







Four Mile Beach

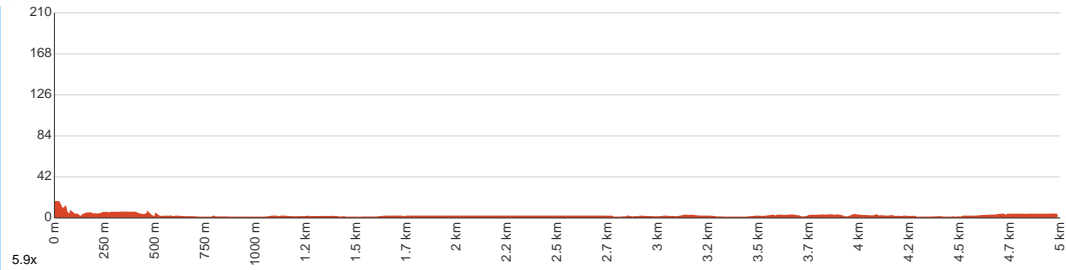
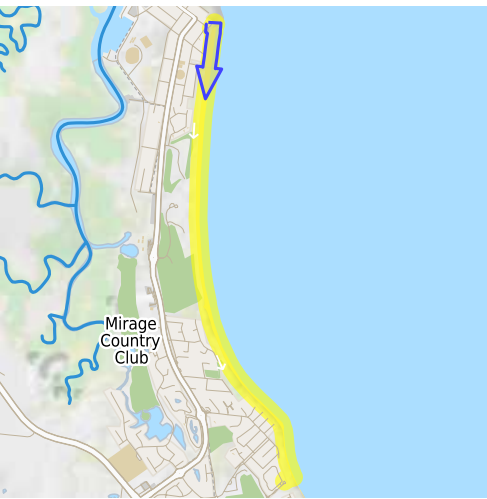
 2 h 15 min to 4 h
 45 min to 1 h 45 min



 9.9 km
 Return


 ↑ 41 m
 ↓ 41 m

 2
 Easy track

Starting from the end of the Esplanade off Macrossan Street, this return walk explores the Four Mile Beach of Port Douglas, passing by multiple golf clubs and hotels along the way. This exceptionally scenic beach features a relatively hard sand that allows you to run comfortably on it. In fact, this is where the Great Barrier Reef Marathon starts. If you're here for the ocean and the views on the other hand, prepared to be dazzled by the panoramic easterly views that get even more impressive at sunset. Don't forget the swim in the cool waters of the Pacific as you enjoy the amazing coastal scenery. You can book a beach-ready wheelchair for free from 19 Macrossan Street. Call them beforehand to make sure the 'Freewheeler' is not booked. Dogs are allowed on this long stretch of a beach as well. Swim in the designated area marked with nets to avoid getting stung by jellyfish and man o' war. Let us begin by acknowledging the Traditional Custodians of the land on which we travel today, and pay our respects to their Elders past and present.



Class 2 of 6 Clear and well formed track or trail	
Quality of track	Clear and well formed track or trail (2/6)
Gradient	Flat, no steps (1/6)
Signage	Clearly signposted (2/6)
Infrastructure	Generally useful facilities (such as fenced cliffs and seats) (1/6)
Experience Required	No experience required (1/6)
Weather	Weather generally has little impact on safety (2/6)

Getting to the start: From Captain Cook Highway, 44, Wangetti.

