# NOOSA SPORTING FACILITIES GUIDE

The natural choice for your sporting needs









## Welcome to Noosa

NOOSA is one of Australia's favourite beach holiday destinations and offers unparalleled sports training, competition or sport-based escapes. Known for its mild tropical climate, sparkling beaches, lush green hinterland, pristine waterways and superb training facilities, Noosa is the ideal choice as your next sporting destination.

Located on Queensland's Sunshine Coast, Noosa is just 1.5 hours' drive from the state's capital of Brisbane. Noosa is 875 sq kms in size and embraces both coastal and hinterland towns, a vibrant and creative community of over 50,000 residents and globally significant natural assets, including the Noosa National Park and the Noosa Everglades river system.

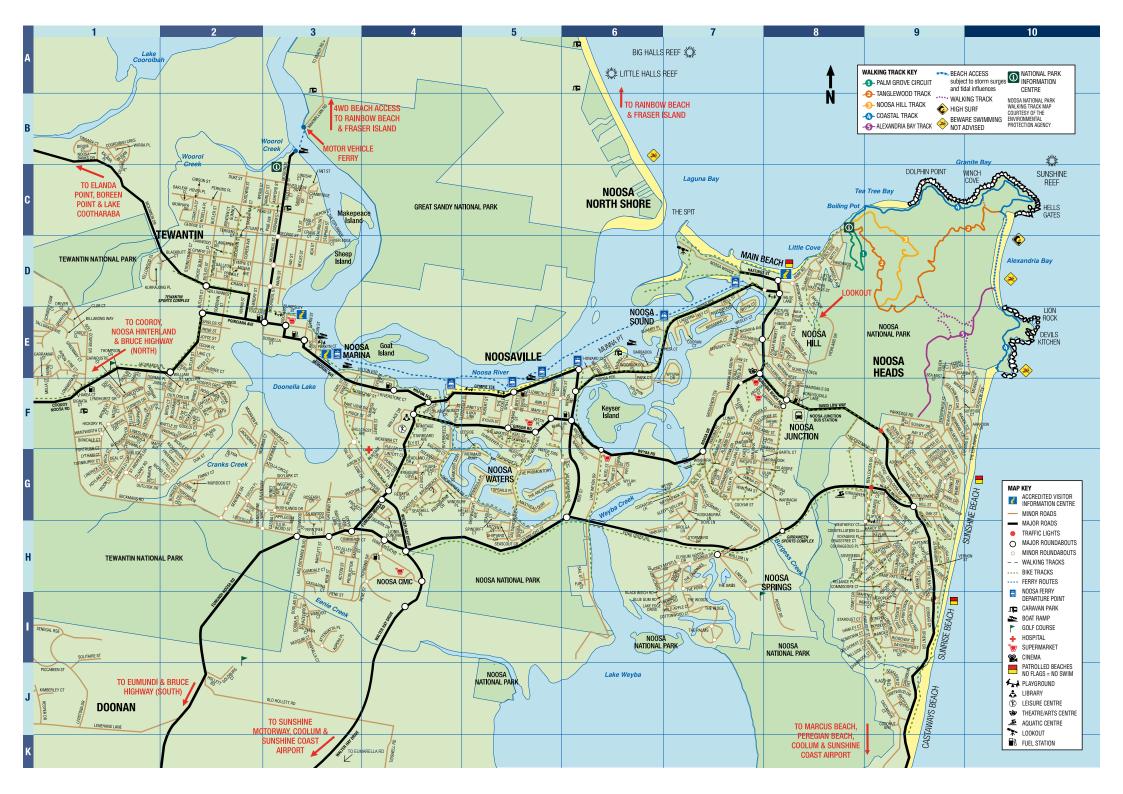
Recognised as Queensland's first UNESCO Biosphere Reserve, Noosa epitomises a sustainable and healthy lifestyle and is regarded as one of Australia's leading events destinations, with a particular focus on sports.

Noosa hosts the Noosa Triathlon (the world's largest triathlon event), the Noosa Festival of Surfing (the largest longboard surf festival in the world) and the Noosa Ultimate Sports Festival (ocean swims, a half marathon, running and road cycling held over one weekend) amongst many other festivals and events covering food, music and the arts.

