

7-DAY ITINERARY: ADVENTURE IN NOOSA

Tea Tree Bay, Noosa National Park

HIGHLIGHTS

- Explore the tracks and trails in Noosa National Park, with stunning ocean views
- Catch a wave along the points, in a World Surfing Reserve
- 4WD along the Noosa North Shore and kayak with dolphins and whales
- Mountain Bike along 25km of free-flowing trails
- Skydive over Noosa and witness the stunning coastline
- Give back by participating in a Tread Lightly program
- Kayak along one of only two Everglades in the world

OVERVIEW

If its adventure and fun you're seeking in a laid back atmosphere and surrounded by stunning nature, Noosa is it. From sea to sky, forest trails to wilderness walks and mountain tops to river fun, Noosa is the perfect base with so much draw dropping beauty to explore. Learn to surf; horse ride on open beaches; mountain bike through forest trails; abseil down a cliff-face or jump waves on an adventure ride.

GETTING HERE

Self-drive, jump on the **Greyhound bus** or book a transfer with **Con-X-ion Airport Transfers**.

DAY 1



Morning

FIND YOUR PERFECT WAVE

Understand what makes Noosa a **World Surfing Reserve**, with **Go Ride A Wave** or **Learn to Surf Noosa**, who will have you hanging ten in no time with top-notch instructors. Sign-up to a 2-hour lesson, and you will be paddling onto a wave at Noosa's Main Beach, with the stunning backdrop of Noosa National Park, a feeling everyone should experience at least once in their lives.



Afternoon

OCEAN ADVENTURE RIDE

Blast out with **Noosa Oceanrider** or **Noosa Wave**, cruising down the picturesque Noosa River, past Noosa Main Beach to view the entirety of the Noosa National Park coastal walk, leading to Sunshine Beach. Everyone gets a window seat on this unique adventure ride – keep watch for whales (June to October), dolphins and turtles.



Evening

RESTAURANT HOP IN THE JUNCTION

Enjoy a casual **Noosa Junction** restaurant hop and dine where the locals eat. Plan your perfect dinner from plant-centric share plates at **Herbert** through to wood-fired sourdough pizzas at **Somedays** and Mexican street eats at **Paradise Arcade**. Finish with a tippie at **Theo's Social Club** or dance the night away at the **Village Bicycle**.

DAY 2



Morning

GREAT BEACH DRIVE

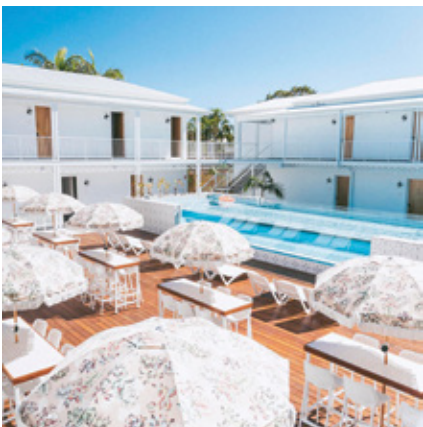
Meet your guide for an off-road adventure, exploring the rugged beauty of The Great Beach Drive. Cruise 88km along the beach from Noosa's North Shore, passing coloured sand cliffs and towering rainforest, and crossing two UNESCO Biosphere Reserves. Swap between surfing Australia's longest right-hand point break to kayaking with dolphins with **Epic Ocean Adventures**.



Afternoon

MOUNTAIN BIKING IN WOOROI

Strap on your helmet for a mountain biking adventure along the 25km of flow tracks known as **Wooroi Trails** within Tewantin National Park. **Bike On** can get you kitted and skilled up before heading down one of the graded trails that best suit your levels, from thrill seekers to families.



Evening

STAY AND PLAY AT BOUNCE

Spend the night at Noosa's newest boutique hotel – **Bounce Noosa**, designed for the young and young at heart. This new development hasn't missed a beat, with a glass-sided swimming pool, cocktail bar to party the night away, and modern fitted out rooms with USB chargers and air conditioning, just a short stroll away from the Noosa River.

DAY 3



Morning

SKYDIVE NOOSA

There's nothing more exhilarating than floating over Noosa with a 360-degree view from the air. **Skydive Noosa** will create memories for life as you glide 10,000 or 15,000ft taking in breathtaking views along the Noosa coastline.



Afternoon

BREEZY BEACH ECO BIKES

Transfer across the Noosa River on the car ferry barge, to discover the picturesque North Shore Wilderness Trail on Noosa North Shore. Meet your guides at **Eco Tekk Noosa** for a guided tour on a 'fat wheels' electric bike. Cruise along the beachfront keeping watch for whales and dolphins as you pedal with the wind in your hair. Trade the bike for a beach horseride with **Equathon**, for a one or two-hour ride exploring the bush and the beach.



Evening

SUNSET ADRENALINE

Watch Noosa's famous sunsets as you descend the 40-50m cliff face of Mt Tinbeerwah on a guided abseil. **Grab Rock Noosa** will literally show you the ropes and reward your effort with 360-degree views, as the sun sinks beneath the ocean. Celebrate with dinner at one of the many local breweries, including Land & Sea, Boiling Pot, Heads of Noosa and Copperhead.

