

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 am a proud Butchulla woman and I absolutely love being a Ranger, especially taking care of Country. It gives me a deep connection to the land and surrounding waters and feeling the presence of its beauty especially from the water ways of the Upper Noosa River to the coloured sands, and Carlo Sand Blow they are absolutely breathtaking.

I also love all the different wildlife on the Island you see something different every day.

Most of all I enjoy meeting different people from all walks of life and enjoy educating them about Kabi Kabi and Butchulla Country, so they have a better understanding of how we manage Country and our LORE. Do not take what does not belong to you, only leave your footprint and great memories. And most of all have safe travel, while taking in the islands beauty.

Ranger Debra

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 (4WD) driving along the ever-changing edge of a 750,000 year old sand mass. Delight in the joy of a new discovery, around every bend, crisscrossing through Cooloola's landscapes and forests. Cooloola is popular for recreational activities such as fishing, surfing, boating, and camping.

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.



Briony Masters © Qld Govt

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.

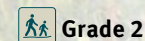


Track	Map ref.	Grade	Distance & time	Description
Teewah Beach walk	①	3	4km return Allow 1hr 30min	Boat or canoe to Teewah landing jetty. Walk through heath and woodland to beach. Optional 4km return track up Mt Seawah—spectacular views!
Kinaba Visitor Information Centre walk	②	3	12.2km return Allow 4hr 30min	This walk from Elanda Point goes through paperbarks and cabbage tree palms to Lake Cootharaba.
Mill Point circuit	③	3	5.1km circuit Allow 2hr	Relatively flat track with a short self-guided section about the history of Mill Point.
Melaleuca circuit	④	3	400m circuit Allow 30min	A short stroll through wetland and eucalypt forest.
Boronia walk	⑤	3	3.6km return Allow 2hr	This walk goes to Kin Kin Creek, through open woodland with wildflowers in spring.
Camp site 3 walk	⑥	4	14km return Allow 6hr	Boat across the river then walk along the riverbank through woodland and wallum to Camp site 3.
Cooloola Sand patch walk	⑦	4	12km return Allow 5hr	First 600m is easy walking, then a steep, but shaded climb for 2.8km to the edge of the sand patch.
Searys Creek boardwalk	⑧	2	200m return Allow 30min	Short stroll on a boardwalk through creekside vegetation ending at two viewpoints.
Dundathu circuit	⑨	2	250m circuit Allow 30min	A short stroll through one of Cooloola's hidden rainforest pockets.
Poona Lake walk	⑩	2	4.2km return Allow 1hr 30min	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 3hr	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 30min	
Double Island Point walk	⑬	4	30km return Allow 9–11hr	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 2hr	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



Grade 2

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



Grade 3

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



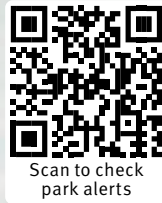
Grade 4

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](https://www.instagram.com/QldParks)



Marine park zoning maps


Great Sandy Marine Park (GSMP) surrounds Cooloola and Inskip Peninsula recreation areas. For information about marine park rules and permitted activities, scan or visit qld.gov.au/GreatSandyMarinePark



For help planning your holiday, visit queensland.com

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




 **In an emergency**
Phone Triple Zero (000) or text 106 for speech or hearing impaired. Download the free Triple Zero (000) emergency app: [emergencyapp.triplezero.gov.au](https://www.emergencyapp.triplezero.gov.au)

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

All campers must have a current permit before setting up camp. Small camp fires permitted, BYO clean timber off-cuts. For hygiene purposes we recommend bringing sufficient drinking water for your stay.

 **Be alert** when in and around the ocean. Crocodiles have been sighted in the area. Never swim in water if crocodile warning signs are present.

Camping area

Pelican Bay camping area

Features and hints

4WD only. No beach access. Suits small groups. Portable toilets mandatory.

Dorrigo South camping area

4WD only. No beach access. Suits small groups. Portable toilets mandatory.

S.S. Dorrigo camping area

4WD access (limited 2WD access). No beach access. Suits caravans, but park near the road.

M.V. Natone camping area

4WD only. Low tide beach access. Unsuitable for trailers.

M.V. Beagle camping area

4WD only. No beach access. Suits small groups.


M.V. Sarawak camping area

4WD access (limited 2WD access). No beach access. Suits large groups.