For pre and post event activities, Noosa offers plenty to do for the adventurous, at all levels. From learning to surf on protected waves, kayaking, stand-up-paddle boarding or kite surfing to dining at world-class restaurants, visiting local markets or soaking up the cosmopolitan lifestyle – Noosa is the ideal destination for your elite team, individual and cross training needs.

2 Front cover image: Paul Smith Images visitnoosa.com.au







# Training in Noosa

Home to world-class sporting events and a base for sporting elites, Noosa caters to a wide variety of requirements from school groups and community events to elite training and competition.

Our high quality facilities and services are run by professional and expertly managed sports clubs and recreation centres, all nestled amongst an inspiring natural backdrop. If you are seeking outdoor space, Noosa offers pristine waterways for a range of aquatic sports or hinterland trails, national parks and road access for land-based use.

Noosa can meet almost any sporting event requirements, as well as offering an ideal destination for coaches, support groups and athletes to escape, rejuvenate and recover from training and competition.

Complemented with a broad range of accommodation, dining and activity options, Noosa is the sporting athlete's destination of choice.

## Weather

Noosa is a subtropical paradise. It has an average annual temperature of 28 degrees Celcius (82 degrees Fahrenheit) in summer and 21 degrees Celcius (69 degrees Fahrenheit) in winter.

SEASONAL AVERAGES	LOW°C	LOW°F	HIGH°C	HIGH°F
SUMMER (December - February)	20°C	68°F	28°C	82°F
AUTUMN (March - May)	16°C	60°F	25°C	77°F
WINTER (June - August)	10°C	50°F	21°C	69°F
SPRING (September - November)	15°C	59°F	25°C	77°F

## Prime training seasons

We recommend you plan your sports activities in Noosa with consideration for major events, school and public holidays.

Low Season	April - September (may exclude school holidays)
Shoulder Season	October - December and February - March
High Season	December - January and March - April

Visit qld.gov.au/recreation/travel/holidays for more information.

Getting here

Noosa is serviced by the Sunshine Coast Airport which is 30 minutes drive to the south. Daily flights connect Sydney and Melbourne, with seasonal flights to Auckland, New Zealand. Brisbane Airport is just 1.5 hours drive to Noosa offering direct daily flights.

BY AIR (direct to Sunshine Coast MCY)	TRAVEL TIME	
Sydney (SYD)	1 hour 30 mins	
Melbourne (MEL)	2 hours 20 mins	
Auckland (AKL) (seasonal flights)	3 hours 50 mins	













## Accommodation

Noosa offers a wide variety of accommodation including self-contained apartments, luxury resorts, holiday houses, backpacker or youth hostels and caravan and camping grounds.

Conveniently located, many accommodation properties can cater for small and large groups, and tailor your stay to make you comfortable. Accommodation can be booked directly through the property, or via visitnoosa.com.au.

Dining

The Noosa region is renowned for its award-winning restaurants and cafes, with access to an abundance of fresh, local and delectable produce. There is something for all tastes set in scenic locations, from riverfront restaurants and beachfront dining to hinterland and beachside villages.

There is plenty of choice whether you are looking for fine dining, affordable eateries, group venues or outside catering.

Training support

Noosa has a range of state-of-the-art gyms, along with professional personal trainers and massage therapists who can assist with training needs. Diversify your training and take advantage of the beautiful nature that surrounds with a training session on the beach, through Noosa National Park or with a run to the top of a mountain!

# Coordy Sports Complex

MARY RIVER ROAD, COOROY QLD 4563











The Cooroy Sports Complex offers a range of professional sporting facilities with clubhouses and field space.

