A Guide to Walking Tracks on the Sunshine Coast
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Walk Safely

Our national parks, state forests and reserves are natural wonders, but they can pose risks to inexperienced walkers. You can avoid accidents by following these simple safety guidelines:

- Use a map or track guide, and take a compass for longer walks. Know your location at all times.
- Wear a hat, sunscreen and insect repellent.
- Carry drinking water, food and a first-aid kit.
- Plan to complete your walk well before dark.
- Stay on marked tracks.
- Observe fire bans and extreme fire weather conditions.
- Taking shortcuts can cause erosion and you may get lost.
- Wear sturdy, enclosed boots or shoes. Surfaces can be slippery.
- Avoid walking in extreme heat or high fire danger.
- Avoid creek crossings during floods or after heavy rain.
- Swimming is not recommended on unpatrolled beaches.
- Be careful of falling branches, especially during high winds.
- Tell a responsible person where you are going and when you expect to return.
- Ensure an experienced adult accompanies children.
- Obey all safety and warning signs. Accidents have happened, even to experienced bushwalkers.
- Leave your pets at home. You will protect your pet and native wildlife, and meet more animals on your walk.
- Never feed or leave food for animals - you might be bitten or scratched. Let animals find their own food. Our foods can be harmful.

IN THE EVENT OF AN EMERGENCY
TELEPHONE 000 or 112 FOR ADVICE.

This brochure was produced and distributed by Sunshine Coast Council in conjunction with Tourism Queensland. Printed September 2010.

While every effort has been made to ensure the information contained in this brochure was correct at the time of printing, some information may be incorrect or may have changed since publication. Before commencing walks please contact a Sunshine Coast Information Centre or Queensland Parks and Wildlife Service to check current track accessibility and conditions.

Images contained in this brochure are courtesy of Tourism Queensland, Sunshine Coast Destination Ltd, Tourism Noosa and Mantis Design.
Overnight Trekking

Those who enjoy overnight trekking should check out the Sunshine Coast Hinterland Great Walk (14) and Noosa Trail Network (18). There are three other long distance walks available on the Sunshine Coast: the Cooloola Wilderness Trail (2-3 days), the Cooloola Great Walk (5 day) and the Conondale Range Great Walk (4 day). There is also a 6-8 day walk on Fraser Island.

For more information including maps on these walks visit:
Symbols Used in this Guide

Track information:

1. Track reference/location on regional map. (Regional map located inside cover).
2. Approximate return distance of walking track in kilometres.
3. Many track options available on this walk, distances vary.
4. This track is a loop (start and finish at same place).
5. This is a one way track.

Track difficulty levels:

- No bushwalking experience required. Flat, even surface with no steps or steep sections. Suitable for wheelchair users who have someone to assist them. Return distance is 5km or less.
- No bushwalking experience required. The track is a hardened or compacted surface and may have some steps or gentle hill sections. Return distance is 10km or less.
- Suitable for most ages and fitness levels. Some bushwalking experience recommended. Tracks may have steps or sections with steep hills or rough surfaces. Return distance is 20km or less.
- Bushwalking experience recommended. Tracks may be long, rough and very steep. Directional signage may be limited. Walks may be more than 20km.

Facilities:

- Information
- Fireplace
- Toilets
- Camping
- Picnic tables
- Caravan sites
- BBQ
- Showers
Beach, Coastal & Wetland Tracks

Noosa National Park
(Headland Section)

Location: Noosa National Park is located in the heart of Noosa. From Hastings Street follow Park Road around Laguna Bay headland to the car park entrance.

Highlights: Noosa National Park is a favourite for both visitors and Sunshine Coast locals. The National Park encompasses a rocky coastline and sheltered coves. No matter what your fitness level, you can explore one of its five varied tracks.

Look out for koalas snoozing in the forks of gums, manta rays darting in the blue, and dolphins at play with the surfers. You may even be fortunate enough to catch a glimpse of the rare glossy black-cockatoos.

Decide on the shorter 1km Palm Grove Circuit (1) and pass through a gully adorned with hoop pines and piccabeen palms.

