

# AUSTRALIA'S NATURE COAST

*Australia's Nature Coast brings together the Sunshine Coast and Fraser Coast. With a number of unbeatable natural experiences including the Great Sandy and Noosa UNESCO Biosphere Reserves; World Heritage-listed Fraser Island; Lady Elliot Island part of the World Heritage-listed Great Barrier Reef; 47 state and national parks, reserves and forests, whale watching experiences, over 200 kilometres (124 miles) of pristine beaches, calm rivers and waterways with an abundance of birdlife.*

## DAY ONE

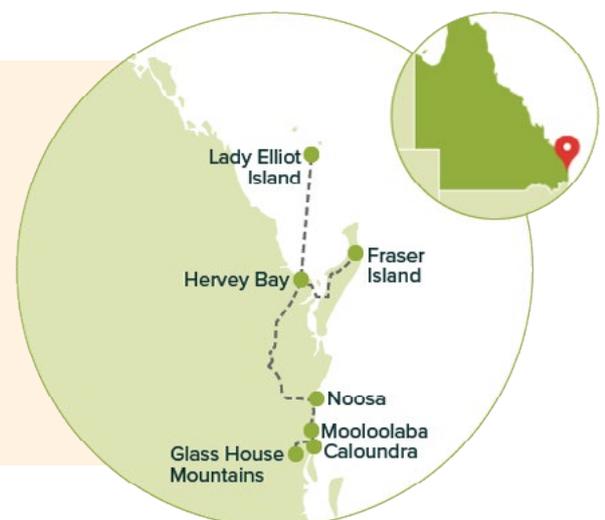
Your Australia's Nature Coast adventure starts in the Fraser Coast, home to World Heritage listed Fraser Island and Hervey Bay, famous as the stopover point for thousands of migrating humpback whales from July to November. During whale season, take a trip to experience one of the world's closest encounters with the whales. Spend the day on – or above - the water with year round aquatic adventures including dolphin cruises, fishing, sailing, kayaking, and jet ski tours. View Fraser Island from above with a scenic flight or enjoy a tandem skydive. Hervey Bay offers a range of accommodation from backpacker to luxury resorts.

### Highlights:

- Swimming, sailing, fishing, kayaking, yachting, water skiing, kite surfing, jet skiing, wind surfing, stand up paddle boarding and snorkelling in the calm waters.
- The world's closest and most engaging encounters with humpback whales from mid-July to early November.
- Delicious local seafood, including the famous scallops and prawns.

## AT A GLANCE

- Hervey Bay – Lady Elliot Island (40 min flight)
- Hervey Bay – Fraser Island (50 min ferry)
- Fraser Island – Noosa (5 hours)
- Noosa – Mooloolaba (40 mins)
- Mooloolaba – Caloundra (30 mins)
- Caloundra – Glass House Mountains (30 mins)



## DAY TWO

For an unrivalled reef experience, spend the day on the Great Barrier Reef ECO certified Lady Elliot Island, starting with a 40 minute stunning scenic flight from Hervey Bay. If your trip falls between November and March you could find yourself captivated by the green sea turtles during egg laying and hatching. Stay overnight in Hervey Bay.

### Highlights:

- View the southernmost part of the Great Barrier Reef on a scenic flight.
- See green sea turtles during egg laying and hatching season on Lady Elliot Island between November and March.
- Join a glass bottom boat and snorkelling tour of Lady Elliot Island for a chance to swim with turtles.



### DAY THREE

Explore incomparable Fraser Island – the largest sand island on earth.

This World Heritage-listed icon has ancient rainforests, over 100 fresh water lakes, huge sand blows, rock pools and an amazing 75 mile beach highway - complete with a shipwreck and cliffs of stunning coloured sands. Overnight on Fraser Island with accommodations options from tent-safaris to ECO Certified resorts.

#### Highlights:

- Join a 4WD tour of World heritage-listed Fraser Island, with its white sandy beaches, ancient rainforests, wetlands and crystal-clear creeks.
- Feed kangaroos and emus, pat a dingo and cuddle a reptile at Fraser Coast Wildlife Sanctuary.
- Take to the water in Hervey Bay with a stand up paddleboard, kayak or canoe for the chance to see dugongs, dolphins, turtles and an array of fish.

### DAY FOUR

This morning, head south via Rainbow Beach and experience the beauty of the Teewah Coloured Sands on a 4WD tour along the beach followed by a hang glide over the tumultuous Pacific Ocean at Rainbow Beach. Arriving on the Sunshine Coast, enjoy a leisurely boat cruise along the wilderness of the Noosa Everglades and soak up the natural surroundings of mangroves, birdlife and pristine waterways or do it yourself with an eco-accredited kayak tour experience. Noosa offers a wide range of accommodation from self-catering, budget through to luxury.

#### Highlights:

- Walk through Noosa National Park and spot koalas in the eucalyptus trees.
- Follow the Noosa Bird Trail to see local birdlife.
- Join an eco accredited kayak tour of the Noosa Everglades through the mangroves and pristine waterways.

### DAY FIVE

Start the day with a stroll through Noosa National Park and spot koalas in Australia's native Eucalypt trees or try horse riding in bushland. Alternatively you can join the Noosa Biosphere Cruise to explore this place where more than 626 vertebrate fauna species have been recorded. Then learn to surf or stand up paddle surf in a calm river before tackling the surf, have a kite surfing lesson or travel south to Mooloolaba for a dive at the Ex-HMAS Brisbane Marine Conservation Park.

#### Highlights:

- Get a kiss from a seal and dive with sharks at Underwater World SEA LIFE Mooloolaba.
- Take an eco-cruise on the Maroochy River.
- Dine on freshly caught seafood at one of the many restaurants in Mooloolaba.

### DAY SIX

Spend some time in Caloundra kayaking, boating and fishing in the pristine protected waterways of the Pumicestone Passage before heading to the majestic Glass House Mountains. There are amazing views from many look outs or for the adventurous, climb or abseil the craggy peaks.

#### Highlights:

- Take an escorted jet ski tour of the pristine Pumicestone Passage, and observe turtles, dolphins and dugongs (seasonal).
- Have your photo taken cuddling a koala at Australia Zoo, and see crocodiles in action and learn about the research being conducted on these amazing reptiles.
- Climb one of the iconic Glass House Mountains for spectacular views to the coast.

