

Sunshine Coast

Eguide



The Sunshine Coast is a beautiful coastal area about one hour's drive north of Brisbane. Beaches, hinterland, rivers, bush, forest and villages merge to form an area of scenic beauty that makes the Sunshine Coast a very popular holiday destination. The Sunshine Coast stretches from Caloundra in the south to Rainbow Beach in the North. Noosa marks the top end of the developed area and beyond is the North Shore providing access to Fraser Island.

The visitor to the Sunshine Coast will enjoy a perfect climate, excellent restaurants, beaches, rivers, hinterland and award winning attractions. Golf, sailing, fishing, surfing, walking, pampering and lots more are all available on the Sunshine Coast.

The resource rich Sunshine Coast area was home to the Gubbi Gubbi people who used the trees for the canoes, plants for food and fibre and the marine animals for food, sewing and ornaments.

In the 1860's cattle leases were given and a timber mill started. Much land was cleared. In 1915 dairies, sugarcane and banana plantations were established and a major agricultural industry established.

In more recent times the Sunshine Coast has developed as a major tourism destination and home to families moving to this beautiful area from other parts of Australia and the world.

Places

Alexandra Headland

Locally called 'Alex', is a small coastal community surrounded by Mooloolaba, Buderim and Maroochydore. Alexandra Headland's main attraction is the beach, headland and parks.

The beach is patrolled and good for surfing. There is an outdoor skate park on the beach.

Beerburrum

Beerburrum is located on the Glass House Mountains Road and a major pineapple growing area.

The main attractions are the Queensland Reptiles and Fauna Park, Aboriginal Bora Ring, The Big Kart Track, Glass House Mountains National Park, State Forestry Lookouts, Matthew Flinders Park and the Wild Horse Lookout.



Beerwah

Beerwah is a small town off the Bruce Highway on the Glass House Mountains Tourist Route. Good views of the volcanic peaks and home to Australia Zoo.

Bli Bli

Bli Bli is a swampy area with boardwalks and home of Sunshine Castle with its drawbridge, moat, dungeon, and torture chamber.

The cable water ski park is a good place to wake board, knee board or water ski and next door is a Barramundi fishing lake.



Boreen Point

Boreen Point is a small village overlooking Lake Cootharaba with sandy beaches and pleasant picnic spots and the historic Apollonian Hotel. A good sailing spot with easy beach launching.

Buderim

Buderim sits on a mountain plateau with ocean views and is about 15 minutes inland from the coast. The name is derived from Budderam, an Aboriginal word for honey suckle.

The village has art and craft galleries, and is known for its floral exhibitions. Buderim Rainforest Park has easy walks with waterfalls and picnic areas.

Caloundra

Caloundra is at the southern end of the Sunshine Coast one hour's drive from Brisbane. It is the second largest shire in the Sunshine Coast area with a fast growing population.

Caloundra has 10 excellent patrolled beaches, some rainforest areas and a number of national parks.

The drive from Caloundra to Noosa at the northern end of the Sunshine Coast takes about one hour along the Sunshine Motorway.

Cooran

Cooran is a small village located at the bottom of Mt. Cooran. A good picnic spot is at Mothar Mountain Rockpools. The origin of the name is a dialect for tall, referring to local trees.

Cooroy

Cooroy is a traditional country town. The railway came to Cooroy in 1891 and soon after the main street started to develop. The town relied on the sawmills and local dairies and was a prosperous town until the collapse of the dairy and fruit growing industries in the 1970's. Cooroy is now famous for Cooroy Water which flows from Cooroy Mountain and the Lake MacDonald Botanical Gardens. Cooroy is about 15 minutes drive from Noosa.



Coolum Beach

Coolum is between Noosa and Maroochydore on the Sunshine Coast. Coolum has a very popular beach and has a relaxed holiday atmosphere.

Cafes, restaurants and shops line the main street. Golfing enthusiasts will enjoy the proximity of golf courses at the Hyatt, Noosa Springs, Novotel Twin Waters and Pelican Waters.

