We ask that you respect our beautiful and significant places and join us in caring for Country—a place to treasure and enjoy for now, and for our future generations.

Welcome to The Whitsundays ...

... from the Ngaro people

The Whitsunday area is the traditional land and sea Country of the Ngaro people. The Traditional Custodians maintain a strong and ongoing spiritual connection to their homelands, and ask that you tread with care and respect when visiting this amazing place.

Abandon
daily life for a tropical island paradise, leaving nothing but footprints in the sand.

Explore
landscapes of wind-swept grasstree heaths and far-reaching vistas of the tropical Whitsunday coast.

Drift
from island to island fanned by the balmy Whitsunday breezes.

Dive
into an underwater world of vibrant colour in the Great Barrier Reef World Heritage Area.

Treasure
ancient rock art and middens of one of Australia’s earliest-recorded First Nations groups, the Ngaro people.

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

Parks at a glance

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Welcome to the Gia people of the Conway Ranges

We ask that you respect our beautiful and significant places and join us in caring for Country—a place to treasure and enjoy for now, and for our future generations.

The Whitsundays is a stunning area filled with views of unspoilt islands, powdery sand beaches, and turquoise waters. It has endless spots to find your own private beach to relax, go for a snorkel, have a fish or take a bushwalk. The magical Whitsundays is just waiting to be explored!

Ranger Kay on behalf of the Park Rangers of the Whitsundays
Plan your getaway


Global treasure
The Whitsunday islands, and their surrounding waters, are protected in the Great Barrier Reef World Heritage Area, Australia’s first and the world’s largest World Heritage Area. After stupendous rifting and rippin of the earth’s crust, the Whitsundays islands—remnants of ancient volcanic calderas—remain as a group of more than 90 green gems now dotted in the aquamarine Coral Sea. This remarkable ecosystem, one of the world’s largest barrier reefs, is home to thousands of different species of plants and animals. Come and see for yourself!

Find out more at gbmpa.gov.au

Best time
It’s pleasant all year in the Whitsundays, but April to September are the best months when daytime temperatures are milder (21–26°C) and nights are cooler (16–22°C). Water temperatures in the ocean vary throughout the year from 22–27°C. It can rain any time, but the heaviest rains fall between January and March. Cyclones are more likely to occur between November and April, so make sure you read any emergency advice before you visit.

Island parks
You can reach the Whitsunday islands by joining a tour or private charter, using your own kayak or vessel or hiring a tinnie or a bareboat—no skipper or crew.

Add some local flavour
Time your holiday with a local event. There’s the annual music festival in November or sailing, fishing and triathlon events throughout the year. Find out more at qld.com.au and tourismwhitsundays.com.au

Guided tours
Get on board a guided tour with an experienced and friendly local. Enjoy sailing and snorkelling day trips or overnight camping where tourism operators take you away from the crowds. Commercial water taxis from Shute Harbour can drop you at island camp sites, where you can walk, snorkel, dive and fish, or just relax. Visit tourismwhitsundays.com.au for tour details.

Best way
The Whitsunday coast is about two thirds of the way along Queensland’s coast between Brisbane and Cairns. Drive 1,120km (12hr) north from Brisbane, or 630km (7hr) south from Cairns, to Proserpine on the Bruce Highway. Follow signs to Airlie Beach—30km along Shute Harbour Road. Plane flights from Brisbane take about 1.5hr. Plane flights are also possible from Proserpine and Hamilton Island.

Mainland parks
You can reach Conway National Park by 4WD and enjoy many options for walking or mountain-bike riding around the coastal fringe or up in the range. You’ll need a boat to get over to Dryandar National Park’s secluded Grimston camping area.

Top: Take in staggering views from any of the lookouts in the Whitsundays.
Above: Get a bird’s eye view of the reef. Below: Stop, breathe and enjoy the views from the walks on the Whitsunday Ngaro Sea Trail. Photos: (top) Justin Heitman © Qld Govt; (above) © Tourism and Events Qld; (below) Dave Harper © Qld Govt
Outdoor adventures

Embark on a sea venture to an island national park—there are many to choose from. Or explore inland, where the rugged range provides a perfect place for exploration on foot or mountain bike.

Pull on your shoes
Walk a little or a lot, choosing from easy short walks to longer full-day or multi-day hikes. See p27 for track classifications and choose the right walk for you.

Get on your bike
Peddle on South Molle Island or around the many shared trails in Conway National Park.

Float your boat
The best way to see most of the Whitsundays is to float! Take your own boat, hire one or let a tour operator look after everything. If paddle power suits your style, grab your kayak and island-hop on the Whitsunday Ngaro Sea Trail, staying at a different camp site each night.

Explore underwater
Dive bommies, crevices and caves along the reef slopes. Cool off and snorkel around rocks and reefs. Ask the locals for some top spots to dive and snorkel.

Watch whales
Witness awe-inspiring acrobatics by majestic humpback whales visiting between May and September to calve in the warmer waters.

Discover an ancient story
The Ngaro and Gia people have a spiritual and unbroken connection to this land and sea country spanning more than 9,000 years. Visit the stone-tool quarry on South Molle Island and the Ngaro Cultural Site in Nara Inlet on Hook Island.

Pitch your tent
Camp over at one of 28 camping areas across the islands or mainland parks. Some island camping areas have only one site, so you’ll have the whole place to yourself! Remember to book your national park camping online at qld.gov.au/Camping

Whitsunday Islands National Park

Discover a slice of paradise on jewel-green isles surrounded by turquoise blue waters.

