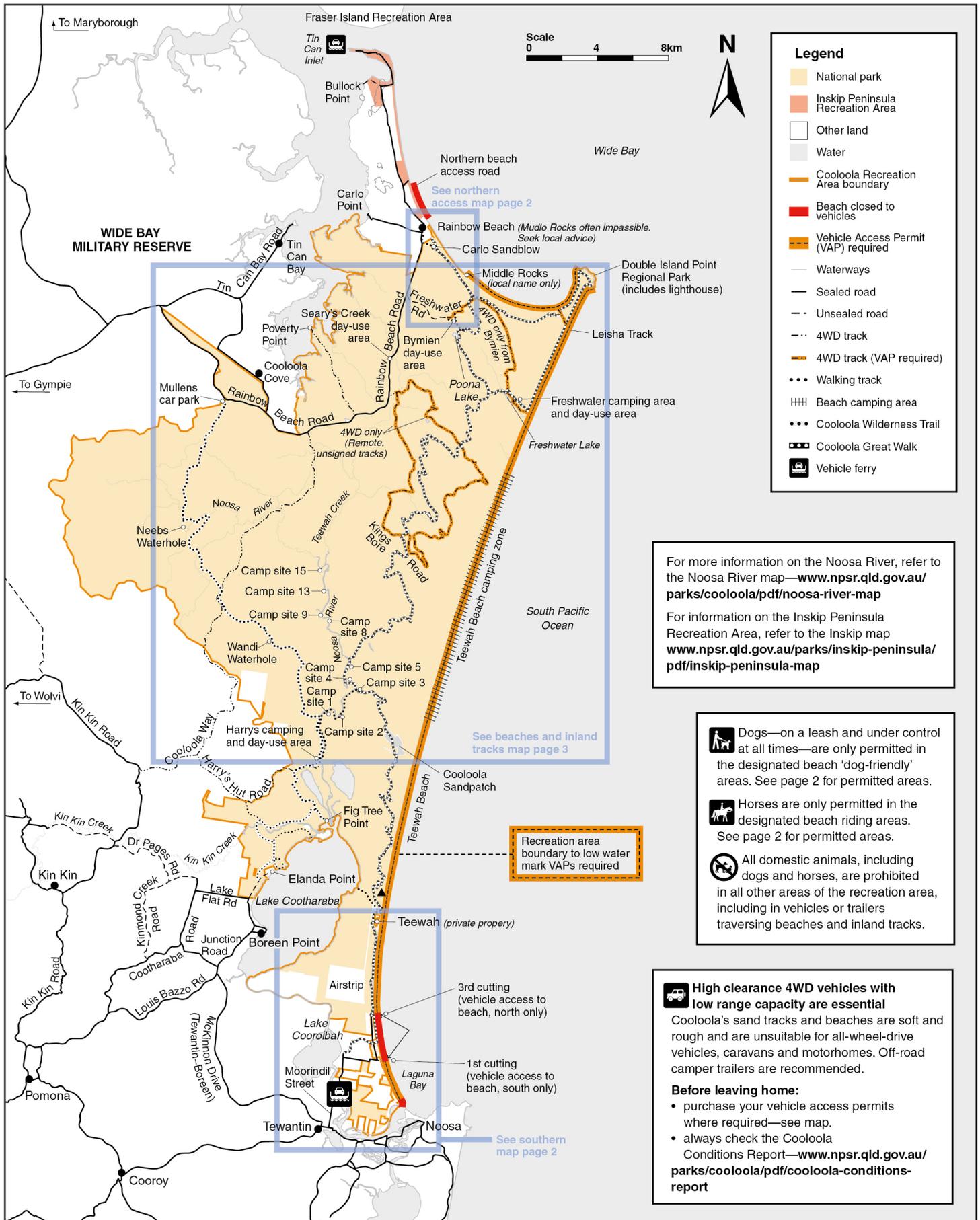


Cooloola Recreation Area, Great Sandy National Park



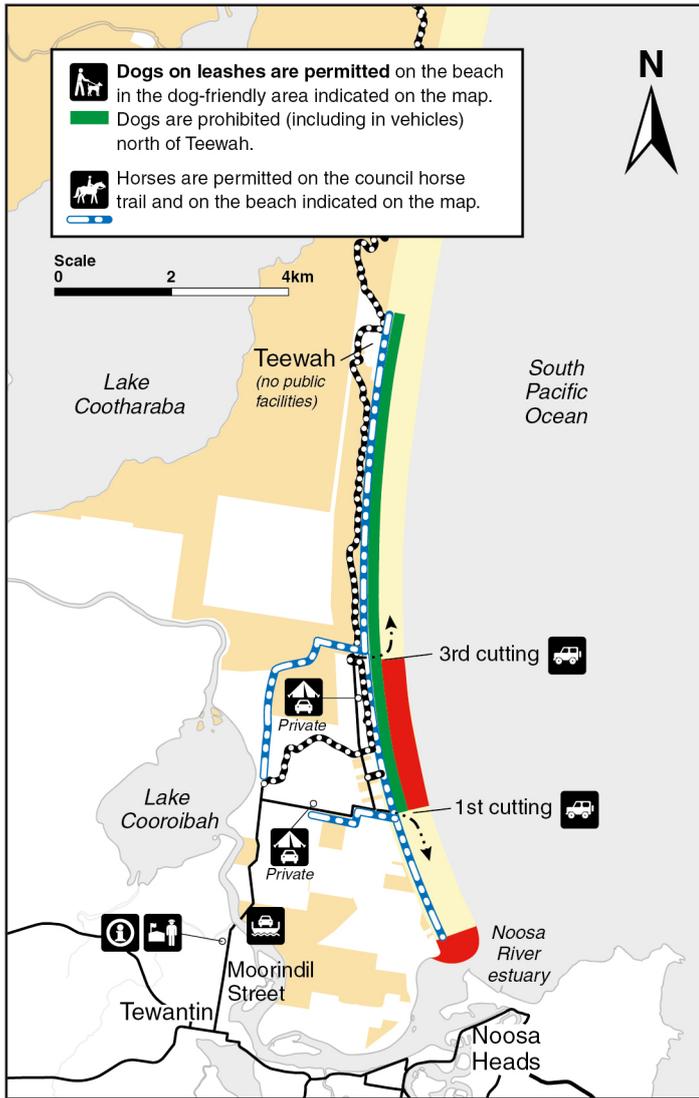
Cooloola Recreation Area, Great Sandy National Park

Vehicle access permits are required before driving on Cooloola's beaches—Noosa River