



[ABOUT US](#)

[TRAINING PROGRAMS](#)

[TRAINING OPPORTUNITIES](#)

[TRAINING REGIONS](#)

[PUBLICATIONS & NEWS](#)

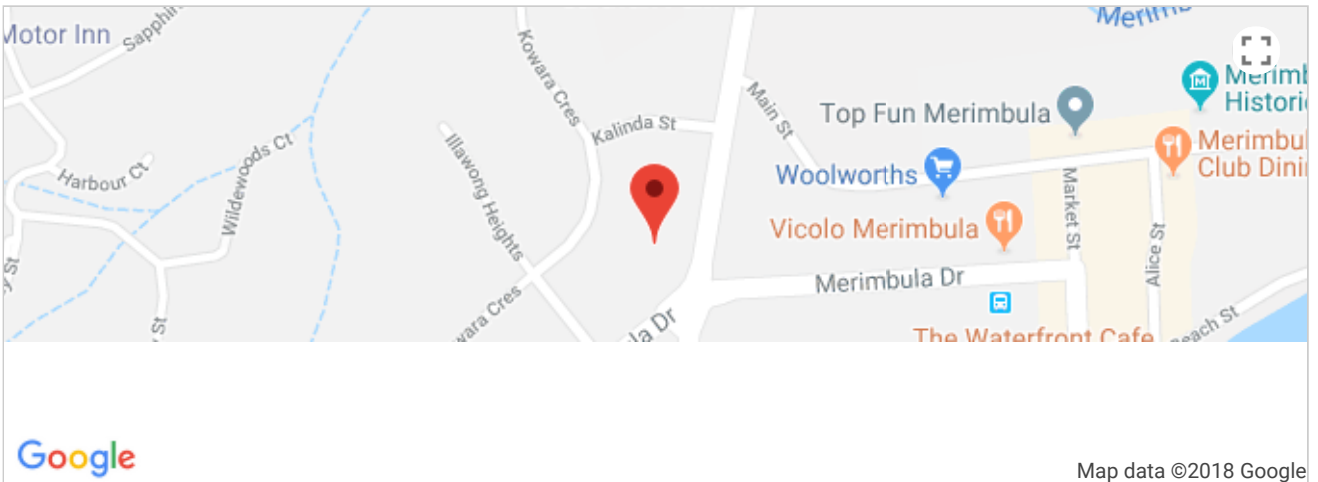
[EXPLORE GP](#)

[PARTNER WITH US](#)

You are here: [Home](#) / [Town Profiles](#) / Merimbula-Pambula

Merimbula-Pambula

Merimbula and Pambula, less than 10 minutes apart, are located on the Sapphire Coast of NSW, a spectacular coastal region of picturesque villages, beautiful beaches, calm lakes, and pristine national parks.



Quick facts

Training region	Lower Eastern NSW
Subregion	Southern Eastern NSW
GP Synergy grouping	C
RA/MMM classification	RA3/MMM4
Population	<p>The population of Merimbula and Pambula is more than 9,000, the median age is 54 years. Aboriginal and Torres Strait Islander people make up 2% of the population.</p> <p>Merimbula and Pambula are located within the South Eastern NSW Primary Health Network, this Population Health Profile provides an overview of community health for the region.</p>

Location	<p>Located on the Far South Coast of NSW between Melbourne and Sydney, the Sapphire Coast is only a 3 hour drive from Canberra via Cooma or a 6 hour drive from either Melbourne or Sydney. Both Merimbula and Pambula are less than a half hour drive from the regional centre of Bega. Tura Beach is a suburb of Merimbula.</p> <p>The Sapphire Coast is a high-quality oyster-producing region, both Merimbula Lake and Pambula Lake are renowned for their oysters, with Pambula Lake boasting the highest concentration of oyster farms in the region.</p>
Transport links	<p>There is a regional airport at Merimbula with daily connections between Melbourne and Sydney.</p> <p>CountryLink, VLine and Premier Motor Service provide regular coach services from Sydney, Melbourne and Canberra, and local bus services can get you around once you're here.</p>
Industry	<p>The main industries in Merimbula are:</p> <ul style="list-style-type: none"> Accommodation and food services Retail trade Health care and social assistance Construction Manufacturing Education and training
Healthcare facilities	<p>Pambula Hospital is the closest public hospital (less than 50 beds), it has a Nurse-led Assessment, Treatment, and Care Centre (ATC) for walk-in patients. The ATC is for minor injuries and illnesses and is open 8.00am to 8.00pm seven days a week.</p> <p>Bega (less than 30 min drive) has a major regional hospital – South East Regional Hospital that opened in 2016. It offers emergency department bays, medical and surgical inpatient beds, a maternity unit, a critical care unit, operating theatres including day surgery, renal dialysis chairs, oncology area, separate mental health unit and a sub-acute rehabilitation unit.</p> <p>There is a NSW Ambulance Service station at Merimbula.</p>
Accredited GP training practices in town	<p>Main Street Medical Centre - Merimbula Pambula Medical Centre Sapphire Clinic Tura Beach Medical Centre</p>
Education	<p>Schools in Merimbula and Pambula include Merimbula Public School, Pambula Public School and Lumen Christi Catholic College (K-12).</p> <p>Public high schools are available in Bega and Eden.</p>
Childcare	<p>There are a number of pre-school, day care and child care options available in the Merimbula and Pambula area.</p>
Shopping	<p>Supermarkets in the Merimbula area include Woolworths at Merimbula and Tura Beach. and Foodworks in Pambula. There is</p>

