

DAILY PROGRAM (Sat & Sun)

EARLY MORNING BEACH WALK/ SWIM OR GYM 6.30AM

Start your day with an early morning walk to the beautiful local beaches nearby for a swim, or a walk along the beach and morning coffee. There is the choice to attend a leading fully-equipped gym on select mornings.

DELICIOUS BREAKFAST – 8.00AM

Come back for a nutritious breakfast where you choose from a selection of whole-food meals and superfood smoothies.

ORGANIC LUNCH – 1PM

A wholesome organic lunch is served daily with space afterwards for rest and relaxation.

WEEKEND ACTIVITIES (Saturday or Sunday)

The group will plan their preferences for the weekend activities. We offer a range of weekend activities listed below. (<https://www.destinationgoldcoast.com/>)

Family Therapy Program (Saturday or Sunday)

Facilitated by a Private Family Therapist for friends and family.

ORGANIC DINNER – 6PM

A delicious organic, whole-food dinner is served prior to the evening's activities. Dependant on your needs, these could include 12 Step meetings, meditation groups or game and movie nights.

WEEKEND ACTIVITIES (Saturday or Sunday)

The group will plan their preferences for the weekend activities. We offer a range of weekend activities (<https://www.destinationgoldcoast.com/>) that include;

Trips to the art gallery,

World Heritage Springbrook National Park Tour Including Natural Bridge

Mt Tamborine National Park and Glow Worm Tour

Binna Burra, Lamington National Park & Rainforest

Springbrook Plateau, Springbrook National Park

Half Day Island Kayaking and Snorkeling Tour

Game Over Indoor Go Karting, Adventure Climbing Walls & Lazer Tag Centre

Slideways Go Karting Gold Coast (475 mt indoor go kart facility, 3 storey high race track)

Currumbin Valley's Cougal Cascades

Currumbin Rock Pools

David Fleay Wildlife Park

Lone Pine Koala Sanctuary (world's first & largest koala sanctuary)

Currumbin Wildlife Sanctuary

High Ropes Course (Currumbin Wildlife Sanctuary)

Thunderbird Park on Tamborine Mountain

TreeTop Challenge

Laser skirmish in the jungle

Canyon Flyer thrilling ride

Horse trail ride

Mini golf course

Tamborine Rainforest Skywalk

Skirmish Gold Coast (outdoor paintball field)

Burleigh Heads Barefoot Bowls on Sundays (12pm to 5pm)

Whale Watching Experience (Seasonal - May to November)

Burleigh Hill picnic spot & beach

Putt Putt Mini Golf

Stunt Park (Stunt Academy in Nerang)

Zero Latency (free roam virtual reality system)

GC Wake Park one stop water sports complex –
(cable skiing, wakeboarding, knee boarding & water skiing)

Jetski

Jetpack Events & Entertainment (Water Jetski, Jetpack and Flyboard shows)

Planet Chill Ice Skating Rink

GC Aqua Park (inflatable water park)

Ripley's believe it or not (plus Ripley's Impossible LaseRace)

Padlock'd Escape Rooms (60-minute real life escape game)

The Escape Hunt Experience Gold Coast (live escape game)

Gold Coast Wax Museum

Sling Shot Fun Park

Tennis Courts

Gold Coast Regional Botanic Gardens

King Opal (visitors view & purchase Australian opals)

McIntosh Island Park (Surfers Paradise)

Gold Coast War Museum

Crystal Castle & Shambhala Gardens Byron Bay Hinterland

Holoverse hologram arcade

Infinity Attraction

Bike ride along beach (Currumbin to Coolangatta)

Hinze Dam (picnic and barbecue areas & fishing silver perch, saratoga, Mary River cod and Australian bass)

Gold Coast Oceanway, (36-kilometre network of pathways)

Boomerang Farm Bike Park

Nerang Mountain Bike Trails

iFLY Indoor Skydiving

level 77 of the SkyPoint Observation Deck & café

SkyPoint Climb - top of the Q1 building (270 metres in the air)

Art and Craft on the Coast Markets (held from 8am to 2pm every Sunday in Broadbeach)

Surfers Paradise Beachfront Markets (Sunday evening)

Carrara Markets (Saturday and Sunday 7am to 3pm)

Local spa and sauna,

Theme parks;

- Movie World
- Wet N Wild
- Sea World
- Dream World
- Whitewater World

Tropical Fruit World

Surf World Gold Coast (surfing museum)

ArtVo Illusions (interactive art gallery)

Yatala drive-in

Cinema

Timezone (Coolangatta & Surfers Paradise)

Holey Moley Surfers Paradise (mini golf bar plus karaoke)

Gold Coast Convention and Exhibition Centre

Kayaking

Stand up paddles

Or surf lessons

Kirra Reef Dive Site