



6-DAY ITINERARY: NOOSA'S NATURAL WONDERS

📍 First Point, Noosa Heads

HIGHLIGHTS

- Walk from Noosa to Sunshine Beach along the Noosa National Park coastal walk
- Full day tour to visit World Heritage-listed K'gari (Fraser Island) from Noosa
- Experience the majestic beauty of the Noosa Everglades by cruise or kayak
- Visit world famous Australia Zoo and the Animal Wildlife Hospital
- Journey through mystical mountains and country villages

OVERVIEW

Immerse yourself in the Noosa UNESCO Biosphere Reserve. Explore the wide expanse of the Noosa hinterland, stunning beaches, winding rivers and iconic national parks. With beautiful azure beaches, coastal and national park walks, gorgeous wildlife, year-round warm temperatures, and foodie haunts at every turn, finished off with spectacular sunsets.

GETTING HERE

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

DAY 1



Morning

NOOSA NATIONAL PARK

No visit to Noosa is complete without a walk in the spectacular **Noosa National Park**. Follow the timber boardwalk from Noosa Main Beach, around the coastline at Little Cove, until you reach the Noosa National Park entrance. From this starting point, you can access a network of signposted trails, from the popular coastal walk that takes you past the famous National Park Bays, or head inland to the peaceful, undulating trails that lead to Sunshine Beach. When there, grab an award-winning signature Espresso Noosa blend from **Sunshine Social** and borrow a ceramic cup from the mug library donated by **Pottery For The Planet**.

Distance: 10.8km return



Afternoon

SHOPPING LOCAL LABELS

Browse one of Australia's most iconic shopping precincts, along the pretty stretch of **Hastings Street**. You will find boutiques offering unique Noosa-born labels, international designers, high-end designer jewellery, Noosa souvenirs, art galleries featuring local artists, eclectic gift stores, surfboards, and surf gear, organic beauty products, beautiful homewares and more. Hastings tree-lined street sparkles at night with fairy lights strung through the Jacarandas.

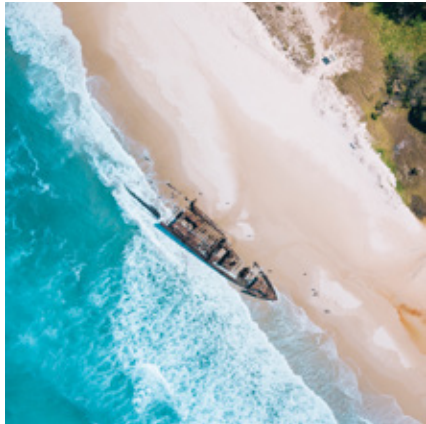


Evening

ALFRESCO DINING

From beachfront to street-chic and casual takeaways, Hastings Street has a mouth-watering choice of upmarket cafés, coastal-cool bars, award-winning restaurants, tempting ice-cream shops, authentic pizzerias, and family-friendly burger joints. Try **Bistro C**, **Season Restaurant and Bar** or **Sails**, each perched on the beachfront.

DAY 2



Full Day Tour

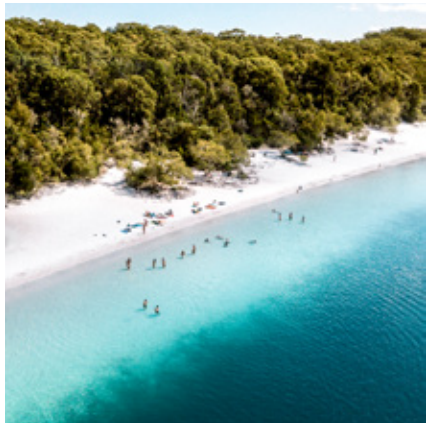
K'GARI (FORMERLY KNOWN AS FRASER ISLAND)

Noosa is the perfect base for day trips which will have you back in town in time for happy hour!

