



Walking Guide

Lace-up your walking shoes, explore the beauty of Queensland, and make a positive impact on the lives of young people in your community

Essential Gear

Make this #QUESTember your chance to get outside and explore a little part of Queensland. Essential Gear and Safety Tips will differ depending on just how adventurous you'd like to get so ensure you consult local guidelines.

1. Comfortable and sturdy walking shoes
2. Lightweight and moisture-wicking clothing
3. A hat, sunscreen, and sunglasses to protect against the Queensland sun
4. Ample water and high-energy snacks
5. First aid kit, insect repellent, and a fully charged mobile phone
6. Map, compass, or GPS device for navigation

Safety Tips



1. Walk with a companion or a group whenever possible
2. Stay on marked trails and avoid venturing into unknown areas
3. Follow all safety signs and guidelines
4. Respect wildlife and observe from a safe distance
5. Notify someone of your planned route and expected return time



Top Walking Spots

Top Walking Routes in Queensland Discover some of the most breathtaking walking routes in Queensland, catering to different preferences and abilities



Coastal Tracks

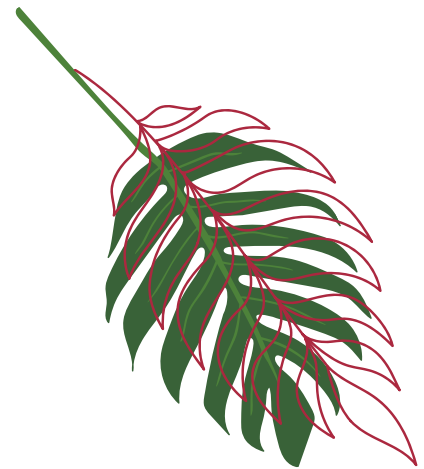
1 Gold Coast Oceanway: Enjoy a scenic coastal walk along the stunning beaches of the Gold Coast, passing through Surfers Paradise and Burleigh Heads.

2 Noosa National Park Coastal Track: Experience the beauty of Noosa's coastline, spotting wildlife and picturesque vistas along the way.

Rainforest Trails

1 Mossman Gorge Circuit: Immerse yourself in the ancient Daintree Rainforest, wandering through lush greenery and swimming in refreshing clear waters.

2 Lamington National Park - Tree Top Walk: Traverse the tree canopy at Lamington National Park and witness the rainforest from a unique perspective.



Outback Adventures

1 Carnarvon Gorge: Venture into the heart of the outback and explore the vibrant sandstone cliffs and ancient Aboriginal rock art.

2 Mount Barney Summit: For experienced hikers, tackle Mount Barney and be rewarded with panoramic views of the Scenic Rim.

Prioritise your Health



Walking is an excellent low-impact exercise that offers numerous health benefits. To make the most of your walking experience during The Great Queensland Quest and beyond, it's crucial to prioritize your health.

Listen to Your Body:



Pay attention to how your body responds to the walking challenge. Start with a comfortable pace and gradually increase your walking distance and intensity. If you experience any pain or discomfort, don't push through it. Instead, take a break, stretch, or modify your pace. Ignoring your body's signals can lead to injuries and setbacks, hindering your progress in the challenge.

Remember, walking is about building endurance and enjoying the journey. Be patient with yourself and allow time for your body to adjust to increased activity levels. Stay hydrated, eat nutritious meals, and get adequate rest to support your overall well-being during the event.

By taking care of your health, you'll not only enhance your walking performance but also ensure a more enjoyable and fulfilling experience as you explore the beautiful landscapes of Queensland. Happy walking!

MAKE A DIFFERENCE



PCYC Queensland is a not-for-profit organisation dedicated to youth development and crime prevention.

By participating in The Great Queensland Quest, your registration fees and fundraising efforts will directly contribute to our programs, supporting young individuals across Queensland.



FUNDRAISING REWARDS

We are excited to give back to our dedicated adventurers! As you reach your fundraising milestones, you'll receive exclusive Great Queensland Quest merchandise.

\$100 raised	Drawstring bag
\$250 raised	Water bottle
\$500 raised	Hat
\$1000 raised	T-shirt

LEARN MORE



PCYC QUEENSLAND



**THE GREAT
QUEENSLAND
QUEST**

CHARITY CHALLENGE