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For Immediate Release

Stunning Sunshine Coast a Backpackers Delight

The aptly named Sunshine Coast conjures up images of white sandy beaches and a perfect climate and the reality doesn't disappoint. The beauty of the region, which spans from the Caloundra area to Rainbow Beach - the gateway to Fraser Island, is its combination of pristine beaches and lush hinterlands. As one would expect the area has become a backpackers haven, a place to escape from the non-stop action of backpacker hubs such as Brisbane and the Gold Coast to relax, enjoy water and adventure activities and experience the relaxed Queensland lifestyle at its best.

If you're heading to the Sunshine Coast don't forget to pack a surfboard. This is because the Sunshine Coast is home to some of Queensland's great surfing beaches. Serious surfers can be found at Alexandria Bay as this unofficial 'clothing optional' beach is also home to wicked waves.

Although the region is named after its stunning coastline there is much more to the Sunshine Coast than beaches. The hinterlands are known as some of the most beautiful in Queensland and the tranquil everglades, clear rainforest air and meandering streams are the perfect place for backpackers to get in touch with nature. Those wanting to get the heart rate up can take a bushwalk through the rugged Glass House Mountains. Formed by volcanic activity millions of years ago, the peaks now reward bushwalkers with panoramic views.

To find out more about the Sunshine Coast including backpacker accommodation options, attractions and the top ten things to do while visiting go to www.backpackingqueensland.com.au. The website is a young traveller's one-stop shop for backpacker specific information such as accommodation, getting to and around the state and finding work in Queensland.

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For further information please contact:

Jessica Kanyaro

P: (02) 9356 2945

E: jessica@gate7.com.au