

girls weekend away itinerary

The Sunshine Coast is the perfect location for a girls weekend away. Easy to get to it is a great mix of shopping, beach, dining and has the perquisite for any girls weekend away...day spas! Here is some inspiration for you and your gals to have a great weekend:

Friday



- For those living in Brisbane simply drive approximately an hour north. For Sydneysiders and Melbournites you can fly direct with Virgin Australia to the Sunshine Coast. Alternatively fly from your capital city to Brisbane and hire a car for the drive up to the Sunshine Coast.

- Mooloolaba is centrally located on the Sunshine Coast and is therefore a great area to base your girls weekend. North of Mooloolaba is Noosa and for those who love shopping and glamour is also a great option.

- There are lots of accommodation options at both Mooloolaba and Noosa, and perfect for a girls weekend is an apartment. At Mooloolaba you are spoilt for choice with lots of beautiful apartments, many with uninterrupted ocean views. Oceans Mooloolaba and Mantra Mooloolaba are two options to consider.

- After settling into your accommodation and having had a good gossip, head out to dinner at the Spice Bar (located at Mooloolaba). The Spice Bar is Modern Australian with Asian influences and it also has some fantastic cocktails!



Right on the beach front is Bistro C, which is relaxed yet stylish. Or visit Berardo's – a Noosa institution. Berardo's is the place to eat and the place to be seen.

Saturday

9:00am – Drive to Noosa and have brunch at Aroma's on Hastings St. Aromas is a Noosa icon and it provides a great spot for people watching. Do a spot of shopping along Hastings Street before driving to Eumundi for a bit of 'eclectic' shopping at the Sunshine Coast's famous Eumundi Markets.

11:00 am – Eumundi Markets offer just about anything a gal could ask for – from cute and quirky through to serious art and collectibles, all complimented by cruisey background music and calorie infused treats!

2:00pm – Continue into the Sunshine Coast's Hinterland by heading to Dulong (which is approximately a 5 minute drive from Nambour). At Dulong you will find the Natural Beauty Retreat. As well as providing great natural spa treatments they also hold Art Spa Parties. At the Art Spa Party you will have a great time creating your own artwork on a canvas ready to hang on your wall when you get back home. Sabine Von Graz an Artist from Austria will get your creative juices flowing in a relaxed environment using different materials and techniques.

6:00pm – Make your way back to Noosa and have dinner at one of the glamorous restaurants that line Hastings St. Right on the beach front is Bistro C, which is relaxed yet stylish. Or visit Berardo's – a Noosa institution. Berardo's is the place to eat and the place to be seen.



Sunday

7:30am – Start your day by grabbing a coffee or juice from a local café and go for a quick stroll along the beach or headland. Having worked up an appetite stop in at a local café and have breakfast.

8:30am - Head to Caloundra to join a Blue Water Kayak Tour. Take a leisurely guided kayak tour of the Pumicestone Passage and Queensland's Moreton Bay Marine Park.

1:00pm – Having done a morning kayak its time for some pampering – you deserve it! Ripple Day spa is the spa that comes to you, so head back to your apartment and get ready for the treatment of your choice.

4:00pm – Now thoroughly relaxed and perhaps even after you've had a quick afternoon nap, get ready and head out to The Boat Shed restaurant at Cotton Tree. Stroll along the beautifully manicured pathways along the rivers edge, or simply select a cold drink and choose a shady spot underneath one of the beautiful trees and watch the sun set

7:00pm – Have a relaxed dinner at The Boat Shed. If you're keen to go dancing head back to Mooloolaba and try The Wharf or 240V. Otherwise head back to your apartment and chat away the night with your friends.

Locals secret

At Peregian beach there is a small French Patisserie – Le Bo Delice, which is tucked away in a corner and has the most amazing cakes, gateaux, sweets and croissants. Order a takeaway hot chocolate and French crapes and sit in the park (across the road) enjoying the view and the village atmosphere.

Monday

11:00am – Arrange a late checkout from your accommodation and give yourself time for a final stroll along the esplanade at Mooloolaba and some leisurely shopping. Here you'll find a mix of designer stores, as well as surf shops at which you can pick up any new beach wear you need. Peregian Beach also has a great little shopping scene. Here you'll find funky fashion boutiques and beautiful interiors shops that will have you wondering what the check-in baggage limit is.

2:00pm – Leave the Sunshine Coast feeling relaxed and refreshed and with a plan to return for your next girls weekend away on the Sunshine Coast.

