

# centralcoast

NEW SOUTH WALES

## Visitor guide Vol. 3

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VIBRANT ADVENTURE FROM HEADLAND TO HINTERLAND







## AWARDS & RECOGNITION

ECO Certified Destination  
Nature Tourism since 2022



National Trophy Winner:  
Outstanding Region



Green Destinations  
Story Awards



NSW Tourism Awards



NSW Top Tourism Town Awards



National Banksia Sustainability Awards



Other awards



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# We acknowledge the Traditional Custodians of the land on which we live, work and play.

We pay our respects to Darkinjung country, and Elders past and present. We recognise the continued connection to these lands and waterways and extend this acknowledgement to the homelands and stories of those who also call this place home. We recognise our future leaders and the shared responsibility to care for and protect our place and people.





WHERE TO FIND US

# Getting here

The Central Coast is located in New South Wales, on the east coast of Australia. Situated north of the state's capital, Sydney, and south of Newcastle.

The Central Coast is a region full of inviting waterways, pristine beaches and abundant natural beauty. It provides for the quintessential Australian escape, but offers much more than a traditional beach holiday experience.

## Train

NSW TrainLink runs regular rail services to the Central Coast departing approximately every half-hour from Sydney and every hour from Newcastle, with travel time approx 1 hour and 30 minutes from each destination. Key stations to disembark include Woy Woy, Gosford, Ourimbah, Tuggerah and Wyong.

## Car

Head north out of Sydney on the Pacific Highway, then get onto the M1 Pacific Motorway.

### From Wahroonga

There are three key exits to access the Central Coast:

- **Central Coast Highway -** Signs marked Gosford, Woy Woy, Terrigal.
- **Wyong Road -** Signs marked Wyong, Tuggerah, The Entrance, Yarramalong.
- **Sparks Road -** Signs marked, Wyong, Warnervale, Wyee, Toukley.

Other exits to visit the **hinterland** include - Mooney Mooney, Calga, Somersby, Peats Ridge and Ourimbah exits from the M1.

When travelling from Newcastle, follow either the M1 Pacific Motorway or A43 Pacific Highway south to reach the Central Coast.

## Ferry

Palm Beach Ferries operate daily services between Sydney (Palm Beach) and the Central Coast (Ettalong Beach). Visit their website or call 02 9974 2411. Wisemans Ferry vehicular ferry service operates daily across the Hawkesbury River; call 02 4560 4620. Central Coast Ferries run on Brisbane Waters daily; call 0418 631 313 to enquire.

## Bus

Take the scenic route and hop on a bus to see the sights. Buses depart regularly from key Central Coast railway stations and the Ettalong ferry wharf to towns like Terrigal, Avoca Beach, Woy Woy, Long Jetty, Soldiers Beach and other attractions. Plan your trip at [transportnsw.info](http://transportnsw.info).

## Air

Newcastle Airport is located approx 115km, 1 hour 15 minutes drive from Gosford. Sydney Kingsford Smith Airport is located approx 85km, 1 hour 20 minutes drive from Gosford, or is easily accessible via train.

**For more information on Newcastle Airport call +61 2 4928 9800 or visit [newcastleairport.com.au](http://newcastleairport.com.au)**

Shuttle services are available to the Central Coast. Bookings recommended.



WELCOME TO

# The Central Coast

**The Central Coast is a vibrant and sustainable New South Wales destination. Dotted with town centres, seaside hamlets and hinterland villages. Enriched by a diverse community of makers, creators, and innovators. Every guest can embrace adventure and excitement from bay to bush, from beach to back roads.**

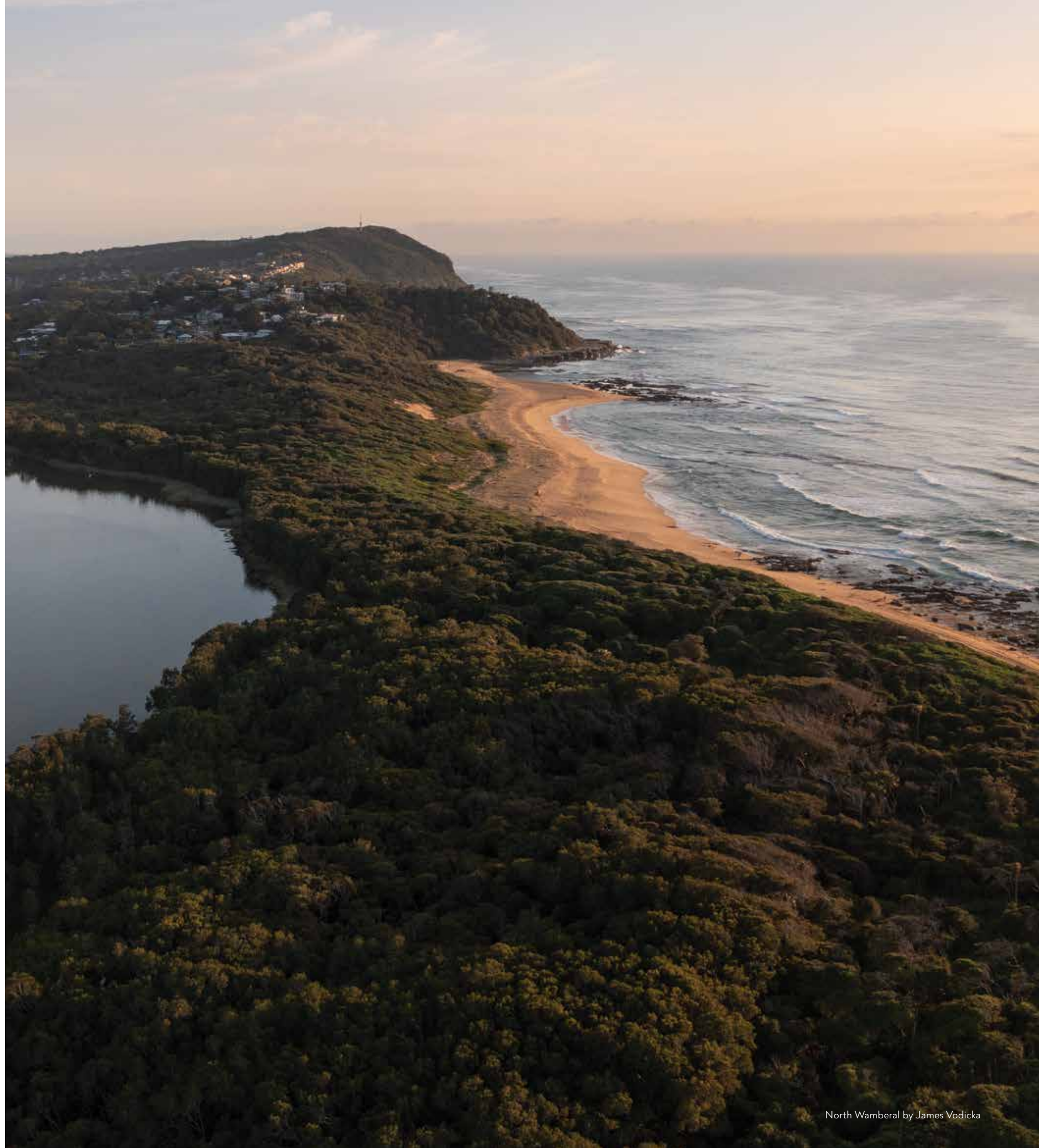
Every nook and neighbourhood of the Coast offers you unique possibilities in business, lifestyle, culture, education, nature and more.

