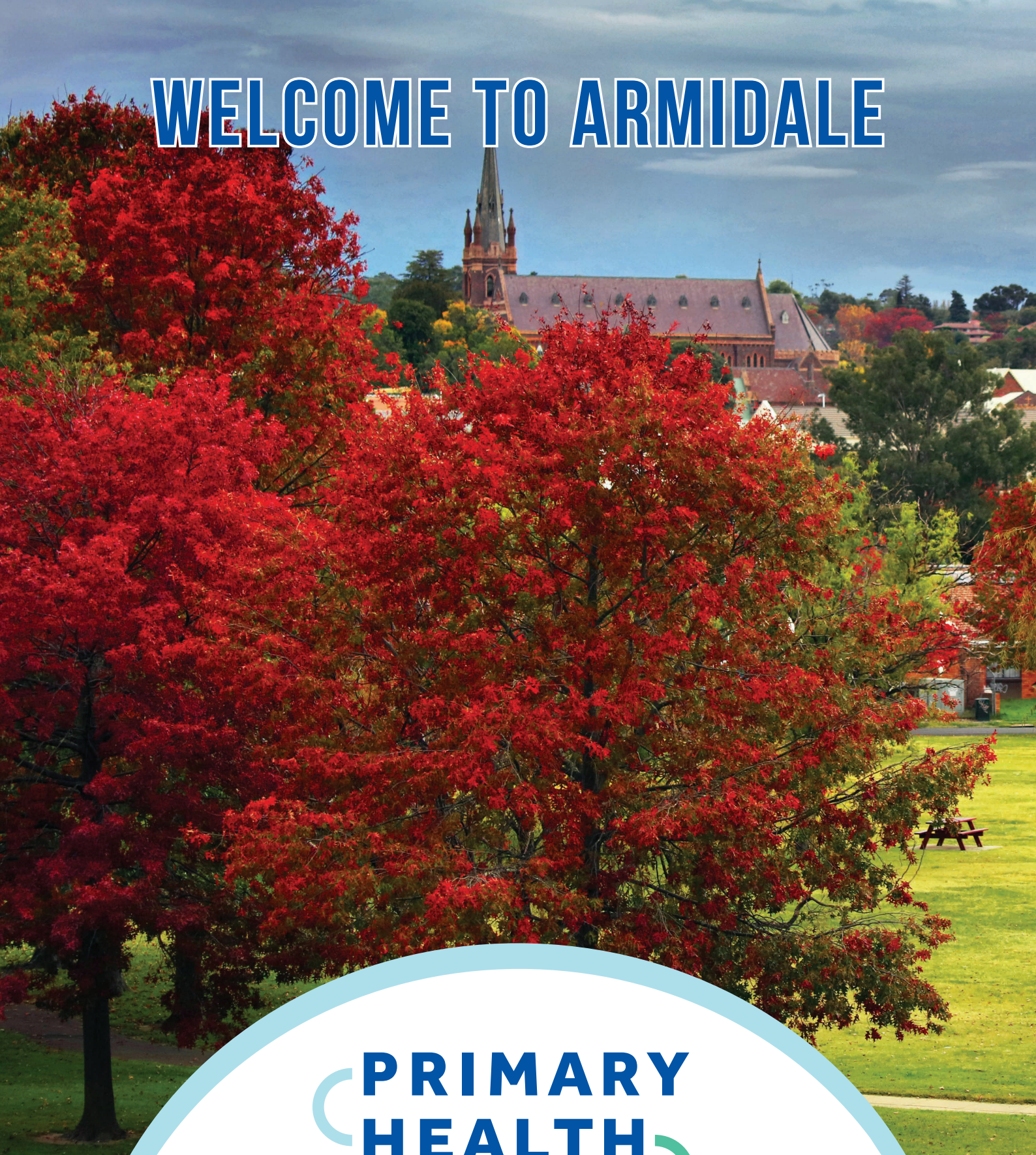


# WELCOME TO ARMIDALE



## PRIMARY HEALTH NETWORK

LOCAL LIFE MANUAL

# WELCOME TO ARMIDALE



*Our PHN warmly welcomes you to our region and thanks you for the contribution you will be making during your stay to improving the health and wellbeing of our communities.*

*We have enlisted the team at Big Sky Relocations to research this tailored manual, specifically designed to give you a head-start on your stay in Armidale where you will experience the best of both city and rural living. On the following pages, you will find many and varied ways to experience local life in your temporary home, and we recommend that you take the time to experience the active lifestyle and cultural delights that Armidale offers...all for a fraction of the price you would expect to pay in a major city.*

*We are delighted you will be completing this very important part of your GP journey in a regional community that values their local GP and views them as a highly respected and indispensable part of their community. We wish you the very best of luck.*

Richard Nankervis  
CEO, HNECC PHN

## Just a few things to note:

- The information contained in this report is a reflection of your cohort and is not a definitive list of all groups, services, businesses & organisations of their kind in Armidale. It's a snapshot of the array of local options & opportunities!
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- The HNECCPHN or Big Sky Relocations (BSR) do not personally endorse any of the groups, services, businesses, or organisations listed, BSR is an independent research agency.
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- Information in this report was current at time of collation, however, as with all locations across the country right now, our city has been impacted by Covid19 restrictions. Some of the following entries may currently have altered hours or services – please check to confirm.

