

50 Must Do's on the Sunshine Coast

Queensland Australia





More activities
and action than you
can dream of...

The Sunshine Coast is home to a number of exceptional natural and man-made attractions and activities. Whether you are in the mood to get active or put your feet up and relax, you will find something in our 50 Must Do's to plan a Naturally Refreshing holiday.

Drop in to your nearest Visitor Information Centre where friendly staff can assist you to visit some or all of these attractions. If you don't get time to complete the entire 50, we look forward to welcoming you back to the Sunshine Coast very soon.


Sunshine Coast
Queensland *Naturally refreshing*
visitsunshinecoast.com.au

1. Australia Zoo

Steve Irwin Way, Beerwah
www.australiazoo.com.au



Crikey! There is no other zoo like Australia Zoo. With plenty of wildlife action every day including exciting croc shows, knowledgeable zoo keepers to chat with and lots of drop-dead gorgeous animals that can't wait to get up close and personal with YOU! Also on site is the Australia Zoo Wildlife Hospital that runs five tours daily. Open 7 days from 9am to 5pm.

2. Bag a Bargain at the Markets

Bring a recyclable bag and enter shopping heaven at one of our local, hinterland or seaside markets. Stock up on fresh local produce, specialty fare and original creations. "Make it, bake it, grow it or sew it" is the ethos of the famous Eumundi Market, held on Wednesday and Saturday mornings.

Market Guide

Wednesday:	Eumundi Markets
Thursday:	Cooroy Community Market RSL Hall, Maple Street
Saturday:	Eumundi Markets, Lake Kawana Markets, Landsborough Markets, Pomona Country Markets (2nd and 4th Saturday), Sunshine Castle Growers Markets and Yandina Country Markets.
Sunday:	Caloundra - Bulcock Street and Country Farmers Markets, Cotton Tree Street Market, Imbil, Maleny, Maroochydore Sunday Markets, Noosa Farmer's Market, Noosa Marine Village Market, Peregian Beach Markets (1st and 3rd Sunday).



3. Big Kart Track

Steve Irwin Way, Landsborough
www.bigkart.com.au

Looking for action? Big Kart Track has got it all! Straights, bends, chicanes and hair-raising hairpins. It is the perfect venue for group bookings and team building with 50 new faster karts available. Open 7 days from 9am - 5pm Sunday to Thursday and 9am - 10pm Friday and Saturday.

4. Bird's Eye View

www.skydrifterballoons.com.au
www.ramblers.com.au
www.paraglidingrainbow.com

Start your day floating at dawn in a hot air balloon or finish the day with the adrenalin-pumping thrill of tandem skydiving over Caloundra, Coolool or Rainbow Beach. For more spectacular views try parasailing off the Carlo Sandblow on the Coolooloo Coast or take a silent glider flight.

5. Caloundra Coastal Path

www.sunshinecoast.qld.gov.au

Follow the 25km coastal path from Golden Beach in the south to Point Cartwright in the north, passing through spectacular scenery of lakes, creeks and surf beaches.

6. Coast the Region by Harley Davidson

www.freedomwheels.com.au
www.sunshinetricketours.com

For the ultimate wind-in-your hair adventure climb aboard a Harley Davidson or 3 wheeled trike. Choose from an adrenalin pumping ride to a more sedate cruise through spectacular scenery.

7. Cruise the Waterways

www.visitsunshinecoast.com.au

Join a cruise or simply hop on a ferry to discover the picturesque natural surroundings of the Sunshine Coast river systems. Multiple operators can help you explore the Noosa Everglades, Noosa, Maroochy and Mooloolah Rivers or spot dolphins and dugongs in the Pumicestone Passage in Caloundra.

8. Day at the Races

Corbould Park, Caloundra
www.sctc.com.au

Experience the glamour and excitement of thoroughbred racing at the Sunshine Coast Turf Club. Enjoy an exciting day out with friends and family with afternoon racing on Sundays and special race days throughout the year.

9. Dine Out in Style

With surf, sun and tranquil hinterland as the backdrop, the pursuit of fabulous food is high on the agenda on a Sunshine Coast holiday. Try an award winning restaurant, seafood fresh from the trawlers or enjoy a classic Aussie meal at one of the many Surf Clubs - whatever your taste buds crave, you are sure to be satisfied.



