



COOL COURIERS REFRIGERATED FREIGHT SERVICES -
INTERSTATE LEAD-TIME SCHEDULE

	Green cells = carton movements
	Blank Cells = no service
ABC	Cells with days with no colour = pallet

Route	Days service					Service Turnaround (Depot to metro region client)	Notes
QLD							
BRIS-SYD (FROZEN)	Monday	Tuesday	Wednesday	Thursday	Friday	2 Days	FZN Ctns - Currently only Tues
BRIS-SYD (CHILLED)	Monday	Tuesday	Wednesday	Thursday	Friday	2 Days	CHILL Ctns - Airfreight Options available
NSW							
SYD-BRIS (FROZEN)	Monday	Tuesday	Wednesday	Thursday	Friday	2 Days	FZN Ctns - Currently only Tue
SYD-BRIS (CHILLED)	Monday	Tuesday	Wednesday	Thursday	Friday	2 Days	CHILL Ctns - Currently only Tue
SYD-MELB (FROZEN)	Monday	Tuesday	Wednesday	Thursday	Friday	2 Day	FZN Ctns - Currently only Tue
SYD-MELB (CHILLED)	Monday	Tuesday	Wednesday	Thursday	Friday	2 Days	CHILL Ctns - Currently only Tues
SYD-ADL (FROZEN)	Monday	Tuesday	Wednesday	Thursday	Friday	5-7 Days	Goods travel via Melb - FZN cartons on Tuesday only
SYD-ADL (CHILLED)	Monday	Tuesday	Wednesday	Thursday	Friday	5-7 Days	Goods travel via Melb - Airfreight Options available for Express Service
VIC							
MELB-BRIS (FROZEN)	Monday	Tuesday	Wednesday	Thursday	Friday	4 Days	FZN Ctns - Currently only Friday
MELB-BRIS (CHILLED)	Monday	Tuesday	Wednesday	Thursday	Friday	3 Days	Chill Ctns - Currently only Fri. Airfreight Options available for Express Service
MELB-SYD (FROZEN)			Wednesday			2 Days	FZN Ctns - currently only Wed. Pallet movements available Tuesday, Thursday & Friday - Price on application
MELB-SYD (CHILLED)			Wednesday			2 Days	Chill Ctns - Currently on Wed. Pallet movements available Tuesday, Thursday & Friday - Price on application
MELB-ADL (FROZEN)	Monday	Tuesday	Wednesday	Thursday	Friday	2 Days	Frozen Ctns - Currently only Wed
MELB-ADL (CHILLED)	Monday	Tuesday	Wednesday	Thursday	Friday	2 Days	Chill Ctns - Currently only Wed
MELB-PER (FROZEN)	Monday	Tuesday	Wednesday	Thursday	Friday	2 Days	Pallet movements only
MELB-PER (CHILLED)	Monday	Tuesday	Wednesday	Thursday	Friday	2 Days	Pallet movements only

SA						
ADL-BRIS (FROZEN)	Monday	Tuesday	Wednesday	Thursday	Friday	7-10 Days
ADL-BRIS (CHILLED)	Monday	Tuesday	Wednesday	Thursday	Friday	7-10 Days
ADL-SYD (FROZEN)	Monday	Tuesday	Wednesday	Thursday	Friday	5-7 Days
ADL-SYD (CHILLED)	Monday	Tuesday	Wednesday	Thursday	Friday	5-7 Days
ADL-MELB (FROZEN)	Monday	Tuesday	Wednesday	Thursday	Friday	3 Days
ADL-MELB (CHILLED)	Monday	Tuesday	Wednesday	Thursday	Friday	3 Days
Adelaide to Perth						
ADL-PER (FROZEN)	Monday	Tuesday	Wednesday	Thursday	Friday	4-7 Days
ADL-PER (CHILLED)	Monday	Tuesday	Wednesday	Thursday	Friday	4-7 Days
WA						
PER-BRIS (FROZEN)	Monday	Tuesday	Wednesday	Thursday	Friday	7-10 Days
PER-BRIS (CHILLED)	Monday	Tuesday	Wednesday	Thursday	Friday	7-10 Days
PER-SYD (FROZEN)	Monday	Tuesday	Wednesday	Thursday	Friday	7-10 Days
PER-SYD (CHILLED)	Monday	Tuesday	Wednesday	Thursday	Friday	7-10 Days
PER-MELB (FROZEN)	Monday	Tuesday	Wednesday	Thursday	Friday	6-8 Days
PER-MELB (CHILLED)	Monday	Tuesday	Wednesday	Thursday	Friday	6-8 Days
PER-ADL (FROZEN)	Monday	Tuesday	Wednesday	Thursday	Friday	4-6 Days
PER-ADL (CHILLED)	Monday	Tuesday	Wednesday	Thursday	Friday	4-6 Days

