



[ABOUT US](#)

[TRAINING PROGRAMS](#)

[TRAINING OPPORTUNITIES](#)

[TRAINING REGIONS](#)

[PUBLICATIONS & NEWS](#)

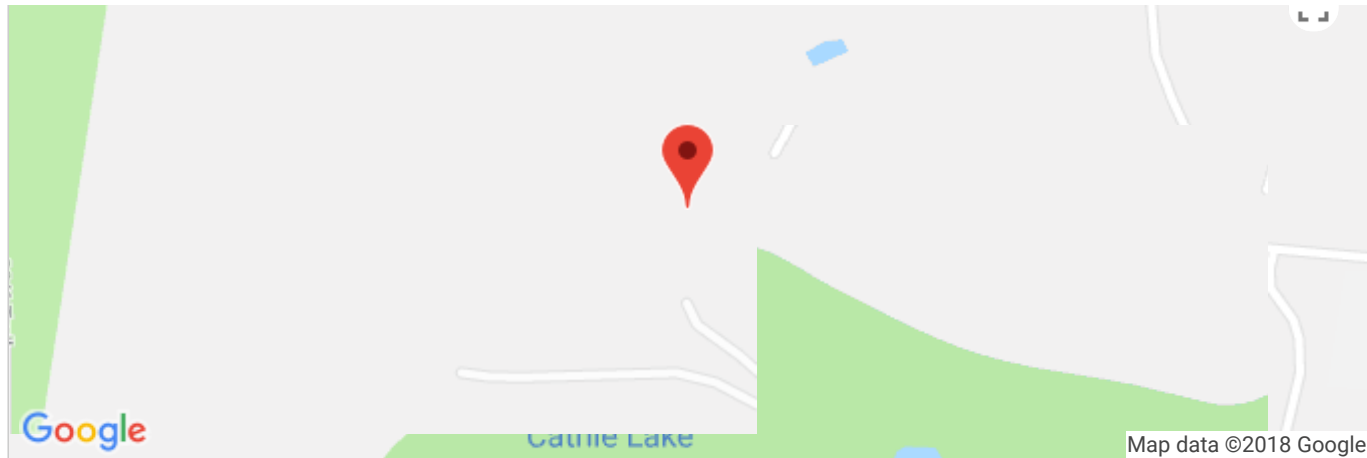
[EXPLORE GP](#)

[PARTNER WITH US](#)

You are here: [Home](#) / [Town Profiles](#) / [Lake Cathie](#)

# Lake Cathie

Lake Cathie is a self-contained village community in a tranquil north coast location with a nearby lake, lagoon and beaches.



## Quick facts

<b>Training region</b>	North Eastern NSW
<b>Subregion</b>	North Coast
<b>GP Synergy grouping</b>	B
<b>RA/MMM classification</b>	RA2/MMM3
<b>Population</b>	<p>The population of Lake Cathie is 3,000 people, the median age is 43 years. Aboriginal and Torres Strait Islander people make up 3% of the population.</p> <p>Lake Cathie is located within the <a href="#">North Coast Primary Health Network</a>, these <a href="#">fact sheets</a> provide an overview of the health needs of the North Coast community.</p>
<b>Location</b>	<p>Lake Cathie is located on the Mid North Coast of New South Wales, 20 minutes south of Port Macquarie and just over 4 hours north of Sydney.</p> <p>This peaceful self-contained lakeside village, only minutes from a surf beach, is a family-friendly place to live.</p>

## Transport links

The closest airport to Lake Cathie is Port Macquarie, which is a 20 minute drive from Lake Cathie. QantasLink operates daily direct services from Port Macquarie to Sydney, with connecting flights to a wide range of destinations across Australia and internationally. QantasLink also operate seasonal summer services (October – May) from Port Macquarie to Lord Howe Island.

Virgin Australia operate daily direct services from Port Macquarie to Sydney and Brisbane, with connecting flights to a wide range of destinations across Australia and internationally.

The XPT train service between Sydney and Brisbane stops at Wauchope, 20 mins inland from Port Macquarie, and Kendall daily. A coach connection is provided for passengers travelling to Port Macquarie from Wauchope Station.

Comfortable air-conditioned coaches provide daily services from Brisbane and Sydney. Greyhound Australia and Premier Motor Service both service the Greater Port Macquarie area.

## Industry

The main industries people from Lake Cathie work in are:

- Health Care and Social Assistance
- Retail trade
- Education and Training
- Construction
- Accommodation and Food Services
- Manufacturing

## Healthcare facilities

The closest hospital is in Port Macquarie, 20 minutes north of Lake Cathie.

