

Photo: Dietmar Rabich / Wikimedia Commons / "Canberra (AU), Parliament House -- 2019 -- 1745" / CC BY-SA 4.0 (cropped)



Worawoot Tong/Shutterstock.com

Edged by mountain ranges, Canberra is a planned city built on vast limestone plains. Canberra is Australia's national capital - seat of the Federal parliament and home to many institutions and national monuments. Four distinct seasons add to its charm and visitors quickly discover that it really is Australia's hidden gem. The surrounding countryside contains historic and picturesque rural villages and a burgeoning cool-climate wine industry.



Chris Howey/Shutterstock.com



FiledIMAGE/Shutterstock.com

### **Featured**



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Questacon — National Scien... The interactive science and technology facility, Questacon,



Hot Air Ballooning over Ca... Soar up into the skies above the Australian capital and see its top attracti...



**Mount Ainslie** Get one of Canberra's best views

from Mount Ainslie, a hill with an elevatio...



Floriade — Australia's big... The Floriade is an annual event in Canberra that celebrates spring. Visit Co...

### Top 5



National Library of Australia The National Library of Australia was rebuilt in 1968, and inspired



by the P...

The New Parliament House, the

**New Parliament House** 

seat of Federal parliament, was completed in 1...



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Australian War Memorial The Australian war memorial serves both as a memorial to Australians who ser...



### THE CITY



David Barber/Shutterstock.com

With almost half a million inhabitants, Canberra is one of the world's few planned cities.

Canberra is a city in a park with golden autumn leaves and glorious spring blooms. Surrounded by native bush land, Canberra is perfect for getting back to nature.

Following the Federation in 1901, Canberra was chosen as a site for the national capital. The initial design for Canberra was the work of a Chicago architect, Walter Burley Griffin, with wide, tree-lined avenues and spacious open park lands. Many national institutions and monuments are located close to the shores of Lake Burley Griffin — the focal point of the city.

The city enjoys four distinct seasons and visitors will get a different experience depending on the time of year they choose to visit. It is close to mountains and native bush land and is often referred to as 'the bush capital'. Originally a public service town, the national capital is now also a major university and research centre with an emphasis on high technology industries.

### SUSTAINABLE CITY



Maksym Kozlenko/cc by-sa 4.0/Wikimedia Commons (image cropped)

Canberra strives to leave a smaller carbon footprint. It is a progressive city where sustainability truly matters. In 2019 Canberra became the first city in mainland Australia (and outside Europe) to have achieved a 100% renewable energy supply.

As a visitor, you can appreciate the eco-friendly rental boats, sip biodynamic wines and enjoy farm fresh produce. Australia's capital is a great destination for travellers who want to reduce their environmental footprint without missing out on new sights, flavours and adventures.

# Capital Brewing Co — Sustainable Brewery



Capital Brewing Co is Australia's first brewery to achieve Climate Active carbon neutral certification for their entire organisation and

all of their products! The brewery sends spent beer-making ingredients are to farmers for cattle feed, composts the leftovers, and minimises water and energy consumption. Their eco-friendly brews include experimental creations like the pineapple-forward hazy pale ale and the tart "Crimson Crush" cherry sour.



The Canberra Taproom offers freshly poured beers for adults, games and playgrounds for kids, as well as shaded lush garden spaces for the entire family.

Photo: Elevate/unsplash.com

Address: Building 3/1 Dairy Road, Fyshwick

Opening hours: Daily 11:30am-late Internet: www.capitalbrewing.co

More Info: You can also try Capital Brewing Co creations at

the airport terminal

# **Capital Region Farmers Market**



The Capital Region
Farmers Market is
Canberra's best source of
fresh organic produce.
More than 100 local
farmers set up stalls

every Saturday at Exhibition Park. You will find everything from fresh fruit and vegetables to flowers, honey, baked goods, smoked meats, eggs and dairy products. Grab a coffee to-go and explore the planet-friendly offerings.

Photo: Shelley Pauls/unsplash.com

Address: Exhibition Park in Canberra (EPIC), corner of

Flemington Road and Northbourne Avenue Opening hours: Sat 7:30am-11:30am

Internet: www.capital region farmers market.com. au

### **More Farmers' Markets**



While Capital Region
Farmers Market might be
the most famous one,
there are several more to
satisfy your need for
fresh fruit and

vegetables, pastries and food stalls.

- Old Bus Depot Markets is open every Sunday from 9:30 am to 2:30 pm.
- Haig Park Village Markets set up stalls every

Sunday from 9 am to 2 pm.

- Southside Farmers Markets welcome shoppers on Sunday mornings from 8 am till 11:30 am.
- Queanbeyan Market opens on the third Sunday of every month from 9 am until 1 pm.
- Murrumbateman Village Market opens on the second and fourth Sunday of every month from 9 am till 1 pm.
- The Market at Bungendore welcomes you every second Sunday of the month from 9 am until 3 pm.

Photo: Jacopo Maia/unsplash.com

Internet: www.hercanberra.com.au/food-drink/seven-farmers-markets-to-cure-your-fresh-produce-cravings

### **Electric GoBoats**



GoBoat treat the city with respect and keep the waterways clean and quiet. Their solar powered electric boats are made with recycled

plastic. You can rent a boat and captain it yourself, sail around Lake Burley Griffin and enjoy a meal. Check out the sights in Central Basin, exploring Springbank Island, or navigate all the way around to spot Government House at Yarralumla. Bring your own drinks for passengers. GoBoat sells snacks at the pier.

