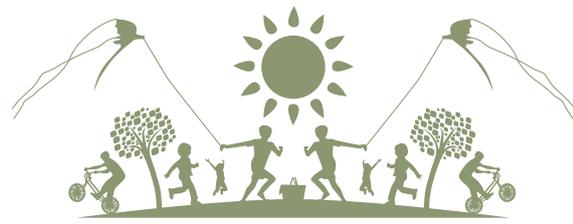


Kids Day Out

Fun itineraries for the perfect kids day out
in the Adelaide Park Lands



adelaideparklands.com.au



1 KITES 'N' BIKES DAY

#ParkLands

A full day itinerary with the thrill of kite flying, and picture-perfect scenic bike riding.

STARTING LOCATION: The River Torrens | **SUITABLE FOR:** 9-12 years old

- Hire FREE bikes from the kiosk and ride along the **River Torrens**, starting at Weir (2).
- Take a tour with the [Popeye](#) or relax on a paddle boat on the Torrens. Spot the local bird life, and have a look at the impressive new footbridge, as you pass by.
- Along the riverbanks is the perfect spot to fly your kite; and a great location to snap some photos in a setting that is picturesque all year round.
- Want to try something different? Move along for a game of family golf at the [Par 3 Golf Course](#), located off Memorial Drive in North Adelaide which is suitable for all ages.
- Finish the day with a snack at the [River Café](#).



2 SPLASH 'N' RIDE DAY

#ParkLands

Activity packed, so have a go; float your boat and become a master at riding your bike.

STARTING LOCATION: Bonython Park (Tulya Wardli) | **SUITABLE FOR:** 4-8 years old

- Visit the [Bonython Park Nature Activity hub](#), where you can dig for bones, be a water engineer using the water-play apparatus, and experience the ROKtopus human hamster wheel; so much fun!
- Did you bring your model boat? The duck pond nearby is the perfect spot for you to let it splash and float along.
- Continue on at the '[SAPOL Learn to Ride](#)' centre, located off Port Road, where you can learn how to ride your bike in simulated traffic conditions, complete with road signs and traffic lights.
- Finish the day with some refreshments at the Bonython Park kiosk, or a sausage sizzle at one of the nearby barbecue spots.



3 EXPLORE THE WEST

#ParkLands

Up the coolness factor and explore the cemetery, then follow the city's best interpretive trail.

STARTING LOCATION: West Park Lands, Wirrarninthe (Park 23) | **SUITABLE FOR:** all ages

- Try something a little different. The historic [West Terrace Cemetery](#) has always been a place of intrigue and dates back to the European settlement of South Australia. Have a self-guided tour through the [Heritage Highlights interpretive trail](#), or book a FREE tour, and see if you can spot some of the resting places of historical South Australian figures.
- Wear some comfortable shoes and enter the [Wirranendi interpretive trail](#) (Park 23) for a one-hour exploration walk. Here you'll discover nature's themes; earth, wind, water and fire, a wetland and sculptures that reflect these. Surrounded by flora and fauna, see if you can get some rubbings from the etched rocks you'll find at the trail.
- Find a comfortable spot and finish the day with a picnic; surrounded with incredible nature sounds, it's hard to believe you're still in the city.

4

MAJESTIC GARDEN ESCAPE

#ParkLands

Hustle and bustle be gone, in this whimsical and majestic oasis you won't want to leave.

STARTING LOCATION: Botanic Park, Frome Road | **SUITABLE FOR:** 4-8 years old

- Start your journey at the [SA Water Mediterranean Garden](#) where the garden beds tell the stories of Mediterranean plants, people and places.
- Next, enter the [Garden of Health](#); located next to the Ginko Gate you will see over 2500 plants from 295 species that offer healing benefits.
- It's time for some hide n' seek at the majestic **Moreton Bay fig trees** which are over 100 years old and have roots large enough for little children to hide in.
- Amongst the rose bushes you'll notice the [Bicentennial Conservatory](#), a spaceship like building hosting tropical plants including enormous water lilies. Follow the guided path inside to discover some of the strangest plants you'll ever see.
- With plenty of open spaces surrounded by giant trees, find a spot and have a game of frisbee.
- Finish off with a picnic, and maybe even a sweet siesta in this paradise-like oasis.



5

THE PLAYGROUND HOP

#ParkLands

Grab your bikes for a great playground hop, then sit back, relax and experience Adelaide's best kept secret

STARTING LOCATION: Princess Elizabeth Playground (Mirnu Wirra, Park 21) | **SUITABLE FOR:** 4-8 years olds

- Starting at [Princess Elizabeth Playground](#), have a go at climbing the giant spider web, slide down the large tower slide, and feel the breeze as you relax in the swinging basket.
- Then hop on your bikes and ride up to the **South Terrace Glover Playground** to have a go on the popular flying fox.
- Riding along, hop off at [Marshmallow Park](#) for a fun climbing session on the play equipment.
- You've now visited three fun playgrounds and it's time for a rest. Hop on your bikes and your final stop is [Himeji Garden](#); a Japanese garden oasis in the heart of the City and Adelaide's best kept secret. You'll have to visit to see why!
- Feeling peckish? **Good thing you packed a picnic bag.** Find a soft lawn spot in Himeji, lay your picnic rug, and focus on the relaxing sounds of the birds and the water fountain. Your day may even conclude with a blissful powernap!



6

CYCLE-HAPPY DAY

#ParkLands

Love your bike? Cycle yourself-happy with this bike lovers' itinerary

STARTING LOCATION: Kurangga (Park 20) | **SUITABLE FOR:** all ages

- Visit the **BMX track** for some thrills and test your BMX skills. While you're there, watch and learn from others who can teach you a trick or two. Practice often and before you know it you'll be a Pro!
- Hop on your bikes and follow the [Park Lands trail](#) (Criterion track) through to [Victoria Park](#).
- Got the munchies? Grab your bikes and cycle from Victoria Park (Gate 1) over the [Hutt Street](#) precinct for lunch, via East Terrace.