[Port Macquarie Base Hospital](#) is a major referral hospital with 195 beds. The hospital includes specialist wards/units for general medicine, surgery, day surgery, planned and emergency theatre service, coronary care, intensive care, obstetrics, paediatrics, 24

hour emergency department, oncology, palliative care, rehabilitation, stroke, acute renal dialysis, high dependency and mental health and an extensive range of outpatient clinics.

Lake Cathie is supported by the Port Macquarie ambulance service.

### **Accredited GP training practices in town**

Lake Cathie Medical Centre

### **Education**

There is one primary school in Lake Cathie: [Lake Cathie Public School](#).

Port Macquarie, 20 minutes to the north, offers a broad range of primary, secondary and tertiary education options.

### **Childcare**

For young families the Lake Cathie area offers a few childcare options suitable for children from 6 weeks to school aged, for long day care, family day care and pre-school. For more information on child care facilities, please [click here](#).

### **Shopping**

Lake Cathie has a Woolworths supermarket as well as a variety of retail shops.

Port Macquarie, which is a 20 minute drive from Lake Cathie, has two major shopping centres, both open 7 days a week. They provide a complete shopping experience, with a range of local and national fashion retailers, banks, supermarkets and food courts.

Port Macquarie offers Woolworths, Coles, Aldi and SUPA IGA supermarkets as well as major retailers such as Target, Kmart and Big W. The city also boasts a wide variety of unique retail outlets where you will find everything from stylish men's, women's and children's boutiques to homewares and unusual gift as well as weekend markets.

### **Places of worship**

Places of worship in Lake Cathie include Anglican, Baptist and Catholic churches with many more options available in nearby

Port Macquarie, including the [Losang Dragpa Kadampa Buddhist Centre](#).

### Things to do

Greater Port Macquarie is becoming known as a key destination for food and wine enthusiasts, and locals take great pride in the quality of their produce, beers and premium wines. Located in the stunning grounds of Cassegrain Winery is Seasons Café-Restaurant featuring a French-inspired menu with a focus on seasonal and regional fresh food produce.

Port Macquarie boasts a theatre and cinema complex. It is also home to a vibrant creative community with a broad cross section of arts and cultural practitioners and offers a variety of festivals and events.

The region also offers a range of outdoors activities including horse riding, surfing, boating, cycling, water skiing, kayaking, wake boarding, golf, tennis, bowls and fishing as well as skydiving and paragliding.

### For more information

[Lake Cathie Wikipedia page](#)  
[Visit Port Macquarie](#)

## Image gallery

### TRAINING REGIONS

Western NSW

---

North Eastern NSW

---

Lower Eastern NSW

## ABOUT US

[Who are we?](#)

[Why train with us?](#)

[Our board](#)

[Our staff](#)

[GP Synergy awards](#)

[Corporate information](#)

[Employment opportunities](#)

[Facilities hire](#)

## PARTNER WITH US

[Become a training practice](#)

[How to become a corporate member](#)

## EXPLORE GP

[GP Synergy Medical Student  
Scholarship](#)

[My GP story](#)

[GP blogs](#)

[GP rotations](#)

## TRAINING PROGRAMS

[Australian General Practice Training  
\(AGPT\)](#)

[Procedural/rural generalist training](#)

## TRAINING OPPORTUNITIES

[Aboriginal and Torres Strait Islander  
health](#)

[Academic research](#)

[Special interest training](#)

[Teaching and education](#)

## TRAINING REGIONS

[Western NSW](#)

[North Eastern NSW](#)

[Lower Eastern NSW](#)

## PUBLICATIONS & NEWS

[Transition updates](#)

[Latest news](#)

[Media releases](#)

[Annual reports](#)

[Educational resources](#)

[Papers and research](#)

[Brochures](#)

[Policies and forms](#)

[Member notices](#)

## CONNECT WITH US





Copyright © 2018 GP Synergy. All rights reserved.

[Privacy](#) | [Sitemap](#) [Website By The DMA](#)

This work is licensed under a Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License.



While the Australian Government Department of Health has contributed to the funding of this website, the information on this website does not necessarily reflect the views of the Australian Government and is not advice that is provided, or information that is endorsed by the Australian Government. The Australian Government is not responsible in negligence or otherwise for any injury, loss or damage however arising from the use of or reliance on the information provided on this website.