WELCOME TO
SUNSHINE COAST AND HINTERLAND PARKS

Welcome to the stunning natural beauty of these incredible parks! Immerse yourself in the beautiful coastal fringes of rugged headlands, fragile sand dunes, mangrove-lined creeks and blooming heathland, then venture to the enticing hinterland for tranquil forests, rambling rocky creeks, mesmerising waterfalls and breathtaking views of ancient volcanic intrusions. Come and see what we see. 

Ranger Bronwyn McAdam on behalf of the Sunshine Coast and Hinterland Park Rangers

Jinibara people and Kabi Kabi people welcome you to the protected areas of the Sunshine Coast and Hinterland. Areas within these parks are of traditional and contemporary significance to both groups, who have an active role in looking after the values for future generations. We hope you will enjoy your visit and respect these sacred places.

BE REFRESHED!

LISTEN to the sounds of Australian summer—cicadas humming, weathered bark crackling underfoot, laughing kookaburras and waves breaking gently on the beach.

APPRECIATE stories of the Aboriginal people of this land. Imagine a traditional lifestyle of hunting and gathering and ceremonies bringing people together.

HIKE for days on a Great Walk or take a short stroll to scenic lookouts where you can soak up epic mountain views and coastal scenery.

RECAPTURE your childhood on a camping adventure, toasting marshmallows around a campfire and searching for shooting stars in the night sky.

SEEK adventure—at your own pace. Peddle a canoe upriver, rumble down 4WD roads, dip your toes in cool rainforest pools or relax with a gourmet picnic beside a waterfall.

VENTURE deep into the green hinterland beneath ancient trees and rainforest vines, letting nature’s healing power rejuvenate your spirit.

Glass House Mountains National Park
Kondalilla National Park
Mapleton Falls National Park
Mapleton National Park
Conondale National Park
Imbil State Forest
Jimna State Forest
Amamoor State Forest
Amamoor State Forest
Bellthorpe National Park
Great Walks
Camping. Be safe. Be responsible
Connect with Queensland National Parks

For a more comprehensive guide of the parks listed above, visit qld.gov.au/nationalparks

Photo: Rowena Thomas © Qld Govt
MAP OF THE
Sunshine Coast and Hinterland

PLAN YOUR GETAWAY

Whether you visit for a day or holiday for a week, you’ll be swept up by the Sunshine Coast’s laidback way of life. Kick off your shoes and squeeze sand between your toes. Bathe in the glow of morning sun and rippling waves—you’ll feel like a local in no time.

BEST TIME TO VISIT

The Sunshine Coast boasts a perfect climate almost year-round. Autumn and spring are the best times to visit, with daytime temperatures averaging 25°C on the coast and the hinterland tending to be a degree or two cooler. Summer temperatures can soar above 30°C with afternoon storms rolling in, so plan park activities for cooler, earlier parts of the day. During winter, daytime temperatures are still warm with 20°C averages on the coast. Light winter frosts can occur in the hinterland with temperatures dropping below 0°C, so pack a warm jacket!

BEST WAY TO VISIT

The best way to visit is with the freedom of your own vehicle. Most parks are accessible by 2WD, Bellthorpe National Park, Conondale National Park and some parts of Mapleton National Park are the exception and require a 4WD. Some coastal parks have bus services that stop nearby.

ADD SOME LOCAL FLAVOUR

Make the most of your visit and time your holiday with a local regional event. Choose from country shows, fishing competitions, triathlons, mountain bike rides and races, sailing and swimming events, and music, food and cultural festivals. There is something happening at all times of the year, so join the fun!

Visit visitsunshinecoast.com.au/events or events.sunshinecoast.qld.gov.au

Guided tours

If your time is limited or you prefer someone else to do the planning, you can join a guided tour with an experienced and friendly local. From half-day visits to multi-day excursions, tour providers cater for special interests and can take you to less-visited corners of our parks. Visit queensland.com for details of tour providers. When booking your tour, look for the ECO Certified logo. For more information visit ecotourism.org.au

(*Top right) Wildflowers blooming in Currimundi Lake (Kathleen McArthur) Conservation Park, (below right) coastal heathland, (far right) sunset over Mount Tinbeerwah in Tinbeerwah National Park.

Photo: (top and below right) © Ross Naumann, QPWS volunteer; (far right) © Ian Hallmond

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PARKS WHERE YOU CAN:

**Go four-wheel driving**
Bellthorpe, Conondale, Imbil

**Feel the ocean breeze**
Noosa, Mount Coolum, Currimundi Lake

**Delight in spectacular views**
Mount Coolum, Tewantin, Glass House Mountains, Noosa

**Find a perfect picnic spot**
Mapleton, Mapleton Falls, Imbil, Conondale

**Witness majestic waterfalls**
Kondalilla, Sunshine Coast Hinterland Great Walk, Conondale Range Great Walk (Summer Falls walkers’ camp)

**Scale a mountain peak**
For walkers: Mount Coolum, Mount Tinbeerwah (Tewantin), Mount Ngungun and Mount Beerburrum (Glass House Mountains), Mount Allan (Conondale)
For experienced rock scramblers: Mount Beerwah and Mount Tibrogargan (Glass House Mountains)

**Camp by a waterhole**
Conondale, Imbil, Jimna, Amamoor

**Mountain bike and horseride on bush roads**
Tewantin, Parklands, Eumundi, Mapleton, Bellthorpe, Conondale, Imbil, Jimna, Amamoor

**Go for a bushtwalk**
Mapleton Falls, Kondalilla, Noosa, Glass House Mountains, Conondale, Eumundi, Imbil, Jimna

**See wildflowers bloom**
Noosa, Mount Coolum, Currimundi Lake, Glass House Mountains

**Encounter birdlife**
Noosa, Currimundi Lake, Jimna, Imbil, Amamoor

**Immerse in culture and art**
Conondale

**CHOSE YOUR ADVENTURE**

Diverse as they are beautiful, parks of the Sunshine Coast will spoil you for choice. Perfect strips of sandy beaches, open forest trails, cool hinterland rainforest and rushing cascades set the scene for relaxed outdoor adventure.

If you’re travelling to the region for the first time, choosing where to go is easy. There’s something for everyone.

