

TRAVELLING TO THE COLD COAST?



Worlds GOLD COAST GUIDE

WELCOME TO THE GOLD COAST - HOME OF FMG WORLDS 2026

Get ready for an unforgettable experience. FMG Worlds 2026 is taking place on the iconic Gold Coast, Queensland — Australia's ultimate destination for sunshine, surf, and big dreams. Whether you're stepping on stage, cheering from the crowd, or simply soaking up the energy of this global fitness event, there's something here for everyone.

The Gold Coast is more than just the host city of our World Championships, it's a vibrant, world-class destination. With endless golden beaches, the sparkling Pacific Ocean, and a lush subtropical hinterland, it offers the perfect balance of excitement and relaxation. Wake up to ocean sunrises, visit top-tier gyms, explore buzzing coastal precincts, or unwind with a rainforest escape or beachside café visit.

This guide has been created to help make your trip as smooth and enjoyable as possible. Whether you're competing or just coming along for the ride, we've taken care of the details, so you can focus on making the most of FMG Worlds 2026.

Explore the Gold Coast

We've Got 70 Kilometres of Beaches. From the iconic Surfers Paradise to the locals' favourite Burleigh Heads, the Gold Coast coastline stretches across 35 beaches — perfect for relaxing post-show or catching sunrise on show day.

It's Not Just Beaches - We've Got Rainforest Too. The Gold Coast hinterland is home to ancient rainforests, waterfalls, and scenic walking tracks in places like **Tamborine Mountain, Springbrook, and Lamington National Park** — all within an hour's drive of Broadbeach.

Sunshine Almost All Year Round. With over 300 sunny days a year, you're almost guaranteed blue skies during your stay. September is spring here, warm days, mild nights, and picture-perfect weather for competition week.





CUDDLE A KOALA

Head to **Currumbin Wildlife Sanctuary** and you can hold a koala, hand-feed kangaroos, or spot a crocodile up close. It's a must-do Aussie wildlife experience for first-timers.

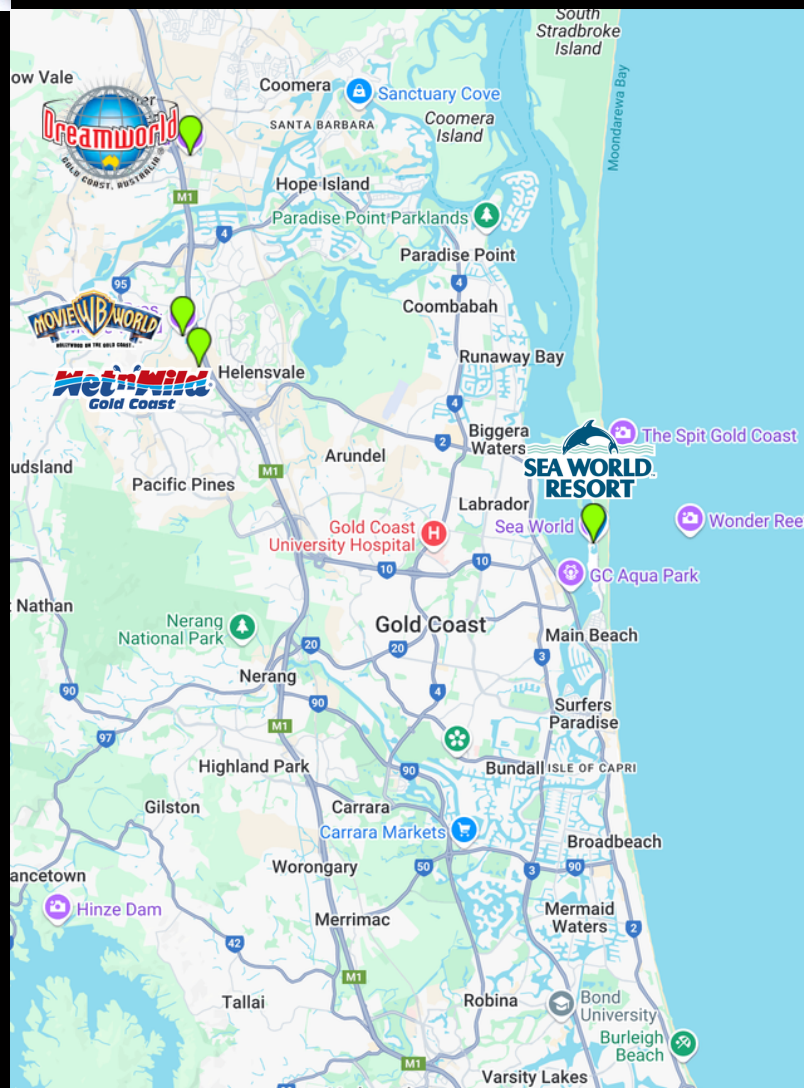
Dreamworld's Koala Country also offers the chance to cuddle a koala and snap a professional photo—perfect for visitors already planning a day at the theme park.

