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# Mittagong

Mittagong is the gateway to the Southern Highlands, a popular day-trip destination for Sydney-siders.





## Quick facts

<b>Training region</b>	Lower Eastern NSW
<b>Subregion</b>	Southern Eastern NSW
<b>GP Synergy grouping</b>	B
<b>RA/MMM classification</b>	RA2/MMM3
<b>Population</b>	<p>The population of Mittagong is 6,000 people, the median age of residents is 45 years. Aboriginal and Torres Strait Islander people make up 2% of the population.</p> <p>Mittagong is located within the <a href="#">South Western Sydney Primary Health Network</a>, this <a href="#">Population Health Profile</a> provides an overview of community health for the region.</p>
<b>Location</b>	<p>Only 90 minute drive from of Sydney, one hour from Wollongong and two hours north of Canberra, Mittagong is know for beautiful gardens and parks, its colonial sandstone buildings, cellar doors offering wine tasting and specialty stores.</p>
<b>Transport links</b>	<p>The closest airport to the Southern Highlands is Sydney Airport (70 min to the north east).</p>

Sydney trains and NSW Trainlink services stop at various Southern Highlands towns daily.

## Industry

The main industries people from Mittagong work in are:

- Health care and social assistance
- Retail trade
- Education and training
- Accommodation and food services
- Construction
- Manufacturing

## Healthcare facilities

Bowral and District Hospital is an acute care public hospital servicing the Southern Highlands Region. The hospital is centrally located in the town of Bowral and is the only hospital operated outside the Sydney metropolitan area by the South Western Sydney Local Health District. It has 94 beds and an emergency department.

The NSW Ambulance Service station in Bowral is less than 10 min drive from Mittagong.

## Accredited GP training practices in town

Mittagong Healthcare Centre  
Mittagong Medical Centre

## Education

There is one public and three private primary schools, one public and two private secondary schools and a special school in Mittagong.

- [Mittagong Public School](#)
- [St Michael's Mittagong](#)
- [Gib Gate](#)
- [Highlands School Mittagong](#)
- [Frensham Boarding School](#)
- [Tangara School](#) (for students with intellectual disabilities)

## Southern Highlands Christian School (K-12)

### Childcare

Mittagong offers young families long day care, out of school hours care, family day care and preschool services. For more information on child care options [click here](#).

### Shopping

In the Southern Highlands there is Woolworths in Mittagong and Bowral, IGA in Bowral and Moss Vale, Harris Farm in Bowral, Aldi in Mittagong and Bowral, Coles in Bowral, a Tuckerbag in Moss Vale and Mittagong, and the Robertson and Bundanoon supermarkets. Larger retail stores include Harvey Norman, Retravisio, Betta Electrical, Target, Big W and Bed Bath n Table.

The Southern Highlands is known for its small villages with their unique boutique and specialty stores.

### Places of worship

There are a number of places of worship in Southern Highlands including Catholic, Anglican, Uniting, Methodist and Baptist churches. The nearest Buddhist temple (Nan Tien) is in Berkeley (one hour from Mittagong) and the closest Muslim mosque (Omar Mosque) is in Gwynneville (50 min from Mittagong).

### Things to do

#### Cultural Activities

[Aboriginal Community & Cultural Centre](#)

[The Mittagong Playhouse](#)

[Southern Highlands Arts Festival](#)

#### Social Media Groups

[Mittagong Buy Sell Swap](#)

#### Annual Events

[Tulip Time](#)

[Pigments Art Exhibition](#)

#### Points of Interest

Bowral, Bundanoon, Berrima, Mittagong, Moss Vale, Robertson, Kangaroo Valley or one of the regions many small villages offer rustic local eateries and eclectic boutiques in a quiet country setting.

De-stress with a soothing spa treatment, a relaxing massage session or by making your way to one of the Southern Highlands' tranquil bushland lookouts. For indulgence of a different kind, satisfy your tastebuds with flavoursome local produce plated at one of the areas restaurants or head to a cellar door to sample local cool climate wines.

**For more information**

[Destination Southern Highlands](#)  
[Southern Highlands Tourism](#)  
[Wingecarribee Shire Council](#)

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Lower Eastern NSW

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