

		Heavy Vehicle Rest Area								
NUMBER	LOCATION	LATITUDE	LONGITUDE	CONTROL	TOILET (Disable - Red)	WATER SUPPLY	BBQ	TABLE	SHELTER SHED	PLAYGROUND
26	4km W Marlborough	-22.8495	149.8680	MR						
46	4.4km S Barcardine	-23.5909	145.2760	MR	●	●	●	●		
48	8.4km E Longreach	-23.4489	144.3460	MR						
52	1.9km S Warrill View	-27.8414	152.6160	MR						
55	16.7km SW Aratula	-28.0534	152.4340	MR					●	
65	16.1km E Gatton	-27.5643	152.4250	MR						
85	12.1km S Warwick	-28.2882	151.9450	MR						
90	Town of Surat	-27.1524	149.0680	L						
97	2km N Wandoan	-26.1066	149.9500	L						
121	23km N Burke & Wills	-18.9874	140.4340	MR						
138	14.8km SW Gatton	-27.6413	152.1850	L						
144	Town of Mungindi	-28.9745	148.9830	L	●	●	●	●	●	●
201	1.5km S Gunalda	-26.0056	152.5670	MR						
213	3.2km S Augathella	-25.8104	146.5990	L						
214	46km S Charleville	-26.7853	146.0980	L						
215	99.8km S Charleville	-27.2436	145.9820	L					●	
217	22.2km N Miles	-26.4915	150.0810	L						
218	35.4km S Theodore	-25.2033	149.9740	L						
219	68km N Injune	-25.3062	148.6600	L						
220	8.5km N Clermont	-22.7510	147.6320	L						
228	21.6km S Mackay	-21.2946	149.1670	MR						
237	12km S Wandoan	-26.1973	150.0170	L						
243	7.2km SW Bell	-26.9448	151.3840	L						
333	39.2km NW Mount Isa	-20.4212	139.3860	MR						
339	43.2km E Julia Creek	-20.6714	142.1550	MR						
346	0.5km E Bollon	-28.0319	147.4840	L						
348	N Side Windaera	-26.0411	151.8310	MR	●					
384	1.3km E Miles	-26.6606	150.2000	L						
385	1km E Roma Town	-26.5755	148.8130	L						
405	11.4km SW Millmerran	-27.9090	151.1880	L						
406	11.8km SW Millmerran	-27.9259	151.1710	L						
407	38.4km SW Millmerran	-28.0013	150.9380	L						
410	4.5km NW Oakey	-27.4113	151.6750	MR						
423	5.6km S Harlin	-27.0196	152.3680	L						
425	3.2km SE Moore	-26.9119	152.3170	L						
427	7.3km N Cooyar	-26.9315	151.8130	L						
428	23km NE Crows Nest	-27.1316	151.9410	L						
437	16km E Yuleba	-26.6318	149.5580	L						
449	N Side Alpha	-23.6461	146.8370	L						
454	2km N Gaviol	-23.4541	150.5290	MR						
460	2km SW Hazledean	-21.3897	148.9420	MR						
479	66km NW Winton	-21.9731	142.8620	MR						
495	Town of Moonie	-27.7176	150.3710	MR	●	●				
500	2km W St George	-28.0308	148.5400	L						
526	43.4km W Miles	-26.6442	149.7560	L						
527	66km W Bollon	-27.9955	146.8190	L						
528	13km W Mitchell	-26.4866	147.8500	L						
550	28.2km S Barcardine	-23.7941	145.3070	MR	●				●	
551	29.6km W Barcardine	-23.5383	144.9920	MR	●					
552	9.6km SE Blackall	-24.4630	145.5600	MR	●					
554	23.2km NW Longreach	-23.2768	144.1290	MR	●					
559	10km N Gunalda	-25.9291	152.6040	MR						
590	34.8km N Maryborough	-25.3103	152.4750	MR						
599	53.7km NW Mount Isa	-20.3725	139.2650	MR	●	●				
611	6.1km SW Townsville	-19.3657	146.8370	MR						
615	7km E Yuleba	-26.6215	149.4580	L						
617	Town of Thargomindah	-27.9983	143.8230	L	●	●	●	●		
618	30km S Roma	-26.7779	148.9320	MR	●	●	●	●		
624	41km S Surat	-27.4387	148.8400	L	●	●	●	●		
633	12km N Bloomsbury	-20.6113	148.6100	MR						
642	45.5km E Rolleston	-24.8400	149.0200	MR						
643	70km SE Kynuna	-21.7589	142.5320	MR	●				●	
644	24km SE Tambo	-25.0236	146.4330	MR						
663	O.O Kunwarara	-22.9125	150.1390	MR						
665	45km N Roma	-26.1999	148.7080	MR	●				●	
671	1.4km E Morven	-26.4123	147.1260	MR						
673	26km SW Augathella	-25.9582	146.4780	L						
674	12km N Taroom	-25.5459	149.7750	MR						
675	7.5km N Taroom	-25.5863	149.7710	L						
676	Town of Taroom	-25.6432	149.7950	L					●	●
677	9.1km S Miles	-26.7362	150.2010	L						
679	3.5km S Mitchell	-26.5137	147.9930	L						
680	33km E Quilpie	-26.6161	144.5980	L						
720	110km E Hughenden	-20.7293	145.1870	MR						
727	1.3km N Texas	-28.8437	151.1620	MR						
745	3.6km N Mungindi	-28.9451	148.9730	MR						
747	18km N Goondiwindi	-28.4466	150.2990	MR						
761	Town of Injune Town	-25.8402	148.5670	L	●	●	●	●		
762	33km S Cunnamulla	-28.3012	145.7430	L						
767	Town of Emerald	-23.5352	148.1790	MR						
768	Town of Comet	-23.6060	148.5470	MR						
769	12.5km W Emerald	-23.5600	148.2760	MR						
773	163.6km E Birdsville	-25.7085	140.7640	L	●	●	●	●		
780	9km W Gatton Turnoff	-27.5433	152.2350	MR	●	●	●	●		
781	1km E Charlton	-27.5246	151.8630	MR	●	●	●	●		
793	0.8km W Mt Garnet	-17.6757	145.1040	MR	●	●				
807	0.1km W Clermont	-22.8162	147.6340	MR						
820	10km NE Leyburn	-27.9536	151.6630	MR						
825	22km W Childers	-25.2132	152.0820	MR						
826	22.5km W Childers	-25.2158	152.0780	MR						
831	15.1km S Miriam Vale	-24.4493	151.5790	MR						
835	14km N Surat	-27.0342	149.0830	MR	●	●	●	●		
836	17km S Roma	-26.6582	148.8750	MR	●	●	●	●		
839	48km N St George	-27.6833	148.8170	MR	●	●	●	●		
842	2km S Torbanlea	-25.3626	152.5980	MR						
845	17.5km W Miles	-26.6428	150.0140	MR						
847	3.8km W Mitchell	-26.4814	147.9410	L						
848	6.9km W Mitchell	-26.4825	147.9110	L						
856	37.8km W Charleville	-26.5742	145.9390	L						

