

Canberra Two Day Walk Inc.

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Adelaide City, River and Park Walk

This walk has been established by the Canberra Two Day Walk (CTDW) Association and is sanctioned by the IVV (International Federation of Popular Sport) as being eligible for credit towards IVV achievement awards. If doing the walk unguided and you wish to obtain the IVV stamp for your record book, please send the required fees and the answers to the questions to CTDW (address above), together with the walker's IVV record book(s) and a stamped, self-addressed envelope. The books will then be stamped and returned by mail. Alternatively, you can get the stamps from the IVV stand when attending the Canberra Walking Festival or at any scheduled AussieWalk group walk.

The walk shown on the map is 11 km and is suitable for wheelchairs. It starts and finishes at the entrance to the Central Market at the corner of Grote and Pitt streets, adjacent to the market information counter. If the market is closed, the walk can still be started from this point. It may be walked in either direction. The following route description supplements the map and is for walking the route clock-wise. Please note that you participate entirely at your own risk. Note, there are 2 optional extensions that will increase the distance to 12 or 13 km.

Adelaide Central Market - www.adelaidecentralmarket.com.au

On 23 January 1869 at 3.15 am, a group of market gardeners made their way to the site of the present market and started to sell their produce. Over 500 people attended the first market day and all stock sold out by 6.00 am. The Central Market now has over 80 stalls and is South Australia's most visited tourist attraction. It remains the food Mecca for multicultural cuisine and fresh produce. The market is open every day except Sunday and Monday. Only some stalls are open on Wednesday.

Adelaide Botanic Gardens - www.environment.sa.gov.au/botanicgardens

This walk goes through the Botanic Gardens. The Gardens open at 7.15 am on weekdays and 9.00 am on weekends and public holidays. They close at 5pm in June/July, 5.30pm in May and August, 6pm in April and September and 6.30pm or later from October to March. *Please note several of the buildings visited on this walk are only open from 10 am to 4 pm.*

A sample of Adelaide's heritage

The first part of this walk takes you past several of Adelaide's heritage listed buildings. A competition for the design of the Post Office attracted 13 entries but none came within the nominated budget of 20,000 pounds. It was eventually completed in 1872 at a cost of 53,258 pounds. It features a grand postal chamber with a half-domed roof and peripheral clerestory lighting. A gallery at first floor level is supported on ornamental cast-iron trusses with matching cast iron balustrading. The clock and bells were installed in 1875.

The Bank SA building is regarded as a notable exponent of the art deco/ art moderne style of architecture by the Royal Australian Institute of Architects, featuring abstracted classical details and 'waterfall' proportions. Locals, however, called it the 'radio cabinet'. It was completed in 1943 and built to the maximum height allowed in the city at the time.

The Adelaide Town Hall (www.adelaidetownhall.com.au) was hailed as 'the largest municipal building south of the Equator' when it opened in 1866. The plans were selected as part of a contest, the final prize being awarded to Edmund Wright, who had been Lord Mayor in 1859 (Wright also co-designed the post office). It is a venue for many concerts and the auditorium holds the \$1.3 m Walker & Sons Organ. At the time it was installed in 1990, it was the largest mechanical action instrument to have been built in the UK in 100 years.

The Adelaide Railway Station was designed as a grand entry to the city and completed in 1928. The cost was three times the original budget as the state came close to bankruptcy with the onset of the Great Depression. The domed Marble Hall, which served as a grand waiting room, is now incorporated into the Adelaide Casino.

For more information on Adelaide's heritage, go to: www.adelaideheritage.net.au

Route description

1. Exit the Central Market and cross Grote St using the set of traffic lights on the R. R to continue along the LHS of Grote St. L at King William St. After a short distance, veer R to follow the footpath along King William St, heading towards the Post Office tower (Victoria Tower).
2. Cross Franklin St and continue along King William St passing the Adelaide Town Hall (on R on opposite side of street). Continue past Bank SA building (on L) to Currie St.
3. Cross and L at Currie St. Continue past Peel St and then R into Leigh St. Note the information panels on the street sign as you turn.

Question: Who did William Leigh give two of his Town Acres to in 1840?

