

SYDNEY METRO AREA LISTING

ZONE 1

1 METRO COUPON PER 25kg CONSIGNMENT

SUBURBS SHOWN IN RED ARE NOT SAME DAY DELIVERY

PICK UP CUTOFF TIMES ARE 10.45AM & 3.45PM

UNLESS STATED IN RED NEXT TO THE SUBURB (13/02/2020)

Abbotsbury	Blacktown	Chippendale	Earlwood	Gregory Hills
Abbotsford	Blair Athol	Chipping Norton	East Botany	Greystanes
Abbotsford Point	Blairmount	Chiswick	East Gardens	Guildford
Acacia Gardens	Blakehurst	Chullora	East Hills	Guildford West
Airds	Bligh Park	Church Point (10:00 + 3.00pm)	East Killara	Gunnamatta Bay
Alexandria	Bondi	Clairmont Meadows	East Roseville	Gymea
Alfords Point	Bondi Beach	Clarendon (10:00 + 3:00)	East Ryde	Gymea Bay
Allambie	Bondi Junction	Clareville (10:00am + 3.00pm)	East Sydney	Haberfield
Allambie Heights	Bonnet Bay	Claymore	Eastern Creek	Hammondville
Allawah	Bonnyrigg	Clemton Park	Eastlakes	Harrington Park
Ambarvale	Bonnyrigg Heights	Clifton Gardens	Eastwood	Harris Park
Annandale	Boronia Park	Clontarf	Edensor Park	Hassall Grove
Anzac Village	Bossley Park	Clovelly	Edgecliff	Haymarket (10:00 + 3:00)
Arncliffe	Botany	Clyde	Edmonson Park	Heathcote (10:00am + 3.00pm)
Arndell Park	Bow Bowling	Colebee	Elanora Heights	Hebersham
Artarmon	Bradbury	Collaroy	Elderslie (10:00 + 3:00)	Heckenberg
Ashbury	Brighton-Le-Sands	Collaroy Beach	Elizabeth Bay	Henley
Ashcroft	Broadway	Collaroy Plateau	Emerton	Hewitt
Ashfield	Bronte	Colyton	Emu Plains	Hillsdale
Asquith	Brooklyn (9:30am)	Como	Enfield	Hinchinbrook
Auburn	Brookvale	Como West	Engadine (10:00am + 3.00pm)	HMAS Penguin
Avalon (10:00am+3.00pm)	Bungarribee	Concord	Englorie Park	Hobartville (10:00 + 3:00)
Avalon Beach(10:00+3.00pm)	Burraneer	Concord West	Enmore	Holroyd
Balgowlah	Burwood	Condell Park	Epping	Holsworthy
Balgowlah Heights	Burwood Heights	Connells Point	Ermington	Homebush
Balmain	Busby	Constitution Hill	Erskine Park	Homebush Bay
Balmain East	Cabarita	Coogee	Erskineville	Homebush West
Balmoral	Cabramata West	Cowan (9:30am)	Eschol Park	Horningsea Park(10:00+ 3:00)
Bangor	Cabramatta	Cremorne	Everleigh	Hornsby
Banksia	Cambridge Gardens	Cromer	Fairfield	Hornsby Heights
Banksmeadow	Cambridge Park	Cromer Heights	Fairfield East	Hoxton Park
Bankstown	Camden (10:00am + 3.00pm)	Cronulla	Fairfield Heights	Hunters Hill
Bankstown Airport	Camden South (10:00 + 3:00)	Crows Nest	Fairfield West	Huntingwood
Barden Ridge	Camellia	Croydon	Fairlight	Huntleys Point
Bardwell Park	Cammeray	Croydon Park	Five Dock	Hurlstone Park
Bardwell Valley	Campbelltown	Curl Curl	Flemington	Hurstville
Bass Hill	Camperdown	Currans Hill	Forest Lodge	Hurstville Grove
Baulkham Hills	Campsie	Daceyville	Forestville	Illawong
Bayview (10:00am+3.00pm)	Canada Bay	Darling Harbour	Fox Valley	Ingleburn Army Cmp
Beacon Hill	Canley Heights	Darling Point	Frenchs Forest	Ingleburn
Beaconsfield	Canley Vale	Darlinghurst	Freshwater	Ingleside
Beaumont Hills	Canterbury	Darlington	Fullers Bridge	Jamisontown
Beauty Point	Careel Bay	Davidson	Garden Island	Jannali
Beecroft	Caringbah	Dawes Point (10:00 + 3:00)	Georges Hall	Kangaroo Point
Belfield	Carlingford	Dean Park	Georges Heights	Kareela
Bella Vista	Carlton	Dee Why	Girraween	Kearns
Bellevue Hill	Carnes Hill	Dee Why West	Gladesville	Kellyville
Belmore	Carramar	Denistone	Glebe	Kellyville Ridge
Belrose	Carss Park	Denistone East	Glebe Point	Kensington
Ben Buckle	Cartwright	Dharruk	Glen Alpine (10:00+ 3.00)	Kentlyn (10:00 + 3:00)
Berala	Castle Cove	Diamond Bay	Glendenning	Killarney Heights
Berowra (10:00am - 3:00pm)	Castle Hill	Dolans Bay	Glenfield	Killara
Berowra Hgths (10:00 - 3:00)	Castlecrag	Dolls Point	Glenhaven	Kings Cross
Beverly Hills	Casula	Doonside	Glenwood	Kings Langley
Beverly Park	Cecil Hills	Double Bay	Gordon	Kings Park
Bexley	Centennial Park	Dover Heights	Gore Hill	Kingsford
Bexley North	Chatham Village	Drummoyne	Granville	Kingsgrove
Bidwill	Chatswood	Duffys Forest (10:00)	Grays Point	Kingswood
Bilgola (10:00am + 3.00pm)	Chatswood Chase	Dulwich Hill	Green Valley	Kirribilli
Bilgola Plateau(10:00am + 3.00)	Chatswood West	Dundas	Greenacre	Kirrawee
Birchgrove	Cheltenham	Dundas Valley	Greenfield Park	Kissing Point
Birkenhead Point	Cherrybrook	Dunheved	Greenhills Beach 10.00+3.00	Kogarah
Birrong	Chester Hill	Dural	Greenwich	Kogarah Bay
Blackett	Chifley	Eagle Vale	Greenwich Point	Kurnell (10:00am +3:00pm)