*On behalf of Armidale Regional Council and our community, I would like to welcome the Primary Health Network to our booming region! Our congratulations to you on this opportunity to reside in the Armidale region to embark on your specialist GP training.*

*Throughout the pages of this brochure, you will discover that Armidale, dubbed the Cathedral City, is one of Australia's most sophisticated regional cities. With an altitude of 1000 metres above sea level, it's known for vibrant autumn foliage and cool breezes in summer. Wander its streets and find 19th century churches mixed with modern cafes and restaurants. With its Cultural attractions such as the New England Regional Art Museum and Saumarez Homestead, Armidale is a region of arts, academia and vast opportunities.*

**Mayor Ian Tiley**  
Mayor of Armidale







## OUR CITY:

Armidale is situated in the New England High Country & is Australia's highest city, sitting almost a kilometre above sea-level. The surrounding wilderness along the escarpment of the Great Dividing Range is renowned for its' breathtaking natural beauty, with 20 national parks on Armidale's doorstep, much within in the World Heritage-listed New England & Oxley Wild Rivers National Parks. Photographers, outdoor adventurers & those seeking an awe-inspiring view to remember are spoilt for choice – towering gorges, thundering waterfalls, monolithic outcrops & dense, ancient Gondwana Rainforests are just waiting to be discovered.

Armidale experiences four distinct seasons - foggy, cool autumns, crisp & frosty winters (with occasional snowfalls), fresh, variable springs & warm summers with cool nights & afternoon thunderstorms.

Often referred to as the Cathedral City, Armidale is known for streets ablaze with gold & flaming red foliage in the Autumn months. The city blends impressive heritage architecture with a cosmopolitan character, a vibrant arts scene & a culturally diverse population. It's one of our nations' most multicultural cities, with more than 70 nationalities living together within the city limits. Since February 2018, Armidale has also welcomed approximately 600 Ezidi refugees as part of a Humanitarian Settlement Program.

The Armidale Regional Council area is home to an estimated 29,700 residents & includes the townships & villages of Guyra, Tingha, Ben Lomond, Black Mountain, Ebor, Hillgrove, & Wollomombi. The Council boundary encompasses approximately 8,600 square kilometres & area is & is encircled by the Inverell Shire & Glen Innes Severn Council area to the north, the Clarence Valley Council, Bellingen Shire, Nambucca Shire and Kempsey Shire area to the east, Walcha Council to the south, and Uralla Shire and Gwydir Shire area to the west. The median age of our population is 34, with 78% of residents born in Australia & the majority claiming Australian, English, Irish, Scottish or German ancestry.

## OUR HISTORY:

The Anaiwan people are the traditional custodians of the Armidale area & for thousands of years before white settlement was a meeting place for Dhunghatti, Kamilaroi & Anaiwan people. Explorer John Oxley recommended the area for grazing after passing through in 1817 & British pastoralists followed in the early 1830's.

Armidale was officially founded in 1939 by the Commissioner of Crown Lands, George James MacDonald & named it after his ancestral home Armadale, on the Isle of Skye in Scotland. The township of Armidale was gazetted in the late 1840s, with gold rushes in the 1850s greatly boosting the population. The arrival of the railway line, the Cobb and Co service & mining in the area saw further growth & Armidale was proclaimed a city in 1885.

Home to the University of New England (Australia's first university outside a capital city), Armidale has a strong focus on education & academic excellence, combined with its' role as the administrative centre for the Northern Tablelands. The region also boasts rich & fertile agricultural land which is predominantly used for sheep & cattle grazing, wool production, cropping & fruit/vegetable growing.

## TRANSPORT:

*Please note – some of the below services may be temporarily cancelled or altered due to COVID19 restrictions.*

### **Armidale Regional Airport**

Return flights to Sydney via QantasLink & Regional Express Airlines (REX) & Brisbane via Link Airways. Six kms from the city, airport café & free parking. 9 Peter Monley Drive, Armidale

### **Armidale Railway Station**

NSW TrainLink runs daily between Sydney & Armidale via Tamworth, taking approx. 8 hours. TrainLink also offers coach services between Armidale, Tenterfield & Gilgai including stops in between.

Brown St, Armidale

[www.transportnsw.info/regional](http://www.transportnsw.info/regional)

### **Buses within the city & surrounds**

Edwards Coaches

[www.edwardscoaches.com.au/timetables.html](http://www.edwardscoaches.com.au/timetables.html)

### **Taxis**

Armidale Taxi- 02 6771 1455

[www.armidalexistaxis.com.au](http://www.armidalexistaxis.com.au) + app available

Armidale Taxi Co-op- 13 10 08

## MAIN SHOPPING AREAS

Armidale Central (Woolworths)  
225 Beardy Street, Armidale

Armidale Food Emporium (Coles)  
6-96 Marsh Street, Armidale

Armidale Plaza Shopping Centre  
195-7 Beardy Street, Armidale

## NIGHT OWLS & EARLY BIRDS

### **Era Espresso**

Mon-Fri 6am – 5pm

Sat 6am – 1pm

Sun 7am – 12pm

230 Beardy St, Armidale

[www.facebook.com/eraespresso](http://www.facebook.com/eraespresso)