also the Merimbula Fresh Food Market. Merimbula has a Target and a number of specialty stores, boutiques, restaurants and cafes.

In nearby Bega (25 minutes from Merimbula) is the Sapphire Marketplace, a major shopping destination of the Sapphire Coast region. The shopping centre includes Big W, Woolworths, Dan Murphys and over 20 specialty stores.

Places of worship

There are a number of places of worship in Merimbula including Catholic, Anglican, and Uniting churches.

The nearest Buddhist temples, and mosques are located in Canberra (3 hours from Merimbula).

Things to do

Sporting Activities

[Merimbula Pambula Bulldogs](#)
[Merimbula Diggers Australian Rules Football Club](#)
[Merimbula Grasshoppers Football Soccer Club](#)
[Merimbula Tennis Club](#)
[Merimbula Cricket Club](#)
[Merimbula Basketball](#)
[Merimbula District Netball Association](#)
[Merimbula Golf Club](#)
[Merimbula Fishing, Boating and Camping](#)
[Sapphire Aquatic Centre](#)

Cultural Activities

[Giiyong Festival](#)
[Merimbula Imlay Historical Society](#)
[Twyford Hall](#)

Social Media Groups

[Merimbula and District Community Notice Board](#)
[Merimbula/Pambula Buy, Sell, Trade](#)

Annual Events

[Merimbula Jazz Festival](#)
[Merimbula Fun Run](#)
[Ace of Clubs Golf Classic](#)

Points of Interest

The Sapphire Coast is a spectacular place to be. Enjoy relaxed sunny days, long strolls along uncrowded beaches, pristine sapphire coastal waters, walks through National Parks, cafes, restaurants and boutique shopping.

There golf courses in abundance including the popular Tura Beach Country Club and Pambula Merimbula Golf Club. Art galleries can be found throughout the area as well as other cultural activities, including local museums and historical sites, or the local cinema.

For more information

[Sapphire Coast Region](#)
[Merimbula Tourism](#)
[Getaway Merimbula](#)
[Bega Valley Shire Council](#)

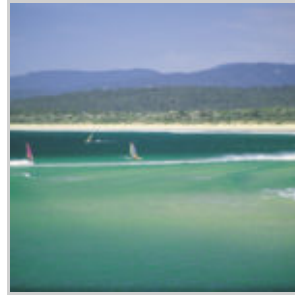
Image gallery



Coastline



Whale watching



Windsurfing



Coastline

TRAINING REGIONS

Western NSW

North Eastern NSW

Lower Eastern NSW

RURAL TOWNS IN SOUTHERN EASTERN REGION

Basin View-Sanctuary Point

Batemans Bay

Bega

Bermagui

Berry

Bowral

Braidwood

Bundanoon

Bungendore

Callala Bay

Cooma

Crookwell

Culburra Beach

Eden

- [Goulburn](#)
- [Hill Top](#)
- [Jindabyne](#)
- [Merimbula-Pambula](#)
- [Mittagong](#)
- [Moruya](#)
- [Moss Vale](#)
- [Narooma](#)
- [Nowra-Bomaderry](#)
- [Shoalhaven Heads](#)
- [Tahmoor](#)
- [Tathra](#)
- [Ulladulla-Milton-Mollymook](#)
- [Vincentia](#)
- [Yass](#)

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

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



GP Synergy Medical
Student Scholarship

My GP story

GP blogs

GP rotations



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.