



Whitsunday national parks



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Parks at a glance

	Wheelchair access 	Camping 	Toilets 	Day-use area 	Lookout 	Public mooring 	Anchorage 	Swimming and snorkelling 	Divng 	Bushwalking 	Mountain bike riding 
Conway NP		✓	✓	✓	✓					✓	✓
Dryander NP		✓	✓				✓				
Gloucester Islands NP		✓	✓				✓	✓			
Holbourne Island NP								✓	✓		
Lindeman Islands NP		✓	✓		✓		✓	✓	✓	✓	
Molle Islands NP		✓	✓		✓	✓	✓	✓		✓	✓
Repulse Islands NP		✓					✓				
Whitsunday Islands NP		✓	✓	✓	✓	✓	✓	✓	✓	✓	

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

Photos: (front cover) Stunning view overlooking Whitehaven Beach, (this page) the top of Whitsunday Island and further afield to Hook Island. © Tourism and Events Queensland; (this page) Adam Creed © Qld Govt

Abandon

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



Treasure

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



Drift

from island to island fanned by the balmy Whitsunday breezes.

Explore

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



Dive

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



Photos (clockwise from bottom right):
© Tourism and Events Qld; © Tourism and Events Qld;
Justin Heitman © Qld Govt; Justin Heitman © Qld Govt;
Lisa Scott © Qld Govt

Photos below: (left) © Qld Govt;
(right) Justin Heitman © Qld Govt

Welcome to The Whitsundays ...

... from the Ngaro people

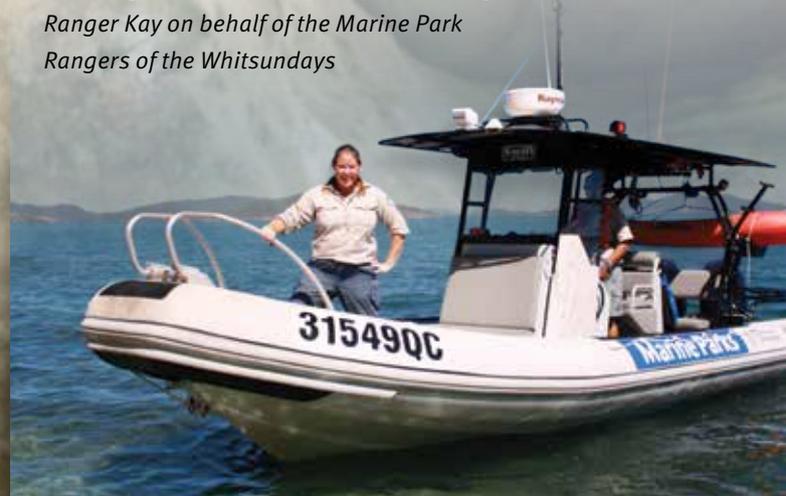
The Whitsunday area is the traditional land and sea Country of the Ngaro people. The Traditional Custodians maintain a strong and ongoing spiritual connection to their homelands, and ask that you tread with care and respect when visiting this amazing place.

... from the Gia people of the Conway Ranges

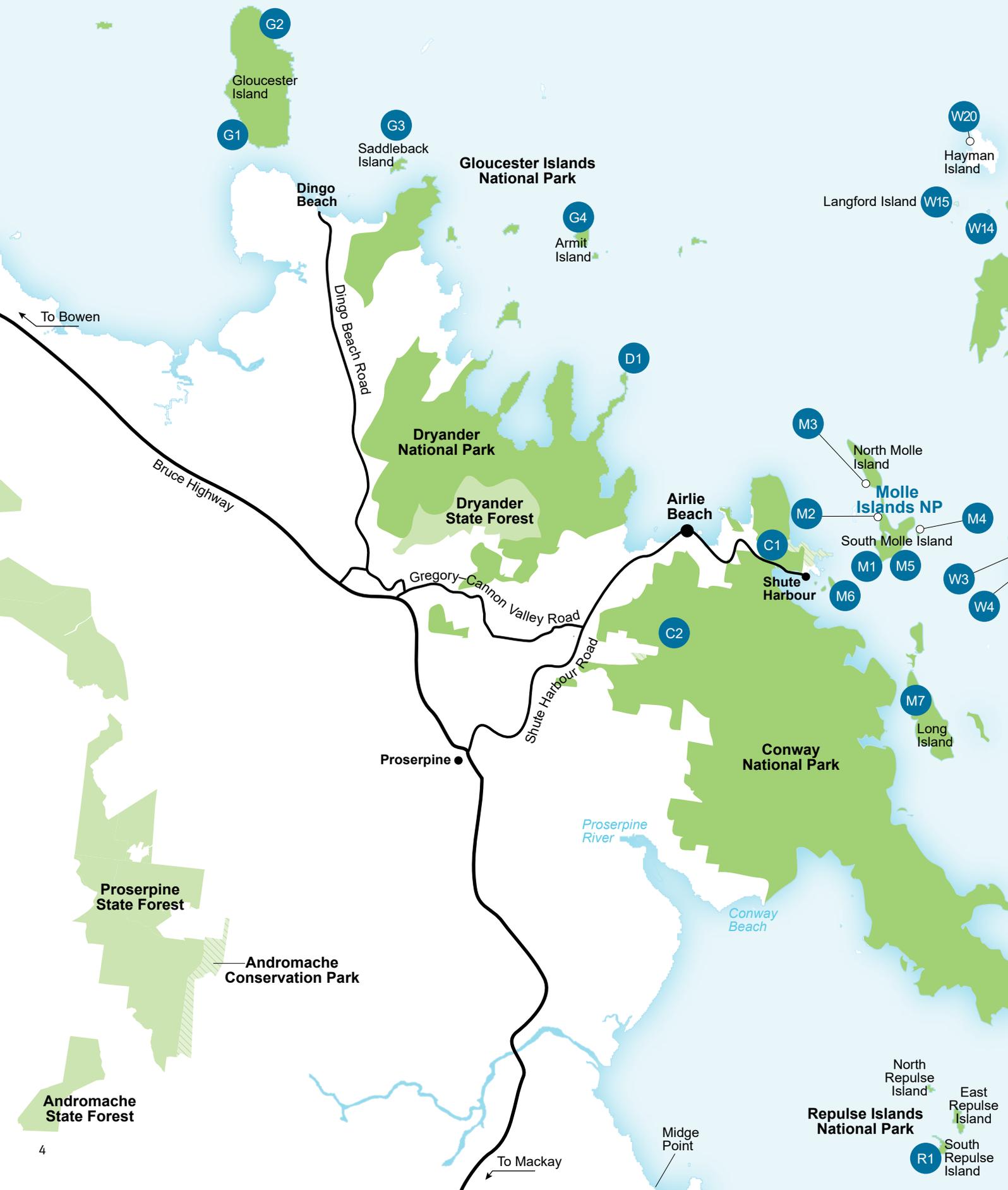
“ We ask that you respect our beautiful and significant places and join us in caring for Country—a place to treasure and enjoy for now, and for our future generations.

