

## EXPLORE

Adventure through the lush trails teeming with native wilderness and wildlife, right on our doorstep.

A photograph of a dirt trail winding through a forest. Two people, a man and a woman, are walking away from the camera on the trail. The forest is dense with tall trees and green foliage. The lighting is bright, suggesting a sunny day.

# TRAIL HANDBOOK

## MT COOT-THA TRAILS

UPDATED AUGUST 2024

# TABLE OF CONTENTS

Trail List.....	Page 3
Site Entry to Trails.....	Page 4
Trail 1.....	Page 5
Trail 2.....	Page 6
Trail 3.....	Page 7
Consider Bringing.....	Page 8
Brisbane Trail Rules.....	Page 9
Conclusion.....	Page 10

**\*The Baptist Union of Queensland, Managers and Staff of Queensland Conference and Campaign Centres disclaim liability for any and all loss, damage, injury or illness, financial or otherwise, suffered in the use of offsite activities and programs**



# TRAIL LIST

## Curlew Circuit

Length: 4k

Estimated Time to Walk: 40-50 Minutes

Elevation: 175m

Difficulty:



## The Goanna Trail

Length: 6k

Estimated Time to Walk: 60-90 Minutes

Elevation: 216m

Difficulty:



## Gold Creek Reservoir Track

Length: 5.5k

Estimated Time to Walk: 60-80 Minutes

Elevation: 162m

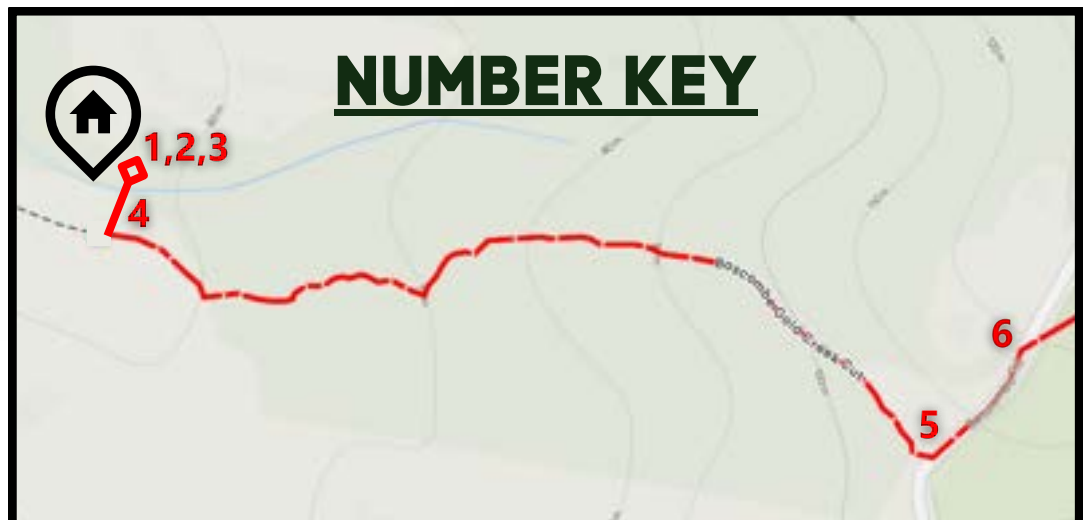
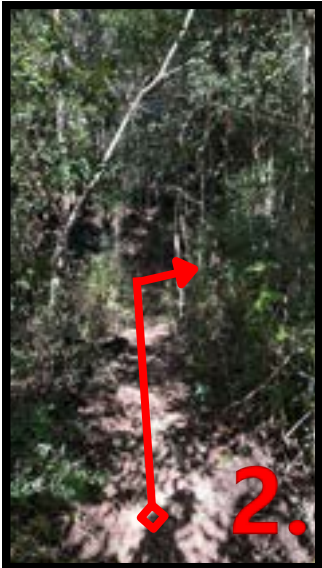
Difficulty:



For further exploration, or navigation on the trails, 'AllTrails' is an excellent free app/website for trailwalking  
<https://www.alltrails.com/>

# SITE ENTRY TO TRAILS

Trails can be accessed via walking trail near Demountable building (behind bottom accommodation block). Refer to Number Key below.





