



Travelling distances table - kilometres	Albury	Armidale	Bega	Bourke	Broken Hill	Canberra	Coffs Harbour	Cooma	Deniliquin	Dubbo	Glen Innes	Goulburn	Grafton	Griffith	Lismore	Lithgow	Mildura	Moree	Newcastle	Nowra	Orange	Parkes	Port Macquarie	Sydney	Tamworth	Taree	Tweed Heads	Wagga Wagga	Wollongong
Albury	•	976	485	829	841	344	1118	379	202	521	1066	371	1199	259	1334	509	545	897	719	494	447	403	972	556	865	888	1419	129	510
Armidale	976	•	927	694	1135	815	193	931	1041	455	95	710	194	853	343	563	1293	303	393	674	605	573	252	525	111	316	440	847	606
Bega	485	927	•	966	1230	222	963	106	640	616	1017	296	1044	565	1179	496	934	992	565	253	397	531	817	402	816	733	1264	384	321
Bourke	829	694	966	•	616	744	887	860	695	369	659	735	817	519	907	634	887	450	734	877	519	435	871	777	588	935	1004	709	809
Broken Hill	841	1135	1230	616	•	1089	1333	1124	652	753	1230	1116	1334	731	1478	1018	296	1066	1118	1239	903	819	1302	1161	1029	1259	1575	846	1255
Canberra	344	815	222	744	1089	•	851	116	499	394	905	105	932	335	1067	353	793	770	453	228	291	309	705	290	704	621	1152	232	244
Coffs Harbour	1118	193	963	887	1333	851	•	959	1234	648	239	738	81	1041	216	696	1487	447	399	702	811	761	159	553	299	230	301	1008	634
Cooma	379	931	106	860	1124	116	959	•	534	510	1021	221	1040	459	1175	469	828	886	569	344	407	425	813	460	820	729	1260	278	360
Deniliquin	202	1041	640	695	652	499	1234	534	•	586	1131	526	1235	226	1379	636	343	962	874	649	574	468	468	711	930	1034	1476	256	665
Dubbo	521	455	616	369	753	394	648	510	586	•	545	376	649	398	738	265	838	376	365	489	150	118	627	408	344	534	890	392	440
Glen Innes	1066	95	1017	659	1230	905	239	1021	1131	545	•	800	158	943	248	653	1383	208	483	764	873	663	347	615	201	411	345	937	696
Goulburn	371	710	296	735	1116	105	738	221	526	376	800	•	819	362	954	278	820	742	348	123	226	317	592	185	599	508	1039	270	139
Grafton	1199	194	1044	817	1334	932	81	1040	1235	649	158	819	•	1047	135	777	1488	366	480	783	799	767	234	634	305	311	220	1041	715
Griffith	259	853	565	519	731	335	1041	459	226	398	943	362	1047	•	1191	475	440	774	783	485	364	280	1043	636	742	870	1288	181	590
Lismore	1334	343	1179	907	1478	1067	216	1175	1379	793	248	954	135	1191	•	912	1631	456	615	918	943	911	375	769	449	446	97	1185	850
Lithgow	509	563	496	634	1018	353	696	469	636	265	653	278	777	475	912	•	915	538	290	243	115	216	535	143	452	450	997	380	175
Mildura	545	1293	934	887	296	793	1487	828	343	838	1383	820	1488	440	1631	915	•	1214	1168	925	804	720	1412	1005	1182	1328	1728	550	959
Moree	897	303	992	450	1066	770	447	886	962	376	208	742	366	774	456	538	1214	•	484	765	526	494	551	616	268	615	553	768	697
Newcastle	719	393	565	734	1118	453	399	569	874	365	483	348	480	783	615	290	1168	484	•	312	405	506	253	163	282	169	708	618	244
Nowra	494	674	253	877	1239	228	702	344	649	489	764	123	783	485	918	243	925	765	312	•	339	440	556	149	563	472	1003	393	68
Orange	447	605	397	519	903	291	811	407	574	150	873	226	799	364	943	115	804	526	405	339	•	101	665	258	494	581	1040	318	290
Parkes	403	573	531	435	819	309	761	425	468	118	663	317	767	280	911	216	720	494	506	440	101	•	745	359	462	666	1008	274	391
Port Macquarie	972	252	817	871	1302	705	159	813	468	627	347	592	234	1043	375	535	1412	551	253	556	665	745	•	407	273	84	460	862	488
Sydney	556	525	402	777	1161	290	553	460	711	408	615	185	634	636	769	143	1005	616	163	149	258	359	407	•	414	323	854	455	81
Tamworth	865	111	816	588	1029	704	299	820	930	344	201	599	305	742	449	452	1182	268	282	563	494	462	273	414	•	337	546	869	495
Taree	888	316	733	935	1259	621	230	729	1034	534	411	508	311	870	446	450	1328	615	169	472	581	666	84	323	337	•	531	778	404
Tweed Heads	1419	440	1264	1004	1575	1152	301	1260	1476	890	345	1039	220	1288	97	997	1728	553	708	1003	1040	1008	460	854	546	531	•	1309	935
Wagga Wagga	129	847	384	709	846	232	1008	278	256	392	937	270	1041	181	1185	380	550	768	618	393	318	274	862	455	869	778	1309	•	409
Wollongong	510	606	321	809	1255	244	634	360	665	440	696	139	715	590	850	175	959	697	244	68	290	391	488	81	495	404	935	409	•

➔ Wear your seat belt, it's the law
Truck drivers and passengers are required by law to wear their seat belts.

