South Coast New South Wales



Green, luscious and temperate, the New South Wales (NSW) south coast is as pretty a region as you'll find on the island continent. Now that they've stopped harpooning whales, heavy industry doesn't really get a look-in south of Wollongong, leaving the waters unpolluted and spectacularly clear. Dolphins, sensible creatures that they are, have set up shop in the bays, while whales once again visit in numbers on their annual vacations, now that they're less likely to end up with an unfortunate body piercing.

On the drier side of the shoreline vast tracts of national park have been established, ensuring that the remaining virgin coastline continues to look much as it did when Captain Cook cleared customs in 1770. The beachside living is so good in some places that even the kangaroos wander down to the shore for an evening stroll.

Nature doesn't hold all the trumps. Picturesque historic villages dot the hinterlands while Canberra is a textbook of 20th-century architecture and town planning writ life-size. The nation's capital isn't actually on the coast at all, so to compensate, the Australian Capital Territory (ACT) has nabbed arguably the best part of it, Jervis Bay, from NSW.

Part of the south coast's charm is simply a matter of access; where the north coast is on the main highway linking Queensland, NSW and Victoria, the south coast is served by the meandering Princes Hwy, the secondary road from Sydney to Melbourne. For people unwilling to share their coastal wanderings with battalions of trucks, this is a very good thing.

HIGHLIGHTS Having kangaroos calling in at your camp site in Murramarang National Park (p163) Leaving snowy white footprints on the brilliant sands of Jervis Bay (p166) Jervis Bay Marvelling at the dramatic geology of the Illawarra Escarpment (p176) Murramarans Watching Eden's whale-human reconciliation play itself out (p146) Central Tilba Montague Island Experiencing village life with the 'quaint' Gulaga * quotient at max in Central Tilba (p150) Paying respect to the Mother of the Yuin people at sacred Gulaga (p152) Hanging out with the seals and penguins at Montague Island (p152) ■ TELEPHONE CODE: 02 www.southcoast.com.au

SOUTH COAST NSW SYDNEY Helensburgh • Tuena Š Wollongong 9 Bowral o Moss Vale Yass 31 [23] Park Ulladulla CANBERRA Braidwood Bawley Point Batemans Bay Malua Bay ACT 23 Michelago O Mossy Point Moruva National [18] Merimbula Pambula • Eden National Park National Park [1] Genoa Cape Howe

lonelyplanet.com

SAPPHIRE COAST

Not to be outdone by Queensland's Gold Coast, the southernmost part of NSW considers itself precious too. The moniker is apt, with the coast's pristine water revelling in every shade of blue. You won't see a lot of it from the Princes Hwy, but you can feel confident that taking just about any road east will yield a bit of mostly unblemished coast set in rugged surrounds. This is the start of the traditional lands of the Yuin people.

NADGEE NATURE RESERVE

Continuing over the state border the Nadgee Howe Wilderness continues, but its name changes from Croajingolong National Park (p139) to Nadgee Nature Reserve. Vehicle access is only allowed as far as the ranger station near the Merrica River in the reserve's northern section.

This is the NSW starting point for the 50km Nadgee Howe Wilderness Walk, a route suited to experienced hikers. Basic camp sites (per adult/ child \$5/2) – without toilets or drinkable water – are spread along the track. Permits are required before commencing the walk; apply to the National Parks & Wildlife Service (NPWS) in Merimbula (p146).

At the north end of the reserve, the small settlement Wonboyn, on the lake, has a store selling petrol and basic supplies.

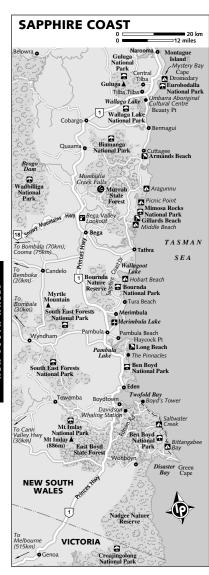
Wonboyn Cabins & Caravan Park (6496 9131; www.wonboyncabins.com.au; Wonboyn Rd; camp sites per 2 people \$25, cabins \$65-112; 🔊) is spacious and

EN BOYD NATIONAL PARK
The wilderness barely pauses for breath before starting again at 10,709-hectare Ben Boyd National Park. Boyd was an entrepreneur who failed spectacularly in his efforts to make around Eden in 1850. This of his follies, along with with isolated beaches. It's split into two sections, with Eden squeezed in between.

The southern section is accessed by mainly gravel roads (per vehicle \$7) leading off sealed Edrom Rd, which leaves the Princes Hwy 18km south of Eden. At its southern tip, the elegant 1883 Green Cape Lightstation (6495 5000; www.nationalparks.nsw.gov.au; Green Cape Rd; cottage midweek/weekend \$215/292) copes with its isolation by gazing out at awesome views. There are tours (adult/child \$7/5; 1pm & 3pm Thu-Mon) or if you want to share the seclusion, you can spend the night in a lavishly restored keepers' cottage (sleeps six).

Eleven kilometres along Edrom Rd there's a turn-off to the historic **Davidson Whaling Station** on Twofold Bay where you can have a picnic in the rustic gardens of Loch Gaira Cottage (1896). Not much whaling paraphernalia remains, but interpretive signs tell the story. It's hard to imagine that until 1929 the peace of this place was rent by the agonised groans of dying whales and the stench of boiling blubber.

Further along is the turn-off for Boyd's Tower, an impressive structure indulgently built in the late 1840s with sandstone shipped



from Sydney. It was intended to be a lighthouse but the government wouldn't give Boyd permission to operate it. The twisted red rock formations at its base are striking against the cobalt sea.

The 31km Light to Light Walk links Boyd's wannabe lighthouse to the real one at Green Cape. There are camp sites (6495 5000; adult/child

\$10/5) along the route at **Saltwater Creek** and **Bittangabee Bay**. Both have vehicle access.

The northern section of the park can be accessed from the Princes Hwy north of Eden. From Haycock Point, where there are good views, a walking trail leads to a headland overlooking the Pambula River. Another good walk is to the **Pinnades**; this rock formation's white base and red top make it look like a giant jagged slab of coconut ice.

On the edge of the park, near Pambula Lake, is Monaroo Bobberrer Gudu Aboriginal Cultural Centre (6496 1922; Jigamy Farm, Princes Hwy). Call ahead to check whether they've got any tours or cultural activities running.

EDEN

☎ 02 / pop 3006

The first town north of the Victorian border, Eden's a little sleepy place where the only bustle you're likely to find is down at the wharf when the fishing boats come in. Pretty beaches run either side of the town's knobbly peninsula.

For possibly thousands of years this bay has been the site of extraordinary interactions between humans and whales (see p146). Migrating humpback and southern right whales pass so close to the coast that whalewatching experts consider this one of the best places in Australia to observe these magnificent creatures. Often they can be seen feeding or resting in Twofold Bay during their southern migration back to Antarctic waters.

Information

Library (**a** 6496 1687; **№** 9am-5pm Mon-Fri, 9am-noon Sat) Internet access costs per hour \$6.

Sights & Activities

The interesting **Killer Whale Museum** (**a** 6496 2094; www.killerwhalemuseum.com.au; 94 Imlay St; adult/ child \$7.40/2; **b** 9.15am-3.45pm Mon-Sat, 11.15am-3.45pm Sun) was established in 1931, mainly to preserve the skeleton of Old Tom (see p146).

Cat-Balou Cruises (20427 962 027; www.catbalou .com.au; Main Wharf, 253 lmlay \$t) operates 3½-hour whale-spotting voyages (per person \$60) in October and November. At other times of the year, dolphins and seals can usually be seen during the two-hour bay cruise (adult/child \$30/17).

A good **whale lookout** among the many options is at the base of Bass St. When whales are spotted the Killer Whale Museum sounds a siren.

Festivals & Events

Eden comes alive in late October for the **Whale Festival**, with the typical carnival, street parade and stalls plus some innovative local events such as the Slimy Mackerel Throw.

Sleeping

As you enter town from either direction, rows of run-of-the-mill motels and motor parks line the road to greet you.

Eden Tourist Park (6496 1139; www.edentourist park.com.au; Aslings Beach Rd; camp sites per two people \$20, cabins \$60-135) Serenely situated on the spit separating Aslings Beach from Lake Curalo, this large well-kept park echoes with birdsong from its sheltering trees.

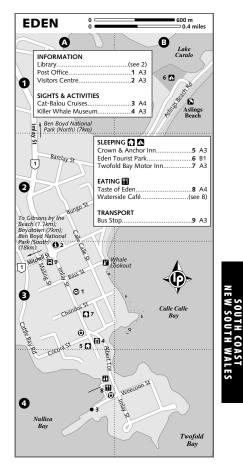
www.crownandanchoreden.com.au; 239 Imlay St; s \$160-180, d \$180-200) Awesomely atmospheric, this historic house (1845) has been beautifully restored and furnished with the likes of fourposter beds and claw-foot baths. There's a lovely view over Twofold Bay from the back patio.

Eating

The following eateries are clumped together on the Main Wharf (253 Imlay St) at the bottom of town.

Waterside Café (☎ 6496 1855; mains \$5-20; ❤️ breakfast & lunch) Decent brekkies, strong coffees and harbourside tables make this a good place to start the day.

Taste of Eden (6496 1304; mains \$9-28; breakfast & lunch) With décor straight from Davy Jones' locker, this brightly painted café serves delicious local seafood (among other dishes) without any airs or graces. The menu's so fresh it has to be listed on a whiteboard.



Getting There & Away

Premier Motor Service (a 13 34 10; www.premierms .com.au) has two daily buses to Sydney (\$66, 10 hours) and one to Melbourne (\$53, eight hours). CountryLink (13 22 32; www.countrylink .com.au) runs a daily bus to Canberra (\$35, 5½ hours).

Deanes Buslines (6495 6452; www.deanesbuslines .com.au) has five buses, Monday to Saturday, to Bega (\$13.20, 1¹/₄ hours) via Merimbula (\$8.80, 40 minutes).

PAMBULA

☎ 02 / pop 1146

The beautiful drive north from Eden skirts Ben Boyd National Park before passing through the small town of Pambula. Its highway-hugging

KILLER WHALES & WHALE KILLERS

Eden's original people, the Yuin, considered orcas (killer whales) to be ancestral beings. Pods of orcas would use Twofold Bay to herd and trap larger migrating whales in the shallows. Aboriginal elders would perform rites on the beach, begging the orcas for a share of the bounty. Amazingly, the orcas would oblige. After consuming the lips and tongue of their victim, they would leave the carcass behind.

After 1830, the relationship was taken up a notch. The Davidson whaling station (p143) employed many local Aboriginals, which was rare for the times. When the orca pod caught sight of a migrating whale, one of their number would head off to alert the whalers. The crew would then race out to the tired and harried victim and finish it off with a handheld harpoon. Keeping their half of the bargain, the whalers would anchor the dead whale and leave it overnight. By the next morning the orcas would have removed the tongue and lips and the contract was complete.

This all came to an end in 1900 when an orca beached itself on Aslings Beach during a hunt. With the rest of the pod looking on and as the whalers rushed to the orca's assistance, a vagrant walked up to the beached animal and killed it. After that, only a few of the older orcas, including Old Tom (p144), continued to hunt with the whaling crews. Shortly after this the last of the Yuin community left Eden for Wallaga Lake.

main street is pleasant enough, but the real delight is Pambula Beach (population 655), three kilometres east. Occupying the southern end of Merimbula Bay, it's got a laid-back vibe long gone from its glitzier northern neighbour.

Once a mere oyster kiosk, **Wheeler's** (6495 6330; Arthur Kaine Dr; takeaway \$5-10, mains \$22-29; lunch daily, dinner Mon-Sat) is now an upmarket tourist-oriented restaurant serving all manner of delicious local seafood. Those in the know opt for the takeaway counter and its myriad options. Long an oyster producer, Wheeler's offers **tours** (adult/child \$10/5.50, 11am Mon-Sat) of its farm.

MERIMBULA

☎ 02 / pop 3850

Spread around the top end of a gorgeous long golden beach and an appealing inlet (which locals insist on calling a lake), Merimbula is in thrall to holidaymakers and retirees. Not big enough to be interesting and yet weighed down with development, it's hard to muster much enthusiasm for the town centre. As the numerous holiday apartments would suggest, this is one of the few places on the far south coast that really heaves during summer school holidays.

Information

NPWS visitors centre (6495 5000; cnr Merimbula & Sapphire Coast Drs; 8.30am-4.30pm Mon-Fri)

Post office (6497 5940; 5 Merimbula Dr)

Visitors centre (6495 1129; www.sapphirecoast .com.au; 2 Beach St; 9am-5pm)

Sights

A **nature boardwalk** follows the estuary southwest of the causeway. A plethora of birds and mammals are visible. Pick up the useful brochure at the tourist information centre.

Activities

Diving is popular, with several wrecks in the area including the large *Empire Gladstone*, which sunk in 1950. **Merimbula Divers Lodge**

COWS OR COAST?

From Pambula you've got the option of continuing on the Princes Hwy through Bega or heading to Merimbula and taking Sapphire Coast Drive. While the highway leads through some pretty farmland, the latter option alternates between spectacular beaches and national parks until it rejoins the highway near Tilba Tilba. And it's 5km shorter.

(a 1800 651 861; www.merimbuladiverslodge.com.au; 15 ParkSt) offers basic instruction and one shallow dive from \$99, including equipment. It also does snorkelling trips (\$40).

True Blue (6495 1686; Merimbula Marina; www.merim bulamarina.com; adult/child \$25/20) offers bargain-priced dolphin-watching cruises in the bay, along with whale-watching from mid-September to November.

Top Lake Boat Hire (☎ 64951987; Lakewood Dr), near the end of the boardwalk, rents out motor boats, pedal boats, kayaks, canoes and rowing boats. Cyde'n'Surf (☎ 64952171;18 Marine Pde), south of the lake, hires out bikes (per hour \$7), boogie boards (half day \$10) and surfboards (per hour \$10) as well as carrying out bike repairs.

Sleeping

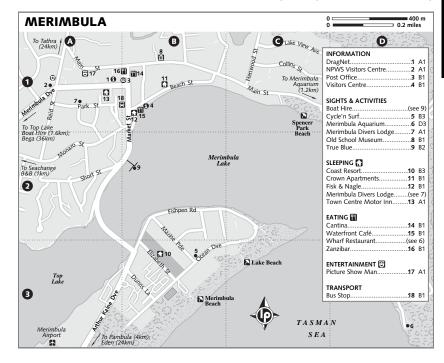
The isthmus between the beach and the lake is completely overrun with motels and holiday apartments. Self-contained apartments are usually let on a weekly basis, particularly in summer. Letting agents for the area include Fisk & Nagle (6495 3222; www.getawaymerimbula.com au: (nr Market & Beach Sts).

