



# Couran Cove Island Resort

## CONFERENCE & INCENTIVE ACTIVITIES KIT



DETAILS AND PRICES VALID – 1st APRIL 2009 – 31st MARCH 2010

PRICES NETT AND NON-COMMISSIONABLE - AND ARE SUBJECT TO CHANGE

Couran Cove Island Resort has a range of exceptional conference facilities, along with numerous facilitators that are capable of delivering superb group activities.

All of the activities outlined can be easily adapted to your own specific needs, and required outcomes. We can facilitate team work and bonding, hone your staff's ability to think on their feet, work on problem solving, or even test product knowledge.

On a less serious note, team-building activities are a great way to reward your staff for a job well done, or just to blow off the conferencing cobwebs.

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# TEAMBUILDING



## ISLAND CHALLENGE

**Activity Description:** A fun team competition that covers the entire resort property. Teams are given bikes, a map and a list of cryptic clues, then set loose on the resort in search of the numerical answers. Each number found corresponds to a word on a de-coding sheet. Once all these clues are gathered, simply un-jumble the words to reveal the secret message! Not so easy when the competition is fierce!

Custom-make your own 11 word secret message to be decoded. Relate it to the theme of your conference, your company mission or vision! A great team activity that caters for everyone and gives our guests a unique orientation to the resort.

**Duration:** 1.5 Hours  
**Location:** Resort wide  
**Pax Numbers:** Minimum: 6 pax  
Maximum: 200 pax  
**Pricing:** Per Person Charge: \$ 25.00

## BIKE HIRE

**Activity Description:** There is simply no better way to get around Couran Cove than by bike! Enjoy the freedom of the outdoors. With over 900 bikes to choose – from a mountain bike, to trike, to tandem or a kid's bike – there's bound to be something for everyone.

**Location:** The Bike Shed for pick up and drop off  
**Availability:** Available for hire during Bike Shed opening times  
**Pricing:** Group Rate: \$6.00 per person per day or \$12.00 per person for the duration of stay  
**Return Policy:** Bikes MUST be returned on departure. If delegates fail to return bikes a \$6.00 per bike pick-up fee applies and will be charged to the Master Account on departure

## SOUTH STRADDIE STRANDED

**Activity Description:** Stranded is a team-building event based on the theme of survival in the Australian Bush, the group is tested with a series of stimulating physical and mental challenges. Each team is awarded points according to their successful completion of these tasks. The team with the highest overall score at the end of the activity may win the game. Although with the Stranded program it's not just about winning at the end of the day.....it's the skills acquired, the team building and the fun that will make all the difference. The group will also learn about survival in the bush, whilst uncovering a slice of both Aboriginal culture and European history on South Stradbroke Island.

**Duration:** 2hours. More time should be allocated for larger groups  
**Location:** Stranded commences and finishes at Blue Gum Point. The activities take place on Blue Gum Point and within the bushland of the Couran Cove Island Resort property  
**Pax Numbers:** Minimum – 10 pax  
Maximum – 60 pax  
**Pricing:** Per Person Charge: \$40.00

## MINI OLYMPICS

**Activity Description:** Olympics 'Couran' style! This event consists of a number of games, played in teams at the superb Sports Centre complex. Either head-to-head or round robin formats: your delegates take part in a series of activities that are fun and challenging, whilst not being too physically demanding, so that all can join in. A typical format will include basketball, beach volleyball, shuffleboard and smash hockey, although each program is tailored to your groups needs. This event offers two hours of non-stop activity that will help bring your teams together through friendly rivalry and competition...and leave them all with a smile on their face.

**Duration:** 1.5 - 2 hours  
**Location:** Sports Centre  
**Pax Numbers:** Minimum – 10 pax  
Maximum – 100 pax  
**Pricing:** Per Person Charge: \$32.00

## BEACH OLYMPICS

**Activity Description:** This event takes advantage of Couran Cove's superb lagoon beach, and consists of a variety of beach sports and games that your delegates will enjoy. Your group will be split into teams and then pitted against each other in a range of games that, while not being too physically demanding will bring out a sense of friendly competition! Games range from traditional Aussie beach sports like Kayaking, Beach Flags and Tug-O-War to some that are particularly unique to Couran Cove!

