

Caloundra, Sunshine Coast

Caloundra's full of surprises. From the friendliness of the locals, to the sweeping, uncrowded beaches that are only a short drive from the cool, refreshing hinterland. Relax and enjoy the best of both coastal and hinterland offerings.

Swim from white, sparkling beaches or dive into the warm, sheltered waters of the Pumicestone Passage Marine Park. Go bushwalking in the magnificent Glass House Mountains and Blackall Range.

On the coast, take a surfing class, or try fly-fishing, wind surfing and kayaking. Or simply wind down, pottering about in boats.

Major attractions that all within easy reach include Australia Zoo with more than 550 animals (www.crocodilehunter.com) and home of the Crocodile Hunter Steve Irwin's Crocoseum and Tiger Temple; Aussie World and The Ettamogah Pub (www.aussieworld.com.au) where the kids will love playing mini golf, riding the dodgem cars and hurtling about in the Wild Mouse Rollercoaster Ride, before joining mum and dad on the giant Ferris wheel; and the Big Kart Track (www.bigkart.com.au) the largest go-kart track in Australia.

Caloundra is changing. Modern redevelopments include parklands and alfresco dining that blends into the Bulcock Beach, Dicky Beach and Kings Beach foreshore. Stroll from Golden Beach along the new coastal walk around Caloundra Headland to Kawana and north to Point Cartwright.

Wine and dine away from the hustle and bustle and relax with a more casual nightlife that includes intimate wine bars and vibrant cosmopolitan restaurants and cafes.

The verdant hinterland ranges provide the perfect year-round escape and the opportunities are endless. Perhaps a leisurely picnic in the countryside, a stroll through the art and craft shops, a game of tennis. Or be calmed with a soothing massage followed by a relaxing spa. If you're feeling more energetic learn how to abseil or rock climb.

A range of accommodation matches the diversity of what to see and do and includes boutique bed and breakfasts, cute cottages, budget backpackers, well positioned caravan parks, holiday homes, serviced resorts, self-contained apartments with ocean views to units within walking distance of the beach.

Caloundra is the southern gateway to the Sunshine Coast and is just one hour's drive away from Brisbane city or airport and 30 min drive from the Sunshine Coast airport. Caloundra provides an ideal base from which to explore the region. For more information on where to stay and what to see and do visit: www.caloundratourism.com.au, or phone 1800 700 899 (within Australia) for a free copy of the Caloundra Holiday Guide.

Pumicestone Passage Marine Park: Either by kayak or sunset cruise, experiencing the natural beauty of the Pumicestone Passage Marine Park at Golden Beach is a never-to-be-forgotten experience.

This tranquil sanctuary offers calm waters to swim, fish or go boating. You can even walk its shores along a coastal pathway that offers plenty of barbecue and picnic spots along the way.

The Passage has extensive mangroves and sea grasses and feeds into creeks and estuaries on its journey south from Caloundra to Moreton Bay. This stretch of water separates mainland Caloundra from Bribie Island and is home to more than 350 species of bird life, including pelicans, black swans and thousands of migratory terns.

Blue Water Kayak Tours provides a unique way to enjoy the tranquillity and beauty of this region. This guided tour is relaxing and fun for all the family and offers a close up view of bird and wildlife, and the chance to take a stroll on Bribie Island. Single and double kayaks are available. For further information phone (07) 5494 7789 or visit www.bluewaterkayaktours.com

Caloundra Cruise has a number of daily cruises of the Pumicestone Passage, including a lunch stopover at the Pelican Waters Tavern, and sunset cruises. Enjoy your stay at Golden Beach, and keep a look out for the liners and cargo ships as they pass by on the ocean side of Bribie Island. For further information phone (07) 5492 8280 or visit www.caloundracruise.com

Breakaway Charters offers a variety of adventures on a high-speed catamaran cruising throughout the northern section of the Moreton Bay Marine Park, including activities such as snorkelling on coral reefs and shipwrecks, sight seeing the beautiful Moreton and Bribie Islands as well as an informative audio commentary on the Moreton Bay Region. Cruises are also available in the Pumicestone Passage Marine Park and to Mooloolaba. The 10-metre Breakaway, a former Sanctuary Cove Boat of the Year, reaches speeds of up to 18 knots with the trip to Moreton Island taking only 90 minutes. For bookings and further information on departure times phone 0408 785 108 or visit www.breakawaycharters.com.au

Glass House Mountains Tourist Drive: Spectacular mountain views and breathtaking bushwalking awaits. The Glass House Mountains are a series of steep-sided volcanic plugs that dominate the landscape of the Caloundra hinterland. They are formed of rhyolite and trachyte, lavas that hardened inside the vents of tertiary volcanoes that have been greatly reduced by about 25 million years of erosion. The mountains were first named the Glass Houses in 1770 by Captain James Cook and have become one of the premier tourist attractions in the region. For further information on walking trails visitors can contact the Maleny ranger's office on (07) 5494 3983.

