SUNSHINE COAST *Getaways*

YOUR *guide* TO THE SUNSHINE COAST





A warm welcome to you

Dear Guest,

You're here, welcome! We hope you enjoy your stay here on the beautiful Sunshine Coast.

To get even more out of your trip, here is a handy guide filled with suggestions to help you create everlasting, exciting memories.

From the Sunshine Coast Getaways team

SUNSHINE COAST Getaways

Things To Do

Adventure
Food And Drinks
Street Food Night Markets
Music And Culture
Health And Wellness
Nature
Bonus Nature Trips
Shopping



Adventures on the Sunshine Coast





TreeTop Challenge

Head down to Australia's largest zip line attraction. Enjoy 70 high rope challenges and 5 zip line courses. There's plenty to keep you busy.

Location: Big Pineapple, Woombye

https://www.treetopchallenge.com.au/



Jetski Hire

Fly across the water on a jet ski. What more could you ask for?

Location: Maroochy River

https://maroochyjetski.com.au/



Skydive Australia

Ready to take a leap of faith? Experience the thrill and beauty of Noosa's stunning beaches and shoreline – from above!

Location: Noosa

https://www.skydive.com.au/locations/noosa/



Canoe through Noosa Everglades

Explore the tranquil environment of Noosa Shire and see the stunning flora landscapes that attract the Sunshine Coast's vast wildlife.

Location: Como, Noosa Shire

https://fraser-tours.com/



Australia Zoo

Set out on a day of adventure where you'll come face to face with more than 100 different species across a total of 1200 animals. This is one immersive and interactive experience you won't want to miss out on.

Location: Beerwah

https://www.australiazoo.com.au/

Remember to read our guide on preparing for your big day out at Australia Zoo.



Aussie World

If you're looking for a theme park with a difference, Aussie World offers a fun-filled day on the Sunshine Coast. Home to plenty of rides and attractions, this tourist favourite is perfect for the whole family.

Location: Palmview

https://aussieworld.com.au/

Read our full guide on visiting Aussie World here.



Amaze World

Solve puzzles, riddles, tricks and twists along a grand adventure that has you on your feet at every turn. If there's one place you want to get lost, it's here at Amaze World.

Location: Tanawha

https://amazeworld.com.au/



Know what to plan for your day ahead at SEA LIFE with our handy guide.

Sea Life

Head out on an underwater adventure at SEA LIFE Sunshine Coast, where you'll come up close and personal with some of the sea's most fascinating creatures. This must-see is located right on The Wharf in Mooloolaba and features multi-award-winning attractions.

Location: Mooloolaba

https://www.visitsealife.com/sunshine-coast/



Adventure Rafting

Adventure Rafting offers a unique scenic rafting experience on the Sunshine Coast. If you're looking for an exciting activity during your time in Mooloolaba, our 1HR Ride is a must-do. This is no ordinary boat ride - it's an adrenaline-pumping adventure! As you raft down the river, hold on tight as you ride the rapids and take in the beautiful scenery.

Location: The Wharf Mooloolaba

https://adventurerafting.com.au/



Swim With Whales

Swim with the legendary humpback whale in a life-changing experience you'll never forget. This attraction is a must-have on your bucket list.

Location: Mooloolaba

https://www.sunreef.com.au/

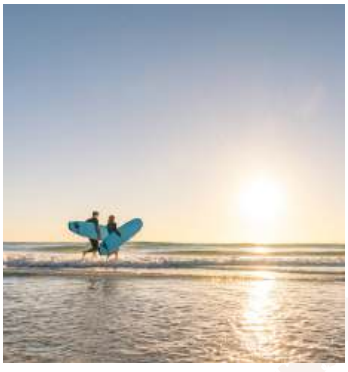


Dolphin View Sea Kayak Beach X Tour

Experience an Epic Ocean Adventure back to nature and into the wild with our Noosa Dolphin View Kayak Tour.

Location: Noosa

www.epicoceanadventures.com.au/noosa



Maroochy Surf School

We aim to provide you with a professional and enjoyable surfing experience while ensuring that you learn all the essential skills needed to surf safely in the ocean.

Location: Noosa

https://maroochysurfschool.com.au/



Aquaduck Sunshine Coast

Trying to choose between a bus tour and a boat tour? No need. The Aquaduck covers it all in this one-hour adventure across the beach, canals, waterways and local streets.