**Noosa to Coolum**
Pick a spot high on the foreshore or a bushwalk through the Noosa Headland section of popular Noosa National Park and watch dolphins ride rolling waves and humpback whales breach on the horizon (between June and November).

If you’re keen to get off the beaten track, take a short drive to Tewantin National Park, or Eumundi or Parklands conservation parks, where forest trails beckon walkers, mountain bike riders and horseriders.

**Coolum to Caloundra**
A hop, skip and a jump from Marcoola lies Coolum to Caloundra section of popular Noosa National Park.

**The Hinterland**
Discover mysterious and dramatic peaks at Glass House Mountains National Park, rewarding seasoned rock climbers with spectacular views in all directions.

Continue your hinterland adventure on the Sunshine Coast Hinterland Great Walk. Choose to spend one or multiple days immersed in nature with just you and the wild residents for company.

**Blackall Ranges**
Visit the rolling hills behind the coast where quaint villages, organic cafes, galleries, vibrant rainforests and breathtaking waterfalls will delight you. Discover the magical beauty of Kondalilla National Park and Mapleton Falls National Park, walking under a verdant shady canopy. Four-wheel drive past rustic countryside, through Mapleton National Park to Point Glorious with magical views of southern Cooloola and Lake Cotharaba.

**To the West**
If you are looking for a little more adventure, take a short break and make full use of your 4WD, exploring roads through the rugged Conondale Ranges, where the everyday seems a lifetime away.

Discover creek-side camping, horse trails and roads for mountain bike adventure in Jimna, Imbil and Amamoor state forests. Also a superb camping destination, Conondale National Park features the built public art of world-renowned artist, Andy Goldsworthy—behind his egg-shaped sculpture called Strangler Cunn.

Continue your adventure in the Conondale Range tackling a half-day, full-day or multi-day bushwalk on the Conondale Range Great Walk. Travel through a variety of landscapes, taking time to unwind at the Great Walk camp sites.

Picnic beside the beautiful rock pool at Stony Creek day-use area in Bellthorpe National Park, and listen to the gentle sounds of cascading water.

**Track and trail classifications**

<table>
<thead>
<tr>
<th>Grade/Class</th>
<th>Suits</th>
<th>Track description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Wheelchairs with assistance and strollers</td>
<td>Track has a flat even surface with no steps or steep sections.</td>
</tr>
<tr>
<td>2</td>
<td>Families with young children</td>
<td>Track has a hardened or compacted surface and may have a gentle hill section or sections and occasional steps.</td>
</tr>
<tr>
<td>3</td>
<td>People with some bushwalking experience</td>
<td>Track may have short steep hill sections, a rough surface and many steps.</td>
</tr>
<tr>
<td>4</td>
<td>Experienced bushwalkers</td>
<td>Track may be long, rough and very steep. Directional signs may be limited.</td>
</tr>
<tr>
<td></td>
<td>Novice riders with basic skills and fitness</td>
<td>Wide trail with a gentle slope and a relatively obstacle-free, hardened natural slope.</td>
</tr>
<tr>
<td></td>
<td>Experienced riders with moderate skills and fitness</td>
<td>Trail with obstacles, variable surface and moderate slope. May include steep sections.</td>
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**Photos:** © Tourism and Events Qld; © Ross Naumann, QPWS volunteer; © Sarah Naumann, QPWS volunteer; © Maxine Copard © Qld Govt; (right) © Sarah Naumann, QPWS volunteer; © Otis Bathurst © Qld Govt
**Noosa National Park**

**MUST DO S**
- Start your day with an early morning walk along the Coastal walk, savouring the breathtaking view at Hell’s Gates.
- Walk through a kaleidoscope of colour in late winter and spring, when coastal heathland bursts into flower.
- If you have time, visit nearby Weyba Creek Conservation Park for a walk along the boardwalk to explore mangroves and discover wildlife.

**GETTING THERE**
Noosa is 160km north of Brisbane via the Bruce Highway and the Sunshine Motorway. There are four main sections.

- **Noosa Headland section**
  Access the Noosa Headland section from the end of Park Road, Noosa Heads, or Parkedge Road at the northern end of the end of Park Road, Noosa Heads, or Parkedge Road at the northern end of Park Road.

- **Peregian section**
  Access is from David Low Way, 3km north of Coolum Beach and 3km south of Peregian Beach.

- **Emu Mountain section**
  Access is from David Low Way, 3.5km north of Coolum Beach and 2.5km south of Peregian Beach.

- **East Weyba section**
  Access is from David Low Way at Marcus Beach, 2.5km north of Peregian Beach. From David Low Way, turn into Podargus Parade and Callandra Grove or continue to the Hawthorn Grove access point.

**Things to Do**

**Wildlife spotting**
Look for lace monitors, honeyeaters and koalas in trees near the walking tracks and picnic area, or walk to Hell’s Gates or Dolphin Point in the Noosa Headland section to spot a turtle or see dolphins cruising the waves.

**Picnicking**
Have a family picnic overlooking beautiful Laguna Bay with its sweeping views from Noosa to Coolum. Picnic tables, electric barbecues, drinking water and public toilets are provided in Noosa-Headland section at the end of Park Road.

With its beautiful and iconic mixture of beach and forest, Noosa National Park is a natural gem you simply must visit.

Wind your way along the stunning rocky coastline, watching surfers catch early morning breaks, dolphins gliding through sparkling waves and koalas snoozing in the eucalypts above. Covering more than 3000ha, the park has four distinct sections and a diversity of landscapes for you to explore. The hardest part is choosing where to start!

**Places to go**

- **Noosa Headland section**
  1. **Palm Grove walk**
     1.6km circuit (15–30mins). Grade 3
     Find relief on a hot day in cool rainforest with hoop pines, karri pines and piccabeen palms.
  2. **Tanglewood walk**
     8km return (2–3hrs), continue to Hell’s Gates and return via the Coastal walk for a 7.5km circuit. Grade 4
     Meander through rainforest and eucalypt woodland on this quiet inland walk to northern Alexandria Bay. Return to the day-use area on the Coastal track.