Photo: cottonbro /pexels.com

Address: 8 Trevillian Quay, Kingston ACT

Internet: www.goboat.com.au

More Info: The boats fit 8 people. You do not need a driving

license or sailing certificate



Cycling



Canberra has an extensive network of designated bike lanes on both main and secondary roads. Outside the city, mountain bikers can

explore the trails through the forests and pines. On firmer ground, road cyclists can navigate between bike-friendly cafes and bakeries in the Australian Capital Territory.

The easiest way to get a bike in Canberra is by signing up for the Share A Bike bike-sharing scheme. They have automated bike rental machines around the city centre.

For longer rides, consider companies like Cycle Canberra that will deliver your new two-wheeled mate right to your hotel. Of course, you always have the option of joining a guided bike tour, too.

Photo: Munbaik Cycling Clothing/unsplash.com Internet:

www.visitcanberra.com.au/things-to-do/cycling-in-canberra More Info: Remember, that Australian law requires that any person on a bicycle wears a helmet at all times

# First Nations' Art & Culture



Sustainable tourism is not only about being environmentally friendly, but also about respecting the cultural heritage of the destination. In

Canberra, you can immerse yourself in one of the oldest and richest cultures in human history.

Appreciate the Aboriginal and Torres Strait Islander art and traditions at the National Gallery of Australia, Burrunju Art Gallery and Aboriginal Dreamings Gallery. Take a tour with a local Ngunnawal elder with Dhawura Tours or try your hand at traditional First Nations practices at a workshop at the National Arboretum.

Photo: Fir0002/Flagstaffotos/GFDL v1.2/Wikimedia Commons(image cropped)

 $In ternet: www.visit can be rra.com. au/things-to-do/first-nations \\ -experiences$ 

# **Mulligans Flat Woodland Sanctuary**



Mulligans Flat Woodland Sanctuary is a protected nature area in north Canberra with several trails for walking, running and cycling. The

sanctuary's primary function is as a fieldwork site for researchers studying native ecology. It is the Australia's largest single box-gum grassy-woodland and is the only area of its kind free from invasive foxes, rabbits, goats, deer and hares. With the help of partners and dedicated volunteers, the natural habitat is restored and protected.

Photo: Wildlifecartoons/cc by-sa 4.0/Wikimedia

Commons(image cropped)

Internet: www.mulligansflat.org.au

# **Biodynamic Wines**



Organic, biodynamic and vegan wines have been gaining more attention in recent years. Check out Lark Hill Winery in the hills just above Canberra

for a triple hit. Fans of Riesling, Chardonnay and Pinot noir will enjoy this chick location in the hills above Canberra where shale and clay soils let these hardy grapes thrive.



Enjoy a few glasses by the open fire at the intimate cellar door. The zesty whites and dark cherry reds won't disappoint. Regular wine tastings are available several times a week.

Photo: Maksym Kaharlytskyi/unsplash.com Address: 31 Joe Rocks Road, Bungendore

Internet: www.larkhill.wine Email: larkhill@larkhill.wine

### DO & SEE



Dmitry Sheremeta/Shutterstock.com

Over half the area of the Australian Capital Territory, ACT, is a national park, with a well-developed and maintained network of walking trails through mountain ranges and sub-alpine forest. A spectacular way to see the city is to take a hot air balloon ride high over Lake Burley Griffin. The surrounding region is home to more than 30 wineries, historic townships, beautiful coastlines and the famous Snowy Mountains.

# **National Library of Australia**



The National Library of Australia was rebuilt in 1968, and inspired by the Parthenon. Australian copyright law requires that a copy of every book

published in Australia is to be deposited with the National Library of Australia. Although the library has "closed access", it also holds a national bibliographic database and offers access through the Libraries Australia service.

Photo: Tupungato/Shutterstock.com Address: Parkes Place, Parkes, Canberra

Phone: +61 2 6262 1111 Internet: www.nla.gov.au

More Info: National Library of Australia offers free guided

tours and exhibitions

### **New Parliament House**



The New Parliament
House, the seat of
Federal parliament, was
completed in 1988 in time
for the bicentennial
celebrations of the first

settlement by the British in 1788. The futuristically designed building features the use of native timbers and contemporary art work by Australian artists.

Photo: FiledIMAGE/Shutterstock.com Address: Capital Hill, Canberra

Phone: +61 2 6277 5399 Internet: www.aph.gov.au

More Info: Open for guided tours and houses Queen's

Terrace Café

# **Old Parliament House**



Built in 1927, the old parliament house served as the seat of government until 1988, and now functions as a museum. Walk through the

chambers and corridors of power, filled with office paraphernalia and seemingly frozen in time. The lovely Rose Gardens on either side of this national heritage site are a visual delight.

Photo: Taras Vyshnya/Shutterstock.com

Address: King George Terrace, Parkes, Canberra

Opening hours: Daily 9am-5pm



Phone: +61 2 6270 8222 Internet: www.moadoph.gov.au

### National Museum of Australia



Spectacularly situated on Acton Peninsula thrusting out into Lake Burley Griffin, the museum explores the events, issues and people that

shaped the nation. With all the historical artefacts, The National Museum of Australia really does hold a rich and diverse collection.