# Facilities

#### **PONY CLUB**

- situated on 16 hectares
- 60m x 45m sand arena
- holding yards
- · clubhouse with kitchen facilities
- show jumping equipment
- wash bay
- · large car and trailer parking area
- Recreational Vehicle (RV) park next door
- external power access

#### Contact details

E committee@ cooroyhorseandponyclub.com.au

W cooroyhorseandponyclub.com.au

#### **GYMNASTICS**

- full size sprung gymnastics competition floor
- foam pit with trampoline and horizontal bar
- two vault tables
- two sets of rings including ring canopy
- two sets of uneven bars, five beams, two sets of horizontal bars and three small training bars
- large range of handheld equipment, spotting boxes and matting
- rest rooms

### Contact details

- P +61 7 5442 5800
- E cooroygymnasticclub@ bigpond.com
- W cooroygymnasticsclub.com.au

continued...







# Coordy Sports Complex

#### FOOTBALL (Soccer)

- clubhouse facilities for meetings or training purposes
- two lit senior fields and four mini roo fields
- soccer (football) sporting equipment
- rest rooms
- change rooms
- kitchen facilities

#### Contact details

E cufcsecretary@gmail.com

W cufc.org.au

#### **RUGBY LEAGUE**

- two full sized senior rugby league fields under lights
- · one mini mod field
- clubhouse facilities for meetings or training purposes
- · canteen facilities
- rest rooms
- change rooms

## Contact details

E ndjrl@hotmail.com

W ndjrl.com.au

#### **CRICKET**

- one turf pitch
- three practice nets
- clubhouse facilities for meetings or training purposes
- kitchen facilities
- rest rooms and change room facilities

#### Contact details

- P +61 7 5442 8380
- E cooroyeumundicricketclub@ yahoo.com.au
- W facebook.com/Cooroy-Eumundi-Cricket-Club-132860243406826/

# Girraween Sports Complex

EENIE CREEK ROAD & LANGURA STREET, NOOSA HEADS QLD 4567







The Girraween Sports Complex is an award winning, state-of-the-art facility providing a multi-use, district-level sport and recreation space suitable for sporting organisations, schools, community groups, cyclists, triathletes, community members and more. Surrounding the complex is the criterium cycling track which is a selfcontained road circuit for criterium races. The track offers a safe recreation and training venue dedicated entirely to cyclists' use, free from other vehicles, suiting all levels of skill and fitness. There is ample car parking with 160 spaces and alternative parking nearby.

### Facilities

#### FOOTBALL (Soccer)

- two senior football (soccer) fields under lights
- two junior football (soccer) fields under lights
- · single-storey clubhouse for meetings or training use; suitable to seat 100 people
- two offices
- four change rooms
- · first aid and referee rooms
- · commercial kitchen facilities
- undercover storage facilities
- rest rooms
- P +61 (0) 411 398 418
- E events@noosalionsfc.com

W noosalionsfc.com

#### **CYCLING**

- 915m high level criterium cycling track under lights
- P +61 7 5329 6500
- E mail@noosa.qld.gov.au
- W noosa.qld.gov.au/criteriumcycling-track

#### **ATHLETICS**

- 400m eight-lane grass running track under lights
- 2 x 2-lane synthetic long jump tracks and pits
- 6 x throwing circles including one cage discus throw
- clubhouse facilities for meetings or training purposes
- rest rooms and change facilities
- **P** +61 (0) 434 121 365
- E noosalittleathletics@gmail.com
- W littleathleticsnoosa.com.au









# Lake Cootharaba Sailing Club 🕒



24 BOREEN PARADE, BOREEN POINT QLD 456

Located on a large saltwater lake in the Noosa hinterland, Lake Cootharaba Sailing Club hosts annual regattas including national and state championships for numerous class associations. Lake Cootharaba, the largest lake in the Noosa River system, provides excellent flat water sailing conditions and is home to a variety of native Australian wildlife.

#### Contact details

P +61 7 5485 3352

E club@lcsc.org.au

W lcsc.org.au

## Noosa Australian Football Club



WEYBA ROAD, NOOSAVILLE QLD 4566

The Noosa Australian Football (AFL) Club is located in a picturesque setting in central Noosa. The oval is of AFL standard and has newly renovated club rooms on site. The AFL ground is within walking distance to accommodation, a short distance from shopping precincts and Noosa Main Beach and hosts the Noosa Farmers Market every Sunday morning.