**Duration:** 1.5 - 2 hours  
**Location:** Blue Gum Point  
**Pax numbers:** Minimum – 10 pax  
Maximum – 100 pax  
**Pricing:** Per Person Charge: \$32.00

## INTERACTIVE TRIVIA

**Activity Description:** Test your groups knowledge with our wide range of interesting trivia topics plus interactive games

**Duration:** 1 hour  
**Location:** Will vary depending on size and requests from the group.  
**Pax numbers:** Minimum – 10 pax  
Maximum – 100 pax  
**Pricing:** Per Person Charge: \$10.00  
Minimum Group Price: \$120.00

## EXPRESS CIRCUIT

**Activity Description:** The Express Circuit is a series of weight exercises that will give you a full body workout in only 45 minutes. During this circuit our experienced instructors will assist you to make sure each exercise is done with the correct posture and technique. The circuit is an aerobic workout consisting of high repetitions before moving to the next exercise with minimal rest between. This will keep your heart rate elevated developing more strength and burning more calories.

**Duration:** 45 minutes  
**Location:** Indoor Gym  
**Availability:** Minimum – 4 pax  
Maximum – 30 pax  
**Intensity:** Medium - High  
**Pricing:** Per Person Charge: \$10.00

## COURAN COVE BOOT CAMP

**Activity Description:** This session is designed to challenge your group both mentally and physically while exercising through a series of challenges. Boot Camp will take you through the resort to our world-class golden beach returning for a cool down in our 25m-lap pool. During Boot Camp you will participate in a number of activities, including swim, run, bike and kayak. All these activities make up a great challenge and workout.

**Duration:** 1 hour  
**Location:** Spa Island Swimming Pool  
**Pax Numbers:** Minimum – 4 pax  
Maximum – 30 pax  
**Intensity:** Designed to cater for all fitness levels from the novice to the advanced.  
**Pricing:** Per Person Charge: \$10.00

## AQUACISE

**Activity Description:** Come and experience a low impact class that will increase your heart rate and metabolism and have you energised for the rest of your day. Aquacise is a great class to help with joint mobility and assists with cardio.

**Duration:** 45minutes  
**Location:** Spa Island Swimming Pool  
**Pax Numbers:** Minimum – 4 pax  
Maximum – 30 pax  
**Intensity:** Low - Medium  
**Pricing:** Per Person Charge: \$10.00

## LOW ROPES

**Activity Description:** A series of individual and group challenges set at ground level.

**Duration:** 1 hour  
**Location:** High Ropes Course  
**Pax Numbers:** Minimum – 4 pax  
Maximum – 30 pax  
**Pricing:** Per Person Charge: \$10.00  
**Other Important Information:**

- 1 staff member for every 5 guests
- This activity is a 15-minute walk from the Sports Centre and guests will be required to meet 15 minutes prior to the activity at the Sports Centre

## HIGH ROPES COURSE

**Activity Description:** A series of individual and group challenges set at ground level or suspended at tree top height; where trust, communication and initiative are essential. This is a 'challenge by choice' activity where your team members will have the opportunity to step out of their comfort zone and take up the challenge.

Whilst all participants will be belayed on safety ropes by our experienced instructors, other team members will be encouraged to support their colleagues either through acting as 'back-up belayers' or offering vocal encouragement from the group. In this way the entire team can remain involved throughout the activity.

**Duration:** 2-2.5 hours  
**Location:** High Ropes Course  
**Pax Numbers:** Minimum – 4 pax  
Maximum – 20 pax  
**Pricing:** Per Person Charge: \$40.00  
**Other Important Information:**

- 1 staff member for every 5 guests
- This activity is a 15-minute walk from the Sports Centre and guests will be required to meet 15 minutes prior to the activity at the Sports Centre

## ARCHERY

**Activity Description:** Test your groups' skills aiming for a bullseye at our archery course.

**Duration:** 1 Hour  
**Location:** High Ropes Course  
**Pax Numbers:** Minimum – 4 pax  
Maximum – 18 pax  
**Pricing:** Per Person Charge: \$12.00

**Other important information:**

- This activity is a 15-minute walk from the Sports Centre and guests will be required to meet 15 minutes prior to the activity at the Sports Centre

## WARM UPS & ICE BREAKERS

**Activity Description:** Conference organisers understand the need for a break in proceedings to enable their delegates to draw breath, clear their heads and to mix with their colleagues. With this in mind we have put together a menu of short activities that can be used; either in isolation for 10 – 15 minute 'breakouts,' or grouped together for sessions lasting up to 1 hour.