BUDGET

Merimbula Divers Lodge (6495 3611; www.merim buladiverslodge.com.au; 15 Park St; dm \$20) No linen is included in the price (not even pillows), but this central place offers clean, bunk-style accommodation split into three separate self-contained apartments, each sleeping eight.

MIDRANGE & TOP END

our pick Seachange B&B ((a) 6495 3133; www.sapphire coast.com.au/seachange; 49 Imlay St; s/d \$129/149) Adorable hosts with a food and friendliness focus make this comfortable and modern B&B an absolute delight. It has fantastic lake views along with immaculately clean, elegantly furnished rooms with en suite.



design. Units come with kitchens, balconies and views.

Coast Resort (6495 4930; www.coastresort.com.au; 1 Elizabeth 5t; apt 1-bedroom \$265, 2-bedroom \$275-360, 3-bedroom \$375-470; ♀) You could describe the décor of this huge upmarket apartment-style complex as ultramodern, although stark might be more apt. Still, comfort's not a problem and the two pools, tennis court and proximity to the beach are all very appealing.

Eating & Drinking

Waterfront Café (6 6495 2211; Beach St; breakfast \$5-17, lunch \$18-23; 8 8am-5pm) Try this place for an excellent coffee or a snack while looking out over the, ahem, lake.

Wharf Restaurant (6495 4446; Lake St; mains \$17-30; Innch daily, dinner Wed-Sun) With views to make you swoon into your soup, Wharf doesn't drop its informal café vibe until after dark. The aquarium downstairs means you can admire the fish before having their cousins delivered to your plate.

Cantina (6495 1085; 56 Market St; tapas \$10-16, mains \$18-30; 100 Inch & dinner) The changing menu features imaginative Spanish and Mediterranean dishes. Order some tapas and join the throngs outside. There's live music on Friday nights.

Entertainment

Picture Show Man (6495 3744; www.pictureshowman .com.au; 80 Main St; tickets \$8.50-11) Screens a busy program of mainly art-house movies.

Getting There & Around

Merimbula airport (MIM; 6495 4211; Arthur Kaine Dr) is 1km out of town on the road to Pambula. There are flights to Melbourne (\$170, 90 minutes, two daily), Moruya (\$83, 30 minutes, two daily) and Sydney (from \$131, 1¾ hours, three daily) with Regional Express Airlines (Rex; 137 13; www.rex. com.au).

BUS

Buses stop outside the Commonwealth Bank on Market St. **Premier Motor Service** (a 13 34 10; www.premierms.com.au) has two daily buses to Sydney (\$64, 9½ hours) via Narooma (\$21, two hours) and one to Melbourne (\$53, 9¼ hours) via Lakes Entrance (\$26, 3½ hours). **CountryLink** (132232; www.countrylink.com.au) runs a daily bus to Canberra (\$33, 4¼ hours).

BOURNDA NATIONAL PARK

Taking in most of the coast from Merimbula north to Tathra, **Bournda National Park** (admission per car \$7) is a 2590-hectare park with beautiful empty surf beaches, rugged headlands and walking trails through heath, eucalyptus forests and tea-tree. Both fresh- and saltwater lakes support an abundance of bird life, including the threatened Little Tern and Pied Oystercatcher. Camping is permitted at **Hobart Beach** (\$\overline{1}\$6495 5000; camping per adult/child \$10/5), on the southern shore of peaceful **Wallagoot Lake**.

TATHRA

☎ 02 / pop 1630

Once of the sweetest little beach towns on the South Coast, Tathra has a long and lovely beach with the Bega River forming a dreamy, undeveloped lagoon at its north end. The main township, with its rough-edged pub (complete with mechanical whale), is perched on the headland at the south end, with expansive views up and down the coast. Beachside, the vibe's mellow.

Dating from 1862, **Tathra Wharf** is the last remaining coastal steamship wharf in the state and a popular place for fishing. It houses a small **Maritime Museum** (6494 4062; adult/child 52/1: 10am-4pm).

Sleeping

Elders Tathra (**6** 6494 1087; www.elderstathra.com.au; 34 Bega 5t) is one of several local agents that handle holiday letting.

Sapphire Court (**a** 6494 1980; info@sapphirecourt -holidayunit.com.au; 33 Edna St; apt \$110; **a**) These fully

self-contained two-bedroom apartments are terrific value, sleeping six at a squeeze.

curpic Tathra Beach House (6499 9900; www .tathrabeachhouse.com.au; 57 Andy Poole Dr; apt \$125-231; Well designed and lavishly landscaped, this beachside property offers smart apartments, two pools and ocean views.

Eating

Tathra Beach Pickle Factory (6494 4232; 35 Andy Poole Dr; snacks \$3-8; 830am-6pm) Tathra's best breakfast option is this grab-and-run deli-café, with disposable cups and limited seating. The coffee's excellent and the home-baking irresistible.

Fat Tony's Bar & Grill (64944550; 15 Bega St; lunch \$14-28, dinner \$22-30; lunch Thu-Sat, dinner Tue-Sat) Although it sounds like a greasy steak joint, this bistro is actually quite upmarket. Given that all the floor staff seem impressively fit, we can only guess that they hide Tony in the kitchen.

Getting There & Away

Tathra Bus Service (6492 1991; www.tathrabus.com au) has three buses to/from Bega (\$8.40, 30 minutes) on weekdays and two buses to/from Merimbula (\$8.40, 25 minutes) on Tuesdays and Thursdays.

BEGA

☎ 02 / pop 4540

More of a rest stop than a destination in itself, Bega's cheesy delights are an acquired taste. Synonymous in Australia with cheese, it's the service town for the farmers of the rich surrounding dairy country. It may get more interesting when a permaculturally designed ecovillage (complete with composting toilets) opens in the middle of town, but we're not holding our breath.

At the **Bega Cheese Factory & Heritage Centre** (\$\old{\pi}\$ 6492 7762; www.begacheese.com.au; Lagoon St; admission free; \$\old{\pi}\$ 9am-5pm), north of the river, you can overload on both free tastings and from treats at the café. It also houses the **visitors centre** (\$\old{\pi}\$ 64917645; \$\old{\pi}\$ 9am-5pm), where you can pick up a pamphlet for the self-guided **Bega Heritage Walk**.

The **Bega Pioneers' Museum** (**②** 6492 1453; 87 Bega St; adult/child \$5/1; **№** 10am-4pm Mon-Sat) focuses on local heritage, with particular emphasis on farming and cow-related machinery.

If you're not lactose intolerant and want to explore Bega further, the friendly **Pickled Pear** (6492 1393; www.thepickledpear.com.au; 60 Carp

St; s/tw \$105-120, d \$140-170; ② ; wi-fi) has comfortable rooms in a lovely 1870s house near the centre of town.

MIMOSA ROCKS NATIONAL PARK

After leaving Tathra, the road cuts through Mimosa Rocks (5802 hectares), a wonderful coastal park with dense and varied bush, sea caves, lagoons and 20km of beautiful coastline. Unsealed roads lead to **camp sites** (476 2888; per adult/child \$10/5) at Gillards Beach, Middle Beach, Picnic Point and Aragunnu Beach. The drive to Middle Beach is especially lovely, passing under a canopy of tall eucalypts and palms to the deserted surf beach.

Sapphire Coast Ecotours (6494 0283; www .sapphirecoastecotours.com.au; tours \$30-60) runs highly regarded walks exploring the park's varied ecosystems and may include an Aboriginal guide.

After leaving the park, the road continues through bush and farmland until reaching the coast at **Cuttagee** – like Tathra but with even fewer houses. South of the main beach, Kullaroo St leads to secluded, bush-lined **Armands Bay**, the only clothing-optional beach on the Sapphire Coast.

BERMAGUI

☎ 02 / pop 1300

There's a nice vibe to Bermagui, probably due to the eclectic mix of fisherfolk, surfers, alternative lifestylers and indigenous Australians who call it home. In typical Aussie parlance it's invariably referred to as Bermie (not Berma, or Myanmar).

The Bermagui Community Centre houses the visitors centre (6493 3054; info@bigfoot.com.au; Bunga Rd; 10am-4pm) and has internet access.

Sights & Activities

You could toss a mullet from the shops and hit **Shelly Beach**, a child-friendly swimming spot. A kilometre's wander around the point will bring you to the **Blue Pool**, a dramatic ocean pool built into the base of the cliffs.

You can wander 6km north along the coast to Camel Rock (the camel requires a bit of squinting) and a further 2km around to beautiful Wallaga Lake. The route follows Haywards Beach, a good surfing spot.

Many of the Yuin people ended up in the reserve on Wallaga Lake's shores after being pushed off their traditional lands. This community runs the excellent Umbarra Aboriginal Cultural Centre (4473 7232; www.umbarra .com.au; 246 Bermagui Rd; 😯 9am-5pm Mon-Fri, 9am-4pm Sat & Sun), which has interesting historical displays and authentic art for sale. Tours of the lake and cultural sites are offered. It pays to call ahead as family or spiritual business takes precedence over tourist operations.

Sleeping

Letting agents for holiday houses include Fisk & Nagle (6493 4255; www.fisknagle.com.au; 14 Lamont St)

Bermagui Motor Inn (6493 4311; www.acr.net .au/~bmi/; 38 Lamont St; s/d \$79/89; (2) Right in town, this motel may be a classic but it's got new carpets, comfy beds and very friendly owners.

Harbourview Motel (6493 5213; 56 Lamont St; s \$105-110, d \$120-130; (2) Fastidiously tidy, the spacious rooms enjoy private courtyards with their own barbecues. The more expensive ones have sea views.

Bimbimbi House (6493 4456; bimbimbihouse@big foot.com.au; Nutleys Creek Rd; s \$100, d \$140-185) Choose between a garden room, a two-bedroom unit or a self-contained cottage on this quiet property, set amid lush gardens. It overlooks the river, 2km from town.

Eating

Cool-O-Cream Gelati ((a) 6493 3555; 1/6 Bunga St; cones \$3; Midday-6pm) It's worth taking the coastal route just for this wonderful homemade gelato shop that experiments with barfly-friendly flavours such as 'chocolate grappa' and 'lemon, lime and bitters'.

Cream Patisserie (6493 5445; 28 Lamont St; items \$4-8; (9am-5pm Mon-Fri, 9am-3pm Sat) A smooth café-style place serving delicious gourmet pies, focaccia and cakes.

River Rock Café (6493 3156; Wallaga Lake Rd; mains \$7-15; (9am-4pm) Nouvelle hippies gravitate to this café just north of the bridge. There are sandwiches, burgers, wraps, pide and salads served during the day. Every second Monday it hosts Spicy Mamas, an open mic jam night accompanied by an Indian vegetarian feast (\$13).

Saltwater (6493 4328; Lamont St; lunch \$16-19, dinner \$22-27; 💽 lunch & dinner Wed-Sun, takeaway 11.30am-8pm) Overlooking the marina, the clean lines of Saltwater's interior complement a changing menu of fresh catches. The platter for two is amazing value for \$38; or you can get takeaway fish-and-chips for \$8.50.

Getting There & Away

Premier Motor Service (13 34 10; www.premierms .com.au) stops here once a day on the run between Sydney (\$55, 81/4 hours) and Eden (\$21, 1¾ hours) via Narooma (\$9, 40 minutes) and Merimbula (\$21, 80 minutes).

EUROBODALLA COAST

Meaning 'Land of Many Waters' this section of coast continues the Sapphire Coast's celebration of all things blue. A fair bit of green gets a look in too, with segments of the disjointed Eurobodalla National Park spreading much of its length.

It's an area of sweet little townships, lakes, bays and inlets backed by spotted-gum forests and home to much native wildlife. Part of the Yuin homelands, it includes their sacred mountain, Gulaga (p152).

TILBA TILBA & CENTRAL TILBA

☎ 02 / pop 500

The coastal road from Bermagui rejoins the Princes Hwy just before the loop road leading to these outrageously cute National Trust villages in the shadow of Gulaga (p152).

Tilba Tilba is half the size of its singularly named neighbour, 2km down the road. Gardening freaks will love Foxglove Spires (4473 7375; www.foxglovespires.com.au; Corkhill Dr; admission \$7.50; (10am-4pm), a magical 3½-acre private garden with lots of hidden avenues and bowers.

Central Tilba sits in a nook of a valley that has remained virtually unchanged since the 19th century – except now the main street is jammed with visitors' cars on weekends. Strolling along Bate St, you'll find a string of shops selling the sort of things you'd expect to find in National Trust villages: fudge, boiled lollies, cheese, speciality teas, ice cream, crafts and cafés. Behind the pub, there's a short walk up to a water tower where boulders provide terrific views of Gulaga.

There's information, including a handy town guide, at the **Bates Emporium** (**a** 4473 7290; § 8am-5pm), which also serves as the petrol station, internet café and post office.

The streets are blocked off for the Tilba Easter Festival (www.tilba.com.au/tilbafestival.htm), which has lots of music, entertainment and several thousand visitors. The other big event is the acclaimed Cobargo Folk Festival (www.cobargofolk



festival.com), held in historic town Cobargo, 20km towards Bega.

A short drive takes you to gorgeously undeveloped Mystery Bay and the first pocket of Eurobodalla National Park. At the south end of the main surf beach, a rock formation forms an idyllic natural swimming pool. There's a council-run camp site (od28-622 357; www.mystery baycampground.com; sites per 2 adults & 2 children \$13) under the trees near the beach.

SLEEPING & EATING

Dromedary Hotel (**a** 4473 7223; fax 4473 7238; 5 Bate St, Central Tilba; s/d \$55/60) There's clean, basic accommodation upstairs in this nice old pub. The walls downstairs are lined with old photos and pictures of prize pumpkins. The bistro (mains \$8 to \$18) is a rare after-dark eating option.

our pick Two Story B&B (4473 7290; www.tilbatwo story.com; Bate St, Central Tilba; s/d \$105/120) This atmospheric 1894 former postmaster's residence has plenty of charm and a cosy log fire in winter. Some rooms have en suites.

Green Gables (4473 7435; www.greengables.com .au; 269 Corkhill Dr, Tilba Tilba; r \$140; 🔲) Try to resist the word 'delightful' when describing this gayfriendly B&B. The 1879 cottage offers three attractive rooms with either en suites or private bathrooms and views over the fields.

Rose & Sparrow Café (4473 7229; 3 Bate St; mains \$5-15; Streakfast & lunch) Serves generous portions of healthy food, including delicious lentil burgers with homemade hot mango chutney.

GETTING THERE & AWAY

Premier Motor Service (**a** 13 34 10; www.premierms .com.au) buses serve the Tilbas daily on the route between Sydney (\$54, eight hours) and Eden (\$22, 21/4 hours) via Narooma (\$3, 20 minutes) and Merimbula (\$19, 134 hours).