Answer: The S _____ for the P _____ of the G _____ in
F _____ P _____

4. Cross Hindley St and continue into Bank St.
5. L at North Terrace, and then cross at next pedestrian lights to enter the Railway Station down a short flight of stairs (there is also a lift to the R of the main entrance).
6. Follow the 'Adelaide Oval via Riverbank Bridge' signs through the station concourse (toilets to L and R of concourse). Exit at the far end of the station and follow the pedestrian signs over a shared zone on the road (marked in blue) and a pedestrian crossing and continue over Riverbank Bridge.
7. On reaching the road (Adelaide Oval on opposite side of road), do not cross the road but go L to follow the shared path down to the river and then R to follow the path along the river. Do not follow the path under the next bridge but continue straight to go up the stairs onto Victoria Bridge at Montefiore Rd.
(Wheelchairs: Follow path under Victoria Bridge and then take path to R and continue around to the R to go over Victoria Bridge. At other end of bridge, take path to R, again continuing to R to go under bridge)

Optional extension over Torrens River Weir (additional distance 1.2 km)

Instead of going up the stairs onto Victoria Bridge, continue on shared path under bridge. When the path exits onto a road near a restaurant, L to go over the weir. After crossing the weir, L again to return on the opposite side of the River Torrens with the SA Health and Medical Research Institute on your R. Go under Victoria Bridge again and continue from step 8.

8. Cross bridge noting SA Health and Medical Research Institute with its distinctive architecture to the R. L to go down stairs at far end of bridge and R to follow the riverside path.

South Australian Health and Medical Research Institute - www.sahmri.com

This recent striking addition to the Adelaide skyline is described by the architects as 'a new and liberating lab typology that promotes collaboration and medical discovery'. The design was inspired by the skin of a pine cone. The triangulated diagrid façade, with 6290 glass panels, is designed to respond to the environment like a living organism.

9. Continue under Riverbank Bridge and then under King William St bridge. After passing under bridge, R to follow Jolley's Lane past entry to Jolley's Boathouse (on L) to Victoria Dve (toilets on L as you reach Victoria Dve).
10. Cross Victoria Dve, then short L and R to follow the footpath onto Torrens Parade Ground. Note Aboriginal and Torres Strait Islander War Memorial on L and Esther Lipman Garden on R (first woman councillor of City of Adelaide).

Question: You are standing on Kurna land. What do they call the Torrens River? (Clue – read the information panel as you enter the Aboriginal and Torres Strait Islander War Memorial).

Answer: K _____ P _____

11. Continue diagonally across the parade ground to the far corner and onto the Adelaide Rifles Pathway. After passing Pathway of Honour on R, continue straight along RHS of Kintore Ave to War Memorial (toilets next to North Terrace).
12. On reaching North Terrace, L to cross Kintore St and then veer L at statue of Edward VII to continue on path that runs parallel to North Terrace but along front of buildings. Continue past State Library, South Australian Museum and Art Gallery of South Australia.

North Terrace cultural institutions

This section along North Terrace is home to several of South Australia's cultural institutions as well as several sculptures. You will find the:

State Library of South Australia (www.slsa.sa.gov.au) - South Australia differed from other Australian colonies by planning a library for public use even before settlement. Just two weeks after the passing of the South Australia Act by the British Parliament on 14 August 1834, an enthusiastic group of prospective colonists led by Richard Hanson and Robert Gouger formed the South Australian Literary Association.

Migration Museum, behind the State Library (migration.historysa.com.au) – a place to discover the many identities of the people of South Australia through the stories of individuals and communities.

South Australian Museum (www.samuseum.sa.gov.au) – The Aboriginal Cultures Gallery displays over 3,000 objects across two floors in one of the best collection in Australia. Historical taxidermy specimens feature in the World Mammals Gallery and the South Australian Biodiversity Gallery and are much loved by children. The Biodiversity Gallery includes over 12,000 individual models. The Giant Squid is also popular.

Art Gallery of South Australia (www.artgallery.sa.gov.au) – An outstanding collection of 38,000 works of art comprising Australian, European, North American and Asian works including paintings, sculptures, prints, drawings, photographs, textiles, furniture, ceramics, metalwork and jewellery.

13. After passing Mitchell Hall (the next building after the art gallery), veer L to go past the front of Elder Hall and then L to go along R side of Elder Hall, towards the Hub Central. Either:
 - a. follow the signs to the lift and go down to Level 2. Exit lift to R and follow ramp. L at end of ramp to follow road; or
 - b. take steps to R immediately before the lift. Continue down stairs to L and then straight at bottom of steps over pedestrian crossing and along road.
14. Where road bends to the L, continue straight to go past the front of the Barr Smith Library and then follow path to L alongside library. Veer R and R again to follow the bitumen path to exit at the Mitchell Gates (iron gates, first erected in Victoria Square in 1884).
15. Go over the pedestrian crossing onto the footbridge. Continue through circular paved seating area after crossing bridge and then R to follow shared path towards the river. On reaching river, L to follow path along river. Go under next bridge and continue along path with Adelaide Zoo on your R across river.

Adelaide Zoo - www.zoossa.com.au/adelaide-zoo

The stars of Adelaide Zoo are Wan Wang and Funi – the only Giant Pandas in the Southern Hemisphere. However, the zoo also has almost 300 other native and exotic species of mammals, birds, reptiles, amphibians, fish and invertebrates. The Envirodome provides an interactive experience while kids can feed and pat animals at the Children's Zoo.

