Narrowneck

Narrowneck is the slender stretch of sand that separates the Nerang River from the southern end of Main Beach and the northern end of Surfers Paradise beach. In 1920, the highway connecting Sydney to Brisbane was constructed at Narrowneck.

A year later the Gold Coast’s first seawall was built at Narrowneck out of timber to protect this narrow stretch of foreshore from erosion. Behind this beach is the beautiful Macintosh Island Park accessed by a modern bridge. The Narrowneck Reef is located here and its construction was a major part of the Northern Gold Coast Beach Protection Strategy.

Beach usage

Every beach along our coastline is unique and used for many different activities, such as swimming, surfing and walking the dog. We’ve been working to understand which beaches are our most popular and how each is used by our community and visitors.

Up to 50,000 people visit Narrowneck beach annually, predominantly local residents from the surrounding medium to high density residential suburbs.

The majority of visitors to Narrowneck beach come to exercise, play and relax.

Surfing

Narrowneck Reef is popular with surfers and offers excellent surf amenity under the right conditions. Visit our Beach cameras page for the latest beach conditions.

Swimming

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

Narrowneck has two patrolled lifeguard towers:

1. North Narrowneck, Main Beach Parade (beach side of) is patrolled between 8am and 5pm every day all year round.
2. South Narrowneck, Main Beach Parade (opposite Hi Surf apartments) is patrolled between 8am and 5pm every day all year round.

Please note all beaches are patrolled during Queensland school holidays. For more information download our Beach patrol information sheet.

Facilities

Behind this beach is the beautiful Macintosh Island Park accessed by a modern bridge. Narrowneck also facilitates a designated oceanway pass next to the beach.

Narrowneck has the following facilities for beachgoers:

- Beach access points and platforms for wheelchairs
- Public and disabled toilets
- Public barbecues

Getting there

Parking: There is a car park on Main Beach Parade and plenty of on-street parking available in side streets. Be sure to take note of any applicable parking signs and/or line markings before heading to the beach. Please note 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 Main Beach Parade. Use Translink’s journey planner to plot your trip to the beach.

Active travel: Use our for Surfers Paradise and surrounds to plan your walk, run or bike ride to the beach.

Related information

- Beach access points and platforms for wheelchairs - Main Beach
- Beach cameras
- Beach weddings
- Dog exercise areas
- Lifeguards and surf safety
- Public barbecues
- Walking and cycling maps
- What’s allowed on our beaches?
### Key Information

#### Brochures, fact sheets & reports
- Beach patrol information sheet
- Off-leash dog areas brochure

#### External links
- Online Media Centre - Alert categories
- Translink journey planner
- The National Public Toilet Map

#### Image gallery
- Gold Coast beaches - image gallery

#### Maps, drawings & plans

#### Projects & strategies
- Ocean Beaches Strategy