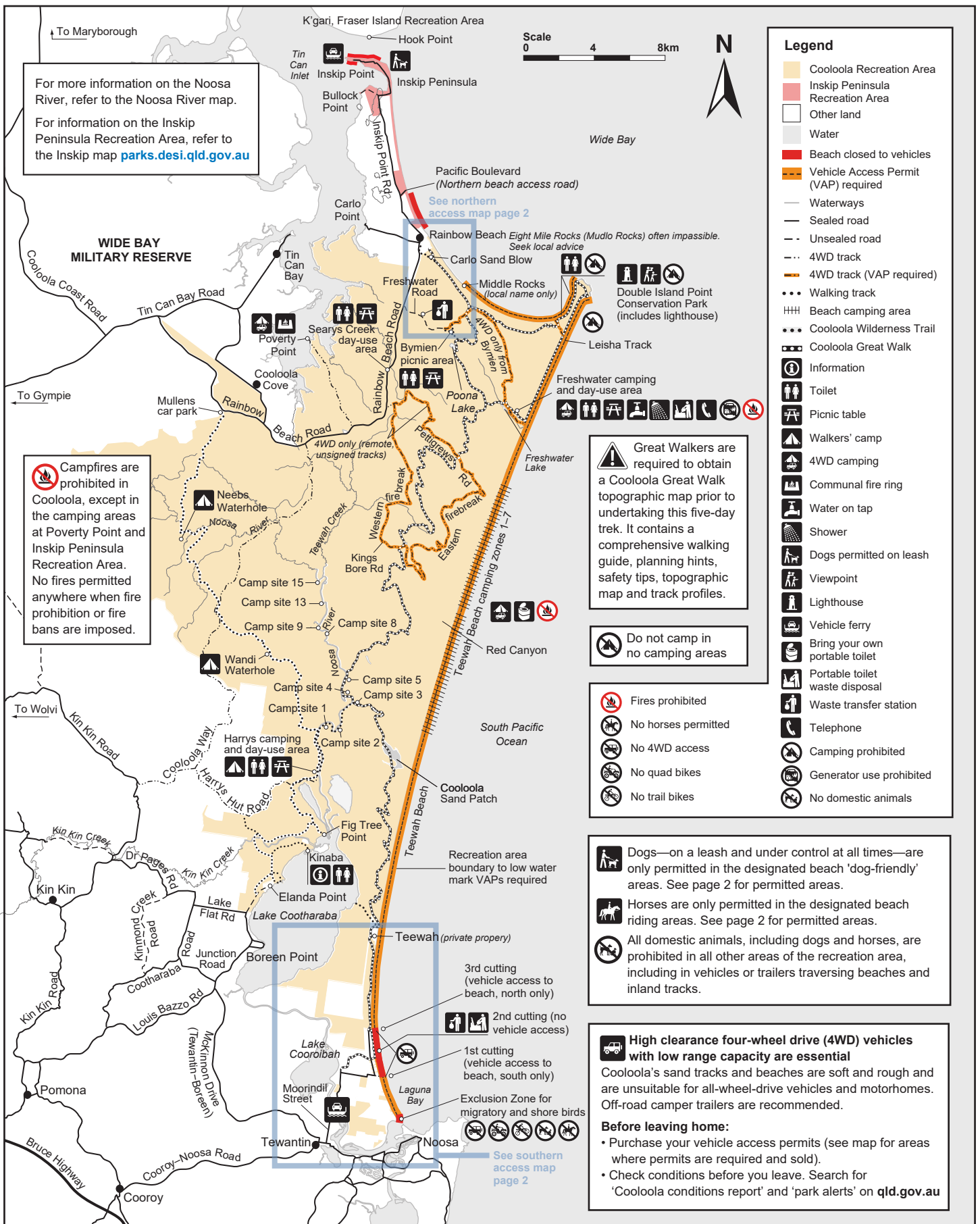


## Cooloola Recreation Area and Inskip Peninsula Recreation Area



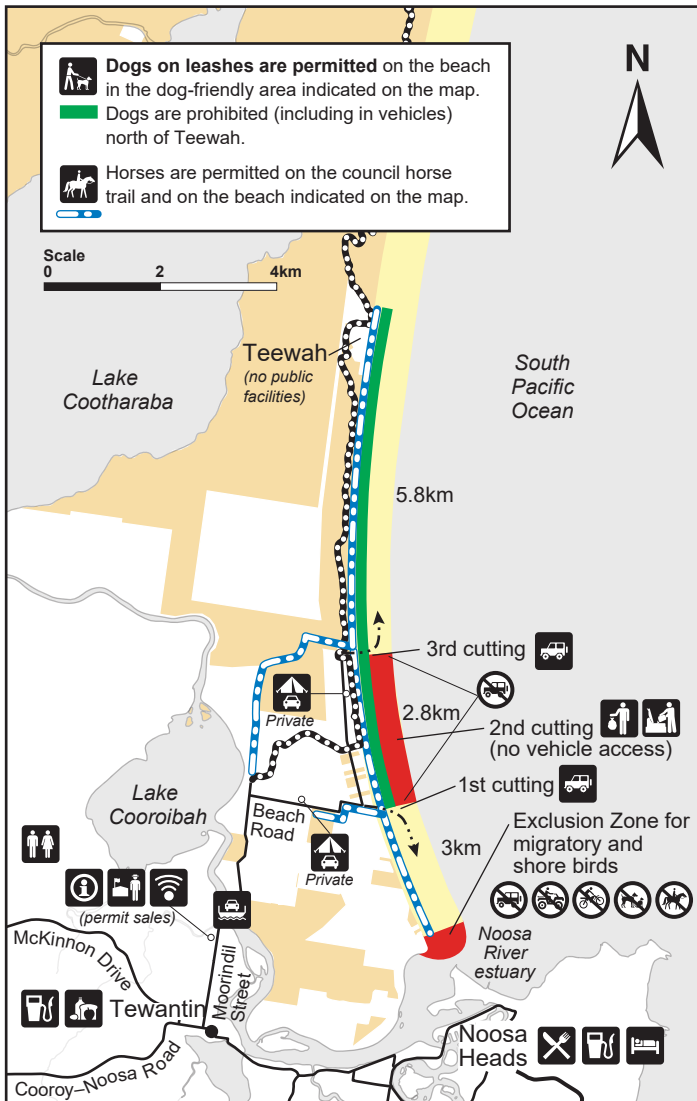
## Cooloola Recreation Area, Great Sandy National Park

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.

