Welcome to Noosa National Park

With its beautiful and iconic mixture of beach and forest, Noosa National Park is a natural gem you simply must visit. Relax into a Sunshine Coast vibe, exploring the beautiful landscape with family and friends. Be energised on a bushwalk through diverse forest. Soak up spectacular views from the headlands and say hello to local koalas and lorikeets. Watch for whales and dolphins gliding through the sparkling waves. No matter what you’re looking to do—picnicking, walking or spotting local wildlife—Noosa National Park provides it all.

Wunya Ngulum to Kabi Kabi Country

Kabi Kabi people welcome you to Noosa National Park. The areas within this forest are of traditional and contemporary cultural significance to the Kabi Kabi people, who have an active role in looking after the values for future generations. Please enjoy your visit and help to care for this precious area so that many generations can benefit from it in the future.

Coastal adventure

With many things to see and do, Noosa National Park is the perfect destination for a holiday or weekend escape.

Declared in 1939, Noosa National Park now covers 2883 hectares and includes the Noosa Headland and nearby areas around Lake Weyba, Peregian and Coolum. Surrounded by development, this park is a wildlife sanctuary, protecting beautiful stands of eucalypt woodland, melaleuca wetland, colourful wallum heathland and pockets of dense rainforest.

The park has three sections with amazing scenic walks—the Headland, Emu Mountain and Peregian. Take a break from the beach and immerse in one of Australia’s most popular national parks. You’ll soon discover why!

Discover the Headland section

Start your day with a bushwalk in the popular Headland section, along stunning rocky coastline and through dappled forest. Relax in the day-use area and enjoy a picnic or barbecue overlooking Laguna Bay, with its sweeping ocean views from Noosa to Cooloola. Picnic tables, electric barbecues, drinking water and public toilets are provided.

Parking

Please note, Noosa Council’s four hour regulated parking applies at the Headland section car park and at Laguna lookout car park.

“it is a privilege looking after such a special place as Noosa National Park—the ‘jewel in the crown’ of tourism on the Sunshine Coast, a haven for plants and animals, and a place where visitors can explore a variety of landscapes and environments including spectacular coastline, rainforest, open eucalypt woodlands, and coastal high dune heaths on fantastic walks. The challenge for us is managing the diverse landscape and presenting the national park to the ever increasing numbers of visitors while still ensuring the integrity of the natural area for future generations. Implementing the annual planned burning programme in an urban and tourism setting is one of many complex tasks we undertake. Carefully managing the national park through early identification and action in relation to visitor impacts is our aim, and with the help of the community, we hope we are getting the balance right.

Senior Ranger John, on behalf of the Noosa Park Rangers.
**Getting there**

The main entrance to the **Headland section** is at the end of Park Road. Secondary entrances, with limited on-street parking, can be found at Parkedge Road and near the northern end of Sunshine Beach.

Car parking is very limited, so you may like to consider alternative transport:

- Walk to the national park from Hastings Street, a 1km (30min) walk along the impressive coastal boardwalk.
- Cycle with caution along Park Road. Bike racks are provided in the day-use area (bring your own padlock). Note: Bicycles are not permitted elsewhere in the national park.
- Check the availability of free public buses over the busy Christmas and Easter holiday periods. For more information, visit [noosa.qld.gov.au/go-noosa-holidays](http://noosa.qld.gov.au/go-noosa-holidays)
- Catch a bus and walk to the Park Road entrance (1km walk from Noosa Heads bus station platform 1, near Hastings Street at the junction of Noosa Drive and Noosa Parade) or the Sunshine Beach park entrance (1.3km walk from Duke Street, Ed Webb Park bus stop). Bus timetables and fares are available at Translink. Visit [translink.com.au](http://translink.com.au) or phone 13 12 30.

**Laguna lookout** has a small car park, or you can walk from Hastings Street via Noosa Council’s Yunaman Bushland Reserve walking track (2.4km return) which starts at Morwong Drive. Please note this track is steep and there are many steps.

