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Acknowledgement of Country "Coolum Caprice acknowledges the ongoing connection to country of the traditional custodians of this beautiful region, the Kabi Kabi people. While you are visiting Coolum enhance your experience by learning of the region's connection to the people and stories of the Kabi Kabi. We pay our respect to elders past, present and emerging."

# welcome to coolum CAPRICE

AS RELAXING, PLEASANT AND MEMORABLE AS POSSIBLE.

The following pages will provide you with entertainment.

Enpoy!

# explore coolum

We hope you take the time to explore some of our local attractions, activities and restaurants.

Whether you choose to relax and revive in your apartment, or experience all that Coolum Beach and surrounds have to offer, we are here to help.

ADDRESS 1770 David Low Way, Coolum Beach



© 🗗 @coolumcaprice



leave your worries behind. absorb yourself in Coolum's laid-back lifestyle.

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## checkout

Checkout is before 10am. Late checkout may be arranged with Reception subject to availability. Extra charges may apply. For early departure (prior to 8am) please settle your account during office hours the day before.

### reception

Reception is staffed Monday to Friday from 8am until 5pm Weekends/ Public Holidays from 8am till 3pm After hours assistance – Dial 9 –For emergency use only please there is so much to do... or nothing at all. it's your decision.

### things to sea and do

- . swim
- . surf
- . coastal walks
- . glasshouse mountain hiking
- . golfing
- . mount coolum
- . cooking classes
- . day spa indulgence
- . hinterland and coastal drives
- . skydiving
- . local markets
- . underwater world
- . australia zoo
- . aussie world
- . the ginger factory
- . blast aqua park
- . learn to surf
- . skate park
- . go karting

### dining out

Coolum and the local area are home to award winning restaurants, cafes, surf clubs, take aways and bars. Make your stay at Coolum as relaxing, rejuvenating and stress free as you can. Be sure you include some on your Coolum holiday.

Spirit House: Award winning restaurant. Located at Yandina. Pitchfork: Located in the heart of Peregian Beach Square.

The Caf Coolum: The perfect place to enjoy freshly roasted coffee.

My Place, Coolum: Perfectly located on The Esplanade at Coolum Beach.

There are many other eateries in and around Coolum. Please see more dining out suggestions on page 13.



### getting around coolum

Exploring Coolum and the coast is easy and there are many transport options to choose from.

- Surfside Bus. Travel north to Noosa or south to Maroochydore. There are many stops on the way for you to explore.
  Please see staff for a timetable.
- . Car hire. Please contact reception.
- . Suncoast Cabs 131 008
- . Uber

# things to sea and do



#### swim

Coolum's main patrolled beach is located directly across the road. With beautiful clear tropical waters it is a pure delight to immerse yourself in the ocean at Coolum. We recommend that you always swim between the red and yellow flags and always swim within your ability. You can view lifeguard hours on the Beachsafe website.



#### coastal walks

There are walking paths to the South and North or you can wander along the beach. The Coolum to Point Arkwright Coastal Track is spectacular. Or you can wander along the beach. Staff will be happy to direct you. Always remember to take water and a hat with you.



#### surf

Coolum is renowned for surfing. Look out your window and you are bound to see the locals in their native habitat – the surf. There are many surf breaks to be found close by for all abilities.

Coolum Surf School offers lessons for all ages and abilities. Bookings can be made at Reception.



#### hiking mt coolum

'moderate walk – 30min–1hr'

Coastal and hinterland views all the way to the top. You can see to Noosa in the North, Caloundra in the South and West along the Maroochy River. Comfortable shoes, sunscreen, hat and water are a must have.

Maroochy River Golf Club www.maroochyrivergolfclub.com.au Headland Golf Club www.headlandgolfclub.com.au Mt. Coolum Golf Club www.mtcoolumgolf.com Noosa Springs, Country Club www.noosasprings.com.c

Novotel Twin Waters Golf Club & Resort www.twinwatersgolfclub.com.au

Palmer Coolum Resort www.palmercoolumresort.com.au

Peregian Springs Golf Club www.peregianspringsgolfclub.com.au

Tewantin – Noosa Golf Club www.noosagolf.com.au

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### world class golf courses

If you're a golfer then Coolum and the coast has some fantastic world renowned courses for you to play.



#### skydive coolum beach

Fly like a bird! Sky Dive Ramblers Coolum Beach Fly from Sunshine Coast Airport (10 minutes) and enjoy spectacular views for 20 minutes before taking the leap with experienced professionals. Land on Coolum Beach. Bookings can be made at Reception



#### spoil yourself - indulgence

The Sunshine Coast has many beautiful Day Spas to help you treat yourself. Make all day, half day or just for the hour.

