



DAY ONE

Find your space on one of the Sunshine Coast beaches. With over 100km of coastline there is one to suit you, whether it's a family friendly and safe Mooloolaba Beach, popular Kings Beach in Caloundra, or north-facing Noosa. Ride the waves, build sandcastles, enjoy the temperate waters or just feel the sand between your toes.

Take on the role of student and sign up for a surf or sail class – waves are perfect for beginners or experts. Learn to put up your sail and enjoy the views off the magnificent Mooloolaba coast. Finish the day with a Gondola cruise, one of the most romantic waves to spoil yourself and your loved one on the Noosa river.



DAY TWO

Start your day bright and early by joining a sunrise whale watching cruise to spot the gentle giants of the deep in the coastal town of Mooloolaba (late July- early November). All year round you can interact with sea animals at Underwater World, Queensland's largest oceanarium and aquarium. Watch daily seal shows, learn about aquatic life on the behind the scenes tour, enjoy changing exhibitions and have your photo taken kissing a seal or diving with the sharks!

Wander down to Parkyn Parade for a selection of fresh seafood caught straight from the morning fishing trawlers. Book a scuba dive to explore the artificial reef and HMAS Brisbane, a former warship, sunk just off of the coast in 2005.



DAY THREE

Join the Discovery Group for a day trip to World Heritage listed Fraser Island. The tour takes you across to Fraser Island for rainforest walks, four-wheel-driving along Seventy-Five Mile Beach, a gourmet BBQ lunch and some swimming in the famous Fraser Island freshwater lakes. Along the way spot dolphins, and take in the towering cliffs of the coloured sands along the coastline. The guided tours offer insight and four wheel drive expertise, allowing you to enjoy the journey without parks permits and hire vehicles.



DAY FOUR

Stop off at Hastings Street, Noosa's fashion strip that has undergone a street makeover. Purchase high end designs or local labels and indulge at a number of al fresco restaurants, cafes bars and ice creameries with ocean views.

Surf, swim or snorkel in the clear blue waters at the base of Noosa National Park, where you can also kayak (sometimes with dolphins!), and stop for lunch at Tea Tree Bay. Stroll through Noosa National Park to spot koalas in the gum trees. Alternatively, join a horseride along the beach or through the bushland on Noosa's North Shore, before relaxing in your own beach house hideaway.



DAY FIVE

Explore the towns of the hinterland brimming with fresh seasonal produce. Organise your own food and wine tour stopping at the towns of Montville, Maleny and Mapleton. Visit Settlers Rise Winery and enjoy a cheese platter and wines overlooking the Blackall Ranges. Stock up your picnic supplies at Colin James in the main street of Maleny, famous for their ice-cream and Maleny Cheese for a cheesemaking demonstration. Enjoy some of their award winning cheeses in their Cheese Stop Café and Shop.

Treat yourself to a cooking school that pepper the hinterland, stepping visitors through transforming seasonal produce into culinary delights.

Walk off your lunch on the numerous tracks and trails of Sunshine Coast Great Walk, whether it's a simple stroll through the forest or a serious hike with a stunning view.



DAY SIX

Finish your week with an early start – to feed the dolphins at Tin Can Bay. Wild indo-pacific dolphins chose to eat their breakfast with you at Barnacles Café at the marina. Dolphin Ferry Cruises runs dolphin feeding cruises every morning and give you an amazing, interactive experience with these magnificent creatures. As well as feeding dolphins you may be lucky enough to spot dugong, turtles, sea snakes and white breasted sea eagles. There is also a 3 hour cruise to around the Great Sandy National Park if you have more time up your sleeve.

Farewell the Sunshine Coast by enjoying some final great food and wine – local produce from the Eumundi or Noosa markets could be the perfect souvenir.