**Coordination** 5 minutes of physical and mental dexterity warm-ups. Funny and stimulating at the same time!  
**Mute Line Up** A communication problem for the group to solve. They must line up according to their birth date, without speaking or writing to each other.  
**Gotcha!** A quick fire and fun coordination game to test your reflexes.  
**Shoot Me** A fun game that demands quick physical and mental reactions in order to survive!  
**Warp Speed** A 10-minute problem solving activity. How can a group pass an object from one to the other, in order, in under a second?  
**Blind Polly** Take away one of the senses, and you have a communication problem! With the whole group blindfolded and wrapped up in rope can they communicate effectively and create a perfect square?  
**Nuclear Alert** A communication test with a difference. A message has to be transmitted across a 30m gap. Can the team devise a language and then send and receive a message that could save their lives?

**Duration:** 15 – 60 mins depending on chosen activity.  
**Location:** May vary depending on make up and desire of group.  
**Pax Numbers:** Minimum – 10 pax  
Maximum – 100 pax  
**Pricing:**

Sessions of 15 – 30 mins	\$5.00 per head
Sessions of 30 – 45 mins	\$10.00 per head
Sessions of 45 – 60 mins	\$15.00 per head

# ENVIRONMENT



## ECO DISCOVERY TOUR

**Activity Description:** Couran Cove Island Resort has established itself as a leader in sustainable development and eco tourism. We will look at how this site was developed to achieve these goals and how we have set new standards in many areas including waste management, water purification, and the generation of electricity. This tour also covers the topic of our Islands original ancestors, the aboriginals. Their Co-operation with dolphins was a remarkable feature of traditional fishing practices in the Moreton Bay area. Friendly dolphins came to the shore when summoned by the local clan by slapping spears at the waters edge, the dolphins responded to this and herded fish into the nets. Your guide will recite the legend of how this amazing relationship developed.

**Duration:** 1 hour  
**Location:** Start and finish at the Environment Centre  
**Pax Numbers:** Minimum – 4 pax  
Maximum – 30 pax. Any groups larger than 30 pax will be allocated two guides, or split into two groups and the tours held consecutively.  
**Pricing:** Per Person Charge: \$8.80  
Minimum Group Price: \$120.00

## BIRD WALK

**Activity Description:** South Stradbroke Island is home to over 200 bird species; During the Bird Walk, the environment guide introduces guests to this enjoyable field of study, providing binoculars and a guidebook to help find those birds! Typically a morning activity (due to that being the busiest time for birds), the month dictates the starting time, ranging from 7:30 – 9am. However, there is no reason that this tour cannot be scheduled at a different time for groups if required.

**Duration:** 1 hour  
**Location:** Start and finish at the Environment Centre  
**Pax Numbers:** Minimum – 4 pax  
Maximum – 20 pax. Any groups larger than 20 pax will be allocated two guides, or split into two groups and the tours held consecutively.  
**Pricing:** Per Person Charge: \$8.80  
Minimum Group Price: \$120.00

## FOODS OF THE FOREST WALK

**Activity Description:** The local aboriginal tribes that inhabited South Stradbroke and adjacent coastal areas lived a rich life from the land. The aim of this walk is to introduce people to the flora, fauna and the cultural aspect of bush tucker. The coastal tribes regarded some plants and animals as a valuable source of food, whereas others were known but ignored. These stories and those of the Europeans, who experimented with them, make up the much of this tour. Tasting of available bush foods is incorporated into the tour but varies seasonally.

**Duration:** 1 hour  
**Location:** Start and finish at the Environment Centre  
**Pax Numbers:** Minimum – 4 pax  
Maximum – 20 pax. Any groups larger than 20 pax will be allocated two guides, or split into two groups and the tours held consecutively.  
**Pricing:** Per Person Charge: \$8.80  
Minimum Group Price: \$120.00

## ENVIRONMENTAL INITIATIVES TOUR

**Activity Description:** Couran Cove Island Resort has won numerous awards for the environmental engineering and minimal impact design features that help to save the planet and to save money. This tour visits several key sites and the guide explains the function and the benefits associated with this technology. Areas visited include the Fresh Water Treatment Plant, the Gas-fired Power Station, the Sewerage Treatment Plant, the Waste Management Area and Worm Farm. During the tour a brief presentation will be made reflecting on the historical activities of the island that influenced the development of the resort. This tour is typically hosted on foot and resort trains will be provided for groups on a need-only basis.