- **Coastal walk**
  10.8km return (4hrs).
  3.3km one way to the northern end of Alexandria Bay. Grade 3
  2.7km one way to Hell’s Gates. Grade 3
  3.3km one way to the northern end of Alexandria Bay. Grade 4
  4.4km one way to southern end of Alexandria Bay. Grade 4
  5.4km one way to Sunshine Beach. Grade 4
  Follow the shore around several bays with spectacular coastal views.

**Noosa Heads**

(Above) Noosa Headland section. (above right) walking in East Weyba section; (right) Koala; (far right) tawny frogmouths, (opposite page) explore the headland on the Coastal track.

Photo: © Tourism and Events Qld; Photos: (above and opposite page) © Tourism and Events Qld; Photos: (above right) Peregian Summit walk 1.4km return (45mins–1hr). Grade 4
Take a short, challenging walk to the summit (7km) for panoramic views over the coast. The track is steep in places, so take care. The montane heath boasts a colourful array of wildflowers as well as threatened plants, including the Emu Mountain she-oak.

**Planes to go**

- **Peregian section**
  1. **Ocean Beach walk**
     1km return (30mins). Grade 3
     Walk along a boardwalk through paperbark swamp and sedgelands, down a sandy track through heathland and she-oak forests to the beach. Enjoy seeing splashes of wildflower colour and quirky-named dune plants like dune bean and pigface.
  2. **Walk along the Coastal track**
     300m one way to Boiling Pot. Grade 1
     Find relief on a hot day in cool rainforest with hoop pines, karri pines and piccabeen palms.

- **East Weyba section**
  Access is from David Low Way, 3.5km north of Peregian Beach.

- **Emu Mountain section**
  1. **Emu Mountain summit walk**
     1.4km return (45mins–1hr). Grade 4
     Take a short, challenging walk to the summit (7km) for panoramic views over the coast. The track is steep in places, so take care. The montane heath boasts a colourful array of wildflowers as well as threatened plants, including the Emu Mountain she-oak.

**Wildlife spotting**
Look for lace monitors, honeyeaters and koalas in trees near the walking tracks and picnic area, or walk to Hell’s Gates or Dolphin Point in the Noosa Headland section to spot a turtle or see dolphins cruising the waves.

**Noosa local area map**

**Coastal track**

- 3km one way to the northern end of Alexandria Bay. Grade 3
- 2.7km one way to Hell’s Gates. Grade 3
- 8km return (2–3hrs); continue to Hell’s Gates and return via the Coastal walk for a 7.5km circuit. Grade 4
- Meander through rainforest and eucalypt woodland on this quiet inland walk to northern Alexandria Bay. Return to the day-use area on the Coastal track.

**Picnic area**

- 1.1km circuit (15–30mins). Grade 3
- Continue for a 7.1km circuit. Grade 4
- Meander through rainforest and eucalypt woodland on this quiet inland walk to northern Alexandria Bay. Return to the day-use area on the Coastal track.

**Walk along the Coastal track**

- 300m one way to Boiling Pot. Grade 1
- Find relief on a hot day in cool rainforest with hoop pines, karri pines and piccabeen palms.

**Noosa Heads Surf Life Saving Club**

**Ocean Beach walk**

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**Emu Mountain summit walk**

1.4km return (45mins–1hr). Grade 4
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Mount Tinbeerwah, Tewantin National Park

**MUST DOS**
- Enjoy a forest ramble —see tiny pea flowers, slender sun orchids, jewel-coloured butterflies and alien-like fungi on the forest floor.
- Test your mountain biking skills on one of the single-use mountain bike trails.
- Capture a bird’s eye view from Mount Tinbeerwah lookout.
- Visit nearby Tushkaol National Park, which boasts a steep summit route for experienced rock scramblers.

**GETTING THERE**
Tewantin National Park is 2km west of Tewantin and 10km from Noosa along Cooroy-Noosa Road. The turnoffs to Tewantin and 10km from Noosa along Tewantin National Park is 2km west of Mount Cooroy—Noosa Road. The turnoffs to Tewantin and 10km from Noosa along Tewantin National Park is 2km west of Mount Cooroy—Noosa Road.

**Things to do**

**VISIT**
- **Mount Tinbeerwah lookout**
  - one of the single-use mountain bike trails, leaving from Wooroi day-use area. There are easy, intermediate and difficult trails to choose from.

**EXPLORE**
- **Absailing and rock climbing**
  - Experienced and suitably-equipped climbers can scale or rappel the cliff face of Mount Tinbeerwah behind the designated safety fence provided. Please only use the approved anchor points at the cliff top—never trees, fences or other structures.

**PLACES TO GO**
- **Palm Grove walk**
  - 1km return (30mins). Grade 3
  - Enjoy a walk through the cabbage tree and piccabeen palm forests along Wooroi Creek.

- **Mount Tinbeerwah lookout track**
  - 1km return (40mins). Grade 4
  - Bring binoculars to take advantage of the spectacular 360 degree view from the summit. The beginning of the track to the first lookout is wheelchair-accessible.

**Eumundi Conservation Park**

**MUST DOS**
- Escape the summer heat with a refreshing mountain bike or horse ride through pockets of rainforest, paperbark swampland and grassy open forest.
- Go birdwatching early morning or late afternoon and see fairy-wrens, honeyeaters, pardalotes and lots of other birds in the forest understory.

**GETTING THERE**
The park is a few minutes’ drive from Eumundi. There are approved anchor points at the cliff top—safety fence provided. Please only use the cliff top—safety fence provided. Please only use the

**Places to go**
- **Blackbutt trail**
  - 2.3km one way from Eumundi Road gate to Seib Road gate
  - Pass through blackbutt, pink bloodwood and brushbox forest before taking a break at the old cattle yard and dam.

- **Geebung circuit**
  - 3.6km return from Seib Road gate
  - Explore hills, creeks and gullies along this trail through tall eucalypt forest, rainforest and open woodland.

- **Figbird trail**
  - 4km return from Seib Road gate
  - Travel through open forest and wet eucalypt forest on this trail.

Imagine a past with voices echoing ‘timber!’ as huge cedar, beech, pine, blackbutt and tallowwood trees were felled in this forest during the late 1800s. Logging ceased in 1996 and it was declared conservation park in 2009 to protect the forest and wildlife. Walk, mountain bike or horse ride on a network of shared trails, with the piercing call of eastern whipbirds echoing in the forest and beard dragons basking in the sunshine.

