

# SUNSHINE COAST

## QUEENSLAND AUSTRALIA

# Travel Planner

OFFICIAL TRADE GUIDE 2022



Visit  
*Sunshine*  
*Coast*

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## Acknowledgment of Country

Visit Sunshine Coast acknowledges the Sunshine Coast Country, home of the Kabi Kabi peoples and the Jinibara peoples, the Traditional Custodians, whose lands and waters we all now share. We wish to pay respect to their Elders – past, present and emerging, and acknowledge the important role First Nations people continue to play within the Sunshine Coast community.

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\*This incredible accolade was announced by the Tourism Sentiment Index (TSI) in 2022, which tracked the sentiment of travellers online across a staggering 1.8 billion conversation and content pieces to determine how people felt about destinations around the world.

# A big sunny welcome

## QUEENSLAND'S SUNSHINE COAST

The Sunshine Coast is the most loved destination in the world!\*

With a subtropical climate, lush hinterland, distinctive mountain ranges and a picturesque coastline, the Sunshine Coast is regarded as the ultimate lifestyle destination.



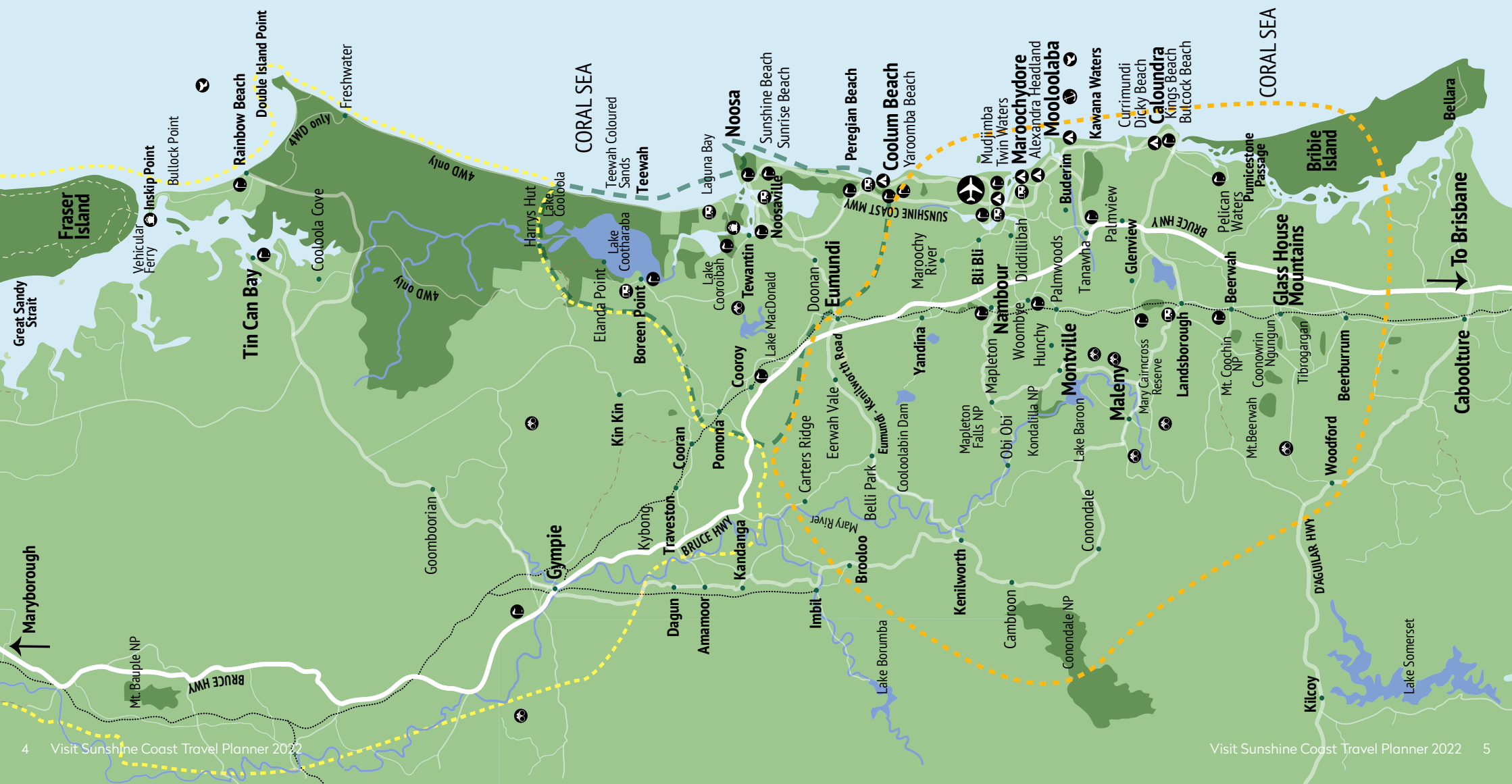
GLASS HOUSE MOUNTAINS



# Sunshine Coast Map

## Legend

- Caravan park
- Camping area
- Golf course
- Lookout
- Ex HMAS Brisbane
- Whale watching (June-October)
- Sunshine Coast Airport
- Vehicular ferry departure
- Highway
- Roads
- Dirt road
- Railway
- Noosa Biosphere
- Great Sandy Biosphere
- Sunshine Coast Biosphere
- National Parks





# GETTING AROUND



## Air

Sunshine Coast Airport (MCY) is centrally located just 15 minutes from Maroochydore.



## Flying times

Brisbane – Sunshine Coast	1 hr
Adelaide – Sunshine Coast	2 hr 45 min
Cairns - Sunshine Coast	2 hr 15 min
Canberra - Sunshine Coast	1 hr 50 min
Melbourne - Sunshine Coast	2 hr 20 min
Sydney - Sunshine Coast	1 hr 30 min
Auckland - Sunshine Coast	3 hr 30 min



## Bus

Transfers by private shuttle and bus services operate from both the Brisbane and Sunshine Coast Airports. Transfer operators offer door to door shuttle services seven days a week. Intrastate and interstate bus services also provide connectivity throughout the coast and hinterland. Private charter services are available and public transport service Sunbus operates regularly within the Sunshine Coast region.



## Train

A railway line connects the region to Brisbane in the south and Gympie and beyond to the north, with major stations at Beerwah, Landsborough, Nambour, Cooroy and Gympie North. For timetables visit [translink.com.au](https://translink.com.au)



## Taxi and private transfers

The Sunshine Coast has a large fleet of taxis servicing the region 24 hours per day. Limousines, kombis and other private transport operators can also be booked for transfers. Uber ridesharing is available on demand.



## Self drive

The Sunshine Coast is located one hour's drive (100 kilometres) north of Queensland's capital city Brisbane along the Bruce Highway (A1). All major car rental companies are represented at both the Sunshine Coast Airport and Brisbane Airport.

### From Sunshine Coast Airport (MCY) to:

Caloundra	30 min
Montville	45 min
Maroochydore / Mooloolaba	15 min
Marcoola	5 min
Coolum Beach	10 min
Noosa	30 min
Gympie	1 hr
Rainbow Beach	2 hrs
Fraser Island - via beach/vehicle ferry	2 hrs 30 min

### From Brisbane Airport to:

(add 15mins from Brisbane CBD)

Caloundra	1 hr
Montville	1 hr 5 min
Maroochydore	1 hr 15 min
Coolum Beach	1 hr 30 min
Noosa	1 hr 50 min
Gympie	2 hrs
Fraser Island - via beach/vehicle ferry	3 hrs

\*All travel times are approximate and for driving.



BEERWAH



EUMUNDI MARKETS



# Travel facts

## Beach safety

Enjoy Sunshine Coast beaches by always swimming between the red and yellow flags at one of the many patrolled stretches of sand. Follow the instructions and advice of the surf life savers on duty.

## Sun safety

Application of sunscreen is recommended daily. Utilise SPF30 or higher water resistant sunscreen.

## Time zone

Australian Eastern Standard Time is GMT plus 10 hours. Daylight saving is not observed in Queensland.

## Medical services

Many hotels and resorts have doctors on call. In Australia, dial 000 for emergency services.

There are two public hospitals at the Sunshine Coast – Nambour General Hospital (Nambour), and Sunshine Coast University Hospital (Birtinya). Private hospitals are located at Kawana, Buderim, Noosa and Nambour, while 24 hour medical centres are located throughout the region.

## Visas






All travellers arriving into Australia will need a current passport, valid for longer than your period of stay. All travellers, other than Australian and New Zealand citizens, are required to obtain a visa. Visit the Department of Immigration and Border Protection for more information regarding visas — [border.gov.au](https://border.gov.au)

## Currency

The currency is the Australian dollar (AUD). Banks offer money exchange facilities.

## Climate

The Sunshine Coast enjoys over 300 days of sunshine in the year, with an average of seven hours each day. The region has a subtropical climate and is ideal for outdoor activities year-round. Below is an indication of the seasonal variations in temperature:

 Average temperatures		
 Summer (Dec - Feb)	Low 17C/63F	High 28C/82F
 Autumn (Mar - May)	Low 13C/55F	High 25C/77F
 Winter (Jun - Aug)	Low 7C/45F	High 22C/72F
 Spring (Sept - Nov)	Low 13C/55F	High 25C/77F





# WONDERS OF NATURE

The natural beauty will take your breath away

📍 BOOLOUMBA CREEK

The Sunshine Coast is a country to coast utopia brimming with a rich mosaic of ecosystems that you won't find anywhere else.