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**Walks to explore**

1. **Palm Grove walk**
   On a hot day, escape the sun for the densely-shaded rainforest on the **Palm Grove walk**. Stroll along this short walk beneath the shade of elegant hoop pines and piccabeen palms. This circuit starts from the day-use area, near the toilet block.

2. **Tanglewood walk**
   Walk through rainforest and tall eucalypt forest on the **Tanglewood walk**, climbing a gentle rise into shrub and heath country. Take the link track to the **Coastal walk**, just before it reaches **Hell’s Gates**, or continue onto **Alexandria Bay and Hell’s Gates**.

3. **Noosa Hill walk**
   Branch off the **Coastal walk** 50m from the day-use area, and climb to the crest of Noosa Hill on the **Noosa Hill walk** (limited views). Pass through open woodlands dominated in places by she-oaks and grasstrees, and delicately-patterned scribbly gum forest.

4. **Coastal walk**
   Hugging close to the shoreline, the **Coastal walk** starts at the park’s main entrance. Undoubtedly the most popular walk in the park, be mindful that it can get very busy over weekends and holidays. Don’t forget to take your camera and capture the natural beauty of where the land meets the sea.

5. **Alexandria Bay walk**
   Take a coastal walk from the southern edge of the park’s **Headland section**, through picturesque eucalypt forest and sun-dappled heathland. Arrive at **Alexandria Bay**, with its sweeping beaches and surrounding rocky headland.

The first section of this walk features a sealed path to **Dolphin Point**, suitable for strollers. The path is suitable for assisted-wheelchair access for 300m to **Boiling Pot**, with gradients up to 1:14 (4.1 degrees). Beyond this, the 1.2km walk to **Dolphin Point** has gradients which exceed 1:10 (5.7 degrees) for short sections—on average 1:7 (8 degrees) with a 10m section of 1:5 (11 degrees).

Make your first stop at **Boiling Pot**, only a short distance along the walk. Situated atop a rocky outcrop, this lookout offers sweeping views north to the high coastal dunes of the Cooloola section in Great Sandy National Park, and over a small beach known as **Tea Tree Bay**. Do a bit of koala spotting as you continue on to **Tea Tree Bay**. There are toilets at the far end of this bay.

Journey on to **Dolphin Point**, boasting views of **Granite Bay** and neighbouring **Winch and Picnic Cove**. As the name suggests, stand at the point and see if you can spot a pod of passing dolphins. Turn around here to remain on the sealed path, or continue on an uneven, gravel and sand track leading to **Hell’s Gates**.

Once you reach **Hell’s Gates** you will be greeted with panoramic views in all directions.

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Photos (left and above): Maxime Coquard © Tourism and Events Queensland
Illustration: Maurice Mickelo, contemporary Kabi Kabi artist
[Image -1x-596 to 843x200]
Discover Emu Mountain section

Visit Emu Mountain section in winter and spring to see the heathland and woodland burst into life with wildflowers of white, yellow, blue and pink. Admire this sensational splash of colour across the landscape, in the company of native bees, butterflies, beetles, parrots and honeyeaters flocking to feast on the abundant nectar.

Getting there

Emu Mountain section is located on the western side of David Low Way, 3.5km north of Coolum Beach and 2.5km south of Peregian Beach. Turn into Havana Road East for on-street parking.

Walks to explore

6 Emu Mountain summit walk
Take a short, invigorating walk to Emu Mountain summit (71m above sea level) to witness 360 degree panoramic views. The track is steep in places and can be slippery when damp, so take care where you step. In spring, the montane heath boasts a colourful array of wildflowers. Several threatened plants also grow here—keen botanists can look for Bancroft’s red gum and the largest population of Emu Mountain she-oak in Noosa National Park. Protect plants by staying on the walking tracks.

