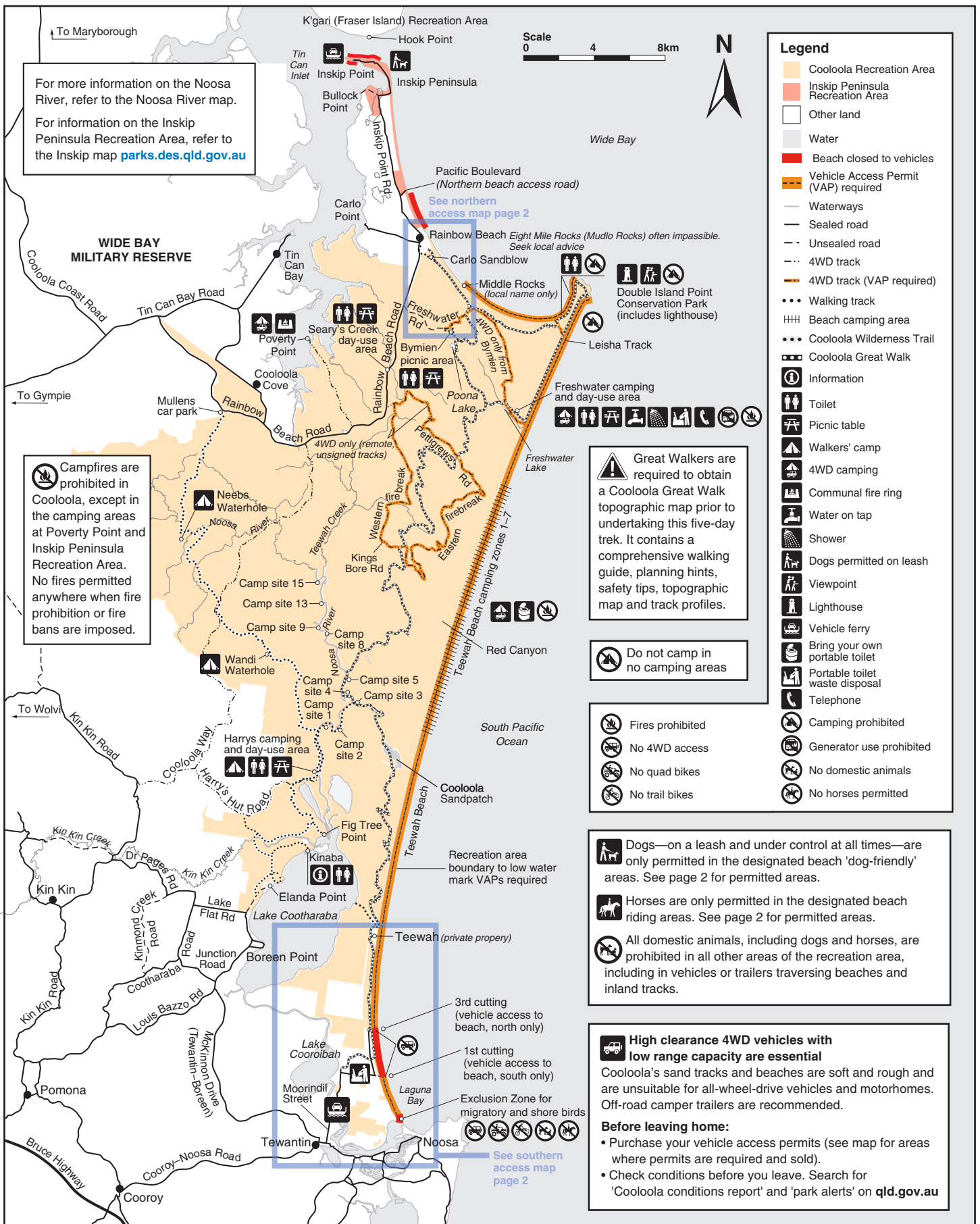


Cooloola Recreation Area and Inskip Peninsula Recreation Area



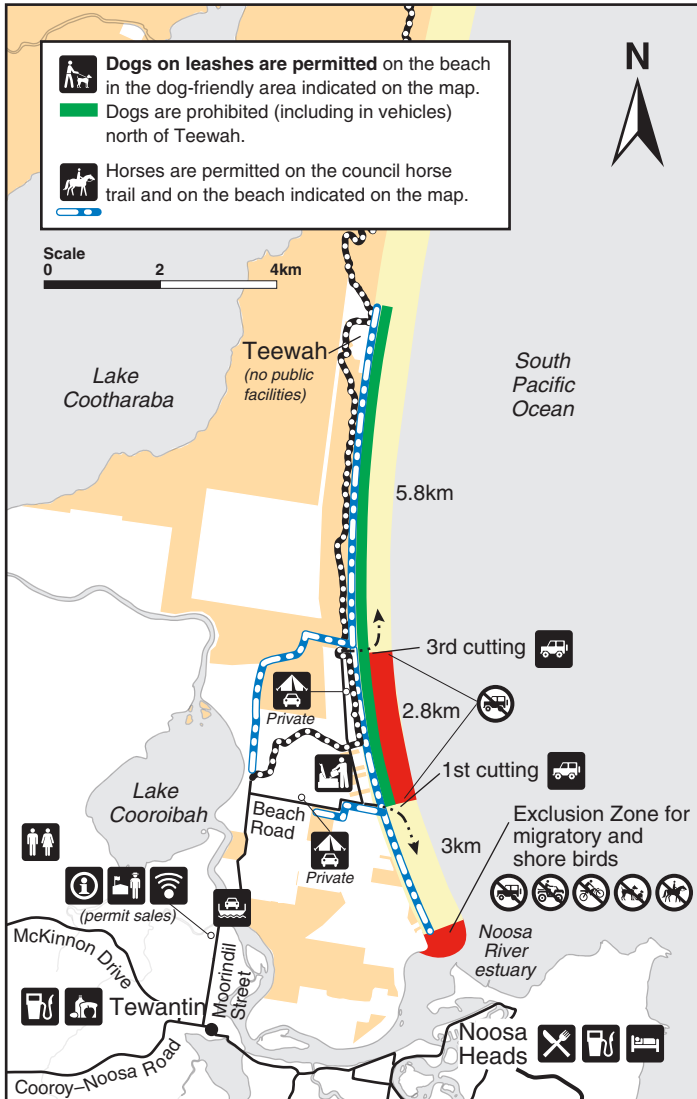
Cooloola Recreation Area, Great Sandy National Park

Vehicle access permits are required before driving on Cooloola's beaches—Noosa River estuary to Middle Rocks—and some inland 4WD roads, including Freshwater Road.

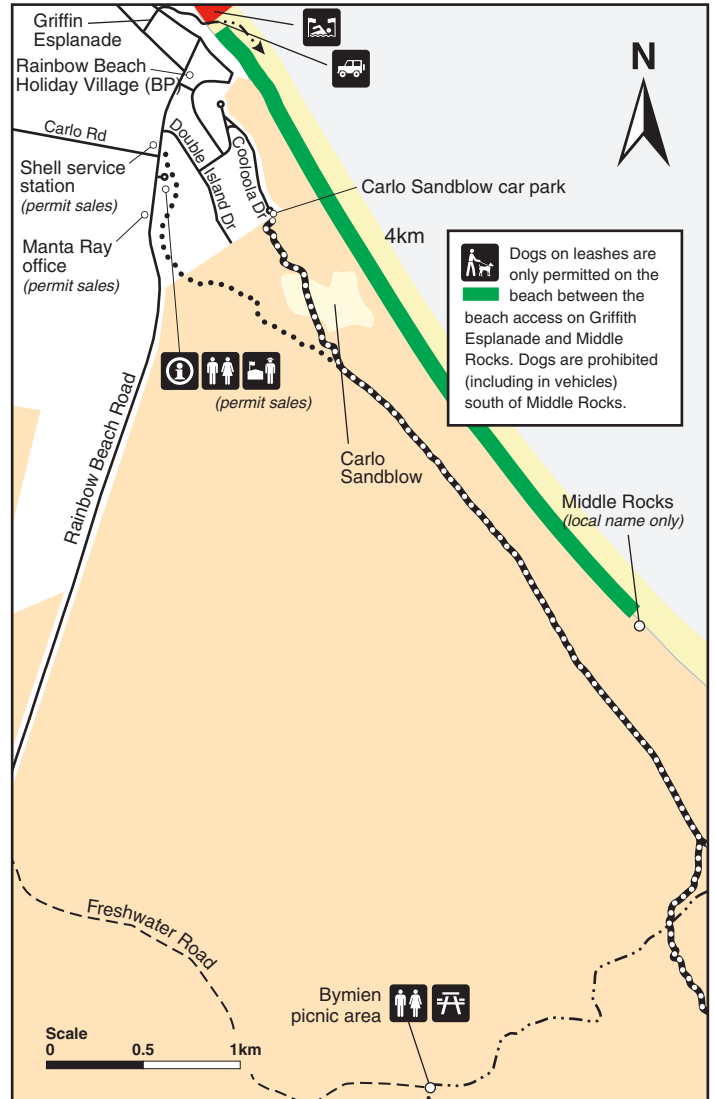
- Engage 4WD and drive to the conditions.
- Aim to traverse beaches 2 hours either side of low tide.
- Keep off fragile foredunes.
- All road rules apply. Observe all speed signs.

Warning! Exposed sand dunes and sand cliffs are unstable and may collapse without warning.
Climbing on, sliding down or digging into them is dangerous and can lead to serious injury or death.

From the south: Noosa North Shore



From the north: Rainbow Beach



Four-wheel-drives at a glance

Beach driving:

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

Inland sand tracks:

- Freshwater Road—15km
- Kings Bore circuit (unsigned, remote track, no beach access)—40km
- Poverty Point Road—6km no through road

Legend	QPWS office	Patrolled beach
Cooloola Recreation Area	Information	Vehicle ferry
Beach	QldParksWi-fi hotspot	No domestic animals
No-vehicle zone	Toilets	No horses permitted
Dog-friendly area	Portable toilet disposal	No 4WD access
Cooloola Great Walk	4WD beach access	No quad bikes
Horse trail	Picnic table	No trail bikes
Sealed road	Accommodation	
Unsealed road	Fuel available	
4WD track	Restaurant	
Walking track		