Moosa Arcovered YOUR GUIDE TO PARADISE



DIP INTO PARADISE

NOOSA'S PICTURESQUE SWIMMING SPOTS

NOOSA, NATURALY WHAT'S FOR WATER LOVERS

PINTS & PLATES
THE SUNNY COAST'S BEST
PUB GRUB

bonjour

Now is the perfect time to step out and explore everything our beautiful Noosa Heads neighbourhood has to offer.

Whether you're in the mood for a leisurely beach stroll, a vibrant local market, or a long lunch with stunning river views, Noosa has something to satisfy every holiday whim.

From hidden gems to iconic favourites, our team is here to help with recommendations, directions, and anything else you need to make the most of your stay.

Enjoy discovering Noosa,



Mark Wilkinson General Manager - Sofitel Noosa Pacific Resort





If you're looking for a little local knowledge, I've put together a list of my family's favourite things to do in this perfect patch of the planet we call home.

live like a local

MARK'S MUST-DO EXPERIENCES

Walk to Hell's Gates

A breathtaking coastal walk through Noosa National Park, offering stunning ocean views and the chance to spot dolphins, turtles, and even whales in season.

Sunset Drinks on the Noosa River

Enjoy a relaxed afternoon by the water, with a glass of wine or a cocktail, watching the sun set over the serene Noosa River.

Explore Noosa Farmers' Market

A Sunday morning ritual, this vibrant market is filled with fresh local produce, artisan treats, and gourmet delights.

Swim at Little Cove

A secluded, tranquil beach just around the corner from Main Beach, perfect for a morning dip in crystal-clear water.

Betty's Burgers

Classic Aussie-style burgers, crispy fries, and indulgent shakes hit the spot every time. A Noosa favourite for a reason, perfect for grabbing takeaway and enjoying by the beach.



Noosa Main Beach

Noosa's most iconic beach is a must for swimmers. With gentle waves, patrolled shores, and inviting water, it's perfect for a relaxing dip at any time of year. Plus, its north-facing aspect means calmer conditions and more sunshine.

Little Cove

Tucked away just east of Main Beach, Little Cove is a secluded gem known for its turquoise water and tranquil ambience. It's an ideal spot for a leisurely swim, especially in the morning when the tide is high and the crowds are low.

Tea Tree Bay

Located within Noosa National Park, Tea Tree Bay offers a stunning swimming experience in an unspoiled setting. While it's not patrolled, the sheltered bay is often calm to make it a favourite for those looking to float in pristine waters.

Granite Bay

For those willing to take a scenic walk, Granite Bay rewards swimmers with a peaceful and picturesque setting. This hidden stretch of beach features striking granite boulders and clear water, best enjoyed on calm days.

The Noosa River

For a different kind of swim, head to the Noosa River. Its calm waters are ideal for a refreshing dip, particularly around the sandy shores of Noosaville's riverfront parks. from peaks to pours
A PEACEFUL DAY IN POMONA

A day trip to Pomona offers a charming escape into the hinterland. This historic town, which is only 30 minutes from Noosa, is home to the famous Mount Cooroora where adventurous hikers can tackle the King of the Mountain trail for breathtaking views. Wander quaint cafés, browse artisan markets, and visit the heritage-listed Majestic Theatre which is the world's longest-running silent movie cinema. Explore local galleries, sip coffee in a leafy courtyard, or take a scenic drive through rolling countryside. End the day with a handcrafted gin or whisky at Pomona Distillery, a relaxed venue celebrating local flavours in a rustic setting.







K'gari

A UNESCO-listed wonder just a short ferry ride away, K'gari is the world's largest sand island, offering pristine beaches, crystalclear lakes, and lush rainforest.

Montville & Maleny

Escape to the Sunshine Coast hinterland for scenic drives, boutique shopping, wineries, cute cafes and Glass House Mountain views.

Rainbow Beach

With its multicoloured sand cliffs, sweeping ocean views, and access to the Carlo Sand Blow, this laid-back coastal town makes for a magical day trip just 90 minutes from Noosa.

a market for every mood

From farm-fresh produce to handcrafted treasures, the Sunshine Coast's markets are brimming with local flavour, creativity, and community spirit.