16. R to cross next footbridge and continue on path away from river to Botanic Dve / Plane Tree Dve. Cross Botanic Dve at pedestrian crossing and continue on path. L at next path to continue with Plane Tree Dve on your R.
17. On reaching a paved area, R to go over the pedestrian crossing and into the Adelaide Botanic Gardens through the Friends Gate. **Refer to Adelaide Botanic Garden Visitor Map.**
18. Continue straight and down Murdoch Ave. At end of Murdoch Ave, follow path to L and enter the Amazon Waterlily Pond (on R).

Question: Who attends the 'night-club' provided by the Amazon Waterlily? (Clue – read the information panels at the pond)

Answer: S _____ B _____

19. Exit the Lily Pond near the Café Fibonacci turning L out of the door and then R to resume on the path, keeping café and Schomburgk Pavilion on R (toilets). L to follow water feature down the centre of SA Water Mediterranean Garden. Continue on RHS of pool at end of water feature and veer R to follow gravel path.
20. R at T junction and then L at next junction. Follow path around to R to go over the creek on a small footbridge.
21. After passing large Bunya Pine (sign on tree – look up!), veer L and continue straight at the next junction passing a Bottle Tree on your R. Follow path around to the L and then R at next junction to exit at the entrance to the Conservatory.

22. Enter Conservatory and continue through (on either upper or lower path) to exit at far end. Continue straight at circular pond with sculpture. R after crossing over bridge.

Optional extension to visit First Creek Wetlands and National Wine Centre (additional distance approx. 500m) - www.wineaustralia.com.au

L at the pond/sculpture. Continue over the large timber bridge and R to follow a path to a timber deck. Continue around to L (note lookout on L) and then up steps alongside creek. Follow the loose stone path to a viewing area and then R at the bitumen path. L at next path and then R onto another loose stone path where the road come to an end. Follow path to enter National Wine Centre.

(Wheelchairs –The National Wine Centre is not accessible from the gardens from the eastern side. If you wish to visit the Centre, continue straight at the circular pond and follow path to access from western side (see map)).

Walk through the Centre exiting at the other end near the NWC Café. Continue past the Australian Native Garden (on L) and then R at the next junction and L after about 10 metres. R at the next cross junction to go along creek (on L). Ignore the first small footbridge on L but take 2nd (and larger) bridge to L (with sculpture of girl and goat on R). Continue from 24.

23. Continue past Museum of Economic Botany (on R and actually more interesting than it might sound). L at next T junction, then R to go over bridge.
24. R again after bridge. Keep following path to R to reach the Botanic Gardens Restaurant.
25. L to walk through outdoor seating area and continue on brick path to reach bitumen path (toilets on R). L at bitumen path and then L to go up steps and through Palm House (*wheelchairs should continue straight and L at next path*). Exit Palm House on opposite side. Go down steps and follow path to L.
26. After passing toilets and shelter (on R), take the next path to the R. Exit Botanic Gardens through gate and cross North Tce, continuing up RHS of East Tce.
27. R into Rundle St and cross Frome St and Pulteney St to enter Rundle St Mall.
28. Continue past Adelaide Arcade on L (opened 1885). When Myer Centre is on your R, L into James Pl and continue past Tourist Information Centre (toilets on R opposite Bean Bar) to Grenfell St.
29. Cross Grenfell St at lights and continue straight on RHS of building that is immediately in front of you (25 Grenfell St) past Science Exchange (Ri Aus, also former Adelaide Stock Exchange) on L.
30. Cross Pirie St at pedestrian crossing and continue on walkway through Colonel Light Centre with the Adelaide City Council Customer Centre on L. Continue past the Pilgrim Uniting Church (also on L).
31. R at Flinders St. At King William St, walk diagonally across with lights to Victoria Square (Tarndanyangga). Continue on LHS of square (actually more of a diamond) past water feature and grassed area.

Victoria Square (Tarndanyangga) - adelaideparklands.com.au/parks-and-squares/victoria-square/

