



Sydney Synchronized Festival 26th – 28th August 2022 Erina Ice Arena, NSW, Australia

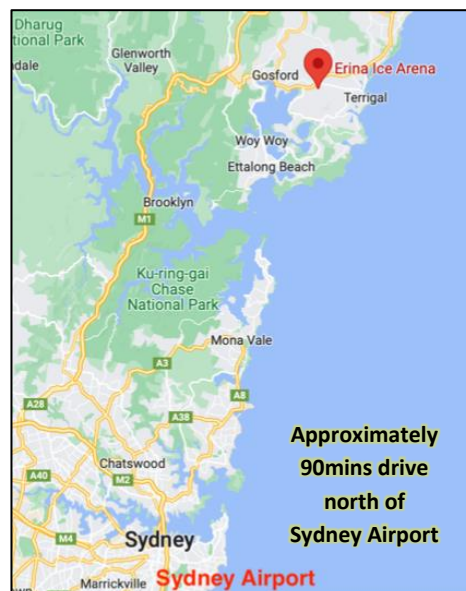
Welcome to the Central Coast

The Central Coast is a region of New South Wales, Australia, on the Pacific Ocean 90 minutes north of Sydney.

Erina Ice Arena is just 10 minutes from some of the Central Coast's most stunning beaches, including Terrigal with its boardwalk creating the perfect walk in the sunshine. The rink is located within the Erina Fair Shopping Centre, giving teams and officials access to major retailers & specialty shops, as well as movies, restaurants and other facilities.



Our rink has an ice surface of 60m x 30m, our grandstand seats 500 and we have recently undergone renovations. The rink will provide teams with practice ice and meal options and our Local Organizing Committee will be able to assist visiting teams with any needs they may have.



Extra Practice Ice

Extra practice ice will be available for teams to hire directly from Erina Ice Arena on:

- Tuesday 23rd August
- Wednesday 24th August
- Thursday 25th August
- Friday 26th August

This ice time will be separate to the allotted official practices listed in the announcement. Practice ice will be available in blocks of 30mins at a cost of AUD \$275 (inc. GST).



Please use the Extra Ice Hire Form and email it to the rink directly at info@erinaicearena.com.au with your extra practice ice requests. Ice time will be issued on a first come, first served basis. You will be issued with an invoice for payment to secure your booking prior to the start of the competition.

The Dance Studio (located 100m from the rink) will also be available for teams to hire on Friday 26th August. Studio hire will be available in blocks of 30mins at a cost of AUD \$80 (inc. GST).

Accommodation

The Central Coast has many forms of accommodation available to teams including hotels, motels and holiday apartments. Some local options include:

- Crowne Plaza - <https://crowneplazaterrigal.guestreservations.com>
- Terrigal Pacific Coastal Retreat - <https://www.terrigal.pacific.net.au>
- Terrigal Sails Serviced Apartments - <https://terrigalsails.com.au>
- The Clan Terrigal - <https://clan.com.au>
- Quality Inn – The Willows - <https://www.gosfordresortandfunction.com.au>
- The Palms Avoca Beach - <http://www.palmsavoca.com.au>
- The Quarters Forrester's Beach - <https://forrester's-beach-resort.hotelsone.com>
- Ibis Gosford - <https://www.ibgosford.com.au>
- Waterview Gosford Motor Inn - <http://gosfordmotorinn.com.au>
- Gosford Palms Motor Inn - <https://redstarhotelsgosford.com.au>
- Galaxy Motel - <https://galaxymotel.com.au>
- Bella Vista Motel, Kariong - <https://www.bellavistamotel.com.au>



Meals For Teams

There are many local options for meals for your teams. Some of the hotels have restaurants on site, others are close to RSLs or Leagues Clubs and many local restaurants will accept bookings in advance for teams. Some local options include:

- Erina Leagues Club (a short walk from the rink) - <https://erinaleagues.com.au>
- Terrigal Beach House - <https://www.terrigalbh.com.au/menu>
- The Sunken Monkey - <https://www.thesunkenmonkey.com.au>
- GPK – Pizza and Pasta Erina Fair - <http://www.gotogpk.com.au>
- Thai Thyme Erina Fair - <https://www.thaithyme.net>
- Grill'd Erina - <https://www.grilld.com.au/restaurants/new-south-wales/central-coast/erina>

Erina Ice Arena Catering

Erina Ice Arena can cater for meals for your teams. Take home or eat-in meals (at the rink), are all home made in the Erina Ice Arena Café and will be available to order from Wednesday 24th – Monday 29th August.



