

Welcome to Cooloola

The Kabi Kabi First Nation people and the Butchulla people have an ongoing Cultural and Spiritual connection to this area. They, and Queensland Parks and Wildlife Service (QPWS), ask that you treat Cooloola and Inskip Country with respect and care.

Cooloola is about coastlines, colour and contemplation. It's about slowing down and breathing fresh air.



“I love the different ‘moods’ of Cooloola, whether it’s the serenity of a pink dawn over the upper Noosa River or a summer sunset from Carlo Sandblow. Cooloola just captivates you.
Ranger Alana”

Cruise into Cooloola ... at any time of year

Get excited about the simple things—catching a fish, a moonrise over the ocean or drifting lazily in your canoe through The Narrows of the upper Noosa River.

Cooloola offers 61,750ha of variety—beaches, sandblows, rivers, open heath plains and forests—and is only a couple of hours north of Brisbane. Peak times mean peak crowd numbers, when every camping area is buzzing with activity, adding a lively, uplifting feel to your experience. Visit off-peak if you’re seeking peaceful seclusion.

Once across the Noosa River, near Tewantin, things change. Town and city are left behind and blissful days of fun and relaxation lie ahead.

Feel the rush of being set free, four-wheel driving along the ever-changing edge of a 500,000 year old sandmass. Delight in the joy of a new discovery, around every bend, crisscrossing through Cooloola’s landscapes and forests.

No 4WD? No worries! Take a charming country drive from Gympie, through farms and forests on sealed roads, to Inskip Peninsula and awaken your senses with long beach walks, fishing or photographing shorebirds in one of Queensland’s best internationally recognised wetland (Ramsar) sites.

Stepping out

Change the wheels for walking boots and get close to nature. The views from Double Island Point, Teewah landing and Carlo Sandblow, to name a few, are truly remarkable, with some offering sweeping coastal landscapes as far as the eye can see. The fresh sea air fills your lungs no matter where you walk in Cooloola. Simply invigorating!

Top three walking favourites

Cooloola Great Walk

A five-day walk that stretches the entire length of Cooloola—giant sandhills, hidden rainforests and spring wildflowers. You’ll be surrounded by nature’s chorus day and night.



Photos (left and above): Robert Ashdown © Qld Govt; (below): © Tourism and Events Qld



Double Island lighthouse

Views as far as the eye can see from this quaint lighthouse.

Carlo Sandblow

Start the day with an easy stroll through scribbly gum forest to Carlo Sandblow—a remarkable landscape, almost a moonscape, of sand.



Track	Map ref.	Class	Distance & time	Description
Teewah Beach walk	①	3	4km return Allow 1.5hrs	Boat or canoe to Teewah landing jetty. Walk through heath and woodland to beach. Optional 4km return track up Mt Seawah—spectacular views!
Kinaba Visitor Information Centre walk	②	3	12.2km return Allow 4.5hrs	This walk from Elanda Point goes through paperbarks and cabbage tree palms to Lake Cootharaba.
Mill Point circuit	③	3	5.1km circuit Allow 2hrs	Relatively flat track with a short self-guided section about the history of Mill Point.
Melaleuca circuit	④	3	400m circuit Allow 30mins	A short stroll through wetland and eucalypt forest.
Boronia walk	⑤	3	3.6km return Allow 2hrs	This walk goes to Kin Kin Creek, through open woodland with wildflowers in spring.
Camp site 3 walk	⑥	4	14km return Allow 6hrs	Boat across the river then walk along the riverbank through woodland and wallum to Camp site 3.
Cooloola Sandpatch walk	⑦	4	12km return Allow 5hrs	First 600m is easy walking, then a steep, but shaded climb for 2.8km to the edge of the sandpatch.
Searys Creek boardwalk	⑧	2	200m return Allow 30mins	Short stroll on a boardwalk through creekside vegetation ending at two viewpoints.
Dundathu circuit	⑨	2	250m circuit Allow 30mins	A short stroll through one of Cooloola's hidden rainforest pockets.
Poona Lake walk	⑩	2	4.2km return Allow 1.5hrs	Easy walk through tall forest with kauri and hoop pines, piccabeen palms and strangler figs.
Carlo Sandblow walk	⑪	3	2.8km one way Allow 3hrs	This walk weaves through eucalypt forest and rainforest up and over the sandblow ending at Carlo car park. Shorter option: From Carlo car park, walk through scribbly gums, up steps to the sandblow.
	⑫		1.2km return Allow 30mins	
Double Island Point walk	⑬	4	30km return Allow 9–11hrs	A day-long, forest and beach walk, with steep sections, but superb views from the lighthouse.
Double Island Point lighthouse walk	⑭	3	2.2km return Allow 1hr	A steep track with some fantastic views along the way.
Freshwater Lake walk	⑮	2	2.8km return Allow 1hr	Adjacent to the day-use area, walk through scribbly gum woodland and open forest to the lake.
Freshwater circuit	⑯	2	5km circuit Allow 2hrs	From the camping area, take an easy walk around the lake. Open forest, paperbarks and rainforest are a delight on this journey.
Cooloola Wilderness Trail	4	47.9km one way Allow 3–5 days	A long-distance overnight walking experience, with wilderness camping areas (no facilities).
Cooloola Great Walk	4	Up to 102km one way Allow 5 days	A wonderful 5-day hike. Four small walkers' camps, each with a toilet and picnic table. Carry drinking water. Tank water not guaranteed.



