



Canberra Two Day 'Great Outdoors' Itinerary

Canberra is full of fantastic experiences for visitors. Set within leafy surrounds, this modern city offers fun for the kids, a busy calendar of events and festivals, as well as stylish restaurants, bars and shops.

The majority of Canberra's national attractions offer free admission which makes this destination great value for money. Canberra also boasts easy accessibility from the city centre and attractions which are mainly within a 10km radius.

DAY 1

Mount Ainslie

Drive, cycle, walk or even run up Mount Ainslie to get a magnificent perspective of how architect Walter Burley Griffin's plan for Canberra has come to life through the buildings and monuments. Small native flowers such as bluebells and everlasting daisies add beautiful colour to the bushland in spring and early summer. Many small mammals such as sugar gliders and ring-tail possums find shelter in the hollows of the old scribbly gums on Mount Ainslie.

Minimum time recommended: 1.5 hours

Distance from city centre: 5km

Horse Riding

Canberra offers 22 kilometres of equestrian trails winding through the surrounding bushland. Riding instruction and trail rides are available just 10 minutes' drive from the city centre.

www.neqc.com.au/riding.htm

Minimum time recommended: 2 hours

Distance from city centre: 20km

Open: 1pm-6pm Tuesday to Friday, 9am-4:30pm Saturday and 9am-1pm Sundays.

Fee applies

Australian National Botanic Gardens

Take a walk amongst some 90,000 native plants from across Australia at the beautiful and tranquil Australian National Botanic Gardens, located at the foot of Black Mountain nature reserve. Stroll through the cool rainforest, enjoy the native birdlife, and wander along the Aboriginal walking trail and watch water dragons sun-baking by the waterfall. Free guided tours operate twice a day. www.anbg.gov.au

Minimum time recommended: 1 hour

*Distance from city centre: 10km
Open: 8:30am-5pm daily
Free general admission*

Lunch at Pialligo Estate Winery

Visitors to Pialligo can sip wines or lunch in style while enjoying spectacular views over roses and vines to Parliament House and other capital city landmarks. Apart from free tastings, wine is sold by the glass or bottle to accompany light or hearty meals served at tables both inside and out. www.pialligoestate.com.au

Distance from city centre: 10km

Lake Burley Griffin

The central basin of picturesque Lake Burley Griffin is a hub of activity, especially in the warmer months. Get active with rowing, sailing, kayaking, canoeing and paddle-boating. You can hire sailing boats from the Canberra Yacht Club or paddleboats, kayaks, surf skis and canoes from Lake Burley Griffin Boat Hire.

www.canberrayachtclub.com.au or www.actboathire.com

Distance from city centre: 5km

Mr Spoke's Bike Hire is also located on the shores of Lake Burley Griffin, only a couple of minutes from the city and walking distance from a number of hotels. The staff can advise you on the route that best suits you and there are bikes to suit children and adults as well as pedal cars, tandems, baby seats, tag-a-longs and trailers.

www.mrspokes.com.au

Minimum time recommended: 2 hours for both attractions

Distance from city centre: 5km

Open: 9am - 5pm (closed Tuesdays). Open 7 days during school holidays. Winter Weekdays 10am - 4pm

Hire fee applies

Dinner at Flint Dining Room and Bar

Canberra's coolest new dining venue is Flint Dining Room and Bar, offering an eclectic menu in the swish surrounds of the recently opened Diamant Hotel. Premium steak and woodfired pizzas are a feature of the menu, along with contemporary offerings such as beetroot carpaccio, barbeque spiced squid and duck breast with rhubarb marmalade. www.flint.net.au

Distance from city centre: 10km

After Dark Suggestion:

Binara One

Binara One is a fabulous cocktail lounge located within the prestigious Crowne Plaza Hotel in Canberra.

The modern designer furnishings, outdoor terrace, ottoman seating and candlelight add to the ambience that creates this award winning venue. www.outincanberra.com.au/binara-one

Distance from city centre: Located within the CBD district.

DAY 2

Early Morning Hot Air Balloon Flight!

The only way to fly! Gain a bird's eye view of the national capital as you go where the breeze takes you. After your early start to the day, enjoy a delightful breakfast at the Hyatt Hotel Canberra or Rydges Capital Hill. Please note the flight depends on weather conditions.

www.canberraballoons.com.au or www.dawndrifters.com.au

Approximate time: 3 hours including registration, flight briefing, balloon inflation, balloon flight and champagne breakfast.

Distance from city centre: 10km

Open: Daily

Fee applies

Lake Burley Griffin Cruise

The MV Southern Cross departs daily for a wonderful trip around Canberra's Lake Burley Griffin. An informative commentary given by our Captains provides an insight into the history, culture and ecology of the National Capital. Enjoy coffee, tea and other light refreshments available to purchase on board, while taking in Canberra's most desirable views. www.csc.com.au

Minimum time recommended: 1.5 hours

Distance from city centre: 10km

Departs daily at 3pm

Fee applies

Stromlo Forest Park

Stromlo Forest Park is a world-class multi-use, recreational sporting facility available to both recreational and professional users. The park boasts a purpose built event pavilion, criterium cycling circuit, grass cross country running track and mountain bike tracks to suit any level of rider. Stromlo Forest Park also has various trails suitable for

equestrian riders, runners and walkers keen on exploring the Canberra countryside. Only ten minutes drive from the city.

www.stromloforestpark.com.au

Minimum time recommended: 2 hours

Distance from city centre: 20km

Free general admission

Lunch at Ginseng Restaurant

If you're looking for the city's best duck pancakes or a warming noodle soup, this casual restaurant with consistently good modern Chinese cuisine is the place to go. Around the corner from the main café strip in Manuka, it has separate upstairs and downstairs dining areas, as well as several outdoor tables.

www.outincanberra.com.au/ginseng

Distance from city centre: 10km

Tidbinbilla Nature Reserve and Visitors Centre

Forty-five minutes' drive from the city, Tidbinbilla offers walking trails, ranger-guided activities, Australian animals in their natural habitat, delightful wildflowers during spring and rich Indigenous and pioneer heritage. The Reserve was occupied by Aborigines 21,000 years ago and was an important ceremonial site and hunting ground. While at Tidbinbilla, learn about the captive breeding programs for the endangered brush-tailed rock wallaby and the northern corroboree frog, and try to spot a koala in the koala enclosure. You might even see a platypus in the wetlands area. 'Tidbinbilla' is derived from 'Jedbinbilla', the Aboriginal name for where boys become men. www.tams.act.gov.au/play

Minimum time recommended: 3 hours

Distance from city centre: 40km

Open: 9am-5pm in summer and 9am-4:30pm in winter

Entry fee applies

Dinner at Mecca Bah

There's a cheerful buzz in this busy restaurant, which has a fireplace inside and a terrace with outside heating. The dishes, served on brightly coloured Tunisian crockery, are Middle Eastern with a contemporary twist. Served in small portions designed for sharing, they include a selection of mezze, Turkish pizzas, tagines, grills and pastries. www.meccabah.com

Distance from city centre: 10km

After Dark Suggestion:

ARC Cinema

Enjoy cinema's greatest experiences at Arc, the new state-of-the-art venue at the National Film and Sound Archive. Arc's sophisticated projection equipment screens movies in all formats, from cinema's 19th century beginnings to its 21st century possibilities. Outdoor screenings are held in the National Film and Sound Archive's courtyard every Saturday night throughout January and February, so kick back in a deck chair and watch movies under the stars!

www.nfsa.gov.au

Distance from city centre: 10km