



**BRISBANE**

**to**

*Sunshine Coast*

**and beyond**

**An 8-day itinerary jam packed with travel ideas  
for your next visit to the Sunshine Coast**



# G'DAY TRAVELLER!

Welcome to our **comprehensive 8-day self-drive itinerary** covering the beautiful **Sunshine Coast**. We've harnessed the collective experiences and hidden travel gems from our friendly tour guides to develop this itinerary so that you can experience the Sunshine Coast like a local during your visit.

From the **golden sun-drenched beaches** (even in winter!) to the **majestic Hinterland**, there's plenty to see, do and experience in this **magnificent part of Australia!**

We think the best way to **'get the local experience'** is to jump in a car and explore for yourself. And while this itinerary is designed to be enjoyed in 8-days, you can chop and change it to suit your own travel needs. The most important things are to have fun, explore the region and create lasting memories.

## But first, here's a little bit about us

We are **Coast to Hinterland Tours**, one of the Sunshine Coast's leading tour operators. We pride ourselves on incorporating storytelling, sightseeing and food & wine into all of our customer-focused day and private tours. All our guides are Sunshine Coast locals who have accumulated a wealth of knowledge about the region, and found some local gems that we'll share with you in this itinerary!

Throughout the itinerary we'll flag some of our amazing tours with you. These tours are designed to enhance your self-drive itinerary and let you take a break from driving and allow you to enjoy a truly unique experience.

We hope you have a fabulous journey and, if you'd like to share your travel story with us, then please reach out via email or via direct message on Facebook or Instagram.

**We look forward to seeing you on the beautiful Sunshine Coast!**



[VISIT OUR WEBSITE](#)



Story Bridge, Brisbane

## DAY 1

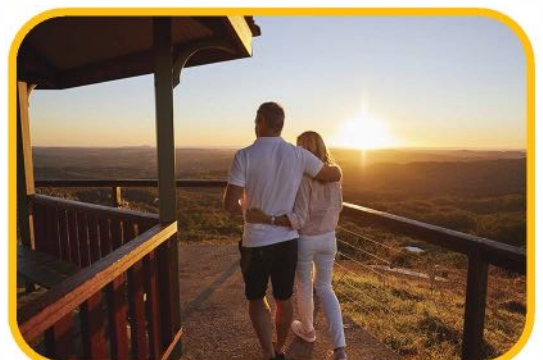
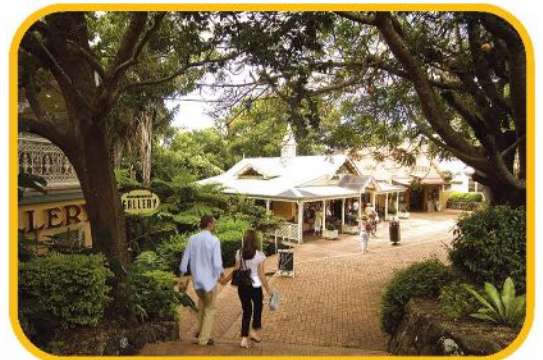
# Brisbane to Maleny

One of the most attractive features of the Sunshine Coast is its proximity to **Brisbane**, the capital city of Queensland. You can hit the road and enjoy views of the **Glass House Mountains** and head north, taking Steve Irwin Way to the home of the Crocodile Hunter, **Australia Zoo**.

The Zoo is like no other on the planet. You can go behind the scenes at the **Wildlife Hospital** to learn about the legendary Crocodile Hunter, **Steve Irwin**. You can also learn about the Zoo's commitment to saving animals and conservation. The Zoo has treated almost 70,000 animals, to date.

If you time your visit, you can see the midday show at the **Crocoseum**. This is an amphitheatre that has thousands of visitors enjoying the **Wildlife Warriors** show each day.

If visiting a zoo is not your thing, why not visit the hinterland town of **Maleny**? This picture-postcard town is located 436m above sea level on the southern edge of the Blackall Range. Maleny attracts painters, craftspeople and potters.





Maleny Botanic Gardens

## DAY TWO

# Montville to Maleny

The Hinterland is packed with stunning natural surroundings. There are mountain views, spectacular waterfalls, interesting walking trails, and rainforest dotted across the landscape. You can also enjoy superb food experiences, which are elevated to a whole new level by the setting.