“ 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 Marine Park
Rangers of the Whitsundays*



Map of the Whitsundays





Island and site name	Map reference
Whitsunday Islands National Park	
Whitsunday Island Dugong Beach	W1
Sawmill Beach	W2
Naris Beach	W3
Joes Beach	W4
Chance Bay	W5
Whitehaven Beach	W6
Cairn Beach	W7
Hook Island Maureens Cove	W8
Steens Beach	W9
Curlew Beach	W10
Crayfish Beach	W11
Manta Ray Bay	W12
Butterfly Bay	W13
Black Island	W14
Langford Island Langford Spit	W15
Border Island Cateran Bay	W16
Haslewood Island Stockyard/Chalkies	W17
Henning Island Northern Spit	W18
Deloraine Island	W19
Hayman Island Blue Pearl Bay	W20
Conway National Park	
Mount Rooper	C1
Conway circuit	C2

Island and site name	Map reference
Molle Islands National Park	
South Molle Island Sandy Bay	M1
Paddle Bay	M2
North Molle Island Cockatoo Beach	M3
Planton Island	M4
Denman Island	M5
Tancred Island	M6
Long Island Sandy Bay	M7
Lindeman Islands National Park	
Lindeman Island Boat Port	L1
Thomas Island Naked Lady Beach	L2
Shaw Island Neck Bay	L3
Gloucester Islands National Park	
Gloucester Island Bona Bay	G1
East Side Bay	G2
Saddleback Island	G3
Armit Island	G4
Repulse Islands National Park	
South Repulse Island	R1
Dryander National Park	
Grimston Point	D1



Legend for publication

National park	Pictograms	
State forest	Camping	Parking
Conservation park	Toilets	Information
Ocean	Viewpoint	Information shelter
Waterway	Lookout	Interpretive walk
Highway	Picnic table	Barbecue
Sealed road	Sheltered table	Mobile phone coverage
Unsealed road	Walking track	Water—treat before drinking
Walking track	Snorkelling/diving	
Mountain	Fishing	
Town/city	Public mooring	
Distance marker	Anchorage	
Bridge		



No matter which way you look at it, the Whitsundays are a glorious getaway.

Photo: © Tourism and Events Qld

Plan your getaway

Experience a holiday to remember in the heart of Queensland’s Great Barrier Reef. Discover dazzling white secluded beaches, ancient Aboriginal rock art, sweeping grasslands and rocky shores fringed with coral reefs. The Whitsundays offers an endless choice of natural adventures.



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 ripping 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 gbrmpa.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 (bom.gov.au) before you visit.



Top: Setting out on a kayak adventure on the Whitsunday Ngaro Sea Trail.
 Above: Enjoy beachfront camping at Whitehaven Beach.
 Right: The Whitsunday’s world famous Heart Reef is best seen from the air.

Photos: (top) Justin Heitman © Qld Govt;
 (above) © Mitchell Burns Imagery;
 (right) © Commonwealth of Australia (GBRMPA)

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 2WD 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 Dryander National Park's secluded Grimston Point camping area.

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.



 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





Come face to face with some big beauties of the reef.

Photo: Darren Jew © Tourism and Events Qld

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 millennia. 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



There's lots to do in the Whitsundays whether you're walking, on wheels or on the water.
 Photos (top left to bottom right): © Qld Govt; Justin Heitman © Qld Govt; © Tourism and Events Qld; © Commonwealth of Australia (GBRMPA)



Hill Inlet, a stunning swirl of sea and shifting sands.

Whitsunday Islands National Park

Must dos

- Snorkel or dive to see a stunning underwater world.
- Climb to Hill Inlet lookout.
- Visit the Ngāro 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 sea plane from Airlie Beach or Shute Harbour. Some companies drop off and collect campers.

 Walk along the squeaking, white sands of famous Whitehaven Beach.
Photo: Justin Heitman © Qld Govt

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

Marvel at the swirling sands of Hill Inlet, an area rich with links to the Ngāro 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, Deloraine and Border islands. Read the tips on page 26 for snorkelling and diving safely in these waters.

Wildlife spotting

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

Fishing and walking

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.



 Take in fantastic views when you walk the Whitsundays.
Photo: Fiona Broadbent © Qld Govt

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



Places to go

Whitsunday Island

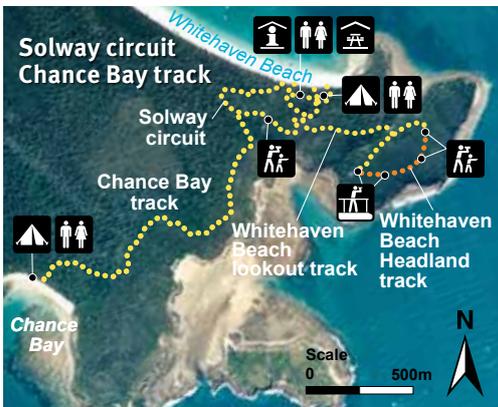
 **Whitehaven Beach lookout**

 **Headland track**

970m one-way. 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 circuit. Allow 40min.

Wander along this one-way circuit from Whitehaven Beach uphill 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 2.5–3hr.

Follow this track through some of 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 Ngāro 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 across 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 solitaire palms before entering what seems a fairyland of mosses, lichens and fungi on this semi-shaded walk from Dugong Beach to Sawmill Beach.



