

# ACCESSIBLE CANBERRA

Canberra, the capital city of Australia, is known for its iconic museums and galleries, natural beauty, ease of access to spot native wildlife and thriving food scene.

Discover and enjoy Canberra's cultural attractions, family friendly destinations and adventurous activities, all in a designed, serene city that's easy to get around.

With options for all abilities, discover what makes Canberra different. From accessible buildings, sensory hours, audio loops and specialised tours; venues and experiences are designed with everyone in mind.

National Arboretum Canberra

## DAY 1

*Arrive in Canberra,  
Australia's national capital.*

### MORNING –

*For the best views in town*

- The **National Arboretum Canberra**, a sanctuary of rare, endangered and culturally significant trees, offers many accessible paths through the manicured grounds, sensory garden, several forests – all at one of Canberra's most scenic lookouts. From the Village Centre join free tours, hire a wheelchair and select from the café for a lunch with a view. Other highlights include the **National Bonsai and Penjing Collection of Australia** and the **Forest Sculpture Gallery**. Open daily, Village Centre 9am – 4pm, free general admission.

▼ Drive 11-minutes / 10km.

### AFTERNOON –

*Be moved at the Last Post Ceremony*

- Connect with powerful stories of courage, mateship, and devotion told through the exhibits and collections at the **Australian War Memorial**. Stay and participate in the moving *Last Post Ceremony* which commemorates a person from the Roll of Honour every day at 4:30pm. Accessible with ramps, lifts, dedicated accessible parking, accessible toilet facilities and self-guided Auslan Highlights tour available. Open daily 10am – 4pm, free general admission.

▼ Drive 7-minutes / 4.2 km.

- For expansive views across Canberra, **Lake Burley Griffin**, **Anzac Parade** and the **National Triangle**, drive to **Mount Ainslie Lookout** to capture the sun setting behind the Brindabella Ranges. This is a great place to spot kangaroos!



### EVENING –

*A foodie paradise*

- Visitors are spoilt for choice when it comes to contemporary and fusion cuisine.



Tidbinbilla Nature Reserve

## DAY 2

### MORNING –

*Where art comes to life*

- Visit the **National Gallery of Australia** to enjoy the world’s largest collection of Aboriginal and Torres Strait Islander art, a significant Australian and international collection, and **Sculpture Garden**. A guided *Collection Tour* (booking required, departs 10:30am, 1 hour, free) will provide unique insight into the highlights at the gallery. The gallery provides a range of services, facilities and programs to enable visitors to access the national collection such as braille guides, wheelchair and mobility scooter hire, Auslan, hearing loops and specialised tours and workshops. Open daily, 10pm–5pm, free general admission.

▼ Walk 3-minutes / 0.4km



National Gallery of Australia

### LUNCH –

*Portrait Cafe,  
National Portrait Gallery*

- Open 8:30am–4:30pm on weekdays and 9am–4:30pm on weekends. Offering an indoor casual dining experience in a relaxed, light-filled space on an outdoor terrace.

Through the art of portraiture, the **National Portrait Gallery** tells Australian stories to increase understanding and appreciation of Australian people – their identity, history, culture, creativity and diversity.

The National Portrait Gallery offers programs that are audio described for visitors who have low vision or are blind; and Auslan interpreted programs for visitors who are hard of hearing. Wheelchairs available for hire.

▼ Drive 45-minutes / 47 km



National Portrait Gallery

### AFTERNOON –

*Spot native Australian animals*

- **Tidbinbilla Nature Reserve** (about 40-minutes’ drive from the city) is a great place to see koalas and other native Australian animals such as kangaroos, wallabies, lizards, bandicoots and birds.

‘The Sanctuary’ offers a 2km wheelchair friendly path around a wetland habitat (enter from the eastern end) and the ‘The Eucalypt Forest’ offers easy access to the Koala enclosure. Book the all-terrain wheelchair ‘TrailRider’ ahead of time which allows travel on some of the semi-rough tracks opening more of the park to explore. Open daily, prices apply, times vary.

### EVENING –

*A night at the theatre*

- **The Canberra Theatre** offers a vibrant line-up of comedy, drama, dance and musical theatre for all ages. The Canberra Theatre offers a range of services from Auslan, audio description and tactile tours to enable everyone to experience the magic of live theatre.



National Museum of Australia

## DAY 3

### MORNING –

#### *Discover the Australian story*

- The **National Museum of Australia** brings to life the rich stories of Australia through compelling objects, ideas and exhibitions where the stories and the people that shaped our identity are explored. Take a guided tour or join a free host talk at 10am each morning. Exhibits are accessible by lifts and ramps with hearing loops available for all guided tours. A lakeside café offers stunning views across Lake Burley Griffin. Open daily 9am – 5pm, free general admission.

▼ Drive 8-minutes / 6.5 km

### AFTERNOON –

#### *Walk on the wild side*

- The **National Zoo & Aquarium** is a sanctuary of conservation where every step takes visitors past wildlife from around the world, including Australia. Interactive experiences such as close encounters giving visitors the opportunity to meet a cheetah, feed a meerkat, giraffe or tiger. Mobility scooters are available for hire and most of the paths are accessible by



National Zoo & Aquarium

wheelchair. A two-day pass allows visitors to go at their own pace.