Location: Mooloolaba

https://www.aquaduck.com.au/sunshine-coast/



Our top beaches to visit on the Sunshine Coast

1. Mooloolaba Beach
2. Alexandra Headland Beach
3. Maroochydore Beach
4. Wurtulla Beach - Dog Friendly
5. Kings Beach, Caloundra
6. Sunshine Beach
7. Rainbow Beach

SUNSHINE COAST Getaways

First Bay Coolum Beach

Located south of the main beach of Coolum, First Bay reveals a beautifully contained hotspot popular with both surfers and swimmers. Perfect for families, friends or a solo beach swim, it's ideal for all ages.

https://www.tourismsunshinecoast.com.au/coolum/first-bay-coolum/



Tea Tree Bay Noosa

Here's one for the surfers! Head slightly off the beaten track away from Noosa's Main Beach, and you'll find Tea Tree Bay. Find your way through the winding paths of the National Park to find this gem, and after 30 minutes of walking, you'll be met with picturesque clear waters and a sandy oasis.

https://www.queensland.com/au/en/things-to-do/attractions/p-584f8dcfaf779cb14de5ee75-tea-tree-bay

Mooloolaba Beach

Mooloolaba is a vibrant, cosmopolitan destination with a wide, patrolled beach suitable for swimming, surfing, and sunbathing. Experience the energetic atmosphere, explore Underwater World, and choose from a wide variety of restaurants, cafes, bars, and nightclubs.

https://www.queensland.com/au/en/places-to-see/destination-information/p-578858c1f7a9c5cc504c7fd0-mooloolaba-beach



Food and Drinks



Breweries and Bars Restaurants





Eumundi Brewery

Location: Eumundi

Tucked inside the iconic Imperial Hotel, here is where you'll cross paths with Eumundi Brewery – an old favourite that was brought back to life in 2016.

https://eumundibrewery.com.au/agegate/

Brouhaha Brewery

Location: With 2 locations at Maleny and Baringa

Absorb the beauty of the Sunshine Coast Hinterland at Brouhaha's two brewery locations at Maleny and Baringa. These hotspots are boutique brewery dreams at their finest, with great beer (of course), coffee and incredible food.

https://brouhahabrewery.com.au/

Restaurants and Bars



Sum Yung Guys

Location: Noosaville

This Modern Asian Fusion brings us the new happening place on the Sunshine Coast.

https://www.sumyungguys.com.au/





Bella Venezia

Location: Mooloolaba

Experience this iconic restaurant located on the Mooloolaba Esplanade. Enjoy stunning dishes alongside an elegant, beach-side atmosphere. Plus, there's plenty of award-winning Italian wine to taste.

https://www.bellavenezia.com.au/

The Boat Shed

Location: Cotton Tree

Sitting right on Maroochy River, under the Cotton Tree, The Boat Shed is coastal cool. The restaurant is open on one side to a small lawn hugging the river's edge. This is the place for watching the world go by - paddlers, kite surfers and holiday makers... and don't forget the magic sunsets!

https://www.theboatshed.com.au/



Our Favourite Cocktail Bars On The Sunshine Coast

1. Whisky & Tequila – W.A.T. Den, Mooloolaba
2. Boston Shaker, Mooloolaba Wharf
3. Incas Tapas Bar, Mooloolaba
4. Backlane Bar and Street Food, Mooloolaba
5. Orleans Restaurant and Bar, Maroochydore
6. Breeze of Italy (Wine Bar), Cotton Tree

See Restaurant

Location: Mooloolaba Wharf

See Restaurant is all about the views. Located right on the marina in Mooloolaba, this stylish restaurant has a front-row seat to the water and boats.

https://www.seerestaurant.com.au/

Coffee



Alex Surf Club Beachside Kiosk

Location: Alexandra Headland

Perched right by the sand, this open-air cafe offers an unbeatable vantage point to soak in the breathtaking sea air and picture-perfect beach. Sip on a flat white and treat yourself to a delicious bite while watching the surfers catching their favourite break and our Lifesavers training for events.

https://www.alexsurfclub.com.au/beachside-kiosk



Clandestino Coffee

Location: Noosaville

From incredible coffee to gorgeous elixirs developed in-house in collaboration with Ayurveda practitioners, Clandestino Coffee is one hotspot you won't want to miss out on.

