



The Central Coast welcomes an incredible line up of world class surfers for the 'Vissla Central Coast Pro' at Avoca Beach this month

Australia's first World Surf League Qualifying Series 3000 rated event will be held at Avoca Beach on NSW's Central Coast from 25th February to 1st March.

The Vissla Central Coast Pro is in its fourth year and is set to draw in hundreds of competitors from across the globe along with surf-loving spectators watching the action from the sand.

If you're planning to attend this world-class event, here are some must-dos while on the Central Coast – from its renowned beaches and beautiful landscapes to its incredible food scene and premium shopping.

Experience the Coast's other excellent surf breaks

The Coast is full of top surfing beaches, suited to everyone from grommets to pros. While Avoca Beach will be heaving during the event, you can escape the crowds and catch some waves just north of here at North Avoca. Terrigal Haven gets a good break in the right conditions, while Soldiers Beach and Shelly Beach are more consistent. Tallow Beach near Killcare is a secret spot surrounded by Bouddi National Park and a favourite of homegrown pro Adrian Buchan. And further north there's Pelican Beach, or 'Pelos' as the locals call it, a good spot for the more experienced.

Pursue on-land adventures

Dry off and explore the coast's many outdoor activities on offer. Golfers will love [Shelly Beach Golf Club](#), which has spectacular views out to the ocean, or [Kooindah Waters Golf Club](#) at the Mercure resort in Wyong.

[Glenworth Valley](#) is the adventure hub of the Central Coast – take your pick of activities from quad biking, abseiling, laser skirmish, horse riding or kayaking.

Ourimbah State Forest is home to [Treetop Adventure Park](#) where you can navigate more than 100 elevated obstacles through the trees, with rope ladders, bridges, zip lines and more. The state forest is also excellent for mountain biking with several tracks including a purpose-built bike park. Bikes can be hired from [Central Coast Mountain Bike Tours](#).

For something a little smoother, [hire a SUP](#) at Terrigal Lagoon just north of the town's main beach and enjoy a paddle in the calm water.

Fuel up on coffee and food

The Central Coast has quite the burgeoning food scene with a host of dining options from cool and casual cafes to funky bars and breweries.

You can enjoy front-row seats of the competition with a side of fish tacos and a beer at the bright and airy [Avoca Surf House](#). Overlooking Avoca Beach, this chic restaurant and bar hosts regular community events and has a great all-day dining menu. For casual pub dining, head a few minutes'



down the road to [Avoca Beach Hotel](#). This local's favourite has just been refurbished to give it a fresh, new look but still has the same, great vibe.

If you need a caffeine kick, pop into [Glee Coffee Roasters](#) at Erina Heights. They specialise in ethically sourced coffee that is locally roasted and brewed along with a really good seasonal brunch menu.

For a tippie or two, head up to [The Savoy at Long Jetty](#), a hip new bar housed in a 1956-built cinema that lay dormant for 40 years. Classic movies are played twice a week in the tiered lounge area where you can order drinks and pizza, while on other nights there is live music and DJs.

[Bay Rd Brewing](#) is a newly opened microbrewery in Gosford with four core beers on tap and tasty bites from rotating food vendors.

The carnivores among us will love [Sounds on West](#) in Umina, a smokehouse and bar inspired by the barbecue cuisine of America's Deep South. Enjoy slow cooked meats with craft beer from local brewing company [Six Strings](#).

Add some coastal style to your wardrobe

[Slimes Boardstore](#) at Erina has been the go-to classic surf store on the Coast since 1980. It stocks the latest in surf, skate and fashion, and has more than 400 boards – from performance short boards to longboards and softboards – to choose from.

The sleek new [Ocean Haus](#) at Terrigal is the only surf shop on the Coast to stock the Awayco brand, which you can rent or try before you buy. Grab a coffee or a healthy bowl of Acai while you're here at the small side café and peruse the quality surfwear, hats and accessories.

[Lucky Surf & Supply](#) at Long Jetty is another cool surf store that doubles as a café, but also boasts a gallery space featuring work by talented local artist Grant Molony.

For further information, images, or to arrange a media visit to the Central Coast:

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