



Explore Canberra - Four Day 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

Breakfast at Silo Bakery

Silo offers terrific bread and pastries baked on site, a walk-in cheese room, an interesting selection of Australian and imported wines, and an outstanding breakfast and lunch menu with many dishes being regional French or Spanish inspired.

www.silobakery.com.au

Distance from city centre: 10km

Black Mountain Tower

Rising 195 metres above the summit of Black Mountain, the Tower presents 360 degree views of Canberra and the surrounding rural area. Visitors taking advantage of the two open viewing platforms or the enclosed viewing gallery are presented with striking views of the city by day. A great way to acquaint yourself with Canberra.

www.blackmountaintower.com.au

Minimum time recommended: 30 minutes

Distance from city centre: 10km

Open: 9am-10pm

Entry fee applies

National Museum of Australia

Take a ride on the rotating theatre exhibit, be enthralled by the stories of unique Australians, and leave your own story on videotape in the Eternity Gallery. Use an Aboriginal grinding stone, smell the aromas of different bush foods and see anything from Phar Lap's heart to the first official Holden to roll off the assembly line. The stunning and symbolic architecture of this building also makes a perfect shot for your photo album. www.nma.gov.au

Minimum time recommended: 1 hour

Distance from city centre: 10km

*Open: 9am-5pm daily
Free general admission*

National Zoo and Aquarium

See lions, giraffes, cheetahs, bears, monkeys, the shark tank and much more at Australia's only combined zoo and aquarium. Hand feed lions and tigers and let a bear lick honey from your hands on the ZooVenture tour or pat a cheetah on the Meet-a-Cheetah tour. You can also see Australia's largest collection of 'big cats'.

www.zooquarium.com.au

Minimum time recommended: 2 hours

Distance from city centre: 10km

Open: 10am-5pm daily

Entry fee applies

Lunch at Pod Food

Nestled in the lovely gardens of Pialligo Plant farm, Pod Food is a recent addition to Canberra's casual dining scene. Fresh ingredients, a charming atmosphere and professional service make Pod Food a destination in its own right, within the thriving surrounds of Pialligo Village. www.podfood.com.au

Distance from city centre: 10km

Australian War Memorial

See what makes us proud at the Australian War Memorial, which commemorates the commitment, camaraderie and sacrifice of Australians in war. Regarded as one of the finest museums of its kind in the world, the Memorial uses film, sound, light and modern technology, to depict the Australian experience of war.

www.awm.gov.au

Minimum time recommended: 2 hours

Distance from city centre: 5km

Open: 9am-5pm daily

Free general admission

Dinner at Ottoman Restaurant

Step through the frosted glass doors of Ottoman to find inside a refined and elegant, atmosphere. As a favourite dining destination of some of our most senior politicians, Ottoman is one of Canberra's most famous restaurants. The assorted dips, zucchini puffs and dolma - Atlantic salmon rolls of cray, prawns and fish wrapped in vine-leaves are favourites. www.ottomancuisine.com.au

Distance from city centre: 10km

After Dark Suggestion:

Canberra Theatre Centre

Canberra Theatre Centre is Canberra's premier performing arts venue, providing world class performing arts and entertainment to the people of Canberra and surrounding regions.

Located centrally in Civic Square, Canberra Theatre Centre provides the city with the finest performing arts and the most diverse selection of entertainment from around the country including theatre, drama, dance, cabaret, circus, comedy, all genres of music, musicals, puppetry and physical theatre.

www.canberratheatre.org.au

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

Canberra Glassworks

Canberra Glassworks, Australia's only cultural institution devoted wholly to contemporary Australian studio glass.

Watch artists at work, take a tour, visit the exhibition, learn about the processes and techniques of working with glass and discover more about the heritage of Canberra's oldest public building The Kingston Powerhouse. Get up close and personal with glass by participating in the 'Off the Street' program, try out a 15 -20 minute session and make your own piece of glass. www.canberraglassworks.com

Minimum time recommended: 1 hour

Distance from city centre: 10km

Open: 10am-4pm, Wednesday - Sunday

Free general admission

Old Bus Depot Markets

At the Old Bus Depot Markets, you can enjoy a showcase of locally produced, high quality handcrafts, locally grown produce and mouth watering gourmet food from around the world. There is a vast array of items for sale including fresh artworks, curios, antiques, furniture, herbs and spices, clothing, exotic oils, plants and flowers, local honey, even a handmade floor rug or lampshade! www.obdm.com.au

Minimum time recommended: 1 hour

Distance from city centre: 10km

Open: 10am-4pm Sunday only

Free general admission

Lunch at Verve Café Bar

Bright, casual and trendy, Verve is a modern café in a great spot to watch Manuka come alive. There's a seamless blend of indoor and outdoor areas in summer and there's a lovely cosy corner with lounges and an open fireplace in winter. The locally roasted Cosmorex coffee is a treat, and you can choose from a great selection of cocktails and blended fruit shakes. www.vervecafebar.com.au

Distance from city centre: 10km

National Portrait Gallery

The National Portrait Gallery aims to increase the understanding of the Australian people - their identity, history, creativity and culture - through portraiture.