Mary Cairncross Scenic Reserve near Maleny offers 40 hectares of environmentally protected land filled with wildlife. A visitor centre provides guided tours and history of the local region. Fantastic views surround this popular picnic and barbecue area.

Hinterland Great Walk: The walk, which stretches along the picturesque Maleny-Mapleton plateau and the Blackall Range, spans a total of 45kms and is managed by Queensland Parks and Wildlife Service. For those keen enough to tackle the complete 45kms, simple walkers campsites are offered along the way for overnight visitors. If 45kms seems a little out of reach, all ages and abilities are catered for with shorter distances offered including easy 2km walks passing through open woodland ridges and bridge crossings, taking you to spectacular views of Obi Obi Gorge and Baroon Pocket Dam and its catchment. A more challenging 9.5km section is also offered taking in the range's deeper valleys and the spectacle of Kondalilla Falls.

Australia Zoo: Visit the home of the Crocodile Hunter, Steve Irwin, at Australia Zoo on the Glasshouse Mountains Tourist Route. The zoo, also home to more than 550 animals, is open every day except Christmas Day from 8.30am to 4pm. Watch otters catch their own fish, have a photo taken with a giant python and check out the interactive Kids Zoo. Be sure to catch the highlight of the day when keepers demonstrate how crocodiles launch a strike from the water's edge. See the show in the new 5000-seat Animal Planet Crocoseum, and check out the Tiger Temple. For further information phone (07) 5494 1134 or visit www.crocodilehunter.com

Aussie World: Get a lighthearted look at our great Australian culture at Aussie World and The Ettamogah Pub on the Bruce Highway. The kids will love playing mini golf, riding the dodgem cars and hurtling about in the Wild Mouse Rollercoaster Ride. Mums and Dads will enjoy the giant Ferris wheel and the chance to relive their younger days and the annual side show alley at the local show every year. With plenty of specialty stores displaying locally made arts and crafts, Aussie World and The Ettamogah Pub are open daily from 9am and admission is free. For further information phone (07) 5494 5444 or visit www.aussieworld.com.au

Big Kart Track: Take a spin on the largest go-kart track in Australia at Big Kart Track on the Glasshouse Mountains Tourist Drive. Cruise around corners and push the pedal to the metal on the straights – and there's a separate, slower track for children. Big Kart Track is also home to the Bungy Bullet, which will shoot you 50 metres into the air in one second at

a speed of 4Gs. Admission is free. For further information phone (07) 5494 1613 or visit www.bigkart.com.au

Fishing: The blue waters off Caloundra have a reputation for world-class sport fishing. This area has hooked a number of fly-fishing world records, including sailfish and longtail tuna over 20kg caught on light line.

Skydiving: See Caloundra, from the air. *Sunshine Coast Skydivers* offer visitors the ultimate skydiving experience, landing right on the beach at Caloundra seven days a week. With views stretching the whole of the coast, skydiving in Caloundra offers visitors a truly unforgettable experience and some of the best aerial coastline views in the world. Blues skies all year round. For further information visit www.scskydivers.com

Queensland Air Museum: Let your imagination fly high into the clouds inside the cockpit of a menacing jet fighter, perhaps a droning bomber or any one of more than 20 complete aircraft in one of Australia's finest air museums, the Queensland Air Museum at Caloundra Airport. Walk among displays from around the world including bombers, helicopters and passenger aircraft and sense the adventure of flight in the early days of commercial aviation. The museum is open 7 days from 10am to 4pm and showcases aviation history dating back to World War Two and the early years of commercial flight. Coaches and other group visits are welcome by appointment. For further information phone (07) 5492 5930 or visit www.qam.com.au

Events and Festivals: Annual events and festivals include the Maleny Wood Expo From Chainsaw to Fine Furniture, Jazz in the Park with virtuoso James Morrison, Queensland Mid-Amateur Golf Championships, and the Caloundra Triathlon. The Sunshine Coast Turf Club offers the best regional racing program in the state at Corbould Park and regularly attracts a top field of horses, jockeys and trainers from around Australia and New Zealand. For a complete list of events and dates visit www.caloundratourism.com.au.

