



# Lord Howe Island

in collaboration with Destination NSW for Lord Howe Island

Photo: Destination NSW for Lord Howe Island



Destination NSW for Lord Howe Island

Lord Howe Island is a World Heritage-listed paradise where at any time of the year, you'll be one of only 400 visitors. A holiday on this exquisite subtropical island promises a serene and unhurried experience. Getting around by bike or on foot is the way to go here. This idyllic island boasts a wealth of activities, including exploring its gorgeous beaches, tranquil lagoons, magnificent coral reefs, and lush rainforest regions, all of which display the island's stunning natural beauty.

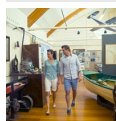


Destination NSW for Lord Howe Island



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## Featured



### Lord Howe Island Museum

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### Lord Howe Island Marine Park

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### Valley of the Shadows

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### Mount Gower

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### Hand-feeding Fish at Neds ...

Neds Beach Sanctuary Zone offers a unique opportunity to view an amazing div...



### Snorkelling

See up to 90 colourful coral species and 500 types of fish while snorkelling...



### Diving

Lord Howe Island Marine Park brings together a mix of tropical, subtropical ...



### Fishing

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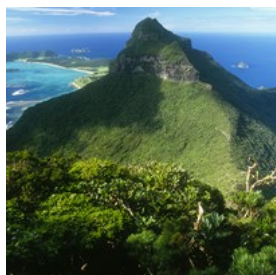
## THE ISLAND



*Destination NSW for Lord Howe Island*

Lord Howe Island is a remarkable example of an island ecosystem developed from submarine volcanic activity nearly seven million years ago. The island's isolation and its varied landscape of mountains, valleys, hills, lowlands and sea-cliffs have resulted in diverse habitats supporting many distinctive flora and fauna groups including 241 species of indigenous plants, 207 bird species, 500 species of fish and 90 coral species. The Lord Howe Island Group was listed as a UNESCO World Heritage site in 1982.

### Lord Howe Island



You'll feel special on Lord Howe Island, a beautiful UNESCO World Heritage paradise 700km northeast of Sydney. Only 400 visitors are allowed on the treasured island at any one time to experience the unique natural attractions, from the vivid coral reef to the famous twin peaks.

Photo: Ian Hutton/Destination NSW for Lord Howe Island  
Internet: [lordhoweisland.info](http://lordhoweisland.info)

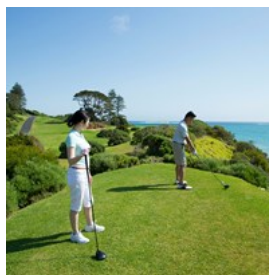
## TOP THINGS TO DO



*Destination NSW for Lord Howe Island*

Lord Howe Island is a nature lover's paradise. Go swimming, snorkelling or diving in the crystal clear waters of the most southern coral barrier reef in the world or marvel at magnificent landscapes and ocean views on an excellent range of walking trails and hikes.

### Lord Howe Island Golf



Lord Howe is home to one of the most picturesque golf courses in Australia, which overlooks the towering Mt. Lidgbird and Mt.

Gower. The nine-hole course meanders through the lushly vegetated Kentia Palm forest and out into the gently undulating open fairways along the ocean foreshore - providing the golfer with many challenges along the way.

Photo: Trevor King/Destination NSW for Lord Howe Island  
Phone: +61 2 6563 2179  
Internet: [www.lhi.golf](http://www.lhi.golf)

### Hand-feeding Fish at Neds Beach



Neds Beach Sanctuary Zone offers a unique opportunity to view an amazing diversity of coral, fish and other marine life close to shore.

And you can hand-feed fish in this haven. Be part of a favourite Lord Howe ritual and help feed eager mullet, wrasse, garfish, silver drummer, spangled emperor and metre-long kingfish.