# CURLEW CIRCUIT



Length: 4k

Estimated Time to Walk: 40-50 Minutes

Elevation: 175m

Difficulty:



'A hilly but beautiful circuit through the lush Mt Coot-tha bushland'

AllTrails Map



Curlew Circuit Trail 300m

# THE GOANNA TRAIL

Length: 6k

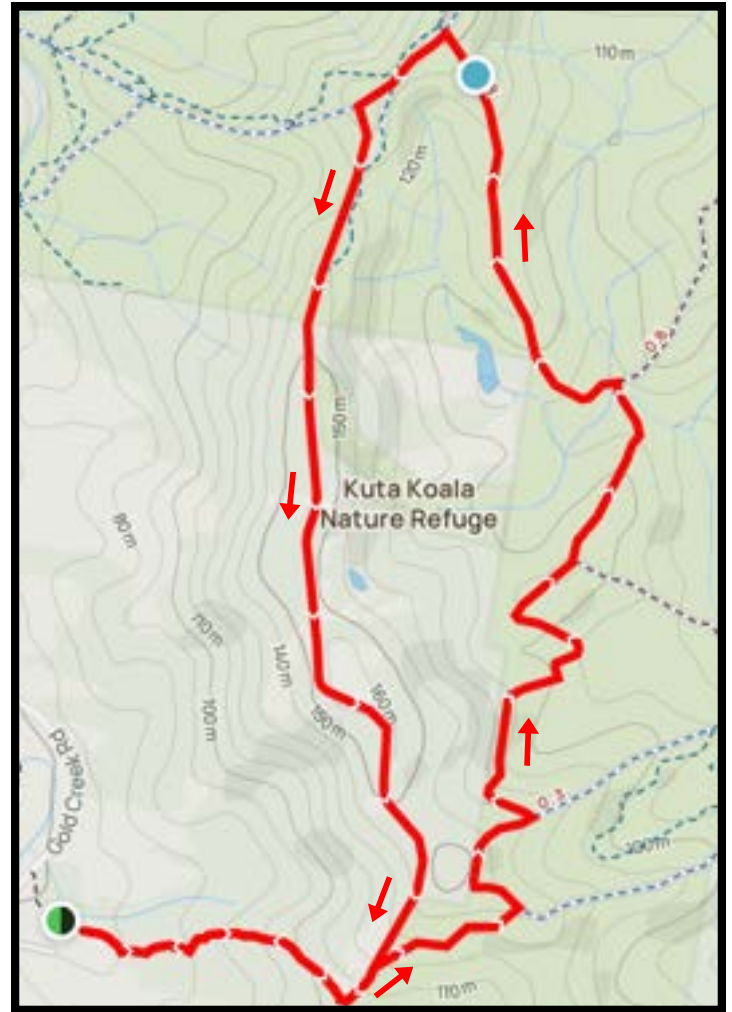
Estimated Time to Walk: 60-90 Minutes

Elevation: 216m

Difficulty:



'Some challenging hills, but the effort is rewarded with stunning views of the rolling Brookfield hills and a scenic walk down Boscombe Road



AllTrails Map





# GOLD CREEK RESERVOIR TRACK

**Length: 5.5k**

**Estimated Time to Walk:**

**60-80 Minutes**

**Elevation: 162m**

**Difficulty:**



'The start of this track is the Reservoir car park approximately 4ks away from QCCC Brookfield. This somewhat technical trail closely borders the Brookfield Dam and is especially beautiful early in the morning or mid-late afternoon.'



**AllTrails Map**



# CONSIDER BRINGING:



## Hiking Gear

- ☐ Daypack (Choose one: bottle sling, waist pack, daypack, hydration pack)

### **Optional:**

- ☐ Trekking poles
- ☐ Winter traction devices



## Navigation

- ☐ Map \*
- ☐ Compass \*

### **Optional:**

- ☐ Route description or guidebook
- ☐ Altimeter watch \*
- ☐ GPS \*
- ☐ Smartphone apps (e.g. Strava, AllTrails, Gaia, FarOut)



## Food & Water

- ☐ Water bottles and/or reservoir (to fit inside a daypack or hydration pack) \*
- ☐ Trail snacks (pack extra) \*
- ☐ Resealable bag (for your trash—or someone else's)