The Noosa region is the gateway to the Cooloola Recreation Area and **World Heritage-listed K'gari**, both part of the Great Sandy National Park. From Noosa, take a guided day tour to K'gari (Fraser Island), the world's largest sand island.

Join **K'gari Fraser Island Adventures Tours** to see an amazing array of plant life, wildlife and birds throughout the island's 120km length. Freshwater lakes such as Lake McKenzie are fed by a rainwater table under the sand dunes, making the water incredibly pure.

Head along the Great Beach Drive from Noosa's North Shore to Inskip Point, past Rainbow Beach and catch the vehicular ferry to the Island. Walk through towering subtropical rainforest, swim in pristine freshwater lakes, hike across ancient sand blows and discover the Maheno shipwreck on 75 Mile Beach.

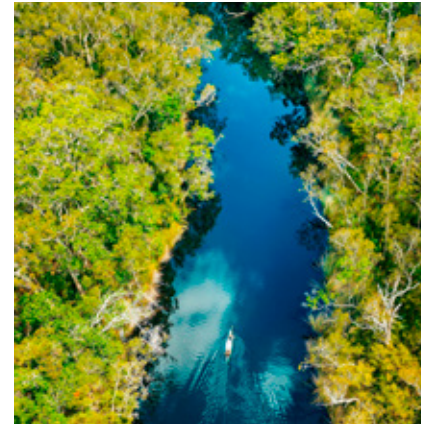


Evening

SUM YUNG GUYS

Wrap up your day at Noosa's iconic restaurant **Sum Yung Guys**. This popular Noosa restaurant attracts visitors from all over the world, with the 2016 MasterChef runner-up Matt Sinclair, serving up a pan-Asian menu. Supporting local, their cocktail list includes fellow local crafted brews including Heads of Noosa beers and Fortune Distillery gin.

DAY 3



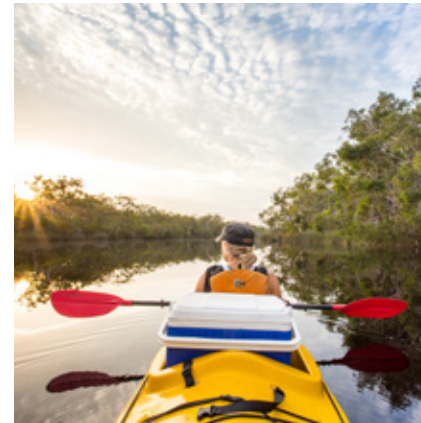
Full Day Tour

MAJESTIC NOOSA EVERGLADES

Join your transfer from Noosa Heads, for the 40-minute drive to the **Noosa Everglades** – one of only two everglades systems on Earth. Known as the River of Mirrors because of the amazing reflections in the water, the Noosa Everglades is a 60km stretch of pristine waters, magnificent flora and fauna and narrow waterways.

Experience breathtaking beauty and tranquillity as you explore the **Noosa Everglades** with **Everglades Eco Safaris** on a full day or half day cruise. Glide your way along in a canoe or jump on board the purpose-built environmentally friendly vessel and take it all in.

For the more adventurous, join a guided or self-guided kayak tour with **Kanu Kapers Australia**. It's quiet, it's picture-perfect and you'll honestly feel privileged to get so up close and personal to this magical place.



Evening

RIVERSIDE DINING

A short 15-minute drive from the Noosa Everglades is **Lucio's Marina**, bringing authentic Italian to Noosa. The elegant interior space is decorated with wall art and is the ideal spot for an afternoon aperitivo with sunset and river views. The menu transports you to the Italian seaside, and the well-curated wine list temps with everything from new-world skin contact offerings to classic European vintages.



