Cooloola Recreation Area, Great Sandy National Park

Cooloola access map

Cooloola Recreation Area

For more information on the Noosa River, refer to the Noosa River map.

For information on the Inskip Peninsula Recreation Area, refer to the Inskip map www.queenslandnationalparks.com.au

Campfires are prohibited in Cooloola, except in the camping areas at Poverty Point, Teewah Beach and Inskip. No fires permitted anywhere when fire prohibition or fire bans are imposed.

Campers are required to obtain a Cooloola Great Walk topographic map prior to undertaking this five-day trek. It contains a comprehensive walking guide, planning hints, safety tips, topographic map and track profiles.

Dogs — on a leash and under control at all times — are only permitted in the designated beach ‘dog-friendly’ areas. See page 2 for permitted areas.

Horses are only permitted in the designated beach riding areas. See page 2 for permitted areas.

All domestic animals, including dogs and horses, are prohibited in all other areas of the recreation area, including in vehicles or trailers traversing beaches and inland tracks.

High clearance 4WD vehicles with low range capacity are essential. Cooloola’s sand tracks and beaches are soft and rough and are unsuitable for all-wheel-drive vehicles, caravans and motorhomes. Off-road camper trailers are recommended.

Before leaving home:

- Purchase your vehicle access permits (see map for areas where permits are required and sold).
- Check conditions before you leave. Search for ‘Cooloola conditions report’ and ‘park alerts’ on qld.gov.au

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Dogs on leashes are permitted on the beach in the dog-friendly area indicated on the map. Dogs are prohibited (including in vehicles) north of Teewah.

Horses are permitted on the council horse trail and on the beach indicated on the map.

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. Observe all speed signs.

From the south: Noosa North Shore

From the north: Rainbow Beach

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.

Four-wheel-drives at a glance

Beach driving:
- 3rd beach cutting to Teewah Beach camping area—20km
- 3rd cutting to Double Island Point southern beach—45km
- Rainbow Beach to Double Island Point northern beach—13km

Inland sand tracks:
- Freshwater Road—15km
- Kings Bore circuit (unsigned, remote track)—40km
- Poverty Point Road—6km no through road