https://www.clandestino.com.au/



Murrays Cafe

Location: Maroochydore

Murrays is an institution for locals. Family-run and service-driven, this licenced café and expresso bar will make you feel like family. Plus, the coffee and freshly baked treats are bound to impress the most discerning café hopper!

https://www.murrayscafe.com.au/

Our Top Coffee Picks

1. Elliots Bistro – Alexandra Headland
2. La Petite Souris – Alexandra Headland
3. Criminal Coffee - Maroochydore
4. The Colombian Coffee Co - Mooloolaba
5. The Velo Project - Mooloolaba

Street Food Night Markets



Maleny Lane

This little rustic foodie hub is smack-bang in the centre of Main Street, Maleny. Featuring gourmet street food from from across the world, it's a stunning crowd-favourite you'll definitely want to add to your bucket list.

Location: Maleny

https://www.facebook.com/MalenyLane/





Mooloolaba Food Markets

Location: Mooloolaba

Enjoy awesome street food and artisan stalls with awesome entertainment and live performers regularly taking over the Esplanade. Check website for latest dates.

https://discovermooloolaba.com.au/events/mooloolaba-sunset-markets/



Currimundi Lake Twilight Market

Location: Currimundi Lake

Take in the sun descending over Currimundi Lake at this twilight market. Held on the third Friday of every month, you can hit up this night street food attraction between 4pm and 8pm.

https://caloundramarkets.com.au/



Eumundi Markets

Location: Eumundi

It wouldn't be a good list of markets without featuring Eumundi's very own, filled with locally made crafts, handmade gifts and unique goods. Enjoy an array of cuisines while listening to local musicians every Saturday and Wednesday.

https://eumundimarkets.com.au/



Noosa Farmers Markets

Location: Noosa

Explore this outdoor market that's packed to the brim with locally sourced fruits and vegetables, plenty of baked goods and even breakfast goodies. Open between 6am and 12pm every Sunday.

https://eumundimarkets.com.au/



Yandina Markets

Location: Yandina

This market is full of local growers and operates Sunday mornings. Sift through a mix of plants, vegetables and fruits or wander through various second-hand goods and unique food outlets.

https://www.facebook.com/YandinaMarkets/



Read our comprehensive guide on local markets on the Sunshine Coast.

Caloundra Street Fair Markets

Location: Caloundra

Another one of the Sunshine Coast's famous markets, this one is held on Sundays and offers plenty of arts, crafts, clothing, entertainment and food vans in the heart of Caloundra.

https://caloundrastreetfair.com.au/

Music and Culture





Noosa Regional Gallery

Location: Tewantin

Noosa Regional Gallery is an exclusive showcase on the Sunshine Coast. It's located on the riverside of the picturesque Noosa River in Tewantin and is a short walk from the marina cafes and even Tewantin's main shopping precinct.

https://www.noosaregionalgallery.com.au/





Triballink Activity Centre

Location: Mapleton

Set on 54 acres in Mapleton in the Sunshine Coast Hinterland, the Triballink Activity Centre is a purpose-built cultural experience for all ages to participate in and learn about Indigenous concepts. Explore fascinating bush skills and bush tucker techniques, and get the opportunity to try an Indigenous-inspired meal. Top it all off with traditional songs, dances and stories.

https://triballink.com.au/activity-centre/

Caloundra Street Art Trail

Location: Caloundra

The 1.7-kilometre Caloundra Street Art Trail features memories of old Caloundra, including the city's oldest structure – the Lighthouse. It's a tribute to Ma and Pa Bendall, who were the cornerstone of the region's surfing culture, and is a retro take on modern Caloundra.

https://gallery.sunshinecoast.qld.gov.au/Collections/Public-Art-Collection/Public-Art-Trails/Caloundra-CBD-Art-Trail



The Station

Location: Birtinya

The Station is the Sunshine Coast's premier precinct for entertainment and good times! It's all about amazing Music, Markets, Events, and epic, amplified experiences.

https://thestationsc.com.au/



Solbar

Location: Maroochydore

Home to live music and art, this exhibition venue includes a main stage, lounge bar and a menu full of great pub food.

https://www.solbar.com.au/



The Events Centre

Location: Caloundra

Consider this the region's world-class arts and conference centre. See a kaleidoscope of dances, concerts and plays for all ages.

https://theeventscentre.com.au/

Health and Wellness





iKatan Balanese Day Spa

Location: Doonan

iKatan Spa is a private day spa where you'll enjoy hours of luxury treatments that complement each other in every way, shape and form. You also get one designated therapist throughout your experience, so each treatment flows seamlessly from one to the other.

https://ikatanspa.com/



Tank Riviera Day Club

Location: Mooloolaba

Tank Riviera is a day club, waterfront restaurant & bar, river cruise, bathhouse & day spa all wrapped into one!