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UNLESS STATED IN RED NEXT TO THE SUBURB

Kyle Bay	Middle Head	Paddington	Rushcutters Bay	Turramurra
Kyeemagh	Mill Hill	Padstow	Russell Lea	Turrella
La Perouse (10:00 +3:00)	Miller	Padstow Heights	Rydalmere	Ultimo
Lake Parramatta	Millers Point (10:00 + 3:00)	Pagewood	Ryde	Undercliffe
Lakemba	Milperra	Palm Beach (10:00 + 3:00)	Sadlier	Uni of NSW
Lalor Park	Milsons Point	Panania	Sandringham	Uni of Sydney
Lane Cove	Minchinbury	Parklea	Sandy Point (10:00)	Vaucluse (10:00 + 3:00)
Lane Cove North	Minto	Parramatta	Sans Souci	Villawood
Lane Cove West	Minto Heights (10:00 + 3:00)	Peakhurst	Schofields	Vineyard
Lansdowne	Miranda	Pemulway	Seaforth	Voyager Point (10:00)
Lansvale	Mobbs Hill	Pendle Hill	Sefton	Wahroonga
Lavender Bay	Mona Vale	Pennant Hills	Seven Hills	Waitara
Leichhardt	Monterey	Penrith	Shalvey	Wakeley
Leightonfield	Moore Park	Penshurst	Silverwater	Wareemba
Lemongrove	Moorebank	Petersham	Smeaton Grange	Warrawee
Leonay (10:00 + 3:00)	Mortdale	Phillip Bay (10:00 + 3:00)	Smithfield	Warwickwood
Lethbridge Park	Mortlake	Picnic Point	South Coogee	Warwick Farm
Leumeah	Mosman	Pleasure Point (10:00)	South Granville	Waterloo
Lewisham	Mt Annan	Plumpton	South Hurstville	Watsons Bay (10:00 + 3:00)
Liberty Grove	Mt Colah	Point Piper	South Penrith	Wattle Grove
Lidcombe	Mt Druitt	Port Botany	South Strathfield	Waverley
Lilli Pilli	Mt Kuring Gai	Port Hacking	South Turramurra	Waverton
Lilyfield	Mt Lewis	Potts Hill	Spit Junction	Wentworthville
Lindfield	Mt Pritchard	Potts Point	Spring Farm (10:00 + 3:00)	Werrington Downs
Linley Point	Mulgrave	Prairiewood	St Andrews	Werrington
Little Bay (10:00 + 3:00)	Narellan	Prestons	St Clair	West Hoxton
Liverpool	Narellan Vale	Prospect	St Helens Park(10:00 +3:00)	West Pennant Hills
Loftus	Naremburn	Punchbowl	St Ives	West Pymble
Long Bay (10:00 + 3:00)	Narrabeen	Putney	St Ives Chase	West Ryde
Long Point (10:00 + 3:00)	Narraweena	Pymble	St Johns Park	Westleigh
Longueville	Narwee	Pymont	St Leonards	Westmead
Lucas Heights (10:00)	Neutral Bay	Quakers Hill	St Marys	Wetherill Park
Lugarno	Newington	Queens Park	St Peters	Whalan
Lurnea	Newport (10:00am + 3:00pm)	Queenscliff	Stanhope Gardens	Whale Beach (10:00 + 3:00)
MacDonaltdown	Newtown	Raby	Stanmore	Wheeler Heights
Macquarie Fields	Normanhurst	Ramsgate	Strathfield	Wiley Park
Macquarie Links	North Balgowlah	Ramsgate Beach	Strathfield South	Willmot
Macquarie Park	North Bondi	Randwick	Strawberry Hills	Willoughby
Macquarie Uni	North Curl Curl	Redfern	Summer Hill	Windsor
Malabar (10:00 + 3:00)	North Epping	Regents Park	Surry Hills	Windsor Downs
Manahan	North Manly	Regentville	Sutherland	Wingala
Manly	North Narrabeen	Revesby	Sydney Olympic Park	Winston Hills
Manly Vale	North Parramatta	Revesby Heights	Sydenham	Wolli Creek
Marayong	North Richmond(10:00 + 3:00)	Rhodes	Sydney (10:00 + 3:00)	Wollstonecraft
Maroubra	North Rocks	Richmond (10:00 + 3:00)	Sylvania	Woodbine
Maroubra Junction	North Ryde	Riverstone	Sylvania Heights	Woodcroft
Marrickville	North St Marys	Riverview	Sylvania Waters	Woodpark
Marsden Park	North Strathfield	Riverwood	Tamarama	Woolahra
Marsfield	North Sydney	Rockdale	Taren Point	Woolloomooloo
Mascot	North Turramurra	Rodd Point	Taylors Point	Wooloware
Mascot Airport (M W F ONLY)	North Wahroonga	Rogans Hill	Telopea	Woolwich
Matraville	North Willoughby	Rooty Hill	Tempe	Woronora
Mays Hill	Northbridge	Rose Bay	Tennyson Point	Woronora Hts (10:00 +3:00)
McCallums Hill	Northmead	Rosebery	Terrey Hills	Yagoona
McGraths Hill	Northwood	Rosehill	The Cross Roads	Yarrawarrah
McMahons Point	Oakhurst	Roselands	The Ponds	Yennora
Meadowbank	Oatlands	Rosemeadow (10:00 + 3:00)	The Rocks (10:00 + 3:00)	Yowie Bay
Melrose Park	Oatley	Roseville	The Spit	Zetland
Melville	Old Guildford	Roseville Chase	Thompsons Corner	
Menai	Old Toongabbie	Round Corner	Thornleigh	
Merrylands	Oxford Falls (10:00 + 3:00)	Rouse Hill	Toongabbie	
Middle Cove	Oxley Park	Rozelle	Top Ryde	
Middle Harbour	Oyster Bay	Ruse	Tregear	

