

# Explore

Daydream Island Activities



DAYDREAM  
ISLAND



**Daydream Island Resort is Australia's famous reef and wildlife experience offering a tropical haven for romantics, families and groups alike. With an array of activities on offer across the island each day, guests can experience the luxury of diving into a snorkeling adventure or exploring the island and surrounding Whitsundays islands and Great Barrier Reef Marine Park by helicopter, sail boat 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.**



<b>GUIDED RAINFOREST WALK</b>	<p>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</p>	<p>45 minutes</p>	<p>Check daily program guide</p>	<p>FREE</p>
<b>RAINFOREST WALK</b>	<p>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.</p>	<p>20 minutes, depends on walking speed</p>	<p>Sunrise to sunset</p>	<p>FREE</p>
<b>OUTDOOR FITNESS CLASSES</b>	<p>Aqua Fitness is fun, high energy workout that features a mixture of different dance styles, aerobic and cardio fitness.</p>	<p>30-45 minutes</p>	<p>Check daily program guide</p>	<p>FREE</p>
<b>YOGA</b>	<p>A Mindful wind-down with yoga or meditation, in the soothing surrounds of the Underwater Observatory.</p>	<p>30-45 minutes</p>	<p>Check daily program guide</p>	<p>\$25pp in Underwater Observatory</p>
<b>SCAVENGER HUNT</b>	<p>Trek your way around the island and achieve your hunt objectives. Fun for all ages</p>	<p>30-45 minutes</p>	<p>Check daily program guide</p>	<p>FREE</p>



<b>PUBLIC FISH FEEDING SHOW</b>	Take a seat and see our Marine Biologists feed our resident rays, reef sharks and other marine creatures in our daily feeding show.	30 minutes	10am daily	FREE
<b>KAYAKS</b>	Grab a friend and paddle out to see Daydream from a different perspective. Enjoy the tranquility as you glide through the crystal water.	-	Available during daily water sport hours. Weather dependant	FREE
<b>CATAMARANS</b>	Really feel the wind in your hair and take out one of our catamarans to explore the pristine waters of the Whitsundays.	-	Available during daily water sport hours. Weather dependant On Island booking essential	FREE
<b>STAND UP PADDLE BOARDING</b>	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.	-	Available during daily water sport hours. Weather dependant	FREE
<b>GYM</b>	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.	-	Open daily, 6am-8pm	FREE
<b>ACTIVITIES AT THE SOUTH END</b>	Enjoy all the fun, excitement with at the south end of the Island with kayak, catamarans, SUP, we also have giant Jenga, bocce, and molkky.	-	Check daily program guide	FREE
<b>SPORTS</b>	Enjoy a game of tennis, basketball, or soccer at the south end of the Island.	-	Check daily program guide	FREE



<b>ISLAND KAYAK TOUR</b>	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	Twice weekly, check daily program guide	\$30 pp
<b>SPARKLING KAYAK TOUR</b>	Paddle over to Lovers Cove to enjoy a glass of sparkling wine. Wild fish feeding also included.	1 hour	2 sessions per week, check daily program guide	\$40 pp
<b>LOVERS INDULGENCE WALK ON WATER TOUR</b>	This is a fantastic morning tour for 2 persons or couples and perfect way to get up close to tropical fishes.	1 hour	2 sessions per week, check daily program guide	\$40 pp
<b>BINGO</b>	“22, two little ducks” Line your numbers up and get on theme with our fun bingo sessions	1 hour	Check daily program guide for times and location	\$10 per game
<b>TRIVIA NIGHTS</b>	Put your knowledge to the test with one of our trivia nights. Fun for all ages.	1 hour	Check daily program guide for times and location	FREE
<b>OPEN AIR CINEMA</b>	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	Check daily program guide	FREE
<b>STINGRAY SPLASH</b>	Enter the Living Reef and take a splash with our baby rays, followed by a talk and tour into our Underwater Observatory. This experience is both educational and truly unforgettable. Minimum age 6 years. Maximum 6 persons per tour	45 minutes	Daily 10:45am 2pm 3:30pm (during school holidays)	\$40 pp
<b>GUIDED FISH FEEDING</b>	Take a chance to get close and personal with some of the Living Reef residents, including colourful fish, baby reef sharks and sea stars and experience our brand new Touch Tank. Then take a talk and tour of our new Underwater Observatory. This hands on experience is a must do at Daydream. Minimum age 4 years and must have accompanying paying adult. 3 years and under FOC with accompanying paying adult. Maximum 12 persons per tour	45 minutes	Daily 9am 1pm 3:30pm (during school holidays)	\$30 pp \$90 family (2 Adults and 2 children up to 12 years)



