

Water Based Activities

Name	Description	Contact Details
Aqua Golf Map Ref. N18 page 40	\$7 per bucket of balls. Hit target and win prizes. Open 7 days, 8am to Midnight Sun – Thurs. 8am to 1am Fri. & Sat.	Panthers Complex, Mulgoa Road., Penrith Ph: 02 4721 7240 www.aquagolf.com.au
Bents Basin State Recreation Area South of Map Ref. C14 page38	Picnic, bushwalking, swimming and camping. Open 7 days, 9am- 4.30pm. Entry fee per car.	Wolstenholme Ave, Greendale Ph. 02 4774 8662
Cables Wake Park Map Ref L19 page 40	Wake boarding, skiing and knee boarding on cables lake. Free entry. Prices – hourly rate, day & season passes available. Cafe on site . Open 10am-7pm daily.	Behind Panthers Complex, Mulgoa Road, Penrith Ph 02 4722 2537 www.cableswakepark.com
Family Fishing Map Ref. H2 page 40	Catch & release with barbless hooks. Must have a Fishing Licence (can be purchased from SIRC). Bring own equipment. Tuesdays 9am- 5pm.	SIRC, Old Castlereagh Rd, Penrith. Ph. 02 4730 0000 www.regattacentre.nsw.gov.au
Fishing Map Ref J17 - page 40, North of Map Ref.D1 - page38, Map Ref.G28 - page 40	Nepean River: Bass- from the Weir to the Gorge. Best times early am & late pm. Public Boat Ramp at Tench reserve. Agnes Banks: Mullet can be caught near the Yarramundi bridge on Springwood Rd. Glenmore Park: Glenmore Loch from wharf.	When fishing in NSW waters you are required by law to pay the NSW Recreational Fishing Fee and carry a receipt showing the payment of the fee. www.fisheries.nsw.gov.au
Horizon Line Canoes Map Ref N2 page 40	Kayak - full day \$60 (single), half day \$45 (single), \$25 for 1 hr. Canoe - \$30 per hour (2-3 people). Open Wed-Fri 10am-5pm, Sat 9am-5pm, Sun 10am-4pm. Guided river canoe tours available with prior arrangement.	SIRC, Old Castlereagh Rd, Penrith Ph. 02 4730 4000 www.horizonline.com.au
Inswim Aquatic Centre Map Ref K22 page 41	Indoor heated pool. Open Mon-Fri 7am-9am & 1.30pm-3.30pm. Sat 1pm-3pm. \$3.00 Swimmers over 18 years of age only.	122 Blakie Road. Penrith Ph. 02 4733 6666
Nepean Belle Penrith Platypus and Nepean Explorer Map Ref.E21 page 41	Cruises along Nepean River. Check directly for cruise schedule. Departs jetty at Tench Reserve. Themed cruises throughout the year. Groups and individuals welcome. Bookings essential.	Tench Avenue, Penrith Ph. 02 4733 1274 www.nepeanbelle.com.au
Penrith Swimming Centre Map Ref R17 page 40	Open air swimming from 5.30-7pm w/days Sat/Sun 8am-6pm (Oct-Mar) 9am- 5pm (April-Sept) P/holidays 9am-5pm. Prices \$4.50pp. Under 5 free.	Station Street, Penrith Ph. 02 4721 3625
Penrith Whitewater Stadium Whitewater Rafting Map Ref R17 page 40	Guided rafting for beginners, 12yrs & over and self-guided for the more adventurous, 16 yrs & over. 90 minutes duration. \$85 per person.	Mc McCarthy's Lane, Cranebrook Ph. 02 4730 4333 Bookings essential www.penrithwhitewater.com.au
Ripples Map Ref H8 page 38	Indoor swimming & gym. Open Mon-Fri 5.30am-9pm, Sat 6.30am-6pm & Sun 7.30am-6pm. \$4.90 adults & 3.90 child.	Charles Hackett Drive, St Marys Ph. 02 9833 3000
River Run Map Ref E21 page 41	Two hour Nepean River tours. Experienced local guide. \$150 for 2 people	Departs Tench Reserve, Penrith. Ph. 02 4735 8008 Mobile 0416 008 358 www.riverrun.com.au
Sailability Map Ref J2 page 40	Learn to sail at Penrith Lakes. Sailability facilitates sailing for everyone regardless of age or ability.	SIRC, Old Castlereagh Road, Penrith Ph. 02 4729 2059 www.sailabilitypenrithlakes.org.au
Sydney International Regatta Centre (SIRC) Map Ref H2 page 40	Olympic rowing venue plus 5 km of cycling and walking paths, picnic grounds and function rooms.	SIRC, Old Castlereagh Road, Penrith. Phone 4730 0000 www.regattacentre.nsw.gov.au

Please note: Map reference refers to maps in the Penrith Valley Experience Guide



Penrith Valley Visitor Information Centre
Carpark, Panthers World of Entertainment, Mulgoa Rd, Penrith
PO Box 60 Penrith NSW 2751

Telephone 1300 736 836 or 02 4732 7671

www.penrithvalley.com.au / pentour@penrithcity.nsw.gov.au

The information in this guide was correct at the time of Printing and is subject to change without notification

Check prices when booking. Last printed on 8/01/2010