**Duration:** 1.5 – 2 hours  
**Location:** Start and finish at the Environment Centre  
**Pax Numbers:** Minimum – 4 pax  
Maximum – 30 pax. Any groups larger than 30 pax will be allocated two guides, or split into two groups and the tours held consecutively.  
**Pricing:** Per Person Charge: \$8.80  
Minimum Group Price: \$120.00

## RAINFOREST WALK

**Activity Description:** Couran Cove has the largest remaining patch of Cabbage Palm Rainforest left on the Gold Coast. This area and the adjacent Melaleuca Wetland were subjected to farming pressures that occurred on South Stradbroke Island during the mid 1900's. However, since construction of the resort began in 1996, these areas have undergone extensive weeding and revegetation work. The elevated hardwood boardwalk is built from recycled timber sourced from the dismantling of an old woolshed in western QLD. The Rainforest Walk itself focuses on the plants and animals of this special area, with the environment guide possessing knowledge to tailor the activity to all age and interest groups.

**Duration:** 1 hour  
**Location:** Start and finish at the Environment Centre  
**Pax Numbers:** Minimum – 4 pax  
Maximum – 20 pax. Any groups larger than 20 pax will be allocated two guides, or split into two groups and the tours held consecutively.  
**Pricing:** Per Person Charge: \$8.80  
Minimum Group Price: \$120.00

## ASTRONOMY TOUR

**Activity Description:** Depending on the season of viewing, many fantastic sights can be viewed during the Astronomy Tour at Couran Cove. The tour starts at the Environment Centre with a half-hour Power Point presentation to introduce the field of Astronomy. Telescopes are then set up at a suitable location, and guests have the opportunity to view the stunning features of the night sky.

The Gas Giants, Jupiter and Saturn can be seen for a number of months, with the telescopes picking up extraordinary detail such as their moons and rings. There is always something of interest for viewing including the Southern Cross and various celestial objects within the Milky Way such as clusters and nebulas. An important point to note is that this activity is completely reliant on clear nights. Once the sky is more than 50% covered by clouds, the tour is cancelled.

**Duration:** 1.5 hours  
**Location:** Start and finish at the Environment Centre  
**Pax Numbers:** Minimum – 4 pax  
Maximum – 20 pax. Any groups larger than 20 pax will be allocated two guides, or split into two groups and the tours held consecutively.  
**Pricing:** Adult Charge: \$15.00  
Minimum Group Price: \$120.00

## MEET THE REPTILES

**Activity Description:** The Environment Department staff will introduce guests to a various animals from our own collection of native Australian reptiles. Meet Angelina, the beautiful Water Python, or take the rare opportunity of hands on experience with a Blue Tongue lizard or Eastern Long-necked Turtle. There may be opportunities for guests to have a photograph taken holding or touching one of these beautiful reptiles.

**Duration:** Generally 10-15 minutes, although timing may vary upon request from each group  
**Location:** Meet the Reptiles at the Environment Centre, or the Environment Guides will bring the animals to your group's conference location  
**Pax Numbers:** Minimum – 10 pax  
Maximum – 30 pax  
**Pricing:** Per person charge: \$10.00  
Minimum Group Price: \$120.00

## NOCTURNAL WALK

**Activity Description:** At Couran Cove guests will have the opportunity to see various nocturnal animals in their natural habitat. Species that may be seen include the elusive Golden Swamp Wallaby, Agile Wallabies, Echidnas, Bandicoots, Squirrel Gliders, Flying Foxes, Micro bats, Frogs and many more.

The group's guide will attempt to locate these nocturnal creatures on the property by using a spotlight and their experience, whilst passing on their knowledge and stories about these amazing animals.

**Duration:** 1 hour  
**Location:** Start and finish at the Environment Centre.  
**Pax Numbers:** Minimum – 4 pax  
Maximum – 20 pax. Any groups larger than 20 pax will be allocated two guides, or split into two groups and the tours held consecutively.  
**Pricing:** Adult Charge: \$11.00  
Minimum Group Price: \$120.00

## BREAKFAST WITH THE BIRDS KAYAK

**Activity Description:** A fantastic alternative to walking in the morning, this early kayak tour is based around bird watching on the Broadwater. Although high tides are preferential for access to certain areas, there are more wading birds and international migratory birds to be seen when the mud flats are exposed. The guide will point out various flora and fauna species of interest that are seen along the way. Included in the price is a breakfast on a secluded sandy beach, consisting of fruit juice, water, tea or coffee, muesli bars and fruit.

