

# Surprisingly exciting

Start planning your next adventure. You can do it right here in Lithgow. We have a surprisingly diverse range of exciting and heart pumping activities for you to enjoy and let's face it – everyone can use a little bit of adventure in their life.

**Lithgow is a place where you can join in, go it alone, or make up your own adventures with your friends.**

National parks, State forests, motor sport venues, sporting facilities, lakes and waterways are right on your doorstep.

With six national parks, along with those in the Blue Mountains and Oberon areas, you are spoilt for choice when it comes to wilderness areas. Canyoning, rockclimbing and abseiling are definitely for the more adventurous along with overnight bushwalks through all types of terrains. There are also many shorter and less strenuous bushwalks and historic areas to explore. Caving at Jenolan Caves adds a further adventure experience.

State forest areas provide many tracks, suitable more for 4WD than for 2WD vehicles. The forests are also available

for approved motorcycle activities and adventure activities like orienteering and mountain bike riding. In fact, forest areas were used for the Sydney World Masters Games Orienteering Championships in 2009, the Australian Four Day Enduro Motorcycle Championships in 2010 and each year Lithgow hosts the first round of the NSW Rally Championships and the State Mountain Bike Championships.

Lake Lyell, Lake Wallace and Thompson Creek Dam are available for a specified range of water sports including water skiing, sailing, fishing, canoeing, swimming, dragon boat racing, and other water sports.

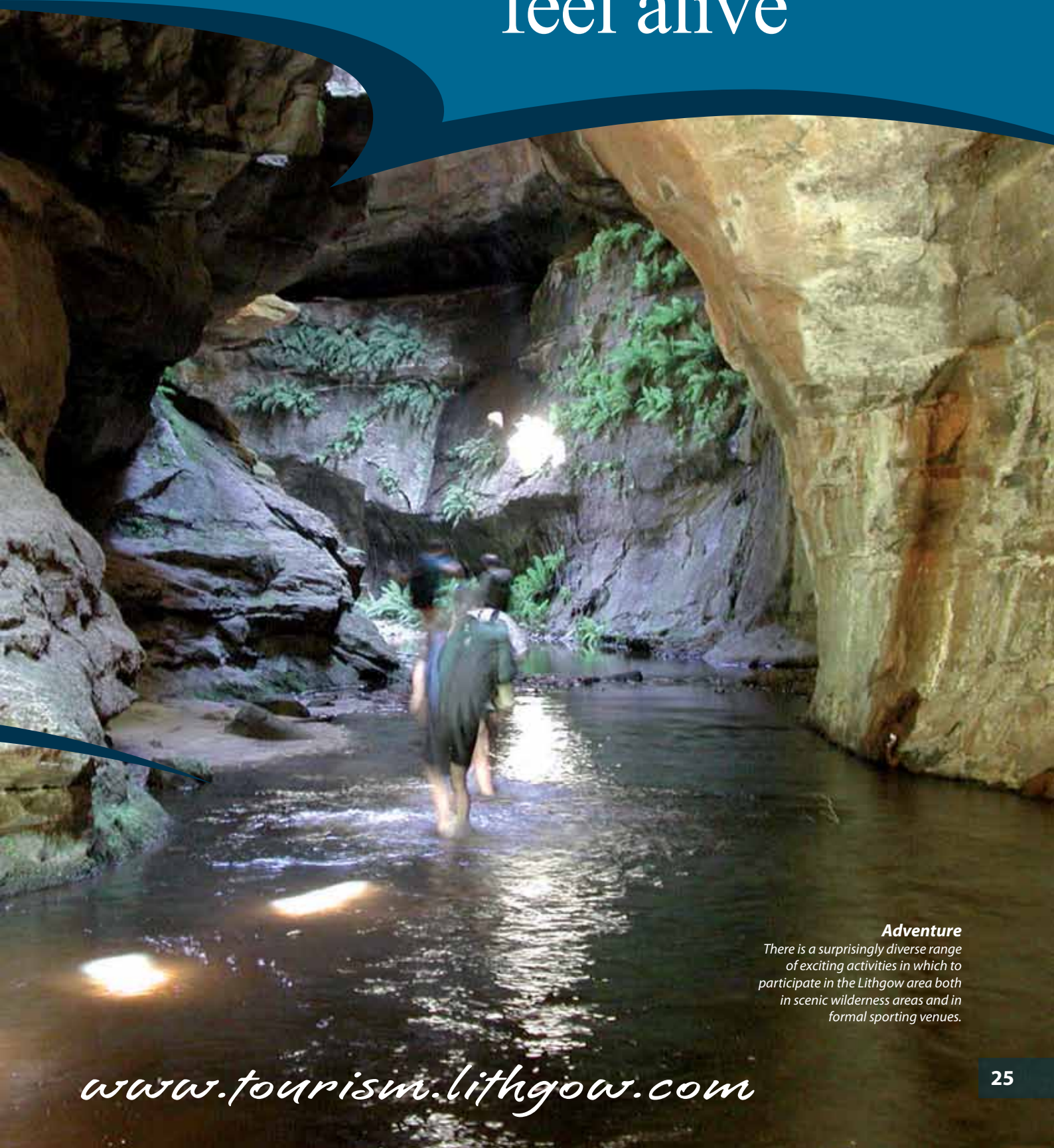
And then there are the sporting venues. Motor sports alone have motocross, go kart and speedway courses. Archery, muzzle gun and rifle ranges can be enjoyed. Golf and bowling clubs can be visited. Tennis, swimming pools, skateboard riding, cricket, hockey, basketball, croquet, netball ... the list goes on, and on!



