



Transport for NSW Media Release

3 OCTOBER 2025

SPRING INTO THE LONG WEEKEND WITH CONFIDENCE BY PLANNING YOUR JOURNEY

****Vision and grabs (video and radio) available to download [here](#)**

As holidaymakers make the most of a spring break across the state, motorists heading into regional NSW for the Labour Day long weekend are reminded to factor in extra travel times to ensure they reach their destinations safely.

Transport for NSW Executive Director Operations Management Craig Moran urged motorists to plan their journeys, time rest breaks and drive to the road conditions.

“This is one of our busiest weekends of the year as thousands head to the coast and regions to make the most the spring public holiday, but increased traffic on our roads can mean increased delays,” Mr Moran said.

“We’re expecting traffic leaving Sydney to start building from Friday morning, with the heaviest outbound traffic forecast on the M1 Pacific Motorway and Pacific Highway heading north, the Great Western Highway heading west and the Princes Highway heading south.

“We’ll be monitoring traffic at known pinch points in regional NSW including Coffs Harbour, Hexham, Blackheath, Nowra and Jervis Bay, and taking measures to manage congestion as required, but motorists should still prepare for delays.

“Routes heading back towards Sydney are expected to be busiest on the public holiday Monday, with some locations like Hexham and Ulladulla also expecting delays on Tuesday 7 October.”

“When hitting the road for a holiday, we understand even five minutes extra can feel like forever, especially when beaches and friends are waiting at the end of road trip, but an extra five or even 10 minutes is not worth gambling the safety of you and your loved ones.”

Tragically, as of midnight 1 October, 271 people had lost their lives on New South Wales roads in 2025.

“No time saved is worth putting your life, or the lives of others, at risk. If you are on our road network across the holiday period, put safety first. Drive to conditions, don’t speed, wear a seatbelt, and make sure you reach your destination.”

Holidaymakers catching a flight from Sydney Airport should allow plenty of extra travel time and consider taking the train to avoid traffic around the terminals. Those who must drive and plan to leave their car at the airport are advised to pre-book parking ahead of time.

The 80,000 football fans attending the NRL and NRLW grand finals at Accor Stadium in Sydney Olympic Park on Sunday 5 October are encouraged to leave the keys at home and make use of public transport being included in their match tickets.

Drivers in the state’s north should factor in additional travel time with Tamworth roads set to be busy for the Koori Knockout from 3-6 October.

Those in the west also need to plan ahead and consider increased traffic due to the Bathurst 1000 from 9-13 October.

Rounding out the NSW school holiday period in Sydney, motorists should be aware of detours in place for the Spring Cycle Sydney on Sunday 12 October. It is the only charity cycling race that involves participants crossing the Sydney Harbour Bridge as they race from North Sydney to Sydney Olympic Park.

For holiday traffic planning resources, tips and tools including detailed information on each pinch point, visit Transport’s holiday and journey planning webpage: <https://www.nsw.gov.au/driving-boating-and-transport/plan-your-trip/holiday-driving>

To find the best times to travel to your destination, use the TfNSW pinch point journey planner tool at myjourneynsw.info. For the latest traffic updates download the Live Traffic NSW app, visit livetraffic.com or call 132 701.

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