

DAY DREAM ISLAND

On Island Activities

With an array of activities on offer across the island each day, guests can experience the luxury of a snorkeling adventure, take part in guided meditation and explore the island with a guided rainforest walk.

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

For booking information contact:

Tour Desk | 1800 888 288 | tourdesk@daydreamisland.com

daydreamisland.com





Activities



Stand Up Paddle Boarding

Free

Test your balance on a paddle board. Our staff will provide a few pointers for beginners and then set you off to explore the relaxing waters of Daydream.

Rainforest Walk

Free

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.

Guided Meditation

Free

Stop, breath, relax and unwind the mind with a soothing 30 minute guided meditation session on the beach or in our Underwater Observatory

Kayaks

Free

Grab a friend and paddle out to see Daydream from a different perspective. Enjoy the tranquility as you glide through the crystal water.

Amazing Race Team Challenge

Free

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. Prizes to be won!

Catamarans

Free

Feel the wind in your hair and take out one of our catamarans to explore the pristine waters of the Whitsundays. Participants must have sufficient prior experience. Please consult our Watersports attendants.

Snorkel Equipment Hire

Free

Take a self-guided swim in the ocean at your own leisure to explore the activity beneath the water's surface.

Trivia Nights

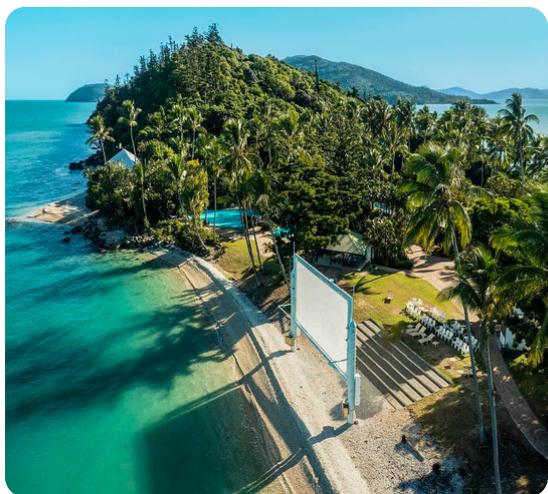
Free

Put your knowledge to the test with one of our trivia nights. Fun for all ages.





Activities



Open Air Cinema

Free

Our refurbished 44ft cinema screen and lawn area, overlooking Sunset Beach, will offer a range of family favourites, recent releases and classics. Take a seat on the deck chairs, purchase your movie snacks and sit back and enjoy an island movie night under the stars.

Rock the Room, Interactive Music Trivia

Free

Test your music knowledge, prizes to be won!

Musical Bingo

Free

Test your music knowledge and luck for a full house - prizes to be won!



Beach Volley Ball

Free

Join in a lively game of beach volleyball on a sun-kissed court, perfect for fun and friendly competition.

Underwater Observatory Yoga

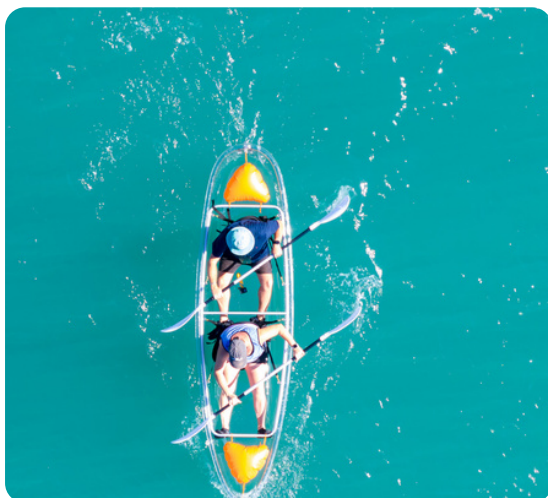
\$10

Unwind with a serene yoga session inside our underwater observatory. This 30-minute experience invites you to stretch, breathe, and relax while watching marine life glide past, creating a truly peaceful and immersive escape.

Bag Painting

\$15

Perfect for adults and kids alike, this creative session lets you paint your own Daydream Island-inspired tote bag. Includes all paints, brushes, and your finished tote bag to take home as a unique souvenir.



Catamaran Lesson

\$50

Learn to sail with a 45-minute introductory lesson led by one of our Watersports team. Lessons must be booked at the Watersports Hut. Subject to instructor availability and suitable weather and sea conditions.

Glass Bottom Kayak Tour

\$50

Let our guides take you on a one hour scenic paddle around the island, pointing out special landmarks and notable reef features.

Book now: tourdesk@daydreamisland.com | 1800 888 288 | daydreamisland.com

Booking terms and conditions: 100% cancellation fee applies for no-shows or cancellations within 24 hours of scheduled departure time. Also applicable to requests to reschedule. Activities and tours are subject to availability, weather and operating conditions, and prices may change without notice.