If you need a little pampering ask at Reception for our recommendations.



#### snorkel mudjimba island

Experience snorkelling the beautiful clear waters of Mudjimba Island with Sunreef, Mooloolaba. The locals of the reef includes turtles, wobbegongs, rays and many types of reef fish, along with the corals you would expect from Mooloolaba reefs.

Bookings can be made at Reception.



#### scenic drives

The coastal drive to Noosa is must do! Views are spectacular and it only takes about 20 minutes.

Discover the Sunshine Coast Hinterland and Glass House Mountains. Montville, Maleny, Flaxton and Mapleton are easily accessed. There are an abundance of galleries, restaurants, tea-houses, arts and crafts and specialty shops to explore.

#### the spirit house

If you're seeking an Asian food experience to excite all your senses and you want to be transported to a tropical oasis, then head inland to Yandina where Spirit House has created a modern taste of Asia for you to enjoy – just 25 minutes drive from Coolum Beach.

Nestled in tropical garden courtyards around a tranquil lagoon, the Spirit House Restaurant is a magical treat for all the senses.

Whether you're a competent cook or simply want a basic understanding of Asian ingredients and cooking methods, a hands-on Spirit House cooking class is a great way to learn new skills and have an enjoyable day out which includes lunch/dinner and wine.

Bookings can be made at Reception or on-line, www.spirithouse.com.au/school



# family fun

# Check the brochure display in Reception for a complete range of experiences.



#### underwater adventure

SeaLife Sunshine Coast, Mooloolaba offers unique experiences with exquisite marine life. Educational and fun! Children will enjoy petting starfish, watching the seals at play and wondering at the amazing array of turtles, rays and fish on display. Explore the Ocean Tunnel. Bookings can be made at Reception or visit www.sealifesunshinecoast.com.au



#### blast aqua park coolum

The World's largest inflatable water park on the Sunshine Coast! The park covers a huge area, roughly 100 meters by 70 meters, and boasts a wide array of inflatable fun items for everyone's enjoyment, suitable for ages from 6 all the way up to the elderly. For more information see: www.aquaparkcoolum.com.au



#### the ginger factory

The iconic Ginger Factory offers fun rides, fascinating tours, a unique retail precinct and cafe surrounded by beautiful sub-tropical gardens for all to enjoy. Free entry and open seven days, year round, there is something for everyone. The Ginger Factory is the perfect destination to discover the real taste of Queensland's Sunshine Coast.



#### aussie world

Thrills and spills! All day family fun at Aussie World with over 30 rides and attractions – food, shopping and more. Located on the Bruce Highway at nearby Palmview.

For more information regarding park opening times, rides, what to do and see and to purchase tickets visit www.aussieworld.com.au

#### australia zoo

Talk to the animals! World famous Australia Zoo is located at Beerwah. It is home to over 1,200 animals including those found in our African Savannah, South-East Asia exhibit and Bindi's Island – as well as the original part of the zoo with all your Aussie favourites!

Watch all of the slithering, swooping, jaw-snapping action in the exciting Australia Zoo Wildlife Warriors show!. Join snakes, birds and crocs LIVE in the worldfamous Crocoseum!

A bus service is available. Please ask reception for the timetable.

Bookings can be made at Reception or on-line www.australiazoo.com.au

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# local markets

# If shopping is your thing there are many markets nearby for you to explore



#### peregian beach

Peregian Park – next to Peregian Beach Surf Club

The Peregian Beach Markets are held the 1st and 3rd Sunday of every month, 7am – 12.30pm, in the beautiful surroundings of Kingfisher Park on Kingfisher Drive at Peregian Beach. You'll find hand made clothing, jewellery, artisan treats and fresh produce.



### noosa farmer's

Located on Weyba Rd, Noosaville. Sunday 6am to noon. Nestled amongst the fragrant gum trees, every Sunday a hive of activity takes place. The Noosa Farmers Market is packed with locally-produced seasonal produce that will make your mouth water. Come along for the spectacular fresh food and produce and experience the Noosa Farmers Market for yourself.



#### yandina

Yandina Farmer's Market. Cooloolabin Road. Every Saturday morning until 12pm. The real-deal country farmers market on the Sunshine Coast. A favourite with locals.

You will find local farm fresh local produce, plants, trash and treasure.



#### coolum beach twilight

Held every year from late November through to mid-January at Tickle Park (Next to the Surf Club), on Friday nights from 4 to 8pm.