NAROOMA

☎ 02 / pop 3100

Sitting at the mouth of a large, tree-lined inlet and flanked by surf beaches, Narooma is exceedingly pretty. While the commercial centre on the hill is nothing special, the ocean views more than compensate. The locals are a views more than compensate. The locals are a friendly bunch, but with all that pristine water to relax them, why shouldn't they be?

Information
Library (4476 1164; Field St; 10am-5pm Mon-Fri, 9.30am-2pm Sat) Free internet access.

NPWS information office (4476 2888; Burrawang St; 8.30am-4.30pm Mon-Fri)

St; 8.30am-4.30pm Mon-Fri)

Post office (**A** 4476 2049; 106 Wagonga St) Visitors centre (4476 2881; Princes Hwy; 9am-5pm) Has a small museum.

Sights & Activities

The water surrounding Narooma is so exceptionally clear that it's a constant struggle to resist leaping in. The best place for a sheltered swim is over the bridge in the **netted swimming** area at the south end of Bar Beach, below the breakwall. There's a surf club at Narooma Beach, but the breaks are better at Bar Beach when a southeasterly blows.

If you fancy a stroll, there's a nice walk from Riverside Dr along the inlet to the ocean, and excellent views from Bar Rock Lookout. Just below the lookout is Australia Rock, a boulder with a bloody great hole in it that vaguely resembles the country (minus Tasmania, of course).

The Wagonga Princess (4476 2665; Riverside Dr; adult/child \$33/22) takes a three-hour cruise up the inlet, which includes a stop for a bushwalk and billy tea.

THE MOTHER'S STORY

In Yuin tradition, Gulaga (Mt Dromedary, 806m) is the mother and Barunguba (Montague Island) and Najanuga (Little Dromedary) are her two sons. The sons wanted to head out exploring, but Gulaga thought that Najanuga was too young and kept him at her feet. Barunguba went out alone and was eventually cut off by the water.

The fascinating thing about this story is that it gives an insight into the extraordinarily long and continuous occupation of the area by the Yuin. The mother and her sons were once part of a large volcano, which has long eroded away, leaving only the hardened cores of its three main vents. When sea levels were lower, Montague Island was linked to the mainland. The mother story suggests that the Yuin witnessed its transformation into an island.

These places are highly sacred; holy sites are still visited on Gulaga for women's business (secret rituals) and on Barunguba for men's business. The arrival of Europeans brought logging and koala-hunting to Gulaga, and the Yuin were horrified. Their continued protests resulted in the mountain being designated the first Area of Aboriginal Significance in Australia and in 2006 it was with great joy that they celebrated the return of their mother, when they were confirmed as the land's legal owners.

The mountain now forms **Gulaga National Park** (4,768 hectares) and is jointly managed by the indigenous community and NPWS. Its walking tracks are open to all people who treat the mountain with respect. Beginning at Pam's Store in Tilba Tilba you can follow an old **pack-horse trail**. The 11km return walk takes about five hours, but don't miss the loop walk at the summit. There's often rain and mist on the mountain, so come prepared. She's a woman's mountain and local lore has it that it's scornful men that get lost or return with grazes and sprained ankles.

Umbarra (p150) runs four-hour **4WD tours** (minimum four people; \$60 per person) to sites on the mountain.

If you'd rather set your own pace, **Narooma Marine** (4476 2126; 31 Riverside Dr) hires kayaks and canoes (per hour \$15), pedal boats (per hour \$25), tinnies (per two hours \$50) and even a 'BBQ boat' (per hour \$45).

SOUTH COAST NEW SOUTH WAL

A good rainy-day option is **Narooma Cinema** (2352; 94 Campbell St; tickets \$9.50-11.50), a picture palace that began showing flicks in 1926 and hasn't changed much since.

MONTAGUE ISLAND (BARANGUBA)

Nine kilometres offshore from Narooma, this small, pest-free island is a spectacular nature reserve, home to many seabirds (shearwaters, sea eagles, peregrine falcons) and hundreds of fur seals. Little penguins nest here and although some remain year-round, there are more than 10,000 at their peak between September and February.

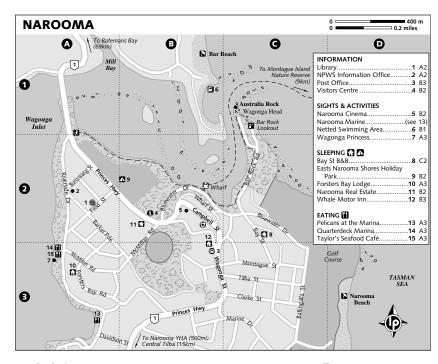
Baranguba, its Aboriginal name, translates as Big Brother (see above), predating both the TV franchise and Orwell by around 8000 years. Sacred sites remain on the island, which only the local Yuin people may access.

The only way to see the island is via extremely interesting three-hour **guided tours** (2881; www.montagueisland.com.au; adult/child \$110/88) conducted by NPWS rangers, which

include climbing up the granite **lighthouse** (1881). Trips are dependent on numbers and weather conditions, so book ahead through the visitors centre. The boat voyage takes about 30 minutes and circumnavigates the island if the water's not too choppy. Take the afternoon tour for a better chance of seeing penguins.

NPWS offers the unforgettable opportunity to stay in the solar-powered **lighthouse keepers' cottages** (© 03-5330 2600; www.conservationvolunteers.com.au/volunteer/montague.htm; overnight s/d \$475-830, 2 nights s/d \$670/1100) on the proviso that you take part in conservation work while you're there. That might entail counting and weighing penguins, weeding or planting trees. The cottages are beautifully renovated and very comfortable. Meals are included, but you'll be expected to help with the preparation. Book well ahead.

The clear waters around the island are good for **diving**, especially from February to June. **Island Charters Narooma** (4476 1047; www.islandchartersnarooma.com) offers diving (double dive \$80), snorkelling (\$70), whale-watching (\$70) and other tours. Attractions in the area include grey nurse sharks, seals and the wreck of the SS *Lady Darling*.



Festivals & Events

Book your stay at lonelyplanet.com/hotels

Narooma has a shucking good time during its **Oyster Festival** in mid-May. Grease up your quiff for the **Great Southern Blues & Rockabilly Festival** (www.bluesfestival.tv) on the last weekend of October.

Sleeping

Narooma Real Estate (4476 3887; www.narooma holidays.com.au; 78 Princes Hwy) deals in the myriad private holiday accommodation options.

compict Narooma YHA (4440; www.yha.com.au/hostels; 243 Princes Hwy; dm/s/tw \$29/61/72, d \$68-72; () Although it was obviously once an old-style motel, this super-friendly establishment makes a great hostel. Each room has an en suite for starters. Free bikes and boogie boards are the icing on the stripper-sized cake.

Forsters Bay Lodge (4476 2319; forstba@acr.net.au; 55 Forsters Bay Rd; d/tr/q \$90/100/110) In a quiet spot above pretty Wagonga Inlet, Forsters has six old-fashioned but comfortable self-contained units, scrupulously maintained by an elegant mature hostess.

Bay St B&B (4476 3336; 5 Bay St; d \$160-180) Up on the hill, this central Narooma home on a quiet street has modern rooms and wide sunny verandas.

Eating

The most evocative eating options are on the marinas of Riverside Dr. They all have heartmelting views over the still, clear waters of the inlet – particularly romantic at sunset.

LIVING LA VIDA ECOLOGISTA

Annette Turner wasn't born on the south coast; she chose to move here. But unlike others in her position, she isn't a refugee from the big smoke. She came from Avoca on the Central Coast, seeking a place more like the Avoca she was raised in before it was swallowed by suburbia.

'We grew up on the beaches,' she remembers foldly. 'The surf lifesaving club was central to life. Every weekend orientated around a (surf) carnival.'

So what is it that drew her down here?

'I love the diversity of the people. There's a wonderful music community, artistic community, and also an alternative lifestyle community, along with fishermen and dairy farmers. Then there's the wonderful backdrop of national parks,' she adds, 'and beaches where you can go on Christmas Day and not find anyone. It'll never get built up like Avoca.'

Nowadays she gets to see more of those natural delights than most, guiding tours to Montague Island as a part-time Discovery Ranger for NPWS. Juggling that with work as a teacher's aide and preschool teacher, she also lives and volunteers at *The Crossing* in Bermagui, a camp where young people are introduced to practical conservation work.

It seems that the south coast is pretty good place to live out, as Annette puts it, 'a personal passion about the environment'.

As related to Peter Dragicevich

excellent breakfasts and seafood lunches under the gaze of dozens of tikis, Chairman Maos and autographed photos of 1950s TV stars.

Taylor's Seafood Café (4476 2127; 12B Riverside Dr; meals \$7-14; 🕑 lunch & dinner) The takeaways are a little cheaper, but why miss out on the chance to consume the grilled fish and nongreasy chunky chips while gazing at paradise.

Pelicans at the Marina (4476 2403; 31 Riverside Dr; breakfast \$5-15, lunch \$15-25, dinner \$22-29; Y breakfast & lunch Tue-Sun, dinner Fri & Sat) The simple, elegant interior yields enticing views of the harbour. The menu is also simple and elegant; understandably seafood-focussed with Mod Oz flair.

Getting There & Away

Premier Motor Service (13 34 10; www.premierms.com .au) buses stop in Narooma on the run between Sydney (\$53, 7½ hours) and Melbourne (\$62, 11 hours) via Moruya (\$10, 35 minutes) and Merimbula (\$21, two hours). Murrays (1322 51; www.murrays.com.au) buses head to Canberra (\$37, 4½ hours).

NAROOMA TO MORUYA

From Narooma the highway heads inland to avoid a series of saltwater lakes (inlets, lagoons...call them what you will), leaving a long stretch of little-visited coast clad in sections of Eurobodalla National Park. Once again, nearly any right-hand turn can be rewarding, especially if you're a surfer.

The council operates Dalmeny camp site (**a** 0428 635 641; sites per two adults & 2 children \$17),

close to **Brou Beach**. There's a free, basic camp site within the park at Brou Lake. Potato Point has a decent surf break.

One of the highlights of the national park is the incredible rock formations at Bingi Point. It's here that the Bingi Dreaming Track commences, a 71/2km walk following a spiritually significant Aboriginal route (pick up a brochure from NPWS in Narooma). Keep an eye out for kangaroos, wallabies, bandicoots and goannas. The path finishes at Congo, a pretty and peaceful spot, where there's a camp site (4476 2888; per adult/child \$10/5) between the estuary and the surf beach

From Congo a dirt road heads through beautiful forest to Moruya Heads, where there's a good surf beach and views from Toragy Point. From here it's a 7km drive west along the river to Moruya.

MORUYA

☎ 02 / pop 2430

Its name means black swan but this town is no ugly ducking, with a pleasant collection of Victorian buildings gathered around a broad river. There's a popular weekly market (2 4474 4106; Sam-noon Sat) on the south side of Moruya Bridge. Moruya Library (2 4474 1333; Vulcan St) is also a visitors centre and has free internet access.

The best place to stay is Post & Telegraph **B&B** (4474 5745; www.southcoast.com.au/postandtel; cnr Page & Campbell Sts; s/d from \$100/135), the beautifully restored old post office, which features polished floorboards, iron beds and verandas overlooking gardens. Of the three rooms only one has an en suite.

River (4474 5505: 16B Church St: mains \$26-32: ☑ lunch Wed-Sun, dinner Wed-Sat; ☑) is right on the...you guessed it. The food is proof that rural doesn't mean bumpkin: Mod Oz mixes liberally with international flavours on the ever-changing menu.

Moruya Airport (4474 2095; George Bass Dr) is 7km from town, near North Head. Rex (13 17 13; www.rex.com.au) flies here from Merimbula (\$83, 30 minutes, two daily) and Sydney (from \$125, 50 minutes, daily).

Murrays (13 22 51; www.murrays.com.au) buses head to Canberra (\$29, 31/4 hours). Premier Motor Service (13 34 10; www.premierms.com.au) stop on the run between Sydney (\$45, seven hours) and Melbourne (\$64, 111/2 hours) via Narooma (\$10, 35 minutes) and Batemans Bay (\$8, 30 minutes).

As an alternative to the Princes Hwy, you can turn right after the bridge and follow the coastal George Bass Dr to Batemans Bay.

MOGO

☎ 02 / pop 260

Mogo is a historic strip of wooden shops and houses almost entirely devoted to Devonshire teas, crafts and antiques.

Just off the highway is **Old Mogo Town** (4474 2123; www.oldmogotown.com.au; James St; adult/child \$15/8; (10am-5pm), a rambling re-creation of a pioneer village, complete with free gold-panning. You can stay in smart cabins (dm/s/d/tw/tr/q \$25/100/115/155/135/150, ste \$110-150; (a) inside the complex, giving you a good opportunity to play pioneer after dark.

Mogo Zoo (4474 4930; 222 Tomakin Rd; adult/child \$20/10; 9am-5pm), 2km east off the highway, is a small but interesting zoo where you can get terrifyingly close to the big cats. The stars of the show are the playful and rare white lions.

Suzanne's Coffee House (4474 3238; 15 Sydney St; meals \$9-15; S brunch & lunch) is also a sourdough bakery and organic grocery, so the focus is on delicious sandwiches stuffed full with salad and deli ingredients.

BATEMANS BAY

☎ 02 / pop 10,850

Although Canberra's 150km away, Batemans Bay is effectively its beach, which explains why it's one of the south coast's largest holiday centres. The suburban sprawl along the beaches south of the dreary town centre has

rendered it charmless in comparison to the beautiful coast surrounding it.

Information

Bay Bookshop (4472 6338: Blandford Centre, Orient St; 9am-5.30pm Mon-Fri, 9am-4pm Sat, 10am-2pm Sun) Independent store with good selection of local titles. **Post office** (**2** 4475 3620; 7 Orient St; **3** 9am-5pm) Visitors centre (4472 6900; cnr Beach Rd & Princes Hwy; 9am-5pm) Has internet access (\$2 per 15 minutes).

Sights & Activities

The Old Courthouse Museum (🕿 4472 8993; Museum Place; adult/child \$5/1; Y midday-3pm Tue & Thu, 8am-noon most Sun), just off Orient St, has displays relating to local history. Just behind the museum is the small Water Garden Town Park and a boardwalk through wetlands.

Merinda Cruises (4472 4052; Boatshed, Clyde St; adult/child \$27/14) takes a three-hour trip up the Clyde River to Nelligen. Bluefin Adventures (a 0427 220 238; Main Wharf; adult/child \$55/29) heads out to sea where you might see dolphins and

out to sea where you might see dolphins and penguins at the Tollgate Islands Nature Reserve in the bay and, in season, whales.

