Main Beach and The Spit

The surf beach closest to the city's CBD of Southport, the aptly named Main Beach, is located to the north of Surfers Paradise and feeds into The Spit. The Spit is a permanent sand structure that separates the Gold Coast Broadwater from the Pacific Ocean.

**Beach safety – swim between the flags at one of our patrolled lifeguard towers**

Make sure you swim between the red and yellow flags, which indicate that the beach is patrolled.

Main Beach and The Spit have five patrolled lifeguard towers:

1. Breaker Street, Main Beach. Patrolled between 8am and 5pm every day, all year round.
2. Macarthur Parade at Southport Surf Life Saving Club. Patrolled between 8am and 5pm every day, all year round.
3. Seaworld Drive, beach side of the Sheraton Mirage (71 Seaworld Drive). Patrolled between 8am and 5pm on weekends, all year round.
4. Seaworld Drive, opposite the Seaworld car park (beach side). Patrolled between 8am and 5pm on weekends, between September and April.
5. Seaworld Drive, at the Seaway ( southern end of Doug Jennings car park). Patrolled between 8am and 5pm every day, between November and April.

Note: all beaches are patrolled during Queensland school holidays. For more details, download our beach patrol information sheet.

**Beach closures**

For details of beach closures and water quality issues, visit the "Alerts" page of our Media Centre or follow us on Twitter and Facebook.

**Beach projects**

For information about current coastal management projects, see our Beach projects page.

**Beach weddings**

There is no charge to hold your wedding ceremony on one of our beaches however it does need to be approved by the City.

Find out more, including how to apply for approval, on our Beach weddings page.

**Facilities**

Main Beach and The Spit have the following facilities for beachgoers:

- Beach access points and platforms for wheelchairs
- Public and disabled toilets
- Public barbecues
- Southport Surf Life Saving Club

**Getting there**

**Parking**: There is a car park at the surf club and plenty of on-street parking available in side streets. Please make sure that you take note of any applicable parking signs and/or line markings before heading to the beach.

Note: Be aware that our beaches can get very busy on weekends and during school holidays, reducing the amount of available parking in the area.

**Public transport**: Translink buses run along Seaworld Drive, Main Beach. Use Translink's journey planner to plot your trip to the beach.

**Active travel**: Use our walk and cycle guide for the Southern Gold Coast and surrounds to plan your walk, run or bike ride to the beach.

**Surfing**

Beach breaks extend the full length of the beach. Visit our beach cameras page for the latest beach conditions.

**What's allowed on Gold Coast beaches?**

Dogs are allowed on a leash on most Gold Coast beaches, but not within 200 metres of flagged areas. If you'd like to take your dog to an off-leash beach exercise area, see our off leash dog exercise areas for Main Beach/The Spit, Tallows and Palm Beach for more information.

Our What's allowed on Gold Coast beaches? page provides a summary of other activities that are/aren't allowed.

**Related information**
• Beach access points and platforms for wheelchairs - Main Beach
• Beach and water safety
• Beach cameras
• Beach weddings
• Dog exercise areas
• Public barbecues
• Walking and cycling maps
• What's allowed on our beaches?

Jump to key information

Key Information

Brochures, fact sheets & reports

- Beach patrol information sheet
- Off-leash dog areas brochure
- Walk, cycle and public transport map - Mermaid Beach, Southport and surrounds

External links

- Online Media Centre - Alert categories
- Southport Surf Life Saving Club
- Translink Journey planner
- The National Public Toilet Map

Image gallery

- Gold Coast Beaches

Projects & strategies

- Ocean Beaches Strategy