For a more relaxed setting, **Paradise Country** delivers a classic Australian farm experience with koala encounters, sheep shearing shows, and the chance to meet other native animals.

Wherever you choose, these wildlife experiences offer a uniquely Australian memory you won't forget.

THEME PARKS TO VISIT

The Gold Coast is Australia's theme park capital, and it's easy to see why. With a line-up of adrenaline-pumping rides, animal encounters, family-friendly attractions, and water parks, there's something for every age and adventure level. If you're extending your trip or travelling with family, make time for some theme park fun while you're here, and it's all just 20–30 minutes from Broadbeach.





Dreamworld is Australia's largest theme park, combining thrill rides, wildlife encounters, and family attractions all in one place. Brave the Big 9 thrill rides, cool off at WhiteWater World (right next door), or explore Tiger Island and Koala Country. It's perfect for a full day of fun, whether you're chasing rollercoasters or cuddling a koala.



Need to cool down? Wet'n'Wild is the Gold Coast's ultimate water park, featuring extreme slides, wave pools, and relaxing lazy rivers. It's ideal for a sunny day out, whether you're chasing the thrill of the Tornado or floating the day away in Calypso Beach.



Sea World blends marine animal encounters with rides and shows, offering something magical for all ages. Watch the incredible dolphin and seal shows, explore the Shark Bay exhibit, and let little ones enjoy Nickelodeon Land. There are also family-friendly rides and new attractions added regularly.



Step into the world of Hollywood at Movie World! Known as "Hollywood on the Gold Coast," this park features action-packed rides, live shows, and appearances from your favourite DC superheroes and Looney Tunes characters. Don't miss the DC Rivals HyperCoaster, Australia's tallest and fastest rollercoaster, or the daily Star Parade through Main Street.

More Fun on the Gold Coast

SKYPOINT OBSERVATION DECK

NeeRide the elevator to level 77 of the Q1 building and enjoy 360° views of the coastline, city, and hinterland. It's the perfect place to watch the sunset or grab a drink at the SkyPoint Bistro & Bar. For the adventurous, book the SkyPoint Climb, a thrilling outdoor walk high above the city skyline.



TIMEZONE SURFERS PARADISE

Step into one of the largest Timezone arcades in Australia, featuring everything from bumper cars and laser tag to bowling, virtual reality, and classic arcade games. It's family-friendly, air-conditioned, and a fun way to unwind with friends between show days.



DRACULA'S CABARET

Looking for something wildly different? Dracula's is a Gold Coast icon. This adults-only dinner and cabaret show blends burlesque, comedy, circus, and horror, all with live music and over-the-top theatrics. It's bold, bizarre, and unforgettable. A great night out just minutes from the FMG venue.



Shopping on the Gold Coast

Whether you're after luxury fashion, last-minute show essentials, or the perfect souvenir, the Gold Coast has plenty to offer, and the best part? One of Australia's premier shopping destinations is right across the road from the FMG venue.

PACIFIC FAIR SHOPPING CENTRE

Located directly across from The Star Gold Coast, Pacific Fair is the ultimate shopping experience. With over 400 stores, this beautifully designed indoor-outdoor centre offers everything from high-end luxury to popular Australian brands and everyday essentials.

