

Sunshine Coast Wide Bay



Tourist Guide



Accommodation

Car rental, taxis & chauffeurs

Restaurants, cafes and bars

Tourist attractions

Health and beauty

Retail shopping

Tours and charters

 bartercard

1300 BARTER
bartercard.com.au

Accommodation Sunshine Coast

NORTH COAST

Lagoon Pocket Bed & Breakfast

4 Star Rating - Set in the magical Mary Valley, only 40mins from Noosa & 10mins Gympie, offering the luxury - peace/adventure & convenience. Rooms are separate from the house for extra privacy with air-conditioning and ensuite. Rates includes breakfast. Pets welcome.

57 Lagoon Pocket Rd
LAGOON POCKET

Ph: 07 5483 2112

W: www.lagoonpocket.com

Noosa Forest Retreat

Noosa Forest Retreat is situated at Kin Kin in the lovely Noosa Hinterland. 62 acres of lush green rain forest surrounded by national park and state forest. Powered or unpowered campsites. We can cater for motor homes, caravans, tents, and we can also host you in our bed and breakfast Queenslander. Caravans for rent at good rates. Pets are welcome and we have safe, fenced, watered paddocks to also keep horses.

Contact Ian Trew
Ph: 07 5409 7577.

W: www.noosaforestretreat.com

Noosa Holiday Accom

Accom for up to 6 people. 10min from Noosa City Centre & 150m from Noosa Harbour Marina. Balcony with views of pools, heated & lagoon style. Fully equipped kitchen with dishwasher, microwave & oven. Close to all leisure amenities.

1 Hilton Tce, NOOSA

Ph: 1800 678 213

E: mikelewis@ozemail.com.au

W: www.noosaholidayaccom.com.au

MID COAST

Sundancer Holiday Apartments Noosa

Large, light & spacious fully self-contained apartment with huge balcony, providing ocean views from level 1 over Sunshine Beach. Min.2 night stay. Monday - Thursday only

Ph Franchise 07 5314 1060

Palmwoods Bed & Breakfast

Our homely B&B is situated on a working vermiculture farm where we farm worms and manufacture worm farms. We grow many fruits and veggies, including avocados, lychees, macadamia nuts, pecans, passionfruit, chillies, and a whole host of other produce all using organic methods. The B&B is separate from the main house overlooking the pool. There is a large bedroom with two Queen-sized beds, a living area with TV, a fully equipped kitchen, a bathroom with shower, and a small alcove room which can be set up with an extra bed. The accommodation is basic, but clean and comfortable and great for families or couples. Walk straight from your living area into the bar area and enjoy a game of pool or darts or just relax with a book. Take a wander around the property and through the rainforest – see if you can spot the turtles in the dam. Help us feed the worms or chooks or learn how worms benefit the environment!

Ph Penelope 07 5445 9704
penelope@wormsdownunder.com.au

Buderim Motor Inn

We have superb grounds, perfect for special occasions or just relaxing. Buderim is at the heart of the Sunshine Coast & makes an excellent central point for day trips.

Offering great value, budget style accommodation to business people & families!

45 King Street,

BUDERIM

Ph: 07 5445 1699

M: 0409 475 626

E:buderimmotorinn@bigpond.com

W:www.buderimmotorinn.com

Sunshine Coast

Airport Motel

10 units situated in the resort precinct of Marcoola Beach, within 150m of beautiful Discovery Beach & 1km from the Sunshine airport.

Courtesy transfers - self contained standard rooms available. Spotlessly clean & comfortable facilities

900 David Low Way

MARCOOLA

Ph: 07 5448 7313

HINTERLAND

Beerwah Motor Lodge

Beerwah Motor Lodge
Closest motor lodge to Australia Zoo, only 30 minutes to the Sunshine Coast beaches, 15 minutes to the Hinterland, Free Transfers to rail way an Zoo, courtesy bus to Beerwah Hotel, Wi-Fi and DVDs for free.

6 Graham Drive

LANDSBOROUGH

Ph: 07 5494 1911

E:info@beerwahmotorlodge.com.au

W:WWW.beerwahmotorlodge.com.au

Clouds Of Montville

Clouds of Montville cottages and serviced apartments lie in the heart of the Sunshine Coast Hinterland. This iconic region, just north of Brisbane, is renowned for the beauty and tranquillity of its walks, parks and waterfalls.