10. Dive the Ex-HMAS Brisbane

Mooloolaba
www.scubaworld.com.au
www.sunreef.com.au

Dive the site of one of Australia's most distinguished warships. The ex-HMAS Brisbane has grown into an impressive artificial reef and lies at a depth of 27 metres. ScubaWorld and Sunreef hold permits to dive the site. PADI certified divers can make bookings either direct with the dive companies, or through the Maroochydoore Visitor Information Centre.

11. Dive with Grey Nurse Sharks

Wolf Rock, Cooloola
www.wolfrockdive.com.au

Wolf Rock is a formation of four volcanic pinnacles found north of Double Island Point and is one of the few places in the world where you can dive with large schools of Grey Nurse Sharks.

12. Ettamogah Pub & Aussie World

Bruce Highway, Palmview
www.aussieworld.com.au

Aussie World family fun-park is reminiscent of an old Australian fairground and has over thirty rides and games to entertain the whole family. Open 9am to 5pm 7 days a week. While there, have your photo taken in front of the Ettamogah Pub, the most photographed pub in the world! Look out for the 1927 Chevy truck on top of a bright red roof just off the Bruce Highway - you can't miss it! Open 11am to 8pm 7 days a week.



13. Feed the Dolphins at Tin Can Bay

www.barnaclesdolphins.com.au

Tin Can Bay is one of only three places in Australia where you can hand feed the rare Indo-Pacific humpback dolphins. Feeding starts at 8am and continues until 11am (unless the dolphins decide to depart beforehand). Feeding is free and an exhilarating experience for all.

14. Find a Hole in Your Diary

Tee off against spectacular scenic backdrops at one of the Sunshine Coast's five championship golf courses. Choose from Greg Norman designed Pelican Waters Golf Club in Caloundra, Twin Waters or Hyatt Regency Coolool - the home of the Australian PGA championship, Peregian Springs (members only) and Noosa Springs Golf Resort and Spa.



15. Fun On the Water

www.visitsunshinecoast.com.au

Join one of many fully accredited instructors along the coast to learn how to surf, windsurf, stand up paddle or kite surf in a fun and safe environment! If you prefer the motorised variety, hire a jetski or experience the thrill of jumping waves on a jet boat with Noosa Thriller or Oceanrider.

16. Ginger Factory

50 Pioneer Road, Yandina
www.gingerfactory.com.au

Spend the day enjoying the delicious flavours, fabulous gift shopping and educational tours or let the kids chase the gingerbread man around the globe on the Overboard ride. The Ginger Factory is now also home to the Superbee Live Bee Show and The Buderim Ginger Cooking School. Open 7 days, 9am to 5pm, free admission, fees apply for tours and rides.

17. Glass House Mountains

Steeped in Aboriginal Legend, the Glass House Mountains are a series of craggy volcanic plugs rising dramatically from the coastal plain. There are a number of panoramic lookouts as well as accommodation and dining options where you can sit and soak up the mystical beauty.

18. Great Sandy National Park

www.epa.qld.gov.au

Create your own itinerary or join a 4x4 adventure tour to discover a multitude of walking trails, fishing and camping spots. Four-wheel drive vehicles can continue along the 50 kilometre stretch of beach to Double Island Point and the towering Teewah Coloured Sands.

19. Hire a Boat

Hire a boat and round up the crew for a fun day out on the water. Boats can be hired from a number of locations across the Sunshine Coast including the Maroochy and Noosa Rivers, Caloundra, Rainbow Beach and Tin Can Bay.

20. Horse Riding on the Beach

www.equathon.com
www.clipcloptrecks.com.au
www.mooloolahvalley.com



The experienced and the inexperienced horse rider can enjoy riding along stunning beaches, including Noosa North Shore and along the shallow waters of Lake Weyba. Other options for a unique adventure are extended horse riding tours through hinterland trails.

21. Improve Your Culinary Skills

Impress friends at your next dinner party with skills learned from one of the Sunshine Coast's famous cooking schools; Spirit House and the Ginger Factory in Yandina, On the Ridge in Kureelipa, Bucket and Spade at Kings Beach, Mango Hill Farm, The Long Apron at Spicers Clovelly Estate and Tamarind Cooking School at Spicers Tamarind.