The Original Eumundi Markets

Australia's largest artisan market, where handcrafted goods, gourmet food, and live entertainment bring this iconic village to life every Wednesday and Saturday.

Noosa Farmers' Market

A vibrant Sunday morning market in Noosaville, offering the freshest local produce, artisanal delights, and gourmet treats straight from the region's best producers.

Caloundra Street Fair

Every Sunday, Bulcock Street transforms into a bustling marketplace with handcrafted goods, street food, and over 120 stalls showcasing local creativity.

Yandina Country Markets

A true country market running every Saturday, featuring fresh farm produce, plants, and an eclectic mix of local wares in a relaxed, rural setting.

Maroochydore Moonlight Markets

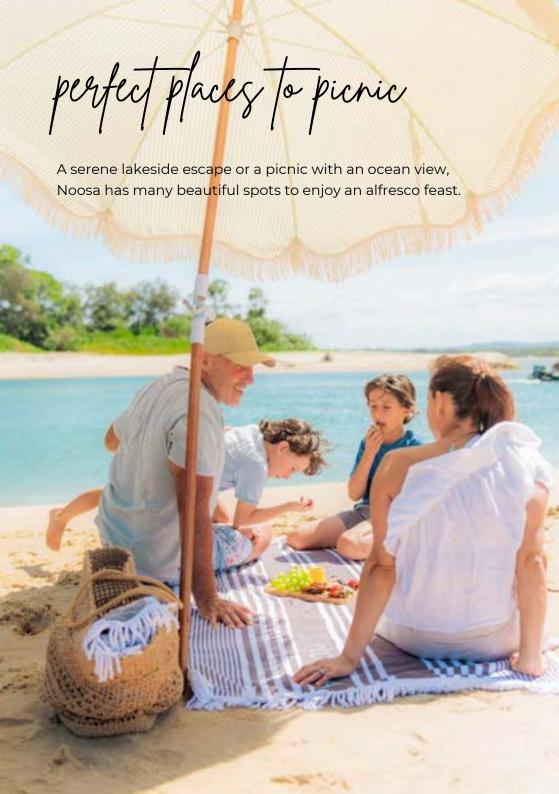
Held on selected Saturday nights, this lively market blends food trucks, artisan stalls, and live entertainment, creating a fun, family-friendly evening.

Cotton Tree Markets

Every Sunday, this boutique market near the Maroochy River showcases local artisans, fresh produce, and handmade treasures, all supporting a great cause.

Kawana Waters Farmers' Market

A haven for food lovers, this Saturday morning market offers farm-fresh produce, gourmet specialties, and vibrant community energy.



Laguna Lookout

For a picnic with a view, head to Laguna Lookout.
Perched above Noosa Heads, this scenic spot offers
breathtaking panoramic views over Noosa, the river,
and out to the ocean. It's a perfect location for a sunset
picnic, where you can watch the sky change colours
while enjoying a delicious spread.

Noosa River Foreshore

The Noosa River foreshore in Noosaville is a familyfriendly picnic spot with plenty of green space, picnic tables, and barbecues. The calm waters are ideal for a post-picnic swim, and nearby playgrounds and walking paths make it a great option for families with kids.

Sunshine Beach Park

Just steps from the golden sands of Sunshine Beach, this park is a fantastic spot for a relaxed picnic. With shaded picnic tables, ocean views, and a laid-back coastal vibe, it's a great place to enjoy fresh local produce while listening to the sound of the waves.

Spice up cooking skills
spirit House Culinary Journey

The Spirit House Cooking School in Yandina is a must-visit for food lovers. Set within lush tropical gardens, this renowned school offers a hands-on experience where guests learn to create bold, aromatic Thai flavours using fresh, local ingredients. Expert chefs guide participants through each step, from balancing spices to mastering wok techniques, all in a relaxed and interactive environment. After cooking, guests sit down to enjoy their creations with a glass of wine. Whether you're a seasoned cook or a beginner, Spirit House Cooking School delivers an unforgettable culinary adventure infused with Thai inspiration.







The River Read

A charming independent bookstore and café in Noosaville, offering a thoughtfully curated selection of new releases, classics, coffee table books, and a comfy spots to enjoy a cup of coffee with your latest find.