“Come to Cooloola from August through to October. The spring wildflower colour palette is overwhelmingly beautiful.
Ranger Selina”



Track classification



Class 2

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



Class 3

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








Class 4

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

Plan longer walks carefully. Carry a map, communication and navigation gear and leave an itinerary with family or friends. Always carry enough water and wear a hat and sturdy shoes.

Further information

-  qld.gov.au/NationalParks
-  qld.gov.au/Camping
-  qld.gov.au/ParkAlerts
(access, closures and conditions)

-  [qldnationalparks](https://www.facebook.com/qldnationalparks)
-  [@QldParks; #QldParks](https://www.instagram.com/QldParks)

For help planning your holiday,
visit queensland.com

This brochure is also available
online at qld.gov.au/ParkBrochures



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(Front cover) Robert Ashdown © Queensland Government

Welcome to Inskip

Delight in near-beach camping with surf on one side of the peninsula and sheltered, still water on the other.


Inskip camping at a glance

Maximum stay is 30 days.


Small generators only (2.0Kva or noise rated below 65 decibels). Small campfires permitted.

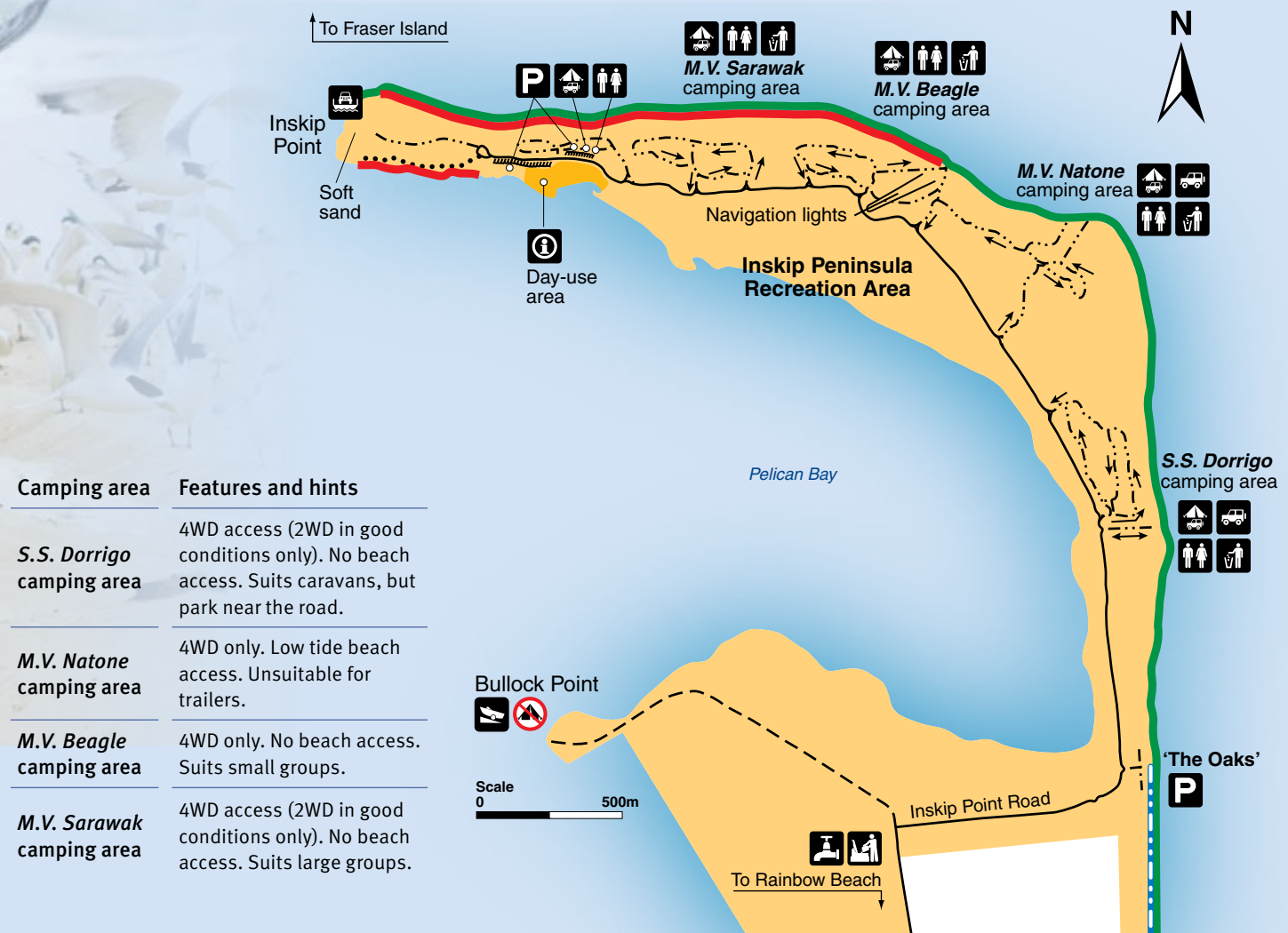
BYO clean timber off-cuts, not bush wood.