The new National Portrait Gallery building, situated on King Edward Terrace, Parkes, Canberra, bounded by the High Court of Australia and the National Gallery of Australia, displays some 400 portraits of people who have shaped Australia and who continue to shape our nation. www.portrait.gov.au

Minimum time recommended: 1 hour

Distance from city centre: 10km

Open: 9am-5pm daily

Free general admission

National Gallery of Australia

Experience Australia through the eyes of our artists, see world-class exhibitions and stroll through the sculpture garden with its drifting fog sculpture. Home to the famous *Blue Poles* and more than 100,000 works of art, including a renowned Indigenous art collection, the

National Gallery of Australia is an ever-changing delight.

www.nga.gov.au

Minimum time recommended: 1.5 hours

Distance from city centre: 10km

Open: 9am-5pm daily

Free general admission

Dinner at Du Jour Restaurant

Located in the beautifully restored and stylish New Acton Pavilion, Du Jour Restaurant provides a fresh and exciting mix of modern Australian cuisine with French and Asian influences in a colourful contemporary space. Perfect for a relaxed and trendy tryst, Du Jour exudes a comfortable and chic ambience that makes for a relaxed dining experience suitable for any occasion.

www.dujournewacton.com.au

Distance from city centre: 10km

After Dark Suggestion:

Casino Canberra

Try your luck at Casino Canberra! Whether your game is Blackjack, Baccarat, Sic Bo, Money Wheel, Pai Gow or American Roulette you're sure to have a ball. Evening entertainment includes cabaret performances, karaoke, comedy shows, a night club and a number of restaurants to choose from.

www.casinocanberra.com.au

Distance from city centre: Located within the CBD district

DAY 3

Breakfast at Idelic Café

This welcoming café offers good coffee, fresh juices and a range of dishes and delicatessen items. The blackboard menu changes regularly and there is a communal table to sit and browse through the magazines provided. Breakfasts are huge, free-range eggs are used in all the dishes and gluten-free bread is available.

www.idelic.com.au

Distance from city centre: 10km

Tidbinbilla Nature Reserve

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.

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

Lunch at Bookplate

Tucked away in the National Library of Australia Bookplate offers two beautiful settings - outdoors overlooking Lake Burley Griffin or indoors under the impressive stained glass windows. Relax over coffee or a light meal -select from cakes, pastries, gourmet sandwiches and salads. There's also a blackboard menu of hot dishes such as curries and pasta. www.bookplate.com.au

Distance from city centre: 10km

Cockington Green Gardens

At Cockington Green Gardens you can walk through a collection of miniature buildings representing a vast number of countries from around the world. From tiny townfolk going about their daily business to cottages, animals and a country cricket match, every little detail has been captured and set in beautiful landscaped gardens. There's a miniature steam train ride, playground, free BBQs in the picnic area, and a licensed café. www.cockingtongreen.com.au

Minimum time recommended: 1 hour

Distance from city centre: 20km

Open: 9:30am-5pm daily

Entry fee applies

Australian Institute of Sport

Home to some of Australia's current and future Olympians, the Australian Institute of Sport celebrates Australia's proud sporting culture. Take a tour of the 65 hectare site with an elite athlete to get a unique insight into the institute, and test your athletic skills in the Sportex exhibition, where you can challenge a friend to a rowing race, try wheelchair basketball and kick virtual soccer goals. Some tours even offer the chance to go underneath the AIS pool for a new perspective on swimming.

www.ausport.gov.au/ais/visit

Minimum time recommended: 1 hour

Distance from city centre: 20km

Open: Ninety-minute public tours depart daily at 10.00am, 11.30am, 1.00pm and 2.30pm.

Entry fee applies

Dinner at Mezzalira Ristorante

Located in the Melbourne Building, Mezzalira is the cornerstone of Canberra's eating precinct. There's such a big selection of dishes here that it can be hard to choose, and the high quality of each surely contributes to the popularity of this innovative modern Italian restaurant. The menu places emphasis on seasonal produce and the wood-fired oven turns out delicious pizza and foccacia.

www.mezzalira.com.au

Distance from city centre: Located within the CBD district

After Dark Suggestion:

The Julep Lounge

This classy cocktail bar offers more than 60 cocktails, many of them from classic recipes, others their own innovative creations. With the air of a French salon, lounges, wing chairs and chandeliers set the scene for an extensive tapas menu and a great line up of entertainment, including cocktail workshops, regular live jazz evenings and resident DJ's. www.thejuleplounge.com

Distance from city centre: 10km

DAY 4

Breakfast at Beess & Co Café

5/29 Bentham Street, Yarralumla (02) 6285 0116

A popular spot for breakfast, lunch or a light snack, this neighbourhood café has a relaxed ambience. The menu ranges from soups and gourmet sandwiches to more substantial blackboard specials such as curries and beautifully cooked salmon. Sit outside under the trees, or dine indoors where there is a display cabinet of tempting cakes and tarts.

