LAKE MACQUARIE WELCOMES YOU

DOWNUNDER

6-11 December 2014

INTERNATIONAL CHILDREN’S GAMES
LAKE MACQUARIE, AUSTRALIA
Bringing the Games to Lake Macquarie

6 – 11 December 2014

Here in Lake Macquarie, we are excited about being the first city in the southern hemisphere to host the International Children’s Games. The people of Lake Macquarie are very proud of living in what many of us call paradise - with beautiful white sandy beaches, waterfalls hidden away in forested mountains, and an almost crystal clear lake, perfect for sailing, boating and fishing. Of course there is also our famous native wildlife - kangaroos, koalas and emus.

You will enjoy competing in our high class facilities for the 2014 International Children’s Games, but equally as important, you will enjoy the hospitality of Lake Macquarie people and cultures from around the world. We have over 200,000 residents, and are part of a large region in New South Wales known as the Hunter, so there will be plenty to see and do when you’re not competing.

I encourage you to spend some extra time in Lake Macquarie and the region to really enjoy what is on offer.

We are looking forward to welcoming you to our paradise in December 2014.

Cr Jodie Harrison
Mayor
Lake Macquarie City Council
Beach

With more than 80% of our population living within 50km of the coast, the beach is an integral part of our laid-back lifestyle. From surf club training for young ‘nippers’ to a game of beach cricket after a barbeque, we love our sandy shores. We go to the beach to enjoy the sun and surf, sailing, fishing, snorkelling, scuba diving or a simple walk along the sand.

Sports

It is no secret that Australians are sports crazy. More than 6.5 million people in Australia participate in sports, not bad for a population of just over 21 million!

- Aussie Rules football is the number one watched sport in Australia
- We’re a nation of swimmers and excel in the Olympic pool
- All summer we support the Australian cricket team
- In January, we watch the Australian open tennis
- We have many world-class surfers
- On the first Tuesday of November, the nation stops for the famous horse race, the Melbourne Cup
- On boxing day, crowds gather to watch the boats sail out of Sydney Harbour for the Sydney to Hobart Yacht Race.

Heritage

Today, more than 20% of Australians are born overseas and more than 40% are of mixed cultural origin. We define ourselves by our Aboriginal heritage, multiculturalism, innovative ideas and a love of the outdoors.
Lake Macquarie is Australia’s eighth largest city.
You’ll Love Lake Macquarie

With a lake twice the size of Sydney Harbour, four patrolled surf beaches, ninety towns and villages and the spectacular Watagan Mountains there’s lots to love about Lake Macquarie.

The first impression of Lake Macquarie, that surprises most people, is its size. As one of Australia’s largest coastal saltwater lakes, it’s home to 200,000 people and a popular holiday destination.

The City of Lake Macquarie is located 90 Minutes drive north of Sydney, 10 minutes from Newcastle, 40 minutes from Hunter Wine Country and the NSW Central Coast. Much of the important history of Lake Macquarie is associated with the original Aboriginal inhabitants; the Awabakal people.

The location is perfect to host the inaugural southern hemisphere International Children’s Games. For more information on Lake Macquarie go to www.visitlakemac.com.au

Lake Macquarie welcomes the World!
SPORTS and VENUES

The Forum, The University of Newcastle

swimming

Hunter Sports Centre, Glendale

gymnastics

Hunter Sports Centre, Glendale

track & field

Macquarie Football Complex

football
Lake Macquarie welcomes the World!

2014 will be the first time BMX will be offered at the ICG.
Athletes, Coaches and Delegates

**Accommodation**
You will be staying at the University of Newcastle and our two sport and recreational facilities located at Myuna Bay and Point Wolstencroft. All venues are well equipped, have beautiful surroundings, great training facilities and recreational activities.

**Transportation**
The nearest international airport is Sydney with a domestic airport at Newcastle. Teams will be met at either airport by our wonderful volunteers, and escorted by train from Sydney to Lake Macquarie, or bus from Newcastle. Buses will take you daily from your accommodation to competition venues.
Sporting venues
All our sporting venues are top class and easily accessible from the accommodation facilities.

Catering and Hospitality
A nutritious, varied and diverse menu will be developed for all meals.

Activities and entertainment
- Surf Carnival
- Aussie wildlife experience
- Bike and walk tracks
- Outdoor cinema event
- Barbecues
- Internet access facilities
- Full use of gymnasium
- Swimming pools
- Group fitness classes
- Indoor basketball courts

Lake Macquarie welcomes the World!
VIP’s

The VIP’s and City representatives will be accommodated and catered for at the Quality Hotel Apollo International, 290 Pacific Highway, Charlestown (www.apollohotelnewcastle.com.au) and the Mercure Hotel Charlestown 109 Madison Drive, Charlestown (www.mercure.com).