estuary to Middle Rocks—and some inland 4WD roads, including Freshwater Road.

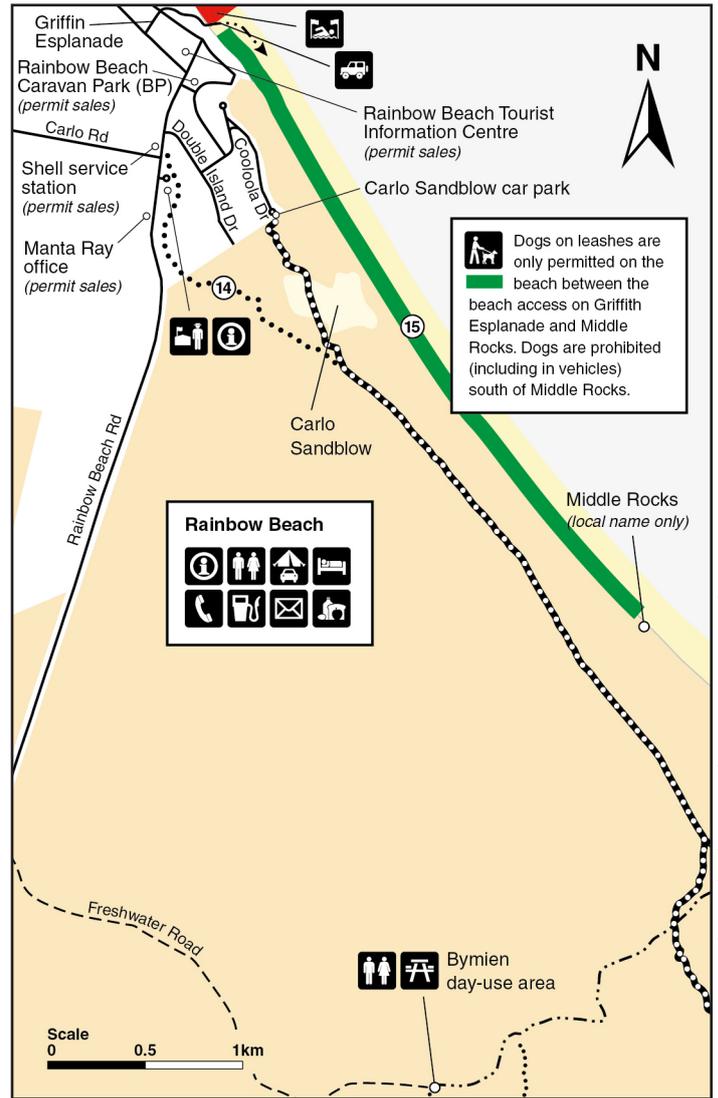
- Engage 4WD and drive to the conditions.
- Aim to traverse beaches 2 hours either side of low tide.
- Keep off fragile foredunes.
- All road rules apply.

