

FINDING WELLNESS IN NOOSA

When you visit Noosa, whether it's your first time or 50th, you can't help but be bowled over by its beauty. It's a setting that has been enjoyed for tens of thousands of years, starting with Traditional Owners, the Kabi Kabi people, whose land stretches roughly 100km south and 150km north of Noosa.

Fly into Sunshine Coast Airport or hit the highway north from Brisbane for the short two-hour road trip and you'll soon be embraced by the unfettered view of Laguna Bay, which will shake off any lingering thoughts of 'to-do' lists or deadlines.

Slow down, reconnect with each other, and prioritise wellness during this short break in Noosa.



Drive time – 2hr 37min



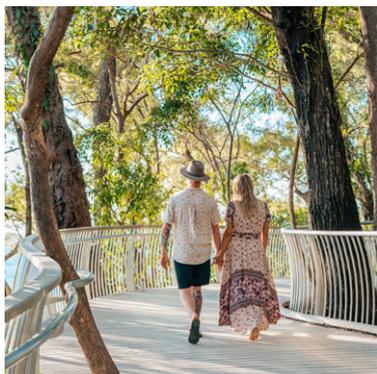
Suggested time: 4 days



Hastings Street – Noosa National Park – Noosaville – Noosa Junction – Noosa Foreshore – Doonan – Pomona – Wolvi – Kin Kin – Boreen Point – Lake Cootharaba

Visit **NOOSA**

DAY 1 – BEACHFRONT BLISS



1

THE BOARDWALK

Give yourself an early mark and make your way to Noosa with enough time to enjoy the waning afternoon, and a little active adventure before cocktail hour. The best way to get acquainted – or rekindle the romance – with Noosa is by striking out from Hastings Street and walking along the boardwalk towards Noosa National Park.



2

NOOSA NATIONAL PARK

While you'd need to allow around four hours to trek the entire return trail through the 40 km² park, take the local's favoured route and round Boiling Pot lookout to reach the pandanus-framed Tea Tree Bay at about the halfway point. As you breathe in the scent of the eucalyptus forest and the sound of water rushing the rocks, don't forget to look up as you stroll to spot the snoozing koalas who call this park home. This communion with nature provides the underlying current to any Noosa getaway.



3

LITTLE COVE

There's a cracking point break at Tea Tree Bay for experienced surfers but save the swimming for your return leg, with a dip at Little Cove – a serene little spot looking back towards Main Beach.



4

HASTINGS STREET DIGS AND DINING

After checking into your beachfront digs – Seahaven is an excellent choice at the Noosa Woods end of Hastings Street – pull up a front-row seat to the sherbet-hued sunset at Sails. This quintessential Noosa restaurant has been ticking every box for diners for almost 30 years, with a produce-driven menu and show-stopping views of the coast north towards Double Island Point. Don't miss the charred ciabatta with house-made trout butter, and save room for a scoop of gelato from Massimos on Hastings Street as you wander back to your apartment.

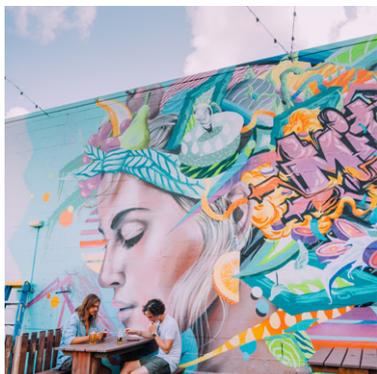
DAY 2 – TAKE ME TO THE RIVER



5

MORNING ENERGISER

With Australia's newest World Surfing Reserve literally at your doorstep, there's no better way to start the day than by catching a few right-handers, whether you've come with your own board or join a surf lesson with Go Ride a Wave or Noosa Learn to Surf. Prefer to test your balance on solid ground (or a pilates reformer)? Head to Noosaville for a yoga or pilates lesson at the bright and breezy Noosa Flow.



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NOOSA JUNCTION

While you could easily spend your entire stay in the Hastings Street hub, a short drive over the hill will deliver you to Noosa Junction, where trendy cafes and bars sit alongside boutiques like Lou Lou, Clo Studios and The Orangerie.



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WHOLESOME BREAKFAST

There are plenty of choices for your morning caffeine fix, but book for breakfast at Vanilla Food to tuck into wholesome eats like moon-dried tomato bruschetta with pesto and burrata, or avocado on charcoal sourdough with turmeric cashew cream. This is where you'll find locals catching up over oat milk lattes in their activewear or running startups from the communal tables.



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NOOSA STYLE INTERIORS

Everything on the menu here is housemade or locally sourced, with an onus on organic, and a thriving vegetable and herb garden out back. Love the decor? Take a wander through neighbouring Clo Studios afterwards; their interior designers take the credit.

DAY 2 – CONTINUED



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NOOSA RIVER

Fuelled full of goodness, it's time to explore the Noosa River under the steam of your own bodies. Hire a Nauticycle water bike or stand-up paddleboard from Eco Noosa River Adventures to explore the waterway and take a peek at the proliferation of quirky houseboats that bob in the sunshine.