**Duration:** 2 hours  
**Location:** Start and finish at the Water Sports Beach on the western foreshore  
**Pax Numbers:** Minimum – 4 pax  
Maximum – 8 pax due to health and safety supervision ratios. Larger groups will generally have to be halved, and their tours run consecutively, due to kayak availability  
**Availability:** Tour is not open to children under 8 years old and those under 14 years must be accompanied with an adult. In high wind conditions, the guide will cancel the tour at no charge to the participants or group.  
**Pricing:** Adult Charge: \$27.50  
Minimum Group Price: \$120.00

**Other Important Information:**

- All participants must be able to swim
- Guests will get wet during activity so wear appropriate clothing

## MANGROVE KAYAK ADVENTURE

**Activity Description:** The paddle to Crocodile Creek is a fantastic option for groups to escape the run of the resort and enjoy some water-sports while learning. Crocodile Creek is an inlet into the mangroves on the western side of the island, about 1km south of the resort marina entrance. This tour is both fun and educational, with the guide explaining marine ecosystems of the Broadwater and the flora and fauna of the protected mangrove areas. A basic morning or afternoon tea, which consists of fruit juice, water and muesli bars is included in the price.

**Duration:** 1.5 hours  
**Location:** Start and finish at the Water Sports beach on the western foreshore  
**Pax Numbers:** Minimum – 4 pax  
Maximum – 8 pax. due to health and safety supervision ratios. Larger groups will generally have to be halved, and their tours run consecutively, due to kayak availability  
**Availability:** Tour is not open to children under 8 years old and those under 14 years must be accompanied with an adult. In high wind conditions, the guide will cancel the tour at no charge to the participants or group. Please note that the time of the activity will be dictated by high tide on that particular day, as this is the only way to access the creek across the sand banks.  
**Pricing:** Per Person Charge: \$22.00  
Minimum Group Price: \$120.00

**Other Important Information:**

- All participants must be able to swim
- Guests will get wet during activity so wear appropriate clothing

## TRIP TO THE TOP

**Activity Description:** Stradbroke Island split into two separate islands in 1898. The location of this break is the Jumpinpin Bar and it is one of the most scenic places on the island. This extended hike takes approximately 3.5 hours of walking through the middle of the island following the tracks to the very top. It incorporates a morning or afternoon break that consists of fresh fruit, muesli bars, water and tea or coffee. Upon reaching the top of the island, a speedboat will be booked and waiting for the ride home. This trip is only recommended for fit walkers, as the soft-sand roads and tracks can be tiring, especially in summer. The tour information content is typically a mix of history along with the existing flora and fauna, but there is no reason that groups cannot specify a certain theme if required.

**Duration:** 4 hours  
**Location:** Start at the Environment Centre, with the boat drop off back at the resort marina and main arrival area (unless otherwise required).  
*Note:* therefore it is best not to bring bikes to the Environment Centre.  
**Pax Numbers:** Minimum – 4 pax  
Maximum – 28 pax  
For groups larger than 28 people the tour will need to be split into two groups (with two guides) and the timing staggered by approximately one hour to allow return boat pick-ups from Jumpinpin.  
**Availability:** Groups can be provided for any day during **daylight** hours, so long as staffing is available.  
Children under 14 years must be accompanied by at least one adult.  
**Pricing:** Adult Charge: \$75.00  
Minimum Group Price: \$250.00

# DAY SPA



## YOGA

**Activity Description:** Yoga is a pleasurable way to strengthen, relax and calm your mind. This basic class teaches you an easy way to stretch with comfort; the breathing promotes muscle relief and begins detoxification creating the ability to really feel well from within.

- Duration:** 50-minute sessions or 80-minute session  
**Location:** Depending on number of participants this may be held in our indoor yoga room or an alternative indoor or outdoor location.  
**Pax Numbers:** Minimum – 6 pax  
Maximum – 9 pax for yoga room. Larger groups maybe catered for in an alternative location  
**Availability:** This activity is not available before 0715  
**Pricing:** 80 minutes \$30.00 per person – Minimum Group Price \$120.00  
50 minutes \$20.00 per person – Minimum Group Price \$120.00

## MASSAGE TECHNIQUES

**Activity Description:** Come and experience hands on workshop and learn the famous techniques to a great relaxing massage

