



# FAMILY DAY OUT

12 ITINERARIES AROUND NEWCASTLE,  
LAKE MACQUARIE & HUNTER

Autumn / Winter Edition



# WANT INSPO FOR A FAMILY DAY OUT?

Get out and enjoy time with your family. We've put together 12 different itineraries for a family day out in the Newcastle, Lake Macquarie & Hunter region featuring all FREE activities. (You'll just need to pay for lunch or pack a picnic!)

Each itinerary includes a suggested timeline followed by a map page. As this is an ebook, you can keep it on your smartphone when you're out and about. (You can also print it out as well!)

Obviously, every family is different so change up the itinerary to suit your circumstances, interests and winter weather. With younger kids, you might even want to divide up a day itinerary into two separate day trips.

*Have fun &  
make some family memories*

For more information on any of the places we've included in this e-book, check out the [Newy with Kids website](#).



# ITINERARIES



**1 HONEYSUCKLE**



**2 EAST END NEWCASTLE**



**3 THE BEACHES**



**4 STOCKTON**



**5 BLACKBUTT RESERVE**



**6 LAKE MACQUARIE**



**7 REDHEAD**



**8 CAVES BEACH**



**9 RATHMINES**



**10 MOUNT SUGARLOAF**



**11 MAITLAND**



**12 PORT STEPHENS**

*share your family adventures on social media*

**#newywithkids**



# FAMILY DAY OUT

## ITINERARY 1: HONEYSUCKLE

Explore Newcastle Harbour starting at Honeysuckle and ending at Nobbys Beach

**9:30 am**

Grab a coffee and let your kids run around Museum Park, a park created out of the old Civic Train Station stop. Be sure to take some photos in front of the nearby murals.

→ TIP: Drop into the Visitor Information Centre and pick up free Newy with Kids scavenger hunts

**10 am**

Head to Newcastle Museum which is fun for all ages. The whole family will learn about the history of the Newcastle region. Don't miss the BHP Steel Show, a special light and sound show.

**12 pm**

Stop for lunch at one of the many cafés in Honeysuckle or if you've brought your own picnic, eat it at the brightly coloured tables and chairs in front of the café strip.

**1 pm**

Walk off your food with a riverfront stroll. Keep an eye out for coal ships and the Stockton Ferry. Stop for a hot chocolate (or an ice cream if it's a warm winter's day) along the way. There's a few places to choose from.

**2 pm**

Head to Foreshore Park. There you'll find plenty of space for kids to burn energy running around, kicking a ball or having fun in the playground.

→ TIP: The Frog Pond is currently drained and is being used by small kids to ride scooters and bikes

**3 pm**

Wander through the Convict Lumber Yard, Australia's oldest recorded place of industrial activity

**3:30 pm**

Jump on the light rail at Pacific Park and travel back along Hunter Street.



# FAMILY DAY OUT

## ITINERARY 1: HONEYSUCKLE

### POINTS OF INTEREST

[Click here to access a Google Map linking to the destinations](#)

1. Museum Park
2. Newcastle Museum
3. Honeysuckle Dining Area
4. Queens Wharf
5. Foreshore Park
6. Convict Lumber Yard
7. Light Rail Stop at Pacific Park



Map Data © Google



# FAMILY DAY OUT

## ITINERARY 2: EAST END

Explore Newcastle's historic East End

**9 am**

Start with checking out the views and Nobbys Beach and then walk out to the end of Nobbys Breakwater. Stop to see the sculpture commemorating the Newcastle Lifeboat Service & Rocket Brigades.



TIP: Visit on a weekend and you can walk up to Nobbys Lighthouse. The grounds are open on weekends

**11 am**

Wander around Fort Scratchley (open every day but Tuesday). It's free to walk around the site and check out the army barracks and gun installations.

**12pm**

Stop for lunch at one of the many cafes in the East End. You can pick up takeaway and eat it in Pacific Park or at Newcastle Beach.

**1 pm**

Walk up to King Edward Park. There you'll find the Bogey Hole, a rock pool cut out by convicts and also a playground for kids to play in. Relax in the shady grounds of the park or rotunda.



TIP: Visit Garside Gardens in King Edward Park. It's impressive when it's planted with flowers in full bloom

**2 pm**

Head to The Obelisk for great views of Newcastle's beaches. The white obelisk is one of Newcastle's oldest navigational markers visible to sailing vessels along the coast.



