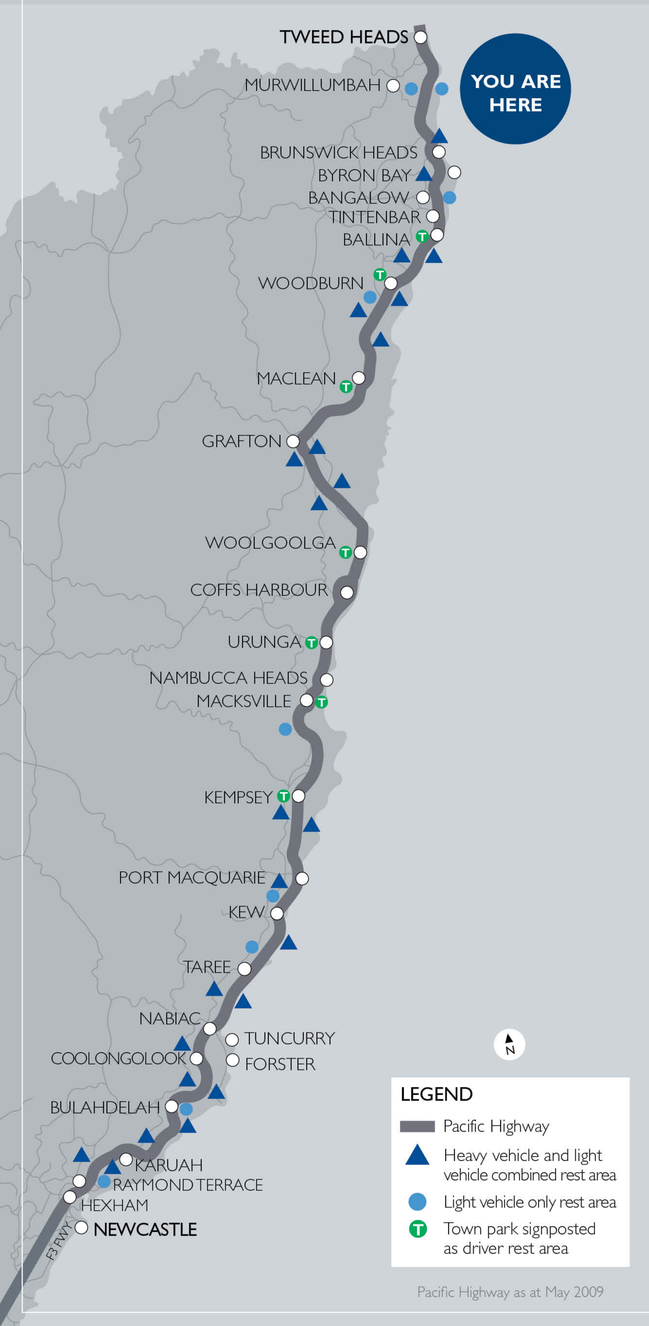
Stop, revive, survive

Australian Government

New South Wales Government

RTA

REST AREA MAP OF THE PACIFIC HIGHWAY



Pacific Highway as at May 2009

Travel tips

Avoid the traffic!

- If you come across delays please be patient.
- Get information on Pacific Highway traffic conditions by calling 132 701.
- If you're planning to drive on the Pacific Highway over long weekends or school holidays, keep in mind that lots of others are doing the same.
- But if you think first and plan ahead, it's easy to steer clear of the worst traffic for a safe and comfortable journey.

Stay tuned!

- Tune in to local radio stations for traffic reports.
- Along the way, call 132 701 for traffic updates.
- Watch out for electronic message signs - they'll advise you of delays.

Slow down!

- Don't speed.
- Don't take risks - use the overtaking lanes.
- Slow down in the wet.
- Remember that speed zones are enforced by police.
- Watch out for warning signs to guide you through construction sites.
- Be alert to directions from traffic controllers or emergency crews - they're for your safety.

Arrive safely!

- Avoid fatigue. Start your drive well rested - after 7am is best.
- Don't drive long distances at night and leave enough time to reach your destination safely.
- Stop. Revive. Survive. Don't ignore the early warning signs of driver fatigue. Call into rest areas, driver reviver stops, service centres or nearby towns.

For further information

For more information on the Pacific Highway Upgrade Program call the Pacific Highway information line on 1800 653 092 (freecall) or go to www.rta.nsw.gov.au/pacific.

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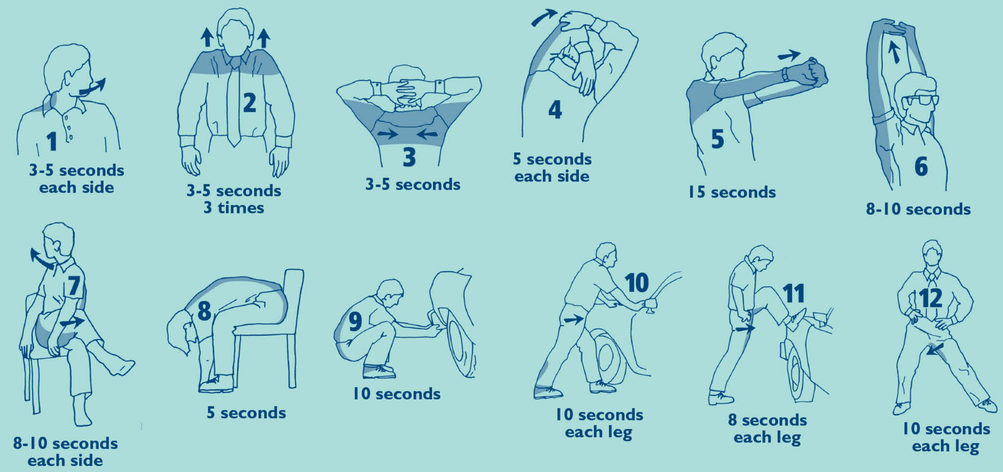
Traveller's stretches

Stretch at various times throughout your journey to help your body feel less stiff and tight (approximately 2 minutes).



Important notice:

This information does not constitute medical advice.

Always seek medical advice from a registered healthcare professional.

Do not attempt to perform these stretches if they cause pain or cannot be done with ease.

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Hidden pictures

Can you find these hidden pictures?

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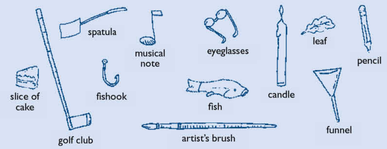

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