Games: Zone 3 Laser Games promises a challenge to master your quest for supremacy (www.zone3sunshine.com); or try skirmish, dressed in camouflage coveralls and wearing full face protection firing Co2 gas powered paintball gun to attack or defend against the opposition team (www.skirmishsunshinecoast.com.au).

Historical: The Landsborough Museum (www.landsboroughmuseum.org.au) is 30 years old and houses one of the region's largest social history collections, located at 4 Maleny Street, Landsborough. Phone (07) 5494 1755.
Kings Beach Bathing Pavilion was constructed in 1937 as a result of the expansion and growing popularity of Caloundra as a seaside resort. This heritage-listed building is an example of the 1930s public bathing pavilion with open-air change rooms.
The SS Dicky was washed ashore onto Dicky Beach in 1893 during a cyclone; the remains of the wreck are a popular photo experience.
Military Jetty at Golden Beach is evidence of the use of the Caloundra district for military operations in World War II. It was erected in 1941 to assist in the transportation of goods and personnel to Fort Bribie, as part of the Brisbane line fortifications.
See Caloundra's Centaur Memorial on the Kings Beach headland and relive the story of the sinking of this hospital ship in 1943 by a Japanese submarine.

Horse racing: The Sunshine Coast Turf Club offers the best regional racing program in Queensland at Corbould Park and regularly attracts a top field of horses, jockeys and trainers from around Australia and New Zealand. For more information about the Caloundra Cup and other major race meetings visit www.sctc.com.au.

Horse riding: Mooloolah Valley Riding Centre offers trails and treks through rainforest and timberland for all riding standards, with a picnic or lunch stopover available (www.mooloolahvalley.com).

Health Spas: The secret of a dream sleep, wellbeing and the art of rejuvenation go hand in hand as part of two new healthy holiday options at Caloundra. Guests at *Quest Caloundra* can now experience revitalizing, energizing, true relaxation by booking a Health and Wellness Room that includes a Dream Sleep System, an Air Wellness Power 5 air

filtration system and an Optimised PiMag (Living) Water System. The combination of these innovations provides support and comfort along with clean air and water that leaves guests relaxed and radiant. For more information about bookings visit www.questcaloundra.com.au. Also located on-site to pamper guests is the Q Beauty and Day Spa that offers a range of professional services and treatments.

Fountainhead Retreat situated within a working organic farm in Maleny offers range of health programs. Stay in unique cabin accommodation. Phone (07) 5494 3494 or visit www.fountainhead.com.au.

Vida Health and Spa at Ramada Pelican Waters offers a broad range of beauty treatments and rejuvenating therapies to cleanse the body and lift the mind. Step into this soothing, serene space and treat yourself to a blissful experience. Treatment rooms offer guests waxing, pedicures, manicures, facials, massages and lash tinting. Other facilities include a fitness centre, stand-up solarium, spray tanning booth, hair salon, a hydrotherapy spa for four people, infra red sauna, therapeutic plunge pool and a relaxation room with complimentary spa beverages and fruit platters. For more information visit www.vidahealthandspa.com

Golf: Club Pelican (www.clubpelican.com) was designed by Greg Norman, and is a spectacular 18 hole 6359 metre championship course that has intelligently been integrated into the existing natural landscape, and translated it to simply exhilarating golfing terrain. Caloundra Golf Club is one of the best regional championship courses in Queensland and regularly hosts major tournaments. Tee off among the native wildlife.

Dining in Caloundra is a food lover's delight. Every table comes with a view and there are options to suit all budgets and palates. Choose from fresh off-the-boat seafood, authentic Asian, Greek and Italian cuisine or a juicy steak to satisfy even the biggest meat lover. The choice is yours and matching the diversity of what to eat, comes a surprising amount of dining options. Choose from luxurious and intimate fine dining to the award winning Caloundra RSL for good food and good company. Try Alfie's on the Beach owned by NRL great Alfie Langer or Café Mediterranean, voted Queensland's best café, both just some of the many options to relax and enjoy delicious meals and snacks.

Maleny Cheese: Discover mouth-watering taste sensations and see them being made. Mild cheeses on offer include brie, camembert and fetta. This award-winning business is open seven days a week 9am to 5pm not far from Tree Frog Gallery and Maleny Touchwood. For further information phone (07) 5494 2207 or visit www.malenycheese.com.au

The Big Barrel Winery on the Landsborough-Maleny Road is part of a growing hinterland industry. Sample award-winning wines and take a tour of the facility. For further information phone (07) 5429 6300.

