



# HIKING

## Explore the land and immerse in the sea

If Norfolk Island isn't on your hiking list, it should be. Our trails, though short, are rich in beauty, diversity, and history. Explore the Norfolk Island National Park with its 10 well-marked trails suitable for all levels, from rainforest hikes under towering tree ferns to coastal paths with stunning sea views. Discover unique flora on easy trails in the Botanical Gardens or tackle the Bridle Track coastal walk a one way scenic but challenging trail.

### Where to go

There are a range of national parks and reserves to explore across the island. See the map for details on options.  
(See map over left for more details)

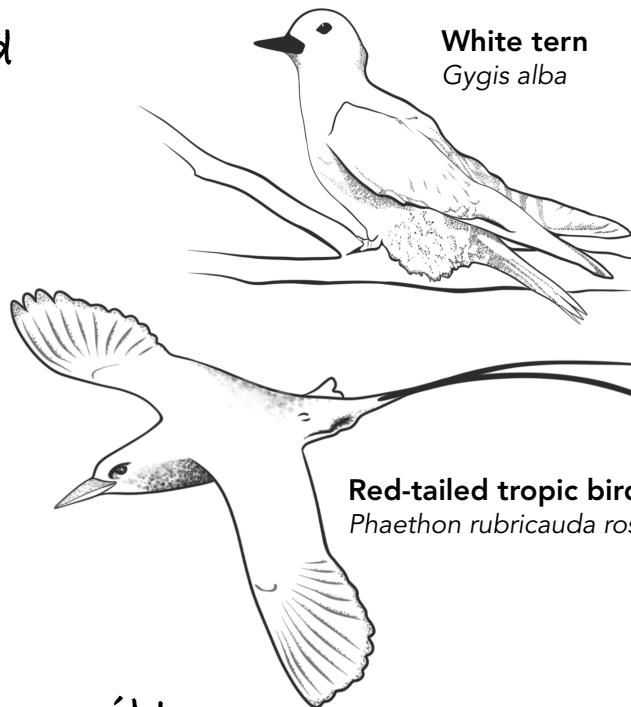
### Suggested Equipment

- Hiking poles
- Re-usable water bottle
- Reef friendly sunscreen
- Adventure first aid kit
- Backpack
- Camera
- Hat
- Hiking shoes

### What you may find



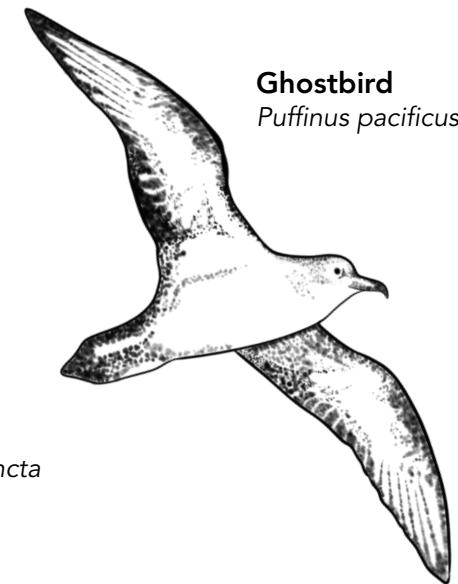
**Norfolk Island Green Parrot**  
*Cyanoramphus cookii*



**Red-tailed tropic bird**  
*Phaethon rubricauda roseotincta*



**White tern**  
*Gygis alba*



**Ghostbird**  
*Puffinus pacificus*

### Sustainability tips - How to hike responsibly

**Stay on Marked Trails:** Stick to established paths to prevent trampling on fragile vegetation and disturbing wildlife habitats.

**Pack Out What You Bring:** Carry out all your trash and any litter you find to keep the environment clean and pristine.

**Respect Wildlife:** Observe animals from a distance. Avoid feeding or disturbing them to maintain their natural behaviours and habitats.

**Follow Local Guidelines:** Adhere to local regulations and guidelines to ensure you're hiking in a manner that protects the environment and supports conservation efforts.

**Use Eco-Friendly Gear:** Choose gear and clothing made from sustainable materials to minimise your environmental impact.

**Minimise Fire Impact:** Follow fire regulations and avoid making fires in unapproved areas to prevent wildfires and protect natural resources.

**Leave No Trace:** Practice the Leave No Trace principles by minimising your impact on the environment and preserving natural beauty for others.

By following these tips, you help preserve natural areas and ensure a sustainable hiking experience for future generations.