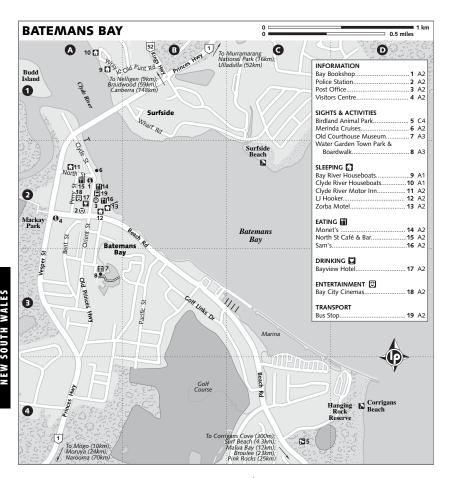
Birdland Animal Park (4472 5364; 55 Beach Rd; adult/child \$16/8; 9.30am-4pm), near Batehaven, has the usual collection of cute Aussie critters.

The closest beach to the town centre is Corrigans Beach. South of this a series of small beaches dot the rocky shore. There are longer beaches along the coast porth of the bridger beaches along the coast north of the bridge, leading into Murramarang National Park.

Surfers flock to Surf Beach, Malua Bay, small McKenzies Beach (just south of Malua Bay) and Bengello Beach, which has waves when everywhere else is flat. For the experienced, the best surfing is at Pink Rocks (near Broulee) when a north swell is running. Locals say the waves are sometimes 6m high. Broulee itself has a wide crescent of sand, but there's a strong rip at the northern end.

Sleeping

There are many holiday apartments offering weekly rentals; enquire at LJ Hooker (4472 9294; www.ljhooker.com.au/batemansbay). If your karaoke repertoire stretches to Proud Mary, you might want to consider a houseboat. Both Bay River Houseboats (4472 5649; www.bayriverhouseboats.com .au; Wray St) and Clyde River Houseboats (4472 6369; www.clyderiverhouseboats.com.au; Wray St) have eight- and 10-berth vessels available. Prices for three-night rentals start from \$510 in the low season but double during the peak.



Zorba Motel (472 4804; www.zorbamotel.com .au; 15 0rient St; s \$85-95, d \$100-110; You can't beat the views from Zorba's front rooms. The motel is little changed in decades but continues to offer an old-fashioned Greek welcome.

Eating

Monet's (☎ 4472 5717; 3/1 Orient St; mains \$7-20; breakfast & lunch Mon-Sat) The gentle hues of Monet's waterlilies cover the walls of this snug Mediterranean café. Organic produce and free-range eggs are the norm and there are plenty of vegetarian options available.

St; mains \$8-20; S 8.30am-4.30pm Mon-Thu, 8.30am-late Fri & Sat) While much of Batemans Bay seems to be stuck in the Golden Age Of Motels, this café is a beacon of modernity – from its shiny counter to its range of organic and gluten-free treats. On Fridays and Saturdays you can kick-start the day with a first-rate coffee and then head back in the evening for cocktails.

Sam's (4472 6687; Orient St; mains \$11-18; unch Wed-Fri, dinner Wed-Mon) Grab a seat by the water at this classic old-school Italian, with a devoted following of locals who come for the fresh seafood and unpretentious pasta and pizza.

Drinking & Entertainment

Bayview Hotel (4472 4522; 20 0rient 5t; 10am-midnight) The only real pub in town, it attracts everyone from tourists chilling to yobbos yelling. There's a lively roster of bands, DJs and trivia nights.

Bay City Cinemas (4472 6009; www.baycitycinemas .com.au; Perry St; tickets \$10.50-11.50) Blockbusters for rainy days.

Getting There & Away

The scenic Kings Hwy climbs the escarpment and heads to Canberra from just north of Batemans Bay. Both **Murrays** (a 13 22 51; www .murrays.com.au) and the **Surfborder Express** (a 6241 0033; www.transborder.com.au) service this route (both \$24, 2½ hours).

Premier Motor Service (13 34 10; www.premier ms.com.au) coaches stop on the run between Sydney (\$41, six hours) and Melbourne (\$68, 12 hours) via Ulladulla (\$13, one hour) and Moruya (\$8, 30 minutes).

CANBERRA

☎ 02 / pop 322,000

Don't let the dismissiveness of Australians about their capital put you off. Canberra may not be the most riveting city to live in, but it's a fascinating place to visit. Sure, Mussolini would have approved of the grand avenues and triumphal parades, but the geometrical precision of its layout has created a green and spacious city with uplifting vistas at every turn.

When the separate colonies of Australia were federated in 1901, a decision to build a national capital was included in the constitution. American architect Walter Burley Griffin won the competition to design it and in 1908 this site, diplomatically situated between rivals Sydney and Melbourne, was selected. In 1911 the Commonwealth government bought land for the ACT and in 1913 christened the capital Canberra, a name derived from an Aboriginal term for 'meeting place'.

An exploration of Canberra will unearth some of the best examples of modern Australian architecture and some of the grandest public edifices and cultural attractions that taxes can buy.

ORIENTATION

The city is arranged around Lake Burley Griffin. Approaching from the north, the main arterial road, Northbourne Ave, dissects the city centre (aka Civic). The pedestrian malls to its east comprise Canberra's main shopping areas.

Northbourne Ave becomes Commonwealth Ave, which spans Lake Burley Griffin and intersects Capital Circle. This road encircles Capital Hill, the apex of Walter Burley Griffin's parliamentary triangle. Located within and near the triangle are many noteworthy buildings.

Maps

The visitors centre stocks city maps and cartography for bushwalks.

INFORMATION

The YHA (p161) has a reliable, central internet café.

Canberra Hospital (6244 2222, emergency dept 6244 2611; Yamba Dr, Garran)

General post office (13 13 18; 53-73 Alinga St, Civic) Mail can be addressed: poste restante Canberra GPO, Canberra City. ACT 2601.

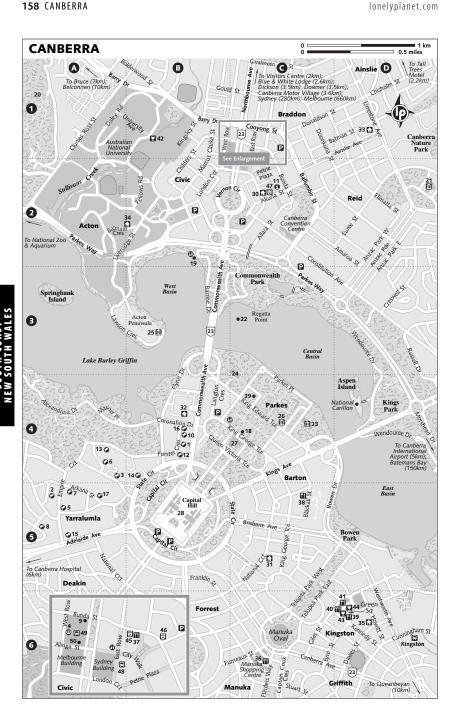
National Library Bookshop ((a) 6262 1424; Parkes PI, Parkes) Superb selection of Australian books.

SIGHTS

Most of Canberra's significant buildings, museums and galleries are scattered around Lake Burley Griffin. You can easily walk here from Civic, Manuka or Kingston. Otherwise any bus heading over the Commonwealth Ave bridge can drop you outside the National Library.

Parliament House

The four-legged, 81m flagpole atop Capital Hill marks the location of **Parliament House** (277 5399; www.aph.gov.au; admission free; 9 9 am-5pm), an accomplished piece of modern architecture in harmony with its environment. The public spaces contain informative displays,



INFORMATION	SIGHTS & ACTIVITIES	EATING 🖬
Canadian High	Aboriginal Tent Embassy 18 C4	Ginseng36 C6
Commission1 B4	Acton Park Ferry Terminal19 B2	Milk & Honey37 B6
Dutch Embassy2 A5	Australian National Botanic Gardens20 A1	Ottoman Cuisine38 C5
French Embassy3 A6	Australian War Memorial21 D2	Pizzazz Café39 D6
General Post Office4 B1	Captain Cook Memorial Water Jet 22 C3	Portia's Place40 D6
German Embassy5 A5	National Gallery of Australia23 C4	Silo Bakery 41 D6
Indonesian Embassy6 A4	National Library of Australia24 C3	•
Irish Embassy7 A5	National Museum of Australia25 B3	DRINKING 🗖
Japanese Embassy8 A5	National Portrait Gallery26 C4	ANU Union Bar42 B1
Mapworld9 A6	Old Parliament House27 C4	B Bar
National Library Bookshop(see 24)	Parliament House28 B5	Filthy McFadden's44 D6
New Zealand High	Questacon – National Science &	-
Commission 10 B4	Technology Centre29 C4	ENTERTAINMENT 😇
NRMA11 C1	<i>57</i>	Academy 45 B6
Papua New Guinea High	SLEEPING 🔂	Dendy Canberra Centre46 B6
Commission12 B4	Canberra City YHA30 C2	Ticketek47 C2
Singapore High Commission13 A4	Hotel Realm31 C5	
South African Embassy14 B4	Hyatt Hotel Canberra32 B4	TRANSPORT
Thai Embassy15 A5	Olims Hotel Canberra33 D1	Civic Bus Interchange48 A6
UK High Commission16 B4	University House34 B2	Jolimont Centre49 A6
US Embassy17 A5	Victor Lodge	Qantas50 A6
•	<u>-</u>	

an excellent collection of Aboriginal art and a 1297 edition of the Magna Carta.

Free guided tours (45-minutes on nonsitting days, 20-minutes otherwise) are held every half-hour from 9am to 4pm. You're welcome to find your own way around but you may have to queue to watch parliamentary proceedings from the public galleries. Note that tickets for question time (2pm on sitting days) are free, but must first be booked through the Sergeant at Arms (6277 4889); get them by midday or you may miss out. Tickets aren't required for other sessions in either house. Inside, the red and green of Britain's parliamentary chambers has been transmuted into the pale hues of a eucalyptus forest.

Bus 39 runs to Parliament House from Civic.

Old Parliament House

Elegant **Old Parliament House** (**6**270 8222; www .oph.gov.au; King George Tce, Parkes; adult/concession \$2/1; 9am-5pm), the seat of government from 1927 to 1988, is much smaller than its replacement. There's a fascinating, free, 40-minute guided tour (departs every 45 minutes from 9.30am to 11.45am and 12.45pm to 3.45pm), or guide vourself via a free leaflet.

Opposite the main entrance is the Aboriginal **Tent Embassy**, established in 1972 in response to governmental refusal to recognise land rights.

National Gallery of Australia

This excellent **gallery** (**a** 6240 6502; www.nga.gov.au; Parkes Pl, Parkes; permanent collection free; 10am-5pm)

showcases Australian art, including important paintings by Arthur Boyd, Sidney Nolan and Grace Cossington Smith. Aboriginal works include the wonderful Aboriginal Memorial (1988), a forest of 200 burial logs painted by 43 Arnhem Land artists for the bicentenary of colonisation. Of the international pieces featured, perhaps the most famous is Jackson Pollock's *Blue Poles: Number 11, 1952.*There are all-inclusive guided tours

There are all-inclusive guided tours (11am and 2pm), along with one focusing on Aboriginal and Torres Strait Islander art (11am Thursday and Sunday). The gallery often has free lectures and film screenings; phone for details.

National Portrait Gallery

By late 2008 the National Portrait Gallery (www.portrait.gov.au; King Edward Tce, Parkes; admission free; Y 10am-5pm) should be in a flash new home. Its wonderful collection of painting, sculpture and photos has as its subjects Australians famous and obscure, historical and contemporary. Favourites include a luridly spray-painted Nick Cave by Howard Arkley (1999).

Lake Burley Griffin

Named after Canberra's architect, Lake Burley Griffin was created by damming the Molonglo River in 1963. Swimming is not recommended, but the lake is suitable for boating and great to cycle around. Boats, bikes and inline skates are available for hire at Acton Park ferry terminal, on the northern shore.

Around the lake's 35km shoreline are many places of interest. The most visible is the Captain Cook Memorial Water Jet, built in 1970 for the bicentenary of Captain Cook's landfall.

Australian War Memorial

The colossal war memorial (6243 4211; www.awm .gov.au; Treloar Cres, Campbell; admission free; 还 10am-5pm) is set in beautiful grounds at the foot of Mt Ainslie, littered with mature trees, sculpture and big guns. It houses an interesting collection of dioramas, relics and exhibitions. Free 90-minute guided tours are held throughout the day.

Entombed in the glorious Hall of Memory is the Unknown Australian Soldier, whose remains were returned from a WWI battlefield in 1993. The hall itself is steeped in symbolism, with church-like stained glass and an exquisite 1958 mosaic covering the roof and walls with over six million Italian tiles. It's here that the cult of the Anzac (Australian and New Zealand Army Corps) reaches its apotheosis, the figures haloed like religious icons. Even those uncomfortable with Australia's unquestioning glorification of its military will be impressed.

The view down Anzac Pde across the lake to Parliament shows Canberra at its most planned, geometric and grandiose. It's well worth walking to the lake to view the various military memorials stretched along the road like an open-air gallery of 20th-century monument design.

SOUTH COAST NEW SOUTH WALES

To get to the War Memorial catch bus 33 from Civic

Australian National Botanic Gardens

Spreading over 90 hectares of the lower slopes of Black Mountain, Australian National Botanic Gardens (6250 9540; www.anbg.gov.au/anbg; Clunies Ross St, Acton; admission free; (8.30am-5pm) is devoted to the growth, study and promotion of Australian plants. Dedicated trails take in the highlights of the gardens, including sections of rainforest and themed plantings.

Its visitors centre (9am-4.30pm) has maps and is the departure point for free guided walks (11am and 2pm, plus 9.30am in spring and summer).

Bus 81 from Civic will take you directly to the gardens on weekends, public holidays and school holidays. If you're feeling fit, it's a pleasant walk to the gardens through the grounds of the Australian National University.

National Museum of Australia

This **museum** (**a** 6208 5000; www.nma.gov.au; Lawson Cres, Acton Peninsula; admission free; 9 9am-5pm), a dramatic modern construction on the northern shore of the lake, showcases the land, nation and people of Australia through Australian eyes and with the aid of interactive gizmos. There are attendants on hand to help you navigate exhibitions on environmental change, indigenous culture, national icons and more, and you can take one-hour guided tours (adult/child \$7.50/5.50). First Australians tours are held at 11am and Highlights tours are held at midday, 1.30pm and 3pm.

Bus 34 from Civic runs here.

National Library of Australia

The National Library of Australia (@ 6262 1111; www .nla.gov.au; Parkes Pl, Parkes; admission free; Y main reading room 9am-9pm Mon-Thu, 9am-5pm Fri & Sat, 1.30-5pm Sun) is one of the most elegant buildings in Canberra, with an effective use of stained glass in its frontage.

It holds more than six million items, including rare books, paintings, early manuscripts, photographs, oral histories and maps. Bookings are required for the free, 45-minute **Behind-the-Scenes Tour** (**☎** 6262 1271; **ⓑ** tour 12.30pm Thu). The **Exhibition Gallery** (admission free; 9am-5pm) presents thematic displays collated mainly from the library's diverse collections.

