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Ulladulla-Milton-Mollymook

The beautiful coastal area of Milton-Ulladulla-Mollymook, is a popular holiday destination, known for its fishing fleet and agricultural production.



Quick facts

Training region	Lower Eastern NSW
Subregion	Southern Eastern NSW
GP Synergy grouping	B
RA/MMM classification	RA2/MMM4
Population	<p>The population of the Milton-Ulladulla area is more than 15,000 people, the median age is 53 years. Aboriginal and Torres Strait Islander people make up 3.4% of the population.</p> <p>Milton-Ulladulla is 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>Often referred to as Milton-Ulladulla, the area that includes Ulladulla, Milton, Mollymook, Narrawallee and Burill Lake forms a closely connected series of towns.</p> <p>The coastal towns are half way between Nowra in the north and Batemans Bay to the south. Ulladulla is 230 kilometres south of Sydney (3 hr drive) and 200 km from Canberra (2.5 hr drive).</p>

Transport links

Regional Express (REX) offers daily Sydney services from Moruya Airport (one hour from Ulladulla).

Regular City Rail train services are available departing Sydney from Central Station and heading south to Bomaderry where the South Coast line ends. The Premier Transport Group run coaches from Ulladulla to the Bomaderry railway station.

Industry

The main industries that employ Ulladulla residents are:

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

Healthcare facilities

Milton Ulladulla Hospital is a rural acute facility that provides services including emergency, general medical and minor surgical services, low risk obstetrics, ambulatory care and oncology outpatients services for the southern Shoalhaven.

Shoalhaven District Memorial Hospital is the closest large hospital (50 min drive from Ulladulla) and is a busy acute care facility which provides which provides emergency care, medical, surgical and orthopaedic services. The hospital has an intensive care unit that incorporates high dependency and coronary care beds. As well as these clinical services, the hospital has a busy obstetric unit and children's ward. Shoalhaven District Memorial Hospital is affiliated with the University of Wollongong and the University of NSW. This hospital is fully accredited by the [Australian Council on Healthcare Standards \(ACS\)](#).

Ulladulla is supported by an ambulance service.

Accredited GP training practices in town

- Milton Family Medical Practice
- Milton Medical Centre
- Mollymook Medical Centre
- Ulladulla Endoscopy & Medical Centre
- Ulladulla Medical Clinic

Education

There are four schools in the Ulladulla area:

- [Budawang School](#)
- [Ulladulla Public School](#)
- [Ulladulla High School](#)
- [Milton Public School](#)

Childcare

There are a number of pre-school, day care and child care options in Milton-Ulladulla area.

Shopping

As a regional centre Ulladulla has a number of supermarkets including Woolworths, Coles, Aldi, and SUPA IGA. Some of the larger retail stores available are Target, Betta Home Living, and Bunnings. There are a number of speciality and boutique stores, as well as cafes and restaurants

Places of worship

There are a number of places of worship in Milton-Ulladulla area including Catholic, Anglican, Jehovah's Witness, Baptist and Uniting churches. The nearest Buddhist temples and mosques are located in Wollongong (110 min drive from Ulladulla).

Things to do**Sporting Activities**

[Milton Ulladulla Football Club](#)
[Milton Ulladulla Rugby League Club](#)
[Milton Ulladulla District Tennis Association](#)
[Ulladulla United Cricket Club](#)
[Milton Ulladulla Basketball Association](#)
[Ulladulla and Districts Netball Association](#)
[Mollymook Golf Club](#)
[Ulladulla Leisure Centre \(pool\)](#)

Cultural Activities

[Apex Club of Milton Ulladulla](#)
[Coomee Nulunga Cultural Trail](#)
[Jamaneer Gunya Cultural Experience Course – Ulladulla](#)

Social Media Groups

[Ulladulla Public Notice Board](#)
[Ulladulla & Mollymook and surrounding areas](#)
[Ulladulla Area Buy Swap or Sell](#)

Annual Events

[Ulladulla Harbourside Festival](#)
[Ulladulla Blessing of the Fleet](#)

Points of Interest

Ulladulla makes a great base for exploring local natural attractions such as Morton National Park, Lake Conjola to the north and Burrill Lake to the south. Nearby Meroo National Park has a beautiful coastline with access 5km from Ulladulla. The local waterways and beaches provide plenty of opportunities for swimming, boating and fishing.

For more information

[Destination Ulladulla](#)
[Visit Ulladulla](#)
[Shoalhaven City Council](#)

Image gallery**Ulladulla harbour****Ulladulla port**

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

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- 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
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- Brochures
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