



*Welcome to the City Run! The City Run is GoodRunnings's only CBD-based event, giving runners a chance to enjoy many classically iconic Adelaide sites. That's not the only thing runners can enjoy! If you wish to make a daytrip out of the event or even simply take a detour or two on your way home, there is plenty to experience in the area! This pamphlet is designed to give you a small glimpse of the options which the City of Adelaide has to offer.*

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## For the Active Ones

### Axe Throwing: Maniax Axe Throwing

What could be more fun than running... except running AND THEN AXE-THROWING? Even better, Adelaide's ONLY axe-throwing business is only a few hundred meters from the car park of the City Run. Close, convenient, and absolutely sensationally uniquely fun... what more could you ask for??

Direct from MANIAX's manager himself, this is what MANIAX is about:

'MANIAX Axe Throwing is Australia's first and largest Axe Throwing Company. MANIAX has Australia's ONLY licenced venues in Sydney, Melbourne, Brisbane, Perth and Adelaide.

Yes we throw AXES, but at MANIAX, we're much more than that. We strive to provide an experience you won't forget, you won't leave MANIAX without a smile on your dial. We love making memories – it's just a bonus they're just that little bit kick-ass!

Our Axe-perts will teach you how it's done and make sure you're sticking bullseyes in no-time. And the fun doesn't stop at just axes either – stay around afterwards to tuck into our huge selection of craft beer and piping hot pizzas while you share stories of your newly discovered talent.

Book in for something completely different, challenge yourself and release your Inner Warrior. We've got events for everyone. Whether it be your next team building activity, a special celebration, bored and need something to do with a mate or looking for that new hobby! You might just be the legend amongst your mates that came up with THE BEST thing to do this weekend. We got you!



Image Credit: MANIAX Axe Throwing

Address: 1 Light Terrace, Thebarton SA 5031

For more information:

<https://www.maniax.com.au/what-we-do/locations/adelaide>

## For the Active Ones

### Ice Skating: IceArena

Only a crazy person would want to go for a run and then go ice skating, right?

Right?

Good thing runners are crazy! Besides, where else are you guaranteed to cool off from the heat?

Located within a 10 minute drive of the event, the Ice Arena is the only place in South Australia where you're GUARANTEED to see ice hard enough to skate on! A fun place for adults and children, it's a great way to experience a hobby typically unavailable to South Australia

Bringing the term 'just chillin' to new places, the IceArena is the place to be on a hot summer's day!



Image Credit: <https://theicearena.com.au/>

Address: 23 James Congdon Drive, Thebarton, SA 5031

For more information:

<https://theicearena.com.au/>

## For the Relaxing, Sightseeing Ones

### Cycle Pub: The Handlebar

Anyone who's ever travelled through the CBD has spied a merry group of cyclists, all bound together around a moving pub. The pub's name is The Handlebar and it's an iconic site in Adelaide. Those who sign up for a cycle pub tour get a to spend 2 hours on a cycling pub tour (with up to 15 of their closest mates), sipping beverages while gliding around town – sometimes even taking in the sites. Two pub stops are made along the way, as well as a photo stop. Participants can even create their own playlist and play only the music they want to hear. For those who aren't keen on a pub crawl, food tours are also available, including a 2 hour Ultimate Brunch Experience and a 2 Hour Dinner Tour – both with adult beverages available.

Is there a better way to spend a lazy weekend afternoon than belting "That's the way it's gonna be little darlinggggggg" on a 16-passenger bike with mismosas in front of you?



Image credit: <https://handlebaradelaide.com.au>

Address: 140 Gray Street, South Australia, 5000

For more information:

<https://handlebaradelaide.com.au>

## For the Relaxing, Sightseeing Ones

### Sightseeing Cruise: The Popeye

Some people don't want to be active an event weekend.... They want to relax, soak up the sights, and enjoy themselves! One way to soak up the sights is a cruise.

The Popeye Cruise glides along the Torrens River – from a spot directly on the event course. Offering a 45 minute round trip tour, attendants can relax on a lovely day and take in some of the sights that they breezed by earlier -- and a few they didn't, such as the Adelaide Zoo. Two types of tours are available regularly – the Devonshire Tea tour (snacks included) and the Sightseeing Tour. Both offer indulges, adult beverages, and a good time!

Best to pre-reserve your seat through the site... and, a little birdie told us that if you look at the site closely enough, you might find a place to click for a discount. You've got to let us know if that's true!



Image Credit: Dawn Parks

Address: Elder Park, King William Rd, Adelaide SA 5000

For more information:

<https://thepopeye.com.au/>

## For the Relaxing, Sightseeing Ones

### Paddleboating: Captain Jolleys

Bonython Park is full of methods to enjoy the surroundings while soaking up some sun and some leisure. Captain Jolleys is no exception.