 **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+.

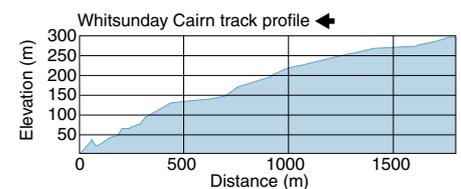
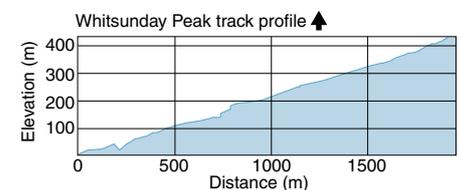
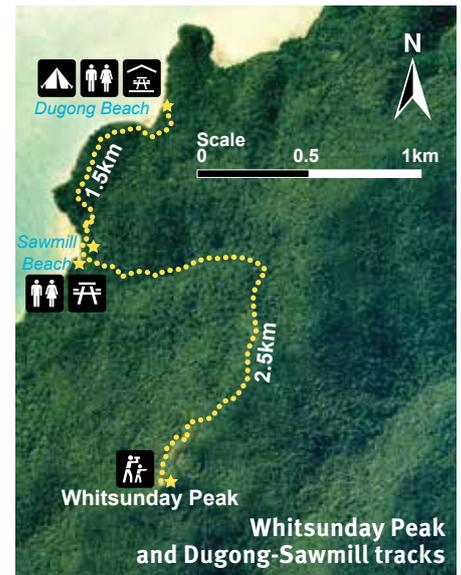
Walk from Cairn Beach—Whitsunday Island's most northerly beach—up to a ridge covered with giant grasstrees. It's steep and challenging, but what a view—simply breathtaking.

Langford Island

 **Langford Island lookout**

600m return. Allow 20min.

Stroll the mangrove lined shore before gently walking uphill through mixed tall trees, small ferns and orchids. Marvel at the remarkable Whitsunday bottle trees and enjoy views along the island's spit to nearby Black and Hook islands.



Legend

 Whitsunday Ngāro Sea Trail walking track



Whitsunday Cairn and Whitsunday Peak tracks are steep, physically demanding and can be slippery in wet weather. You must be well prepared, take plenty of water, have a good level of fitness and wear ankle-supporting footwear to safely complete these tracks.

For more information and maps, visit qld.gov.au/WhitsundayIslandsNP

Hook Island

 **Ngaro Cultural Site**
340m return. Allow 20min.

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

Haslewood Island

 **Haslewood Island lookout**
600m return. 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 grasstrees, you are rewarded with spectacular island and sea views from the lookout.

Border Island

 **Border Island**
1.2km 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.

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

Boat up to and camp over at Hook Island's **Maureens Cove**, **Steens**, **Curlew** or **Crayfish** beaches. Stay a couple of days to snorkel the island's fringing reefs and spend an hour or so at the Ngaro Cultural Site. Start at Nara Inlet—an excellent deep overnight anchorage, accessible at mid to high tide—and leave at least an hour to immerse yourself in the stories of the past.

Henning Island

Picnic on the sandy beach, near the **Northern Spit** camping area, and enjoy views of Whitsunday and Hamilton islands. The Spit is accessible by boat at all tides, but is a poor anchorage. Use the public moorings here.

Island and site name	Map ref. (p4)	Facilities and activities	Beach type	Further information
Whitsunday Islands National Park				
Whitsunday Island Dugong Beach	W1		Sand	Camping area backed by rainforest and connected by a 1km walking track to Sawmill Beach. Dugong Beach has better anchorage than Sawmill Beach, but is suitable for shallow draft vessels only. Care must be taken to avoid coral bommies, particularly at low tide.
Sawmill Beach	W2		Sand	Picnic area nestled in vine forest. Walking tracks lead to Dugong Beach and Whitsunday Peak.
Naris Beach	W3		Sand	Camping area sits under rainforest canopy, tucked against a steep hill. It has outstanding views of Cid Island. Reef line close to shore with good access at mid to high tide.
Joes Beach	W4		Sand	Secluded camping area with outstanding views of Cid Island. Fringing reef exposed at low tide. Boat access at mid to high tide.
Chance Bay	W5		Sand	Elevated camping area with views extending to Pentecost Island, Lindeman group and Cape Conway. Boat access at mid to high tide. Difficult to access in south-easterly winds but is good anchorage during northerly winds.
Whitehaven Beach	W6		Sand	Spectacular white sands with camp sites nestled in lowland vine forest and eucalypt woodland. Has views to Haslewood Island. Boat access at all tides.
Cairn Beach	W7		Rubble	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.
Hook Island Maureens Cove	W8		Rubble	Camping area sheltered by pandanus and backed by small creek. Bay offers excellent snorkelling and anchorage. Anchoring is not permitted inside the cove's reef protection markers. Shallow draft boat access at mid to high tide. Poor anchorage. Perfect for kayaks.
Steens Beach	W9		Sand	Camping area set behind the beach and overlooks Hayman Island. A small reef flat provides good snorkelling. Restrictions apply 1 Oct to 31 Mar each year.
Curlew Beach	W10		Sand	Camping area backed by rainforest. Accessible at mid to high tide by shallow draft vessels only. Sheltered anchorage next to camping area.
Crayfish Beach	W11		Sand	Outstanding beauty with extensive reef flat. Camping area sheltered by large rocky headland. Accessible at mid to high tide by shallow draft vessels only. Sheltered anchorage next to camping area.
Manta Ray Bay	W12		Rubble	Excellent diving from boat, small beach with no camping. Use public moorings. Anchoring prohibited in the bay.
Butterfly Bay	W13		Sand	Excellent snorkelling/diving from boat. Use public moorings. Anchoring prohibited in the bay.
Black Island	W14		Sand	This is a popular site for snorkelling/diving, especially at high tide.
Langford Island Langford Spit	W15		Sand	Good snorkelling/diving and short walking track with view. All tide access.
Border Island Cateran Bay	W16		Sand	Popular snorkelling/diving site and walking track with great views. All tide access.
Haslewood Island Stockyard/Chalkies	W17		Sand	White sands. Poor anchorage. Moorings may assist.
Henning Island Northern Spit	W18		Sand	Backed by closed forest canopy. Accessible at all tides, very poor anchorage. Moorings may assist.
Deloraine Island	W19		Rubble	A more remote day-visit site that is popular for snorkelling.
Hayman Island Blue Pearl Bay	W20		Rubble	Good snorkelling/diving site.