### **Seesaw Coffee Co**

Mon-Fri 6am – 4pm

Sat 7am – 12.30pm

126 Faulkner St, Armidale

[www.facebook.com/SeesawCoffeeCo](http://www.facebook.com/SeesawCoffeeCo)

### **Anytime Fitness – 24hours**

197 Beardy St, Armidale

[www.anytimefitness.com.au/gyms/au-1061/armidale-nsw-2350](http://www.anytimefitness.com.au/gyms/au-1061/armidale-nsw-2350)

### **Caltex Service Station – 24hours**

6-8 Queen Elizabeth Drive, Armidale

## LOCAL MEDIA:

- NBN News (Channel 9)
- Prime News (Channel 7)
- Armidale Express  
(available from local newsagencies & online)

## RADIO FREQUENCIES:

- 1134 AM - 2AD, classic hits & talkback
- 100.3 FM - 100.3, popular music
- 92.1 FM – 2ARM, community radio
- 101.9 AM – ABC New England North West
- 720 AM – ABC Radio National
- 101.1 FM – ABC Triple J
- 103.5 FM – ABC Classic FM

## HANDY EXTRAS

### **Armidale Regional Council**

135 Rusden St, Armidale

[www.armidaleregional.nsw.gov.au](http://www.armidaleregional.nsw.gov.au)

[www.facebook.com/arc2350](http://www.facebook.com/arc2350)

### **Service NSW**

169 Rusden Street, Armidale

13 77 88

### **Armidale Rural Referral Hospital**

24-hour Emergency Department

226 Rusden Street, Armidale

02 6776 9500

### **Armidale War Memorial Library**

182 Rusden Street, Armidale

[www.armidaleregional.nsw.gov.au/community/arts-and-culture/libraries](http://www.armidaleregional.nsw.gov.au/community/arts-and-culture/libraries)

### **North Hill Laundromat**

38 Marsh Street, Armidale

Seven days 8.00am-10.00pm

[www.northhilllaundromat.com.au](http://www.northhilllaundromat.com.au)

### **Armidale Cleaning Services**

[www.armidalecleaningservices.com.au](http://www.armidalecleaningservices.com.au)

### **Zahra Alterations – clothing alterations**

187 Beardy Street, Armidale

0402 650 633

### **IT Support**

Brent James

0488 696 186

# YOUR PHN

The PHN's Primary Care Improvement Team partner with practices to build a better Australian primary health system. We understand that General Practices are the cornerstone of primary health care and are an invaluable part of the communities in which we live and are here to help general practice staff enhance performance through:

- the design and delivery of a wide range of initiatives and programs that support early detection and intervention and help optimise high quality co-ordinated care for patients.
- Providing a broad range of opportunities to enhance local primary health care, including face to face support, resources and continuing professional development events.
- Work collaboratively with general practice and other stakeholders to design and deliver innovative, relevant solutions and our support is inclusive of the whole practice team.

## Focus Areas

The primary care improvement team have developed a suite of resources encompassing patient experience, care team wellbeing, population health and business efficiency with topics including those listed below.

You can access these at

[www.thephn.com.au/what-we-do/primary-care-support](http://www.thephn.com.au/what-we-do/primary-care-support)

- Practice Management and Medicare Benefits Schedule (MBS)
- Accreditation
- Digital Health
- Lumos Data Linkage Project
- Cancer Screening
- Mental Health
- Diabetes
- Heart Health
- Immunisation
- Quality Improvement

## How to stay connected with us

The PHN is keen for opportunities to collaborate, share ideas and resources that support primary health.

**1 - Education** - PHN's education events provide regular, up to date and relevant education that is extremely valuable for registrars. Save the PHN's Education Page in your favourites to access our local and region wide CPD and education events. [thephn.com.au/education-events](http://thephn.com.au/education-events). If you have missed an event or would like to access previously recorded events, access the PHN's education library. [thephn.com.au/education-resources](http://thephn.com.au/education-resources).

If you would like to request further information or discuss education opportunities in your area please phone us on 1300 859 028 and ask to speak to one of our Education officers, or email [education@thephn.au](mailto:education@thephn.au).

**2 - Communities of Practice** - Our Communities of Practice provide a platform for people to connect, share knowledge, and experiences, discuss best practice approaches, and contribute to activities that will help improve models of care and health outcomes for patients, on a specific health concern. Each focus area [www.thephn.com.au/what-we-do/primary-care-support](http://www.thephn.com.au/what-we-do/primary-care-support), such as Diabetes or Digital Health, has a link to the primary care improvement officer who can provide you more information. Simply navigate to the area of interest and follow the links.

**3 - HealthPathways** - Your essential how to guide on local referral and clinical pathways, HealthPathways is an online health information portal for GPs & other primary health clinicians, to be used at the point of care. It provides information on how to assess & manage medical conditions, & how to refer patients to local specialists & services, specific to your region.

Ensure you speak to your practice manager for SeNT eReferral System onboarding.

