

Sunshine Coast Beach Walk

Caloundra - Noosa

5 to 8 September 2024



Chamberlain Classic

Our journey will see us navigate along pristine beaches, water crossings and coastal pathways that link our Sunshine Coast towns together.

Be prepared for some incredible scenery along the way, with some of the features including but not limited to; Pumicestone Passage, Caloundra, Currimundi, Kawana, Mooloolaba, Maroochydore, Marcoola, Coolum, Peregian & Noosa National Park.

You will also hear about the military history that links this incredible part of QLD along the way by our very own trek leader Greg Chamberlain.

Overview

Highlights:

- * Experience the Sunshine Coast from a different perspective
- * Spectacular coastal scenery
- * Beach walking & water crossings
- * Hike through beautiful Noosa NP
- * Ocean swims
- * Views of the Glasshouse Mountains & Mount Coolum

Brief:

Duration: 80km over 3 days
Difficulty: Moderate to Hard
Accomm: Twinshare only

Cost: \$925pp



Day 1

Bells Creek to Point Cartwright

About:

Grade 4

Distance: approx. 25km

Time: Allow 5-6hrs

Details:

Departing Bells Creek, Caloundra, at approximately 1pm, we have a long afternoon of coastal pathway and beach walking ahead of us. Pack your head torch just in case

We follow the pathway up towards Kings Beach, passing the Heritage listed Kings Beach Bathing Pavilion, and along the War Memorial Walk, between Kings Beach and Shelley Beach, where 2400 plaques are laid in recognition of the life and service of local Australian and Allied service personnel.

We pause at Wickham Point for a brief about the incredible military history and involvement of Caloundra, and imagine seeing 30,000 soldiers camped below at Kings Beach.

Following the pathway to Shelly Beach, we then begin our first beach walking section, following the coastline up towards Moffat Headland. If tides and weather permits, we are able to rock hop our way around the headland itself.



Day 1 cont.

Bells Creek to Point Cartwright

Details cont...

Back on the beach, we trek up to Currumundi where we reach our first water crossing at Currumundi Creek. We continue along the beach, walking alongside the Bokarina, Warana and Buddina Foreshore Bushland Reserves.

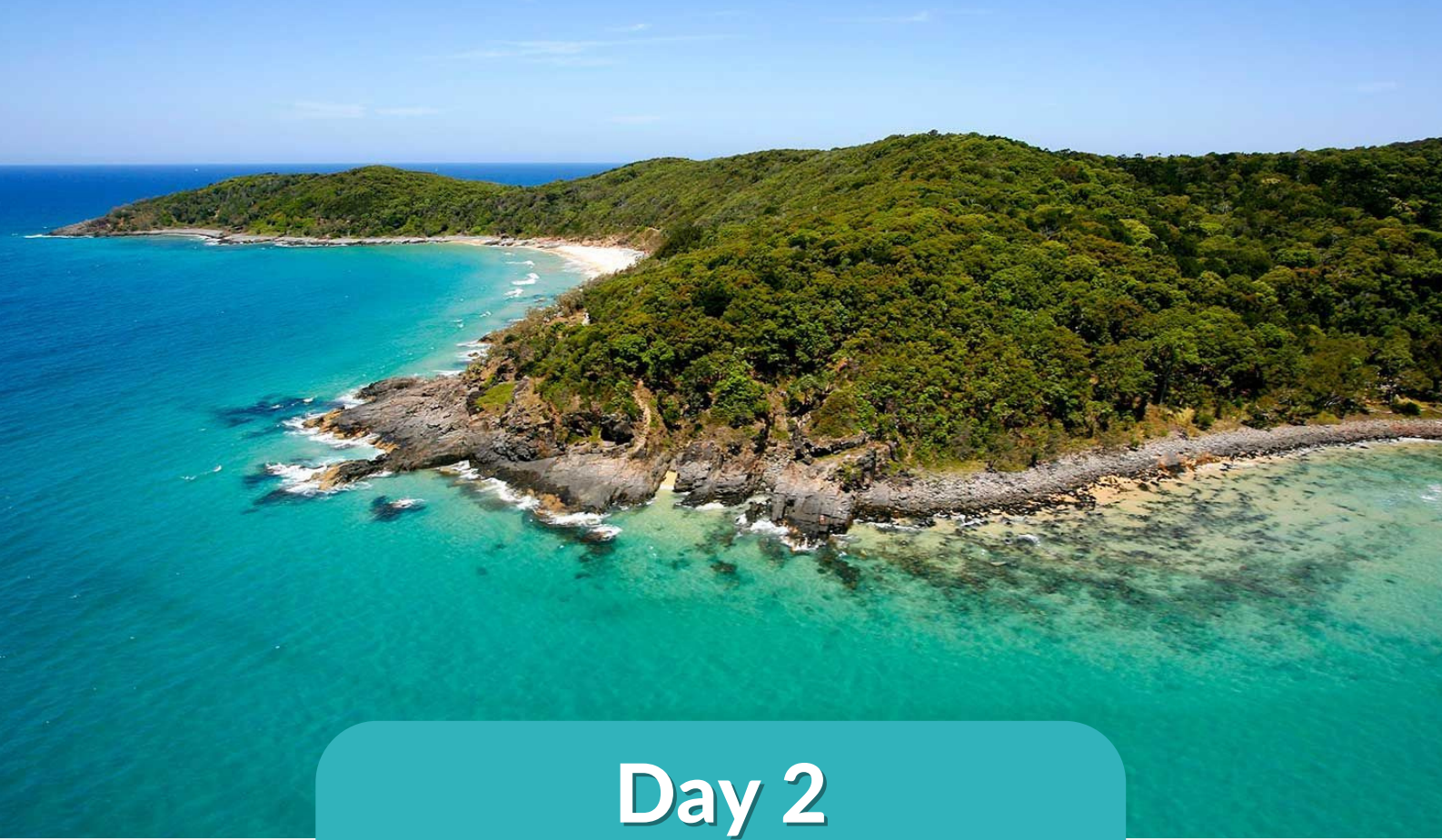
Jumping back onto the coastal pathway at the Kawana Surf Club, we make our way all the way up to Point Cartwright. Taking in the panoramic views from Point Cartwright Lighthouse, soak up the Sunshine Coast in all its glory, from Mooloolaba Beach top to tail, and Coolum with Old Woman Island out front, capture the sun setting over the Glasshouse Mountains in the distance, and keep an eye out for migratory humpback whales