We invite you to explore the variety of characters who live, work and play here, each making up the rich tapestry of the NSW Central Coast from headland to hinterland.



## Go ECO on the Coast

The NSW Central Coast is a certified ECO Destination, so we've placed easy eco-friendly advice throughout this guide to help you explore our region responsibly.





# Visitor information



## VISITOR INFORMATION HUBS

Call in and meet friendly staff and volunteers at our two key accredited Visitor Centres who will assist you with town centre and Central Coast information, accommodation, maps, directions, souvenirs and regional NSW information. They'll also share local secrets on lesser-known but spectacular places to add to your own tailored Central Coast itinerary. Note: Toukley, Mangrove Creek, and Maitland Bay spaces are largely self-serve with limited hours.

Visitor Information Centres			
<b>Central Coast Visitor Information Centre</b>	Memorial Park, The Entrance NSW 2261	(02) 4304 7211 Toll free 1800 335 377	
<b>Ettalong Diggers Visitor Information Centre</b>	51-52 The Esplanade, Ettalong Beach NSW 2257	(02) 4343 0140	
<b>Toukley Visitor Centre</b>	Wallarah Peace Park, Gorokan NSW 2263	(02) 4392 6299	
<b>Maitland Bay Information Centre</b>	174 The Scenic Rd, Bouddi NSW 2251	(02) 4320 4200	
<b>Mangrove Creek Dam Visitor Centre</b>	Mangrove Creek Dam, Kulnura NSW 2250		



Explore Central Coast Visitor Centres.

## TAKE THE SCENIC ROUTE

# Tourist Drive 33

Take a scenic road trip alongside the Great North Road or World Heritage Listed Old Great North Road, with pit stops for local produce, fine dining restaurants, wildlife encounters, waterfalls and more.

The Central Coast route of Tourist Drive 33 provides the perfect road trip for a day or overnight stay, pit-stopping at hidden gems and embracing the lesser-known lush hinterland.



Take the road less travelled.





## OUR ECO DESTINATION

# Protecting the places we love

**As a destination, the Central Coast offers superb natural beauty alongside a great sense of freedom, space and connection to the land.**

Locals and guests, makers and creators who explore our region are all shaped and inspired in some way by its unique natural environment – so how can we protect it for future generations? With a strong focus on sustainability and ecotourism led by the internationally recognised Green Destination Standard.

As a certified Australian ECO Destination since 2022, we place a high value on our natural environment, after all the Central Coast is a special place – not only to us, but also to the protected flora and fauna that live here. More than half of the Central Coast is national park, state forest, bushland, open space, nature reserves, beaches and waterways. This includes some of New South Wales’ most popular nature-inspired experiences like Bouddi Coastal Walk, Ourimbah State Forest, Somersby Falls and the World Heritage Listed Old Great North Road in Dharug National Park.

Take only photos, leave only footprints.



From llamas and oysters, to forest cycling and marine wildlife, the Central Coast offers a range of locally run ECO Certified experiences, plus many more businesses on their sustainability journey, each placing responsible tourism at the heart of their operation.



Red Gum Trail, Wyrabalong National Park  
by David Ross



“You just have that freedom, a little bit of space and time for family.”

Grant Molony - Artist and Maker



Local artist Pi Williams by James Horan

## LIFE ON THE CENTRAL COAST

# Create your story on the Central Coast

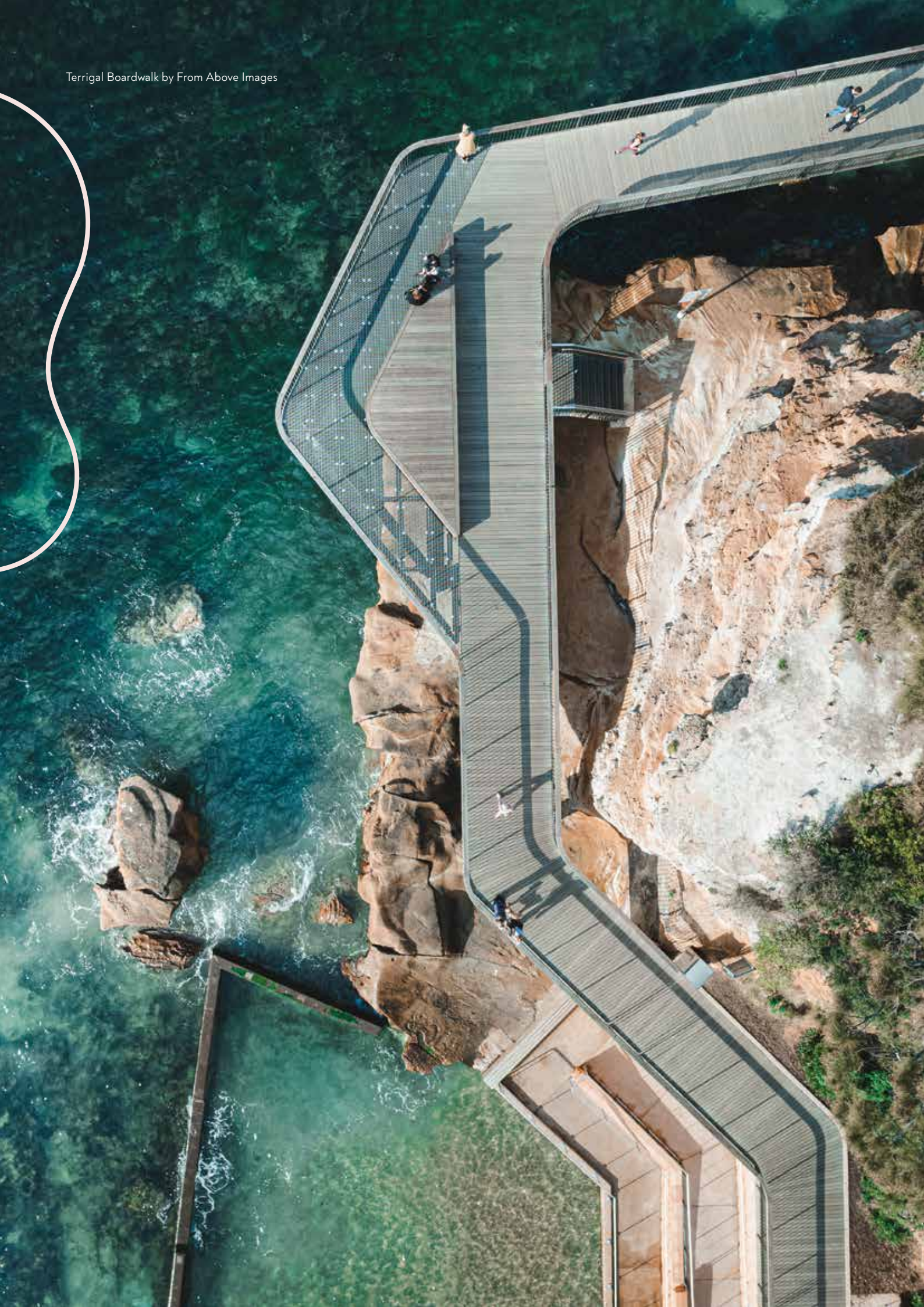
Homes and holidays built on waves, weekends, works of art and our unique way of life. There's never been a better time to live, work and play on the Central Coast of New South Wales.