Start the day with a cheese tasting at **Maleny Food Co.** This famed fromagerie features a variety of local, Australian, and global cheese to impress even the pickiest connoisseur. There are also award-winning chocolate ice cream, delicious scones, preserves, relishes, and cured meats. This makes it the perfect spot to stock up on picnic supplies for a stop later in the day.

Your next stop is the **Brouhaha Brewery**, one of Queensland's hottest breweries. You can discover superb ales and learn more about all things beer.

After you leave Maleny, there is an option to drive to **Gardners Falls**, which is the ideal spot for your picnic.



### Sunshine Coast Hidden Gem Alert

Stop off at the amazing award-winning Maleny Food Co. Come for the cheese, stay for the ice cream!



Mary Cairncross Scenic Reserve

## DAY TWO - Afternoon Maleny to Montville

The falls have gentle cascades and beautiful grassy banks surrounded by a rainforest paradise. So, set up your blanket and picnic basket to sit and enjoy a relaxing lunch.

Your drive to **Montville** may include a stop at **Mary Cairncross Scenic Reserve** or the **Maleny Botanic Gardens**, where you can see diverse, colourful flora and fauna complemented by stunning waterfalls and peaceful lakes.

But if you're a total nature nut then forget the driving for today and take a private **Maleny Botanic Gardens and Rainforest Tour**, where you'll experience both of these truly wonderful places as well as a delicious lunch at iconic **The Barrel at Clouds Vineyard**.

If you're a wine lover, this venue showcases wine and craft beers from Queensland along with local produce. There is also a bistro where the creative menu features vegetarian, vegan, and gluten-free options along with grazing platters.

Not to be missed, a stop at **Gerrard's Lookout** enroute to Montville.



### Tour Spotlight

**Maleny Botanic Gardens and Rainforest**



Explore the delights of an amazing botanic garden overlooking the stunning Glass House Mountains, wander through an enchanting rainforest, & enjoy a vineyard gourmet lunch

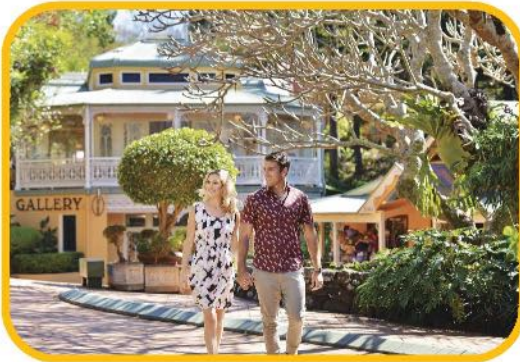
[VIEW TOUR](#)



Mapleton Falls Lookout

## DAY THREE

# Montville to Mooloolaba



Whilst in the hinterland village of **Montville**, you can spend several hours checking out the delightful shops and boutiques, enjoying this picture-postcard village and its mountain air.

Your visit to Montville will not be complete without a visit to **Chocolate Country** to sample handmade Belgian chocolates crafted on-site.



For lunch, two of our favourite venues include; **Secrets on the Lake**, which is set in the rainforest on the side of Lake Baroon, a hidden gem near Montville enjoying panoramic views across the lake. Alternatively, **The Barn on Flaxton** is a quaint cafe barn set between Montville and Mapleton, offering amazing coffee and a locally sourced menu.



### Sunshine Coast Hidden Gem Alert

**Secrets on the Lake**  
One of the Sunshine Coasts'  
best-kept secrets

After lunch on your way to Mooloolaba, why not take in the scenery as you journey towards **Mapleton Falls Lookout** to soak up the spectacular view over the Obi Obi Valley and range beyond.



Alexandra Headland

## DAY FOUR

# Mooloolaba & Alexandra Headland

While you don't need to get up quite as early, you're sure to enjoy a morning walk along **Mooloolaba Beach** or to **Alexandra Headland**.

This is a coastal pathway that is 15 to 20 minutes' walk long, or you can continue to **Cotton Tree** or south to the spit. You can then grab a coffee and stroll back.

If you time your trip right, you can go swimming with humpback whales from July to October with **Sunreef**.

Whatever the time of year, visit the **Mooloolaba Surf Club** or **Alex Surf Club**, both great places to experience beach culture.

You can grab something to eat, enjoy a drink or socialise with surf lifesavers and locals.

After the sun goes down, you can enjoy some of the hottest dining spots in the area. If you enjoy contemporary Asian cuisine, try the **Spice Bar**, which offers traditional dishes, local seafood, or even superb banquets. You can even pair them with delicious cocktails.