GREATER SYDNEY AREA LISTING

1 METRO PER 25kg PARCEL FOR SUBURBS IN BLACK (no links) (OVERNIGHT)

CHECK WITH OFFICE FOR PICK UP TIME SCHEDULE

SUBURBS SHOWN IN RED NEED 2 LINKS AND ARE A LIMITED SERVICE
FREIGHT MUST BE SENT THE DAY BEFORE THE ACTUAL DELIVERY DAY

ZONE 2

Agnes Banks	Cattai	Glossodia	Maroota (Mon+Wed only)	Silverdale
Annangrove	Cecil Park	Grasmere	Maroota South	Tennyson
Appin (Tues + Fri only)	Cobbitty	Greendale	Menangle (Tues+Fri only)	Theresa Park
Arcadia	Colo-Monday only	Grose Vale	Menangle Park(Tues+Fri only)	The Oaks
Austral	Central Colo-Monday only	Grose Wold	Mount Vernon	The Slopes
Badgerys Creek	Colo Heights-Monday only	Horsley Park	Mount Hunter	Upper Colo (Monday only)
Bardia	Cornwallis	Jordon Springs	Mount Tomah (Thursday Only)	Varroville
Berkshire Park	Cranebrook	Kemps Creek	Mulgoa	Wallacia
Berrilee	Denham Court	Kenthurst	Nattai (Tuesday only)	Warragamba
Berambing-Thursday Only	East Kurrajong	Kirkham	Nelson	Wedderburn tues+fri only
Bilpin -Thursday Only	Ellis Lane	Kurmond	Oakdale (Tuesday only)	Werombi
Blaxlands Ridge	Ebenezer	Kurrajong	Oakville	Wheeny Creek(Mon only)
Bowen Mountain	Fiddletown	Kurrajong Heights	Oran Park	Wilberforce
Box Hill	Forest Glen	Kurrajong Hills	Orangeville	Wisemans Ferry(Mon+Wed)
Bringelly	Freemans Reach	Leppington	Orchard Hills	Yarramundi
Brownlow Hill	Galston	Llandilo	Pitt Town	
Camden Park	Gilead	Londonderry	Rossmore	
Castlereagh	Gledswood Hills	Lower Portland(Mon+Wed only)	Sackville	
Catherine Fields	Glenmore Park	Luddenham	Scheyville	
Cawdor	Glenorie	Maraylya	Shanes Park	

BLUE MOUNTAINS AREA LISTING

1 METRO + 1 LINK COUPON PER 25kg PARCEL

SUBURBS SHOWN IN RED ARE NEXT DAY SERVICE

PICK UP CUT OFF TIMES ARE
9.45AM & 1.30PM

ZONE 3

Blackheath	Hawkesbury Heights	Leura	Springwood	Winmalee
Blaxland	Hazelbrook	Linden	Sun Valley	Woodford
Bullaburra	Katoomba	Medlow Bath	Valley Heights	Yellow Rock
Faulconbridge	Lapstone	Mount Riverview	Warrimoo	
Glenbrook	Lawson	Mount Victoria	Wentworth Falls	

CENTRAL COAST SAME DAY

1 METRO + 1 LINK COUPON PER 25kg CONSIGNEMENT

SUBURBS SHOWN IN RED ARE PM SERVICE ONLY

PICK UP CUT OFF TIMES ARE
9.45AM & 2:45PM

ZONE 4

Alison	Erina Heights	Kincumber	Phegans Bay	Tuggerawong
Avoca Beach	Ettalong Beach	Kincumber South	Picketts Valley	Tumbi Umbi
Bateau Bay	Forresters Beach	Koolewong	Point Claire	Umina Beach
Bensville	Fountaindale	Lake Haven	Point Frederick	Wadalba
Berkley Vale	Glenning Valley	Lisarow	Pretty Beach	Wagstaffe
Blackwall	Gorakan	Long Jetty	Rocky Point	Wallaharah
Blue Bay	Gosford	Macmasters Beach	San Remo	Wamberal
Blue Haven	Green Point	Mardi	Saratoga	Warnervale
Booker Bay	Hallaran	Margenta	Shelly Beach	Watanobbi
Box Head	Hamlyn Terrace	Matcham	Somersby	West Gosford
Canton Beach	Hardys Bay	Narara	Springfield	Woongarrah
Charmhaven	Holgate	Niagara Park	St Huberts Island	Woy Woy
Chittaway Bay	Horsfield Bay	Norah Head	Tacoma	Woy Woy Bay
Colongra	Jilliby (Hue Hue rd only)	Norville	Tacoma South	Wyoming
Copacabana	Kangy Angy	North Avoca	Tascott	Wyong
Daleys Point	Kanwal	North Gosford	Terrigal	Wyongah
Davistown	Kariong	Ourimbah	The Entrance (North)	Yattalunga
East Gosford	Killarney Vale	Palmdale	Toowoan Bay	
Empire Bay	Killcare	Pearl Beach	Toukley	
Erina	Killcare Heights	Patonga	Tuggerah	

CENTRAL COAST OVERNIGHT

1 METRO + 1 LINK COUPON PER 25kg PARCEL

OVERNIGHT NEXT DAY DELIVERY

PICK UP CUT OFF TIME IS 9.30AM

ZONE 4

Bashells Ridge	Doyalson (North)	Halekulani	Point Wolstoncraft	Wyee Point
Budgewoi	Freemans	Lake Munmorah	Summerland Point	
Buff Point	Gwandalan	Mannering Park	Wyee	
Chain Valley Bay				

