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#### Population

329,000

#### Currency

Australian Dollar (AUD) \$1 = 100 cents

#### Opening hours

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

#### Internet

[www.visitcanberra.com.au](http://www.visitcanberra.com.au)

#### Newspapers

Daily Telegraph,  
Sydney Morning Herald,  
The Australian,  
Canberra Times

#### Emergency numbers

000 Ambulance, Police or Fire

#### Tourist information

Canberra and Region Visitor Centre  
Address: 330 Northbourne Ave, Dickson  
Opening hours 9am-5pm weekdays, 9am-4pm weekends  
Tel: +61 2 6205 0044 1300 554 114  
[www.visitcanberra.com.au](http://www.visitcanberra.com.au)

# CANBERRA

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Contents: The City, Do & See, Eating, Cafes, Bars & Nightlife, Shopping, Sleeping, Essential Information, Maps

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A planned city built on a vast limestone plain edged by rugged mountain ranges, Canberra is Australia's national capital – seat of 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.

## THE CITY



© Alex Proimos

With its 320,000 inhabitants, Canberra is one of the world's few planned cities, 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 of the national capital. The initial design for Canberra was the work of Chicago architect, Walter Burley Griffin, with wide, tree-lined avenues and spacious open parklands. 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 quickly discover what a 'hidden gem' the capital is. 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. Over half the area of the 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 offers more than 30 wineries, historic townships, beautiful coastlines and the famous Snowy Mountains.



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## DO & SEE



© Kyle Taylor

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

Address: Parkes Place, Parkes, ACT 2600

Phone: +61 2 6262 1111

Internet: [www.nla.gov.au](http://www.nla.gov.au)

More Info: Tours are every Thursday 12:30 p.m. and free. Meet in the foyer.

### New Parliament House

Completed in 1988, in time for the bicentennial celebrations of the first settlement by the British in 1788, the futuristically designed building, the seat of Federal parliament, features the use of native timbers and contemporary art work by Australian artists.

Address: Capital Hill  
Phone: +61 2 6277 5399  
Internet: [www.aph.gov.au](http://www.aph.gov.au)

### Old Parliament House

Built in 1927, it served as the seat of government until 1988, and is now open for tours through the chambers and corridors of power. The lovely Rose Gardens on either side of this national heritage site are a visual delight.

Address: King George Terrace, Parkes  
Phone: +61 2 6270 8222  
Internet: [www.oph.gov.au](http://www.oph.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.

Address: Parkes Place, Parkes  
Opening hours: Open daily 9am-5pm  
Phone: +61 2 6208 5000  
Internet: [www.nma.gov.au](http://www.nma.gov.au)

### 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.

Address: Anzac Parade, Campbell  
Phone: +61 2 6243 4211  
Internet: [www.awm.gov.au](http://www.awm.gov.au)

### National Gallery of Australia

A comprehensive collection of Australian art including a superb collection of Aboriginal Art. The gallery also hosts special interest exhibitions from around the world.

Address: Parkes Place, Parkes  
Phone: +61 2 6240 6502  
Internet: [www.nga.gov.au](http://www.nga.gov.au)

### Questacon - National Science and Technology Centre

Interactive science facility that delights visitors young and old with its entertaining hands-on exhibits.

Address: Enid Lyons St off King Edward Terrace, Parkes  
Phone: +61 2 6270 2800  
Internet: [www.questacon.edu.au](http://www.questacon.edu.au)

### Lake Burley Griffin

Explore the lake either by walking or cycling the many pathways round the lakeshore or take a cruise on the lake.

Address: Lake Burley Griffin

### 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 caving experience. As you abseil into darkness, you can look up to see the sunlight filtering in. Wee Jasper caves are known for their unique and fascinating limestone features and they are sure to take your breath away.

Address: Caves Road, Wee Jasper, NSW 2582  
Phone: +61 2 6227 9622  
Internet: [www.weejaspercaves.com](http://www.weejaspercaves.com)

### Hot Air Ballooning over Canberra

Come hot air ballooning and view Canberra's top attractions. Enjoy the unique experience of floating gently over the nation's capital. Tak off at dawn and rise slowly with the sun to the splendour of a new day. After the flight we leave you with champagne and memories that last a lifetime.