**Legend**
- **Blackbutt trail**
- **Figbird trail**
- **Geebung circuit**
- **Ironbark trail**

**Scale**
- 0.5 km

**Bugs and Fungi**
- Look out for colourful yellow and orange pea flowers in spring. Look our for tiny pea flowers, slender sun orchids, jewel-coloured butterflies and alien-like fungi on the forest floor.

**Places to go**
- **Palm Grove walk**
  - 1km return (30mins). Grade 3
  - Enjoy a walk through the cabbage tree and piccabeen palm forests along Wooroi Creek.

- **Mount Tinbeerwah lookout track**
  - 1km return (40mins). Grade 4
  - Bring binoculars to take advantage of the spectacular 360 degree view from the summit. The beginning of the track to the first lookout is wheelchair-accessible.

**Travel to the heart of historical timber-getting country, on hoof, foot or wheel, and explore dry open forests on the hills and moist tall eucalypt forests and rainforests along the creeks and gullies.**
Mount Coolum National Park

Encounter a sunrise like never before from the impressive green-cloaked dome of Mount Coolum, 208m above the Sunshine Coast lowlands. With spectacular 360 degree views of the coast and hinterland, it’s time to brush off your walking boots, get prepared and start hiking!

This park protects a significant area of montane heath on the mountain peak and important pockets of wallum, paperbark wetlands, open eucalypt forest and rainforest remnants that have otherwise largely disappeared from this part of Queensland.

**Things to do**

- **Wildlife spotting**
  See honeyeaters darting through the montane heath, while peregrine falcons, the world’s fastest animal, bomb-dive into the valley at up to 200km per hour on the hunt for prey. In winter and spring, migrating whales can be spied from the summit, breaching offshore.

- **Ranger tip**
  Never attempt the Mount Coolum summit walk in wet weather—the track becomes dangerously slippery. Instead, admire beautiful waterfalls cascading off the mountain from safe vantage points along local roads.

**Places to go**

1. **Mount Coolum summit walk**
   1.6km return (1hr). Grade 4
   Climb through woodlands and shrublands to emerge in a sea of montane heath, a threatened plant community surviving on this exposed summit. This walk has many steps so make sure you are fit enough for the challenge!

**Getting there**

Access is from David Low Way, 3km north of Marcoola and 6km south of Coolum Beach. Turn into Tanah Street to reach the car park.

Currimundi Lake (Kathleen McArthur) Conservation Park

Visit a living legacy—a family-friendly park reflecting the passion of local conservationist and artist, Kathleen McArthur. Walk peacefully through precious remnants of wallum heath for views of the lake and ocean.

Spy shimmering green, blue and gold in the shrubbery—honeyeaters, rainbow bee-eaters and wrens visit the heath to hunt for their insect meals.

**Places to go**

1. **Beach access track**
   1.4km return (40mins). Grade 3
   Meander through low-growing rainforest onto sandy dunes with spiny casuarinas and sword-like pandanus palms and witness expansive beach and ocean views.

2. **Heath circuit**
   1.4km return (40mins). Grade 2
   A sealed path at the entry leads to a viewpoint over Currimundi Lake then the sandy walking track continues through woodlands filled with banksias, wattle, casuarinas and heath plants.

**Things to do**

- **Canoeing and cycling**
  Perfect for the family, the safe, sheltered waters of Currimundi Lake are ideal for canoe, kayak or paddleboard adventures. The council’s nearby Coastal Pathway gives cyclists, walkers and joggers their fit-kick with a scenic route around heathland.

**Getting there**

Currimundi Lake (Kathleen McArthur) Conservation Park is 4km north of Caloundra. Travel on Nicklin Way, turn east into Gayandi Street at Wurtulla then right into Mandara Drive and left into Coongarra Esplanade.

**MUST DOS**

- Get a natural high on a steep trek up the volcanic peak, where large columns of cooled lava form an ingenious staircase to the top.
- Sit quietly and sketch or photograph wildflowers.
- Look for passing whales during the annual winter migration.
- For a different ocean experience, dive off the coast nearby at Ex-HMAS Brisbane Conservation Park, exploring the sunken bones of a warship.

**Getting there**

Access is from David Low Way, 3km north of Marcoola and 6km south of Coolum Beach. Turn into Tanah Street to reach the car park.
Glass House Mountains National Park

MUST DOS

- Drop into the Glass House Mountains Visitor Centre for more ideas on places to explore.
- Visit Glass House Mountains lookout to the west in Beerburrum State Forest for a spectacular view of all the Glass House Mountains’ peaks or at the many vantage points along local roads.
- Behold the striking monument of the Organ Pipes—viewable from Mount Beerwah day-use area — where volcanic magma has cooled and cracked into impressive hexagonal columns.
- Finish a day’s scrambling by camping beneath the stars at Coochin Creek camping area.
- Be enchanted as you walk beneath changing forest canopies—see candlestick banksias blooming bright yellow, rainbow lorikeets peeking from tree hollows, and spectacular views that stretch to the horizon.

DID YOU KNOW?

The Glass House Mountains are evidence of igneous intrusions formed around 25–27 million years ago. Weather has long eroded away the surrounding softer sandstone, leaving behind the harder rock of the magnificent craggy peaks we see today.

THINGS TO DO

- **Wildlife spotting**
  At dawn and dusk, eastern grey kangaroos and whiptail wallabies graze in the open forests. Look for blue-faced, scarlet and white-cheeked honeyeaters sipping nectar from heath wildflowers. As you walk along, smell the musky scent of koalas snoozing high in pink bloodwood and tallowwood trees.
- **Bushwalking**
  Enjoy bushwalks to lookouts and through the forests around the mountains. For families, the Mount Ngungun summit walking track is a challenging walk with spectacular bird’s-eye views of nearby Mount Tibrogargan, Mount Beerwah and Mount Coonowrin.
- **Rock scrambling summit routes**
  Experienced and well-prepared climbers can access the summits of Mount Beerwah and Mount Tibrogargan. These summit routes are extremely challenging, with exposed rocky sections, steep cliffs and areas requiring rock scrambling and climbing skills. If you are inexperienced or have young children, these climbing routes are not for you.
  The Jinibara people and Kabi Kabi people consider these peaks to be sacred mountains, not to be climbed.
- **Running trails**
  Go for a forest run on three running trails and a shared trail in nearby Glass House Mountains Conservation Park and Beerburrum West State Forest, just off the D’Aguilar Highway between Wamuran and D’Aguilar townships.