Warning! Exposed sand dunes and sand cliffs are unstable and may collapse without warning. Climbing on, sliding down or digging into them is dangerous and can lead to serious injury or death.

From the south: Noosa North Shore



From the north: Rainbow Beach



Legend			
	Cooloola Recreation Area		Horse trail
	Beach		Sealed road
	Water		Unsealed road
	No-vehicle zone		4WD track
	Dog-friendly area		Walking track
	Cooloola Great Walk		Vehicle ferry
	QPWS office		Toilets
	Information		4WD beach access
	Accommodation		Picnic table
	Telephone		Car camping
	Petrol		
	Post office		
	General store		
	Patrolled Beach		

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Cooloola Recreation Area, Great Sandy National Park

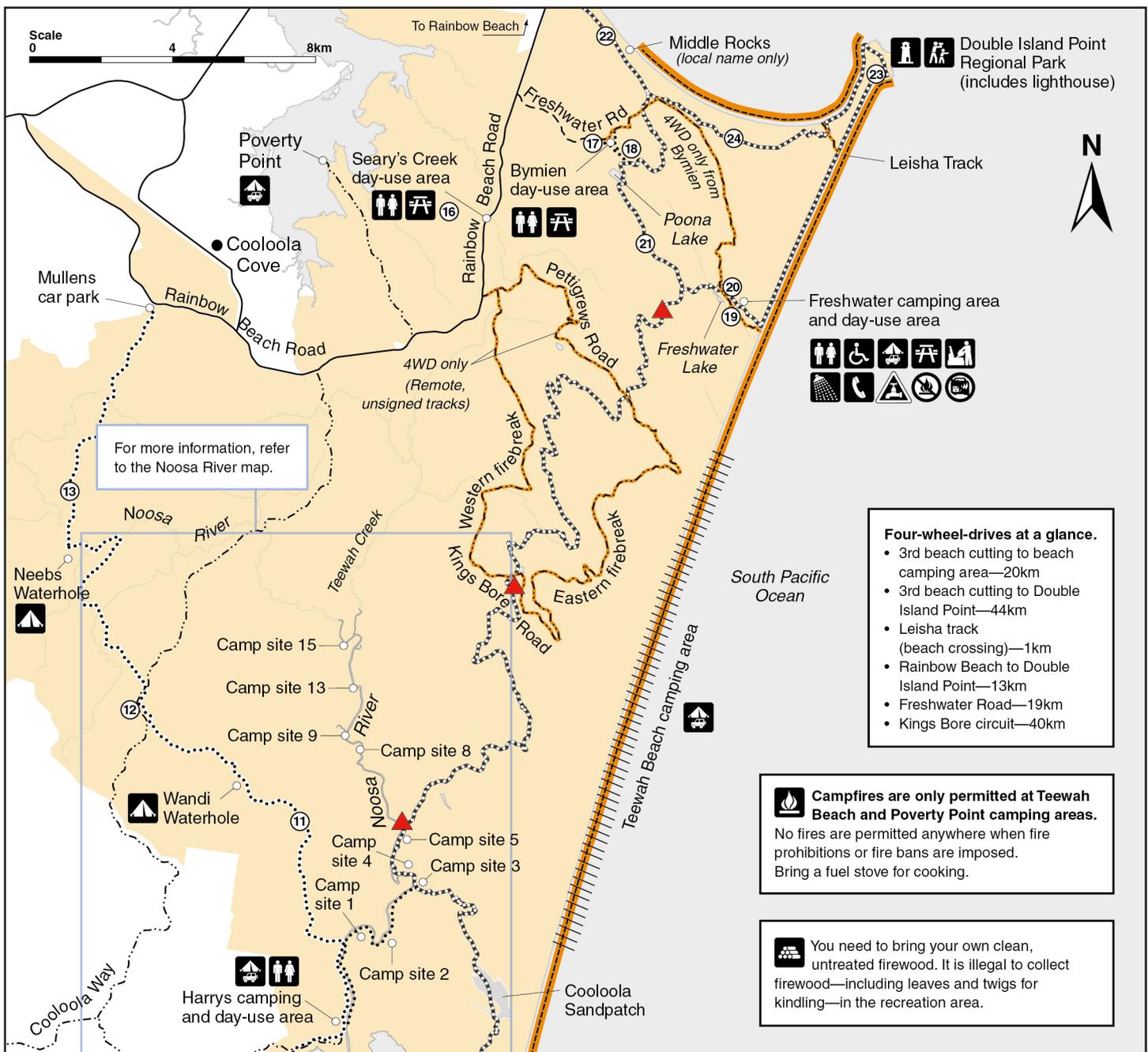
Camping in Cooloola?

