

Enjoy the action in Randwick City

The Sports Coast
Where the turf meets the surf



Randwick City Tourism Incorporated

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ATTRACTIONS AND TOURS

ANZAC Rifle Range

The ANZAC Rifle Range is located on the Malabar Headland and is the largest rifle range in the southern hemisphere. The rifle range has been used for training the Australian defence groups for both the World Wars. Visitors can experience a great coastal setting at the range while also enjoying some shooting action. Visitors must arrange a firearm permit in advance before being able to make use of the range, see New South Wales Rifle Association.

Bare Island Fort

In 1885 concerned British colonists thought invasion from Russians was a likely threat. Bare Island Fort was built to protect Sydney's 'back door' - Botany Bay – from attack. The fort has also been the location for some thrilling action film footage in Mission Impossible II. Take a group tour around the fort to uncover the world of military pride, shocking scandals, secret tunnels and fine engineering. Contact National Parks and Wildlife for tour bookings.

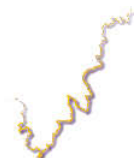
Botany Bay National Park

The Sports Coast is home to the north side of Botany Bay National Park. The park offers an amazing array of native plants and birds and boasts magnificent coastline views, bushwalks, beaches, historic sites and whale sightings. It's also the place where France's explorer Comte de Lapérouse, arrived within a week of the British First Fleet in 1788.

La Perouse Museum and Bare Island Fort are also situated at the Park. Here visitors can learn about Australia's hidden stories of exploration and colonisation. For details contact the National Parks.

Centennial Park

A playground for walkers, joggers, roller-bladers and cyclists, the heritage listed Centennial Park has something for all lovers of outdoor activities with hectares of beautiful gardens, ponds, grand avenues, statues, historic buildings, sporting fields, BBQ facilities and a cafe and restaurant. It is also one of the few inner-city parks in the world to offer horse-riding facilities. In summer, enjoy a movie in the park's outdoor cinema site or attend one of the festivals held in the park from time to time. Contact **Centennial Parklands**, for more information.



Clovelly Bay

Enjoy a refreshing swim in the calm waters of Clovelly Bay. Situated along the Coastal Walk, north of Gordon's Bay, the sheltered beach is a favourite of the locals for a picnic, swim, sunbake and a snorkel. Large concrete platforms ideal for sun baking extend around both sides of the bay, giving the appearance of an ocean swimming pool rather than a beach.

Coogee Beach

Coogee Beach is one of the most popular beaches in Sydney, known for its seaside village atmosphere. The beach is good for body surfing and boogie boarding. With BBQ and picnic facilities, sporting reserves and plenty of cafes and restaurants few travellers come to the Sports Coast without visiting Coogee Beach. The coastal walk is easily accessed from Coogee Beach. **Coogee Coogee** offers various walking tours offering new insight and understanding into the cultural heritage of this picturesque bay.

Gordon's Bay

A unique and protected aquatic reserve, Gordon's Bay is one of Sydney's most popular dive spots. Offering Sydney's only underwater nature trail, it is easy to spot something of interest and fascination under the sea. The secluded bay is accessed by way of the Coastal Walk, north from Coogee Beach.

Hidden Sports Coast Bays and Beaches

For those who don't like the waves or the crowd, there are plenty of secluded bays along the Sports Coast perfect for a quiet and relaxing dip. Try Congwong Bay in La Perouse, Long Bay and Little Bay Beach in Malabar and Yarra Bay and Frenchman's Bay at La Perouse.

Royal Randwick Racecourse

Be a part of all of the excitement and glamour that the "Sport of Kings" has to offer at Royal Randwick Racecourse. In 1833, Royal Randwick Racecourse held the first registered horse race and is now Sydney's premier racecourse, hosting some of Australia's major horse racing events such as the AJC Derby, Doncaster Handicap, Sydney Cup and the AJC Oaks. The autumn and spring racing carnivals are the perfect place to get dressed up, have a bubbly and take part in the exciting happenings on and off the track.

La Perouse Museum

Discover the story of the French explorer the Comte de Lapérouse who landed at Botany Bay in 1788, just six days after the First Fleet. Visitors can learn about Australia's hidden stories of exploration and colonisation and have a look at the maps, scientific instruments and shipwreck relics recovered from the French explorers.



