

****7-Day Australia Nature Escapade****

****Day 1: Arrival in Sydney****

- * Morning (8:00 am - 10:00 am): Arrive at Sydney Airport and take a taxi or shuttle bus to your hotel (approximately \$25-\$40 AUD)
- * Afternoon (11:00 am - 3:00 pm): Visit the Royal Botanic Garden Sydney (\$15 AUD per person) for a leisurely stroll and breathtaking views of the harbor
- * Evening (4:00 pm - 7:00 pm): Enjoy a scenic dinner at The Opera Bar, overlooking the Sydney Opera House (approximately \$50-\$70 AUD per person)

****Day 2: Sydney to Blue Mountains****

- * Morning (8:00 am - 10:00 am): Take an easy train ride from Central Station to Katoomba (approximately \$15-\$25 AUD return)
- * Afternoon (11:00 am - 3:00 pm): Explore the Three Sisters rock formation at Echo Point (\$12 AUD per person) and take a leisurely walk through the scenic Valley of the Waters (\$10 AUD per person)
- * Evening (4:00 pm - 7:00 pm): Enjoy dinner at The Grindz Cafe, known for its delicious coffee and cakes (approximately \$20-\$30 AUD per person)

****Day 3: Sydney to Cairns****

- * Morning (8:00 am - 10:00 am): Fly from Sydney to Cairns (approximately \$100-\$200 AUD return)
- * Afternoon (11:00 am - 3:00 pm): Visit the Daintree Rainforest, the oldest continuously surviving rainforest on earth (\$50-\$70 AUD per person for a guided tour)
- * Evening (4:00 pm - 7:00 pm): Enjoy dinner at The Waterfront Restaurant, overlooking the marina

(approximately \$40-\$60 AUD per person)

****Day 4: Daintree Rainforest and Cape Tribulation****

- * Morning (8:00 am - 10:00 am): Take a scenic drive to Cape Tribulation (\$20-\$30 AUD per person for a guided tour)
- * Afternoon (11:00 am - 3:00 pm): Explore the Cape Tribulation National Park and take a leisurely walk along the beach
- * Evening (4:00 pm - 7:00 pm): Enjoy dinner at The Mossman Gorge Hotel, known for its delicious pub food (approximately \$30-\$50 AUD per person)

****Day 5: Great Barrier Reef****

- * Morning (8:00 am - 10:00 am): Take a ferry to Green Island (\$80-\$100 AUD per person) and snorkel in the crystal-clear waters
- * Afternoon (11:00 am - 3:00 pm): Visit the Lighthouse Beach and take a leisurely walk along the shore
- * Evening (4:00 pm - 7:00 pm): Enjoy dinner at The Island Hotel, overlooking the marina (approximately \$40-\$60 AUD per person)

****Day 6: Kuranda Scenic Railway****

- * Morning (8:00 am - 10:00 am): Take a scenic train ride from Cairns to Kuranda (\$50-\$70 AUD return)
- * Afternoon (11:00 am - 3:00 pm): Explore the Kuranda Markets and visit the Kuranda Koala Gardens (\$30-\$40 AUD per person)

* Evening (4:00 pm - 7:00 pm): Enjoy dinner at The Village Inn, known for its delicious pub food (approximately \$30-\$50 AUD per person)

****Day 7: Departure from Cairns****

* Morning (8:00 am - 10:00 am): Spend the morning shopping for souvenirs or exploring the Cairns Esplanade

* Afternoon (11:00 am - 3:00 pm): Take a scenic flight over the Great Barrier Reef (approximately \$100-\$150 AUD per person)

* Evening (4:00 pm - 7:00 pm): Depart from Cairns Airport

****Budget Breakdown****

* Flights: \$500-\$800 AUD

* Accommodation (avg. \$30-\$50 AUD per night for a budget-friendly hotel): \$210-\$350 AUD

* Transportation: \$100-\$200 AUD

* Food and drink: \$300-\$500 AUD

* Activities and attractions: \$250-\$400 AUD

* Total estimated cost: \$1,260-\$2,150 AUD

****Tips and Recommendations****

* Book your flights and accommodation in advance to get the best deals.

* Consider purchasing a travel insurance policy to cover any unexpected medical or travel-related expenses.

* Pack comfortable walking shoes and clothing suitable for outdoor activities.

- * Don't forget to bring sunscreen, hats, and sunglasses to protect yourself from the sun.
- * Try to avoid traveling during peak season (December to February) if you can, as prices tend to be higher.

This itinerary is designed to provide a mix of nature-based activities and scenic views, with easy transportation options suitable for travelers with elders or young children. The budget breakdown includes estimated costs for flights, accommodation, transportation, food, and activities.