



### **Attractions and local facilities:**

*There is extensive information available from the Kempsey Tourist Information Centre. The information below is just a basic overview.*

### **Natural Attractions:**

There is a lot to do around Hat Head, particularly relating to natural attractions such as walks to Hungry Head and Connors Beach, the Trig point on Korogoro Point. The beaches are some of the best on the North Coast, with Hat Head beach being a safe and very long with no chance of being crowded. Connors Beach is one of our favourites being directly accessible from Panorama. You walk up the back of the block to the eastern boundary and then walk through the bush along the contour northeast to the ridgetop from which you can see the beach. Make your way down the slope to the sand. It is a good surfing beach, but can be a little wild in stormy weather. You do need to be reasonable fit to walk to Connors, even though it is only about ~400m away! (note: this path has become overgrown so access is not as easy as it was) The huge sand dunes at Hungry Head, to the south of Panorama are a popular sandboarding location.

Hat Head, particularly where Panorama is located on Connors Ridge, it is all about getting away from it all, in one of the few remaining areas on the north coast of NSW, with excellent beaches, that is not overrun with development. A result of its remote location deep within a national park.

If you are into scuba diving and snorkelling, there is dive operators in SWR and one at Hat Head (ask at the Hat Head shop for details) or try South West Rocks Dive Centre 6566 6474.

Fishing charters also operate out of SWR – try: South West Rocks Fishing Charters 0429 995 390 or Trial Bay Fishing Charters 0427 256 556 or "Sea Urchin II" Fishing Charters 0428 650 321.

### **Hat Head facilities:**

In the main part of Hat Head (on the other side of the inlet), there is two shops, the Hat Head Coastal Café is best known for its hamburgers, and the Post Office Store, has virtually everything else. There is a bowling club with a restaurant and bar.

You can also play tennis at the Hat Head courts and rent rackets and balls from the PO Store. There is also a golf course (the Hat Head "Royal" Golf Course) but its location is a 'secret' so ask about this at the store as well. If you are seriously into golf, the Kempsey golf course has an excellent reputation and welcomes visitors.

### **Regional Centres:**

Hat Head is a good location if you want to experience the attractions of the region's two major centres – Coffs Harbour and Port Macquarie. Coffs is about 50 minutes to the north and Port Macquarie, 40 minutes to the south.

### **Restaurants and cafes:**

We need to do more research on this subject, but here is some initial information: For excellent choice, one must go to either Port Macquarie or Coffs Harbour. That said, there are a couple of reasonable restaurants in South West Rocks (only 20 minutes away from Hat Head). (Geppy's Seaside Restaurant Shp3-5/ Cnr Livingstone & Memorial Ave 6566 6196). South West Rocks also features a large club, South West Rocks Country Club 2 Sportsmans Way, South West Rocks 65 666 252.

If you want a quality experience locally, the Trial Bay Kiosk & Licensed Restaurant (6566 7100) at Arakoon (near SWR) is surprisingly good, and one can get a good coffee and a nice outlook to go with it. Crescent Head (about 30min from Hat Head), has some restaurants as well, but we haven't tried them yet.

Gladstone and Smithtown (on the river, about 10 minutes from Hat Head) has a couple of reasonable choices. The Riverbank Cafe & Gallery, 8 Kinchela St Gladstone NSW 2440 ph: (02) 6567 4366 is ok and there is Heritage Hotel 21 Kinchela St Gladstone. The Smithtown pub, Riverview Hotel (6567 4581) has an outdoor dining area overlooking the river.

You might also want to try CASSEGRAIN WINES 764 Fernbank Creek Road, Port Macquarie NSW 2444 6582 8377 restaurant on the way from Kempsey to Port Macquarie

### **Food Supplies:**

The obvious choice for everything is the massive BigW, Woolworths and Coles in Kempsey, but closer, is the BiLo at SWR (Rocks Shopping Fair). For local produce, we like to go to the Gladstone Fruit and Vegetables and to The Valley Butchery Cnr Ashton & Barnard Sts, Gladstone.

### **What to do other than natural attractions:**

South West Roxy Cinema is good fun in an old fashioned way, the local newspapers *The Argus* and *The Observer* are a good source of whats on as well such as markets, rodeos, field days and other country pursuits

### **Linen Service:**

Linen can be provided through an arrangement I have with Panorama's cleaner, Amy. There is an additional charge for this – please ring me for details: Stuart: 0412 222 586