With over 80 stalls, this is a great place to find those hand crafted Christmas gifts. Jewellery, leather goods and skin care products.

#### eumundi markets

Renowned for its locally made artisan treasures, there's no other market quite like it. Open rain, hail or shine every Saturday 7am–2pm and Wednesday 8am – 1.30pm

The Original Eumundi Markets is the biggest and the best art and craft market in Australia.

Meet the talented hands behind hand crafted furniture, homewares, artworks, ceramics, cutting-edge fashion and jewellery, and chat to the farmers and bakers selling fresh produce and gourmet delights.

When you need a shopping break, rejuvenate with a massage, have your palm read or lose yourself in the stellar line-up of musicians and street performers. It's an experience like no other.



(Locals) our COFFEE is Sensationa OUR FACHT CHAI LATTE the best on the planet So we've been told Est. Since 2004

# dining out guide

Bombay Bliss	David Low Way, Clubb Coolum	Indian	5446 4200
Canteen	David Low Way	Café / Bar / Bistro Ocean Views	5471 7477
Caribbean Dreams	The Esplanade	Gelati	5446 3478
Castro's	Cnr Frank Street/ Beach Road	Pizza/ Pasta/ Steaks (bookings)	5471 7555
Coolum Bowls Club	Elizabeth Street, Behind McDonalds	Family Friendly (courtesy bus)	5351 1300
Coolum Beach Hotel	The Esplanade	Family Friendly (courtesy bus)	5450 7400
Coolum Beach Surf Club	The Esplanade	Beach Views / Family Friendly	5446 1148
Coolum Seafoods	The Esplanade	Fish & Chips	5440 2899
Coolum Thai Spice	The Esplanade, Element building	Traditional Thai	5446 2488
Dominos	The Esplanade	Pizza Delivery Available	5471 7899
Gelato Mio	The Esplanade	Ice cream & Gelato	5446 5855
Foxy on Coolum	Beach Road	Café	0466 991 149
Hanami	The Esplanade	Japanese	5351 1494
Ha'ne Sushi	Birtwill Street	Ramen, Sushi Train	5324 2353
Hot Chilli Bean	The Esplanade	Thai	5446 3911
Ma Boulange	The Esplanade, Element Building	French Patisserie Cafe	5446 5820
Mexicola	Beach Road	Mexican	5351 1155
McDonalds	The Esplanade	Family Fast Food	5446 5829
Mr Mancino	The Esplanade, Element Building	Italian	5471 6825
My Place (nextdoor)	The Esplanade	Ocean views	5446 4433
Raw Energy	The Esplanade	Healthy Eating	5471 6197
Si Suphan	The Esplanade	Asian	54739835
Surf Air	David Low Way, Marcoola	Family Friendly (courtesy bus)	5457 2555
Tandoori Flames	Birtwill Street	Traditional Indian	5446 2722
The Coffee Club	The Esplanade Element Building	Café – Restaurant	5471 7800
The Shop	The Esplanade	Coffee / General Store	0400 301 078



## pitchfork, peregian beach

Pitchfork is located in the heart of Peregian Beach Square. We offer a modern Australian cuisine with a seasonally changed menu, licensed, stylish decor with a rustic feel.

Call to make a reservation on 5471 3697 or visit the restaurant page for information www.pitchforkrestaurant.com.au

### the spirit house, yandina

Set in lush tropical gardens nestled around a tranquil pond, bubbling waterfalls, tinkling wind chimes, the sounds of nature – the Spirit House is a delight for all senses.

Call to make a reservation on 5446 8994 or visit the restaurant page for information www.spirithouse.com.au.



# local services

coolum caprice

Banks		
Commonwealth	David Low Way	132 221
NAB	David Low Way	132 265
Westpac	David Low Way, Element Building	5440 2899
Supermarkets		
Coles	Coolum Village, Birtwill Street	5343 0000
Woolworths	South Coolum Road	1300 767 969
IGA	David Low Way, Mount Coolum	
Bottle Shops		
Dan Murphys	David Low Way	1300 723 388
Castos Cellars	Beach Road	5471 6333
Hairdresser		
Meek HD	Cnr Beach Rd & David Low Way	5446 2777
Police		
Non Emergency Services	8 William Street, Coolum	5440 2777
Doctor		
Coolum 7 Day Medical Centre	Coolum Village, Birtwill Street	5471 6333
Qld Health provides a free telephone medical advice service on13 43 25 8		
Hospitals		
Nambour	Hospital Road, Nambour	5470 6600
Noosa	111 Goodchap Street, Noosaville	5455 9200
Sunshine Coast University Hospital	6 Doherty Street, Birtinya	5202 0000
Dentist		
Dentistry on Coolum	Little Lane, David Low Way	5446 1616

### emergency services

In case of an emergency and you require police, fire brigade or ambulance services please

#### call 000

and speak with the operator. Coolum Caprice address is 1770 David Low Way, Coolum Beach.

