

Take a break

Driving tired is a factor in many crashes. When travelling it is vital that you are alert at all times. Watch for signs of fatigue such as drowsiness, aches and pains, tired eyes, and loss of concentration. As soon as you feel tired, stop and rest. Remember, when planning your trip, include rest breaks of at least 15 minutes every two hours.

Avoid driving at fatigue risk times between 2pm and 4pm, and 10pm and 6am.

Before your trip

- Get a good night's sleep before setting off.
- Plan ahead – where and when to stop.
- Check medications with your doctor in case they make you drowsy.

On your trip

- Don't drive for more than 10 hours a day.
- Avoid alcohol altogether if you're driving.
- Share the driving.
- Take regular breaks from the wheel: at least a 15-minute break every two hours.
- Stop in towns, rest areas, tourist spots and Driver Reviver sites.
- As soon as you feel tired, stop and rest.
- It's a myth that drinking coffee and turning up the radio will prevent fatigue. The only thing that helps is a good night's sleep and plenty of breaks from the wheel.

Rest areas

Rest areas are not meant for long-term camping, but as places where you can stop and rest. Rules on the length of stay at rest areas vary. You can stay up to 20 hours, including overnight, at Main Roads rest areas shown in blue (see the legend below).

You cannot stay overnight at Main Roads rest areas shown in red (see the legend below).

They are meant for short breaks to help you manage fatigue.

Heavy vehicle rest areas allow truck drivers to take a decent rest break or sleep. Caravans are not considered heavy vehicles, and should not stop at these locations.

Heavy vehicle stopping places allow truck drivers to take short breaks or check their loads.

Controlling Authorities Telephone (BH)	Abbreviation
Main Roads (07) 3120 7212	MR (camping not permitted)
	MR (overnight stays permitted max. stay 20 hours)