166 Balmoral Rd,

MONTVILLE

Ph: 07 5442 9174

W:www.cloudsofmontville.com.au

Tree Tops Montville

TreeTops Montville

From private, romantic treehouses & cabins for two to individual family size 4-8 person accommodation.

4 Cynthia Hunt Drive,

MONTVILLE

Ph: 07 5478 6618

E:info@treetopsmontville.com.au

W:www.treetopsmontville.com.au

Sienna's Chalet Bed & Breakfast

Bed & breakfast accommodation. Conveniently located just past the Showgrounds just 5 minutes from the town of Maleny on the Maleny Stanley River Rd. Ideal getaway location for couples. And when in such a quiet area why not enjoy breakfast served on the veranda and take advantage of the mountain air and great views? 39 Maleny Stanley River Rd, MALENY
Ph 0409 585 220

Blue Summit Cottages

Luxury accommodation in the Sunshine Coast Hinterland, Maleny Accommodates up to 14 people with 4.5 bathrooms Ph: 07 5435 8410

OUTER REGIONS

Atkinson Dam Caravan Park

Atkinsons dam waterfront caravan park is located just over 1hr off Brisbane. On the Banks of Atkinsons Dam. The park has powered and un-powered sites, along with freestanding cabins, a pool & convenience store.
545 Atkinsons Dam Rd
COOMINYA
Ph: 07 5426 4151

SOUTH COAST

Moffat Beach Motel

Caloundra offers reasonably priced and conveniently located accommodation. We are within minutes walk to the beach, our famous surf break at Moffat Headland, parks with playgrounds, bbq's, cafes, art galleries and restaurants. Free Wi-Fi, pet friendly and covered car park for each room
Ph: 07 5491 2122
56 Roderick St, MOFFAT BEACH, Caloundra
www.moffatbeachmotel.com.au

Rumba Resort

Rumba Resort has a high level 2 Bedroom Resort Spa Suite available to Bartercard members. This five-star beachfront resort features, pools, pool bar and a giant Jacuzzi. The suite is fully self-contained with 2 bathrooms, spa bath and great views to the Glass House Mountains. Bartercard bookings are available in low season from Sunday to Thursday only and are subject to availability.
Blackout Dates: All bookings subject to availability
10 Leeding Terrace,
Caloundra
Ph: 07 5492 0555

Saltwater Villas - Mooloolaba

Luxury accommodation, 2 bedroom canal townhouse, one bed unit, full use lap pool, BBQ on waterfront, house right on the water, pool & pontoon, sleep 8-10 people. Short walk to Mooloolaba Esplanade.
Subject to availability.
15 Goonawarra Dr,
MOOLOOLABA
Ph: 07 5444 1227
www.mooloolabaunits.com

Accommodation Wide Bay

Allistan Park Bed & Breakfast

Need real relaxation? Want to wake up with that special someone or perhaps give your family a taste of country life? Then come and join us! Nestled on the banks of the Bjelke Peterson Dam in Queensland's South Burnett our 5 bedroom homestead features stunning views of the Bunya Mountains, Bjelke Peterson Dan and local vineyards. 59 WATERVIEW DR, MOFFATDALE QLD 4605
Phone: Allen; 07 4168 4784
Email: allen_wheatley@hotmail.com

Econo Lodge Park Lane Bundaberg & Restaurant

Part of the Choice Hotels Chain. Centrally located motel. Close to park and children's playground. Motel has a salt water pool & spa, undercover BBQ area. Wireless broadband available.
247 Bourbong St,
BUNDABERG CENTRAL, QLD
Ph: 07 4151 2341
Fax: 07 4152 0066
E: info@parklanemotel.com.au

Gin Gin Motel

Family run motel of 12 units, sleep up to 7, queen size bed, R/C Air-con, ceiling fans. Breakfast & meals to rooms, boat parking, large pool, BBQ area, undercover parking, pets by arrangement, non-smoking rooms.

4 Mulgrave St, GIN GIN, QLD

Ph: 07 4157 2260

Fax: 07 4157 2868

Pacific Sun Motor Inn

Offering a range of self-contained accommodation at affordable rates. Property features family friendly 1 & 2 bedroom units & motel style accommodation. Walking distance to beach & Bargara's eateries. Our friendly staff will ensure your stay will be enjoyable.

