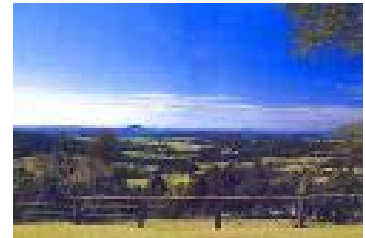


## Sunshine Coast

Welcome to the Sunshine Coast, we have every facility to cater for your every need whether it is an action packed adventure or relaxation. You can relax on our beautiful beaches or take a leisurely stroll through the beautiful National Park at Noosa. On the other hand, go for a scenic hinterland drive through the Blackall Range, stopping to visit the famous village arts and crafts and relax with a coffee in a roadside café.

For the action packed adventurers available is learn to surf, sailing, ocean kayaking, sky diving, deep-sea fishing, jet skiing and scuba diving, these are just a small range of activities on offer. The Sunshine Coast also boasts some of the best attractions including the Australia Zoo. You can tee off on some of the most sought after golf courses. Tantalize your taste buds with award winning restaurants and cafes that abound in the most sought after streets on the Sunshine Coast.

The Sunshine Coast also has a variety of shopping venues available, with the famous Hasting Street at Noosa and the Eumundi Markets just a short drive inland from Noosa.



**To follow is a menu of activities we can organize for you, if there is something not on our menu please ask and we will try our best to cater the activities to suit your needs.**

Corporate BOOTCAMP Approx 1 hr (min of 10 pax)  
2 hr (min of 10 pax)  
3 hr (min of 10 pax)

\$50.00 p/p  
\$75.00 p/p  
\$90.00 p/p



BOOTCAMP 4567 is a Noosa-based course designed to teach and educate participants to exercise properly with exercises that are adapted from the training developed for the Australian Defence Forces.

Designed to be a lot of fun yet quite challenging – BOOTCAMP 4567 offers long-term rewards including increased strength and endurance, improved cardio-vascular fitness and a boost to the confidence levels.

Highly experienced ex-military instructors ensure a good workout coupled with a high instructor to participant ratio.

It is a great way to get your corporate delegates fit and working as a real team.

FIT noosa offers personal training and small group training to cater for all levels of fitness.



## Action

## Golf

### Tewantin Noosa Golf Club

Set over 6153 metres of easy walking, Tewantin Noosa is the pioneer of golf in the Noosa area. Accessible in every way, Tewantin Noosa welcomes all standards of players. Enjoy the tranquility of the natural bush setting with an abundance of wildlife and interesting flora.



Established in 1937, the course had a major one million upgrade in 1999 as befits a club that continues to stage major tournaments and test the skills of top golfers.

**Price** 18 Holes \$75 per person including cart + \$45 club hire  
**Distance** 15 minute drive from Noosa Blue Resort

### Noosa Springs

Carved out of Noosa's stunning landscape, Noosa Springs Golf course does what all great courses do. It challenges you. It invites you to think, and then decide. It is beguiling, and beautiful, creative and captivating.



This 18 hole championship layout promises to enthrall players of all levels through its natural aesthetic beauty and its remarkable design. Every round brings new pleasures, and familiar joys.

**Price** 18 Holes \$130 per person including cart hire + \$55 club hire  
**Distance** 5 minute drive from Noosa Blue Resort

## Hyatt Coolum Golf Course

Home of the Australian PGA Championship, Hyatt Regency Coolum's golf course is superbly challenging and very beautiful 18 hole golf course. Designed by the renowned Robert Trent Jones Jnr. The scenery of this course is stunning. Each hole has its own uniqueness, rolling links land type holes run beside the Pacific Ocean, and the woodland holes are set in groves of native melaleuca and eucalyptus trees, parkland and rainforest.



The par 72, 6263 metre championship course has been officially rated by the Australian Golf Union 73 from the championship tees, and is rated as one of Australia's top resort course by Golf Digest Magazine.

