



## Mooloolaba Travel & Logistics Information



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## Welcome to Mooloolaba!

90 Monkeys is delighted to be holding our first international 200 hour TT on the beautiful Sunshine Coast of Australia. Mooloolaba is located right at the heart of the Sunny Coast, with beautiful beaches to swim or surf and nearby hinterland mountains to hike or climb. Enjoy boutique coffee shops, healthy cafes, fine dining and shopping, and endless outdoor activities to fill your sunny days.

We want to make sure you have all the information you need to make your stay in Mooloolaba fun, safe, and supportive of your education. You'll find the resources you need here to navigate lodging, food, health, wellness, recreation, and more.

Congratulations on making the decision to invest in yourself and your career and welcome to the 90 Monkeys Family! We'll see you in the studio soon!

Amy Ippoliti & the 90 Monkeys Team



### Yoga Vida Studio

C2/177 Brisbane Rd  
Mooloolaba, QLD, 4557  
Australia



## About Mooloolaba...

Named in 1921, Mooloolaba started out as a small fishing and fruit-growing town, which soon became a popular holiday spot for locals. It's North-facing, sheltered beach provides safe swimming all year round and the magic climate and nearby hinterland towns make it the heart of the Sunshine Coast. With calm coastal waterways and nearby surf beaches just steps from the yoga studio, there are endless ways to get outdoors and enjoy all that Mooloolaba has to offer.





## Preparing for Your Travels

With smartphones, you can now tend to a lot of things remotely, but we recommend getting any pressing matters at home taken care of in the weeks leading up to your departure so your educational experience is focused and calm. This will prevent emails and phone calls from distracting you as we delve into the practices and the beauty of Mooloolaba.

Here are a few helpful ideas to help you prepare for your time away:

- *Arrange for a neighbor or friend to care for your plants while you're away.*
- *Dial your thermostat up or down to match the temperature of the season.*
- *Arrange for pet care.*
- *Lock all windows and doors securely.*
- *Tell neighbors that you will be away and let them know how they can reach you in case of an emergency.*
- *Close or open blinds and curtains, as needed.*
- *Remove perishable items from your refrigerator.*
- *Empty all wastebaskets & run the garbage disposal.*



### Essentials for the Traveling Yogi!

- Yoga Mat (& yoga towel)
- Yoga Clothes (several outfits!)
- Notebook, pens or pencils, (colored pencils & highlighters optional)
- Camera or smartphone
- Pre-training assignments or readings
- An open mind





# Getting To Mooloolaba

Mooloolaba is located one hour from Brisbane International Airport (BNE), or alternatively, 15 minutes from Maroochydore Airport (MCY). Please consider both options when organizing your travel plans. If flying interstate, we highly recommend MCY. If arriving internationally, you may consider landing in Sydney, then transferring to MCY, rather than landing BNE. Then consider one of the following transfer options.

**Shuttles** - The easiest way to transfer from either airport is via shuttle. We recommend using <https://www.con-x-ion.com>

Prices from BNE - \$52 one way, \$96 return

Prices from MCY - \$18 one way, \$36 return

Check website when booking and follow simple instructions when arriving and departing. They will pick up and drop off from your Hotel/accom.

**Car Rentals** - Renting a car at either airport is possible, using major Rental companies. This may suit if you plan to do a bit of travel in your down time, and more so if you organize some sharing of costs. We suggest organizing as a package with flight. Keep in mind, that most of the week, you will be in walking distance of anything you could want, hence it may be more savvy to organize rental car on days off (available in Mooloolaba), or get a ride with your new mates.

**Taxis, Uber** - You can hire a taxi or Uber driver to bring you to Mooloolaba. Be aware that taxis are costly (especially from BNE), and it is often better if you can split the fare between yourself and another student. Once in Mooloolaba, these services are available and more reasonably priced.