7 Hakea walk
Stroll along the Hakea walk through thick stands of hakea shrubs, with their distinctive woody seed pods. Early morning and dusk provide wonderful opportunities for birdwatching, but be safe and never walk alone.

Discover Peregian section

Featuring sandy dunes covered with she-oaks, pandanus palms, banksias, beach spinifex and scrambling vines, Peregian section showcases the natural beauty of Noosa’s coastal fringe.

Getting there

The car park entrance to the Peregian section is on the eastern side of David Low Way, 3km north of Coolum Beach and 3km south of Peregian Beach.

Walks to explore

8 Ocean Beach walk
Explore colourful heath flowers and dune plants on the Ocean Beach walk. This short walk leads across a boardwalk, through paperbark swamp and sedgelands, down a sandy track to heathland and casuarina forests and onto the beach.

Hakea walk (right); Emu Mountain summit (below).
Photos: © Ross Naumann, QPWS Volunteer
Other adventures

Take a scenic drive from the Headland section to Peregrin section, along the popular David Low Way. Enjoy spectacular coastal views through a varied landscape of dunes, wallum heathland, open forests and woodlands.

If time permits, try the Summit walk in nearby Mount Coolum National Park, a 1.6km (2hr) challenging track with spectacular views 208m above sea level. Or visit nearby Weyba Creek Conservation Park (2.8km from Hastings Street), only a short drive south west of Noosa Heads, for a stroll along the boardwalk, exploring the lush mangroves, estuarine wildlife and fluttering birdlife.

Wildlife wonders

As the coastal area becomes more urbanised, Noosa National Park has become increasingly important for nature conservation. The park protects several rare and threatened species, including the glossy black-cockatoo, red goshawk, koala, swamp orchid and Christmas bell.

Koalas may be seen on the Coastal walk if you are lucky. Keep an eye out for people looking, pointing up into the treetops around Tea Tree Bay. It is important to be aware not to gather in large numbers and try not to get too close as the Koalas are easily stressed, this is their home so please respect them.

Look for Australian brush-turkeys or lace monitors casually passing through the day-use area in the Headland section, or spot a Lewin's honeyeater enjoying the nectar from a grasstree flower along the walking tracks in the Emu Mountain section.

Visit between June and November and be thrilled by humpback whales breaching in the distance—one of those rare and unforgettable encounters with nature. Glimpse them as they cruise past the coastline on their way to and from northern breeding grounds. The best spots to whale watch are Dolphin Point and Hell's Gates in the Headland section, or from the top of Emu Mountain.

Spot pied cormorants stretching their wings out to dry in sunny spots along the coastline. Ospreys, brahmmy kites, Australasian gannets and crested terns can be seen flying above the shoreline. Keep an eye out for turtles or dolphins cruising along the shoreline of the Coastal walk.

Clockwise from above: Osprey; Australian brush-turkey; Koala sitting with a view from the top of one of the giant gums lining the beach.
Photos: © Ross Naumann, QPWS Volunteer
## Walks at a glance

### Headland section

<table>
<thead>
<tr>
<th>Track name</th>
<th>Class</th>
<th>Symbol</th>
<th>Distance</th>
<th>Walk time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Palm Grove walk</td>
<td>3</td>
<td>🚶‍♂️</td>
<td>1.1km return</td>
<td>15–30min</td>
</tr>
<tr>
<td>Access point: day-use area</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tanglewood walk</td>
<td>4</td>
<td>🚶‍♂️</td>
<td>8km return</td>
<td>2–3hr</td>
</tr>
<tr>
<td>Access point: day-use area</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Noosa Hill walk</td>
<td>4</td>
<td>🚶‍♂️</td>
<td>2.8km return (to summit)</td>
<td>1–1.5hr</td>
</tr>
<tr>
<td>Access point: 50m along the Coastal walk from the day-use area</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coastal walk</td>
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<td>🚶‍♂️</td>
<td>10.8km return</td>
<td>4hr</td>
</tr>
<tr>
<td>Access points: Noosa National Park main entry and day-use area; Sunshine Beach</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Alexandria Bay walk</td>
<td>4</td>
<td>🚶‍♂️</td>
<td>4.2km return</td>
<td>1–2hr</td>
</tr>
<tr>
<td>Access point: Parkedge Road</td>
<td></td>
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</tbody>
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### Emu mountain section

