

Driving directions to Cedarvale Health Retreat

Directions from Sydney and the North

(Travel time is approx. 2 hrs from most parts of Sydney; 1 hr from Campbelltown)

- Proceed best way to the Hume Hwy
- Take the Mittagong/Bowral exit and proceed toward Bowral.
- Turn LEFT at the lights in Mittagong onto Bowral Rd.
- Keep RIGHT at the fork on entering Bowral to follow the Bowral bypass.
- Proceed straight through all traffic signals and roundabouts, following sign directions that point to Fitzroy Falls, Kangaroo Valley and Nowra. This is Kangaloon Rd.
- Continue approx. 14 km from Bowral along Kangaloon Road to a set of crossroads (Illawarra Hwy & Kangaloon Rd) and proceed straight ahead. The road name is now Sheepwash Rd.
- Proceed approx. 8 km to a 'T' intersection (of Nowra/Moss Vale Rd and Sheepwash Rd). Turn LEFT at 'T' junction onto Nowra Rd.
- Continue approx. 7.5 km to Cedarvale entrance.
- NOTE: You will begin descending the mountain into Kangaroo Valley and the speed limit will drop to 60 km/hr. The road will be winding down the mountain into Kangaroo Valley. The entrance to Cedarvale is on the 4th "hairpin" turn (i.e., turns where the posted speed is 25 km/hr). There is a large Cedarvale sign on the right at our entrance.
- Exercise caution as you turn RIGHT into the Cedarvale driveway. The Health Centre is approx. 900m from the main road.

Directions from Canberra, Goulburn and the South

(Travel time is approx. 2 hrs from Canberra CBD; 1 hr from Goulburn CBD)

- Proceed best way to the Hume Hwy and continue north on the Hume from Goulburn.
- Take the Illawarra Hwy exit to Moss Vale.

- Turn RIGHT at the roundabout in Moss Vale (just past the town centre), following Illawarra Hwy signs out of Moss Vale towards Wollongong.
- Continue on the Illawarra Hwy (Robertson Rd) for approx. 2 km from the Moss Vale roundabout and turn RIGHT onto Nowra Rd. towards Nowra & Fitzroy Falls.
- After approx. 1 km you will reach a 'T' intersection where Nowra Rd continues to the LEFT.
- Proceed to Fitzroy Falls. (You will pass the Fitzroy Falls Visitor's Centre on your left). Continue towards Kangaroo Valley for approx. 7 km until you reach the Cedarvale entrance on your right.
- NOTE: You will begin descending the mountain into Kangaroo Valley and the speed limit will drop to 60 km/hr. The road will be winding down the mountain into Kangaroo Valley. The entrance to Cedarvale is on the 4th "hairpin" turn (i.e., turns where the posted speed is 25 km/hr). There is a large Cedarvale sign on the right at our entrance.
- Exercise caution as you turn RIGHT into the Cedarvale driveway. The Health Centre is approx. 900m from the main road.

Directions from Wollongong and the Coast

(Travel time is approx. 1 hr 30 minutes from Wollongong)

- Take Princes Hwy heading South from Wollongong. Exit Princes Hwy turning RIGHT at the large roundabout near Albion Park and head to Robertson via the Illawarra Hwy and Macquarie Pass.
- Upon leaving Robertson, you will cross a set of railway tracks. Approx. 1.1 km after the tracks, turn at what is essentially the first LEFT – Pearsons Rd.
- Follow Pearsons Rd until you reach a Stop sign. Turn RIGHT and continue towards Fitzroy Falls. (N.B. turning left at the stop sign would take you toward Belmore Falls).
- Continue toward Fitzroy Falls until you reach a 'T' intersection. (You will know the 'T' intersection is near when the road starts to curve around the Fitzroy Falls reservoir lake which will be seen to your right).
- At the 'T' intersection, turn LEFT and proceed for approx. 7 km to Cedarvale entrance.
- NOTE: You will begin descending the mountain into Kangaroo Valley and the speed limit will drop to 60 km/hr. The road will be winding down the mountain into Kangaroo Valley. The entrance to Cedarvale is on the 4th "hairpin" turn (i.e.,

turns where the posted speed is 25 km/hr). There is a large Cedarvale sign on the right at our entrance.

- Exercise caution as you turn RIGHT into the Cedarvale driveway. The Health Centre is approx. 900m from the main road.

Directions from (or Through) Nowra

(Travel time is approx. 40min from Nowra)

- Take Princes Hwy through Nowra heading North. After crossing the bridge over the Shoalhaven River you will encounter a number of roundabouts. Proceed straight through two roundabouts.
- At the 3rd roundabout, turn LEFT onto Cambewarra Rd road following signs to Kangaroo Valley and Moss Vale. (N.B. turning right at this roundabout would take you to the town of Bomaderry).
- The road will become quite winding as you ascend Cambewarra Mountain and then descend into Kangaroo Valley. Continue through the tourist village of Kangaroo Valley.
- The road will begin to ascend Barrengary Mountain on the way to Fitzroy Falls and Moss Vale. Begin to count the “hairpin” turns (i.e., turns where the posted speed is 25 km/hr). The Cedarvale entrance will be to the LEFT on the 4th hairpin turn. There is a large Cedarvale sign on the left at our entrance.
- Turn LEFT into the Cedarvale driveway and the Health Centre is approx. 900m from the main road.

Call us if you need further assistance: 02 4465 1362 or 02 4465 1770