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New **doctor information pack.**

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## About Lithgow.

Lithgow is a large country town located in a wide valley at the roots of the breath-taking and iconic Blue Mountains. The town's hinterland is dominated by stunning heritage-listed national parks, which provide spectacular lookouts over sweeping valleys, vast canyons, ancient forests, and magnificent mountains. The nearby wilderness provides the perfect opportunity to meet the native wildlife, including the local glow worms, baby brush tail possums, kangaroos, and lyrebirds.

Lithgow is popular with adventure-seekers, as the town accesses several ideal spots for outdoor activities like rock-climbing, abseiling, hiking, caving, and canyoning, and numerous walking, cycling, and horse riding tracks. For those seeking relaxation there is much to do within the city limits: popular pastimes include strolling through streets lined with historic cottages, visiting local historic buildings and museums, and getting coffee or dining out in the many cafes and restaurants dotted across the town. Lithgow constantly draws in new residents and visitors, who come to enjoy the incredible scenery coupled with relaxed and hospitable charm of a rural Australian town.



**Dr Ross Lamplugh**

CO-FOUNDER & CHAIRMAN, OCHRE HEALTH

“ Ochre Health was formed with the goal of **improving** the way **primary health care** is delivered in both rural and urban Australia.

I am proud that we are helping to improve the **health services** in this **beautiful state**, it feels good to be able to do some **great stuff** **in your own backyard.** ”

## Things to see & do in Lithgow.

### Small Arms Factory

A Methven St, Lithgow

P 02 6351 4452

[lithgow-tourism.com/samuseum](http://lithgow-tourism.com/samuseum)

### Garry Pettitt Fine Art

A Daintree Cl, South Bowenfels

P 02 6352 5414

[garrypettitt.com](http://garrypettitt.com)

### Graham Gercken Fine Art Gallery

A 49 Hepburn St, Lithgow

P 02 6351 4942

### Magnolia Fine Gifts & Gallery

A 80 Main St, Lithgow

P 02 6351 3130

### Glow Worm Tunnel

A Wollemi National Park

[lithgow-tourism.com/glowworm](http://lithgow-tourism.com/glowworm)

### Jenolan Caves

A 4655 Jenolan Caves Rd

P 1300 76 33 11

[jenolancaves.org.au](http://jenolancaves.org.au)

### Jannei Goat Dairy

A 8 View St, Lidsdale

P 02 6355 1107

### Iron Fest Festival

[ironfest.net](http://ironfest.net)

### Blue Mountains SPAradise

A Thomas Mitchell Dr, Lithgow

P 02 6352 3122

[japanesebathhouse.com.au](http://japanesebathhouse.com.au)

## How to get to Lithgow.

### FROM SYDNEY

- **Driving** 2HRS via the Great Western Highway
- **Train** 3HRS via the Blue Mountains Line



## Useful information.

### SHOPS & SERVICES

#### Coles

**A** Lithgow Valley Plaza, Lithgow  
**P** 02 6352 1966

#### Woolworths

**A** 224 Mort St, Lithgow  
**P** 02 6351 7900

#### ALDI

**A** 2 Valley Dr, Lithgow  
**P** 13 25 34

#### Lithgow Newsagency & Stationery

**A** 139 Main St, Lithgow  
**P** 02 6352 2244

#### Australia Post

**A** 113-115 Main St, Lithgow  
**P** 13 13 18

#### News on William (news stand)

**A** 80 William St, Bathurst  
**P** 02 6331 1402

#### ANZ

**A** 71 Main St, Lithgow  
**P** 13 13 14

#### Commonwealth Bank

**A** 136 Main St, Lithgow  
**P** 02 6351 3239

#### NAB

**A** 156 Main St, Lithgow  
**P** 13 22 65

#### Westpac

**A** 140 Main St, Lithgow  
**P** 02 6350 1100

#### Lithgow Library Learning Centre

**A** 157 Main St, Lithgow  
**P** 02 6352 9100

### SCHOOLS & CHILDCARE

#### Lithgow Public School

**A** Mort St, Lithgow  
**P** 02 6351 2297

#### Lithgow High School

**A** 1A Pau Street, Lithgow  
**P** 02 6352 1422

#### Mitchell Conservatorium Lithgow

**A** 2 Wylde St, Lithgow  
**P** 02 6351 3990

#### TAFE Western - Lithgow College

**A** 2 Hill St, Lithgow  
**P** 1300 823 393

#### First Grammar Lithgow

**A** 15 Bridge St, Lithgow  
**P** 02 6351 3888

### RESTAURANTS, PUBS & CAFES

#### CJ's Good Food Restaurant

**A** 83 Main St, Lithgow  
**P** 02 6352 4442  
[cjsgoodfood.com.au](http://cjsgoodfood.com.au)

#### Lithgow Palace Chinese Restaurant

**A** 1/59 Main St, Lithgow  
**P** 02 6353 1888  
[cantonpalace.com.au](http://cantonpalace.com.au)

#### Lithgow Workies

**A** 3 Tank St, Lithgow  
**P** 02 6350 7777  
[workies.com.au](http://workies.com.au)

#### Won Dee Thai Restaurant

**A** 202 Main St, Lithgow  
**P** 02 6351 3346

#### Secret Creek Cafe & Restaurant

**A** 35 Crane Rd, Lithgow  
**P** 02 6352 1133  
[secretcreekcafe.com](http://secretcreekcafe.com)

#### Busy Corner Foodbar

**A** 52 Main St, Lithgow  
**P** 02 6351 3270

#### The Old Exchange

**A** 83 Main St, Lithgow  
**P** 02 6352 4442

#### Papadino's Pizza

**A** 65 Main St, Lithgow  
**P** 02 6353 1455

### ACCOMMODATION

#### Zig Zag Motel

**A** 70 Chifley Rd, Lithgow  
**P** 02 6352 2477

#### Eagle View Escape

**A** 271 Sandalls Dr, Rydal  
**P** 1300 851 829

#### Lithgow Workies Club Motel

**A** 3-7 Tank St, Lithgow  
**P** 02 6350 7777

#### Bushman's Motor Inn

**A** 526 Great Western Hwy,  
Marrangaroo  
**P** 02 6352 1655

#### Grand Central Hotel

**A** 69 Main St, Lithgow  
**P** 02 6352 2215

### OTHER MEDICAL SERVICES

#### Lithgow Medical Clinic

**A** 11 Bridge St, Lithgow  
**P** 02 6352 5588

#### Lithgow Dental

**A** 218 Great Western Hwy  
**P** 02 4757 1618

## About the **Medical Centre.**

### **Ochre Medical Centre Lithgow**

**A** 136 Main St, Lithgow

**P** 02 6352 5685

**E** ohmclithgow@ochrehealth.com.au

**Open** Mon – Thurs 8:30AM-6:00PM  
Friday 8:30AM-5:00PM  
Closed Weekends & public holidays

Ochre Medical Centre Lithgow is located on Main Street between the Commonwealth Bank and St George Bank, with Hopes Pharmacy located conveniently across the road. Previously known as Lithgow Family Practice, this clinic is well established in the community and comes with a team of dedicated Doctors and staff. Ochre Medical Centre Lithgow is accepting new patients.

**DWS** Yes      **RVTS** No  
**RLRP** No      **GPRIIPS** Yes  
**RA2 / MM3**

*\*Grant, incentive and location zoning can change at anytime.*

To find out more, visit [ochrehealth.com.au](https://ochrehealth.com.au)  
or contact our recruitment team

**Daniel Boyens**

National Recruitment Manager

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