

WHALE

2026
EDITION

WEEK

POWERED BY THE PRESSURE PROJECT



EXPERIENCE THE POWER OF THE HUMPBACK
HIGHWAY ON THE SUNSHINE COAST OF AUSTRALIA



THE HUMPBACK HIGHWAY

SUNSHINE COAST

Stretching along the southeast coast of Queensland, the Sunshine Coast sits on the migratory path of over 40,000 humpback whales. Each year, these giants travel thousands of kilometres from Antarctica to the tropical waters of northern Australia — and back again.

This coastline offers front-row access to their journey, with whales often seen breaching, playing, and resting just minutes from shore. It's one of the few places in the world where you can witness, and even swim alongside, these incredible animals in their natural environment.



A full-page background image showing a diver in a black wetsuit and red fins swimming alongside a large humpback whale in deep blue water. The whale's white underside is visible, and its long, curved back extends towards the surface. The diver is positioned to the left of the whale, looking towards it. The water is dark and textured with ripples and bubbles.

WHALES

OF THE SUNSHINE COAST

Humpback whales are known for their acrobatics, long migrations, and deep curiosity. On the Sunshine Coast, we see them from June through October as they travel to and from their breeding grounds. This coastline becomes a rest stop, a nursery, and a playground — especially for mothers and calves.

During the peak season, it's common to witness breaches, tail slaps, and even tender bonding moments between mum and calf. These waters provide a rare opportunity to not only observe but sometimes interact — always on the whale's terms — creating powerful, unforgettable moments in the wild.



A photograph of a diver in a black wetsuit swimming over a large humpback whale underwater. The whale's back and tail are visible, and the water is a deep blue. The diver is positioned above the whale, looking down at it.

WHALE WEEK

OVERVIEW

Over seven days, we'll head out daily to search for the best possible encounters with humpback whales. There's no fixed timetable — we move with the ocean. Conditions change, and so do the whales, which is why we remain flexible and responsive to create the most memorable, respectful experiences possible.

Each day is centered around time in the water. Around that, we include supportive practices like breathwork, ice baths, meditation, movement, and educational sessions to help you connect deeper — with the ocean, the whales, and yourself.



Mooloolaba, Sunshine Coast



**Aug 3rd-9th | Aug 24th-30th |
Sep 21st-27th**



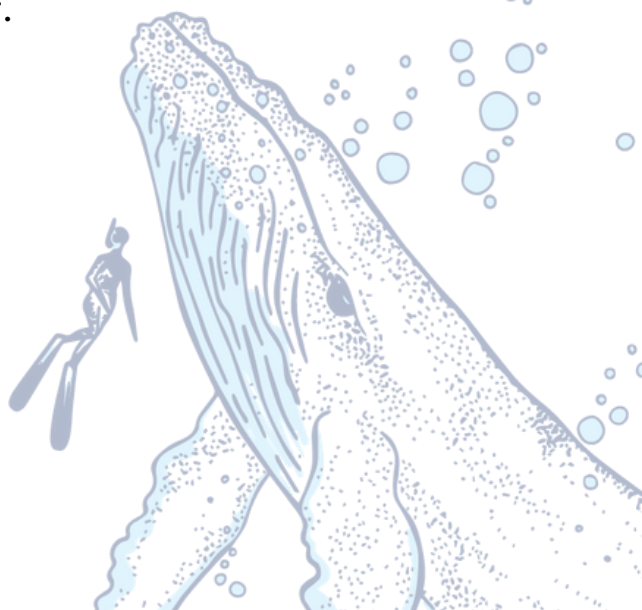
Small Groups



Pressure Project Vessel & Guide



Daily Whale Swims & Activities



7 DAYS

A WEEK ON THE WATER

WHAT TO EXPECT?

Here's a taste of what your Whale Week might look like. Every day will be shaped by the weather, ocean conditions, the whales, and the group's energy — no two days are the same.

Day 1 - Example

- Sunrise Breathwork
- Whale Swims
- Ice Bath & Reset
- Free Time
- Group Dinner

Day 2 - Example

- Flinders Reef Snorkel
- Whale Swims
- Afternoon Meditation
- Watch the sunset

Whale Week isn't about squeezing into a tight itinerary — it's about opening space for raw nature, real connection, and once-in-a-lifetime encounters. Each day unfolds with intention, curiosity, and a shared love for the ocean.

Whale Week is designed as a full retreat experience. If ocean conditions don't allow us to head out on certain days, we'll enjoy alternative activities together — refunds aren't available as the week includes much more than whale swims.



SUMMARY

WHALE WEEK 2026 EDITION

INCLUDED

- 7 days of ocean, whale adventures and activities
- Daily humpback whale swims - possible
- Local reef snorkelling / freediving
- Guidance for certified freedivers and snorkellers
- Guided breathwork and meditation sessions
- Ice baths and cold exposure practices
- Yoga and movement workshops
- Engaging talks on everything from whales to freediving
- Photo & Video package of trip highlights
- Experienced freedive guides and skipper
- Gear | 5mm wetsuit, snorkel mask & fins

NOT INCLUDED

- Accommodation
- Travel Insurance
- Drinks & Meals

PRICE

\$2500 per week