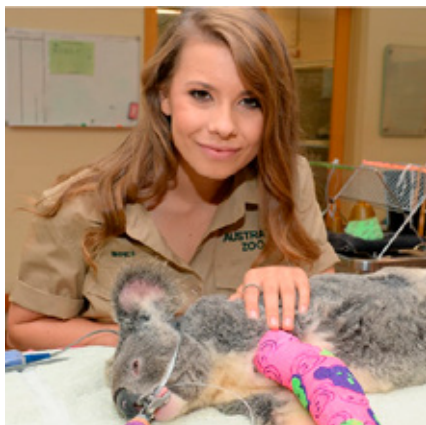
DAY 4



Morning

AUSTRALIA ZOO

Croc Tours will pick you up from your accommodation in Noosa for a day tour to world famous **Australia Zoo**. The team of passionate conservationists at Australia Zoo have created an incredible world of interactive wildlife experiences like nowhere else on the planet. Laze with kangaroos, cuddle a koala, watch the Zoo Crew feed a crocodile and check out the African Savannah and majestic tigers and red pandas in the South-East Asia area.



Afternoon

AUSTRALIA ZOO WILDLIFE HOSPITAL

Your tour also includes a visit to the **Australia Zoo wildlife hospital**, where sick and injured animals are treated and released back into the wild. Take a peek at Australian native animals being cared for by incredible vets and nurses, where all proceeds raised goes back into supporting wildlife. Croc Tours will transfer you back to your Noosa accommodation.



Evening

CRUISE TO DINNER

Finish the day onboard the **Noosa Ferry** to witness a spectacular Noosa sunset and panoramic views of the river and gorgeous waterfront homes. BYO drinks! Arrive in style to your waterfront dinner restaurant, via the Noosa Ferry jetty's dotted along the Noosa River. **Rickys River Bar & Restaurant**, **Lanai Noosa**, **Noosa Waterfront**, **Bandita** and **250 Grammi** are all spectacular choices.

DAY 5



Morning

NOOSA'S COUNTRY VILLAGES

Explore the Noosa Country Villages with **Joel's Journeys**, offering ultimate luxurious, curated private and group tour experiences with reclining seats, USB ports, and insightful host commentary. Discover some of Noosa's hidden gems including the stunning Noosa Botanic Gardens, an eight-acre garden that sits on the shores of Lake Macdonald. Stroll up mountain tops, including Mount Tinbeerwah, an easy 450m walk that leads to stunning 360-degree views. Enjoy a historic steam train ride on the Mary Valley Rattler, or visit the beach town of Rainbow Beach and walk to Carlo Sandblow to view 52 shades of the coloured sands.



Afternoon

RELAX AT A DAY SPA

The perfect way to finish the day is at one of Noosa's great day spas and wellness experiences. There are many to choose from that provide luxurious treatments, massages, hydro therapy pools and float tanks. Balinese-inspired **Ikatan Day Spa** is surrounded in lush tropical gardens providing incredible Balinese-style relaxation. **Noosa Springs Day Spa** is inspired by ancient roman baths, with a unique hydromassage pool, while **Stefanie's Ocean Spa** is nestled amongst national park and provides contemporary surroundings and is synonymous for fusing bespoke rituals and water therapy.



Evening

DINE AT HUMBLE ON DUKE

This tiny hole-in-the-wall restaurant is tucked away in the village town of Sunshine Beach. With **Humble on Duke's** small plates and Middle-Eastern influences, you'll feel like one of the family as you tuck into one of their curated degustation menus, with matching wines and homely service provided by passionate owners Jade and Stacey as your hosts.

DAY 6



Morning

DOLPHIN SAFARI

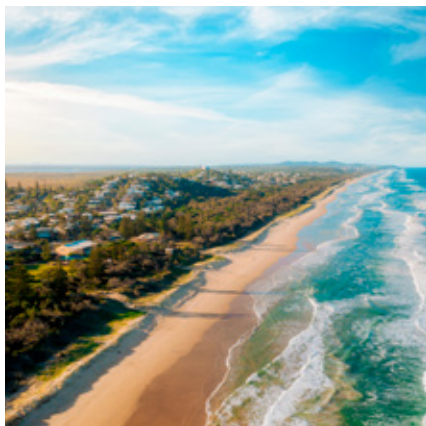
Jump on the original fast and fun **Noosa Oceanrider** (12 pax per departure), and zip past Noosa Main Beach on an adventure ride or Dolphin Safari. You will cruise down the picturesque Noosa River before crossing the Noosa Bar, past Noosa Main Beach, Noosa National Park and around to stunning Sunshine Beach, home to the rich and famous. Everyone gets a window seat to this water wonderland where you'll want to keep watch for resident dolphins, turtles and whales (June to October).