Annie's Books on Peregian

A local gem in Peregian Beach, Annie's Books is packed with carefully chosen fiction, non-fiction, and children's books, with a strong focus on Australian authors and storytelling.

Berkelouw Books Eumundi

Set in a character-filled heritage building, this iconic bookstore combines new and second-hand books with a warm, welcoming atmosphere, making it a must-visit for literature lovers.

beachside to river front

Whether you're after fresh seafood, modern Australian cuisine, or international flavours, Noosa has some top places to dine.



Noosa Beach House

Overseen by acclaimed chef Nick Blake, Noosa Beach House offers an elevated dining experience with a menu celebrating fresh, local seafood and seasonal produce. Enjoy contemporary coastal cuisine in a stylish yet relaxed setting, just steps from the sand.

Sails Restaurant

Sails is a must for those who love fine dining with a view. The menu showcases modern Australian dishes featuring locally sourced ingredients.

Locale

Tucked just off Hastings Street, Locale is a Noosa favourite for authentic Italian cuisine. With handmade pasta, rich flavours, and a chic atmosphere, it's perfect for a romantic dinner or a leisurely long lunch.

Ricky's River Bar & Restaurant

For a waterfront dining experience, Ricky's is hard to beat. This restaurant overlooking Noosa River delivers beautifully plated dishes with a focus on fresh seafood.

Bang Bang Noosa

For those who love modern Asian flavours, Bang Bang serves up aromatic dishes inspired by Southeast Asia. With a lively atmosphere and a menu full of flavour-packed curries, noodles, and share plates.

all aboard

DISCOVER NOOSA'S BEAUTY FROM THE WATER

The Noosa Ferry is one of the most scenic and relaxing ways to explore Noosa. Cruising along the beautiful Noosa River, it connects Noosa Heads with Noosaville and Tewantin, offering a stress-free way to take in the stunning waterfront scenery. With multiple stops along the way, you can hop on and off to visit Hastings Street, riverside parks, boutique shops, and waterfront restaurants. The open-air decks provide the perfect vantage point for spotting wildlife and enjoying the coastal breeze. Whether you're sightseeing or simply unwinding on the water, the Noosa Ferry is a must-do experience for visitors.







Noosa Regional Gallery

The region's premier public gallery, showcasing contemporary Australian art, thought-provoking exhibitions, and community-driven creative programs along the scenic Noosa River.

The G Contemporary

A dynamic gallery in the heart of Noosa Heads, featuring a curated selection of contemporary and fine art, from emerging and established Australian artists.

Montville Art Gallery

Nestled in the Sunshine Coast hinterland, this charming gallery features an impressive collection of works from Australian artists, spanning painting, sculpture, and mixed media, all set within an historic Queenslander home.

Moosa, naturally

With its sparkling ocean, meandering river, and tranqui everglades, Noosa is a paradise for water lovers.



Paddle the Noosa Everglades

One of only two everglades systems in the world, Noosa's serene waterways offer a breathtaking paddle through mirror-like reflections and lush, untouched wilderness.

Try a Stand-Up Paddleboard on the River

Glide across the calm, glassy waters of the Noosa River on a stand-up paddleboard. Whether you're a beginner or an experienced paddler, it's the perfect way to explore hidden sandbanks and spot local wildlife.

Snorkel the Noosa National Park Coves

Discover an underwater world teeming with marine life. Little Cove and Tea Tree Bay offer calm, clear waters perfect for spotting tropical fish, sea turtles, and the occasional dolphin.

Experience the Thrill of Body Surfing

No board? No problem. Feel the pure joy of riding a wave with just your body at Noosa's Main Beach or Sunshine Beach. It's the simplest, most exhilarating way to connect with the ocean.

the river of wirrors

EXPLORING NOOSA'S HIDDEN EVERGLADES

Tucked away in Noosa's hinterland, the Noosa Everglades is one of only two everglades systems in the world, offering a rare and breathtaking natural escape. Known as the *River of Mirrors* for its glassy reflections, these pristine waterways wind through ancient tea-tree forests, vibrant wetlands, and untouched wilderness. Best explored by kayak or eco-cruise, the Everglades are home to more than 40 per cent of Australia's bird species, making it a paradise for nature lovers. A journey through this hidden gem is a peaceful yet awe-inspiring experience, where the only sounds are the paddle's dip and the call of native wildlife.