# a-z guide

ATTRACTIONS: Coolum Beach is arguably one of the best beaches in the world. When you are not on the beach, or relaxing in your apartment watching and listening to the waves roll in, you can find entertainment to suit all budgets and interests. These include aquariums, surf schools, golf courses, local markets, cooking schools, scenic drives and walks, thrill rides and amusement parks.

Please view our Things to 'Sea' and Do page for more information.

BABYSITTING: In-house babysitting can be arranged through reception.

BANKS: See our Local Services pages

BBQ: BBQs are conveniently located around the grounds. To turn on the BBQ press the button to illuminate the red light. The BBQ will turn off automatically so you may need to restart if extra cooking is required.

BEACH: Coolum Main Beach is patrolled all year round. The patrolled beach is located directly across from the Coolum Caprice. We recommend that you always swim within your ability in patrolled areas between the red and yellow flags.

#### BEACH TOWELS AND BOOGIE BOARDS: Are available for hire at Reception.

BOOK EXCHANGE: A selection of books can be borrowed or exchanged at reception for a gold coin donation to a local charity.

BUS: The local Surfside Bus stops nearby on David Low Way in both directions. North through Peregian and Sunshine Beach to Noosa and beyond – South through Mudjimba and Marcoola to Sunshine Plaza, Maroochydore.

Please see Reception for a timetable.

CABLE TELEVISION: All apartments are equipped with cable and free to air television. Channels are listed on page 17.

CAR HIRE: Car Hire is available and can be arranged through Reception.

CHECK-OUT: Before 10am. Prior to departing please ensure that you leave your apartment in a tidy condition, particularly your kitchen. If dirty dishes and rubbish are left behind you may incur an extra cleaning charge.

Please ensure that all windows and doors are closed and locked where applicable and lights, appliances, etc are turned off. You will need to exit the car park before returning all keys and tags to Reception. Late checkout may be arranged with Reception subject to availability. Extra charges may apply. For Early Departure (Prior to 8am) please settle your account during office hours the day before. **CONSUMABLES:** All apartments come with a starter pack including tea, coffee, milk, sugar, toiletries, washing machine and dishwasher powder. If you require extras of any of these items they can be purchased through Reception for a small fee. There are supermarkets and convenience stores close by. Staff will be happy to direct you.

DENTIST: See our Local Services page

DOCTOR: See our Local Services Page

DVD HIRE: A large number of DVD's are available for hire at reception for a gold coin donation to a local charity.

ELEVATORS: There are two elevators that service all floors. Children are to be supervised at all times when using the elevators. A call out fee of \$250 will be charged for faults caused by children jumping and/or pressing buttons that cause malfunctions.

If a problem arises whilst using the elevator press the alarm button for immediate assistance.

For elevator access between 9pm and 6.30am you will need to use your security tag.

EMERGENCY SERVICES: Ambulance/ Fire/ Police – Dial 0 for an outside line then 000.

When asked the Coolum Caprice address is 1770 David Low Way, Coolum Beach.

GAMES ROOM: The Games Room is located on the lower ground floor and is open from 8am until 9pm daily. The adjacent Billiards Room is to be used by adults only and the key can be obtained from Reception. Balls are provided for a \$10 deposit which will be refunded on return of balls to Reception.

Please note that the Games Room is monitored by CCTV.

GOLF: The Sunshine Coast has a large number of first class golf courses. Discounted golf packages to numerous courses can be booked directly at Reception. For more information please see World Class Golf Courses page.

GUEST ACCESS: After 6pm guests will need to contact you for access via the intercom located outside the Beach Road entrance by entering your unit number followed by the bell button.

You can release the door by pressing the key button on your apartment's intercom.

After 9pm you will need to escort your guests to and from the foyer as elevator access is secured.

# a-z guide

GYM: The Gym is located on the lower ground floor and is open from 8am until 9pm daily.

The key can be obtained from Reception and must be returned immediately on completion of exercise so that other guests can utilise this facility. Correct footwear is to be worn at all times and a towel used.