Photo: Ned's Beach/Destination NSW for Lord Howe Island  
Internet: [lordhoweisland.info/natural-attractions/points-of-interest/neds-beach](http://lordhoweisland.info/natural-attractions/points-of-interest/neds-beach)

### Snorkelling



See up to 90 colourful coral species and 500 types of fish while snorkelling in the crystal clear waters of Lord Howe Island at Neds

Beach, Lagoon Beach, Old Settlement Beach, Erscott's Hole and Blinky Beach.

Photo: Grahame McConnell/Destination NSW for Lord Howe Island  
Internet: [www.visitnsw.com/destinations/lord-howe-island/water-sports](http://www.visitnsw.com/destinations/lord-howe-island/water-sports)

### Diving



Lord Howe Island Marine Park brings together a mix of tropical, subtropical and temperate marine life found nowhere else on

Earth, making it one of the world's best diving sites. Discover the numerous atolls, pinnacles and reefs of the Admiralty Islands. Explore the basalt caves and reefs below Balls Pyramid, the world's tallest sea stack. The waters are home to

huge schools of violet sweep, rainbow runners, marlin, dolphins, turtles and rare species such as Spanish dancers, double-headed wrasse and Galapagos whalers.

Photo: Grahame McConnell/Destination NSW for Lord Howe Island

Internet: [www.visitnsw.com/destinations/lord-howe-island/water-sports](http://www.visitnsw.com/destinations/lord-howe-island/water-sports)

### Fishing



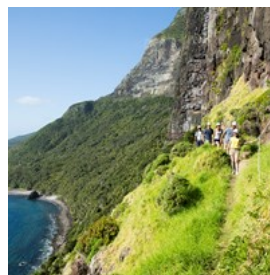
Five major ocean currents intersect at Lord Howe Island and the waters are teeming with tropical, subtropical and temperate species of fish.

The island's shallow lagoons contain trevally, silver drummer, bluefish and the double-header wrasse. Join a fishing boat adventure charter for the chance to hook Lord Howe kingfish, silver trevally, tuna, wahoo, cod species, marlin and more.

Photo: Trevor King/Destination NSW for Lord Howe Island  
Internet:

[www.visitnsw.com/destinations/lord-howe-island/fishing](http://www.visitnsw.com/destinations/lord-howe-island/fishing)

### Bushwalking



Lord Howe Island is great for walking and hiking. Although only 11 km long and 2 km wide, the island has many bushwalking options for a wide range

of abilities. The most challenging is the 14 km Mt Gower hike, rated as one of the best day treks in the world. An experienced guide will lead you through this 875-metre ascent, an eight-hour return journey that requires ropes in some sections.

Photo: Trevor King/Destination NSW for Lord Howe Island

Internet:

[www.visitnsw.com/destinations/lord-howe-island/nature](http://www.visitnsw.com/destinations/lord-howe-island/nature)

### Birdwatching



Lord Howe Island is one of Australia's premier birdwatching destinations, with 14 species of seabirds breeding here in their

hundreds of thousands. The island also has more than 130 permanent and migratory bird species, including the unique Lord Howe Island woodhen, vast flocks of migrating shearwaters and rare providence petrels.

Photo: Trevor King/Destination NSW for Lord Howe Island

Internet:

[www.visitnsw.com/destinations/lord-howe-island/nature](http://www.visitnsw.com/destinations/lord-howe-island/nature)

### Stand-up Paddleboarding



One of the best ways to enjoy the crystal clear waters of Lord Howe Island is from a stand-up paddleboard. Rent a board at Neds Beach or

Lagoon Beach and look out for wrasses, turtles and myriads of coral as you glide through the calm waters.

Photo: Trevor King/Destination NSW for Lord Howe Island

Internet:

[divelordhowe.com/collections/hire/products/sup-half-day](http://divelordhowe.com/collections/hire/products/sup-half-day)

## DO & SEE



*Destination NSW for Lord Howe Island*

Relax on white sandy beaches, discover the world's tallest sea stack, and tackle one of Australia's best day trek trails climbing Mount Gower, Lord Howe Island's tallest mountain, in this World Heritage island paradise. There's even a golf course.

