



4-DAY ITINERARY: FAMILY FUN IN NOOSA

📍 Main Beach, Noosa Heads

HIGHLIGHTS

- Noosa is one of the best places to learn to surf and is a world surfing reserve.
- The Noosa National Park headland protects Noosa Main Beach, which means it's a safe swimming beach for families.
- Noosa River is a hive of activity for family fun, including hiring picnic boats, SUP's, kayak's and even Nauticycle's.
- Witness hundreds of kangaroos at Habitat Noosa in the Noosa Everglades.
- Explore pristine remote beaches and Australian bushland on a 4WD guided tour to Double Island Point.

OVERVIEW

Noosa is a haven for family holidays, where little ones can roam freely, winters are mild and balmy, and summers are perfect for sandy days on the beach. Make memories last a lifetime as you explore outdoor adventure and eco wilderness experiences, incredible and unique wildlife interactions, and unlimited options for water play.

GETTING HERE

Transfer from Brisbane or Sunshine Coast Airports with **Tesla Transfers Noosa** or **Con-X-ion Airport Transfers**.

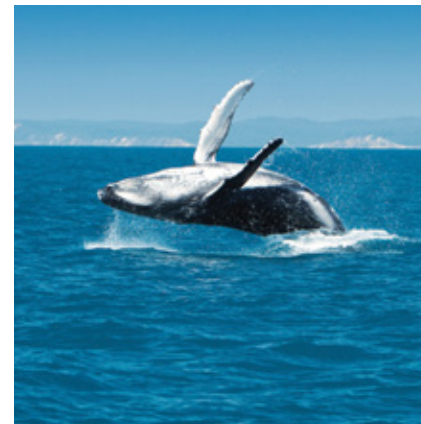
DAY 1



Morning

SURF IN A WORLD SURFING RESERVE

Noosa is famous for its stunning beaches, with **Noosa Main Beach** a favourite due to its north-facing headland of **Noosa National Park**. The headland provides a protected shelter from most winds, meaning you will find gentle calm water most days of the year. Learn to surf with **Go Ride A Wave** or jump on a tour with **Noosa Oceanrider** for an adventure ride or dolphin spotting tour (7+ years).



Afternoon

SPOT AUSTRALIAN WILDLIFE

Follow the wooden boardwalk from Main Beach to the **Noosa National Park** entrance (around a 15-minute walk), where kids can learn about Noosa's local wildlife and indigenous history. Follow the coastal track, and look for whales from the Boiling Pot lookout, before stopping at Tea Tree Bay and on to Granite Bay and Hell's Gates lookout for Noosa's local pod of dolphin's and turtle spotting.



Evening

HASTINGS STREET TREATS

The main strip that runs parallel to the beachfront is Hastings Street and provides great family friendly dining options. **Noosa Heads Surf Club** is right on the beachfront for stunning beach views, or famous **Betty's Burgers** that offers dine-in or take away. Dessert options win here with a number of gelato and ice-cream stores. Try local favourite **Massimo's** for authentic gelato, make your own ice-cream toppings at **Happy Pops**, or the new craze at **Yo-chi frozen yoghurt** where you can create your own masterpiece.

DAY 2



Morning

THE ORIGINAL EUMUNDI MARKETS

Book a transfer or self-drive to **The Original Eumundi Markets** held from 7am to 2pm on a Saturday or Wednesday morning in the neighbouring town of Eumundi, a short 20-minute drive from Noosa. With over 600 stalls to explore, there is also free live music, street performers and a large playground next door to keep the kids busy.



Afternoon

FAMILY FRIENDLY NOOSAVILLE

Noosaville is the perfect place for your family holiday, with access to bike paths, playgrounds, water activities, barbecues and picnic areas. The main street, Gympie Terrace, offers a range of eateries including takeaway fish and chips, burgers, pizza and much more. **Bike On** provides guided bike tours for the whole family, tailored to age and skill level. Hire a self-drive BBQ pontoon boat (no boat license required) to explore the river, or a nauticycle, an eco-friendly pedal-powered mini-boat, or stand-up paddle and kayaks from **Eco Noosa River Adventures**.

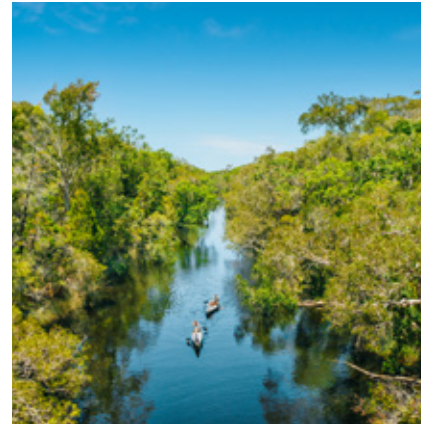


Evening

FLOATING RESTAURANT FOR SUNSET

Finish with dinner at the **Noosa Boathouse** floating restaurant, where you will have a waterfront table and can spot fish swimming under the vessel. There is also a hole in the wall for takeaway and a large lawn area on the banks of the river, where the kids can watch the pelicans. For a more upmarket feast, **Noosa Waterfront Restaurant** is located right on the shores of the Noosa River, with a green space area where the kids can play.