From the Glass House Mountains and rainforest in the hinterland, to the mangroves and saltmarshes along the crystal water coastline, the natural beauty of the Sunshine Coast will take your breath away.

The Sunshine Coast, Noosa and Great Sandy UNESCO sanctioned Biospheres are home to many rare and endangered species, while the nearby Noosa Everglades, one of only two everglade systems in the world, provides serene tranquillity.

Being enveloped in an environmental playground allows for an abundance of nature and wildlife experiences.

# ENDLESS ADVENTURES

An amazing array of attractions and experiences

On the Sunshine Coast you will be spoilt for choice when it comes to immersive and personal experiences, complemented by friendly local service with a smile.

With wildlife encounters, nature trails, markets, gallery trails, health spas, championship golf courses and special tours, it is a veritable goldmine of activities.

Iconic major attractions and experiences include Australia Zoo, SEA LIFE Sunshine Coast, Swim with the Whales, Aussie World, Ginger Factory and the Eumundi Markets.

📍 MUDJIMBA ISLAND





Picturesque surrounds and vibrant produce make up this foodie paradise.

On the Sunshine Coast the focus is on slow food. The destination is home to 900 innovative farmers and producers, exceptional dining precincts with more than 750 restaurants, internationally sought-after seafood and craft breweries.

Celebrate the Coast's fresh and bountiful local produce by indulging in the region's many culinary attractions. Discover hinterland vineyards and distilleries, farm-fresh produce, artisan cheese and hand-crafted chocolate. Meet the makers and creators whilst savouring paddock to plate and trawler to table dining experiences.

## Cooking Schools

Spirit House Cooking School:  
[spirithouse.com.au](http://spirithouse.com.au)

The Tamarind Cooking School:  
[spicersretreats.com](http://spicersretreats.com)

The Cooking School Noosa:  
[thecookingschoolnoosa.com](http://thecookingschoolnoosa.com)

Create your very own food trail on the Sunshine Coast: [seqfoodtrails.com.au/sunshine-coast](http://seqfoodtrails.com.au/sunshine-coast)

## Market Guide

### Wednesday

- Eumundi Markets

### Friday

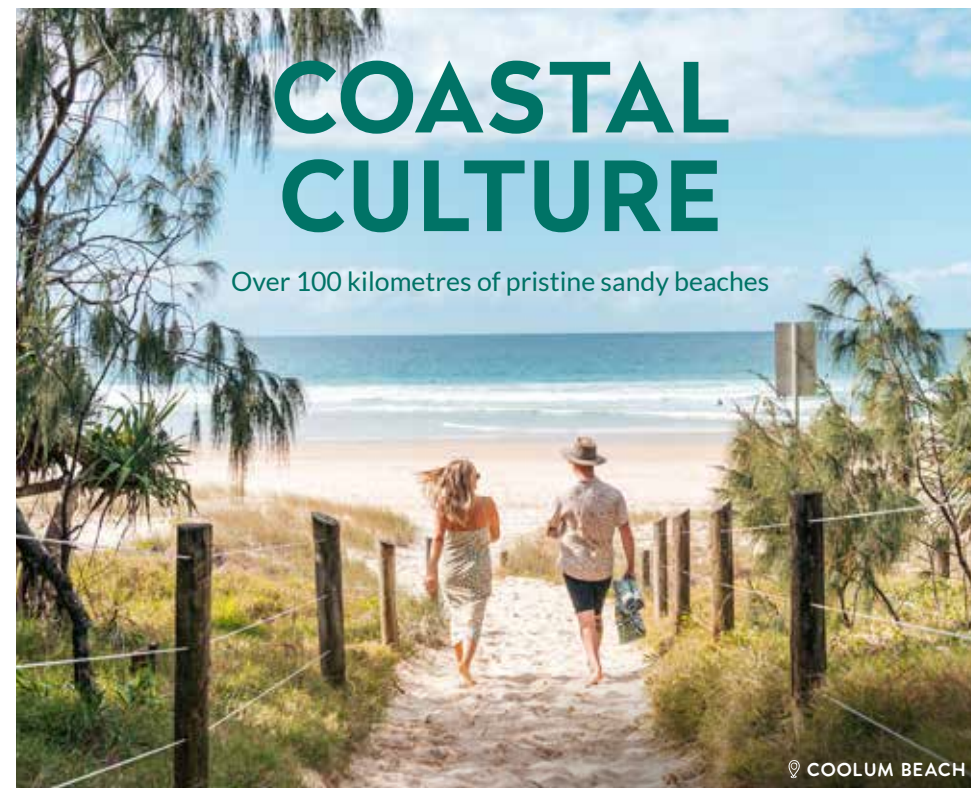
- Marcoola Market, Marcoola (night)
- Nights on Ocean, Maroochydore (2nd)
- Noosa Junction Twilight Markets (3rd)
- Currimundi Lake Twilight Markets (3rd)
- Havana Nights Twilight Markets, Peregian Springs (4th)

### Saturday

- Big Pineapple Markets
- Dagon Growers Market
- Eumundi Markets
- Hinterland Harvest Market

### Sunday

- Caloundra Street Fair
- Cotton Tree Markets
- Eumundi Collectables Market
- Mooloolaba Beach Markets (2nd and 4th)
- Noosa Farmers Markets
- Noosa Marina Markets
- Peachester Markets
- Sunshine Coast Collective Markets, Coolum Beach (4th)



Sunshine Coast beaches are quite simply some of the best in the world. They are rimmed with wide stretches of clean, white sand, with a choice of surf or calm bays sparkling with warm water and most are patrolled by surf lifesavers.

With a vibrant beach culture, the Sunshine Coast is rarely crowded, with space for everyone to stretch out on the sand, play beach sports, swim in the deep blue sea, body surf, or jump on a surfboard and ride a wave all the way in to shore. Coastal areas are equipped with excellent recreational facilities, BBQs and parks.

## Sunshine Coast Beach Menu

### Patrolled Beaches

There are numerous patrolled beaches on the Sunshine Coast. Popular patrolled beaches include:

- |                      |                      |                        |
|----------------------|----------------------|------------------------|
| • Alexandra Headland | • Golden Beach       | • Noosa West           |
| • Boardwalk Beach    | • Inskip Point       | • Peregian Beach       |
| • Buddina Beach      | • Kawana Waters      | • Rainbow Beach        |
| • Bulcock Beach      | • Kings Beach        | • Sunrise Beach        |
| • Coolum Beach       | • Marcoola Beach     | • Sunshine Beach       |
| • Coolum North       | • Maroochydore Beach | • The Spit, Mooloolaba |
| • Currimundi Beach   | • Mooloolaba Beach   | • Twin Waters          |
| • Dicky Beach        | • Mudjimba Beach     | • Wurtulla Beach       |
| • Discovery Beach    | • Noosa Main Beach   | • Yaroomba Beach       |





# PLACES TO VISIT

Here you can be barefoot on the beach one minute and hiking the ancient peaks of the Glass House Mountains the next, sampling local produce, award winning local brews and immersing yourself in verdant rainforest along the way.

📍 NOOSA MAIN BEACH





## Welcome to Australia's Craft Beer Capital!

On the Sunshine Coast, we take our craft beer pretty seriously. From beachside brewers to hinterland hops, visiting our breweries will take you on a journey where every hour feels like happy hour!



Scan here to plan your  
ultimate ex-beer-ience!

= SUNSHINE COAST  
CRAFT BREWERY



TO BRISBANE  
(70KMS)

[VISITSUNSHINECOAST.COM/CRAFTBEERCAPITAL](https://visitsunshinecoast.com/craftbeercapital)

# Sunshine Coast Hinterland

Embrace the quiet beauty of the hinterland and explore picturesque townships and villages of Nambour, Eumundi, Montville, Maleny and Glass House Mountains. You can lose yourself in the natural beauty and serenity of rainforests, waterfalls and creative art trails. Local freshly grown produce abounds, and is transformed from paddock to plate into culinary masterpieces, while private, luxury retreats provide a calming environment from which to enjoy the peace and quiet of the surrounds. The hinterland provides a back-to-nature experience.



GLASS HOUSE MOUNTAINS

## Did you know?

The magnificent rocky outcrops that make up the Glass House Mountains are actually remnants of volcanic activity that occurred approximately 25 million years ago. As the volcanic mountains cooled, and softer surrounding rocks eroded, stunning vertical columns emerged.

Today, they have become iconic landmarks of the Sunshine Coast and a popular location for bushwalkers and hikers to explore.





# Caloundra ▶ Kawana

An aquatic playground and adventure paradise where you will lose count of things to do in, on and around the water. Known for being one of the Sunshine Coast's most relaxed and authentic beach destinations, this area boasts breathtaking sunrises and is surrounded by a mix of calm water beaches as well as great surf.

