



# Leave nothing but footprints

## A GUIDE TO ECO-FRIENDLY TRAVEL ON THE CENTRAL COAST

Central  
Coast  
Council







# Welcome to the Central Coast!

This handy booklet will give you some quick tips  
and information on how to enjoy our beautiful  
Coast while looking after it and yourself!

## **What to do on the Coast**

Check out [visitcentralcoast.com.au](http://visitcentralcoast.com.au) or visit our  
Facebook page 'Central Coast Council'



# Keep the Coast Clean

Central Coast Council is committed to reducing litter and single use plastic. Litter is not an issue we can tackle alone, and we urge all residents and visitors to make sure they are doing their part to 'Keep the Coast Clean'.

Help protect our waterways and valleys from plastic and pollution by placing rubbish in the appropriate bin or keeping it with you until it can be disposed of correctly. Here are some helpful tips to help us 'Keep the Coast Clean' so it continues to be a beautiful place to visit!

## TAKE YOUR RUBBISH WITH YOU

When visiting our parks, shopping centres, beaches or foreshores please make sure you take your rubbish with you until you can find a bin.

## DON'T THROW RUBBISH OUT THE WINDOW

The car is often an easy place to eat when out and about, but please make sure you don't throw your rubbish (including cigarette butts) out the window. Lit cigarette butts increase the risks of fires, especially in the warmer months. Cigarette butts may also end up in our waterways or ingested by wildlife. Please wait until you can find a bin and if you're on the road, pull into a rest area and use one of the bins there or wait until you reach a town centre.

There are heavy penalties for people caught throwing lit cigarette butts from vehicles. Penalties double when there is a Total Fire Ban. Report people who throw lit cigarette butts from vehicles to [rfs.nsw.gov.au/fire-information/cigarette-form](https://rfs.nsw.gov.au/fire-information/cigarette-form)

## THINK TWICE ABOUT PLASTIC

Most of the rubbish that is littered is made of plastic. Some of the most commonly littered items are plastic straws, coffee cups (lined with plastic), plastic bottle tops and food wrappers. You can help keep the Coast clean





by avoiding these products and using reusable ones. If you've left your reusable cup or drink bottle at home, please make sure you put your single-use items in the bin.

Even though most people do the right thing by placing rubbish in the bins provided, litter continues to be a major issue for the region. Central Coast Council have provided more than 3,000 reusable net produce bags and over 5,000 reusable coffee cups to the community. We have also removed plastic straws from the counter at Laycock Street Community Theatre and Gosford Olympic Pool, with paper straws now available on request at these venues.

We have completed clean-ups of local motorways and distributed over 2,000 reusable litter bags to businesses to help motorists dispose of waste responsibly. Roadside signs have also been installed at each site reminding motorists how to report littering from vehicles to the EPA. Also, twenty dash cams have been installed in Rangers vehicle to, increase the chances of those who litter being caught.

You can help us by:

- taking your rubbish with you
- using products such as reusable coffee cups, reusable straws, reusable bags and reusable ashtrays to eliminate single use plastics
- putting rubbish into the appropriate bin
- using an in-car tidy/bin bag.

By doing these things, you're helping to keep litter off our streets, out of our oceans and away from our wildlife by using less plastic and using our bins. 'Keep the Coast Clean' so that everyone can continue to enjoy it!

If you see someone littering, report it at [epa.nsw.gov.au/reporttoepa](https://epa.nsw.gov.au/reporttoepa)





## Our Water

Our water is a precious resource and if we each use a little each day, we can help secure our water supply for years to come.

Here are some simple tips to help save water whilst you are on holidays.

- Choose water saving behaviours such as taking shorter showers, using the half flush on the toilet and turning the tap off when brushing your teeth, washing hands or shaving.
- Only run the washing machine and dishwasher on a full load.
- Check for leaking taps or toilets and contact the owner/ holiday rental to notify of any issues or contact Council if it is in a public place.