### Lord Howe Island Marine Park



Lord Howe Island Marine Park is internationally significant, with the world's southernmost coral reef and the only fringing coral reef lagoon

in NSW. The convergence of warm and cool waters results in a unique mix of temperate and tropical species, many of which can be seen in clear waters close to shore. Visitors can swim, dive, snorkel and kayak amongst colourful marine life, enjoy fishing from shore or on a charter boat and simply relax on pristine sandy beaches.

Located about 700 kilometres northeast of Sydney, Lord Howe Island Marine Park is a multiple-use marine park that caters for many different recreational and commercial activities. The park protects marine biodiversity and areas of ecological and cultural importance, and provides for sustainable recreational and commercial activities. Visitors from around the

world visit the marine park to dive, swim, snorkel, fish and holiday.

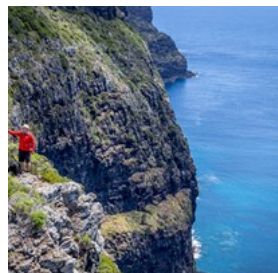
Photo: Lord Howe Island Marine Park/Destination NSW for Lord Howe Island

Address: 2 Bowker Avenue, Lord Howe Island NSW

Phone: +61 2 6563 2359

Internet: [www.dpi.nsw.gov.au/fishing/marine-protected-areas/marine-parks/lord-howe-island-marine-park](http://www.dpi.nsw.gov.au/fishing/marine-protected-areas/marine-parks/lord-howe-island-marine-park)

### Seven Peaks Walk at Pinetrees Lord Howe Island



The Seven Peaks Walk is Lord Howe's premier five day guided adventure that takes you from pristine beaches and exposed coral platforms

to the delicate mist forests on Mt Gower. Along the way, you'll see sheltered swimming coves, subtropical palm forests, freshwater creeks, rugged sea cliffs and volcanic peaks. Some sections of the walk, such as the Lower Road on Mt Lidgbird, wind along exposed narrow ledges (protected by ropes, of course) across a 300 vertical metre cliff. Other sections of the walk take you deep into Jurassic Park style banyan forests with the only rookeries of Providence petrels in the world. When you yell, the curious birds land at your feet, almost hypnotised. It's an incredible experience.

The Seven Peaks Walk is a member of the Great Walks of Australia - a small collection of Australia's finest luxury walks.

Photo: Luke Hanson/Destination NSW for Lord Howe Island

Address: Pinetrees Lodge, Lagoon Road, Lord Howe Island NSW

Phone: +61 2 9262 6585

Internet: [greatwalksofaustralia.com.au/our-walks/seven-peaks-walk](http://greatwalksofaustralia.com.au/our-walks/seven-peaks-walk)

### Admiralty Islands



Just 15 minutes by boat from Lord Howe Island is an intriguing group of volcanic formations. With some of Australia's best dive spots, eager divers

flock to the crystal clear waters in this area. Choose from around 25 dive sites scattered around the atolls.

Photo: Admiralty Islands/Destination NSW for Lord Howe Island

Internet: [lordhoweisland.info/natural-attractions/points-of-interest/admiralty-islands](http://lordhoweisland.info/natural-attractions/points-of-interest/admiralty-islands)

### Ball's Pyramid



Explore the basalt caves and reefs below the world's tallest sea stack, with a height of 551 metres. Ball's Pyramid is home to huge schools of

violet sweep, rainbow runners, marlin, dolphins, turtles and rare species such as Spanish dancers, double-headed wrasse and Galapagos whalers.

Photo: Balls Pyramid/Destination NSW for Lord Howe Island

Internet: [lordhoweisland.info/natural-attractions/points-of-interest/balls-pyramid](http://lordhoweisland.info/natural-attractions/points-of-interest/balls-pyramid)

### Blinky Beach



Blinky Beach, on the eastern side of Lord Howe Island, is a great spot for a refreshing swim, surf or a relaxing snorkel. It's the most

popular place on the island to catch a clean surf break on some of Australia's least crowded waves. The fine sands are also ideal for beach fishing.