FOR ALL AREAS OUTSIDE OUR SAME DAY NETWORK, THE FREIGHT TRAVELS OVERNIGHT. PLEASE ENSURE THAT YOU CHECK WITH YOUR DRIVER WHETHER HE/SHE RETURNS TO THE DEPOT

WOLLONGONG SAME DAY

ZONE 6

1 METRO + 1 LINK COUPON PER 25kg PARCEL

SUBURBS SHOWN IN RED ARE NOT A SAME DAY SERVICE

PICK UP CUT OFF TIMES ARE 9:45AM & 2:45PM
UNLESS STATED IN RED NEXT TO THE SUBURB

Albion Park	Coniston	Helensburg	Mount Pleasant	Thirroul
Albion Park Rail 9.30am	Cordeaux Heights 9.30am	Horsley 9.30am	Mount St Thomas	Towradgi
Austinmere	Corrimal	Kanahooka 9.30am	Mount Warrigal 9.30am	Unanderra 9.30am
Avondale	Corrimal East	Keiraville	North Wollongong	Uni of Wollongong
Balarang	Cringilla 9.30am	Kembla Grange 9.30am	Oak Flats 9.30am	Warilla 9.30am
Balgownie	Croom 9.30am	Kemblawarra	Port Kembla 9.30am	Warrawong 9.30am
Barrack Heights 9.30am	Dapto 9.30am	Koonawarra 9.30am	Primbee 9.30am	Windang 9.30am
Barrack Point 9.30am	Dunmore	Lake Heights 9.30am	Reidtown	Wollongong
Bass Point	Fairy Meadow	Lake Illawarra 9.30am	Russell Vale	Wollongong East
Bellambi	Farmborough Heights 9.30am	Mangerton	Shell Cove	Wollongong North
Blackey 9.30am	Fern Hill	Marshall Mount	Shell Harbour	Wollongong West
Blackbutt 9.30am	Figtree	Mount Keira	Shell Harbour City Centre 9.30am	Woonona
Brownsville 9.30am	Flinders	Mount Kembla	Spring Hill	Woonona East
Bulli	Gwynneville	Mount Ousley	Tarrawanna	Yallah 9.30am

SOUTH COAST & SOUTHERN HIGHLANDS

ZONE 8

1 METRO + 2 LINKS COUPON PER 25kg PARCEL

OVERNIGHT NEXT DAY DELIVERY

PARCELS COLLECTED PM RUN MUST BE RETURNED TO DEPOT SAME AFTERNOON
SUBURBS IN RED ARE NOT SERVICED EVERY DAY

Alpine	Burratorang	Gerringong	Marulan	Sutton Forest
Avoca	Burrawang	Gerroa	Minnamurra	Tahmoor
Avon Dam	Buxton	Glenmore	Mittagong	Tongarra
Aylmerton	Calderwood	Glenquarie	Moss Vale	Thirlmere
Balmoral Village	Cleveland	Haywards Bay	Mowbery Park	Tullimbar
Bargo	Clifton	Hiltop	New Berrima	Welby
Bargo River	Coalcliff	Jamberoo	Nowra	Werri Beach
Barrengary	Coledale	Jaspers Brush	Oxford	Wildes Meadow
Beaumont	Colo Vale	Jerrara	Penrose	Willow Vale
Berrima	Coolangatta	Kangaloon	Pheasants Nest	Wilton
Berry	Couridjah	Kangaroo Valley	Picton	Wingello
Bomaderry	Curramore	Kembla Heights	Picton Lakes	Wingercarribee
Bombo	Darkes Forest	Kiama	Razorback	Wollondilly
Bong Bong	Dombarton	Kiama Downs	Robertson	Wombarra
Bowral	Douglas Park	Kiama Heights	Saddleback Mountain	Wongawilli
Braemar	Exeter	Lakeside	Scarborough	Yanderra
Broughton Vale	Far Meadow	Macquarie Heights	Shellharbour Village	Yellow Rock
Bundanoon	Fitzroy Falls	Macquarie Pass	Stanwell Park	Yerrinbool
Burradoo	Foxground	Maldon	Stanwell Tops	

