



DAY ONE

You'll know you're on holidays when your toes hit the sand on one of the gorgeous Sunshine Coast beaches. Family friendly Mooloolaba Beach or Bulcock Beach in Caloundra are perfect for little ones to splash, dive, and not to mention build towering sand castles, or for the thrill and challenge of larger waves try Noosa Heads.

Learn to surf on a famous Noosa longboard or try the new craze of paddlesurfing. If the fish are calling, you might like to throw in a line in one of the coastal rivers or the deep sea, or explore the hidden Everglades on a guided tour.

After lunch at the local Surf Club or beach-front restaurant, delve into the shops along the Mooloolaba Esplanade or Hastings Street – you'll be sure to find something you'll love.



DAY TWO

Make your way to Australia Zoo for an action-packed day the whole family will love, including live shows and exciting encounters with amazing animals from around the world.

Continue up into the hills and explore the Sunshine Coast Hinterland – discover the boutique villages and quaint townships of Montville, Maleny and Flaxton. The hinterland is a creative haven for artists, potters, glassblowers, craftspeople and food lovers.

Stop in for lunch at a café or visit one of the many well stocked delicatessens for picnic supplies before visiting Mary Cairncross Scenic Reserve. Take in spectacular views at the Heritage-listed Glasshouse Mountains, or go for a swim in the waterfalls at Kondallila Falls.



DAY THREE

Relax all your worries away at one of the well appointed Spas on the Sunshine Coast. And while Mum is enjoying a facial, massage or just some time to herself, Dad can play a round at one of the many pristine golf courses in the area.

Become your own masterchef at one of the region's cooking schools. From the local produce at the Ginger Factory to exotic Thai dishes at the Spirit House, there's a cuisine for the beginner or expert to further develop your culinary skills.

If you'd prefer to entertain the children, Underwater World, the Ginger Factory and Aussie World are just some of the favourite local attractions.

For more information go to www.noleavenolife.com