The Pumicestone Passage, with views of the Glass House Mountains, dominates the Caloundra landscape. The Caloundra coast includes a 25-kilometre walking and cycling route. It is an amazing playground for boating, fishing and is the perfect place to start your day.



## Must do experiences

- Explore the sweeping headlands along the coastline.
- Enjoy a dip in the ocean, even on a winter's day. Relax with a picnic or barbeque lunch with a view.
- Watch the sun set over the Glass House Mountains.
- Join a Pumicestone Passage kayaking tour or try your hand at stand up paddle boarding to see dolphins and dugongs up close.
- Enjoy the diverse line-up and celebrate Sunshine Coast culture and lifestyle at the Caloundra Music Festival!

📍 PUMICESTONE PASSAGE



# Mooloolaba ▶ Coolum Beach

## Did you know?

Mooloolaba wharf is a hive of daily activity, with trawlers bringing in boatloads of swordfish, Mooloolaba prawns, lobsters and spanner crabs.

📍 MOOLOOLABA

This is one of Australia's most vibrant and exciting stretches of coastline showcasing the laidback, café-worshipping, water-loving way of life. As the beating heart, this area fully embraces the region's famous relaxed beach culture. It is known for world-class events, its clean waterways, stunning swimming beaches and great dining, with other favourite spots being Cotton Tree, Alexandra Headland and Marcoola.

The Wharf precinct in Mooloolaba has been revitalised with fantastic retail, food, drink and entertainment. The Ocean Street precinct in Maroochydore is the place to be for dinner and late night music venues. Mooloolaba beachfront offers boutique shopping opportunities, while Sunshine Plaza in Maroochydore has Australian and international big brands under one roof.



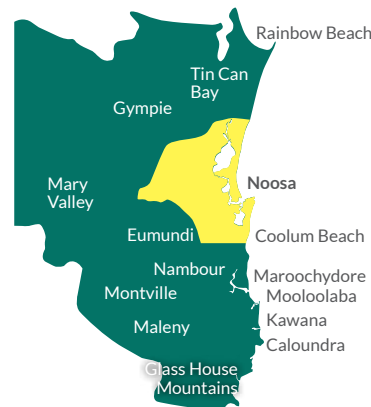




## Noosa + surrounds

Blend pristine nature with culture at its most refined, and you have the rarity that is Noosa and surrounds. This iconic northern section of the Sunshine Coast — from the village of Peregrine Beach north to Noosa Heads — offers contemporary eateries, boutique shopping, galleries and decadent day spas.

This area also offers a vast array of accommodation options from flashpackers to luxury resorts — even an exclusive private island and encompasses Queensland's first UNESCO Biosphere Reserve, Noosa Everglades and Noosa National Park.



### Must do experiences

- Enjoy a walk in the Noosa National Park, a stone's throw from Noosa's bustling Hastings Street.
- Coastal and aquatic experiences abound — relax on a beach in Noosa, learn to surf or discover the ancient waterways of the Noosa Everglades, one of only two everglades systems in the world.
- Wine and dine — you will be spoiled for choice with award-winning restaurants and stunning views.
- Enjoy a round of golf, relax in a day spa, shop or time your stay with one of the major events and festivals.

📍 NOOSA MAIN BEACH

## Gympie ▶ Rainbow Beach

From its white beaches to majestic hinterland and heritage towns, this region features national parks, local produce and vibrant markets.

Just an hour's drive north of Noosa is the township of Gympie. Known as the town that saved Queensland in the Gold Rush, Gympie is the golden gateway that leads to Rainbow Beach, Tin Can Bay, the Mary Valley Hinterland and Fraser Island.

4WD along the Great Beach Drive, which boasts pristine sandy beach from Noosa North Shore to Rainbow Beach. Pass towering coastal sand cliffs and coloured sands, with inland routes taking you through beautiful scenic rainforest of the Great Sandy and Cooloola National Parks.



### Did you know?

The Great Beach Drive comprises over 200 kilometres of stunning beach driving and connects the Sunshine Coast with Fraser Island.



📍 GREAT BEACH DRIVE FROM DOUBLE ISLAND POINT



# WHERE TO STAY



P + 61 7 5436 4444  
E [trade.sales-gcau@accor.com](mailto:trade.sales-gcau@accor.com)  
W [breakfree.com.au/grand-pacific](http://breakfree.com.au/grand-pacific)

## BreakFree Grand Pacific

100 Bulcock Street, Caloundra

If your idea of a great Sunshine Coast holiday is lazing around a lagoon pool or kicking back on your balcony while you take in the view, then BreakFree Grand Pacific is the Sunshine Coast accommodation for you. Located opposite Bulcock Beach and featuring a mix of 1, 2 & 3 bedroom apartments, this Hotel is perfect for families and couples who want to be close to it all.

BreakFreeGrandPacific

Rating	3 star
Type	Resort
Rooms	44
Room rate	From \$173*pn
WiFi	Yes

\*rates are subject to availability & change



P + 61 7 5334 9500  
E [stay@mercurekawanawaters.com.au](mailto:stay@mercurekawanawaters.com.au)  
W [mercurekawanawaters.com.au](http://mercurekawanawaters.com.au)

## Mercure Sunshine Coast Kawana Waters

9 Florey Boulevard, Birtinya

A true full-service hotel, operating 24 hours 7 days a week – 1 Night stays available Year-round! Hotel-style Accommodation, Restaurant, Group Dining, Room Service, FREE Parking & Unlimited WiFi. Located close to all of the major attractions and just 20 minutes from the Sunshine Coast Airport.

[mercuresunshinecoastkawanawaters](https://www.mercuresunshinecoastkawanawaters.com.au)  
 @mercuresunshinecoast

Rating	4.5 star
Type	Hotel
Rooms	81
Room rate	From \$169pn
WiFi	Yes



P + 61 7 5491 0333  
E [oasis@theoaksgroup.com.au](mailto:oasis@theoaksgroup.com.au)  
W [oakshotels.com](http://oakshotels.com)

## Oaks Sunshine Coast Oasis Resort

2 Landsborough Parade, Caloundra

Oaks Sunshine Coast Oasis Resort boasts an onsite water park and adventure zone, and offers hotel rooms and one, two and three bedroom villas. It is also ideally situated within a short drive to a handful of Sunshine Coast favourites such as Australia Zoo, SEA LIFE Sunshine Coast and the Ginger Factory.

Oaks Hotels (Oasis Resort)

Rating	4 star*
Type	Self-Contained
Rooms	178
Room rate	From \$129pn
WiFi	Yes

\*self-rated



P + 61 7 5492 0555  
E [stay@rumbaresort.com.au](mailto:stay@rumbaresort.com.au)  
W [rumbaresort.com.au](http://rumbaresort.com.au)

## Rumba Beach Resort

10 Leeding Terrace, Caloundra

Located right on Pumicestone Passage, Rumba Beach Resort offers a range of elegant, relaxed absolute beachfront accommodation in Caloundra. Featuring fully self-contained one, two or three bedroom apartments, free WiFi and secure parking with 24 hour check in service.

Rumba Beach Resort  
 @rumbaresort



Rating	5 star
Type	Self-Contained
Rooms	60
Room rate	From \$270pn
WiFi	Yes





P + 61 7 5493 0008  
E info@glasshouseecolodge.com  
W glasshouseecolodge.com

Glasshouse Mountains Ec Lodge

198 Barrs Road, Glass House Mountains  
A great base for exploring the Sunshine Coast. In the heart of a national heritage treasure, the Glasshouse Mountains Ec Lodge – located 70 minutes north of Brisbane – offers an excellent nature-based experience in a fascinating area of the Sunshine Coast Hinterland in South East Queensland, making a great base for bush walks and birdwatching.

f Glasshouse Mountains Ec Lodge  
@glasshouseecolodge

Rating	4 star
Type	Ec Lodge
Rooms	12
Room rate	From \$129pn
WiFi	Yes



P + 61 7 5442 9186  
E escape@lovestonecottages.com.au  
W lovestonecottages.com.au

Lovestone Cottages, Montville

318 Western Avenue, Montville  
A Sunshine Coast Hinterland escape does not come any more idyllic than this. With three fully transformed cottages offering a bespoke experience that surrounds you with the peace and tranquillity of the rainforest.

f Lovestone Cottages Montville  
@lovestonecottagesmontville

Rating	5 star
Type	Cottages
Rooms	3
Room rate	From \$555pn
WiFi	Yes



P + 61 7 5442 9522  
E relax@mistyview.com.au  
W mistyview.com.au

Montville Misty View Cottages

284 Western Avenue, Montville  
Misty View's gorgeous cottages offer exclusivity, privacy and, of course, the unique vistas of Lake Baroon from each of our secluded cottages. Misty View's classy deco cottage suites are the pride of Montville as the premier couples retreat destination on the hinterland.

f Montville Misty View Cottages  
@mistyviewcottages

Rating	5 star
Type	Cottages
Rooms	4
Room rate	From \$520pn
WiFi	Yes



P + 61 7 5478 5000  
E reception@narrowsescape.com.au  
W narrowsescape.com.au

Narrows Escape Rainforest Retreat

78 Narrows Road, Montville  
Narrows Escape is an Award-winning boutique rainforest retreat, with six lavishly appointed, self-contained one bedroom luxury villas nestled in pristine rainforest. The emphasis is on luxury, romance and seclusion, guests can unwind by the crackling log fire or soak in a spa made for two as they gaze out at the tree canopy above.