Must dos
• Snorkel or dive to see a stunning underwater world.
• Climb to Hill Inlet lookout.
• Visit the Ngaro Cultural Site.

Getting there
Whitsunday Islands National Park, 25km east of Airlie Beach, protects 30 islands, including Whitsunday, Black, Hook and Langford islands. Visit by private or commercial boat, helicopter or seaplane from Airlie Beach or Shute Harbour. Some companies drop off and collect campers.

Walking and fishing
Either cast a line off Dugong Beach or take a short, easy walk over to Sawmill Beach. Pack extra food and water and tackle a longer uphill hike (2.5km) up to Whitsunday Peak and be rewarded with incredible views.

Snorkelling and scuba diving
Snorkel the reef at high tide or explore coral bommies, crevices and caves along the reef at Whitsunday, Hook, Black, Langford, Haslewood and Deloraine islands.

Ranger tip
Manta Ray Bay is an awesome spot to see some really big fish, such as the big, beautiful and protected Maori wrasse, some cheeky trevallies and millions of smaller reef fish.

Ranger Kay

Wildlife spotting
The Whitsundays are alive with wildlife. You’ll be delighted at the wondrous complexity of life around you.

There’s lots to do in the Whitsundays whether you’re walking, on wheels or on the water.

Photo: Tim Payne © Qld Govt; Justin Heitman © Qld Govt; © Tourism and Events Qld; © Commonwealth of Australia (GBRMPA)

Marvel at the swirling sands of Hill Inlet, an area rich with links to the Ngaro people’s past. Relax on world-famous Whitehaven Beach, then, take a short walk to view the stunning Solway Passage. See the Whitsundays, as if from the roof of the world from the best lookouts in the Whitsundays.

Things to do
Snorkelling and scuba diving
Snorkel the reef at high tide or explore coral bommies, crevices and caves along the reef at Whitsunday, Hook, Black, Langford, Haslewood and Deloraine islands.

Ranger tip
Manta Ray Bay is an awesome spot to see some really big fish, such as the big, beautiful and protected Maori wrasse, some cheeky trevallies and millions of smaller reef fish.

Ranger Kay
Sand

Rubble

Excellent diving from boat, small beach with no camping. Use public moorings.

Sand

Camping area backed by rainforest. Accessible at mid to high tide by shallow draft vessels. Care must be taken to avoid coral bommies, particularly at low tide.

Sand

Backed by closed forest canopy. Accessible at all tides, very poor anchorage.

Sand

Good snorkelling/diving and short walking track with view. All tide access.

Sand

This is a popular site for snorkelling/diving, especially at high tide.

Sand

White sands. Poor anchorage. Moorings may assist.

Sand

Secluded camping area with outstanding views of Cid Island.

Places to go

Whitsunday Island

Whitehaven Beach lookout

Headland track

970m return. Allow 30min. 400m headland track. Allow 30min.

This is a premier walk. You’ll see Whitehaven Beach’s 7km shoreline with uninterrupted views. And get a closer look at the enthralling Solway Passage. There’s fascinating rock formations and wonderful views of the Whitsunday Island peaks and the islands dotted in a sparkling sea.

Solway circuit

1.2km return. Allow 40min.

Wander along this one-way circuit from Whitehaven Beach up to a natural rock platform with spectacular views over Solway Passage and the surrounding islands.

Chance Bay track (off Solway circuit)

3.6km return. Allow 2-3hr.

Follow this track through some of the Whitsunday Island’s more secluded areas to peaceful Chance Bay. This delightful walk branches off the Solway circuit.

Hill Inlet lookout track

1.4km return. Allow 40min.

Take an uphill wander to multiple lookouts for stunning vistas over Hill Inlet’s turquoise waters and white, sweeping sands—a highly-significant area to the Ngaro people. Access the track from Hill Inlet or Tongue Bay.

Beach track

500m return. Allow 20min.

Branch off the Hill Inlet lookout track and head downhill to the bright-white, quartz sands of Hill Inlet and access to Whitehaven Beach, considered one of the top 10 beaches in the world.

Dugong-Sawmill track

3km return. Allow 1hr.

Walk under stands of giant rainforest trees and solitary palms before entering what seems a fairyland of mosses, lichens and fungi on this semi-shaded walk from Dugong Beach to Sawmill Beach.

Whitsunday Island National Park

Whitsunday Peak track

5km return. Allow 4hr.

Walk uphill from Sawmill Beach day-use area to windblown heaths, for impressive vistas from the ‘roof of the Whitsundays’.

Whitsunday Cairn track

4km return. Allow 3hr.

Walk from Cairn Beach—Whitsunday Island’s most northerly beach—up to a ridge covered with giant grasstrees. It’s steep and challenging, but what a view—simply breathtaking.

Langford Island lookout

300m one way. Allow 20min.

Leave Chalkies Beach behind as you walk uphill to the island’s rocky headland. Passing through a natural gully of shady eucalypts and grassstrasses, you are rewarded with spectacular island and sea views from the lookout.

Border Island

3.2km return. Allow 1hr.

Explore ashore and enjoy Cateran Bay from above on this short walk. After an initial steep ascent, meander along the island’s saddle of native grassland and enjoy views from 2 lookouts.