<table>
<thead>
<tr>
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<th>Class</th>
<th>Symbol</th>
<th>Distance</th>
<th>Walk time</th>
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<tbody>
<tr>
<td>Emu Mountain summit walk</td>
<td>4</td>
<td>🚶‍♂️</td>
<td>1.1km return</td>
<td>45min–1hr</td>
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</tbody>
</table>

### Key Information

- **Protect yourself**—wear sunscreen, hat, sunglasses.
- **Carry adequate drinking water** to avoid dehydration and sunstroke.
- Stay on walking tracks and supervise children at all times.

Make your visit to the park memorable for all the visitors annually! Make your visit enjoyable for you and your family.

- Never take bicycles, scooters, skateboards or roller blades.
- Never ride bikes, scooters, skateboards or roller blades.

Enjoy and leave without a trace.

There's no doubt it can be exciting seeing a koala in the wild. Always remember to maintain a safe distance and respect their space.

- Keep Noosa's beautiful coastal landscapes natural and intact.
- Never take any artefacts or specimens from the park.
- Always stay on walking tracks.

This would have to be the most spectacular protected rocky coastline in South East Queensland. From breathtaking views of the ocean to beautiful flower-laden heathlands, littoral rainforest and boulder-strewn bays … it is awesome!

- Clockwise from above: Bicentennial Drive, Solway Drive, Ben Lexcen Drive, David Low Way, Rowan Ct Needl Ct, Lemon Tree Passage, Coolum Beach Rd, Sunnybank Dr, Sunshine Coast Motorway.
- Turn off the Sunshine Coast Motorway just north of Cooroy, or the Sunshine Motorway about 18km north of Coolum Beach.

- Alternatively, return via a walking track link and the Coastal walk (7.1km circuit).
- Alternatively, continue to Hell's Gates and return via the Coastal walk (7.1km circuit).
- Alternatively, return via a walking track link and the Tanglewood walk, turning right at the junctions (3.7km circuit).

- Coastal walk is a sealed, barrier-free path from the day-use area to Dolphin Point. Beyond Boiling Pot gradients exceed 1:10 (5.7 degrees) for short sections.

- Walks from the day-use area:
  - 300m one way to Boiling Pot
  - 1.2km one way to Dolphin Point
  - 2.7km one way to Hell's Gates
  - 3.3km one way to the northern end of Alexandria Bay
  - 4.4km one way to the southern end of Alexandria Bay
  - 5.4km one way to Sunshine Beach

- Walking track links off Alexandria Bay walk:
  - 370m one way to McAnally Drive
  - 730m one way to Tanglewood walk

- **Additional Tip:**
  - There's no doubt it can be exciting seeing a koala in the wild. Always remember to maintain a safe distance and respect their space.
  - Respect their ability to defend themselves, they have sharp teeth and very sharp claws. Respect their space and keep your distance when viewing.

- **Rangers' Tips:**
  - Bring your binoculars …
  - There are natural hazards including cliffs. Walks should be undertaken in daylight hours only and not recommended for children.
  - Keep your distance from coastal rock walls.
- Carry a mobile phone. Be aware.
- Carry adequate drinking water to avoid dehydration and heat exhaustion. Plan your activity time for cooler parts of the day.
- Make your visit to the park memorable for all the right reasons.