f Narrows Escape Rainforest Retreat  
@narrowsescape

Rating	4.5 star
Type	Villas
Rooms	6
Room rate	From \$400pn
WiFi	Yes



P 13 77 42  
E reservations@spicersretreats.com  
W spicersretreats.com/retreats/  
spicers-clovelly-estate

Spicers Clovelly Estate

68 Balmoral Road, Montville  
The French call it joie de vivre, a feeling that life isn't just good, it's something to be embraced and enjoyed every day. It's a feeling you'll appreciate from the moment you pass between the grand figs and groves of magnolias and gardenias that frame the stunning French-provincial architecture of the main guest house. Spicers Clovelly Estate is the ideal place to celebrate everything that's special in life.

f Spicers Clovelly Estate  
@spicersclovellyestate

Rating	5 star
Type	Retreat
Rooms	11
Room rate	From \$519pn
WiFi	Yes



P + 61 1300 785 669  
E reception.tamarind@  
spicersretreats.com  
W spicerstamarindretreat.com

Spicers Tamarind Retreat

88 Obi Lane Sth, Maleny  
A getaway at Spicers Tamarind Retreat is an extraordinary experience, an Asian-influenced oasis that feels like you're a world away, surrounded by natural beauty and tranquillity. Relax in Spa Anise, astonish yourself at the Tamarind Cooking School or just enjoy the stillness of a truly unique escape. Located 70 minutes from Brisbane Airport and 40 minutes from the Sunshine Coast Airport.

f Spicers Tamarind Retreat

Rating	5 star
Type	Retreat
Rooms	14
Room rate	From \$799pn
WiFi	Yes



P + 61 7 5494 4367  
E stay@whisperingvalley.com.au  
W whisperingvalley.com.au

Whispering Valley Cottage Retreat

35 Rose Gum Lane, Maleny  
Whispering Valley Cottage Retreat Maleny is an authentic boutique countryside escape. Located in the picturesque Sunshine Coast Hinterland, 48 acres of tranquil, breathtaking views await you at this serene accommodation. Perfect for couples and families the property has 6 spacious self-contained cottages offering 2 bedrooms, 2 bathrooms to intimate one-bedroom cottages.

f Whispering Valley Cottage Retreat  
@whispering\_valley

Rating	4 star*
Type	Retreat
Rooms	6 Cottages
Room rate	From \$240pn
WiFi	No

\*self-rated



KONDALILLA FALLS





POINT ARKWRIGHT



P + 61 7 5665 4133  
E trade.sales-gcau@accor.com  
W breakfree.com.au/alexandra-beach

## BreakFree Alexandra Headland Beach

178 - 180 Alexandra Parade, Alexandra Headland

BreakFree Alexandra Headland Beach is set around a tropical lagoon pool, right opposite the renowned patrolled surf beach, with a range of self-contained apartments to suit all types of visitors. The resort is modern and fun, providing a great Sunshine Coast holiday experience for couples after a romantic break and families seeking a wide array of options for all tastes.

**f** Breakfree Alexandra Beach

Rating	3.5 star*
Type	Resort
Rooms	78
Room rate	From \$172pn
WiFi	Yes

\*self-rated



P + 61 7 5370 1000  
E stay@cocomooloolaba.com.au  
W cocomooloolaba.com.au

## Coco Mooloolaba

79-83 First Avenue, Mooloolaba

Located in the heart of Mooloolaba, Coco Mooloolaba offers self-contained accommodation located within short walking distance to cafes, restaurants and the beautiful Mooloolaba Beach. This hotel features an outdoor pool, balconies in each apartment and an outdoor barbecue area. Perfect for couples or small families.

**f** Coco Mooloolaba  
**@cocomooloolaba**

Rating	4.5 star
Type	Self-Contained
Rooms	36
Room rate	From \$230pn
WiFi	Yes



P + 61 7 5477 0133  
E info@firstlightmooloolaba.com  
W firstlightmooloolaba.com.au

## First Light Mooloolaba

25 First Avenue, Mooloolaba

The perfect Mooloolaba accommodation choice for guests seeking boutique, coastal living on the Sunshine Coast. The modern apartments are designed with a luxurious feeling of space, with floor-to-ceiling glass sliding doors opening onto the private balcony, creating a perfect area to soak up the Queensland summer climate.

**f** First Light Mooloolaba  
**@firstlightmooloolaba**

Rating	4 star*
Type	Self-Contained
Rooms	31
Room rate	From \$210pn
WiFi	Yes

\*self-rated



P + 61 7 5444 5555  
E stay@landmarkresort.com.au  
W landmarkresort.com.au

## Landmark Resort & Spa

11 The Esplanade, Mooloolaba

Landmark Resort & Spa is the perfect choice for Mooloolaba accommodation, located beachfront on the Esplanade and offering a choice of studio suites and fully self-contained one-, two- and three-bedroom apartments with all the creature comforts of a home away from home. Landmark Resort & Spa is ideal for couples and families seeking a relaxed Sunshine Coast holiday.

**f** Landmark Resort



Rating	4.5 star
Type	Self-Contained
Rooms	132
Room rate	From \$149pn
WiFi	Yes



P + 61 7 5665 4133  
E trade.sales-gcau@accor.com  
W mantra.com.au/mooloolaba-beach

## Mantra Mooloolaba Beach

Cnr Venning Street & The Esplanade, Mooloolaba

Mantra Mooloolaba Beach is in the heart of Mooloolaba with easy access to the beach, cafes, restaurants, shopping and attractions. The resort offers plenty of opportunity for relaxation with onsite facilities including rooftop observation deck and BBQ, indoor and outdoor pool, gym and extensive gardens.

**f** Mantra Mooloolaba Beach

Rating	4.5 star*
Type	Self-Contained
Rooms	188
Room rate	From \$269pn
WiFi	Yes

\*self-rated



P + 61 7 5444 5633  
E trade.sales-gcau@accor.com  
W mantra.com.au/zanzibar

## Mantra Zanzibar Mooloolaba

47-51 Mooloolaba Esplanade, Mooloolaba

Overlooking peaceful Mooloolaba Bay, Mantra Zanzibar is a little touch of the exotic on the Sunshine Coast. Enjoy beachside accommodation that is right on The Esplanade and just minutes' walk from bustling sidewalk cafes, bars, restaurants and boutique stores.

**f** MantraZanzibar

Rating	4 star
Type	Self-Contained
Rooms	37
Room rate	From \$309*pn
WiFi	Yes

\*rates are subject to availability & change



P + 61 7 5444 4833  
E info@newportmooloolaba.com.au  
W newportmooloolaba.com.au

## Newport Mooloolaba Apartments

135 Parkyn Parade, Mooloolaba

Mooloolaba is an idyllic coastal destination abundant in unspoiled nature, beautiful white beaches, fun filled attractions, world-class restaurants, cutting-edge fashion boutiques, fishing charters, diving and year round warm temperatures. We are perfectly located in the centre of town next door to iconic Sealife Mooloolaba and behind Mooloolaba Surf Club.

**f** Newport Mooloolaba  
**@newportmooloolaba**

Rating	4 star*
Type	Self-Contained
Rooms	46
Room rate	From \$210pn
WiFi	Yes

\*self-rated





P + 61 7 5450 9582  
E [conference@novotelsunshinecoast.com.au](mailto:conference@novotelsunshinecoast.com.au)  
W [novotelsunshinecoast.com.au](http://novotelsunshinecoast.com.au)

## Novotel Sunshine Coast Resort

270 Ocean Drive, Twin Waters

Discover the transformed 4 star resort with private beach lined lagoon, surrounded by natural bushland, located 5 minutes from Sunshine Coast Airport and 60 minutes to Brisbane. The ideal destination for holidays with an abundance of on-site facilities including the Sunshine Coast Convention Centre which is ideal for business travellers.

**f** Novotel Sunshine Coast Resort  
**@** @NovotelSunshineCoast

Rating	4 star
Type	Resort
Rooms	373
Room rate	From \$169pn
WiFi	Yes



P + 61 7 5475 1100  
E [seaforth@theoaksgroup.com.au](mailto:seaforth@theoaksgroup.com.au)  
W [oakshotels.com](http://oakshotels.com)

## Oaks Sunshine Coast Seaforth Resort

98-110 Alexandra Parade, Alexandra Headland

Ideally located just steps from the sand in the popular seaside hub of Alexandra Headland, in close proximity to patrolled beaches, surf clubs, and the popular Mooloolaba precinct. With one, two and three bedroom self-contained apartments, it is ideal for groups and families.

**f** Oaks Hotels (Seaforth Resort)

Rating	4 star
Type	Self-Contained
Rooms	86
Room rate	From \$179pn
WiFi	Yes



P + 61 7 5450 6357  
E [stay@sanddunes.com.au](mailto:stay@sanddunes.com.au)  
W [sanddunes.com.au](http://sanddunes.com.au)

## Sand Dunes Resort

130 Mudjimba Esplanade, Maroocha

Sand Dunes is located steps away from Maroocha Beach and minutes away from the Sunshine Coast Airport. Offering comfort and privacy, Sand Dunes boasts a choice of accommodation ranging from two bedroom apartments to four bedroom family villas & beach houses with beachfront access. Villas have access to an award-winning 75m pool, heated pool and spa, private electric BBQ, a rooftop terrace and a single garage with remote control access.