Maleny Dairies: From the cow to the bottle and everything in between, Maleny dairies offers visitors a milk experience so fresh you can pat the cow it came from. Tours of the dairy operate on Monday, Wednesday, Friday and Saturday mornings by appointment. Call (07) 5494 2392 to make a booking, or visit www.malenydairies.com.au

Colin James Fine Foods in Maple Street, Maleny, and Bulcock Street in Caloundra have won many awards. Try their rum and raisin and hazelnut roche ice creams, and delicious gourmet cheeses. Call (07) 5494 2860.

Wine and cheese tour: Get a taste for boutique wines and cheeses in the calm behind the coast. A1 Transfer's Wine and Cheese Tour includes a pick-up service before heading off to Little Morgue Winery that previously operated as a morgue. The embalment area now produces a full range of wines that are ready for tasting. Depart with a complimentary wine glass and look forward to a day that includes home-made scones at Flaxton Barn, a tippie or two at Flaxton Grove Winery, an old sandstone building with beautiful views of the Sunshine Coast, and later a ploughman's lunch overlooking the Montville hinterland before a browse among the unique fine art at the Tree Frog Art Gallery. Then it's off to Maleny Cheese, a food lovers' delight that offers not only mouth-watering taste sensations but also the chance to see the production process for award winning cheeses and

yoghurts. The tour costs \$85 per person, operating Wednesday to Sunday, and needs to be pre-booked by phoning (07) 5437 3070.

Agritourism tour: Launched by the Maleny Innovative Farmers Group this tour offers visitors the opportunity to experience the Caloundra hinterland's diverse agricultural offerings first hand including an award-winning dairy and cheesery, a working emu farm and a winery. The Group, made up of local farmers, has organised the tour that takes visitors on a journey from the farm gate to producing and manufacturing the finished product. This unique tour lets visitors sit back, relax and experience local farming first hand while also taking in the stunning scenery of the Hinterland region. The tour includes the opportunity to pat the farm animals at Maleny Dairies, enjoy delicious yoghurts and cheese at Maleny Cheese, taste real bush tucker and sample emu products and cosmetics at Tjuringa Emu Farm and wine tasting at the Big Barrel at Maleny Mountain Wines. For more information and bookings, please call 0428 942 224.

Shopping: With something for everyone, Bulcock Street in the Caloundra CBD is your one-stop destination for everything you need. The tree-lined main street offers something for everyone. Casually browse through the many beautiful boutiques full of hidden fashion treasures and a broad range of surrounding retail outlets offer visitors fantastic bargains or that something special to remember your holiday. The Bulcock Street markets operate every Sunday morning with almost 100 stalls of local produce and unique art and craft. Stockland Shopping Centre and Kawana Shoppingworld bring together a range of speciality and brand stores to complete all your shopping needs.

Arts & Culture: Art and culture abounds in Caloundra with the Caloundra Regional Art Gallery (www.caloundra.qld.gov.au/CaloundraGallery) offering amazing works by established local and national artists.

Crafters and admirers alike will love nearby Maleny offering visitors a seemingly endless array of boutique gift, fine art and craft specialty stores. Cosy cafes allow visitors a day of relaxed browsing followed by a delectable afternoon tea.

The *Walk of Stars* is the brainchild of sixties rocker Tony Worsley. His aim is to keep the stars of yesteryear alive for all time. Tony opened the Velvet Waters Rock 'n' Roll Restaurant 12 years ago in Bulcock Street and has encouraged people to sponsor many of the stars who have contributed to Australian music. Entertainers on the Walk of Stars include Tony Worsley, Col Joye, Little Pattie, Ray Brown, Normie Rowe, Marcie Jones (& the cookies), Judy Stone, Michael Hutchence, Marc Hunter, Russell Murriss, Easy Beats, The Seekers, Lucky Starr, Frankie Davidson, Jimmy Barnes, Ross Wilson. Most recently Velvet Waters had the pleasure of inducting Brian Davies (Bandstand) Phil Manning (Chain) & Vince Melouney (Bee Gee's & Billy Thorpe & the Aztecs) to Caloundra's Walk of Stars. Velvet Waters is at 97 Bulcock Street, Caloundra, phone (07) 5492 6600.