



Have you ever brought your mum skydiving? Us neither. Which is why you probably don't want to bring her (or your dad) along when you decide to revisit Gold Coast, Queensland.

I know: Guilt trip. Trust me though, it'll be completely worth it.

Some things about Gold Coast haven't changed since your last visit as a kid: The city still boasts 300 days of sunshine a year; the pristine white beaches from the sun-drenched memories of your youth are still intact, as is the 100,000 hectares of lush hinterland for those who love going off the beaten path. Surfers still ride the crest of Pacific waves.

High On Adventure



Skydiving is a healthy activity: We bet that screaming at the top of your lungs burns a lot of calories.

Life is all about new perspectives, and there's nothing like the perspective from 150,000 feet up in the air. Feel the wind against your face as you jump from the open doors of a plane, the adrenaline spike of freefalling 160 miles per hour, the surprising calmness of descent as the parachute opens, and you drift towards the white sands of Kirra Beach.

For a lower altitude – but equally thrilling – option, get on The Canyon Flyer on Tamborine Mountain, in the Gold Coast Hinterland.

Just an hour's drive from the Gold Coast, Tamborine Mountain is home to Australia's largest guided zipline tour. There's no better way to experience it than from 60 metres high, as the canopy whizzes past you at 70 kilometres per hour.

Cross the canyon on multiple ziplines, or explore over 100 other challenges spread across 6 courses. If you're the devil-may-care sort of traveller, you could even take a series of flying foxes over waiting crocodiles.

You'll probably have scattered memories of your holidays to Gold Coast as a kid: The taste of vanilla ice cream as you strolled down the Cavill Mall boardwalk; the first time you saw a dolphin, breaking the surface of the water at Sea World; the delicious anticipation in the pit of your stomach as you ascended The Dreamworld Tower on The Giant Drop.

They're all great memories, but we know you're not looking for old-fashioned family fun these days. Thankfully, there's a whole lot more going on in Gold Coast these days than theme parks and malls. Here are some shenanigans you may not have been aware of.

Not Your Parents' Beach Party



Everyone's a beach person; some people just haven't found the right beach to fall in love with yet. And don't worry, you're here with your mates: No one's going to slather sunscreen on your back without your permission.

Head south to Burleigh Heads - or Burleigh to the locals - for one of the best swimming, bodyboarding and surfing beaches in Gold Coast. Home to a burgeoning café culture, the ocean front dining at Burleigh boasts seafood so fresh, you'll swear it jumped from the surf onto your plate.

Nature lovers should take an amble with their partners through Burleigh Head National Park, a lush 27 hectare park that's home to white-bellied sea eagles and ironbark trees.

If mainstream is more of your thing, Broadbeach is a vibrant stretch of white sand, full of cafes, side-street delis and great restaurants. Get your caffeine fix at popular haunts like Elk Espresso, or visit Social Eating House and nosh on spiced soft-shelled crab and boneless lamb.

Cultural Street Cred



Australia's youngest city is home to a diverse creative community that's quirky, cool and laid back.

Whether you're making friends with indie designers at The Village Market, listening to slam poetry at Dust Temple, or eating your way through the burgeoning food truck scene at the Miami Marketta, you're bound to find an artistic subculture that'll get your creative juices flowing.

If you're travelling in May, be sure to check out Blues on Broadbeach: Australia's largest free music festival is a four-day, four-night showcase of both international acts and Australian talent.

Explore Fraser Island



If you're looking for an outdoor adventure with friends or your partner, check out Fraser Island, where the beach is your highway.

The world's largest sand island is the perfect destination for a four-wheel drive road trip, home to over 100 freshwater lakes, striking sand cliffs, ancient rainforests, and some of the best beach fishing in the world.

Platypus Bay - off the northwest coast of Fraser Island - is a prime whale watching spot from August to October, when the humpback whales make their southbound journey towards the Antarctic.

3 Activities to Sate Your Instagram Addiction



1. Explore The Night Quarter Market

The regular performances by firewalkers, jugglers and local bands make this a perfect place to get dramatic shots of Gold Coast's vibrant nightlife.



2. Visit A Life Saving Club

The closest you'll get to meeting the cast of *Baywatch*. Take selfies with the coastal guards, and don't forget to feed your IG account with photos of the fresh seafood.



3. Capture Scenic Golden Hour Photos

Your best bet for a beautiful sunrise would be at Burleigh Head National Park. If you're a late riser, take a Skypoint Climb and conquer the city's highest summit at dusk.

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THE GOLD COAST

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