Bushwalkers will enjoy Mt Coolum and the walks alongside the beach. Surfers will enjoy the waves and swimmers the patrolled beach.

Eumundi

James Gridley in 1873 settled in what became Eumundi a town about 20 minutes drive from Noosa. On your way into Noosa, Eumundi is often missed due to the by pass that skirts the town from the Bruce Highway.

Eumundi comes alive every Wednesday and Saturday with thousands of visitors attending the Eumundi markets.

A market that has grown as a major Queensland attraction. Eumundi combines old and new with its art galleries, restaurants, shops, strawberry farm and lots more.

Flaxton

Flaxton a small village on the Blackall Range, with arts and crafts and a winery. The Flaxton Barn and Model Railway is a miniature railway with trains based on real German trains.



Forest Glen

Forest Glen is just off the Bruce Highway on Tanawha Tourist Drive and home to Forest Glen Deer Sanctuary, Super Bee Honey Factory and Buderim Forest Park.

Kawana Waters

Kawana Waters is a popular residential area just south of Mooloolaba with patrolled beaches at Buddina and Wurtulla, with a large shopping centre and a marina.

Kenilworth

Kenilworth is home to the famous Kenilworth Cheese. A walk to the Booloolumba Falls will result in a large rock pool that is good for swimming. The Kenilworth Historical Museum is Alexandra Street provides a history of the region.



Kin Kin

Kin Kin is a small village at the corner of Noosa Shire with an old and famous pub, the Country Life Hotel. Kin Kin is the aboriginal name for a species of small black ant that is common in the area. It grew in the 1870's into a settlement for bullock drivers hauling logs to the sawmill at Elanda point. The quality of the Kin Kin timber was famous throughout Australia.

Landsborough

Landsborough is an old inland town, just off the Bruce Highway that served the coaches running from Gympie to Brisbane. Named after William Landsborough a famous Australian explorer.

The Landsborough Museum has a good social history collection and Australian memorabilia.

Mapleton

Mapleton is a small village on Blackall Range with restaurants and cafes and Mapleton Falls National Park.

Close to the village are the Mapleton Falls.

Maleny

Maleny is high up on the Blackall Range well inland from Maroochydore.

Maleny has great views of the Glasshouse Mountains, rainforest walks at Mary Cairncross National Park and lots of arts and craft galleries and Maleny Cheese. There are many delightful places to stay in and around Maleny.

Marcoola

Marcoola is an area of fast developing beach resorts just north of the Maroochy river. Very easy to reach from Sunshine Coast airport which is just a few kms away.

Most of the Marcoola accommodation is on the beach and there are a number of shops, restaurants and the Marcoola Surf Club.

Maroochydore

Maroochydore is just north of Mooloolaba and is at the centre of the Sunshine Coast. Maroochydore is the main business centre for the Sunshine Coast and has the main shopping centre, the Sunshine Plaza. Cotton Tree Esplanade is on the Maroochy River and has safe beaches for children.

On the seafront at Cotton Tree are open beaches and a number of caravan parks, motels and apartments. Further down the river on Bradman Avenue boats can be hired and the area is popular for sailing, boating, fishing and jet skiing. Close to Maroochydore are Buderim Forest Park and Maroochy Wetlands Sanctuary at Bli Bli. To the north of the Maroochy River is the resort area of Twin Waters and surf beaches.

Mooloolaba

Mooloolaba is a cosmopolitan beach front resort in the centre of the Sunshine Coast. Just over an hour from Brisbane and about 30 minutes from Noosa at the northern end of the Sunshine Coast. The Esplanade at Mooloolaba has cafes, restaurants, entertainment venues and shops that face onto beach and bay.

Mooloolaba even has a toilet block, known locally as the loo with a view that has great views over the beach and ocean! Mooloolaba Harbour and the Mooloolaba Wharf have restaurants, shops, fishing trips and Under Water World.

Mooloolah

Mooloolah is located on Glass House Mountains Road and is the aboriginal expression for 'black snake'. Famous for the Ettamogah Pub, a cartoon style building viewed from the Bruce Highway. Next door is Aussie World with a number of attractions.