Wondering where your next chapter starts? Why not curl up and read about our unique places and natural spaces through the eyes of our locals before you visit them yourself.



From hinterland to headland, find a new story around every corner.





## TOWN CENTRES

# Tour our towns & neighbourhoods

The Central Coast is a vibrant mix of urban hubs, seaside hamlets and hinterland villages just waiting to be uncovered.

Explore the Central Coast's vibrant town centres and neighbourhoods, each with bucket list tips and itineraries on the best places to visit.



Tour our towns.



The Chapman Building, Wyong by DSSN



Holgate by Remy Brand




Spencer by James Horan



# Insider tips from inspiring locals

## Be guided around the Central Coast by the people who know it best.

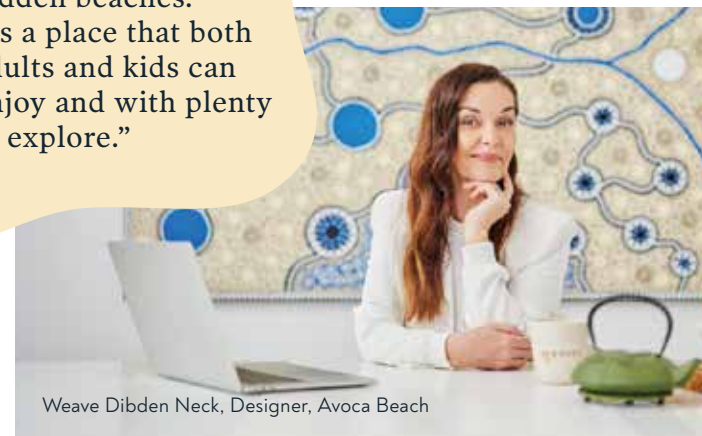
Nobody understands the hidden gems of the Central Coast quite like a local. We are lucky to have many Australian sporting legends, celebrities, musicians, artists, producers and local heroes who call the Coast home.

 Check out the best cafés, modern eateries, national parks and waterways chosen by our locals.



Philip Moore,  
Distillery Botanica, Erina

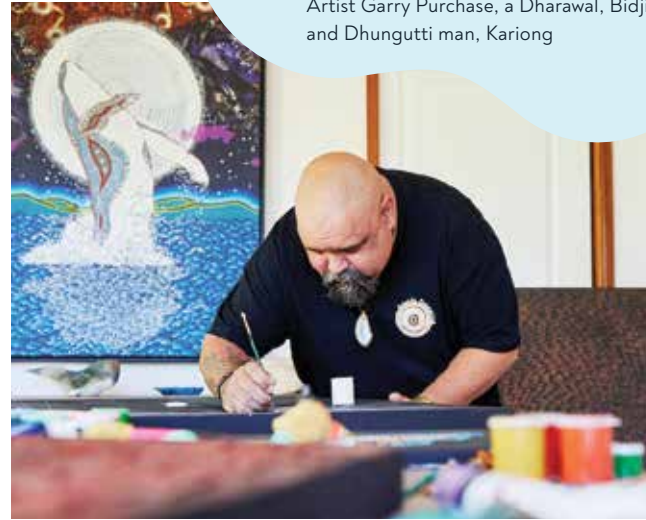
“I love the general peacefulness of the Coast, discovering new walking trails and swimming at hidden beaches. It’s a place that both adults and kids can enjoy and with plenty to explore.”



Weave Dibden Neck, Designer, Avoca Beach

“Everything’s on your doorstep, you can surround yourself with the peacefulness of nature and even have the whole beach to yourself. You wouldn’t get that with the hustle and bustle of Sydney.”

Artist Garry Purchase, a Dharawal, Bidjigal and Dhungutti man, Kariong



Glitta Supernova Creative Director  
of Naughty Noodle FunHaus Factory, Gosford

“I just love being able to just sit on the beach and stare out to the horizon reconnecting with the energy of the Central Coast, it’s a very powerful land.”

Bianca Nelson, a Yuin woman, the Aboriginal Naturópath, Reiki practitioner, Nutritionist and Iridologist, Erina







## ACCOMMODATION

# Stay

**From beachside bnbs to rainforest retreats, find a stay to suit your style and budget.**

You'll be spoilt for choice when it comes to picking a home base for your stay on the Central Coast. You can choose to retreat from the rest of the world, forget your everyday worries and slow down in the comfort of a studio, cabin, shack or tiny home.

You can stay in a beachside belle tent, glamp in a stylishly converted shipping container, or watch sunrise from a lighthouse cottage. If boutique stays are more your style, we've got a number of luxurious holiday properties for a romantic escape, girls' weekend away, or some quality time with your family.

Bringing the crew? No problem. The Central Coast has seven family-friendly holiday parks that will keep the kids happy for days. If you are looking for a truly unique Central Coast kid-proof stay, then don't forget about our gorgeous hinterland. Choose a farm stay where you can meet the animals or simply enjoy the fresh, country air.

And if you can't leave your four-legged friend behind, there are pooch-friendly accommodation options as well.



Find a stay to suit your style.



Bells at Killcare Boutique Hotel, Restaurant & Spa. Killcare by Anson Smart



Simple Pleasures Camping Co, Glenworth Valley



# Breakfast & brunch

Whether brunching and long lunching or dining with world-class chefs who champion paddock to plate, find the perfect place for your palate.

