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Population

300,000

Currency

Australian Dollar (AUD) \$1 = 100 cents

Internet

www.mysunshinecoast.com.au,
www.sunshinecoast-australia.com

Newspapers

The Sunshine Coast Daily,
Glasshouse Country News,
Mary Valley Voice

Emergency numbers

Call 000 for any emergency
Poisons information: +61 7 131 126
Lifeline: +61 7 131 114

Tourist information

Noosa Information Centre
Address: Hastings Street
Opening hours: every day from 9am-5pm
Tel: +61 7 5430 5000
info@visitnoosa.com.au
www.visitnoosa.com.au

SUNSHINE COAST

PUBLISHING DATE: **2011-09-30** | COUNTRY CODE: **AU**

Contents: The Region, Do & See, Eating, Cafes, Bars & Nightlife, Shopping, Sleeping, Essential Information, Maps

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The Sunshine Coast is undoubtedly one of Australia's most beautiful regions with amazing beaches, stunning sunlight, picturesque hinterland and plenty of breathtaking views. The Sunshine Coast offers a wonderful and immense mix of culture, cuisine, nature and outdoor activities that are all ready to be explored.

THE REGION



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The name says it all: The Sunshine Coast is blessed with a fantastic climate. It covers the region from Caloundra with its seaside-town atmosphere in the south, to cool and fashionable Noosa in the north, and from the beaches shaped by the Pacific Ocean in the east, too far into the rural English-like idyll beyond the Blackall Range in the west. The beautiful national parks, both on the coast and in the hinterland, are definitely worthwhile exploring, while spending an evening sitting on the beach watching the sunset is a must! If you can drag yourself away from the coastal area, the hinterland also promises a wealth of unique experiences in nature. The coast and its cities are alive and especially in the summer months. There is no end to the activities that take place all along the coast! You'll never lack of new sports, culinary concoctions, nature or shopping experiences to discover!

DO & SEE



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Underwater World

At Queensland's biggest oceanarium and aquarium you can swim with sharks, kiss a seal and watch amazing sea animals.

Address: Parkyn Parade, Mooloolaba
Phone: +61 7 5458 6280
Internet: www.underwaterworld.com.au

Australia Zoo

Although best known for its crocodiles and crocodile feedings, the zoo also features wildlife from Australia and the world over!

Address: Steve Irwin Way, Beerwah
Phone: +61 7 5436 2000
Internet: www.australiazoo.com

Big Kart Track

For a proper adrenalin kick, race at Australia's largest go-kart track!

Address: GlassHouse Mountains Tourist Drive, Landsborough
Phone: +61 7 5494 1613
Internet: www.bigkart.com.au

Mary Valley Rattler

Get a feeling of Australia's gold rush period by travelling on a steam train through the beautiful Mary Valley. Advance booking is recommended.

Address: Old Railway Station, Tozer St, Gympie
Phone: +61 7 5482 2750
Internet: www.thevalleyrattler.com

Aussie World

This family fun-park is also home to the famous Ettamogah Pub and to heaps of aboriginal artifacts.

Address: Frizzo Rd, Bruce Hwy, Palmview
Phone: +61 7 5494 5444
Internet: www.aussieworld.com.au

Glass House Mountains National Park

The Glass House Mountains are nine isolated pinnacles sticking up from the flat plain in the hinterland. It is highly recommendable to climb one of them to look at the fantastic view!

Address: GlassHouse Mountains National Park

Noosa National Park

This is a small, but excellent national park easily accessible from the centre of Noosa Heads. The park has great beaches, plus wildlife including koalas.

Address: Noosa National Park, Sunshine Coast
Internet: www.noosanationalpark.com/

Superbee

See the entire process of honey production from the beehive to the bottle. There are also plenty of activities for young children, including mini-golf.

Address: 35 Tomewin Street, Currumbin
Phone: +61 7 5598 4548
Internet: www.superbeetourism.com.au/

Sea Kayaking

Go kayaking while enjoy all the sights and waterways. You will have the opportunity to tour around some of the man-made islands, home to many of the Sunshine Coast's rich and famous.

The waters along the Sunshine Coast are excellent for open water kayaking – why not paddle to an exclusive beach.

