

**Maleny Information Centre** - the wonderful volunteers are a mine of information - Maleny Community Centre kiosk, Maple St - open 10 to 3pm daily - 5499 9033

**the Community Markets** - interesting stalls and interesting characters - Community Centre, Maple Street - Sun 9 to 2pm

**Maleny Film Society** - regular screenings of Australian & international movies - film nights are a real Maleny experience with dinner and bar service that's folksy and fun [malenyfilmsociety.info](http://malenyfilmsociety.info)

**the Obi Boardwalk** - inspiring creek bank rehabilitation project by Barung Landcare & local community - stroll the Boardwalk from Coral Street to Showgrounds. Pause on the platypus viewing platform – if you don't see a platypus, you may catch a flash of an Azure kingfisher or a lazy turtle.

**the Maleny Library** - internet facilities and great collection of contemporary / classic books - open most weekdays [libraries.slq.qld.gov.au/home/services/sunshine\\_coast/maleny\\_library](http://libraries.slq.qld.gov.au/home/services/sunshine_coast/maleny_library)

**the Range News and Hinterland Herald** - our free local weekly and monthly papers - a copy of each is in Retreat

**the Maleny Farmers' Market** - good for early coffee and browsing – everything from organic vegies & meats to cup cakes, bushfoods to cosmetics, emu sausages to fresh flowers - open 8 to noon, 3<sup>rd</sup> Sat of month, Old Witta School

**Barung Landcare Nursery** - Maleny's legendary Landcare Resource Centre has the largest Landcare nursery in Qld, a great naturalist's bookshop and staff with a wealth of local environmental knowledge. All plants grow locally and all grown from local seed. Bicentenary Lane behind Maple St - 9 to 4.30 Mon-Fri, 9 to 12 Sat [barunglandcare.com.au](http://barunglandcare.com.au)

### in Maleny itself ...

**the Maple Street Co-op** - one of Maleny's first co-ops, this is the place to buy organic produce, eclectic books and fabulous bush tucker delights - open daily [maplestreetco-op.com.au](http://maplestreetco-op.com.au)

**Maleny Bookshop** - browse Jim's amazing collection of out-of-print and quality 2ndhand books. Be prepared to lose hours!

**Rosetta Books** - Maleny's answer to Readings of Lygon St, Carlton - a must for all book lovers [rosetta.leadingedgebooks.com.au](http://rosetta.leadingedgebooks.com.au)

**Maleny Art Supplies** - browse the selection of professional standard art supplies. What better souvenir for an artist - 38 Coral St - 5494 2977

**Maleny Artworks Gallery** - the best of our regional artists - with exhibition gallery, a large & comprehensive stockroom gallery, art & craft workshops with our leading artists - upstairs 50 Maple St - 10 to 4, Wed to Sun - 5429 6566 [malenyartworks.com](http://malenyartworks.com)

**the Soap Bar** - handmade soaps and body care delights - all natural ingredients [thesoapbar.com.au](http://thesoapbar.com.au)

**Holden's Gallery** - an eclectic mix of fine art, prints, pottery, sculpture, unusual gifts and décor. Closed Sundays 38 Coral St [holdensgallery.com](http://holdensgallery.com)

**David Linton Furniture and Timber Works** - showcases the region's finest woodworkers - beautiful work crafted from beautiful timbers [davidlinton.com.au](http://davidlinton.com.au)

**the Industree** - not-for-profit that is kind to the environment while funding charitable organisations in India - clothes, bags and furnishings in wonderful Indian fabrics [theindustree.com.au](http://theindustree.com.au)

**Sweets on Maple** - English sweets, boiled sweets, Belgium & handmade chocolates, fudges to die for, Turkish delights, nougats, marzipans ..... a must for every sweet tooth

**Peace of Green** - arts and craft co-op established 1992, staffed by exhibiting artists – pottery, clothing, hand-blown glass, jewellery, papers and more - open daily - 5499 9311

**Maleny IGA** - rural Qld's best supermarket! Everything from toiletries to gourmet delights - the best deli this side of Brisbane. Bring some snacks home to Bamboo Retreat

**Tanunda Cellars** - a leading back-vintage wine resellers in Maleny with wide range of beers - a bottle for every occasion, every taste and every budget [tanundacellars.com.au](http://tanundacellars.com.au)