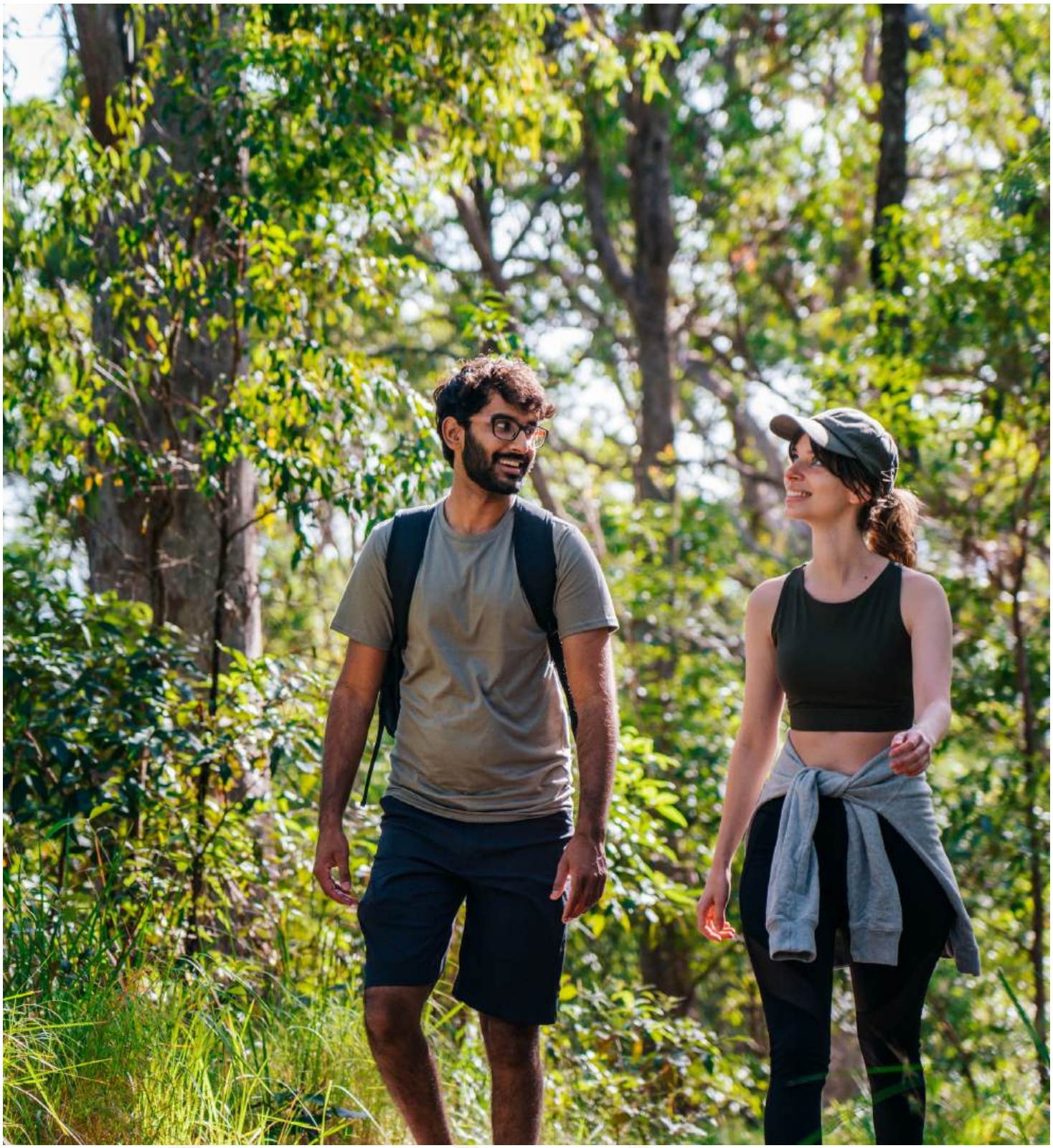
https://www.tankspa.com.au/



Our Top Fitness Centres on the Sunshine Coast

1. Jetts Mooloolaba
2. Club Lime Mooloolaba
3. UBX Mooloolaba
4. Station Pilates Maroochydore
5. Fitstop Maroochydore

Nature





Mount Coolum

Location: Mount Coolum

Spend 45 minutes hiking up Mount Coolum National Park to experience spectacular 360-degree views of the Sunshine Coast from the top of the 208-meter-high extinct volcano, then relax on the golden sands of Coolum Beach and enjoy the laidback surf town vibes.

https://www.visitsunshinecoast.com/guide/climb-mount-coolum



Mapleton National Park

Location: Mapleton

Nestled in the lush hinterland of the Sunshine Coast, Mapleton National Park is a nature lover's paradise. The diverse landscape encompasses rainforests, tall open forests, palm groves, rocky outcrops and scenic mountain vistas.

https://parks.des.qld.gov.au/parks/mapleton

Kondalilla National Park

Location: Flaxton

Kondalilla National Park is a beautiful protected area near Montville on Queensland's Sunshine Coast, about 100km north of Brisbane. Known for its lush rainforest, spectacular waterfalls, and excellent hiking trails, it is a popular nature getaway for tourists visiting the hinterland of the Sunshine Coast. Try out the Picnic Creek circuit – a 17-km trek that takes roughly an hour to complete.

https://parks.des.qld.gov.au/parks/kondalilla/about



For more information, please check out:
https://adventure.sunshinecoast.qld.gov.au/



Our Top Walks on the Sunshine Coast

1. Mt Tinbeerwah
2. Ocean Track (Peregian Beach)
3. Sunshine Coast Hinterland Great Walk
4. Mary Cairncross Scenic Reserve
5. Artist Cascades (10km walk)
6. Buderim Forest Park
7. Currimundi Lake Trials

Coastal Pathway