11 Bauer St, BARGARA

Ph: 07 4159 2350

Car Rental, Taxi & Chauffeur Services Sunshine Coast

SOUTH COAST

Super Stretch 300 Limousines

Based on the Sunshine Coast, servicing from Hervey Bay to Toowoomba, Gold Coast, Brisbane and everything in between.

Capacity 11 people. We offer 24/7 luxury chauffeur service. Contact Gary M: 0447 718 751

W: www.superstretch300.com.au

ConXion Coaches

AIRPORT TRANSFERS - Brisbane & Gold Coast airport - operating 7 days per week.

Email : bookings@con-xion.com

Suncoast Vintage Limousines

Experience the elegance of a time gone-by in our 10 passenger chauffeur driven limousine, dressed with ribbon in your choice of colours. Available for dinner transfers, weddings, formals, functions etc. Servicing the South East Ph: 0408 453 487

Car Rental, Taxi & Chauffeur Services Wide Bay

Glyn & Carol Jenkins

We have 4 genuine 1940's Buicks, 1 cream & 3 black which are available for your wedding, engagement, formal or other special occasion. Ample space in our Buicks for even the most regal of gowns- uniformed chauffeurs, comp.

Refreshments, full red carpet service- Servicing Hervey Bay/Maryborough.

33 Shore Rd, BOORAL,

Ph: 07 4125 6340

Mobile: 0428 654 954

caroljenkins@netspace.net.au

Restaurants, Cafes, Takeaways & Bars Sunshine Coast

NORTH COAST

Hot Chilli Bean Thai Café

Scrumptious Asian cuisine using traditional recipes with fresh ingredients in a friendly atmosphere. Specialists in vegetarian food and carters for people with food allergies. Open 7 nights 5pm- late. BYO.

4/ 1776 David Low Way
COOLUM BEACH
T\$50 TABLE LIMIT

W: www.coolum.com.au/hotchillibean

Noosaville Fish Market

Great little fish and chip shop. We pride ourselves on being the best!!!

Bartercard welcome for all takeaway cooked seafood. Sorry wet fish not available on Bartercard.
90 Hilton Tce, NOOSAVILLE
Ph: 07 5449 7127

Raymondo's Gourmet Pizza Pasta Ribs

Specialising in gourmet pizzas, ribs, and fresh homemade pasta, while incorporating the native flavours from the Australian bush. Open 7 days from 5pm. We've been in Noosa for over 16 years.

T\$100 table limit

Shop 2, Thomas St,
NOOSAVILLE
Ph: 07 5442 4944

Subway Coolum, Cooroy, Noosa Civic, Tewantin (MTV's sold from the brokerage – no over the counter sales)

Indulge in a Subway breakfast, lunch or dinner. Freshly baked bread, choice of meats, fresh salads & lip smacking sauces.

Shop 22/ 6-26 Birtwill St
Coolum Village,
COOLUM Ph: 5446 2995
1A Diamond St,
COOROY
Ph: 07 5472 0582
1/4 Sunshine Beach Road
NOOSA HEADS
Ph: 07 5447 5751
28 Noosa Civic Eenie Creek Rd,
NOOSAVILLE
Ph: 07 5455 5351
Shop 8/86 Poinciana Ave
TEWANTIN
Ph: 07 5455 6950

Cooroy Chick 'N' Chips

For the tastiest chicken and chips, breast fillet burgers, meal deals and more. Phone orders welcome

Shop 5/ 1 Diamond St
COOROY
Ph: 07 5472 0084

Cooroy Fish 'N' Chips

Cooroy Fish 'n' Chips aims to provide the best quality seafood at affordable prices within a friendly and relaxed atmosphere. Not only seafood however! Our menu provides a range of burgers as well! Special offers on Mondays, Tuesdays, and Wednesdays. Best and fastest takeaway in town
Shop 5/ 1 Diamond St
COOROY Ph: 07 5472 0084

MID COAST Bakers Delight

Every day, in every bakery we use real ingredients to bake unreal bread. So drop by today and see Ryan and all his wonderful staff.
Shop 336 Kawana Shopping World, Nicklin Way
BUDDINA
Ph: 07 5444 0177
Shop GD404 (Near Woolworths) Sunshine Plaza,
MAROOCHYDORE
Ph: 07 5443 7177