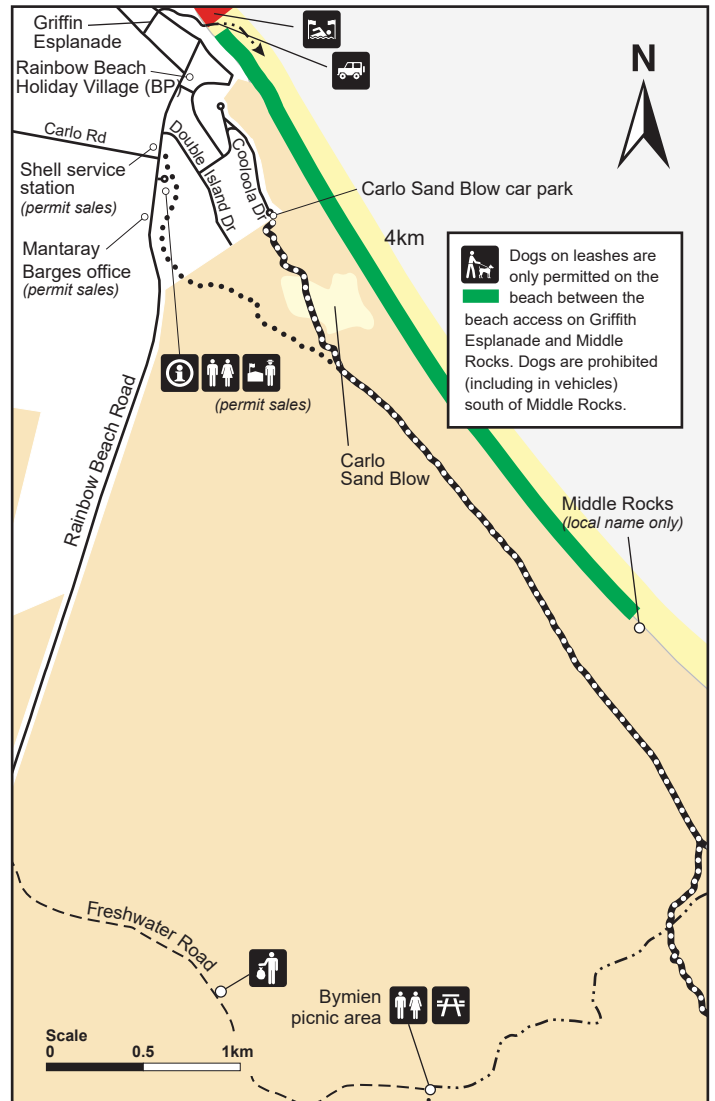
- Engage 4WD and drive to the conditions.
- Aim to traverse beaches 2 hours either side of low tide.
- Keep off fragile foredunes.
- All road rules apply. Observe all speed signs.

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