

Nature Based - Small Group

SUNSHINE COAST

MICRO-ADVENTURE



Hiking &



Cultural



Adventures



WHEN:

30 July - 1 August
2021

WHERE:

Sunshine Coast,
Queensland

WHAT:

Cooking Class (Spirit House),
Kayaking (Noosa) & Hiking
(Hinterland)



Friday, 30 July 2021:
Spirit House, Yandina

Day 1

Spirit House Cooking School, Yandina

Meet in Toowoomba mid-morning and let the fun begin! Hop onboard the private transport, sit back and relax as we head to the coast.

Prepare to be amazed!

Spirit House is one of Australia's Best Food Experiences, come find out why. Learn the chef's secrets as you slice, dice and cook up a storm along with new-found friends in our own private cooking class.

Whether you're a competent cook or simply want a basic understanding of Asian ingredients and cooking methods, a hands-on Spirit House cooking class is a great way to meet new people, learn new skills and then share dinner together.

After dinner, we will check into our accommodation O/N Cooroy



ICON Adventures, PO Box 11406, Toowoomba QLD 4350

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Saturday, 31 July 2021: Noosa, Kayaking

Day 2

Epic Ocean Adventures, Noosa to Rainbow Beach

Experience a unique Australian beach adventure!

Get back to nature and into the wild on a thrilling aquatic and wildlife adventure.

Feel the thrill of a unique 4X4 beach drive along the spectacular Teewah Beach from Noosa's North Shore, deep into the Great Sandy National Park to a pristine ocean kayaking location, Double Island Point.

Immerse yourself in the views and natural beauty of Australia's Nature Coast on a guided kayak tour whilst experiencing a buzzing hub of wildlife including wild Bottlenose dolphins, Humpback whales, turtles, rays and more in this tropical aquatic paradise. This location features scenic views of the Rainbow Beach coloured sands, Fraser Island and pristine Honeymoon Bay.

Rest of the day at leisure. Our suggestion would be to relax at Copperhead Brewery, a small-batch bespoke brewery, with an ever-changing stable of beers. They do not wholesale their beers, you can only get them here. With 7 very session-able beers on tap, with the addition of 7 'EB's' (experimental batches) to change with the seasons. It gives them the freedom to make beer without fining agents or preservatives, making sure the beer is 100% pure & unfiltered.

O/N Cooroy (just 120metres from Coperhead Brewery)

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Sunday, 1 Sept 2021: Sunshine Coast Hinterland

Day 3

Optional Hike along one of the many Hinterland tracks

Hiking at its finest (or perhaps you prefer a lie-in!)

The Sunny Coast residents are spoilt for choice when it comes to hiking options. The craggy peaks of the Glass House Mountains tower above the surrounding landscape. The tracks are well-formed and marked allowing everyone to walk at their own pace.

Depending on the group we will suggest options that will suit everyone's abilities so that nobody is left out.

After the hike, we will transfer back to Toowoomba in our private vehicle. We will be back by 6.00pm

THE DEETS

PRICE INCLUDES

- Small-Group - max 16 (average 12), fully escorted
- All transport starting and ending in Toowoomba
- Two nights accommodation in an apartment motel (single, twin/double, triple options)
- Private group cooking class at Spirit House
- Dinner at Spirit House (made by the group)
- 4x4 beach transfer from Noosa to Rainbow Beach
- Guided kayak in search of dolphins, whales, stingrays
- Optional hike in Sunshine Coast Hinterland

PRICE EXCLUDES:

- All meals (apart from dinner on day 1)
- All expenses of a personal nature
- Travel Insurance

COST PER PERSON

- \$850/pp triple share
- \$900 twin/double share
- \$950/pp own room