<p><b>REEF RANGERS</b></p>	<p>Join our Marine Biologists as they take you through the restricted areas of the lagoon for a hands on exclusive look at our Living Reef with time to experience our brand new Touch Tanks. You will assist in the public fish feeding show, as well as Stingray Splash and guided fish feeding. Kids get a Reef Ranger hat and lanyard to keep. Minimum age 6 years.</p>	<p>3 hours</p>	<p>Daily 8:45am Bookings essential. Maximum 3 people per tour.</p>	<p>\$90 pp</p>
<p><b>LIVING REEF GUIDED SNORKEL</b></p>	<p>A new experience to Daydream Island. Join one of our Marine Biologists as they take you through our Living Reef to see rays, fish and reef sharks close up. Also experience our brand new Touch Tank and Underwater Observatory. Limited to a maximum of 4 people per session. Minimum age 10 years. Must be competent swimmer.</p>	<p>1.5 hours</p>	<p>Daily 9:30am 12:30pm (3 sessions during school holidays) Check daily program guide for times</p>	<p>\$120 pp</p>
<p><b>SNORKEL EQUIPMENT HIRE</b></p>	<p>Take a self-guided swim in the ocean at your own leisure to explore the activity beneath the waters surface.</p>	<p>-</p>	<p>Equipment hire available, includes: snorkel mask, fins and stinger suit.</p>	<p>FREE hire all in-house guests . \$10 hire fee for all day guests</p>



## JET SKI ISLAND ADVENTURE

Provided by Whitsunday Watersports

Get the adrenalin pumping, and explore the Whitsundays, with our exhilarating Jet Ski Island Adventure. Departing from Daydream Island, your tour guide will quickly have you accelerating across the turquoise water of the Whitsundays. The tour navigates from Daydream Island exploring the beautiful scenery of the Molle Island group with a chance to see some amazing wildlife including sea turtles. You'll be amazed at how fun and responsive your personal Jet Ski can be, and even beginners will quickly feel comfortable in control of our stable Sea Doo skis. Go fast, explore, have fun, and get a great view of the Whitsundays! You control the experience, making this a must for adrenalin junkies and explorers alike.

60 minutes

Max 2 passengers per ski

\$250  
1 person

4 tours per day  
9am / 10:15am  
12:30pm / 1:45pm

\$300  
2 persons

Please note that this tour does not operate on Saturdays

*\*Booking terms and conditions: All tours are subject to availability. 100% cancellation fee applies for no-shows or cancellations within 24 hours of scheduled departure time. Also applicable to requests to reschedule.*



<p><b>WHITEHAVEN BEACH ESCAPE HELI TOUR*</b></p> <p>Provided by Helireef Whitsundays</p>	<p>Spend 75 minutes on one of the most beautiful beaches in the world. Fly by helicopter to Whitehaven Beach and on the way take in the breathtaking aerial view of the surrounding Whitsunday Islands and fringing reefs. Whilst at Whitehaven Beach soak up the sun and relax with chilled sparkling wine and water.</p>	<p>2 hours</p>	<p>Minimum of 2 persons for flight to proceed. Max of 3 persons per aircraft</p>	<p>\$440 pp  \$220 for 3rd seat</p>
<p><b>HEART REEF AND WHITEHAVEN ULTIMATE INDULGENCE HELI TOUR*</b></p> <p>Provided by Helireef Whitsundays</p>	<p>The amazing contrast of colours is something best experienced from the air. This tour showcases both Whitsunday icons including the world famous Heart Reef before landing and spending an hour on the pure white silica sands of Whitehaven Beach.</p>	<p>2 hours</p>	<p>Minimum of 2 persons for flight to proceed. Max of 3 persons per aircraft</p>	<p>\$799 pp  \$299 for 3rd seat</p>
<p><b>HEART REEF AND WHITEHAVEN BEACH HELI TOUR*</b></p> <p>Provided by Helireef Whitsundays</p>	<p>It does not get any better than this! This tour will showcase everything we have to offer in this breathtaking one hour scenic flight. Destinations include the romantic and world famous Heart Reef, Whitehaven Beach and Hill Inlet. Pure Indulgence!</p>	<p>1 hour</p>	<p>Minimum of 2 persons for flight to proceed. Max of 3 persons</p>	<p>\$699 pp  \$349 for 3rd seat</p>
<p><b>20 MIN THRILL HELI TOUR*</b></p> <p>Provided by Helireef Whitsundays</p>	<p>Take a sneak preview of what the Whitsunday's has to offer! Enjoy the spectacular Whitsunday Islands and Great Barrier Reef with a scenic flight by helicopter over the crystal clear blue waters and breathtaking emerald green islands</p>	<p>20 minutes</p>	<p>Minimum of 2 persons for flight to proceed. Max of 3 persons.</p>	<p>\$249 pp  \$125 for 3rd seat</p>