GETTING THERE

The Glass House Mountains area is 70km north of Brisbane. Follow the Bruce Highway north to the Glass House Mountains tourist drive exit and follow the signs to the park. Mounts Beerburrum, Beerwah, Ngungun and Tibrogargan have separate access roads.

PLACES TO CAMP

Camping is not permitted in Glass House Mountains National Park, but you can visit nearby Beerwah State Forest and stay overnight in your tent, camper trailer, campervan or caravan at Coochin Creek camping area. See qld.gov.au/nationalparks for more information.

PLACES TO GO

1. **Mount Ngungun summit walking track**
   2.8km return (3hrs). Grade 4
   Enjoy great views of Mount Tibrogargan, Mount Coonowrin and Mount Beerwah from the summit of this walk.
2. **Mount Tibrogargan walking circuit**
   6km return (3–4hrs). Grade 4
   Wind through open woodland and heathland between Mount Tibrogargan and Mount Tibberowuccum. Enjoy views from Jack Ferris lookout on Trachyte Ridge.
3. **Mount Beerburrum walking track**
   1.4km return (1hr). Grade 4
   See rainforest with twisting fig trees and open forests on this steep walk.

SAFETY

Never attempt mountain walks or summit routes in wet weather—rock surfaces become dangerously slippery.
During the summer rainy season, it is thundering and spectacular while the waterfall cascades all year round, dying to a gentle trickle in the drier winter months.

**Kondalilla National Park**

**MUST DOS**
- Snap a selfie in the subtropical, boulder-strewn oasis at the base of the falls—well worth the walk down.
- Take a refreshing dip in the rock pool.
- Explore the nearby parks and villages or check out the Great Walk for next time you visit.

**Getting There**
The park is about 90km north of Brisbane near Montville. Follow Montville–Mapleton Road and turn into Kondalilla Falls Road.

**Ranger Tip**
While the waterfall cascades all year round, it is thundering and spectacular during the summer rainy season, dying to a gentle trickle in the drier winter months.

Explore a magical landscape, complete with reflective rock pools, little cascades, twisting paths and tree hollow homes for local wildlife. Kondalilla—the Aboriginal word meaning ‘rushing water’—aptly describes the park’s main waterfall plummeting 90m into the rainforest valley below. Navigate the steep curving steps carefully down to the viewpoint to see the gushing falls in all its glory. Be captivated by the verdant rainforest buzzing with sounds and fliers of wildlife all around.

**Things to do**
- **Wildlife spotting**
  Possums, pademelons, wallabies, goannas, platypus, echidna and over 100 bird species live in the sheltered rainforests of the Blackall Ranges. Watch for goannas and water dragons wandering the tracks as often as we do! Sling your camera strap over your shoulder and capture images worthy of David Attenborough’s attention.
- **Picnicking**
  A 100m downhill walk with steps leads from the car park to a large grassed picnic area featuring barbecue facilities, picnic tables and toilets. The walking tracks start from this area.

**Places to Camp**
No vehicle-accessible camping is available in Kondalilla National Park. Camping is only permitted at Flaxton walkers’ camp—a bush camp provided especially for walkers on the 58km Sunshine Coast Hinterland Great Walk. For more information visit nprsr.qld.gov.au/parks/great-walks-sunshine-coast

**Mapleton Falls National Park**

**Must dos**
- Have a picnic with your family and friends, and some of the park’s furry and feathered local residents.
- Feel the golden glow of sunset from Mapleton Falls lookout.
- Be enraptured by the view over the Obi Obi Gorge and scenic Mary River valley beyond.
- Take a short walk on the Wompoo circuit.

**Getting There**
From Brisbane, travel 105km north along the Bruce Highway to Nambour, then travel 11km west to Mapleton.

**Picnicking**
Along with a wheelchair-accessible toilet, there are picnic tables and an open grassy area—ideal for spreading out a picnic rug or two and enjoying some downtime in the fresh air.

Enter shadowy forest where peace is only punctuated by the booming ‘wallack-a-woo’ and ‘book-a-rook’ of wompoo fruit-doves calling from the treetops.

**Must dos**
- Look for peregrine falcons soaring near the cliff edges of Mapleton Falls to their roosting sites.
- Wind through rainforest and eucalypt forest with teasing glimpses of the vast mountain ranges stretching grandly west. Peregrine lookout is the perfect spot to let the serenity of the Obi Obi Valley wash over you.

**Places to go**
1. Mapleton Falls lookout
   50m return (5mins). Grade 2
   Look for peregrine falcons soaring near the cliff edges of Mapleton Falls to their roosting sites.
2. Wompoo circuit
   1.3km return (45mins). Grade 2
   Wind through rainforest and eucalypt forest with teasing glimpses of the vast mountain ranges stretching grandly west. Peregrine lookout is the perfect spot to let the serenity of the Obi Obi Valley wash over you.

**Things to do**
- **Picnicking**
  Along with a wheelchair-accessible toilet, there are picnic tables and an open grassy area—ideal for spreading out a picnic rug or two and enjoying some downtime in the fresh air.

**Places to go**
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**Things to do**
- **Picnicking**
  Along with a wheelchair-accessible toilet, there are picnic tables and an open grassy area—ideal for spreading out a picnic rug or two and enjoying some downtime in the fresh air.
Get active and explore this park many different ways. Ride your horse, mountain bike or trail bike, drive along forest roads, climb majestic cliffs, or camp beneath the starry night sky.

This park protects significant tall, wet sclerophyll forest, home to two endangered frog species—the giant barred frog and cascade treefrog. Delight in small waterfalls and creeks, fragrant scribbly gum forest, and tall-rainforest and palm groves in this glorious hinterland park.

**PLACES TO CAMP**

- **Gheerulla camping area**
  - Pitch your tent in the bushy setting beside Gheerulla Creek. Wood barbecues, toilets and picnic tables are provided for campers. Access to the camping area is via Eumundi—Kenilworth Road by high-clearance 4WDs.