Questacon - National Science & Technology Centre

This hands-on museum (6270 2800; www.guesta con.edu.au; King Edward Tce, Parkes; adult/child \$18/11.50; 9am-5pm) is educational and great fun. The 200-plus interactive exhibits show how science and technology work in everyday life.

National Zoo & Aquarium

This impressive **zoo** (**a** 6287 8400; www.zooquarium .com.au; Lady Denman Dr, Yarralumla; adult/child \$26.50/14.50; 10am-5pm) is near Scrivener Dam at the western end of Lake Burley Griffin.

Bus 81 from Civic heads to the Zoo before stopping at the Botanic Gardens, but only on weekends, public holidays and school holidays.

Embassies

Being a relatively new capital, many nations have custom-built their embassies. The Yarralumla embassy zone is a fascinating place to explore if you're a fan of 20th-century

architecture. Many incorporate elements of their respective cultures. The Papua New Guinea High Commission (Forster Cres) is shaped like a traditional building and decorated with colourful paintings, while New Zealand's has a corrugated-iron cow sculpture.

FESTIVALS & EVENTS

National Multicultural Festival (www.multicultural festival.com.au) Celebrated over 10 days in February.

Royal Canberra Show (www.rncas.org.au/showwebsite/ main.html) The country meets the city (it's not that far to travel) at the end of February.

Celebrate Canberra Festival (www.celebratecanberra .com) Canberra's extended birthday party, held mid-March. National Folk Festival (www.folkfestival.asn.au) Held Easter weekend.

Floriade (www.floriadeaustralia.com) A month-long celebration of spring flowers, held in September/October.

SLEEPING

This is a government town. There are very few bargains and even shoddy choices dry up when Parliament is sitting. It pays to book ahead. There's hardly any accommodation in the livelier suburbs, such as Manuka and Kingston. Most motels are spread out along Northbourne Ave. The inner city has some options but parking can be a problem.

Budaet

Canberra Motor Village (6247 5466; www.canberra village.com; Kunzea St, O'Connor; camp sites per 2 people \$26, cabins \$109-175; 🔀 🖭) Dozing in peaceful bush 6km northwest of the centre, the orderly arrangement of tidy cabins and camp sites mirrors Canberra itself.

Canberra City YHA (6248 9155; canberracity@ yhansw.org.au; 7 Akuna St, Civic; dm \$28-34, r/tr \$89/112; 🔀 🔲 🔊) This large, bright complex offers plenty of potential to mingle, with its rooftop barbecue area, bar, indoor swimming pool, spa, pool tables and comfy lounge.

Victor Lodge (6295 7777; www.victorlodge.com .au; 29 Dawes St, Kingston; s/d & tw \$69/85; 🔀 🛄 ; wi-fi) Far from flash yet quite presentable, this large house offers clean rooms with shared facilities and a communal kitchen.

Midrange

Blue & White Lodge (6248 0498; blueandwhitelodge@ bigpond.com; 524 Northbourne Ave, Downer; s/d \$95/100; 🕄) Somewhere between a brick-and-tile home and the Parthenon (Ionian columns and pediments) this family-run B&B offers cooked

breakfasts and comfortable, clean rooms. It also has the identical Canberran Lodge (528) Northbourne Ave, Downer) a couple of doors down.

Olims Hotel Canberra (6243 0000; www.olims hotel.com; cnr Ainslie & Limestone Aves, Braddon; r \$115-209; 🔀 💷 ; wi-fi) This 1927 heritage-listed building and its later refurbishments surround a lovely courtyard. The 1st-floor, self-contained 'loft' rooms are more spacious and have balconies overlooking the garden.

Tall Trees Motel (6247 9200; www.bestwestern .com.au/talltrees; 21 Stephen St, Ainslie; r \$119-149; 🔀) The green grounds of this motel and its location in leafy Ainslie lend it a relaxed air. It's a good place to base yourself if you want to be near but not in the centre.

ourpick University House (6125 5211; www .anu.edu.au/unihouse; 1 Balmain Cres, Acton; s \$123-136, tw/d \$123/136; 🔀 🛄 ; wi-fi) Restored rather than renovated, this glorious 1950s building (with furniture to match), is soothingly positioned amid the rambling university grounds. The rooms

power-plays in the diplomatic suites. The illusion fades in the newer wing, where it's back to the Hyatt world of comfortable normality.

EATING

Most restaurants are in Civic, Kingston, Manuka and Griffith. There's a fantastic Asian strip in Dickson and many other possibilities scattered throughout the suburbs.

Restaurants

Ginseng Restaurant (6260 8346: 15 Flinders Way. Manuka; lunch mains \$11-26; (lunch & dinner) Making up for its shoebox size by spilling onto the street, Ginseng serves modern Chinese dishes and lots of vegetarian options.

Portia's Place (6239 7970; 11 Kennedy St, Kingston; mains \$17-29; Plunch Sun-Fri, dinner daily) The effervescent Portia is very much the host at this popular and accomplished traditional Chinese restaurant. It's a good place to spot

ourpick Ottoman Cuisine (6273 6111: cnr Broughton & Blackall Sts, Barton; mains \$29-35; 🕑 lunch Tue-Fri, dinner Tue-Sat) A real sense-of-occasion restaurant, Ottoman is to Turkish what Mod Oz is to meat-and-two-veg. The service is impeccable, there's a good wine list and the mezze plates are amazing.

Cafés & Self-catering

SOUTH COAST NEW SOUTH WALES

Silo Bakery (6260 6060; 36 Giles St, Kingston; mains \$3-15; Pam-4pm) Popular to the point of insanity, this legendary bakery and cheese shop has café seating and an excellent breakfast menu.

Milk & Honey (6247 7722; Garema Pl, Civic; breakfast \$5-16, lunch \$11-22, dinner \$18-29; (breakfast, lunch & dinner) There are lots of longstanding cafés on this alley but this newcomer has the most interesting food. Try the breakfast trifle or for something more substantial, the truffled scrambled eggs with avocado.

Pizzazz Café (6239 6200; 41 Kennedy St, Kingston; mains \$10-19; Y breakfast & lunch) Although the name sounds like a dodgy 1980s hairdresser, Pizzazz offers an interesting take on café fare with a vaguely Mexican bent.

DRINKING & ENTERTAINMENT

For entertainment listings, see the 'Fly' section of Thursday's Canberra Times and the free monthly street mag bma. Ticketek (132 849; www.ticketek.com.au; 11 Akuna St, Civic) sells tickets to major events.

B Bar (**a** 6295 1949; 21 Kennedy St, Kingston; **9** 3pmlate) A slick place to toss back a few cocktails while snacking on tapas.

Filthy McFadden's (6239 5303; Green Sq., Kingston; noon-late) There's a suitably dingy ambience at this better-than-average Irish pub with a big selection of beer on tap.

ANU Union Bar (6125 3660; www.anuunion.com .au; Union Court, Acton; (gigs 8pm) Has energetic live music up to three times a week during semester; usually around \$10 for local bands, but cover charges can climb to \$50.

Academy (\$\overline{\over .au; Bunda St, Civic; admission \$5-15; Spm-late Tue-Sat) The original movie screen of this former cinema dominates the crowded dance floor of this nightclub with frenetic, larger-than-life visuals.

Dendy Canberra Centre (**a** 6221 8900; www.dendy .com.au; 148 Bunda St, Civic; adult/child \$15/11) A flash new art-house cinema complex.

GETTING THERE & AWAY

Canberra International Airport (6275 2222; www.can berraairport.com.au) is serviced by four airlines: Brindabella Airlines (1300 66 88 24; www .brindabellaairlines.com.au) Services Newcastle (70 minutes) and Albury (45 minutes).

Qantas (13 13 13; www.qantas.com.au; Jolimont Centre, Northbourne Ave, Civic) Heads to Brisbane (95 minutes), Sydney (50 minutes), Melbourne (one hour), Adelaide (1¾ hours) and Perth (four hours).

Tiger Airways (a 03-9335 3033; www.tigerairways .com) Services to/from Melbourne.

Virgin Blue (136 789; www.virginblue.com.au) Also has services to Sydney, Melbourne and Adelaide, plus the Gold Coast (90 minutes).

Bus

The interstate bus terminal is the Jolimont Centre (Northbourne Ave, Civic), which has free phone lines to the visitors centre.

Greyhound (**a** 13 14 99; www.greyhound.com.au; Solimont Centre office 7am-6pm) has frequent services to Sydney (\$40, 31/2 hours) and Melbourne (\$89, nine hours).

Murrays (☐ 13 22 51; www.murrays.com.au; ☑ Jolimont Centre counter 7am-6pm) has daily services to Sydney (\$37, 3½ hours), Batemans Bay (\$24, 2½ hours), Narooma (\$37, 4½ hours) and Wollongong (\$31, 3½ hours).

Surfborder Express (6241 0033; www.transborder .com.au) connects the capital to Batemans Bay (\$24, 2½ hours) and Ulladulla (\$35, 3½ hours).

Car & Motorcycle

The quickest route between Canberra and the coast is the Kings Hwy, passing through grazing land before descending the nearly sheer cliffs of the escarpment in a steep, winding, but extremely beautiful road through Mongo National Park to Batemans Bay (150km).

If you're fast-tracking it to Sydney (280km), take the Federal then the Hume Hwy. For Melbourne (660km), take the Barton Hwy and then the Hume. For the Victorian Coast, take the Monaro Hwy to Lakes Entrance (420km).

Train

Kingston train station (6295 1198; Burke Cres), off Wentworth Ave, is the city's rail terminus. Buses 35 and 39 run between here and Civic.

You can book trains and connecting buses inside the station at the CountryLink travel centre (a 13 22 32; www.countrylink.info; 6 6am-4.45pm Mon-Fri). CountryLink trains run to/from Sydney (\$40, 41/2 hours, two daily). There are no direct trains to Melbourne but you can catch a CountryLink coach to Yass and transfer to a train there but it will take a couple of hours longer than the direct bus.

GETTING AROUND To/From the Airport

Canberra International Airport is 7km southeast of the city. A taxi to the city costs around \$30. Deane's Buslines (6299 3722; www.deanesbus lines.com.au) operates the frequent AirLiner bus (one-way/return \$9/15, 20 minutes) between the airport and the city.

Bus

Canberra's public transport provider is **Action** (131710; www.action.act.gov.au), with routes that criss-cross the city.

You can purchase single-trip tickets (adult/concession \$3/1.50), but a better deal is a daily ticket (adult/concession \$6.60/3.30). Prepurchase tickets from Action agents (including the visitors centre and some newsagents) or buy them from the driver.

Taxi

Cab Express (6260 6011)

SHOALHAVEN COAST

The coastal beauty is undiminished in this region, with its great beaches, state forests and numerous national parks, including the huge (190,751-hectare) Morton National Park in the westerly ranges. You're now in striking distance of Sydney, so expect holiday spots to fill up and prices to explode on the weekends and school holidays.

MURRAMARANG NATIONAL PARK

This beautiful 11,978-hectare coastal park (admission per car \$7) begins just above Batemans Bay and extends to within 20km of Ulladulla. If you haven't seen a kangaroo in the wild yet, here's your chance. At dawn and dusk large numbers of them wander out of the gum- and rainforests to the edges of lovely Durras Lake, while colourful parrots fill the trees.

Wasp Head, Depot, Pebbly and Merry Beaches are all popular with surfers and Myrtle Beach with nudists. We're not sure where nude surfers go. There are numerous walking trails snaking off from these beaches and a steep but enjoyable walk up **Durras Mountain** (283m).

At the north of the park, Murramarang Aboriginal Area encompasses the largest midden on the south coast, its remains suggesting 12,000 years of continual occupation. A selfguided walking track has been laid out with interpretive displays.

Sleeping

NPWS has idyllic camp sites (per adult/child \$14/7) with showers, flushing toilets and barbecues at Depot Beach (4478 6582), Pebbly Beach (4478 6023) and Pretty Beach (4457 2019). Sites are scarce during school holidays; book ahead. It also rents tidy, self-contained cabins (\$85-100) at Depot Beach and Pretty Beach, sleeping between four and six people.

Friendly Durras Lake North Holiday Park (2 4478 6072; www.durrasnorthpark.com.au; 57 Durras North Rd; camp sites per 2 people \$20-25, cabins \$70-225) has shady camp sites and cute cabins. It's very popular with kangaroos.

Another favourite of the marsupial mob is **EcoPoint Murramarang Resort** (4478 6355; www.murramarangresort.com.au; camp sites per 2 people \$30-74, villas \$129-381; 128). It's a big, modern place with

villas \$129-381; 🔊). It's a big, modern place with a row of Norfolk pines between it and the beach. Posh extras such as camp sites with en suites and cabins with spas are the norm.

Getting There & Away

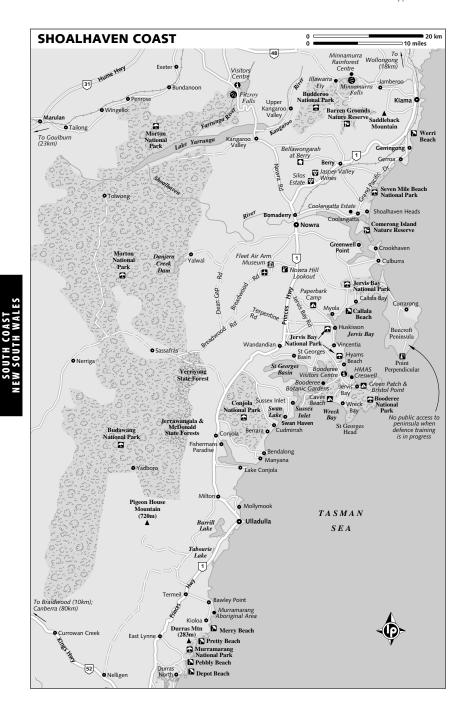
The Princes Hwy forms the park's western edge, but it's 10km from the beaches. Many of the roads are pretty rough, but those to Durras, Durras Lake, Depot Beach and Durras North are all sealed, as is Mt Agony Rd to Pebbly Beach (but not Pebbly Beach Rd).

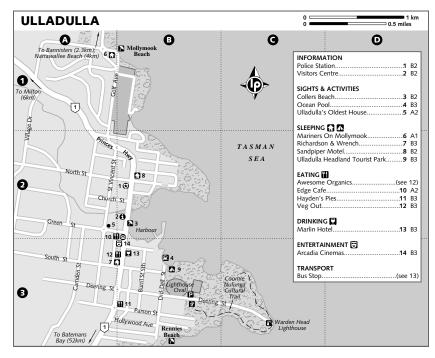
ULLADULLA

☎ 02 / pop 10,300

The harbour is the centre of life in this fishing-focussed town that lets its hair down at Easter for the **Blessing of the Fleet** ceremony. While Ulladulla can be a bit, well, dull, it does have some beautiful beaches.

