




**THE
BEACH RETREAT
COOLUM**





Acknowledgement of Country

"The Beach Retreat Coolum acknowledges the ongoing connection to country of the traditional custodians of this beautiful region, the Kabi Kabi people. While you are visiting Coolum enhance your experience by learning of the region's connection to the people and stories of the Kabi Kabi. We pay our respect to elders past, present and emerging."

welcome to the beach retreat COOLUM

OUR AIM IS TO MAKE YOUR STAY
AS RELAXING, PLEASANT AND
MEMORABLE AS POSSIBLE.

The following pages will provide you with
an overview of our facilities and services
and some suggestions for your holiday
entertainment.

Please visit or call Reception should you
require any assistance with bookings,
directions, or local information.

Enjoy!

Management & Staff

explore coolum

We hope you take the time to explore
some of our local attractions, activities
and restaurants.

Whether you choose to relax and revive
in your apartment, or experience all that
Coolum Beach and surrounds have to
offer, we are here to help.

ADDRESS

1750 David Low Way, Coolum Beach

  @beachretreatcoolum



leave your worries behind.
absorb yourself in Coolum's
laid-back lifestyle



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checkout

Checkout is before 10am. Late checkout may be arranged with Reception subject to availability. Extra charges may apply. For early departure (prior to 8am) please settle your account during office hours the day before.

reception

Reception is staffed Monday to Thursday 8:30 am – 4pm, Friday 8:30 am until 5pm, and Weekends / Public holidays 9am until 3pm, After hours assistance – Dial 9 – For emergency use only please.

there is so much to do...
or nothing at all.
it's your decision.



things to sea and do

- . swim
- . surf
- . coastal walks
- . mount coolum summit walk
- . point perry lookout
- . whale watching (june to october)
- . golfing
- . day spa indulgence
- . hinterland and coastal drives
- . skydiving
- . local markets
- . noosa national park
- . australia zoo
- . aussie world
- . the ginger factory
- . blast aqua park
- . learn to surf
- . peregrian beach village

dining out

Coolum and the local area are home to restaurants, cafes, surf clubs, take aways and bars. Whether you are looking for a relaxed breakfast, casual lunch, beachfront drink or memorable dinner, there is something nearby to suit every taste.

Spirit House: Award winning restaurant located at Yandina.

Delilah: Stylish dining in Peregrian Beach village.

Coolum Beach Bar: Beachfront dining and drinks on David Low Way.

Rosa Italian: Modern Italian dining at Coolum Beach.

There are many other eateries in and around Coolum. Please see more dining out suggestions on page 13.

getting around coolum

Exploring Coolum and the coast is easy with a range of transport options to choose from.

- . Translink bus services operate along David Low Way with regular connections north to Noosa and south to Maroochydore and Sunshine Plaza. Use the Translink app or website for current times.
- . Car hire. Please contact Reception.
- . Taxi and rideshare services, including Uber, operate throughout the region.
- . Airport transfers. Con-x-ion / Connexion Airport Transfers provide transfers to and from Sunshine Coast Airport and Brisbane Airport.



things to sea and do



swim

Coolum's main patrolled beach is located directly across the road. With beautiful clear tropical waters it is a pure delight to immerse yourself in the ocean at Coolum.

We recommend that you always swim between the red and yellow flags and always swim within your ability.

You can view lifeguard hours on the Beachsafe website.



surf

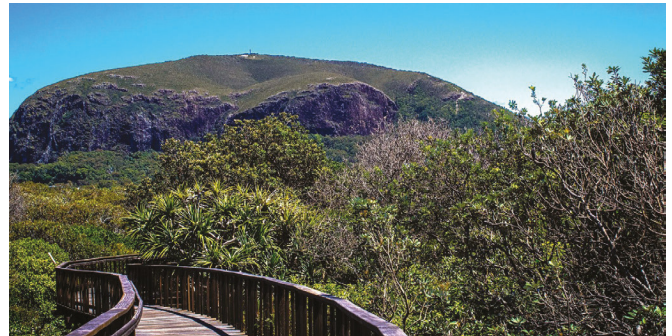
Coolum is renowned for surfing. Look out your window and you are bound to see the locals in their native habitat – the surf. There are many surf breaks to be found close by for all abilities.