- Duration:** 50 minutes  
**Location:** Depending on number of participants this may be held in our Day Spa or an alternative indoor location if numbers exceed 6 pax.  
**Pax Numbers:** Minimum – 6 pax  
Maximum – 30 pax  
**Availability:** This activity is not available before 0715  
**Pricing:** Per Person Charge \$20.00  
Minimum Group Price: \$120.00

## CONFERENCE GROUP MASSAGE

**Activity Description:** Seated chair massages of the Back, Neck & Shoulders to relieve tension and stress.

- Duration:** 5minutes, 10 minutes, 15 minutes or longer, dependant on your availability and group size.  
**Location:** Dependant on group size and needs  
**Availability:** This activity is not available before 0715  
**Pricing:** \$80.00 per therapist, per hour – Minimum 3 hours

# WATERSPORTS



## JET SKI SAFARI

**Activity Description:** Weave your way along our Island Paradise at blistering speeds behind the controls of your own jet ski – no licence or experience is required. Ride over crystal clear waters bordered by secluded sandy shores and waving casuarinas under the direction of our experienced local guides.

Carve your way along the Gold Coast’s renowned waterways, stopping to marvel at the breathtaking scenery and to spot some unique wildlife locals. These are opportune times to stretch your legs and swim in sheltered waters in ear shot of the Pacific Ocean. Listen for the sounds of the ocean and be captivated by Jumpinpin Bar, with its mysterious history surrounding the Cambus Wallace shipwreck.

Check for dolphins playing at the foothills of North Stradbroke Island and roll in the dunes at Slipping Sands. Whatever you do, don’t miss this tour.

**Duration:** 90-minute tour away from the resort  
**Location:** Start and finish at the Watersports Beach  
**Availability:** Single and group bookings can be pre-arranged with notice. This activity is available for all ages, but the skipper must be over 16 years of age. 4 tours in one day can be catered for  
**Pricing:** \$190.00 per single ski, or \$210.00 per double ski.

## JET SKI TIME TRIALS

**Activity Description:** Race the clock, as you slash about our Jet Ski course, to gain the best timed run for your team. In true team building fashion, the fastest time and slowest times are combined to find an overall winner, which may not be the fastest team!

**Duration:** Dependent on Group Numbers  
**Location:** Water sports Beach Jet Ski Coursed Area  
**Availability:** All Year Round by Prior Arrangement  
(Can do 8 people per hour on 2 skis)  
**Pricing:** Dependent on Group Numbers.

## JET SKI HIRE

**Activity Description:** High-powered fun on our most popular Watersport. Splash your way around our Jet Ski Course aboard our late model two-seater Jet Skis for the most fun you can have sitting down. The course is located adjacent to the western side of the island in the beautiful Broadwater.

**Duration:** Quarter, half and one hour bookings available  
**Location:** Start and finish at the Watersports Beach  
**Availability:** Single and group bookings can be pre-arranged with notice. This activity is available for all ages, but the skipper must be over 16 years of age  
**Pricing:** All costs per machine, which holds two people.  
Quarter Hour: \$60.00  
Half Hour: \$90.00

## WAKEBOARDING AND WATERSKIING

**Activity Description:** Take yourself to the edge on a wild tow. Or flip out on our 'hippest' sport – Wakeboarding! Ask our staff for some tuition, or arrange a hire.

**Location:** Start and finish at the Watersports Beach.  
**Availability:** Single and group bookings can be pre-arranged with notice. This activity is available for all ages, but the skipper must be over 16 years of age.  
**Pricing:** \$45.00 for a 5km run, 15 minutes  
\$75.00 for a 30 minute run  
\$80 for a 25 minute lesson

## WET N WILD CONFERENCE PACKAGE

**Activity Description:** This package offers large groups an opportunity for maximum participation on all of Couran's premiere Watersports. To enhance the dynamics of your group, these packages are a great competitive event to boost the relationships between delegates. Alternatively, these packages can unfold as a relaxed experience where delegates can rest on the foreshore lounges and participate at leisure. The professional Watersports Team will be sure to make your event a lasting memory and a dripping success.

**Duration:** 2 hours  
**Location:** Start and finish at the Watersports Beach  
**Availability:** Minimum 30 pax. Maximum 60 pax. Price varies according to group size. Please enquire with your Event Co-Coordinator  
**Pricing:** \$ 2100.00

### **Inclusions:**

**Jet Skis:** The most popular, high powered fun on the water. Up to three ski's running simultaneously.

**Banana Boats:** Thrills and spills on our dual pontoon inflatable tube. Maximum of 8 pax per ride or minimum of 4.

**Catamaran Sailing:** Whether it's the thrill of riding a hull or the sound of wind in the sails, we have 4 catamarans available for your use. Wind restrictions to apply.