**Price** 18 Holes \$125 per person including cart + \$55 Club Hire  
**Distance** 20 Minute drive Noosa Blue Resort

## Twin Waters

Novotel Twin Waters Resort Golf Course is a challenging world class 18 hole course designed by the five times British Open Champion Peter Thompson. The British influence is especially evident with the many pot bunkers that are sprinkled around in the best links tradition. The pot bunker beside the 8<sup>th</sup> green resembles the famous St Andrews Road Hole bunker.



The course design takes full advantage of the natural bushland setting and features rolling generous fairways with many grass covered mounds and the hollows. The course's reputation arguably places it as one of the best courses in the country. Peter Thompson believes that both golfing purists and amateurs alike will enjoy the challenge the course represents, with most players only using the one ball throughout their round. It is a flexible course, testing the boldest professional, the club player and the casual golfer by alteration of tee and pin placements, coupled with strategic positioning of bunkers and the natural vegetation.

**Price** 18 Holes \$125 per person including cart + \$55 club hire  
**Distance** 30 minute drive from Noosa Blue Resort

## Camel Safari

**\$85.00 p/p**

We go through the bush land for a relaxing ride, along the sands of the 40 mile beach enjoying views to the coloured sands and Noosa. We stop under the Casuarinas on the beach for refreshments before returning.



## Water Activities

### River Everglades Tour

You will experience peace and tranquility while cruising down the Noosa River, while enjoying educational commentary on the region and wildlife. Enjoy a BBQ lunch at Harry's Hut, before taking a swim or a nature walk.

**\$115.00 p/p**



### Kayak Tour

Tour the beautiful Noosa River in a guided kayak tour, all equipment and safety gear is supplied. Experienced instructors are on hand to guide you through a beautiful Noosa water experience.

**\$85.00 p/p**



### Ocean rider

Ocean rider departs the Woods Jetty at the river inlet end of Hastings Street. Hastings Street is home to an abundance of shops and dining options making this the perfect outing for corporate and private groups. Ocean rider is an exciting option to shake away those conference cobwebs.

**\$85.00 p/p**



### Learn to Surf

Learn to surf with a world champion. This option is great for a stress relief and a chance to have some fun. You can take up the challenge of learning to surf while having fun and a great laugh with all your colleagues. All lessons are taught by professionals, all you need to bring along is yourself and a sense of adventure.

**\$80.00 p/p**



### Catamaran Hire

What a perfect finish to a busy day, sailing through Laguna bay on the catamarans and letting all the stress just melts away. You can relax with the knowledge that you are in a sheltered bay and experts are on hand for any tuition needed.

**\$80.00 p/p**



### Jet Ski Hire

**Minimum of 2 pax ½ hour river ride \$90.00 p/p**  
**Minimum of 2 pax 1 hour river ride \$160.00 p/p**  
**Minimum of 2 pax ½ hr offshore ride \$120.00 p/p**  
**Minimum of 2 pax 1 hour offshore ride \$205.00 p/p**

How about unwinding on the awesome power of a Jet ski on the beautiful Noosa River, 1 hour jet ski ride on a circuit on the Noosa River, or a 1 hour off shore jet ski ride through the river mouth and into the ocean off Noosa main beach.



## Indulgence

### Massages

**\$95.00 p/p**

Leave Noosa feeling relaxed and rejuvenated after enjoying a one-hour massage in the comfort of your own room or by the pool.



### Day Spa \*

#### Packages

##### Escape for the girls - \$530 p/p

4 hours

Exotic Bali coffee and cinnamon scrub is excellent for stimulating circulation and rejuvenating your skin, before a coconut milk nourish and 60 minute well being massage followed by an Elmis skin specifics facial and crème hair massage that soothes the mind, conditions the hair while you enjoy a head, neck, shoulder, arm and hand massage finishing with a shampoo.