North of the centre, gorgeous Mollymook stretches to over 2km of golden sand. Narrawallee Beach, the next one up, ends at a pretty kayak-friendly inlet. Both have beach breaks, although the serious surfers head for





Collers Beach below the golf course, which offers left- and right-hand reef breaks and decent barrels. Immediately south of the harbour is a small beach with a large **ocean pool**.

Information

Post office (Princes Hwy)

Book your stay at lonelyplanet.com/hotels

Visitors centre (4455 1269; www.shoalhavenholidays .com.au; Princes Hwy; 10am-6pm Mon-Fri, 9am-5pm Sat & Sun) Has internet access (per half hour \$1.25)

Sights & Activities

The Coomee Nulunga Cultural Trail is a 700m walking trail established by the local Aboriginal Land Council. It begins near Lighthouse Oval (take Deering St east of the highway) and follows a path forged by the Rainbow Serpent (an important being in Aboriginal mysticism) from the headland through native bush to the beach.

Climbing **Pigeon House Mountain** (720m), in the far south of Morton National Park, is an enjoyable challenge. A road runs close to the summit, from where it's a walk of over three hours and 5km to the top and back. The last stretch features steep steps and ladders. The main access road leaves the highway 5km north of Ulladulla just before Milton, then it's 28km to the car park.

Sleeping

For holiday home rentals try Richardson & Wrench (4455 3999; www.randwulladulla.com.au; cnr Princes Hwy & South St).

Ulladulla Headland Tourist Park (4455 2457; www.holidayhaven.com.au; South St; camp sites per person \$10-20, cabins \$70-235; №) Not skimping on the 'park' part of the tourist park equation, this headland property has a lovely, leafy setting with ample ocean views. Facilities are good and well-kept.

Sandpiper Motel (4455 1488; www.sandpiper motel.com.au; 78 Princes Hwy; s/d \$70/75; ② ②) Clean rooms, friendly staff, reasonable rates and a large DVD library separates this traditional motel from the other brick-and-tile places.

Mariners on Mollymook (4454 2011; www.mariners mollymook.com.au; 1 Golf Ave, Mollymook; apt 1-bedroom/2bedroom \$160/180) A smart renovation has rendered this older establishment fresh as a daisy. The self contained apartments have dreamy beach views; some have spa baths.

our pick Bannisters (4455 3044; www.bannisters .com.au; 191 Mitchell Pde, Mollymook; r \$260-350, ste \$410-560; 🔀 💷 🗭 ; wi-fi) The ultimate extreme makeover: the bones of a 1970s concrete block motel provide the basis of this hip, unassumingly luxurious place. Splash to the lip of the infinity pool for sublime views up the coast, or enjoy them from your balcony.

Eating

SOUTH COAST NEW SOUTH WALES

Hayden's Pies (**4**455 7798; 166 Princes Hwy; pies \$3-5; 🔀 6.30am-5.30pm Mon-Fri, 7am-4.30pm Sat & Sun) From the traditional to the gourmet (Moroccan lamb; salmon and prawn) and vegetarian, this little pie shop is filled with crusty goodness and delicious smells.

Edge Cafe (4454 3565; cnr Green & Boree Sts; breakfast \$4-13, lunch \$7-14, dinner \$22-26; 🕑 9am-4.30pm Mon-Thu, 9am-late Fri & Sat) Part licensed café, part gallery and part bakery, Edge Cafe has an enticing menu of sandwiches, bagels, pasta and pizza.

Veg Out (4455 2266; Bellbrook Arcade, 95 Princes Hwy; mains \$5-10; Y 8am-4pm Mon-Fri, 8am-2pm Sat) The awesome coffee may not be conducive to veging out, but the organic, meat-free salads, wraps, quiches and cakes certainly are. Stock up on earth-friendly groceries at Awesome Organics 9.30am-5pm Mon-Thu, 10.30am-5pm Fri), two doors down.

Bannisters Restaurant (4455 3044; 191 Mitchell Pde; breakfast \$14-17, dinner \$29-42; Y breakfast daily, dinner Tue-Sun) Elegantly situated on Bannister's Point, 1km north of town, the Mod Oz fare matches the fine views, showcasing local ingredients in a creative menu.

Drinking & Entertainment

Marlin Hotel (4455 1999; cnr Princes Hwy & Wason St) There are harbour views from the back bar of this big old pub, and regular bands and DJs.

Arcadia Cinemas (4454 1224; Rowens Arcade, Boree St; tickets \$10-12) Blockbuster and art-house movies make their way here.

Getting There & Away

Premier Motor Service (13 34 10; www.premierms .com.au) coaches stop on the run between Sydney (\$31, five hours) and Melbourne (\$76, 1234 hours) via Batemans Bay (\$13, one

hour) and Nowra (\$17, one hour). Surfborder Express (6241 0033; www.transborder.com.au) heads to Canberra (\$35, 3½ hours).

Ulladulla Bus Lines (4455 1674) services the local area, including Milton, Narrawallee and Mollymook.

ULLADULLA TO JERVIS BAY

Milton, on the highway 6km north of Ulladulla, is this area's original town, built to serve the nearby farming communities. In a sign of how values have changed, note that Milton, like so many early towns in this coastal region, was built several kilometres inland, away from the cold and stormy coast.

There are several cafés and a few antique shops on the main street (Princes Hwy) and it gets pretty busy here on weekends. Pilgrims Wholefoods (4455 3421; Princes Hwy; meals \$5-9; Preakfast & lunch Mon-Sat) has interesting vegetarian lunches (six types of vege burger!), along with organic supplies.

The highway passes Conjola National Park before skirting St Georges Basin, a large body of water that has access to the sea through narrow Sussex Inlet. The north shore of the basin has succumbed to housing developments reminiscent of the suburban sprawl on the central coast.

JERVIS BAY

One of the most stunning spots on the south coast, this large, sheltered bay is a magical amalgamation of snow-white sand, crystalline waters, national parks and frolicking dolphins. Seasonal visitors include hordes of Sydney holidaymakers (summer and most weekends) and migrating whales (May to November).

To reach the bay you have to pass through sections of Jervis Bay National Park, 4854 hectares of low scrub and woodland, which shelter the endangered eastern bristlebird. The bay itself is a marine park.

In 1995 the Aboriginal community won a land claim in the Wreck Bay area and now jointly administers Booderee National Park (opposite) at the southern end of the bay. By a strange quirk this area is actually part of the ACT, not NSW.

Most of the development in Jervis Bay is on the western shore, around the settlements of Huskisson and Vincentia (combined population 3391). The northern shore has less tourist infrastructure. Callala Bay (population 2717), despite its close proximity to Huskisson, is cut off by the Currambene Creek - you have to drive back to the highway and head south (which is just the way the locals like it). Beecroft Peninsula forms the northeastern side of Jervis Bay, ending in the dramatic sheer wall of appropriately named Point Perpendicular. Most of the peninsula is navy land but is usually open to the public.

Sights & Activities

Huskisson (Huskie to her friends) is the centre for most tourist activities.

Lady Denman Maritime Museum (2 4441 5675: www.ladydenman.asn.au; cnr Woollamia Rd & Dent St; adult/ child \$8/4; (10am-4pm) has an interesting historic collection as well as the 1912 Lady Denman ferry. Also here, Timbery's Aboriginal Arts & Crafts sells work produced by one family of artisans. The shop is normally staffed by Laddie, the entertaining patriarch.

Behind the pub, Huskisson Sea Pool (admission free; Yam-6pm Mon-Fri, 10am-5pm Sat & Sun) has salt water but is more like an Olympic pool than the usual ocean pools.

Dolphin Watch Cruises (4441 6311; www.dolphin watch.com.au; 50 Owen St; adult/child from \$20/15) offers several dolphin and whale-watching trips on its custom catamaran.

The marine park is popular with divers, offering the chance to get close to grey nurse sharks and fur seals. Deep 6 Diving (4441 5255; www.deep6divingjervisbay.com; 64 0wen St) charges \$100 for two boat dives, plus equipment hire (\$150 with full gear).

Jervis Bay Sailing Charters (4441 8777; www .jervisbaysailingcharters.com.au; 9 Hawke St) offers twoor three-hour cruises on a luxury catamaran. The boat holds 12 passengers and rates vary widely.

Jervis Bay Kayaks (2 4441 7157; www.jervisbaykayaks .com; 13 Hawke St) offers rentals (two-hour/day \$36/66) or guided half-day paddling and snorkelling trips (\$96).

South of Huskisson, Hyams Beach is an attractive stretch of sand that is said to be the whitest in the world. It's a little like walking on warm snow.

BOODEREE NATIONAL PARK

Occupying Jervis Bay's southeastern spit, this sublime national park offers good swimming, surfing and diving on both bay and ocean beaches. Much of it is heath land, with some forest, including small pockets of rainforest.

Booderee means 'plenty of fish' and it's easy to see what a bountiful place this must

have been for the indigenous people. For personalised tours with an Aboriginal focus, talk to Wreck Bay identity Uncle Barry (20 0402-

There's a good visitors centre (4443 0977; www.booderee.gov.au; 9am-4pm) at the park entrance with walking-trail maps and information on camping. Inside the park is Booderee **Botanic Gardens** (**4442** 1122; **8.30am-4pm**), which is a branch of the Australian National Botanic Gardens in Canberra and includes some enormous rhododendrons.

There are many walking trails around the park. Keep an eye out for the 206 species of bird, 27 species of land mammal and 23 species of reptile. Amphibian enthusiasts can thrill to the 15 species of frogs.

Entry to the park costs \$10 per vehicle per 48 hours, or you can buy an unlimited annual pass for \$40 (NPWS passes are not valid). There are idyllic camping grounds at Green Patch (camp sites \$20-45 plus \$10/5 per adult/child) and Bristol Point (camp sites \$20-52 plus \$10/5 per adult/child). For a more secluded experience try the basic camping at Caves Beach (camp sites \$11 plus \$10/5 per adult/child). Book through the visitors centre or via the internet up to three weeks in advance at peak times. There's a 24-hour self-registration system at the entrance to the park.

Surfing is good at Caves Beach, but the real drawcard is the Pipeline (aka Black Rock, **Bristol Point** (camp sites \$20-52 plus \$10/5 per adult/child).

real drawcard is the Pipeline (aka Black Rock, Wreck Bay or Summercloud Bay), an A-grade reef break that produces 12-foot tubes in optimal conditions.

The park is also home to the naval training base HMAS Creswell, which is off limits to the public.

Sleepina

There's plenty of accommodation in Huskisson and Vincentia but it still pays to book ahead. Prices skyrocket on weekends. Hyams Beach is a relaxing place to stay, but options are limited to mainly private rentals; try Hyams Beach Real Estate (4443 0242; www .hyamsbeachholidays.com.au; 76 Cyrus St, Hyams Beach).

Huskisson Beach Tourist Resort (4441 5142; www.holidayhaven.com.au; Beach St; sites per 2 people \$30-42, cabins \$85-190; Run by the Shoalhaven Council, this well-equipped camping ground has a great location right on the beach and flash cabins.

Jervis Bay Motel (4441 5781; www.jervisbaymotel .com.au: 41 Owen St: r \$115-165: 🔀 🔊) An oldfashioned motel that's been tarted up, you'll find pleasant décor and quality furnishings, as well as lovely views from the upstairs rooms.

Jervis Bay Guesthouse (☐ 4441 7658; www.jervisbay guesthouse.com.au; 1 Beach St; r \$175-235; ② ☐) This beautifully restored wooden guesthouse is opposite the beach, surrounded by tropical gardens. Most rooms have a beach view and wide verandas.

Paperbark Camp (4441 6066; www.paperbark camp.com.au; 59 Woollamia Rd; tent \$320-450) Camp in ecofriendly style in one of 12 luxurious solar-powered safari tents, with comfy beds, gorgeous en suites and wrap-around decks. It's set in dense bush 3.5km from Huskisson; you can borrow kayaks to paddle up the creek to the bay.

Eating

Supply (4441 5815; 1/54 0wen St; mains \$5-15; breakfast & lunch) The best of Huskisson's cafés, Supply doubles as a deli. Grab a newspaper and settle into the smart surroundings for a satisfying breakfast.

Hyams Beach Café (4443 3874; 76 Cyrus St, Hyams Beach; breakfast \$8-14, lunch \$14-17, dinner \$24-29; breakfast & lunch daily, dinner fri & Sat) Once a simple beach store, it's now a smart café selling fancy provisions, frilly gifts and copies of *Vogue Living*. The menu is varied and excellent; takeaways are a cheaper option.

Gunyah Restaurant (441 7299; 59 Woollamia Rd; mains \$29-32; breakfast & dinner) Sit under the canopy and watch the light change through the trees from the balcony of this acclaimed restaurant at Paperbark Camp (above). The focus is on local ingredients, although ordering 'roo has less appeal when there's a possibility of a live one walking past.

Drinking & Entertainment

Husky Pub (4441 5001; www.thehuskypub.com.au; 0wen St) The funnest place in town has fabulous bay views from indoors and outside at the many picnic tables. There's live music most weekends.

Huskisson Pictures ((a) 4441 6343; www.huskpics .com.au; cnr Sydney & Owen Sts; tickets \$8.50-9.50) This tiny picture house leans towards the art house.

Getting There & Away

Being off the highway, Jervis Bay is poorly served by public transport. **Stuart's Coaches** ((a) 4421 0332) runs a school-bus service from Nowra to Callala Bay.

NOWRA

☎ 02 / pop 27,480

From a traveller's perspective, Nowra's more of a means to an end rather than an end in itself. It may be the largest town in the Shoalhaven area but it doesn't have the charm of Berry, 17km northeast, or the beaches of Jervis Bay, 25km southeast. It is, however, the southernmost point that the train from Sydney stops on the east coast. There are some good eateries and when Jervis Bay fills up you can stop here and commute.

Information

NPWS office (4423 2170; 55 Graham St;

№ 8.30am- 4.30pm Mon-Fri)

Post office (59 Junction St)

Sights & Activities

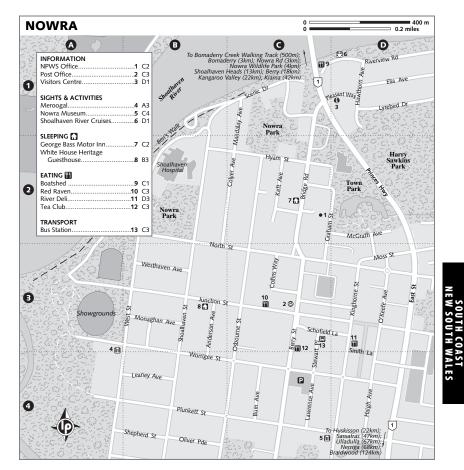
The 6.5-hectare **Nowra Wildlife Park** (421 3949; www.nowrawildlifepark.com.au; Rock Hill Rd; adult/ child \$16/8; 3am-5pm), on the north bank of the Shoalhaven River, is where you can kiss a cockatoo and meet other native animals. Head north from Nowra, cross the bridge and immediately turn left, then follow the signs.