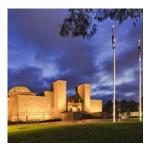
Photo: MelBrackstone/Shutterstock.com

Address: Lawson Crescent, Acton Peninsula, Canberra

Opening hours: Daily 9am-5pm Phone: +61 2 6208 5000 Internet: www.nma.gov.au

More Info: The free Canberra Centenary bus runs every 30 minutes between the museum and other destinations

### **Australian War Memorial**



The Australian war memorial serves both as a memorial to Australians who served their country and as a military museum. The building,

roughly shaped like a Byzantine church, is a revered national shrine.

Photo: Taras Vyshnya/Shutterstock.com

Address: Treloar Crescent, Campbell, Canberra

Opening hours: Daily 10am-5pm

Phone: +61 2 6243 4211 Internet: www.awm.gov.au More Info: Entry is free

# National Gallery of Australia



The National Gallery of Australia holds a comprehensive collection of Australian art including a superb collection of Aboriginal

art. The gallery also hosts special interest exhibitions from around the world.

Photo: blurAZ/Shutterstock.com

Address: Parkes Place, Parkes, Canberra

Opening hours: Daily 10am-5pm

Phone: +61 2 6240 6411 Internet: www.nga.gov.au

# Questacon — National Science and Technology Centre



The interactive science and technology facility, Questacon, really delights its visitors. Both young and old will be entertained by more than

200 interactive exhibits.

Photo: a\_terracini/Flickr(image cropped)
Address: King Edward Terrace, Canberra

Opening hours: Daily 9am-5pm Phone: +61 2 6270 2800

Internet: www.questacon.edu.au More Info: Off King Edward Terrace

### **Lake Burley Griffin**



Explore this artificial lake either by walking or cycling the many pathways around the lake shore or take a boat cruise. It's popular with

fans of rowing, sailing, kayaking, stand-up paddle boarding or fishing. 40km shoreline is dotted with cafes and restaurants.



Photo: Ilia Torlin/Shutterstock.com Address: Lake Burley Griffin, Canberra

# **Caving at Wee Jasper Caves**



Are you ready to get a little dirty? Explore the Wee Jasper Caves near Canberra for a different and thrilling experience. As you descend into

darkness, you will be able to see rays of sunlight slowly getting thinner. Wee Jasper Caves are known for their peculiar limestone features and they are sure to take your breath away.

Sometimes you can catch an underground concert or a workshop here.

Photo: Wander Creative/unsplash.com

Address: Carey's Cave, Caves Rd, Wee Jasper, Canberra

Phone: +61 2 6227 9622

Internet: www.weejaspercaves.com

### Hot Air Ballooning over Canberra



Soar up into the skies above the Australian capital and see its top attractions below as you slowly drift through the air on board a graceful

hot air balloon. Memories made during the experience will last a lifetime.

Photo: ThomasDeco/Shutterstock.com

Address: 120 Commonwealth Ave, Yarralumla, Canberra

Phone: +61 2 4990 9242 Internet: www.balloonaloft.com

# National Zoo & Aquarium



The National Zoo & Aquarium is just five minutes from Canberra.

To make the most of your zoo visit, check the schedule for daily Keeper

activities and get an opportunity to see animals enjoy a treat and interact with the zoo keepers.

Photo: Mia G. Hald/Shutterstock.com

Address: Scrivener Dam, Yarralumla, Canberra

Opening hours: Daily 9:30am-5pm

Phone: +61 2 6287 8400

Internet: www.nationalzoo.com.au

# Floriade — Australia's biggest celebration of spring



The Floriade is an annual event in Canberra that celebrates spring. Visit Commonwealth Park and a rough estimate of one million flowers in bloom

with integrated sculptures and other artistic features. Wander around in the park and enjoy all the colours at this world-class festival.

Photo: Leelakajonkij/Shutterstock.com

Address: Commonwealth Park, Canberra

Opening hours: Annualy, 30 days over the months September

and October

Phone: +61 13 0085 2780

Internet: www.floriadeaustralia.com

More Info: The name of the festival comes from the Latin

 $\hbox{'floriat'}-\hbox{to design with flowers}\\$ 

# **Royal Canberra Golf Club**



For a good game of golf at one of the best inland courses in Australia, pay a visit to the Royal Canberra Golf Club. Walk around at this



picturesque course among trees, pines and other native plants.

Photo: VectorLifestylepic/Shutterstock.com Address: Bentham Street, Yarralumla, Canberra

Phone: +61 2 6282 7000

Internet: www.royalcanberra.com.au

More Info: Guests and visitors are required to dress well at

all times

### **Mount Ainslie**



Get one of Canberra's best views from Mount Ainslie, a hill with an elevation of 843 metres (2,766 ft). The trail begins at the Australian

War Memorial. Drive, walk or bike up the mountain for a spectacular view during the day or a beautiful sunset.

Photo: MEzairi/Shutterstock.com

Address: Mount Ainslie Drive, Canberra

### **Lennox Gardens**



Lennox Gardens is a beautiful find on the south side Lake Burley Griffin. It is home to the Beijing Garden and Canberra Nara Peace

Park, both featuring sculptures and lovingly maintained plants. Every October, the gardens host the Canberra Nara Candle Festival.