### ENJOY YOUR STAY ON OUR BEAUTIFUL COAST!

For more information, please visit:  
[centralcoast.nsw.gov.au/lovewater](http://centralcoast.nsw.gov.au/lovewater)

**love water**  
**use it wisely**



# Summer's here...

Central  
Coast  
Council

## long surf, short showers



love water  
use it wisely

[centralcoast.nsw.gov.au/lovewater](http://centralcoast.nsw.gov.au/lovewater)



# Beaches

Coastal beach conditions can change suddenly. When enjoying our beautiful beaches, it's important you stay safe so you can make the most of our Coast!

Some simple ways to stay safe:

## **SWIM OR SURF AT PATROLLED BEACHES**

Swimming between the red and yellow flags reduces the risk of you being swept up in a current. No flags? No swimming. Please refrain from consuming alcohol if you or your family are planning on participating in aquatic activities.

## **STAY IN SIGHT**

If our lifeguards can't see you, they can't save you. If you are struggling, try your best to stay calm, float, raise your arm and yell for assistance.

## **WHAT ARE THE CONDITIONS?**

If you're unsure of conditions, ask the lifeguard or lifesaver on duty.

## **FOLLOW SIGNS AND DIRECTIONS**

When exploring our beaches, make sure you obey our signs and lifeguard instructions. They are there to help keep you safe.

## **SUPERVISE**

Children should always be supervised by an adult and kept within arm's reach at all times. Help us keep your children safe.

## **SLIP, SLOP, SLAP, SEEK AND SLIDE**

Slip on protective clothing, slop on your sunscreen, slap on a broad hat, seek shade and slide on your sunglasses

## **Beaches are patrolled between September and April.**

For more information, please visit: [centralcoast.nsw.gov.au/beaches](http://centralcoast.nsw.gov.au/beaches)





# Rock Fishing

The Central Coast is a great place for fishing.

There are a few things to keep in mind if you do head out for some rock fishing:

## BE SAFE

Stay alert to weather conditions before leaving home and monitor weather while fishing. Ask local people for advice, never fish alone and always tell someone where you are.

## WHAT TO WEAR

Always wear an Australian Standard life jacket designed for rock fishing. For adults the life jacket must meet AS 4758 level 50S or greater, and for children under 12 years old, lifejackets must be level 100 or greater. Life jackets must also be in good condition, the correct size for the wearer and worn correctly. Also make sure you wear appropriate non-slip footwear and light clothing. To find out more about the correct lifejackets, visit: **[maritimemanagement.transport.nsw.gov.au/lifejackets](http://maritimemanagement.transport.nsw.gov.au/lifejackets)**

## SURVIVE

Never turn your back on the ocean and plan an escape route in case you are washed in. If you are swept in, don't panic, stay calm and swim away from the rocks. If someone is washed in, don't jump in, call 000 or 112 (on mobiles) or go and find help.

**If in doubt,  
don't go out!**

For more information, please visit: **[safefishing.com.au](http://safefishing.com.au)**



# Explore our estuaries and wetlands

## Environmental learning program

Tuggerah Lakes, in the palm of your hand



For the technologically minded the Tuggerah Lakes 'Explore App', is a worthy addition to your tablet and free to download on your apple or android device.

The Explore app features interactive maps and can help people discover new places to birdwatch, fish, walk or bike ride, as well as identify local flora and fauna and keep up to date on upcoming events.

It is your chance to get to know the beauty of the entire Tuggerah Lakes ecosystem like the back of your hand, and contains as much knowledge as an old encyclopaedia (and much lighter too!)

Visit **[centralcoast.nsw.gov.au/LoveOurWaterways](http://centralcoast.nsw.gov.au/LoveOurWaterways)** to download your copy today.





Educational, and innovative our six multi-touch books explore the topics of wetlands and the Tuggerah Lakes and Brisbane Water estuaries, their importance and how to care for them.