Address: Sunshine Coast
Phone: +61 7 5494 7789

Sea Kayaking

Aussie Sea Kayak Company

Address: Sunshine Coast
Phone: +61 7 5452 7383
Internet: www.ausseakayak.com.au

Eumundi Market

At the famous and colourful Eumundi Market you can find anything imaginable. Dozens of farmers, artisans and craftsmen set up their stalls under massive, ancient fig trees every Wednesday and Saturday. The cheapest way to get there is by public transport.

Address: Memorial Drive, Eumundi
Phone: +61 7 5442 7106
Internet: www.eumundimarkets.com.au

Surf the Safest Waters

Try surfing at Noosa beach, one of the safest places to learn how to surf. This two hour surf lesson is great for people with limited time. You are guaranteed to experience the feeling of standing on a board and surfing a wave to the beach.

Address: Noosa Beach

Fishing and Crabbing Adventure

Fish one of Queensland's most pristine fishing areas, with over 40km of the Noosa River. the waterways, admire the rare native bird life and you'll even get to pull up a few crab pots. Enjoy a lunch of legendary Queensland Mud or Blue Swimmer Crab, freshly caught and cooked on board - you can't get fresher than that!

Address: Noosa River, Sunshine Coast

Everglades Cruise and 4x4 Beach Safari

Take a full day cruise and safari. You will cruise the Noosa River and Everglades in the morning before exploring the natural rainforest, bush land, eucalyptus forest and magical coloured sand dunes in a luxurious 4x4 vehicle.

Address: Sunshine Coast

The Bellingham Maze

You're in for a challenge at the Bellingham Maze. Make your way through this hedge maze, full of brain teasing puzzles, mini tile mazes, and a huge walk-through aviary. Take the family to "get lost" in this living hedge maze with two metre high rows of fragrant cypress pine hedges.

Address: Tanawha Tourist Drive 25, Sunshine Coast

EATING



© azriadnan

Throughout the coast, you can discover heaps of different dining experiences from the traditional cooking of the hinterland to new style cuisine with inspiration from all over the world. What's more, the climate is perfect for alfresco meals at all times of the day. Restaurant hubs are Hastings St in Noosa, Thomas St in Noosaville, Sunshine Beach, the Plaza Food Court in Maroochydore and Mooloolaba's Wharf and Esplanade.

Blue Angel

The food here is delicious and the views are great. Blue Angel's cuisine is made with organic seasonal products from local farmers, and seafood from local fishermen.

Address: 235 Gympie Terrace, Noosaville
Phone: +61 7 5473 0800
Internet: www.blueangelrestaurant.com.au

The Terrace Seafood Restaurant

This award-winning restaurant is the place to go if you are a seafood lover because its fresh selection of seafood and its roasts – oh, and do remember the delicious dessert bar of course.

Address: Cnr Maleny & Landsborough Rds, Maleny
Phone: +61 7 5494 3700
Internet: www.terraceofmaleny.com.au

Wasabi Sunshine Beach

This Japanese restaurant offers a unique and stylish dining experience either in the traditional Tatami room or in the contemporary dining room with a menu ranging from sushi to wagyu steak.

Address: cnr Duke & Bryan Sts, Sunshine Beach

Phone: +61 7 5449 2443
Internet: www.wasabisb.com

The Boatshed

Watch the pelicans dive for fish in the Maroochy River as you sink into the comfortable cane lounges devouring Asian and Mediterranean flavours. The food is absolutely delicious here.

Address: The Esplanade, Cotton Tree
Phone: +61 7 5443 3808
Internet: www.boatshed.net.au

Bistro C Beach Bar & Restaurant

Great for good old traditional Australian food. Also, the breakfast here is excellent!

Address: On the beach, 49 Hastings St, Noosa Heads
Phone: +61 7 5447 2855
Internet: www.bistroc.com.au

Frozyzy's

This is a lively restaurant with live music entertainment at weekends.

Address: 55 The Esplanade, Maroochydore
Phone: +61 7 5479 3676

Magic of India

This award-winning restaurant (Best Take-Away in Noosa) serves delicious traditional Indian curries and Tandoori cuisine. BYOB.

Address: Thomas St, Noosa
Phone: +61 7 5449 7788
Internet: www.magicofindia.com.au

Aromas

At Aromas, they serve delicious Asian and Mediterranean inspired dishes in a spacious and modern interior. Also great for an espresso.