When it's time to take a break, relax in the resort-style outdoor dining precinct or grab a bite from the food court, cafés, or restaurants. From healthy smoothies to gourmet meals, Pacific Fair covers all tastes and cravings.

ROBINA TOWN CENTRE

A short drive away, offering a more local vibe with big-name stores, cinemas, and dining.

HARBOUR TOWN PREMIUM OUTLETS

Score a bargain on designer brands at this open-air outlet centre, around 25 minutes north of Broadbeach.



EMPIRE FITNESS CENTRE

Empire Fitness Centre is the official HQ of FMG International, located at: 6/354 Brisbane Road, Arundel – approximately 15-20 minutes' drive from Broadbeach.

All FMG Worlds competitors may train for FREE in the two weeks leading up to the show. No bookings needed – just mention you're competing at FMG Worlds. Be sure to tag us and @empirefitnesscentre in any social media posts while training there.



WHERE TO TRAIN



EMF PACIFIC FAIR

Just steps from the FMG venue, EMF Pacific Fair is a well-equipped performance centre. Level 1, 20 Queensland Ave, Broadbeach QLD 4218

There are also many gyms located in Broadbeach and the surrounding areas if you're looking for something close to your accommodation – including options with casual passes and extended hours.

MONEY & WEATHER

MONEY MATTERS

Currency: Australian Dollar (AUD). Australia is largely cashless contactless card payments are widely accepted. ATMs are available everywhere, but international withdrawal fees may apply.

TIME ZONE

AEST (UTC +10)

Queensland does not observe daylight savings.

WEATHER & WHAT TO PACK

October is spring — mild and sunny. Average temperatures: 15–25°C (59–77°F).

Pack:

- Light clothing for day, warm layer for evening.
- Sunscreen (UV is high year-round).
- Comfortable shoes and a swimsuit if you're heading to the beach.

SUPPLEMENTS & MEDICATIONS

Declare all supplements and powders on arrival. Keep medications in original packaging and bring prescriptions where possible. Avoid carrying large powder quantities in carry-on luggage. There are a number of supplement stores on the Gold Coast.



Stay, Charge, Connect Gold Coast

ACCOMMODATION

Broadbeach is the best location to stay. It's home to the show venue, tanning and makeup services, and is directly opposite Pacific Fair, the largest shopping centre on the Gold Coast with supermarkets, restaurants, and shops.

Nearby areas like Mermaid Beach and Surfers Paradise also offer a wide range of accommodation and are a short distance from the venue.

- Use sites like Booking.com to compare options.
- Booking directly with hotels can sometimes match or beat online prices.

POWER ADAPTORS

Plug Type: Type I. Voltage: 230V / 50Hz.

Bring a universal adaptor if you're coming from outside Australia.

PHONE & INTERNET

If your phone supports it, international roaming is the most convenient option. Alternatively, purchase a local SIM or eSIM from Telstra, Optus or Vodafone. SIMs are available at airports and local stores. WiFi is widely available in hotels and public areas.



Visa & Flight Information

VISAS & ENTRY REQUIREMENTS

All non-Australian citizens require a valid visa to enter the country. For the simplest and most streamlined process, apply for a Visitor Visa (subclass 600) and select tourism/holiday as the purpose of your stay.

This option covers travel to events and avoids unnecessary complications in the application process.

- Apply via the official site:
- <https://immi.homeaffairs.gov.au/visas>
- Apply early — visa processing times vary by country.
- Be sure to declare any supplements or medications at customs.

AIRPORTS & ARRIVAL

Gold Coast Airport (OOL)

Closest airport, approx. 30-40 minutes to Broadbeach.

Brisbane Airport (BNE) – Approx. 1-1.5 hours away.

Transport options:

- Uber, taxi, or airport shuttles (e.g. Con-X-ion)
- Car hire (note: driving is on the left side in Australia)
- Train services from Brisbane to the Gold Coast





FMG

INTERNATIONAL

FITNESS • MUSCLE • GLAMOUR

www.fmgshows.com