

*Pole position:
Trekking on the
Heysen Trail; (right)
into the bush*

Best Foot Forward



PHOTOS: SOUTH AUSTRALIA TOURISM COMMISSION; JEREMY CARTER



Slow and steady wins the race, and in Adelaide, it's also the best way to explore the riches of South Australia. Trek across these vast and varied landscapes with CHRIS CANTY



A visit to Adelaide shouldn't be rushed. Sure, it's tempting to race around and take in as many of the South Australian city's sights as possible. However, with walking trails criss-crossing the landscape, each draped with scenic beauty, natural wonders, sprawling wineries, and historic and cultural landmarks — or all of the above — why not go for a stroll and drink in your surroundings at a leisurely pace? After all, taking it slow means taking it all in. So, for believers in the old adage that even the longest journey begins with a single step, here are a few highlights of Adelaide on foot.

ADVENTURE WALK - HEYSEN TRAIL

If you're up for it, Heysen Trail is one of the world's longest and most picturesque walking routes. Named after renowned landscape painter Sir Hans Heysen, the trail is a staggering 1,200km long, spanning from Cape Jervis on the south coast of the Fleurieu Peninsula to Parachilna Gorge in the Flinders Ranges.

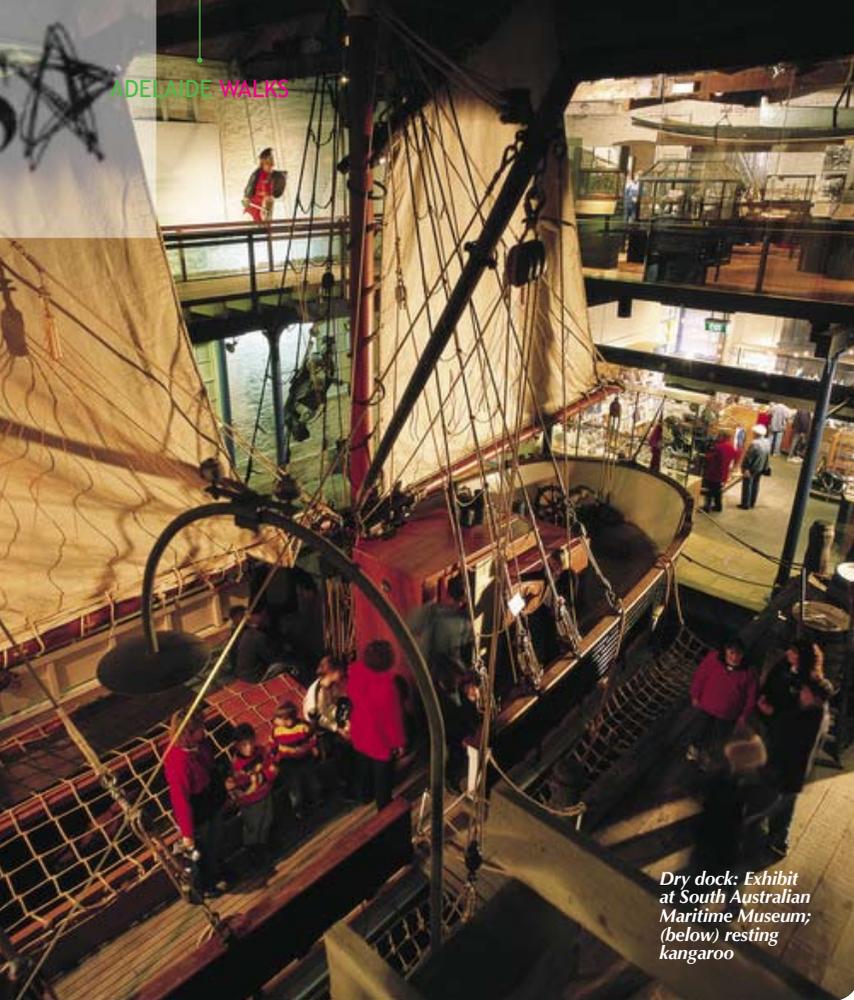
For those whose schedules don't allow for the two to three months it could take to complete the journey, fear not — the first 50km, from Mount Magnificent to Mount Lofty, features some of the best scenery South Australia has to offer.

Travellers with a day or two to devote to this area will no doubt be transfixed by the gorgeous views, while navigating over coastal cliffs, dense bushland, sand dunes and soft white sandy beaches. Although whales tend to surface off the coast only during the winter months, chances of seeing seals at play are good all year round.