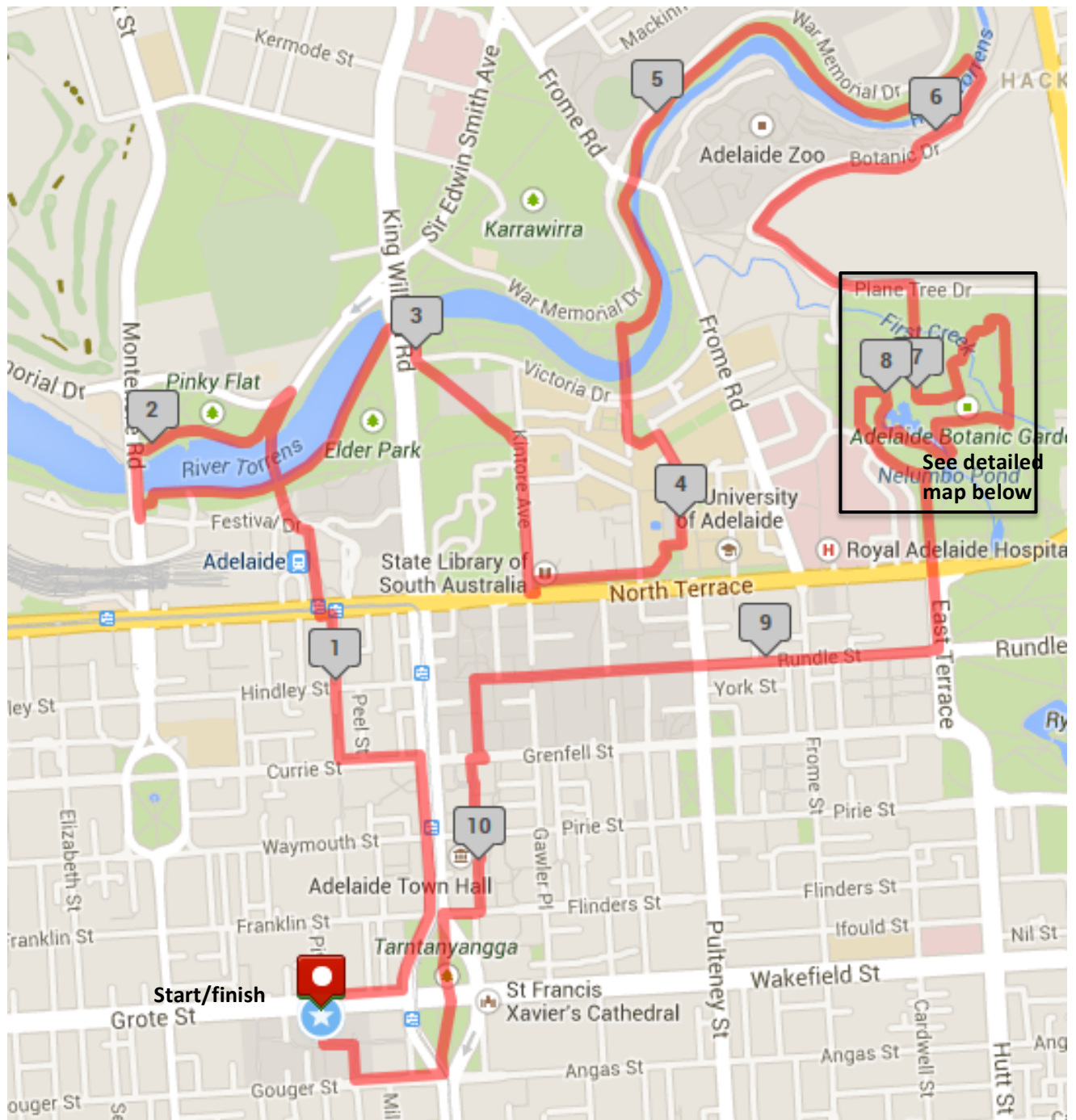
In 1837, Surveyor General Colonel William Light mapped a plan for the City of Adelaide, incorporating a central square to function as Adelaide's focal point. It was named in honour of Princess Victoria, then heir to the throne of England. Since it was established in 1854, Victoria Square / Tarntanyangga has played an important role in the civic and ceremonial history of South Australia. It has also been an important gathering place for Aboriginal people, stretching back many centuries to a time when Tarntanya (Red Kangaroo Dreaming) people gathered there for special ceremonies and dances.

At the southern end of the square, the Three Rivers Fountain is the work of famed designer John Dowie. Its unique form represents the three main rivers that provide much of Adelaide's water: the Torrens is depicted as a woman holding a swan; the Onkaparinga, a woman with a heron; the Murray, an aboriginal man holding an ibis. The female figures are a representation of the European cultivation of the land surrounding each river and the male figure is symbolic of the historical and continued Indigenous presence.

32. Cross road with pedestrian lights and continue to the RHS of the fountain at the far end of the square.
33. R to cross King William St with lights. Continue down Gouger St and past Central Market Arcade (on R) until you reach a large gate with a Central Market sign above it. Enter the Central Market and walk through to the Information Counter on the opposite side (several aisles to the L of where you entered).

If the Central Market is closed, continue on Gouger St and R into Moonta St at the Chinatown Gateway. R at Grote St and continue back to the start.

Route map



Distance markers shown in kilometres