## Clothing

- ☐ Moisture-wicking underwear
- ☐ Moisture-wicking shirt
- ☐ Quick-drying pants/shorts
- ☐ Long-sleeve shirt (for sun, bugs)
- ☐ Lightweight fleece or jacket
- ☐ Socks (synthetic or wool)

### **Additional items for rainy and/or cold weather:**

- ☐ Rainwear (jacket and pants)
- ☐ Long underwear
- ☐ Warm, insulated jacket or vest
- ☐ Fleece pants
- ☐ Gloves or mittens
- ☐ Warm hat

### **Optional:**

- ☐ Bandana or neck gaiter
- ☐ Gaiters (for rainy, snowy or muddy conditions)



## Footwear

- ☐ Choose one: hiking boots, hiking shoes, trail-running shoes, hiking sandals



## Emergency

- ☐ First-aid kit or first-aid supplies \*
- ☐ Two itineraries (1 left with a friend, 1 under car seat)
- ☐ Personal items (phone, ID, etc.)
- ☐ Handkerchief
- ☐ Pain medication (aspirin/ibuprofen)
- ☐ Antibacterial/antiseptic wipes \*
- ☐ Flashlight or headlamp \*
- ☐ Whistle



## Sun Protection

- ☐ Sunscreen \*
- ☐ Sunglasses \* (and sunglass straps)
- ☐ Sun hat, visor or baseball cap \*
- ☐ SPF-rated lip balm \*



## Health & Hygiene

- ☐ Hand sanitizer
- ☐ Menstrual products
- ☐ Toilet paper and/or urinary products
- ☐ Insect repellent \*
- ☐ Prescription medications
- ☐ Baby wipes

- Always walk with a friend, never alone.
- Always let somebody know where you are going and your planned return time.



# **BRISBANE TRAIL RULES**

## **Protect the wildlife**

Remember, plants and animals are protected, so leave them undisturbed. Try not to trample plants when you are walking. Do not feed or leave food for animals—human food can harm wildlife and cause some animals to become aggressive.

## **Stop the spread of weeds and pathogens**

New introductions can spread and displace resident species and alter the local ecology. Before you leave home, clean your walking boots and clothes.

## **Leave no rubbish**

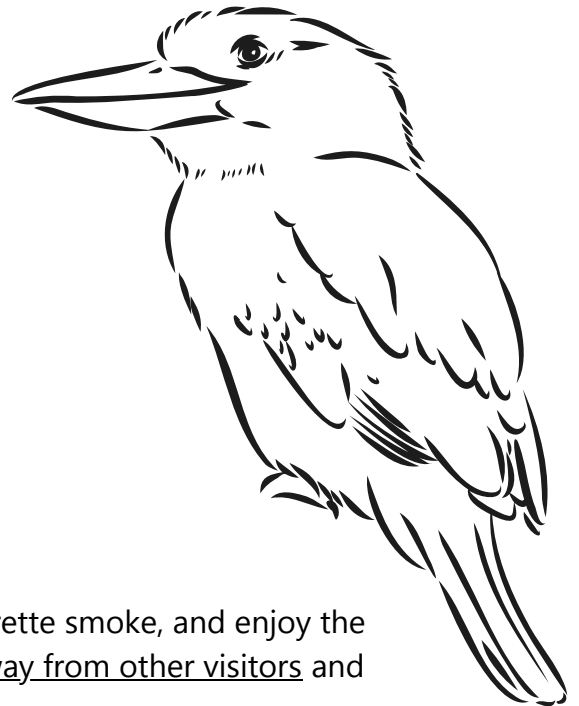
Take your rubbish with you when you leave, don't bury it.

## **No pets**

Domestic animals are not permitted in national parks.

## **Be considerate**

People visit parks and forests to breathe fresh air, not cigarette smoke, and enjoy the sounds of nature, not noisy radios or generators. Smoke away from other visitors and bin your butts.



# ENJOY!

We hope you enjoy the beautiful Queensland trails surrounding our site. For further information, please speak to one of our team, or email [bookings@brookfield.qccc.org.au](mailto:bookings@brookfield.qccc.org.au)