Serenity Falls, Buderim Forest

## DAY FIVE - Morning

# Mooloolaba to Eumundi



After breakfast head to **Buderim Forest Park**, not far from Mooloolaba, you will feel a world away. You can make your way through the park to Serenity Falls before heading to Eumundi.

If you love shopping and crafts, be sure to time your visit to **Eumundi Markets** on Wednesday or Saturday. You'll find a shopping haven that showcases over 500 produce, arts, and crafts stalls. There are artisanal products including art, jewellery, fashion, and homewares along with locally made yoghurts, cheeses, cakes, and produce. And if you're not a fan of parking up on market day, no problem. Simply grab one of our hassle-free and cost-effective **Eumundi Market Transfers** to get there in comfort and style!

Once you're all shopped out and need a break for lunch, why not head to **The Ginger Factory** in Yandina between Mooloolaba and Noosa.

### Tour Spotlight

#### Eumundi Markets Transfer



Travel to Eumundi Markets to experience Australia's premier market which is absolutely buzzing on a Wednesday and Saturday. Come and enjoy the world-famous Original Eumundi Markets.

[VIEW TOUR](#)

Learn how ginger is grown, harvested, and turned into foods on a **Factory Tour**, ride the **Ginger Train**, browse through speciality stores., enjoy a huge range of delicious foods or wander the sub-tropical garden.



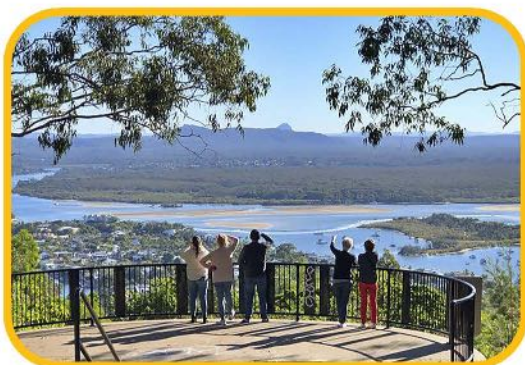


Noosa National Park

## DAY FIVE - Afternoon Eumundi to Noosa



Another great spot to add to the itinerary today is **Noosa National Park**. There are numerous walking trails and activities to suit all fitness levels. You can start at Tea Tree Bay and take in the spectacular views before making your way to Dolphin Point before hitting Alexandria Bay. But, you'll need to be feeling brave, as this is an unofficial clothing-optional beach.



However, if you prefer a more chilled day, head to **Noosa Main Beach**. There are lots of activities to keep you entertained, or you can simply lie back and take in the sun, plus, you are metres from **Hastings Street** known for its boutique shopping.

With sunset not far off, you can take yourself along the **Noosa River** or to **Laguna Lookout** and join others who have gathered to gaze over Noosa as you watch the sun dip below the mountains in the background.

Tonight we recommend boarding the **Noosa Ferry** to Noosa Marina for a dining experience at **Pier 11 Restaurant**, overlooking the Noosa River.

**Brisbane Airport to...**

Caloundra .....	55 mins
Mooloolaba .....	65 mins
Maroochydore .....	70 mins
Maleny .....	70 mins
Montville .....	80 mins
Nambour .....	65 mins
Sunshine Coast Airport .....	90 mins
Coolum Beach .....	100 mins
Noosa Heads .....	120 mins



## Sunshine Coast Airport to...

Fraser Island.....	150 mins
Double Island Point.....	150 mins
Rainbow Beach.....	120 mins
Tin Can Bay.....	110 mins
Gympie.....	80 mins
Noosa Heads.....	25 mins
Eumundi.....	20 mins
Coolum Beach.....	10 mins
Mapleton.....	25 mins
Nambour.....	20 mins
Montville.....	30 mins
Maleny.....	40 mins
Mooloolaba.....	15 mins
Caloundra.....	30 mins





Noosa Everglades

## DAY SIX

# Noosa Everglades

No trip to the Sunshine Coast should be considered complete without a visit to **Noosa Everglades**.

Finding its home in the upper reaches of the Noosa River, the everglades with its mirror-like reflections is one of only two such systems on Earth, the other being in Florida.

Over 44 percent of all Australian bird species are found represented and reside in this area, so expect to see some amazing fauna. You can explore the Noosa Everglades on a cruise or by kayak.

