

# Penrith Valley



## Penrith Lakes

Penrith Lakes is a world-class aquatic recreation area featuring the Sydney International Regatta Centre and the Penrith Whitewater Stadium. Penrith Lakes hosted the Sydney 2000 Olympic Games rowing, canoeing, kayaking, slalom and whitewater events.

The Penrith Lakes Environmental Education Centre has more than 10,000 student visitors every year.

Sydney International Regatta Centre has a wide range of recreational and sporting facilities for families as well as organised sporting events.

Visitors can also enjoy the recreational facilities, relax on family picnics, and take part in bike riding, fishing, or roller blading around the rowing lake.

Try "catch & release" shore based fishing on Tuesdays or hire a canoe on site and paddle around the lakes. Telephone 4730 0000 to

find out what's on and for information about sailing and canoeing.

Sydney International Regatta Centre  
Penrith Lakes, Castlereagh Road, Penrith  
Tel: 02 4730 0000

[www.regattacentre.com.au](http://www.regattacentre.com.au)

The original inhabitants of Penrith Valley were the Darug tribe and Aboriginal sites of significance are to be found in the Bents Basin State Recreation Area. Evidence of Aboriginal history was unearthed during the development of Penrith Lakes where local traditions and art of the local Darug tribe are celebrated at Muru Mittigar Aboriginal Cultural Centre, winner of State and National Tourism Awards. The Centre is open six days a week for boomerang throwing, didgeridoo playing, cultural museum, native nursery, bush tucka tastings and Veranda Café and Gift Shop. 1951 Castlereagh Road Penrith Lakes. Tel: 02 4729 2377

[www.murumittigar.com.au](http://www.murumittigar.com.au)



Penrith Whitewater Stadium is the only man-made whitewater course of its kind in the Southern Hemisphere. It is available year round for whitewater rafting, kayaking, beach volleyball and guided venue tours, all of which may be arranged by prior booking. Café Whitewater is open to enjoy waterside dining for that special breakfast or lunch.

Penrith Whitewater Stadium  
McCarthy's Lane, Cranebrook  
Bookings essential Tel: 02 4730 4333  
[www.penrithwhitewater.com.au](http://www.penrithwhitewater.com.au)



For more information about what to see and do at Penrith Lakes telephone Penrith Valley Visitor Information Centre Tel: 1300 736 836  
[www.penrithvalley.com.au](http://www.penrithvalley.com.au)