Brisbane Forest Park (07) 3300 4855 B

Department of Natural Resources

State Forest 1300 130 372 F
SunWater (07) 3120 0084 W

Environmental Protection Agency

Queensland Parks & Wildlife Service 131 304 P Note: No dogs allowed

Local Governments L

Service Clubs S

Other (e.g. community) O

Motorist Rest Area										
NUMBER	LOCATION	LATITUDE	LONGITUDE	CONTROL	TOILET (Disable - Red)	WATER SUPPLY	BBQ	TABLE	SHELTER SHED	PLAYGROUND
1	2.2km N Chermerside PO	-27.3726	153.0231	MR	●	●	●	●	●	●
4	0.6km S Petrie PO	-27.2746	152.9802	L	●	●	●	●	●	●
6	4.1km S Glasshouse Mtns	-26.9394	152.9552	L	●	●	●	●	●	●
7	8.7km NE Landsborough	-26.7741	153.0376	MR	●	●	●	●	●	●
10	Town Yandina	-26.5655	152.9556	L	●	●	●	●	●	●
16	6km S Gympie	-26.2316	152.6976	MR	●	●	●	●	●	●
17	29km N Gympie	-25.986	152.5699	MR	●	●	●	●	●	●
21	1.5km NW Gin Gin	-24.9716	151.9451	MR	●	●	●	●	●	●
22	24km S Gladstone	-24.01	151.3403	MR	●	●	●	●	●	●
27	19.5km SE Calen	-21.0285	148.8932	MR	●	●	●	●	●	●
36	11.2km S Ingham	-18.7679	146.133	MR	●	●	●	●	●	●
38	25km S Tully	-18.1197	145.913	MR	●	●	●	●	●	●
39	1.8km N El Arish	-17.795	146.0104	L	●	●	●	●	●	●
40	12km N El Arish	-17.7132	146.0433	MR	●	●	●	●	●	●
42	Town Bahinda	-17.3485	145.9226	L	●	●	●	●	●	●
43	1km S Gordonvale	-17.101	145.7895	F	●	●	●	●	●	●
49	90km W Charters Towers	-20.4448	145.5312	MR	●	●	●	●	●	●
51	E Side Duaringa	-23.7213	149.8717	L	●	●	●	●	●	●
53	4.3km NE Aratula	-27.946	152.3104	MR	●	●	●	●	●	●
54	Town Aratula	-27.9736	152.5595	MR	●	●	●	●	●	●
57	47km E Warwick	-28.0539	152.3804	P	●	●	●	●	●	●
58	45.1km E Warwick	-28.0623	152.3651	P	●	●	●	●	●	●
60	N Side Warwick	-28.2095	152.0366	L	●	●	●	●	●	●
62	E Side Inglewood	-28.4129	151.0846	L	●	●	●	●	●	●
63	N Side Goondiwindi	-28.5364	150.3153	L	●	●	●	●	●	●
64	S Side Goondiwindi	-28.5507	150.3104	L	●	●	●	●	●	●
66	W Side Helidon	-27.5527	152.1233	MR	●	●	●	●	●	●
67	0.8km W Miles	-26.8564	150.1799	L	●	●	●	●	●	●
68	21.3km W Miles	-26.641	149.9825	L	●	●	●	●	●	●
70	1km E Yuleba	-26.6118	149.3902	L	●	●	●	●	●	●
72	0.6km E Mitchell	-26.4852	147.9817	L	●	●	●	●	●	●
74	28km SW Bundaberg	-25.0586	152.2315	MR	●	●	●	●	●	●
76	28km N Cairns	-16.7226	145.8431	L	●	●	●	●	●	●
78	36km W Innisfail	-17.6046	145.7617	P	●	●	●	●	●	●
79	37.5km W Innisfail	-17.589	145.757	P	●	●	●	●	●	●
80	Town Cooyar	-26.983	151.8307	L	●	●	●	●	●	●
81	E Side Hampton	-27.3581	152.0697	L	●	●	●	●	●	●
82	7.2km N Toowoomba PO	-27.5074	151.9561	L	●	●	●	●	●	●
83	9.4km S Toowoomba PO	-27.8469	151.9348	S	●	●	●	●	●	●
84	E Side Allora	-28.0356	151.9878	L	●	●	●	●	●	●
89	1km NE Charleville	-26.399	146.2381	L	●	●	●	●	●	●
91	5.9km NW Jimboomba	-27.7834	153.0116	MR	●	●	●	●	●	●
92	11.4km S Jimboomba	-27.9103	152.9836	MR	●	●	●	●	●	●
94	6km N Rathdowney	-28.1706	152.8893	MR	●	●	●	●	●	●
95	13.6km SW Rathdowney	-28.2957	152.7859	MR	●	●	●	●	●	●
98	W Side Goondiwindi	-28.5451	150.2989	S	●	●	●	●	●	●
99	2km E Mareeba	-17.006	145.4389	MR	●	●	●	●	●	●
100	0.8km N Atherton	-17.2615	145.477	L	●	●	●	●	●	●
101	0.5km S Atherton	-17.2695	145.4815	L	●	●	●	●	●	●
102	17km SW Ravenshoe	-17.646	145.3462	L	●	●	●	●	●	●
104	0.3km E Kilcoy	-26.9427	152.5684	L	●	●	●	●	●	●
105	1.2km S Nanango	-26.8784	151.999	L	●	●	●	●	●	●
107	7.1km SE Kingaroy	-26.5889	151.9031	MR	●	●	●	●	●	●
108	26.8km E Gayndah	-25.8763	151.8104	MR	●	●	●	●	●	●
109	1.8km E Gayndah	-25.8292	151.8246	L	●	●	●	●	●	●
110	5.6km SE Binjour	-25.5336	151.4964	MR	●	●	●	●	●	●
111	10.8km N Eidsvold	-25.282	151.1393	MR	●	●	●	●	●	●
112	18.5km NW Monto	-24.799	150.9812	MR	●	●	●	●	●	●
113	3.1km NW Fernvale	-27.4374	152.6368	L	●	●	●	●	●	●
114	Town Harlin	-26.8761	152.3594	L	●	●	●	●	●	●
115	5.6km E Kilkivan	-26.0897	152.2879	MR	●	●	●	●	●	●
116	9.2km SW Kingaroy	-26.5879	151.7879	MR	●	●	●	●	●	●
117	N Side Wondai	-26.314	151.8713	L	●	●	●	●	●	●
127	1.2km N Mt Molloy	-16.8654	145.3282	L	●	●	●	●	●	●
128	10.6km SW Mudgeraba	-28.1237	153.2932	MR	●	●	●	●	●	●
129	Town Buderim	-26.8822	153.066	L	●	●	●	●	●	●
132	9.7km E Jimboomba	-27.7947	153.1004	MR	●	●	●	●	●	●