It's important to start your day right and the Central Coast inherently helps everyone get up on the right side of the bed. Fresh coastal or country air coupled with a hearty breakfast at one of our bnbs, cafés or modern eateries will surely feed the soul.



Explore our brekky eateries.



Saddles, Mount White by Chris Court



Salt Pig Deli, Erina by Isaac Tseng



Rise Mofo, Toukley by HunterHunter



Flour & Co, Toowoan Bay



 Reduce single use

Forgot your coffee cup?  
Grab free **'Green Caffeen'** reusable cups in 20+ Central Coast cafés to ditch the single use and help save trees.





Terrigal Beach House, Terrigal

## EAT & DRINK

# Wine & dine

### Savour the flavours of the Coast right from the source.

We are what we eat, right? And we're exceptionally lucky here on the Central Coast to have an incredible bounty of fresh seasonal produce to access. Did you know that the Central Coast is also home to a number of high-end restaurants awarded a Chef Hat by The Australian Good Food Guide!



Wine and dine or discover a culinary experience.



Have a hatted experience.



Avoca Beach House by Leigh Griffith



Lago Cucina Budgewoi by Bianchi Photography



Lyons Den Gosford by Isaac Tseng



Chica Chica Ettalong Beach



PLAY

# Things to do & top attractions

From the beach to the bush or the burbs, find the best experiences for your next adventure.

If you're seeking out unique experiences in New South Wales, we've got some absolute gems on the Central Coast to inspire your wanderlust. Hike, walk, paddle, ride, swim, surf, farm or climb your way from day to day.



Make your visit a memorable one with this list of things to do.



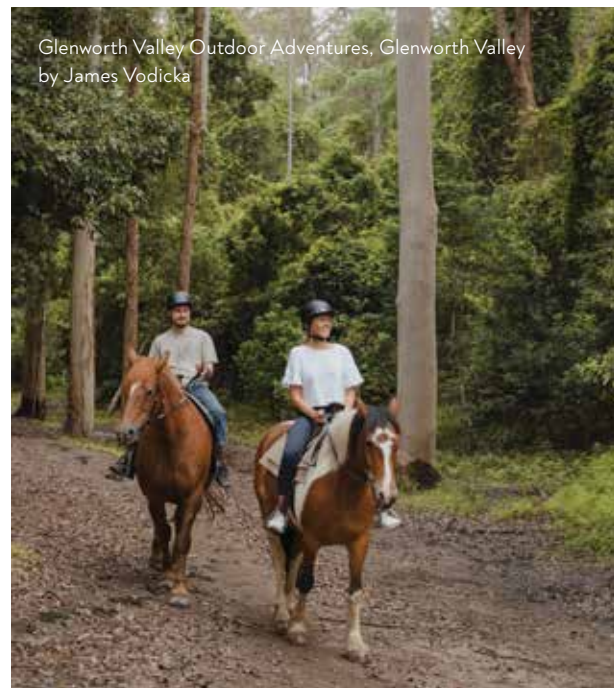
Australia Walkabout Wildlife Park, Calga



Australian Reptile Park, Somersby



Terrigal Ocean Tours, Terrigal



Glenworth Valley Outdoor Adventures, Glenworth Valley by James Vodicka



Iris Lodge Alpacas, Jilliby



The Entrance Boat Shed, The Entrance by James Vodicka



Glenworth Valley Outdoor Adventures, Glenworth Valley by James Vodicka



Broken Bay Pearl Farm, Mooney Mooney



# Beaches & ocean pools

**Summer on the Central Coast is all about the beaches.**

From Patonga Beach in the south to Coral Fern Beach in the north, our region proudly offers 41 golden stretches of sand and aqua blue waves just calling for a dip. This includes 15 beaches patrolled daily from Spring to Autumn.



Learn where to set your towel down next.

**Cooler coastal pools for outdoor swimming.**

Our coastline is not only lined with some of the best beaches in NSW, it's dotted with beautiful ocean baths and rock pools too.



Discover ocean baths and pools.



Macmasters Beach Rockpool by James Vodicka



Forrester's Beach by From Above Images



**Ahoy there, matey**

Love our waterways?  
Enjoy Coastie boating activities sensibly.  
Launch from a boat ramp, follow speed limits, carry your waste and fishing kit home with you.

# Lookouts

**For those seeking a scenic adventure, visit our special lookouts for some unforgettable views of the region.**

The Coast has several official lookout points from north to south, but it also features a long list of scenic vantage points known by nature-loving locals who enjoy a good bushwalk, trail run or dose of yoga atop a ridgeline.

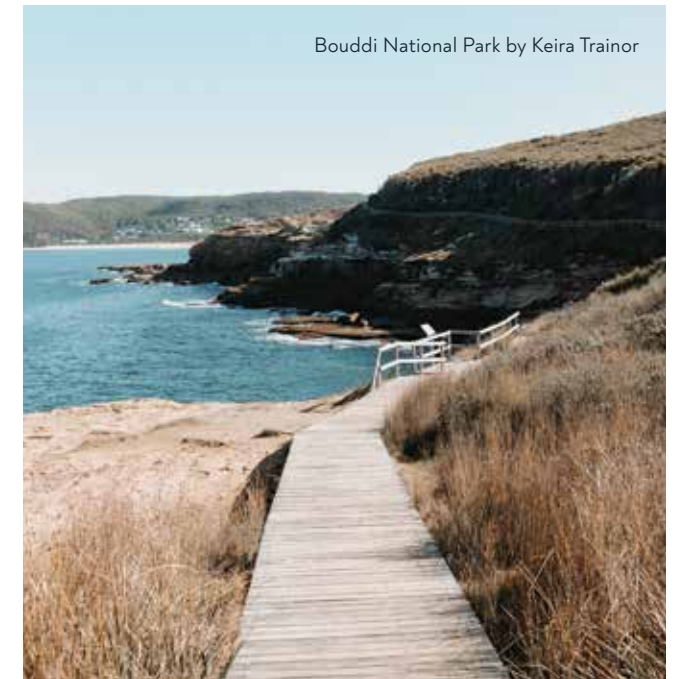
So you can see nature at its finest, we've collected a great mix of both well-known and secret lookouts across the Central Coast, each offering the ultimate reward - a view that will take your breath away!



Discover the best places to feel on top of the world.



