Getting around Wollongong

The FREE Gong Shuttle runs every 10 to 20 minutes. The service operates in both directions on a loop from Wollongong Station to The University of Wollongong via Wollongong Hospital, Burelli Street, & the UOW Innovation Campus.

55C C = Clockwise

55A A = Anti-Clockwise

The free Gong Shuttle runs every 10 to 20 minutes. The service operates in both directions on a loop from Wollongong Station to Wollongong University via Wollongong Hospital, Burelli Street and the Innovation Campus.

The route numbers for the Gong Shuttle are 55A and 55C.

Hours of operation are:

- Weekdays: 07:00 – 18:00 every 10 minutes,
  - 18:00 – 22:00 every 20 minutes
- Saturdays: 09:00 – 17:20 every 20 minutes
- Sundays & Public Holidays: 09:40 – 17:20
  - Up to 20 minute frequency

Route Timetables

You can see the route timetables by using the links below:

- View Route 55A Timetable
- View Route 55C Timetable

Route Maps

You can see a map of the routes and stops using the links below:

- 55A Gong Shuttle (anticlockwise loop)
- 55C Gong Shuttle (clockwise loop)

Quick Stats and Wollongong Facts:

Population & Land Area

219,141 (as of 2023) and land area 684.4 Square Kms

Indigenous Land

Dharawal/ Tharawal. Wollongong is the Indigenous word meaning "sound of the sea". Totem animal: Whale

Landmarks

The Lighthouse at Wollongong Harbour was initially commissioned in 1872 and powered by vegetable oils. It is disused and replaced in 1930 by the larger lighthouse on the headland

Economics

The leading occupation is with Health Care and Social Assistance with 13.2% of the population of Wollongong are Volunteers.

REASONS TO GO OUTSIDE & EXPLORE:

- Increase psychological wellbeing
- Attention Restoration
- Stress Recovery
- Mood Improvement
- Greater Satisfaction within Relationship

Local Activities to boost your mental health

- Nan Tien Temple (Free meditation and Tai-Chi on Saturday)*
- Crown Street Night markets (Thursday 5-9pm)
- Crown Street Day Markets (Friday All Day)
- Wollongong Art Gallery (free entry)
- Wollongong City Beach (1.4km walk)
- Wollongong Harbour and Lighthouse (1.8km walk)
- Continental Pools (6am-2pm Tues-Sun – FREE WiFi)
- Botanical Gardens (Free Bus route)
- UOW Campus (Free Bus route)
- Clay Wollongong
- 'talk2me bro' (Last Friday of the month, Men and Women)
- WIN Stadium events
- Discovery Science Space (UOW Innovation Campus)
- Barstool Brothers (His Boy Elroy restaurant)
- Holy Moley Putt Putt, Hangdog Climbing – Auburn St
- Strike 10, Laser Tag and B. Lucky & Sons Arcade
- Australian Motorlife Museum
- Puckey's estate Nature Reserve (1.5km of boardwalk through rainforest)



* PLEASE note the dress code for the Nan Tien Temple on the Website

** All walking distance from the hospital

Nourishing Cuisine**

- Amigos 116 Keira St, Wollongong (Mexican)
- GYG 192 Keira St Wollongong (Mexican)
- An Chut Chut 89a Crown St Wollongong (Vietnamese)
- Papa Rich 200 Crown St, Wollongong (Malaysian)
- His Boy Elroy 192 Keira St Wollongong (American)
- Steamers Bar and Grill 1 Marine Dr, Wollongong
- Kikiees Restaurant 120 Crown St, Wollongong
- Kinn Thai 117 Wollongong Central (Thai)
- Texas Sizzle 161 Crown St, Wollongong (American)
- Samaras Restaurant Cnr Market and Corrimal St (Lebanese)
- Jasmine Rice 131 Corrimal St (Thai)
- Asees Indian Restaurant 52-54 Crown St (Indian)
- Chicken V 53-61 Crown St (Korean)
- Kneading Ruby's 5 Crown Ln (Pizza, Pasta)

DO NOT FORGET: Use Your 5 Senses when Practicing Mindfulness

SIGHTS

Green, yellow, and red colours, landscapes, etc.

SMELLS

Fragrances from trees and flowers (natural aromatherapy), phytoncides (boosts immune system)

SOUNDS

Listen to the birds singing and the breeze rustling in the leaves of the trees

TOUCH

Trees & plants - put your whole body in the atmosphere

TASTE

Eating foods and fruits from forests, tasting the fresh air in forests & gardens