Photo: Blinky Beach/Destination NSW for Lord Howe Island

Internet: [lordhoweisland.info/natural-attractions/points-of-interest/blinky-beach](https://lordhoweisland.info/natural-attractions/points-of-interest/blinky-beach)

### Lord Howe Island Museum



The museum has a range of innovative displays on the island's World Heritage environment, community and history dating back to 1788, when the British naval vessel HMS Supply was believed to have discovered the island.

Photo: Trevor King/Destination NSW for Lord Howe Island  
Address: Corner of Lagoon & Middle Beach Roads, Lord Howe Island NSW  
Phone: +61 2 6563 2114 or 1800 240 937  
Internet:  
[lordhoweisland.info/about/museum-and-visitor-centre](https://lordhoweisland.info/about/museum-and-visitor-centre)

### Malabar Hill



Malabar Hill offers sweeping panoramic views of Lord Howe Island encompassing the towering volcanic peaks of Mount Lidgbird and Mount Gower. Its cliffs are the world's largest nesting ground for red-tailed tropicbirds. The best time to see the birds' airborne courting rituals from Malabar is between September and May.

Photo: Malabar Hill Lord Howe Island/Destination NSW for Lord Howe Island  
Internet: [lordhoweisland.info/natural-attractions/points-of-interest/malabar-hill](https://lordhoweisland.info/natural-attractions/points-of-interest/malabar-hill)

### Mount Gower



Standing tall at 875 metres, Mount Gower is Lord Howe's highest mountain. Rated as one of Australia's best day walks, the Mount Gower hike is a challenging eight-hour return trek. Walkers traverse about 14 km across the mountain's rugged terrain, encountering some of the island's rarest plants and wildlife along the way.

Photo: Mount Gower/Destination NSW for Lord Howe Island  
Internet: [lordhoweisland.info/natural-attractions/points-of-interest/mt-gower](https://lordhoweisland.info/natural-attractions/points-of-interest/mt-gower)

### North Bay



A secluded beach, North Bay is accessible only by foot or water. Visitors can admire migratory sea birds and take short walks to Mount Eliza, Old Gulch and Herring Pools from the bay, or simply relax on its white sands. Amazing snorkelling opportunities can also be experienced here, with a large variety of fish, turtles and colourful corals.

Photo: Ken Lees/Destination NSW for Lord Howe Island  
Internet: <https://lordhoweisland.info/natural-attractions/points-of-interest/north-bay/>

### Old Settlement Beach



Weather-sculpted sandstone rocks are dotted across the tiny and secluded Old Settlement Beach. Situated to the island's north, the beach is a great place to swim, relax and admire

impressive mountain views. And enjoy a picnic.

Photo: Old Settlement Beach Ken Lees/Destination NSW for Lord Howe Island

Internet: [lordhoweisland.info/natural-attractions/points-of-interest/old-settlement](http://lordhoweisland.info/natural-attractions/points-of-interest/old-settlement)

### Valley of the Shadows



The unique Valley of the Shadows trail takes you through remarkable banyan tree forests with aerial roots that give the impression trees are

“walking” through the landscape.

Photo: The Valley of the Shadows/Destination NSW for Lord Howe Island

Internet: [www.visitnsw.com/destinations/lord-howe-island/lord-howe-island-area/lord-howe-island/attractions/the-valley-of-the-shadows](http://www.visitnsw.com/destinations/lord-howe-island/lord-howe-island-area/lord-howe-island/attractions/the-valley-of-the-shadows)

### ACCOMMODATION



*Destination NSW for Lord Howe Island*

Lord Howe offers a great range of accommodation styles, from bungalows and self-catered apartments to luxurious lodges and retreats, all nestled among kentia palms, banyan forests and beautiful gardens.

### TOURIST INFORMATION



*Destination NSW for Lord Howe Island*

Disconnect from the rest of the world in this beautiful paradise where walking and biking are the best ways to get around the island.