#### Contact details

P +61 7 5449 7536

E noosaafc@bigpond.com

W noosa.aflq.com.au

#### Facilities

- · senior AFL field under lights
- junior AFL field under lights
- newly renovated clubhouse
- indoor and outdoor function area
- licensed bar
- · commercial kitchen
- change rooms
- rest rooms
- disabled rest rooms

visitnoosa.com.au

# Noosa Aquatic Centre

6 GIRRAWEEN COURT. SUNSHINE BEACH QLD 4567











The facility regularly hosts international swimming and triathlon teams as a training base and offers plenty of parking.

#### Contact details

P +61 7 5448 0288

E nac@noosa.qld.gov.au

W noosa.qld.gov.au/nac

- Olympic standard 50m x 10-lane heated and floodlit outdoor swimming pool (1.2m - 2.0m)
- 25m x 8-lane heated outdoor swimming pool
- covered toddlers/leisure pool with warm-down capacity
- suitable for water polo
- dry fitness studio/gym facilities
- rest rooms and change rooms
- cafe









# Noosa Croquet

9 SEASHELL PLACE, NOOSAVILLE QLD 4566



The Noosa Croquet Club is one of the finest croquet clubs in Australia with five well maintained croquet courts, situated in beautiful grounds with attractive garden surrounds.

The club regularly hosts national, state, regional and inter club tournaments as well as its own intra club competitions and annual club championships.

### Contact details

P +61 7 5474 2077

E noosa@croquetqld.org

W croquetqld.org/noosa-croquet-club

- five full size courts
- clubhouse
- kitchen facilities
- rest room and change rooms

# Noosa District Sports Complex

MCKINNON DRIVE, TEWANTIN QLD 4565















The complex also offers a number of clubhouses with kitchen and bar facilities, providing flexibility for inside and outside catering, functions and dining options.

# Facilities

#### SOFTBALL

- eight diamonds (three full sized diamonds - two deco running tracks)
- · batting cage
- · two pitching machines
- · small clubhouse with small meeting space
- kitchen and canteen facilities
- BBQ facilities
- rest rooms and showers

### Contact details

- P +61(0) 401 542 292
- E noosasoftball@gmail.com

#### **PONY CLUB**

- · large fully-enclosed riding arena
- sand dressage arena
- round yard
- rest rooms and showers
- kitchen/canteen facilities
- small clubhouse with meeting room
- large, secure storage space

## Contact details

- P +61(0) 407 301 989
- secretary@ tewantinnoosaponyclub.com.au
- W tewantinnoosaponyclub.com.au

continued...







# Noosa District Sports Complex

#### **TENNIS**

- ten synthetic grass courts under lights
- well appointed clubhouse
- · covered BBQ area
- rest rooms
- car parking

#### Contact details

P +61 7 5474 0631

**E** secretary@tewantintennisclub.com

W tennis.com.au/ttc/

#### TOUCH FOOTBALL

- four touch football fields under lights
- kitchen facilities
- · licensed bar
- rest rooms and change room facilities
- large undercover outdoor area

#### Contact details

P +61 7 5449 9626

E noosatouch@gmail.com

W foxsportspulse.com/assoc\_page. cgi?client=1-636-0-0-0

#### NETBALL

- thirteen bitumen courts under lights
- clubhouse facilities for meetings or training purposes
- rest room and change room facilities

### Contact details

P +61 (0) 438 638 899

E noosanet@bigpond.net.au

W noosa.qld.netball.com.au

#### **RUGBY LEAGUE**

- two senior rugby league fields
- · kitchen and canteen facilities
- clubhouse suitable for functions

### Contact details

P +61 (0) 418 981 365

E noosapirates@bigpond.com

W noosapirates.leaguenet.com.au

#### **CRICKET**

- · one senior field with turf wicket
- one senior field with synthetic wicket
- rest room and change rooms
- · kitchen/canteen facilities
- clubhouse