DAY 4



Morning

NOOSA MAIN BEACH

There's no better way to enjoy sun, surf and sand than at Noosa Main Beach. Wake up bright and early and head to one of the many health bars for a refreshing acai bowl before making tracks to the beach for a swim. Protected by the Noosa National Park Headland, expect crystal-clear turquoise water and perfect rolling waves. Stroll along **Hastings Street's** selection of boutique and surf shops and stop at Noosa's own **Betty's Burgers** for lunch.



Afternoon

NOOSA NATIONAL PARK

Follow the boardwalk from Noosa Main Beach to the entrance of **Noosa National Park**. Explore the 5.4-km Coastal Track for stunning photo opportunities at Boiling Pot, Tea Tree Bay, Granite Bay and Hell's Gates and continue to Sunshine Beach. Keep a look out for wildlife amongst the trees, (you may see a koala or two) or out to sea there are turtles, dolphins and even whales (June to November). Visit the **Sunshine Beach Surf Club** for an afternoon drink, perched on the sand dunes with mesmerising ocean views. Stroll along Duke Street and get acquainted with its array of cafés, drinking dens and enchanting shops.

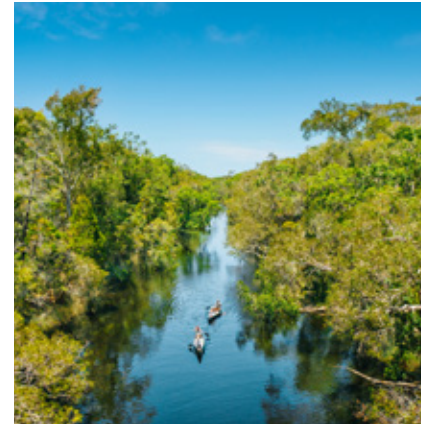
Evening

BREWERIES AND DISTILLERIES

Explore the beauty of the **Noosa Hinterland** region after dark and discover the local flavours as you visit a winery, distillery, and craft brewery. Don't worry about a thing, let the team at **Creative Tours** take care of everything for you so you can get on with the business of discovering some of Noosa's best hidden gems.



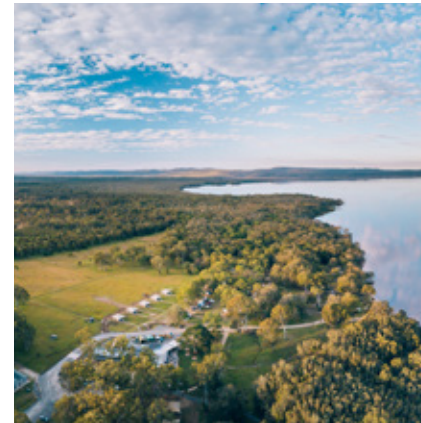
DAY 5



Morning

NOOSA EVERGLADES

Just 30 minutes' drive from Noosa is one of Queensland's best kept secrets, the **Noosa Everglades** – one of only two everglades systems in the world. It's a place of serene natural beauty, bursting with more than 44% of Australia's bird life and 1,365 species of plants. Glide silently on a half, full or multi-day guided or self-guided tour with advanced eco-certified **Kanu Kapers**, as you explore mirrored waterways and feel a million miles away.



Afternoon

HABITAT NOOSA

Spend the night at **Habitat Noosa Everglades Ecocamp**, located on the banks of the Noosa Everglades amongst 65 acres of National Park. The onsite activity centre boasts a number of waterfront activities from stand-up paddle boards, Canadian style canoes, wave skis and kayaks, perched on the side of stunning Lake Cootharaba.



Evening

STAR GAZING AND KANGAROO SPOTTING

Enjoy dinner starting with drinks at the onsite microbrewery, and dining at The **CootharaBar & Bistro**, munching on dishes inspired by local produce. Witness hundreds of kangaroos as you spend the night in a glamping tent, safari tent, or camping under the stars. RV's are also welcome!

DAY 6



Morning

NOOSA RIVER ADVENTURE

Test your skills on the Noosa River with a 1.5 hour guided tour/lesson with **Fliteschool Noosa**. The fliteboard e-foil gives the sensation of flying over water – fast, quiet, emission free and fun! For a less adventure-fuelled activity, hire an electric picnic boat for a peaceful cruise with **Eco Noosa River Adventures**. There are a range of activities to suit everyone from jetskis to stand-up paddle boards.



Afternoon

QUAD BIKES

Venture out to the Noosa countryside with **Quad Bikes Noosa** to Woondum National Park. No experience is needed with only a driver's licence required to ride. Stop by rock pools for a swim and short bush walk, before jumping back on for some adrenaline fun. All safety gear and instruction is supplied.



Evening

NOOSA BOATHOUSE

Enjoy sunset drinks at the **Noosa Boathouse** offering a chic rooftop Sunset Bar. This is one of the best spots in Noosa to catch the last rays before the sun dips below the hinterland and offers a spectacular show. Head downstairs and order takeaway fish and chips to enjoy on the riverbank.