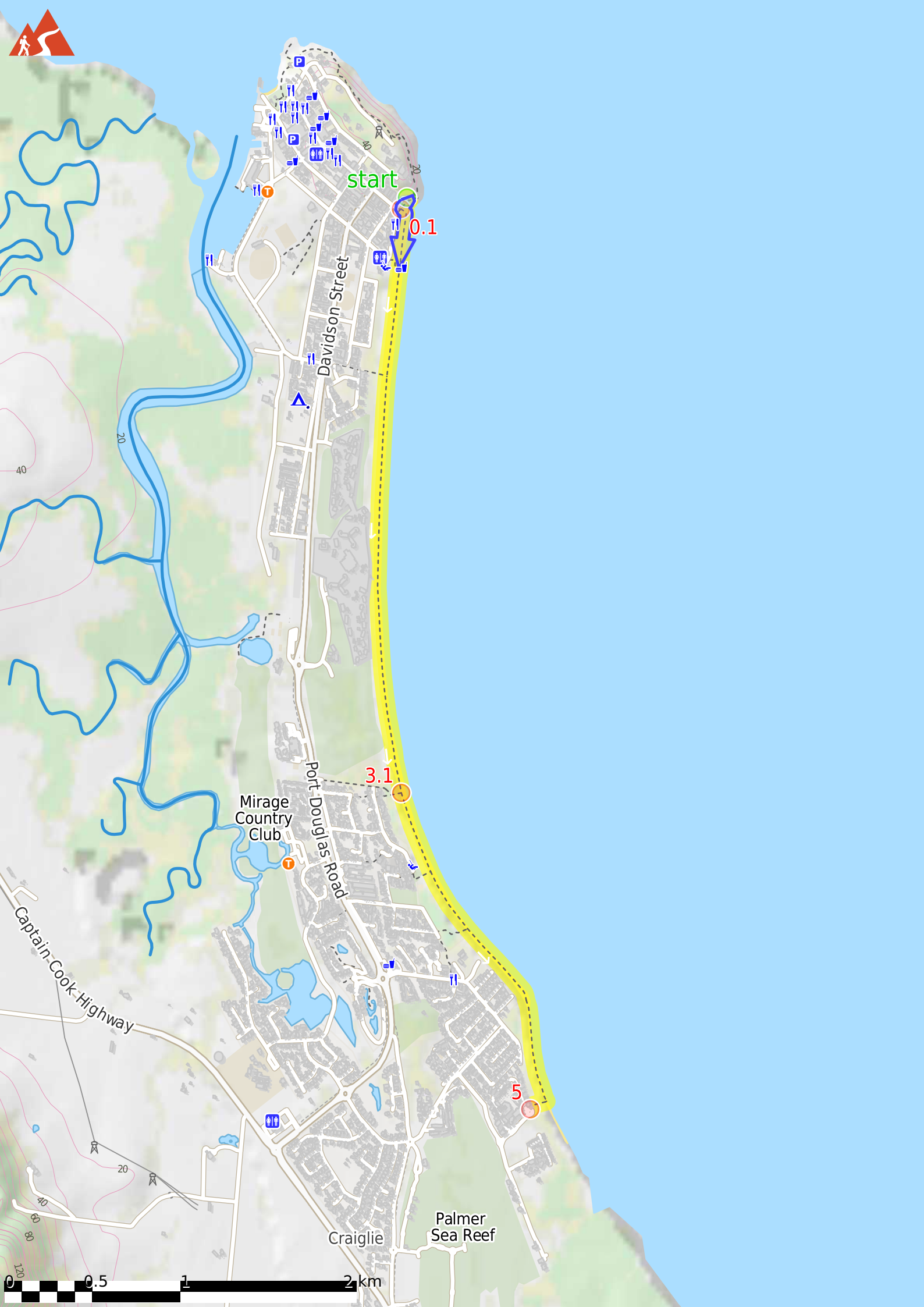
- Turn on to Dickson Street then drive for 35 m
- Turn left onto Old Port Road and drive for another 270 m
- At roundabout, take exit 1 onto Old Port Road and drive for another 580 m
- At roundabout, take exit 2 onto Old Port Road and drive for another 590 m
- Turn right onto Port Douglas Road and drive for another 270 m
- At roundabout, take exit 2 onto Port Douglas Road and drive for another 1.7 km
- At roundabout, take exit 2 onto Port Douglas Road and drive for another 2.5 km
- Turn right onto Macrossan Street and drive for another 170 m
- Turn left and drive for another 85 m

Before you start any journey ensure you;

- Tell someone you trust where you are going and what to do if you are late returning
 - Have adequate equipment, supplies, skills & knowledge to undertake this journey safely
 - Consider weather forecasts, park/track closures & fire dangers
 - Can respond to emergencies & call for help at any point
 - Are healthy and fit enough for this journey
- If not, change plans and stay safe. It is okay to delay and ask people for help.

Share
[Bushwalk.com/j/NEFWNBQ](https://bushwalk.com/j/NEFWNBQ)