After spending the morning in the Noosa Everglades, if you have a 4WD vehicle, you can drive up to **Rainbow Beach** from Noosa North Shore.

This is Fraser Island's southern gateway and takes its name from the 72 colours of sands that you'll see in the cliffs along the **Great Beach Drive**.





Gympie Historic Rail

## DAY SEVEN - Morning

# Noosa to Gympie & Rainbow Beach



On your way to Gympie, you'll pass the Mary Valley, where you can call in at **Imbil** for morning tea. The **Mary Valley Scenic Drive** is not only beautiful, but you can also explore produce stores on your way to the Mary River.

The heritage city of **Gympie**, known as the town that saved Queensland with the discovery of gold in 1867, allows you to step back in time. You can stroll the main street or sit back and people watch at a cafe, before taking a self-guided heritage tour.

Browse the weekend market, check out art galleries, or visit museums. There are activities to suit everyone, including some magnificent parks, where you can just spread out a blanket and enjoy a picnic.

Gympie's the home of the famous Mary Valley Rattler, a 1950s steam locomotive. If you'd

like to experience the full Gympie flavour of the region, why not take a day off driving and dive on to our **Gympie Rattler Historic Rail Tour**?

### Tour Spotlight

The Gympie Rattler  
Historic Rail Tour  
(Private Tour)



Travel back in time for a full day of inspiring scenery and old-time adventure aboard a lovingly-restored heritage train through the historic and beautiful **Mary Valley**.

[VIEW TOUR](#)



Sunset, Carlo Sandblow

## DAY SEVEN - Afternoon

### Gympie to Rainbow Beach



After a morning of exploring the sights of Gympie, there is an opportunity to relax and enjoy lunch at **Kingston House**. Built-in 1901 this stately Queenslander has in the past been a Doctor Surgery, Maternity Hospital and family home.

With lunch out the way, there is ample time to make your way to **Rainbow Beach**, located between Fraser Island, the Great Sandy National Park, and the Pacific. Here you can discover some breathtaking natural beauty, including Double Island Point.



Accessible by 4WD, **Double Island Point** is one of the best-kept wildlife secrets in the area. It has warm, tropical waters all year and diverse wildlife, including turtles, humpback whales, bottlenose dolphins, and a variety of bird species.

As the sun begins to set, visit **Carlo Sand Blow**, which has a unique sand mass "moonscape" that covers 15 hectares and provides views of the coastline down to the Inskip Peninsula. Pack a picnic or a bottle of wine to take in one of the most stunning sunsets you'll find in Australia.



S.S. Maheno is the most famous of Fraser Island's shipwrecks

## OPTIONAL DAY Fraser Island



As an optional day, you can take a breathtaking full-day trip to Fraser Island by 4WD. You can board the barge from Inskip Point to Hook Point.

Once on the island, you can enjoy the endless golden beaches, pristine rainforest, crystal clear waters, mosaic coloured sands, and towering hardwood forests.



This day includes plenty of beach driving to explore the diverse ecosystem containing many species of native flora and fauna.

Time permitting you are bound to enjoy stopping off at places like **Lake McKenzie**, the most visited natural site on the island, **Eli Creek** pouring up to 4 million litres of fresh water into the ocean every hour, **Lake Wabby** formed by migrating sands that blocked a coastal creek, **Maheno Shipwreck** the islands most famous wreck and the sparkling waters of **Champagne Pools** located along 75-mile beach between **Waddy Point** and **Indian Head**.





You can try the fabulous aerial view

## DAY EIGHT

# Rainbow Beach to Brisbane



If you missed **Carlo Sand Blow** at sunset, set your alarm early to watch the sunrise.

This is one of the most mesmerising sights, as you watch the Pacific Ocean wake for the day.

The sandy landscape is perched on the coloured cliffs at the highest part of **Rainbow Beach**.



Watch the dolphins move around the schools of fish, and the waves roll in to enjoy the tranquillity of this amazing wonder of nature.



Enjoy some breakfast on the main street before you head back to **Brisbane**.



*We live it, you'll love it.*

Thank you so much for taking the time to read through this itinerary we've put together for you.

We hope it gives you the flavour of the most beautiful part of **Australia**. There's so much more to see and to experience, so, if you're not in the mood to get behind the wheel, simply book one of our **scenic day tours**, sit back in comfort and enjoy the experience.

**VIEW TOURS**



EST. 2017

**Coast to Hinterland Tours**

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