**Waterskiing/ Wakeboarding:** If time permits, skiing is available following the conclusion of your Jet Ski's and Banana Boat Rides. Carve or leap your way down through the smooth waterways of the Broadwater.

**Kayaks and Beach Volleyball:** Challenge your team to a game of volleyball on our beachside court or relax in the Broadwater on our colourful kayaks

### **Optional Extras:**

\* An additional speedboat can be operated for banana rides, water-skiing/ wakeboarding at a cost of \$300 per hour.

## BANANA BOAT RIDES

**Activity Description:** Jump aboard our inflatable Banana Boat as you get towed behind our high powered speedboat. This is no ordinary Banana Boat Ride however, as all participants are required to develop some special skills whilst on the banana, and ensure the skipper doesn't stop rolling in laughter, all in the name of teamwork and scoring points for your colleagues.

**Duration:** 8 minutes per ride  
**Location:** Watersports Beach  
**Availability:** All Year Round by Prior Arrangement  
(6 people per Banana Boat)  
**Pricing:** From \$12.00 per person. Dependent on Group Numbers

## PARASAILING

**Activity Description:** An armchair ride for the fearless at the end of 300 feet of rope. Picture the ultimate sun-drenched, birds-eye view of South Stradbroke Island and its neighbours with just the sound of a light breeze and not a care in the world. This activity is available to those aged 5 years and up. All young children must fly with an adult, and the minimum combined weight must be 80kg.

**Duration:** 8 minutes in the air per-flight. 30-45 minute return boat trip  
**Location:** Start and finish at the Watersports Beach  
**Availability:** Single and group bookings can be pre-arranged with notice  
**Pricing:** \$70.00 per person for the single flight  
\$125.00 per double for a tandem flight  
\$15.00 per observer

## BEACH FISHING

**Activity Description:** Spend a few hours facing the rising sun as the waves gently strip the sand from under your toes. Listen to the sound of the rolling waves as you go about catching local surf fish. All rods, tackle, bait and expert tuition are fully provided and you can have a chef prepare your catch. Bring your camera, we'll have you fishing like a pro.

**Duration:** 3 hours  
**Availability:** All Year Round by Prior Arrangement  
- Maximum – 6 pax  
**Pricing:** \$70.00 per person

## PIN BAR FISHING

**Activity Description:** Travel by 4WD to the famous Jumpinpin Bar at the northernmost tip of South Stradbroke Island and discover all the fascinating hidden secrets adorned along its many off-road trails. Start with a meander through the middle of the Island and absorb its rich and cherished natural fauna with its amazing and mysterious history. Tread snow-white sand dunes and blaze up the surf beach. Nature lovers, photographers and keen adventurers should not miss this unforgettable tour.

**Duration:** 90 minutes  
**Availability:** All year round by prior arrangement and subject to availability.  
- Maximum – 6 pax  
**Pricing:** \$50.00 per person including freshly baked muffins and water bottles

## CALM WATER FISHING

**Activity Description:** Hop on board 'Shiralee' and head out into the beautiful Broadwater. Spend your morning fishing for Bream, Taylor, Dart and Travelli with our experienced on site fisherman who will also prepare any fish caught ready for our Executive Chef's to cook.

**Duration:** 60-90 minutes  
**Availability:** All year round by prior arrangement and subject to availability.  
- Maximum – 4 pax  
**Pricing:** \$60.00 per person

## FISHING EQUIPMENT HIRE

**Activity Description:** Whether it's hooking the big one on the Island's pristine surf beach or wetting a relaxed line with the family in one of our 4 person hire tinnies, we can supply you with all the equipment you need. From bait pumps and handlines, through all your rod and tackle supplies, see our friendly and experienced Watersports staff.

<b>Location:</b>	Hire a fishing kit and ask the Watersports team for that secret spot!!		
<b>Pricing:</b>	Tinnie Hire	\$50 for first 2 hrs and additional \$10 for every hour after	
	Estuary Fishing Kit	\$25 for all your estuary fishing needs	
	Surf Rod Hire	\$20 per day	
	Estuary Rod Hire	\$15 per day	
	Bait	\$6 per bag	

## KAYAKS

You can find complimentary Kayaks at both The Watersports Beach and the Lagoon beside Kids Club in the main area of the resort. Hop on board a double kayak with a friend or rally each other in your own individual kayak. Lifejackets are also provided for your safety.