Whitsunday Peak and Dugong-Sawmill tracks

Places to camp

Whitsunday Island

Dugong Beach is a great place to take the kids and can accommodate larger groups, while Joes Beach is secluded, but offers great views across to Cid Island. Cairn Beach is a kayaker’s camping delight.

Hook Island

Ngaro Cultural Site

340m return. Allow 20min.

Protected from the elements in a once-hidden cave, the Ngaro people adored the fragile rock surface with their artwork over the last 9,000 years. Clamber up a short, and initially steep track with, to a viewing platform at the cave’s entrance.

Haslewood Island

Haslewood Island lookout

300m one way. Allow 20min.

Leave Chalkies Beach behind as you walk uphill to the island’s rocky headland. Passing through a natural gully of shady eucalypts and grassstrasses, you are rewarded with spectacular island and sea views from the lookout.

Border Island

3.2km return. Allow 1hr.

Explore ashore and enjoy Cateran Bay from above on this short walk. After an initial steep ascent, meander along the island’s saddle of native grassland and enjoy views from 2 lookouts.

Cairn Beach

1.7km return. Allow 1.5hr.

Surrounded by mountains and excellent views from the Whitsunday Cairn track to Border- and Dumbell islands. A large intertidal sand and rock-flat is fed by a winding creek behind the beach. Shallow draft boat access. Poor anchorage; use public moorings. Kayaks are perfect.

Rubble

Camping area set behind the beach and overlooks Hayman Island. A small reef flat provides good snorkelling. Requirements apply 1 Oct to 31 Mar each year.

Rubble

Camping area backed by bushland and overgrown Hayman Island. A small reef flat provides good snorkelling. Requirements apply 1 Oct to 31 Mar each year.

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Camping area backed by bushland and overgrown Hayman Island. A small reef flat provides good snorkelling. Requirements apply 1 Oct to 31 Mar each year.
**Whitsunday Ngaro Sea Trail**

Sail, kayak or cruise to islands with pure-white sands and stroll through windswept grasslands up to rugged headlands for breathtaking views.

Start your Whitsunday Ngaro Sea Trail adventure from Airlie Beach or Shute Harbour and travel an extraordinary blend of seaways and walks spanning Whitsunday, South Molle and Hook islands. You can book your national park camping online at qld.gov.au/Camping.

**Trip planner**

Distances provided are approximate and apply if travelling the Whitsunday Ngaro Sea Trail in an anti-clockwise direction. No allowance is made for tides, bad weather or possible drift.

**Must dos**

- Cruise along the mountain bike trails, then walk to the lookout at Spion Kop.
- Walk up to Mount Jeffreys.
- Look for passing whales.

**Getting there**

Molle Islands National Park is 10km east of Shute Harbour. Access is by private or hire boat from Airlie Beach or Shute Harbour. Some companies drop off and collect campers, bushwalkers and mountain-bike riders. Walking tracks and shared trails on South Molle Island can be accessed from Bauer Bay or Sandy Bay camping area. Access from Paddle Bay is by walking only. Long Island walking tracks are accessed from either Happy Bay or Palm Bay.

**Places to camp**

Set up camp, then stroll on long sandy beaches, relax with a good book or just doze the afternoons away at one of the many camping areas on the Molle Islands. Relish quiet camping on the Molle Islands’ walking tracks.

**Molle Islands National Park**

Head over to this bushwalkers’ paradise with superb views over picturesque island landscapes.

Pull on your boots and wander through South Molle’s grassstret-studded grasslands or past ancient Ngaro stone quarry relics up to Spion Kop. Start a mountain-bike adventure on 14km of tracks catering for beginners and intermediate riders. Go snorkelling off the beach on South Molle’s Sandy Bay or grab the fishing gear and head to the large camping area near Cockatoe Beach on North Molle Island.

**Profiles and activities**

- Rubble: Good open camping area for bushwalkers with a pleasant beach fringed with casuarina. Site readily accessible at mid to high tides.
- Paddle Bay: Camping area backed by rainforest and overlooking Daydream Island. Access to track system only possible at low tide. Access site via boat at mid to high tides.
- South Molle Island: Sandy Bay: Anchorage off the beach is not recommended. The number of large camp sites around the forest edge. Tides limit access. Anchor off the beach is not recommended.
- North Molle Island: Cockatoe Beach: Anchorage off the beach is not recommended. The number of large camp sites around the forest edge. Tides limit access. Anchor off the beach is not recommended.
- Sandy Bay: Sandy Bay: Anchorage off the beach is not recommended. The number of large camp sites around the forest edge. Tides limit access. Anchor off the beach is not recommended.
- Long Island: Sandy Bay: Anchorage off the beach is not recommended. The number of large camp sites around the forest edge. Tides limit access. Anchor off the beach is not recommended.

**Facilities and activities**

- Rubble: Swimming, bushwalks, picnic, bathroom, campfire, grassed area.
- Paddle Bay: Swimming, bushwalks, picnic, bathroom, campfire, grassed area.
- South Molle Island: Sandy Bay: Swimming, bushwalks, picnic, bathroom, campfire, grassed area.
- North Molle Island: Cockatoe Beach: Swimming, bushwalks, picnic, bathroom, campfire, grassed area.
- Sandy Bay: Swimming, bushwalks, picnic, bathroom, campfire, grassed area.
- Long Island: Sandy Bay: Swimming, bushwalks, picnic, bathroom, campfire, grassed area.