Take the Tanglewood Track (2) to Hell’s Gates and return to the day-use area via the Coastal track (6.9km). This inland walk passes through rainforest and eucalypt woodlands on the way to Northern Alexandria Bay.

Stroll the steady 3.4km Noosa Hill Track (3) through eucalypt and shrubland to the top of Noosa Hill. Coastal views are limited by vegetation.

Or choose to walk the 10.8km return Coastal Track (4) and be rewarded with spectacular ocean views.

Bymien to Poona Lake, Great Sandy National Park

Location: Turn off Rainbow Beach Road 4kms south of Rainbow Beach and travel 3kms along Freshwater Road (unsealed) to Bymien picnic area.

Highlights: A sand track links Bymien picnic area to Poona Lake, where visitors climb a high rainforest dune before descending through carrol scrub (grey myrtle) to the white sandy beach and tea-coloured waters of this perched lake.
Elanda Circuit, Great Sandy National Park

**Location:** Elanda Point, via Lake Flat Road, Lake Cootharaba.

**Highlights:** The scenic waterways of the upper Noosa River and its tributaries are one of Cooloola’s most outstanding features. Tracks range from a 5.1km circuit via the historic Mills Point, to walks up to 12km to Fig Tree Point and Harry’s Hut adjacent to the Noosa River system. Facilities include a canoe launch.
Maroochy Wetlands Sanctuary

Location: Sports Road, Bli Bli.

Highlights: The 1.2km sealed boardwalk allows visitors to easily explore wet and dry eucalypt forests, rainforest, melaleuca forest, casuarina woodland, salt marsh and mangroves. The wetlands are accessed via walking tracks and boardwalks leading from the Bilai Environmental Education Centre. The boardwalk is a great place to spot up to 200 species of native birds.

Currimundi Foreshore Reserve

Location: Westaway Parade, Currimundi, near Gamban Esplanade and Westaway Parade.

Highlights: Take an easy 1.4km stroll along the southern shoreline of Currimundi Lake between Gamban Esplanade and the beach or walk through to Kathleen McArthur Conservation Park on the North side of the lake. Vegetation varies throughout the catchment and includes melaleuca wetlands, eucalypt woodland and patches of littoral rainforest. The waterways contain many species of marine life and attract many different types of birds such as the osprey.
Point Cartwright Reserve

**Location:** Northern end of Pacific Boulevard, Buddina.

**Highlights:** Take an easy 1.2km stroll on a paved path along the Mooloolah Riverfront, passing a pleasant swimming cove on the way to the river mouth, or take a more challenging walk up the hill to the lighthouse, where you will be rewarded by sweeping views up and down the coast. Facilities include fishing, boat ramp and fitness equipment.

Sunshine Coast Coastal Pathway (*Southern Section*)

**Location:** The southbound track commences at Point Cartwright Drive, Buddina. Northbound commences at Esplanade, Golden Beach.

**Highlights:** Sights along the Coastal Pathway include a lighthouse, lakes, creeks and surf beaches. This scenic track is a great way to take in all of southern area’s natural beauty. Facilities include information signs, historic monuments and lookouts.
**Glass House Mountains National Park**

**Location:** Glass House Mountains National Park is approximately 2km south of Glass House Mountains village. Turn off Steve Irwin Way into Barrs Road, which meets the car park entrance at Marshs Road.

**Highlights:** Meet the stone giants of the Sunshine Coast and immerse yourself in the beauty of their extraordinary story as you explore the 3.2km Tibrogargan Circuit (1) around the base of Mount Tibrogargan.

When approached from the east, Mt Tibrogargan appears like a hunched form against the open sky. In Gubbi Gubbi culture, Tibrogargan is the father of Coonowrin. A dispute among the Glass House Mountains family resulted in Tibrogargan crooking the neck of Coonowrin and turning his back on his son.

Through casuarina groves and eucalypt forests, you will feel the ancient presence of this imposing form. Cast your gaze over the Glass House Mountains family and the glistening Sunshine Coast.