Montville

Montville was first settled in 1887 and sits high on the Blackwall range with shops, small art galleries, potteries and cafes on the main street. Close to Montville is the Kondalilla National Park. There are lots of small luxury retreats in Montville.

Nambour

Nambour is located to the west of the Bruce Highway in a valley just below the Blackall Range. Nambour was the original business centre of the Sunshine Coast due to the railway line passing through and the Sugar Cane industry.

Close to Nambour are the Big Pineapple and the popular hinterland villages of Montville and Maleny.

Nambour is the main railway connection for the Sunshine Coast and bus connections operate to Noosa and Maroochydore on the coast. In the centre of Nambour is Petrie Park with its footbridges and Quota Park with a large adventure playground.



Noosa

Noosa has a north facing surfing beach. Noosa Heads is the resort area that contains Hastings Street and the main tourist area behind Hastings Street. The main beach fronts onto Hastings Street. At the eastern end of Hastings Street is the Noosa National Park.



Noosaville is the area that borders the Noosa River with its riverfront precinct and street restaurants. Noosa Junction is the central shopping area with cinema and banks and located behind Hastings Street over Noosa Hill. To the North across the river is Noosa North Shore a forty mile long beach that is navigable by four wheel drive vehicles. The Noosa River system is very much part of Noosa life.

The Noosa River is one of the most pristine in Australia. It stretches south to Lake Weyba and to the North passes through Lake Cooroibah and Lake Cootharaba to the famous Everglade regions.

Palmwoods

Palmwoods is a small country town at the foot of the Blackwall Range.

Peregian

Peregian is a growing village with people attracted by its beach and relaxed shopping arcade with its galleries cafes and restaurants. Peregian has a good beach with lifesavers on duty. Peregian is linked to Noosa with a cycle way that runs along the Pacific Coastline.

Pomona

Nestled at the foot of Mt Cooroorra, Pomona is a relaxed country town with some pleasant easy walking tracks around the delightful parks.



Pomona was first settled in the late 1880's and the railway that arrived in 1891 started the expansion of the agricultural industries. Pomona is located about 25 minutes from Noosa, just beyond Cooroy.

Tewantin

Tewantin originally a timber town now houses the Council Chambers. A ferry connects Hastings Street with Tewantin, which is reached after a short walk from Noosa Marina. The Noosa Gallery is located in the ground floor of the Noosa Council chamber and has river views. The Noosa Marina has a regular Sunday market.



Yandina

Yandina was surveyed by Fryer in 1870 as a location for the metropolis of Maroochy shire. Yandina relied on timber and saw milling until the 1960's and has now become famous for Ginger and sugar. The Yandina Ginger factory was established in 1980.

Attractions

Aussie World

The famous Ettamogah Pub, with attached small theme park is a good stopping point on the Bruce Highway. Attractions include mini golf, roller coaster, carnival fairground, giant Ferris wheel, fun luge, dodgem cars and specialty shops. *Frizzo Road, Bruce Highway (07 5494 5444).*

Australia Zoo

Australia Zoo established by the late Steve Irwin, offers visitors wildlife action, priding itself on promoting hands on interactive experiences with pythons, koalas, kangaroos, wombats, tigers, elephants and many more animals. Glasshouse Mountains Tourist Drive, Beerwah.

Beaches

The range of beaches on the Sunshine Coast is enormous. From the open waters of Rainbow Beach through to the white sands at King's Beach at Caloundra which is a unique combination of a surf beach with a salt water swimming pool.

The calm waters of Mooloolaba Spit and Golden Beach are perfect for kids. Popular surf beaches include Alexandra Headlands, Coolum, Peregian, Marcus Beach, Sunshine Beach and Noosa Heads.

Sunshine Beach

Sunshine Beach lies to the south of Noosa Heads and links to the Noosa National Park. Once known as Golden Beach to describe the vast sands. Very popular with experienced surfers who surf on the rolling Pacific Ocean waves. Just up from the beach is a cluster of small shops, cafes and excellent restaurants.