Location: Maroochydore to Mooloolaba

This family-friendly pathway sits alongside the water all the way to Mooloolaba and features plenty of spots to relax along the way.

https://www.sunshinecoast.qld.gov.au/Experience-Sunshine-Coast/Pathways-tracks-and-trails/Coastal-Pathway

Gardeners Falls

Location: Maleny

Gardners Falls is a picturesque waterfall surrounded by lush rainforest located near Maleny. It features swimming holes and walking trails that allow visitors to enjoy the natural scenery and wildlife.

https://www.visitsunshinecoast.com/attraction/5859db7b3e1871ba532ea6be/gardners-falls





Serenity Falls

Location: Buderim

Serenity Falls is a picturesque waterfall surrounded by tranquil rock pools and lush rainforest located just minutes from Buderim village on Australia's Sunshine Coast. The easy 10-minute walk through the forest to reach the falls makes it a perfect spot for families and nature lovers to enjoy a picnic and take photos.

https://www.visitsunshinecoast.com/guide/buderim-forest-park-and-falls

Noosa National Park

Location: Noosa

Noosa National Park is a hotspot for wildlife, protecting an array of flora, including the eucalypt forest, woodland, melaleuca wetland, colourful Wallum heathland and dense rainforest.

https://parks.des.qld.gov.au/parks/noosa

Artists Cascades

Location: Conondale National Park

Trek through this sub-tropical, highly shaded forest where you'll witness impressive trees and come fact-of-face with a gorgeous rock pool and waterfall.

https://www.aussiebushwalking.com/qld/se-qld/sunshine-coast/conondale-np/artists-cascades

Bonus Nature Trips to Explore





Horse Riding

- Eumundi Conservation Park: Seib Road loop
- Mapleton National Park: Kureelpa Falls circuit
- Noosa Beach Horse Riding.