Pulling up on Whitehaven's shore after an exquisite morning's paddle.

Photo: Justin Heitman © Qld Govt

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



Take in the Whitsunday beauty from tiny everlasting daisies to the grand views from the Molle Islands' walking tracks.

Photos: (above left) Mick Barrett © Qld Govt; (above) Justin Heitman © Qld Govt



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.



View the Molle Islands—verdant dots amid the ocean blue.

Molle Islands National Park

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

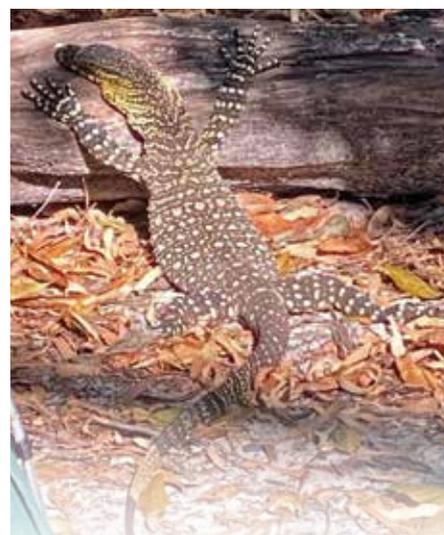
Molle Islands National Park is 10km east of Shute Harbour. Access is by private or hire boat from Airlie Beach or Shute Harbour. Some companies drop off and collect campers, bushwalkers and mountain-bike riders. Walking tracks and shared trails on South Molle Island can be accessed from Bauer Bay or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

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

Pull on your boots and wander through South Molle's grasstree-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 **Cockatoo Beach** on North Molle Island.

Places to camp

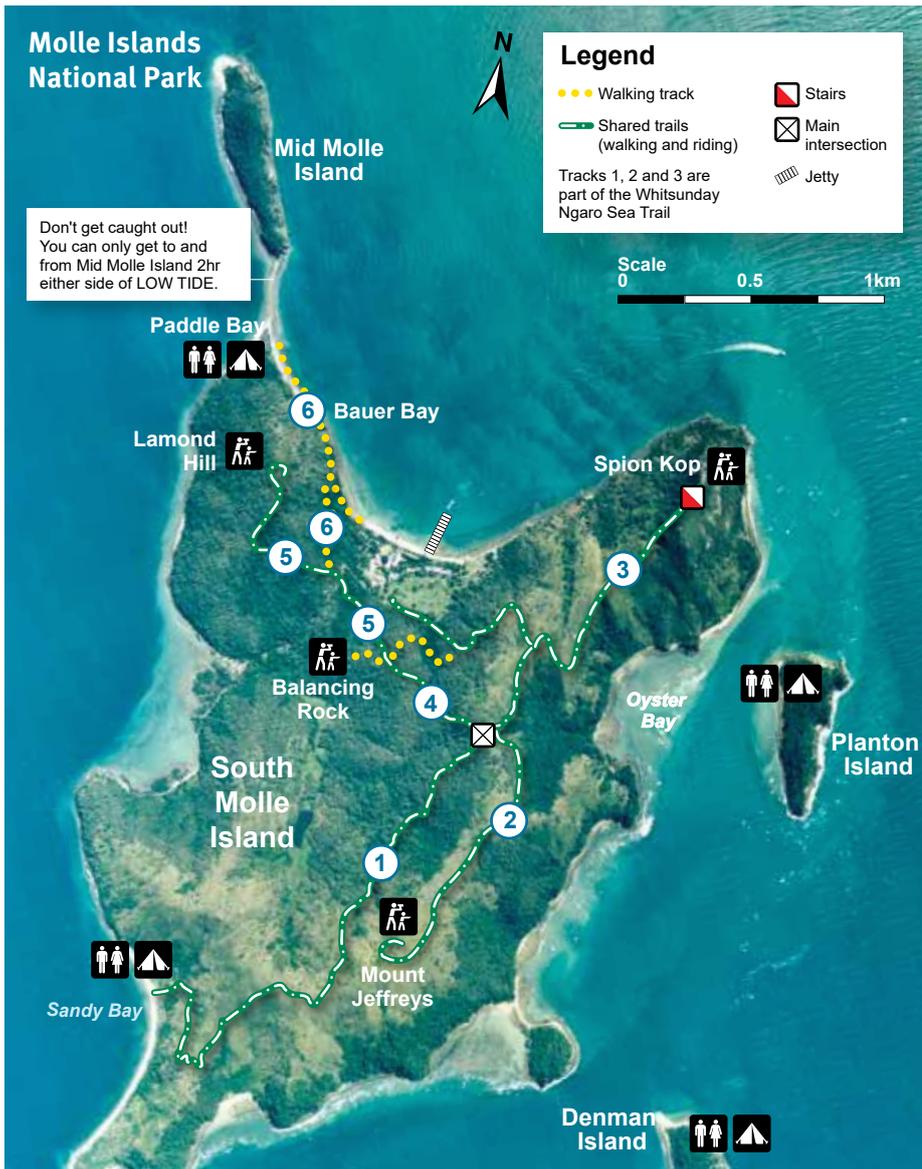
Set up camp, then stroll on long sandy beaches, relax with a good book or just doze the afternoons away at one of the many camping areas on the Molle Islands. Relish quiet camping on **Denman Island** or **Planton Island**, where only one group with up to 6 people are



Enjoy wildlife watching and slow down to goanna pace.
Photo: Chris Keates © Qld Govt

allowed at one time. Be self-sufficient on **Tancred Island** with no facilities, where it's quiet camping and quite wonderful.