Now open with a new fully accessible multi-level structure with ramps, trampolines arranged in a snake pattern, an inclusive spinner and a designated gated area for children under five known as 'PugglePlay', there's something for every child to enjoy.

Open daily, 9:30am – 5pm, prices apply.

### EVENING –

#### *A night at the cinema*

- The accessible **Dendy Cinema** offers a premium cinema experience with closed caption and audio description upon request.

## DAY 4

### DEPARTURE DAY –

- Go behind-the-scenes at the **Australian Institute of Sport** to see where Australia's Olympians and elite athletes train. Visitors can challenge their skills in *Sportex*, an interactive sports exhibit that includes wheelchair basketball. Be inspired by the dedication and determination of all athletes. Tour times: 10am, 11:30am, 1pm and 2:30pm. Duration: 90-minutes, prices apply.



Australian Institute of Sport

# FURTHER INFORMATION

## FESTIVALS AND MAJOR EVENTS

Major events in Canberra including **Enlighten**, **Canberra Balloon Spectacular**, **Floriade** and the **Multicultural Festival** are inclusive and accessible events which offer diverse programs filled with music, workshops and celebration. Events may include sensory hours or spaces and changing places facilities.

Changing Places – accessible high support public bathrooms:

- **Canberra Centre**
- **Australian Parliament House**
- **National Museum of Australia**
- **Events: Floriade, Enlighten & Canberra Balloon Spectacular**

## CANBERRA AND REGION VISITOR INFORMATION CENTRE

For advice and assistance to get the most out of a holiday in the capital, chat to a friendly local at the **Canberra and Region Visitor Information Centre** at Regatta Point or the handy Information Booth at **Canberra Airport**.

Visitors can access tour bookings and last-minute accommodation, maps, and advice about accessible things to see and do in Canberra.

Co-located with the **National Capital Exhibition**, **Walter Café** and **The Marion** at Regatta Point, the **Canberra and Region Visitor Information Centre** also offers a range of local produce, handcrafted gifts, hampers and popular souvenirs.

## FAMILY FRIENDLY

Let the whole family enjoy the following attractions that have gone the extra mile to bring big smiles to little faces.

- **Australian National Botanic Gardens**
- **Questacon**
- **National Dinosaur Museum**
- **Museum of Australian Democracy**
- **Royal Australian Mint**
- **Boundless Playground**
- **Adventure Land Playground** at the **National Zoo & Aquarium** includes a wheelchair accessible playhouse and 2 fully harnessed swings.

## DINING

Here are just a few of the many great cafes and restaurants in Canberra.

- **Café at the Arboretum**
- **Courtyard Café, MOAD**
- **Blackfire Restaurant**
- **Walter Café**
- **Monster Kitchen and Bar**
- **Verity Lane Market**

## HOTELS

Most accommodation providers in Canberra cater for guests with mobility needs. Visitors can also search for accessible-friendly stays on the **Accessible Accommodation** website. In Canberra, consider the **QT Canberra**, **Crowne Plaza Canberra**, and **East Hotel**.

## GETTING AROUND CANBERRA

There are plenty of accessible transport options in Canberra. Buses and the light rail have features like extendable ramps, wide entries, dedicated spaces and announcements. Wheelchair accessible taxis can be ordered or booked in advance.

There is dedicated accessible parking at all major attractions, hotels and facilities.

## GETTING TO CANBERRA

Travelling to Canberra via plane is a relaxing experience, as Canberra Airport has been designed to enable travel for all. The terminal has been fitted with multiple lifts and escalators for ease of access. Additionally, drop-off areas, car parking, bus stops and taxi ranks around the airport have considered the likes of wheelchair accessibility, mobility scooters and walking distance between key airport checkpoints such as check-in counters, security and the terminal gates. The special assistance web page can assist with planning. Australian airports offer a range of accessible support options to assist travellers in their journey. Enquire and book in advance with most major car hire companies.

## DEAFNESS OR HARD OF HEARING

Audio induction loop systems are used widely across Australia and are offered at many cultural attractions.

Auslan, or Australian Sign Language, is similar to British Sign Language. Visitors from the United States, however, will find Auslan is quite different to American Sign Language.

## BLINDNESS OR LOW VISION

Make the most of travelling around Australia by downloading the free **Vacayit app**.

Australia's banknotes feature tactile cues to help people who are blind or have low vision recognise each denomination.

## HIDDEN DISABILITIES

Visitors can wear a **Disabilities Sunflower** lanyard or wristband to voluntarily share that they have a hidden disability. Recognised across 50 countries, sunflowers can be purchased at **hiddendisabilitiesshop.com.au**

## SUPPORT PERSONS

**Australian Companion Cards** allows people with disability to bring a **support person** to events and activities without paying for a second ticket. Most tours and venues will accept a companion card when booking. Find a list of relevant tourism operators via the Companion Card website.

## SERVICE DOGS

**Companion / Service Dogs** are trained to aid or assist an individual and are welcome at public spaces and services.