



## Things To Do

With its verdant hinterland, golden beaches and the blue Pacific, you'll find there's lots to do to refresh the body and spirit, while entertaining the mind. You won't have to look too hard to find wonderful activities that your group will enjoy, either for pre or post conference touring, team-building events, ways to spend a day or an afternoon off or for partner programs.

You'll also find that here on Coffs Coast, many operators really think out of the square and will go out of their way to accommodate your group and cater to any particular needs or wishes.

### The Great Outdoors

For fun group activities or team building events, try one of the following outstanding outdoor experiences. Navigate hinterland valleys on a guided 4WD tour, go bushwalking in a National Park or try an army survival and communication skills exercise.

If water sports are more appealing, paddle in unison in rubber rafts on the Pacific surf, down the exciting white water rapids of the Nymboida River, or in canoes along the quiet waterways of extensive river systems.

Thrill-seekers will want to race in a mini grand prix on an international go-kart circuit, become close buddies on a scuba dive, or get a birds' eye view of Coffs Coast either from a helicopter or during an exhilarating sky-dive.

Consult the Incentives & Activities section further on in this publication for a full range of possibilities.

### Golf

There are eleven golf courses you can choose from on Coffs Coast. From 9-hole resort courses in Coffs Harbour to an 18-hole island course in Nambucca, there is sure to be a golf course close by that meets your needs. For a world-class experience, there's the Bonville

Golf Resort, featuring a par 72 championship 18-hole golf course and other award-winning facilities. Nestled in a serene rainforest setting, Bonville has been voted Australia's Most Beautiful Golf Course four years in a row.

### Galleries

With a large number of artists calling Coffs Coast home, we are lucky to see an increasing number of art galleries opening in our region. Consider a gallery when you're looking for a unique venue for a special function or a personal visit during some free time, or plan a gallery tour as part of a partner program.

Among the galleries you could put on the itinerary are: Coffs Harbour Regional Gallery, John Gordon Gallery and the Bunker Cartoon Gallery in Coffs Harbour; Cooina Aboriginal Gallery in Sawtell, Nexus Community Gallery in Bellingen and Greenstone Gallery in Emerald Beach. All these galleries exhibit superb works and creations by local, regional and interstate artisans.



## Escape to the Country - or the Sea

On the escarpment of the Great Dividing Range, an hour's drive away from the city, delegates can walk in the World Heritage rainforest of Dorrigo National Park, some 700 metres above sea level, and encounter fascinating birds and other wildlife. Travel a little further to Point Lookout in the New England National Park, and at an altitude of 1,563 metres, you're up with the eagles in sub-alpine terrain, looking down across mountains and valleys. Spectacular views and a different perspective for sure!

Offshore from Coffs Harbour is the Solitary Islands Marine Park. Perfect for scuba diving and snorkelling, a sail or cruise around the islands – and between June and October spotting the mighty Humpback whales as, in ever increasing numbers, they travel by our coast on their journey to and from the Antarctic. Of course, our many beaches, warm water and subtropical climate are perfect for surfing – or learning to surf from professionals. Another great idea for a delegate outing is game fishing along the edge of the continental shelf.

## Shopping

Coffs Coast features an extensive range of shopping opportunities, from boutique specialty stores along some of our towns' main streets to convenient shopping centres.

After a revitalisation and refurbishment, Coffs Harbour's City Centre offers a modern yet charming village-style shopping experience. There is a great variety and diversity of retail outlets, catering to lifestyle shoppers, business and service industries and the trendy young individual. The retail area includes Palms Shopping, a two-storey shopping centre with almost 50 specialty stores.

The City Centre features boutique fashion stores, gift shops, jewellers, bookstores, music stores, bakeries and florists to cater for your every need and occasion. As Coffs Harbour's Central Business District, the City Centre is also home to banks, real estate agents, solicitors and accountants.

Taking advantage of our subtropical climate, outdoor cafés are plentiful in the City Centre, all offering great coffee and a variety of menus to choose from.

For 10 days at the start of the October school holidays each year, the streets of the City Centre come alive with madness and mayhem as the area plays host to the Coffs Harbour International Buskers and Comedy Festival.

With more than 120 specialty shops, department stores and supermarkets all under one roof, Park Beach Plaza dominates the regional retail landscape, with unlimited free parking. Across the highway is Homebase, a one-stop homewares, furniture and electronics complex.

For a leisurely boutique shopping experience, try The Promenade in Coffs Harbour, First Avenue in Sawtell or Hyde Street in Bellingen. You're sure to find that special gift or memento of your visit, while having a great time exploring some of Coffs Coast's special shops.