**Adventure safely**

**Track name** | **Class** | **Symbol** | **Distance** | **Walk time**
--- | --- | --- | --- | ---
Coastal walk from the day-use area | 1 | | 50m | via summit walk link (900m return).
Alexandria Bay walk | 2 | | 3.3km | one way to the northern end of Alexandria Bay.
Noosa Hill walk | 3 | | 730m | one way to Tanglewood walk.
Tanglewood walk | 4 | | 370m | one way to McAnally Drive.
McAnally Drive | 5 | | | Alternatively, continue to Hell’s Gates and return.
Emu Mountain summit walk | 6 | | | To Coolum Beach.
Post gradients exceed 1:10 (5.7 degrees) for the day-use area to Dolphin Point. Beyond Boiling Point.
To Coolum Beach | 7 | | 4.2km | return.
To Stumers Creek | 8 | | 8km | return.

**Pot gradients exceed 1:10 (5.7 degrees)**
- 1–1.5hr
- 2–3hr
- 1–2hr

**Walking track classification**

<table>
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<tr>
<th>Class</th>
<th>Symbol</th>
<th>Suits</th>
<th>Track description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td>Families with young children</td>
<td>No bushwalking experience required. Flat, even surface with no steps or steep sections. Suitable for wheelchairs with assistance.</td>
</tr>
<tr>
<td>2</td>
<td></td>
<td>People with some bushwalking experience</td>
<td>Suitable for most ages and fitness levels. Tracks may have short steep hill sections and a rough surface.</td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Legend**

- National park
- Water
- Sealed road
- Council walking pathway
- Management access only
- Parking
- Bus stop
- Visitor information centre
- Information centre
- Toilets
- Wheelchair access
- Wi-fi
- Viewpoint
- Picnic table
- Barbecue—electric
- Drinking water
- Shower
- Patrolled swimming
- Beware—swimming not advised
- High surf

**Swimming outside of patrolled beaches is not recommended. Strong currents and surf are particularly dangerous at Alexandria Bay.**

**In an emergency call Triple Zero (000).** Obtain site name and identification number from beach warning signs. Emergency radios are located at Alexandria Bay (see map).

**For bus information call 13 12 30, visit translink.com.au or download the MyTransLink app.**

**Domestic animals are prohibited in the national park.**

**Never ride bikes, scooters, skateboards or roller blades on park walking tracks.**
Adventure safely

Make your visit to the park memorable for all the right reasons.

- Walk in daylight and never walk alone. Always walk with a group or in sight of another group.
- Stay on walking tracks and supervise children at all times. There are natural hazards including cliffs.
- Carry adequate drinking water to avoid dehydration and heat exhaustion. Plan your activity time for cooler parts of the day. Most of the Coastal walk is in full sun and there is a lot of reflected light.
- Protect yourself—wear sunscreen, hat, sunglasses, appropriate clothing and good walking shoes.
- Carry a mobile phone. Be aware, mobile phone reception is not reliable in all areas of the park.

Consider others

Noosa is a busy place, receiving in excess of 1.5 million visitors annually! Make your visit enjoyable for you and other visitors.

- Everyone moves at a different pace—give elderly, people with disabilities and young people greater space.
- Be careful to avoid collisions—especially when carrying larger gear or moving quickly; carry surfboards with fins turned in; slow down for narrow sections; alert others before passing.
- Remember that walkers have right of way on walking tracks.
- Never take bicycles, scooters, skateboards and rollerblades on park walking tracks. They are not permitted here.
- Keep Noosa’s beautiful coastal landscapes natural for everyone to enjoy. Please don’t pollute the view by creating rock graffiti along the coastline. Enjoy and leave without a trace.
- There’s no doubt it can be exciting seeing a koala in the wild, however no matter how cute they look leave them alone. Any wild animal that feels concerned or threatened will defend themselves, they have sharp teeth and very sharp claws. Respect their space and keep your distance when viewing.
• Carry a mobile phone. Be aware, mobile phone reception is not reliable in all areas of the park.

• Protect yourself—wear sunscreen, hat, sunglasses, and a group or in sight of another group.