### eating locally ...

**Colin James Fine Foods** - a must for lovers of ice cream, gelati, sorbets & cheeses - front-window-view fromagerie and a stack of medals for their award-winning ice creams [colinjamesfinefoods.com.au](http://colinjamesfinefoods.com.au)

**Maple 3 Café** - Mark and Trish serve good coffee, great food and even better homemade cakes - from 6.30am for early bird breakfasts through to late afternoon - 5499 9177

**Monicas Café & BYO Dining** - very cosmopolitan touch with delicious seasonal menu – as good as anywhere - great coffee, breakfasts from 7.30, t/always available - 5494 2670

**the Up Front Club** – good food, good coffee and local / out-of-town music Monday (blackboard session), Friday and Saturday nights - a real Maleny co-op experience for breakfast, lunch or dinner – 5494 2592 [upfrontclub.org](http://upfrontclub.org)

**Maudy's Restaurant & Bar** – our "Witta local" just 5 minutes from Bamboo Retreat on the Maleny-Kenilworth Road. Great sunsets and awesome valley views - 5494 4411 [maudy's.com.au](http://maudy's.com.au)

**Pomodora's in coral** – fresh local food (organic if possible) - late breakfasts and lunches Tues to Sat, dinner Tues, Thurs & Fri. Caterers to Maleny Film Society evenings - 34 Coral St - 5429 6543 [pomodoras.com.au](http://pomodoras.com.au)

**Bombay Mahal** - in India a guest is a form of God itself "Atithi Devo Bhava". Bombay Mahal follow the same principle - good Indian food to keep the customers happy - also cater for vegetarians, vegans & gluten free - dinner daily except Wed - t/aways available 5494 3670 [bombaymahal.com.au](http://bombaymahal.com.au)

**Gypsy's Restaurant** - individual taste sensations with every meal, beautiful ambience and decor, rainforest setting - 5435 2813 [gypsy.com.au](http://gypsy.com.au)

**King Ludwigs** - fabulous German fare with even better German beer – all in view of the Glass House Mountains - great hosts & unique entertainment - maybe even bush poetry on horseback inside the restaurant! 5499 9377 [kingludwigs.com.au](http://kingludwigs.com.au)

**The Terrace of Maleny** - with views over the Coast and Glass House Mountains, the Terrace won 'Best Fine Dining' Restaurant 2007/08 on the Sunshine Coast ..... again! Mary Cairncross Corner - 5494 3700 [terraceofmaleny.com.au](http://terraceofmaleny.com.au)

**The Reserve** - modern Australian cuisine for a special night out. Open Wednesday to Sunday for lunch and dinner - 5435 2288 [reserverestaurant.com.au](http://reserverestaurant.com.au)

**The Maleny 'Heart of the Hinterland' Pub** - for the genuine country pub experience - affordable meals in classic surroundings - visit the public bar, but wear your Akubra - 5499 9444

### local produce ...

**Maleny Cheese** - home of European cheese-making in Australia - traditional cheese production in a state-of-the-art boutique cheesery. Cheese Stop Café and Shop open daily 9 to 5 for light refreshments, cheese platters & lunches - 5494 2207 [malenycheese.com.au](http://malenycheese.com.au)

**Maleny Dairies** - this family took dairy deregulation by the horns in a bold experiment and revolutionized the local dairy industry. Their Guernsey cows with additional milk from local farmers produces the best milk, cream and yoghurt this side of the Black Stump - multiple award winners - dairy tours - 5494 2392 [malenydairies.com.au](http://malenydairies.com.au)

### along the front of the Range ...

**Montville** — shop till you drop - Montville has a remarkable proliferation of arts & crafts galleries, gift & specialty shops, tea rooms, restaurants & cafes – very popular with tourists [montvilleguide.com.au](http://montvilleguide.com.au)

**Flaxton** - one of the prettiest of the Blackall Range settlements - a balance between the old and the new - a golf course and some rather beautiful arts and crafts places. It seems new but it also has style.

**Le Relais Bressan** - traditional French bistro dishes, reasonably priced and full of flavour with excellent views of the rolling hills - you'll leave feeling well-fed and well looked after - 5445 7157

**Mapleton** – the Range's most northern town - hosts the annual Yarn Festival in October when spinners

of tall tales and true gather to celebrate the art of the Aussie bush balladeer. Best town on the Range after Maleny! From Bamboo Retreat you can go via Maleny & Montville, or via Obi Obi Valley (continue down Kidaman Creek Rd, turn right at Obi Obi Rd T-intersection and continue up mountain).