**FURTHER INFORMATION**

- **Distances provided are approximate and apply if travelling the Whitsunday Ngaro Sea Trail in an anti-clockwise direction. No allowance is made for tides, bad weather or possible drift.**

**Places to camp**

Set up camp, then stroll on long sandy beaches, relax with a good book or just doze the afternoons away at one of the many camping areas on the Molle Islands. Relish quiet camping on the Molle Islands’ walking tracks.

**Facilities and activities**

- Rubble: Swimming, bushwalks, picnic, bathroom, campfire, grassed area.
- Paddle Bay: Swimming, bushwalks, picnic, bathroom, campfire, grassed area.
- South Molle Island: Sandy Bay: Swimming, bushwalks, picnic, bathroom, campfire, grassed area.
- North Molle Island: Cockatoe Beach: Swimming, bushwalks, picnic, bathroom, campfire, grassed area.
- Sandy Bay: Swimming, bushwalks, picnic, bathroom, campfire, grassed area.
- Long Island: Sandy Bay: Swimming, bushwalks, picnic, bathroom, campfire, grassed area.

**FURTHER INFORMATION**

- **Distances provided are approximate and apply if travelling the Whitsunday Ngaro Sea Trail in an anti-clockwise direction. No allowance is made for tides, bad weather or possible drift.**
Places to go

**South Molle Island**

1. **Sand Dune**
   - 4.2km one way. Allow 2hr walking, 30min riding.
   - A fantastic outing through patches of native grasslands studded with grass trees and a beach lined with weeping coastal casuarinas.

2. **Mount Jeffreys**
   - 4km one way from Sandy Bay. Allow 2hr walking, 30min riding. 3km one way from Bauer Bay. Allow 1–1.5hr walking, 30min riding.
   - Take this gradual slope to Mount Jeffreys, South Molle’s highest point, and enjoy a sensational 360 degree view of the Whitsunday islands and mainland.

3. **Spion Kop**
   - 4.2km one way from Sandy Bay. Allow 2hr walking, 30min riding. 2.3km one way from Bauer Bay. Allow 2hr walking, 30min riding.
   - Walk or mountain-bike ride to lookouts over Whitsunday Passage. Walking access only from the set of stairs leading to Spion Kop.

4. **Balancing Rock**
   - 2km return. Allow 1hr.
   - Walk through to Balancing Rock, perched in eucalypt forest, for views across South Molle’s vegetation patchwork.

5. **Lamond Hill**
   - 4.4km one way from Sandy Bay. Allow 2hr walking, 45min riding. 3.3km one way from Bauer Bay. Allow 1.5hr walking, 45min riding.
   - Enter from the western end of Bauer Bay and journey uphill—moderately steep—to overlook the mainland’s ranges.

6. **Paddle Bay**
   - 2.2km return. Allow 1hr.
   - Meander from Bauer Bay Beach to a coral beach, where at low tide you can walk to Mid Molle Island. Don’t get caught out! You only have about 4hr to complete the walk as access is tide related—that is 2hr before and 2hr after low tide!

7. **Pandanus Bay**
   - 900m return from Palm Bay. Allow 30min.
   - Have a happy day from Happy Bay on the only Long Island track with spectacular viewpoints.

8. **Humpy Point**
   - 1.2km return from Happy Bay. Allow 30min. 2.6km return from Palm Bay. Allow 1hr.
   - Need to stretch your legs? Take a wander through shady, dry rainforest thicket—an intriguing plant community.

9. **Sandy Bay**
   - 5.8km return from Palm Bay. Allow 3hr. 8.2km return from Happy Bay. Allow 4hr.
   - Pack a lunch and take this gently-climbing track, which eventually ends at a small secluded beach.
Lindeman Islands National Park

This is ‘Country’ for the Ngaro people, who named Lindeman Island ‘Yara-kimba’—the place of snapper-bream fish. The island group includes 13 other islands including nearby Seaforth, Thomas and Shaw islands, and features the 212m high Mount Oldfield.

Must dos
- Enjoy an early morning walk up Mount Oldfield for endless island views.
- Go for a snorkel, a dive or just splash about in the waters offshore.

Getting there
Lindeman Islands National Park is 35km south-east of Shute Harbour. Access to the islands is by private boat from Airlie Beach or Shute Harbour.

Set sail for this picturesque group of islands formed from ancient volcanic origins, now settled into a serene landscape.

Things to do
Hit the water for a swim or snorkel off one of the many beautiful island beaches. Cast a line off Lindeman, Seaforth or Thomas islands and catch dinner fresh from the sea. Head to the wetlands of Lindeman Island to see lots of birds or catch a glimpse of a shy bush stone curlew around the beaches.

Places to go
Lindeman Island
- Mount Oldfield track, 7.7km return. Allow 3.5hr. Start this steady climb near the jetty and walk through open eucalypt forest, thick vine forest and grassland. You’ll be staggered by the magnificent views in every direction.

Places to camp
Enjoy remote camping at Lindeman Island’s Neck Bay—a vegetated sand spit between 2 former islands—especially if you’re kayaking, or camp on the beach at Boat Port overlooking a bay once used to clean sailing vessels. Remember! Book your national park camping online at qld.gov.au/Camping

Charter a small boat and enjoy a 3 to 4hr cruise to see the island group up close.

Has your family ever been fishing in this area? What did you catch?

Things to see
- Breathtaking views from Lindeman Island across to Neck Bay and Shaw Island.