TIP: Try to spot dolphins and whales from this high point

**3 pm**

Walk past Christ Church Cathedral. This imposing building dominates Newcastle's skyline. Visitors are welcome and you're able to go inside and see beautiful stained glass art, religious artifacts and tapestries. Also, have a wander through the gardens at the back to see graves of early settlers.



# FAMILY DAY OUT

## ITINERARY 2: EAST END

### POINTS OF INTEREST

[Click here to access a Google Map linking to the destinations](#)

1. Nobbys Beach
2. Newcastle Breakwall
3. Nobbys Lighthouse Grounds
4. Fort Scratchley
5. Pacific Park
6. Newcastle Beach
7. The Bogey Hole
8. King Edward Park Playground
9. The Obelisk
10. Christ Church Cathedral



Map Data © Google



# FAMILY DAY OUT

## ITINERARY 3: THE BEACHES

Visit Newcastle's iconic Bar Beach & Merewether Beach

**10 am** Start the day at Strezlecki Point. This high point is a popular spot for hang gliders, locals & tourists. On a windy day, watch as hang gliders run off the cliffs to catch the thermals.

**10:30 am** Go for a walk along Newcastle Memorial Walk. Enjoy coastal and city views from this walkway built as a tribute to local men and women who enlisted during World War 1.

→ TIP: Bring paper and pencil to do an etching of some of the names

**11:30 am** Spot dolphins and whales from Bar Beach lookout. There's a resident pod of dolphins which swim between Bar Beach and Merewether.

→ TIP: From May to November, it's whale watching season. Keep an eye out for the tell-tale blow of water into the air

**12 pm** Bring food from home and enjoy a picnic at the beach enjoying views out to the ocean. Or grab takeaway fish and chips from the beach kiosk.

**1 pm** Walk, scoot or cycle from Bar Beach to Dixon Park Beach (or jump in the car and drive)

→ TIP: Watch the talent at Bar Beach Skate Park. It's a popular spot for local skateboarders

**1:30 pm** Stop for a play at Dixon Park Beach Playground. This park has fun play equipment, lots of grass and ocean views.

**2 pm** Walk (or drive) to Merewether Ocean Baths. Even though it might be too cold to swim, marvel at this ocean baths. It's the largest ocean pool complex in the Southern Hemisphere.





# FAMILY DAY OUT

## ITINERARY 3: THE BEACHES

### POINTS OF INTEREST

[Click here to access a Google Map linking to the destinations](#)

1. Strzelecki Lookout
2. Newcastle Memorial Walk
3. Bar Beach Lookout
4. Bar Beach Kiosk
5. Bar Beach Skate Park
6. Dixon Park Beach
7. Dixon Park Playground
8. Merewether Ocean Baths



Map Data © Google



# FAMILY DAY OUT

## ITINERARY 4: STOCKTON

Go “overseas” and visit Stockton

**9 am** Either drive over to Stockton or catch the ferry from Queens Wharf in Newcastle. Getting there is half the fun. Be sure to download the [Newy with Kids Stockton Scavenger Hunt printable](#).

**9:30 am** Have a big play at Stockton Active Hub. With great play equipment and skate facilities plus fantastic harbour views of Newcastle, it’s a favourite with both kids and adults.

**11 am** Follow the foreshore walk north and walk out on the Stockton Breakwater, site of the Stockton Shipwreck Walk. It’s estimated that over 200 vessels were lost entering or leaving Newcastle Harbour and you can see the wrecks that remained and were used in the construction of the breakwater.



TIP: If you’re coming by car, bring bikes and / or scooters along to travel around Stockton. It’s well set up with shared pathways

**12:30 pm** Stop for lunch at a café or restaurant in Stockton or shop for picnic supplies at the Stockton IGA. There are plenty of spots along the river for a picnic.

**2 pm** Venture down to Stockton Foreshore near Punt Road. This is where the original Stockton car ferry left from. See if you can spot a coal ship gliding by.

**3 pm** Catch the ferry back to Newcastle or drive home over Stockton Bridge.



# FAMILY DAY OUT

## ITINERARY 4: STOCKTON

### POINTS OF INTEREST

[Click here to access a Google Map linking to the destinations](#)

1. Stockton Active Hub at Griffith Park
2. Little Beach
3. Stockton Shipwreck Walk
4. Stockton Cafes & IGA on Mitchell Street
5. Stockton Foreshore at Punt Road
6. Stockton Wharf



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# FAMILY DAY OUT

## ITINERARY 5: BLACKBUTT

Discover animals and nature at Blackbutt Reserve. Download the [Newy with Kids Blackbutt Scavenger Hunt printable](#) for more fun.