22. Indulge in a Local Drop

Enjoy a local drop at boutique wineries etched throughout the hinterland. Visit Flame Hill Vineyard, Blind Man's Bluff, Dingo Creek Vineyard, Maleny Mountain Wines and Maroochy Springs. Or if you prefer a local brew, visit the Sunshine Coast Brewery cellar door or restaurant and taste a variety of beers from traditional to specialty hand crafted styles.

23. Kayak & Canoeing Adventures

www.maroochyrivertrail.com.au

The Sunshine Coast's pristine waterways and beaches provide a perfect playground to venture out on a kayak or canoe. Take a guided tour of Caloundra's Pumicestone Passage Marine Park, the Noosa Everglades, Noosa River or open oceans around the Noosa National Park or hire your own and follow the Maroochy River Trails map!



24. Kings Beach Playground

Designed with optimum shelter and shade, Kings Beach foreshore offers picnic and BBQ facilities, flying fox playground, interactive water features, adult and children's ocean front seawater swimming pool. Complete with a bustling promenade lined with cafes, restaurants and shops and a stage structure which holds various outdoor entertainment.



25. Landsborough Museum

Maleny Street, Landsborough
www.landsboroughmuseum.org.au

Established in 1976, Landsborough Museum is one of the largest social history museums between Gympie and Brisbane. Exhibiting memorabilia, documents, photographs and stories of indigenous and non-indigenous peoples whose heritage can be linked to this region. Open from Wednesday - Sunday 9.00am to 3.00pm.

26. Mary Cairncross Scenic Reserve

48 Mountain View Road, Maleny
www.mary-cairncross.com.au

Wander through 52 hectares of subtropical rainforest, a remnant of the rainforests that once covered the Blackall Range. The Reserve is a living museum of diverse plant and animal species which promises to delight with its tranquillity and beauty. Entry is by gold coin donation.



27. Mary Valley Rattler

Old Railway Station, Tozer Street, Gympie
www.thevalleyrattler.com

All aboard! - "The Valley Rattler" steam heritage tours run every Wednesday, Saturday and Sunday. The Rattler's spectacular journey begins at historic Gympie Railway Station and travels through the scenic Mary Valley, stopping at the fully restored, landscaped and original stations of Dagun, Amamoor, Kandanga and Imbil.

28. Medieval Times

Sunshine Castle, Bli Bli
www.sunshinecastle.com

Prepare for excitement, enchantment and education as you explore the castles moat, towers, drawbridge, medieval displays and exhibitions. Open 9.30am to 4.30pm daily, the castle also caters for group visits, functions and special events.

29. Meet the Growers

The Sunshine Coast is a gourmet paradise, always fresh, often organic produce is grown, prepared or sourced locally. Pick strawberries at Eumundi Strawberries or Strawberry Fields in Palmview, taste the difference of Noosa Red tomatoes, handpick your own Kybong crayfish or select fresh seafood from trawlers at Mooloolaba Wharf or try a number of award winning cheeses at Kenilworth and Maleny cheese factories.



30. Nature Lovers

www.derm.qld.gov.au/parks

Nature lovers are spoiled with choice with access to nine National Parks. Escape to the cool refuge of cascading waterfall's at Buderim State Forest Park, Kondalilla National Park, Mapleton Falls and Gardners Falls. Take a refreshing dip in a water hole, picnic under tall eucalypt forest or meander on one of the many walking trails.



31. Nutworks and The Chocolate Factory

Pioneer Road, Yandina
www.nutworks.com.au

Situated across the road from the Ginger Factory is Nutworks where you can uncover the history and health benefits of Australia's macadamia nut, view chocolates and confectionery being made and taste the delicious samples on offer. Open 7 days a week from 9am to 5pm.

32. Queensland Air Museum

Caloundra Aerodrome, Pathfinder Drive, Caloundra
www.qam.com.au

See a fascinating collection of all aspects of aviation heritage with special emphasis on Australia and Queensland. The museum is comprised of over forty aircraft with various displays and other aviation memorabilia. Open daily 10am - 4pm.