Rating	4 star
Type	Resort
Rooms	30
Room rate	From \$249pn
WiFi	Yes



P + 61 7 5440 9888  
E [stay@thepointcoolum.com.au](mailto:stay@thepointcoolum.com.au)  
W [thepointcoolum.com.au](http://thepointcoolum.com.au)

## The Point Coolum Beach

1 Bay Terrace, Coolum Beach

The Point Coolum Beach offers breathtaking ocean-view holiday apartments for freedom-loving folks wanting to slow down, reconnect, and enjoy the simple things. Ideally located in Coolum Beach, the complex spreads over 6 acres of secluded, hilltop, manicured gardens and hosts a variety of one, two and three bedroom self-contained properties.

**f** The Point Coolum  
**@** @thepointcoolum

Rating	4 star*
Type	Self-Contained
Rooms	35
Room rate	From \$199pn
WiFi	Yes

\*self-rated



P + 61 7 5440 5806  
E [info@beachroadholidayhomes.com.au](mailto:info@beachroadholidayhomes.com.au)  
W [beachroadholidayhomes.com.au](http://beachroadholidayhomes.com.au)

## Beach Road Holiday Homes

90 Beach Road, Noosa North Shore

Beach Road is on the natural side of Noosa where the kangaroos roam freely throughout the resort. Beautiful houses in a resort location. Peaceful beaches, tranquil surroundings, a leisure centre which offers activities for all ages and a pool for laps or just to play in. Noosa's café and restaurant scene is easily accessible just minutes away.

**f** Beach Road Holiday Homes  
**@** @beachroadholidayhomes

Rating	5 star
Type	Resort
Rooms	24
Room rate	From \$278pn
WiFi	Yes



P + 61 7 5485 3165  
E [res@habitatnoosa.com.au](mailto:res@habitatnoosa.com.au)  
W [habitatnoosa.com.au](http://habitatnoosa.com.au)

## Habitat Noosa Everglades Ecocamp

Elanda Point Road, Elanda Point

Habitat Noosa Everglades Ecocamp is the gateway to Australia's only Everglades. The Ecocamp is nestled amongst 65 acres of National Park, abundant with wildlife and perched on the Noosa River. With an array of accommodation options from campsites to Glamping tents, multiple activities, onsite bistro and its own micro brewery.

**f** Habitat Noosa  
**@** @habitatnoosa

Rating	4 star*
Type	Camping/ Glamping
Rooms	31 glamping^
Room rate	From \$260*
WiFi	Yes - in bistro

\*self-rated

^multiple campsites from \$22-50



P + 61 7 5447 1196  
E [res@makepeaceisland.com](mailto:res@makepeaceisland.com)  
W [makepeaceisland.com](http://makepeaceisland.com)

## Makepeace Island

Makepeace Island, Noosa North Shore

Makepeace Island is your private hideaway. A safe, secure, luxury island with a family feel, it is minutes by private boat from Noosa Heads. Sensitively developed in keeping with the coastal wilderness, yet on the doorstep of all the attractions of the Sunshine Coast, it has been designed to accommodate up to 22 castaways in luxurious exclusivity.

**f** Makepeace Island  
**@** @makepeaceisland

Rating	5 star*
Type	Exclusive Use Private Island
Rooms	11
Room rate	POA
WiFi	Yes

\*self-rated



LITTLE COVE, NOOSA





**Mantra French Quarter**

1 Halse Lane, Noosa Heads

Direct access to the shopping, dining and entertainment hub of Hastings Street, making it the perfect place to enjoy the best of Noosa. From our doorstep you can also walk to the National Park and Main Beach. You can choose from standard or deluxe one and two bedroom self-contained apartments.

P + 61 7 5665 4133  
E trade.sales-gcau@accor.com  
W mantra.com.au/french-quarter

Mantra French Quarter

Rating	4 star*
Type	Resort
Rooms	106
Room rate	From \$265pn
WiFi	Yes

\*self-rated



**Noosa Blue Resort**

16 Noosa Drive, Noosa Heads

Providing the perfect getaway for couples, singles or groups of friends, the resort combines self-contained accommodation with impressive guest facilities including three outdoor heated swimming pools, a steam room, gym, Yoga and Massage centre and an onsite Cafe/Bar.

P + 61 7 5447 5699  
E reservations@noosablue.com.au  
W noosablue.com.au

Noosa Blue Resort  
 @noosablueresort

Rating	4.5 star
Type	Resort
Rooms	60
Room rate	From \$289pn
WiFi	Yes



NOOSA MAIN BEACH



NOOSA RIVER



**Noosa Lakes Resort**

3 Hilton Terrace, Noosaville

Situated on seven landscaped acres by the shores of Lake Doonella, the resort is just 150 metres across the road from the Noosa Marina and only minutes away from the bustling hub of Noosaville and world renowned Hastings Street, Main Beach and Noosa National Park. Noosa Lakes Resort caters for couples,

P + 61 7 5447 1400  
E reservations@noosalakesresort.com.au  
W noosalakesresort.com.au

Noosa Lakes Resort  
 @noosalakesresort

Rating	3.5 star
Type	Resort
Rooms	70
Room rate	From \$155pn
WiFi	Yes



**Peppers Noosa Resort & Villas**

33a Viewland Drive, Noosa Heads

Peppers Noosa Resort & Villas offers a blend of luxury, location and lifestyle in the heart of Noosa. With Noosa's famous beach just 500 metres away, you're close to everything and the panoramas of Laguna Bay from View Restaurant & Bar are simply stunning.

P + 61 7 5665 4133  
E trade.sales-gcau@accor.com  
W peppers.com.au/noosa

Peppers Noosa Resort & Villas

Rating	5 star*
Type	Resort
Rooms	150
Room rate	From \$309pn
WiFi	Yes

\*self-rated





P + 61 7 5449 4888  
E ha617@sofitel.com  
W sofitelnoosapacificresort.com.au

**Sofitel Noosa Pacific Resort**  
14-16 Hastings Street, Noosa Heads

A relaxed experience in high style inspired by local culture while celebrating the French *art de vivre*. Unwind in the luxury of one of our 176 guest rooms or moments of indulgence in our poolside Cabanas. Savour European cuisine with coastal flair at Noosa Beach House and pamper yourself in the pleasures of the AQUA Day Spa.

Sofitel Noosa Pacific Resort  
 @sofitelnoosapacific

Rating	5 star
Type	Resort
Rooms	176
Room rate	From \$349pn
WiFi	Yes



P + 61 7 5474 6400  
E H8776@accor.com  
W sebelnoosa.com.au

**The Sebel Noosa**  
32 Hastings Street, Noosa Heads

Located in the middle of Hastings Street, moments from Noosa Main Beach, The Sebel Noosa offers room to relax, places to explore and freedom to indulge. Our one and two bedroom apartments offer separate living and dining areas, summoning a sense of the Hamptons, transporting you to a beachside paradise.

Rating	4.5 star
Type	Apartments
Rooms	73
Room rate	From \$240pn
WiFi	Yes



NOOSA EVERGLADES



COOLUM BEACH

ATTRACTIONS,  
EXPERIENCES  
+ TRANSPORT





P + 61 431 000 872  
E info@adventurerafting.com.au  
W adventurerafting.com.au

## Adventure Rafting

The Wharf Mooloolaba, 123 Parkyn Parade, Mooloolaba

Adventure Rafting offers unique and exciting Whale Watching Experiences, an informative and fun Mudjimba Island Wildlife Safari, and an action-packed signature 1-hour Adventure Tour! Well known for their highly recommended top-quality tours, Adventure Rafting creates an unparalleled up-close and personal experience with small group numbers. Conveniently located at The Wharf Mooloolaba – a must-do during your time on the Sunshine Coast!

**Opening hours:** 9am-5pm, 7 days a week. Closed Christmas Day.  
**Inclusions:** Impressive Marine & Wildlife, Informative Local Commentary, No Crowds - Better Adventure, Enjoy the Spectacular Scenery of the Sunshine Coast, Fun for the whole family!  
**Rates from:** \$39 per child, \$59 per adult

AdventureRaftingSunshineCoast @adventure\_rafting



P + 61 7 5539 0222  
E bookings@aquaduck.com.au  
W aquaduck.com.au

## Aquaduck Sunshine Coast

Departs from The Wharf Carpark (adjacent to SEA LIFE), Parkyn Pde, Mooloolaba

Aquaduck combines the best sights of Mooloolaba into one fun and exciting tour. See Mooloolaba Beach, the Esplanade and Sunshine Strip with a cruise through the canals and waterways. This amphibious tour offers a perfect mix between beautiful natural landscapes, wildlife and waterways with the homes and luxury waterfront mansions.

