



Adventure Experiences in Queensland

Adventure awaits

Skyrail Rainforest Cableway

Queensland is ripe for adventure

Queensland might be known as the home of world-class nature experiences, but did you know that behind the sandy beaches, red dusty plains and engulfing rainforests is a plethora of hair-raising adventures calling to brave and bold spirits?

Adventure doesn't necessarily mean hurling yourself from a plane or bungee jumping into a natural lagoon, the same exhilaration can be found while navigating the spot where two World Heritage-listed sites meet on horseback or floating in a hot air balloon over rolling greenery. You'll find that adventure calls from all corners of our state – it's up to you to answer it.



Riverlife

Ways to experience adventure

Land based adventures

Queensland's diverse range of landscapes are the backdrop to adventures that will make your jaw drop and elevate your heart rate. Step back in time as you trek through the Gondwana-age rainforest on the **Spicers Scenic Rim Trail** or swap dense greenery for wide open plains and red soils with a guided hike through northwest **Outback Queensland**.

There's no better destination for hiking than Queensland and its 10 great walks which traverse nature's boldest environments. Alternatively, saddle up for a **horseback adventure** hugging the world's oldest rainforest at Cape Tribulation, or gallop and glamp on a multi-day ride through **Southern Queensland Country**.

Heart-pumping hills, jaw-dropping views and exhilarating descents await keen cyclists who pedal on Queensland's wide roads or soar down world-famous mountain biking trails at the intersection of two World Heritage areas. For those who prefer four wheels over two, rev your engine on secluded sand islands surrounded by beaches fit for a postcard. The driving fun doesn't stop there - Queensland is also home to some of the world's best 4WD tracks including the rugged terrain of the **Cape York Peninsula** and sand highways of K'gari (formerly Fraser Island), **Mulgumpin (Moreton Island)** or **Minjerribah (Stradbroke Island)**. Bucket list experiences aren't just reserved for Queensland's remote areas, they can be found mere moments from big city centres. Watch urban life unfold as you abseil from the top of **Kangaroo Point** cliffs in Brisbane or gain a breathtaking vantage point over the expanse of the Sunshine Coast while climbing the **Glass House Mountains**.

Water based adventures

With one of the seven wonders of the world hugging Queensland's coastline, the **Great Barrier Reef**, boasts a whole world of colour, currents and wildlife waiting to be explored. Dive into a bustling society beneath the waves where dormant shipwrecks sit, vibrant coral clusters sway and gentle giants roam. Don the scuba tank or snorkel mask to venture into the most mesmerising parts of the deep. If you want to get up close and personal with the gentle giants of the ocean, swim with the whales in Hervey Bay or off the coast of Mooloolaba. For those who packed the surfboard, chase the swells on a surf tour along the coast at Wurtulla Beach, a pipe at **Snapper Rocks** or 10-foot ripper ride at Kirra Beach. Water sports don't stop along the coast - the many inland waterways in rural Queensland ensure you're never too far from a ski park adventure, jet ski haven, or spot for a sunrise stand-up paddle or kayak.

In the air

For adventures outside the comfort zone, there's nothing more exciting than an aerial experience. Queensland's expansive landscapes make like a patchwork quilt of colours, only visible to the lucky few who take to the air in a hot air balloon.

Reserve the ultimate designated driver, a helicopter pilot, and book a **Heli tour** of Southern Queensland Country's best pubs, wineries. For those with a need for speed, skydiving sees you freefall from 15,000 feet before a parachute assisted glide to ground over the most stunning backdrops in Queensland.


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Whitsundays Paradise Explorer

Getting here

 International airports at Brisbane, Gold Coast, the Sunshine Coast and Cairns

 Great Drives from Brisbane, Noosa, Cairns, Longreach, Townsville

Self drive adventures lie in wait all over Queensland, travel by train to seek them out. Alternatively, fly direct to our coastal and regional airports to place yourself in the thick of the action.

Sign up for an adventurous event:

Mark your calendar with these adventurous events where you can chase a new personal best while traversing Queensland's best landscapes:

-  Cycling events
-  Mountain biking events
-  Marathon races
-  Triathlons
-  Ocean swims
-  Trail running events

Top Queensland adventure experiences

Your next Queensland adventure beckons with these bucket list exclusive experiences:

- Explore the underwater world of the **Great Barrier Reef** via snorkel or scuba dive
- Coast along K'gari's (formerly Fraser Island) sand highway in a 4WD
- Conquer the grade three rapids of the Barron River
- See stalactites and stalagmites in the ancient caves at **Undara**
- Share a pool with a crocodile at **Koorana Croc Farm and Wildlife Habitat**
- Leap 50 metres into a lagoon with an **AJ Hackett bungee experience**
- Skydive from 15,000 feet over the Sunshine Coast with **Noosa Skydiving**
- See the world's oldest sub-tropical rainforest, the **Gondwana Rainforest**, from the basket of a hot air balloon on the Gold Coast
- Set sail in the iconic water wonderland of **The Whitsundays**
- Surf the clear blue waters of the coastline from the Gold Coast to Gladstone
- Trek through lush rainforest and vast plains on a multi-day hiking adventure of the Sunshine Coast Hinterland Great Walk

- Climb Queensland's highest mountain, **Mt Bartle Frere**
- Tackle **Queensland's toughest mountain biking courses in Cairns**
- Ride the fastest hyper coaster in the Southern Hemisphere at **Movie World**
- Skydive in the Whitsundays with **Skydive Australia**
- Swim with **minke whales** in Tropical North Queensland and **humpbacks** in Hervey Bay and the Sunshine Coast
- Lace up the boots for a multi-day hike along the **Thorsborne Trail, Ngaro Sea Trail, Sunshine Coast Hinterland Great Walk** or **Gold Coast Hinterland Great Walk**

Adventure in World Heritage-listed Areas


Let your adventure take you through scenery unlike anywhere else on earth:

- Great Barrier Reef** – snorkel or scuba dive the Great Barrier Reef and get up close and personal with the **great eight of marine life**
- Wet Tropics of Queensland** – glide above the canopy on a scenic flight or float underneath it at **Back Country Bliss**. Create a connection with the land and learn from traditional owners with a **Guided Dreamtime Walk at Mossman Gorge**
- K'gari (formerly Fraser Island)** – 4WD on beach highways, swim in clear perched lakes, complete the Great Walk or jet ski from the charming Hervey Bay
- Gondwana Rainforests** – Hike to waterfalls and mountain summits, tree bathe in eco-certified luxe accommodation and slow down to get back to nature.
- Iconic Outback – Paddle the Lawn Hill canoe trail in **Boodjamulla** and discover dinosaur fossils in the **Riversleigh Fossil Site**

Best extreme adventure experiences

Enjoy these extreme thrill seeker experiences found only in Queensland:

- Bungee jump on a BMX bike at **Skypark Cairns**
- Dive alongside sharks at Osprey Reef with **Mike Ball Dive Expeditions**
- Whitewater raft through grade three and four rapids on the Tully River with **Raging Thunder Adventures**

 Find more information on adventures in Queensland here.



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