**9 am**

Start with a play at Black Duck area at Carnley Reserve. The Bower Bird playground is designed for children ages 2 to 10. It features a large climbing structure, roundabout, see saw, a group swing, two slides and musical instruments.



TIP: Pay for all day parking if you plan to stay for a few hours. Works out cheaper the longer you stay

**10 am**

Go for a wander through the animal enclosures accessible via a series of pram-friendly boardwalks. These enclosures include birds, lizards, snakes, wombats and koalas. Kangaroos and emus are nearby in an enclosed paddock.



TIP: You can also feed the emus at Blackbutt Reserve. Just purchase food at the Kiosk

**12 pm**

Time for lunch. Drive out and either have lunch at Blackbutt Orchardtown cafés or pick up some picnic fixings and drive around to Lambton Park for a picnic.

**1 pm**

Drive around to the other side of Blackbutt Reserve for more play at the adventure playground. Set in the leafy surrounds of Richley Reserve, this colourful 60 metre playground is filled with play equipment that will entertain and challenge kids of all ages.



TIP: Use your all-day ticket to park at Richley Reserve

**2 pm**

Head out for a walk within Blackbutt Reserve. From Richley Reserve, do the 2.6 kilometre Tall Trees walk. It's a flat, easy walk that should take about 50 minute return.



# FAMILY DAY OUT

## ITINERARY 5: BLACKBUTT

### POINTS OF INTEREST

[Click here to access a Google Map linking to the destinations](#)

1. Bower Bird playground at Carnley Reserve
2. Blackbutt Reserve Wildlife Exhibits
3. Orchardtown Road Shops
4. Richley Reserve
5. Richley Reserve Playground
6. Tall Trees Walk



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# FAMILY DAY OUT

## ITINERARY 6: LAKE MACQUARIE

Enjoy some lakefront family fun around Lake Macquarie

**10 am**

Start your day at the Museum of Art and Culture (MAC) in Booragul. Wander through the interesting exhibits inside. Don't miss walking through the Sculpture Garden outside. There's sixteen sculptures created by local and national artists as well as a great view of the lake.



TIP: Go on a Sunday morning and enjoy Art Space, a free family artmaking on Sunday mornings

**11 am**

Visit Speers Point Park, a massive fully-fenced playground set on two hectares. It's the region's largest playground with extensive play equipment for kids of all ages. From a toddler area to a giant 12 metre climbing tower and flying foxes, there's something for every kid to enjoy.



TIP: Bring scooters and bikes for little ones to enjoy the scooter track at the back of the playground

**1 pm**

Stop for lunch at a café or restaurant in Warners Bay café strip or shop for picnic supplies in Warners Bay. There are plenty of spots along the lake for a picnic.



TIP: Buy some snags and cook them at barbecue facilities on Warners Bay Foreshore

**2 pm**

Check out sculptures along Warners Bay Foreshore. You'll find Charles Darwin, a flying pig and an oversized Buddhist-monk child. You can also play ping pong at the outdoor table. Bring your own set or rent a set.

**3 pm**

End your day by walking above water at Eleebana and walk across Redbluff Boardwalk. It's a 400 metre elevated pathway built above the Lake.



TIP: Stop to read the poetry engraved on the boardwalk bridge rails



# FAMILY DAY OUT

## ITINERARY 6: LAKE MACQUARIE

### POINTS OF INTEREST

[Click here to access a Google Map linking to the destinations](#)

1. Speers Point Park
2. Speers Point Pool
3. Warners Bay Cafe Strip
4. Warners Bay Foreshore
5. Redbluff Boardwalk



Map Data © Google



# FAMILY DAY OUT

## ITINERARY 7: REDHEAD

Enjoy some beachside fun in Redhead

- 9 am** Grab a coffee at Redhead Surf Lifesaving Club and enjoy the view at Redhead Beach.
- 9:30 am** Start walking the Awabakal Walk. You can access it via Collier Street in Redhead. It's a 2 kilometre walk to Dudley one-way but you can do a partial walk and return to Redhead.
- 10 am** Check out the views at the lookout near Collier Street. It has great views looking south towards the Central Coast.
- 10:30 am** Follow the track north until you come to the Awabakal Viewpoint. These views are northerly towards Newcastle.
- 11 am** Return to Redhead and go for a walk along Redhead Beach. This beautiful beach features the iconic Shark Tower as well as the Redhead Bluff headland.
- 12 pm** Enjoy a picnic in the park or grab some takeaway from the Redhead shops and eat it at Webb Park near Redhead Beach. This beach-themed playground is lots of fun.
- 1:30 pm** Enjoy another walk, this time on a flat, family-friendly coastal stroll. The Ken and Audrey Owens Walkway includes a network of paths alongside Redhead Beach, through coastal vegetation and wetlands. It's 2.5 kilometres return.

