

Further information

-  qld.gov.au/NationalParks
-  qld.gov.au/Camping
-  qld.gov.au/ParkAlerts
(access, closures and conditions)
-  qldnationalparks
-  [@QldParks](https://www.instagram.com/QldParks); [#QldParks](https://www.instagram.com/QldParks)

For more information, visit qld.gov.au/Cooloola and qld.gov.au/Inskip

For driving on sand safety videos, visit qld.gov.au/DrivingOnSand

Be prepared, check:

- **Cooloola Conditions Report**
parks.qld.gov.au/cooloola-conditions-report
- **Inskip Conditions Report**
parks.qld.gov.au/inskip-conditions-report
- **Visitor guide**
qld.gov.au/CooloolaGuide

Report a hoon phone 1300HOON (134 666)
or visit forms.police.qld.gov.au/launch/Hooning

 **Report marine strandings:**
Download the QWildlife app or call 1300 130 372.



In an emergency

- Call **Triple Zero (000)**.
- Using the **Emergency Plus app** to call 000 will help emergency responders identify your location. Download the app for free before you visit.



Scan to check
park alerts



Scan to view
driving on
sand videos

Cooloola and Inskip Peninsula Recreation Areas Great Sandy National Park

Safety information and tide times

July 2026 – June 2027



Native vegetation stabilises the coast, protecting marine turtles, shorebirds, and your camping experience. Keep to designated tracks to protect our coastal dunes!

Drive to the tides, beach driving done right!

- ✓ Drive within 2 hours either side of low tide.
- ✓ Consider the conditions and drive in daylight hours.
- ✓ Use designated vehicle tracks to access camp sites—never park or drive over dunes. **Penalties apply.**

Speed limits:

- 80km/hr on beaches.
- 40km/hr adjacent to camping areas and townships.
- 30km/hr on inland tracks.

QPWS Rangers patrol the beach and camping areas regularly.

 **Vehicle access permits are required** before entering Cooloola Recreation Area—24hr number plate cameras operate in this park.

Beware of unstable sand dunes

Exposed sand dunes and cliffs along Teewah and Rainbow beaches are unstable and can collapse without warning.

- ✓ Supervise children at all times.
- ✗ Never climb on, slide down or dig into sand dunes or cliffs.
- ✗ Avoid parking or sitting at the base of sand dunes.

Where can I take my dog?

Dogs are only permitted (on a leash) in the dog-friendly zone along Teewah Beach (Cooloola Recreation Area) and in the Inskip Peninsula Recreation Area camping areas. For dog-friendly locations, visit qld.gov.au/CooloolaGuide.

Where can I dispose of my waste?

Portable toilet waste:

- Beach Road, 2nd cutting, Noosa North Shore.
- Freshwater day-use area, (beach camper service bay).
- Clarkson Drive, Rainbow Beach.

General waste:

- Beach Road, 2nd cutting, Noosa North Shore.
- Freshwater Road.

Coastal camping conditions

- A permit is required before setting up your camp site.
- Booking details must be clearly displayed.

Camping at Cooloola

 **Fires are prohibited in all camping and day-use areas,** except for Poverty Point camping area.

 **Domestic animals are prohibited.**

 **Use of portable toilets is mandatory** when camping within Teewah Beach camping zones.

Camping at Inskip Peninsula

 **Fires are permitted in pre-existing camp fire sites,** except when fire bans are in place.

✓ Extinguish fires with water, not sand.

✓ Bring clean firewood (untreated mill off-cuts).

✗ Burning bush wood, including leaves and twigs, is prohibited.

 **Dogs are permitted (on a leash)** in the camping areas. Ensure all their waste is collected and bagged for disposal.

 **Use of portable toilets is mandatory** at Dorriggo South and Pelican Bay camping areas.

What type of portable toilet can I bring?

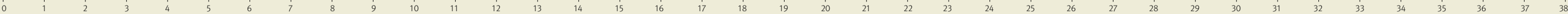
Portable toilets must have a sealed waste holding tank and must be transportable and suitable for emptying into a portable toilet waste disposal facility.



Open bucket style
portable toilet



Bag style
portable
toilet



All Queensland road rules apply on the beach and inland tracks; this includes wearing seatbelts.



Plan your beach travel within 2 hours either side of low tide.



Attention boaties and jet ski riders!
A 6-knot vessel speed limit applies in Double Island Point lagoon.

