



# HAVE AN ADVENTURE ON THE SUNSHINE COAST

TAKE A BREAK ON THE SUNSHINE COAST, WHERE YOU CAN TEST YOUR ATHLETIC SKILLS AND EXPERIENCE ALL THE ADVENTURE ACTIVITIES THE AREA HAS TO OFFER.

The writer travelled courtesy of Tourism Queensland. For more information visit [www.queenslandholidays.com.au](http://www.queenslandholidays.com.au)

## BETWEEN 31 OCTOBER AND

4 November, you're likely to see more lycra in Noosa than at a 1980s fitness convention! This is because 2012 marks the annual Noosa Triathlon Multi Sport Festival's 30th anniversary, and joining the festivities will be Olympic athletes, fresh back from London.

Back in 1983, the first Noosa Triathlon attracted 180 competitors who were banned from wearing wetsuits and who – unfortunately – often got lost during the bike course. The festival has come a long way since then. These days, it has world class ranking and attracts both national and international athletes,



celebrities, keen triathletes and sporting enthusiasts.

The Noosa Triathlon more than holds its own on the international sporting events calendar, and is touted as the world's second largest Olympic Distance Triathlon behind an annual event held in London. Coupled with the other sporting events and entertainment on the festival program, you've got yourself one huge party!

Non-sporty types can rest assured

that there is also plenty on offer to keep them entertained. Events such as the 'Noosa Tri Waiters Challenge' and the 'Really Good Food' event, coupled with the endless adventure activities offered around Noosa's backdrop of lush hinterland and surf, will keep any clan occupied for days!

I join Roger Newton from 'Bike On' bike hire and tours to ride along most of the Noosa Triathlon cycle route. It's a fairly safe and comfortable ride along the council cycleways through town, heading to the Cooroy Noosa Road for a few kilometres before turning off into the Tewantin Forest. The moderate three kilometre ride up Gyndier Drive is a good heart-starter and I'm glad to be off the main road.

There are numerous cycle routes and mountain bike tracks available in the Noosa area, all of them mapped out in a pocket-sized map for visitors to pick up. I count 12 rides listed on the map, ranging from an easy 5km offroad loop, up to a 54km onroad cruise.

By my second day on the Sunshine Coast I've slowed down and shed my city-slicker need for speed. There really is something special about Queensland: you arrive wound up and weary, and in no time at all a warm and relaxed rhythm washes over you.

The rhythm continues as a beautiful day turns into a perfect afternoon for a kayak on the Noosa River. Departing

from a sandy beach at the front of Kayak Noosa's office in Noosaville, the sunset session runs for a couple of leisurely hours. It's a glorious time to be out on the river and this relaxing paddle is great for all ages and fitness levels.

For a more challenging and thrilling paddle, Kayak Noosa owner Rod Withyman suggests the Ocean and River Adventure or the Dolphin Kayak, in which you get to kayak surf waves, snorkel and even sail.

Though you'll already be feeling relaxed, if you want to escape the crowds, taking the short car ferry to Noosa's North Shore is a must. Following the pristine beach north you'll find yourself in the Great Sandy National Park heading to Rainbow Beach. Here you'll find camp sites and a large choice of walking tracks, including the multi-day Cooloola Wilderness Trail and Cooloola Great Walk.

If you'd rather swap the hiking shoes for horse shoes, North Shore's Equathon Horse Riding Adventures has horse riding tours that allow you to sit back and enjoy the scenery from the saddle. Guided tours range from 30-minute beach rides to the 7-day Bush and Beach tour that has you riding the sands, exploring the rainforest and even mustering cattle. The horses are all well trained Australian Stock Horses, so equestrian enthusiasts will be in for a treat!

## UPCOMING EVENTS: 31 October to 4 November

- » Noosa Triathlon Multi Sport Festival
- » Noosa Triathlon
- » Endura Run Swim Run
- » Noosa Tri Celebrity Golf
- » Tour De Noosa Cycle & Breakfast with the Stars
- » Noosa Breakfast Fun Run
- » Eyeline Noosa 1000 Ocean Swim
- » Asics Bolt
- » Men's & Women's Noosa Grand Prix
- » Noosa Legends Triathlon
- » The Noosa Superkidz Triathlon
- » Tingirana Noosa Special Triathlon

For more information visit [www.usmevents.com.au/Triathlon\\_Multi\\_Sport/Noosa\\_Triathlon\\_Multi\\_Sport\\_Festival.htm](http://www.usmevents.com.au/Triathlon_Multi_Sport/Noosa_Triathlon_Multi_Sport_Festival.htm)

## UPCOMING EVENTS: Sunshine Coast 2013

- » Gatorade Queensland Tri Series [www.qldtriserries.com.au](http://www.qldtriserries.com.au)
- » The Kellogg's Nutri-Grain IronMan Series & The IronWoman Series [www.surfironmanseries.com](http://www.surfironmanseries.com)
- » Noosa Festival of Surfing [www.noosafestivalofsurfing.com](http://www.noosafestivalofsurfing.com)
- » Mooloolaba Triathlon Festival [www.mooloolabatri.com.au](http://www.mooloolabatri.com.au)
- » Kings of the Coast Ocean Swim Festival [www.weekendwarriorevents.com.au](http://www.weekendwarriorevents.com.au)
- » Noosa Winter Festival [www.noosawinterfestival.com.au](http://www.noosawinterfestival.com.au)
- » Outrigger Canoe National Titles [www.mooloolabaoutriggers.com](http://www.mooloolabaoutriggers.com)
- » International Rally of Queensland [www.rallyqueensland.com.au](http://www.rallyqueensland.com.au)
- » Sunshine Coast Bowls Carnivals [www.scdmba.com.au](http://www.scdmba.com.au)
- » ADCO Etchells Australasian Winter Championship [www.moetchells.yachting.org.au](http://www.moetchells.yachting.org.au)
- » Race the Rattler [www.thevalleyrattler.com](http://www.thevalleyrattler.com)
- » Sail Mooloolaba Regatta [www.sailmooloolaba.yachting.org.au](http://www.sailmooloolaba.yachting.org.au)
- » Caloundra Cup Carnival [www.sctc.com.au](http://www.sctc.com.au)
- » Pomona King of the Mountain Festival [www.kingofthemountain.com.au](http://www.kingofthemountain.com.au)
- » Noosa Triathlon Multi Sport Festival [www.noosatri.com.au](http://www.noosatri.com.au)
- » Holden Scramble Championship Final [www.holdenscramble.com](http://www.holdenscramble.com)
- » Australian PGA Championship [www.championship.pga.org.au](http://www.championship.pga.org.au)

For further information visit [www.visitsunshinecoast.com.au](http://www.visitsunshinecoast.com.au)

Before my Noosa sojourn comes to an end, I decide to pay a visit to Stephanies Ocean Spa, located in the Outrigger Little Hastings Street Resort & Spa tucked away on the edge of Noosa National Park. With its selection of immersion therapies with names like Wine Bath and Geisha Bath, the Spa has me wishing my cab to the airport will never arrive.

**TONI KRASICKI** has 22 years' experience in the fitness industry and has been lugging her backpack to many corners of the world for just as long. She is a freelance writer and can be contacted at [tkrasicki@hotmail.com](mailto:tkrasicki@hotmail.com) or visit [www.adventuregirlwrites.com](http://www.adventuregirlwrites.com)