[www.hne.communityhealthpathways.org](http://www.hne.communityhealthpathways.org)

Username: hnehealth

Password: p1thw1ys

**4 - SeNT eReferral System** - Ensure you speak to your practice manager for SeNT eReferral System onboarding. SeNT eReferral allows General Practitioners to send secure electronic referrals to both public and consenting private specialists and allied health providers.

**5 - Peoplebank** - Peoplebank is the PHN's initiative to include you in the conversation about improving local health. Consumers, clinicians, and the wider community are important in our effort to improve local health outcomes, and we are committed to consult about what works and what needs to change. Current grant opportunities are also listed on Peoplebank.

[www.peoplebank.hneccphn.com.au](http://www.peoplebank.hneccphn.com.au)

For further information on how the Primary Care Improvement team can help contact one of our team leaders below.

### Annabelle Williams

Primary Care Improvement Team Leader, New England North West

[awilliams@thephn.com.au](mailto:awilliams@thephn.com.au)

### Alison Tattersall

Workforce & CPD Team Leader

[atattersall@thephn.com.au](mailto:atattersall@thephn.com.au)



# HEALTH & WELLBEING

One of the biggest fears when moving out of a metropolitan area is limited access to health care, however Armidale has many health care providers who are accepting new patients & offer reliable & reputable care – below is a list of the cities' GP surgeries. We also boast a great variety of allied health professionals, all with varying specialities & treatment focus, including dentists, physiotherapists, psychologists, massage therapists, dietitians, podiatrists & osteopaths. Whatever your ailment, there's a local ready & waiting to help!

## **UNE Medical Practice**

(accepts patients from the general public)  
Armidale Hospital  
110 Butler Street, Armidale  
02 6773 2916  
[www.unemedicalcentre.com.au](http://www.unemedicalcentre.com.au)

## **Ochre Medical Centre**

140 Marsh Street, Armidale  
02 6772 5022  
[www.ochrehealth.com.au/medical-centre-armidale](http://www.ochrehealth.com.au/medical-centre-armidale)

## **Armidale Medical Centre**

78 Barney Street, Armidale  
02 6772 2233  
[www.armidalemedical.com.au](http://www.armidalemedical.com.au)

## **Faulkner Street Medical Practice**

145 Faulkner Street, Armidale  
02 6772 2355  
[www.fsmp.com.au](http://www.fsmp.com.au)

## **Integral Health Armidale**

126 Barney Street, Armidale  
02 6772 5877  
[www.ipn.com.au/gp/nsw-integral-health-armidale](http://www.ipn.com.au/gp/nsw-integral-health-armidale)

## **West Armidale Medical Centre**

277 Rusden Street, Armidale  
02 6772 2933  
[www.wamc.net.au](http://www.wamc.net.au)

## **Rusden Street Medical Practice**

211 Rusden Street Armidale  
02 6772 2291  
[www.rsmp.com.au](http://www.rsmp.com.au)



# FUN & FITNESS

There are so many ways to stay active or enjoy an outdoor adventure in & around our beautiful city... plus they offer the ideal opportunity to make new friends!  
Here are a few ideas just to get you started.

## **Armidale Park Run**

Every Saturday at 8am join the loyal starters at SportUNE for a 5km loop leisurely walk or run.

[www.parkrun.com.au/armidale](http://www.parkrun.com.au/armidale)

Registration is required before your first run -

[www.parkrun.com.au/register](http://www.parkrun.com.au/register)

## **Monckton Aquatic Centre**

Two outdoor pools perfect for lap swimming or a refreshing dip.

152 Dumaresq St, Armidale

Opening hours: [www.armidaleregional.nsw.gov.au/community/sport-and-recreation/aquatic-centres](http://www.armidaleregional.nsw.gov.au/community/sport-and-recreation/aquatic-centres)

## **Armidale Tennis Club**

Sixteen courts in a lovely bushland setting – competitive & social comps plus casual hire.

Golf Links Rd, Armidale

[www.play.tennis.com.au/armidaletennisclub](http://www.play.tennis.com.au/armidaletennisclub)

## **Armidale Golf Club**

18-hole championship course & bistro.

65 Golf Links Rd, Armidale

To book a round: 02 6772 5837

## **Armidale Sport and Rec Centre**

Enjoy tenpin bowling, roller skating, laser tag & indoor sports – available for hire or join a comp!

227 Mann St, Armidale

Opening hours: [www.armidalesportandrec.com.au](http://www.armidalesportandrec.com.au)

## **SportUNE**

The University of New England's state-of-the-art facilities are open to the public & include a gym with group fitness classes, climbing wall, indoor heated pool, plus indoor & outdoor courts for hire.

UNE Drive, Armidale

Opening hours: [www.sportune.com.au](http://www.sportune.com.au)

## **Crossfit Armidale**

225 Mann Street, Armidale

[www.crossfitarmidale.com.au](http://www.crossfitarmidale.com.au)

## **F45 Armidale**

3/244 Beardy St, Armidale

[www.f45training.com.au](http://www.f45training.com.au)

## **Motion Fitness Training**

Functional fitness classes, personal training & platies.

2/3 Southern Cross Dr, Armidale

[www.motionfitnesstraining.com](http://www.motionfitnesstraining.com)

## **Altitude Fitness Armidale**

Personal training, small group training & fitness classes, plus Vera Vidya Yoga studio.