Bouddi National Park by James Vodicka



Bouddi National Park by Keira Trainor




The Lost Lesbians at Wyrabalong National Park by Liam Jon

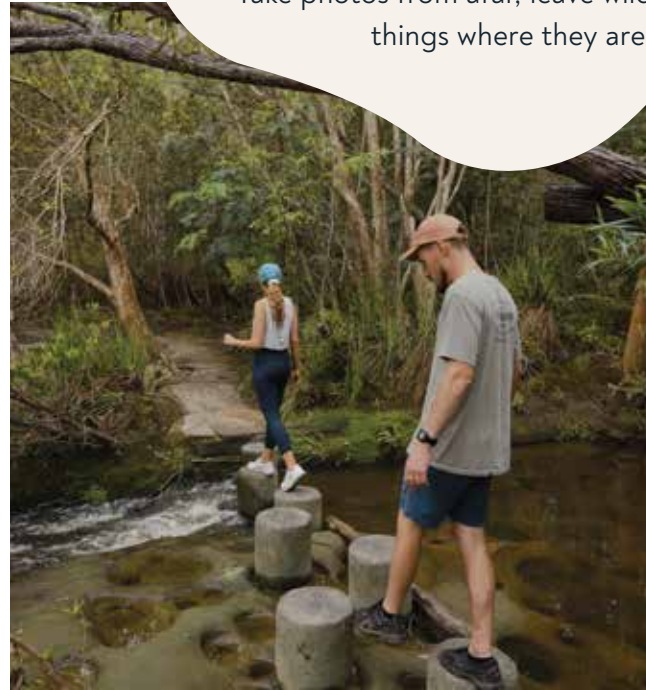


# Bushwalks

**In need of some bush medicine? Take a hike in the great outdoors of the Central Coast.**

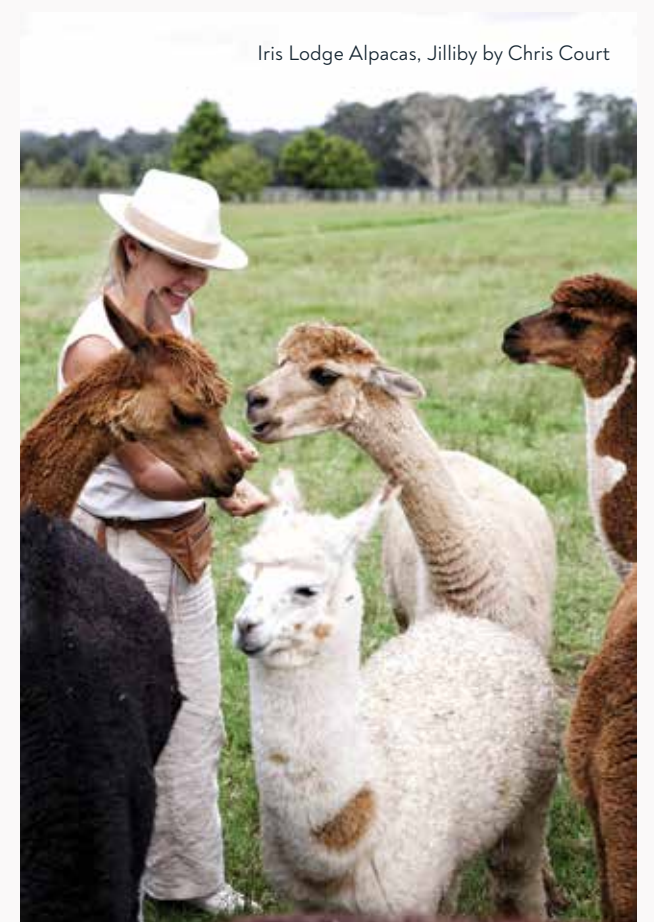
The Central Coast is well known for its stunning coastal scenery and gloriously green bushland. What better way to experience the natural wonders of the region than by exploring one of our many great walking tracks.

 Check out some of the most magnificent walking trails in New South Wales and our tips for planning your outdoor adventure.



## Born to be wild


Platypus, Koala, Echidna... it's incredible to witness a wild animal up close! But never invade their space or pat their face. Take photos from afar, leave wild things where they are.



# Hinterland

**More than just beaches, the Central Coast has some surprising experiences as you head west from the coastline.**

Discover the tranquil hinterland along Tourist Drive 33 or venture beyond to a UNESCO World Heritage Listed walk - there's just so much to offer for a well-deserved and unforgettable country escape.

 Follow this itinerary to discover the north, meet our producers and have some farm fresh fun.





### Sea change

Take 3 pieces of rubbish with you when leaving the beach, the waterway... or anywhere and you have made a difference to our coastline. **#Take3fortheSea**

Leagues Club Park, Gosford by James Vodicka

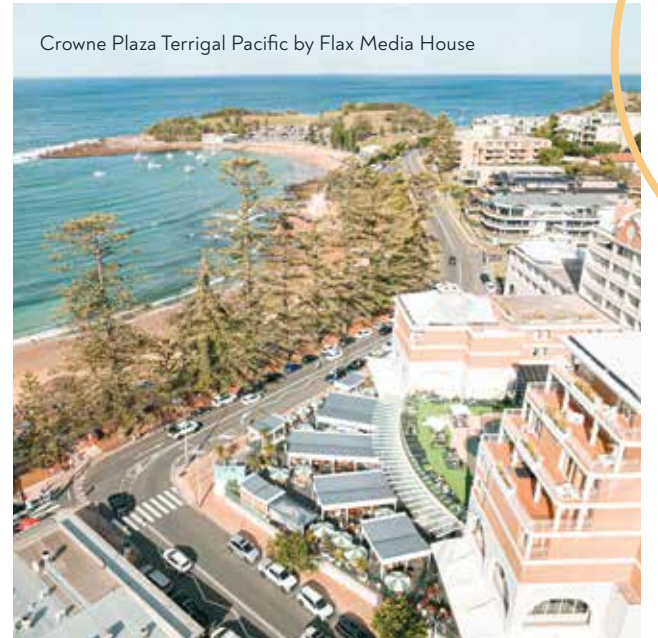
## PLAY

# Curated itineraries

We've taken the hard work out of planning with curated itineraries to help you unearth the Coast's hidden gems and hero experiences.



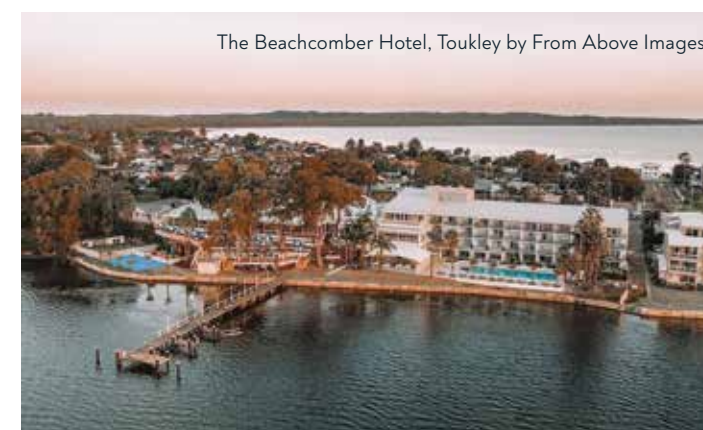
Get inspired with our bespoke itineraries, made for you.