Sarawak West camping area

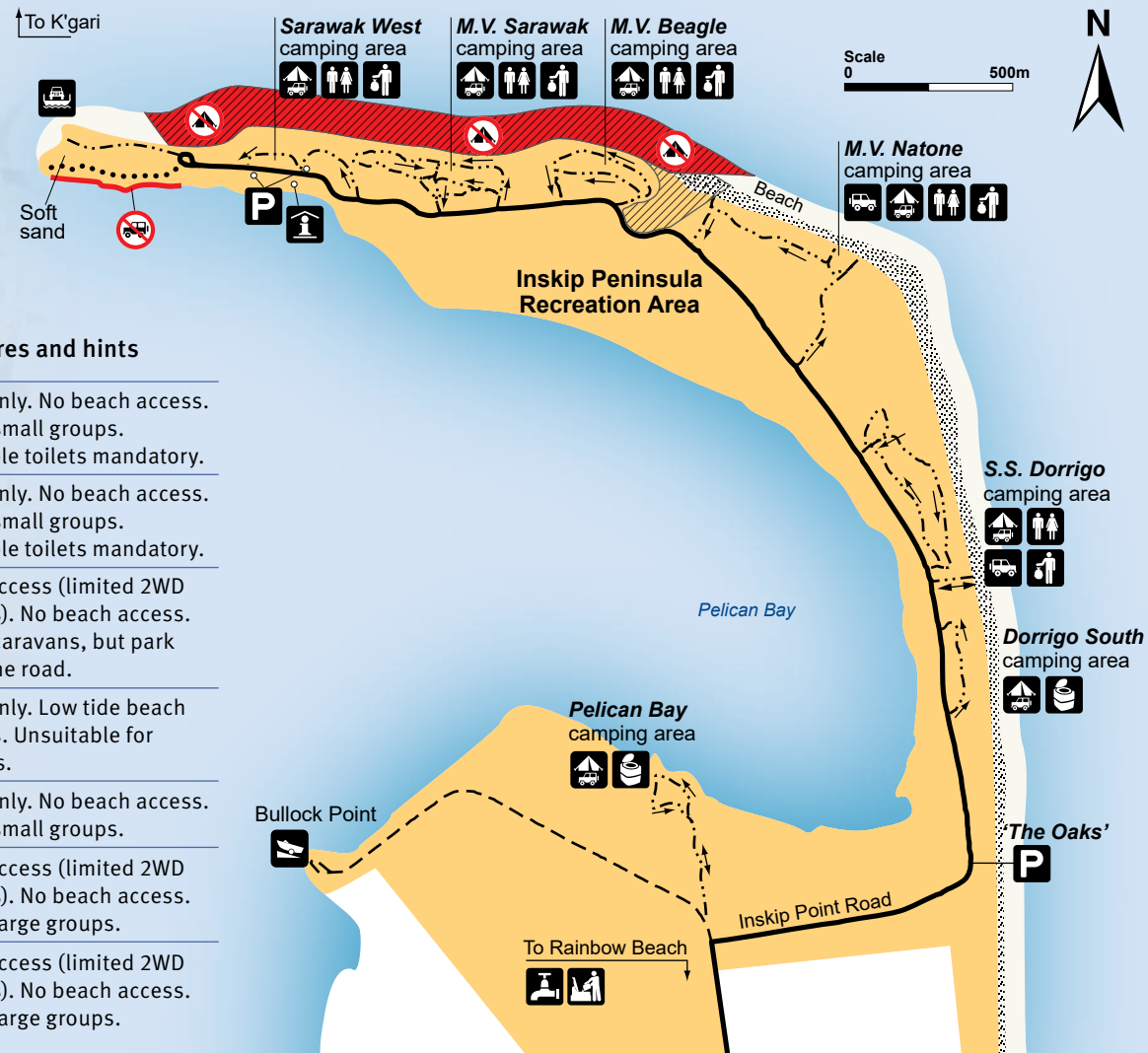
4WD access (limited 2WD access). No beach access. Suits large groups.



