

Distances and walking times are measured from the trailhead and return. Follow the track colour codings (left to right) to complete each walk.

Track name	Classification	Track starting point (direction)	Coloured track code as shown on map	Return distance	Walking time
Centenary track		Python Rock and Morans Falls trailhead		1.8km	30min
Rainforest return		Green Mountains trailhead		1.4km	30min
Python Rock track		Python Rock and Morans Falls trailhead		3.1km	1hr
Morans Falls track		Python Rock and Morans Falls trailhead		4.4km	1.5hr
Box Forest circuit		Green Mountains trailhead (whole circuit best walked clockwise)		10.9km	4hr
West Canungra Creek circuit		Green Mountains trailhead (best walked clockwise)		13.9km	5.5hr
Toolona Creek circuit		Green Mountains trailhead (best walked clockwise)		17.4km	6hr
Albert River circuit		Green Mountains trailhead (best walked anticlockwise)		21.8km	7hr
Border Track		Green Mountains trailhead to Binna Burra trailhead (Part of the Gold Coast Hinterland Great Walk)		21.4km one way	7hr

Walking track classifications

Grade 1 track

- Flat, even surface with no steps. Suitable for wheelchairs with assistance.

Grade 2 track

- Formed track. May have gentle hills and some steps. All junctions sign-posted.
- No previous bushwalking experience required.

Grade 3 track

- Formed track. May have short steep hill sections, a rough surface and many steps.
- Reasonable level of fitness and some bushwalking experience recommended.

Grade 4 track

- Rough track. May be long and very steep with few directional signs.
- Moderate fitness level with previous bushwalking experience strongly recommended.

 Lamington is a remote area and has many natural hazards, so be careful and don't take risks. Be prepared—even on short walks. Rescue and medical help can be hours away—even by helicopter.

Adventure safely

Make your visit memorable for all the right reasons.

- **Stay on the tracks** and pay attention to all safety signs and do not enter restricted access areas.
- **Take care near cliff edges.** Keep away from the edge and take extra care when using binoculars or cameras.
- **Never dive or jump into rivers and creeks**—water depth may be shallow or hide submerged debris, rocks or objects.
- **River and creek crossings can be hazardous after heavy rain** and should not be attempted when the waterways are in flood.
- **Leave a copy of your bushwalking plans** with a friend, relative or your place of accommodation.
- **Leave plenty of time to reach your destination** and return to your vehicle before dark.
- **Walk in small groups, never alone**—in case someone needs to go for help. Always keep your walking party together.
- **Wear sturdy, ankle-supporting footwear and carry protective clothing.** Temperatures and weather can change rapidly.
- **Carry sufficient food and water** as well as a first-aid kit and a torch.
- **Use insect repellent** for ticks and leeches.

For all emergencies call Triple Zero (000)

Mobile phone coverage is not available in many of Queensland's parks and forests. If there is no coverage on any mobile network, you will not be able to reach the Emergency Call Service via a mobile phone. A Person Locator Beacon is recommended where mobile coverage is not available.

Tread softly

Help maintain this pristine environment—here's how:

- **Rubbish—pack it in, pack it out.** All rubbish (including food scraps, cigarette butts and sanitary and hygiene items) must be carried out.
- **Cooking—no open fires are allowed in the park;** fuel stoves must be used.
- **Bush hygiene—keep it clean!** There are no toilets away from picnic and camping areas, so take care with sanitation and hygiene and don't pollute the natural water supplies.
- **Do the frogs and the forest a favour**—wash your boots at the pathogen control stations and help stop the spread of harmful organisms.
- **Be frog friendly**—please don't disturb or remove rocks or trample vegetation near creeks.
- **Don't feed the wildlife.** Feeding native animals may cause poor health and sometimes death.
- **Leave your pets at home**—domestic animals are not permitted in national parks.

Swimming in the park's creeks and rivers is not recommended.

These waterways can be polluted and damaged by humans—harming the pristine aquatic ecosystems and wildlife. See **Adventure safety** for safety details.