33. Relax in a Day Spa

From Romanesque-inspired aqua treatment pools to exotic Balinese retreats, Sunshine Coast day spas provide a serene environment and quality use of products. Try onsite spas at Hyatt Regency Coolum, Noosa Springs Golf Resort and Spa, Crowne Plaza Pelican Waters, Sheraton Noosa Resort, Spicers Clovelly Estate and Novotel Twin Waters. To sample a local boutique spa, visit Amytis Gardens Retreat and Spa (Kiels Mountain), Asante Day Spa (Coolum), Blue Dew (Montville) or Iratan Spa (Doonan).

34. Ride, Walk or Cycle the Noosa Trail Network

www.visitsunshinecoast.com.au

Set off on one of the eight picturesque hinterland trails that make up the Noosa Trail Network. Carefully signposted and ranging in length and difficulty, you can choose to walk, horse ride or mountain bike. Detailed trail information and maps are available at Visitor Information Centres.

35. Run away with the Circus

Novotel Twin Waters Resort, Mudjimba
www.cirqueespace.com

From beginner to enthusiast or budding expert, learn how to juggle, walk the tight-wire, fly on a trapeze or bounce on the Astro-Boing bungee trampoline. Trained professionals will have you joining the circus after completing one of their workshops.

36. Shop up a Storm

Indulge in some holiday retail therapy. Choose from dazzling boutiques and specialty stores found on Noosa's Hastings Street and Mooloolaba Esplanade. Find something truly unique at the outdoor markets or in the quaint Hinterland village of Montville, or enjoy an all-in-one retail precinct at Sunshine Plaza in Maroochydore.



37. Ski & Skurf Cable Park & Barra Fishing

David Low Way, Bli Bli
www.suncoastcablewatersports.com
www.suncoastbarrafishing.com

Master knee boarding, skurfing, skiing or wakeboarding in a safe and friendly environment with qualified instructors or endeavour to catch one of the most sought after fish in the world... the Barramundi. At Suncoast Barra Fishing Park, offering 3 lakes, Barra Creek, Big Boys Pond and Mixed Species Pond.

38. Spot a Koala in Noosa National Park

www.visitsunshinecoast.com.au

A short stroll from Noosa's fashionable Hastings Street you will find the sublime Noosa National Park, one of Queensland's few coastal National Parks. Stroll through the park and spot resident koalas dozing in the trees, swim or surf at coves and beaches found around the scenic headlands, and retreat into the cool forests of the inland tracks.



39. Step back in time with a Silent Movie

3 Factory Street, Pomona
www.themajestictheatre.com.au

Be transported back to the Golden Age of an original silent movie at the Majestic Theatre in Pomona, built in 1921 and regarded today as the world's only continuously running silent movie theatre. Silent movies are shown two to three times per week and are sometimes accompanied by Ron West, a living legend who plays the eight rank theatre organ.

40. Sunshine Coast Art Gallery Trail

www.scap.org.au

The Sunshine Coast is home to many quality art galleries that showcase the work of leading local, national and international artists and craftspeople. Pick up your copy of the Sunshine Coast Art Gallery Trail brochure from your local Visitor Information Centre and explore these exceptional galleries.

41. Sunshine Coast Hinterland Great Walk

www.derm.qld.gov.au

Experience 58km of world class walking trails in the scenic Blackall Range on the Sunshine Coast Hinterland Great Walk. Designated as one of the 6 Great Walks in Queensland, you can choose from half-day strolls to full-day walks and extended overnight adventures. Some local bed and breakfast operators offer drop off/pick up services for overnight walkers. Topographic maps can be purchased at the Visitor Information Centres.

42. Tell the Kids to 'Get Lost'!

Tanawha Tourist Drive, Tanawha Valley
www.bellmaze.com

Bellingham Maze is a giant living hedge maze complete with a picnic area and aviary housing around 100 beautiful birds. Open 7 days from 9am to 5pm.

43. The Calm Behind the Coast

Explore quaint villages along the Blackall Range, through the Glass House Mountains and up to the scenic Mary Valley. Charming townships such as Mapleton, Montville and Maleny offer stunning views, rainforest walks, fresh produce, local wines, cheeses, fine arts and crafts and cosy B&Bs and cottages.