Crowne Plaza Terrigal Pacific by Flax Media House



Woy Woy Fishermen's Wharf, Woy Woy by Nikki To



The Beachcomber Hotel, Toukley by From Above Images



Hawkesbury River Oyster Shed by James Horan



# Best puppaccino spots

If a holiday just isn't something you do without your bestie, the Central Coast is the perfect place to visit with a pawesome list of cafes, restaurants and experiences where four-legged guests are welcome.

When looking for a place to stay or planning your breakfast, brunch or evening meal, it helps to know where our most pet-friendly spots are. This list should make it easier than ever to enjoy a fuss-free day out.



Check out this list of cafés and restaurants where doggos are welcome.



## Stay fluffy

Visit our 50+ off-leash areas with your furry friend, including pooch-friendly reserves and beach strips. And please, always pick up their 'presents'.



Terrigal Beach by David Ross

# Best dog-friendly walks

## Looking for cool new walks for your doggo?

The Central Coast is home to a collection of off-leash parks, reserves, picturesque, shared pathways, and beautiful beaches where your four-legged mate can enjoy the great outdoors with the whole family. Your best bud will love trying some different spots to sniff!



New dog-friendly places to play.



Strickland State Forest



North Shelly Beach



# A wheel adventure

## Ready for some people powered travel?

Cycling offers adventure and pleasure in equal measure. Get outdoors, take to two wheels - or three if that's your style - and enjoy the best cycling routes across the Central Coast region.

Cycling is the eco-friendly option to travel long distances with ease. Sight-see, stop for an essential espresso and enjoy feeling fit and free. Our extensive network of shared pathways and cycle tracks will transport you there instantly.

There are so many reasons to pedal your way from home to café, gallery to bay, or lake to lunch. Conquer BMX tracks, mountain biking in State Forests, or pedaling the perimeter of Tuggerah Lakes with the family.



Plan a safe and exciting cycle trip on the Central Coast with this guide.



Budgewoi Lake



## Mindful riding

We've got +700km of shared pathways to explore! Cycle safely and ring your bell to alert walkers. Keep to the left and kindly give way when passing a fellow adventurer.



The Chapman Building, Wyong by James Vodicka



Allen Strom Lookout, Bouddi National Park by David Ross

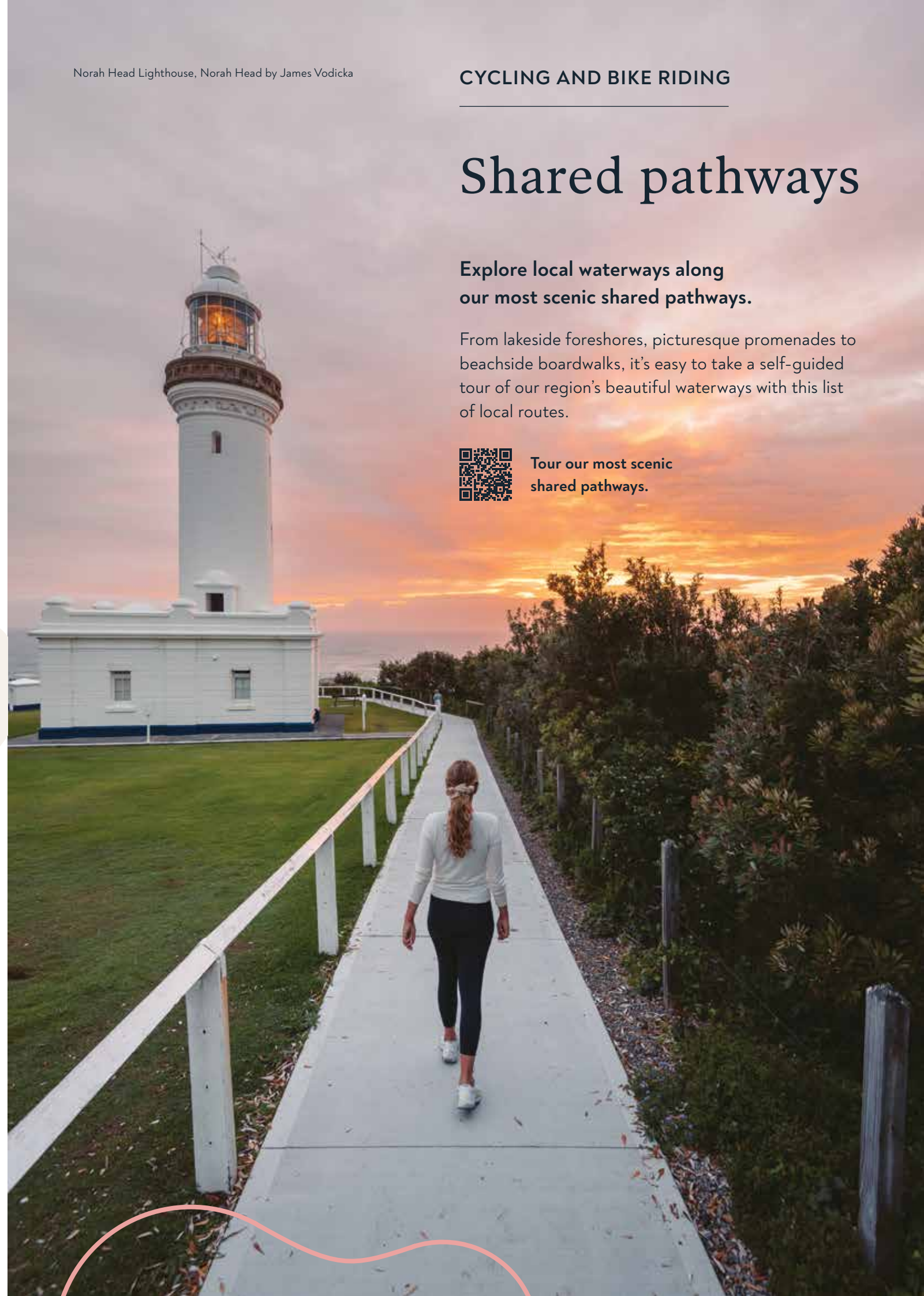
# Shared pathways

## Explore local waterways along our most scenic shared pathways.

From lakeside foreshores, picturesque promenades to beachside boardwalks, it's easy to take a self-guided tour of our region's beautiful waterways with this list of local routes.



Tour our most scenic shared pathways.







### Roll on summer

To make our coastline accessible for all, 15 Central Coast patrolled beaches offer free beach wheelchairs, plus 4 popular locations offer beach matting.



