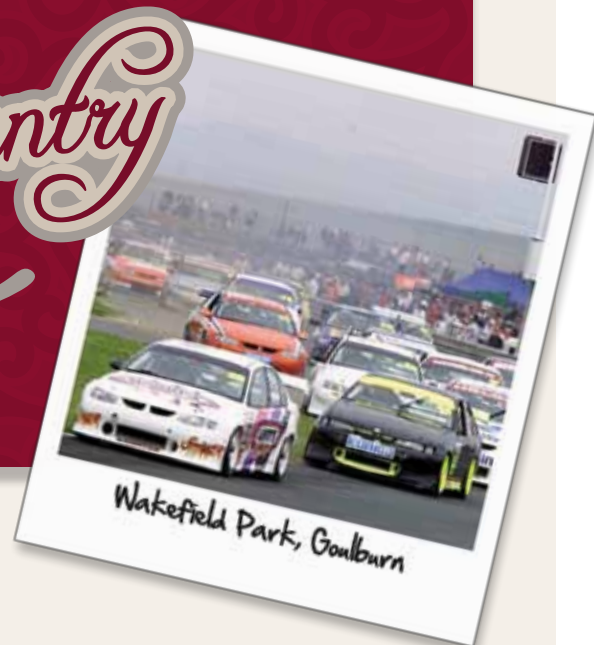


# Capital Country

NSW AUSTRALIA



## Adventure

### Bungonia State Conservation Area **BUNGONIA**

838 Lookdown Road, Bungonia NSW 2580  
Phone. 02 4844 4277

Try Adventure caving, one of Bungonia's best known activities, with caves amongst the deepest on the Australian mainland. Enjoy bushwalking, camping, rock climbing, canyoning or abseiling. The camping area has hot showers, toilets, and a communal kitchen with disabled access.

### Wakefield Park Raceway **GOULBURN**

4770 Braidwood Road, Goulburn NSW 2580  
Phone. 02 4822 2811 • Web. [www.wakefieldpark.com.au](http://www.wakefieldpark.com.au)

Speed your way around this short track race circuit which caters for the public and corporate hire as well as the racing fraternity. Open every weekend and most weekdays, track day events for both motorcars and motor bikes are offered.

### Goulburn Speedway **GOULBURN**

Governor's Hill, off Sydney Road, Goulburn NSW 2580  
Phone. 0408 480 713 • Web. [www.goulburnspeedway.com.au](http://www.goulburnspeedway.com.au)

Rev things up at the Goulburn Speedway which holds monthly meets from spring to autumn and a full program of compact speed cars, fender benders, Formula 500s, GP midgets, junior sedans, Super Six, series sedans, Stock Rods and burnout competitions.

### Gliding **GOULBURN**

Southern Tablelands Gliding Club Inc., Carrick Road,  
Goulburn NSW 2580  
Phone. 02 4822 3235

Fly like a bird as you glide over Capital Country. The Goulburn Gliding Club offers trial instruction flights on weekends.

### Boating **CROOKWELL**

Contact the Crookwell Visitor Information Centre,  
106 Goulburn Street, Crookwell NSW 2583  
Phone. 02 4832 1988 • Web. [www.upperlachlantourism.com](http://www.upperlachlantourism.com)

Power boat in scenic surroundings in the Grabine State Park, near Crookwell.

### Cycling **SOUTHERN HIGHLANDS**

Contact Tourism Southern Highlands,  
62-70 Main Street, Mittagong NSW 2575  
Phone. 02 4871 2888 • Web. [www.southern-highlands.com.au](http://www.southern-highlands.com.au)

Hire a bike for the day from Ye Olde Bicycle Shoppe in Bundanoon and cycle your way through the villages of the Southern Highlands.

### Z Access Adventures **SOUTHERN TABLELANDS**

Phone. 0429 662 692 • Web. [www.zaccess.com.au](http://www.zaccess.com.au)

Indulge your penchant for extreme sports with the team at Z Access Adventures, based in the Southern Tablelands of NSW. Whether it's guided abseiling, rock-climbing, caving, bushwalking, canyoning or canoeing – they've got you covered.

### Frogmore 4-Wheel Adventure Park **VIA BOOROWA**

Phone. 0402 390 443  
Web. [www.frogmore4wheeladventurepark.com.au](http://www.frogmore4wheeladventurepark.com.au)

Explore the 240 acres of trails at Frogmore 4-Wheel Adventure Park. This Dirt Bike, Quad Bike and Buggy Park enables you to legally enjoy your chosen extreme sport. With camping areas, BBQ's and picnic areas on site, bring your own, or hire vehicles at the Park and enjoy the extreme sport surrounds.

### Binacrombi **VIA TARALGA**

Phone. 1800 620 706 • Web. [www.binacrombi.com.au](http://www.binacrombi.com.au)

Go wild at Binacrombi, as you tear through over 530 acres of tracks and trials situated alongside the Abercrombie River. With tracks and trials for the beginner through the more experienced rider, Binacrombi has something for everyone.

### Helicopter Tours **LAKE GEORGE**

Phone. 0419 323 777 • Web. [www.leridaestate.com.au](http://www.leridaestate.com.au)

Soar through the skies with Aquila Helicopters and take in the unique scenery of Lake George. Onboard your privately chartered helicopter, take in the breathtaking views of our spectacular inland lake, fly high above the vines, and then when back on solid ground, stop in at Lerida Estate Winery for a drop of one the many award winning wines – or two, or three.

NOTE. INFORMATION CORRECT AT THE TIME OF PRINTING. PLEASE CONTACT THE BUSINESS DIRECTLY FOR OPENING TIMES AND ADMISSION FEES WHERE APPLICABLE.

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

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