

4 DAYS/ 3 NIGHTS

KIAMA ITINERARY

COOL BREEZES, SALTY AIR & ENDLESS BEAUTY

Yulunga!

Welcome to your ultimate 3-night, 4-day itinerary to Kiarama (Kiama), on the traditional lands of the Dharawal and Wodi-Wodi people. This thoughtfully designed escape is all about recharging your batteries, refreshing your mind, and immersing yourself in nature.



DAY 1

SCENIC ARRIVALS & COASTAL WONDERS

Morning and getting here:

Travelling to Kiama from the north? Who doesn't love a road trip! Opt for the breathtaking drive through the Royal National Park and along the iconic Grand Pacific Drive. This route showcases the jaw-dropping, coast-hugging Sea Cliff Bridge—featured in countless TV ads and travel guides. Insider tip: park your car and stroll back along the bridge's sweeping bends for a truly immersive experience.

Start with a coffee at Diggies Kiama, then drop into the Kiama Visitor Information Centre to gather expert local recommendations and pick up essential guides, including Kiama Visitor Guide, Kiama Eats, Kiama Walks, and Kiama Rides for the ultimate adventure toolkit.

No visit to Kiama is complete without a stop at the Kiama Lighthouse and the famous Big Blowhole, where the ocean puts on an awe-inspiring display during a southeast swell. The accessible pathway ensures everyone can witness the dramatic “whoosh” as water erupts skyward.

Early afternoon:

Trade four wheels for two and rent an e-bike from Kiama Cycles. Hop on the train at Kiama Station and head north to Minnamurra, where your ride begins. Cycle back along the Kiama Coast Walk, making a refreshing stop at Minnamurra River—dip your toes in the tranquil waters and spot Rangoon Island, a sanctuary for local birdlife.

Lunch:

Refuel at Stacks Eatery before continuing south. Along the way, capture stunning shots at Cathedral Rocks, Boneyard Beach, and Bombo Headland—each a geological marvel. If a flatter route is preferred, check the Kiama Rides guide for accessible alternatives.

Late afternoon:

Check in to your accommodation and freshen up. Options range from stylish stays at Bellevue Accommodation to laid-back vibes at Cicada Luxury Camping or The Sebel Harbourside Kiama (bonus: accessible rooms available).

If it's a Wednesday, Kiama Farmers' Market is the place to be (from 3 pm). Pick up local cheeses, fresh produce, and artisan bread—perfect for tomorrow's picnic.

Dinner:

Kick off the night with cocktails and share plates at Little Betty's—you can't go wrong with a mojito (or a nojito for a zero-proof option). Round out the evening with a scoop from Scoops Ice Creamery because, let's be honest, dessert is a must.

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DAY 2

COASTAL TREASURES & OUTDOOR THRILLS

Waking up in Kiama hits different. There's just something about the salty sea breeze, rolling green hills, and the promise of a day packed with adventure that makes you want to ditch the snooze button and jump straight into something unforgettable.

Morning:

Start your day the bold way—with an invigorating cold plunge at Kiama Harbour Rock Pool or the ramp-accessible Continental Olympic Pool. The icy dip will jolt you awake in the best way, setting the tone for a day of adventure. Warm up with a hearty breakfast at The Hungry Monkey (killer coffee and loaded brekkie rolls) or Penny Whistlers, where ocean views and avo toast go hand in hand.

Looking for something slower-paced? Swap the cold plunge for a lazy morning at Surf Beach—just you, a great book, and the sound of rolling waves. Need accessibility support? Beach wheelchairs are available for hire from the lifeguards, making it easy for everyone to enjoy the shoreline.

Late Morning:

Pack a picnic and lace up your sneakers—it's time to take on the Kiama Coast Walk to Gerringong (13km). This stretch of trail is pure magic, with dramatic cliff-top views, lush farmland, and endless blue horizons. If you're here between May and November, whale watching is a serious possibility—so keep your eyes peeled.

Along the way, stop at the Little Blowhole (which puts on its best show when the ocean swells from the northeast) and take a moment at the Dreaming Poles, a striking tribute to the Wodi-Wodi and Dharawal people, who have cared for this land for over 60,000 years.

Lunch & afternoon:

If the tide is right, take a refreshing dip at Campbells Hole, a hidden ocean pool that's one of the South Coast's best-kept secrets. Then, continue to Werri Beach—a pristine stretch of coastline perfect for a post-swim stroll.

From here, trade the ocean breeze for a laid-back afternoon at Gerringong Bowlo, where barefoot bowls and cold drinks are the perfect reward after your coastal trek. No need to worry about the trip back—the courtesy bus has you covered, bringing you straight back to Kiama.