10

SPA INDULGENCE

A wellness weekend is all about balance, and you'll find it in spades when you enter the lush gardens of the Balinese-inspired Ikatan spa in nearby Doonan (a short seven-minute drive). You can plan an entire day's retreat here with massage, meditation and meals on the menu, or simply book a couple's treatment and spend a few hours in bliss.



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FLOATING OASIS

Keep that cloud-nine feeling by opting to stay the night in a luxury floating villa on the Noosa River. Reaching Oasis Noosa is part of the fun, with access via a sandy track and then a short row in a dingy to where your private abode is moored. The architectural houseboat was handcrafted with the environment in mind – think solar, water desalination, composting and energy management systems in place. After being lulled to sleep by the sound of gentle lapping water, you'll wake ready to dive in for a swim or head out for a paddle in the provided kayaks.



DAY 3 – PADDOCK-TO-PLATE HINTERLAND DATE



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NOOSA FARMERS MARKET

If your trip coincides with a Sunday, make an early-morning trip to the Noosa Farmers Market to come face-to-face with the microcosm of quality local producers who call this region home. From locally-harvested honey to gut tonics and heirloom tomatoes to roasted bunya nuts, there's a dizzying variety of produce on offer, which locals have been enjoying for almost 20 years. Grab brekkie on the go – and a freshly-baked pain au chocolat from French Sin – then head into the hinterland.



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NOOSA COUNTRY DRIVE

There are three suggested loops that make up the Noosa Country Drive. These self-guided road trips will introduce you to the tiny villages that pepper the countryside, where you can connect with farmers and local producers and hit one of the eight tracks that make up the Noosa Trails Network. These shared tracks criss-cross the hinterland and range from five to 26 kilometres, but whether you venture out on foot, on mountain bike, or on horseback, you can easily tackle a section of trail in a morning or afternoon. Try hiking Kookaburra Park to Mary River Cod Park (part of trail 4), an easy 1km-return walk, or challenge yourself to climb to the peak of Mount Cooroora in Pomona (and try to imagine the fearless souls who race up and down it during the annual King of the Mountain festival).



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FARMGATE FUN

With the heartrate up, you can feel good about smushing punnets full of strawberries, loaded plates of paella, and lavender scones into your mouth at Cooloola Berries in Wolvi. Their farmgate cafe is open all year but on Sunday the place really comes alive, with live music, kids racing about, and groups of friends catching up with strawberry cider in hand. Of course, if you prefer your tippie a little stiffer, try a gin tasting flight at Pomona Distilling Co.



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SUSTAINABLE LUXE

While you can do everything in an easy day trip from Noosa, stick around to enjoy the country surrounds by booking a stay at Mayan Luxe Villas in Kin Kin. This luxurious multi-pavilion home is an ode to sustainable building practices, with rammed earth walls, passive thermal heating and cooling, and rainwater-fed showers and toilets. Save yourself time and arrange for owner and Slow Food advocate, Jodie Williams, to prepare a gourmet cheese platter for you to nosh on as you drink in the view over the 100-acre working farm (she'll happily cook dinner for you, too, if you so choose). After refreshing dips in the concrete tank plunge pool, lazing in the hammock, and nights around the fire pit, the manic pace of 'real life' will feel like fiction.

DAY 4 – MOTHER NATURE'S FINEST FINALE



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CANOE OR KAYAK

Roll into town for brekkie at Jodie's Black Ant Gourmet cafe in the Kin Kin General Store – you'll want your energy reserves topped up for this morning's adventure. Then, drive 20 minutes east to Boreen Point; the launchpad for the Noosa Everglades. Hire canoes or kayaks at Habitat Noosa or join a guided tour to venture into this untouched watery wilderness nestled within the Cooloola region of the Great Sandy National Park.



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UNIQUE NOOSA EVERGLADES

As one of only two everglades systems in the world, and stretching across two UNESCO Biosphere Reserves, this is one of Australia's best-kept secrets. The 60km stretch of waterways is also one of Australia's most diverse ecosystems, boasting over 40 per cent of the country's bird species. Paddle your way across Lake Cootharaba then through a narrow channel framed with water lilies for the reward of entering the 'River of Mirrors', where banksias and casuarinas reflect back onto themselves from the dead calm, tea tree-stained waters. Don't forget your camera! If you're feeling energetic, paddle on to Harry's Hut for a picnic stop and rest before the return journey.



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CRAFT BREWS TO FINISH

After such a healthy weekend, you deserve to let the reins out a little and take a craft brewery hop. Start right where you finish paddling at the cleverly-named CootharaBAR, tucked within Habitat Noosa. Sample beers from their Eco Brewing Co., all brewed on site, then drive 30 minutes south to the solar-powered Land & Sea Brewery in Noosaville to see how they compare (if beer's not your thing, try a sample from the onsite Fortune Distillery instead). Just as a cheese platter is better with three, so too is a craft beer crawl. With that in mind, make the taproom at Heads of Noosa Brewery your final stop for the day for a lager and a bowl of steaming prawn gyoza.

You can always indulge in their zero-alcohol, zero-sugar sparkling hops water (an experimental by-product gone right) if you're designated driver for the trip home. And at the very least, you'll have a good excuse to return to try more next time.