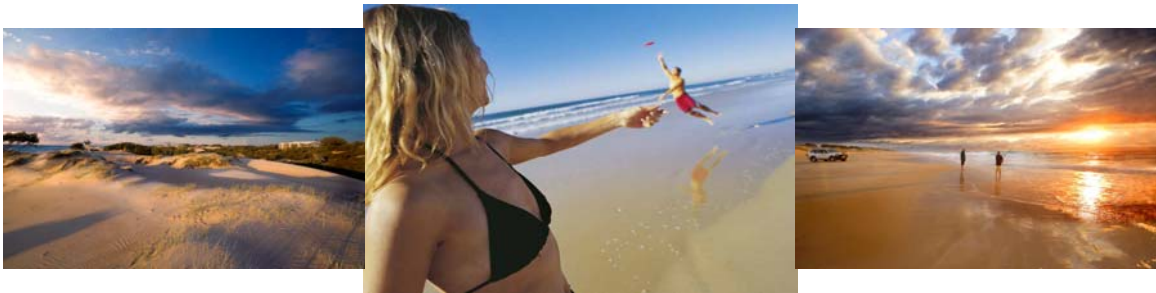




Couran Cove Island Resort

CONFERENCE & INCENTIVE ACTIVITIES KIT



DETAILS AND PRICES VALID – 1st APRIL 2010 – 31st MARCH 2011

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.

ACTIVITIES INDEX

TEAMBUILDING

| | |
|--------------------------------|--------|
| Couran's Greatest Athlete..... | Page 2 |
| Island Challenge | Page 2 |
| Bike Hire | Page 2 |
| South Straddie Stranded | Page 3 |
| Mini Olympics | Page 3 |
| Beach Olympics | Page 3 |
| Interactive Trivia | Page 3 |
| Express Circuit..... | Page 4 |
| Couran Cove Boot Camp | Page 4 |
| Aquacise | Page 4 |
| Low Ropes Course | Page 4 |
| High Ropes Course | Page 5 |
| Archery | Page 5 |
| Warm Ups & Ice Breakers | Page 5 |

ENVIRONMENT DEPARTMENT

| | |
|--|---------|
| Give me a home among the Gum Trees | Page 6 |
| Bird Walk | Page 6 |
| Foods of the Forest Walk | Page 7 |
| Rainforest Walk..... | Page 7 |
| Dreamtime Trail | Page 7 |
| Practical Nature Photography | Page 8 |
| Environmental Initiatives Tour | Page 8 |
| Eco Discovery Tour | Page 8 |
| Trip to the Top | Page 9 |
| Life Amongst the Broadwater..... | Page 9 |
| Nocturnal Walk | Page 10 |
| Cane Toad Busting..... | Page 10 |
| Astronomy Tour | Page 10 |
| Breakfast with the Birds Kayak | Page 11 |
| Mangrove Kayak Adventure | Page 11 |

| | |
|---|---------|
| Meet the Reptiles..... | Page 12 |
| Wildlife of South Stradbroke Island | Page 12 |
| History of South Stradbroke Island & Couran Cove Island Resort | Page 12 |

WATERSPORTS

| | |
|-------------------------------------|---------|
| Jet Ski Safari | Page 13 |
| Jet Ski Time Trials | Page 13 |
| Jet Ski Hire | Page 13 |
| Wakeboarding & Waterskiing | Page 14 |
| Wet n Wild Conference Package | Page 14 |
| Banana Boat Rides | Page 14 |
| Parasailing | Page 15 |
| Beach Fishing | Page 15 |
| Pin Bar Fishing | Page 15 |
| Calm Water Fishing | Page 15 |
| Fishing Equipment Hire | Page 16 |
| Kayaks | Page 16 |
| Sailing Regatta | Page 16 |

DAY SPA

| | |
|--------------------------------|---------|
| Yoga | Page 17 |
| Massage Techniques..... | Page 17 |
| Conference Group Massage | Page 17 |

OFFSITE ACTIVITIES

| | |
|---|---------|
| Golf at Hope Island..... | Page 18 |
| Shopping at Harbour Town | Page 18 |
| Cooking Class | Page 18 |
| Other Activities | Page 19 |
| Spirit of Gwonda Champagne Cruise | Page 19 |
| Spirit of Gwonda Private Charter | Page 19 |

TEAMBUILDING



COURAN'S GREATEST ATHLETE

Activity Description: Based on the popular TV series "Australia's Greatest Athlete" held on Couran Cove Island Resort, this is our signature team building event. Each event is tailored made to cater for your group's individual needs. The events can be run in one day or held over consecutive days comprising of a series of events.