**Opening hours:** Tours depart daily – 10.30am, 11.45am, 2.15pm, 3.30pm. Additional tour times available during holidays.  
**Inclusions:** 1hr amphibious tour with live commentary onboard. Kids can steer the duck on the water and receive a Captains certificate.  
**Rates from:** Adults \$42, Children (2-16) \$32, Family (2a+2c) \$138, Concession \$39

AquaduckSunshineCoast @aquaduck\_sunshine\_coast



P + 61 7 5436 2000  
E info@australiazoo.com.au  
W australiazoo.com.au

## Australia Zoo

1638 Steve Irwin Way, Beerwah

Australia Zoo, home of the Crocodile Hunter, is the most interactive conservation destination on the planet! Cuddle a koala, hand-feed a kangaroo and watch a saltwater crocodile strike. Visit their newest habitat Elephanta where endangered Sumatran elephants enjoy their own sanctuary with hundreds of acres to play and roam.

**Opening hours:** Open 7 Days, 9.00am – 5.00pm (closed Christmas Day).  
**Access:** Free coach pickup from nearby train stations Beerwah and Landsborough.  
**Inclusions:** Free car parking, wifi, free hop on/off Safari Shuttle, free rides, daily shows.  
**Rates from:** \$35/Child, \$59/Adult, \$47 Concession. Family rates also available.

Australia Zoo @australiazoo



P + 61 1300 004 903  
E hello@coasttohinterlandtours.com.au  
W coasttohinterlandtours.com.au

## Coast to Hinterland Tours

31 Albatross Avenue, Nambour

Coast to Hinterland Tours is a Sunshine Coast Tour Operator incorporating storytelling, sightseeing, food & wine into first-class customer-focused authentic Sunshine Coast Scenic day tours, small group private tours, transfers and private minibus charter experiences.

**Opening hours:** 7 days.  
**Inclusions:** Storytelling, fully-guided day tours, accommodation pick-up, meals and drinks as specified.  
**Rates from:** Transfers \$39 per adult. Day Tours from \$195.

Coast to Hinterland Tours @coasttohinterlandtours



P + 61 7 5499 3477  
E hello@creativetours.com.au  
W creativetours.com.au

## Creative Tours

Sunshine Coast / Noosa

Expert local tour guides deliver amazing local experiences and behind the scenes access to the local food and drink trails in the region. Providing authentic and genuine experiences at premium venues including local farms, producers, breweries, wineries, distilleries, coffee roasters and scenic tours. Private and custom tours are available 7 days a week and can be fully customised.

**Opening hours:** 8am – 5pm.  
**Access:** Door to Door Private Tours.  
**Facilities:** Modern transport, expert local guides, lunch (some tours), tastings.  
**Rates from:** \$140 pp. Contact us for commissionable rates.

creativetoursandevents @creativetoursevents



P + 61 473 635 865  
E sunshinecoast@ecotekk.com.au  
W ecotekk.com.au/sunshinecoast

## ecoTekk Sunshine Coast

We deliver to you!

Guided tours or hire and explore, e-bikes make your ride so easy. Take on the world, create great memories and immerse your soul in the natural environment with family and friends. Hear, smell and feel everything as you discover the Sunshine Coast's hidden treasures on our e-bikes. And, we deliver!

**Opening hours:** 7.30am – 5.30pm.  
**Inclusions:** Helmets, bike locks, baskets.  
**Rates from:** \$39 for four hour hire.

EcoTekk Sunshine Coast @ecotekkSC



MALENY DAIRIES





## Epic Ocean Adventures

Noosa Heads & Rainbow Beach daily departures

Unique Australian aquatic experiences to a secret Marine Park accessed only by 4X4 along the Great Beach Drive. Kayak with dolphins and whales, learn to surf on Australia's longest wave, stand up paddling and scenic tours. Departs Noosa and Rainbow Beach daily.

**Opening hours:** 6am – 7.30pm daily (closed Christmas Day).

**Access:** Limited universal access.

**Facilities:** Beach 4X4 trip, Dolphin sea kayaking, surf lessons or stand up paddle boarding eco tours.

**Rates from:** \$94pp.

**f** Epic Ocean Adventures **@** @epicoceanadventures

P + 61 7 5372 8066  
E noosa@epicoceanadventures.com.au  
W epicoceanadventures.com.au



## Everglades Eco Safaris

Elanda Point Road, Elanda Point

Everglades Eco Safaris are the exclusive guided tour operator to Australia's only Everglades. This spectacular network of pristine waterways and wetlands are abundant with wildlife boasting 44% of Australia's bird species. The landscape has remained unchanged for thousands of years, making it a crucial biosphere for this region and a must see.

**Opening hours:** 9am – 5pm.

**Inclusions:** Tour of Australia's only Everglades in purpose-built vessels. Full commentary – experienced guides. Morning tea/lunch/antipasto plate depending on selected tour. Return courtesy transfers from Noosa accommodation.

**Rates from:** \$79 – \$145.

**f** Everglades Eco Safaris **@** @evergladesecosafaris

P + 61 7 5485 3165  
E res@ecoqld.com  
W evergladesecosafaris.com.au



## The Ginger Factory

50 Pioneer Road, Yandina

The iconic Ginger Factory is one of the Sunshine Coast's most popular attractions. From a small farming community to one of the world's finest ginger producers and tourist destinations.

**Opening hours:** 9am – 5pm.

**Inclusions:** Free Park Entry.

**Rates from:** \$9 – \$185.

**f** The Ginger Factory **@** @ginger\_factory

P + 61 1800 067 686  
E enquiries@gingerfactory.com.au  
W gingerfactory.com.au



## Kangaroo Bus Lines

112 Enterprise Street, Kunda Park

Kangaroo Bus Lines specialises in providing personable transportation services such as hotel & airport transfers, event shuttle services, mass group movements and more. Whether it's moving 30 employees or 2,500+ delegates, our extensive fleet and diverse selection of transportation options enables us to transport your people no matter the destination, time restraint or group size.

**Opening hours:** Transportation services available 24hrs a day, 7 days per week.

**Inclusions:** Wheelchair access options, seatbelts, aircon, driver commentary & visual entertainment.

**Rates from:** Price on application.

**f** Kangaroo Bus Lines

P + 61 7 5445 4741  
E sunshinecoast@kangaroobuslines.com.au  
W kangaroobuslines.com.au



## Maleny Botanic Gardens & Bird World

233 Maleny Stanley River Road, Maleny

Meet over 700 native and exotic birds, enjoy a picnic overlooking the breathtaking Glasshouse Mountains, stroll along over six kilometres of meandering pathways amongst lakes, waterfalls and tropical flora from around the world. A spectacular day out for the whole family, just an hour from Brisbane in the Sunshine Coast Hinterland!

**Opening hours:** 9am – 4:30pm daily (except Christmas Day).

**Inclusions:** Entry to the Botanic Gardens, guided aviary tours.

**Rates from:** \$39 per person (adult entry).

**f** @malenybotanicgardensandbirdworld **@** @malenybotanicgardens

P + 61 7 5344 0100  
E info@malenybotanicgardens.com.au  
W malenybotanicgardens.com.au



## Mary Valley Rattler

10 Tozer Street, Gympie

The Mary Valley Rattler is a not-for-profit organisation dedicated to ensuring the public has access to a heritage rail experience. Operating with a fully restored fleet of rolling stock, we deliver a historic tourism experience with return journeys between Gympie and Amamoor.

**Opening hours:** Tour desk: 9am – 2pm. Rusty Rail Café: 8am – 3pm.

**Inclusions:** Heritage train journey to Amamoor through the Mary Valley on our steam locomotive, informative commentary throughout, guest experience volunteer on each carriage, entry to heritage display room at Gympie Historic Station, premium and VIP packages available. Pet-friendly, all access.

**Rates from:** Concession \$60, Adult \$65, Child \$35.

**f** Mary Valley Rattler **@** @maryvalleyrattler **t** @MVRattler

P + 61 7 5482 2750  
E info@maryvalleyrattler.com.au  
W maryvalleyrattler.com.au



## Oceanview Helicopters

20 Pathfinder Drive, Caloundra West

We love showcasing our local region including the Glasshouse Mountains, Bribie Island and Sunshine Coast beaches from Caloundra to Noosa through to the beautiful Fraser Island. Why not discover the hinterland filled with boutique wineries, wedding venues and wonderful accommodation options. Explore with us and Experience the Adventure today.

**Opening hours:** 9am – 5pm.

**Inclusions:** Bose noise cancelling headset, Everyone gets a window seat, Best beach view.

**Rates from:** \$299

**f** Oceanview Helicopters **@** @oceanviewheli

P + 61 429 843 287  
E fly@oceanviewheli.com.au  
W oceanviewheli.com.au





## Paddle Days

Mooloolaba

Paddle Days offers guided stand up paddle board tours in Mooloolaba.

No experience necessary as you will have a qualified instructor with you all the way. An introduction lesson is included so you will be ready to explore the waterways in no time and enjoy the best views of Mooloolaba!

