



DAYDREAM
ISLAND

Island Activities



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With an array of activities on offer across the island each day, guests can experience the luxury of diving into a snorkelling adventure or exploring the island and surrounding Whitsundays islands and Great Barrier Reef Marine Park by helicopter, sailboat or jet ski.

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



Activities

Guided Rainforest Walk	Take a walk through the rainforest with one of our guides who will point out the wildlife, landmarks, and other exciting features of the island. Enjoy the spectacular views from the viewing deck	45 minutes	\$15pp
Rainforest Walk	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.	20 minutes, depends on walking speed	FREE
Guided Meditation	Stop, breathe, relax, and unwind the mind with a soothing guided meditation session on the beach or in our Underwater Observatory.	30 minutes, check daily program guide	FREE
Kayaks	Grab a friend and paddle out to see Daydream from a different perspective. Enjoy the tranquillity as you glide through the crystal water		FREE
Amazing Race Team Challenge	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!		FREE

Activities

Catamarans	Really feel the wind in your hair and take out one of our catamarans to explore the pristine waters of the Whitsundays.	-	FREE
Stand Up Paddle Boarding	Try your balance on a paddle board. Our staff will provide a few pointers for beginners and then set you off to paddle the relaxing waters of Daydream.	-	FREE
Gym	Our fully equipped gym will keep you feeling fit and fresh throughout your holiday with a range of equipment available for use at your leisure.	-	FREE
Sports	Enjoy a game of tennis, basketball, or soccer at the south end of the Island.	-	FREE

Activities

Paint & Sip	Sit back, relax and take in the stunning views of Lover's Cove as inspiration to create your own watercolour masterpiece while sipping on a glass of bubbly!	-	35pp
Asana Yoga	Relax and unwind in the underwater observatory with our professional yoga instructor	-	20pp
Historical Island Walking Tour	Join one of our knowledgeable guides on an informative and historical walk. Learn about the history of the island and the Whitsundays!	-	15pp
Lovers Cove Kayak Tour	Let our guides take you on a scenic paddle around the island, pointing out special landmarks and notable reef features. Experience wild fish feeding with the locals off Lovers Cove.	1 hour	35pp

Activities

Sparkling Kayak Tour	Paddle over to Lovers Cove to enjoy a glass of sparkling wine. Wild fish feeding also included.	1 hour	50 pp
Bingo	"22, two little ducks" Line your numbers up and get on theme with our fun bingo sessions	1 hour	FREE
Trivia Nights	Put your knowledge to the test with one of our trivia nights. Fun for all ages.	1 hour	FREE
Open Air Cinema	Our refurbished 44ft cinema screen and lawn area overlooking Sunset Beach will offer a range of family favourites, recent releases, and classics for a unique under the stars movie experience. Take a seat on the deck chairs, purchase your movie snacks, and sit back to enjoy your island movie night.	Various	FREE
Snorkel Equipment Hire	Take a self-guided swim in the ocean at your own leisure to explore the activity beneath the water's surface.		FREE hire all in-house guests \$10 hire fee for all day guests



For booking information

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daydreamisland.com