##### Essentials - \$395 p/p

3 hours

Relax with a 45 minute well being massage, followed by and advanced performance facial and to finish a deluxe pedicure.



##### Princess - \$350 p/p

2.5 hours

Traditional Balinese lillie body exfoliation, 45 minute well being massage, mini facial, and foot pamper (soak, buff and massage for the feet).

##### Energiser - \$295 p/p

2 hours

Exotic Bali coffee and cinnamon scrub is excellent for stimulating circulation and rejuvenating your skin, before a coconut milk nourish and a 60 minute well being massage.

##### Unwind - \$220 p/p

1.5 hours

De-stress and unwind with a 45 minute well being massage then zone out during your 45 minute pure organic facial.

Maximum of 14 pax

## Adventure Packages

**National Park Walk, Tai Chi or Yoga and River Cruise**    **Approx 4 hrs (Min of 10 pax)**    **\$100.00 p/p**

First heading to the scenic Noosa Lookout, we will then begin a leisurely stroll down to the National park taking in the beautiful sights of the coastal paths and the natural flora on display. We will walk to the Noosa Lions Park and take part in a Tai chi or Yoga class to stretch the muscles after the stimulation of the National Park walk. Next, you will board a party pontoon boat and our experienced guides will take you on a scenic tour through the beautiful Noosa waterways.



**River Cruise/Beach Games/Team Building Activities** **Approx 3hrs (Min of 10 pax)**    **\$100.00 p/p**  
**Includes**

### Tai Chi

Kick off your activities afternoon with a relaxing, rejuvenating Tai Chi session with one of our caring instructors.

### Pontoon River Cruise

Our guides will take you on a scenic cruise through the beautiful Noosa river ways, to a secluded location on the ever popular beach.

### Team Games/Activities

Enjoy organized games and activities in the beautiful surrounds of Noosa's great outdoors.



**Water and Team Building Activities** **Approx 3 hrs (min of 10 pax)**    **\$100.00 p/p**

### Activities:

#### Kayaking

Enjoy the beautiful Noosa River on Kayaks at your leisure, all safety equipment and instruction will be provided.

#### Pontoon River Cruise

Our guides will take you on a cruise through the beautiful Noosa river ways.



#### Team Games/Activities

Enjoy the scenery of the beautiful Noosa River whilst enjoying a friendly game of volleyball or cricket, or participate in some of our team building activities.

**Action and Adventure Activity Approx 4 hrs (min of 6 pax)**

**\$120.00 p/p**

### **Ocean rider**

Ocean rider departs the Woods Jetty at the river inlet end of Hastings Street. Hastings Street is home to an abundance of shops and dining options making this the perfect outing for corporate and private groups. Ocean rider is an exciting option to shake away those conference cobwebs.



### **National Park Walk**

Our experienced guides will take you on a walk through the tranquil Noosa national park. The walk combines the coastal frontage with the natural flora of the national park. This walk is one that is recommended for the stay in Noosa that is looking for relaxation and activity. You will be able to take in the breathtaking scenery of the ocean while enjoying the tranquility of the bush land.

### **Tours**

#### **Deep Sea Fishing 1/2-day Tour**

**\$160.00 p/p or  
\$2300.00 for a private group (Maximum 16 pax)**

We offer 1/2 day, 3/4 day, full day and overnight-extended charters. Your ultimate offshore fishing charter can be arranged to suit your needs. All trips include refreshments, or relevant meal, Bait, tackle and coaching from our friendly crew. Please feel free to BYO beer or wine. Most trips target a wide variety of colorful and delicious eating local reef fish. Also exciting ranges of speedy and cunning pelagic fish are often taken by floaters. Trolling sport or game fishing can be arranged by prior booking. The local seabed consists of many different areas and types of reefs. This allows our skippers to vary fishing depths and destinations to suit prevailing winds.



#### **Noosa River Sunset Cruise**

**\$35.00 p/p  
Maximum 42 pax**



What better way to finish of the week than a truly memorable sunset cruise down the beautiful Noosa River...so hop on board, sit back and relax and take in the sights and sounds of Noosa at sunset.