Maroubra Beach

Maroubra Beach is one of Sydney's best surf beaches and stretches approximately a kilometer in length. Take a picnic or walk along the small shopping strip, opposite the promenade to enjoy a variety of shops, cafes and restaurants. Maroubra has an enclosed playground for young children and is also home to a very popular skate park. You can spend time watching the local surfboard riders demonstrating their skill on the long rolling waves that are a feature of Maroubra Beach.

Nursing and Medical Museum

The Nursing and Medical Museum is located in one of the beautifully restored 1914 Wards at Prince Henry at Little Bay. Explore what was the Prince Henry hospital, originally known as the *Coast Hospital*- the first State public hospital in the colony of NSW, which housed victims of the 1881 smallpox epidemic. Check out the exhibits of early nursing and medical equipment including a fully functioning Iron Lung and a 1960s era heart by-pass machine.

Reptile Show

For some slithery, hair-raising fun, check out the outdoor reptile show in **The Snake Pit** at La Perouse on Sundays. It is a popular tourist attraction run by the Cann family since the 1920s.

The Spot

The Spot is a compact precinct situated at the intersection of Perouse Road and St Paul's St. Historically known as "Irishtown", The Spot today is a trendy area, popular with the young for dining, entertainment and services. The key attraction is the Ritz cinema, the 1930s art-deco cinema. Have a coffee at a chic café or dine out at one of the 25 restaurants catering to a range of international cuisine.

University of NSW and NIDA

The Sports Coast is home to the **University of NSW**, which also houses Australia's leading drama school, the **National Institute of Dramatic Art (NIDA)**, whose graduates include Mel Gibson, Cate Blanchett and Baz Luhrmann. These institutions attract students from all over the country and internationally. See the facilities for yourself and learn about the history and current events through NIDA group tours.



SPORTS AND RECREATION

Bush Walking

There are a number of bushwalking tracks at the Botany Bay **National Park**. The national park is rich in Aboriginal heritage, natural beauty and native wildlife. Some of the best tracks include the **Henry Head Track**, **Cape Banks Track** and the **Jennifer Street Boardwalk** where you can admire the abundant Australian flora and fauna, historic sites and the best coastal views across Botany Bay. During certain months, from Cape Banks, visitors can enjoy the spectacle of whale watching.

Coastal Walk

Experience one of Sydney's greatest assets and favourite walks – **Randwick City's Coastal Walkway**. Start from Maroubra Beach and follow the trail north. It will lead you on to some of the best bays and beaches in Sydney- Coogee, Gordons Bay and Clovelly- before ending the Randwick section at the historic Waverley cemetery. Enjoy the two-hour stroll of coastal views and native plants as well as plenty of café stops for some refuelling. For the keen walkers the trail from Waverley cemetery leads on to the world-renowned Bondi Beach. A Coastal Walk brochure is available including a map and bus routes. See www.randwickcitytourism.com.au

Cricket

The Sports Coast hosts a range of cricket venues and clubs for anyone who wants to get involved. Check out **Kensington Oval** and **Snape Park** in Maroubra, which offer first class cricket pitches. Maroubra Beach also hosts beach cricket events.

Cycling

There are a number of bicycle tracks around The Sports Coast. The better off-road tracks are the 4.2 kilometer track at **Heffron Park** and 3.8 kilometer track **Centennial Park's** Grand Drive. Ride along Centennial Park's Grand Drive and enjoy the beautiful sights of the parkland, abundant with ponds and wildlife. Bikes and roller blades can be hired from **Centennial Park Cycles**.

Golf

The Sports Coast is a haven for golf lovers and home to four outstanding coastline courses: **New South Wales, The Coast, St Michael's and Randwick** Golf Clubs. Play a round at the NSW Golf club, which is the only Sydney golf course rated in the top 50 golf courses in the world or The Coast Golf Club, which has coastline views from every hole.



Horse Racing

The Sports Coast is home to the Sport of Kings with the **Royal Randwick Racecourse** situated within the region. Hosting its first registered horse race in 1833, Royal Randwick Racecourse today is Sydney's premier racecourse, hosting some of Australia's major horse racing events such as the AJC Derby, Doncaster Handicap, Sydney Cup and the AJC Oaks. Champions such as Phar Lap, Octagonal and Kingston Town, have all been notable winners at the racecourse. Be a part of all the glamour and excitement at the Autumn and Spring racing carnivals.