		Heavy Vehicle Stopping Places								
NUMBER	LOCATION	LATITUDE	LONGITUDE	CONTROL	TOILET (Disable - Red)	WATER SUPPLY	BBQ	TABLE	SHELTER SHED	PLAYGROUND
32	19km S Ayr	-19.7345	147.4680	MR						
41	12.2km N El Arish	-17.7123	146.0440	MR						
47	17.4km E Ilfracombe	-23.5200	144.6730	MR						
122	142.5km S Normanton	-18.7486	140.5050	MR			●	●		
123	107.2km S Normanton	-18.5271	140.6520	MR						
216	2km S Tambo	-24.8895	146.2800	L						
252	55.2km E Alpha	-23.6583	147.1250	L						
335	45km W Dalby	-27.3294	150.8610	L						
341	3.7km W Richmond	-20.7421	143.1110	MR						
401	20km S Toowoomba PO	-27.7178	151.9110	L						
402	15.9km S Toowoomba PO	-27.6798	151.9060	L						
403	13.7km S Toowoomba PO	-27.6723	151.9250	L						
404	6.1km S Hampton	-27.3799	152.0150	L						
411	3.2km SE Jondaryan	-27.3878	151.6220	MR						
414	Town of Kogan	-27.0402	150.7620	L						
415	15.1km E Gatton	-27.5647	152.4070	L						
417	16km N Dalby	-27.0536	151.3160	L						
418	4km N Bell	-26.9004	151.4570	L						
419	33.3km SW Dalby	-27.3242	150.9740	L						
421	26.3km SW Dalby	-27.2835	151.0240	L						
422	N Side Toogoolawah	-27.0636	152.3810	L						
424	9.2km SE Moore	-26.9435	152.3540	L						
429	3.6km E Toowoomba PO	-27.5661	151.9820	MR						
430	4.2km E Toowoomba PO	-27.5710	151.9840	MR						
431	4.8km E Toowoomba PO	-27.5694	151.9890	MR						
432	5km E Toowoomba PO	-27.5688	151.9930	MR						
433	4.2km E Toowoomba PO	-27.5723	151.9830	MR						
435	29.6km NE Clifton	-27.7746	152.0920	L						
436	26.8km NE Clifton	-27.7797	152.0980	L						
448	Town of Capella	-23.0835	148.0220	L						
453	2km N The Caves	-23.1655	150.4470	MR						
455	32km W Biloela	-24.4160	150.2420	MR						
492	26km S Warwick	-28.3935	151.9300	MR						
518	3km E Oakey	-27.4657	151.7030	MR						
536	4km N Nindigully	-28.3410	148.8310	MR						
578	E Side Emerald	-23.5290	148.1650	L						
579	3km W Rolleston	-24.4583	148.5970	L						
598	19.4km SE Winton	-22.4278	143.2100	L						
613	19.6km N Ingham	-18.4942	146.1790	MR					●	●
620	10km N Miles	-26.5735	150.1530	L						
622	51km N Taroom	-25.2549	149.9350	L						
623	1km N Surat	-27.1437	149.0710	L						
630	8.4km S Bowen	-20.0776	148.2480	MR					●	●
631	10km N Bowen	-20.0141	148.1370	MR					●	●
635	23.5km W Emerald	-23.5411	147.9290	MR						
636	32.3km W Emerald	-23.5463	147.8430	MR						
637	27km S Rolleston	-24.6593	148.5280	MR						
638	27km S Rolleston	-24.6561	148.5340	MR						
640	2km E Dingo	-23.6579	149.3490	MR						
641	2km E Dingo	-23.6500	149.3490	MR						
711	29.6km N Ayr	-19.5627	147.1450	MR				</		