Both venues offer outstanding facilities, meeting rooms, ala carte restaurants and four star accommodation.
Families

Getting here

Sydney is the closest international airport (2 hours drive) and Newcastle the closest domestic airport (40 mins drive). You can then travel to Lake Macquarie by bus, train (from Sydney) or hire car.

Accommodation and tourism

Lake Macquarie offers accommodation from the absolute indulgence to budget-friendly.

Pick your setting - beach, lake or forest, then choose from a range of self contained holiday houses, holiday parks, hotels, resorts or comfortable bed and breakfasts. For all your accommodation and tourism options visit www.visitlakemac.com.au

Food

There are many culturally themed restaurants in Lake Macquarie including Chinese, Japanese, Mexican, Thai, Italian, Indian, ala carte and much more. Surrounded by water, fresh seafood is also readily available.

Climate

Lake Macquarie has a near perfect sub-tropical climate.

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<th>Feb</th>
<th>Mar</th>
<th>Apr</th>
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<td>19.3</td>
<td>18.3</td>
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<td>9.2</td>
<td>11.4</td>
<td>14.0</td>
<td>16.1</td>
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Lake Macquarie welcomes the World!
Top 10 in Lake Macquarie

1. **Sea caves**
   Explore the sea caves and rock pools of Caves Beach.

2. **Swim or surf**
   Swim, surf, snorkel, or dive at Catherine Hill Bay.

3. **Walk or cycle**
   Walk or cycle the Fernleigh Track, heritage railway corridor.

4. **Red Bluff elevated boardwalk**
   Take a walk at Warners Bay foreshore, have a bite to eat on the waterfront, and don’t miss the Red Bluff elevated boardwalk.

5. **Visit the best playground in Australia**
   Visit Lake Macquarie Variety Playground at Speers Point Park, voted the Best Play Space in Australia in 2011.

6. **Art**
   Discover Lake Macquarie City Art Gallery.

7. **Visit an Australian artists’ studio**
   See the Lake through the eyes of esteemed Australian artist, Sir William Dobell, at his former home and studio in Wangi Wangi.

8. **Cruise around the Lake**
   Hire a boat, kayak or canoe and cruise around the Lake, stopping off for a picnic lunch.

9. **Shop ‘til you drop**
   For the latest brands at Charlestown Square, the Hunter’s largest shopping destination.

10. **Get back to nature**
    Bushwalk to waterfalls and spectacular lookouts at the amazing Watagans National Park.

Top 10 in Hunter Region

1. **Walk the plank**  
   Learn to surf at Nobbys Beach.

2. **Have a cuddle**  
   Nurse a koala at Blackbutt Reserve.

3. **Dolphin watching**  
   Go on a whale or dolphin watching cruise at Port Stephens and marvel as these magnificent animals play in the waves.

4. **Get your thrills**  
   If you’re in the mood for adventure, go quad biking at the Stockton Beach sand dunes or tandem hang gliding at Bar Beach.

5. **Hiking trails**  
   Visit the unique World Heritage Listed Barrington Tops; 95,000 hectares of unspoilt wilderness. Go trout fishing in the sparkling streams.

6. **Admire the view**  
   Walk or ride along scenic foreshore from the Harbour along Nobbys Beach, Newcastle Beach, Bar Beach and Merewether Ocean Baths.

7. **Get to know us**  
   Visit Newcastle Museum. Entry is free. Discover the true character of this region in all its beauty, grit, colour and life. Then visit Fort Scratchley, rich in military history and an icon of the Hunter region.

8. **Historical Maitland**  
   Escape to the Historic riverside village of Morpeth, and ‘serve time’ with an enthralling tour of Maitland Jail.

9. **Beautiful vineyards**  
   Visit the famous Hunter Vineyards – 40 minutes from Lake Macquarie, regular bus tours are available.

10. **See our wildlife up close**  
    Visit the Australian Reptile Zoo and see daily venomous snake and funnel web spider milking shows.
Top 10 NSW

1. **Sydney**
   There’s no better time to experience Sydney than in the summer, when the city plays host to countless numbers of festivals, sporting events and celebrations.

2. **Blue Mountains**
   The Blue Mountains feature charming villages, dense rainforest, waterfalls, deep gorges and world class bushwalking trails.