start

0.1

3.1

5

Davidson Street

Port Douglas Road

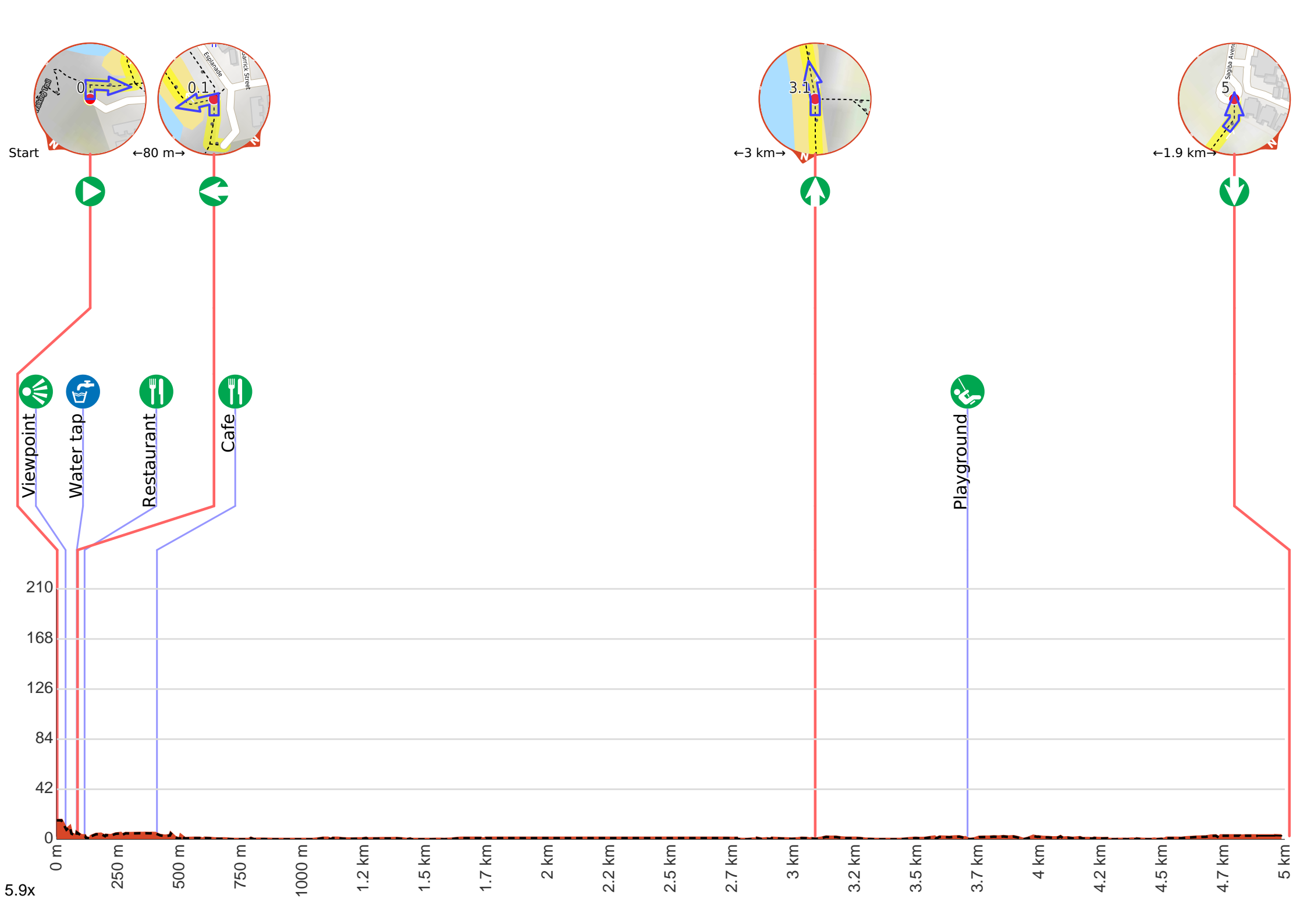
Mirage Country Club

Craiglie

Palmer Sea Reef

Captain Cook Highway








Getting started: From the end of the Esplanade off Macrossan Street, pass through the bollard and head towards the sheltered seating area. Turn right when you make it to the paved walking track, then head along the said track as you keep the ocean to your left. Shortly after, veer left and follow the formed dirt/sand path towards the beach to continue along Four Mile Beach Track.

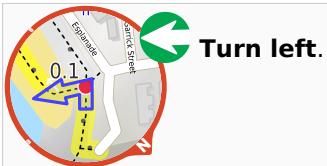



 Find the viewpoint at the start.

 **Turn right**, to head along Flagstaff Hill Trail.


 After another 60 m pass the water tap (7 m on your right).

 After another 30 m pass the "Hi Tide" (about 70 m ahead).




 After another 320 m pass the "Torrise Italian Espresso" (75 m on your right).


 **Continue straight.**

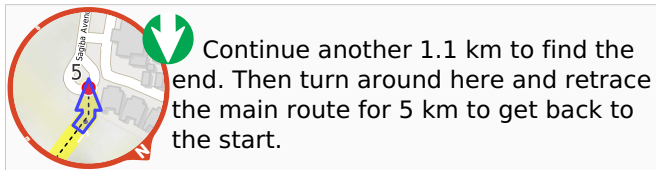
 After another 570 m **continue straight.**




 After another 610 m pass the playground (65 m on your right).

 **Continue straight.**

 After another 360 m **continue straight.**



 Continue another 1.1 km to find the end. Then turn around here and retrace the main route for 5 km to get back to the start.