 Dogs on leash are welcome around Inskip—other domestic animals are prohibited.



 Horse riding is permitted in the areas shown on the map.
Alana Kippers © Qld Govt





Cooloola and Inskip Recreation Areas Great Sandy National Park

Plan carefully

- Buy permits online at qld.gov.au/Camping before you arrive. Information and permit sales also at Rainbow Beach and Tewantin QPWS information centres.
Note: Booking restrictions may apply for Great Walk walkers' camps during the high fire danger months of November to February.
- Firewood is not provided. If campfires are allowed in your camping area, bring your own clean firewood such as untreated mill off-cuts. You are not allowed to collect bush wood in the recreation areas. Campfires are not permitted during total fire prohibitions (QPWS) or total fire bans imposed by Queensland Fire and Emergency Service (QFES).
- Bring sealable containers for your food and rubbish so wildlife cannot get into it.
- Avoid bush toileting. Use toilets provided or bring your own portable toilet. Empty any toilet waste at disposal sites only, not into public toilets.
- Help stop the spread of weeds. Wash camping gear, boots and tyres before visiting Cooloola.
- Bury all fish cleaning refuse—offal, fish frames, unused bait—at least 30cm deep and below the high tide mark. Searys Creek is strictly a 'No fishing' zone and penalties apply.

Paddle and boat safely

- Always wear life jackets.
- Paddle close to the riverbanks to avoid power boats, as they have limited manoeuvrability.
- Strong winds and rough conditions make lake and river paddling difficult and time consuming. Consider weather conditions before you go and start your paddle early in the day.