Offering partakers the chance to paddleboat around a lake, Captain Jolleys is the water equivalent of a leisurely stroll – with far more tranquillity



Image credit: <https://www.experienceadelaide.com.au>

Address: River Torrens, Elder Park, Adelaide SA 5000

For more information:

<https://www.captainjolles.com.au>

## For the Relaxing, Sightseeing Ones

### Buoys: BBQ Buoys

Is having a chill meander on a river in a buoy with drinks and a barbie your idea of a good time? Let's be honest... how often can you cook a bbq while on a river?

Check out the BBQ Buoys. They've been offering Torrens sightseers with the option of wandering over the water while absorbing the view for years.

With boat sizes accommodating 2, 6, 10, and 38 people, they've got options for every group size.



Image credit: <https://www.bbqbuoys.com.au>

Address: Pinky Flat, War Memorial Drive, North Adelaide, SA 5006

For more information:

<https://www.bbqbuoys.com.au>

## For the Hungry Ones: Cafes, Restaurants, & Bakeries

### Vietnam Village Restaurant

Located less than a 10 minute drive is a lovely Vietnamese eatery. Owned by a former Vietnamese refugee who made Australia his home, he's vowed to repay his debt of gratitude by being 'a hardworking business man'. Adelaide has gained a truly spectacular cook and eatery from his vow, with the restaurant offering authentic eats and a friendly waitstaff.

The Vietnam Village Restaurant is a local business we're delighted to support!



Image credit: <http://vietnamvillage.com.au/>

Address: 2 Smith St, Thebarton SA 5031

For more information:

<http://vietnamvillage.com.au/>

## For the Hungry Ones: Cafes, Restaurants, & Bakeries

### Bonython Park Kiosk

We encourage you to support local – and what can be more local than a kiosk at our former starting line?

The Bonython Park Kiosk is a sight known to all park goers. An unpretentious eatery, it offers all the fixings a hungry runner would want – brekkie, toasties, sweets, desserts, and hot coffees. All at a riverside spot overlooking the river.

This kiosk is a must-visit if you're hitting up the nearby park of Bonython. Whether for a pre-event coffee or a post-event feed, the kiosk with a view is sure to please!

This is one business that needs patronising – early, often, and with smiles!



Image credit: <https://gforcebc.com.au/bonython-park-kiosk>

Address: Bonython Park, Port Rd, Adelaide SA 5000

For more information:

<https://cafebonython.yqme.com.au/Menu>

## For the Creative Ones: Art

### Art Gallery of South Australia

Like art? Live in South Australia? Then, the Art Gallery of South Australia is for you!

According to their website, “The Art Gallery of South Australia has one of the largest art museum collections in Australia, comprising almost 47,000 works of art spanning 2000 years.” Their collection includes paintings, sculpture, prints and drawings, photographs and videos, textiles and clothing, ceramics, glass, metalwork, jewellery and furniture.

A bit of practical information: Opening hours are 10am-5pm every day of the week. General admission is free, though certain exhibits may have a charge.



Image credit: <https://playandgo.com.au/art-gallery-of-south-australia-reopening-adelaide-8-jun-2020/>

Address: North Terrace, Adelaide SA 5000

For more information:

<https://www.agsa.sa.gov.au/>



## For the Other Classic Sites: Museums, Gardens, and Zoos

### South Australian Museum

If you enjoy a bit of education mixed in with your relaxation, then check out the South Australian Museum. According to its website, “The South Australian Museum holds collections of national and international significance and is a leader in remote and regional community engagement”. With over five floors of exhibits, including a 20 minute immersive virtual reality experience joining a polar ice exhibition, this museum has plenty to intrigue.

A bit of practical information: Opening hours are 10am-5pm. General admission is free, though specific exhibits may incur a charge.

