and under nails.
- **Use a mirror for hard to see locations**, such as your back or scalp, or ask a friend or family member to assist.
- **Pay close and regular attention to your skin** – if you notice something suspicious or any changes, visit your doctor as soon as possible.
- **Use the A, B, C, D, E method** when checking your own skin:
  - A for Asymmetry* – if a line were drawn down the middle of a spot, the two sides wouldn't match.
  - B for Border* – is it a spot with a spreading or irregular edge?
  - C for Colour* – is it blotchy, with multiple colours (black, blue, red, white/grey)?
  - D for Diameter* – are the spots bigger than 6mm?
  - E for Evolving* – are the spots changing and growing?

### There are three main types of skin cancer:

**Basal Cell Carcinoma (BCC)** – a type of skin cancer that develops in the basal cells of the top layer of the skin. This type of skin cancer makes up approximately 70% of non-melanoma skin cancers and commonly develops on the head, neck and upper body.

**Squamous Cell Carcinoma (SCC)** – a type of cancer that begins in the squamous cells, accounting for approximately 30% of non-melanoma skin cancers. Squamous cells are found in several places in the body, including the top layer of the skin, in the main airways of the lungs, and in the cervix.

**Melanoma** – an aggressive form of skin cancer, it develops from the melanocytes (pigment cells) and usually occurs on parts of the body that have been overexposed to the sun. NB: Rare melanomas can also start in a part of the skin or body that has never been exposed to the sun.

.....

We recommend downloading Cancer Council Australia's SunSmart app. It lets you know when you do and don't require sun protection anywhere in Australia, provides 7-day weather forecasts, alert functions and a sunscreen calculator based on the outfit worn by the user, as well as their weight and height. Head to [cancer.org.au/sunsmartapp](https://cancer.org.au/sunsmartapp).

If you're concerned or want to arm yourself with further information, consult with your doctor and be sure to visit [cancer.org.au](https://cancer.org.au) or [cancerqld.org.au](https://cancerqld.org.au) for the most current information for you, your family and your friends.



## Are you applying your sunscreen correctly?

It might seem silly, but this is an easy one to misjudge. In addition to using the *SunSmart app* for a tailored approach to how much sunscreen you should be using, below is an easy-to-follow guide for how much sunscreen to use and where, as advised by Cancer Council Australia.

- Use at least one teaspoon of a 30 SPF (or higher) sunscreen, per limb
- One teaspoon for the head (face, ears, front and back of neck)
- One teaspoon for the back of the body and one teaspoon for the front
- Reapply every two hours, or after swimming, sweating or towel drying

*\*One full-body application should be roughly seven teaspoons or 35ml*



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