Nowra Museum (421 1228; cnr Kinghorne & Plunkett Sts; adult/child \$1/50c; 1-4pm Sat & Sun) has heaps of old stuff. Meroogal (421 8150; www.hht.net.au/museums/meroogal/; cnr West & Worrigee Sts; adult/child \$8/4; 1-5pm Sat, 10am-5pm Sun) is a historic 1885 house containing the artefacts accumulated by four generations of women who lived there. Entry is by guided tours, which leave on the hour.

If you're at all interested in military planes and helicopters, **Fleet Air Arm Museum** (4424 1920; www.navy.gov.au/faam/; 489A Albatross Rd; adult/child \$7/free; 10am-4pm), 10km south of Nowra, has an excellent display. Nearby **Nowra Hill lookout** offers expansive views over the plains to the escarpment.

The visitors centre produces a handy compilation of walks in the area. The relaxing **Ben's Walk** starts at the bridge near Scenic Dr and follows the south bank of the Shoalhaven River (6km return). North of the river, the circular 5.5km **Bomaderry Creek Walking Track** runs through sandstone gorges from a trailhead at the end of Narang Rd.

Shoalhaven River Cruises (**a** 0429 981 007; www.shoal havenrivercruise.com) has tours either up (\$25, two



hours) or down (\$35, three hours) the beautiful Shoalhaven River, leaving from the wharf just east of the bridge. Call ahead for times.

Sleeping

our pick White House Heritage Guest House (2421 2084; www.whitehouseguesthouse.com; 30 Junction St; \$ \$85, d \$100-130;) A friendly family runs this beautifully restored guesthouse with comfortable en suite rooms. The light breakfast out on the wide veranda is a great way to start the day.

Eating

Boatshed (421 2419; 10 Wharf Rd; breakfast \$5-12, lunch \$13-15, dinner \$19-24; breakfast & lunch \$at & Sun, dinner Thu-Sat) Nowra's most atmospheric eating option is right by the river, almost under the bridge. Enjoy weekend brunch on the terrace or settle into the Mod Oz dinner menu.

River Deli (423 1344; 84 Kinghorne St; meals \$5-15; breakfast & lunch Mon-Sat) The smart set gathers at this trendy spot to pour over the stacks of newspapers and savour the array of deli items including filled baguettes and salads. The barrista with the Dali-esque moustache makes a mean coffee.

WORTH A TRIP: FITZROY FALLS

Water falling 81m makes a big roar and that's what you hear at this stunning spot in Morton National Park (admission per vehicle \$3). Even more spectacular is the view down the Yarrunga Valley from the sheer cliffs of the escarpment. There are various walks in the vicinity where if you're very lucky you might spot a platypus or a lyrebird. The visitor centre (4887 7270; 9am-5.30pm) has a café and good displays.

From either Nowra or Berry the road is a delight, heading through pretty Kangaroo Valley where the historic town is hemmed in by the mountains. Then it's over castlelike Hampden Bridge, an ostentatious 1898 sandstone affair, before taking the steep climb up the escarpment.

comfortable little vegetarian café with a vast back garden. Check its website for interesting live gigs.

Red Raven (4423 3433; 55 Junction St; lunch \$13-20, dinner \$20-28; Yelunch Tue-Fri, dinner Tue-Sat) Occupying the 1908 fire station, this BYO restaurant serves interesting Italian-influenced dishes with plenty of vegetarian options.

Getting There & Around

The train station (4423 0141; Meroo St) is 3km north of town at Bomaderry. Frequent CityRail (131 500; www.cityrail.info) trains go to Wollongong (\$8.60, 75 minutes) via Berry (\$3.40, 10 minutes), with connections to Sydney. Local buses link Nowra to the train station on weekdays with only limited services on Saturdays. Or take a taxi (4421 0333).

Premier Motor Service (13 34 10; www.premierms .com.au) coaches stop on the run between Sydney (\$22, 3½ hours) and Melbourne (\$76, 13¾ hours) via Ulladulla (\$17, one hour).

AROUND NOWRA

East of Nowra, the Shoalhaven River meanders through dairy country in a system of estuaries and wetlands, finally reaching the sea at Crookhaven Heads.

On the north side of the estuary is Shoalhaven Heads, where the river once reached the sea but is now blocked by sandbars. Just north of the surf beach here is Seven Mile Beach National Park (admission free) stretching up to Gerroa.

Just before Shoalhaven Heads you pass through Coolangatta, the site of the earliest European settlement on NSW's south coast. Coolangatta Estate (4448 7131; www.coolangatta estate.com.au; s/d & tw \$110/130; Ye winery 10am-5pm) is a slick winery with a golf course, a good restaurant and accommodation in convictbuilt buildings. Prices nearly double on the weekends.

BERRY

☎ 02 / pop 1490

Berry has the potential to be a chintzy nightmare, vet somehow it maintains its considerable historic graces without folding under the weight of antique shops and Devonshire teas. Founded in the 1820s, it remained a private town on the Coolangatta Estate (above) until 1912. Queen St, Berry's short main street, is worth a stroll for its National Trust-classified buildings and a multitude of shops and cafés.

Pottering Around (4464 2177; 99 Queen St; 10am-4.30pm) is a gift shop with tourist information and internet access (\$3 per 30 minutes). The **museum** (**1** 4464 3097; 135 Queen St; admission free; 11am-2pm Sat, 11am-3pm Sun), near the post office, is in an interesting 1884 bank building.

The popular Berry Country Fair is held on the first Sunday of the month at the showgrounds. On the last Saturday in May the peace is shattered by the caber-tossers and haggis-hurlers of the Berry Celtic Festival (234 1346; Berry Showground; adult/child \$10/5), not to mention the bagpipes.

Jasper Valley Wines (2 4464 1596; 152 Croziers Rd; 10am-4pm Fri-Sun) is 5km south of Berry, and offers tastings and lunches. Nearby, Silos Estate (4448 6082; www.thesilos.com; B640 Princes Highway, Jaspers Brush; lunch \$25, dinner \$30-33; Ye lunch Thu-Sun, dinner Thu-Sat) also offers tastings along with an acclaimed restaurant.

Sleeping

Conjuring up images of cosy wood fires, Berry is a popular weekender in winter as well.

Berry Hotel (4464 1011; www.berryhotel.com.au; 120 Queen St; s/d midweek \$45/70, s/d weekend \$70/100) This country pub is a rarity - it caters to weekending city slickers without totally losing its status as a local watering hole. The rooms are standard pub bedrooms with bathrooms down the corridor, but large and well presented.

Bunyip Inn B&B (4464 2064; blakekittle@myoffice .net.au; 122 Queen St; s/d \$90/120; 🔊) Next to the Berry

GRAND PACIFIC DRIVE

In an attempt to distract travellers from charging along the freeway and bypassing their region, the good burghers of the Illawarra region are actively promoting a coastal alternative with the lofty name Grand Pacific Drive.

Start by turning right immediately after the bridge out of Nowra (in decidedly un-grand Bomaderry) and head towards Shoalhaven Heads. The route then passes through Gerroa, Gerringong, Kiama, and on to Wollongong and its northern beaches, before cutting through Royal National Park and rejoining the Princes Hwy above Waterfall.

The most scenic section is north of Wollongong, especially the stunning Sea Cliff Bridge, which sinuously curls along the base of the Illawarra Escarpment where it meets the ocean.

The only downside of this route is that it bypasses lovely Berry, but you can rectify that by starting from the dreamy back road from Berry to the coast, which starts as Prince Alfred St.

Hotel, this is an excellent place in one of the town's more impressive buildings: an old bank. There's a variety of spacious rooms, some with spas and all with loads of character.

Berry Village Boutique Motel (4464 3570; www .berrymotel.com.au: 72 Oueen St: r \$145-165 Sun-Thu, \$175-195 Fri, \$215-225 Sat; (2) Large, comfortable rooms are the go at this upmarket place at the edge of the main strip. The tiny pool, just off reception, seems to work more as a water-feature.

Bellawongarah at Berry (4464 1999; www .accommodation-berry.com.au; 869 Kangaroo Valley Rd, Bellawongarah; r/ste/cottage \$200/250/260; (2) Misty, magical rainforest surrounds this wonderful place, 8km from Berry on the mountain road leading to Kangaroo Valley. Asian art features in the main house, while nearby an 1868 Wesleyan church has been given a French provincial makeover and is rented as a selfcontained cottage for two. The lovely hostess serves up full country breakfasts.

Eating

Berry Woodfired Sourdough Bakery (2 4464 1617; 23 Prince Alfred St; mains \$5-17; S breakfast & lunch Wed-Sun) Stock up on delicious bread or sit down for a light meal at this highly esteemed bakery, which attracts foodies from far and wide.

Coach House Restaurant (4464 1011: 120 Oueen St: mains \$15-25: 10am-late) The restaurant at the Berry Hotel offers a nice ambience and meals a cut above usual pub grub. Sit in the large covered beer garden or grab a table in the 1860 Kangaroo Inn, a single room brick building at the back.

Twenty Three (4464 2323; 85 Queen St; mains \$23-25; 🕅 dinner Tue-Sat) There's a small but upmarket and stylish dining room inside as well as a courtyard and garden. The menu is adventurous: Mod Oz with an Asian influence.

Getting There & Away

Frequent CityRail (131 500; www.cityrail.info) trains go to Wollongong (\$7.20, one hour) and Nowra (\$3.40, 10 minutes) from Berry station (4464 1022; Station Rd), with connections to Sydney.

GERRINGONG

☎ 02 / pop 3590

© 02 / pop 3590
The lesser of the coast's two Gongs, Gerrinong is a pleasant little town surrounded y farmland above the impressive sweep of Verri Beach. It's popular with both retirees nd surfies.

Just Gifts (© 4234 4443; cnr Fern & Belinda Sts; © 9am-5pm) acts as the visitors centre. Boolarng The lesser of the coast's two Gongs, Gerringong is a pleasant little town surrounded by farmland above the impressive sweep of Werri Beach. It's popular with both retirees and surfies.

9am-5pm) acts as the visitors centre. **Boolarng** Nangamai (a 0414 322 142; www.boolarng-nangamai .com; 5/9 Bergin St; 10.30am-3.30pm Sat & Sun) is an Aboriginal art and culture studio that runs workshops and acts as a gallery for local artists. Take the first left after the train station.

Sleeping & Eating

.au; 141C Belinda St; s/tw/d \$80/100/120) There's three rooms with en suites in this pretty wooden villa with friendly hosts. On sunny days you can enjoy a cooked breakfast on the veranda.

Bellachara Boutique Hotel (4234 1359; www .bellachara.com.au; 1 Fern St; r midweek \$250-550, weekend \$295-650; 🔀 🙉) An old motel has been given quite a makeover to turn it into this luxurious complex. The rooms are smartly furnished and the day spa suitably glam.

Gerringong Deli & Café (24234 1035; 133 Fern St; breakfast \$5-14, lunch \$10-17; (8am-5pm) Housed in a nice old wooden building with lots of art on the walls, this deli café has plenty of vego choices, along with sandwiches, wraps, burgers and pasta.

Getting There & Away

From Gerringong station (4234 1422; Grey St) regular CityRail (a 131 500; www.cityrail.info) trains go to Wollongong (\$6.60, 56 minutes) and Berry (\$3.40, nine minutes), with connections to Sydney.

KIAMA

☎ 02 / pop 12,290

Kiama's a large town with fine old buildings, magnificent mature trees, numerous beaches and crazy rock formations, but it's the blowhole that's the clincher. At its most dramatic when the surf's up, the water pounding the cliff explodes out of a gaping fissure in the headland known as Blowhole Point. It's been drawing visitors for a century and is now floodlit at night. The visitors centre (4232 3322; www.kiama .com.au; (9am-5pm) is nearby, beside the small Pilot's Cottage Museum (4232 1001; adult/child \$3/2; 11am-3pm Fri-Mon).

It's only a couple of feet wide, but little **blowhole** (off Tingira Cres, Marsden Head) rivals its big brother, shooting water in a great jet like a dragon snorting. There's a small enclosed surf beach right in town and Bombo Beach, 3km north of the centre has a great beach and a CityRail stop near the sand.

From the top of Saddleback Mountain you get a great view of the Illawarra Escarpment, the massive sandstone rampart that separates the coastal plain from the Southern Highlands. From Manning St, turn right on to Saddleback Mountain Rd, keeping an eye out for the historic dry stone walls lining the road.

By the time this book is published there will also be spectacular views from the Illawarra Fly (a 1300 362 881; www.illawarrafly.com.au; 182 Knights Hill Rd, Knights Hill; adult/child \$19/9; Y 9am-5pm), a 500m viewing tower above the rainforest canopy at the top of the escarpment, 25km west of town.

In the same vicinity, Minnamurra Rainforest **Centre** (**a** 4236 0469; car \$11; **9** 9am-5pm, last entry 4pm) is on the eastern edge of Budderoo National Park, about 14km inland from Kiama. From the NPWS visitors centre vou can take a 1.6km loop walk on a boardwalk through the rainforest following a cascading stream. Keep an eye out for water dragons and some of the most sociable lyrebirds in the country. A secondary 2.6km walk on a beautiful but sometimes steep track leads to the Minnamurra Falls. The visitors centre has a café.

On the way to Minnamurra you'll pass through the old village of Jamberoo, which has a nice pub.

Book your stay at lonelyplanet.com/hotels

Sleeping

Kendalls On The Beach Holiday Park (2 4232 1790; www.kiama.net/holiday/kendalls; Bonaira St; sites per 2 people \$35-40, cottages \$100-300; **23**) Perched on one of Kiama's loveliest beaches this upmarket holiday park has flash cottages facing the beach and good clean facilities for campers.

Bellevue Accommodation (4232 4000: www.belle vueaccommodation.com.au; 21 Minnamurra St; units \$160-200; (R) Six large modern units with wide porches and good town views have been carved out of this lovely 1890 house, steeped with the scent of jasmine. The décor is plush and units have DVD players and kitchen facilities.

Eating

Chachi's (**a** 4233 1144; 32 Collins St; mains \$14-29; (Y) dinner) Located in a historic strip of terraced houses, Chachi's offers casual Italian alfresco dining. The smells wafting onto the pavement are hard to resist.

ourpick 55 On Collins (4232 2811; 55 Collins St; breakfast \$4-13, lunch \$12-29, dinner \$28-33; () 9am-4pm daily, dinner Mon-Tue & Thu-Sat) Big city culinary creativeness comes to Kiama with this smart place, which combines local produce with eclectic tastes. The wait-staff are so switched on you'd half expect them to know the first names of the animals being served. If you can't justify a dinner splurge, reasonably priced café fare is available during the day.