→ TIP: Visit the toilets at SLSC before the walk

→ TIP: If you want to do the entire walk without a return trip, catch the 48 bus on Steel Street. It can drop you off at Ocean Street in Dudley opposite Knoll Avenue, the closest point to the start of the Awabakal Walk. You can also bring another car and do a car-shuffle





# FAMILY DAY OUT

## ITINERARY 7: REDHEAD

### POINTS OF INTEREST

[Click here to access a Google Map linking to the destinations](#)

1. Redhead Surf Life Saving Club
2. Start of Awabakal Walk (Redhead)
3. Start of Awabakal Walk (Dudley)
4. Awabakal Viewpoint
5. Redhead Beach
6. Webb Park Playground
7. Ken and Audrey Owens Walkway



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# FAMILY DAY OUT

## ITINERARY 8: CAVES BEACH

Explore a network of caves, a beautiful beach and a headland walk

\*\* This itinerary is dependent on [tide tables](#) so there's no suggested timeline \*\*

**#1**

Go for a walk along Caves Beach. It's a 300 metre stretch of beach running north south.

**#2**

Head towards the southern end of the beach. You'll see a track over the rocks that leads to a network of caves. Explore the caves at Caves Beach. However, you'll need to check the tide tables as you can only visit the sea caves during low tide.



TIP: There's a variety of different sized caves to explore, some of them with narrow openings to crawl through. Look up and you'll see moss and water dripping from the cave ceiling

**#3**

Explore tidal pools outside the caves. They are full of seagrass, crabs and other marine life.

**#4**

Follow the trail and walk around to Spoon Rocks Beach. The rocks are the remains of a breakwater which was originally constructed to transport local coal onto waiting ships. Follow the path to Quarries Head or go further to Pinny Beach in Wallarah National Park.



TIP: During whale watching season, this cliff top walk is a great place to spot whales

**#5**

Grab some takeaway and have a picnic at the beach or buy some snags in Redhead and cook them at the barbecue facilities.

**#6**

Do the kids still have energy? Have a play at the playground located back near Caves Beach Surf Life Saving Club.



# FAMILY DAY OUT

## ITINERARY 8: CAVES BEACH

### POINTS OF INTEREST

[Click here to access a Google Map linking to the destinations](#)

1. Caves Beach
2. Sea Caves
3. Spoon Rock Beach
4. Spoon Rocks Lookout
5. Quarries Head
6. Pinny Beach
7. Playground at Stuart Chalmers Park



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# FAMILY DAY OUT

## ITINERARY 9: RATHMINES

Enjoy fun, plane history & nature at Lake Macquarie

**9:30 am**

Visit Rathmines Park. This is an historical site as it was home to the RAAF Catalina Flying Boat Base with 14 Catalinas and almost 3000 officers at its peak making it the largest flying boat base in Australia.



TIP: For an idea of the size of the plane, there are four signs around the perimeter of the playground that indicate the actual size of the Catalina flying boat

**10 am**

Have a play at the Rathmines playground. It contains plane-themed play equipment and suits a variety of ages.

**12 pm**

Bring a frisbee or two and play a 10-hole Disc Golf course at Rathmines Park. It's similar to traditional golf but instead of using golf clubs and a ball, you use a frisbee. The aim is to complete each hole with the fewest number of throws.



TIP: Enter via Overhill Road and bring a few frisbees if the whole family wants to play

**1 pm**

Stop for lunch at a café or restaurant in Rathmines or bring some food and enjoy a lakeside picnic.

**2 pm**

Head to a neighbouring suburb and go for a walk along the Kilaben Bay Nature Walk. This walk combines a dirt trail and elevated boardwalks. This nature walk takes 45 minutes each way and goes through five different types of vegetation.