**Great Walk walkers’ camps**

There are three secluded walkers’ camps provided on the Sunshine Coast Hinterland Great Walk—from Thilba Thalba, Ubaque and Flaxton.

**MUST DOs**

- Dangle above the forest while abseiling from the grass tree-lined bluffs at Point Glorious, zoom above sea level.
- Satisfy your inner adrenaline junkie on the Gheerulla trail bike circuit.
- Laze in your camping chair beside Gheerulla Creek and listen to the wind blowing through the trees.
- Bring your mountain bike and try some of the 30km of shared trails on offer.

**GETTING THERE**

From Brisbane, travel 105km north along the Bruce Highway to Nambour, then drive 11km west to Mapleton. Roads in Mapleton National Park are unssealed—Mapleton day-use area is accessible by conventional vehicles, while most other roads require high-clearance 4WDs. Roads become very slippery in wet conditions so plan to visit in dry weather.

**THINGS TO DO**

- **Scenic driving**
  - Take the scenic route along Mapleton Forest Road starting just north of Mapleton township, passing Cooloolabin Dam leading to Point Glorious, which has spectacular views of the coast and hinterland. This forest road is unssealed and suitable for high-clearance 4WDs only.

- **Mountain bike and horse riding**
  - Ride your horse along scenic trails in the Horse Trail Network. See npsr.qld.gov.au/experiences/horse-trails for detailed information. Mountain bikers can also access these trails, the Oaky Creek Lookout mountain bike trail and management roads unless otherwise signed.

- **Trail bike riding**
  - Catch some dust riding the 26km Gheerulla trail bike circuit, provided for licensed riders using road-registered motorcycles. Explore 26km of winding trail bike track over hilly terrain with tall blackbutt and scribbly gum forest.

**PLACES TO GO**

- **Oaky Creek Lookout trail** 19km return. Grade 4. Explore the different forest communities as you travel along this designated mountain bike trail, with spectacular views of the Conondale Range and Mary Valley from the Oaky Creek lookout.
- **Turpentine trail** 7.8km return. Grade 4. Pass through wet eucalypt forest into scribbly gum forest with a heath understory. Return along the same route or via East Cedar Creek Road and Mapleton Forest Road.
- **Picabeen circuit** 6.7km return. Grade 4. Discover creek crossings and rainforest communities on this trail.
- **Kureelpa Falls circuit** 8.5km return. Grade 4. Travel through tall open forest down to South Maroochy River, taking a short walk halfway to view Kureelpa Falls.

**Ride your horse along scenic trails in the Horse Trail Network. See npsr.qld.gov.au/experiences/horse-trails for detailed information. Mountain bikers can also access these trails, the Oaky Creek Lookout mountain bike trail and management roads unless otherwise signed.**

**Danger**

Stay behind fences and follow all warning signs. A number of people have died or been permanently paralysed after slipping over waterfalls in these parks.
Conondale National Park and Imbil State Forest

MUST DOs

**Conondale National Park**
- Skim stones and splash across the crystal-clear pebble-crimson Booolumba Creek.
- Be humbled by the unique 3.7m high rock sculpture © Strangler Cairn in Booolumba Gorge.
- Stop at Booolumba Falls to admire the impressive outlook over the Breadknife rock formation, rushing cascades and waterfalls.

**Imbil State Forest**
- Drive through rainforest, native pine plantation and rocky creeks.
- Laze beside Little Yabba Creek on a camping holiday in Charlie Moreland camping area.

GETTING THERE

**Conondale National Park**
From the Bruce Highway the main exits to the park are the Landsborough-Maenly exit or the Eumundi–Kenilworth exit, following road signs for Kenilworth. The turn-off to Booolumba Creek day-use and camping areas is 13km past Conondale township or 7.5km past Kenilworth. All park roads are gravel and suitable for high-clearance 4WD only.

**Imbil State Forest**
Follow the Bruce Highway and take the Landsborough exit to Maenly. Continue on Maenly–Kenilworth Road and turn into Sunday Creek Road, 13km north of Conondale township. Charlie Moreland camping area is 5.5km along Sunday Creek Road. Alternatively take Eumundi–Kenilworth Road off the Bruce Highway and travel through Kenilworth to the Sunday Creek Road turn-off 5km from the township.

THINGS TO DO

**Conondale National Park**
**Wildlife spotting**
Listen from your tent at night for the eerie squealing screams of rarely-seen yellow-bellied gliders as they leap from tree to tree feeding on sap oozing from nicks in the trunk. If you’re lucky you may spot northern brown bandicoots and red-necked pademelons, two of many animals found in these parks and the surrounding ranges.

**Mountain bike and horse riding**
Horse riders and mountain bikers can access scenic shared trails and management roads in Imbil State Forest and the Horse Trail Network in Conondale National Park. See npsr.qld.gov.au/experiences/horse-trails for detailed information. Mountain bike riders can also access management roads in Conondale National Park unless otherwise signed.

**Imbil State Forest**
**Fig Tree walk**
780m return (45mins). Grade 1. Stroll through rainforest with enormous fig trees on this short circuit with interesting wayside signs. This circuit is wheelchair-accessible.

**Mount Allan shared trail**
8.8km return (4hrs). Grade 4. Follow this trail through steep pine plantation towards Mount Allan in Conondale National Park. The last 300m to the fire tower, with stunning 360 degree views of the surrounding ranges, is a walking track only.

PLACEs TO CAMP

**Conondale National Park**
1. **Booolumba Creek 1 and 3**
2. **Booolumba Creek 4**
This open grassy area has plenty of room for 4WD high clearance campervans and caravans (4WD towing), as well as tent camping.

**Imbil State Forest**
1. **Charlie Moreland camping and day-use area**

PLACEs TO GO

**Conondale National Park**
1. **Booolumba Falls walk**
3km return (2hrs). Grade 3. Discover this scenic creek’s cascades, waterfalls and rock pools. View the Breadknife rock formation at the junction of Peters and Booolumba creeks.
2. **Strangler Cairn**
6.5km return (3hrs). Grade 3. See the impressive hand-cut granite and metamorphic block © Strangler Cairn sculpture by internationally-renowned artist Andy Goldsworthy.

