With a whole week in Kakadu National Park you will have plenty of time to get to know this diverse and magical part of the Northern Territory.

Learn the ancient stories and traditions of Australia’s oldest living culture and immerse yourself in the high calibre of Aboriginal art in the region. Get up close and personal to the largest reptile on the planet and learn about native wildlife on a river cruise. Take a day trip and 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. Finish off your days taking in Kakadu’s iconic sunsets.

**TOP 10 MUST DO’S**

1. Visit the Bowali Centre and discover all the things you can do in the National Park
2. Hop on an exclusive cruise through East Alligator River with an Aboriginal guide
3. Join a One Day Arnhemland Aboriginal Culture Adventure Tour and discover some of the best rock art in Arnhem Land
4. Don’t miss the unforgettable sunset from the top of Ubirr
5. Look through the window of a rich spiritual tradition at the Nourlangie rock art site
6. View the majestic Jim Jim Falls and Twin Falls with views of towering escarpments and sparkling waters
7. Discover Aboriginal culture at the Warradjan Cultural Centre
8. See the land-locked billabong full of flora, fauna and picturesque sunsets in a Yellow Water Cruise
9. Try your luck catching the famous Barramundi on at Yellow Water
10. Take a dip in Gunlom’s natural infinity pool and enjoy the soaring views of Kakadu

For more must-do’s around Kakadu, visit northernterritory.com
KAKADU & SURROUNDS
SEVEN DAY ITINERARY

DAY 1
Rise early this morning, and depart Darwin along the Stuart and Arnhem highways for your 2 hour drive to the northern entry to Kakadu National Park. A 4WD vehicle is highly recommended for this trip as some locations that are only accessible via a 4WD track.

As you’ll be visiting Aboriginal owned land, a park pass is required. Your pass includes entry to the park, ranger guided walks and talks, and interpretive materials. You can buy your pass online or at several convenient locations in the Top End. For details visit https://parksaustralia.gov.au/kakadu/plan-your-trip/passes-and-permits.html

Your first stop will be the Bowali Visitor Centre. This is a great place to stop for refreshments at the cafe before you wander through interpretive displays and the gallery. Remember to check in with the staff at the Visitor Centre regarding any possible road closures or conditions you should be aware of for your trip through Kakadu National Park. Armed with new knowledge, it is time to see some of the park’s sights.

See Kakadu from the water and join a cultural cruise on the East Alligator River. Keep an eye out for crocodiles while your local guide talks about culture, shares creation stories, bush foods and survival skills. Disembark and walk onto Arnhem Land for a display of traditional hunting and gathering techniques.

Home tonight is in Jabiru, Kakadu’s main township, which has a variety of accommodation options to choose from, including camping and hotels.

DAY 2
Today, immerse yourself in the culture of the region and join a One Day Arnhemland Aboriginal Culture Adventure tour. Led by a local Aboriginal guide, you will 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 and royalties to enter Arnhem Land are included on an approved tour.

You are able to visit the Injalak Art Centre without being on an approved tour, however please be mindful that you will need to apply for a permit prior to your visit through the Northern Land Council (http://www.nlc.org.au/). Alternatively you can apply for permits at the NLC office in Jabiru, however, just 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, 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 slideshows 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 indigenous 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.
KAKADU & SURROUNDS
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DAY 3
Pack up your 4WD and get ready for an outback camping adventure. Make sure you have packed plenty of food and water for the night (and firewood if you are travelling in the cooler months). Head south from Jabiru to visit the 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, free activities are conducted daily.

Just up the road is Mirrai Lookout. If you are 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 will not be disappointed with the stunning panoramic views of the escarpment and floodplains of central Kakadu.

Head approximately 20 km further along the Kakadu Highway and turn off to Cooinda Lodge, where you can stay tonight. There is a variety of room or camping options to choose from and the lodge also offers a range of entertainment and activities for guests from bush tucker talks to live music.

DAY 4
Today you will be embarking on a four-wheel drive adventure, to the pristine locations of Jim Jim Falls and Twin Falls. Travel is approx. 2 hours down the 4WD track to your first stop at Jim Jim Falls, which is accessible during the dry season. You will be duly rewarded after the energetic journey with incredible contrasting views of the red ochre Arnhem Land escarpment and the crystal clear waters of the falls. Stretch your legs after your journey to the falls, 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, the falls are in full force and are a spectacular sight from the sky.

You will 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 10km 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.

For more information on activities, accommodation and events in this region, visit northernterritory.com
DAY 5
Spend the day exploring Cooinda. Make 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 is 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 Brolga’s dance as the sun sets while your experienced guide gives you 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, then perhaps a Yellow Water Fishing Tour is more up your alley? Led by experienced fishing guides, you will have the opportunity to catch the famous barramundi on Kakadu’s most famous billabong. If you manage to catch a large one, you can have one of the chefs cook it up exactly to your liking. It’s a fishing adventure you will remember forever.

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

DAY 6
Rise early, pack up your 4WD and refresh your cooler box with enough food, water and firewood to last you the rest of the trip. Get on the road again; your destination this time is further along Kakadu Highway, to Gunlom Plunge Pool. Approximately two hour’s drive from Cooinda, the drive itself is beautiful. Break the trip up with a stopover at Maguk. There is a short 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 are 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 will 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 great 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. Use 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.