Mountain Bike Riding

- Tewantin National Park
- Ewen Maddock Dam: Ferny Forest MTB loop

Shopping on the Sunshine Coast



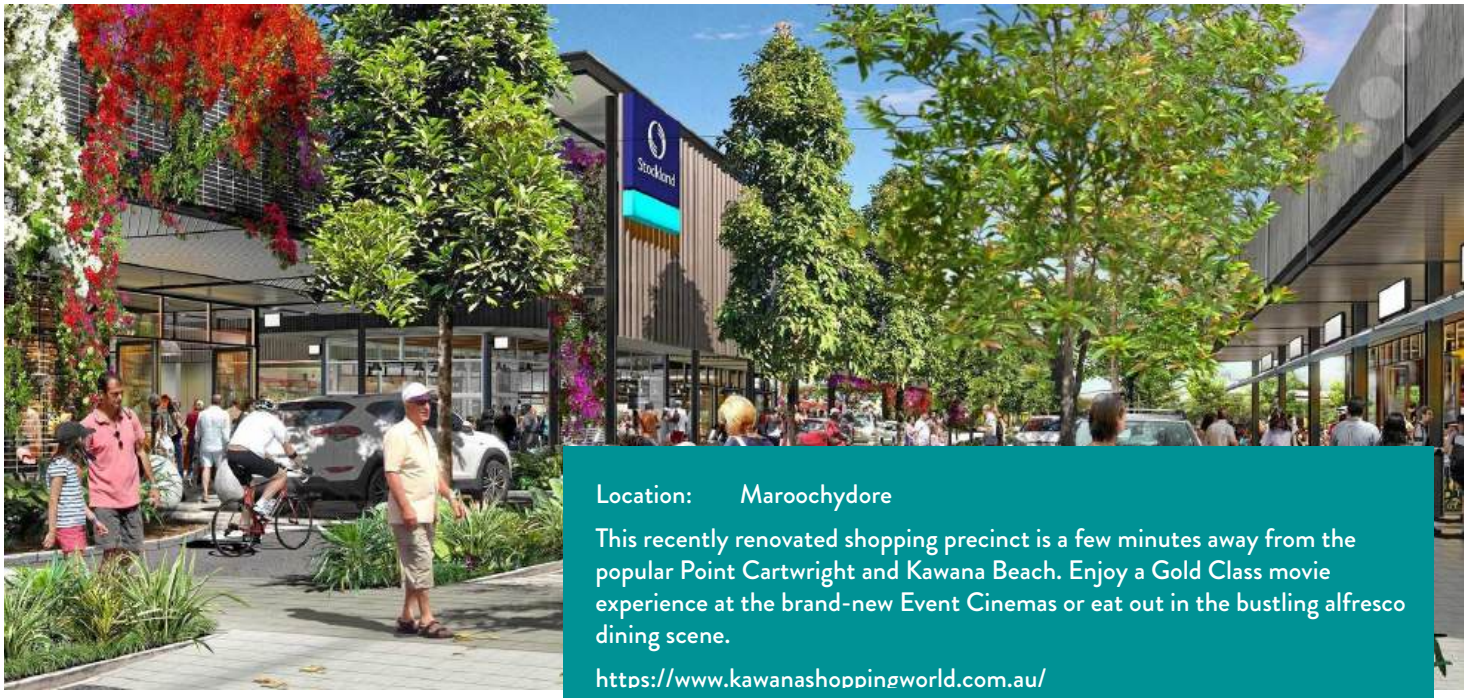


Sunshine Plaza

Location: Maroochydore

Sunshine Plaza is the largest shopping centre on the Sunshine Coast, featuring over 320 specialty stores. The Riverwalk & Promenade is the perfect leisure and entertainment choice on the picturesque natural waterway, Cornmeal Creek. Enjoy a variety of restaurants offering extended trade, a 12-screen Birch Carroll & Coyle cinema complex, Strike Bowling Bar, and over 40 specialty stores.

https://www.sunshineplaza.com/



Kawana Shopping World

Location: Maroochydore

This recently renovated shopping precinct is a few minutes away from the popular Point Cartwright and Kawana Beach. Enjoy a Gold Class movie experience at the brand-new Event Cinemas or eat out in the bustling alfresco dining scene.

https://www.kawanashoppingworld.com.au/







There's plenty to do on the Sunshine Coast, so we hope you enjoy your stay and accommodation.

As always, for further guidance and information, feel free to contact our friendly team.



We acknowledge the traditional Country of the Kabi Kabi and the Jinibara Peoples of the coastal plains and hinterlands of the Sunshine Coast. We recognise that these have always been places of cultural, spiritual, social and economic significance.

We wish to pay respect to their Elders – past, present and emerging and acknowledge the important role Aboriginal and Torres Strait Islander people continue to play in the Sunshine Coast community.