

# Transport to Illawarra Lymphoedema Information Day

## Saturday 19<sup>th</sup> March 2016, Dapto Ribbonwood Centre

### A. Trains

Which train do I catch to get to Wollongong? What line is my train station on? How do I plan my trip?

Once you arrive at Dapto Train Station, allow about 5-10 minutes to walk to Dapto Ribbonwood Centre.

*Please note that we have arranged for a minibus (20 seater) to be available on the day, to transport people to and from the Dapto Train Station & venue, especially for those less mobile. So if you're catching a train to the venue, keep your eye out for the minibus out front of the Dapto Train Station. The Illawarra Cancer Carers has kindly donated this service for us on the day.*

#### Sydney Suburban & Intercity Lines

Suburban & Intercity Sydney Train Network: <http://www.nswtrainlink.info/>

#### Central to Dapto:

Leaves Central 6.29am Platform 25 South Coast Line	Arrives Dapto 8.23am (Trip takes 2 hrs)
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#### Rural & Regional Areas

#### Blackheath to Dapto (via Central):

Leaves Blackheath 4.14am	Arrives Central 6.31am (1hr wait at Central)	Leaves Central 7.29am Platform 25 South Coast Line	Arrives Dapto 9.17am (Trip takes 5 hrs)
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*Train earlier than this one leaves Blackheath at 10.10pm the Friday night & arrives at Dapto at 7.14am, so completely non-viable option. May be best to drive from the Blue Mtns or drive to a closer major train station & then catch a train to Dapto.*

#### Nowra (Bomaderry) to Dapto

##### Option 1: Trip takes 1hour

Leaves Bomaderry 6.26am Platform 1	Arrives Kiama 6.54am Platform 1	At Kiama, move to Platform 2	Leaves Kiama 7.00am Platform 2	Arrives Dapto 7.31am
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##### Option 2: Trip takes 1hour

Leaves Bomaderry 8.32am Platform 1	Arrives Kiama 9.00am Platform 1	At Kiama, move to Platform 2	Leaves Kiama 9.04am Platform 2	Arrives Dapto 9.32am
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#### Macarthur (Campbelltown) to Dapto: Trip takes 3 hrs. *Probably best to drive from Campbelltown if possible.*

Leaves Macarthur 5.20am Platform 1	Arrives Wollie Creek 6.10am Platform 1	At Wollie Creek, move to Platform 4	Leaves Wollie Creek 6.39am Platform 4	Arrives Dapto 8.23am
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- Sydney Train timetable: phone 131 500 (24hrs a day) <http://www.nswtrainlink.info/>
- Regional Train bookings: phone 13 22 32 (6.30am – 10.00pm daily) <http://www.nswtrainlink.info/>

## Southern Highlands

Trains from the Southern Highlands to Dapto do not match with the timing of our Information Day. Catching a bus is possible (refer section on “Buses” below).

### Countrylink/XPT Trains (for participants catching trains outside Sydney):

**Option 1: Wagga Wagga to Dapto (via Moss Vale) – same day arrival:** Trip takes 6 hours

[https://bookings.nswtrainlink.info/NASApp/Odyssey/booking/search.action?departureStnCd=WGA&destinationStnCd=DAP&departureDay=19&departureMonth=03&returnDay=&returnMonth=&numAdults=1&numChildren=0&numStudents=0&numConcessions=0&numCommuter=0&numTravelpass=0&numEmployees=0&carrierCode=CLK&search=true&---DISPLAY\\_LANGUAGE=en](https://bookings.nswtrainlink.info/NASApp/Odyssey/booking/search.action?departureStnCd=WGA&destinationStnCd=DAP&departureDay=19&departureMonth=03&returnDay=&returnMonth=&numAdults=1&numChildren=0&numStudents=0&numConcessions=0&numCommuter=0&numTravelpass=0&numEmployees=0&carrierCode=CLK&search=true&---DISPLAY_LANGUAGE=en)

Overnight XPT CLK 622 Leaves Wagga Wagga 00.22hrs Saturday morning	Arrives Moss Vale at 5.02am.	At 5.10am, Coach CTY 753 (bus) leaves Moss Vale	Arrives Dapto 6.20am
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**Option 2: Wagga Wagga to Dapto (via Moss Vale) – arrive Friday night:** Trip takes 6.15hrs.

[https://bookings.nswtrainlink.info/NASApp/Odyssey/booking/search.action?departureStnCd=WGA&destinationStnCd=DAP&departureDay=18&departureMonth=03&returnDay=&returnMonth=&numAdults=1&numChildren=0&numStudents=0&numConcessions=0&numCommuter=0&numTravelpass=0&numEmployees=0&carrierCode=CLK&search=true&---DISPLAY\\_LANGUAGE=en](https://bookings.nswtrainlink.info/NASApp/Odyssey/booking/search.action?departureStnCd=WGA&destinationStnCd=DAP&departureDay=18&departureMonth=03&returnDay=&returnMonth=&numAdults=1&numChildren=0&numStudents=0&numConcessions=0&numCommuter=0&numTravelpass=0&numEmployees=0&carrierCode=CLK&search=true&---DISPLAY_LANGUAGE=en)

Southern XPT CLK 624 Leaves Wagga Wagga 1.07pm Friday afternoon	Arrives Moss Vale at 6.04pm.	At 6.20am, Coach CTY 751 (bus) leaves Moss Vale	Arrives Dapto 7.20pm
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\*Arrival times will vary depending on where participants stay overnight.

## B. Buses

**Moss Vale to Dapto:** [http://tp.transportnsw.info/nsw/XSLT\\_TRIP\\_REQUEST2](http://tp.transportnsw.info/nsw/XSLT_TRIP_REQUEST2) Trip takes 1.5 hrs

Leaves Moss Vale at 6.30am NSW Trainlink Coach Stop Stop 257711, Number 749	Arrives Dapto 8.00am
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## Wollongong Bus Timetables:

<http://www.wollongong.nsw.gov.au/city/parkingtransport/pages/publictransport.aspx>

### Premier Illawarra Bus Service – Wollongong

Ph 02 4271 1322; email: [sunny@premierillawarra.com.au](mailto:sunny@premierillawarra.com.au)

Bus Timetable: <http://www.premierillawarra.com.au/timetables.html>

Maps of bus routes: <http://www.premierillawarra.com.au/busmaps.html>

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