Sunshine Beach Surf Club has great views and a very popular eating and drinking place.



Bellingham Maze

The Bellingham Maze is a challenging hedge maze. First you negotiate the magic waterfall at the entrance to the attraction, once you get through without getting wet, make your way through sub-tropical rainforest pathways to the tea house. The idea is to then find your way through the pathways amongst the hedges until you find the fountain in the middle of the maze. *25 Tanawha Tourist Drive.*

Big Kart Track

Drive around what is claimed by the owners to be Australia's fastest and longest go-kart tracks at 1200m or ride the Bungy Bullet where you can be shot 50m into the air in just over a second. *Glass House Mountains Tourist Drive, Landsborough (07 5494 1613).*

Big Pineapple Plantation

Take a train ride through this working pineapple farm at which a number of additional tours have been added over the years since it opened in 1971.

These include a ride on the Macadamia nut mobile where enthusiastic guides explain how Macadamia nuts are processed, the Harvest Boat ride that educates us on hydroponics, the rainforest walk or visit the wildlife gardens. *Old Bruce Highway, Woombye (07 5442 1333).*

Ginger Factory

The world's largest high tech Ginger processing plant with historic cane train through native rainforest and gardens.

The ginger shop sells the biggest selection of ginger produce in the world. Enjoy the magical adventure ride on "Overboard, Adventures of a Stoaway". *50 Pioneer Road, Yandina (07 5446 7100).*

Nutworks

The Sunshine Coast has long been known for its Macadamia nuts. You can visit the Macadamia Factory and experience the nut processing operation and sample the many flavoured nuts in the tourist shop. *Opposite the Ginger Factory in Yandina (07 5472 7777).*

Superbee Honey Factory

Superbee is a working honey factory with live bee demonstrations. *Tanawaha Tourist Drive, Tanawha (07 5598 4548).*

The Sunshine Castle

The Sunshine Castle is a mock mediaeval castle featuring a dungeon, medieval armoury, tower block and collection of 350 dancing dolls representing 57 countries. Relish the views from the 24 metre high tower. The only castle of its kind in Australia. Children can enjoy the Castle treasure hunt. *292 - 296 David Low Way, (07 5448 4477).*

Top Shots Adventure Park

Offers mini golf, rock climbing, blaster boats and a giant vertical trampoline, great for kids. *2 Allora Drive, Maroochydore (07 5442 7007).*

Underwater World

The largest oceanarium in the Southern Hemisphere with around 20,000 sea creatures and an 80 metre walk through tunnel. A number of shows are held during the day. *The Wharf, Mooloolaba, (07 5444 8488).*

Valley Rafter Railway

A scenic 80km steam rail journey along the Mary Valley visiting Kandanga, Imbil and Dagun. *The journey starts at Old Railway Station, Tozer Street, Gympie (07 5482 2750).*

Wineries

The Sunshine Coast has a number of boutique wineries and vineyards producing award winning wines.

The vineyards are in the cooler hinterland areas of the Blackall range, Kenilworth and Traveston.



Natural Areas

Ben Bennett Botanical Park

Natural bushland off Queen Street in Caloundra with a waterlily lagoon and good place for bird watching.

Buderim Forest Park

Rain forest on Buderim Mountain with walking tracks and timber bridges. Car parking is easy at Quorn Place and at Lindsay Road.

Coochin Creek State Forest Park

A few kilometres north of the Pumicestone Passage is a place of exotic pine trees and good for picnics, camping and swimming. There is a boat ramp and wood is supplied for the barbeques.

Currimundi Lake Conservation Park

Just north of Caloundra with beach access and a short circuit through wallum heathland. Parking, barbeques, toilets and picnic facilities are available at Crummunda Park.