DAY 7



Morning

TRACKS AND TRAILS

Noosa is a labyrinth of tracks and trails to explore, with eight trails as part of the **Noosa Biosphere Trails**. Access is available for bushwalkers, birdwatchers, mountain bike riders and horse riders, each offering a different experience. Climb Mount Tinbeerwah, Mt Cooroora and Emu Mountain for stunning vistas or hike the 88km from Noosa that leads to the township of Rainbow Beach.



Afternoon

TREAD LIGHTLY

Lighten your environmental footprint by joining a **Tread Lightly** activity and offset the impact of your travels by signing up to give back to the Noosa community. Join a Plastic Free Noosa beach clean-up, plant a tree, grab your binoculars for an Enter the Flyosphere shorebird experience, Noosa oyster restoration tour or a bush care and weed control care.



Evening

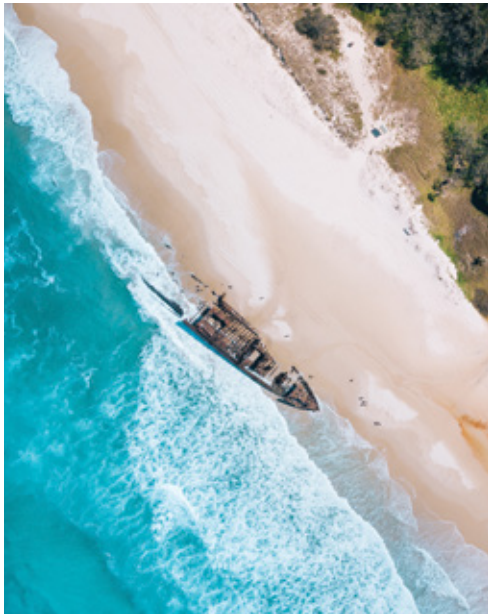
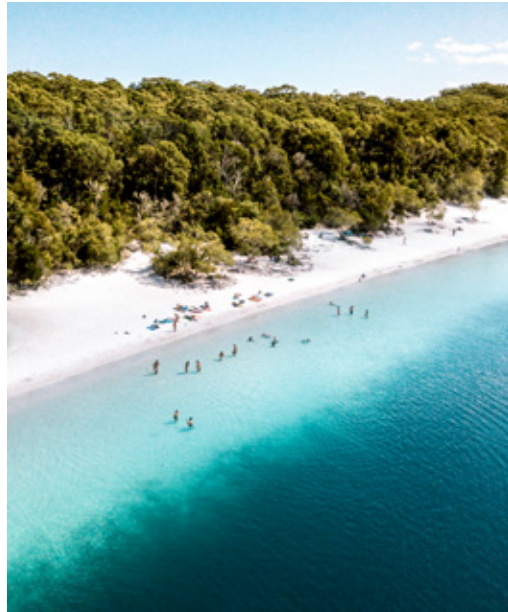
NIGHTLIFE

Noosa is a sleepy surfing village, but still has nightlife to explore. A few picks to find a crowd include:

- Miss Money Penny's
- Rolling Rock
- Noosa Heads Surf Lifesaving Club
- The Village Bicycle
- KB's Bar
- Moonstruck
- Theo's Social Club
- Four Pines Brewing Co
- Sunshine Beach Surf Club
- Peregrin Beach Hotel

EXTEND YOUR TRIP

Visit one of our neighbours.



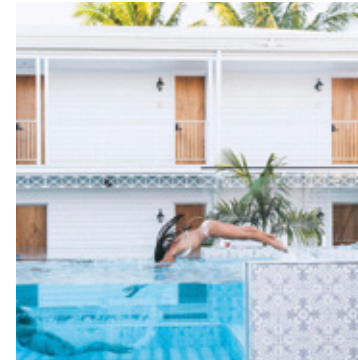
WORLD HERITAGE-LISTED K'GARI

Noosa is the gateway to World Heritage-listed **K'gari** (formerly known as Fraser Island), the largest natural sand island in the world. Join a one-day return trip with **Fraser Island Adventure Tours** to see towering kauri pine forests, spectacular freshwater dune lakes and swathes of tall sand-grown rainforest.

K'GARI FRASER ISLAND ADVENTURES

For a longer stay, **K'gari Fraser Island Adventures** offer 3-day adventure tours. All meals are included, beachfront accommodation, campfire, reliable 4WD's (that you get to drive), and informative, passionate tour guides that provide cultural and environmental education.

ACCOMMODATION



Bounce Noosa



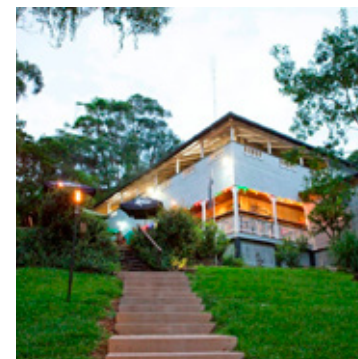
Nomads Noosa



Flashpackers



Dolphins Beach House



Halse Lodge



Camping and RV stops