The format of the activity can be run as individuals or in teams. How will your group perform in the 'leap of faith', Kayak races, or a soccer penalty shootout? Can they compare with the strength of Wendall Sailor in the bench press or Billy Slater in the beach sprints, perhaps give Craig Lowndes a run on the Jet Ski time trails. Other activities include; Beach flags, Archery, Basketball shootout, Water polo, Tennis and many more.....

The format can be as simple as one activity or a complete series of events. With an emphasis on fun, the level of physicality is adjusted for each groups needs.

Duration: ½ Hour – Full day program
Location: Resort wide
Pax Numbers: Minimum: 6 pax
Maximum: Varies depending on activities
Pricing: 2 hour program \$30.00 per person

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 prior to 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: 2 hours. 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: 45 minutes
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 minutes 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



ON FOOT BY DAY

"GIVE ME A HOME AMONG THE GUM TREES"

Activity Description: Join the knowledgeable staff at Koala Haven for the ultimate experience with Australia's most famous marsupial. Your visit to Koala Haven will involve a relaxed interaction with one of our resident koalas at leisure, this being key to our very successful presentation program. Photo opportunities are abound throughout the presentation, as our Koala is placed onto a particular branch with a beautiful backdrop of natural lighting and native plants. Our Keepers will help you to get the perfect photo of you snuggled up close to one of our special Koalas. The presentation is not only a chance for you to get up close and personal with our Koalas, but is also a time for our Keepers to educate you about the plight of the wild koala, and to enlighten you of the amazing physical characteristics shared by all koalas.

- Duration:** 45 minutes to 1 hour
- Location:** We meet at the Environmental Centre, and take a short walk to the Koala Haven.
- Pax Numbers:** Minimum – 6 pax
Maximum – 30 pax
Large groups may be split into groups of up to 30 pax.
- Pricing:** \$22 per adult
\$12 Child (4-14yrs)
\$60 Family (2 Ad 3 Ch)

Please note: Our Koalas have a particular routine and are required to by law to have rest days. Please book your group in advance to avoid disappointment.

Presentations can also be combined with meet the Reptile Presentation, and other nature activities to give your delegates an entertaining and educational experience during their stay at CCIR.

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. This walk covers a range of habitats providing the opportunity to encounter an amazing diversity of bird life, from birds of prey to migratory waders all the way from Alaska and Siberia.

- 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 Island and adjacent coastal areas lived a rich life from the land. They utilised many of the plants and animals of the island, which provided a valuable source of food, medicine and the raw materials required for making tools, fire and shelter. The aim of this walk is to introduce people to some of the flora and fauna that played an important role in the survival and rich lifestyle of the local aboriginal tribes. The ways in which the early Europeans utilised a number of the local bush foods also makes for some interesting stories. 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

RAINFOREST WALK

Activity Description: Couran Cove Island Resort possesses part of the largest remaining patch of cabbage palm rainforest 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 timber boardwalk is built from recycled Australian hardwoods sourced from various places including 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

DREAMTIME TRAIL

Activity Description: The Dreamtime was a legendary time referred to in many of the stories told by Aboriginal people. The stories were used as part of a life long learning process encompassing the tribal laws, methods of finding food, navigation skills for traversing long distances on foot and other skills necessary to survive in the harsh environments of Australia. The site now occupied by Couran Cove Island Resort was a likely meeting place for the Kombumerri people. During this time the indigenous people left the marks of their occupation on the landscape. Your guide will retell some of the local Dreamtime stories and guide you through these significant sites that date back thousands of years.