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Explore safely

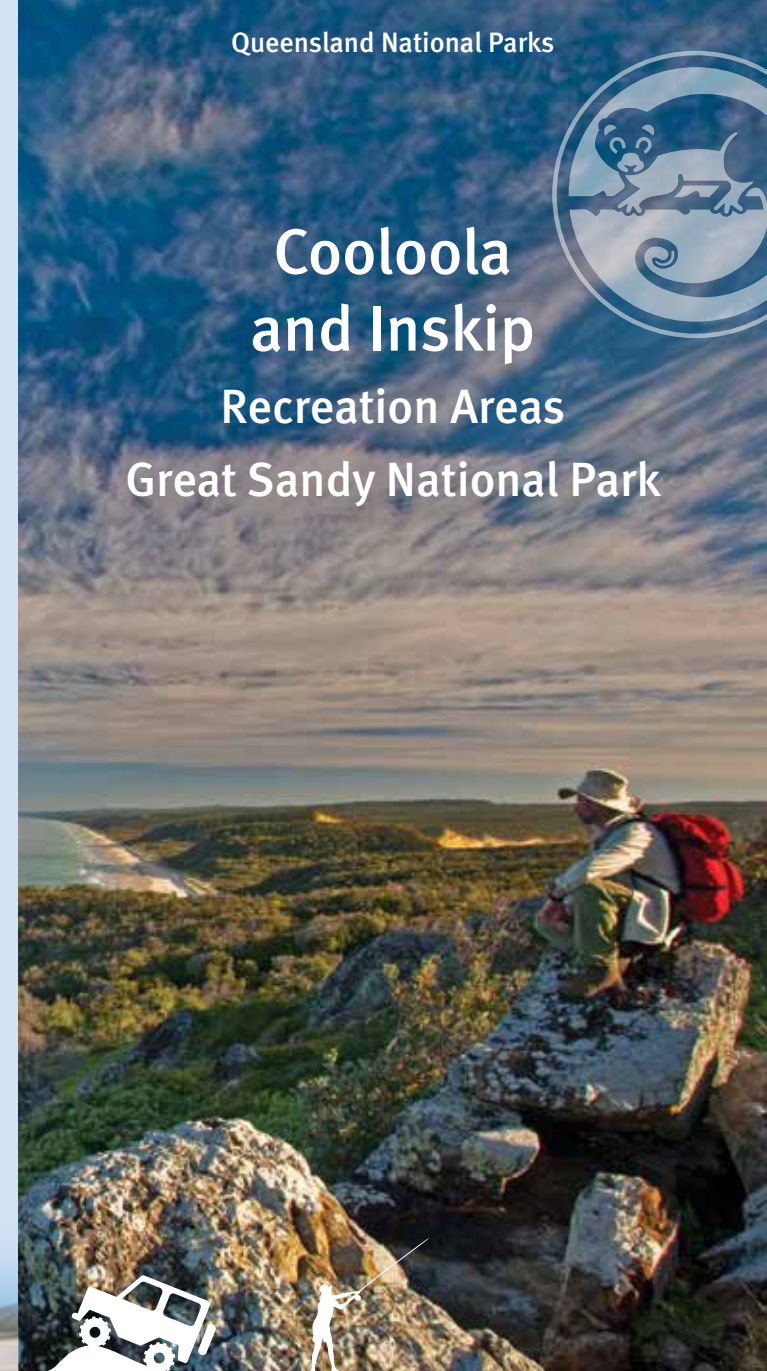
- Queensland road rules apply on beaches and tracks.
- Nearshore landslides have occurred at Inskip Peninsula. For your safety, obey all signs and camp only where permitted.
- Don't get trapped. Wildfires and cyclones can move quickly. Be prepared to pack up and leave early when warnings are issued. Check local ABC radio for updates.
- Douse campfires completely with water, not sand. Embers under sand stay extremely hot for hours and can cause serious burns.
- Never drink, bathe or swim in, wash dishes or cook with the waters in soaks or fresh water streams near the beach. The water quality cannot be guaranteed. Practise good hygiene so you don't get sick.
- Prevent food spoilage; keep things chilled and away from flies.
- Fish bright at night! Use high-visibility vests and reflective stickers when beach fishing.
- A small, patrolled swimming area is located outside the park at Rainbow Beach. Check patrol times. Swimming is not recommended in rivers or unpatrolled ocean waters. Stay safe; rips (strong ocean currents) and sharks are common. Bull sharks also live in the river system.

Camping with friends and family?

Your group's tents must be close together. Camping structures for people registered under one camping tag must be in one place and no more than 3m apart. You are not allowed to rope off areas or reserve sites.



Robert Ashdown © Qld Govt



Cooloola favourites



Unwind as you gaze at an endless ocean and long coastal vistas.
Robert Ashdown © Qld Govt

Take delight in the little things in life.
Adam Creed © Qld Govt



Walk into the wild and capture a spectacular moment in nature.
Briony Masters © Qld Govt

Stroll to the water's edge, throw in a line and catch a fish for breakfast.
René Burgess



Cooloola camping

Cooloola offers you a range of camping options from modern facilities camping at Freshwater to no-frills beach camping at Teewah, or try the 'gone fishing' seclusion of Poverty Point. For a complete getaway, walk and camp along the three-day Cooloola Wilderness Trail or the five-day Cooloola Great Walk.