### Contact details

E tncc-secretary@hotmail.com

W tewantinnoosacricketclub.com.au

## Noosa Golf Courses



Coordy Golf Club

MYALL STREET COOROY QLD 4563

#### Contact details

P +61 7 5447 6258

**E** enquiries@cooroygolf.com.au

W cooroygolf.com.au

### Facilities

- tree-lined undulating fairways that cross through bushland, creeks and dotted with ponds
- open plan clubhouse and outside deck area suitable for seating small groups or up to 100 people
- fully licensed bar and gaming area
- fleet of 22 electric golf carts for hire
- · golf club and pull buggy for hire
- on-course drinks and refreshments cart
- catering options
- parking is available with disability access into the clubhouse

## Noosa Golf Club

NOOSA-COOROY ROAD, TEWANTIN QLD 4565

### Contact details

P +61 7 5447 1407

E info@golfbookings.com.au

W noosagolf.com.au

### Facilities

- 18-hole championship course set in tranquil natural bush setting with wildlife and flora
- pro-shop
- fully licensed clubhouse
- golf cart, golf club and pull buggy hire
- driving range
- three function venues catering to 250 people
- bistro
- · deck area





continued...



## Noosa Golf Courses

## Noosa Par 3

3 HOLLETT ROAD, NOOSAVILLE QLD 4566

### Contact details

P +61 7 5449 1666

E noosapar3golf@bigpond.com

### Facilities

- 27-hole course in picturesque setting
- licensed bar
- BBQ

# Noosa Valley Country Club

VALLEY DRIVE, DOONAN, QLD 4562

#### Contact details

P +61 7 5449 1411

W noosavalleycountryclub.com.au

Situated in a scenic valley just 15 minutes from Noosa Heads, Noosa Valley Golf Course and Country Club is an oasis of beautiful gardens, tropical rainforest, lakes and birds. Squash courts, tennis courts and equipment are available for hire.

## Peregian Springs Golf Club

95 PEREGIAN SPRINGS DRIVE, PEREGIAN SPRINGS QLD 4573

#### Contact details

**P** +61 7 5471 5471

E info@psgc.com.au

W peregianspringsgolfclub.com.au

- 18-hole championship golf course
- 25ha of parkland and native bush
- water features combined with intimidating bunkering
- electric golf carts
- restaurant and bar
- · function facilities
- conference facilities

# Noosa Springs Golf & Spa Resort

LINKS DRIVE, NOOSA HEADS QLD 4567









Noosa Springs Golf & Spa Resort is a quality recreation playground with championship golf course, world-class day spa, fitness centre, 25m lap pool, tennis courts with on-site accommodation.

Located just 3 minutes from Hastings Street and Noosa Main Beach, Noosa Springs is within close proximity to all facilities and services.

#### Contact details

P +61 7 5440 3333

E info@noosasprings.com.au

W noosasprings.com.au

#### Facilities **GOLF**

- 18-hole championship course
- · abundant wildlife including kangaroos, koalas, swans
- lush subtropical vegetation creates a beautiful and memorable setting
- full concrete cart path system allows play in all weather conditions
- fleet of 70 electric golf carts
- refreshment cart on course
- golf club and shoe hire
- driving range (floodlit for night practice)

#### **TENNIS CENTRE**

- four synthetic grass courts the ideal surface for player comfort;
- floodlit for night play
- umpire chairs and undercover spectator seating
- tennis pavilion
- tennis coaching

#### **FITNESS CENTRE**

- state-of-the-art equipment
- · cardio and resistance equipment
- vibration training
- group fitness
- heated 25m lap pool
- pilates studio
- · air conditioned rooms
- personal training









# Noosa Gymnastics Centre

BICENTENNIAL DRIVE, SUNSHINE BEACH QLD 4567



The Noosa Gymnastics Centre is located within close proximity to other sporting venues, accommodation and facilities. The space is used for gymnastics and contains Olympic standard equipment.