Address: 32 Hastings St, Noosa Heads
Phone: +61 7 5474 9788
Internet: www.eatability.com.au

Thai Suphan

This long-established Thai restaurant serves up tasty dishes.

Address: 37 Bullock Street, Caloundra
Phone: +61 7 5491 7899
Internet: www.eatability.com.au

Holy Mackerel Fish Café

You gotta try the fish'n'chips and homemade ice cream at this place – it's mouth-watering.

Address: Shp 27, 187 Gympie Tce, Noosaville
Phone: +61 7 5449 9519

EBB Waterfront Restaurant

Stylish food with a focus on premium produce from the local and regional areas around Australia and overseas.

Address: 6 Wharf Street, Maroochydore
Phone: +61 7 5452 7771
Internet: www.ebbwaterfront.com

Earth Bistro Wine Bar

This restaurant serves some of the best tapas available along the Sunshine Coast.

Address: Mooloolaba Outrigger International
Phone: +61 7 5477 7100
More Info: The Esplanade & Venning Street

CAFES



© pearlsa

Café Arcadia

Arcadia is great for smoothies, brekkies, veggies and last - but not least, the coffees.

Address: Shp 5, Arcadia Wlk, Noosa Junction
Phone: +61 7 5474 8833

Canteen Café

This hip and funky café is excellent for coffees and big breakfasts.

Address: 2 Sunshine Beach Rd, Noosa Heads
Phone: +61 7 5447 5400

Café le Monde

This café, restaurant and lounge bar is a perfect place to unwind and watch the world go by. There's live music at weekends.

Address: 52 Hastings St, Noosa Heads
Phone: +61 7 5449 2366
Internet: www.cafelemonde.com.au

The Café in Mooloolaba Surf Club

It's worth a visit for the views over the surf. Enjoy a cappuccino or a beer on the deck.

Address: The Esplanade, Mooloolaba
Phone: +61 7 5444 1300
Internet: www.thesurfclub.com.au

Hot Pipi's

This cheerful, stylish and affordable restaurant on the waterfront at Mooloolaba is renowned for outstandingly fresh-caught seafood, cooked almost as soon as it comes off the boat.

Address: The Esplanade, Mooloolaba
Phone: +61 7 5444 4441
Internet: www.hotpipis.com.au/

Sugar 'n Spice Café

Enjoy a nice hot cuppa in this cosy café.

Address: The Esplanade, Mooloolaba
Phone: +61 7 544 7222

BARS & NIGHTLIFE



© yalta

The Sunshine Coast is alive and kicking at night with most of its nightlife happening in the Noosa area. Neighbouring cities also have vibrant clubs to dance away the night. Cover charges are usually between \$5 -10. Whether you're looking for an afternoon appetizer, an after-dinner top-off or a pre-clubbing starter, the bars on the Sunshine Coast are varied and plenty. Here are a few to suit any mood or place.

Red on Thomas

This funky and hip tapas bar serves drinks and cocktails until late and is the place to be seen in Noosaville.

Address: 4 Thomas Street, Noosaville
Phone: +61 7 5474 4399
Internet: www.redonthomas.com

Rumba Wine Bar

This bar has over 500 different wines while plush leather lounges create a cool, sophisticated mood.

Address: 75 Hastings St, Noosa Heads
Phone: +61 7 5448 0935

The Reef Hotel

There's a pub-like feeling at this popular hotel bar with live music, while a nightclub is located below.

Address: 19 Noosa Dr, Noosa Junction
Phone: +61 7 5430 7500
Internet: www.reef-noosa.com.au

Sierra Café Bar

Enjoy every time of the day here. Come by for

breakfast, lunch, dinner or to sip a drink from the long wine list in this relaxing bar.

Address: 10 Hastings St, Noosa Heads
Phone: +61 7 5447 4800

Rolling Rock

DJs rock the house most nights and it's the must-go place for locals and visitors alike when looking for a place to boogie.

Address: Bay Village Mall, Hastings St, Noosa Heads
Phone: +61 7 5447 2255
Internet: www.rollingrock.com.au/

The Flamingo Club

It's an exclusive Noosa lounge, but dress to impress and smile for the camera to discover the delights behind this bar's closed doors. This intimate club serves plenty of frisky cocktails.

Address: Bay Village, Hastings St, Noosa Heads
Phone: +61 7 5448 0588

Wharf Tavern

There are six different lounges to drink, dine or dance - all offering different atmospheres while glass doors open up onto the river, offering great views.