**Once in Mooloolaba** - Mooloolaba is extremely walkable and bike friendly. You can rent bikes short or longer term from <http://hirehut.com.au/tours/bike/> which is walking distance from Yoga Vida or your Mooloolaba accom. They will include helmets, locks, and have all types of bikes. Also, there are numerous bike shops on our street (we are a multisport/triathlon mecca) that sell second hand bikes. You may even be able to sell them back later. Or try to buy one on <http://www.gumtree.com.au>

The local bus system and driving are also options for you.





# Accommodations

***We strongly recommend advance preparation when looking for your lodging as Mooloolaba experiences a high flow of tourists year-round.***

- If you're on a budget we recommend sharing accommodations with fellow students. We have created a Facebook page for trainees, which may be used to connect and chat with others about options.
- There may also be an opportunity to stay with local yogis who offer a room in their house for the duration of the training at a pre-determined cost. More information on this will also be shared on the Facebook page.
- Alternatively, AirBnb (<http://www.airbnb.com>) is a great site to find accommodations. Once again, sharing would be ideal.
- Mooloolaba Backpackers is another option, but will give you little privacy, peace or quiet. It is a quality backpacker resort close to the studio and cheaper options can be found there. (<http://www.mooloolababackpackers.com>)
- You will find all levels of Hotel/Apartment accommodation on various booking sites, for e.g. [trivago.com](http://trivago.com), [booking.com](http://booking.com), [expedia.com](http://expedia.com), [agoda.com](http://agoda.com), etc.
- For booking just remember, timing is everything,,,the early bird catches the worm! We would also suggest finding apartment style accommodations with full kitchen facilities, rather than a hotel room only.





# Healthy Eating & Restaurants

With over 100 cafes and restaurants to enjoy in Mooloolaba, all with their own unique experience, you will love the diversity on offer.

You will find healthy, organic, sustainable food, fresh seafood, and cuisine from all cultures. There is really something for everyone!

Below are some of our favorites, general and health-oriented restaurants.

**Augello's Mooloolaba** – Italian, Pizza/Pasta | 3 times awarded Australia's best pizza | Peninsular Resort, The Esplanade | 5478 3199 | <http://augellos.com.au/>

**Thai Lotus** – Thai dine in or take away | Cheap and cheerful, eat outdoors, book early | 2/20 Brisbane Rd | 5444 2164 | <http://www.thailotus.com.au/>

**The Good Bar Mooloolaba** – American comfort foods | Come and see if they are authentic, great atmosphere | 19 First Ave, Mooloolaba | 5477 6781 | <https://www.thegoodbar.com.au/>

**Montezuma's Mooloolaba** – Mexican dining, great fun environment | Cnr Esplanade and Brisbane Rd | 5444 8444 | <http://www.montezumas.com.au/>

**Fish on Parkyn** – Seafood heaven, 10 minute walk to spit | 25 Parkyn Parade | 5444 4711 | <http://fishonparkyn.com.au/>

**Gainsbourg** – Gluten Free, freshest, and healthiest cuisine | 59 The Esplanade | 5478 1498 | <http://www.gainsbourg.com.au/>

**Hot Pipi's** – Café by day, dining by night with ocean views | 11 The Esplanade | 5444 4441 | <http://www.hotpipis.com.au/>

Please refer to <http://visitmooloolaba.com.au/eat/> for a far more substantial list. Restaurants come and go in Mooloolaba, there are always new surprises!

## Groceries and Shops

**Coles** – General big supermarket that will have everything you need. Walking distance from Yoga Vida | Cnr Venning St and The Esplanade

**Fresh Box** – Seasonal, local, and organic produce and groceries delivered to your door when you order online:  
<http://www.freshbox.com.au/>

**CK Coffee Bar and Wholefoods** – Best Selection of healthy, gluten free, sustainable foods | 17 Brisbane Rd

**Kawana Shopping World (10 minute drive)** – numerous big name supermarkets (Coles/Woolies/Aldi, and many specialty shops) | Nicklin Way, Kawana

**Kunara Organic Marketplace** – the biggest and best selection of organic foods on the Sunshine Coast – 15 minute drive from Mooloolaba |