• There's no doubt it can be exciting seeing a koala in the wild. But remember, they are not alone. Any wild animal that feels concerned or threatened will defend themselves, they have sharp teeth and very strong jaws. Keep Noosa's beautiful coastal landscapes natural by creating rock graffiti along the coastline.

• Be careful to avoid collisions—especially when carrying food in your hands. This can attract wildlife, putting them in harm's way.

• Everyone moves at a different pace—give elderly, people with disabilities and young people greater space.

• Keep Noosa's beautiful coastal landscapes natural. It takes a lot of work to create and maintain these beautiful areas, and everyone should do their part to keep them pristine.

• Remember that walkers have right of way on walking tracks.

• Bring your binoculars ... you will be surprised at the amazing birdlife. A bird which is often seen over the shoreline is the brahminy kite. Keep an eye out at Hell's Gates. These birds provide an awesome sight as they soar over the water and then drop to the surface to seize their prey.

• Take a close look at the spectacular wildflowers in spring, they're vibrant and beautiful—yellow paper daisies, guinea flowers, wattles and banksias; purple fringed lilies, vanilla lilies and false sarsaparilla; white wedding bush, wallum phebalium, riceflower and many more! Look carefully for the interesting small animals amongst them—small colour-camouflaged spiders, beetles, bees, ants and butterflies.

• This would have to be the most spectacular protected rocky coastline in South East Queensland. From breathtaking coastal walks to beautiful flower-laden heathlands, littoral rainforest and boulder-strewn bays ... it is awesome!

• Never ride bikes, scooters, skateboards or motorbikes in the National Park.

• Experience the many delights of Noosa National Park and surrounding areas with this selection of walks at a glance.

<table>
<thead>
<tr>
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<th>Class</th>
<th>Symbol</th>
<th>Distance</th>
<th>Walk time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emu Mountain summit walk</td>
<td>4</td>
<td>⚗️</td>
<td>4km</td>
<td>1hr</td>
</tr>
<tr>
<td>Hakea walk</td>
<td>3</td>
<td>🍀</td>
<td>500m</td>
<td>30min</td>
</tr>
<tr>
<td>Palm Grove walk</td>
<td>3</td>
<td>🌮</td>
<td>1km</td>
<td>1hr</td>
</tr>
<tr>
<td>Tanglewood walk</td>
<td>3</td>
<td>🌮</td>
<td>2km</td>
<td>2hr</td>
</tr>
<tr>
<td>Ocean Beach walk</td>
<td>3</td>
<td>🌮</td>
<td>4km</td>
<td>3hr</td>
</tr>
<tr>
<td>Alexandria Bay walk</td>
<td>3</td>
<td>🌮</td>
<td>2km</td>
<td>2hr</td>
</tr>
</tbody>
</table>

Enjoy and leave without a trace.

Ranger favourites

Clockwise from above:
Wallum banksia Banksia oemulata; Fringed lily Thysanotus tuberosus; Granite Bay; Hairy guinea flowers Hibbertia vestita.

Photos: © Ross Naumann, QPWS Volunteer

Ranger Dave

Brahminy kite (right).

Ranger Liz

Ranger Aaron

Walking track legend

Legend

High School
Coolum
Sunshine Coast Motorway
Noosa Dr
Bicentennial
David Low Way
Enterprise St
Viewland Dr
Seaview
Havana Road East
Hastings St
Noosa Pde
Noosa Dr
Drake St
Duke Cr
Noosa Heads
Granite Bay
Bay Winch
Tea Tree (limited views)
Peregian Beach
Unpatrolled beach
To Stumers Creek 1.1km
To Coolum Beach
Route 620
Route 620
To Stumers
To Noosa
Peregian section
(Noosa National Park)

Ranger favourites

This would have to be the most spectacular protected rocky coastline in South East Queensland. From breathtaking coastal walks to beautiful flower-laden heathlands, littoral rainforest and boulder-strewn bays ... it is awesome!

Ranger Aaron

Bushwalking experience recommended. Tracks may be long, rough, and very steep.