

PHYSICAL ACTIVITY IN THE COMMUNITY

LOCATION: BULAHDELAH AND SURROUNDS

It is recommended young people do at least 60 minutes each day of moderate to vigorous physical activity that makes the heartbeat faster. More is better and a lot of this activity can be done for FREE or at a low cost!

Activities for your teen or family to try:

In Bulahdelah

- Enjoy a social hit of tennis at the local tennis courts
- Skateboarding or rollerblading is not only fun, but a great way to add to the daily moderate physical activity minutes. [Find a skatepark near you.](#)

In Taree and surrounds

- Free community events e.g. Parkrun – [find one near you.](#)
- Youth clubs such as [PCYC](#) run gym classes and physical activity sessions for young people, after school or during the school holidays.
- Try something new like [pickleball](#) – it's one of Australia's fastest growing sports and it's not hard to see why. It's fun for everyone, regardless of age, skill or fitness level.
- Explore the many [walking](#) and [mountain bike](#) tracks in the area.

In Barrington area and surrounds

- Explore [local national parks](#) and tracks.
- Explore Tea Gardens and Hawks Nest [by bike.](#)



Weblinks last accessed 4th September, 2025