Every fourth Saturday, the Kiama Produce Market (☎ 0409-377 132; Black Beach; 🖓 8am-1pm) offers an array of local organic produce, unusual baked goods and prepared foods.

Getting There & Away

CityRail (13 15 00; www.cityrail.info) trains hit Kiama station (4223 5613; Railway Pde) on their run between Wollongong (\$5.60, 47 minutes) and Bomaderry/Nowra (\$4.60, 28 minutes), via Gerringong (\$3, nine minutes).

WOLLONGONG

☎ 02 / pop 234,500

Hemmed in by the majestic Illawarra Escarpment, Wollongong sprawls along the coast from Lake Illawarra in the south, to within spitting distance of the Royal National Park. It's a city that gets progressively nicer as you head north, with the southern end dominated by the biggest steelworks in Australia at Port Kembla. The town centre isn't about to be crowned Miss Australia either, but a string of ever prettier surf beaches to the north compensate somewhat, as does the ever-present backdrop of those immense cliffs.

The region is part of the traditional lands of the Dharawal people, which continue north to Botany Bay. It was explored by Europeans in the early 19th century, but apart from timber cutting and dairy farming there was little development until the escarpment's coalfields attracted miners. By the turn of the 20th century Wollongong was a major coal port. Steelworks were developed in the 1920s and today the region is one of Australia's major industrial centres and Wollongong its ninth biggest city.

The Gong's surf ethos is a happy contrast to its blue-collar grit, and the result is genuine locals and a laid-back lifestyle. The city's cuisine measures up to that of any major city and the robust student population ensures that bar staff are never bored for long.

Orientation

Crown St is the main commercial street, and between Kembla and Keira Sts is a two-block somewhat sterile pedestrian mall. Keira St is part of the Princes Hwy, but through traffic bypasses the city on the Southern Fwy.

Information

At the time of research plans were afoot to move the Wollongong visitors centre (www.tourism wollongong.com) to the Princes Hwy, Bulli. Addresses and phone numbers hadn't been confirmed, so you're best to check the website. A smaller office may also open in the city itself. There's a post office and banks with ATMs on Crown St Mall.

Network Café (2 4228 8686; Upstairs, 157 Crown St; per hr \$3.50; (10am-6pm Mon-Wed, 10am-11.30pm Thu & Fri, 10am-5.30pm Sat) Internet access.

NPWS office (4223 3000; ground fl, State Government Office Block, Market St; (8.30am-4.30pm Mon-Fri)

Sights & Activities

Wollongong's fishing fleet is based at **Belmore Basin** at the southern end of the harbour, which was cut from solid rock in 1868. There's a fishing cooperative and an 1872 lighthouse on the point. Nearby, on the headland, is the newer Breakwater Lighthouse.

North Beach generally has better surf than Wollongong City Beach and you can't see the mill. The harbour itself has beaches that are good for children. Others run north up the coast, including the surfer magnets of Bulli, Sandon Point, Thirroul (where DH Lawrence lived during his time in Australia; the cottage where he wrote Kangaroo still stands) and pretty Austinmer.

The excellent Wollongong City Gallery (24228 7500; www.wollongongcitygallery.com; cnr Kembla & Burelli Sts; admission free; Y 10am-5pm Tue-Fri, noon-4pm Sat & Sun) displays a permanent collection of modern Australian, indigenous and Asian art, and diverse temporary exhibits.

Quizzical kids of all ages can indulge their senses at the Science Centre & Planetarium (2 4286 5000; http://sciencecentre.uow.edu.au; Squires Way, Fairy Meadow; adult/child \$10/7; (10am-4pm). Operated by the University of Wollongong, this interactive science extravaganza covers everything from dinosaurs to electronics. Planetarium shows run through the day (\$3 per person).

The utterly serene Wollongong Botanic Gardens
(2 4225 2636; 61 Northfields Ave, Keiraville; admission free;
Tam-5pm Mon-Fri, 10am-5pm Sat & Sun) is a beautiful spot to wind down with a picnic lunch. The gardens represent a range of habitats including tropical, temperate and woodland. During summer, outdoor movies are often played. summer, outdoor movies are often played.

Just south of the city, Nan Tien Temple (4272 0600; www.nantien.org.au; Berkeley Rd, Berkeley; admission free; 9am-5pm Tue-Sun) is the largest Buddhist temple in the southern hemisphere. The custodians of this ornate complex encourage visitors to contemplate the 10,000 Buddhas and participate in meditations and cultural activities. Dress appropriately (no shorts, singlets or flip-flops) and remove your shoes before entering the shrines.

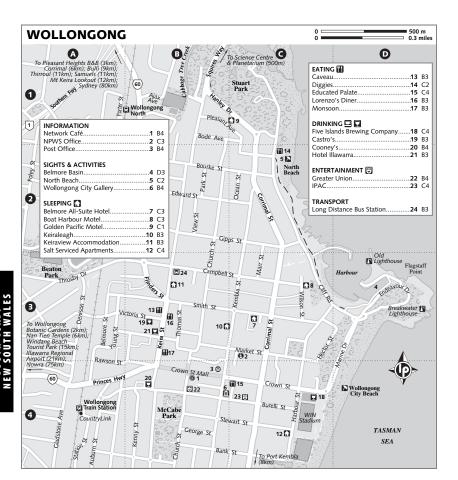
The Cockatoo Run (1300 653 801; www.3801limited .com.au; adult/child/family \$40/35/100; (11am, 2nd Sun of each month) is a heritage tourist train that travels inland across the Southern Highlands to Moss Vale. The route traverses the escarpment, coursing through dense rainforest along the way.

Sleeping

Most of Wollongong's motels seem to have been time-warped in from the 1970s or earlier. Prices leap by around \$20 on weekends.

BUDGET

The council runs three tourist parks (http://tourist parks.wollongong.nsw.gov.au; camp sites per 2 people \$20-25)



on popular beaches: **Windang** (4297 3166; Fem St; cabins \$55-145), **Corrimal** (4285 5688; Lake Pde; cabins \$75-110) and **Bulli** (4285 5677; 1 Farrell Rd; cabins \$55-170).

Keiraleagh (2228 6765; keiraleagh@backpack.net au; 60 Kembla St; dm \$20-25, s \$35, d/tw \$55-65) This rambling heritage house is clogged with atmosphere, with pressed metal ceilings, roses in the cornices and festively painted rooms. The basic dorms are out the back, along with a sizeable patio and a BBQ.

MIDRANGE

Golden Pacific Motel (4226 3000; fax 4228 3853; 16 Pleasant Ave, North Beach; r \$95-135; 30) The friendly owners keep the place so spick-and-span that it seems churlish to giggle over the dated furnishings − although it's hard to resist with the satin and lace draped four-poster in the honeymoon suite.

 decorated building near the beaches. There are kitchenettes and attractive patios.

TOP END

Pleasant Heights B&B (283 3355; www.pleasant heights.com.au; 77 New Mt Pleasant Rd; r \$250-450) Eccentrically but stylishly furnished, these three very different rooms are very luxe indeed. Some have awesome views while others have opulent spa baths. All smell very nice.

Eating

North of the mall, Keira St is jammed with eateries of all types and budgets. Other places are spread across town.

BUDGET

Educated Palate (4225 0100; 87 Crown St; mains \$7-17; breakfast & lunch) Forgive the seriously pretentious name and raid the deli counter for provisions, or let the cooks put in the hard yards over, say, the grilled haloumi and chorizo omelette. The coffee is excellent.

MIDRANGE & TOP END

Monsoon (☎ 4229 4588; 193 Kiera St; lunch \$8-10, dinner \$15; ∑ lunch Tue-Sat, dinner Tue-Sun) The décor is typically oddball Vietnamese: there's a mirror ball, a Buddha and a cat-headed Egyptian figure. Thankfully the food is also authentic; try the wonderfully fragrant *pho bo* (beef noodle soup).

Samuels (2468 2244; 382 Lawrence Hargrave Dr, Thirroul: breakfast \$9-16. lunch \$25. dinner \$25-30: 12 break-

fast Sat & Sun, lunch Tue-Fri, dinner Tue-Sun) Well worth the drive out to Thirroul, this excellent restaurant has a lively Mod Oz menu where all the dishes come with a choice of two sides. Sunday nights feature \$25 soup-and-roast deals.

Drinking

Cooney's (a 4229 1911; 234 Keira St) This vast, dark bar has cosy nooks, pool tables and constant tunes. There's also a beer garden and often live music and DIs.

Hotel Illawarra (4229 5411; cnr Keira & Market) Modernised into the city's swankiest pub complex, the Illawarra has a decent bistro, orange pool tables, regular DJs and a urinal-like waterfall constantly tinkling in the beer garden.

Castro's (4227 2058; 5 Victoria St; admission free, \$10 after 11pm Sat; 9pm-late Wed-Sat) Wollongong's gay bar-club plays host to a mixed student crowd on Wednesdays and drag shows on Saturdays.

Entertainment

Getting There & Away

AIR

Illawarra Regional Airport (2 4221 6102; Airport Rd) is 21km south of the centre at Albion Park Rail, a 15-minute walk from Albion Park

BUS

All long-distance buses leave from Wollongong City Coach Terminus (2426 1022; cnr Keira & Campbell Sts). Premier Motor Service (133 410; www.premier ms.com.au) operates buses to/from Sydney (\$15, two hours, two daily) and Melbourne (\$79, 15 hours, daily). Murrays (13 22 51; www murrays.com.au) travels to Canberra (\$31, 3½ hours, daily).

TRAIN

CityRail (a 131 500; www.cityrail.info) trains run frequently from Sydney's Central Station to Wollongong (\$9.60, 1¾ hours), continuing south to Kiama (\$5.60, 47 minutes) and Bomaderry/Nowra (\$8.60, 75 minutes).

Getting Around

Local buses (a 131 500) link most suburbs. You can reach most beaches by rail and trains are fairly frequent. Bringing a bike on the train from Sydney is a great way to get around; a cycle path runs from the city centre north to Bulli and south to Lake Illawarra.

For taxis, call **a** 4229 9311.

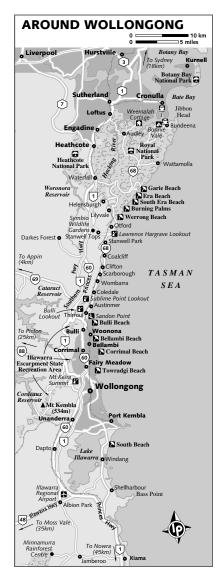
AROUND WOLLONGONG SOUTH OF THE CITY

Just south of Wollongong, Lake Illawarra is popular for water sports including windsurfing. There are good ocean beaches on the Windang Peninsula to the east of the lake. Further south is **Shellharbour**, a popular holiday resort, and one of the oldest towns along the coast. Its name comes from the number of shell middens (remnants of Aboriginal occupation) that the European colonists found here.

ILLAWARRA ESCARPMENT STATE CONSERVATION AREA

Rainforest hugs the edge of the ever-eroding sandstone cliffs of the escarpment, which rise to 534m at their peak at Mt Kembla. This discontinuous conservation area protects much of it. For wonderful views of the coast, you can drive up to the Mt Keira lookout (464m); take the freeway north and follow the signs. There are other lookouts at Bulli and Sublime Point.

The park is accessible from several roadside car parks; grab the excellent pamphlet



from NPWS (p173), with maps and details of walks.

NORTH OF THE CITY

On the road to the Royal National Park, the **Lawrence Hargrave Lookout** at Bald Hill above Stanwell Park is a superb cliff-top viewing point. Hargrave, a pioneer aviator, made his

first attempts at flying in the area early in the 20th century. His obsession has since been picked up by avid hang-gliders. To join in, <code>HangglideOz</code> (\$\overline{\Omega}\$ 0417 939 200; www.hangglideoz com.au) and <code>Sydney Hang Gliding Centre</code> (\$\overline{\Omega}\$ 4294; www.hanggliding.com.au) offer tandem flights from \$199.

You can hit the trails on the back of a horse at **Darkes Forest Riding Ranch** (2424 3441; www horseriding.au.com; 84 Darkes Forest Rd, Darkes Forest; per hr from \$40).

ROYAL NATIONAL PARK

The only thing preventing Wollongong from becoming a suburb of Sydney is this wonderful **coastal park** (admission per car \$11, pedestrians & cyclists free), which protects 16,300 hectares stretching inland from 32km of beautiful coast. Encompassing dramatic cliffs, secluded beaches, scrub and lush rainforest, it's the oldest national park in the world having been gazetted in 1879. The park has a large network of **walking tracks**, including a spectacular 29km (two day) coastal trail.

There are lots of beautiful beaches, but most are unpatrolled and rips can make them dangerous. Garie, Era, South Era and Burning Palms are popular surf beaches and Werrong Beach is 'clothing-optional'. The side roads to the smaller beaches are closed at 8.30pm. Cycling is popular but stick to the trails to avoid a fine.

The visitors centre (29542 0648; 8.30am-4.30pm) is at Audley, 2km inside the northeastern entrance, off the Princes Hwy. Nearby, you can hire row boats, canoes and kayaks from the **Audley Boatshed** (29545 4967; per h/day \$20/40; 93m-5pm Mon-Sat, 9am-5.30pm Sun), as well as mountain bikes (per hour/day \$16/34).

The sizeable town of **Bundeena**, on the southern shore of Port Hacking opposite Sydney's southern suburb of Cronulla, is surrounded by the park. From here you can walk 30 minutes towards the ocean to **Jibbon Head**, which has a good beach and interesting Aboriginal rock art. Bundeena is the starting point of the coastal walk.

Sleeping

The only park camping ground accessible by car is at **Bonnie Vale** (camp sites per adult/child \$14/7), near Bundeena. Bush camping is allowed in several other areas, but you must obtain a permit (adult/child \$5/3) from the visitors centre, where you can get information about current usable camp sites. NPWS also rents out gorgeous **Weemalah Cottage** (cottage winter/summer \$190/220), by the river at Warumbul. Once kept for visiting dignitaries, this fully self-contained house has wide verandas and sleeps eight.

Garie Beach YHA (29261 1111; www.yha.com.au; Garie Beach; dm \$16) Secluded behind the dunes, this hostel is near great surf breaks and has no phone, power (apart from solar lighting), showers or other amenities to spoil the rustic mood (OK, there are composting toilets). You need to book, collect a key and get detailed directions from the YHA Membership & Travel Centre (p184) in Sydney.

Getting There & Away

Cronulla National Park Ferries (9523 2990; www .cronullaferries.com.au; adult/child \$5.40/2.70; hourly 8.30am-5.30pm) travels to Bundeena from Cronulla, which you can reach by train from Sydney. Hours are longer on weekdays and in summer.

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