Or you can take the longer 6km Trachyte Circuit (2) which links Mount Tibrogargan, Mount Tibberoowuccum and the Trachyte range. Pass through native forest and scribbly gums and stop at the Jack Ferris lookout for spectacular views.

*Photos left to right: Mt Beerwah & Mt Coonowrin. Mt Tibrogargan. Banksia spinulosa.*

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**Ben Bennett Botanical Park**

**Location:** Queen Street, Caloundra.

**Highlights:** The Ben Bennett Botanical Park features walking tracks that lead visitors through the vegetation communities of melaleuca and eucalypt forests, coastal heaths and one of few areas of coastal lowland vine forest. Six tracks to explore in this 19ha inner city park. Explore a diversity of habitat types from wallum heath to gallery rainforest and birds.
Mooloolah River National Park (Jowarra Section)

Location: From the Bruce Highway access is via Steve Irwin Way adjacent to the Caloundra turnoff.

Highlights: Walk the 500m Mooloolah River Circuit winding alongside the Mooloolah River or explore the 1.3km Melaleuca Walk passing through rainforest with piccabeen palm groves, eucalypt forest and melaleuca swamp. The river here is home to platypus, which can be seen at dawn and dusk.
**Ewen Maddock Dam**

**Location:** Mooloolah Connection Road, 1.8km north of junction with Glass House Mountains Road.

**Highlights:** Walking tracks and picnic spots to enjoy. There is also a swimming spot for a dip in the dam. Choose the flat 1.5km spillway walk or the more challenging 5km Dam walk.

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**Baroon Pocket Dam to Baroon Lookout, Kondalilla National Park**

**Location:** Baroon Pocket Dam, Narrows Road, Montville.

**Highlights:** Starting at the Baroon Pocket Dam, the walk passes through open woodland ridges and across palm and vine-forested streams. The Narrows Lookout provides a unique view over the Narrows Gorge. Further up the track a boardwalk is in place to protect the habitat of the rare hip-pocket frog *Assa darlingtoni*. Walk up out of the gully to the Baroon lookout for views of Obi Obi Gorge, Baroon Pocket Dam and its catchment.

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**Buderim Forest Park**

**Location:** Access via Quorn Close or Harrys Lane, Buderim.

**Highlights:** Marvel at the dramatic Strangler Figs, myriad vines and native birds as the path follows a meandering brook through subtropical rainforest. View Serenity Falls and rockpools, caves and giant boulders. The Harry’s Lane entrance provides access to toilets, viewing platforms and 700m of boardwalk suitable for wheelchairs.

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**Amamoor State Forest**

**Location:** Access from Amama Picnic Area, Amamoor Creek Road (sealed section), west of Amamoor.

**Highlights:** Amamoor State Forest produces some of the finest hoop pine in Queensland. More than 120 bird species have been sighted in its riverine rainforests and plantations of hoop and bunya pines. The 1.5km Amama Walk explores lush rainforest with buttressed trees, vines, ferns and mossy rocks. Facilities include camping, and caravan sites. Walking is not recommended during extreme fire weather conditions. Observe all fire bans.
Obi Obi Boardwalk

Location: The entry to Obi Obi Boardwalk is from Coral Street, opposite Bicentenary Lane, Maleny.

Highlights: A boardwalk through the beginning of a rehabilitation project from Barung Landcare. Keep an eye out for platypus. Obi Obi Creek Partnership Project is an ongoing project that aims to establish 11,000 local native trees, shrubs and grasses on Obi Obi Creek upstream from the Maleny Weir.

Sunshine Coast Hinterland Great Walk

Location: Southern End: Baroon Pocket Dam, Narrows Road, Montville. Northern End: Delicia Road in Mapleton Forest Reserve.

Highlights: Discover the Sunshine Coast’s natural beauty on this 58km Great Walk through the Blackall Range. Experience some of the range’s most scenic areas: warm subtropical rainforest, tall open eucalypt forest and picturesque waterfalls. The walk is accessible from several locations and offers a range of walking experiences from half-day walks to a three day walk with overnight camps.