Photo: Marc Dalmulder/flickr.com(image cropped)

Address: Flynn Dr, Yarralumla, Canberra

More Info: Located in Canberra Nara Peace Park

### **National Arboretum Canberra**



This arboretum maintains 94 forests of rare, endangered and symbolic trees from Australia and around the world. All 20km of walking and

cycling tracks are at your service. Don't miss the living artworks in the National Bonsai and Penjing Collection. You can take guided bus and walking tours, spend sometime monkeying around the whimsical POD Playground, recharge batteries at the café or restaurant.

Photo: Allan Sharp/Flickr.com(image cropped) Address: Forest Dr, Molonglo Valley, Canberra Internet: www.nationalarboretum.act.gov.au

# DINING



 $Monkey\ Business\ Images/Shutterstock.com$ 

Canberra features a large number of restaurants and cafés with a rich variety that reflects the cosmopolitan nature of the city. The main precincts for restaurants are in the city centre and the trendy suburbs of Manuka and Kingston. Excellent restaurants are also located throughout the city, including many with an Asian focus in Dickson — Canberra's Chinatown. The Canberra region is the centre of a burgeoning wine region featuring high-quality cool climate varieties such as Chardonnay, Shiraz and Pinot.



# Water's Edge



Water's Edge's menu features dishes with French and Australian influences. With its luxury interior one can enjoy this astonishing dining

experience while overlooking Lake Burley Griffin.

Photo: Sarah Marchant/Shutterstock.com Address: 40 Parkes Place, Canberra

Opening hours: Wed-Sun noon-3pm / 5:45pm-late

Phone: +61 2 6273 5066

Internet: www.watersedgecanberra.com.au Email: info@watersedgecanberra.com.au

### Courgette



This gorgeous restaurant owned by the celebrated chef James Mussillon offers you a brilliant Modern European dining experience in a luxurious

space overlooking a walled garden. The creative combinations and the superb cellar of vintage Australian wines make this a popular choice. Order a la carte of go for a multi-course degustation.

Photo: Mikhail\_Kayl/Shutterstock.com

Address: 54 Marcus Clarke Street, Canberra Opening hours: Mon-Sat noon-3pm / 5pm-11pm

Phone: +61 2 6247 4042

Internet: www.courgette.com.au

### Chairman & Yip



With its innovative menu, Chairman and Yip is blending Asian and Western flavors. The restaurant is located in the heart of Canberra and has received many awards over the years. Make sure to leave room for the delicious desserts.

Photo: szefei/Shutterstock.com Address: 1 Burbury Cl, Barton

Opening hours: Lunch: Fri noon-2:30pm; Dinner: Tue-Sat

6pm-10:30pm

Phone: +61 2 6162 1220

Internet: www.chairmangroup.com.au/chairmanyip/

More Info: At the Burbury Hotel

#### Mezzalira



Pizzas straight from the wood-fired oven, antipasti, and a range of delicious handmade pasta make this an ideal location for a casual meal

at reasonable prices. Mezzalira has truly brought the Italian cuisine to Canberra.

Photo: Denizo71/Shutterstock.com Address: 55 London Circuit, Canberra

Opening hours: Lunch: Mon-Fri noon-2:30pm; Dinner:

Mon-Sat from 6pm Phone: +61 2 6230 0025

Internet: www.mezzalira.com.au More Info: Melbourne Building

### Thai Cornar



At the excellent Thai Cornar in Manuka you are served a variety of mouthwatering dishes, including some authentically spicy

north-east Thai dishes as well as Thai BBQ at reasonable prices.

Photo: jutamas/Shutterstock.com Address: 16 Furneaux Street, Griffith

Opening hours: Mon-Fri 11:30am-3pm / 5-10pm; Sat-Sun

12-10pm

Phone: +61 2 6296 6131

Internet: www.thaicornar.com.au



### Morks



If you love Thai food, you will appreciate Morks's traditional dishes with unique flavours. The restaurant offers great service in a small space.

It's a good idea to make reservations before coming in.

Photo: FabrikaSimf/Shutterstock.com Address: 18/19 Eastlake Parade, Kingston

Opening hours: Dinner: Tue-Sun from 6pm; Lunch: Wed-Fri

& Sun from noon
Phone: +61 2 5134 6993
Internet: www.morks.com.au

### **Indian Affair Restaurant**



This restaurant is said to have the best Indian food in Australia and has won a few awards over the years. Indian Affair restaurant welcomes you

to a warm atmosphere with friendly staff that will serve you with a smile.

Photo: Joe Gough/Shutterstock.com Address: 64 Colbee Court, Philip Opening hours: Mon-Sat 5pm-10pm

Phone: +61 2 6282 1483

Internet: www.indianaffair.com.au

### Rubicon



Rubicon is located in the centre of Griffith Shopping Centre and serves Modern Australian meals in a cosy atmosphere under the

soft illumination of fairy lights. Try anything from sashimi, pork and manchego croquette, to the beef rib eye and the duck fat roasted potatoes with autumn greens. Crack the crust on a creme brulee while you're at it.

Photo: Maksim Toome/Shutterstock.com Address: 6A Barker Street, Griffith Opening hours: Mon-Sat from 6pm

Phone: +61 2 6295 9919

Internet: www.rubiconrestaurant.com.au Email: info@rubiconrestaurant.com.au

### **Aubergine**



Aubergine is a swanky, bright restaurant that serves a wide range of innovative food like hiramasa kingfish, buttered mussels,

amaranth, and cured dory roe. The chefs create beautiful and delicious multi-course experiences out of innovative and organic ingredients that blend so excellently with each other.