### Contact details

**P** +61 7 5447 2419

E info@noosagymnastics.com.au

W noosagymnastics.com.au

- floor area (235 square metre) sprung timber flooring
- small domestic kitchen
- ample on-site parking with designated disabled parking spaces
- rest rooms and change rooms

## Moosa Leisure Centre

9 WALLACE DRIVE, NOOSAVILLE QLD 4566



















The Noosa Leisure Centre is a multi-use venue that can be configured to cater for a variety of sports and sporting groups. The main area is an indoor multipurpose stadium supported by three separate facilities that are commonly used for exhibitions, seminars, trade shows, meetings and conferences. All rooms are air conditioned.

The venue is fully licensed, has wheelchair access (except for the upstairs room) and plenty of free parking.

#### Contact details

P +61 7 5329 6550

E nlc@noosa.gld.gov.au

W noosa.qld.gov.au/nlc

- main court features a 1,265 square metre fully sprung playing surface, comprising two full-sized basketball courts
- show court seating for 175 people
- · indoor rock wall
- · children's play room
- group fitness room
- · conference rooms
- crèche
- wheelchair accessible
- breakout rooms for meetings / video review
- · commercial kitchen / cafe
- retractable seating for 296 people
- rest rooms and change room facilities









# Noosa Rugby Union

1 BICENTENNIAL DRIVE, SUNSHINE BEACH QLD 4567



Noosa District Rugby Union Club is centrally located to schools, Noosa Junction and public transport. 'The Dolphins', founded in 1985, currently have 300 junior players and two senior teams, and are the most successful rugby club on the Sunshine Coast.

#### Contact details

**E** manager@noosarugby.com.au

**W** noosarugby.com.au

- two senior fields with floodlights
- one junior field with floodlights
- clubhouse facilities for meetings or training
- commercial kitchen
- 250 seat function deck
- four change rooms
- referee room
- medical room
- gymnasium
- disabled facilities

## Noosa Tennis Club Ca

4 GIRRAWEEN COURT, SUNSHINE BEACH QLD 4567

The Noosa Tennis Club grounds comprise over a hectare of native landscaped gardens with ten fenced courts. All courts are under lights and classified as championship specification courts. The club is within a two-minute walk to the Noosa Aquatic Centre.

#### Contact details

P +61 7 5474 5494

E dave@noosatennisacademy.com.au

W noosatennis.org.au

#### Facilities

- two hard courts and eight synthetic grass courts
- undercover BBQ area with two electric BBQs
- undercover playground
- hit-up wall
- clubhouse and pro shop
- rest rooms and change facilities

Noosa Yacht & Rowing Club 🕒 🗻





CHAPLIN PARK, GYMPIE TCE, NOOSAVILLE QLD 4566

Situated in the heart of Noosaville, overlooking Noosa River, the Noosa Yacht & Rowing Club provides boating activities, facilities and training programs in sailing and rowing. The Noosa River has ideal conditions for a variety of water sports.

The sailing division offers a strong, varied and competitive sailing division in conjunction with the largest Youth Development Program in Australia and runs a regatta camp program. The club provides an ideal setting for rowing for all abilities.

#### Contact details

**P** +61 7 5449 8602

E admin@nyrc.com.au

W nyrc.com.au

- · waterfront restaurant and bar
- function venue
- lift access









## Tewantin Noosa Bowls Club

65 HILTON TERRACE, TEWANTIN QLD 4565



Tewantin Noosa Bowls Club has been in existence for over 60 years. Its main function has been to cater for lawn bowls, with three grass bowling greens. Over the last few years its activities have expanded to include barefoot bowls and the club has built a petangue rink.

Inside the club, the activities vary day to day with aerobics and pilates five days a week and other groups using the club to play Mahjong and Bridge.

### Contact details

P +61 7 5449 7155

E john@tewantinbowls.com.au

W tewantinbowls.com.au

- three grass bowling greens
- barefoot bowls
- petangue ring
- on-site bistro
- small gaming room
- rest rooms and change rooms

#### Land-based activities

With nature in abundance, Noosa offers a broad range of activities for team building and training opportunities. Hurtle down a hill, pedal along cross-country mountain bike tracks that traverse national park, forest and mixed terrain or take in the scenery on horseback.

See a bird's-eye view from the air on-board a chartered flight in a light aircraft or helicopter. Experience the adrenalin rush of skydiving or four wheel driving along the sand highway to explore World Heritage-listed Fraser Island.