Fig Tree Walk, Imbil State Forest

Location: On the banks of the Mary River near Little Yabba Creek Rest Area approximately 4km south of Kenilworth along the Maleny-Kenilworth Road.

Highlights: Located where the Booloumba Creek joins the Mary River, Fig Tree walk is a sealed 1.4km track with sections of boardwalk that make for an easy adventure. Wander past the dense rainforests, full of life, and take in the magnificence of the giant Moreton Bay Figs. Facilities include a wheelchair accessible toilet.

Booloumba Creek, Conondale National Park.
Scenic Tracks & Lookouts

Noosa Trail Network
Location: Queen Street, Cooran to the Cooroora Trail head.

Highlights: The Noosa Trail Network is a series of eight trails (from 5km to 26km) passing through the Wahpunga Range, Woondum and Tuchekoi National Parks, Ringtail and Yurol State Forests, working dairy farms, macadamia nut farms and along quiet country lanes. The trails link the Noosa Hinterland villages of Kin Kin, Pomona, Cooran and Cooroy. There are five lookouts on the trail that offer spectacular views of the coast and hinterland. Before attempting this trail, obtain a copy of the Noosa Trail Network brochure from a Sunshine Coast Information Centre or visit www.sunshinecoast.qld.gov.au

Mount Coolum Summit Walk, Mount Coolum National Park
Location: Tanah Street (West), off David Low Way, Coolum.

Highlights: Hike to the summit of this ancient 208m high volcanic dome to be rewarded with spectacular views of the coast and hinterland. This walk has very steep, slippery and rocky sections with many steps.

Booloumba Falls Walk, Conondale National Park
Location: Turn off Maleny-Kenilworth Road at Booloumba Creek Road, south of Kenilworth. Park at Booloumba Creek day use area and walk 12kms to the falls, or access the 600m return falls walk from the Booloumba Falls carpark. (Unsealed roads - a four wheel drive vehicle is recommended).

Highlights: Walk through tall open forest and discover this scenic creek’s cascades, waterfalls and rock pools. At the junction of Peters and Booloumba Creeks view the Breadknife rock formation.
Wompoo Circuit, Mapleton Falls National Park

**Location:** Head west on Obi Obi Road from Mapleton. Approximately 4km from Mapleton, turn right onto Mapleton Falls Road.

**Highlights:** A superb lookout next to a car park. Walk the 1.3km circuit with spectacular views of waterfalls and the rainforest. Listen for the Wompoo Dove calling from its treetop feeding sites.

Kondalilla Falls, Kondalilla National Park

**Location:** Kondalilla Falls Road, Kondalilla National Park.

**Highlights:** Named after the spectacular Kondalilla Falls, where Skene Creek drops 90m into a rainforest valley, this park is a cool mountain retreat and an important refuge for many native animals and plants. Enjoy a picnic at Kondalilla Falls day-use area. Walkers can choose the easy 2.4km Picnic Creek Circuit, the moderate 3.2km Rock Pools Walk or the more challenging 4.6km Kondalilla Falls Circuit.
Mary Cairncross Scenic Reserve

Location: Mary Cairncross Scenic Reserve is perched high in the Sunshine Coast hinterland. Travelling from Landsborough, turn off Landsborough-Maleny Road into Mountain View Road at Bald Knob.

Highlights: Mary Cairncross Scenic Reserve offers 55 hectares of subtropical rainforest - some of Australia’s very best.

Learn all about this pocket of paradise at the Natural History Centre, and take in the spectacular view of the Glass House Mountains as you relax at the cafe. Alternatively, throw down a rug and picnic on the open grass. Mind the bush turkeys!

Facilities include disabled toilets, kiosk with cafe and souvenirs plus picnic shelters.

Wild Horse Mountain Lookout Track

Location: Johnston Road via Bruce Highway, Glass House Mountains.

Highlights: Enjoy the panoramic 360 degree view of Pumicestone Passage, coastal plains, the Glass House Mountains and forestry plantations from the sheltered fire tower platform on this steep track.

Mount Beerburrum Track, Glass House Mountains National Park

Location: Access from the car park in Beerburrum State Forest via Beerburrum Road, Beerburrum.