Coolum Surf School offers lessons for all ages and abilities. Bookings can be made at Reception.



coastal walks

There are walking paths to the South and North or you can wander along the beach. The Coolum to Point Arkwright Coastal Track is spectacular. Or you can wander along the beach. Staff will be happy to direct you. Always remember to take water and a hat with you.



hiking mt coolum

'moderate walk – 30min–1hr'

Coastal and hinterland views all the way to the top. You can see to Noosa in the North, Caloundra in the South and West along the Maroochy River. Comfortable shoes, sunscreen, hat and water are a must have.

If you're a golfer, there are many course available. Here are a few.

Maroochy River Golf Club

www.maroochyrivergolfclub.com.au

Headland Golf Club www.headlandgolfclub.com.au

Mt. Coolum Golf Club www.mtcoolumgolf.com

Noosa Springs, Country Club www.noosasprings.com.au

Novotel Twin Waters Golf Club & Resort

www.twinwatersgolfclub.com.au

Palmer Coolum Resort

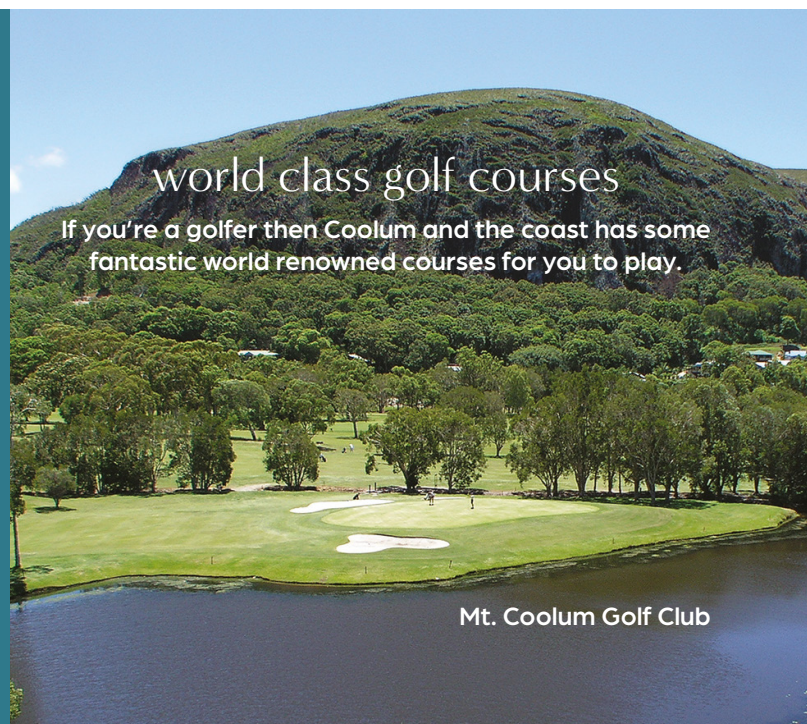
www.palmercoolumresort.com.au

Peregian Springs Golf Club

www.peregianspringsgolfclub.com.au

Tewantin – Noosa Golf Club www.noosagolf.com.au

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world class golf courses

If you're a golfer then Coolum and the coast has some fantastic world renowned courses for you to play.

Mt. Coolum Golf Club

Whatever your interests we are sure you will find something enjoyable to do nearby.



skydive coolum beach

Fly like a bird! Skydive Ramblers Coolum Beach
Fly from Sunshine Coast Airport (10 minutes) and enjoy spectacular views for 20 minutes before taking the leap with experienced professionals. Land on Coolum Beach. Bookings can be made at Reception



snorkel mudjimba island

Experience snorkelling the beautiful clear waters of Mudjimba Island with Sunreef, Mooloolaba. The locals of the reef includes turtles, wobbegongs, rays and many types of reef fish, along with the corals you would expect from Mooloolaba reefs.

Bookings can be made at Reception.



spoil yourself - indulgence

The Sunshine Coast has many beautiful Day Spas to help you treat yourself. Make all day, half day or just for the hour.

If you need a little pampering ask at Reception for our recommendations.



scenic drives

The coastal drive to Noosa is a must do! Views are spectacular and it only takes about 20 minutes.