**Opening hours:** From early morning to sunset, weekends

**Inclusions:** Boards provided, Instructor/guide for tour, photo shoot and photos shared digitally.

**Rates from:** \$45 per person.

**f** Paddle Days

**@** @paddle\_days

P + 61 456 721 555  
E paddle@paddledays.com  
W paddledays.com



## Rainbow Beach Adventure Centre 4WD Hire

13 Spectrum Street, Rainbow Beach

Your off-road adventure starts here! Whether one day or multiple days Rainbow Beach Adventure Centre specialises in Toyota 105 Series Land Cruiser self-drive hire. Rainbow Beach Adventure Centre provides the ultimate off-road adventure to K'gari (Fraser Island), Rainbow Beach and the greater Cooloola Coast region.

**Opening hours:** 7am – 5pm 7 days a week.

**Inclusions:** Unlimited km, full itinerary, tide times, safety briefing. Camping equipment can be loaned or full camping kits are available for additional hire. One stop shop for ferry tickets, permits and camping/accommodation packages.

**Rates from:** \$165 per day.

**f** Rainbow Beach Adventure Centre 4wd Hire **@** @adventurecentre4wdhire

P + 61 7 5486 3288  
E hello@adventurecentre.com.au  
W adventurecentre.com.au



## Rainbow Beach Horse Rides

Beach rides 23 Clarkson Drive, Rainbow Beach & Farm rides 84 Henry Rd, Goomboorian

Multi award-winning, family owned business, located 3 hours north of Brisbane. Offering beach rides along stunning Rainbow Beach or all day country rides and multi day options from farm location. Caters for all riding abilities on well trained horses.

**Including:** Fully saddled horses, safety helmet and all photos taken throughout the ride. Country rides also include a meal at Sublime Farm & Brewery.

**Rates from:** 1.5 hour Beach ride \$250pp, Bareback Swimming ride \$500pp, Beach Full Moon ride \$300pp, Country Day ride \$350pp. Personalised rides available upon request.

**f** Rainbow Beach Horse Rides **@** @rainbowbeachhorserides

P + 61 412 174 337  
E info@rbhr.com.au  
W rbhr.com.au



## Saltwater Eco Tours

The Wharf, Mooloolaba

Saltwater Eco Tours offers unique experiences on board a beautifully restored heritage-listed timber sailing vessel "Spray of the Coral Coast". Operating on the peaceful waterways of the Mooloolah River the small, start-up company is the first of its kind on the Sunshine Coast, combining Indigenous culture, maritime history, and live music, truly capturing the essence of the Sunshine Coast.

**Opening hours:** 8am – 7pm, 7 days.

**Inclusions:** Saltwater Cultural Tour, Sunset Tours with Live Music, Native Bushfoods and Seafood Cruise, Private Charters.

**Rates from:** \$65 – \$120.

**f** Saltwater Eco Tours

**@** @saltwaterecotours

P + 61 484 221 335  
E admin@saltwaterecotours.com.au  
W saltwaterecotours.com.au



## SEA LIFE Sunshine Coast

Parkyn Parade, Mooloolaba

No trip to the Sunshine Coast is complete without visiting SEA LIFE Sunshine Coast, a multi-award winning, all weather visitor attraction. Situated right at The Wharf in Mooloolaba, the aquarium is home to thousands of marine and freshwater animals – including penguins, sharks, seals, turtles, stingrays, tropical fish and more.

**Opening hours:** Thurs – Mon 9am – 3pm (extended trading period during QLD school holidays). Closed December 25 and April 25.

**Inclusions:** Daily talks, animal feeds and the famous seal presentations are included in the admission price!

**Rates from:** \$31 p/child & \$45 p/adult. Price includes Digital Photo Pass with 8 digital photos incl.

**f** SEA LIFE Sunshine Coast **@** @sealifesunshinecoast

P + 61 7 5458 6226  
E SLSCreservations@merlinentertainments.com.au  
W sealifesunshinecoast.com.au



## Sunreef Mooloolaba

The Wharf Mooloolaba, 11-12/123 Parkyn Parade, Mooloolaba

Sunreef is *THE* place for aquatic adventure on the Sunshine Coast. Famous for Australia's first Swim With Whales Experience, Scuba Diving on the HMAS Brisbane & glorious Flinders Reef. Whale Watching, Snorkelling With Turtles, Diving with Sharks, Ocean Jet Ski Experience as well as SUP, Kayak and Boat Hire.

**Opening hours:** 8am – 5pm, 7 days a week.

**Inclusions:** Varied.

**Rates from:** \$30.

**f** Sunreef

**@** @sunreef\_mooloolaba

P + 61 7 5444 5656  
E info@sunreef.com.au  
W sunreef.com.au



## Tasty Tours

2 Birdhaven Close, Coolool Beach

Eat, drink and explore your way through Queensland's beautiful Sunshine Coast with Tasty Tours.

Experience spectacular views, meet passionate farmers, brewers & makers while enjoying the very best produce the region has to offer. All with our experienced, expert guides, you are sure to have a great day out.

**Inclusions:** All inclusive, experiential day tour. Lunch, snacks and all tastings included.

**Rates from:** \$229pp.

**f** TastyTours

**@** @tasty\_tours\_au

P + 61 490 366 118  
E info@tastytours.com.au  
W tastytours.com.au



## TreeTop Challenge Sunshine Coast

76 Nambour Connection Road, Woombye

Get ready to push your fears to the limit at Australia's largest High Ropes Adventure Park that caters for both Adults and Children! We get you Escaping the Concrete Jungle as you explore more than 10 acres of stunning rainforest! Our courses range from easy to extreme with 17 ziplines that will make you feel invincible! Because our Park is so massive, it's split into 2 attractions – TreeTop Challenge (ages 8+) and Juniors (ages 3 to 9).

**Opening hours:** 10am – 5pm.

**Inclusions:** All training and safety equipment.

**Rates from:** Adults \$65, Children \$50, Junior Child \$40, Families \$220.

**f** Tree Top Challenge

**@** @treetop\_challenge

P + 61 1300 881 446  
E info@treetopchallenge.com.au  
W treetopchallenge.com.au



# SUNSHINE COAST SPLENDOUR



📍 BULCOCK BEACH, CALOUNDRA

## Day 1 – Caloundra Cruising

Begin your Sunshine Coast journey in the stunning coastal town of Caloundra. Take in the unique scenery as you stroll along the Caloundra Coastal Pathway from Kings Beach to Bulcock Beach. For a rush of adrenaline and a truly unique Sunshine Coast experience, hop on a jet ski with Caloundra Jet Ski Tours and explore the scenic waterways along the Pumicestone Passage. Tours range from 45 minutes to 4 hours, all offering spectacular views of the coast along the way. If you are looking for a more serene way to enjoy the water, board a Caloundra Cruise to take you on the water as

you sit back and back as you take in birdlife and native flora and fauna.

Spend your afternoon relaxing at the famous Kings Beach, taking in local surfers catching a wave or visit local favourite, Dicky Beach, and find yourself a nice secluded patch of sand to enjoy the afternoon rays.

In the evening, head to the local surf club, Kings Beach Surfy. Also known as Mets, this beautifully positioned bar and restaurant overlooks Caloundra's coastline and the famous Kings Beach saltwater pool. Mets on Kings offers your traditional pub feeds as well as a great range of contemporary dishes.



📍 YOUR MATES, WARANA

## Day 2 – From Mooloolaba to Treetops

Start your day like a local, and head to one of the many cafes for breakfast and a coffee. One of the newest cafes in Caloundra, White Picket Fence is a must visit! They have an incredible breakfast menu and the café itself is easy on the eyes.

In the morning, jump in your car and make your way to SEA LIFE Sunshine Coast, to get up close with over 10,000 sea creatures, including sharks, rays, jellyfish, tropical fish, and seahorses. SEA LIFE is also home to colony of Little Blue penguins and playful sea lions and fur seals. The Seal Presentation is not to be missed!

Take an afternoon stroll along Mooloolaba Beach, the best beach in Queensland (according to the Trip Advisor 2022 Travellers Choice Awards), before making your way to the Mooloolaba Fish Market to try some local, fresh seafood. They are famous for the divine Mooloolaba prawns and their fish and chips are also a big hit with locals.

After a relaxed lunch, why not spend your afternoon high above the treetops, taking in some stunning views of the Sunshine Coasts lush rainforest. Journey to Treetop Challenge Sunshine Coast where you can go sky-high with 100 challenges and 12 ziplines sitting in the trees at more than 25 metres above the ground. Expect to have a thrilling day out in nature as you conquer challenges and enjoy the lush scenery.

For the evening, discover Your Mates Brewing Taphouse in Kawana. This funky craft brewery has carved out a name for itself as a must-visit Sunshine Coast destination. With a playground for the little ones, pinball machines for the not so little and a great menu of locally sourced and well-priced meals, it is a fun filled evening for everyone!

## Day 3 – Maroochydore to Noosa

Start your day at Tome in Maroochydore, for a coffee and some of the best cakes and cinnamon scrolls on the coast. With takeaway coffee cup in hand, blast some good tunes and head on the most picturesque coastal drive you can imagine.

Taking the road from Maroochydore to Mudjimba, stop in for unparalleled views of the infamous Mudjimba Island. A stroll along the beach does not go astray here, as you can look out to the beautiful Mudjimba Island; a favourite spot for snorkelers and divers with its amazing coral gardens and myriad of sea life.