171 Rusden Street, Armidale

[www.veravidya.com.au/vera-vidya-yoga](http://www.veravidya.com.au/vera-vidya-yoga)

[www.altitudefitnessarmidale.com.au](http://www.altitudefitnessarmidale.com.au)

## **Armidale Yoga Studio**

Strengthening the body & focusing the mind.

211 Beardy St, Armidale

[www.facebook.com/profile.php?id=100057588633366](https://www.facebook.com/profile.php?id=100057588633366)

## **Armidale Pine Forest - mountain biking**

In the eastern part of "The Piney" there is a network of tracks open to the public, The New England Mountain Bikers also hold regular events & are a proactive & welcoming club.

[www.nemtb.com.au](http://www.nemtb.com.au)

## **Armidale Cycle Club**

The club meets twice weekly for 30km road rides, plus road & gravel race action on the weekends.

[www.armidalecyclingclub.org](http://www.armidalecyclingclub.org)

Note: bikes can be hired from the Armidale Bicycle Centre [www.armidalebicyclecentre.com.au](http://www.armidalebicyclecentre.com.au) or Bicycle Central on Marsh [www.bicycle-centre.com.au/store\\_locations/Armidale-bike-shop](http://www.bicycle-centre.com.au/store_locations/Armidale-bike-shop)

## **Failes Armidale Cycle Way**

Enjoy a meandering walk or ride through the creeklands to the UNE to the west & Erskine St to the east.

[www.alltrails.com/trail/australia/new-south-wales/east-creekland-cycleway-and-john-failes-cycleway](http://www.alltrails.com/trail/australia/new-south-wales/east-creekland-cycleway-and-john-failes-cycleway)



### **Dumaresq Dam**

**Recreational Reserve** – 8min drive from Armidale  
458 Dumaresq Dam Rd, Armidale

Built at the end of the 19th Century & was Armidale's water supply until the late 1960's. Peaceful recreational & lap swimming spot & ideal for kayaking & canoeing, plus 2.5km walking/cycling track through eucalypt woodland around the dam. Kayaks/canoes can be hired from Armidale Outdoors -

[www.armidaleoutdoors.com.au](http://www.armidaleoutdoors.com.au)

**Mt Duval loop trail** – 20min drive from Armidale

With an elevation of 1,400 metres above sea level, take up the challenge & enjoy the view with this 6km loop trail. Route is also part of the popular annual community event, the Duval Dam Buster trail run.

[www.sportune.com.au/2020/08/10/duval-dam-buster](http://www.sportune.com.au/2020/08/10/duval-dam-buster)

**Armidale Panthers Running Group** - [www.facebook.com/groups/1179682292183791](https://www.facebook.com/groups/1179682292183791)

**Dangarsleigh/Dangars Falls walk** (Oxley Wild Rivers National Park) – 20min drive from Armidale

From the carpark you will find a number of signposted trails of varying distance which offer fabulous views of both Dangars & Mihi Falls (depending on the season if falls are flowing).

[www.australianwaterfalls.com/247-australian-waterfalls/new-south-wales/northern-tablelands-and-north-coast/380-dangars-falls](http://www.australianwaterfalls.com/247-australian-waterfalls/new-south-wales/northern-tablelands-and-north-coast/380-dangars-falls)

**The Blue Hole** (Gara Gorge, Oxley Wild Rivers National Park) – 20min drive from Armidale

A deep waterhole formed in the Gara River, the Blue Hole is a delightful swimming, bushwalking, & bouldering spot popular with locals.

[www.nationalparks.nsw.gov.au/things-to-do/picnic-areas/blue-hole-picnic-area](http://www.nationalparks.nsw.gov.au/things-to-do/picnic-areas/blue-hole-picnic-area)

# WEEKNIGHTS & WEEKENDS

Armidale really has something for everyone – whether you are an adrenaline junkie or a pleasure seeker, a winner of trivia or conquer of mountains, or just a lover of the lazy Sunday brunch at the markets... we have you covered! Check out the below websites for a calendar of local events - there is always something fabulous happening, either in the city or in one of our delightful surrounding towns. We have gathered some ideas to kick-start your adventures - why not meet up with your fellow registrars & get to know some of our very friendly locals!

[www.visitnsw.com/destinations/country-nsw/armidale-area/events](http://www.visitnsw.com/destinations/country-nsw/armidale-area/events)

[www.armidaleregional.nsw.gov.au/events#ALL|173](http://www.armidaleregional.nsw.gov.au/events#ALL|173)

[www.armidaletourism.com.au/events/calendar](http://www.armidaletourism.com.au/events/calendar)

[Instagram@armidalensw](https://www.instagram.com/armidalensw)

## Soundtrails

Beautifully crafted & creatively edited audio stories focusing on Armidale & surrounds (plus locations throughout NSW & QLD) Download the free app via Google Play & the App Store or at [www.soundtrails.com.au/all-soundtrails](http://www.soundtrails.com.au/all-soundtrails)

## Heritage Bus Tour

An entertaining 2.5hr guided tour of Armidale's rich history. There is also a self-guided heritage walk brochure available from the Armidale Visitors Information Centre.