Don't forget the wine! Bring along your favourite bottle (or two), BYO is welcome and we have glasses on board for your convenience or you may prefer our complimentary tea or coffee.

## Fraser Island Adventure tours

**\$190.00 p/p**



You will be picked up from the Noosa Blue Resort in a 4x4 air-conditioned mini coach, with spacious seating. Where you will travel to the Noosa Ferry to drive along the famous Noosa North shore and take in the wonderful sights of the coloured sands, and view the shipwreck Cherry Venture. Travel on through to Double Island Point and stopping at Rainbow Beach for a light morning tea.

Jumping onto the Fraser Island ferry, you continue on a 75 mile beach drive through Eurong or Happy Valley, then it is inland 4WD Sandy Forest Tracks. Midday lunch stop and swim normally 1 ½ hr to 2 hrs at crystal clear water Lake McKenzie, Lake Garawongera or Eli Creek. Do not forget your camera for the forest Walk and the wildlife that is abundant.

Heading back to your accommodation, afternoon tea is, provided and estimated time of arrival in Noosa is 1730.



### **Includes**

- Coastal pick up
- Expert tour guides
- Morning/Afternoon teas
- Noosa River Barge
- Fraser Island Ferry
- National Park Fees
- BBQ Lunch (please advise if vegetarian)
- Complimentary drinks

### **Don't forget**

Swimmers, sunscreen, hat, camera & towel

## Coloured Sands Tour

**\$110.00 p/p**

A ½ day 4wd beach safari to the Sunshine Coast's largest national park (Cooloolool). This safari takes you to remote, pristine beaches only accessible by 4wd. You will have the chance to take a refreshing swim in the tranquil waters of Rainbow Beach, famous for its 200 metre high coloured sand dunes; drive the length of 40 mile beach; enjoy breathtaking vistas from Double Island Point lighthouse. Regular sightings of dolphins, turtles, manta rays, and humpback whales (whales only between August and October).



### Itinerary

- 4wd along 40 Mile Beach and Rainbow Beach
- Drive to the top of Double Island Point and enjoy the breathtaking 360 degree views. Learn about the historical Lighthouse. (we are the only Operator from Noosa to have vehicle access to the lighthouse, which saves the 25 min uphill walk)
- Regular sightings of marine life include dolphins, turtles, manta rays, humpback whales (July – October)
- Experience the splendor of Rainbow Beach and its famous coloured sands (sand dunes up to 200 mts high)
- Take a swim in the tranquil waters of Rainbow Beach
- Learn about some of the unique flora & fauna of the 'Great Sandy Region'
- Return to Noosa

### Departure Times

Departure times change daily due to changing tide times  
Tour departs between 8:00am and 1:00pm

Tour Duration is approximately 5 hours.

### What to Bring

Swimmers, Towel, Sun Protection, Hat, Sunglasses, Water bottle,

### Inclusions

Delicious Lunch  
National Park entry fees  
Noosa River Ferry  
Modern, Air-Conditioned 4wd transport  
Fully Accredited local eco guide

## Attractions Full Day Tour

**\$230.00p/p**

Depart Noosa Blue Resort with our experienced coach drivers. They will ensure that you have a memorable trip, with their expert knowledge of the local area. Learn our history, geography and folklore.

Visit the Ginger factory located in Yandina, you will be able to sample the ginger and browse through the specialty stores. Next stop is the Big Pineapple take a train ride, around the plantation or can choose to climb to the viewing platform that will deliver breath-taking views of the surrounding countryside.



Next on to the Australia Zoo, no visit is complete without seeing the live croc show in the crocoseum. You will get to meet all walks of life at the Australia Zoo. The creepy and the crawly feature here, you can also have a cuddle with a koala, And hand feed

the kangaroos.