Address: Parkyn Pde, Mooloolaba
Phone: +61 7 5444 8383
Internet: www.thewharftavern.com.au

Motown

With panoramic ocean views off the coast of Mooloolaba, this funky bar, lounge and restaurant is a chill-out spot with true attitude.

Address: Un 4, 121 The Esplanade, Mooloolaba
Phone: +61 7 5444 5767

Sunshine Beach Surf Lifesavers Club

This local favourite is a great spot for a cold beer with. Come and enjoy all the facilities, the beach, fine dining or a day beside the sea. Profits go to fund lifesaving

and beach safety at Sunshine Beach.

Address: Belmore Terrace
Phone: +61 7 5447 5491
Internet: www.sunshinebeachslsc.com.au
More Info: Corner of Duke Street and Belmore Terrace

Noosa Surf Club

Noosa Surf Club, right on the beach, is the only club on a beach reserve in Australia, so patrons can enjoy the best of Noosa's sand and surf, along with a wide choice of beers, cocktails, wines and soft drinks.

Address: 69 Hastings Street, Noosa Heads
Phone: +61 7 5474 5688
Internet: www.noosasurfclub.com.au/

Cato's Restaurant & Bar

Cato's excellent seafood buffet offers a super selection including Sydney rock oysters, king prawns, freshly cooked sand crab and wok-fried dishes cooked while you watch. The restaurant has its own wine list and wine cellar, or you can bring your own.

Address: 6 Hastings Street, Noosa Heads
Phone: +61 7 5449 4754
Internet: www.yourrestaurants.com.au/

SHOPPING



© jiaeren

Noosa

Hastings Street is famous all over Australia for its fine shopping and restaurants. Shops line both sides of Hastings Street and in the centre of it is Bay Village, which is an arcade of small specialist shops built

around a food court.

Address: Hastings Street

Noosa

A 15 minute walk over the hill behind Hastings Street, and you'll be at Noosa Junction Plaza on Sunshine Beach Rd in Noosa Heads, which is the primary shopping centre for Noosa. All the main shops and banks are there. The Noosa Fair shopping centre on Lanyana Way, in Noosa Junction, has heaps of speciality shops.

Address: Noosa Junction Plaza, Noosa Heads

Noosa

In the area of Noosaville, shopping is located off Gibson Road where there are a cluster of shopping centres while specialist shops line Gympie Terrace. Noosa Harbour holds a market every Sunday morning.

Address: Gibson Road

Maroochydore

Sunshine Plaza on Horton Pde is a large shopping centre with all the major stores and supermarkets placed in scenic and cosy surroundings. There is also the Big Top Shopping Centre on Duporth Ave.

Address: Duporth Ave
Internet: www.sunshineplaza.com

Caloundra and Mooloolaba

Caloundra's Bulcock Street is a bustling hive of shopping activity with a wide array of stores. Then there's the Stockland Caloundra shopping centre, on Bowman Rd, with 52 specialty stores open every day and the Centrepoint Shopping Plaza on Minchinton St. Toward Mooloolaba is the Kawana Shoppingworld, which has over 110 stores on one level. In the streets of Mooloolaba you can also find several diverse shops to explore.

Eumundi Market is a must-do shopping experience on

the Sunshine Coast – please find the details in the “Do & See” section.

Address: Bulcock Street

SLEEPING



© equidetravel

Novotel Twin Waters Resort

The resort has its own surfing beach and surrounds a private lagoon. The over-water restaurant is pretty hip and the tranquil spa is a treat.

Address: Ocean Dr, Twin Waters
Phone: +61 7 5450 9596
Internet: www.twinwatersresort.com.au

The Skipper's Cove

Cosily tucked away by Noosa River, the Skipper's Cove offers serene accommodation, but still is only a 15 minute stroll to Hastings St and the beach.

Address: 16 Munna Crescent, Noosa Sound
Phone: +61 7 5449 8946
Internet: www.skipperscove.com.au

Hotel Laguna

The Laguna Hotel is great value for the money with spacious rooms, friendly staff, central location and close to the beach.

Address: 6 Hastings St, Noosa Heads
Phone: +61 7 5447 3077
Internet: www.hotellaguna.com.au

Noosa Village Motel

This accommodation is a good deal that offers central location as well as the necessities for a hotel stay.