Mango's Deli Takeaway

Open for breakfast and much more. Catering available for all events e.g. after work nibbles, birthdays, morning and afternoon teas, meetings or conference lunches, Christmas functions, big or small training seminars
6/13 Machinery Drive
WARANA
Ph 07 5493 5799

Emjays Coffee

Coffee, Hot Chocolates, Cakes & Cooked Breakfasts available. A great place to **meet up & relax.** **T\$50.00 MTV's available only from Brokerage.** Maroochydore Homemaker Centre Wharf Street, Brisbane 140 Creek St, Brisbane Not available at Mooloolaba and Coolum outlets

Subway Maroochydore (MTV's sold from the brokerage – no over the counter sales)

Indulge in a Subway breakfast, lunch or dinner. Freshly baked bread, choice of meats, fresh salads & lip smacking sauces. Wraps & subs made before your eyes the way you like it. Shop 93B Sunshine Plaza, Horton Parade, MAROOCHYDORE Ph: 5443 3968 & Subway Big Top Market Shop 13 12-20 Ocean St MAROOCHYDORE

SOUTH COAST

Beach Espresso Currimundi

Healthy food on the go. Coffee, smoothies, wraps, sandwiches and more. Located on beautiful Lake Currimundi 1 Watson St, CURRIMUNDI Ph: 07 5438 8118

Kawana Way Coffee & Takeaway

Fish, chips, burgers, sandwiches, meals. Also catering available (Up to 60 people). Breakfast/lunch. Open from 5am to 3pm Monday to Friday. Purchase a \$50 MTV at the Sunshine Coast Brokerage. 3/43 Premier Cct, WARANA

My Beach Spot

Relaxed Casual dining in a unique space. Breakfast and Lunch 7 days & weekend evening dining. Bookings are essential. 4/49 Landsborough Pde, Golden Beach Ph: Luani 07 5437 5604 E: mybeachspot@outlook.com.au W: www.mybeachspot.biz

The Goodness Gracious Organic & Gluten Free Café

"From the Garden to your Tummy" Gluten free, dairy free & vegan dishes. A choice of breads, cakes, muffins, sandwiches, etc. 3 Conn St, YANDINA Ph: 07 5446 8444

26 Degrees Bar + Venue

Enjoy an exclusive range of cocktails, cold tap beers and your favourite bubbles at Rumba Resort's new pool bar, 26°. Set amongst gardens and a Hamptons inspired décor, 26° is casual and relaxed and hosts regular weekend events with live music and great tapas. If you are looking for an after work drinks spot or a retreat from the beach, head down to Caloundra's newest bar 26°. For details on events, go to facebook.com/26degreesBar Opening Hours – Sunday to Thursday – 11:30pm to 7pm , Friday to Saturday – 11:30pm to 8pm Happy Hour – Saturday to Thursday – 3pm to 5pm, Friday – 4pm to 6pm **Multi Trade vouchers are available only from Rumba Beach Resort reception** Rumba Beach Resort, 10 Leeding Tce, Caloundra Phone: 07 5492 0555

HINTERLAND

Le Relais Bressan

French restaurant in Flaxton. Open lunch and dinner. Closed Monday night and all day Tuesday. Booking essential. Group booking by negotiation. 344 Flaxton Dr, FLAXTON

Ph: 07 5445 7157

Montville Gourmet Pizza

Gourmet pizzas, pastas, salads. Dine in/take-away. Many Varieties. Best pizza, made traditionally with the finest ingredients. Gourmet BBQ, Picnic & Breakfast baskets avail. Fully Licensed.

Shop 2/202 Main St,
MONTVILLE

Ph: 07 5442 9505

W: www.montvilleguide.com.au/pizzeria

SevBLEND Coffee Shack & Happy Heart Space Café & Restaurant

SevBLEND coffee shack at The Pavillion in Eumundi.

Open market days

Wednesday or Sat 7am-

2pm. Happy Heart Spae

Café & Restaurant 7am-

8pm Celebrate our country

with our bushtucker drink

Lemon Myrtle latte and

Lemon Myrtle Spritzer. We

also offer a function/

conference venue outside market hours.

terri@sevgen.com.au

Ph: 0431 454 333

Restaurants, Cafes, Takeaways & Bars Wide Bay

Gatakers Landing Restaurant

Overlooking the Bay with magnificent sun sets.