Places to go
Lindeman ISLAND
- Boat Port L1
  - Quiet camping area backed by rainforest.
  - Boat access at mid to high tide, with good anchorage.
- Orchid Beach L2
  - A 500m track joins Orchid Beach to Esme Beach. Tunnel through open vine forest before emerging from beach scrub to take in views.
- Esme Beach L3
  - Quaint windswept beach faces southeast. Walking track to headland offers scenic views.
- Naked Lady Beach L4
  - Protected by its northerly aspect, enjoy views to Shaw Island’s rocky outcrops.
- Neck Bay L5
  - This site is sheltered by dry rainforest and has wonderful views and sunsets over Lindeman Island. Access limited to mid to high tide. Access to beach and restrictions to behaviour apply from 1 October to 31 March every year.

Facilities and activities
- Beach type
- Further information
  - Sand
  - Quiet camping area backed by rainforest.
  - Boat access at mid to high tide, with good anchorage.
  - A 500m track joins Orchid Beach to Esme Beach. Tunnel through open vine forest before emerging from beach scrub to take in views to Lindeman Island.
  - Quaint windswept beach faces southeast. Walking track to headland offers scenic views.
  - Protected by its northerly aspect, enjoy views to Shaw Island’s rocky outcrops.
  - This site is sheltered by dry rainforest and has wonderful views and sunsets over Lindeman Island. Access limited to mid to high tide. Access to beach and restrictions to behaviour apply from 1 October to 31 March every year.
Conway National Park

Explore this peaceful part of the coastal mainland featuring secluded beaches and panoramic outlooks over the scenic Whitsunday area.

Rising above the busy coastal strip, Conway Range's rainforests have provided a valuable refuge for 23 rare, threatened and endemic wildlife species. Conway, and its conservation parks, protect the State's largest remnant of tropical rainforest outside the Wet Tropics of Queensland World Heritage Area.

Things to do
Take a stroll to Coral Beach or give your legs a workout on uphill hikes for picturesque island views. Get the mountain bike ready and explore the Coastal Fringe circuit or, for a real work-out, the Conway circuit with overnight camps.

Wildlife is everywhere you look, from the iridescent blue flash of the exquisite Ulysses butterfly to orange-footed scrubfowls raking through the leaf litter. Listen for the descending trill of the buff-breasted paradise-kingfishers. They’re only around from November to March, coming here to nest in termite mounds.

Places to go
Coastal tracks
- Coastal Fringe circuit 1.2km circuit. Allow 45min walking, 15min riding. Start at Conway National Park day-use area and walk or ride around the circuit track. There’s a small tidal creek to cross.
- Hayward Gully 3.2km return. Allow 1.5hr walking, 30min riding. Follow the Hayward Gully circuit, off the Coastal Fringe circuit to lowland rainforest and rocky gullies.
- Swamp Bay 4.2km return. Allow 1.5hr walking, 30min riding. From Mount Rooper car park, walk around the foot of Mount Rooper to Swamp Bay. It’s beautiful at high tide and in mid-winter, when there’s fewer mosquitoes and midges. Bring lots of drinking water and energy snacks, as it’s a hot, hard walk.

Tracks around Mount Rooper
- The Mount Rooper track junction—200m along the Swamp Bay track—provides 4 walking options. Be prepared—sturdy shoes, heaps of water, insect repellent and sun protection.
- Mount Rooper lookout 4.6km return. Allow 2.5hr. Take a challenging uphill walk through woodland plant communities. Soak up the panoramic vista of the Whitsunday Passage and islands. Return the same way you came.

Must dos
- Walk the Kingfisher circuit and Wompoo way and spot some brilliant rainforest birds.
- Absorb the views over the azure waters of Whitsunday Passage from Coral Beach and The Beak lookout.
- Save a day for the island parks—boat tours, jet-ski tours, fishing charters and canoe tours.

Getting there
Conway National Park is 70km east of Proserpine, between Airlie Beach and Shute Harbour. Turn off the Bruce Highway just north of Proserpine, or 45km south of Bowen, then travel 26km to Airlie Beach on the Gregory–Cannonvale and the Whitsunday islands.

There is no national park access from Conway Beach township. From Airlie Beach, follow Shute Harbour Road south-east to Conway National Park day-use area.

Ranger tip
Don’t rush! Plan your day to allow enough time to relax and enjoy the views. You’ll need sturdy footwear, big-brimmed hat, high-energy food and at least 2 litres of water for each person if you’re tackling any of the uphill tracks.

Plants to camp
Conway circuit camping areas
- Repulse Creek and Bloodwood are simple bush camps on either side of the Conway circuit track. Walking and riding is difficult due to the steep gradients in parts. Bloodwood offers good views of the islands. Water tanks are 200m past Bloodwood camp.

 Places to go
Coastal tracks
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Tracks around the Conway Range
- Kingfisher circuit 2km return. Allow 45min—1.5hr. This is a great walk for the family, although strenuous, and is a Ranger’s favourite. It starts at the Forestry Road car park. After many stairs, you’ll rejoin the main track—a shared-use track (walkers and riders)—to return to the car park.
- Wompoo way 7km return. Allow 3.5hr walking, 45min riding. Start at the Forestry Road car park, then follow the Conway circuit for 2.3km before turning left onto Wompoo way. Wander past a trickling creek to reach a beautiful waterhole.
- Honeyeater lookout 8.2km return. Allow 3–4hr walking, 2hr riding. This rugged track is a favourite for those up for a fitness challenge, both walking and riding. Known as a good ‘leg-stretch’ of a walk, with some gradients being up to 35° within the first 2km, it’s strenuous in parts, exposed and hot, but the views are worth every step. Start at the Conway circuit track entrance near Kara Crescent in Airlie Beach. The turn-off to the lookout is 2.3km along this track and it leads to a ridge and lookout with views over Cannonele and the Whitsunday islands.

