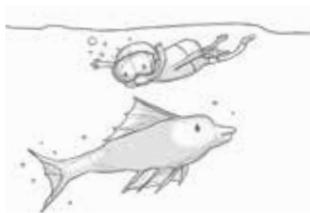


5 favourite things to do in ADELAIDE

Famous as the City of Churches, there's much more to Adelaide than neo-Gothic architecture and elaborate spires that dominate the skyline, writes Fiona Harper.

1. SWIM WITH TUNA AT VICTOR HARBOUR

Formerly sited at Port Lincoln, South Australia's famous tuna swim relocates to Victor Harbour, an hour south of Adelaide, from May. Swimming with wild Southern Bluefin tuna within an enclosed net floating in the ocean is an exhilarating experience. Donning mask and snorkel, swimmers hover on the surface while tuna the size of a child dart past swimmers at lightning-fast speed chasing smaller prey. Plans are in the works for the tuna swim to become a floating interactive marine playground which will appeal to a wider audience.



2. DINE ON FRESH SEAFOOD IN AUSTRALIA'S SEAFOOD CAPITAL

While we're talking tuna, a short hop across the Spencer Gulf to Port Lincoln lies the self-proclaimed Seafood Capital of Australia. Home to Australia's largest commercial fishing fleet, it's hard to argue with Port Lincoln's credentials. King George whiting, Southern Bluefin tuna, King prawns and Southern Rock Lobster are exported around the globe – find the freshest catch on local restaurant menus. Port Lincoln is also the home of famous Melbourne Cup steed Makybe Diva, the first racehorse to win the Melbourne Cup three times. A life-size bronze statue pays homage to this Sport Australia Hall of Fame superstar.



3. EXPLORE ADELAIDE'S FOOD AND WINE SCENE

Adelaide is well-known for being one of Australia's favourite foodie cities. Head to Adelaide Central Markets where more than 80 stall holders have been trading fresh produce for around 150 years. Open daily except Sunday and



Monday, the markets are a buzzing hub of fresh food and Adelaidean culture. No self-respecting wine lover should miss the Barossa Valley, about one hour's drive north of Adelaide. A wave of 19th century German settlers recognised the valley as being prime wine growing country and the region is dotted with the stone cottages and Lutheran churches they built in homage to their home lands.

4. HUG A TREE AT ADELAIDE BOTANIC GARDENS

Adelaide's Botanic Gardens are legendary year-round - no matter what time of year you visit, there's likely to be a plethora of plants at their blooming best. Connecting plants, people and culture since the 1850's, it's worth a visit to the Gardens for the architecture alone. Exquisitely restored Palm House with its hanging glass walls is an ornate glasshouse imported from Germany and thought to be the only one of its kind still standing. The 100 metre long Bicentennial Conservatory is a modern glasshouse housing an impressive canopy of Australian native trees and lowland rainforest.



5. UNLEASH YOUR INNER CHILD AT THE BEACHHOUSE

Glenelg has been Adelaide's favourite beachside hang out for eons – back in its heyday, Luna Park graced its sandy shores. It didn't last long and was soon packed up and shipped to Sydney where it occupies pride of place on the shore of Sydney Harbour. Glenelg meanwhile retains the 120 year old Carousel as the only surviving ride. The Carousel's elegantly bobbing white horses sit alongside waterslides, dodgem cars, a bumper boat pool and other arcade-style games. Fully enclosed water slides are heated during winter, making it a popular water baby fun park even in winter.



 Fiji Airways starts twice weekly direct services between Nadi and Adelaide from June 30