44. Throw in a Line

The calm waters of Mooloolaba Spit, Golden Beach and the river mouths of Noosa and Maroochy Rivers are the perfect spot to hire a boat and drop a line. Try your hand at surf fishing at the Inskip Peninsula Recreation area and Noosa North Shore. Or head out on a deep sea fishing charter trolling for snapper, coral trout, marlin and mackerel.

45. Top Shots Fun Park

Allora Drive, Maroochydore
www.topshotsmaroochydore.com

You will have hours of entertainment with two of Queensland's best 18-hole mini golf courses, blaster boats (like dodgem cars on water with spray guns), vertical trampoline (like abseiling up a trampoline face), inflatable waterslide and an indoor rock climbing wall. Open daily 9am to 6pm Sunday to Thursday and 9am to 10pm Friday and Saturday.

46. UnderWater World

The Wharf, Mooloolaba
www.underwaterworld.com.au

UnderWater World is a multi-award winning all weather tourist attraction. Be enticed by over 5,500 sea creatures including sharks, sting rays, seals and otters as you explore eight unique zones. View the world-famous 2.5 million litre Oceanarium tunnel and interact with animals in a Behind the Scenes Tour, seal swims, encounters and kisses, shark dives and a world first otter encounter. Open 7 days 9am to 5pm.



47. Venice in Noosa

www.gondolasofnoosa.com

For a romantic interlude with your loved one, enjoy a day or evening gondola ride on the beautiful Noosa River. Cruise at sunset sipping champagne, or arrive in style at one of the many iconic Noosa waterfront restaurants.



48. Visit a Surf Club

Situated along the beachfront and securing some of the best vantage points on the Sunshine Coast, plan a visit to an iconic surf club starting in Caloundra through to Mooloolaba, Alexandra Headlands, Maroochydore, Coolum, Sunshine Beach and Noosa. Enjoy a cool beverage and a delicious meal while watching the surf roll in from your perch on the balcony.

49. Whale Watching

The Wharf, Parkyn Parade, Mooloolaba
www.whaleone.com.au
www.liquidgetaway.com.au

From June to November experience the majestic migration of some 8,000 Humpback Whales. Join Steve's Whale One whale watching tours that depart from Mooloolaba at 10am everyday during the whale season, or Liquid Getaway that run tours twice a day from Mooloolaba. Alternatively view the migration from various headlands across the Sunshine Coast including Point Cartwright, Noosa National Park and Coolum.



50. World Heritage Listed Icon

www.frasercoastholidays.info
www.thediscoverygroup.com.au
www.fraserislandadventuretours.com.au
www.noosasafaris.com.au

Rich in diversity and natural beauty, Fraser Island begins just north of the Sunshine Coast and is accessible as a day or overnight trip. Join a tour that departs from Noosa or hire a 4WD and navigate the sandy roads. As the world's largest sand island and World Heritage Listed, a visit to Fraser Island is a must on any itinerary.



Visitor Information Centres

Caloundra Visitor Information Centre
 7 Caloundra Road,
 Caloundra QLD 4551
 Phone: +61 7 5420 6240
 Free call: 1800 644 969
www.sunshinecoastvisit.com.au

Maroochydore Visitor Information Centre
 Cnr Sixth Avenue and Aerodrome Road,
 Maroochydore QLD 4558
 Phone: +61 7 5459 9050
www.sunshinecoastvisit.com.au

Noosa Visitor Information Centre
 Hastings Street,
 Noosa Heads, QLD 4567
 Phone: 13000 NOOSA (66672)
www.visitnoosa.com.au

Cooloolah Visitor Information Centre
 24 Bruce Highway,
 Gympie, QLD 4570
 Phone: +61 7 5482 5444
 Freecall: 1800 444 222
www.cooloolah.org.au

Glass House Mountains
 Visitor Information Centre
 Cnr Bruce Parade and Steve Irwin Way,
 Glass House Mountains, QLD 4518
 Phone: +61 7 5438 7220
www.sunshinecoastvisit.com.au



Legend

- Golf Course
- National Park
- Markets
- Winery
- Lookout
- Sunshine Coast Airport
- Vehicular ferry departure
- Patrolled beach
- Accredited Visitor Information Centres

- Roads
- Highway
- Dirt road
- Railway