Located near the mouth of the Mooloolah River, Point Cartwright is renowned for its scenic beauty and landmark lighthouse, as well as a reservoir featuring a stunning ocean mural!

We continue downhill to La Balsa Park where our shuttle awaits to take us back to our accommodation for the night.

Shoes off, feet up...

Day 1 is done ✓



Day 2

Mooloolaba Spit to Coolum

About:

Grade 4

Distance: 30 km

Time: Allow 6-8hrs

Details:

We start Day 2 by heading from Mooloolaba Esplanade out along the rock wall to the Spit, then back along the coastal pathway up to Alexandra Headland.

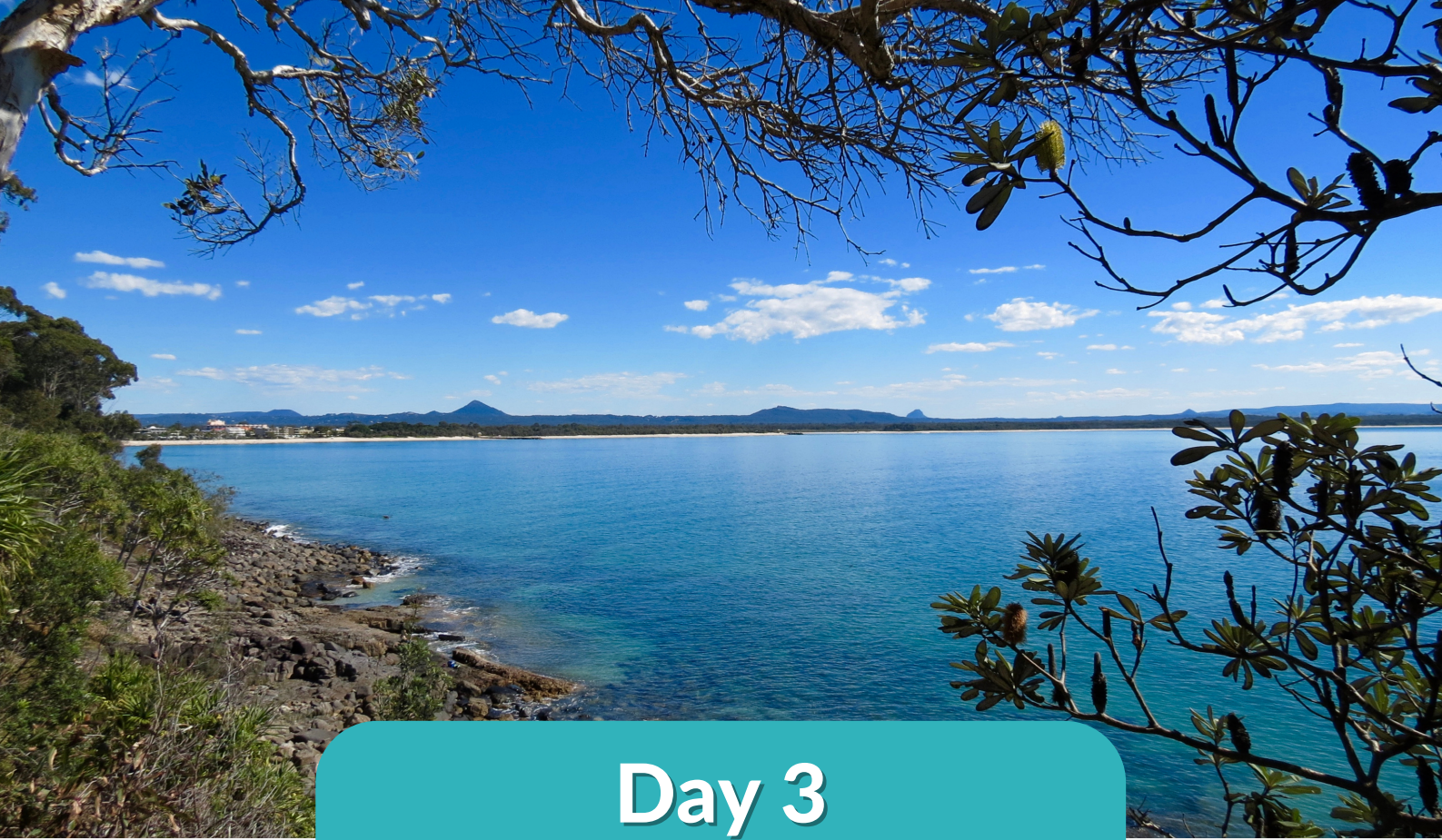
Here we pause at the HMAS Brisbane Memorial and Lookout, a perfect vantage point for some spectacular coastal views. You will hear about the HMAS Brisbane, the 2nd vessel of that name to serve in the Australian Royal Navy, and it's critical role in our military history. If you're lucky, you might also spot a whale or two from this scenic lookout!

Heading back to the beach, we continue past Alexandra Headland Beach, past the Cotton Tree Foreshore Bushland Reserve until we reach Maroochydore.

Following the coastal pathway, we stick to the coastline along Cotton Tree Beach and follow the Maroochy River, walking along the esplanade. Crossing Maroochy River at the motorway, we continue along the path to David Low Way.