Island and site name	Map ref. (p4)	Facilities and activities	Beach type	Further information
Molle Islands National Park				
South Molle Island Sandy Bay	M1		Rubble	Good open camping area for bushwalkers with a pleasant beach fringed with casuarinas. Site readily accessible at mid to high tides.
Paddle Bay	M2		Rubble	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.
North Molle Island Cockatoo Beach	M3		Sand	A number of large camp sites around the forest edge. Tides limit access. Anchorage off the beach is not recommended.
Planton Island	M4		Rubble	Secluded camping area set in dry rainforest behind the beach. Access is by boat at all tides, but anchorage off the beach is not recommended as it is exposed to winds and currents. You must pull your boat up onto, and anchor on, the beach.
Denman Island	M5		Rubble	Small, quiet camping area set in dry rainforest above the shore. Set in a marine park green zone, so look but don't take or disturb anything. Pull your boat up onto, and anchor on, the beach. Offshore anchorage is risky due to winds and currents.
Tancred Island	M6		Sand	A very private camping area with Shute Harbour hidden from view by Repair Island. Accessible by small boat though care should be taken on the fringing reefs at mid to low tide. Pull boats up onto, and anchor on, the beach.
Long Island Sandy Bay	M7		Sand	A small secluded beach lined with mangroves and backed by rainforest. Walking track departs from the camp site, allowing you to explore Long Island. Only shallow draft small craft can access the beach during mid to high tide.



Places to go

South Molle Island

1 Sandy Bay

4.2km one way. Allow 2hr walking, 30min riding.

A fantastic outing through patches of native grasslands studded with grasstrees 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, 50min 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.

Starting from Bauer Bay, walk through to Balancing Rock, perched in eucalypt forest, for views across South Molle's vegetation patchwork.



It's all about walking, riding and views, views on South Molle Island.

Photo: Adam Creed © Qld Govt

You'll love this view from Spion Kop. It's worth every uphill step you take to get there.

Photo: Justin Heitman © Qld Govt

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!

 Enjoy a good ‘leg-stretch’ of a walk on the Sandy Bay track, through a spectacular grasstree-studded landscape.
Photo: Adam Creed © Qld Govt



Long Island

 **Long Island circuit**

3.5km circuit. Allow 1.5hr.

Have a happy day from Happy Bay on the only Long Island track with spectacular viewpoints.

 **Pandanus Bay**

900m return from Palm Bay. Allow 30min.
1.5km from Happy Bay. Allow 1hr.

Walk across the narrow island neck to a pandanus-lined rocky beach.

 **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.

 **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.



 Take time to take it all in; golden fungi, golden orb spiders and golden memories.

Photos (clockwise from bottom): Justin Heitman © Qld Govt; Mike Korotcoff © Qld Govt; © Qld Govt





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

Photo: © Tourism and Events Qld

Lindeman Islands National Park

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.

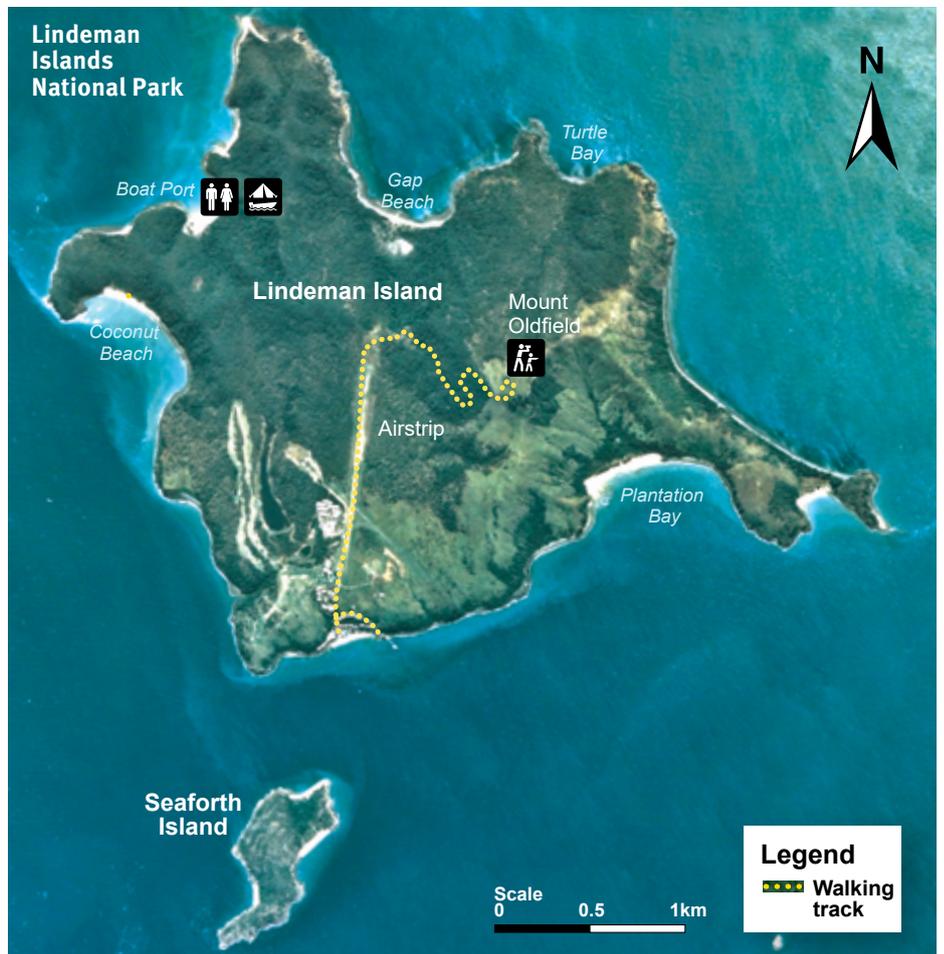
Getting there

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.

 Sit under a cool forest canopy or splash about in the inshore shallows around Lindeman Island.
 Photos: (above right) Justin Heitman © Qld Govt; (below) © Tourism and Events Qld

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

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.



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 camp

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

Places to go

Lindeman Island

 **Mount Oldfield track,**
7.2km 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.



 Clockwise from below left: Bush stone curlew and chick trying hard to blend into their surroundings. Staggering view to Shaw Island from Lindeman's Mount Oldfield track. Pitch your tent on Lindeman and stay a few days.

Photos (clockwise from below left): Lisa Scott © Qld Govt; Adam Creed © Qld Govt; Sue Olsson © Qld Govt



Island and site name	Map ref. (p4)	Facilities and activities	Beach type	Further information
Lindeman Islands National Park				
Lindeman Island Boat Port	L1	  	 	Sand Quiet camping area backed by rainforest. Boat access at mid to high tide, with good anchorage.
Thomas Island Naked Lady Beach	L2		 	Sand Protected by its northerly aspect, enjoy views to Shaw Island's rocky outcrops.
Shaw Island Neck Bay	L3			Sand 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.