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Conway circuit

27.1km one way.
Allow 3 days walking, 4hr riding.
Pack up for 3 days of serious walking or riding and 2 nights of camping-in-the-rough and under the stars. There are 2 entry points—Forestry Road car park and near the top of Kara Crescent in Airlie Beach.

Airlie Beach section

Creek section

Back from here.
you're only doing a day walk head
after Impulse Creek crossing, so if
The track gets considerably rougher
track, well worth the effort, is Wompoo
extends your walk by 45min. Another side
circuit, a delightful deviation that only
Walkers! Why not include the Kingfisher
9km return.
Allow 1.5hr walking, 40min riding.

Airlie Beach

Impulse Creek–Repulse Creek

camp section

3.5km one way.
Allow 1hr walking, 20min riding.
Go carefully as the track is somewhat rougher with many steep sections and crosses minor creeks. Enjoy the walk, but leave enough time to get to Repulse Creek camp well before nightfall.

Repulse Creek camp–
Bloodwood camp section

11.5km one way.
Allow 5–6hr walking, 3hr riding.
Follow the coastal ridge towards Airlie Beach and tackle a long, steep, challenging climb to reach Hayward lookout near the summit of Mount Hayward. Stop for some great views and cool breezes from here, but continue along the ridge to Bloodwood camp. Water tanks are 200m past the camp.

Bloodwood camp–
Airlie Beach section

8.5km one way.
Allow 3.5–4.5hr walking, 3hr riding.
This is the steepest and most difficult section of all. On a clear day, it is well worth adding an extra 1.5hr walking on a side track—not as steep—to the Honeyeater lookout with views beyond Cannonvale to the Dryander Range and out to Whitsunday Islands. Go back to the Conway circuit and walk downhill through sections of grasstrees, cycads and eucalypts to Airlie Beach. The track actually ends near Kara Crescent, but check the map insets and continue another 700m downhill into Airlie Beach.

Important things to know

- This walk is only suitable for fit, well-prepared walkers, campers or mountain-bike riders, as the many long, steep sections are strenuous.
- Choose the cooler months of the year.
- Bike riders: expect many steep sections on each leg of this track.
- Drink plenty of water! There are 4 water tanks along the track; fill your water containers at every opportunity, but please ensure taps are turned off and treat the water before drinking.
- Campfires are prohibited. Carry a fuel stove for cooking.
- Carry all rubbish out with you.
- Get your camping permit online at qld.gov.au/Camping

Photos: (above) © Qld Govt; (right) © Ray Viljoen

Mount Conway

Conway West

Conway National Park

Shute Harbour Rd

Kara Cres Lamond St

700m

Track end

Shute Haven

Tancred Island

Gunn Island

Rooper Inlet

Island Shute

Repair

Swamp Bay

Shute Bay

Abel Point

Bay track

Coral Beach track

Coastal Fringe circuit

Reef circuit

Shute Harbour

Coral Beach

Island Shute

The Beak

Flame Tree

High Mountain

Legend

- Shared trail
- Easy mountain bike
- Shared trail
- Intermediate mountain bike
- Shared trail
- Difficult mountain bike
- Walkers only tracks

See page 27 for track classifications.

High Mountain

Conway West

Dryander Range

Mount Conway

Conway Circuit track profile

Airlie Beach

Bloodwood camp

Hayward lookout

Water tank

Swamp Bay

Coral Beach

The Beak lookout

Rooper point

Mount Maclear

Mount Hayward

Conway Range

Kingfisher circuit

Little Repulse Creek

Wompoo

Creek

Little Impulse Creek

Repulse Creek camp

Conway Beach Road

To Proserpine

To Dingo Beach

Gregory–Cannonvale

valley Road

To Bowen

To Dingo Beach

Gregory–Cannonvale

valley Road

To Bowen

To Dingo Beach

Gregory–Cannonvale

valley Road

To Bowen

To Dingo Beach

Gregory–Cannonvale

valley Road
More top spots

Escape to small uninhabited tropical locations and relax on golden sand, with not another soul in sight.

About the parks

Gloucester Islands National Park
The mainland locals say this is a ‘must-see’ stop-over. Choose from camping areas on Armit, Saddleback and Gloucester islands. Gloucester Island is the largest island in the group and, like Dryander National Park, is home to endangered Proserpine rock-wallabies.

Getting there
Gloucester Islands National Park lies directly north of Cape Gloucester, 37km north-west of Airlie Beach. Access is only by private boat from Airlie Beach or Dingo Beach.

Repulse Islands National Park
Despite the name, this is a beautiful group of islands. The three-island group was named by Lieutenant James Cook in 1770, when he felt repulsed to find the bay was not, as he suspected, a passage north. Seabirds love nesting here, so there’s an annual closure from 1 October to 31 March, to protect them. There is a small, no-facilities camping area on South Repulse Island. With only 12 campers allowed per night, you’ll enjoy a quiet camping experience.