Once you're finished enjoying Mudjimba, jump back into the car and enjoy the coastal cruise from Coolum beach, through to Peregrine Beach Hotel for a bite to eat at lunch time. Offering incredible local seafood, as well as your classic steak and chips, Peregrine beach hotel is a great family friendly spot to stop on the cruise.

From Peregrine through to Sunshine, it's time for you to relax and enjoy the iconic Noosa. Spend your afternoon exploring one of the most well-known shopping and dining strips in Australia – Hastings Street. Take timeout to enjoy dinner and the spectacular view at one of the many award-winning alfresco Noosa restaurants.



📍 NOOSA



# DISCOVER THE SUNSHINE COAST IN A WEEK

📍 BOOLOUMBA FALLS, CONONDALE NATIONAL PARK

## Day 1 – Uncover treasures of the Hinterland

Hop in your car and get ready for a real Sunshine Coast adventure!

From the minute you enter the Sunshine Coast Hinterland you will instinctively slow down and start to take things easy. With verdant rolling hills that are eclipsed by the iconic peaks of the Glass House Mountains, you won't be able to help but take a step back and take in the view!

On your way through the lush landscape of the Blackall Range, stop in for a gourmet snack at Maleny Food Co. The team here offer picnic baskets packed with a selection of local cheeses, dried fruit and crackers - perfect to pick up and savour at a nearby waterfall.

Just a short drive from Maleny Food Co you'll find Gardners Falls, a wonderful bush setting complete with rockpools and rope swings for

the more daring. It's the perfect place to set up a picnic, wade in for a dip and enjoy the lush greenery.

After exploring the rainforest, head to Maleny's Brouhaha Brewery to try their locally crafted beer featuring flavours of the Sunshine Coast! Brouhaha are famous for their Strawberry Rhubarb Sour which is made using farm-fresh Sunshine Coast strawberries – definitely a must-try!

For a spot of shopping drive to nearby Montville, a quaint and picturesque Sunshine Coast Hinterland town where you will find chocolate shops, small boutiques and beautiful views.

If you are feeling up for a bit of a hike, The Glass House Mountains' peaks are calling for you. Mount Ngungun is one of the most popular and easy hikes and is a spectacular place to watch the sunset as it offers sweeping views across the Hinterland.



## Day 2 – Immerse yourself in the Coastal Lifestyle

Start your day the way locals do with a coffee and breaky from The Pocket Espresso Bar in Moffat Beach. Hot tip – try the savoury muffins! Take the scenic coastal walk from Moffat to nearby Caloundra and Golden Beach, where it is time to hit the water.

With stand-up paddle boards, kayaks, and jet skis for hire you're all set to explore the pristine Pumicestone Passage; a shallow and iridescent blue body of water between Bribie Island and Queensland mainland. You'll want to keep your eyes peeled; the passage is teeming with wildlife including turtles, dolphins and dugongs (seasonal).

For lunch, stop off at the newly opened Greedy Gringos for a taste of Californian-style tacos before driving to Australia Zoo, home of the Crocodile Hunter. Spend the afternoon getting up close with some of Australia's most iconic animals including koalas, kangaroos and wombats, as well as an array of African and South East Asian animals while learning about wildlife conservation.

Head back to Alexandra Headlands to catch a stunning Sunshine Coast sunset and watch the local surfers lap up the last waves of the day.

In the evening discover The Wharf Mooloolaba, which boasts a variety of dining options, bars and pubs. A popular local eatery is Rice Boi, which features mouth-watering Asian fusion meals and fresh cocktails. The Dock is also loved by Sunshine Coast locals with its waterfront views and relaxed vibes.



## Day 3 – Head out on a real adventure

Start your day at The Velo Project, one of Mooloolaba's most loved breakfast spots, before heading back to The Wharf for an ocean adventure with Sunreef Mooloolaba.

Sunreef offer amazing snorkelling and diving tours to Mudjimba Island and HMAS Brisbane, where you can get up close to turtles, fish and beautiful corals.

If you prefer to view the ocean from above, experience a once in a lifetime flight with Oceanview Helicopters. Flying high above the Sunshine Coast, they will take you on a scenic flight over stunning beaches, lush hinterland and blue waters. Each seat on the helicopter has a view so make sure you bring your camera for this experience!

In the afternoon, make your way to the Ginger Factory and go behind the scenes to learn how ginger is grown, harvested and transformed into a delicious range of ginger products on the Ginger Factory Tour. Jump aboard Moreton, the Ginger Train, and enjoy a tasty lunch looking out into beautifully landscaped gardens. We recommend saving room for the ginger ice cream – it's delicious.

Spend your evening relaxing and enjoy dinner at Harry's on Buderim. Harry's is an iconic restaurant positioned on the edge of the Buderim Forest Park that offers contemporary Australian cuisine to be enjoyed in the setting of a 140-year-old, heritage-style homestead. The wide veranda sets the scene for an authentic outdoor Queensland dining experience whilst offering stunning views of the rainforest.





MOUNT COOLUM BOARDWALK

#### Day 4 - Delve into Coolool Beach and Noosa

Start your day off with an early morning hike up Mount Coolool. The walk to the summit takes about 45 minutes and offers unbeatable sweeping views across the coast and out to Mudjimba Island.

Afterwards pop in to the Coolool Surf Club for some breakfast. This iconic surf club features some of the best ocean views on the Sunshine Coast, or if you'd prefer to be 'in the view', then grab some take-away and enjoy from one of the many viewing platforms at Tickle Park.

Head north to the pristine Habitat Noosa where you can experience the Noosa Everglades – one of only two everglades systems in the world. Embark on an Everglades Eco Safaris tour which offers an unforgettable wilderness cruise into one of Australia's most pristine regions. Swim in tea tree infused waters, canoe through the mirrored waterways or simply relax in this unique natural environment.

In the evening explore Noosa's iconic Hasting Street, home to fairy-lit walkways, boutique shops, restaurants, cafes, and bars. For dinner try Bistro C on the beachfront where the menu is inspired by the fresh local produce of the Sunshine Coast. Signature dishes include caramelised pork belly, coconut chicken salad and calamari that will melt in your mouth.

#### Day 5 - Embark on a Craft Brewery Tour

A trip to Queensland's Sunshine Coast is not complete without indulging in some of the Sunshine Coast's craft breweries! With more 21 craft breweries across the coast, there's no better way to visit them than by joining a tour with Sunshine Coast Craft Beer Tours. Meet local brewers, get behind the scenes of a working brewery and taste locally crafted beer and cider.

For dinner, head to the Surf Club at Sunshine Beach. With uninterrupted views of the ocean from their seaside deck and seafood dishes that will make your mouth water, you can't go wrong.



BROUHAHA MALENY



CARLO SANDBLOW

#### Day 6 - Discover Rainbow Beach

Start your day with breakfast at Thomas Corner Eatery in Noosaville. The café has a bright modern ambience and a relaxed holiday vibe. The menu changes regularly, taking full advantage of what the Sunshine Coast region produces from the hinterland to the sea.

Head north along the Bruce Highway to the pristine and picturesque town of Rainbow Beach. Rainbow Beach is nestled between Fraser Island, the Great Sandy National Park and the expansive Pacific Ocean. Here you'll discover an adventure playground with striking natural beauty, including Carlo Sand Blow and the coloured sands.

From there join Epic Ocean Adventures for a journey along the Great Beach Drive – one of the longest beach drives in the world and accessible only by 4WD. Stop along the way at Double Island Point, where you can do a Dolphin View Kayak Tour or Stand Up Paddle Eco Tour. Double Island Point is one of the Sunshine Coast's best kept surf and wildlife secret. Here you'll find tropical, warm waters year-round, long empty surf breaks and a buzzing hub of wildlife. Bottlenose dolphins, Humpback whales (seasonal), turtles, rays, and many different bird species are all frequently spotted here.

Once back in Rainbow Beach enjoy one of the most memorable sunsets of your life at Carlo Sand Blow; a unique "moonscape" sand mass that

covers more than 15 hectares. With an elevated vantage point, you'll have unparalleled views of the coloured sands of Rainbow Beach, as well as the coastline from Double Island Point to Inskip Peninsula and the southern tip of Fraser Island.

#### Day 7 - Discover the magic of the Mary Valley

Rise, shine and make your way to Gympie to discover the magic of a bygone era aboard the historic Mary Valley Rattler. The Rattler's 46-kilometre round trip commences at the restored Historic Gympie Station and travels to the quaint Mary Valley community of Amamoor before turning the locomotive for its return to Gympie.

Enjoy a leisurely lunch at the Rusty Rails Café at the Mary Valley Rattler station before making your onward journey home.



MARY VALLEY RATTLER



# CLEAN + GREEN BIOSPHERES

The Sunshine Coast is the only place in the WORLD where three UNESCO Biospheres sit side-by-side.

The entire Sunshine Coast Local Government Area has been declared a Biosphere by UNESCO, recognising the region as an international site of excellence and an area of natural beauty.

The newest Biosphere Reserve sits just south of the existing Noosa and Great Sandy Biosphere Reserves, meaning three of the five UNESCO Biospheres in Australia are located on the Sunshine Coast.



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