Photo: Magdanatka/Shutterstock.com

Address: 18 Barker Street, Griffith, Canberra

Opening hours: Wed-Sat 6-10pm

Phone: +61 2 6260 8666

Internet: www.aubergine.com.au Email: restaurant@aubergine.com.au

# **Eightysix North**



Eightysix is an upscale
yet unpretentious Modern
Australian restaurant in
Braddon with an open
kitchen. There are no
paper menus since the

options change so frequently.

The second location on 45 Furzer St, Phillip is called Eightysix South.

Photo: Jay Wennington/unsplash.com

Address: Lonsdale St & Elouera St, Braddon, Canberra

Opening hours: Daily 6pm-10pm



Phone: +61 2 6161 8686 Internet: www.eightysix.com.au

More Info: In restaurant parlance, to "86" a dish means to

strike it from the menu because it's sold out

# **CAFES**



Alexandra Lande/Shutterstock.com

Having a cup of coffee with your mates is a popular pastime in Australia, and there are many places to choose from. You can have tasty caffeinated drinks or delightful bread and pastries. When in Canberra, one won't need to walk around empty-handed for too long when they are craving a coffee or a snack.

# My Cafe Manuka



My Cafe serves Modern Australian food breakfast (all-day) and lunch. Sit out on the pavement and watch the passing parade that is busy at all times of

the day.

Photo: YKTR/Shutterstock.com

Address: 1/22 Franklin Street, Manuka Plaza, Canberra

Opening hours: Daily 7am-4pm Phone: +61 2 6295 6632

More Info: Manuka Arcade, shop 1

# **Bookplate**



Located inside the
National Library,
Bookplate is the perfect
spot for coffee and cake
after touring the lake or
the national institutions

close by. Sit back and watch the world go by as you enjoy a cup of excellent coffee and a delightful meal.

Photo: Alex Couto/Shutterstock.com Address: 25 Parkes Place, Parkes

Phone: +61 2 6262 1154

Internet: www.bookplate.com.au

More Info: Ground floor at the National Library

### Silo Bakery



Silo Bakery is a cute bakery with a few bistro tables. It offers a wonderful selection of artisanal bread and pastries, along with a

walk-in fridge stocked with delectable cheese. Come here for breakfast and lunch, or just a coffee break.

Photo: Shebeko/Shutterstock.com Address: 36 Giles Street, Kingston Opening hours: Tue-Sat 7am-3pm

Phone: +61 2 6260 6060

Internet: www.silobakery.com.au Email: silobakery@gmail.com

# Močan & Green Grout



Močan & Green Grout is a stylish, retro-chic cafe in New Acton with inventive meals cooked in an open kitchen. The outdoor space is outdoor

space is drowning wall-to-wall in greenery.



Finish your meal with a deep chocolaty fair-trade espresso.

Photo: Erol Ahmed/unsplash.com

Address: 1/19 Marcus Clarke St, Canberra

Opening hours: Daily 7am-4pm. Kitchen closes at 2pm

Phone: +61 2 6162 2909

Internet: www.mocanandgreengrout.net

More Info: Not open for regular dinners, but they do a monthly dinner. Join their mailing list to find out more

# The Cupping Room



The Cupping Room is a trendy cafe with outdoor seats serving up boutique coffee & classic cafe bites. The venue was designed by the team

from Ona Coffee — Canberra's largest and universally loved specialty coffee roaster.

Photo: Tyler Nix/unsplash.com

Address: 1/1-13 University Ave, Canberra Opening hours: Mon-Fri 7:30am-3pm Internet: www.thecuppingroom.com.au Email: hi@thecuppingroom.com.au

More Info: Across the road from Law Court of ACT

# **Penny University Cafe**



Penny University has an eclectic aesthetic, outstanding coffee and serves local produce with a globally inspired twist. The name comes from the

term used to describe first coffee houses in London back in the 17th century. Penny U aspires to keep the tradition going by creating a unique environment for the sharing of ideas and conversation. Start your day in good company and try their Middle Eastern Bruschetta for breakfast.

Photo: Callum Shaw/unsplash.com

Address: 15 Kennedy St, Kingston, Canberra

Opening hours: Daily 7am-3:30pm

Phone: +61 2 6162 1500

Internet: pennyuniversitycafe.com

### Stand By Me



Stand By Me is a cosy café bathed in sunlight that will treat you to the warmest and friendliest brunch. The menu is a multicultural mix that

ranges from okonomiyaki pancake to Egyptian-style ful — a stew of cooked fava beans served with vegetable oil, herbs and spices. Be sure to order the French toast special, which changes weekly.

Photo: Edgar Castrejon/unsplash.com Address: 7/9 Lyons Pl, Lyons, Canberra

Phone: +61 430 361 414

### **Sweet Bones**



Sweet Bones is a boutique cafe and bakery with a rebellious look, organic vegan cakes, breakfast and brunch dishes. Their menu is

entirely vegan and features blueberry pancakes, Tex Mex burritos, breakfast burgers and smoothie bowls.

Photo: Brooke Lark/unsplash.com

Address: Shop 8, 18 Lonsdale Street Braddon, Canberra

Opening hours: Daily 8am-3pm Phone: +61 413 067 890

Internet: sweetbones company.com

# Marrival Guides

### **Patissez**



Patissez in Manuka has been instagrammed and loved by tourists and locals alike. They serve absolutely outstanding breakfast food. Guests

are raving about their zucchini and corn fritters, chilli funghi and sensational milkshakes.