For more information, visit: msq.qld.gov.au

Times and heights of high and low water—Noosa Head—July 2026 to June 2027

JULY				AUGUST				SEPTEMBER				OCTOBER				NOVEMBER				DECEMBER				JANUARY				FEBRUARY				MARCH				APRIL				MAY				JUNE			
Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m	Time	m
1 0309 0.70		16 0336 0.41		1 0345 0.52		16 0417 0.38		1 0415 0.37		16 0425 0.47		1 0420 0.39		16 0419 0.58		1 0018 1.24		16 0519 0.74		1 0130 1.37		16 0008 1.31		1 0319 1.58		16 0138 1.54		1 0458 1.73		16 0353 1.83		1 0256 1.65		16 0210 1.80		1 0415 1.71		16 0416 1.94		1 0400 1.70		16 0434 1.82		1 0435 1.63		16 0022 0.80	
0837 1.45		0921 1.60		0930 1.56		1024 1.68		1031 1.77		1108 1.70		1102 1.90		1122 1.70		0612 0.59		1230 1.65		0715 0.65		0540 0.78		0915 0.91		0728 0.96		1138 0.95		1036 0.93		0951 1.03		1006 0.95		1057 0.88		1101 0.53		1038 0.78		1101 0.53		1057 0.57		0542 1.51	
WE 1423 0.53		TH 1514 0.28		SA 1519 0.46		SU 1619 0.51		TU 1632 0.60		WE 1721 0.79		TH 1730 0.69		FR 1759 0.82		SU 2015 0.65		MO 1932 0.80		FR 1446 1.48		SA 1315 1.53		MO 1636 1.29		TU 1601 1.36		WE 1713 1.44		TH 1601 1.36		MO 2037 0.87		TU 2022 0.78		TH 2231 0.88		FR 2250 0.67		SA 1641 1.53		SU 1728 1.83		WE 1152 0.52		0829 1.49	
2113 2.01		2150 2.24		2151 1.97		2229 1.81		2230 1.66		2255 1.37		2300 1.36		2316 1.21		2015 0.65		1920 0.71		2123 0.60		SA 2005 0.64		MO 2246 0.73		TU 2158 0.66		WE 1713 1.44		TH 2311 0.55		MO 2037 0.87		TU 2022 0.78		TH 2231 0.88		FR 2250 0.67		SA 1641 1.53		SU 1728 1.83		WE 1152 0.52		0829 1.49	
2 0342 0.69		17 0421 0.43		2 0418 0.50		17 0447 0.44		2 0453 0.43		17 0500 0.56		2 0510 0.49		17 0502 0.68		2 0200 1.26		17 0054 1.20		2 0247 1.44		17 0114 1.34		2 0427 1.67		17 0302 1.64		2 0548 1.81		17 0459 1.97		2 0415 1.69		17 0335 1.87		2 0503 1.76		17 0508 1.97		2 0445 1.73		17 0519 1.77		2 0523 1.63		17 0110 0.76	
TH 0913 1.45		FR 1009 1.61		TH 1009 1.58		FR 1104 1.65		TH 1119 1.75		FR 1157 1.63		TH 1204 1.82		FR 1216 1.62		MO 1074 0.64		MO 0622 0.81		TH 1217 0.71		TH 1315 1.63		SA 1550 1.40		SU 1431 1.44		2 0548 1.81		17 0459 1.97		2 0415 1.69		17 0335 1.87		2 0503 1.76		17 0508 1.97		2 0445 1.73		17 0519 1.77		2 0523 1.63		17 0110 0.76	
TH 1457 0.53		FR 1601 0.37		SU 1558 0.53		MO 1701 0.67		WE 1728 0.73		TH 1824 0.88		FR 1855 0.77		SA 1916 0.86		MO 1427 1.81		TU 1328 1.61		TH 1315 1.63		TH 1315 1.63		SA 1550 1.40		SU 1431 1.44		2 0548 1.81		17 0459 1.97		2 0415 1.69		17 0335 1.87		2 0503 1.76		17 0508 1.97		2 0445 1.73		17 0519 1.77		2 0523 1.63		17 0110 0.76	
2145 1.99		2232 2.11		2223 1.89		2300 1.64		2312 1.50		2341 1.25		2312 1.50		2341 1.25		MO 2120 0.60		TU 2031 1.76		TH 1315 1.63		TH 1315 1.63		SA 1550 1.40		SU 1431 1.44		2 0548 1.81		17 0459 1.97		2 0415 1.69		17 0335 1.87		2 0503 1.76		17 0508 1.97		2 0445 1.73		17 0519 1.77		2 0523 1.63		17 0110 0.76	
3 0415 0.68		18 0502 0.46		3 0454 0.51		18 0519 0.50		3 0537 0.50		18 0545 0.66		3 0008 1.23		18 0018 1.16		3 0319 1.35		18 0216 1.24		3 0247 1.44		17 0114 1.34		2 0427 1.67		17 0302 1.64		2 0548 1.81		17 0459 1.97		3 0512 1.76		18 0442 1.97		3 0544 1.82		18 0553 1.97		3 0525 1.75		18 0022 0.70		3 0032 1.75		18 0153 0.72	