Evening:

After some well-earned downtime at your accommodation, step into Cin Cin Wine Bar for a next-level tapas feast—think meze plates, crumbed olives, and charred souvlaki. Sip on a glass of wine as the distant whoosh of the Little Blowhole adds a touch of seaside magic to your evening. Wrap up the night with epic cocktails or mocktails at Miss Arda.



COAST & COUNTRY COLLIDE

DAY 3

CHILLED MORNINGS & SUNSET SIPS

Morning:

After yesterday's epic walk, it's time to slow things down. Ease into the day with a Yin Yoga class at Emergence Yoga in Kiama—deep stretches, chilled vibes, and the perfect way to reset.

Now that you're feeling zen, wander through Kiama's charming historic streets, where heritage-listed buildings meet cool indie boutiques.

Afternoon:

Shopping bags full? Now it's time to swap retail therapy for a little wine therapy. Skip the hassle of planning and let Foodscape Tours take the reins—think rolling vineyards, top-notch tastings, and zero need for a designated driver.

Prefer to explore at your own pace? Hit up these top spots for a DIY tasting adventure:

- **Coolangatta Estate** – Historic vineyards with Shoalhaven River views.
- **Stoic Brewery** – Ever-changing seasonal craft beers.
- **Crooked River Estate** – A scenic lunch spot, perfect for a romantic vineyard moment on the couples' swing.

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Kiama's energy shifts.
Cozy wine bars glow
with candlelight, and
open-air venues hum
with the sound of live
music, from soulful
acoustic sets to foot-
stomping blues, there's
always a rhythm to be
found in this town.*

Evening:

As the sun sets over Gerringong, Friday nights take on a creative twist at Soul Clay Studios. Here, it's less about perfection and more about the process—your hands shaping clay, your mind unwinding, and your inner artist making an unexpected cameo. No experience? No worries. Whether you walk away with a masterpiece or just a wonky mug full of character, the fun is in the making.

After getting your hands dirty (in the best way), head to The Hill Bar & Kitchen, where ocean breezes, locally sourced dishes, and craft cocktails round out the night. The perfect way to toast to a day well spent.



DAY 4 RELAX, RECHARGE & RIDE THE WAVES

Morning:

Start your day in full recharge mode at Kiama Wellness & Recovery Haus—where you'll step into your own private floatation pod and feel the world melt away. Suspended weightlessly in magnesium-infused water, your muscles release tension, your mind clears, and for 60 blissful minutes, it's just you and the calm. Perfect for unwinding, easing sore muscles, or simply embracing main-character energy.

Feeling refreshed? Time to fuel up at The Quarry Café, a foodie oasis tucked within a plant nursery, framed by striking quarry cliffs. This hidden gem serves up an epic lineup of gluten-free, dairy-free, and vegan-friendly bites—because let's be real, no adventure day is complete without good food. If you're visiting on a Saturday morning, settle in with your coffee and soak up some free live music.

Next up, it's all about the water. Head to Minnamurra River to hire a stand-up paddleboard and glide across glassy waters. Or, if you're craving a thrill, make your way south to Seven Mile Beach for a pre-booked surf lesson with the legends at Gerroa Surf School or Gerringong Surf School. With 12 km of golden sand and rolling waves, this stretch of coastline is the ultimate place to level up your surfing skills.



Lunch:

Post-surf hunger is real, so head straight to Bella Char at the Mercure in Gerringong for a gourmet feast. If coffee is more your thing, Daily Grind Coffee Roasters is where the magic happens—freshly roasted beans, smooth blends, and a scent so good, it could wake you up from a food coma.

Afternoon:

Once you've refuelled, it's time for a scenic drive up to Saddleback Mountain Lookout. The views? Unreal. From Cronulla in the north to Milton in the south, it's the kind of spot where you'll pause, breathe it in, and snap at least ten photos for your Instagram story.

#KiamaNSW

Keep the adventure going with a drive inland to Jamberoo Village and the lush Minnamurra Rainforest. Whether you take the Lyrebird Loop or the Waterfall trail, expect Jurassic Park-level scenery with towering trees, hidden creeks, and a soundtrack of rustling leaves and birdsong. Keep your eyes peeled for a lyrebird (they mimic sounds like a pro), and if you're lucky, a glimpse of an eastern water dragon or swamp wallaby.

Evening:

Before the day wraps up, take a detour to Nellies Glen, Carrington Falls, Fitzroy Falls, or Belmore Falls—because no Kiama adventure is complete without chasing waterfalls. Lush greenery, cascading water, and golden-hour light make for the perfect send-off before heading home. Looking for a different kind of scenic thrill? Swap waterfalls for treetops at Illawarra Treetop Fly, where you can walk among the canopy or take on the exhilarating zipline experience for a whole new perspective of the rainforest.

**From salty swims to sunset sips,
Kiama serves up the perfect mix.
And trust us, you'll be planning
your next trip before this one even
ends.**