1. Take-away Lunchbox - AUD \$15 (inc GST) per person

- Sandwich (choice of 3 fillings):
 - Grated cheese, grated carrot & lettuce
 - Ham, cheese, tomato & lettuce
 - Chicken, chive & mayonnaise mix with lettuce
- Fruit (1 piece apple or banana)
- Small fruit juice (1)
- Small packet of trail mix (popcorn, pretzels, dried fruit, cereal)
- Treat of the day

2. Take-away or eat-in (at the rink) Team Dinner - AUD \$100 (inc GST) 6-8 serves

- Lasagne with garden salad, chips and 6 cans of soft drink (serves 6-8)
- Cottage pie with side seasonal greens, chips and 6 cans of soft drink (serves 6-8)
- Apricot or butter chicken with rice, seasonal vegetables and 6 cans of soft drink (serves 6-8)
- Family serve hot chips – AUD \$8 (inc GST) per serve

**Dietary requirements catered for; Gluten free, dairy free, vegetarian & vegan options available.*

Please use the Extra Meals Order Form and email it to the rink directly at info@erinaicearena.com.au by Sunday 7th August. You will be issued with an invoice for payment to secure your order prior to the start of the competition.



Buses & Transport

Teams arriving at Sydney Airport will need to arrange for transfers to the Central Coast. Trains leave from the Sydney Airport Stations and travel through to Gosford Train Station, where you will be able to catch a local bus to Erina Fair Shopping Centre.

As most hotels will not be within walking distance to the rink, bus or other private transport from hotels and holiday apartments to the rink at Erina Fair will be necessary. Teams may find it easier to transfer from Sydney Airport by bus and continue with that bus service throughout the competition, as well as their return to Sydney Airport.

Some local transport options are:

- Bus Hire Central Coast - <https://www.buscharter.com.au>
- Sydney Charter Bus Hire with Driver Transport Service - <https://www.sydneycharterbus.com.au>
- Central Coast Minibus Hire - <http://www.centralcoastminibushire.com.au>
- Inspire Transport - <https://www.inspiretransport.com.au>

Excursions – Central Coast, Sydney & the Hunter Region

The number of places to see and things to do on the Central Coast is endless. Here is a list of sightseeing ideas for your team to enjoy during your trip:

- Australian Reptile Park - <https://www.reptilepark.com.au>
- Beaches - Terrigal, Wamberal, Avoca, etc.
- Glenworth Valley Outdoor Adventures (horse riding, quad biking, etc.) - <https://glenworth.com.au>
- Laser Tag - <https://lasertag.com.au>
- Gosford Regional Gallery & Japanese Gardens - <https://www.centralcoast.nsw.gov.au/recreation/venues-and-facilities/galleries/edogawa-commemorative-garden>
- Clip 'N Climb Central Coast - <https://clipnclimbcentralcoast.com.au>
- Treetops Adventure (rope courses) - <https://treetopsadventure.com.au/location/central-coast>
- Chocolate Factory Gosford - <https://chocolatefactorygosford.com.au>
- Central Coast Marine Discovery Centre - <https://www.cmdc.org.au>
- Ken Duncan Gallery - <https://www.kenduncan.com>
- Norah Head Lighthouse - <https://norahheadlighthouse.com.au>
- Mount Penang Gardens - <https://www.hccdc.nsw.gov.au/mt-penang-gardens>



Sydney

There is plenty to do in Sydney! Information can be found at <https://www.sydney.com/destinations/sydney>. Famous places to visit include:

- Bondi Beach
- Northern Beaches (including Palm Beach, the location of Home and Away)
- Manly Beach
- Sydney City

Circular Quay is a great base for:

- City tours
- Taronga Zoo
- Whale watching
- Taste of Sydney
- Helicopter flights
- Walking tours
- Opera House
- The Rocks
- and more...



Newcastle & The Hunter Valley

There is plenty to do in the Newcastle & Hunter Valley areas. They are great places to explore! You can find further information at <https://www.visitnsw.com/destinations/hunter/hunter-valley>.

Some great options include:

- Wine Tasting
- Brokenwood - Behind-The-Scenes wine tour
- Hot air balloon rides
- True crime guided walking tours
- Newcastle Hidden Gems and Pub walks
- Hunter Valley - cheese and barrel wine tasting
- Hunter Valley Gardens
- Hunter Chocolate Tours



***Erina Ice Arena & the NSW Ice Skating Association
wish you the best for the
2022 Sydney Synchronized Festival
and your visit to the Central Coast of NSW.***