**Children under the age of 15year are not permitted to use the gym.** Please note that the Gym is monitored by CCTV.

HOSPITALS: See our Local Services pages

HOUSEKEEPING: Apartments are cleaned every seven (7) days. General cleaning equipment is provided in your apartment. Additional cleaning is available at an extra charge. Please contact Reception for pricing.

Please note that an extra charge will be incurred if apartments are left in an excessively dirty state.

**INTERNET**: Wi-Fi internet is available in all rooms, reception, & pool area. For further assistance please contact reception.

KEYS: Keys and tags will be provided on check in. External doors are locked at 6pm nightly. You will need to have your key/tag to gain access to the building and lift after this time.

It is advisable to leave your keys at Reception during daytime excursions. Lost keys/tags will be charged for and may cost up to \$100.

OCEAN VIEWS: Available 24 hours. Provided for your pleasure and enjoyment free of charge!

PARKING: All units come with ONE designated parking space. If you require extra parking please contact Reception and we will endeavour to find extra parking for you. We ask that you DO NOT park in any space that has not been allocated for your use.

PETS: Are not allowed to stay or visit due to health regulations.

POOL AND SPA: The pool is heated to approximately 28 C and is open between 7am and 9pm daily. Access can be gained with your room key.

Children are to be supervised at all times.

Please observe all signs in the pool area.

RECEPTION HOURS: Reception is staffed Monday to Friday from 8am until 5pm.

Weekends/ Public Holidays from 8am till 3pm.

Closed Xmas Day, Boxing Day and New Year's Day.

After hours assistance – Dial 9 –For emergency use only please.

**RESTAURANTS**: There are many great cafes and restaurants in Coolum Beach and surrounding areas. Please see the Restaurants page attached for a selection. Please ask at Reception for other recommendations.

RUBBISH: Each floor is service by a garbage chute inside the refuse room adjacent to the lift. General bagged rubbish can be placed in the chute. Larger items, bottles, etc can be disposed of in the Rubbish Room located outside the building to the left of the Beach Road entrance. Please do not dispose of glass through the garbage chute.

SAUNAS: Male and Female Saunas are located on the lower ground floor and are open between 8am and 9pm daily. Please use ladle and bucket provided.

SECURITY: External doors are locked between 6pm and 6.30am and lifts between 9pm and 7am. You will need to use your blue tag for access during these times.

SMOKING: Coolum Caprice is a non-smoking resort. Smoking inside your apartment is NOT permitted. If you smoke outside or on your balcony please dispose of your butts with consideration.

SPA: is available between 8am and 9pm daily. Children under 12 years are to be supervised at all times. Please observe posted rules when using the spa.

SURF SCHOOL: Coolum Surf School offers a wide variety of lessons to suit all levels and ages and conducts school holiday programs for kids. Please see Things to Sea and Do page or contact Reception for further information.

TELEPHONE: For Reception, dial 9. For an outside line dial 0.

Your apartment has a direct phone number (07) 5440 96## (last two digits are your apartment number).

Callers can leave a message if you are unavailable. To retrieve – dial 11 and follow prompts.

To call another guest – dial 6– followed by the apartment number

TELEVISION: Your apartment has access to cable television. There are also many Free to Air channels available. Please see TV channels on Page 18.

THERAPEUTIC MASSAGE: An in-house mobile massage service is available. Please contact Reception to make a booking.

TOURS: Discounted tickets to local tours and attractions can be booked at Reception.

# tv channels

2 & 20	22	23	24	3 & 30	31 & 32
			<b>MNEWS</b>	SBS SBSHD	₩ VICELAND ₩ VICELAND <sup>+D</sup>
33	34	5 & 50	52	53	54
₩SBS FO®D		:::9 :::9PD	<b>:::Gem</b>	:::Go!	<b>:::Life</b>
55	56	7	72	73	76
SONLIFE BROADCASTING NETWORK			two		<b>7</b> flix
78	8 & 80	81	82	84	85
RACING.COM		BOSS	<b>Peach</b>	tvsn	GOD
101	102	103	104	105	106
FOX D	FOX DE	FOX E	FOX	FOXTEL MOVIES PREMIERE	showcase.
107	108	109	110	111	112
FOXTEL MOVIES	FOXTEL MOVIES	FOXTEL MOVIES Romance	STREET	sky NEWS	
113	114	115			
HISTORY	NATIONAL GEOGRAPHIC	nickelodeon.			





thank you for visiting coolum CAPRICE

1770 David Low Way, Coolum Beach Qld 4573 Australia Telephone: 07 5446 2177 Email: relax@coolumcaprice.com.au www.coolumcaprice.com.au 1

@coolumcaprice

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