

# CANBERRA AND REGION GUIDE FOR THE NEW CANBERRAN

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# WELCOME TO CANBERRA

- ▶ The following is a fairly eclectic, non-thorough and biased local's summary of what Canberra has to offer
- ▶ I hope it helps you get started, a lot of these things take ages to discover!

# SHOPS

- ▶ Generally centred in town centres in large Westfields, there are some more eclectic local shops springing up especially in Braddon. The biggest range of shops are at Canberra Centre and Belconnen.
- ▶ Good places for present shopping include the shops at the National Galleries etc
- ▶ Costco is at Majura and DFO (oulet) at Fyshwick
- ▶ Fyshwick has most of the furniture and home goods shops
- ▶ *Supabarn* is a good local supermarket that has much better local product lines than Coles/Woolies
- ▶ The IGAs are sometimes excellent for regional and local produce
- ▶ Organic grocers *Choku Bai Jo* are at Curtin and Lyneham
- ▶ Artisan bread can be found at places including *Autolyse* and *Cornucopia* (braddon), *Bread nerds* (Hume), *Silo* (Kingston)

# MARKETS

- ▶ Kingston *Bus depot* markets on Sunday are worth a look
- ▶ *Hall* markets if you like country-style stuff
- ▶ *Handmade* markets which sporadically appear are great for present shopping
- ▶ *Gorman House* at Ainslie also has weekend markets
- ▶ Farmer's Markets at CIT (across from the hospital) on Sundays and EPIC (Mitchell) on Saturdays
- ▶ Permanent markets at Belconnen and Fyshwick have fruit and veg, meats and good delis

# EATING

- ▶ Most of the eating places are hidden away in suburbs in Canberra, some of the best are impossible to find for the new Canberran.
- ▶ Good places to start are Kingston and Manuka
- ▶ Braddon has really taken off in the last little while especially if you are a hipster
- ▶ Other 'cool' places are the New Acton precinct, North Quarter in the city and the Hotel Realm precinct but local shops like Campbell, Chifley, Hawker, Torrens and Griffith have all got great little restaurants

# EATING

- ▶ A list of places worth trying near the hospital include
  - ▶ *Onred* at redhill (views and interesting food)
  - ▶ *Santa Lucia* at Swinger Hill shops (Family Italian, delivers)
  - ▶ *Ramas* at Pearce (Fijian Indian, delivers)
  - ▶ *A bite to eat* at Chifley (ecletic, low key)
  - ▶ *Maestral* at Weston Creek (friendly mediterranean)
  - ▶ *Delissio* at Curtin (reliable Italian influenced)

# EATING – SPECIAL EVENTS

- ▶ Keep an eye out for
  - ▶ The multicultural festival: hundreds of food stalls from all the world
  - ▶ Embassy open days: particularly the Thai embassy food festival
  - ▶ Harvest festival at the wineries
  - ▶ Truffle festival in winter

# EATING – LOCAL GEMS

- Check out *Frugli* (an IT guy with a dream to make the worlds best icecream; has a factory in his basement and spares no expense!!) at the markets or he sells from his house or IGA in Hughes and Deakin
- *Pizza D'Arte*: Authentic Italian pizza run from a house in Kingston
- *Brodburger*. Speciality burgers at the glassworks in Kingston
- Yum Cha at *Noble House* and *Ginseng* (Woden)

# EATING – FURTHER AFIELD

- ▶ Nearby are some great places to go for a long lunch
- ▶ Try Gundaroo with the fantastic old building, *Grazing* or the *Cork St Pizzeria* there
- ▶ Bungendore has *Le Tres Bon* which does intimate and high class French dinners, the *Lake George Hotel* for lunch and the *Wood Gallery* for brekky
- ▶ *Poacher's Pantry* at Hall is a perennial brunch/lunch favourite for some

# COFFEE

- ▶ Coffee snobs will be much happier in Canberra in the last few years.
- ▶ Locally there's *redbrick* at Curtin shops; *Hansel and Gretel* at Phillip for beans; *Lava* at Weston Creek. Braddon has *Lonsdale Roasters*; Kingston has *Bittersweet*; Barton has *Hideout* (almost the best) and *Daily Grind*; City has *Two before Ten*, *Tonic* and *Mocan and Green Grout*; Yarralumla has *Farmer's Daughter*; Manuka (and Fyshwick) has *Ona* (beans) all doing good coffee in a relatively interesting cafe environment

# DRINKIES

- ▶ Probably not the right person to ask but bars and clubs are Canberra things not pubs
- ▶ Hotel Realm, City, Manuka and Kingston have an assortment of bars as do random places like the Griffith shops, Lyneham and Belconnen
- ▶ Locally: Options limited to Southern Cross club and Hellenic Club at Woden; Statesman at Curtin and Mawson club, at, well... Mawson
- ▶ One of my favourite summer secrets is the Yacht Club at Yarralumla - fish and chips and beers on the grass by the lake in daylight savings is tops.
- ▶ Also the ANU bar hidden in ANU has great grassy outside area and regular bands

# ENTERTAINMENT

- ▶ Canberra definitely punches above its weight for cultural and entertainment options
- ▶ Big national tours often come to the Canberra theatre or Convention centre
- ▶ A surprising amount of reasonable music, as well as a large amount of easy listening, appears at the Hellenic and Southern Cross clubs
- ▶ Touring exhibitions at the National Galleries and smaller local ones