Specialising in seafood &

steak. All day breakfasts

9:30am to 2:30pm. Morning

& afternoon teas + lunch

12noon to 2:30pm. Dinner

6pm till late. Closed

Monday's. Open all public

holidays. Functions &

weddings.

The Esplanade, POINT

VERNON,

Ph: 07 4122 1807

Fax: 07 4124 2470

E: gatakers@bigpond.com

Kingston House

Licensed A-la-carte and

Alfresco restaurant offering

a wonderful dining

experience in beautiful

surrounds. Open Tuesday to

Saturday for lunch & dinner.

11 Channon St, GYMPIE,

Ph: 07 5483 6733

www.kingstonhouseimpressions.com.au

Tourist Attractions Sunshine Coast

NORTH COAST

Adventure Sports

Extreme sports specialists, offering kite surfing, kayaking, skating, hire, sales & lessons & SUPing.

6a/ 203 Gympie Tce,

NOOSAVILLE

Ph: 07 5455 6677

W: www.kitesurfaustralia.com.au

Noosa Ocean Rider

Experience the exhilaration of wave jumping, 360's,

dolphin spotting & the

spectacular scenery of our

famous National Park. 60

minutes of adrenaline

charged thrill seeking FUN!!

Jetty 17 – 248 Gympie Tce,

NOOSAVILLE

Ph: 0438 386 255

Ph: 07 5447 3628

W: www.oceanrider.com.au

Kite Thrills

Kayak and stand-up paddle board hire, kite surf lessons. Retail clothing, beach & surf equipment sales (call to discuss stock).

1 Watson St, CURRIMUNDI

Contact Mike

Ph: 0408 868 231

W: www.kitethrills.com

SOUTH COAST

Rollerdrome

Roller-skating fun for the young and old. Air-conditioned. Please call for session times - or check out our website for more information.

19 Caloundra Road,
CALOUNDRA

Ph: 07 54914255

W: www.rollerdrome.com.au

Mooloolaba Jet Boat

5 Hour Deep Sea Fishing & Crabbing Charter - Crusader 1 is 1 55ft mono hull with lots of space on board, stable & safe. Ideal for families, children, beginners or simply for a few hours out on the water. Ocean Jet Boat Thrill Rides - Hela-Va Jet is a true, fully enclosed, high powered Ocean Jet Boat. One of only 2 in operation. Over 600 horsepower, ocean swell surfing, figure eights and much more. Whale Watching - when in season. All bookings subject to availability
PH: 07 5452 6697 or 0402 625 825

Sunshine Coast Afloat

5 Hour Deep Sea Fishing & Crabbing Charter - Crusader 1 is 1 55ft mono hull with lots of space on board, stable & safe. Ideal for families, children, beginners or simply for a few hours out on the water. Ocean Jet Boat Thrill Rides - Hela-Va Jet is a true, fully enclosed, high powered Ocean Jet Boat. One of only 2 in operation. Over 600 horsepower, ocean swell surfing, figure eights and much more. Whale Watching - when in season. All bookings subject to availability
PH: 07 5452 6697 or 0402 625 825

Tourist Attractions Wide Bay

Blue Dolphin Marine Tours

Dolphin & whale watching tours.

URANGAN, QLD

Ph: 07 4124 9600

Email:

info@bluedolphintours.com.au

Health & Beauty Sunshine Coast

NORTH COAST

Inner Fulfillment

We are a comprehensive, hypnosis, healing & coaching practice that assists you to resolve & integrate problems & create the kind of life you would love to live. All sessions are designed to fit your individual needs & provide the best results possible.

Contact Tony

ROSEMOUNT

Ph: 0420 249 592

W: <http://www.innerfulfillment.com.au>

Life Enhancing Chiropractic

Manual techniques and activator. Your family friendly practice . Safe for kids, babies & the elderly
Pregnancy and post natal care.

48 Elm Street

COOROY

Ph: 07 5472 0808

W: <http://lechiro.com.au/>

Living Valley Springs Health Retreat

A genuine Health Retreat located in the beautiful Noosa Hinterland. 10 to 24 day packages, including stress relief, weight loss, cleansing therapy, massage and hydrotherapy.