For all freight travelling to Perth ex Brisbane, Sydney and Melbourne - Please allow 5-10 business days from day of despatch to end delivery

COOL COURIERS REFRIGERATED FREIGHT SERVICES - SERVICE AREAS & DELIVERY DAYS v JAN 2026



COOL COURIERS REFRIGERATED FREIGHT SERVICES
SERVICE AREAS & DELIVERY DAYS

QLD/NORTHERN NSW	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BRISBANE METRO North to Burpengary, west to Wacol/Carole Park & south to Beenleigh. Note: Monday Northern Cut-Off is Bald Hills/Brighton	YES	YES	YES	YES	YES		
IPSWICH		YES	YES	YES			
Morton Bay region Clontarf, Redcliffe, Scarborough, Rothwell, Newport, Kippa Ring, Margate, Woodypoint		YES				YES	
SAMFORD					YES		
GOLD COAST Yatala to Tweed Heads	YES	YES	YES	YES	YES		
MOUNT TAMBORINE					YES		
CANUNGRA					YES		
JIMBOOMBA/YARRABILBA/TAMBORINE/ MUNRUBEN/ NEW BEITH/ LOGAN VILLAGE/GREENBANK/PARK RIDGE/SOUTH MACLEAN					YES		
NORTHERN RIVERS Tweed Heads South - South to Ballina/Lismore. Includes Murwillumbah/Uki		YES				YES	
SUNSHINE COAST Burpengary To Cooroy		YES	YES	YES	YES		
BIBIE ISLAND & SURROUNDS				YES			
MOOLOOLAH VALLEY/MALENY/MONTVILLE & FLAXTON			YES		YES		
TOOWOOMBA/WESTBROOK/GATTON				YES			
LAIDLEY				YES			
KARALEE/CHUWAR & KARANA DOWNS				YES			
BEAUDESERT & BOONAH General Pick-Ups Wednesday for a Friday Delivery						YES	
GYMPIE & POMONA Pick-Up Day Prior					YES		
MARYBOROUGH & HERVEY BAY Pick-Up Day Prior					YES		
BUNDABERG Pick-Up 2-Days Prior - Friday Only						YES	
MACKAY Pick-Up Day Prior - 2 Day Service	YES	YES	YES	YES	YES		
TOWNSVILLE Pick-Up Day Prior - 3 Day Service	YES	YES	YES	YES	YES		
CAIRNS Pick-Up Day Prior 3-4 Day Service	YES	YES	YES	YES	YES		
CASINO/KYOGLE/MACLEAN/EVENS HEAD Pick-Up 2 Days Prior			YES			YES	
YAMBA Pick-Up 2 Days Prior				YES			
GRAFTON Pick-Up 2 Days Prior				YES			
NSW/ACT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SYDNEY METRO	YES	YES	YES	YES	YES		
NORTHERN BEACHES		YES				YES	
SHIRE REGION		YES		YES			
BLUE MOUNTAINS					YES		
CENTRAL COAST				YES			
NEWCASTLE (PICK-UP DAY PRIOR)					YES		
WOLLONGONG TO NOWRA (PICK-UP DAY PRIOR)					YES		
SOUTH COAST					YES		
CANBERRA PLEASE CALL OUR OFFICE FOR MORE INFORMATION ON SUBURBS WITHIN THIS REGION - PICKUP DAY PRIOR			YES		YES		
VIC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MELBOURNE METRO	YES	YES	YES	YES	YES		
MORNINGTON Pickup Day Prior			YES				
GEELONG Pickup Day Prior			YES				
ALBURY/WODONGA Pickup Day Prior				YES			
CENTRAL GIPPSLAND Pickup Day Prior	YES						
BENDIGO Pickup Day Prior					YES		
BALLARAT Pickup Day Prior						YES	
SA	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ADELAIDE METRO	YES	YES	YES	YES	YES		
Lobethal Region		YES		YES			
Birdwood Region		YES		YES			
Barossa Region		YES		YES			
Murray Bridge Region		YES		YES			
Strathalbyn Region			YES		YES		
Victor Harbor Region			YES		YES		