NEWCASTLE AREA LISTING

ZONE 5

1 METRO + 1 LINKS COUPON PER 25kg PARCEL

OVERNIGHT NEXT DAY DELIVERY

PARCELS COLLECTED PM RUN MUST BE RETURNED TO DEPOT SAME AFTERNOON
CHECK WITH OFFICE FOR PICK UP TIME SCHEDULE

Adamstown	Bolwarra	Charlestown	Gateshead	Killingworth
Arcardia Vale	Bonnells Bay	Coal Hill	Georgetown	Kitchener
Argenton	Boolaroo	Cooks Point	Gilleston Heights	Kooragang Island
Ashtonfield	Boorabee Point	Cooranbong	Glendale	Kotara
Awaba	Booragul	Croudace Bay	Greenhills	Kurri Kurri
Balcolyn	Box Hill	Dalwood	Hamilton	Lambton
Balmoral	Brightswaters	Dora Creek	Heatherbrae	Largs
Bar Beach	Broadmeadow	Dudley	Hexam	Maitland
Barnsley	Buttuba	Dutchies Beach	Highfields	Mallabula
Bay Village	Callaghan	Edgeworth	Hillsborough	Marks Point
Belford	Cameron Park	Eleebana	Hinton	Maryville
Belmont	Campvale	Estelville	Holmesville	Mayfield
Bennetts Green	Cams Wharf	Fassifern	Islington	Merewether
Beresfield	Cardiff	Fennel Bay	Jesmond	Metford
Birmingham Gardens	Carey Bay	Fern Bay	Jewells	Minmi
Blackalls Park	Carrington	Fishermans Bay	Kahibah	Mirrabooka
Blacksmiths	Catherine Hill Bay	Florasville	Kearsley	Morpeth
Bolton Point	Caves Beach	Garden Suburb	Kilaben Bay	Morriset

NEWCASTLE AREA LISTING

1 METRO + 1 LINK COUPON PER 25kg PARCEL

OVERNIGHT NEXT DAY DELIVERY

PARCELS COLLECTED PM RUN MUST BE RETURNED TO DEPOT SAME AFTERNOON
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ZONE 5

Motto Farm	Rathmines	Sunshine	Tomago	Whitebridge
Mount Hutton	Raworth	Swansea	Toronto	Wickham
Myuna Bay	Raymond Terrace	Tarro	Valentine	Williamtown
Neath	Redhead	Telarah	Wakefield	Windale
Newcastle	Rutherford	Tenambit	Wallsend	Windermere Park
New Lambton	Shortland	Teralba	Wangi Wangi	Woodbera
Nords Wharf	Silverwater	The Hill	Warabrook	Woodberry
Oakhampton	Speers Point	The Junction	Waratah	Woodrising
Pelican	Standford Merthyr	Thornton	Warners Bay	Yarrowonga Park
Phoenix Park	Stockrington	Tighes Hill	West Wallsend	
Rankin Park	Stockton	Tingara Heights	Weston	

OUTER NEWCASTLE AREA LISTING

1 METRO + 2 LINK COUPONS PER 25kg PARCEL

OVERNIGHT NEXT DAY DELIVERY

PARCELS COLLECTED PM RUN MUST BE RETURNED TO DEPOT SAME AFTERNOON
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ZONE 9

Aberdare	Clarence Town	Karuah	Oyster Cove	Seaham
Abermain	Corlette	Lemon Tree Passage	Parkville	Shoal Bay
Abernethy	East Maitland	Liddell (Power Stn)	Paterson	Soldiers Point
Anna Bay	Farley	Lorn	Pelaw Main	Tanilba Bay
Bellbird	Fingal Bay	Loxford	Pokolbin	Taylors Beach
Boat Harbour	Fishing Point	Mallabula	Port Stephens	Tea Garden
Bobs Farm	Greta	Medowie	Rothbury	
Branxton	Hawks Nest	Milers Forest	Salamander Bay	
Cessnock	Heddon Greta	Nelson Bay	Salt Ash	

CANBERRA AREA LISTING

1 METRO + 2 LINK COUPONS PER 25kg PARCEL

OVERNIGHT NEXT DAY DELIVERY

PARCELS COLLECTED PM RUN MUST BE RETURNED TO DEPOT SAME AFTERNOON
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ZONE 7