Phone: +61 2 4991 1955  
Internet: [www.balloonaloft.com/canberra](http://www.balloonaloft.com/canberra)

### Go Karting

Who would have thought that you could burn rubber undercover in Canberra?! Yes, there is a place to get your adrenalin hit, so grab a friend and come on out to enjoy the heart pumping action of go kart racing.

Phone: +61 2 6260 2511  
Internet: [www.superkarts.com.au](http://www.superkarts.com.au)

## EATING



© Lucius Kwok

Canberra features a large number of restaurants and cafés with a rich variety reflecting the cosmopolitan nature of the city. The main precincts for restaurants are in the city centre and the trendy suburbs of Manuka and Kingston. Although, excellent restaurants are located throughout the city including many with an Asian focus at 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.

### Waters Edge

Beautifully located restaurant on edge of Lake Burley Griffin, its menu features dishes with French and Australian influences.

Address: Commonwealth Place, off Parkes Pl, Parkes.  
Phone: +61 2 6273 5066  
Internet: [www.courgette.com.au/watersedge](http://www.courgette.com.au/watersedge)

### Anise

Award winning restaurant on Canberra’s West Row dining strip using the freshest local produce.

Address: 20 West Row, Canberra City  
Phone: +61 26257 0700

### Courgette

Creative combinations and a superb cellar of vintage Australian wines make this a popular choice.

Address: 54 Marcus Clarke St, Canberra City  
Opening hours: Lunch mon-fri 12pm-3pm  
Dinner mon-fri 6.30am-11pm  
Phone: +61 2 6247 4042  
Internet: [www.courgette.com.au](http://www.courgette.com.au)

### Chairman and Yip

Innovative menu blending Asian and Western flavours. Leave room for the delicious desserts.

Address: 108 Bunda St, Canberra City  
Opening hours: Lunch tue-fri 12pm-2.30pm  
Dinner mon-sat 6pm-10.30pm  
Phone: +61 2 6248 7109  
Internet: [www.thechairmanandyip.com](http://www.thechairmanandyip.com)

### Charcoal Grill

Landmark Canberra restaurant has been serving delicious steaks for over 40 years.

Address: 61 London Circuit, Canberra City  
Opening hours: Lunch mon-fri 12pm-2.30pm. Dinner mon-sat 6pm-10pm  
Phone: +61 2 6248 8015

### Jusqtly

Innovative menu encompassing breakfast, ‘snacks’ through the day and dishes with Australian and Asian influences at night. Excellent cheese board.

Address: Flinders Way, Manuka  
Phone: +61 2 6232 6200

### Mezzalira

Pizzas from the wood-fired oven and a delicious range of pastas make this an ideal location for a casual meal at reasonable prices.

Address: Melbourne Building London Circuit, Canberra City  
Phone: +61 2 6230 0025  
Internet: [www.mezzalira.com.au](http://www.mezzalira.com.au)

Excellent Thai dishes including some spicy north-east Thai dishes and Thai BBQ.

Address: 16 Furneaux St, Manuka  
Phone: +61 2 6296 6131

### **Ethiopia Down Under**

Spicy, hot traditional Ethiopian fare brings a touch of the exotic to your dining experience.

Address: Shop 3, 70 Hodgson Crescent, Pearce  
Opening hours: Open Tue-Sun 6pm till late  
Phone: +61 2 6286 1659  
Internet: [www.ethiopiadownunder.com.au](http://www.ethiopiadownunder.com.au)

### **CAFES**



© Adam Thomas

### **Tosolini**

Famous for its coffee and Italian specialties many using Mama Tosolini's traditional recipes.

Address: Bailey's Corner, London Circuit, Canberra City.  
Phone: +61 2 6247 4317  
Internet: [www.tosolini.com.au](http://www.tosolini.com.au)

### **My Café**

Sit out on the pavement and watch the passing parade at this café, busy at all times of the day.

Address: Manuka Arcade, shop 1, Furneaux Street, Manuka  
Phone: +61 2 6295 6632

### **Bookplate**

Located inside the National Library, it is the perfect spot for coffee and cake after touring the national institutions close by.

Address: Parkes Place, Parkes  
Phone: +61 2 6262 1154  
Internet: [www.bookplate.com.au](http://www.bookplate.com.au)

More Info: Ground floor National Library

### **Koko Black**

Sinfully tasty chocolate drinks are what you can expect at Koko Black. Dive into heaven on earth and become a chocoholic, you won't be sorry.

