

# Getting out

Ultimate guide to the outdoors on the Coast



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## Natural wonders to explore this weekend

With the weather starting to cool down, now is the perfect time to get out and about exploring some of the incredible natural attractions that our beautiful region has to offer. Whether you are visiting the region, have just moved to the coast or you are a long time local, there is sure to be something for everyone to appreciate. From waterfalls, mountain ranges, rainforests and waterways if you venture a little off-track, you'll find plenty of hidden gems to explore right here on the Sunshine Coast.

### Buderim Falls

It's hard to believe this little pocket of pristine rainforest exists so close to town but tucked away behind the township of Buderim you'll find this spectacular, and very popular spot. A short 20-minute walk through the winding rainforest takes you down to the stunning waterfalls and multiple swimming holes.

### Buderim Foote Sanctuary

With over 23 acres to explore, the Foote Sanctuary is a must see for locals and visitors alike. Lovingly cared for by the local community this secluded oasis is the perfect place to slow down and enjoy nature at its finest. With plenty of native flora and fauna to admire as well as, BBQ areas and a wide variety of walks to choose from, it is the ideal spot to relax and explore.

### Ewan Maddock Dam

A popular recreation destination, and a great spot for a BBQ or picnic, Ewan Maddock Dam is worth checking out. Whether you enjoy boating, fishing, canoeing, hiking, mountain bike riding or horse

riding, there are heaps of tracks and facilities to enjoy. There are some stunning walking tracks and plenty of local wildlife to spot on the way.

### Gardeners Falls

Just a few minutes drive from Maleny township, Gardner's Falls is a local favourite for cooling off on a hot summer's day. A short 800m walk from the carpark on Obi Lane, this gem of a spot is well worth the detour if you are travelling through the hinterland. This spot can get very busy on warm weekends, so plan a mid-week visit to avoid the crowds.

### Glass House Mountains

As one of our local icons, no trip to the Sunshine Coast is complete without checking out the Glass House Mountains. Admire from afar with a scenic drive up to Maleny or take a closer look by exploring the surrounding areas and national parks in Beerwah and Beerburum. A short, but steep, walk up to Wild Horse Mountain Lookout offers spectacular views. If you're feeling extra adventurous, you can even climb/hike sections of Mount Ngungun, Mount Beerwah & Mount Tibrogargan.

### Kondalilla Falls

Another must see in the Sunshine Coast Hinterland. Just a few minutes outside of Montville this spot is a well-known favourite among locals. It's a 4.7km round trip to get to the base of the falls and back (with 300 stairs). If you can't make the full circuit it's worth the hike to the Rock Pools (2.4km). Your hard work is greatly rewarded with a picturesque

swimming hole and stunning views out through the valley waiting for you at the pools.

### Mount Coolum

If you're feeling fit and looking for spectacular views of the coast you should tackle the hike up to the summit of Mount Coolum. The steep 1.6km track is not for everyone, it is a lot of stairs. But if you are up to it, the view at the top is worth it. It is a very popular place for locals, so it can get busy at peak times.

### Noosa National Park

In the centre of the Noosa region lies this stunning National Park. Featuring spectacular coastal views from various lookouts and five walks to choose from, this park is worth spending a bit of time exploring. This park is also a wildlife sanctuary so keep your eyes peeled for snoozing koalas and plenty of native birdlife.

### Noosa Everglades

Located between Noosa North Shore and Rainbow Beach this little-known spot is one for the nature lovers. The 60km stretch of river and lake system is one of only two Everglade environments identified on the planet making it especially unique. Best experienced by kayak or private tour, the Noosa Everglades is worth slowing down to take your time through this pristine natural environment.

Hopefully this has given you some new ideas on some places to check out this weekend. Happy Exploring!

- Briohny de Vere

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