

Check out the best things to do in Coolum as recommended fromby travellers and locals. Get outdoors and climb Mount Coolum, go for a swim at Coolum Bbeach, or just relax over a coffee at one of the many trendy cafes. Here are our top recommendations foreed things to do in Coolum. Want something added to the list? Let us know.

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COOLUM BEACH

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Coolum is one of the best places to visit for surf, golf, food and cafes on the Sunshine Coast.

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In fact, you will be spoiltspoiled for choice when looking for things to do in Coolum with plenty of shopping, family activities and entertainment on offer, all situated right on the beach and within view of Mount Coolum: one of the best lookouts-outs in the region.

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ABOUT COOLUM

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Coolum is a small beachside town situated right in the middle of Queensland's Sunshine Coast. The population is nearly ~~16,000~~9,000 and is home to Mount Coolum, which is the second largest rock in the world. Find more facts about Coolum here.

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COOLUM ATTRACTIONS

Coolum is known for its beautiful beach and breathtaking views of Mount Coolum, along with a world class golf course, an abundance of local cafes and a friendly local community making it the perfect family destination when visiting the Sunshine Coast.

There are a number of activities and things to do in Coolum including: shopping, learning to surf, hiking, outdoor movies and twilight markets seasonally throughout the year.

Accommodation in Coolum caters for all types of travellers from holiday houses, to motels, to luxury hotels and resorts.

Be sure to book in advance if planning to visit during peak seasons from November to March.

What are some free things to do in Coolum?

The most popular free things to do in Coolum are: swimming or walking along Coolum Beach, climbing Mount Coolum, having a picnic in Tickle Park, and walking up to Point Perry Lookout, just south of Coolum Beach.

What can you do on a rainy day in Coolum?

The best things to do in Coolum on a rainy day include browsing the many boutique shops in the heart of Coolum, taking a trip to Sea Life on the Sunshine Coast, watching a movie at the Bigscreen Cinemas in Caloundra, or getting a traditional Thai massage at Coolum Thai Massage.

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What is the best beach in Coolum?

The best ~~beach in Coolum for~~ swimming ~~beach~~ is Coolum Main Beach, ~~that has~~ On duty lifeguards making it the safest for you and your family. For a quieter and more secluded ~~and quiet~~ beach, check out First Bay. Click here to check out our all of the best beaches on the Sunshine Coast.

What does Coolum mean?

The name Coolum means “blunt” or “headless” and is originally derived from the local Aboriginal word “gulum.”

This refers to the shape of Mount Coolum which is one of the largest rocks in the world, formed from magma pushing through the earth’s crust. It has no peak, but is instead a bulged mountain with a flat top.

What is the population of Coolum?

The population of Coolum is 8,497 15,948 as of the 2016-2021 Australia Census.

Is Coolum Beach dog friendly?

~~Yes~~ Yes, Coolum has a dog friendly section of beach.

~~Unfortunately~~ Unfortunately, you can’t bring your furry friend to the main beach of Coolum, but only a short walk away there is a 1km stretch of pet friendly sand and surf, just north of the Caravan park. This is what makes Coolum so popular for owners who bring their pets on holidays.

How long does it take to walk up Mount Coolum?

It takes 45 minutes to walk up Mount Coolum with the track being 600m ~~or~~ 1.68 km return. ~~The elevation is~~ Mount Coolum is 180m-208 m above sea level and it can be quite challenging for inexperienced hikers.

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The best time to climb Mount Coolum is in the early hours of the morning. ~~This will allow you before sunrise~~ to experience uninterrupted views of the sun rising across the ocean.

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Can you drive up Mount Coolum?

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No. You ~~can not~~cannot drive up Mount Coolum. Mount Coolum is accessed via a 1.8km return walking track on the e~~E~~ast side of the mountain.

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Coolum Surf School

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Description

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We specialise in private tuition and have made it affordable to encourage all people: ~~;~~ young and old, individuals and families to experience this fun, active and iconic sport.

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Coolum Surf School offer a wide variety of beach team building activities, while ensuring everyone has loads of fun. We now own a truck-load of surfboards in all sizes and shapes, stacks of body boards, ~~,~~ and have a wide variety of hire surf board's available. We ~~have employed~~ up to 18 staff at one time and ~~when have~~ taken large groups of up to 120 students at once.

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Coolum Surf School ~~have recently been~~were named a finalist in the 2009 Sunshine Coast Excellence in Small Business Awards for Tourism.

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Coolum Surf School have designed surfing programs for groups such as Apex, Total Adventure, Rustic Pathways,

Luther Heights, the Queensland State of Origin team, Stockland, Nalco, Hyatt Coolum, and Twin Waters, just to name a few. Coolum Surf School has worked towards and is a well respected well-respected business in the community, and we look forward to taking you all surfing soon. Enjoy the day.

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Check out more [things to do in Coolum](#).

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First Bay Coolum

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First Bay Beach is located south of Coolum Main Beach, and is a beautiful and secluded area on the Sunshine Coast.

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It is perfect for swimming, walking the many rock pools and accessing some surf spots. This beach is highly recommended if spending a few days in Coolum.

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Check out more [things to do in Coolum](#).

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Mount Coolum

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Named after an Aboriginal warrior, Mount Coolum is a site to behold and must-see-visit destination when visiting the Sunshine Coast. Mount Coolum is situated within Mount Coolum National Park, and was formed 26 million years ago through volcanic activity. This activity caused magma to

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bulge up through the earth's crust, forming the mountain we see today.

The peak sits at 20810 m and has panoramic views of the Sunshine Coast beaches, including Coolum, as well as the Glasshouse Mountains.

Climbing Mount Coolum

There is a 1.6 km track that is fairly steep, starting at a carpark on Tanah Street in the suburb of Mount ~~Coolum~~ Coolum. The track ~~begiins~~ begins gently but quickly becomes steep and can be dangerous when wet, so make sure you are well prepared if planning to hike to the summit.

The walk should take roughly 1.5 hours return and should be tackled by reasonably fit people.

If you are an early riser, climbing Mount Coolum in the early hours to witness the sunrise will be one of the highlights of your trip to the region.

Check out more things to do in Coolum.

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