Acton	Chifley	Forrest	Mitchell	Russell
Ainslie	Chisholm	Fraser	Monash	Scullin
Amaroo	Conder	Fyshwick	Narrabundah	Spence
ANU	Cook	Garran	Ngunnawal	Stirling
Aranda	Curtin	Gilmore	Nicholls	Symonston
Banks	Deakin	Giralang	Oaks Estate	Theodore
Barton	Dickson	Gordon	O'Connor	Torrens
Belconnen	Duffy	Gowrie	O'Malley	Turner
Bonython	Dunlop	Griffith	Oxley	Wallaroo
Bruce	Evatt	Gungahlin	Paddys River	Wanniassa
Calwell	Fadden	Hackett	Page	Waramanga
Campbell	Farrer	Harman	Palmerston	Watson
Capital Hill	Fisher	Hawker	Parkes	Weetangera
Chapman	Florey	MacQuarie	Pearce	Weston
Charnwood	Flynn	Mawson	Queanbeyan	Yarralumla

NSW COUNTRY AREA LISTING

1 METRO + 4 LINK COUPONS PER 25kg PARCEL

OVERNIGHT NEXT DAY DELIVERY

PARCELS COLLECTED PM RUN MUST BE RETURNED TO DEPOT SAME AFTERNOON
CHECK WITH OFFICE FOR PICK UP TIME SCHEDULE

ZONE 10

Aberdeen	Ardlethan	Basin View	Bellingen	Binalon
Adaminaby	Armidale	Batehaven	Bemboka	Binda
Adelong	Ashford	Batemans Bay	Benandarah	Bingara
Albury	Ballina	Bathurst	Bendemeer	Bingie Bingie Point
Alectown	Balyney	Batlow	Bergalia	Binnaway
Alstonville	Bangalow	Bawley Point	Bermagui	Blackfollows Point
Angledale	Barellan	Beauty Point	Berrara	Bodalla
Angourie	Barraba	Bega	Berridale	Boggabri
Araluen	Barrington	Beimbaya	Bethungra	Bombala

NSW COUNTRY AREA LISTING

1 METRO + 4 LINK COUPONS PER 25kg PARCEL
OVERNIGHT NEXT DAY DELIVERY
PARCELS COLLECTED PM RUN MUST BE RETURNED TO DEPOT SAME AFTERNOON
ZONE 10
CHECK WITH OFFICE FOR PICK UP TIME SCHEDULE

