

THE ADVENTURE HOLIDAY

Sunshine Coast
Queensland Naturally refreshing

As well as being a great destination to chill out and relax the Sunshine Coast also has a wide range of adventure activities that will tire out even the biggest adrenalin junkies.

Grab your hiking boots, bikini's/boardies, and sense of adventure and make your way to the Sunshine Coast.

DAY ONE

- Drive to Boreen Point, (just north of Noosa) and take a full day kayaking tour with Kanu Kapers. Discover the pristine Noosa Everglades where you'll be cloaked in one of two Sunshine Coast biosphere's. Kanu Kapers offers both guided and self-guided tours.
- The full day tour takes you from Boreen Point, to Lake Cootharaba, then onto Fig Tree Point. Here you will grab a quick bite to eat and go on a short bush walk. After this you'll continue further into the Everglades before turning back for the return leg of the journey.
- Kanu Kapers also offers overnight kayaking tours, and there is a self guided option, where you'll be provided with all of the camping equipment you'll need for your trip.
- Boreen Point is an area known for its plant, animal and bird life, so if you enjoy staying close to nature the Boreen Point campground is a good place to base yourself at the start of the trip.

DAY TWO

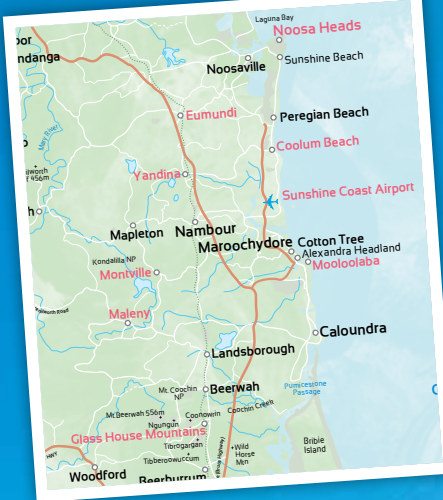
- Having explored the Sunshine Coast waterways on day 2 you will discover the bush and beach on horseback. Equathon horse riding adventures offers a two hour bush and beach tour. Tours depart from the Noosa North Shore Retreat, and are managed by triple Olympian Alex Watson.
- After your horse ride if you are still full of energy why not go on a scenic walk, and see areas of the coast often missed by visitors. At the northern end of the Sunshine Coast you could take on the Elanda Circuit in the Great Sandy National Park.
- Or if the call of the waves is too strong book in for a surfing lesson. Surf schools are dotted along the coast. At the northern end of the Sunshine Coast try Learn to Surf Noosa, or the Coolum Surfing School. Don't need a lesson? Great surf breaks are located along the coast, with the Sunshine Beach and Coolum breaks at the northern end of the Sunshine Coast. Noosa National park is also great for longboard lovers. Stand up Paddle Boarding is a traditional Hawaiian sport and is a great workout. Stand up Paddle Surfing at Noosa provides lessons as well as hire of the boards.
- Wind-down after an action packed day at Joe's Waterhole in Eumundi. As well as being a great country pub Joe's also has a great live music scene. International acts as well as the best of Australia's original talent perform at Joe's.



DAY THREE

- Having based yourself at the northern end of the Sunshine Coast at the start of the trip, head south and make your way to the Glass House Mountains. Here you can abseil down Mount Ngungun with Pinnacle Sports. The full day of abseiling will see you meet your guide and hike to the summit of Mt Ngungun. In the morning you'll abseil down a 20m cliff, and in the afternoon you'll move onto the 40m cliff! Pinnacle Sports also run treks and guided climbs around the Glass House Mountains.
- There are a range of accommodation options available in the Hinterland. From eco-friendly B&Bs to luxury homes available for rent. If you want to base yourself at the Glass House Mountains try Glass House Mountains Eco Lodge, or if you would prefer staying closer to one of the beautiful hinterland villages try Narrows Escape at Montville.





DAY FOUR

- Complete your hinterland adventure with a mountain bike ride. Bideon Australia run a number of guided mountain biking tours. If you'd prefer to go riding solo there are trails suitable for all levels of mountain biking experience. Maps of all of the mountain bike tracks on the Sunshine Coast are located at www.sunshinecoast.qld.gov.au, and the Bideon website also has maps, and suggested rides on the Sunshine Coast.
- An intermediate track which provides spectacular views is the Glass House Mountains Circuit. This is a 25km circuit, and after just one short sharp steep climb you'll be at the Glass House Mountains Lookout.
- All of that activity will mean you'll need some nourishment. There are a number of great cafes and restaurants dotted throughout the Sunshine Coast Hinterland. For great organic fare head to The Green Kitchen Café at Maleny.



DAY FIVE

- Make your way to the coastal town of Mooloolaba. Located centrally Mooloolaba is a vibrant coastal town with lots to see and do. Accommodation options abound; Seaview Resort, Osprey Oceanview apartments, and Mantra Mooloolaba are all great options to consider.
- Thrill seekers are spoilt for choice at the Adventure Centre (located at the Mooloolaba Wharf). At the Adventure Centre hire an ocean Jet ski and carve your way through the waves off Mooloolaba beach. For a more low key start to your day hire a boat at the Adventure Centre and explore the waterways around Mooloolaba.
- Having spent the morning on the water, spend the afternoon in the water. The ex-HMAS Brisbane was sunk just off Mooloolaba in 2005, and the wreck is now a world class artificial reef and dive site. Scuba World and Blue Water Dive offer guided dives.
- After 5 days of non-stop adventure activities reward yourself with a well earned massage.
- Epiphany mobile massage and Ripple Sunshine Coast massage offer a service where they will come to your accommodation and provide the treatment in the comfort of your hotel room.



DAY SIX

- Leave the Sunshine Coast feeling rejuvenated, and with a plan to return to take on diving with sharks at Underwater World, go wakeboarding at Sunshine Coast Cable Watersports, go skydiving, kitesurfing, and enjoy more of the Sunshine Coast.