

# PRESS PAUSE ON YOUR DRIVE



## 1 - 2 Hours

### EXPLORE THE PARK LAKE PRECINCT

- Stretch your legs with a walk around Victoria Park Lake
- Burn off some energy at the playgrounds or the skate park around the lake
- Take in the view of the lake on Level 4 of the SAM Building
- Explore the art at SAM and Kaiela Arts

#### HOT TIP:

If you're talking a walk around the lake, grab a copy of our Bird Bingo and see which species you can spot.



## 30 Minutes

### CHOOSE ONE ACTIVITY TO REFRESH YOURSELF BEFORE YOU HIT THE ROAD AGAIN

- Get a coffee and sweet treat at Elsewhere at SAM
- Take in the art one of the galleries at SAM
- Check out the Indigenous artwork at Kaiela Arts
- Plan your next pause with Visitor Centre staff and volunteers

#### HINT:

Don't forget about your furry friends and make sure to take a Paws Stop on your journey. Ask the Visitor Centre staff and volunteers about great walking spot for your four-legged companion. They might even have a treat for them.

## 3 - 5 Hours

### TAKE IN EMERALD BANK

- Walk around the collections at the Museum of Vehicle Evolution (MOVE)
- Get a coffee and some lunch at Milestone Cafe
- Enjoy the fresh air Laugh-A-Lot Links Mini Golf
- Choose a locally made sweet treat at the Chocolate Apple Factory
- Hunt for a gem Barclays Antiques & Collectables
- Wander around Riverside Garden Nursery and Pot-Werx to find a something to take home to your garden

#### HINT:

MOVE doesn't just have cars and trucks on display, with the Loel Thomson Clothing Collection, Farren Bicycle Collection, the Furphy Museum and more, there's something for everyone!

Press pause on your drive.  
A pause from the road might save your life.

Pause Stop

# 6 - 8 Hours

## IF THE WEATHER IS ON YOUR SIDE, GET OUTDOORS

- Do the roughly 2km walk from Victoria Park Lake to the Australian Botanic Gardens, between the river and the railway line
- Enjoy the view from Honeysuckle Rise at the Botanic Gardens
- Explore the culturally significant The Flats Walk located in the floodplain between Shepparton and Mooroopna
- Load up the Interactive Street Art Map and take yourself on a tour of the murals in Shepparton and Mooroopna



## Stay Overnight

### HEAVY EYES? STAY THE NIGHT

You are four times more likely to have a serious accident on the road if you've had less than five hours sleep and you should never go on long drives if you have had less than three hours of sleep. If you find that your eyes are getting itchy or you're losing focus or nodding off while driving, that's a clear sign that it's time to take a break and get some sleep. We all know that the best cure for fatigue is a good night's sleep, so have a look at what accommodation is available in Shepparton and Goulburn Valley. Whether you like to stay in a hotel or motel, you have a caravan or you're looking for something self contained, there's something here for you.

Arrive, unwind, and explore at your own pace



### HOT TIP:

Not sure where to stay the night? The Greater Shepparton Visitor Centre staff can help you find the right accommodation for you, just ask!

## ACCOMMODATION

- Splurge on a Boutique Accommodation or a Bed & Breakfast
- Stay in one of our many Hotels and Motels
- Set up your rig for the night at one of our Caravan, Cabin & Camping locations
- Enjoy your privacy in a Self Contained Apartment
- Stay for free at our RV rest stop in Tatura for self contained RVs and Caravans

Need somewhere to rest your head for the night?



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Pause Stop TAC

# Spend the whole weekend

## DINING EXPERIENCES

- Head to Shepparton Brewery for a taste of locally brewed beers over one of their woodfire pizzas (kids menu and play area available)
- For an upscale dining experience, head to Teller, Restaurant 505 at the Carrington, The Parklake Restaurant and Bar or Cellar 47
- Look to the Terminus Hotel and the Peppermill Inn for a pub lunch or dinner if you like a fun vibe and an atmospheric beer garden
- For cafe with something extra, try out Stella, Elsewhere at SAM, Belcibo & Co. or Milestone Cafe

## SOMETHING TO DO

- Check the Shepp and GV website for any events that are on in the area during your stay
- Catch a local sporting match
- Try out one of Activities in the Park free or low cost activities, they have something for kids and adults
- Check out a live performance at Riverlinks Eastbank in Shepparton or Riverlinks Westside in Mooroopna



**Check out the Events Calendar to see what's on!**



**There's no rush, stay as long as you need**



### HOT TIP:

If you're staying in Shepparton for the weekend or a few days, take the time to visit one of our small towns to experience more of what the Goulburn Valley has to offer.

## VISIT ONE OF OUR SMALL TOWNS

- Explore KidsTown and do the Flats Walk in Mooroopna, then head to the main street for lunch.
- Take in the historical town of Tatura and visit the Wartime Camps and Irrigation Museum.
- Hike up Mount Major and take in the rolling hills of Dookie and get some lunch at the General Store.
- Head to Murchison to take in stunning views of the Goulburn River and visit the Murchison Bakery or The Railway Pub for a bite to eat.
- Go fishing at Dunyak Moira and visit the historical museum in Merrigum.



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Pause Stop **TAC**

# Winter Activities

## COLD OR WET WEATHER DAYS

- Escape Smash and Play
- Fun Planet
- Gamer's Resort
- Rebound Trampoline Park and Play Centre
- Star Bowl Ten Pin Bowling
- Aquamoves Indoor Swimming Pool
- History and Heritage Museums
- Social Volleyball
- Village Cinema



### HOT TIP:

Travelling during school holidays? Check to see whether any of these activities have extended opening hours

## PLAN YOUR NEXT PAUSE

- Melbourne is 2 - 3 hours south so plan a pause in Murchison, Nagambie, Seymour or Wallan.
- Swan Hill is around 2 hours and 40 minutes north west so plan a pause in Kyabram or Echuca.
- Falls Creek is about 3.5 hours east, so plan a pause in Dookie, Benalla, Wrangatta, Milawa or Bright.
- Hamilton is 4.5 hours south west, so plan a pause in Bendigo, Maryborough, Daylesford, Ballarat, Ararat or Halls Gap
- Ask the Visitor Centre staff and volunteers about where you could pause next on your way to your destination.

Relax, rest and recharge along the journey

Take a 15 minute powernap if you feel drowsy.



# Press Pause on Your Road Trip

## SIGNS OF DRIVING TIRED

- Yawning or heavy eyes
- Daydreaming or forgetting the last few kilometres
- Drifting from your lane, tailgating or hitting a shoulder rumble strip
- Difficulty maintaining a consistent, correct speed
- Not realising traffic lights have changed to green
- A slower reaction time when braking or stopping at intersections

## HOW TO AVOID DRIVING TIRED

- Plan a pause from the road every two hours
- Get enough sleep before driving
- Avoid driving late at night
- Don't travel for more than 8 - 10 hours a day
- Share the driving wherever possible
- Don't drink alcohol before your trip
- Take a 15-minute powernap if you feel drowsy
- Grab a coffee to recharge

Scan the QR Code to learn more about Pause Stop



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Pause  Stop TAC