Discover the Sunshine Coast Hinterland and Glass House Mountains. Montville, Maleny, Flaxton and Mapleton are easily accessed. There are an abundance of galleries, restaurants, tea-houses, arts and crafts and specialty shops to explore.

the spirit house

If you're seeking an Asian food experience to excite all your senses and you want to be transported to a tropical oasis, then head inland to Yandina where Spirit House has created a modern taste of Asia for you to enjoy - just 25 minutes drive from Coolum Beach.

Nestled in tropical garden courtyards around a tranquil lagoon, the Spirit House Restaurant is a magical treat for all the senses.

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 learn new skills and have an enjoyable day out which includes lunch/dinner and wine.

Bookings can be made at Reception or on-line, www.spirithouse.com.au/school



family fun

Check the brochure display in Reception for a complete range of experiences.



underwater adventure

SeaLife Sunshine Coast, Mooloolaba offers unique experiences with exquisite marine life. Educational and fun! Children will enjoy petting starfish, watching the seals at play and wondering at the amazing array of turtles, rays and fish on display. Explore the Ocean Tunnel. Bookings can be made at Reception or visit www.sealifesunshinecoast.com.au



the ginger factory

The iconic Ginger Factory offers fun rides, fascinating tours, a unique retail precinct and cafe surrounded by beautiful sub-tropical gardens for all to enjoy. Free entry and open seven days, year round, there is something for everyone. The Ginger Factory is the perfect destination to discover the real taste of Queensland's Sunshine Coast.



blast aqua park coolum

The World's largest inflatable water park on the Sunshine Coast! The park covers a huge area, roughly 100 meters by 70 meters, and boasts a wide array of inflatable fun items for everyone's enjoyment, suitable for ages from 6 all the way up to the elderly. For more information see: www.aquaparkcoolum.com.au



aussie world

Thrills and spills! All day family fun at Aussie World with over 30 rides and attractions – food, shopping and more. Located on the Bruce Highway at nearby Palmview. For more information regarding park opening times, rides, what to do and see and to purchase tickets visit www.aussieworld.com.au

australia zoo

Talk to the animals! World famous Australia Zoo is located at Beerwah. It is home to over 1,200 animals including those found in our African Savannah, South-East Asia exhibit and Bindi's Island – as well as the original part of the zoo with all your Aussie favourites!

Watch all of the slithering, swooping, jaw-snapping action in the exciting Australia Zoo Wildlife Warriors show! Join snakes, birds and crocs LIVE in the world-famous Crocoseum!

A bus service is available. Please ask reception for the timetable.

Bookings can be made at Reception or on-line www.australiazoo.com.au

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local markets

If shopping is your thing there are many markets nearby for you to explore



peregrian beach

Peregrian Beach Markets are held in Peregrian Park, next to the Peregrian Beach Surf Club, on the 1st and 3rd Sunday of each month. Enjoy local art, jewellery, handmade goods, food and fresh produce.



yandina

Yandina Farmer's Market. Cooloolabin Road. Every Saturday morning until 12pm. The real-deal country farmers market on the Sunshine Coast. A favourite with locals.

You will find farm fresh local produce, plants, trash and treasure.



noosa farmer's

Located on Weyba Rd, Noosaville. Sunday 6am to noon. Nestled amongst the fragrant gum trees, every Sunday a hive of activity takes place. The Noosa Farmers Market is packed with locally-produced seasonal produce that will make your mouth water. Come along for the spectacular fresh food and produce and experience the Noosa Farmers Market for yourself.



coolum beach twilight

Held every year from late November through to mid-January at Tickle Park (Next to the Surf Club), on Friday nights from 4 to 8pm.

With over 80 stalls, this is a great place to find those hand crafted Christmas gifts. Jewellery, leather goods and skin care products.

eumundi markets

Renowned for locally made artisan treasures, food, fashion, homewares, music and street performers. Open Wednesday and Saturday. Please check current times before travelling.

The Original Eumundi Markets is the biggest and the best art and craft market in Australia.

Meet the talented hands behind hand crafted furniture, homewares, artworks, ceramics, cutting-edge fashion and jewellery, and chat to the farmers and bakers selling fresh produce and gourmet delights.

When you need a shopping break, rejuvenate with a massage, have your palm read or lose yourself in the stellar line-up of musicians and street performers. It's an experience like no other.



our

(YEP! Locals)

LOCAL
COFFEE

is
Sensational

our LOCAL

CHAI LATTE

is
the best on the planet

So we've been told
over & over.