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

PRACTICAL NATURE PHOTOGRAPHY

Activity Description: Have you ever wanted to capture amazing images of the wildlife around you? Well you don't need the latest camera; many digital cameras will surprise you with what they can do. Join on staff local nature photographer and naturalist who will help you find interesting subjects and assist you to get the most out of your camera.

Duration: 1 hour
Location: Start and finish at the Environment Centre
Pax Numbers: Minimum – 4 pax
Maximum – 10 pax. Any groups larger than 10 pax will be 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 reduce our carbon footprint and protect the island's biodiversity. 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, gas-fired power station, sewerage treatment plant, waste management area and the 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.

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

ECO DISCOVERY

Activity Description: The Eco Discovery Walk starts at the environment centre where the environment guide will briefly explain how Couran Cove Island Resort has established itself as a leader in sustainable development and eco tourism. You will discover how the 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. As you set off on foot your guide will show you areas of Aboriginal cultural significance that include a bora ring and midden which date back thousands of years. These areas give a clear indication of how long the local aboriginal people have been extracting food sources from the surrounding area, using a minimal impact approach. You will then visit the Cabbage Palm Rainforest, and Paperbark wetlands an important area for the local tribe that supplied them with various materials.

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

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, and water. 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 – 20 pax

For groups larger than 20 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

LIFE AMONGST THE BROADWATER

Activity Description: The Broadwater was once one of the most productive oyster farming areas in Australia. This vast protected waterway has unique and interesting flora and fauna, and a strong history of aboriginal occupation. The aim of this walk is to introduce the participants to the mangrove and seagrass environment and the amazing wildlife who call this place home. The sand and mudflats are home to resident aquatic birds, and in the summer, rare international migratory wader bird species are often seen. The local aboriginal tribes used some of the plants and animals for food and medicine, and ancient shell-middens dating back hundreds of years record this lifestyle.

As guests discover the marvels of this island ecosystem, they may be fortunate enough to view some of the most elusive, even endangered wildlife species – dugong, turtles, and dolphins - found throughout the Moreton Bay region.

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

ON FOOT BY NIGHT

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 rare Golden Swamp Wallaby, Agile Wallabies, Echidnas, Bandicoots, Squirrel Gliders, Flying Foxes, Micro bats, Frogs and many more.

Our experienced guides will attempt to locate these nocturnal creatures on the property, 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

CANE TOAD BUSTING

Activity Description: South Stradbroke Island has been separated from mainland Australia for thousands of years. While this geographical isolation has helped to preserve a wide diversity of native fauna and limited the impacts from many feral species, some of the more resilient of introduced pests have in one way or another arrived on this island. The infamous Cane Toad is one such pest.

This activity introduces guests to the troubles and impact that this pest species has had in Australia. Armed with torches, photographs for Cane Toad identification, gloves for handling and bags for collection, guests embark on a Cane Toad Hunting adventure throughout the Couran Cove Island Resort property.

This activity promotes teamwork in a fun and educational environment, while providing guests with an opportunity to 'do their bit' for the environment.

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. The spring and summer months are suitable for this activity.
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. The tour starts at the Environment Centre and includes a half-hour Power Point presentation to introduce the field of Astronomy. Telescopes are 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 sky. The tour will be cancelled on cloudy nights.

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

KAYAK ADVENTURES

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 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

PRESENTATIONS

MEET THE REPTILES

Activity Description: The Environment Department staff will introduce guests to various animals from our own collection of native Australian reptiles. Meet our 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

WILDLIFE OF SOUTH STRADBROKE ISLAND PRESENTATION

Activity Description: Using the photography of our on staff nature photographer and naturalist, this Power Point presentation highlights the animals found on South Stradbroke Island. Our environment guide will give you some interesting information on each creature, while you sit in comfort.

