

INCLUSIVE FITNESS GETAWAYS

NOOSA

28th OCT to 2nd NOV 2022

12 PEOPLE MAX

Covid-safe rules apply.

ACCOMMODATION TBA AT A LATER DATE AFTER NUMBERS ARE CONFIRMED.

Friday – Meet Melbourne Airport Domestic Time TBC.

Arrive Sunshine Coast between 12 and 2pm, head to Noosaville accommodation where we will settle in and have some nibbles and get acquainted with our home for the next few days and enjoy a BBQ dinner.

Saturday – Australia Zoo with Hospital sneak peek!

First, we will be up early for our group training session. After training we will have a quick breakfast before we head off to spend the day in the best Zoo Australia has to offer and we will even get to visit the Zoo Animal Hospital and see how they care for the sick and injured animals along with the nursery.

We will head out for Dinner on Hastings Street and enjoy an evening out on the town.

Sunday – Noosa Coastal Walk

Early morning workout before breakfast then off on our beautiful coastal walk.

We will start in Noosa and walk our way to Dolphin Point where we will hopefully get a glimpse of some dolphins or whales playing around in the water. After a nice snack stop here, we will continue on past granite bay to Alexandria Bay in the hopes to see some turtles!

Monday – Kayak Tour Dolphins and beach day.

Early Breakfast before we are picked up for our Epic Ocean Adventure back to nature and into the wild with our Noosa Dolphin View Kayak Tour. Feel the thrill of a unique 4X4 beach drive adventure 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.

Tuesday – Morning Noosaville walk along the river followed by a relaxing day spent at the beach.

Early morning training session before breakfast. After Breakfast we will head out on our walk and explore the River. Once we return, we will have lunch at the villa then for those want can head off to the beach for the afternoon or we can simply relax by the pool and chill at home.

Wednesday – Depart from sunshine coast airport back to Melbourne.

Early morning training session before breakfast then we will pack our bags and head to the airport. Arrival back to Melbourne TBC.