### Lord Howe Island Airport (LDH)



QantasLink offers year-round scheduled services to Lord Howe Island. Flight time is under two hours, with flights departing from

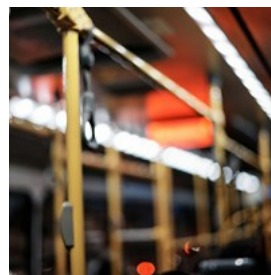
Sydney on most days, and from Brisbane on weekends.

A seasonal weekly service to the Island is also available direct from Port Macquarie from February to June and September to December.

Photo: [jeshoots dot com/unsplash](https://www.jeshoots.com/unsplash)

Internet: [www.lhib.nsw.gov.au/infrastructure/airport](http://www.lhib.nsw.gov.au/infrastructure/airport)

### Transport



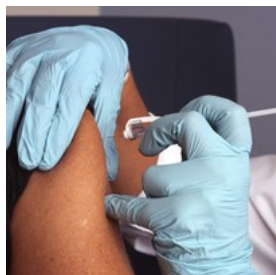
You'll quickly understand why Lord Howe Island does not need public transport. All accommodation properties provide free

airport transfers for arriving and departing guests. Walking is a pleasure on the island as

you're never far from shops, restaurants or beaches. There are bicycles and helmets for hire and a limited number of rental cars.

Photo: Emmanuel Ikwuegbu/unsplash

### Medical

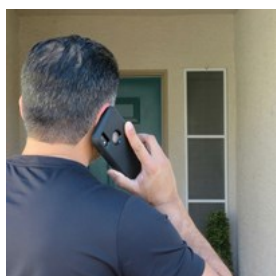


Gower Wilson Memorial Hospital provides health services for residents and visitors to Lord Howe Island. This is the only medical facility on the island with three inpatient beds that are used for acute admissions. Complex cases are transferred to the mainland.

Consulting and dispensary hours are 9am to 12.30pm Monday to Friday, however, the doctor and nursing staff are on 24-hour call for emergencies.

Photo: National Cancer Institute/unsplash  
Address: Lagoon Road, Lord Howe Island NSW  
Phone: +61 2 6563 2000

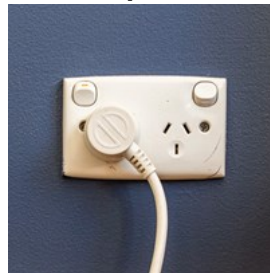
### Limited Phone & Internet Coverage



Country Code: +61 Area Code: (0)2 Many island holidaymakers are delighted that Lord Howe Island is beyond the reach of mobile phone calls and internet service. Public phones and faxes are available on the island and an internet cafe is available at the visitors centre.

Photo: Fab\_ Fotos/unsplash  
Phone: For more information call 1800 240 937 (freecall in Australia)

### Electricity



Australia operates on a 230/240V supply voltage and 50Hz frequency. The country uses Type I power plugs, which feature two flat pins

forming a 'V' shape, along with a grounding pin. This standard is also commonly used in New Zealand, Argentina, China, and several Pacific island nations. Remember to pack a universal adapter if your devices use a different plug type to ensure hassle-free charging.

Photo: Mitchell Luo/unsplash

### Population

There are approximately 382 people who live on the island permanently. Also, only 400 tourists are allowed on the island at any given time. (2024)

### Currency

Australian Dollar (AUD) \$1 = 100 cents

### Opening hours

Typical hours for shops are 9am–6pm from Monday to Friday. Most shops are open during the weekend but with restricted hours.

### Newspapers

The Lord Howe Island Signal (published fortnightly): [www.arr.news/directory/the-lord-howe-island-signal](http://www.arr.news/directory/the-lord-howe-island-signal)  
The Sydney Morning Herald: [www.smh.com.au](http://www.smh.com.au)  
The Australian: [www.theaustralian.com.au](http://www.theaustralian.com.au)

### Emergency numbers

Fire, Police & Medical Emergency: 000

### Tourist information

Lord Howe Island Visitors Information Centre  
(located in the Lord Howe Island Museum foyer)  
Corner of Lagoon & Middle Beach Road, Lord Howe Island  
Open Mon–Sat 9am–1pm, Sun 10am–1pm  
+61 2 6563 2114