*Let your imagination run wild*



adventure sports  
exciting attractions  
surprise yourself  
feel alive



**Adventure**

*There is a surprisingly diverse range of exciting activities in which to participate in the Lithgow area both in scenic wilderness areas and in formal sporting venues.*

# Outdoor adventure

*We're talking about creating memories here!*

## ACTIVE ESCAPE

### Rockclimbing, abseiling and canyoning

For the seriously adventurous, there are a number of places to rockclimb, abseil and canyon. Contact the Lithgow Visitor Information Centre or National Parks and Wildlife Service for approved places.

### Bushwalking

Easy bushwalks and overnight treks for the fit and not so fit can be found across the region. See page 48 for a list of graded walks.

### Mountain-biking

Challenge yourself on tricky downhill tracks, through forest areas and along rural roads. The Lithgow area is an increasingly popular destination for serious mountain bikers. There are now a number of mountain-biking challenges throughout the year. The Central Tablelands Mountain Bike Club has all the information any mountain biker may need to test their skills. Lithgow hosts a variety of downhill, cross country and night challenges, yes you read it correctly – night challenges!

### Fishing

There are three lakes in the Lithgow area which are open to anglers. They are Lake Lyell, Lake Wallace and Thompson Creek Dam. Access to creeks and rivers is limited to the fishing season in rivers, which is between October long weekend and June long weekend. Fishing in the three lakes is permitted all year.

### Orienteering

A growing sport, there are many opportunities for orienteering groups and individuals, with only a map and compass, to find their way around the area. In 2009 the Sydney World Masters Games Orienteering Championships were successfully held in the area.

### Sport

Lithgow has had a representative at every Olympic Games since 1948, whether it be as an athlete, umpire, coach or official. It's only natural then that Lithgow is home to many exciting sports including hockey, football, cricket, soccer, netball, bowls, basketball and individual sports like running, swimming, triathlons, orienteering and golf.





Both individual and group sporting and adventure activities abound in the Lithgow area

### Golf and bowling clubs

There are two eighteen hole golf courses for use in Lithgow and Portland. Both clubs hold competitions and social tournaments. Bowling Clubs can be found in Lithgow, Wallerawang and Portland.

### Woodchopping

Lithgow has a number of world champions who regularly compete on the local, national and international circuit. Fast and furious, woodchips fly in all directions as the woodchoppers battle it out. See the woodchoppers in action at the Rydal and Lithgow Shows, at Celebrate Lithgow and at regular competitions held around the area.

## MOTORSPORTS AND RECREATION

### 4WD

There are many opportunities to enjoy four wheel driving in the Lithgow area. In particular State forests offer a variety of tracks.

Many 4WD clubs visit the area to undertake training and to enjoy time away in a natural setting.

By joining a 4WD club you may get access to areas that are not legally accessible to individuals.

Remember, stick to legal roads and tracks, and conserve the environment for future adventurers.

### Go Kart racing

The Combined Go Kart Racing Association hosts monthly Go Kart meets as part of the NSW and the Australian Championships.

### Speed cars

Cullen Bullen Speedway is becoming well known as the 'action attraction of the west'. Speedway meets are held every month, except winter. Competitors come from all around the state to take on the locals.

### Motorbike riding

The winding back roads across the area provide an excellent network of scenic drives for the recreational motorbike rider. Stop at a country pub or tea room, or put a picnic in the panniers and enjoy a great day out.

### Motocross

Motocross action can be found at the Happy Valley Racetrack on the Old Bells Line of Road. Turn off the Bells Line of Road at Clarence near the Zig Zag Railway and follow the road for 10km.

Remember all motorbikes must be registered and you must stick to legal roads.

## ARCHERY, MUZZLE GUN AND RIFLE RANGES, PAINT BALL

Regular archery, shooting and paint ball competitions are held in Lithgow. Contact the Visitor Information Centre for more details.

## SKATEPARK

In 2009 the Lithgow Skatepark was opened. The park has good natural flow, and contains a variety of equipment including quarter pipes, banks, rails, spine ramp and blocks to keep users challenged.

## ONE BIG PLAYGROUND FOR YOUNG CHILDREN

Life is just one big adventure playground for littlies in the Lithgow area. Children's playgrounds can be found throughout the area. Playing in a stream or going on a bushwalk to discover flowers, butterflies and other creepy crawlies, is always an exciting experience for young ones.



Touch football



Hockey



Fly fishing