Glass House Mountains National Park

The Glass House Mountains are located to the West of the Bruce Highway near Beerwah. They are very visible from the Bruce Highway and appear as volcanic cones. Many bushwalking opportunities exist in the Glass House Mountains and several of the mountains can be climbed. Mt Beerwah 556 m is 2.6km climb and recommended for experienced climbers only. Mt Tibrogargan is 364m and a challenging 3-4 hours. Mt Ngungum at 253m is the easiest Glass House Mountain to climb.

Great Sandy National Park (Cooloola)

Extending from north of Noosa up to Rainbow Beach is the 64,000 hectare Great Sandy National Park, also known as Cooloola. From Noosa the best way to reach the park is by river. Many operators run day trips into the Everglades area of the park and combine with a BBQ or picnic in the park. The Everglades with their dark black water, due to the dye from the tea trees creates mirror images that make for wonderful reflections.

Foote Sanctuary

Native forest regeneration in this small park on the north east slopes of Buderim Mountain. Access is from Parkview Terrace, Park Street and Grant Street in Buderim.

Kondalilla National Park

Turn off the Mapleton to Montville road to Kondalilla National Park. There are several short walks. The Kondalilla Falls circuit is 2.7km. The track begins at the top of the Kondalilla Falls and winds down through the rainforest to the base of the waterfall. An alternative is the Picnic Creek Circuit which is a 2.1km walk through open forest with views of the rainforest valley.



Lake Baroon

Baroon Pocket dam covers 380ha and provides water for the Sunshine Coast. It is possible to swim fish and canoe on the lake and enjoy the barbeque and picnic areas. *North Maleny Road, Maleny.*

Lake Cootharaba

Located in Cooloola National Park, Lake Cootharaba is a beautiful lake surrounded by native plants.

Kenilworth State Forest

There are walking trails, picnic areas and camping facilities.

Mapleton Falls National Park

On the road to Montville a pleasant walk can be had at Mapleton Falls. The views from the car park are impressive but the water fall trickles most of the year! A pleasant circular walk of 1.3km provides a good introduction to the rain forest. This walk winds through rainforest and eucalypt forest. The Peregrine Lookout provides an excellent view of the Obi Obi valley.

Maroochy River Conservation Park

A good place for bird watching. Maroochy River Conservation Park on Ocean View Drive off the David Low Way in Mudjimba. The walking track is 4.4km long and passes through open paperbark and eucalypt forest.

Mary Cairncross Scenic Reserve

Great views from this vantage point with bushwalks in the natural rainforest. Mary Cairncross has a cafe and Natural History Education Centre. Mountain View Road, Maleny. Mt Coolum National Park Mount Coolum is a distinctive landmark on the Sunshine Coast and has a 1.6km walk to the summit. The car park is located on Tanah Street West, just off the David Low Way. *The path is well marked.*



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Mt Ninderry

An easy walk for an excellent view of the Sunshine Coast. Access is from Mt Ninderry car park, Ninderry road.

Mt Tinbeerwah

An easy 30 minute walk to height of 265m with wonderful views from a lookout perched on a steep cliff. Part of the track is accessible by wheel chair. The car park is located on the Mt Tinbeerwah Road signposted off the Cooroy Noosa Road.



Mt Cooroora

This popular mountain walk that rises to 439m is steep and difficult. Every July the King of the Mountain challenge takes place. The car park is located on Mountain Road which is off School Road in the village of Pomona.

Noosa National Park

The park, first created in 1939, and officially opened in 1949 by Sir John Laverack, the then Governor of Queensland, has become one of the most visited national parks in Australia. The park is very organized with an information centre (07 5447 3243), picnic areas and a number of well marked walking tracks

covering an area of 2290 ha. The main entrance is at the end of Park Road, a 15 minute walk from the end of Hastings Street. Car parking is available at the park entrance. From the main entrance a number of walks are possible. There are a number of marked tracks in Noosa National Park. There are other sections of Noosa National Park at Peregrin, Emu Mountain and East Weyba.



Parklands Forest Reserve

Parklands is 4 km from Nambour and 5km from Yandina. Take the Parklands exit off the Bruce Highway north of Nambour. There are 15km of walking tracks.



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