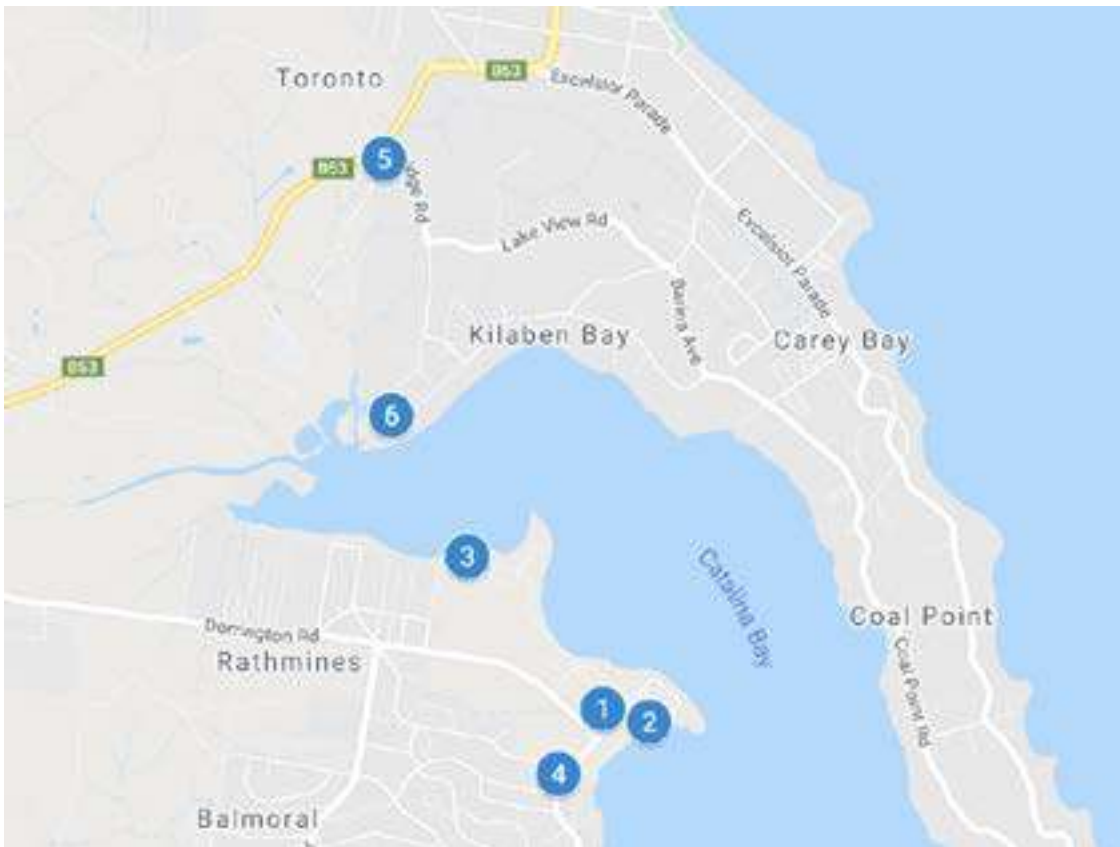
# FAMILY DAY OUT

## ITINERARY 9: RATHMINES

### POINTS OF INTEREST

[Click here to access a Google Map linking to the destinations](#)

1. Rathmines Park
2. Rathmines Playground
3. Rathmines Disc Golf Course
4. Rathmines Shops
5. Kilaben Bay Nature Walk



Map Data © Google



# FAMILY DAY OUT

## ITINERARY 10: MOUNT SUGARLOAF

Get up high and enjoy views of the region

**9:30 am** Drive up to Mount Sugarloaf top parking lot in West Wallsend. It's then a short but steep 10 minute walk up the path to reach the fenced lookout in the summit of Mount Sugarloaf. Enjoy the views of Lake Macquarie, Newcastle, and the surrounding Hunter areas from the top.



TIP: There are steel and rock steps on this walk so prams and strollers are no good. If you're bringing a baby, use a carrier instead

**11 am** After returning from the summit, try sliding down the hill. One of the favourite pastimes for families is sliding down the short but steep grassy hill below the top parking lot.



TIP: Bring flattened cardboard or plastic toboggans to slide down the hill

**12 pm** Bring a picnic and enjoy some lunch. There's plenty of picnic tables around to sit and enjoy the views down to the coast.

**1 pm** Go for a walk. There are a few walking tracks to do. The Mount Sugarloaf Circuit Walk starts and ends at the parking lot area.