Ride the Mary Valley Rattler

Step back in time aboard this beautifully restored steam train as it winds through the rolling countryside, charming towns, and historic stations of the Mary Valley.

Explore Amamoor State Forest

Hike through lush subtropical rainforest, swim in freshwater creeks, spot the elusive platypus, and enjoy a scenic picnic in this serene natural escape.

Indulge in Kenilworth's Famous Donuts & Cheese

Visit the Kenilworth Bakery for their legendary one-kilogram donuts, then stop by Kenilworth Dairies for award-winning local cheeses and dairy treats.

pints & plates

Craving a perfectly-cooked steak, legendary schnitty, or fresh seafood with an ice-cold beer? These iconic Sunshine Coast pubs serve up fab feeds with a side of good vibes.











The Kenilworth Hotel - Kenilworth

Country hospitality meets big flavours with oversized schnitzels, hearty steak sandwiches, and local beers.

The Sunshine Beach Surf Club - Sunshine Beach

With unbeatable ocean views, this surf club serves top-notch seafood, fresh salads, and pub classics with a coastal twist.

The Doonan - Doonan

This garden bar and bistro with a relaxed atmosphere serves woodfired pizzas, gourmet pub fare, and local seafood, all best enjoyed with a craft beer under the festoon lights.

The Bli Bli Hotel - Bli Bli

A modern take on the classic Aussie pub, offering generous steaks and seafood platters served in a lively setting.

Copperhead Restaurant Brewery - Cooroy

This small-batch brewery and restaurant combines craft beer with a refined take on pub fare, featuring slow-cooked meats, gourmet burgers, and seasonal dishes.

Peregian Beach Hotel - Peregian Beach

Serving fresh seafood, woodfired pizzas, and gourmet pub classics, with live music and a breezy beachside atmosphere.

The Wharf Tavern - Mooloolaba

Overlooking the water, this hotel is known for fresh seafood platters, juicy burgers, and lively atmosphere.

The Imperial Hotel - Eumundi

Home to Eumundi Brewery, this heritage-listed pub pairs craft beer with standout dishes like slow-cooked lamb shoulder and crispy pork belly. lowing lake life
WELCOME TO BOREEN POINT

Tucked away on the shores of Lake Cootharaba, Boreen Point is a hidden gem just 30 minutes from Noosa. This peaceful lakeside village is perfect for kayaking, sailing, and stand-up paddleboarding on the calm, shimmering waters. The laid-back atmosphere makes it an ideal escape for nature lovers, with access to the Noosa Everglades and walking trails through Great Sandy National Park. Stop by the historic Apollonian Hotel for a relaxed meal in a classic Queensland pub setting. Whether you're after adventure or tranquillity, Boreen Point offers a slice of unspoiled beauty on the Sunshine Coast.







Australia Zoo

Steve Irwin's world-famous zoo, home to crocodile shows, kangaroo encounters, and conservation initiatives.

Glass House Mountains

Hike or admire the dramatic volcanic peaks that are rich in Indigenous history and offer breathtaking panoramic views

SEA LIFE Sunshine Coast

Home to sharks, rays, playful seals, and interactive exhibits, including a walk-through ocean tunnel.

The Big Pineapple

A nostalgic tourist icon with a wildlife park and treetop adventure course.

nature's hidden gen DISCOVER DOUBLE ISLAND POINT

A day trip to Double Island Point is an adventure through one of Queensland's most stunning coastal landscapes. Accessible only by 4WD, the journey traverses the breathtaking Great Beach Drive, with golden sands stretching beside crystal-clear waters. Once there discover a paradise of turquoise lagoons, towering sand dunes, and an iconic headland teeming with marine life. Whether you're kayaking with dolphins, surfing the long, rolling waves, or simply soaking in the serenity, Double Island Point is a spectacular escape into nature — offering an unforgettable taste of the wild, untouched beauty of the Sunshine Coast.