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<p><b>OCEAN RAFTING</b></p> <p>Provided by Ocean Rafting</p>	<p>These fast semi rigid inflatable boats take you to the best of the Whitsunday and Whitehaven Beach; snorkel, explore and take a walking adventure to enjoy these spectacular destinations. Each vessel take a maximum of 32 passengers giving you a small group experience. Stinger suit hire and lunch are included. Suitable for ages 5 and over.</p>	<p>5.5 hours</p>	<p>Daily</p>	<p>\$193 Adult (16 years and over) \$125 Child (5-15 years) \$586 Family (2A, 2C)</p>
<p><b>CAMIRA - FULL DAY SAILING</b></p> <p>Provided by Cruise Whitsundays</p>	<p>Camira is one of the fastest commercial sailing catamarans in the Whitsundays capable of up to 30 knots. This all inclusive full day of boating is a great way to experience the Whitsundays. As the crew rely on Mother Nature, the day will vary depending on conditions. Morning tea, bbq lunch, afternoon tea and all beverages are included.</p>	<p>8 hours</p>	<p>Daily</p>	<p>\$209 Adult (15 years and over) \$159 Child (4-14 years)</p>
<p><b>HALF DAY WHITEHAVEN TOUR</b></p> <p>Provided by Cruise Whitsundays</p>	<p>Cruise through the azure waters of the Whitsunday islands for this scenic trip to Whitehaven Beach, while your friendly skipper provides an informative commentary on the history and natural wonders of the area. Your air conditioned cruise vessel has interior saloons as well as outside seating areas. A Boarding ramp allows for easy access on and off the beach. Morning or afternoon tea is included. Sandwiches, snacks and beverages are all available for purchase on board.</p>	<p>5.5 hours</p>	<p>Daily</p>	<p>Morning or Afternoon \$125 Adult \$50 Child (4-14 years) \$315 Family (2A, 2C)</p>
<p><b>CHILL AND GRILL</b></p> <p>Provided by Cruise Whitsundays</p>	<p>Walk up to the Hill Inlet lookout, chill out on Whitehaven Beach and explore the beautiful Chance Bay. This day cruise allows you to spend more time exploring the wonders of Whitehaven Beach than any other cruise. Beach shades, beach game items and drinking water will all be available for your use throughout the day. Enjoy a gourmet burger on the beach, cold drinks are available for purchase. Morning and afternoon tea are served on board.</p>	<p>9.5 hours</p>	<p>Check Activities Desk for times</p>	<p>\$239 Adult \$124 Child (4-14 years) \$650 Family (2A, 2C)</p>

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<p><b>FULL DAY GREAT BARRIER REEF TOUR</b></p> <p>Provided by Cruise Whitsundays</p>	<p>This full day experience lets you enjoy an outstanding range of interactive Great Barrier Reef adventures. The trip takes you to a purpose built pontoon where you will spend the day exploring the colourful underwater world of magnificent corals, colourful fish and marine life. Throughout the day curb your hunger with morning and afternoon tea and a sumptuous buffet lunch. Coffee and tea is included and is available along with a bar for you to purchase a full range of alcoholic and non alcoholic drinks. We specialise in introductory first timers diving at the custom designed Hardy Reef Pontoon. Or for Certified Divers our experienced Dive Masters will take small groups around some special parts of the reef.</p>	<p>10 hours</p>	<p>Daily</p>	<p>\$285 Adult \$132 Child (4-14 years)</p> <p>\$750 Family (2A, 2C)</p>
<p><b>18 HOLE GOLF DAY AT DENT ISLAND</b></p> <p>Provided by Cruise Whitsundays</p>	<p>Enjoy a day of golf at the stunning championship Hamilton Island Golf Course on nearby Dent Island. The par 71 course is not only challenging but spectacular. Designed by 5 time British Open winner, Peter Thomson, this course boasts a variety of stunning views, obstacles and challenges amongst beautiful bushland. Your day includes a ferry pick up from Daydream Island to Hamilton Island where you'll then be taken on a 10 minute transfer to Dent Island. Your green fees for the 18 holes includes use of an electric buggy fitted with GPS rangefinder. The purpose built club house offers delicious menu and range of beverage options perfect for a long lunch after your round; the perfect spot to take in more breathtaking views. A well stocked pro shop, locker rooms and showers are also available. Please note that strict dresscodes apply that honour the etiquette of the game.</p>	<p>approx. 8 hours</p>	<p>Daily</p>	<p>\$220 pp</p>

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## For booking information

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