**Bella Vista** - fabulous pasta and wood-fired pizzas - byo - fresh quality ingredients, local & organic where possible - gluten free available - cosy indoor or outside terrace dining - t/away available - 5445 7722

**Le Bonne Brioche** - next door to Bella Vista, this French patisserie is to die for - 5478 6637

**Mapleton Village Bookstore** - just down from Le Bonne Brioche - 5478 6478

**Mapleton Pub** - great for Sunday lunch with views over the Coast. High quality food and service - open 10 to 10 Mon to Sat, 11 to 7 Sun [mapletontaVERN.com.au](http://mapletontaVERN.com.au)

### in and beyond the Mary Valley ...

**Crystal Waters Eco Village** - UN Habitat award - workshops, events and comprehensive village tours - Kilcoy Lane, Conondale - ring 07 5494 4726 to book tours in advance [ecologicalsolutions.com.au/crystalwaters](http://ecologicalsolutions.com.au/crystalwaters)

**Crystal Waters Village Market & Café** - organic vegetables, organic sourdough breads from the wood-fire oven bakery, jams, dried herbal teas, raw organic honey varieties, nuts and desserts and more - great café - 8 to noon - 1st Sat each month [ecologicalsolutions.com.au/crystalwaters](http://ecologicalsolutions.com.au/crystalwaters)

**Lasting Impressions Gallery** - a Sunshine Coast icon for over two decades - a must for lovers of good painting - internationally recognized and patronised by travelers and locals alike - Elizabeth Street, Kenilworth [lastingimpressionsgallery.net](http://lastingimpressionsgallery.net)

**Kenilworth Hotel** - for a real touch of country hospitality.

**Kenilworth Country Foods** - free cheese tasting and other products - 9 to 4 Mon-Fri, 10 to 3 Sat, Sun & public holidays - 45 Charles St, Kenilworth [Kenilworthguide.com/kenilworthcountryfoods](http://Kenilworthguide.com/kenilworthcountryfoods)

**Kenilworth Bluff Winery** - the oldest vineyard on the Sunshine Coast in a hidden valley under the Kenilworth Bluff - cellar door open 10 to 4 Sat, Sun & most public holidays - 5472 3723

**Eumundi** - home to the famous Eumundi Markets - a regular weekend outing for many Brisbane and Sunshine Coast based tourists. Everything you can imagine - food, home wares, art, clothing, jewellery, sculpture, clothing, furniture, entertainment - open rain, hail or shine Wed 8 to 1.30pm, Sat 6 to 2pm [eumundimarkets.com.au](http://eumundimarkets.com.au)

**Noosa** - the Sunshine Coast's iconic tourist destination - sophisticated yet laid back, romantic yet family - Noosa has wealth, beauty and some of the best beaches in Australia - 1 hour from Bamboo Retreat

### off the front of the Range ...

- **Chenrezig Institute** - for the more spiritually inclined - open to the public and nestled in the Hinterland's forested foothills, Chenrezig was established in the mid 70's by Lama Thubten Yeshe and Lama Zopa Rinpoche. The institute was the first centre for Buddhist study in Australia - offers a comprehensive program in the Tibetan Buddhist tradition for beginners to advanced practitioners. Café - just phone ahead to ensure it's open - 5445 0077 [chenrezig.com.au](http://chenrezig.com.au)
- **Landsborough Museum** - for those more historically inclined - one of the largest social history museums between Gympie & Brisbane - 9 to 3 Thurs to Mon - 4 Maleny Street, Landsborough - 5494 1755 [landsboroughmuseum.org.au](http://landsboroughmuseum.org.au)

visit [brbta.com](http://brbta.com) for more information or drop into the Maleny Visitors Information Centre in Maple Street

### for the nature lover ...

**Baroon Pocket Dam** - the Sunshine Coast water supply, Lake Baroon was once the site of the triennial bunya nut feasts for local Gubbi Gubbi people. Take a picnic lunch or use one of the BBQ's. Hire you a catamaran, sail boat, canoe or pedal craft to explore the lake. Regularly stocked with fish - a great place to throw a line and catch lunch, or simply chill out. Follow North Maleny Road all the way to the dam.