Distance from city centre: 10km

Parliament House

Regular free tours will guide you through Parliament House, one of the world's most acclaimed buildings. Don't miss the excellent views of Canberra from the roof, marvel at the 81-metre flagpole with an

Australian flag bigger than a double-decker bus, stroll through the beautifully landscaped gardens and enjoy the renowned collection of Australian contemporary art. Watch parliamentarians in action at Question Time from 2 pm on sitting days. www.aph.gov.au

Minimum time recommended: 1 hour

Distance from city centre: 10km

Open: 9am-5pm daily

Free general admission

Questacon - The National Science & Technology Centre

Questacon makes science fun! Watch a lightning bolt, understand the science of fear on the six metre vertical slide, photograph your own shadow or become a secret agent and go on a journey through the history of spy technology into a future that most people can only imagine. Mini Q, a great new exhibition for little kids, provides fantastic play spaces for under sixes. Over 200 interactive exhibits invite visitors to touch, practice and learn about the role of science in everyday life. www.questacon.edu.au

Minimum time recommended: 1.5 hours

Distance from city centre: 10km

Open: 9:30am-5pm daily

Entry fee applies

Mr Spoke's Bike Hire

Mr Spoke's Bike Hire is located on the shores of Lake Burley Griffin near the Acton ferry terminal, 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; from the easy but magnificent one hour loop in front of many of Canberra's cultural attractions, to the beautiful 23km bush capital loop through grassland and eucalypts. 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: 1 hour

Distance from city centre: 5km

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

Hire fee applies

Lunch at Bellucis Manuka

Belluci's Manuka lives up to all expectations as a favourite place for friendly, personable and quality dining. Located on a prominent corner in Manuka this restaurant boasts impressive Italian cuisine with a modern Australian twist and licensed & BYO wine.

Open 7 days for lunch and dinner, Belluci's Manuka is always buzzing with atmosphere usually enhanced by a host of staff full of personality, competently attending to guest's needs.

www.bellucis.com.au/manuka

Distance from city centre: 10km

Shopping in the Nations Capital:

The Canberra Centre

Check out the hip new city centre. Browse over 100 new stores, including high-end fashion and cosmetic outlets, catch a film in one of nine plush new cinemas at Dendy and relax at chic restaurants that complement an al fresco streetscape dining and cafe precinct. The Canberra Centre has recently undergone a major expansion which brings a contemporary and innovative retail and leisure centre fit for any capital city. www.canberracentre.com.au

Minimum time recommended: 1 hour

Distance from city centre: Located within the CBD district

Boutiques in Lonsdale Street, Braddon

Discover original Canberra designers, stylish Australian fashions, unusual handcrafted gifts and home wares, and a beautiful private gallery uniquely situated amongst car yards, restaurants and hairdressing salons. Lonsdale Street is just a few minutes' walk from the city centre.

Minimum time recommended: 30 minutes

Distance from city centre: Located within the CBD district

Shopping in Kingston

Kingston is a thriving inner suburban centre, full of interesting shops to browse, great restaurants and cafes and a buzzing nightlife.

Within walking distance of Manuka, another popular shopping spot, Kingston is a great place to shop for specialty home wares, unique gifts, books, Chinese antiques, designer shoes and furniture

Minimum time recommended: 30 minutes

Distance from city centre: 10km

Boutique shopping in Manuka

Manuka is one of Canberra's oldest, and most fashionable, suburban shopping centres. Packed with cafés, restaurants, boutiques, bookshops and bars, Manuka is busy day and night. Find top national

and international designer fashions, rare antiques, exclusive homewards and unusual gifts.

Minimum time recommended: 30 minutes

Distance from city centre: 10km

DFO Canberra

Factory outlet operator DFO has opened its doors in Canberra. Just 10 minutes from the city DFO Canberra is home to more than 100 Australian and international brands and offers discounts of up to 70% off normal retail prices. www.dfo.com.au/canberra *Minimum time recommended: 1 hour*

Distance from city centre: 15km

Dinner at the Chairman and Yip

This well-established restaurant is renowned for its own special brand of Asian cuisine. Seafood is a specialty, with exotic ingredients such as sea snails or sea cucumber regularly on offer. The wine list has an excellent selection of Australian and imported labels.

www.thechairmanandyip.com.au

Distance from city centre: Located within the CBD district

After Dark Suggestion:

Parlour Wine Room

The newly opened, the Parlour Wine Room is a lavish venue in the New Acton Pavilion built around the heritage-listed Acton hotel. Managed by Josh Copland, who has worked at some of Canberra's leading bars and cocktail lounges, Parlour has an atmosphere reminiscent of a Victorian 1930s cigar lounge. www.parlour.net.au

Distance from city centre: 10km