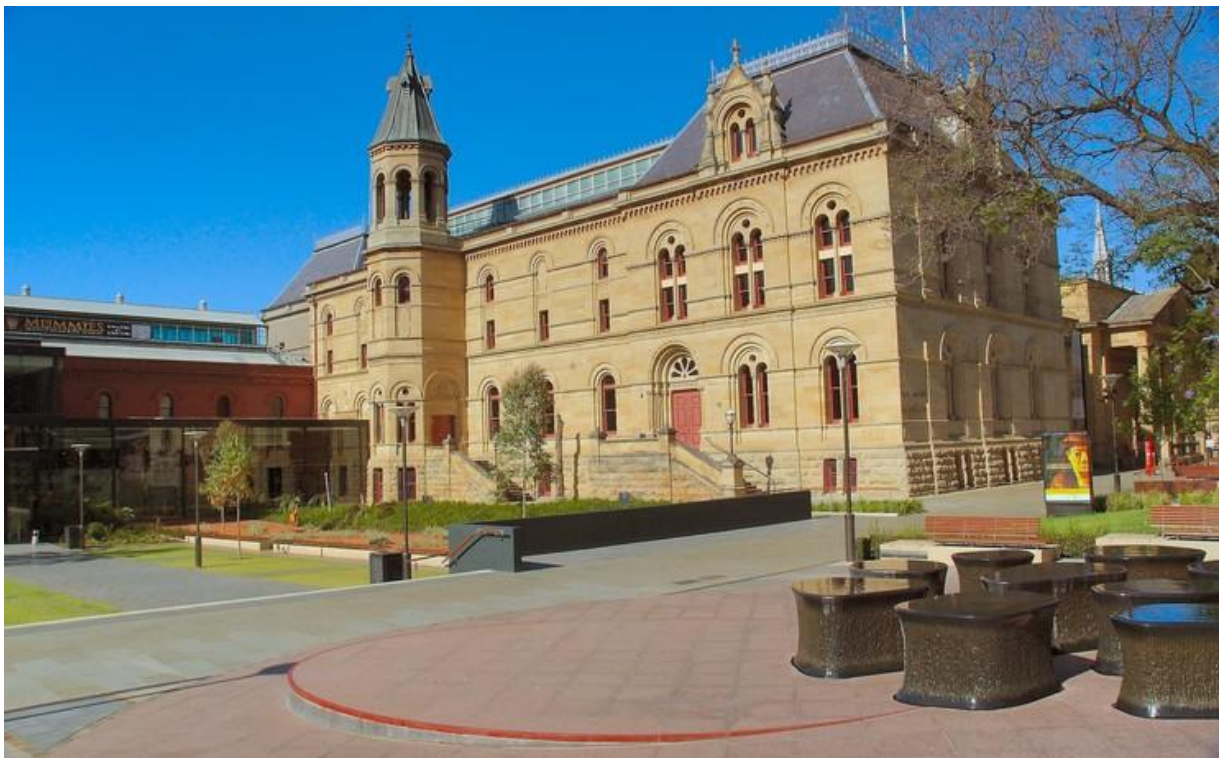


Image credit: <https://adelaidefringe.com.au/fringetix/venues/space-67554e48-31ac-4c09-a62b-8d47e1204c23>

Address: North Terrace, Adelaide SA 5000

For more information:

<https://www.samuseum.sa.gov.au/>

## For the Other Classic Sites: Museums, Gardens, and Zoos

### Adelaide Botanic Gardens

If strolling through flower-encased calming gardens appeals to you, then check out the Adelaide Botanic Gardens. Situated on the northeast corner of the Adelaide City Centre, the Adelaide Botanic Gardens provide just what the name implies – gardens in Adelaide. Gardens upon gardens upon gardens, covering 51 hectares. Serving the community since October 1857, the Adelaide Botanic Gardens offer a herbarium, a conservatory, wetlands, and even a retired lunatic asylum – if you're looking for a historical side

A bit of practical information: Opening hours are 7:15m-7pm 365 days a year (with weekends staying open until 9pm). Admission is free.



<https://adelaide.history.sa.gov.au/places/adelaide-botanic-garden>

Address: North Terrace, Adelaide SA 5000

For more information:

<https://www.botanicgardens.sa.gov.au/>

## For the Other Classic Sites: Museums, Gardens, and Zoos

### Adelaide Zoo

When's the last time you truly visited the city – complete with a museum visit, a gawk at the art gallery, a wander through the Botanic Gardens... or a taking in of the animals at the zoo?

Completely kid-friendly, the zoo doesn't require you have to kids to have fun. Home to 2500 animals (including pandas) and 250 species of exotic and native mammals, birds, reptiles and fish, the Adelaide Zoo is an animal-lover's dream – and offers pleasure even to the animal-likers.

If you're a trivia lover, you'll enjoy this tidbit – Adelaide Zoo is Australia's second oldest zoo AND it operates as a non-profit.

A bit of practical information: Opening hours are 9:30am-5pm 365 days a year. Tickets cost \$26 for children, \$35 for concession, \$48 for adults, and \$120 for a family (1 adult, 3 children).



Image credit: <https://www.adelaidezoo.com.au/>

Address: Frome Rd, Adelaide SA 5000

For more information:

<https://www.adelaidezoo.com.au/>