Highlights: Mount Beerburrum Track is a steep paved track through Glass House Mountains National Park leading to 360 degree views from the fire tower over Pumicestone Passage, coastal plains, Glass House Mountains and forestry plantations.
Glass House Mountains Lookout Track

**Location:** Glasshouse-Woodford Road, Beerburrum. Take Beerburrum-Woodford Road to Old Gympie Road which leads north to Glasshouse-Woodford Road.

**Highlights:** This scribbly gum forest track provides views to mountain peaks, Caloundra, Maroochydore, Brisbane and Moreton Island. The track is quite steep in some places. Free gas BBQs provided on site.
General Information

Sunshine Coast Council Heart Foundation Walking Program

Did you know that around 70 free Heart Foundation walks occur each week across the Sunshine Coast region? Moonwalking occurs once a month in the light of the full moon and pram walks are available for parents. The Heart Foundation Walking program is Australia’s largest network of free community based walking groups coordinated locally by the Sunshine Coast Council.

Joining a walking group is a great way to get fit and healthy while having fun and making new friends.

To find a walking group near you: Visit the www.heartfoundation.org.au/walking or; contact Sunshine Coast Council:

Phone: 5475 7272
Web: www.sunshinecoast.qld.gov.au

Group and Commercial Activities

When using any of these walks for group or commercial purposes a permit may be required, please contact the applicable land manager.

Queensland Parks & Wildlife Service

Phone: 13 13 04
Web: www.derm.qld.gov.au

Forestry Plantations Queensland

Phone: 5438 6637
Web: www.fpq.net.au

Seqwater

Phone: 1800 SEQWATER (1800 7379 2837)
E-mail recreation@seqwater.com.au
Web: www.seqwater.com.au

Sunshine Coast Regional Council

Phone: 5475 7272
Web: www.sunshinecoast.qld.gov.au
Wompoo Circuit, Mapleton Falls National Park (21)
Information Centres

Southern and Central Sunshine Coast
Phone: 1800 644 969
Web: www.sunshinecoastvisit.com.au

Locations:
- 7 Caloundra Rd, Caloundra. Phone: 5420 6240
- 77 Bulcock St, Caloundra. Phone: 5420 8718
- Jessica Park, Nicklin Way, Minyama / Kawana, Phone: 5470 9171
- Cnr. Sixth Ave and Melrose Pde, Maroochydore. Phone: 5459 9050
- Cnr. First Ave and Brisbane Rd, Mooloolaba. Phone: 5478 2233
- Sunshine Coast Airport, Friendship Ave, Mudjimba. Phone: 5448 9088
- Cnr. Tickle Park and David Low Way, Coolum. Phone: 5446 5910

Northern Sunshine Coast
Phone: 1 3000 NOOSA (66672)
Web: www.visitnoosa.com.au

Locations:
- 61 Hastings St, Noosa Heads. (Next to Noosa Heads Surf Life Saving Club) Phone: 5430 5020
- Noosa Marina, 2 Parkyn Court, Tewantin. Phone: 5430 5000
- Parkyn’s Hut, Cnr Poinciana Ave and Dyan St, Tewantin. Phone: 5449 7353

Hinterland Sunshine Coast
Web: www.hinterlandtourism.com.au

Locations:
- Settlers’ Rotary Park, Cnr Bruce Pde & Reed St, Glass House Mountains. Phone: 5438 7220
- 198 Main Rd, Montville. Phone: 5478 5544
- Cnr. Gridley St and Memorial Dr, Eumundi. Phone: 5442 8762
- 787 Landsborough - Maleny Rd, Maleny. Phone: 5499 9788
- 23 Maple St, Maleny. Phone: 5499 9033
- Yandina Historic House Information Centre, 3 Pioneer Rd, Yandina. Phone: 5472 7181
- 9 Elizabeth St, Kenilworth. Phone: 5446 0122
- 47 Main St, Kandanga. Phone: 5488 4605
- 10 Station St, Pomona. Phone: 5485 2950