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

Motorist rest areas

Motorist rest areas and dual heavy vehicle & motorist rest areas are not free camping sites, but are places meant for short breaks where you can stop and rest to help you manage fatigue. Rules on the length of stay at rest areas vary. Motorists can stay up to 20 hours, including overnight, at Main Roads rest areas shown in blue (see the legend below). Motorists cannot stay overnight at Main Roads rest areas shown in red (see legend below).

Heavy vehicle rest areas

Heavy vehicle rest areas allow truck drivers to take a rest break or sleep as required by the Heavy Vehicle Driver Fatigue Laws. Caravans and motorhomes are not considered heavy vehicles, and should not stop at these locations. These areas are important for heavy vehicle drivers to rest and motorists are requested not to take up valuable space in these rest areas. Motorists should also be aware that heavy vehicles will often arrive at, and depart from, these areas at all times of the day and night. Heavy vehicles also have access to dual heavy vehicle & motorist rest areas.

Heavy vehicle stopping places

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

Controlling Authorities Telephone (BH) Abbreviation

Main Roads	(07) 3834 2037	MR <i>MR (camping not permitted)</i> <i>MR (overnight stays permitted max. stay 20 hours)</i>
SunWater	(07) 3120 0089	W
Department of Environment & Resource Management		
	1300 130 372	E
Local Governments		L
Service Clubs		S
Other (e.g. community)		O