

- 7 DAY ITINERARY -

Canberra & Coast



Parliament House

DAY 1 CANBERRA

- Arrive Canberra
- Take a lift to the roof top of **Parliament House**, one of the world's most architecturally acclaimed buildings for stunning views over the city.
- Take a self-guided tour through the **National Arboretum Canberra**, featuring 250 hectares of rolling hills and 94 forests.
- Explore **Lake Burley Griffin** from the water by paddleboard, kayak or canoe, and hire bikes or segways for a great way to see some of Canberra's iconic attractions.
- Reflect on the diverse experiences of war and learn about their enduring impact at the **Australian War Memorial**, one of the world's great museums.
- Overnight: Canberra



Australian War Memorial



Old Bus Depot Markets

DAY 2 CANBERRA

- Admire the capital's charm from above as you take off at dawn in a hot air balloon.
- Test your skills at Sportex, the interactive Sports experience exhibition at the **Australian Institute of Sport**.
- Tower over tiny versions of famous buildings from around the world and ride the mini steam train at the delightful **Cockington Green Gardens**.
- Explore **The Poachers Way**, have lunch at a smoked meats house, taste handmade chocolates or meet a wine maker and sample award-winning cool climate wines in the Canberra region.
- Overnight: Canberra

DAY 3 CANBERRA

- Sample the freshest regional produce and find unique Australian souvenirs at the award winning **Old Bus Depot Markets** (only open Sundays), then hop over to the **Canberra Glassworks**.
- Discover where Australia's stories live at the **National Museum of Australia**.
- Visit the world's largest collection of Indigenous Australian artwork at the **National Gallery of Australia**.
- Uncover the mysteries of science at **Questacon – The National Science and Technology Centre** where you can learn through fun and interactive experience.
- Overnight: Canberra

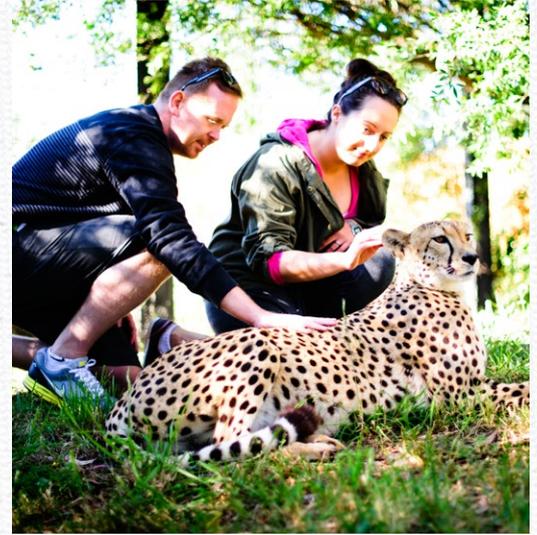


National Gallery of Australia

Canberra & Coast



Tidbinbilla Nature Reserve



National Zoo & Aquarium

DAY 4 CANBERRA

- Get back to nature at **Tidbinbilla Nature Reserve** which offers outstanding natural wildlife experiences.
- Check out a 3.8 billion-year-old moon rock and discover what astronauts eat in space at the **Canberra Deep Space Communication Complex**.
- Hike in pristine bushland or pack a picnic and visit the Majestic Gibraltar Falls in **Namadgi National Park**.
- Be a zoo keeper for a day, pat a shark, look a big cat in the eye or hand feed a giraffe or bear at the **National Zoo & Aquarium**.
- Overnight: Canberra

DAY 5 CANBERRA – SOUTH COAST

- Shop from the best of Australian wood art at the **Bungendore Wood Works Gallery**.
- Discover the region’s heritage and sample unique cheeses, cider and wine at the **Braidwood Cheese factory** and **Sully’s Cider and Wine**.
- Pack a picnic lunch or camp at Pebbly Beach in **Murramarang National Park**, famous for its abundant population of eastern grey kangaroos.
- Overnight: South Coast

DAY 6 JERVIS BAY - KIAMA

- Home to the whitest beaches in the world, **Jervis Bay** is also a playground for whales, dolphins, kangaroos, seals, penguins and a vast array of native birdlife.
- Experience the dramatic **Kiama Blowhole** and **Little Blowhole** where the Pacific Ocean meets the land.
- Explore the subtropical **Minnamurra Rainforest**, featuring spectacular waterfalls and elevated boardwalks taking you right into the 400 hectare rainforest.
- Enjoy spectacular ocean views and dramatic coastlines from the **Sea Cliff Bridge** and **Bald Hill Lookout**, an internationally renowned hang gliding point.
- Overnight: Wollongong

DAY 7 WOLLONGONG- SYDNEY

- For a real thrill, experience skydiving with **Skydive the Beach** and **Beyond in Wollongong**.
- Visit **Nan Tien Temple**, known as the ‘Southern Paradise’, the largest Buddhist temple in the Southern Hemisphere.
- Stop and explore **Royal National Park**, the second oldest national park in the world.
- Depart: Sydney



Pâtisserie, City Centre

DINING SUGGESTIONS

BRADDON PRECINCT

Italian and Sons, eightysix, The Hamlet, The Elk & Pea, Gusto Pizza

NEWACTON PRECINCT

Mocän & Green Grout, A. Baker, Monster Kitchen & Bar, Bicicletta

CITY CENTRE PRECINCT

Pâtisserie, Akiba, Sammy’s Kitchen, Gus’, Jamie’s Italian, Temporada

CITY SURROUNDS & REGIONAL PRECINCTS

Pialligo Estate, Pod Food, Flint at Shaw Vineyard, Poachers Pantry