EST. Since 2004

dining out guide

Bombay Bliss	David Low Way	Indian	(07) 5446 4200
Canteen Kitchen + Bar	David Low Way	Café / Bar / Bistro Ocean Views	(07) 5471 7477
Coolum Beach Bar	David Low Way	Beachfront Bar / Dining	(07) 5471 2917
Rosa Italian	Beach Road	Italian / Mediterranean	(07) 5471 7555
Coolum Bowls Club	Elizabeth Street	Family Friendly / Bowls Club	(07) 5446 1153
Coolum Beach Hotel	The Esplanade	Family Friendly (courtesy bus)	(07) 5446 1899
Coolum Beach Surf Club	The Esplanade	Beach Views / Family Friendly	(07) 5446 1148
Coolum Seafoods	The Esplanade	Fish & Chips	(07) 5446 2000
Coolum Thai Spice	Element Building	Thai	(07) 5446 2488
Dominos	The Esplanade	Pizza / Delivery	Order Online
Gelato Mio	The Esplanade	Ice cream & Gelato	(07) 5446 4309
Yiani's Greek Restaurant	Beach Road	Greek Restaurant	0473 445 698
Hanami Japanese Restaurant	The Esplanade	Japanese	(07) 5471 7091
Ha'ne Sushi	Birtwill Street	Sushi / Ramen	(07) 5324 2353
Hot Chilli Bean	Coolum Beach	Cafe / Casual Dining	(07) 5446 3911
Ma Boulange	Element Building	French Patisserie Cafe	(07) 5446 5820
Heirloom	The Esplanade	Cafe / Contemporary Australian	0492 851 755
McDonalds	The Esplanade	Family Fast Food	(07) 5446 5829
Estancia Maria	Element Building	Argentinian / Charcuterie	0461 469 218
Benny's Espresso	The Esplanade	Breakfast / Lunch / Coffee	0437 682 396
Daily Dose	Mount Coolum Shops	Coffee / Breakfast Local Favourite	0456 804 192
SurfAir Beach Hotel (Ramada)	David Low Way, Marcoola	Pub / Relaxed Dining	(07) 5457 2555
Tandoori Flames	Birtwill Street	Indian	(07) 5446 2722
The Coffee Club	Element Building	Café - Restaurant	(07) 5471 7800
Peregian Beach Hotel	David Low Way, Peregian Beach	Pub / Relaxed Dining	(07) 5448 3111

canteen kitchen + bar

A relaxed beachside favourite overlooking Coolum Beach, Canteen Kitchen + Bar offers fresh modern food, coffee, cocktails and casual dining from morning through to evening. It is a great option for breakfast, lunch, dinner or drinks after a day by the ocean.

the spirit house, yandina

Set in lush tropical gardens nestled around a tranquil pond, Spirit House is a Sunshine Coast dining institution and a memorable choice for lunch, dinner or a cooking class.

Bookings: www.spirithouse.com.au

local services

Banking & ATMs

Commonwealth Bank / ATM	1814 David Low Way, Coolum Beach Branch / ATM
Bank of Queensland / ATM	1804 David Low Way, Coolum Beach Branch / ATM
Note For other banks use online banking or branches in Maroochydore / Noosa	

Supermarkets

Woolworths Coolum – Coolum Park Shops	21 South Coolum Road, Coolum Beach	(07) 5471 7600
Coles Coolum Village	Coolum Village Shops, Birtwill St, Coolum Beach	(07) 5343 0000
Coles Peregian Springs	Peregian Springs Shops, Ridgeview Drive, Peregian Springs	(07) 5471 4100
IGA Mount Coolum	Mt Coolum Shops, 2 Suncoast Beach Drive, Mount Coolum	(07) 5446 3200

Bottle Shops

Dan Murphy's	1858 David Low Way, Coolum Beach	1300 723 388
Celebrations Coolum Village	Coolum Village Shops, Birtwill St, Coolum Beach	(07) 5471 2917
Coolum Beach Cellars	13 Beach Road, Coolum Beach	(07) 5471 7355

Hairdresser

Elle Aura Collective	11-13 Birtwill St, Coolum, Beach	(07) 5446 2777
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Police

Emergency		000
PoliceLink (non-urgent)		131 444
Coolum Police Station	42 South Coolum Road, Coolum Beach	(07) 5440 2777

