



# On Island Activities

With an array of activities on offer across the island each day, guests can experience the luxury of a snorkeling adventure, take part in guided meditation and explore the island with a guided rainforest walk.

Our Living Reef experiences, expansive pool landscapes, coral beaches and unlimited access to non-motorised water activities ensures there is something to keep everyone entertained.

**For booking information contact:**

Tour Desk | 1800 888 288 | [tourdesk@daydreamisland.com](mailto:tourdesk@daydreamisland.com)

[daydreamisland.com](http://daydreamisland.com)



# Activities

## Stand Up Paddle Boarding

Free

Test your balance on a paddle board. Our staff will provide a few pointers for beginners and then set you off to explore the relaxing waters of Daydream.

## Rainforest Walk

Free

Take a stroll through Daydream's rainforest trails at your leisure and see what wildlife you can spot. Be sure to stop by the Rainforest Deck for the ultimate viewing platform.

## Guided Meditation

Free

Stop, breath, relax and unwind the mind with a soothing 30 minute guided meditation session on the beach or in our Underwater Observatory

## Kayaks

Free

Grab a friend and paddle out to see Daydream from a different perspective. Enjoy the tranquility as you glide through the crystal water.

## Amazing Race Team Challenge

Free

Fancy a challenge? Come and take part in The Amazing Race. Compete against other teams and race against the clock to complete challenges across the island. First place wins a prize!

## Catamarans

Free

Feel the wind in your hair and take out one of our catamarans to explore the pristine waters of the Whitsundays.

## Snorkel Equipment Hire

Free

Take a self-guided swim in the ocean at your own leisure to explore the activity beneath the water's surface.

## Trivia Nights

Free

Put your knowledge to the test with one of our trivia nights. Fun for all ages.

## Bingo

Free

"22, two little ducks" Line your numbers up and get on theme with our fun one hour bingo sessions.

## Open Air Cinema

Free

Our refurbished 44ft cinema screen and lawn area, overlooking Sunset Beach, will offer a range of family favourites, recent releases and classics. Take a seat on the deck chairs, purchase your movie snacks and sit back and enjoy an island movie night under the stars.

## Beach Volley Ball

Free

Join in a lively game of beach volleyball on a sun-kissed court, perfect for fun and friendly competition.

## Paint & Sip

\$35

Sit back, relax and take in the stunning views of Lovers Cove as inspiration to create your own watercolour masterpiece while sipping on a glass of bubbly.

## Underwater Observatory Yoga

\$10

Unwind with a serene yoga session inside our underwater observatory. This one-hour experience invites you to stretch, breathe, and relax while watching marine life glide past, creating a truly peaceful and immersive escape.

## Glass Bottom Kayak Tour

\$50

Let our guides take you on a one hour scenic paddle around the island, pointing out special landmarks and notable reef features.

## Sparkling Glass Bottom Kayak Tour

Join us for a one hour paddle to Lover's Cove with one of our experienced guides, followed by a complimentary glass of sparkling wine while taking in the stunning views

