



Many hiking trails can be tricky for pushing strollers but if you travel just south of the Brisbane CBD, you will discover a number of walking tracks ideal for everyone in the family. Each walk offers something unique, whether it be longer in distance for those desiring a little more, or perhaps you've got a double pram and need a wider path? There are also walks featuring better facilities so babies and toddlers can be well catered for.

Whatever your needs, there is something for everyone so here's a summary of the walks I would recommend for parents with young children that are all within 30 minutes drive south of the Brisbane CBD.

1. John Oxley River Walk, University of Queensland (UQ), St. Lucia

The John Oxley River Walk at the University of Queensland (UQ) is an ideal place to take a stroller. Whilst the path is unpaved, it is relatively smooth and firm which makes it gentle on the wheels of your stroller. It's also flat, wide and shady so it's perfect for those warmer days.

The John Oxley River Walk hugs the Brisbane River and you can easily spend one or two hours walking alongside the water. The University also features the lakes at St. Lucia which are easily accessible with a stroller from the John Oxley River Walk.

For those wishing to park at UQ, I recommend checking out the University's [website](#) for parking information as they offer a live feed showing availability. If you are travelling from east of the city, it may be easier to park at Dutton Park and walk across the Eleanor Schonell Bridge. For a map of UQ, head over [here](#).



This walk takes you along the Brisbane River.

2. Yeronga Memorial Park, Yeronga

Yeronga Memorial Park is located south of the CBD and is approximately 8km by car. It is heritage listed and became a Memorial Park over a century ago in 1917. This park offers generously wide paths which are well maintained and mostly shady, so it is easy to spend a pleasant hour wandering along.

There are benches at which to sit as well as wide-open grassy spaces for spreading out your picnic rug. Other facilities include playgrounds, public toilets, a public swimming pool, as well as a dog park.

As the park is near to two schools, it is recommended to avoid visiting during school drop-off and pick-up times as it can get quite busy.



Explore Yeronga Memorial Park on this maintained path.



3. Greater Wetland Walk (2.8km), Berrinba Wetlands

Berrinba Wetlands is situated in Browns Plains and is around 30 minutes south of the Brisbane CBD. The Wetlands are known for having an abundance of native birds and plants, with the main walking track, The Greater Wetland Walk (2.8km), being a shaded circuit around the area.

It is also the longest walk on this list and is fully paved and flat – so it's an ideal place to take a stroller. Parking is free and there are a number of benches and BBQ facilities here if you'd prefer to make a day of it.



Walk your way around the wetlands while checking out the birds and plants.

4. Toohey Ridge Track (to Ring Road, Nathan Campus) (4.55km), Toohey Forest

One of my favourite tracks to do with a stroller is the Toohey Forest Ridge Track. This walk is best started at the Toohey Picnic Area which has a number of parking spaces available. At the carpark, there are toilet facilities (and also a change table) as well as benches and gas BBQs. Look out for a sign that says *Toohey Ridge Track - Nathan Campus - 2275m*.

The track is paved, relatively wide and although there are some small inclines, they are very manageable with a stroller. It's important to bear in mind that this path is shared with bicycles so it's best to keep your eyes peeled for cyclists.



Toohey Forest Ridge Track is one of my favourite places for a walk with a stroller.

Renown for its wildlife, Toohey Forest provides ample opportunity for spotting koalas and various birds – always a thrill for the little ones! The Toohey Ridge Track walk can be extended a further 625m (one way) by adding in the Western Outlook path. Approximately 300m from the outset of the Toohey Ridge Track, the Western Outlook is well signed and similar to the main track, it's paved and easy for a stroller. There are a number of other tracks within Toohey Forest, however many are not paved and therefore, may not be suitable for a stroller.



The lookout at the Sandstone Circuit.

5. Brisbane Botanic Gardens, Toowong

Another great place to visit with little ones is the Brisbane Botanic Gardens (do not confuse this spot with the Botanic Gardens in the CBD). The Brisbane Botanic Gardens offer an



abundance of paved and shaded walking tracks and whilst some paths are a bit steep, it is still very manageable with a stroller.



The view from the lookout gives you a glimpse of the city.

During the week, it is possible to drive into the Botanic Gardens however on weekends you will need to park at the entrance. Parking is free and it is recommended to visit on weekdays as the weekends can get busy. The Botanic Gardens span 56 hectares so I recommend visiting the information centre when you arrive and picking up the [Botanic Gardens map](#) to help navigate your way around.

Some highlights include: the Botanic Gardens Lookout, the Japanese Garden, Cacti section, Australian Rainforest section (great shaded walking tracks), and the Lagoon. This spot makes for a terrific family outing but it's important to check the website [here](#) for any changes to opening times.



The gorgeous Japanese Garden at the Brissie Botanic Gardens.

6. Rocks Riverside Park, Seventeen Mile Rocks

[Rocks Riverside Park](#) is a family-friendly park with many playgrounds, a walking track along the river, lots of parking, and toilet facilities too. The track wraps along the river and offers at least 1-2 hours of walking. It is paved and flat, however, it is less shaded and is also a shared path with cyclists so keep that in mind.

There are water taps and benches along the path and it is close to Mt. Ommaney which offers a range of stores, as well as a DFO for a bit of shopping later!



This a nice family-friendly park for walks.

7. Daisy Hill Conservation Park, Daisy Hill

[Daisy Hill Conservation Park](#) is located approximately 25 minutes south of the Brisbane CBD. It is known for their Koala Centre, which features an outdoor koala enclosure and gives the public information about their conservation, which you can learn more about [here](#).



Daisy Hill has a Koala Centre that you can also visit.

There are a number of trails at Daisy Hill, however many are unpaved and shared with cyclists. If you're with your little ones in a stroller, you may wish to stay near the Koala Centre where the paved paths offer at least an hour of stroller-friendly walking. Nearby are



toilets with baby change facilities available plus picnic areas and BBQs.



Walking around the trails in Daisy Hill.

That's all the best walks I've found for young kids in Brisbane, are there any that I've missed? Let me know in the comments.

What's your favourite walk or hike to do with your children?