## ACCESSIBILITY

# A mobile holiday

**We're proud to offer accessible beach features across the Coast.**

To improve access and inclusion for people with limited mobility or living with a disability, during the lifeguard season from September to April, Central Coast Council provides beach wheelchairs at 15 of our beaches and has installed beach matting at four popular locations.

The Central Coast has 200km of stunning off-road shared pathways following natural waterways, lakes and pristine coastline. Our foreshore walks are an easy way to reconnect to nature with inclusive playgrounds, toilets and water fountains along the way. An increasing number of businesses also have highly accessible offerings for things to do on the Coast.



**Plan your accessible holiday on the Central Coast.**



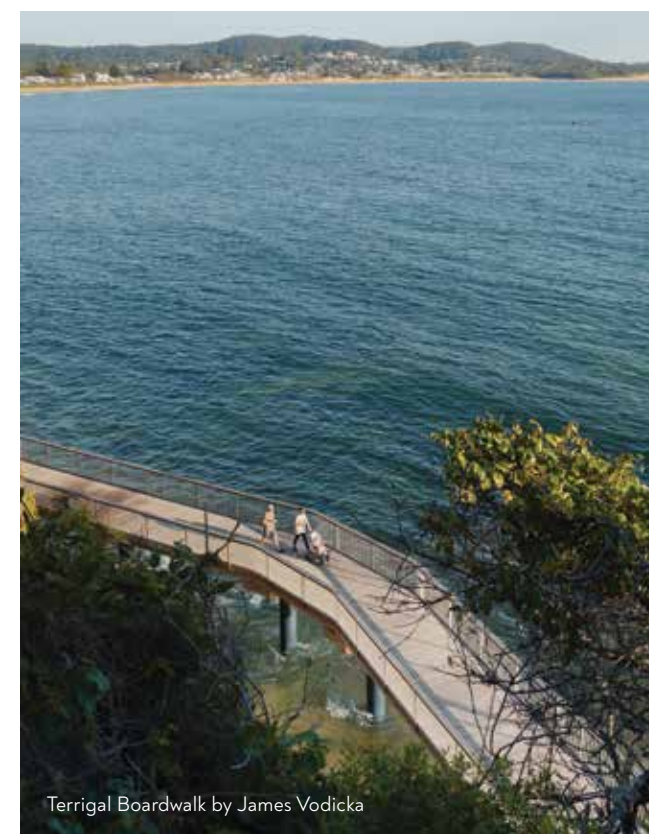
Grant McBride Ocean Baths, The Entrance



Saltwater Creek Playground, Long Jetty



Peninsula Recreation Precinct, Umina



Terrigal Boardwalk by James Vodicka



# Holiday with the kids

There are plenty of experiences across the Coast that will get the kids out, burning off energy and laughing until their belly hurts (or rumbles).

With our network of national parks, dog-friendly forests, calm waterways and patrolled beaches to explore, you'll find endless outdoor activities for the kids across the Central Coast.



Check out our list of things to keep your little angel or monster entertained.



Long Jetty



Edogawa Commemorative Gardens, Gosford by James Vodicka



Iris Lodge Alpacas by Remy Brand



The Entrance Coast to Lake Walk by James Vodicka



# Arts & culture

The Central Coast landscape and lifestyle have inspired artisans of all disciplines to explore their craft and follow their passion.

Enjoy the riches of their talent by visiting local galleries and performance venues around the Coast. Food and art can also fill a rainy day.



Experience the Central Coast's vibrant creativity on this art and culture trail.