Monday – Saturday, 10am

Visitor Information Centre 82 Marsh St, Armidale

Bookings: 02 6770 3888

## Helicopter & warbird flights

Enjoy a breathtaking birds-eye view of this spectacular region!

[www.fleethelicopters.com.au](http://www.fleethelicopters.com.au)

## NERAM - New England Regional Art Museum

The New England Regional Art Museum is home to one of the most significant collections outside a metropolitan area. The gallery features historical, modern & contemporary Australian art, artist's studio, regular exhibitions, workshops & live music, gift shop & café.

106 Kentucky Street, Armidale

[www.neram.com.au](http://www.neram.com.au)

## Aboriginal Cultural Centre & Keeping Place

A community-based centre highlighting the diversity of Australian Indigenous arts & culture - includes gallery, café, plus regular exhibitions & workshops.

96-104 Kentucky St (next to NERAM), Armidale

[www.acckp.com.au](http://www.acckp.com.au)

## Armidale Art Gallery

Permanent & changing exhibitions including sculpture, pottery, textiles & jewellery.

168 Beardy St Mall, Armidale

[www.armidaleartgallery.com](http://www.armidaleartgallery.com)

## University of New England Museum of Antiquities + Natural History Museum

Two fantastic museums with significant, diverse & fascinating collections.

University of New England Elm Ave, Armidale

Opening hours & location on campus:

[www.une.edu.au/info-for/visitors/museums/museum-of-antiquities](http://www.une.edu.au/info-for/visitors/museums/museum-of-antiquities)

[www.une.edu.au/info-for/visitors/museums/natural-history-museum](http://www.une.edu.au/info-for/visitors/museums/natural-history-museum)

## New England Collective

Local & regionally made clothing, homewares & gifts.

172 Beardy St Mall, Armidale

[www.newenglandcollective.com.au](http://www.newenglandcollective.com.au)

## Armidale Community Markets

Sample produce fresh from local growers.

1st & 3rd Sunday of every month, 8am - 1pm

Curtis Park, Armidale

## Armidale Farmers' Market

Seasonal produce from around the New England & Coffs Coast regions, plus breakfast, lunch & live music. Held in the grounds of the beautiful National Trust listed, Edwardian Saumarez Homestead (next to the Armidale Regional Airport).

2nd Sunday of every month (except for July & August), 9am – 2pm

230 Saumarez Road, Armidale

[www.armidalefarmersmarket.com.au](http://www.armidalefarmersmarket.com.au)

### **Markets in the Mall**

Quality handmade & handcrafted items.  
Last Sunday of every month, 8am – 1pm.  
Beardy St Mall, Armidale

### **New England Conservatorium of Music**

Home to both classical & contemporary soloists, groups & students, with a full calendar of events for the great enjoyment of the community.

Cnr Mossman & Faulkner St

[www.necom.org.au](http://www.necom.org.au)

### **Armidale Playhouse**

Historic little theatre, home to a calendar of live performances by the Armidale Drama & Musical Society & other groups in the region.

309 Beardy St, Armidale

[www.adms.org.au](http://www.adms.org.au)

### **Belgrave Twin Cinema**

145 Dumaresq St, Armidale

[www.facebook.com/BelgraveTwinCinema](http://www.facebook.com/BelgraveTwinCinema)

### **Great Hops Brewery Co.**

Taphouse & beer garden

33 Old Inverell Rd, Armidale

[www.greathops.com.au](http://www.greathops.com.au)

### **Charlie's Last Stand**

Wine & cocktail bar

Wine & watercolour painting Wednesday evenings

Live music: check [www.facebook.com/charlieslaststand](http://www.facebook.com/charlieslaststand)

1/234 Beardy St, Armidale

### **The Welder's Dog**

Craft beer bar

Raffles: Tuesdays 5pm

Trivia & live music: check [www.facebook.com/weldersdogarmidale](http://www.facebook.com/weldersdogarmidale)

[www.theweldersdog.com.au/bars](http://www.theweldersdog.com.au/bars)

120 Marsh St, Armidale

[www.theweldersdog.com.au/bars](http://www.theweldersdog.com.au/bars)

### **White Bull Hotel**

Trivia: Tuesdays 7pm

Raffles: Fridays & Saturdays 7pm

Live music/DJ: check [www.facebook.com/whitebullhotel](http://www.facebook.com/whitebullhotel)

[www.facebook.com/whitebullhotel](http://www.facebook.com/whitebullhotel)

117 Marsh Street, Armidale

### **The Railway Hotel**

Trivia: Wednesdays 7pm

Raffles: Thursdays, Fridays, Saturdays 7pm

Live music/DJ:

check [www.facebook.com/railwayhotelarmidale](http://www.facebook.com/railwayhotelarmidale)

22 Rusden St, Armidale

### **Royal Hotel**

Raffles: Fridays 7pm

107 Beardy St, Armidale

[www.royalhotelarmidale.com.au](http://www.royalhotelarmidale.com.au)

### **New England Hotel**

Pool comp + live music/DJ

check [www.facebook.com/neharmidale](http://www.facebook.com/neharmidale)

196 Beardy St, Armidale

### **Wicklow Hotel**

Raffles: Saturday 7pm

Live music/DJ:

check [www.facebook.com/WicklowHotel](http://www.facebook.com/WicklowHotel)

Cnr Marsh & Dumaresq St, Armidale

### **Peterson's Cool Climate Winery & Cellar Door**

Award-winning guesthouse & cellar door set in beautifully restored heritage-listed stables & lovely gardens.