**Imbil State Forest**
1. **Fig Tree walk**
780m return (45mins). Grade 1. Scroll through rainforest with enormous fig trees on this short circuit with interesting wayside signs. This circuit is wheelchair-accessible.
2. **Mount Allan shared trail**
8.8km return (4hrs). Grade 4. Follow this trail through steep pine plantation towards Mount Allan in Conondale National Park. The last 300m to the fire tower, with stunning 360 degree views of the surrounding ranges, is a walking track only.

Great Walk walkers’ camps
There are three secluded walkers’ camps provided on the Conondale Range Great Walk—Wongai, Tallowwood and Summer Falls.

**Imbil State Forest**
1. **Charlie Moreland camping and day-use area**
Pitch a tent, or set up your van or trailer, at this shaded grassy camping area near Little Yabba Creek. A large enclosed paddock is provided beside the camping area for horses.
Jimna and Amamoor State Forests

**MUST DO**
- Toast marshmallows around a campfire, sharing stories from the day.
- Camp with your dog at Amamoor Creek camping area — it’s a pretty unique experience.
- Continue further north to Brooyar State Forest and Woondum National Park where you can enjoy creek-side camping.

**Getting There**

**Jimna State Forest**
Follow the Bruce Highway and take the D’Aguilar Highway turn-off to Kilcoy. From Kilcoy, travel south 20km along Kilcoy-Murgon Road to Jimna State Forest.

**Amamoor State Forest**
Turn off the Bruce Highway 20km south of Gympie and follow the signs to Amamoor township. The forest is 10km west of Gympie and follow the signs to Amamoor along Amamoor Creek Road. From Kilcoy, travel north 45km along D’Aguilar Highway turn-off to Kilcoy. Follow the Bruce Highway and take the Jimna State Forest

**Things to Do**

**Mountain bike and horse riding**
Ride horses and mountain bikes on shared trails and management roads. A designated horse paddock is provided beside Peach Trees camping area in Jimna State Forest. For information on the connecting Horse Trail Network please visit npsr.qld.gov.au/experiences/horse-trails

**Scenic driving**
Have a full-day 4WD adventure along picturesque forest roads, enjoying stops and short walks along the way.

**Places to Camp**

**Jimna State Forest**
- **Peach Trees**
  - Camp on a grassy area in the shade of tall grey gums beside Yabba Creek and see platypus at dusk and dawn. A fenced paddock is provided for horses.

**Amamoor State Forest**
- **Cedar Grove camping area**
  - Camp in an open grassy area surrounded by riverine rainforest, tall open forest and Amamoor Creek.

**Things to Go**

**Amamoor State Forest**
- **Amamoor Creek hiking trail**
  - 2.4km (1hr). Grade 4
  - Explore Yabba Creek through open forest to a scenic creek lookout. Cross the creek and meander back along the opposite bank, where lily pily trees grow densely. Be careful after heavy rain—the creek crossing may be flooded.

**Places to Go**

**Amamoor State Forest**
- **Amamoor Creek hiking trail**
  - 3.5km (2hrs). Grade 3
  - Walk through open forests of ironbark and grey gum, and dry rainforest with towering bunya and hoop pines.

**Amamoor State Forest**
- **Amamoor walk**
  - 1.5km return (30mins). Grade 4
  - Explore lush rainforest with buttressed trees, vines, ferns and mossy rocks. Along the rainforest-lined creek look for teardrop-shaped birds’ nests suspended from branches.

**Amamoor State Forest**
- **Rainforest walk**
  - 1km return (30mins). Grade 3
  - Walk past large waterholes into subtropical rainforest featuring large red cedars, figs and a piccabeen palm grove, and tall forest oaks along the creek. This walk starts from Cedar Grove camping area.

**Amamoor State Forest**
- **Cedar Grove hiking trail**
  - 4.6km return (4hrs). Grade 4
  - Branch off the Rainforest walk through open forest and hoop pine plantations. Cross Amamoor Creek and return to the camping area. This walk starts from Cedar Grove camping area.

**Amamoor State Forest**
- **Amamoor Creek hiking trail**
  - 2.5km return (3hrs 30mins). Grade 4
  - Walk through open forest and dry areas with an interesting mix of rainforest plants that grow in poor quality soils. This walk starts from Cedar Grove camping area.

**Amamoor State Forest**
- **Cedar Grove hiking trail**
  - 4.6km return (4hrs). Grade 4
  - Branch off the Rainforest walk through open forest and hoop pine plantations. Cross Amamoor Creek and return to the camping area. This walk starts from Cedar Grove camping area.
Bellthorpe National Park

MUST DOS
- Refresh yourself in the deliciously-cool rock pool at Stony Creek day-use area.
- Imagine this place more than a century ago when a colony of Queensland black-and-white treefrogs and whipbirds. Stand quietly—you might hear a male whipbird’s high-pitched ‘whip and crack’ call, closely followed by a female’s sharp ‘choo-choo’. 
- Enjoy a low-range 4WD trip along Branch Creek Road with rocky climbs and picturesque creek crossing.
- These western trails are very steep and are only suited to very experienced riders.

GETTING THERE
The park is about 85km north-west of Brisbane and west of the Glass House Mountains. Follow the D’Aguilar Highway west through Woodford township and take the Stony Creek Road exit, following signs to Stony Creek day-use area.

Explore rugged terrain framing picturesque cascades and creeks in this historic park with a forestry past. Rumble along gravel roads in your 4WD, tackling water crossings, hill climbs and descents into open eucalypt forest and rainforest.

Sheltered pockets of vine and rainforest provide precious habitat for elegant treefrogs and whipbirds. Stand quietly—you might hear a male whipbird’s high-pitched ‘whip and crack’ call, closely followed by a female’s sharp ‘choo-choo’.

Try doing a day trip along the Horse Trail Network. Mountain bike and horse riders can also access horse-trails for more experienced drivers. Some roads can only be traversed in dry weather so pay attention to the signs and never cross flooded roads.

Things to do

- Scenic driving: Several roads in the park offer moderately-challenging and stunningly-scenic 4WD opportunities. Some roads can only be traversed in dry weather.


