

Planning a weekend escape? Enjoy this 4-day itinerary at Lake Macquarie.

With plenty of sunshine, beaches, and outdoor spaces, plus many high-energy activity options, Lake Macquarie is the perfect destination for an adventurous short stay, just a 90-minute drive from Sydney.

DAY 1:

Start your day with a visit to the interconnected sea caves at Caves Beach. And by start of the day, we mean early – the sunrises over the water here are spectacular. (Just make sure you check the tide, as the caves are only accessible at low tide.) Bring your cossie if you fancy a wake-me-up ocean dip.

After your early start, pop into [Boffee Cafe](#) for breakfast and a coffee. This buzzy local opens at 6.30am on weekends and 6am on weekdays.

Head back towards the shore with the Caves Coastal walking track. Take an excursion along the coast starting at Caves Beach and travelling south to Pinny Beach through the Wallarah National Park. Take breaks to admire the scenery, as the walk runs through top spots for whale and dolphin watching you never know what you might see!

Stay at Belmont Holiday side caravan park to relax and recharge. Our caravan park's central location and close proximity to the lake, coast, and other recreational facilities makes this unique park the perfect choice for your next getaway. With breathtaking views and relaxing island-like atmosphere, you will feel the serenity wash over you.

DAY 2:

Spending a day in the water is essential to a great stay in Lake Macquarie. From the namesake lake, to the beautiful beaches lining the coast there is always something to do. Hire boats, kayaks and SUPs through [Jet Buzz](#) or enjoy a number of thrilling watersports for those seeking a full day of exciting activities or to simply cruise along the waters.

For a change of scenery, head south to Catherine Hill Bay (known locally as 'Catho'). Settled in 1865, this is Lake Macquarie's oldest continuous settlement, and history can be seen via the original miners' cottages and famous 100-year-old pub. Head to the coast from Catherine Hill Bay to enjoy a beach fringed by bushland and to check out the Wallarah Jetty, which once supported the area's coal mining industry.

Surf, swim, and sunbathe; Catherine Hill is the perfect one-day getaway combining high-energy fun with incredible views showcasing the beauty and history of our city.

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DAY 3:

Looking to immerse yourself within nature? Head west to [Watagans National Park](#). Here you can do a 1.5-kilometre return hike to [Gap Creek Falls](#) to see one of the Hunter region's most beautiful waterfalls. There are also mountain bike trails through the area.

For a more thrilling option, abseil down the park's steep cliffs guided by the folk from [Out and About Adventures](#). You can start with a small training cliff to build your confidence before taking on the Watagans' steep but incredible rock formations.

In the park, you can also follow the easy one-kilometre circuit track at Boarding House Dam to see an incredible Insta-worthy moss wall.

Hiking and climbing should have you hungry, so, after the sun goes down, make your way to the [Belmont 16s](#) for dinner.

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DAY 4:

Grab breakfast at [Table One Espresso](#) in Warners Bay. Warners is a bustling waterfront area where you'll also find a sculpture trail along the shoreline.

Make sure you don't eat anything too heavy, because the final day is the perfect time to take to the skies.

Experience the beauty of Lake Macquarie from a new perspective with [Skyline Aviation](#). These scenic helicopter flights showcase our regions best locations and attractions with options to customise your helicopter experience to suit your needs. Complete your adventure with the magnificent views of Lake Macquarie as you drift to the ground.

Calm the post-flight adrenaline with lunch at the superb [Lake Macquarie Yacht Club](#), a favourite amongst the locals. The club offers spectacular lakeside views complimented by live entertainment on the deck, and the beautiful, fresh meals of Crusoe's on the Lake.

Enjoy your adventure in Lake Macquarie.