## Cafes, Juiceriers & Coffee Shops

**Columbian Coffee Co.** – Best coffee in Mooloolaba, bar none | 20 Brisbane Rd  
<https://thecolumbiancoffeeco.com.au/>

**The Old Bean Coffee shop** – Awesome coffee, laid back, sit on crates affair | The Esplanade  
<https://www.facebook.com/oldbeanspressobar/>

**The Good Bean Coffee Shop** – Younger, flashier sister of Old Bean, same great coffee! | The Esplanade, 30 sec walk from Old Bean  
<http://goodbean.com.au/>

**CK Coffee Bar and Wholefoods** – Best Health Food Café in Mooloolaba - Coffee Bar, Eatery & Grocery | 17 Brisbane Rd <http://ckwholefoods.com/>

**Envy Café** – Organic coffee, tea, chai, fresh juices, smoothies., awesome cakes, and healthy breakfast/lunch | 26 Brisbane Rd  
<http://www.envycafe.com.au/>

**The Velo Project** – Espresso, and farm fresh food, in an old garage, vintage décor. You will have to investigate to find it, but worth the effort | 19 Careela St <http://www.theveloproject.com.au/>

**Acai Brothers Superfood Bar** – Smoothies, juices, acai bowls, raw treats & coffee. | Mooloolaba Esplanade, <http://www.acaibrothers.com.au/>

**Yo-Yo Espresso** - Great Coffee, Home cooked meals, and cakes, 26 River Esplanade  
<https://www.facebook.com/yoyoespresso>





## COOL THINGS TO DO IN MOOLOOLABA!

**Hit the Beach** – You have lots to choose from and can walk to at least 6 of them! The walking paths have awesome views

**Surf Lessons** – Learn to surf on one of our awesome surf beaches. Walking distance, you could rent or buy yourself a surfboard for the trip

**SUP – Stand up Paddle Board.** Mooloolaba is surrounded by waterways. Go exploring, or venture out into the surf with your SUP. Or maybe do a SUP yoga Class?

**Visit Eumundi Markets** – World famous markets, every Wednesday, Saturday and Sunday Mornings. 40 Minute drive.

**Hike the Glasshouse Mountains** – With many to choose from, of all different levels, make this a day trip. 40 minutes away

**Kondalilla Falls** – Another great hike, with a rewarding swim in the chilled mountain waters. 40 minutes away.

**Visit Noosa** – 40 Minutes drive away is another piece of paradise called Noosa. Seeing is believing. Take swimmers (togs), and hiking shoes. Walk to "Devil's Gate" (1 hour return hike)

**Noosa Farmers market** – Sunday mornings until midday, while you are in Noosa, get your week's groceries

**Australia Wildlife Reserve** – Heard of Steve Irwin, Bindi Irwin, Crocodile Hunter? This is his reserve for thousands of Australian and other wildlife. 40 minute drive

**Visit Montville/Maleny** – Quaint hinterland towns, with gorgeous views of the Sunshine Coast. A flash back in time, with great cafes/shops. 40 minutes drive

## WEATHER

Mooloolaba has great weather most of the year. October to November is especially ideal. Expect warm days and cool nights. Most people wear beach gear or active wear during the day, and dress casually of an evening. The evenings could get a little chilly, so a bringing a jacket would be advisable. Most importantly, you need to protect from the sun. It is important to Slip Stop Slap (our national campaign to curb skin cancer) Slip on a Shirt, Slop on Sunscreen, and Slap on a hat. Insect repellent is also advised, as we do have mosquitos and a wee pest called a midgie.

## A NOTE ABOUT SURF BEACHES AND RIPS

For the inexperienced swimmer, our beaches can be very hazardous. There are patrolled areas, where you will be advised to swim between the flags. There will also be warning boards explaining the current surf conditions.

Swimming is fine, it is just strongly advised that you listen to the lifeguards, swim between the flags, and swim with friends. Same with surfing and SUP, please remember - safety in numbers. Even on Mooloolaba beach we experience a lot of sudden rip tides.

You may have heard of all our other nasty creatures 'down unda'. You may encounter a snake while hiking, best to leave it alone. Most other bities will leave you alone too!