➔ Seat belts save truckies too
Crash studies have proven that truck drivers have a 50% better chance of surviving a serious crash if they wear a seat belt.

➔ Don't drive tired
The legal rest breaks are the minimum you should have. If you start feeling tired take a break as often as you need so you arrive safely.

➔ Don't speed - three strikes and you're out
Operators of trucks who keep on speeding excessively can have their registration suspended for up to 3 months at a time.

Major interstate routes and distances

➔ Sydney - Melbourne National Route 31, Hume Highway

	Outward total (km)	Between points (km)	Return total (km)
Sydney			857
Liverpool	35	35	822
Mittagong	108	70	752
Goulburn	185	80	672
Yass	265	80	592
Gundagai	363	98	494
Sturt Highway	397	34	460
Holbrook	498	101	359
Albury	556	58	301
Melbourne	857	301	0

➔ Sydney - Brisbane National Route 1, F3 Freeway and Pacific Highway

	Outward total (km)	Between points (km)	Return total (km)
Sydney	0		952
Wahroonga	22	22	930
Turnoff to Gosford	68	46	884
Hexham	150	82	802
Bulahdelah	233	83	719
Taree	323	90	629
Port Macquarie	407	84	545
Kempsey	447	40	505
Macksville	498	51	454
Coffs Harbour	553	55	399
Grafton	634	81	318
Ballina	762	128	190
Tweed Heads	854	92	98
Brisbane	952	98	0

➔ National Route 1, Princes Highway

	Outward total (km)	Between points (km)	Return total (km)
Sydney	0		1039
Wollongong	81	81	958
Kiama	112	31	927
Nowra	149	37	890
Ulladulla	213	64	826
Batemans Bay	264	51	775
Moruya	288	24	751
Narooma	328	40	711
Bega	402	74	637
Pambula	437	35	602
Eden	455	18	584
Melbourne	1039	584	0

➔ Sydney - Adelaide National Routes 32,24,20, Great Western, Mid Western and Sturt Highway

	Outward total (km)	Between points (km)	Return total (km)
Sydney	0		1400
Penrith	54	54	1346
Katoomba	105	51	1295
Lithgow	143	38	1257
Bathurst	198	55	1202
Blayney	236	38	1164
Cowra	301	65	1099
Grenfell	353	52	1047
West Yyalong	455	102	945
Rankin Springs	545	90	855
Goodgowl	600	55	800
Hay	709	109	691
Bairanald	842	133	558
Mildura	1005	163	395
Adelaide	1400	395	0

➔ For further enquiries:
www.rta.nsw.gov.au

132 701
For information on traffic conditions.

Stock No. 4417a

Roads and Traffic Authority

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Rest area strategic plan

Driver fatigue is one of the primary contributing factors to road trauma on Australian roads. Crash statistics indicate fatigue is involved in one out of five fatal crashes.

Driver fatigue can range from a momentary loss of concentration to various forms of tiredness or sleepiness, which can lead to slower reactions or even losing control of the vehicle. A key strategy for avoiding driver fatigue is to take regular breaks.

As part of its Road Safety 2010 strategy, the New South Wales Government through the Roads and Traffic Authority has developed a \$17 million, 10-year plan to improve the network of rest areas throughout the State to make them more attractive and accessible to motorists.

More than 50 completely new rest areas will be created and more than 100 existing rest areas will be upgraded to provide a comprehensive network of facilities at desirable locations on major highways and key roads throughout NSW.

These rest areas will enable drivers on long journeys to have the opportunity to "Stop, Revive, Survive."

The facilities will cater for all types of road users, with rest areas for both light and heavy vehicles.

To avoid fatigue

➔ Have at least the minimum rest periods under the law, and more if you need it. If you start to feel tired stop as soon as you can and have a break.

➔ Tell your employer if schedules don't include enough rest time. Under the law, employers can be held responsible if they pressure you to break the work/rest hour regulations or drive while fatigued.

Driving and rest hours are monitored by the Police and RTA through logbook checks and Safe-T-Cam. A series of Safe-T-Cam cameras are situated on the main transport routes throughout New South Wales. Safe-T-Cam photographs number plates to check registration status, and then determines whether excessive speed was used or if a vehicle travelled beyond prescribed hours for trips within NSW.



Driver fatigue

Truck drivers must not exceed the regulated hours of driving, work and rest.

➔ Standard hours – Solo and two-up heavy truck drivers

In any period of	a driver must not drive and work for more than a total of	and must have a rest period of no less than
5 hours and 30 minutes	5 hours	30 minutes, either in one period or as two periods of 15 minutes each
24 hours (see note 1)	14 hours (maximum 12 hours driving)	10 hours, including one continuous period of 6 hours (see note 2)
168 hours (1 week)	72 hours	96 hours, including one continuous period of 24 hours (see note 3)

Notes
1. The 24 hours period means any period of 24 hours. It does not necessarily mean midnight to midnight.
2. These continuous rest periods must be taken away from the vehicle unless the vehicle is fitted with an approved sleeper berth.
3. Rest period of 24 hours or more must be taken away from the vehicle.

➔ Transitional fatigue management scheme (TFMS) hours

In any period of	a driver in TFMS must not work for more than a total of	and must have a rest period of no less than
5 hours and 30 minutes	5 hours	30 minutes
24 hours	14 hours (maximum 14 hours driving) (see note 1)	10 hours, including one continuous period of 6 hours
336 hours	144 hours	192 hours, including one continuous period of 48 hours or two continuous periods of 24 hours each (see note 2)

Notes
1. Two-up drivers may not drive for more than 12 hours in a