Permits are required before setting up camp.

Book online www.qld.gov.au/camping, over-the-counter, or phone 13 QGOV (13 74 68).

- Bring a portable toilet when camping in areas without facilities.
- Consider others—keep camp size small.
- Keep noise to a minimum after 9pm.
- Domestic animals are prohibited.

Legend					
	Cooloola Recreation Area		Toilets		Portable toilet waste disposal
	Water		Walk-in camping		Water—treat before drinking
	Sealed road		4WD camping		Open campfire prohibited
	4WD track		Shower		Generator use prohibited
	4WD track (VAP required)		Picnic table		Walking tracks
	Beach camping area		Viewpoint		Great Walk camp sites
	Walking track		Telephone		
	Cooloola Great Walk		Lighthouse		
	Cooloola Wilderness Trail				



Cooloola Recreation Area, Great Sandy National Park

Choose walks to suit your group's ability

Each track is classified according to its most difficult section; other sections may be easier. Choose walks suitable for your groups experience and fitness.

Expect some soft sand, which can make walking time slow and tiring.

Grade 2 walks

Formed track. May have gentle hills and some steps. Clearly signposted. No experience required.

16 Seary's Creek car park (Rainbow Beach Road) to Seary's Creek

Distance: 200m (return)
Time: 10mins

17 Dundathu circuit (Bymien day-use area)

Distance: 250m (return)
Time: 10mins

18 Bymien day-use area to Poona Lake

Distance: 4.2km (return)
Time: 1hr 30 mins

19 Freshwater camping area to Freshwater Lake

Distance: 2.4km (return)
Time: 50mins

20 Freshwater Lake circuit (Freshwater camping area)

Distance: 4.7km (return)
Time: 2hrs

Grade 3 walks

Formed track, some obstacles, 20km or less. May have short steep hills and many steps. Some experience recommended.

14 Rainbow Beach QPWS information centre to Carlo Sandblow

Distance: 3.8km (return)
Time: 1hr 30mins

15 Rainbow Beach township to Coloured sands

Distance: 6km (return)
Time: 2hrs

21 Freshwater Lake car park (Freshwater Road) to Bymien day-use area

Distance: 17km (return)
Time: 5hrs

22 Rainbow Beach to Bymien day-use area

Distance: 15km (return)
Time: 5hrs

23 Teewah Beach (Double Island Point) to lighthouse

Distance: 2.2km (return)
Time: 45mins

Grade 4 walks—extended overnight walks

Rough track. May be long and very steep with few directional signs. For experienced bushwalkers.

Compile an emergency plan and inform someone who cares for your safety.

Cooloola Great Walk

Distance: 102km (one way)
Time: allow 5 days.

Do not attempt this 5-day walk without a topographic map.

Refer to Cooloola Great Walk for detailed track information www.npsr.qld.gov.au/parks/great-walks-cooloola

24 Rainbow Beach to Double Island Point

Distance: 30km (return)
Time: one full day

Cooloola Wilderness Trail

Distance: 47.9km one way
Time: allow 3–5 days.

Refer to the upper Noosa River map for more detail on The Cooloola Wilderness Trail and camping areas south of Harry's Hut.

11 Harrys camping and day-use area to Wandi waterhole camping area

Distance: 9.5km (one way)
Time: 3hrs 30mins

12 Wandi waterhole camping area to Neeps waterhole camping area

Distance: 13.1km (one way)
Time: 4hrs 30 mins

13 Neeps waterhole camping area to Mullens car park

Distance: 8.1km (one way)
Time: 2hrs 30mins

In an emergency phone Triple Zero (000).

For further information: www.npsr.qld.gov.au/parks/cooloola