If you're passionate about hang gliding or para gliding, Noosa caters for a variety of wind conditions and is home to some of Australia's most qualified instructors.

For more information on the wide range of activities available to incorporate into your visit, please go to our website visitnoosa.com.au.

Noosa has a number of outdoor spaces that can be accessed for exclusive use by applying for a permit through Noosa Shire Council or State Government, depending on land ownership.

#### **PERMIT LINKS**

recreation.npsr.qld.gov.au/forms/ group-activity nprsr.qld.gov.au/licences-permits/ commercial noosa.gld.gov.au/permits-licences

## Tewantin National Park

COOROY-NOOSA ROAD, TEWANTIN QLD 4565









Tewantin National Park is located west of Noosa Heads and Tewantin. This park has two recreational areas - Mount Tinbeerwah and Wooroi day-use area.

#### **WOOROLDAY-USE**

25km range of single track and multi-track trails spread throughout rainforest and open eucalypt forest.

- ten single tracks ranging from 850m to 1.7km in length
- closed, sealed road suitable for non-interrupted road cycling
- strength / hill climb training
- hiking
- horse riding
- · mountain biking
- picnic tables
- · tap water

#### MOUNT TINBEERWAH

360 degree views over Noosa from the summit which is 265m above sea level.

- hiking
- abseiling
- rock climbing
- anchor points
- sealed 130m track suitable for strollers and wheelchair access
- toilets
- picnic area
- vehicle access

W nprsr.gld.gov.au/parks/tewantin

## National Parks and recreation areas

The Noosa region is surrounded by national parks and areas of natural significance. To enjoy Noosa's protected natural areas, organised groups can apply for a permit to carry out activities such as hiking, running, camping and canoeing in the below national parks and recreation areas:

Noosa Trail Network

noosa.qld.gov.au/noosa-trail-network

Noosa National Park nprsr.qld.gov.au/parks/noosa

Cooloola Recreation Area, **Great Sandy National Park** nprsr.qld.gov.au/parks/cooloola











## Water-based activities

Noosa is an aquatic playground surrounded by water, with access to open beaches, river and canal systems, lakes and secluded waterways, so is a very versatile destination to host a range of sports.

The safe and calm conditions of the surrounding river, lakes and ocean make it an ideal base for water-based adventure, or to explore the Noosa Everglades, one of only two everglade systems in the world. Noosa is an adventure seeker's paradise, offering a broad range of activities for team building and training opportunities.

Awarded National Surfing Reserve status in 2015, Noosa is now recognised as an iconic place of intrinsic environmental, heritage, sporting and cultural value. National Surfing Reserves recognise world-class breaks and local surf heritage as a means of protecting this unique attribute into the future.

Popular water activities include:

- surfing
- surf life saving
- open water and protected swimming
- kayaking
- outrigger canoeing
- dragon boating
- sailing
- wind-surfing
- kite-surfing
- stand-up paddle

# Key to Symbols



Abseiling



Fitness Studio



Rugby







Golf



Rugby League





Gymnastics



Sailing



Hiking



Soccer



Horse Riding



Softball



Badminton



Indoor Bowls



Swimming



Cheerleading



Indoor Soccer



Table Tennis

Touch Football



Cricket



Martial Arts



Tennis



Croquet

Cycling

Dance

Equestrian



Mountain Biking











Rock-climbing



Rowing



Volleyball

Triathlon



Water Polo

# Need help?

Please contact Tourism Noosa:

Australia 13000 NOOSA (13000 66672)

Overseas +61 7 5430 5000

E info@visitnoosa.com.au

W visitnoosa.com.au

For general sporting venue enquiries, please contact:

Noosa Council

P +61 7 5329 6500

E mail@noosa.qld.gov.au

W noosa.qld.gov.au/sport-leisure

## For daily inspiration, visit Noosa here...



visitnoosa



@visitnoosa #visitnoosa



@noosa



tourismnoosa



theresonlyonenoosa













Printed on 100% Recycled Paper