Photo: Grace Hazell/unsplash.com

Address: Unit 2/21 Bougainville Street, "The Lawns",

Manuka, Canberra

Opening hours: Mon-Fri 7am-2pm, Sat & Sun 7am-2:30pm

Phone: +61 402 808 191 Internet: www.patissez.com

### **BARS & NIGHTLIFE**



Chameleons Eye/Shutter stock.com

Canberra has a reputation for being a bit staid and conservative, but underneath the seemingly stiff exterior there is a strong party atmosphere forged by the capital's younger inhabitants. A large university population helps fuel the busy nightlife scene.

# Casino Canberra



Casino Canberra has everything for prime entertainment. With its 40 gaming tables with roulette, blackjack, poker and keno in a laid-back atmosphere there is plenty to choose from if you are in a gaming mood. The casino has two excellent bars for enjoying a cold beer and relaxing.

Photo: Fer Gregory/Shutterstock.com Address: 21 Binara Street, Canberra Opening hours: Daily 12pm-4am

Phone: +61 2 6243 3700

Internet: www.casinocanberra.com.au

### Joe's Bar



Joe's Bar is a bar and an Italian restaurant, where both food and drink are treated with utmost care. Start with antipasti, move on to the lasagne, and the

burrata. Foremost, Joe's is an intimate place to gather, experience and engage with family and friends, new and old.

Photo: Chris Hahn/unsplash.com

Address: 69 Canberra Ave, Griffith, Canberra

Opening hours: Tue-Sat 4pm-10pm

Phone: +61 2 6295 6925

Internet: easthotel.com.au/eat-and-drink/joes-bar More Info: Located in the East Hotel in Kingston

# Molly



Molly, a 1920s speakeasy in Civic, is hidden within Hobart Place, behind an unmarked wooden door and down a dark staircase. The bar is

seriously well equipped with the widest choice of spirits. Their scotch range is splendid, from good old classics to exquisite aged ones. A charcuterie board and an old-school Negroni is always a winning combination.

Photo: Laure Noverraz/unsplash.com

Address: Wooden Door, Odgers Ln, Canberra



Opening hours: Daily 4pm-late Phone: +61 2 6179 8973 Internet: molly.bar

# King O'Malley's Irish Pub



A wide selection of Australian and International beers accompanied by great pub food await visitors to King O'Malley's. In this

busy, noisy but convivial pub atmosphere the friendly staff will take good care of you.

Photo: Deborah Kolb/Shutterstock.com Address: 131 City Walk, Canberra Opening hours: Daily 11am-late Phone: +61 2 6257 0111

Internet: www.kingomalleys.com.au

### Hippo Co



Hippo C is he quintessential whisky and cocktail experience in Canberra. Huge selection, innovative seasonal cocktails and

experienced bar staff will guide you through an educational and fun whiskey tasting. Every Wednesday evening, Hippo Co presents live jazz and blues, and hosts some of the best jazz musicians from Australia and around the world.

Photo: Geoff Goldswain/Shutterstock.com Address: 1/17 Garema Place, Canberra Opening hours: Mon-Sat 5pm-late Internet: www.hippoco.com.au Email: info@hippoco.com.au

More Info: Alternating between jazz and blues every

Wednesday after 8:30pm

### **ANU Union Bar**



Australian National
University (ANU) Union
Bar is a very popular
place for students and
off-campus folks. This is a
great place to relax with

friends and play pool. The crowd is, predictably, on the younger side.

Photo: Kzenon/Shutterstock.com Address: 3 Rimmer Street, Canberra

Phone: +61 2 6230 4728

Internet: www.anuunion.com.au

# Mooseheads Pub & Nightclub



With four unique levels playing a selection of R&B, Chart, Dance, Old School and just a touch of the heavier club sounds, you will find one that fits

your taste in music and style. Each floor has its very own bar to cater to your needs. The nightclub is one of the hottest late night party venues around. Come here during the day for some decent pub grub and a pint.

Photo: Pressmaster/Shutterstock.com Address: 105 London Circuit, Canberra

Opening hours: Thu-Fri 11:30am-5am, Sat 9pm-5am

Phone: +61 2 6257 6496

Internet: www.mooseheads.com.au

### **Parlour**



Parlour is a dining and drinking venue like no other in Canberra. It features Spanish tapas, local and international wine, and cocktails.

Photo: Kichigin/Shutterstock.com



Address: 16 Kendall Lane, Acton

Opening hours: Tue noon-3pm; Wed-Sat noon-3pm /

5pm-late

Phone: +61 2 6257 7325 Internet: www.parlour.net.au Email: hello@parlour.net.au

# Bentspoke Brewing Co.



Bentspoke is a microbrewery and tap house which has been twice crowned Best Australian Small Brewer. They are not afraid of

bending the rules of how beer and cider should be made, so get your taste buds ready for a flavourful journey.

Photo: g-stockstudio/Shuttertock.com Address: 48/38 Mort Street, Braddon

Opening hours: Wed-Sat 11am-12am, Sun-Tue 11am-11pm

Phone: +61 2 6257 5220

Internet: www.bentspokebrewing.com. au

# **SHOPPING**



Dragon Images/Shutterstock.com

Apart from the large Canberra Centre in the city centre, most shopping is centred around large malls in the major suburban areas of Woden, Belconnen, Tuggeranong and Gungahlin. These malls contain a mix of department stores such as David Jones, Myer and Target. There are also smaller boutique chains catering to all tastes.