## SAILING REGATTA

**Activity Description:** ...Join our Watersports staff for Couran Cove's very own sailing Regatta! While we expect the sailing conditions to be moderate, the competition is going to be fierce!

**Prizes:** to the winning teams and to those priceless special efforts...

<b>Location:</b>	Start and finish at the Watersports Beach
<b>Availability:</b>	Some sailing experience is necessary and team conditions do apply.
<b>Pricing:</b>	\$600 for 1.5 hours

You don't need to be an expert to enjoy our huge range of Water Sports!!!!



# OFF SITE ACTIVITIES



## GOLF – HOPE ISLAND

**Activity Description:** Hope Island is one of Australia’s top resort golf courses, just a short trip back to the mainland on our ferry, 5 mins drive from our mainland terminal. Food and Beverages are available upon request; please discuss this with your Event Co-ordinator

**Duration:** 9 holes Half Day. 18 holes Full Day  
**Location:** Hope Island Golf Club  
**Inclusions:** Golf Game and Return ferry Transfers  
**Availability:** Groups can be provided for any day, any time depending on availability.  
**Pricing:** 9 holes \$90 per person.....Club Hire \$33.00 standard \$49.00 VIP  
18 holes \$150 per person.....Club Hire \$49.00 standard \$70.00 VIP  
  
Shoe Hire: \$25.00 per person

## SHOPPING AT HARBOURTOWN

**Activity Description:** Harbour Town offers a huge range of quality national and international fashion, home wares designers and manufacturers all selling top brands direct to "in the know" shoppers at up to 60% below regular prices every day.

**Duration:** 0900 Ferry Depart and 1600 Ferry Return  
**Availability:** Groups can be provided for any day, any time depending on availability. Please ask your Event Co-ordinator.  
**Pricing:** Costs will vary dependant on group numbers

## SHOPPING AT PACIFIC FAIR

**Activity Description:** Pacific Fair is Queensland biggest shopping centre located at Broadbeach, just south of Surfers Paradise. With over 300 stores you'll be hard strapped to browse through, them all.

**Duration:** 0900 Ferry Depart and 1600 Ferry Return  
**Availability:** Groups can be provided for any day, any time depending on availability. Please ask your Event Co-ordinator.  
**Pricing:** Costs will vary dependant on group numbers

## COOKING CLASS

**Activity Description:** Learn the secrets to making fresh colourful canapés and return home with a new culinary repertoire. Prepare and taste a selection of canapés using the best seasonal produce.

**Duration:** 2 hours  
**Pax Numbers:** Minimum – 6 pax  
Maximum – 16 pax  
**Pricing:** \$60.00 per person includes tasting menu, wine, tea & coffee

## OTHER ACTIVITIES

There are many other off site activities available for your group.

- Theme Parks
- Australian Outback Spectacular
- Whale Watching (available June – November)
- Sea Plane and Helicopter Rides
- Deep Sea Fishing

## THE SPIRIT OF GWONDA CHAMPAGNE CRUISE

**Activity Description:** Relax in the peace of the waterways, whilst sipping champagne cocktails. Enjoy the freedom of the 'Spirit of Gwonda' with our spectacular catamaran cruises.

**Duration:** 1.5 hours  
**Location:** The Broadwater/ Meet at Reception  
**Inclusions:** Beverage's and Chefs selection of canapes included  
**Availability:** Groups up to 25 guests can be provided for any day, any time depending on availability. This cruise is also open to resort guests.  
**Pricing:** \$50 adults & \$24 children

## GWONDA PRIVATE CHARTER

**Activity Description:** Charter our Luxury Catamaran and sail the stunning Broadwater. The Spirit of Gwonda is available for groups up to 25 pax. No Food & Beverage is included in this cost so call your Event Co-ordinator for more details

**Duration:** 1-2 hours or 3-4 hours  
**Location:** The Broadwater/ Meet at Reception  
**Inclusions:** Charter Hire only. Groups can be provided for any day, any time depending on availability.  
**Pricing:** \$500 1-2 hours  
\$700 3-4 hours

The Spirit of Gwonda can also be used for charters to and from Marina's. Additional costs apply. Please see your Event Coordinator for further costs.

*An award-winning photographer can capture all your activities on film.  
For further information please ask your Event Co-ordinator*