345 Dangarsleigh Rd, Armidale

[www.petersonsguesthouse.com.au](http://www.petersonsguesthouse.com.au)

### **Uralla** – 20min drive from Armidale

Picturesque, colonial gold rush town with retail gems, artisanal food & boutique wineries– fabulous day trip. Highlights include Top Pub, New England Brewing Co., Alternate Root Café, Little Birdie, Melrose & Highland Living. Uralla is also the location for many of the adventures of Captain Thunderbolt - “the gentleman bushranger”, last of the NSW bushrangers. Travel 15 minutes down the road to see the beautiful Gostwyck Chapel – covered in Virginia Creeper vines, it's a photographer's dream, particularly in Autumn.

[www.visitnsw.com/destinations/country-nsw/tamworth-area/uralla](http://www.visitnsw.com/destinations/country-nsw/tamworth-area/uralla)

[www.uralla.com/Home](http://www.uralla.com/Home)

Joining a faith-based or cultural group is the perfect way to meet likeminded people – check out this list to see many of the local religious groups & places of prayer ready to welcome new friends to town:

[www.une.edu.au/current-students/support/student-services/chaplaincy/religious-groups-in-armidale](http://www.une.edu.au/current-students/support/student-services/chaplaincy/religious-groups-in-armidale)

Every weeknight & weekend right across the city you'll find Armidale locals & UNE students enjoying an almost endless variety of team sports. Why not wander along & check out the action at a local comp –

[www.armidaleregional.nsw.gov.au/community/sport-and-recreation](http://www.armidaleregional.nsw.gov.au/community/sport-and-recreation).

# DINING IN & OUT

We have a wide variety of dining experiences in Armidale, just make sure you check for current opening times before you venture out. Below is just a small selection of the fresh & delicious local fare popular with residents & travellers alike.

## **Armidale Market Fresh**

Fresh local produce & groceries in store & delivered.  
168 Rusden St, Armidale  
[www.armidalemarketfresh.com.au](http://www.armidalemarketfresh.com.au)

## **Roj Supermarket**

Middle Eastern grocery items & fresh homemade delights.  
116 Jessie St, Armidale  
[www.facebook.com/Rojsupermarket1/](http://www.facebook.com/Rojsupermarket1/)

## **Gathered Goods**

Providore selling regional produce, deli goods & hampers.  
82 Rusden St, Armidale  
[www.gatheredgoods.com.au](http://www.gatheredgoods.com.au)

## **Ten Koo Sushi**

175 Beardy St, Armidale  
02 6771 2102

## **Háo Sushi & Grill**

85 Marsh St, Armidale  
[www.facebook.com/Haosushiandgrill](http://www.facebook.com/Haosushiandgrill)

## **Signor Vertelli Italian Restaurant**

110 Marsh St, Armidale  
[www.signorvertelli.com](http://www.signorvertelli.com)

## **Paper Tiger Eatery**

14 Moore St, Armidale  
[www.facebook.com/papertigereatery](http://www.facebook.com/papertigereatery)

## **Fresh at 110**

110 Dangar St, Armidale  
[www.freshatoneten.com.au](http://www.freshatoneten.com.au)

## **Café Patisserie**

80 Rusden St, Armidale  
[www.facebook.com/Cafe-Patisserie-Armidale](http://www.facebook.com/Cafe-Patisserie-Armidale)

## **Goldfish Bowl Wood-fired Bakery Café**

Cnr Jessie & Rusden St, Armidale  
[www.thegoldfishbowl.com.au](http://www.thegoldfishbowl.com.au)

## **Altitude Coffee Roastery Café**

108 Dangar St, Armidale  
[www.facebook.com/altitudecoffeeroastery/](http://www.facebook.com/altitudecoffeeroastery/)

## **Indian Affair Tandoori Restaurant**

115 Rusden St, Armidale  
[www.facebook.com/anindianaffairarmidale](http://www.facebook.com/anindianaffairarmidale)

## **A&J Vietnamese Restaurant**

1/117 Beardy St East Mall, Armidale  
<https://www.facebook.com/AJ-Vietnamese-Restaurant-351824325483786/>

## **Koni Korean Restaurant**

4/117 Beardy St, Armidale  
[www.facebook.com/KONI-109722714160911](http://www.facebook.com/KONI-109722714160911)

## **Azka Restaurant, Wine & Tapas**

Powerhouse Hotel  
31 Marsh St, Armidale  
[www.rydges.com/accommodation/regional-nsw/powerhouse-hotel-armidale/eat-drink/azka-restaurant](http://www.rydges.com/accommodation/regional-nsw/powerhouse-hotel-armidale/eat-drink/azka-restaurant)