DAY 3



Morning

NOOSA EVERGLADES EXPLORING

Venture 35-minutes from Noosa to experience the **Noosa Everglades**, one of Australia's most diverse eco-systems, boasting over 40 per cent of the country's bird species. Known as the River of Mirrors, this is a true wilderness experience, and can be explored by kayak or boat. Local sustainable tour company, **Kanu Kapers Australia** offers guided and self-guided kayak tours of the everglades, with kayaks that are suitable for small children. **Everglades Eco Safaris** can provide return transfers from Noosa and offer an informative boat cruise down the Noosa Everglades on the indigenous history of the area and the native fauna and flora that call this place home.



Afternoon

ADVENTURE PLAYGROUND FUN

Stop in at **Cooroy** and **The Hinterland Adventure Playground**, a sprawling park and playground space with climbing structures, giant twisty slides, an epic flying fox, plenty of swings, and a winding maze of shallow splash pools, as well as green spaces and barbecue areas.



Evening

GLAMPING WITH KANGAROOS

Stay overnight at the **Noosa Everglades** in glamping tents at **Habitat Noosa Everglades Ecocamp**. Located on the banks of Lake Cootharaba, there are a range of activities to keep the kids busy while you sample local brews at the **onsite microbrewery**. Expect to see hundreds of kangaroos in the wild, while listening to the calls of the kookaburra, and you may also spot an echidna.

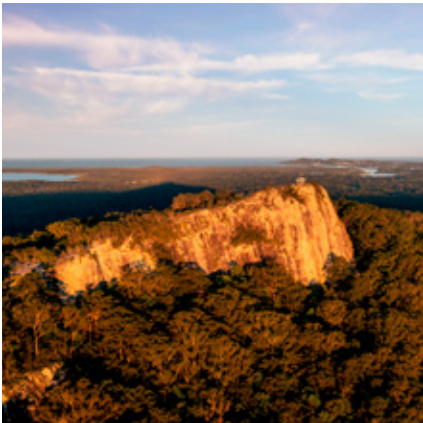
DAY 4



Morning

BEACH DRIVING ADVENTURE

Take the kids on an unforgettable adventure with **Epic Ocean Adventures**, to Double Island Point, accessible only by 4WD. Your tour will pick you up and depart from Noosa, before you travel 88km along Australia's longest sand highway that passes through stunning paperbark and eucalypt forest on one side and the turquoise Pacific Ocean on the other. Once at Double Island Point you have the option to kayak, SUP or surf with bottlenose dolphins, turtles and whales.



Afternoon

SUNSET AT MT TINBEERWAH

Before heading back into Noosa, stop at **Mt Tinbeerwah** for a bird's eye view of Noosa without a strenuous hike. The first lookout is an easy 150m walk along a paved path from the car park. The next section of track is more rugged yet not difficult and takes you a further 300m to the fire tower for 360-degree views. Arrive in time to witness a spectacular sunset as vibrant colours fill the sky.



Evening

FAMILY DINING

Head to the **Noosa Junction** for dinner, home to some of Noosa's best family friendly eateries. **Sushi Yah Man** serves fresh and authentic Japanese, **Somedays** for 72-hour fermented sourdough pizza or keep heading south to **Peregian Beach Hotel**, where there are plenty of options including **Peregian Beach Hotel**, **Captains Daughter** for burgers or any of the restaurants that line the village green.

EXTEND YOUR TRIP

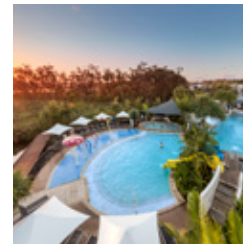
Visit one of our neighbours.



NOOSA SURROUNDS

Surrounding Noosa are a range of renowned family attractions to excite and thrill, only a short journey away. Cuddle a koala at **Australia Zoo**, board a steam train on the **Mary Valley Rattler** or visit **Aussie World** for theme park fun. **SeaLife** provides marine animal interaction and education while the **Ginger Factory** is an all-time favourite with their bee show, overboard ride and Moreton the steam train. Learn about birds at Maleny Botanic Gardens and Bird World or get lost at **Amaze World**.

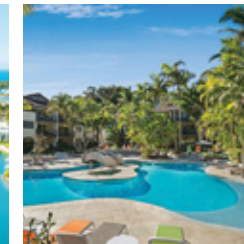
ACCOMMODATION



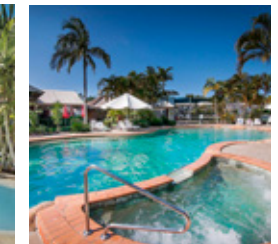
RACV Noosa Resort



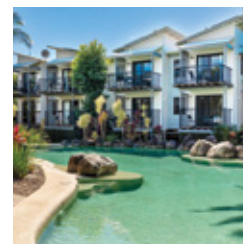
Culgoa Point Beach Resort



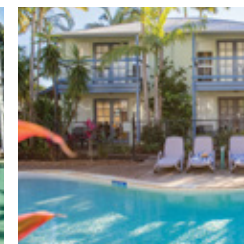
Mantra French Quarter



Ivory Palms Resort



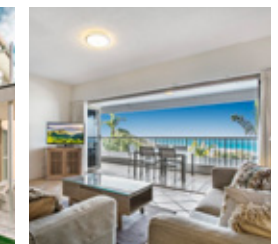
Noosa Lakes Resort



Coral Beach Resort



Essence Peregian Beach



Costa Nova Holiday Apartments