Medical

Health Advice (13 HEALTH)		13 43 25 84
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Hospitals

Sunshine Coast University Hospital	6 Doherty Street, Birtinya	(07) 5202 0000
Noosa Hospital	111 Goodchap Street, Noosaville	(07) 5455 9200
Nambour General Hospital	Hospital Road, Nambour	(07) 5470 6600

Dentist

Dentistry on Coolum	Little Lane, David Low Way, Coolum Beach	(07) 5446 1616
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Pharmacies

LiveLife Pharmacy Coolum Beach	1776-1784 David Low Way, Coolum Beach	(07) 5446 1462
LiveLife Pharmacy Coolum Village	Birtwill Street, Coolum Beach	(07) 5446 2111
LiveLife Pharmacy Coolum Park	21 South Coolum Road	(07) 5446 3100

EV Charging

Public EV charging is available in Coolum Beach and across the Sunshine Coast. Please use PlugShare, Chargefox, Tesla or your vehicle's navigation system for live availability, charger type and pricing.

emergency services

If you require police, fire or ambulance assistance in an emergency,
call 000

and speak with the operator.

When asked the address is The Beach Retreat Coolum, 1750
 David Low Way, Coolum Beach, QLD

a-z guide

AIRPORT TRANSFERS: Con-x-ion / Connexion Airport Transfers provide airport transfer services to and from Sunshine Coast Airport and Brisbane Airport. Bookings can be made online or by calling 1300 672 840.

ATTRACTIONS: Coolum Beach is arguably one of the best beaches in the world. When you are not on the beach, or relaxing in your apartment watching and listening to the waves roll in, you can find entertainment to suit all budgets and interests. These include aquariums, surf schools, golf courses, local markets, cooking schools, scenic drives and walks, thrill rides and amusement parks.

Please view our Things to 'Sea' and Do page for more information.

BABYSITTING: In-house babysitting can be arranged through reception.

BANKING & ATMS: See Local Services page.

BBQ: BBQs are conveniently located around the grounds. To turn on the BBQ press the button to illuminate the red light. The BBQ will turn off automatically so you may need to restart if extra cooking is required. BBQ available from 8am until 8pm.

BEACH: Coolum Main Beach is patrolled all year round. The patrolled beach is located directly across from the Coolum Caprice. We recommend that you always swim within your ability in patrolled areas between the red and yellow flags.

BEACH TOWELS AND BOOGIE BOARDS: Are available for hire at Reception.

BUS: Translink bus services stop nearby on David Low Way. Route 620 provides connections between Noosa Heads and Maroochydore via Peregian Beach and Coolum Beach. Please use the Translink app or website for current times.

CAR HIRE: Car Hire is available and can be arranged through Reception.

CHECK-OUT: Before 10am. Prior to departing please ensure that you leave your apartment in a tidy condition, particularly your kitchen. If dirty dishes and rubbish are left behind you may incur an extra cleaning charge.

Please ensure that all windows and doors are closed and locked where applicable and lights, appliances, etc are turned off. You will need to exit the car park before returning all keys and tags to Reception. Late checkout may be arranged with Reception subject to availability. Extra charges may apply. For Early Departure (Prior to 8am) please settle your account during office hours the day before.

CONSUMABLES: All apartments come with a starter pack including tea, coffee, milk, sugar, toiletries, washing machine and dishwasher powder. If you require extras of any of these items they can be purchased through

Reception for a small fee. There are supermarkets and convenience stores close by. Staff will be happy to direct you.

DENTIST: See our Local Services page

DOCTOR: See our Local Services Page

ELEVATORS: There are two elevators that service all floors. Children are to be supervised at all times when using the elevators. A call out fee of \$250 will be charged for faults caused by children jumping and/or pressing buttons that cause malfunctions.

If a problem arises whilst using the elevator press the alarm button for immediate assistance.

EMERGENCY SERVICES: Ambulance/ Fire/ Police – Dial 0 for an outside line then 000.

When asked the beach retreat 1750 david low way coolum.

FOXTEL TELEVISION: All apartments are equipped with cable and free to air television.

GAMES ROOM: The Games Room is located next to the reception and is open from 8am until 8pm. Please note that the games room is monitored by CCTV.

GOLF: The Sunshine Coast has a large number of first class golf courses. Discounted golf packages to numerous courses can be booked directly at Reception. For more information please see World Class Golf Courses page.

