

# Wellness Way

## OUTBACK QUEENSLAND'S HOT SPRINGS TRAIL

*There's a new way to discover the unique benefits of an Outback Queensland holiday. Introducing the "Wellness Way", a hot springs and bathing trail leading you to 24 destinations guaranteed to soothe the body, mind and soul.*

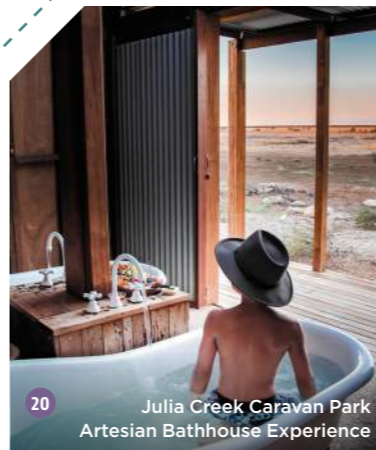
More than a trail, it's a deep dive into the ancient healing power of the mineral-rich artesian water that lies beneath the surface of this vast landscape. From promoting skin health and relieving muscle tension to fostering deep tranquility, each soak provides a welcome respite for rejuvenation and relaxation, and a stepping stone to wellbeing.

Artesian springs, pools, spas and meticulously crafted bathhouses that seamlessly blend luxury with the rugged charm of the Outback await. So why not let nature be your guide and find your way to wellness in these Outback Queensland bathing locations.

Seasonal closures may apply.  
For more information:  
[outbackqueensland.com.au/experiences/wellness-way-hot-springs-trail](http://outbackqueensland.com.au/experiences/wellness-way-hot-springs-trail)



OUTBACK QUEENSLAND WELLNESS WAY - WHERE ANCIENT WATERS, ANCIENT CULTURES AND ANCIENT LANDSCAPES CONNECT.



20 Julia Creek Caravan Park Artesian Bathhouse Experience



11 The Lake, Quilpie



05 Cunnamulla Hot Springs



18 Saltbush Retreat, Longreach

### SOUTH WEST

- 01 GREAT ARTESIAN SPA, MITCHELL**  
Hot and not so. Pick the pool with the right temperature and retreat to a tranquil state of mind while lying back in buoyant warm waters. A hydro chair provides easy access.
- 02 ST GEORGE AQUATIC CENTRE**  
The 34 degree water in the thermal pool is easily accessed with a ramp and rail to enter the warm waters. In the warmer months entry will also gain you access to the 50m pool.
- 03 CHARLOTTE PLAINS, CUNNAMULLA**  
Picture yourself in an open-air artesian bath surrounded by the raw beauty of Outback Queensland. Sunrise or sunset soaks offer a peaceful and natural remedy for relaxation and wellbeing.
- 04 FRANCVILLERS STATION**  
Watch the sunset or sunrise while immersing in an artesian bath. Enjoy the outdoor bush setting, and flora and fauna, on this working sheep and cattle property - soaking up the therapeutic effects of your bathing experience.
- 05 CUNNAMULLA HOT SPRINGS**  
This is your new oasis of wellbeing in the heart of the Outback. A welcome haven with a constellation of geothermal mineral pools, as well as a cold plunge pool, sauna and steam room under the shade of riverside coolabah and eucalyptus trees.
- 06 ALROY STATION, EULO**  
This working sheep and cattle station could be the home of star bathing. Harness the wonder and serenity of the night sky as a method of meditation in the hot outdoor baths.
- 07 ARTESIAN MUD BATHS, EULO**  
Feed your skin and your body! Step into claw-foot baths to soak in milky grey artesian water and slather on mineral-rich clay for skin as smooth as silk as you pamper the palate with wine and nibbles.
- 08 ARTESIAN WATERS CARAVAN PARK, YOWAH**  
Privacy is assured in the character filled bathhouses. Night or day the bathing experience here can promote better blood circulation and invigorate the body.

- 09 ARTESIAN POOLS, YOWAH**  
Free head and shoulder massages are included as the naturally heated bore water drops from the mine hoist feeding the two pools, one warm and one warmer.
- 10 THE LAKE, QUILPIE**  
The Lake Bathhouse offers two steaming hot tubs, stunning views over Lake Houdraman and a mud face mask so the wellness benefits of artesian bathing extend from head to toe.
- 11 CHANNEL COUNTRY TOURIST PARK AND SPAS, QUILPIE**  
Check in, then check out the three hot artesian spas filled with 30-41 degree water, complete with blowers and jets to work those muscles that haven't been used for a while.
- 17 ILFRACOMBE MEMORIAL PARK, SWIMMING POOL AND SPA**  
No need to rush, the warm waters in the artesian spa have been waiting up to two million years to bring their health-giving benefits to you. Enjoy the heat in the spa then chill in the full-length pool.
- 18 SALTBUSH RETREAT, LONGREACH**  
Earthly pleasure is yours as you sink into the claw-foot baths on the exclusive Outdoor Bath Terrace. These open-air artesian baths redefine rustic relaxation under open skies.
- 19 NORTH GREGORY HOTEL, WINTON**  
Historical charm and wellness converge for guests who use the hydrotherapy pool - you won't find another one for cooee and when you stay here the bubble benefits are free.

### FAR WEST

- 12 BEDOURIE ARTESIAN SPA AND AQUATIC CENTRE**  
Take your mates, there's room for 22, to ease the stiffness of road-weary bodies in the warm 38 to 40 degree water of the spa or get the heart rate up swimming in the 25-metre pool.

### CENTRAL WEST

- 13 BLACKALL AQUATIC CENTRE, BLACKALL**  
Walk-in access and a disabled lift ensure everyone can ease sore muscles in the spa, fed by 58 degree bore water, or enjoy a refreshing dip in the 50-metre pool.
- 14 LARA WETLANDS, BARCALDINE**  
Naturally good for you. Take a therapeutic dip in the natural thermal controlled artesian pool (approx. 38 degrees) heated to perfection like a big, Outback hot tub when you camp here.
- 15 DUNBLANE, BARCALDINE**  
It's not just a bath; it's where sheep and serenity meet! After a day in the life experience on this commercial sheep property you'll appreciate the serenity of watching the sunset or catching a shooting star as you lie back in a hot bath.
- 16 SHANDONVALE STATION, BARCALDINE**  
Bathe with the birds in a treetop artesian spa perched high above this Outback station between Barcardine and Longreach. A traditional claw-foot bath and an old-style shearer's bathhouse make sunset viewing a rejuvenating experience.
- 21 CORELLA CREEK FARM STAY, JULIA CREEK**  
It's a wellness trifecta with three thermal artesian bathing options to suit your mood on this property. Under the stars, in the private garden or plunge pool on the deck, relaxation is guaranteed.
- 22 SUNSET TOP CARAVAN PARK, MOUNT ISA**  
When you've set up camp a magnesium pool welcomes hot, weary travellers. Some time spent in the pool is said to ease muscle tension, reduce anxiety and promote overall wellbeing.
- 23 GILBERTON OUTBACK RETREAT**  
Your detox destination is waiting where no phone, no internet and no TV complements the bathing bliss to be had in the outdoor bath with uninterrupted views over Gilberton River.
- 24 TALAROO HOT SPRINGS**  
To access the health benefits of hot springs comprised of water seeping from kilometres underground heated by hot granite rocks you will need to book a guided tour or a private bathing experience.