KIN KIN

Ph Brokerage on 5314 1060

W: www.lvs.com.au

Rasura Chiropractic

Dr Ken Rasura, B.Sc M. Chiropractic Member C.A.A. & S070. We use low force techniques to help you gain optimal health.

Shop 4/ Birtwill St
COOLUM BEACH
Ph: 07 5446 5044

MID COAST

Active Living The Wellness Centre

Group fitness classes, circuit training, one on one personal training. Packages available using your T\$'s

Unit 1/ 81 Sixth Ave
MAROOCHYDORE

Ph: 07 5479 1212

W: <http://www.activeliving.com.au/>

Beach Health Retreat

Offers personal, customized well being packages.

Massages, Luxurious, Lomi Lomi, Deep Tissue and Ayurvedi. Ian Trew and Deborah Pepperdine have combined over 40 years of experience working professionally in government departments and privately in the areas of holistic counselling, human potential and personal development.

As a team they have University qualifications in Psychology, Religious Studies, Speech Pathology and post graduate qualifications in Ayurveda, massage, yoga, meditation, nutrition, community development, personal coaching and more. 70 - 78 Alexandra Pde,
MAROOCHYDORE

Ph: 5409 7577

W: www.beachhealthretreat.com.au

Living Well Chiropractic

Do you or your family suffer from back pain, headaches, exhaustion, stress, irritability or nervous tension. If the answer is yes we would like to help.

2/ 1 Scholars Dr

SIPPY DOWNS

Ph: 07 5456 1911

W: <http://livingwellchiro.com.au/>

Looking Good Hair

Specialising in style cutting. The whole family are welcome. Personalised care & attention always. Free consultation with our friendly staff. Facial waxing, lash & brow tinting.

10 - 12 Duporth Ave,
MAROOCHYDORE
Ph: 07 5443 1503

Max's Barber

Max's Barber by Jacki- providing professional hair services for men 7 days a week. Lovely modern barber with happy experienced staff. Females by appointment only. Plenty of onsite parking.

6/ 160 Mudjimba Beach Rd
MUDJIMBA

Phone: 07 5450 5352

Hair by Cheryl

Offering a full range of hairdressing services including women's, men's and children's haircuts, hair styles, colours, perms, blow dry's, foils, streaks, wedding hair styling & special occasion hairstyling. 4

CREEKSIDE BLVD,
CURRIMUNDI QLD 4551

Phone:

Cheryl; 0415 479 219

Email:

cherylpcastle@gmail.com

Nambours Hairloom

Relax & have your hair professionally styled. We specialise in cut, curl & colour.

108 Currie Street,
NAMBOUR
Ph: 07 5441 1462

Rasura Chiropractic

Dr Ken Rasura, B.Sc M. Chiropractic Member C.A.A. & S070. We use low force techniques to help you gain optimal health.

100 Duporth Ave
MAROOCHYDORE
Ph: 07 5443 8772

Resort Hair and Beauty

Our dedicated team are here to give you the most satisfying hair and beauty salon experience possible. Open 7 days.

Shop 103 98-11- Alexandra Pde
Alexandra Headland
Ph: 0411 428 233

Restore – Balance – Thrive

Bio-Nutritional Therapy uses state of the art research and technology to identify the key biochemical changes that occur in disease and illness. We use bio-individual treatment structures and food as medicine practices to modulate these biochemical imbalances to change the course of your disease.

Read more:

<http://www.naturaltherapypages.com.au/connect/restorebalancethrive/service/51884#ixzz4eaBWwMBY>
3/67 Aerodrome Rd,
MAROOCHYDORE
www.restorebalancethrive.com

Contact Lynda on 07 5443 9809

Self Image Fitness Studio

Friendly Personal Training by qualified staff. A wide range of fitness classes including pilates, yoga, Tai Chi, Self-defence, children's classes and more
133 Howard St
NAMBOUR
Ph: 5441 3044
W:<http://www.selfimagefitness.com.au/>

Suncoast Fitness

Get fit, feel great. Personal programs to suit your individual needs. Great equipment & friendly staff.
Lot 14/ 102 Wisers Rd
MAROOCHYDORE
Ph: 07 5409 7000
W:<http://www.suncoastfitness.com.au/>

SOUTH COAST

Living Well Chiropractic

Do you or your family suffer from back pain, headaches, exhaustion, stress, irritability or nervous tension? If the answer is yes we would like to help. 2/ 710 Nicklin Way
CURRIMUNDI

Ph: 07 5438 8885

W:<http://livingwellchiro.com.au/>

F45 Training Caloundra

Is high intensity interval training (HIIT)- go hard, rest, repeat, 45 minutes of strength and/or cardio training in a team environment for maximum motivation to prep you for whatever life throws your way. 782 Nicklin Way
Currimundi

Ph: 0498 611 990

Physio By Jenny

Offering a thorough & experienced approach to all aspects of physiotherapy including musculo-skeletal physio & rehab programs, lymphoedema treatment & continence issues.