Cooloola camping at a glance

Camping area	Features and hints
Teewah Beach camping area	Beach camping. No facilities. Generator use permitted 7am–9pm.
Poverty Point camping area	High clearance 4WD or boat access. No facilities.
Freshwater camping area	Shady sites. Bring fuel stoves for cooking and \$2 coins for hot showers.
Wandi & Neebs waterholes (Cooloola Wilderness Trail)	Picturesque camp sites, close to natural waterholes. Walk-in only.
Cooloola Great Walk walkers' camps	Four, small, remote, walk-in only, camp sites. Plan your trip well—visit qld.gov.au/nationalparks for detailed Great Walk information.



Cooloola drives

Cooloola offers diverse and challenging driving opportunities. With the right 4WD with high clearance, you can enjoy wide seascapes and forest drives to rivers and rainforests. You can get small caravans and camper trailers into some camping areas, but they must be high clearance trailers. Queensland road rules apply.

Drive	Distance	Hints
Cooloola beach drive	60km one way Allow 1.5hrs	Expect loose sand, washouts and exposed obstacles. Middle and Mudlo rocks may be impassable, even at low tide. Seek local advice.
Freshwater Road	15km one way Allow 1hr	Sections of deep loose sand, especially during dry weather conditions.
Kings Bore circuit	40km circuit Allow 3–4hrs	Sand track with sections of deep, loose sand, washouts, difficult terrain and steep hills.
Harrys Hut Road	20km return Allow 1.5hrs	Unsealed 4WD road off Cooloola Way. Prone to washouts, large potholes and closures when flooded.
Poverty Point Road	12km return Allow 45mins	Expect long stretches of deep, loose sand and waterlogged areas after heavy rain.



Photos: (left) Rob Cameron © Qld Govt; (right) René Burgess © Qld Govt

the upper Noosa River ...

A place to wet your feet and camp under the stars. It quietens the mind and settles the soul. More than a third of its catchment is in national park. It's remote and one of the cleanest rivers in Queensland.

Leave the river like you've never been.

- Maximum six knots and no wash. If your vessel creates wash at six knots, slow down!
- No-landing zone between Fig Tree Point and Harrys.
- Motorised vessels are only permitted as far as Camp site 3.
- Only electric motors and non-motorised vessels are allowed past Camp site 3.
- Maritime Safety Queensland regulations apply on Lake Cootharaba and the upper Noosa River. See msq.qld.gov.au
- Sail boats should lower their masts before entering the upper Noosa River due to overhanging branches.
- Releasing effluent from boats is prohibited.

Paddle and stay

Canoe and camp on the upper Noosa River—still waters, striking reflections and a remarkable hush after dusk.

Location	Distance	Average paddle time
Boreen Point to Kinaba	7km	1.5hrs
Elanda to Kinaba	4.5km	1hr
Kinaba to Fig Tree Point	2km	20mins
Fig Tree Point to Harrys	5km	1hr
Harrys to Camp site 1	3.5km	35mins
Camp site 1 to 2	1.7km	15mins
Camp site 2 to 3	2.5km	30mins
Camp site 3 to 4	1km	10mins
Camp site 4 to 5	1km	10mins
Camp site 5 to 8	5km	1hr
Camp site 8 to 9	1km	10mins
Camp site 9 to 13	2km	20mins
Camp site 13 to 15	3km	30mins

Upper Noosa River camping at a glance

Maximum stay is 21 days.

Camping area	Features and hints
Fig Tree Point camping area	A serene camping area. Also caters for groups.
Harrys camping area	Shady camp sites. Separate day-use area.
Camp site 1 and 2	Camp with basic facilities in shady open forests.
Camp site 3	Larger group camp sites. Walks nearby.
Camp sites 4–15	Remote, shady camp sites. BYO portable toilet or personal hygiene kit. Do not toilet in the river or bush. Take all your waste out with you.