 View a dusky dawn over the islands after an early morning walk up to Mount Oldfield. More walk information at qld.gov.au/LindemanIslandsNP

Photo: © Tourism and Events Qld



Take in excellent views over Shute Harbour to a part of Conway National Park.

Photo: © Kim Finlay

Conway National Park

Must dos

- Stroll the Kingfisher walk 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.
- Get back to nature with a multi-day hiking and camping experience along Conway circuit.

Getting there

Conway National Park is 30km 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–Cannon Valley Road. 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, a wide-brimmed hat, high-energy food and at least 2 litres of water for each person if you’re tackling any of the uphill tracks.

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 provide a valuable refuge for 23 rare, threatened and endemic wildlife species. Conway, and its conservation park, 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 workout, 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 camp

Conway circuit camping areas



Repulse Creek and Bloodwood are simple bush camps along 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—treat water before use.



 (Right) Ulysses butterfly; Coral Beach looking out to North Molle Island. Yes, it really is all crushed coral.

Photos: (right) © Tourism and Events Qld, (below) Adam Creed © Qld Govt.



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 way

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 trail

4.2km return.

Allow 1.5hr walking, 30min riding.

From Mount Rooper car park, journey 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. Pack a picnic and enjoy views to the Molle islands.



The last 400m of the Swamp Bay trail is suitable for walkers only.



Mount Rooper circuit

5.3km circuit.

Allow 3.5hr walking, 1.5hr riding.

The turnoff to this circuit is 200m along the Swamp Bay trail from Mount Rooper car park. The circuit climbs through mixed forests with views over Shute Harbour to the Conway Range. Continue on to the Mount Rooper outlook to soak up the panoramic vista of the Whitsunday Passage and islands. The trail then

descends through the forest to meet the Swamp Bay trail. Turn left and return to the car park or right to Swamp Bay. Be prepared—carry and drink lots of water, and wear sun protection and insect repellent.



Coral Beach walk

2.2km return. Allow 1.5hr walking.

From Coral Beach carpark, this walk winds through coastal forest with occasional sea glimpses. At Coral Beach, walkers are rewarded with uninterrupted views across the Whitsunday Passage. The beach is exposed and on hot days can be sweltering.



The Beak lookout

3.4km return from Coral Beach walk car park. Allow 2.5hr.

Take the Coral Beach walk and head towards the eastern end of the beach. From here the trail ascends through endangered coastal beach scrub to the lookout, with views to the Whitsunday islands.

Conway Range tracks



Kingfisher walk

2km return. Allow 45min–1.5hr.

From the Forestry Road car park, follow the Conway circuit 20m past the gate to the entry of the Kingfisher walk. Weave your way through the rainforest, past tulip oak buttresses and the roots of giant strangler figs. Enjoy a moment of solitude by the creek before continuing along the trail. Turn right where the trail meets the Conway circuit to return to the car park.



Wompoo way

7km return.

Allow 3.5hr walking, 45min riding.

Start at the Forestry Road car park, following 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.

Starting at the Conway circuit entrance off Kara Crescent, Airlie Beach, this rugged track is a favourite for those up for a challenge. With gradients up to 35° within the first 2km, it's strenuous in parts, exposed and hot, but the views are worth every step. The turn-off to the lookout is 2.3km along this track. Rest your legs at the lookout while you take in the views over Cannonvale and the Whitsunday islands.

The give-way code, Conway shared trails

Where walkers and cyclists share the same trail, be careful and courteous and follow the shared trails give-way code:

- Cyclists must slow down, give-way to and watch for walkers.
- Cyclists must alert others when approaching.
- Everyone must slow down and go around wildlife.



View from Mount Rooper overlooking Long Island with Conway National Park (middle right).

Photo: Adam Creed © Qld Govt



Conway circuit



27.1km one way.

Allow 3 days walking, 7hr riding.

Pack 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 from Kara Crescent, Airlie Beach.



Forestry Road–Impulse Creek section

4.5km one way.

Allow 1.5hr walking, 40min riding.

9km return.

Allow 2.5hr walking, 1hr riding.

Enjoy a peaceful journey through the forest as you make your way towards picturesque Impulse Creek. The track gets considerably rougher after Impulse Creek crossing, so if you're only doing a day walk head back from here. An optional addition for walkers is Kingfisher walk; and for walkers and cyclists is Wompoo way - both are accessed from the circuit.

Important things to know

- The Conway circuit is only suitable for fit, well-prepared walkers or mountain-bike riders.
- Choose the cooler months of the year.
- Carry a map, GPS, and reliable communication equipment. Mobile phone reception is limited.
- Expect many long, steep and strenuous sections of track.
- Carry and drink plenty of water! There are 4 water tanks along the track; fill your water containers at every opportunity—treat 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



Impulse Creek–Repulse Creek camp section

3.5km one way.

Allow 1hr walking, 20min riding.

Go carefully as the track here has 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 then continue along the track to Bloodwood camp. Water tanks are 200m past the camp.

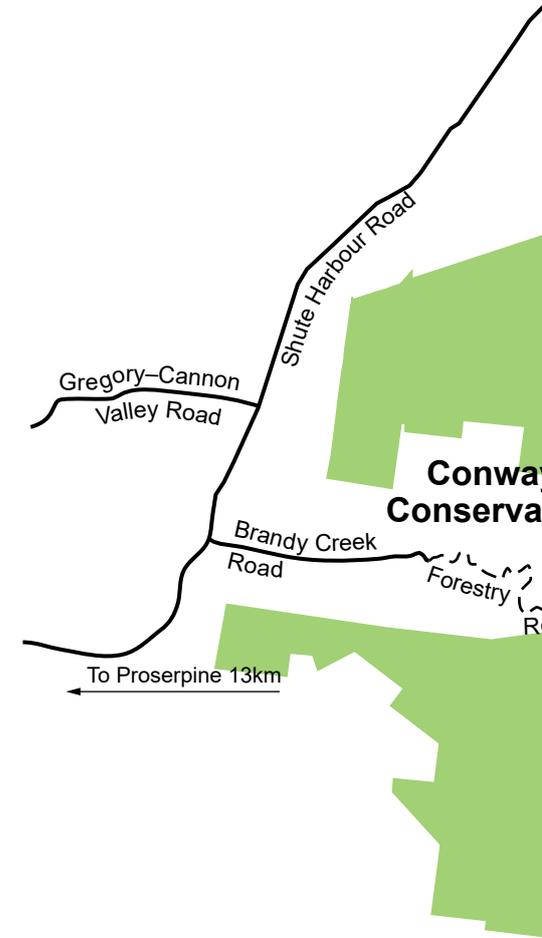
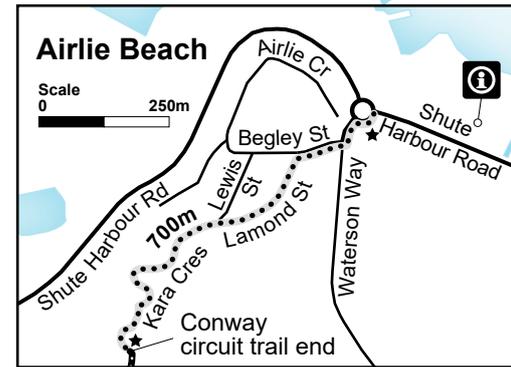