Personalised Pilates classes also available in a fully equipped modern studio. Contact us for a consult.
9 Fourth Ave, CALOUNDRA
Phone Jenny 07 5499 6044
www.physiobyjenny.com.au

BLEND HAIR & SPA

Brow tinting, waxing, make up, electrolysis, nails, manicure, pedicure, skin treatments, facials, hydrating, acne. Your experience is what counts the most. We ensure you are made to feel at ease, given professional advice, great service & fantastic results. Shop 3, Bulcock Beach Esp CALOUNDRA
Ph: 07 5438 9611

HINTERLAND

Beerwah Hair & Beauty

Come in for facials, massage, manicure, pedicure, acrylic & gel nails, electrolysis, waxing & spray tanning. Bridal packages include: hair, make-up & nails. All hair services, colouring, perming, etc. Ladies & gentlemen.
54 Simpson St,
BEERWAH
Ph: 07 5494 0032

OUTER REGIONS

Wellspring Clinic

Accredited Homoeopath, WENDY WATSON: 20yrs exp. in children's ailments/women's problems/acute & chronic illness/animal healthcare. Registered Counsellor & Hypnotherapist: Sharon Mackinson: 15yrs exp. treating depression, panic,

grief, motivation problems.
Ph: Sharon CABOOLTURE
Ph: 07 5497 4610
M: 0439 999 490
W: <http://www.wellspringclinic.com.au/>

Health & Beauty Wide Bay

Crystal-U-Copia World

By appointment- Angel, fairy cards & other readings. Intuitive Tarot, self-care reflexology, Reiki, crystal healing, meditation massage, aura light, Horstmann technique, healing days.
MARYBOROUGH, QLD
Ph: 0409 479 230
Email: margaretsreflexology@outlook.com

Maryborough Health Foods

Resident herbalist & nutritionist, also hair analysis, Chinese herbs, nutritional counselling & programs by phone. All bulk herbs, vitamins, gluten free foods & flours.
387 Kent St,
MARYBOROUGH
Ph: 07 4121 5768
Fax: 07 4121 5766
Email: maryborough_health@hotmail.com

Physique Fitness

Hervey Bay's premier fitness centre- fully equipped gym, personal training, boot camp, specific programs, technique & training advice.
Shop 2/172 Boat Harbour Dr, PIALBA, QLD
Ph: 07 4325 4600
Email: physiquefitness.pialba@hotmail.com

Taylor Made Hair & Beauty Studio

Let our team of experienced stylist create and individual look just for you while you relax in our modern & elegant surroundings. All hair services, including style cutting, texturizing, straightening & colouring/foiling this is really a one shop for all your hair needs.
4 Unity St, MARYBOROUGH QLD
Ph: 07 4123 2811

Alison Storey

Are you feeling stressed? Headaches a problem? You need a 10 minute neck & shoulder massage to relieve the tension of daily living. Give yourself & your employees a daily living. Give yourself & your employees a treat. Full massage also available.
37 Melville St, Maryborough,
Ph: 07 4122 1807
Email: allstory@hotmail.com

Retail Shopping Sunshine Coast

NORTH COAST

The Vault Jewellery

The most beautiful range of unique jewellery in Australia. Jewellery for every occasion - contemporary, Amber, gents, Titanium, baby, Celtic etc.