PHOTOS: SOUTH AUSTRALIA TOURISM COMMISSION/BERNARD CARTER



MAPS OF HEYSEN TRAIL CAN BE PURCHASED AT THE FRIENDS OF HEYSEN SHOP (10 PITT ST, TEL: +61 (0)8 8212 6299, WWW.HEYSENTRAIL.ASN.AU).



Dry dock: Exhibit at South Australian Maritime Museum; (below) resting kangaroo

In addition to the famous 153-year-old Port Dock Brewery Hotel, there are also a number of historic pubs that are very much alive, all of which make great places for a break, a beer and a bite to eat

NATURE WALK - INDIGENOUS WILDLIFE AND CULTURAL TOUR

Set in the Adelaide Hills just outside the city, Cleland Conservation Park offers visitors the chance to walk through animal enclosures while interacting with kangaroos, koalas, emus and other furry creatures. The park is also the habitat for wombats, dingos and a range of reptiles.

To gain a better understanding of the lives of the indigenous people who called the area home for tens of thousands of years, listen in as an Aboriginal guide recounts "dreamtime" creation stories. Guests can even sample some traditional bush food along the way.

On the western edge of the park is Waterfall Gully, the largest of several waterfalls here. The base of the falls is within easy reach on foot, while the top



PHOTOS: SOUTH AUSTRALIA TOURISM COMMISSION

can be reached via a steep footpath.

Cleland Conservation Park is accessible to visitors travelling on their own or with tour groups.

HISTORICAL WALK - PORT ADELAIDE HERITAGE TRAIL

Just 20 minutes from the city, the 19th century cottages, warehouses and elegant buildings that dot Port Adelaide's Heritage Walk make for a great seaside diversion. But far from being stuck on the outside looking in, visitors are free to venture in for a better sense of how far the city has come in the past 150 years.

Among the area's many highlights is the heritage-listed South Australian Maritime Museum, housed in an 1857 Victorian warehouse. Trace through its many exhibits that detail the trials and tribulations faced by the first maritime visitors to South Australia.

There are also nine historic pubs that are very much alive, all of which make great places for a break, a beer and a bite to eat (the district's tourism office has a separate brochure on pubs). The Port Dock Brewery Hotel, which was built in 1855, even offers a great selection of award-winning home brews.

Another option for the adventurous is a climb up the lighthouse, which was erected in 1869. There, you'll enjoy an even more stunning view of the sea and the 19th century rooftops.

FREE MAPS ARE AVAILABLE FROM THE PORT ADELAIDE VISITOR INFORMATION CENTRE (66 COMMERCIAL RD, PORT ADELAIDE, TEL: +61 (0)8 8405 6560).

GUIDED WALKS THROUGH THE PARK ARE AVAILABLE FROM ABORIGINAL-OWNED AND OPERATED COMPANY BOOKABEE TOURS (TEL: +61 (0)8 8235 9954, WWW.BOOKABEE.COM.AU).

ADELAIDE WALKS

Green land: Thriving countryside vineyard; (below, right) grape harvest; (below, left) wine country wanderers



PHOTOS: SOUTH AUSTRALIA TOURISM COMMISSION

The 27km-long trail follows an old railway line, and it's ideal for day-trippers or travellers planning to spend a night or two in nearby boutique hotels.

WINE-COUNTRY WALK - THE CLARE VALLEY RIESLING TRAIL

For those who fancy a tippie while they wander, the Clare Valley Riesling Trail is the perfect choice, offering the opportunity not only to see but also to sample the fruits of South Australia's leading vineyards.

The 27km-long trail, which follows the old railway line from Auburn to Clare, is broken up into three sections (Auburn to Watervale, Watervale to Sevenhill, Sevenhill to Clare) making it ideal for day-trippers or those who want to spend a night or two in nearby boutique hotels.

The trail has plenty of signs with information on distances and nearby attractions, as well as details on the myriad wineries that open their cellar doors to weary walkers.

With the added bonus of touring quaint historic towns like Clare and Auburn dating back to the mid-1800s



and whose populations number in the hundreds, you'll soon come to appreciate the luxury of *not* having a car. 🚗

i INFORMATION ABOUT THE TRAIL IS AVAILABLE AT THE SOUTH AUSTRALIAN VISITOR & TRAVEL CENTRE (18-20 KING WILLIAM ST, TEL: +61 (0)8 8303 2220, WWW.SOUTHAUSTRALIA.COM)

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