Horse Riding

Malabar Riding School offers one hour trail rides taking you around 650 acres of land, through the bush and around the coast overlooking Maroubra and Malabar beaches. All rides are fully escorted and there are allocated trotting and cantering areas with the provisions for log jumping for the more experienced riders.

Kite Flying

Dunningham Reserve not only offers panoramic coastal views from Clovelly across to Mistral Point in the south, but also has expansive grass areas making it an ideal place for kite flying. **Kite Power Australia** can provide you with the world's best kites and kite making materials.

Rugby

Rugby has a long history in The Sports Coast, with the area being home to the **Randwick Rugby Union Club**. Also known as the Galloping Greens, the club is one of the most famous rugby union clubs in the world producing many Wallabies, including the Ella Brothers who transformed back line play. Watch the Galloping Greens play at their home ground **Coogee Oval** or a game with a few friends at one of the many sport fields around The Sports Coast- **Kensington Oval, Heffron Park or Coral Sea Park**.

Sailing

Learn how to sail or even join up with the **Yarra Bay 16ft Skiff Sailing Club**, located at Philip Bay. Visitors will be taught how to sail on the serene waters of Yarra Bay.

Scuba Diving and Snorkelling

A protected aquatic reserve, **Gordon's Bay** is one of Sydney's most popular dive spots, located north of Coogee Beach. Offering Sydney's only underwater diving trail, it is easy to spot plenty of marine life including sponges, starfish, sea urchins, cuttlefish, anemones and the blue groper. Other popular locations include Clovelly Bay and the waters surrounding the historic fort at Bare Island in La Perouse. **Pro Dive** offer diving classes and scuba diving equipment.



Surfing

Ride the waves along Maroubra Beach, one of the best surf beaches in Sydney. For other surf spots, try Malabar or Coogee, which are great for body boarding or body surfing. **Sydney Safe Surf School** in Maroubra can supply you with surf hire and lessons.

Swimming

For a relaxing swim while enjoying ocean views, check out many of the ocean pools around The Sports Coast. Take a dip in the heritage listed **Wylies Baths** or the women only **Mc Ivers Baths** at Coogee. Enjoy a swim at the **Mahon Pool**, a popular rock pool **on the ocean coast at Maroubra**. For those who prefer to swim indoors, head down to the **Des Renford Aquatic Centre** at Maroubra named to honour the renowned Australian marathon swimmer who spent hours at the centre.

Tennis

Tennis is alive and well all along The Sports Coast with the Eastern Suburbs Tennis Association situated at Coogee. There are several tennis court complexes around The Sports Coast that offer top facilities for social playing, coaching or competitions. Play a few sets at the **Coogee Tennis complex**, **Snape Park Tennis Centre** or the **Matraville Sports Centre**.



ENTERTAINMENT AND NIGHTLIFE

Coogee Bay Hotel

Established for over 120 years, The Coogee Bay Hotel is a popular venue for live entertainment 7 days a week. Famous Australian rockers like Nirvana, Cold Chisel and Crowded House have performed here. The Coogee Bay Hotel has 6 bars including the biggest beer garden in the east.

Clovelly Hotel

The “Cloey” is well known in the Eastern Suburbs where the local crowd makes it a lively pub every day of the week. It is the perfect place for a chilled-out Sunday afternoon listening to your favourite bands. There are also plenty of screens so you never need miss the sporting action.

Randwick Rugby Union Club

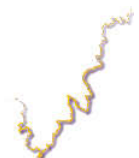
For a sophisticated atmosphere, head to the Randwick Rugby Union Club’s new licensed facilities. With timber floors and polished black and green marble bars, the club is now the most fashionable address to meet up with friends for a drink or a meal. See the display of Rugby memorabilia that this Club has collected since the turn of the last century at the Sports Bar and never miss a moment of rugby with large video screens around the club. The Club has a quality restaurant open to visitors.

The Beach Palace Hotel

With three levels, two restaurants, a cocktail bar, nightclub and the best sports bar in the Eastern Suburbs, the Beach Palace Hotel is judged to be one of the most popular hangouts for travellers. Dance up a storm in the nightclub or enjoy a drink on the top-level outdoor beer garden with 180-degree views of Coogee Beach and Bay.