## **Mandarin Restaurant**

213 Beardy St, Armidale  
[www.armidalemandarin.com.au](http://www.armidalemandarin.com.au)

## **Tattersall's Hotel Restaurant**

174 Beardy St Mall, Armidale  
[www.tattersallsarmidale.com.au](http://www.tattersallsarmidale.com.au)

## **Thai Home Restaurant**

102 Marsh St, Armidale  
[www.thaihomerestaurant.com.au](http://www.thaihomerestaurant.com.au)

## **The Minnie Barn (authentic Ezidi cuisine)**

The Comfort Inn  
146 Dangar St, Armidale  
[www.facebook.com/theminniebarn](http://www.facebook.com/theminniebarn)

# OUT OF TOWN ADVENTURES

The New England High Country is home to some of the most celebrated bushland, rainforest & rugged wilderness in Australia... where the view around every corner is even more stunning than the last. There are endless ways to experience the great variety of landscapes & environments - bushwalk, plunge into a crystal-clear stream, camp, fish, mountain bike, climb, rock hop, or just sit on a picnic rug & listen to the lyrebird's call.

On the weekend you can jump in the car & follow the road to other wonderful New England towns & villages, all with their own unique character, including Inverell, Tenterfield, Glen Innes & Guyra. If the ocean is calling, the coast is only 2.5hrs away along the Waterfall Way, a scenic drive through picturesque Dorrigo & Bellingen.

After a big working week, you are in the perfect spot to enjoy some quality R&R or throw on a backpack for a memorable out of town adventure. Here are a few suggestions to get you thinking about getting out & about to discover our glorious region!

## **Mount Yarrowyck Nature Reserve &**

### **Aniwan Rock Art Site** – 30min drive from Armidale

Within the traditional lands of the Aniwan people you will find a 3km return track, taking you along the granite slopes of the mountain to the cave painting site.

Note: Please remain behind the timber barrier & refrain from touching the paintings.

Thunderbolt's Way, Mount Yarrowyck

[www.nationalparks.nsw.gov.au/visit-a-park/parks/mount-yarrowyck-nature-reserve](http://www.nationalparks.nsw.gov.au/visit-a-park/parks/mount-yarrowyck-nature-reserve)

### **Wollomombi Falls** (Oxley Wild Rivers National Park) –

35min drive from Armidale

The second highest waterfalls in Australia, cascading dramatically 220m to the valley below.

[www.nationalparks.nsw.gov.au/things-to-do/picnic-areas/wollomombi-falls-picnic-area](http://www.nationalparks.nsw.gov.au/things-to-do/picnic-areas/wollomombi-falls-picnic-area)

### **Point Lookout** (New England National Park)–

1hr 15min drive from Armidale

Stunning, panoramic views across the World Heritage rainforest to the ocean in the distance. Toilets, picnic tables & BBQ facilities available.

Point Lookout Rd, Brinerville

[www.nationalparks.nsw.gov.au/things-to-do/lookouts/point-lookout](http://www.nationalparks.nsw.gov.au/things-to-do/lookouts/point-lookout)

### **Cathedral Rock National Park** – 1hr drive from Armidale

Magnificent granite tors and outcrops, formed around 230 million years ago, perfect for rock hopping, bushwalking, camping & exploring. Toilets, Picnic tables & BBQ facilities available.

[www.nationalparks.nsw.gov.au/visit-a-park/parks/cathedral-rock-national-park](http://www.nationalparks.nsw.gov.au/visit-a-park/parks/cathedral-rock-national-park)

### **Hillgrove** – 30min drive from Armidale

Historic near-ghost town. Established in 1884 & once home to 3,000 residents & six hotels at its' peak servicing gold & antimony mining. Museum & heritage walk.

[www.aussietowns.com.au/town/hillgrove-nsw](http://www.aussietowns.com.au/town/hillgrove-nsw)

### **Walcha** – 45min drive from Armidale

Set amongst strikingly beautiful countryside, the charming, historic town of Walcha is best known for its'

Open Air Gallery, which features a permanent display of over 50 sculptures by renowned local, national & international artists. In addition, the Walcha Art Gallery, antique shops, boutique & gift stores & cosy cafés make Walcha the ideal day trip adventure.

[www.visitnsw.com/destinations/country-nsw/armidale-area/walcha](http://www.visitnsw.com/destinations/country-nsw/armidale-area/walcha)

### **Tamworth** – 1hr 20min drive from Armidale

Tamworth is well known for its annual country music festival in January, however this vibrant, thriving city is so much more than golden guitars, sad songs & rhinestones! Tamworth is the regional capital for sporting, retail, food & entertainment making it the perfect weekend escape.

[www.visitnsw.com/destinations/country-nsw/tamworth-area](http://www.visitnsw.com/destinations/country-nsw/tamworth-area)

Produced on behalf of the PHN by Big Sky Relocations

# PRIMARY HEALTH NETWORK

## TAMWORTH OFFICE

Suite 104, Noel Park House  
155 – 157 Marius Street  
Tamworth, NSW

## CENTRAL COAST OFFICE

159B The Entrance Road  
Erina, NSW

## NEWCASTLE OFFICE

Suite 11, 125 Bull Street  
Newcastle West, NSW

GET IN TOUCH

**1300 859 028**

[info@thephn.com.au](mailto:info@thephn.com.au)



Images courtesy of Stephane Photography, Terry Cooke Photography & Luke Allen.

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