Bonalbo	Depot Beach	Kameruka	Nabiac	Tathra
Bonshaw	Deua River	Kandos	Nambucca Heads	Taylor's Flat
Bookham	Diamond Head	Kendall	Nangus	Telegraph Point
Boorowra	Dorrigo	Kew	Narooma	Temeil
Borogo	Dubbo	Khancoban	Narrabarba	Temora
Bowning	Dunedoo	Kiah	Narrabri	Tenterfield
Bowraville	Dungog	Kiandra	Narrandera	Terrara
Boydton Park	Durras	Kianga	Narrawallee	Thredbo
Braidwood	Durras Lake	Kingscliff	Neerijundah	Tilba Tilba
Bredbo	East Lynne	Kiola	Nelligen	Timbilica
Broke	Eden	Koorawatha	Nethercote	Tintalra
Broulee	Erowal Bay	Kyogle	Nimbin	Tngaringy
Brunswick Heads	Eucumbene	Laggan	Nimmitabel	Tomakin
Buckajo	Eugowra	Lake Cathie	Nowra Naval PO	Tomerong
Budawang	Evans Head	Lake Tabourie	Numbuga	Tomingley
Bundella	Falls Creek	Lake Conjola	Nundle	Towanba
Bunga	Fishermans Paradise	Lansdowne	Old Bar	Tuncurry
Bungendore	Forbes	Lauireton	Old Erowal Bay	Tumut
Burragate	Forster	Leeton	Orange	Tumbarumba
Burrier	Galong	Lennox Heads	Orient Point	Tura Beach
Burrill Lake	Ganmain	Lilli Pilli	Pambula	Turlinjah
Buthega	Garlandtown	Lismore	Pambula Beach	Tuross Heads
Byron Bay	Glen Davis	Lithgow	Paradise	Tweed Heads
Callala Bay	Glen Innes	Lochinvar	Parkes	Tylagum
Cambewarra	Gloucester	Long Beach	Peak Hill	Tyringham
Candelo	Gooloogong	Macksville	Pebbly Beach	Ulladula
Cannabarabra	Goondiwindi	Macleay	Pericoe	Uralla
Capertree	Goulburn	Mandooran	Perisher Valley	Urbenville
Captains Flat	Grafton	Mandurama	Port Macquarie	Urunga
Casino	Graman	Manildra	Portland	Verona
Central Tilba	Green Cape	Manilla	Potao Point	Vincentia
Cobargo	Greenwell Point	Manyana	Pottsville Beach	Wagga Wagga
Coffs Harbour	Gregory	Merimbula	Pyree	Walcha
Comboyne	Griffith	Meroo Meadow	Quaama	Wallabadah
Congo Park	Grong Grong	Merrima	Quirindi	Wallaga Lake
Conjola	Gulgong	Merry Beach	Red Rock	Wallagoot
Crookwell	Gundagai	Merrygoen	Rockton Junction	Wallerawang
Coolac	Gunnedah	Millaley	Rocky Hall	Walwa
Coolah	Gurilla Bay	Millingandi	Rosedale	Wandandian
Coolamon	Guyra	Milton	Rylstone	Wantabadgery
Cooma	Harden	Mogilla	Sanctuary Point	Wapengo
Coopernook	Harrington	Mogo	Sawtell	Wauchope
Cootamundra	Hat Head	Mollymook	Scone	Wellington
Coraki	Henty	Molong	Scotts Head	Werris Creek
Corunna	Hill End	Montague	Shallow Crossing	Whitton
Cowra	HMAS Albatross	Moonbi	Singleton	Willow Tree
Crescent Head	HMAS Creswell	Morans Crossing	Sofala	Wolumia
Crookhaven Heads	Holbrook	Moruya	South West Rocks	Wonboyn Lake
Cudal	Humula	Moruya Heads	Springvale	Wongham
Cudgegong	Huskisson	Mossy Point	St Georges Basin	Woodburn
Cudmirrah	Hyams Beach	Mount Kosciusko	Surf Beach	Woolgoogla
Culcarin	Ilford	Mount Thorley	Surfside	Worrigee
Cumnock	Iluka	Mudgee	Sussex Inlet	Wyndham
Currarong	Inverell	Mullumbimby	Tabulan	Yamba
