

QUEENSLAND BEACHES & BEYOND

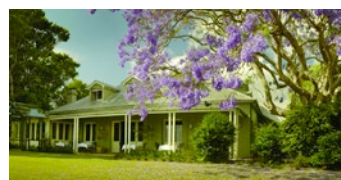
Sunshine Coast

Surrounded as it is by sea and rivers Noosa is a great place to board any kind of boat, but one must-do is an everglades cruise which winds into the eerily still waters of **Great Sandy National Park**. See incredible mangroves, bird-life, turtles and more.



Noosa is the heart of Queensland's **Sunshine Coast** – but there's a lot more to it than beachfront glamour. It is the perfect holiday spot that lets you get back to nature, while still enjoying a little jet-set elegance. Without the beach-side high rises and crowds that are a feature of its Gold Coast cousin, the holiday pace in Noosa is leisurely, laidback and relaxed but never dull. Choose from pristine

beaches, national park and lush hinterland. Swim, surf and hike in Noosa National Park, the most visited in Queensland. Its many walking trails wind through the bush and along the coast, offering breathtaking views and though it sounds remote, the park is just over the hill, from the boutiques, restaurants and beachfront apartments of Noosa's Hastings Street. Snorkel or dive the wreck of the



Spicers Clovelly

For a slice of Provence on the Sunshine Coast, you must stay at **Spicers Clovelly Estate**

Hidden in the region's lush hinterland, Spicers Clovelly features ten exclusive suites and a three bedroom private French Cottage set amongst 9ha of grounds filled with fig trees, jacarandas and groves of magnolias and gardenias. Its hard to believe you are only 30 minutes from Noosa and just 5 minutes from the town of Montville. During your stay, enjoy exquisite dining at the Long Apron restaurant or even take a lesson in the cooking school. Relaxation is made easy with sunset drinks on the terrace or indulge in a pampering at the Anise day spa. The only difficult thing about a getaway here, is trying to make yourself leave at the end of it.

Bed and breakfast

If you're out and about exploring the Sunshine Coast, you don't want to interrupt your discoveries by having to return to your hotel. That's where some of the region's many quaint and comfortable Bed and Breakfasts come into play. If you're exploring the Glass House Mountains try CrookNeck Retreat, set on 4ha of orchard farm, at the base of Mt Coonowrin. Each cottage has its own fireplace, spa bath and private patio, plus there's a pool and guest BBQ facilities; the perfect spot to unwind after a day's hiking. Just a couple of minutes from Montville and only 15 minutes drive from the Landsborough and Mapleton Falls National Park you'll find the Montville Provençal Bed and Breakfast which features a saltwater swimming pool with a waterfall. And if you're exploring Lake Baroon or the Kondalilla National Park try the excellently-named Narrows Escape Rainforest Retreat for modern accommodation and a luxurious spa and wellness centre.

HMAS Brisbane off the coast or take your turn fishing, sailing or even water-skiing. And once you've worked up an appetite you can enjoy some fine local beachfront dining, or, create something delicious with local market produce in your self-catering apartment.

Triplet beachside towns

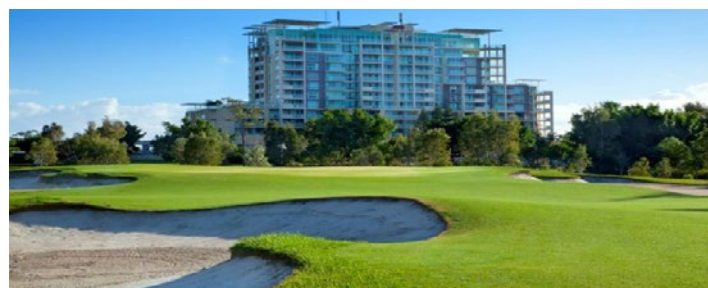
For all the luxuries of civilisation on the Sunshine Coast head to one of three jewels in the Coast's crown – **Caloundra**, **Maroochydore** and **Mooloolaba**. All offer shopping, world-class accommodation and superb restaurants. For estuary beaches and fishing try Caloundra; for beachfront glamour and incredible dining try Mooloolaba; for parklands, picnic spots and calm waters try the Maroochy River in Maroochydore.

Glass House Mountains, Sunshine Coast

Named by Captain James Cook in 1770 because they reminded him of the glass furnaces in home county of Yorkshire, the **Glass House Mountains** are a cluster of 11 hills which rise sharply from the Sunshine Coast hinterland and which collectively form the national park of the same name. The peaks are also culturally significant to the traditional owners, the Gubbi Gubbi people and the area has traditionally been a meeting place for ceremonies and trading. For the past 100 years The Glasshouse Mountains have been used for bushwalking though only two of the peaks - Tibrogargan and Ngungun - are open to the public. Tracks of different difficulty levels wind through forests to lookouts offering panoramic views. As well as walking the mountains also offer excellent conditions for rock climbing and abseiling or horse-riding along a dedicated trail network.

Kayak Caloundra

Take a guided **eco kayak** tour from Caloundra across the beautiful Pumicestone Passage to Bribie Island National Park, for bird-life, marine-life and wildlife.



Golf among the pelicans

For one of the most scenic round of golf you'll ever play try 18-holes at the **Pelican Waters Golf Resort and Spa** at Caloundra. With view of both the Glasshouse Mountains and the Pacific Ocean the Greg Norman designed course is ranked number one on the Sunshine Coast.