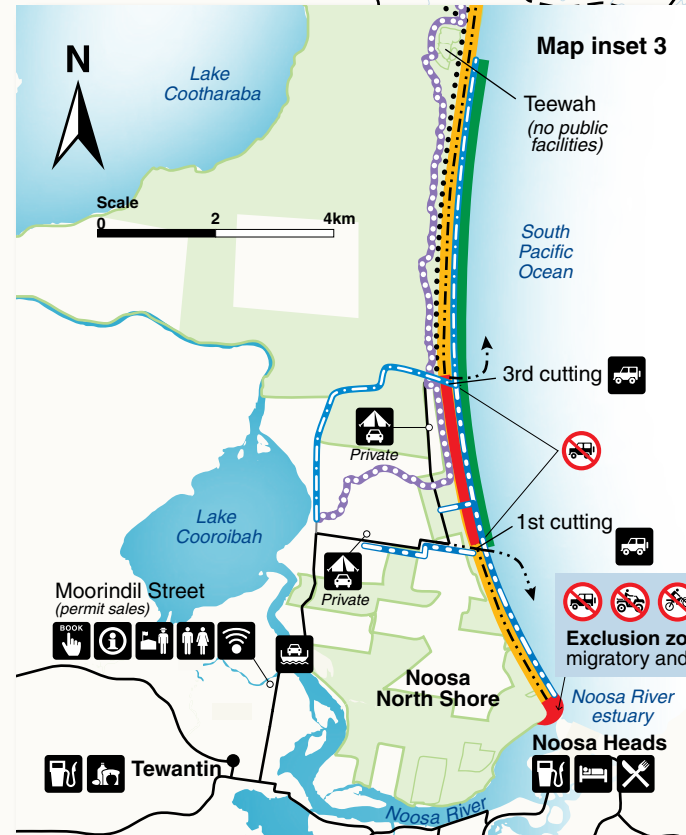
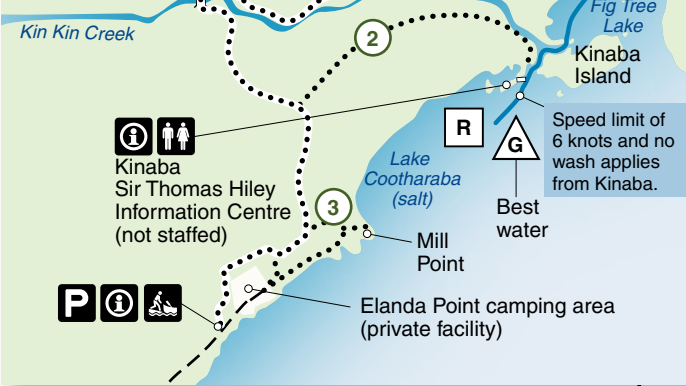
Adam Creed © Qld Govt

Map legend

	Coolooloa Recreation Area		4WD track
	Inskip Peninsula Recreation Area		4WD track (Vehicle Access Permit required)
	No landing zone		Horse trail
	Sandblow		Map referenced walking tracks
	Beach closed to vehicles		Walking track
	Dog-friendly area. On leash and under control		Coolooloa Great Walk
	Beach camping area		Coolooloa Wilderness Trail
	Waterways		Canoe and boat route
	Sealed road		Red navigation markers
	Unsealed road		Green navigation markers

Symbols

	Parking		Generator permitted
	Information		Rubbish disposal
	Booking kiosk		Canoe launch
	Ranger station		Boat ramp
	Toilet		Petrol
	Portable toilet disposal		Accommodation
	Wheelchair access		Restaurant
	4WD access only		Food and drink
	Hiking track		Telephone
	Patrolled swimming		QldParks-WiFi (free)
	Lighthouse		Vehicular ferry
	View point		Drinking water
	Picnic table		Water—treat before drinking
	Sheltered picnic table		No water provided
	Open campfires		No camping
	Fire ring		No 4WD access
	Camping		No open fires
	Car camping		No generators
	4WD camping only		No domestic animals
	Boat camping		No horses permitted
	Canoe camping		No trail bikes
	Showers		No quad bikes



Dogs are only allowed in the dog-friendly zones shown on the map. Dogs are not allowed elsewhere in Cooloola Recreation Area. This includes travelling in vehicles through the area.

Important campfire information
 Campfires are only permitted at Teewah Beach, Inskip Peninsula and Poverty Point camping areas. No fires anywhere else. Penalties apply. Bring a fuel stove for cooking.
No fires when fire prohibitions are imposed. Penalties apply.

3rd cutting (vehicle access to beach, north only)
 1st cutting (vehicle access to beach, south only)
Exclusion zone to protect migratory and shore birds.