These books are a fantastic resource for visitors, schools and community groups to understand some of the environmental issues associated with the estuary, and how everyone in the community can help to reduce these impacts.

The multi-touch books are now available on android and apple devices. Visit **[centralcoast.nsw.gov.au/LoveOurwaterways](http://centralcoast.nsw.gov.au/LoveOurwaterways)** to download.





# Exploring the Coast



Holidaying is a great time to relax and unwind. However, please remember some road safety tips to ensure you and your family have a safe and memorable time on the Central Coast!

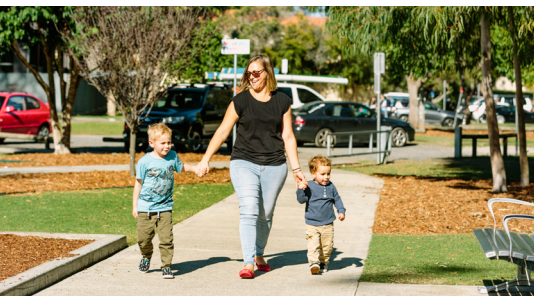
Tips to remember:

## **BASK IN THE GLORY OF OUR SENSATIONAL BEACHES!**

Hold your child's hand when near roads and car parks.

## **JOIN IN THE FUN AT OUR FABULOUS PARKS!**

Supervise and remind the kids to wear their helmet and safety gear when riding.



## **EXPERIENCE OUR REGION'S EXHILARATING OUTDOOR ACTIVITIES!**

Slow down, give yourself a little extra time and consider the safety of others around our roads.

## **ENJOY YOURSELF AT ONE OF OUR LOCAL EATERIES AND BARS!**

If you plan to drink, please don't drive. Consider public transport, organise a designated driver, order a taxi or ring ahead to find out if the venue offers a courtesy bus.

## **ENJOY THE JOURNEY!**

Make sure you're well rested while you're checking out our local attractions or when you head home after your holiday. Take breaks if you're feeling tired or share the driving.

**For information on NSW Government Driver Reviver locations and for other information, please visit: [rms.nsw.gov.au](https://rms.nsw.gov.au)**



# Visiting with pets



The Central Coast is a fabulous spot to visit with furry friends. We have a range of outdoor spaces and walkways you can explore with your dog.

Be sure to check out our list of dog-friendly parks and beaches on our website at **[centralcoast.nsw.gov.au/recreation/parks-and-reserves/dog-parks-and-beaches/dog-parks-and-beaches-locations](https://centralcoast.nsw.gov.au/recreation/parks-and-reserves/dog-parks-and-beaches/dog-parks-and-beaches-locations)**

When making the most of what the Central Coast has to offer, you need to remember to be a responsible pet owner.

While dogs are allowed on designated beaches and reserves unleashed, as an owner you remain liable if the dog attacks another person or animal or causes a nuisance to people on the beach.

Seeing (and smelling) dog poo on the street, footpaths, in the parks or on the beach is not pleasant. Dog poo may also be washed into the stormwater system when it rains, which pollutes waterways.

To help us keep our community, beaches, parks and foreshore clean and tidy, Central Coast Council asks residents and visitors to pick up after their dog.

**No matter where you are,  
*bag it and bin it!***

For more information, please visit:  
**[centralcoast.nsw.gov.au/pets](https://centralcoast.nsw.gov.au/pets)**





# Be emergency prepared

The Central Coast is a beautiful holiday spot but like many areas on the NSW Coast we have had our share of natural disasters.

We want to make sure all our visitors are safe, so please take note of the following important points:

## HAVE A PLAN

What would you do if an emergency did occur? Find where the local safe spots or evacuation points are where you are staying.

## DETERMINE YOUR RISKS

Are you near flood or fire prone land or exposed to some other possible emergency?

## BE AWARE

What would you need to be put away or secure if a major storm or fire was approaching?