Bloodwood camp–Airlie Beach section

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 the Honeyeater lookout track to your walk (an extra 1.5hr walking time) with views to Dryander Range and the Whitsunday islands. The final section of the Conway circuit descends steeply past grasstrees, cycads and eucalypts to Airlie Beach. The track ends near Kara Crescent. It is another 700m downhill into Airlie Beach town centre.



Below: Cool off at Repulse Creek and sit a while. Left: Buff-breasted paradise-kingfisher.
Photos: (below left) © Qld Govt; (below) © Ray Viljoen

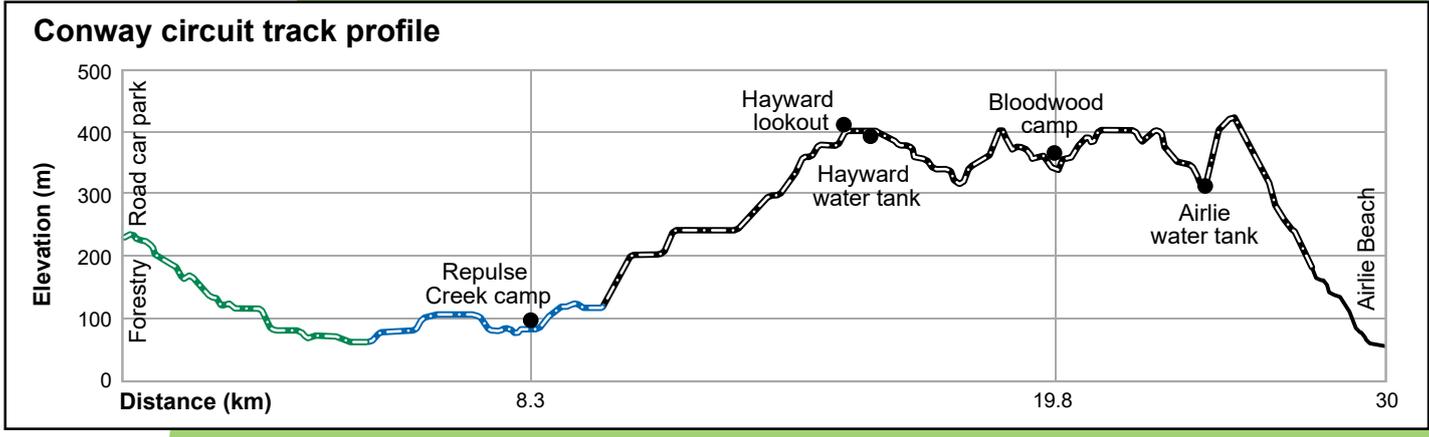




Legend

- Shared trail—Easy mountain bike
- Shared trail—Intermediate mountain bike
- Shared trail—Difficult mountain bike
- Walkers only tracks
- Walkers' route to town
- Water tanks—treat before drinking

See the main legend on page 5 and page 27 for track classifications.





Capture dream views like this one looking over to Gloucester Island.

Photo: Adam Creed © Qld Govt

More top spots

Must dos

- Splash about in the year-round warm, aqua waters of Bona Bay on Gloucester Island.
- Swim with manta rays feeding along the islands, generally May to September.
- Boat slowly and catch a glimpse of dolphins or dugong.



 The Whitsundays. What a place!
Home to Proserpine rock-wallabies on land and graceful manta rays under water.

Photos: (above) Kay Kunze; (right) © Mark Simmons

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 Coral Sea 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. Dryander National Park protects important habitat for the endangered Proserpine rock-wallaby.

Getting there

Although **Dryander National Park** is on the mainland, it is accessible by boat only and is approximately seven nautical miles (13km) north of the Coral Sea Marina at Airlie 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.

 Above: A sooty tern finds some shade on the beach. Right: Snorkel and you might spy a graceful turtle feeding on the reef. Below: Look out for the Whitsunday bottle tree *Brachychiton compactus*, unique to this area.

Photos: (above) © Commonwealth of Australia (GBRMPA); (right and below) Fiona Broadbent © Qld Govt



Island and site name	Map ref. (p4)	Facilities and activities	Beach type	Further information
Gloucester Islands National Park				
Gloucester Island Bona Bay	G1		Sand	Camping area is large and shaded with ample space for secluded camping. Good anchorage accessible on all tides.
East Side Bay	G2		Sand	Between 2 rocky headlands, this camping area is set in vegetation behind the beach and next to a seasonal freshwater lagoon. The east-facing beach is steep with unreliable anchorage.
Saddleback Island	G3		Sand	Camping area offers a wilderness experience. Reasonable anchorage for small boats accessible on all tides. Be aware of current.
Armit Island	G4		Sand	Camping area suitable for small groups. Good anchorage accessible in all tides. Help protect migratory seabirds and stay off and away from Little Armit Island and Armit Island's southern beach during the seasonal restriction from 1 October and 31 March (inclusive) each year.



Set sail for a boating adventure in the beautiful Whitsundays.

Photo: © Tourism and Events Qld

Boating in the Whitsundays



 Above: Protect coral from anchor-damage by using the free public moorings. Below: You might be lucky to see a whale mother and calf scooting past.
Photo: (above) © Qld Govt; (below) Adam Creed © Qld Govt

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.