The Ritz Cinema

With the best value movie tickets in town, it is a must to take-in a movie at the Ritz, a beautifully restored 1930s Art Deco Cinema located at The Spot, right on the bus routes to Coogee and Maroubra Beaches.



ACCOMMODATION

Coogee Bay Hotel offers iconic waterfront accommodation with 7 bars, modern rooms and function facilities. All rooms have access to the balcony with views of Coogee Beach.

Coogee Beach House offers clean budget hostel-type accommodation with friendly and helpful staff. It is close to public transport and Coogee Beach

Gemini Hotel - Sydney is located in the heart of Randwick Junction and is conveniently on the same strip as the local shopping centres and cafes and restaurants.

Sands Hotel is a country style budget motel and with a bistro offering super value lunches. The hotel is within walking distance of Maroubra beach and adjacent to South Maroubra shopping village.

The Centre is a family oriented and reasonably priced accommodation house located at Randwick. It offers bed and breakfast and boasts a salt-water pool in the charming historic guesthouse grounds.

Wizard of OZ Backpackers and Coogee Beachside Budget Accommodation are top class hostels resembling beautiful Californian style houses that offer clean and spacious rooms and facilities. The hostels are in the heart of Coogee, close to the beach, shops, cafes and lively pubs. Hang out in the TV/video room or socialise with other travellers in the big sunny backyard with complimentary BBQs for guests each week.



RESTAURANTS AND CAFES

Coogee

You'll find an array of restaurants right around Coogee Beach, particularly along Coogee Bay Road. Coogee is surrounded by plenty of modern Australian cafes and restaurants along with Asian and Italian restaurants. Meals range from the budget to fine dining, and cater to tastes from huge steaks to organically grown vegetarian.

Kingsford

The range of Asian cuisines is endless in Kingsford. Most of the restaurants have basic décor, which suits the low-end price range- making the area a magnet for students.

Paris Seafood Café

You can't go to the beach, without having fish and chips for lunch. Paris seafood serves up market fresh fish and chips, with a price tag that can't be bettered.

Pavilion Café

Set right on the promenade on Maroubra Beach, they serve breakfast all day for those who've had a late one the night before. For a light lunch, try their fresh baked baguette with grilled chorizo, roast tomato and sweet potato while you watch the surfers at play.

Randwick Junction and The Spot

There is something for all taste buds at The Spot precinct and at Randwick Junction on Belmore Road. The whole strip is lined with cafes and restaurants with a great variety of international cuisine covered- Vietnamese, Thai, Portuguese, Greek, Mexican, Indian, Lebanese, Indonesian, Chinese and Japanese.

Sea Salt Café and Kiosk

This beachfront café offers a range of seafood, steaks and salads, with views over Clovelly beach. Try their signature chilli salt squid which is a favourite of the regulars. You will feel that you can reach out and touch the ocean at this uniquely sited venue.



SHOPPING

Kensington

Walk through the heart of Kensington along Anzac Parade, to view and visit a variety of stores offering a range of services and goods from around the world. Lose yourself inside **Peters of Kensington**, the three-storey shopping Mecca also described as Aladdin's Cave of secrets.

Kingsford

The Kingsford shopping centre runs south from the University of New South Wales to the nine-ways roundabout. Anzac Parade in this area is lined both sides with shops. The centre caters to a large student population and has lots of low-cost restaurants. Essential supplies across the range are available in Kingsford.

Matraville

Various shops line the western side of Bunnerong Road between Beauchamp Road and Perry Street. The centre is located close to the port, La Perouse and Prince of Wales Drive.

Maroubra Junction

The Maroubra Junction shopping centre is one of the main shopping areas in The Sports Coast located on Anzac Parade and Maroubra Road. In addition to the strip shopping at the intersection there is a major shopping plaza, **Pacific Square**, with more than 50 retail outlets for food, fashion, and lifestyle shopping.

Randwick Junction

The **Royal Randwick** and **Randwick Plaza Shopping Centres** are situated on Belmore Road. These centres are located in the heart of bustling Randwick and will cater to all your shopping needs from fashion and beauty, supermarkets, services, gifts and more.