Getting there
Repulse Islands National Park is 35km south-south-east of Airlie Beach. The islands are close to the mainland with several boat ramps nearby, including Shute Harbour and Abel Point Marina. Access to the park is by private boat only.

Dryander National Park
Enjoy views over the scenic Whitsunday islands from this large coastal park just north of Proserpine, which protects important habitat for the endangered Proserpine rock-wallaby.

Getting there
Although Dryander National Park is on the mainland, it is three nautical miles (13km) north of Airlie Beach, accessible only by boat from Airlie Beach or Dingo Beach.

Grimston Point camping area
Large camping area for boaties. Boat access only on all tides for smaller vessels. Has good anchorage.

Holbourne Island National Park
Go to the very north of the Whitsundays for a rare treat. Holbourne Island is isolated and some say undeniably one of the most beautiful of the Whitsunday islands. There’s a small pisonia forest near the shore—an oddity on this, a continental island. There’s breeding seabirds and it’s an important green and flatback marine turtle nesting site.

Getting there
Holbourne Island National Park is 29km north-north-west of Gloucester Island, accessible only by private boat.

<table>
<thead>
<tr>
<th>Island and site name</th>
<th>Map ref. (p4)</th>
<th>Facilities and activities</th>
<th>Beach Type</th>
<th>Further information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gloucester Islands National Park</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Gloucester Island Bona Bay</td>
<td>G1</td>
<td>Sand</td>
<td></td>
<td></td>
</tr>
<tr>
<td>East Side Bay</td>
<td>G2</td>
<td>Sand</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saddleback Island</td>
<td>G3</td>
<td>Sand</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Armit Island</td>
<td>G4</td>
<td>Sand</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Photos: (above) Kay Kunze; (right) © Mark Simmons
Photos: (left and below) © Commonwealth of Australia (GBRMPA); (bottom) © Qld Govt

The Whitsundays. What a place! Home to Proserpine rock-wallabies on sand and gravelly flats rear under water.

Photos: © Adam Creed © Qld Govt

The Whitsundays. What a place! Home to Proserpine rock-wallabies on sand and gravelly flats rear under water.

Photos: © Adam Creed © Qld Govt

The Whitsundays. What a place! Home to Proserpine rock-wallabies on sand and gravelly flats rear under water.

Photos: © Adam Creed © Qld Govt

Photo: Left: A sooty tern finds some shade on the beach.
Right: Sooty tern and you might spy a gentle dugong feeding on seagrass off Dryander’s shore.
Bottom: Typical Proserpine rock-wallaby habitat in Dryander National Park.

Photos: (left and below) © Commonwealth of Australia (GBRMPA); (bottom) © Qld Govt

Captured dream views like this one looking over to Gloucester Island.
Boating in the Whitsundays

Set sail with the wind in your hair, then plunge into turquoise waters to swim, snorkel and dive. To help protect the Whitsundays, follow these guidelines and restrictions during your boating visit.

Use public moorings

Public moorings are provided throughout the Whitsundays to help protect fragile reefs. There are 5 mooring classes marked by colour-coded bands that cater for different vessel lengths and wind speeds. Always use a public mooring where available.

<table>
<thead>
<tr>
<th>Maximum vessel length</th>
<th>Maximum wind speed</th>
</tr>
</thead>
<tbody>
<tr>
<td>6m - tender only</td>
<td>24 knots</td>
</tr>
<tr>
<td>10m - monohull</td>
<td>24 knots</td>
</tr>
<tr>
<td>18m - multihull</td>
<td>34 knots</td>
</tr>
<tr>
<td>25m - monohull</td>
<td>34 knots</td>
</tr>
<tr>
<td>30m - multihull</td>
<td>34 knots</td>
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</tbody>
</table>

Observe ‘no anchoring areas’

Some Whitsundays reefs are particularly vulnerable to anchor damage and are protected in ‘no anchoring areas’. White pyramid-shaped reef protection markers indicate most locations. Never anchor inside a ‘no anchoring area’ or inshore of the buoy line, and never attach your vessel to a reef protection marker.

Go slow for those below

The islands and surrounding reefs are home to marine animals, such as turtles, dugong, dolphins and whales.

- Always watch out for marine animals and avoid boat strike.
- If you see a sick or dead marine animal please call the Wildlife Hotline 1300 130 372.

Watching whales

Humpback whales visit the Whitsunday area between May and September during their annual breeding migration. Calving and mating is a particularly vulnerable time for these charismatic creatures, and special rules are in place to limit potential tourist impacts. For their safety and yours, vessels must not approach closer than 300m of a whale in the Whitsundays Whale Protection Area, as marked on a marine park zoning map.

Protect nesting coastal birds and sea turtles

From October to April, sea turtles and thousands of coastal birds migrate to the Whitsundays to breed. Observe restrictions to nesting sites and activities to help protect them.