	Maximum vessel length	Maximum wind speed
◆	6m - tender only	24 knots
◆	10m - monohull 9m - multihull	24 knots
◆	20m - monohull 18m - multihull	34 knots
◆	25m - monohull 22m - multihull	34 knots
◆	35m - monohull 30m - multihull	34 knots
△	Reef protection marker (RPM)	

“ The Whitsundays has a wonderful public moorings set-up. It means, if you are coming to the area with your own vessel, you can help to protect the corals from anchor damage by using the free public moorings. And as an added bonus, you can sleep soundly and not worry about your anchor during the night.
Ranger Kay

Observe ‘no anchoring areas’

Some Whitsunday 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.



Photo: Nicole Hitchcock © Qld Govt

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.

Know your zones

The Whitsundays are in a marine park zone, which allows certain activities in some areas—with or without a permit—but prohibits them in others. Zoning maps are available from many local outlets, from Queensland Parks and Wildlife Service (QPWS) offices and online at gbrmpa.gov.au/zoning-permits-and-plans/zoning/zoning-maps

The maps include public moorings and anchoring areas. You must always check for regulations, and specifically note the ‘designated water sports areas’ and the pink zone—i.e. no-go and no-take rules all year—that covers **Eshelby** and **Little Eshelby** islands.

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.



 Nesting or roosting sea birds are easily disturbed, depleting their energy reserves vital for their successful return migration.

Photo: © Kay Kunze

Significant site protection—access restrictions

Island	Period of restriction
Bird Island East Rock Edwin Rock Eshelby Island (pink zone: no-go and no-take) Little Eshelby Island (pink zone: no-go and no-take)	All year
Armit Island (south beach) Double Cone Island (west island) Grassy Island (south beach) Little Armit Island Olden Rock (south of Olden Island) Shaw Island (beach east of Burning Point) South Repulse Island (west beach, excluding campsite) Hook Island, Steens Beach	Between 1 October and 31 March (inclusive)

Significant site protection—regulations

- You must keep to a 6 knot speed approximately within 400m of the mean high 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.

 Go slow for those below. Dugong mother and calf spend at least 2 years together.

Photo: © Commonwealth of Australia (GBRMPA)





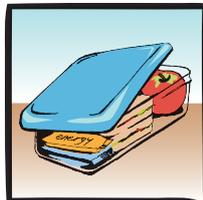
The shifting sands around Hill Inlet and Whitehaven Beach offer different views almost every day.

Photo: Dave Harper © Qld Govt

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 zoning map MPZ10 for boaties.
- Sturdy rubbish bags and/or sealable, animal-proof containers. No bins are provided.
- Topographic map, compass, satellite phone and personal location beacon (PLB) for long distance walking.



Camping

- Book well in advance. Camp sites in popular parks book out quickly, especially in peak periods.
- Book online at qld.gov.au/Camping
- No generators.
- No ash-producing barbecues.
- Bring fuel stoves for cooking.
- Treat any water collected from tanks or watercourses before drinking.



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 Crocwise! 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 SharkSmart! 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 open ocean, estuaries, freshwater canals and streams. Search for 'Swimmer safety' on daf.qld.gov.au/sharksmart

⚠️ Seek medical attention if stung by marine stingers. They are prevalent from November to May but may be present all-year. Wear suitable protective clothing (stinger suit) and carry vinegar as first aid to treat a sting.

⚠️ Never swim alone and stay out of strong currents. There are no lifesavers at any Whitsunday beaches.



⚠️ Avoid touching stinging trees. Brushing up against stinging tree leaves or fruit is extremely painful.

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.



📷 This shrub—Gympie-Gympie (*Dendrocnide moroides*)—is one of the 2 north Queensland stinging trees that really do pack a 'sting'.

Photo courtesy Queensland Herbarium: Jeanette Kemp © Qld Govt

Cyclones, storms and tides

- Stay informed of the weather—cyclone season is November to April; storms occur anytime.
- Never set out walking, riding, swimming or boating if a storm (or cyclone) is close.
- If it's flooded, forget it—even for walkers and cyclists. Creeks can rise rapidly in Conway National Park.
- 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 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 and turtles.
- Never clean fish or throw fish waste overboard or from the beach.

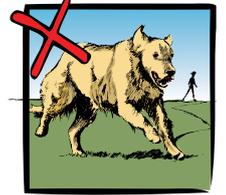


 Below left: Keep a watch on the weather. Below middle: Have fun but know your limits. Below right: Get local advice.

Photo: (below left) Mick Barrett © Qld Govt; (below middle) © Tourism and Events Qld; (below right) Justin Heitman © Qld Govt

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 their beaches within the Whitsunday area, intertidal areas adjacent to island national parks and Conway Conservation Park. Penalties apply.
- Careless anchoring and kicking damages corals. Don't touch corals with fins. Anchor and stand on sand next to corals.
- Boaties, go slow for those below—boat strike can kill turtles, whales and dugong.



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.

Know your limits

Track and trail classifications

Grade	Symbol	Suits	Track description
2		Families with young children	Track has a hardened or compacted surface and may have a gentle hill section or sections and occasional steps.
3		People with some bushwalking experience	Track may have short steep hill sections, a rough surface and many steps.
4		Bushwalking experience essential	Tracks may be long, rough and very steep. Directional signs may be limited.
Easy		Novice riders with basic skills and fitness	Wide trail with a gentle slope and a relatively obstacle-free, hardened natural slope.
Intermediate		Experienced riders with moderate skills and fitness	Trail with obstacles, variable surface and moderate slope. May include steep sections.
Difficult		Experienced riders used to physically-demanding routes	Challenging and variable trail with long steep climbs or descents, loose surfaces and unavoidable obstacles.



Further information

 qld.gov.au/NationalParks

 qld.gov.au/Camping

 qld.gov.au/ParkAlerts
(access, closures and conditions)

 [qldnationalparks](https://www.facebook.com/qldnationalparks)

 [@QldParks](https://www.instagram.com/QldParks); [#QldParks](https://www.instagram.com/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/sharksmart

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

Weather conditions: Visit bom.gov.au

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



 Sense the magic of a Whitsunday afternoon.
Photo: Peter Lik © Tourism and Events Qld