## STAY INFORMED

ABC Central Coast is our emergency broadcaster – 92.5FM. The Fires Near Me NSW and Floods Near Me NSW apps are available for all smart phones and will give you up-to-date information. Make sure you make a new holiday 'My Watch Zone' or 'Warning Range' on these apps so that you will receive notifications of fire and flood events near you. Emergency + will give you your exact location and access to emergency numbers. If you need to contact emergency services, call 000.

## GET CONNECTED

Introduce yourself to neighbours, whether locals or fellow visitors. Should an emergency happen, look out for each other. In an emergency let family and friends know where you are and if you are safe.

## UNDERSTAND FIRE ALERT LEVELS

If there is an Emergency Warning fire alert where you are, you may be in danger and should take immediate action.

## KEEP COOL

In heat wave conditions, know where the local cool spots are - shopping centres, movie theatres, air-conditioned cafes or local libraries.

## FLOODING

If there is flood water over the road, do not drive through it. Find an alternative route.

## STAY SAFE

In a major emergency, emergency service providers may not be there to help, and police may not be able to provide evacuation instruction. It is important that you know where to get local emergency information, have a plan for staying safe and be ready to act.

For more information, please visit:  
**[centralcoast.nsw.gov.au/residents/  
support-programs/community-  
health-and-safety/emergency-  
readiness](https://centralcoast.nsw.gov.au/residents/support-programs/community-health-and-safety/emergency-readiness)**

## EMERGENCY APPS



Fires Near Me



Floods Near Me



Get Prepared



Emergency +





# Loving our local wildlife

No thanks, we just ate...

If you love our native birds and animals, please don't feed them. There are good reasons to let wildlife find their own food:

## IT CAN MAKE THEM SICK

Bread, meat and processed seeds are junk food for wildlife and are unhealthy for them.

## IT CAN MAKE THEM LAZY

Birds that are regularly fed come to rely on people and lose the ability to find natural food.

## IT CAN SPREAD DISEASE

Leaving food lying around is unhygienic and can spread disease.

## IT ATTRACTS VERMIN

Leftover food can attract rats, mice and other pests.

## IT CAN CAUSE POPULATION IMBALANCES

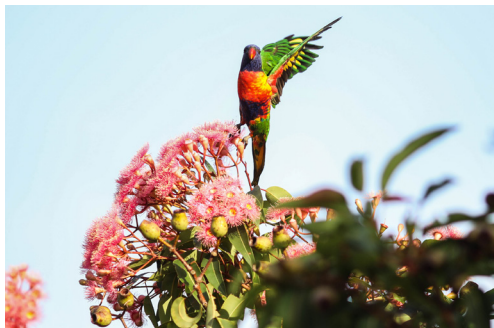
Large, aggressive birds are more likely to take food from humans. These birds then protect their new territory and can force out smaller, less aggressive animals.

## IT POLLUTES OUR WATERWAYS

Rotting food and concentrated bird droppings cause serious water quality problems.

The best way to help our local wildlife is to plant native trees and shrubs in your garden! You will be rewarded with happy visitors and a healthy local environment.

**[centralcoast.nsw.gov.au/  
LoveOurWaterways](http://centralcoast.nsw.gov.au/LoveOurWaterways)**



# Navigating the Coast

## RESERVES, LOOKOUTS AND TRAILS

A natural attraction of the Central Coast is the huge variety of bushland parks, trails and stunning lookouts to enjoy on foot, on your bike, and even by horse. Access to some reserves and some parts of the reserves is prohibited to allow native species to remain undisturbed. In many others, Council has provided picnic areas, lookouts and walking tracks so that residents and visitors can experience and enjoy the natural environment. Our reserves have many walking tracks to explore, from 20-minute gentle circuit tracks, to challenging full day walks.