Motorist Rest Area										
NUMBER	LOCATION	LATITUDE	LONGITUDE	CONTROL	TOILET (Disable - Red)	WATER SUPPLY	BBQ	TABLE	SHELTER SHED	PLAYGROUND
314	5.6km E Samford PO	-27.3421	152.9131	L	●	●	●	●	●	●
315	4.1km W Brisbane C Hall	-27.4435	153.0068	L	●	●	●	●	●	●
316	5.9km W Brisbane C Hall	-27.4299	153.0061	L	●	●	●	●	●	●
317	1.6km W Alderley PO	-27.4202	152.9867	L	●	●	●	●	●	●
318	2.5km W Alderley PO	-27.415	152.9787	L	●	●	●	●	●	●
319	3.4km W Alderley PO	-27.4123	152.9714	L	●	●	●	●	●	●
320	6.7km W Alderley PO	-27.4124	152.9415	L	●	●	●	●	●	●
321	7.9km W Alderley PO	-27.4015	152.9388	L	●	●	●	●	●	●
322	10.1km W Alderley PO	-27.392	152.925	B	●	●	●	●	●	●
324	2.6km S Dayboro PO	-27.2141	152.8329	L	●	●	●	●	●	●
325	7.6km NE Fernvale	-27.4003	152.619	O	●	●	●	●	●	●
326	4km N Innisfail	-17.5147	145.9942	L	●	●	●	●	●	●
327	Town Richmond	-20.7332	143.1443	S	●	●	●	●	●	●
329	0.5km E Mt Isa	-20.7241	139.5169	MR	●	●	●	●	●	●
330	5.4km N Mt Isa	-20.6859	139.4933	O	●	●	●	●	●	●
336	Town Eungella	-21.1312	148.4836	L	●	●	●	●	●	●
342	48.5km E Warwick	-28.0497	152.393	P	●	●	●	●	●	●
343	N Side Stanthorpe	-28.6468	151.9462	L	●	●	●	●	●	●
344	N Side Stanthorpe	-28.6358	151.9509	L	●	●	●	●	●	●
345	13.1km E Inglewood	-28.4169	151.2131	W	●	●	●	●	●	●
347	Town Warrill View	-27.8246	152.6159	MR	●	●	●	●	●	●
349	0.6km SE Hughenden	-20.8536	144.2009	MR	●	●	●	●	●	●
350	10.1km W Alderley PO	-27.3924	152.9175	B	●	●	●	●	●	●
351	3.5km NW Mt Glorious	-27.3175	152.7483	B	●	●	●	●	●	●
352	Town Kulpi	-27.1884	151.7016	L	●	●	●	●	●	●
353	Town Quinalow	-27.1073	151.6227	L	●	●	●	●	●	●
354	Town Macgagan	-27.085	151.6342	O	●	●	●	●	●	●
355	30.2km S Kumbia	-26.8934	151.6124	F	●	●	●	●	●	●
356	28km S Kumbia	-26.8807	151.5976	P	●	●	●	●	●	●
357	44km NE Dalby	-26.9847	151.579	L	●	●	●	●	●	●
359	Town Millmerran	-27.8742	151.2741	L	●	●	●	●	●	●
360	Town Oakey	-27.4494	151.721	L	●	●	●	●	●	●
361	Town Jandaryan	-27.3676	151.5913	L	●	●	●	●	●	●
362	Town Dalby	-27.1855	151.2652	L	●	●	●	●	●	●
363	Town Dalby	-27.1813	151.2611	L	●	●	●	●	●	●
364	Town Chinchilla	-26.7398	150.6302	L	●	●	●	●	●	●
365	8.7km S Chinchilla	-26.7987	150.5761	L	●	●	●	●	●	●
366	Town Grantham	-27.5789	152.1932	L	●	●	●	●	●	●
367	W Side Gatton	-27.5689	152.2697	L	●	●	●	●	●	●
368	W Side Laidley	-27.6475	152.3896	L	●	●	●	●	●	●
369	Town Lowood	-27.4631	152.5805	L	●	●	●	●	●	●
370	Town Fernvale	-27.4548	152.6519	L	●	●	●	●	●	●
371	Town Esk	-27.2407	152.4216	L	●	●	●	●	●	●
372	S Side Esk	-27.2424	152.4205	L	●	●	●	●	●	●
373	29km NE Esk	-27.1036	152.5609	O	●	●	●	●	●	●
374	Town Bell	-26.9315	151.4515	L	●	●	●	●	●	●
375	S Side Jandowae	-26.7827	151.1109	L	●	●	●	●	●	●
376	S Side Jandowae	-26.7855	151.1133	L	●	●	●	●	●	●
377	Town Cooninya	-27.8906	152.5027	L	●	●	●	●	●	●
378	4km E Blackbutt	-26.8852	152.1439	F	●	●	●	●	●	