Address: Bunda Street  
Phone: +61 2 6230 4040  
Internet: [www.kokoblack.com.au](http://www.kokoblack.com.au)

### **Silo Bakery**

A wonderful selection of breads and pastries and a walk-in cheese room with a terrific selection make this a pleasant stop.

Address: 36 Giles Street, Kingston  
Opening hours: Open Tue-Sat 7am-4pm  
Phone: +61 2 6260 6060  
Internet: [www.silobakery.com.au](http://www.silobakery.com.au)

### **Gus's Café**

One of the original cafes in Canberra and still going strong. Original owner Gus pioneered outdoor café style eating in Canberra (and was fined for his impertinence!)

Address: Bunda St, Canberra City  
Phone: +61 2 6248 8118  
More Info: Garema Arcade

## BARS & NIGHTLIFE



© Robyn Jay

Canberra has a reputation of being a bit staid and conservative, but underneath there is a strong party atmosphere especially among the younger inhabitants. A large university population helps to fuel a busy night scene.

### Academy and Candy Bar

Stylish nightclub drawing a young dance crowd. Candy Bar, upstairs, serves great cocktails in lounge-bar setting.

Address: Bunda St, Canberra City  
Phone: +61 2 6257 3355  
Internet: [www.academyclub.com.au](http://www.academyclub.com.au)  
More Info: Centre Cinema Building

### Holy Grail

Live bands and DJs help create a buzzing atmosphere at this popular inner city pub/restaurant.

Address: Bunda St, Canberra City  
Phone: +61 2 6257 9717  
Internet: [www.holygrail.com.au](http://www.holygrail.com.au)

### ICBM and Insomnia

Two-in-one venue has a party lounge downstairs and rocks to the latest dance beats upstairs.

Address: Northbourne Ave, Canberra City  
Phone: +61 2 6248 0102

### Cube

Canberra's only gay nightclub, dance all night long and

indulge in some hip cocktails.

Address: 33 Petrie Plaza, Canberra City  
Phone: +61 2 6257 1110  
Internet: [www.cubenightclub.com.au](http://www.cubenightclub.com.au)

### Casino Canberra

40 gaming tables with roulette, blackjack, poker and keno in a relaxed atmosphere. Two excellent bars.

Address: 21 Binara St, Canberra City.  
Phone: +61 2 6257 7074  
Internet: [www.casinocanberra.com.au](http://www.casinocanberra.com.au)

### King O'Malley's Irish Pub

Wide selection of Australian and international beers accompanied by great pub food in a busy, noisy but convivial pub atmosphere.

Address: City Walk, Canberra City  
Phone: +61 2 6257 0111  
Internet: [www.kingomalley.com.au](http://www.kingomalley.com.au)

### Tilley's Devine Café Gallery

Once a venue for women only it is a great place for all ages to meet and converse in a friendly, convivial atmosphere.

Address: Wattle and Brigalow Sts, Lyneham.  
Phone: +61 2 6249 1543

### All Bar Nun

Popular watering hole is an excellent place to relax after a day of sightseeing. Excellent restaurant part of the complex.

Address: O'Connor Shops, MacPherson St, O'Connor  
Phone: +61 2 6257 9191

### Hippo Bar Lounge

Upstairs location overlooking busy Garema Place. Cool venue for the younger crowd.

Address: 17 Garema Place, Canberra City  
Phone: +61 2 6257 9090

## SHOPPING



© Alpha

Apart from the large Canberra Centre in the city centre, shopping is centred on 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, and smaller boutique chains such as Esprit, Table Eight and Your Habitat catering to all tastes. For the art lover, the city has numerous galleries and all the major institutions listed in the "Do and See" section have excellent shops with a range of classy souvenirs and other items. 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. The new Brand Depot, located close to the airport, offers an extensive range of quality brand merchandise including clothing, footwear and home ware goods at huge discounts. A tour of the local wineries is a must do as many offer wine tastings and cellar door sales of their excellent cool-climate wines.

## SLEEPING



© Jan Smith

### Hyatt Hotel Canberra

1924 National Heritage building beautifully restored in its original Art Deco style. Take the superb afternoon tea in the elegant Tea Lounge.