Shop 10A
Noosa Junction Plaza,
81 Noosa Drive,
NOOSA HEADS
Ph: 07 5447 5777

MID COAST

All Goods Bridal Factory Outlet

Bridal and formal gowns at internet prices. Bartercard available on floor stock. Appointment required.
7/64 Sugar Rd
MAROOCHYDORE.
Ph: 07 5443 9575.
W: www.allgoodsbridal.com.au

Be Daring – The Adult Shop

Choose BeDARING for sophisticated, couple friendly shopping. Spoil your senses with sensual lingerie, tasty massage oils, satisfying bedroom toys, educational & erotic DVDs plus more

indulgent surprises. Open 7 days, mail orders or online shopping. Cnr Nicklin Way & Thunderbird Drive,
KAWANA
Ph: 07 5495 8446
W: www.bedaring.com

Brian's Fabrics & Accessories

Fabrics, Curtain, dress, lycra & stretch, remnants & rolls, patchwork & craft, weddings.
4/ 3 Dual Ave,
WARANA
Ph: 07 5493 6826

Jawa Quality Furniture

Exotic homewares & handy crafts. Small Balinese giftware and homewares. Ornaments & ceramics available.
Contact Jay
Shop 3, Plaza Home Centre,
27 Evans Street,
MAROOCHYDORE
Ph: 07 5479 6844
W: <http://www.jawa.com.au/>

Johns Formal Wear

Suit hire from just T\$99. Please call our friendly staff, for an appointment.
7/64 Sugar Rd
MAROOCHYDORE
Ph: 07 5443 9575
W: <http://www.thesuitshop.com.au/>

Pink Sky Fashion

Ladies clothing & fashion accessories. Shop from the comfort of your own home anytime.
65 BLACKALL TCE,
NAMBOUR QLD 4560
Phone: Tania;
0499 246 015
Email:
tania7maree@hotmail.com

The Battery Terminal

Electronic & mechanical watch repairs. Batteries supplied & fitted on premises. Pressure testing. 25 years experience. Locally owned & operated.
2 Centre Point Arcade,
MAROOCHYDORE
Ph: 07 5443 2990
W: <http://www.batteries-maroochydore.websytc.com.au/>

Sunshine Coast Florist

Flower arrangements for all occasions. Roses available all year round. Lilies, Chrysanthemum seasonable flowers. Weddings, funerals etc subject to availability. Delivery on trade subject to location.
3/ 59 Wisers Rd
MAROOCHYDORE
Ph: 07 5479 2352

SOUTH COAST

Argento Crafts

Screenprinted ladies clothing, wrap arounds and various tops. Catch us at Caloundra Markets (every Sunday) & Eumundi Markets (every Saturday & Wednesdays)
Bulcock St, Caloundra Markets
& 73 Memorial Dr, Eumundi
Ph: 0412 369 448
E: argento91@bigpond.com

Caloundra Gem Centre

Located close to Bulcock Street, Caloundra. Beautiful jewellery including necklaces, bracelets, earrings in gold and silver. For that special gift or just to spoil yourself visit the friendly team at the Caloundra Gem Centre.
Please note sales only, no repairs.
Shop 2 Village Walkway, 8 Ormuz Avenue,
CALOUNDRA
Ph: 07 5491 5699

HINTERLAND

The Clock Centre Montville

Original hand-carved German Black Forest Cuckoo clocks. German grandfathers, wall & Dutch clocks. Service & repair
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Ph: 07 5442 9409
W: <http://www.clockshop.com.au/>

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Beautifully handcrafted jewellery, restoration, remodelling & repair. Custom made to suit each individuals taste and budget to create your masterpiece.
Shop 1 /180 Main St
Montville
0448 158 899

OUTER REGIONS

Be Daring – The Adult Shop

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Caboolture
Ph: 07 5498 3222
W: www.bedaring.com

Retail Shopping Wide Bay

Heritage Combined Crafts

Gift lines covering art (clocks, handsaws, etc) greeting card, crochet, tatting- Ekkomagic cleaning cloths (see our website). Craft classes in crochet and tatting available.
37 Melville St,
MARYBOROUGH, QLD
Ph: 07 4122 1807
Email: allstorey@hotmail.com
W: www.ekkomagic.com.au

Superior Jewellery Promotions

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Ph: 07 4125 5029

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www.accentsofelegance.com.au
Ph: 07 4128 1189

Bartercard Sunshine Coast & Wide Bay

4a, 22 Premier Circuit
Warana QLD 4575
Ph: 07 5314 1060
Fax: 07 5493 3516
admin@bartercardsc.com.au

Opening Hours

Monday – Friday 8.30am
– 5.30pm