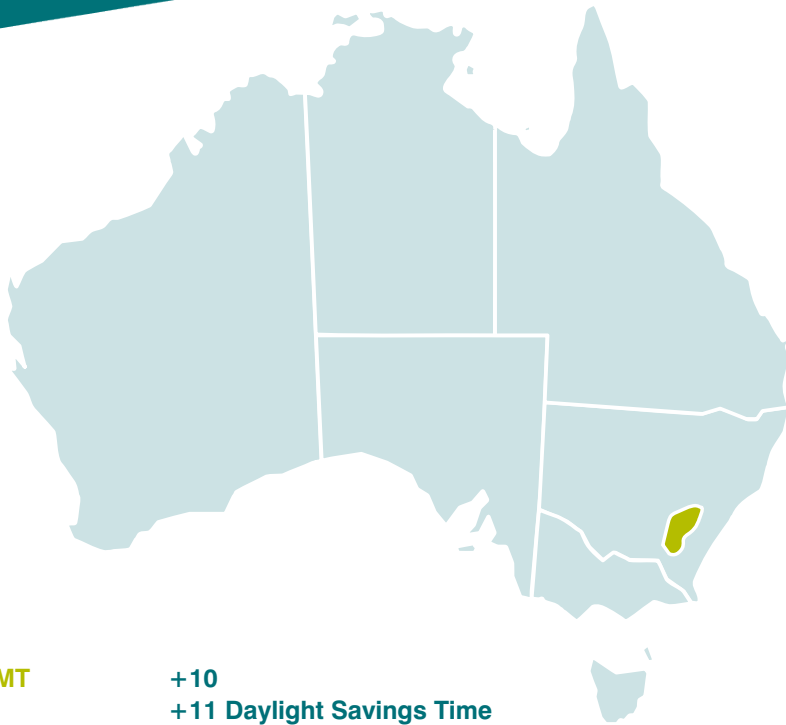




# Australian Capital Territory



<b>GMT</b>	<b>+10</b> <b>+11 Daylight Savings Time</b>
<b>Capital City:</b>	<b>Canberra</b>
<b>Population:</b>	<b>470,200</b>
<b>Land Size:</b>	<b>2,356 km2</b>
<b>Iconic Places:</b>	<b>Parliament House, the High Court of Australia</b>

## Climate and Time zone in Australian Capital Territory



The ACT observes daylight saving time from the first Sunday in October to the first Sunday in April. During this period, clocks are moved forward one hour, making the time GMT+11:00.



The ACT experiences a temperate climate with four distinct seasons. Summer (December to February) is warm to hot, with temperatures often reaching the mid-30°C. The region sees a fair amount of sunshine, making it perfect for outdoor activities. Autumn (March to May) is marked by mild and stable weather, with temperatures gradually cooling down. Winter (June to August) can be quite chilly, with average daytime temperatures around 11°C and nighttime temperatures often dropping below freezing. Frosty mornings and occasional snowfall in the nearby mountains are common. Spring (September to November) brings a burst of colour with blooming flowers and rising temperatures.

## Dates to remember

**New Year's Day:** Celebrates the first day of the Gregorian calendar.

**Australia Day:** the day of arrival of the first British fleet in Australia, and is marked on January 26.

**Canberra Day:** Celebrates the official naming of Canberra and it is held on the second Monday in March.

**Easter:** There are four public holidays days each year held to celebrate Easter: Good Friday, Easter Saturday, Easter Sunday and Easter Monday.

**Anzac Day:** A national day of commemoration that honors the sacrifice of Australian and New Zealand soldiers in all wars, and is celebrated on April 25.

**King's Birthday:** Celebrates the birthday of the monarch, with various events and ceremonies.

**Labour Day:** Recognises the contribution of the workers and it is celebrated on the first Monday of October.

**Christmas:** celebrates the birth of Jesus Christ which often includes family gathering, gift-giving and meals. Public holidays usually include Christmas Day (25th of December) and Boxing Day (26th of December).

## Leisure and Lifestyle in Australian Capital Territory

The ACT, with its blend of metropolitan sophistication and regional charm, offers a diverse and fulfilling lifestyle for residents and visitors alike. Whether you're exploring the cultural hubs of Canberra or the serene landscapes of the regional areas, there's always something exciting to discover.

### Metropolitan Area

- **Cultural Activities, Festivals and Events:** Canberra is home to national institutions, including the National Gallery of Australia, the Australian War Memorial, and the National Museum of Australia which hold regular exhibitions, events, and activities. The city hosts a variety of festivals throughout the year including the Canberra Balloon Spectacular, Floriade, and the National Multicultural Festival. These events celebrate the city's diversity and provide entertainment for all ages.
- **Outdoor Activities:** With numerous parks and nature reserves, Canberra offers plenty of opportunities for outdoor enthusiasts. The Australian National Botanic Gardens, Lake Burley Griffin, and Mount Ainslie are popular spots for walking, cycling, and picnicking.

### Regional Areas

Beyond Adelaide, South Australia's regions each has its own unique charm and attractions.

- **Nature and Wildlife:** The regional areas of the ACT offer stunning natural landscapes and wildlife experiences. Tidbinbilla Nature Reserve and Namadgi National Park are perfect for bushwalking, wildlife spotting, and enjoying the tranquillity of nature. These areas also provide opportunities for camping and stargazing.
- **Wineries and Food Trails:** The ACT's regional areas are known for their boutique wineries and fresh produce. Visitors can explore the Canberra Wine District, where they can sample local wines and enjoy gourmet food experiences. The Poacher's Way is a popular food trail that highlights local producers, restaurants, and artisan workshops.
- **Adventure Activities:** For those seeking adventure, the regional areas offer activities like mountain biking, rock climbing, and abseiling. The rugged terrain and scenic landscapes provide the perfect backdrop for these experiences.
- **Cultural and Historical Sites:** The regional areas are rich in cultural and historical sites. Lanyon Homestead and the historic villages of Bungendore and Gundaroo offer a glimpse into the region's past, with heritage buildings, museums, and art galleries to explore.
- **Community Events:** The regional areas host a variety of community events and festivals, such as the Bungendore Show and the Murrumbateman Field Days. These events showcase local talent, produce, and culture, providing a great opportunity for residents and visitors to connect and enjoy the vibrant community spirit.

## Did you know?

The ACT is often called "Bush Capital" due to its natural bushlands surroundings.



### Find out more:

[ACT Official Visitors](#) – Information about the Official Visitors Board and their services.

[The ACT Government's Sport and Recreation website](#) – provides a comprehensive list of aquatic and leisure facilities in the ACT. You can find information about public pools, sportsgrounds, and other recreational facilities.

[ACT Government Community Services](#) – Offers a wide range of services and support for various communities, including families, people with disabilities, multicultural communities, and more.

[Volunteering ACT Community Info Hub](#) - Provides information on services, clubs, groups, events, and activities in the Canberra region. It's a great resource for finding local community organisations and events.

