Make the most of a week in Kakadu National Park by taking your time to really uncover the natural wonder in this part of the Northern Territory.

Learn the ancient stories and traditions of one of oldest living cultures on earth. Get up close and personal with the largest reptile on the planet and learn about native wildlife on a river cruise. Take a day trip to relax under waterfalls and swim in crystal clear plunge pools. Climb to great heights for unsurpassed views of the Park’s incredible floodplains and escarpment country, then finish off your days taking in Kakadu’s iconic sunsets.

Top 10

1. Visit the Bowali Visitor Centre to plan your activities while you’re in the Park
2. Don’t miss an unforgettable sunset from the top of Ubirr overlooking the Nadab floodplain
3. Hop on a wildlife cruise on Yellow Water Billabong or the East Alligator River with a local guide
4. Join a one-day cultural tour and discover ancient Aboriginal culture first hand with a local guide
5. Walk the circuit at Nourlangie and set your sights on one of Australia’s most outstanding Aboriginal rock art sites
6. View the majestic Jim Jim Falls and Twin Falls on a scenic flight with views of towering escarpments and sparkling waters
7. Take a dip in Gunlom’s natural infinity pool and enjoy the soaring views of Kakadu
8. Learn more about Aboriginal culture at the Warradjan Cultural Centre
9. Try your luck catching the famous Barramundi on a Yellow Water Billabong Fishing Tour
10. Head to Maguk waterfall for the perfect place for a picnic and swim in monsoon forest surroundings
DAY 2

Today, immerse yourself in the culture of the region and join a one-day Arnhem Land Aboriginal cultural tour. Led by a local Aboriginal guide, you’ll get to explore ancient rock art on Injalak Hill and have the opportunity to visit the Injalak Art Centre.

The centre is a source for high-calibre Aboriginal art, all made locally. You may also be able to see the artists at work, and watch local women weaving pandanus baskets. All permits to enter Arnhem Land are included on an approved tour.

You also have the option to visit the Injalak Art Centre on a self-drive, however please be mindful that you will need to apply for a permit prior to your visit through the Northern Land Council. Alternatively you can apply for permits at the NLC office in Jabiru. Make sure you have some time up your sleeve, as the permit can take a couple of days to be approved.

If you are travelling during the dry season, make the most of the seasonal ranger program and get involved with over 40 free activities per week to choose from, such as cultural demonstrations, guided walks, night time slide shows and rock art presentations.

The late afternoon guided walk at Ubirr, one of Kakadu’s most visited sites is a must-do. The local guide will explain the meanings of the ancient Aboriginal rock art and you’ll finish the tour on top of Ubirr in time for a stunning sunset and memorable views across the floodplains.

On the way home, grab a bite to eat from the Border Store, which is well known for its delicious food and friendly service.

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DAY 3

Head south from Jabiru to visit Nourlangie rock art site, which was used by the local Aboriginal people as a shelter from storms for thousands of years. The art on the walls serve as an insight into their rich spiritual tradition. In the dry season (May to October), free ranger guided walks are available daily.

Back off the Kakadu Highway is Mirray Lookout. If you’re feeling active, challenge yourself to the 3.6 km return trail to the top of Mount Cahill which takes approximately 1.5 hours to complete. You won't be disappointed with the stunning panoramic views of the escarpment and floodplains of central Kakadu.

For an incredible sunset spot, make sure to head to Nawurlandja lookout and take the short, steep hike for impressive views across Anbangbang Billabong.

Head approximately 20 km along the Kakadu Highway and turn off to Cooinda Lodge, where there's a variety of accommodation options to choose from, restaurant and pool. The lodge also offers entertainment and activities for guests, from bush tucker talks to live music.

DAY 4

Today you’ll be embarking on a four-wheel drive adventure to the pristine locations of Jim Jim Falls and Twin Falls. Travel approximately 2 hours down the 4WD track to your first stop at Jim Jim Falls, which is accessible during the dry season.

You’ll be rewarded after the energetic journey with incredible views of the red ochre Arnhem Land escarpment contrasting the crystal clear waters of the falls. Stretch your legs and set off on the 2 km return walk through a monsoon forest that will take you to a deep plunge pool surrounded by ancient, 150-metre high cliffs. During the wet season (November to April), the falls are in full force and are a spectacular sight from the sky.

You’ll find the picnic area located along the Jim Jim Falls access road on the way to Twin Falls. Stop here for a bite to eat before making your way to Twin Falls, just 10 km further up the road. Be warned, a 4WD with a snorkel is highly recommended for this part of the journey as there is a creek crossing to drive through which is usually around 0.6 – 0.7 m in depth.

You can access Twin Falls via the Twin Falls Gorge Boat Shuttle Service that will ferry you to the base of the falls, during which you can learn about the area from a talk given by the guide on the boat. The shuttle service returns regularly until late in the afternoon, and tickets can be purchased from the campground. Immerse yourself in the tranquil surroundings and take a scenic stroll along the boardwalk to the cascading falls, or sit back and relax on the white sandy shore.

Drive back to the Kakadu Highway this afternoon and make your way back to your accommodation at Cooinda Lodge.
DAY 5

Start the day off with a visit to the Warradjan Cultural Centre. Here, you can learn about the culture and beliefs of the local Aboriginal people and see traditional weaving and cooking techniques.

Get acquainted with Kakadu’s most famous wetland on a Yellow Water Billabong Sunset Cruise. It’s the best way to see the wetland wildlife in their pristine natural environment; the billabong is home to crocodiles and a vast range of resident birdlife. Watch the Brolgas dance as the sun sets while your experienced guide gives a fascinating insight into how the Bininj people used the flora and fauna to support their way of life.

If you want to get amongst the action, perhaps a Yellow Water Fishing Tour is more up your alley? Led by experienced fishing guides, you’ll have the opportunity to catch a famous barramundi on Kakadu’s most famous billabong. If you reel in one that’s a keeper, you can have one of the chefs cook it up exactly to your liking. It’s a fishing adventure you’ll remember forever.

Head back to your accommodation at Cooinda Lodge and wind down after a full day spent exploring.

DAY 6

Get on the road again; your destination this time is further along Kakadu Highway, to Gunlom Plunge Pool. Approximately two hours’ drive from Cooinda, the drive itself is beautiful.

Break up the trip with a stopover at Maguk. There’s a walk to the base of the Maguk waterfall that is well worth your effort where you’ll be greeted with crystal clear pools that are perfect to relax by in the mid-morning sun.

Once you’re ready to hit the road again, not much further up the Kakadu Highway is Gunlom – a glorious location with a cascading waterfall feeding into the plunge pool below. This will also be your camp for the night.

Challenge yourself to the 30-minute climb to the top of the falls, and you’ll be rewarded with fantastic views over southern Kakadu with more crystal clear pools to relax in, including the famous natural infinity pool. Kick back and relax in the picnic areas shaded by tall gums to take in the serenity.

Set up camp for the night – and make the most of your final sunset over Kakadu National Park. Raise a glass to a week full of adventure and unique experiences before you turn in for the night.

DAY 7

Today is your final day in Kakadu National Park. Make the most the morning to relax at Gunlom before you make your way back to Darwin via the Kakadu Highway.

Stop over at Pine Creek, a town you’ll find near the intersection of the Kakadu and Stuart Highways. There are several places to relax with a cool drink and a chat with the locals. Continue on your way back to Darwin reliving memories of your Kakadu adventures.