NAISDA Dance College, Karingong



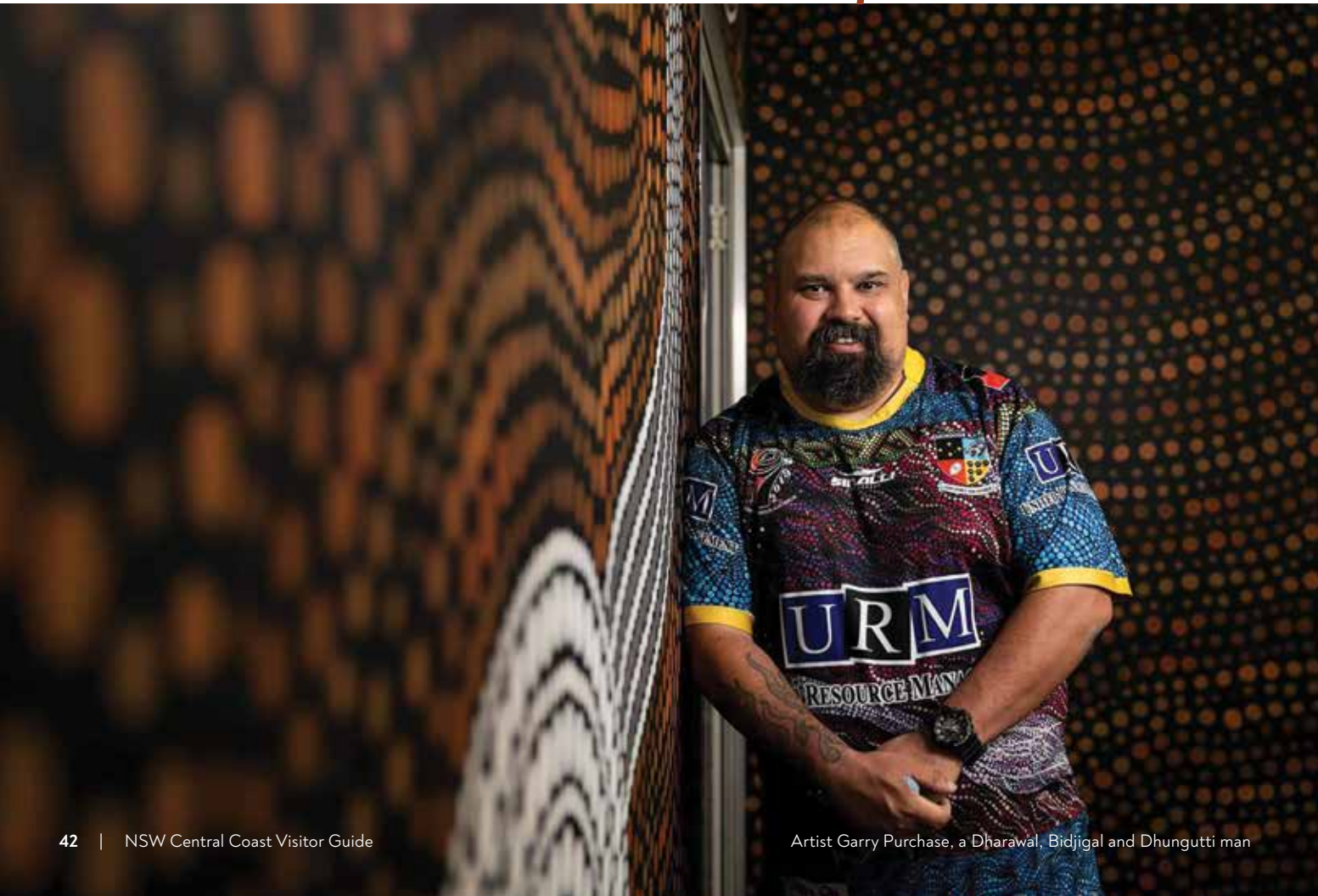
The Lakes Festival, The Entrance



The Art House, Wyong



Grant Molony by Destination Sydney Surrounds North



Artist Garry Purchase, a Dharawal, Bidjigal and Dhungutti man



On by Circa, by David Kelly



Gosford Regional Gallery by James Vodicka



Naughty Noodle Fun Haus by Lisa Haymes




WHAT'S ON

Norah Head Lighthouse Festival

# Events

From cooking classes to concerts, festivals to farmers markets, find events that add colour to your calendar.

The Central Coast is a vibrant region with a full events calendar sure to delight. Our local makers and creators, musicians, artisans and producers often gather to share their skills and products.

 Visit the region for one of our major annual events or check out what's on while you're here.



Central Coast Harvest Festival, Jillyby (June)



Chromefest, The Entrance (October)



Pecan picking at Artisan Estate Somersby by Aaron Leslie (June)



Davistown Putt Putt Regatta, Brisbane Waters (October)





Avoca Beachside Markets

## WHAT'S ON

# Markets

Nothing showcases the vibrancy of the Central Coast quite like our markets.

With several markets across the Coast to choose from every week, and new ones popping up all the time, you'll be sure to find that special locally made treat or souvenir to remember your visit.



Find a market near you.



Live Well Festival, Gosford



Mountain Goat Trails, Harvest Festival



Love Lanes Festival, Wyong



# Connection, inspired by nature

**Loving your holiday on the Coast?  
Suggest it for your next workcation.**

As we all look for ways to recalibrate our working minds – ways to slow down, truly soak up information, reconnect with our colleagues and environment, stimulate creativity and idea generation. Then we realise the Central Coast does many things right.

Break away from Zooms with meeting itineraries that seek out tranquil and inspiring ways to build teams and do business more purposefully.



Learn more about **Business Events, the Central Coast way.**



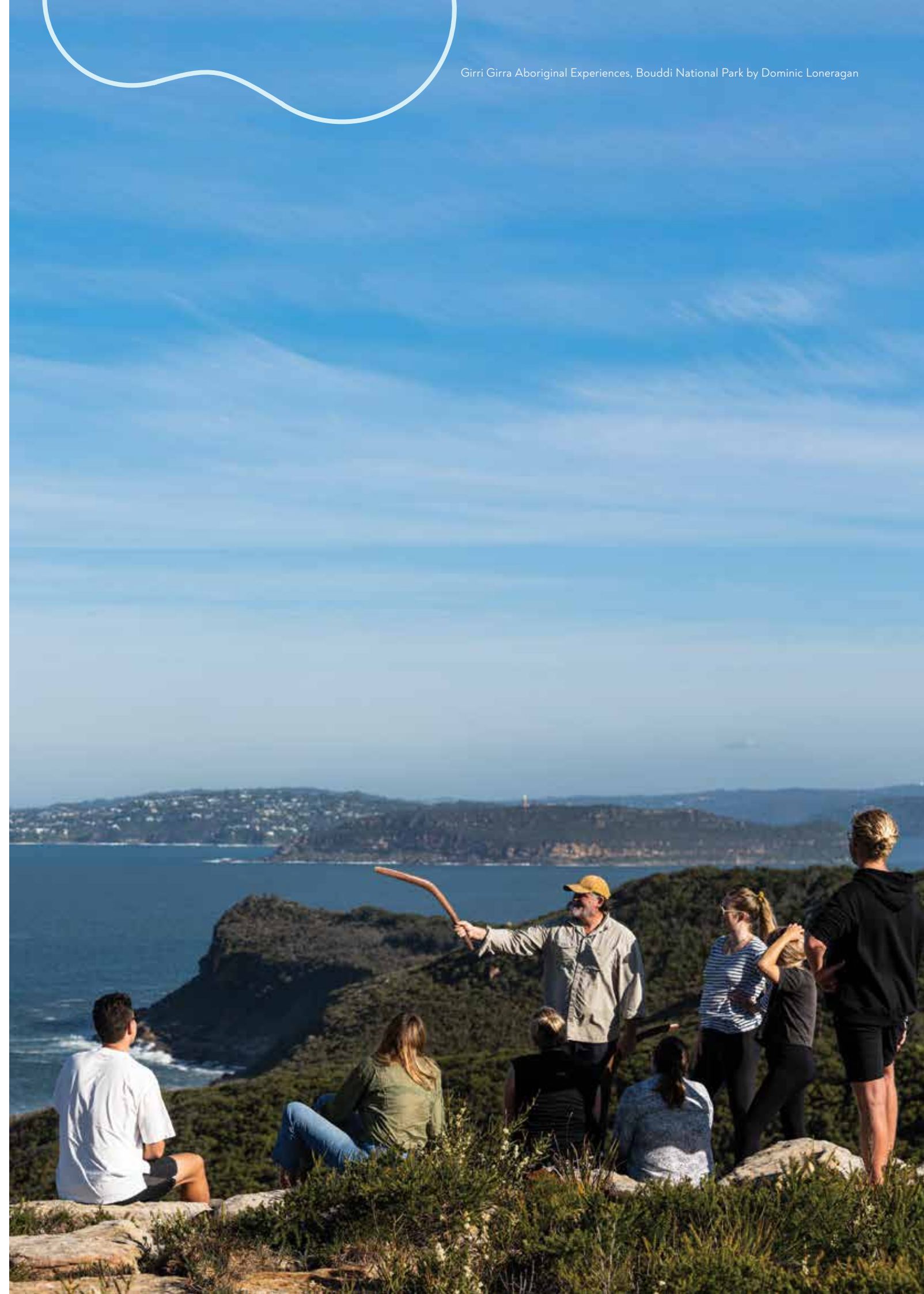
Glenworth Valley Outdoor Adventures, by James Vodicka



Drifters Wharf by Issac Tseng



Firescreek Botanical Winery, Holgate.







# centralcoast

#LOVECENTRALCOAST







LET US KNOW



What do you think  
about the Central Coast?

FJs Rock Lookout Mount White by James Horan



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