Cuttarong	Jellat Jellat	Mumbulla	Talbingo	Yancos
Dalgety	Jervis Bay	Murrah	Tamworth	Yass
Dalmeny	Jindabyne	Murrumburrah	Tanja	Yatheyattah
Deepwater	Jingellic	Murrundi	Tantawangelo	Yenda
Delegate	Jugiong	Murwillumbah	Taralga	Yeoval
Delungra	Junee	Muswellbrook	Tarcutta	Yerritong
Denman	Kalaru	Mystery Bay	Taree	Yetman

"IMPORTANT THINGS TO NOTE ABOUT OUR SAME DAY AND OVERNIGHT SERVICE"

Any freight picked up on our afternoon run must make it back to our depot that night to make next day delivery. Not all our drivers make it back to the depot each night. If you're not sure you can ask our office or your driver to confirm your goods will be delivered on time.

*If you are a client that uses coupons, freight sent within Sydney Metro, is charged "per consignment" meaning you can send 2 items weighing 10kg each to the same destination with 1 coupon.
(Bulk coupon rates may differ)*

If you are a client that uses coupons, freight sent out of Sydney Metro is charged "per parcel". This means that if you were to send the same 2 items weighing 10kg each out of Sydney, they will require a coupon each. BUT, we do not mind you consolidating those 2 x 10kg items to make 1 x 20kg item, and use 1 coupon to send it out.

*1 coupon/charge covers 25kg dead or actual weight or 25kg cubic weight (0.100m).
We base the charge on which ever weight is greater.*

If you do not use our coupon system your charge is worked out according to the zone for each area. It is still charged with the extra "Link" price, in addition with your metro rate (except NSW Country).

If you do not use coupons, all charges are "per parcel" for all areas.

Our COD (Cash/Cheque on Delivery) service is only available within the Sydney Metro, Greater Sydney, Central Coast, Blue Mountains, Wollongong and Southern Highland areas.

Deliveries to stations, large properties or small townships may at time need to be collected from the nearest regional depot.

All deliveries within Sydney metro, Central Coast, Wollongong and the Blue Mountains are covered by our Go Logistics Guarantee. Any freight sent outside these areas, we encourage you to arrange your own insurance if required

We live in a huge country, so not every suburb is listed. This does not necessarily mean we do not go there, so feel free to contact us if you do not find the suburb listed.

Any freight sent outside the Sydney Metro area requires "Link" coupons along with the green Metro coupon. For clients that rarely send to these areas, you may add additional Metro coupons. Please check with our customer service if this is required.



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