# **Old Bus Depot Markets**



The Old Bus Depot
Markets, held each
Sunday in the old
Kingston bus depot, are
an institution in Canberra
offering a wide selection

of arts and crafts, and locally grown (often organic) produce. Buskers entertain the milling crowd.

Photo: Matej Kastelic/Shutterstock.com Address: 21 Wentworth Avenue, Canberra

Phone: +61 2 6295 3331 Internet: www.obdm.com.au

### Canberra Centre



Canberra Centre is the ultimate destination for fashion and lifestyle.

There are an outstanding collection of Australian and International fashion

labels here and over 260 specialty stores. Stores you will find here are for example David Jones, Target, Apple, Zara, David Lawrence, Laura Ashley, G-Star Raw, and many more.

Photo: www.BillionPhotos.com/Shutterstock.com

Address: Bunda Street, Canberra

Phone: +61 2 6247 5611

Internet: www.canberracentre.com.au

Email: customerservice@canberracentre.com.au

# **Canberra Outlet Centre**



This shopping centre is home to over 100 leading Australian and international brands. It offers discounts of up to 70% off normal retail

prices and contains ladies' and men's fashion, children's wear, footwear, handbags, jewellery,



accessories and sporting goods.

Photo: EpicStockMedia/Shutterstock.com Address: 337 Canberra Avenue, Canberra

Phone: +61 2 6112 6222

Internet: www.canberraoutletcentre.com.au Email: infocanberra@retprogroup.com.au

### **Bison Homewares**



Bison Homewares is a ceramic workshop in Pialligo where you can buy beautiful, handcrafted ceramics for the kitchen, dining, and

living room. They are made with modern designs and come in a gorgeous range of colours.

Photo: jumoobo/Shutterstock.com

Address: 6/8 Beltana Road, Pialligo, Canberra

Phone: +61 2 6257 7255 Internet: www.bisonhome.com Email: info@bisonhome.com More Info: Near Stonehenge

### The Teddy Bear Shop



This is Canberra's only specialty Teddy Bear and soft toy supplier that stocks all kinds of teddy bears for children and adults. They guarantee

that there is a teddy for everyone — drop in and be sure to find one for you.

Photo: Katerina Graghine/Shutterstock.com

Address: Shop 9 Majura Park Shopping Centre, ACT

Phone: +61 2 6257 6966

 $\label{lem:lem:lemont} In ternet: www.theteddybearshop.com.au \\ Email: hugs@theteddybearshop.com.au$ 

# **Country Road**



For over 40 years, Country Road has designed lovely products for an authentically Australian way of life for women, men, and

children. Their passion is creating beautiful and sustainable products that are made to last.

Photo: Phovoir/Shutterstock.com

Address: Canberra Centre, Bunda Street, Canberra

Internet: www.countryroad.com.au

# **Shop Handmade**



At Shop Handmade you can find stylish, unique and exceptional handcrafted designs made by local and interstate designers. This

is a great place to buy funky Canberra souvenirs. The market regularly attracts over 20,000 visitors. See the official website for latest dates.

Photo: Ariwasabi/Shutterstock.com

Address: EPIC Exhibition Park in Canberra, Flemington

Road, Mitchell

Phone: +61 402 247 532

Internet: www.handmadecanberra.com.au Email: market@handmadecanberra.com.au

More Info: Casino End

# **Bungendore Wood Works Gallery**



Bungendore Wood Works
Gallery exhibits
Australian wood art,
sculpture, home decor
items and modern
furniture by the country's

leading designer. Here you can buy beautifully designed gifts. The gallery is located 35km east of Canberra.



Photo: rittikorn poonwong/Shutterstock.com Address: Kings Highway, Bungendore, Canberra

Opening hours: Daily 9am-5pm Phone: +61 2 6238 1682

Internet: www.bwoodworks.com.au Email: gallery@bwoodworks.com.au

### **Wear Wolfie**



At Wear Wolfie you can buy clothes for babies and children up to 16 years. The kids clothing at this store are both fashionable and practical.

The store also offers unique kids gifts and decor.

Photo: michaeljung/Shutterstock.com

Address: Shop 2/19 Bougainville St, Griffith, Canberra

Phone: +61 2 6239 6038

Internet: www.wearwolfie.com.au Email: hello@wearwolfie.com.au

More Info: Shop 10, Manuka Terrace Flinders Way

### T.O.D



T.O.D stands for "Things of Desire" and is a fashion boutique located in Arcade Manuka. They provide an exclusive range of European

fashion labels and offer unique, quality designs. Here you can buy exclusive Italian labels such as Malloni, Twin-Set, Liviana Conti, Mariagrazia, and Pianura Studio.

Photo: MJTH/Shutterstock.com

Address: Style Arcade Manuka, Canberra

Phone: +61 2 6260 8844 Internet: www.todesire.com.au

More Info: Shop 6

# Muse - Food, Wine, Books



Muse is equal parts cafe, wine bar and bookshop. Its creator was inspired by a similar concept found in Beijing. This gorgeous store has 2000

new and second-hand titles to flip through and potentially take home with you. Come here for breakfast, too. Books also make excellent presents!