FR 0949 1.45		SA 1056 1.59		MO 1052 1.59		TU 1149 1.61		TH 1843 0.84		FR 2003 0.92		SA 1329 1.77		SU 1327 1.57		3 0900 0.64		MO 0742 0.84		TH 1315 1.63		TH 1315 1.63		SA 1550 1.40		SU 1431 1.44		2 0548 1.81		17 0459 1.97		3 0512 1.76		18 0442 1.97		3 0544 1.82		18 0553 1.97		3 0525 1.75		18 0022 0.70		3 0032 1.75		18 0153 0.72	
FR 1531 0.56		SA 1647 0.50		MO 1641 0.63		TU 1751 0.81		TH 1843 0.84		FR 2003 0.92		SA 1329 1.77		SU 1327 1.57		3 0900 0.64		MO 0742 0.84		TH 1315 1.63		TH 1315 1.63		SA 1550 1.40		SU 1431 1.44		2 0548 1.81		17 0459 1.97		3 0512 1.76		18 0442 1.97		3 0544 1.82		18 0553 1.97		3 0525 1.75		18 0022 0.70		3 0032 1.75		18 0153 0.72	
2218 1.95		2311 1.95		2223 1.89		2300 1.64		2312 1.50		2341 1.25		2036 0.77		2122 0.68		TU 1530 1.79		WE 1429 1.61		TH 1315 1.63		TH 1315 1.63		SA 1550 1.40		SU 1431 1.44		2 0548 1.81		17 0459 1.97		3 0512 1.76		18 0442 1.97		3 0544 1.82		18 0553 1.97		3 0525 1.75		18 0022 0.70		3 0032 1.75		18 0153 0.72	
4 0451 0.68		19 0543 0.51		4 0532 0.52		19 0555 0.57		4 0006 1.34		19 0047 1.16		4 0205 1.19		19 0153 1.15		4 0319 1.35		18 0216 1.24		4 0247 1.44		17 0114 1.34		2 0427 1.67		17 0302 1.64		2 0548 1.81		17 0459 1.97		4 0556 1.83		19 0537 2.06		4 0003 0.73		19 0033 0.55		4 0008 0.77		19 0110 0.69		4 0123 0.67		19 0232 0.70	
SA 1028 1.45		TH 1144 1.56		TU 1732 0.75		WE 1859 0.93		FR 1635 0.58		MO 0647 0.75		FR 1455 1.78		MO 1442 1.57		4 0420 1.47		19 0326 1.35		4 0450 1.65		19 0341 1.57		4 0607 1.85		19 0513 1.96		4 0026 0.62		19 0012 0.42		4 0556 1.83		19 0537 2.06		4 0003 0.73		19 0033 0.55		4 0008 0.77		19 0110 0.69		4 0123 0.67		19 0232 0.70	
SA 1609 0.62		SU 1737 0.66		TU 1732 0.75		WE 1859 0.93		FR 1635 0.58		MO 0647 0.75		FR 1455 1.78		MO 1442 1.57		4 0420 1.47		19 0326 1.35		4 0450 1.65		19 0341 1.57		4 0607 1.85		19 0513 1.96		4 0026 0.62		19 0012 0.42		4 0556 1.83		19 0537 2.06		4 0003 0.73		19 0033 0.55		4 0008 0.77		19 0110 0.69		4 0123 0.67		19 0232 0.70	
2252 1.89		2349 1.77		2337 1.65				2029 0.87		2136 0.89		2036 0.77		2139 0.79		WE 1623 1.77		TH 1525 1.62		FR 1629 1.55		SA 1520 1.54		2256 0.47		2154 0.53		4 0026 0.62		19 0012 0.42		4 0556 1.83		19 0537 2.06		4 0003 0.73		19 0033 0.55		4 0008 0.77		19 0110 0.69		4 0123 0.67		19 0232 0.70	
5 0530 0.67		20 0622 0.56		5 0615 0.55		20 0018 1.33		5 0336 1.26		20 0331 1.21		5 0511 1.60		20 0420 1.50		5 0057 0.46		2139 0.79		4 0450 1.65		19 0341 1.57		4 0607 1.85		19 0513 1.96		4 0026 0.62		19 0012 0.42		4 0556 1.83		19 0537 2.06		4 0003 0.73		19 0033 0.55		4 0008 0.77		19 0110 0.69		4 0123 0.67		19 0232 0.70	
1113 1.45		20 1239 1.54		1241 1.61		20 0642 0.65		5 0917 0.61		20 0851 0.80		5 1103 0.59		20 1007 0.79		5 0139 1.23		20 0242 1.14		4 0450 1.65		19 0341 1.57		4 0607 1.85		19 0513 1.96		4 0026 0.62		19 0012 0.42		4 0556 1.83		19 0537 2.06		4 0003 0.73		19 0033 0.55		4 0008 0.77		19 0110 0.69		4 0123 0.67		19 0232 0.70	
SU 1652 0.70		MO 1833 0.81		WE 1842 0.86		TH 1406 1.55		SA 1512 1.76		SU 1545 1.60		MO 1603 1.84		TU 1540 1.62		5 0753 0.62		20 0820 0.79		4 0450 1.65		19 0341 1.57		4 0607 1.85		19 0513 1.96		4 0026 0.62		19 0012 0.42		4 0556 1.83		19 0537 2.06		4 0003 0.73		19 0033 0.55		4 0008 0.77		19 0110 0.69		4 0123 0.67			