## BOAT RAMPS, JETTIES, PONTOONS AND PUBLIC WHARVES

The Central Coast's expanse of beautiful waterways and coastlines provide an abundance of opportunity for many water sports, leisure and recreational activities. There are many public wharves, boat ramps, jetties and pontoons which improve access, safety and enjoyment of these popular activities. For more information on these facilities, visit: **[centralcoast.nsw.gov.au/recreation/leisure/boating](http://centralcoast.nsw.gov.au/recreation/leisure/boating)**

## LEISURE CENTRES, GYMS AND POOLS

Council manage a variety of leisure and fitness facilities across the Central Coast that provide outstanding leisure opportunities and programs in swimming, fitness and sports in a healthy, fun-filled and family-friendly environment. These facilities are open to the public but do require an entry fee which varies depending on the facility. For information on public leisure centres, gyms and pools, visit: **[centralcoast.nsw.gov.au/recreation/venues-and-facilities/leisure-centres-gyms-and-pools](http://centralcoast.nsw.gov.au/recreation/venues-and-facilities/leisure-centres-gyms-and-pools)**





# Accessibility and Inclusion

Central Coast Council is committed to increasing inclusion of people with disabilities in all aspects of our coastal community life by providing accessible natural and built environments, inclusive events, activities and services.

For more information, helpful links, lists of accessible places and services, visit **[centralcoast.nsw.gov.au/accessibilityandinclusion](https://centralcoast.nsw.gov.au/accessibilityandinclusion)**

## ACCESIBLE PUBLIC TOILETS

You can find a list of Council's accessible public toilets by searching the National Public Toilet Map or calling 1800 990 646. Council managed public toilets, including accessible restrooms, are open for use during daylight hours and locked from sunset to sunrise. Gosford Olympic Pool also has an adult changing facility available for pool users.

## BEACH ACCESS

To provide access to many of the Coast's beaches for people living with a disability we have a suite of serviced beach wheelchairs available for use across 13 patrolled beaches. To accommodate varied needs, we have three models of beach wheelchairs including the Sand Cruiser, the Hippocampe and Water Wheel.

We will endeavour to ensure that your preferred model of beach wheelchair is available and the best way to book one is through the online booking form on Council's website. Alternatively, contact Central Coast Council (Monday to Friday) on 1300 463 954 or contact the individual Surf Life Saving Club. Further details on Council's website.

In addition, beach matting is permanently installed at Umina Beach and Toowoyn Bay, and Avoca Beach on the weekends. Beach matting is rolled-out over the sand providing a stable non-slip, cool surface allowing people who may use wheelchairs, prams or other aids to have easier to access to the water's edge. All beach goers can also enjoy the mats when the sand is too hot to walk on!





# Parks and playspaces

## VISITING COUNCIL FACILITIES

All Council facilities that charge an entrance fee (e.g. leisure centres, art galleries, theatres etc.) accept Companion Card.

## PARKS AND TRAILS

The Central Coast has accessible barbecues and picnic tables at Memorial Park in The Entrance as well as upgrades to a number of different wharves, jetties and shared pathways to access local lakes and estuaries.

## INCLUSIVE PLAYSPACES

Council has a number of playspaces with inclusive and accessible features to ensure that everyone can play. To view a directory of inclusive playspaces on the Central Coast go to Council's website and search using the keywords 'Inclusive playspaces' or via the link listed on the Accessibility and Inclusion web page.

Council are passionate about providing safe and engaging outdoor spaces for our community and manage hundreds of parks and playspaces across the Central Coast.

Playspaces and parks play an important role in the lives of our community and visitors to the area. They are places in which we socialise, keep active and engage with the community - for our children they also provide fun spaces to develop their physical, emotional, social and cognitive skills.

For park and playground locations, visit **[centralcoast.nsw.gov.au/recreation/parks-and-reserves/parks-and-playgrounds/parks-and-playground-locations](https://centralcoast.nsw.gov.au/recreation/parks-and-reserves/parks-and-playgrounds/parks-and-playground-locations)**

For more information, please visit: **[centralcoast.nsw.gov.au/recreation](https://centralcoast.nsw.gov.au/recreation)**



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