Address: Conwealth Avenue, Yarralumla  
Phone: +61 2 62731234  
Internet: [www.canberra.hyatt.com](http://www.canberra.hyatt.com)

### Rydges Capital Hill

Elegant hotel with spacious, airy rooms located close to Parliament House. It offers all the comfort you would expect including health club and spa.

Address: Canberra Ave, Forrest  
Phone: +61 2 6295 3144  
Internet: [www.rydges.com.au](http://www.rydges.com.au)

### Crowne Plaza Canberra

Centrally located in the city centre, this atrium-style hotel has rooms and facilities of a standard to suit the discerning traveller.

Address: 1 Binara St, Canberra City  
Phone: +61 2 6247 8999  
Internet: [www.crowneplazacanberra.com.au](http://www.crowneplazacanberra.com.au)

### Novotel Canberra

All the expected standards of this international chain are realised in this centrally located hotel.

Address: 65 Northbourne Ave, Canberra City

Phone: +61 2 6245 5000  
Internet: [www.accorhotels.com.au](http://www.accorhotels.com.au)

### Hotel Heritage

Located in quiet residential area, but only minutes from many of Canberra's attractions the hotel is a good budget option and especially suited for families.

Address: 203 Goyder St, Narrabundah  
Phone: +61 2 6295 2944  
Internet: [www.domahotels.com.au](http://www.domahotels.com.au)

### Canberra City YHA

Ideally located in the heart of the city near the interstate bus terminal, it is popular with the younger traveller.

Address: 7 Akuna St, Canberra City  
Phone: +61 2 6248 9155  
Internet: [www.yha.com.au](http://www.yha.com.au)

### Olims Hotel

An early Canberra landmark the National Trust listed hotel, built around a terraced courtyard, offers comfortable rooms in a pleasant location.

Address: Limestone Ave, Braddon  
Phone: +61 2 6248 5511  
Internet: [www.olimshotel.com](http://www.olimshotel.com)  
More Info: Corner Ainslie and Limestone Aves

### Belconnen Premier Inn

Modern, stylish hotel close to Belconnen Town Centre a good choice for families.

Address: 110 Benjamin Way, Belconnen ACT 2617  
Phone: +61 2 6253 3633  
Internet: [www.belconnenpremierinn.com](http://www.belconnenpremierinn.com)

## ESSENTIAL INFORMATION



© Sarah\_Ackerman

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### Exchange Office

There are more fun things to do on your holiday than look for exchange offices or ATMs. Exchange your currency before you leave and get time to do things that you really want. At Forex Bank you can always buy foreign currency free of charge, at hours that suits you. For more info about Forex Bank visit our website or click:

<http://www.forex.se/sv/Om-FOREX/Bankbutiker/>

### Airport

Canberra International Airport is 7km 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 Airliner shuttle bus operates from the airport to the city centre on weekdays. It costs \$7 one way and \$12 return. The trip takes about half an hour.

Taxis are available at all times of the day from the front of the Terminal. An average fare to the city centre is \$15.

Internet: [www.canberraairport.com.au](http://www.canberraairport.com.au)

### Public transport

Regular bus services 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.

Greyhound

+61 2 131 499

[www.greyhound.com.au](http://www.greyhound.com.au)

Phone: +61 2 132 251

Internet: [www.murrays.com.au](http://www.murrays.com.au)

### Bike

Take the opportunity to bike on the many pathways throughout Canberra. Try Mr Spokes, Acton Ferry terminal, Acton Park on edge of Lake Burley Griffin.

Phone: +61 2 6257 1188

### Taxi

You can phone for a taxi, hire one from a stand or flag one down in the street.

Phone: +61 2 132 227

### Post

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

Main Post Office:

Address: 53-73 Alinga St, Canberra

Phone: +61 2 131 318

### Pharmacy

Pharmacies are located in shopping areas throughout the city. Canberra Day and Night Chemist (Capital Chemist) is open 9am-11pm and located in O'Connor Shopping Centre.

Address: Sargood St, O'Connor

Phone: +61 2 6248 7050

### Doctor

Doctors are located throughout city, please note that office hours may vary. Canberra Hospital has 24 hour emergency department.

Address: Yamba Drive, Garran

Phone: +61 2 6244 2222

### Telephone

Country code: +61

Area code: 02

### Electricity

240V / 50Hz