# FAMILY DAY OUT

## ITINERARY 10: MOUNT SUGARLOAF

### POINTS OF INTEREST

[Click here to access a Google Map linking to the destinations](#)

1. Mount Sugarloaf
2. Mount Sugarloaf Lookout
3. Hill Sliding at Mount Sugarloaf
4. Mount Sugarloaf Circuit Walk



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# FAMILY DAY OUT

## ITINERARY 11: MAITLAND

Discover history, art and nature in Maitland

**10 am**

For an art fix, visit Maitland Regional Art Gallery. Arty kids will appreciate the interesting artwork throughout this gallery. Wander upstairs through the Art Factory. Often there are interesting exhibitions that target kids and families.



TIP: Visit on a Sunday and you'll enjoy Free Art Sunday. Every Sunday between 11am and 1pm, families are invited to participate in free art activities inspired by the exhibitions on display

**11 am**

Head to Walka Water Works located just outside Maitland in Oakhampton Heights. This recreation area is a great spot to go for a bushwalk, spot kangaroos, or have a family picnic.

**12:30 am**

Enjoy some lunch in Maitland near the river. There are cafés and restaurants to choose from or pack a picnic and eat it riverside. Check out the signs that show how high the river peaked during the famous 1955 Maitland floods.

**1:30 pm**

Go for a walk in the CBD of Maitland. You'll find beautiful historic buildings in this area especially along Church Street and High Street.

**2:30 pm**

If the kids need to burn off some energy, head to Magic Garden, Maitland Park's fenced all-abilities playground with equipment suited to a range of ages.



TIP: Bring scooters or bikes for little ones as there is a pretend play road in Maitland Park complete with signs, crossings, speed bumps and a refuelling area.





# FAMILY DAY OUT

## ITINERARY 11: MAITLAND

### POINTS OF INTEREST

[Click here to access a Google Map linking to the destinations](#)

1. Maitland Regional Art Gallery
2. Walka Water Works
3. Maitland Riverfront
4. Historic Maitland Walk
5. Maitland Park Playground



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# FAMILY DAY OUT

## ITINERARY 12: PORT STEPHENS

Enjoy a water wonderland & spectacular views

**9 am**

Start your visit with a drive up to Gan Gan Lookout. This is Port Stephen's highest and most accessible lookout with stroller-friendly paths lead to viewing platforms and spectacular vistas

→ TIP: See the view from both the south and north vantage points

**10:30 am**

Head to the Inner Lighthouse at Nelson Head. This 1872 lighthouse still operates and is now a museum run by the National Trust. Enjoy some scones, tea and amazing views at the The Inner Light Tea Rooms

→ TIP: Park on the main road and walk down. There's limited parking

**11 am**

See if you can spot dolphins at Little Beach Reserve. There is a pod of resident dolphins that swim back and forth. If it's warm, dip your toes in the water or else have a play at the playground (best suited to under 5s)

**12 pm**

Grab some lunch at Shoal Bay or Nelson Bay. You can either buy some picnic fixings or grab some takeaway and enjoy it on one of the picnic tables dotted along the beach.

**12 pm**

Climb up Tomaree Headland. It's a steep walk to the summit which is 161 metres high. The path consists of paved areas and a series of metal steps at the end. Spectacular views from the top though!

→ TIP: Allocate enough time for the trip. It's a 2.2 kilometre return trip that can take from 90 minutes to 2 hours for the trek

**2 pm**

If kids still have energy, bike or drive around to Fingal Bay. There's a great playground to keep kids happy plus it's next door to Long Boat Café at the Fingal Bay Surf Life Saving Club if you need refreshments.

→ TIP: If you have bikes, bring them to Shoal Bay. You can bike to Fingal Bay and back on shared paths.



# FAMILY DAY OUT

## ITINERARY 12: PORT STEPHENS

### POINTS OF INTEREST

[Click here to access a Google Map linking to the destinations](#)

1. Gan Gan Lookout
2. Inner Lighthouse & Tea Rooms
3. Little Beach Reserve
4. Lunch at Shoal Bay / Nelson Bay
5. Tomaree Head Summit Walk
6. Fingal Bay Playground



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# WANT MORE FAMILY FUN?

For more information on family fun, visit the [Newy with Kids website](#).

Newy with Kids keeps you up to date with what's happening in the Newcastle, NSW region. It's your guide to family-friendly attractions, activities and events in Newcastle, Lake Macquarie & the Hunter.

Whether it's information on playgrounds, cafés, school holiday activities, kids concerts or family events, Newy with Kids provides readers with information about things to do with kids.

You can also follow Newy with Kids on [Facebook](#) and [Instagram](#).

If you want information direct to your inbox, [sign up](#) for our weekly email newsletter.

*thanks for following us!*

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