Last but not least, a visit to the amazing underwater world at Mooloolaba, where you can be just inches away from the sharks and other marine life as you travel on the 80-metre moving walkway. The seal show is definitely a delight to behold these magnificent creatures of the ocean.



Finally, you will make your way back to Noosa Blue with an estimated time of arrival being 1730.

### Includes

- Free Entry Ginger Factory
- Free Entry Macadamia Nut Factory
- Free Entry Big Pineapple
- Free Entry Australia Zoo
- Free Entry Underwater World
- Lunch and refreshments supplied by FIT noosa

### Do not forget

Camera, hat and sunscreen

## Noosa food and wine trail

**\$95.00 p/p**  
**or \$145.00 p/p Sunday**

**Come with us to meet local growers and producers and sample the fruits of their labour.**

### **Gourmet Greens**

Discover Noosa's most picturesque commercial salad garden. Learn what it takes to supply quality produce to Noosa's top restaurants. Enjoy home-made Devonshire tea / coffee under the palm trees.

### **Garnisha Spice Gardens**

Start with an easy guided walk around these aromatic and picturesque gardens, then sample an exotic range of spice blends, all made with ingredients sourced from the garden.

### **Dingo Creek Vineyard**

Sample a range of locally produced quality wines in a beautiful rural setting.

### **Complimentary Lunch**

Enjoy a relaxing light lunch incorporating a selection of fresh, locally grown produce.

### **Kybong Crayfish Farm**

Pull in a net and hand pick your crayfish - if you're brave!. Best of all, sample fresh, cooked crayfish. It doesn't get any better than this!

### **Noosa Valley Winery**

Finish the day with more of Queensland's quality wines. You will be impressed with this picturesque family-owned winery.

**DEPARTS:** From 8.30am - **RETURNS:** Approx 4.30pm

Includes (Devonshire tea / coffee, Garnisha product sample, wine tasting, light lunch & crayfish tasting)



## Montville Hinterland and Rainforest Day Tour

**\$135.00 p/p**

You will start your day off with a relaxing stroll through the Eumundi Markets, while sampling some of the local produce. Afterwards you will travel out to Dulong Lookout where you will get to see a spectacular view of the coast from Noosa to Caloundra. When you arrive at Montville, you will have 2 hours to wander around looking around the variety of shops. If you would wish to spend less time at Montville and are physically fit, you can take a walk and swim at Kondalilla Waterfalls.



Receiving a guided walk through Mary Cairncross Park, you may find some unusual inhabitants of the park. Following the guided tour is also a guided Rainforest walk just before heading out to the Glasshouse Mountains. For a treat, you will be traveling to a winery, before seeing exquisite views of the coast. You will be finishing the day off with a drive down Blackall Range before visiting, either Opals Down under or Aussie World and Ettamogah Pub.

### **Includes**

- Devonshire Morning Tea

## **Hervey Bay Whale Watching Tour**

**\$220.00 p/p**

You will be picked up from the Noosa Blue Resort at 8:30am. Where you will be taken north to Hervey Bay, which is known as the Whale Watching Capital of the world. You will board the new Tasman Venture and experience the trip of a lifetime, where you will view the whales in their natural environment.



You will be traveling at a 25-knot cruising speed, in luxurious air-conditioned comfort. With expert accredited commentary. The boat is equipped with underwater viewing windows and a hydrophone underwater microphone amplified through the vessels P.A. system, so you can listen to the whales communicate to each other.

### **Includes**

- Door to door personalised service
- A full smorgasbord luncheon
- Stop for morning tea
- Afternoon tea

**Please note that the whale watching is seasonal and may not be available when you are visiting Noosa.**

**Transportation cost for all activities may be required, quotes can be arranged on confirmation of numbers.**

**These prices are valid until the 31 December 2006.**

If you would like any more information on the suggested menu or other activities, please contact me to discuss, as our priority is to make sure that your stay in Noosa is a memorable one.

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