HOSPITALS: See our Local Services pages

HOUSEKEEPING: Apartments are cleaned every seven (7) days. General cleaning equipment is provided in your apartment. Additional cleaning is available at an extra charge. Please contact Reception for pricing. Please note that an extra charge will be incurred if apartments are left in an excessively dirty state.

INTERNET: Free WiFi is available throughout the resort. Please refer to the current connection details provided at check-in or contact Reception for assistance.

KEYS: Keys and tags will be provided on check in. External doors are locked at 6pm nightly. You will need to have your key/tag to gain access to the building and lift after this time.

It is advisable to leave your keys at Reception during daytime excursions. Lost keys/tags will be charged for and may cost up to \$200.

LAUNDRY: Each apartment has its own washing machine and dryer. Studio and Hotel Rooms have the convenience of a coin operated laundry in the carpark. A small charge applies. Laundry detergent can be purchased from reception during office hours. Change is available from reception.

a-z guide

LOCAL FAVOURITES:

Best Coffee: Benny's Espresso, Daily Dose Mount Coolum, Compound Espresso

Best Breakfast: Benny's Espresso, Heirloom, Daily Dose

Best Sunset Spot: Point Perry Lookout

Best Walk: Mount Coolum Summit Walk

Best Whale Watching: Point Perry and Point Arkwright (June to October)

Best Family Beach: Coolum Main Beach

Best Local Markets: Peregrin Beach Markets and Eumundi Markets.

OCEAN VIEWS: Available 24 hours. Provided for your pleasure and enjoyment free of charge!

PARKING: Parking is subject to availability. If you require parking, please contact reception to register your vehicle details. Each vehicle requires a pass issued by reception. We ask that you do not park in any space that is marked with a reserved sign

PETS: Are not allowed to stay or visit due to health regulations.

POOL AND SPA: The main pool is heated to approximately 28c and is open between 8am and 8pm daily. Children are to be supervised at all times. Please observe all signs in the pool area.

RECEPTION HOURS: Reception is staffed Monday to Thursday 8:30 am – 4pm Friday 8:30 am until 5pm and Weeks/ Public holidays 9am until 3pm.

Closed Christmas Day, and New Year's Day.

After hours assistance – Dial 9 –For emergency use only please.

RESTAURANTS: There are many great cafes and restaurants in Coolum Beach and surrounding areas. Please see the Restaurants page attached for a selection. Please ask at Reception for other recommendations.

RUBBISH: Rubbish bins are located in the basement

SAUNA: The Sauna is located near the main pool and is open between 8am and 8pm daily. This is a dry Sauna. Pouring water on the heating elements can permanently damage the equipment and pose a severe safety hazard.

SMOKE DETECTORS: All rooms have detectors which, if activated, result in the mandatory and automatic attendance by Emergency Services. The current call-out charge by Emergency Services is approximately \$1,600.

SMOKING: The Beach Retreat Coolum is a non-smoking resort. Smoking inside your unit and throughout the resort common area is not permitted.

SPA: is available between 8am and 8pm daily. Children under 12 years are to be supervised at all times. Please observe posted rules when using the spa.

SURF SCHOOL: Coolum Surf School offers a wide variety of lessons to suit all levels and ages and conducts school holiday programs for kids. Please see Things to Sea and Do page or contact Reception for further information.

TELEPHONE: For reception dial 9. For an outside line dial 0. For A apartments dial 1 + Room Number. For B apartment dial 2 + Room Number

TELEVISION: Your apartment has access to cable television. There are also many Free to Air channels available.

TOURS: Discounted tickets to local tours and attractions can be booked at Reception.



Coolum

SUNSHINE COAST, AUSTRALIA

COOLUM BEACH

COOLUM SURF CLUB

POINT PERRY

FIRST BAY, COOLUM

POINT ARKWRIGHT
LOOKOUT & PICNIC AREA

Approximate travel times by car:
COOLUM to NOOSA: 20 min
COOLUM to YANDINA: 20min
COOLUM to MOOLOOLABA: 25min



Sunshine Coast

AUSTRALIA

thank you for visiting
**The Beach
Retreat
Coolum**

1750 David Low Way Coolum Beach
Sunshine Coast QLD Australia
Telephone: (07) 5471 7700
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