**Mary Cairncross Scenic Reserve** - 52ha of National Estate listed subtropical rainforest with 1.7km of wheelchair-friendly walking trails. Now an isolated remnant the reserve offers a taste of what the Range was like when it was clothed in rainforest. A wonderful place to lower your temperature on a hot day - home to a myriad of rainforest birds and animals. Unique Education Centre, diorama & great kiosk overlooking Glass House Mountains [marycairncross.com.au](http://marycairncross.com.au)

**the Great Walks** - half-day strolls or full-day walks through the Blackall Range's most scenic areas - warm subtropical rainforest, tall open eucalypt forest and picturesque waterfalls. 58km Great Walk takes 4-6 days [epa.qld.gov.au/parks\\_and\\_forests/great\\_walks/sunshine\\_coast\\_hinterland](http://epa.qld.gov.au/parks_and_forests/great_walks/sunshine_coast_hinterland)

**Mapleton State Forest** - 11,000ha with a number of picnic areas and several short walks. The 400m Pilularis Walk passes through wet sclerophyll forest, Pooles Dam Walk leads to the top of a small waterfall and the Piccabeen Palm Groves is a 200-metre stroll through a pocket of rainforest.

**Conondale National Park** - rugged undeveloped wilderness in the scenic Conondale Range - luxuriant rainforests, tall eucalypt forest, mosaics of plantation forests, waterfalls, boulder-strewn creeks and spectacular scenery - well worth a visit - more than 120 species of birds and many mammals. Booloumba Gorge has cascades, falls and rock pools [epa.qld.gov.au/projects/park/index.cgi?parkid=60](http://epa.qld.gov.au/projects/park/index.cgi?parkid=60)

**Kondalilla National Park** - an important refuge for native animals and plants including the rare pouched frog, *Assa darlingtoni* and the bopple nut, *Macadamia ternifolia*, (vulnerable to extinction). Named after the spectacular 90m Kondalilla Falls from an Aboriginal word meaning "rushing waters". Above, tall open eucalypt forest with rainforest species while western escarpment has drier forest featuring casuarinas with grass tree understorey. Subtropical rainforest grows below the escarpment and riparian rainforest lines the creek - over 107 bird species recorded [epa.qld.gov.au/projects/park/index.cgi?parkid=104](http://epa.qld.gov.au/projects/park/index.cgi?parkid=104)

**Mapleton Falls National Park** - home to Mapleton Falls which tumble 120m down the cliff face. The falls lookout offers excellent views over Obi Obi valley - popular picnic area, good for birdwatching / bushwalking. 1.3km Wampoo Circuit Walk takes you to Peregrine Lookout over the Obi Obi Valley. From Bamboo Retreat, continue down Kidaman Ck Rd, turn right at Obi Obi Rd T-intersection. [epa.qld.gov.au/projects/park/index.cgi?parkid=93](http://epa.qld.gov.au/projects/park/index.cgi?parkid=93)

**Howells Knob Lookout** - 360 degree views from one of the Range's highest points (561m) - panoramic views of the Glass House Mountains, the coastline, Moreton & Bribie Islands. From Bamboo Retreat head into Maleny along Maleny-Kenilworth Rd, turn right into Reesville Rd (two kms before Maleny), turn left at old quarry - about 1km

**Witta** - spectacular views over the Mary / Conondale Valley leave you feeling like you're on top of the world - looking over the valley's clouds in early mornings is breathtaking.

**Obi Valley Lookout** - a wonderful picnic spot complete with picnic tables and views forever over Obi Valley - Schulz Rd

**Glass House Mountains & National Park** - 13 breathtaking volcanic peaks named by Cook during his epic voyage along Australia's east coast. The 'Glass Houses' are remnant cores of the molten rock forced out of vents within the earth millions of years ago. As the lava flows cooled they solidified into the conal shapes we see today. Remnants of the open eucalypt woodland and heath vegetation which once covered the coastal plains, provide a home for a variety of animals and plants, including 26 rare and threatened plant species. Once a spiritually significant gathering place for Aboriginal people. The Glass House Mountains National Parks contain number of walking and climbing tracks. [epa.qld.gov.au/projects/park/index.cgi?parkid=112](http://epa.qld.gov.au/projects/park/index.cgi?parkid=112)