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

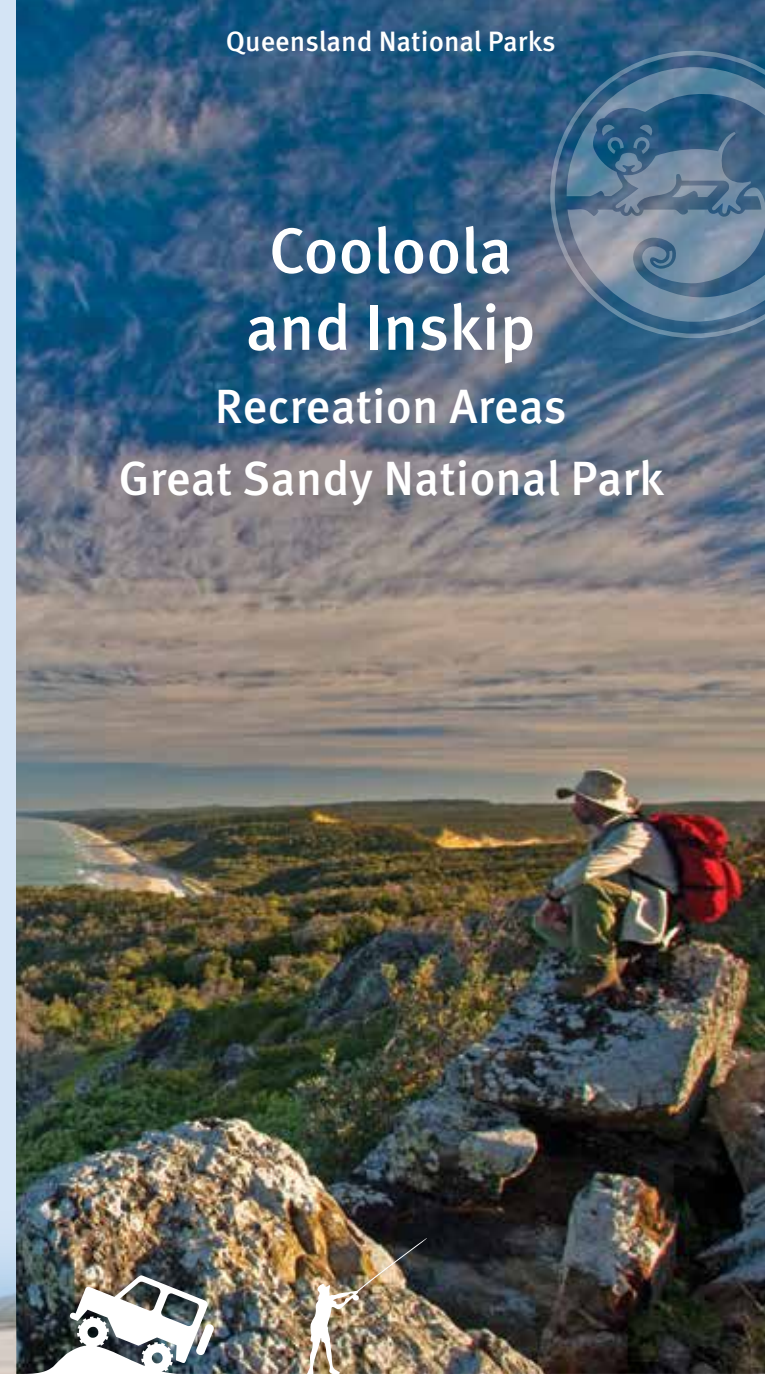


 Enjoy a spot of fishing in the calm waters of Pelican Bay.
Erin Atkinson © Qld Govt





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 camp fires 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. Camp fires are not permitted during QPWS fire prohibitions or total fire bans imposed by Queensland Fire Department (QFD). Fires are prohibited at Teewah Beach and Freshwater camping areas.
- Bring sealable containers for your food and rubbish to prevent negative interactions with wildlife.
- Avoid bush toileting. Use toilets provided or bring your own portable toilet. Empty toilet waste at disposal sites only, not into public toilets. Campers staying at Pelican Bay or Dorrigo South camping areas and Teewah Beach camping zones must bring and use a portable toilet during their stay, penalties apply.
- 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 50cm deep and below the high tide mark. Searys Creek is strictly a 'No fishing' zone and penalties apply.
- Always check the tides before you start your trip, and plan to travel at low tide, if safe to do so. Remember it is illegal to drive on dunes, regardless of conditions.

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.