Address: 10 Hastings St, Noosa Heads
Phone: +61 7 5447 5800

Koala Beach Resort

This backpackers' resort is the place to go if you want constant action. It is very lively and the party often starts here before visitors head off clubbing.

Address: 44 Noosa Dr, Noosa Heads
Phone: +61 7 5447 3355
Internet: www.koalaresort.com.au

Sebel Resort, Noosa

The elegant all-suite Sebel Resort Noosa is less than a minute's walk from the beach and offers the grandest accommodation in Noosa. Suites have private balconies, and the hotel is in the heart of Noosa's cosmopolitan Hastings Street shopping and nightlife district.

Address: 32 Hastings Street, Noosa Heads
Internet: www.sebelnoosa.com

Rydges Oasis Resort

Rydges Oasis Resort is set amid 10 acres of landscaped palm groves and offers accommodation ranging from hotel spa rooms to self contained apartments and villas. The resort's a la carte restaurant, The Deck, overlooks a charming lily pond and a range of activities are available.

Address: Landsborough Parade, Golden Beach, Caloundra
Internet: www.rydges.com

Australis Noosa Lakes

This complex of 152 rooms and apartments stands on seven landscaped acres of lakeside grounds by the Noosa River and is only minutes from the restaurants, nightlife and shopping of Hastings Street and the beach.

Address: 3 Hilton Terrace, Tewantin, Qld 4565
Phone: +61 7 5447 1400
Internet: www.australisnoosalakesresort.com.au

Sheraton Noosa Resort and Spa

Although only a few steps away from the city centre, it seems like another world when stepping into this luxurious resort. You'll be pampered like royalty here.

Address: 14-16 Hastings St, Noosa Heads
Phone: +61 7 5449 4888
Internet: www.starwoodhotels.com

ESSENTIAL INFORMATION



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**KOM IHÅG ATT VÄXLA
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FOREX BANK

Exchange Office

There are more fun things to do on your holiday than look for exchange offices or ATMs. Exchange your currency before you leave and get time to do things that you really want. At Forex Bank you can always buy foreign currency free of charge, at hours that suits you. For more info about Forex Bank visit our website or click:

<http://www.forex.se/sv/Om-FOREX/Bankbutiker/>

Airport

Sunshine Coast Airport – or Maroochydore Airport – has one terminal and is located 10 km north of Maroochydore and 26 km south of Noosa.

Address: Maroochydore Airport
Phone: +61 7 5453 1500
Internet: www.sunshinecoastairport.com.au

To and from the Airport

You can get to and from the airport with taxi, shuttle bus or rental car – if you choose the last option it is recommended to book in advance. A taxi ride with SunCoast cab (tel: +61 07 13 10 08) will cost you \$ 24 to Maroochydore, \$ 58 to Noosa and \$68 to Caloundra.

Door-to-door shuttle buses are run by Henry's and SunAir. The shuttles run after each arrival, but it is necessary to book in advance and, depending on where you are staying, a one-way lift costs between \$ 15 - 25 and \$ 9 - 33 respectively (prices vary for children, groups and families).

Henry's

Phone: +61 7 5474 0199
Internet: www.henrys.com.au

To and from the Airport

SunAir

Phone: +61 7 5478 2811
Internet: www.sunair.com.au

Public transport

The Sunshine Coast has an extensive public transport network, serviced by Sunbus, with bus routes connecting the suburbs and areas on the Sunshine Coast. Busses run frequently – more during the day than at night – seven days a week. Depending on how many zones you wish to travel in, a single ticket starts from \$ 2.40, daily ticket from \$ 4.80 and weekly from \$ 19.20.

Internet: www.sunbus.com.au

Taxi

Suncoast Cabs

Phone: +61 7 131 008

Internet: www.suncoastcabs.com.au

Post

Post office

Address: 91 Noosa Dr, Noosa Junction

Opening hours: Mon-Fri 9am-5pm

Phone: +61 7 5447 3280

Pharmacy

Chemist Day & Night is open from 9am to 9pm. It's located at Hastings St, Noosa Heads.

For any kind of health emergency, please contact Noosa Emergency Medical Centre. It is open 24 hours and located at 111 Goodchap St, Noosaville.

Address: Hastings St

Phone: +61 7 5455 9381

Telephone

Country code: +61

Area code: 07

Electricity

240 V / 50 Hz