- Picnic: Stop and enjoy a picnic and a swim at this beautiful creek-side site—toilets, picnic tables and wood barbecues are provided.

Slow down on a Great Walk

For those wishing to really get to know the hinterland, two magnificent Great Walk adventures are on offer. Spend a few days immersed in nature with your walking boots and binoculars discovering the lush green paradise of the Sunshine Coast Hinterland.

Tackling a Great Walk is a memorable bushwalking experience. If you’re after something a little easier, choose short half-day and full-day walks within both Great Walk routes. Physically fit and experienced bushwalkers who are properly prepared and safety aware can bring camping gear and spend up to four days walking an entire Great Walk—really get away from it all.


Special places

- Stony Creek day-use area

Stop and enjoy a picnic and a swim at this beautiful creek-side site—toilets, picnic tables and wood barbecues are provided.

Other places to visit

- Imbil State Forest
- Dunsinn Lane
- Cedarvale Rd
- Cedar Creek Rd
- Mary S Smokes Creek Rd
- Sandy Creek Rd
- Goodla Rd
- Postmans Track
- Fletcher Road
- To Jimna
- To Beerwah
- To Maleny
- The Sunshine Coast Hinterland Great Walk

The Sunshine Coast Hinterland Great Walk is a 58km long, four-day walk in the Blackall Range, with bush camp sites dotted along the way. Take a journey to some of the area’s most scenic locations, including Baroon Pocket Dam and Kondalilla, Mapleton Falls and Mapleton national parks. Subtropical rainforest, tall eucalypt forest, picturesque waterfalls, starlit skies, local wildlife and spectacular scenery will delight you on this adventure. This walk can be done as a series of day walks. Please refer to the Mapleton National Park map on page 19.
Packing checklist

- Adequate drinking water, food and emergency supplies.
- Complete first-aid kit including sun and insect protection.
- Detailed map showing travel routes and distances.
- Campers: reliable camping gear in good working order.
- Sturdy rubbish bags and/or sealable, animal-proof containers.
- Long distance walkers: take a basic repair kit for your bike.
- Carry a first-aid kit and mobile phone.
- Avoid riding on soft, wet and muddy tracks.
- Carry a basic repair kit for your bike.
- Check whether closures are current before heading out on your ride.
- Rubbish—pack it in, pack it out. All rubbish (including food scraps, cigarette butts and sanitary and hygiene items) must be carried out.
- Where permitted, light campfires only at existing fire sites. Please bring your own clean, milled firewood.
- Avoid the spread of weeds by checking clothing and equipment regularly for seeds.
- Be frog-friendly—please do not disturb, handle or remove frogs, their eggs or tadpoles and please don’t disturb or remove rocks or trample vegetation near creeks.
- Leave your pets at home.
- Wash away from streams, gullies and watercourses, minimising use of soap and detergent.
- Where toilets are not provided, bury all faecal waste and toilet paper 15cm deep and at least 100m from waterways, tracks and camp sites.

Your safety

In dangerous high fire conditions, walking tracks and other areas may be closed. In the case of a bushfire or any illegal activity, please phone emergency services Triple Zero (000) or 112 from a mobile phone as soon as possible.

Camping

It’s best to book well in advance as camp sites in popular parks are in great demand during peak periods such as long weekends and school holidays. Book your camp sites and obtain camping permits before you go online at qld.gov.au/camping

Be safe

- Allow plenty of time to reach your planned destination before dark.
- Stay on formed tracks and do not shortcut.
- Treat all water from taps, creeks and lakes. Boil water for 10mins or use sterilisation tablets.
- Wear sturdy boots, protective clothing and insect repellent to avoid bites, scratches and stings.
- Stay well back from cliff edges and waterfalls.
- Never dive or jump into creeks, waterholes or lakes.
- Remember mobile phone coverage is limited in most parks away from the coast. Inform family or friends of your planned itinerary.
- Never attempt mountain walks or summit routes in wet weather—rock surfaces become dangerously slippery.

Drive safely

- Registered motorised vehicles, including trail bikes and licensed drivers, are permitted on forest roads, unless otherwise signposted. High-clearance 4WD and off-road motorbikes are recommended.
- Queensland road rules apply.
- Avoid driving in or immediately after wet weather.
- Slow down at blind corners—wide-load logging trucks use some of these roads.
- Road sharing safety
  - Stay alert—horseriders, mountain bike riders, runners, walkers and wildlife use the roads too.
  - Be courteous—pull over to the left to allow vehicles to pass. For photography and enjoying the scenery, find a safe place to pull over or turn around. Do not stop on the roadway.
  - Watch out for corners—stay on your side of the road. Avoid sudden slowing as the vehicle may slide.
  - Obey road signs—speed limits apply. Vehicle access is not possible in some areas. Look for signs that indicate accessibility.

Be responsible

- Obey all road closures—roads and areas may become inaccessible due to weather conditions, road maintenance or high fire danger.
- Obey all road closures—roads may be closed due to deep water levels at creek crossings, or wet and slippery conditions.
- Avoid flooded crossings as submerged obstacles may pose a hazard and traffic ahead may have created hidden hazards such as deep holes. Cross at your own risk.
- Do not walk into floodwaters—if in doubt, wait it out!

Ride safely

Whether on horseback or mountain bike, follow these guidelines to enjoy your ride and protect the parks.

- Always wear a helmet.
- If on a bike slow down when you encounter horseriders and walkers on shared trails. Give way to horseriders.
- Plan ahead—ride within your ability and according to track conditions.
- Ride in small groups only.
- Avoid riding on soft, wet and muddy tracks.
- Carry a first-aid kit and mobile phone.
- Be aware that mobile phone reception can be unreliable in these areas.
- Carry a basic repair kit for your bike.
- Check whether closures are current before heading out on your ride.

Road flooding warning

Heavy rain can flood creek crossings in hinterland areas—check for closures. Some roads may be closed and areas may become inaccessible due to weather conditions, road maintenance or high fire danger.

- Obey all road closures—roads may be closed due to deep water levels at creek crossings, or wet and slippery conditions.
- Avoid flooded crossings as submerged obstacles may pose a hazard.
- Do not walk into floodwaters—if in doubt, wait it out!