A lunch stop at Twin Waters, where we refresh and refuel, ready for the last leg of the day. This last stage is a combination of beach walking and pathways, as we hike past the beaches of Mudjimba, Marcoola, Yaroomba and then up to Point Arkwright. Enjoy views of Mount Coolum rising to the west, and down along Coolum Beach, our final destination for the day!

Enjoy a cool dip in the ocean before shuttling back to our accommodation.



Day 3

Coolum to Noosa

About:

Grade 4

Distance: 25 km

Time: Allow 6-8hrs

Details:

Day 3 begins at Coolum Beach, with the majority of our walk today on the sand. We pass Peregrian, Marcus, Castaways and Sunrise Beaches, before making our way up to Sunshine Beach for a BBQ lunch and a little rest.

At the end of Sunshine Beach, we make our way for the first time into Noosa National Park, following the Coastal Walk pathway, and stopping at the Devil's Kitchen Lookout for a 180 degree view of the ocean and coastline.

Back onto the beach, we hike alongside Alexandria Bay, until we reach the stairs leading back into the national park.

The Coastal Walk tracks along the coastline, passing Hell's Gates lookout and all the way through this gorgeous Noosa National Park. Enjoy the lookout vantage points along the way, taking in the roaring ocean and magnificent views of the Sunshine Coast, looking down towards Noosa.

Our final descent tracks along the boardwalk, leading all the way to Noosa Heads Main Beach, where we will all jump in the water for our celebratory beach swim!!

We will shuttle back to our accommodation, put our feet up, enjoy a few coldies (if that's your thing), and reminisce on the past few days achievements!