Significant site protection—access restrictions

<table>
<thead>
<tr>
<th>Period of restriction</th>
<th>Island</th>
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<tbody>
<tr>
<td>All year</td>
<td>Bird Island</td>
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<tr>
<td></td>
<td>East Rock</td>
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<tr>
<td></td>
<td>Edwin Rock</td>
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<tr>
<td></td>
<td>Little Eshelby Island (pink zone: no-go and no-take)</td>
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<tr>
<td></td>
<td>Armit Island (south beach)</td>
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<tr>
<td></td>
<td>Double Cone Island (west island)</td>
</tr>
<tr>
<td></td>
<td>Grassy Island (south beach)</td>
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<tr>
<td></td>
<td>Little Armit Island</td>
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<tr>
<td></td>
<td>Olden Rock (south of Olden Island)</td>
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<tr>
<td></td>
<td>Shaw Island (beach east of Burning Point)</td>
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<tr>
<td></td>
<td>South Repulse Island (west beach, excluding campsite)</td>
</tr>
<tr>
<td></td>
<td>Whitsunday Island, Steens Beach</td>
</tr>
</tbody>
</table>

Significant site protection—regulations

- You must keep to a six knot speed approximately within 200m of the low water mark.
- No aircraft are allowed below 1,500 feet (above ground or water), or to approach within 1,000m.
- Stay out of the boat-free zones—that is approximately 200m around the following islands between 1 October and 31 March each year.
  - East Rock
  - Edwin Rock
  - Olden Rock (south of Olden Island)
- Stay out of intertidal beaches that are closed temporarily to protect endangered wildlife.
Journey wisely

Packing checklist
- Adequate drinking water, food and emergency supplies.
- Complete first-aid kit suitable for remote and/or marine situations.
- Detailed maps showing travel routes and distances.
- GBRMPA zone map MP210 for boaters.
- Sturdy rubbish bags and/or sealable, animal-proof containers. No bins are provided.
- Topographic map, compass and personal location beacon (PLB) for long distance walking.

Be safe
In an area surrounded by water, swimming is a much-loved activity. If you choose to swim, you are responsible for your own safety. There are dangers.

Be croc-wise! Estuarine crocodiles live in some areas of the Whitsundays. Always stay alert, stay with your children, secure food and rubbish and camp away from the water. Take care particularly around near-shore islands, such as the Molle island group.

Be shark-wise! Cid Harbour, on the western side of Whitsunday Island, is a known site for shark attacks. But sharks are present at all times of the year in the islands, such as the Molle island group.

Be pest-free! Keep stinging trees, bushfowl and other pests away.

Camping
- Book well in advance. Camp sites in popular parks book out quickly, especially in peak periods.
- Book online at qld.gov.au/Camping or over-the-counter at QPWS office, corner of Mandalay and Shute Harbour Roads, Airlie Beach (open 9am–4.30pm Mon–Fri).
- No generators.
- No ash-producing barbecues.
- Bring fuel stoves for cooking.
- Treat any water collected from tanks or watercourses, before drinking.

Be responsible
- Be pest-free! Make sure all camping equipment, backpacks, clothes, shoes and supplies are free of seeds, cane toads, geckoes, insects (including ants and their eggs) and soil.
- Leave nothing behind. Take plastics, food scraps, cigarette butts, sanitary and hygiene items, out of the parks and off islands and dispose of them responsibly.
- Bush toileting? Bury and cover waste and used paper.
- Stay away from nesting shorebirds.
- Never clean fish or throw fish waste overboard or from the beach.

Stinging trees
Tiny, hollow, needle-like hairs on their heart-shaped leaves pierce your skin, break off and release an irritant poison. There’s intense, often long-lasting pain at the site and some effects can last for months. Rubbing the site and pouring water over it makes it worse! Seek treatment if badly affected.

Did you know?
- Never feed or leave food available for wildlife. Penalties apply.
- Domestic animals are prohibited in all island and mainland national parks and beaches, and intertidal areas adjacent to island national parks in the Whitsunday area. Penalties apply.
- Careless anchoring and kicking damages corals. Don’t touch corals with fins. Anchor and stand on sand next to corals.
- Boating, go slow for those below—boat strike can kill turtles, whales and dugong.

Know your limits

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<tr>
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Cyclones, storms and tides
- Stay informed of the weather—cyclone season is November to April, storms anytime.
- Never set out walking, riding, swimming or boating if a storm (or cyclone) is close.
- Be prepared—islands may be evacuated well in advance of a cyclone making land.
- Tides and currents affect various passage and channel crossings differently—don’t take risks, use maps and get local information.

Be careful
- Never walk or bike ride alone.
- Plan everything you do according to your fitness level.
- Wear sturdy boots, sun protective clothing and insect repellent.
- Travel light and pack smart.
- Don’t let the tides or time catch you out.
- Always inform family or friends of your planned itinerary.
- Carry navigation and communication equipment—mobile phone (although reception is limited), satellite phone, marine radio and/or a Personal Locator Beacon (PLB).
- Drink plenty of water and eat energy foods to sustain you on the more strenuous tracks.

Beacon (PLB).

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Further information

- qld.gov.au/NationalParks
- qld.gov.au/Camping
- qld.gov.au/ParkAlerts (access, closures and conditions)
- qldnationalparks
- @QldParks; #QldParks

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

For help planning your holiday visit queensland.com and tourismwhitsundays.com.au

Useful contacts

For all emergencies: Call Triple Zero (000)

Road conditions: Visit the Department of Transport and Main Roads at qldtraffic.qld.gov.au or phone 13 19 40.

Shark information: Visit the Department of Agriculture and Fisheries at daf.qld.gov.au

Marine park information: Visit the Great Barrier Reef Marine Park Authority at gbrmpa.gov.au

Weather conditions: Visit bom.gov.au

- Reef Zoning Map App (free download)
  “Eye on the Reef” App: gbrmpa.gov.au
- Triple Zero (000) emergency App (free download): emergencyapp.triplezero.gov.au

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Department of Environment and Science.
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