© Tourism and Events Qld

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 QPWS Park Alerts, Cooloola Conditions Report and local ABC radio for updates.
- Douse camp fires completely with water, not sand. Embers under sand stay extremely hot for hours and can cause serious burns.
- Unsecured food and rubbish being left available can lead to increasing negative interactions between people and wildlife. Store all food and rubbish in secure containers.
- 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. Bring adequate water with you for drinking and hygiene purposes. Practise good hygiene so you don't get sick.
- Fish bright at night! Use high-visibility vests and reflective stickers when beach fishing.
- 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?

All people registered under one camping permit must stay no more than 3m apart. Roping off areas or reserving sites is not allowed. Anyone failing to attend a camp site within 24hrs of the permit start date or leaving possessions unattended for more than 24hrs can be fined.



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 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. Waste transfer stations are located at Beach Road, Noosa North Shore and Freshwater Road, off Rainbow Beach Road.

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 & Neeps 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/CooloolaGreatWalkSafety 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 1hr 30min	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 3–4hr	Sand track with sections of deep, loose sand, washouts, difficult terrain and steep hills.
Harrys Hut Road	20km return Allow 1hr 30min	Unsealed 4WD road off Cooloola Way. Prone to washouts, large potholes and closures when flooded.
Poverty Point Road	12km return Allow 45min	Expect long stretches of deep, loose sand and waterlogged areas after heavy rain.



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



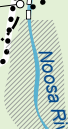
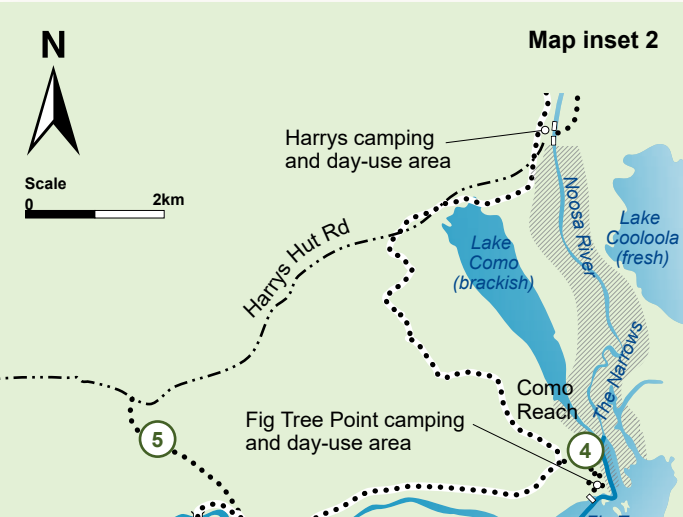
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Map inset 1



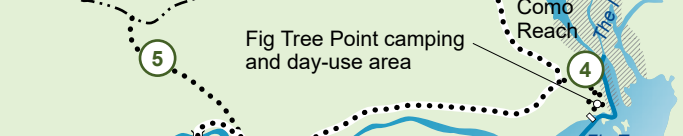
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Map inset 2