3. **Hunter Valley**
   When you hear the words ‘Hunter Valley’, it’s more than likely the area’s award-winning vineyards spring to mind. However, there’s so much more to the Valley – discover Newcastle’s flourishing arts scene and cafe culture or spend time relaxing on Lake Macquarie, one of the largest saltwater lakes in the Southern Hemisphere.

4. **Coffs Harbour**
   Coffs is one of the North Coast’s most family-friendly holiday destinations, with golden beaches, fantastic diving and fishing, cosmopolitan dining and more.

5. **Byron Bay**
   Byron Bay is set amongst lush, rolling, green hinterlands. Immerse yourself in the alternative, bohemian lifestyle with organic cafes, markets and boutique shops.

6. **Jervis Bay**
   Jervis Bay is renowned for its stunning natural beauty. The area possesses the whitest beaches in the state and clear, aqua-blue waters.

7. **Port Macquarie**
   The vibrant and unspoilt coastal town of Port Macquarie offers a distinctive mix of heritage and modern buildings, diverse dining, shopping and entertainment.

8. **Snowy Mountains**
   A popular destination year-round, the Snowy Mountains are home to the largest national park in the state and to Mt Kosciusko, Australia’s tallest peak.

9. **Broken Hill**
   Experience the great Australian outback in Broken Hill, a thriving, historic mining town with a vibrant arts scene and warm, outback hospitality.

10. **Lord Howe Island**
    One of only four island groups with UNESCO World Heritage status, Lord Howe Island assures visitors an incredible, natural escape.
2014 calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Events</th>
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| Saturday 6th December | • Teams are to arrive by this date into Sydney and will be transported to accommodation venues  
                           • First meal will be dinner, lunch will be available at the University food courts at own expense  
                           • Registration, training facilities, open activities  |
| Sunday 7th December   | • Training and warm-up sessions  
                           • VIP Reception at Lake Macquarie City Council Administration Building  
                           • Opening ceremony and Carols by Candlelight concert – staged at Speers Point Park  |
| Monday 8th December   | • First day of competition  
                           • Evening outdoor movie and activities  
                           • Aussie wildlife experience  |
| Tuesday 9th December  | • Second day of competition  
                           • Aussie Surf Carnival – Blacksmiths Beach  |
| Wednesday 10th December | • Third day of competition  
                           • Closing Ceremony – Hunter Sports Centre  |
| Thursday 11th December | • Depart accommodation  
                           • Final meal - breakfast  |
Her Excellency Professor Marie Bashir AC CVO
Governor of New South Wales

Vice-Regal Patron of the Lake Macquarie International Children’s Games 2014

Joining Her Excellency in supporting this wonderful event, are celebrated local sporting identities serving as our ambassadors in their professional sports.

**swimming**

**Angie Bainbridge**
2008 Beijing Olympics Gold Medallist

**gymnastics**

**Jack Rickards**
Australian Youth Olympics Festival representative
Pacific Rim Championships USA 2010

**track & field**

**Benn Harradine**
2008 Beijing Olympics Discus
2012 London Olympics Discus
2010 Commonwealth Games Gold medallist

**football**

**Lauren Colthorpe**
Member of the Matilda’s – The Australian National Football Team
2014 will be the first time BMX will be offered at the ICG.

Iain Jenson and Nathan Outteridge
2012 London Olympics Gold Medallists

Richie Campbell
2012 London Olympics
2008 Beijing Olympics

Jake Higginbottom
8th GS Maeykong Open 2013
8th CIMB Indonesian Masters 2013
11th SBI Sail Open 2013
14th NZ PGA 2013
1st NZ Open 2012
10th Aust. Masters 2012

Rachel Jones
Current Australian Junior Elite Women’s Champion
Runner up 2013 National Series
Shimano Junior Cyclist of the Year – BMX Female.
Lake Macquarie

90 mins from Sydney

Watagans National Park

Fernleigh Track

ATHLETES' ACCOMMODATION

Watagans National Park

GettIng aroUnD

Lake Macquarie

90 mins from Sydney

Watagans National Park

Fernleigh Track

ATHLETES' ACCOMMODATION

Watagans National Park

Getting around

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ATHLETES' ACCOMMODATION

Watagans National Park
Top 10 things to do in Lake Macquarie - see page 12
...come and hang out with us, mate!

For more information contact:
Lake Macquarie City Council
icg@lakemac.nsw.gov.au
www.icg-lakemacquarie2014.com

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