Photo: Mustafa Cengiz/unsplash.com

Address: East Hotel, 69 Canberra Ave, Griffith, Canberra Opening hours: Sun-Tue 7am-noon, Wed-Sat 7am-2pm

Phone: +61 2 6178 0024

Internet: www.musecanberra.com.au More Info: Ground Floor at East Hotel

### **Lonsdale Street**



Take a stroll around Braddon neighbourhood to browse fashion, books, vintage design stores and more. The Ori Building in Braddon is home to

popular fashion, homeware and design stores such as Handsome Pretty, Hive, Enigma Fine Chocolates. This area is also great for quick bites and a day out with friends.

Photo: Samantha Liu/unsplash.com

Address: 7 and 23 Lonsdale Street, Braddon, Canberra Public Transport: Elouera Street Light rail station

Internet: visitcanberra.com.au/canberra-precincts/braddon

# Art Store at the National Gallery



The Shop at the National Gallery of Australia range of inspirational and contemporary art products and books, including items produced



exclusively for the museum. Find beautifully printed books that cover everything from art to fashion to interiors to architecture, and lots more besides. All purchases support the Gallery. Contactless payment only, no cash.

Photo: Jessica Ruscello/unsplash.com

Address: Parkes Place, Parkes Phone: +61 2 6240 6411

Internet: nga.gov.au/visit/shopcafe.cfm

More Info: The Art Store is located on the Ground Floor near

the main entrance

# **Capital Region Farmers Market**



The Capital Region
Farmers Market is
Canberra's best source of
fresh organic produce.
More than 100 local
farmers set up stalls

every Saturday at Exhibition Park. You will find everything from fresh fruit and vegetables to flowers, honey, baked goods, smoked meats, eggs and dairy products. Grab a coffee to-go and explore the planet-friendly offerings.

Photo: Shelley Pauls/unsplash.com

Address: Exhibition Park in Canberra (EPIC), corner of

Flemington Road and Northbourne Avenue Opening hours: Sat 7:30am-11:30am

In ternet: www.capital region farmers market.com. au

# **TOURIST INFORMATION**



Iryna Rasko/Shutterstock.com

# Canberra Airport (CBR)



Canberra Airport is located 7 km east of the city centre. There are no direct flights to international destinations, but there

are direct connections to Sydney, Melbourne, Brisbane and Adelaide.

The Airport Express shuttle "Bus route Rapid 3" operates from the airport to the city centre. The trip takes about 20 minutes. Busses leave every. 15 minutes on weekdays and every 30 minutes on weekends.

If you are going skiing, Snow Connect specialises in Airport transfers from Canberra to Thredbo, Canberra Airport to Jindabyne, and Canberra Airport to Perisher.

Taxis are available at all times of the day from the front of the Terminal.

Passengers can choose from six different car rental companies. Approximate fare can be found on the the airport's website.



Photo: Juan Garces
Phone: +61 2 6275 2222

Internet: www.canberraairport.com.au

# **Public Transport**



ACTION is Canberra's public bus service, which covers most sites and suburbs. On the bus you can pay with the prepaid MyWay smartcard or

cash.

+61 2 6207 7611

www.transport.act.gov.au

With Greyhound there are also regular bus services that operate from Canberra to Sydney about 3–3.5 hours by dual carriage highway. The bus terminal is located in the Jolimont Centre, 61 Northbourne Avenue, Canberra City.

+61 2 1300 473 946 www.greyhound.com.au

Photo: Pierre-Luc Auclair Phone: +61 2 6207 7611

Internet: www.transport.act.gov.au

### Taxi



Uber, Ola, DiDi, Shebah and GoCatch ridesharing apps are used in Canberra. You can phone for a taxi, hire one from a stand or flag one down in

the street.

ActCabs Canberra Taxi www.actcabs.com.au +61 2 6280 0077 Photo: ArrivalGuides

### **Postal Service**



Post offices are located throughout the city and in suburban shopping centres. Stamps are also available from newsagents. If you want

to mail letters, look for red post boxes around town.

Photo: Andy Fuchs

Address: Australia Post - Canberra GPO Post Shop, 53-73

Alinga Street, Canberra Phone: +61 2 131 318

Internet: www.auspost.com.au

# **Pharmacy**



The pharmacies are located in shopping areas throughout the city. One of the main pharmacy chains is Capital Chemist— it has 18 stores around

Canberra.

The Canberra Day and Night Chemist (Capital Chemist) is open daily 8am-11pm and is located on 9 Sargood St.

Photo: Gemma Garner Phone: +61 2 6282 3960

Internet: www.capitalchemist.com.au

# Telephone



Country code: +61 Area code: 02



Photo: Jardson Almeida

# **Electricity**



230V / 50Hz Plug type I (Used in Australia, New Zealand, Papua New Guinea, Argentina and others)

Photo: Stirling Tschan

### **Population**

431,380 (2020)

### Currency

Australian Dollar (AUD) \$1 = 100 cents

### **Opening hours**

Many shops are open seven days a week (except Christmas Day and Good Friday) from 9am and 5:30pm although hours vary. On Friday nights shops are open until 9pm.

### Newspapers

Daily Telegraph The Australian The Canberra Times BMA Magazine Canberra CityNews

# **Emergency numbers**

Dial 'Triple Zero' for Ambulance, Police or Fire: 000

# **Tourist information**

Canberra and Region Visitor Centre Regatta Point, Barrine Drive, Parkes, Canberra Opening hours: 9am–5pm weekdays, 9am–4pm weekends +61 2 6205 0044 visitcanberra.com.au