Duration: 1 hour
Location: Environment Centre, or any conference room
Pax Numbers: Minimum – 10 pax
Maximum – 60 pax
Pricing: Per person charge: \$8.80
Minimum Group Price: \$120.00

HISTORY OF SOUTH STRADBROKE AND COURAN COVE ISLAND RESORT PRESENTATION

Activity Description: One of our experienced guides will present the history of South Stradbroke Island, focusing on the past 130 years. Since the days of aboriginal occupation this site has been the focus of several different commercial activities such as cattle farming, agriculture, oystering and sand mining. They will also focus on the development of Couran Cove Island Resort. Given the proposed scale of the Couran Cove development, and location of the site many issues had to be addressed prior to the commencement of works, these include cultural history, flora and fauna, acid sulphate soils. Finally learn how Couran Cove Island Resort established itself as a leader in sustainable development and eco tourism.

Duration: 1 hour
Location: Environment Centre, or any conference room
Pax Numbers: Minimum – 10 pax
Maximum – 60 pax
Pricing: Per person charge: \$8.80
Minimum Group Price: \$120.00

These activities are seasonal and some activities may only be run over peak periods

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 earshot 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. Each Jet Ski can carry a maximum of 2 passengers.
Pricing: \$180.00 per Jet 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: Watersports Beach Jet Ski Courshed Area
Availability: All year round by prior arrangement
(Average 8 people per hour on 2 jet 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: 15 minutes, 30 minutes and one hour booking 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.
15 Minutes: \$60.00
30 Minuets: \$90.00
Group bookings over 4 pax, are subject to confirmation and may incur additional fees.
Maximum booking size is 12 Jet Skis.

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 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: \$50.00 for a 5km run, 15 minutes
\$85.00 for a 30 minute run
\$90.00 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
Pax Numbers: Minimum 30 pax
Maximum 60 pax
Pricing: \$ 2100.00 – priced according to group size. Please enquire with your Event Co-Coordinator

Inclusions:

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

Banana Boats: Thrills and spills on our dual pontoon inflatable tube. Minimum 4 pax / Maximum 8 pax per ride.

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, 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 \$13.00 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: Minimum 2 pax. 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
Pax Numbers: Minimum – 2 pax
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.
Pax Numbers: Minimum – 2 pax
Maximum – 6 pax
Pricing: \$50.00 per person including freshly baked muffins and water bottles

CALM WATER FISHING

Activity Description: Hop aboard '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 Chef's to cook.

Duration: 60-90 minutes
Availability: All year round by prior arrangement and subject to availability.
Pax Numbers: Minimum – 2 pax
Maximum – 4 pax
Pricing: Fishing - \$60.00 per person
Chef to cook fish if required \$15.00 per person – served with chips and salad or vegetables.

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.

| | | |
|------------------|---|---|
| Location: | Hire a fishing kit and ask the Watersports team for that secret spot! | |
| Pricing: | 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...

| | |
|----------------------|--|
| Location: | Start and finish at the Watersports Beach |
| Availability: | Some sailing experience is necessary and team conditions do apply. |
| Pricing: | \$600 for 1.5 hours |
| Pax Numbers: | <u>Minimum</u> – 3 pax <u>Maximum</u> – 11 pax For larger groups please speak with your coordinator for further options. |

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



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 session 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 0900

Pricing: 80 minutes \$30.00 per person – Minimum Group Price \$180.00

50 minutes \$20.00 per person – Minimum Group Price \$120.00

MASSAGE TECHNIQUES

Activity Description: Experience a 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 0900

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: 5 minutes, 10 minutes, 15 minutes or longer, dependant on your availability and group size.

Location: Conference Rooms.

Availability: This activity is not available before 0900

Pricing: \$100.00 per therapist, per hour – Minimum 2 hours

Remote and outdoor venues may incur additional fees

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 / golf club hire \$33.00 standard \$49.00 VIP
18 holes \$150 per person / golf 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 shoppers at up to 60% below regular prices every day.

Duration: 0930 Ferry Depart and 1430 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: \$80.00 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 sparkling wine. Enjoy the freedom of the 'Spirit of Gwonda' with our spectacular catamaran cruise.

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: \$50.00 adults & \$24.00 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*

