

One week in Adelaide. Lose yourself in our backyard.

Adelaide. Designed for Life.

The Lane Vineyard, Hahndorf Credit: Johnathon Kruger

ONE WEEK IN ADELAIDE

Adelaide has more than enough sights and activities to keep you busy for a week! All over the greater Adelaide region, you will find a huge selection of cultural, historical, gastronomic and relaxing choices. Here are our recommendations for a spectacular week in Adelaide.

Day 1 – Discover the Best of Adelaide

Start your journey with breakfast at the [Adelaide Central Market](#), one of the largest undercover markets in the Southern Hemisphere. It is packed to the rafters with dozens of fantastic stalls and cafes. After breakfast, hire a bike and make your way North to Light's Vision and the [Riverbank Precinct](#) for gorgeous views of the city and River Torrens/Karrawirra Parri.

From here, make your way through the picturesque University of Adelaide until

you reach North Terrace where there is a huge range of cultural offerings on show including the [Art Gallery of South Australia](#), [South Australian Museum](#) and [Migration Museum](#) before heading onwards to Adelaide's retail hub, [Rundle Mall](#). Get a taste of Adelaide's nightlife in the evening with a visit to eat streets like Gouger, Rundle, Hindley or Hutt Street or O'Connell and Melbourne Streets in North Adelaide, where you can stay on for a drink in one of Adelaide's gorgeous pubs or trendy bars!

Day 2 – Head for the Hills

Step out of the city on your second day and make a break for the scenic Adelaide Hills. Just a short drive or bus ride from the CBD, the Hills are full of bustling small towns, quaint villages, vineyards and farms. For things to do, we recommend heading to Mt Lofty for awe-inspiring views of the city, and [Cleland Wildlife Park](#) for up close and personal experiences with Aussie wildlife. Then it's worth checking out nearby

Stirling, Aldgate and Hahndorf. Each has its charms and is packed with wonderful gourmet gems. Autumn in the Hills should not be missed!

Day 3 & 4 – Bounce Over to Kangaroo Island

One of South Australia's most enduring and popular attractions is the natural wonder of [Kangaroo Island](#). Trips are available to the Island every day of the year varying in length and cost, but since you only have a week in town, we recommend a 2-day tour.

See incredible landscapes, turquoise beaches, enjoy wildlife encounters, meet locals, see rolling hills and enjoy a tour with guides that know the island like the back of their hand.

Day 5 – Wine Time

Adelaide and South Australia are known for producing spectacular wine so there's no escaping a visit to a local wine region while you're in town! Of the most notoriety and nearest to the city are the [Barossa Valley](#) and [McLaren Vale](#), each unique in terroir and style. In the Barossa you'll find German history mixed with the State's biggest producers of bold Shiraz while McLaren Vale is known for its contemporary inventiveness and stunning sea views. Daily tours are available from the city to both regions, or if you're looking to make your own adventure, each is easily accessed and navigated by car.

Day 6 – Hit the Beach

If a day-long wine tour has left you feeling a little worse for wear then take a breather and relax with a day on the beach in [Glenelg](#), a 30-minute tram ride away from the city centre. Take your time to relax in this cosmopolitan seaside suburb. Do some people watching while you lie on the beach, munch on some artisan ice cream, or explore the jetty and see what the local fishermen have snagged. You might even catch a local beach volleyball competition or get the chance to play yourself! In cooler weather there is also the Bay Discovery Centre and The Beach House for fun indoor activities.

Day 7 – Rediscover Adelaide

On your last day in town, we recommend taking the time to unwind in the city. Head back to a spot you loved or hire a bike to pedal through the [Park Lands](#) that surround the city. If you haven't been to North Adelaide yet, it is worth a look! This historical neighbourhood is comprised of gorgeous colonial architecture as well as a great range of restaurants and shopping. Keep an eye out for blue plaques on buildings to learn more about their history! [The North Adelaide Golf Course](#) is also a great spot to unwind, with amazing views over the city and a carefree Par 3 course made to enjoy with friends.

Beachfront, Henley Beach Credit: Jacqui Way Photography



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