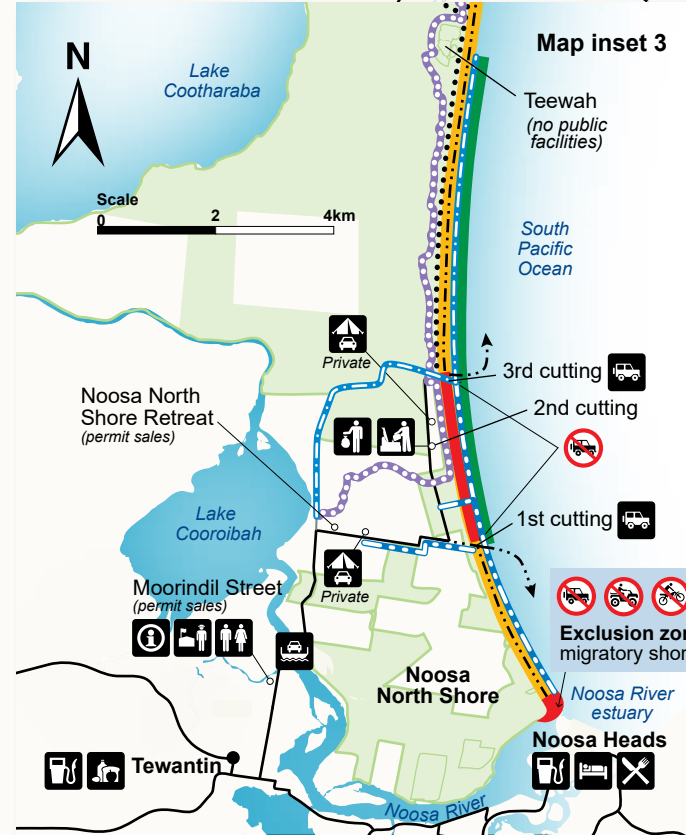
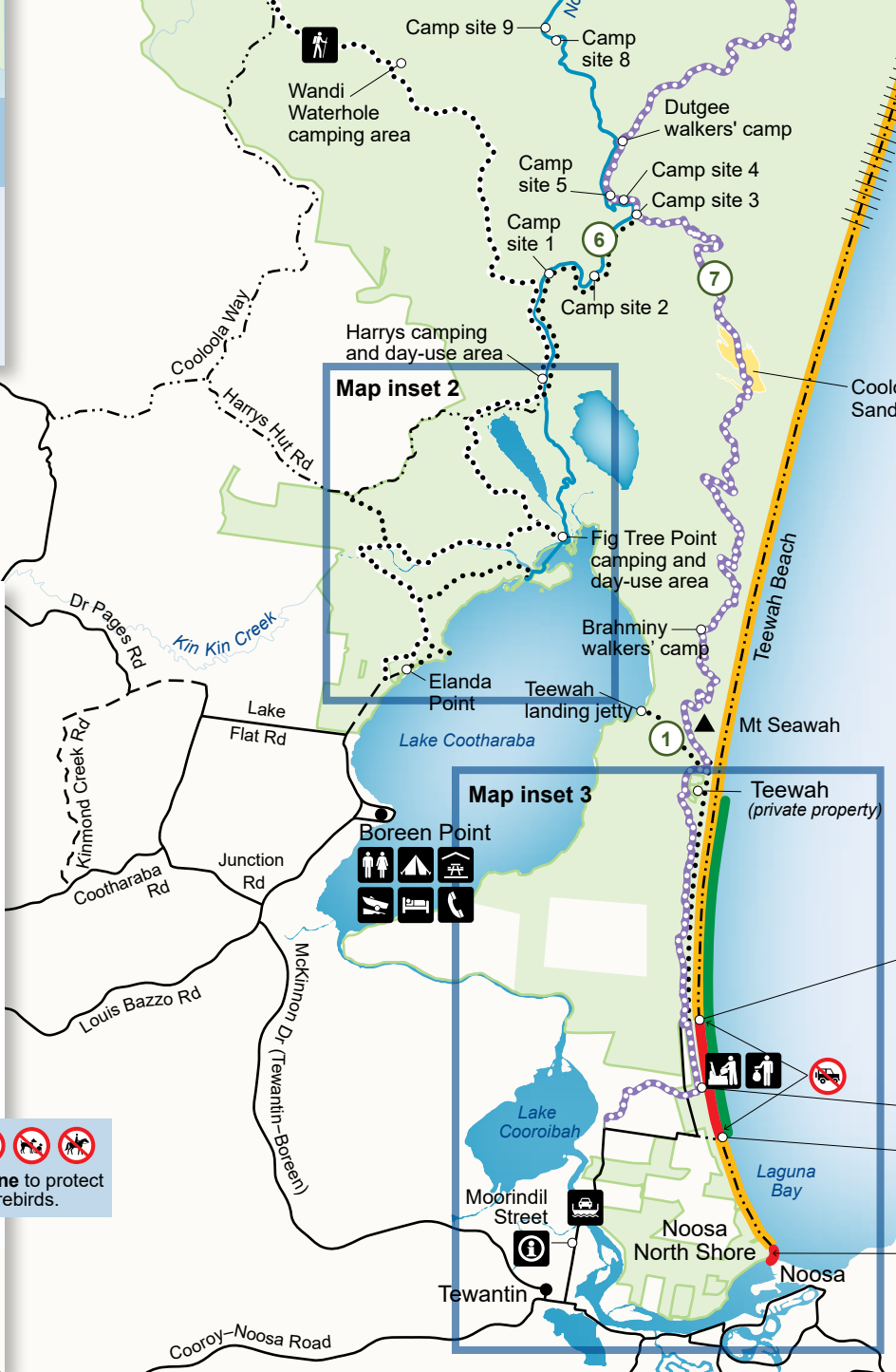
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Map inset 3



Scale 0 2 4 6 8 10km





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.

Exclusion zone to protect migratory shorebirds.