Afternoon

TRAVEL WITH POSITIVE IMPACT

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.



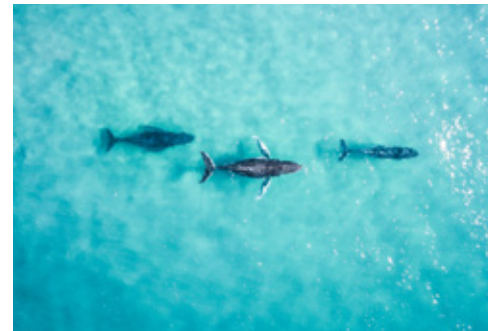
Evening

PEREGIAN BEACH

Drive 10-minutes south of Noosa to the village town of **Peregian Beach**. Restaurants line the village green, a small grass area for the kids to safely roam and play while you enjoy a peaceful dinner. The dining scene continues to evolve, with a strong ethos on sourcing local seasonal produce. Try **Mariella Mexicantina** for fresh street food and margarita's, the local favourite **Pitchfork**, featuring hints of Mediterranean and Middle Eastern influences or **Periwinkle** bringing French and European flair.

EXTEND YOUR TRIP

Visit one of our neighbours.



HERVEY BAY & K'GARI

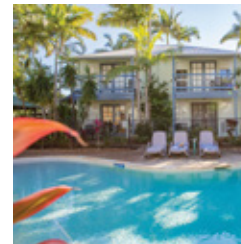
Drive or fly to Hervey Bay for Whale Watching with **Tasman Venture**, staying at **Kingfisher Bay Resort** on K'gari (formerly known as Fraser Island).



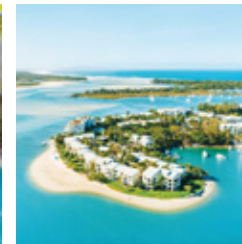
LADY ELLIOT ISLAND AND THE GREAT BARRIER REEF

Fly to **Lady Elliot Island Eco Resort** from Hervey Bay Airport to experience a dazzling array of marine life and turtle selfies on the most southern point of the Great Barrier reef.

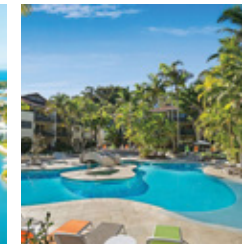
ACCOMMODATION



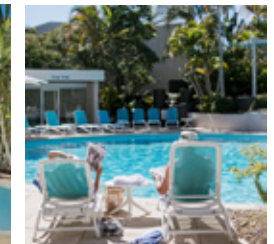
Coral Beach Noosa Resort



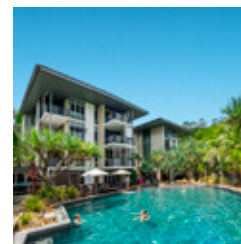
Culgoa Point Beach Resort



Mantra French Quarter



Noosa Blue Resort



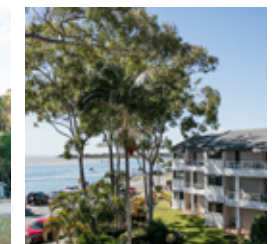
Peppers Noosa Resort & Villas



Essence Peregian Beach



Habitat Noosa Everglades Ecocamp – Glamping Paperbark tents. Camping and RV's welcome



Munna Beach Apartments