# ENTERTAINMENT: LOCAL GEMS

- ▶ ANU Bar gets a lot of smaller touring acts
- ▶ The National Gardens have a Sunday Summer music series on the lawn which is worth going along to (free)
- ▶ The New Acton arts precinct has a small theatre and a big Palace Cinema
- ▶ Try the Street Theatre at ANU for edgier plays etc, national film archive for art house films, check the BMA street press out for bands and other stuff going on
- ▶ Music is commonly on weekly at the various national clubs ( eg Irish club, etc)
- ▶ The National Film Archives have interesting films in their cinema
- ▶ The National Folk Festival every year has a great reputation
- ▶ The Corin festival is worth keeping an eye out for

# WINERIES

- ▶ Amazingly there are loads of award winning wineries nearby, mostly in the Murrumbateman and Lake George areas
- ▶ Clonakilla, Helm and Collector wines are getting rave reviews
- ▶ Most have restaurants or cafes attached and are low key places where you can chat to the winemakers in cosy tasting rooms.
- ▶ See the *liquid geography* website for details

# DAY TRIPS

- ▶ Drive the Cotter-Tharwa loop and stop at the NASA deep space tracking station and Tidbinbilla Nature Reserve (do the Sanctuary walk)
- ▶ Braidwood/Bungendore for cafes, shops, country drive
- ▶ Drive to Murrumbateman and then to Gundaroo and see how many wineries you can visit
- ▶ Visit Araluen in peach season

# B AND BS NEARBY

- ▶ Schoenegg guesthouse at Murrumbatemen
- ▶ Globe Inn at Yass
- ▶ Braidwood country B and B: book the whole thing out for a group and get artisan bread lessons from Dojo in the kitchen
- ▶ Carrington at Bungendore

# BUSHWALKS

- ▶ Anything in Redhill, Black Mountain, Farrer, Mt Ainslie, Mt Taylor Nature Reserves
- ▶ Mt Coree in the Brinabellas
- ▶ Square Rock in the Brindies
- ▶ Booroomba rocks in the Brindies
- ▶ Kambah Pool to Red Rocks Gorge
- ▶ Molonglo Gorge
- ▶ Corin dam area
- ▶ Anything at Tidbinbilla Nature reserve
- ▶ Blue lake in the Snowies
- ▶ Big Hole in Deua National Park
- ▶ The Castle/Pigeon House in Morton/Budawang National Park

# CYCLING

- ▶ Canberra = cycling mecca
- ▶ Casual: around the lake, bike paths
- ▶ Kids: Lake rides, Stromlo has a kiddie track,
- ▶ Mountain: Stromlo, Sparrow Hill/Kowen Forest, O'Connor Ridge, Majura. Also any of the nature reserves have trails everywhere. Get lost in the Brindies. CORC is Australia's biggest MTB club.
- ▶ Road: Hills in the city: Black mountain, Mt Ainslie, Red hill, Stromlo. Roadie clubs include Vikings, Vets and CCC. Stromlo hosts crits on summer evenings
- ▶ Cotter-Uriarra Loop (50ks); Cotter-Tharwa Loop (80ks); Brindies climbs: Corin, Honeysuckle, Fitzs etc etc; Lake George via old highway (TT practice)

# SPORT

- ▶ Super Rugby team the Brumbies and NRL team the Raiders play out of Bruce Stadium
- ▶ Canberra Capitals Basketball team plays at AIS
- ▶ AFL team the Giants play 4 games a year at Manuka Oval
- ▶ Visiting cricket games at Manuka
- ▶ Running: Loads of clubs including FIT for women, lots of events including Canberra Running festiva
- ▶ Netball, soccer, touch etc etc are readily available

# SKIING

- ▶ Perisher and Thredbo are 2 ½ hours drive away from Canberra
- ▶ Charlottes Pass is great for family trips, Selwyn is very borderline most of the time
- ▶ Day trips can be organised on all inclusive bus tours which are good value
- ▶ Backcountry and cross country trips have got loads of possibilities in good years
- ▶ Snow play can be had locally on occasion at Corin Forest and at Picadilly Circus in the Brindies

# THE SOUTH COAST

- ▶ Truly the best bit of coast in Australia, there are gorgeous quiet beaches and towns stretching from Ulladulla to Merimbula, most within 2 ½ hours drive.
- ▶ A great 3 day loop is to drive from Canberra to Batemans Bay and then down the coast to Tathra and back home via the Brown mountain and Cooma
- ▶ House rentals are extremely plentiful and off season can be booked in the week you're going. Local real estate agents or [Stayz.com.au](http://Stayz.com.au) are the best bets with Fraser Gray at Broulee being reliable and friendly
- ▶ Some favourites include Mossy Point, Depot Beach, Congo, Tathra and South Durras
- ▶ Winter gets the best swell for surfers, there are reliable waves at obvious and some hidden spots

# THE SOUTH COAST

- ▶ Whales can be spotted from September to November from the beach or on boat tours
- ▶ Sea kayaking is excellent and there are good operators at Durras and Broulee
- ▶ Montague Island has seals and Penguins
- ▶ Lovely coastal walks and seascapes can be had in Murrumurang, Bournda, Ben Boyd and Nadgee National Parks.
- ▶ Gems of towns include Braidwood en route (bakeries, shops, cafes), Bermagui and Tilba (cheese factory, cafes, shops)

# SYDNEY

- ▶ Sydney is an easy 3 hour drive away. A nice place to stop is Berrima close to the highway for antiques, shops and excellent food
- ▶ Murrays buses often do a \$15 ticket which gets you to Central Station in 3hr 15.