

September 18, 2006
For Immediate Release



Experience Brisbane Backpacker Style

No backpacker should leave Australia without experiencing Queensland's sunny capital – Brisbane. A relaxed vibe, plenty of hostels and bars as well as easy access to beaches and forest make the city a must-see for all backpackers. Here are some ideas for a fun-filled 24 hours in Brisbane.

Early morning starts don't appeal to many backpackers but one of the best times to see any city is before 10 am. A bridge climb with Story Bridge Adventure Climb allows travellers to experience panoramic views of Brisbane when the air is fresh and quiet and the river is still. One of only three bridge climbs in the world it is definitely something to write home about.

Spend the rest of the morning getting a dose of culture and history at the Australian Indigenous Tribal Gallery. This highly-recognised Gallery displays a large range of authentic and unique aboriginal art and artifacts. The Gallery also offers several interactive activities guided by Aboriginal craftsmen and women where you can paint your own masterpiece or take part in the free daily didgeridoo lessons.

Take a break for a late breakfast or lunch at Zi Bar, a backpacker bar with a difference. This trendy restaurant is located under Palace Backpackers and while it is a hip and happening bar at night, it also serves value-for-money meals throughout the day.

More and more backpackers are discovering Riverlife Adventure Centre, one of Brisbane's newest attractions. Challenge yourself with an afternoon adventure kayaking, rock climbing, abseiling, mountain biking or rollerblading. Alternatively, re-gather yourself with Oki Do Yoga or Qi Gong classes or a relaxing massage.

For many backpackers the day begins when the sun sets so start the evening's celebrations by going behind the scenes with a XXXX Ale House brewery tour where you can see how they make the golden brew. If the opportunity to get an insight into the 125 year history of this Australian icon isn't enough to attract you to the tour, then the taste tests may! At the end of each tour visitors can taste four of the most popular beers in the XXXX Ale House bar.

Brisbane caters for backpackers with a range of bars and nightclubs but for something a little different why not hop about the Island Party Boat and dance your way down Brisbane River.

After a busy day, get some shut eye at one of Brisbane's many backpacker hostels. For details, costs and booking information follow the links to 'Where to Stay in Brisbane' on the Backpacking Queensland website.

Many end up spending more than a day in the river city and there is something to keep backpackers occupied for weeks, such as taking a day trip to Moreton Bay Island, cuddling koalas at the Lone Pine Koala Sanctuary, escaping on a rainforest trek or checking out the city's highlights by foot on a city walking tour. For all these attractions and more visit www.backpackingqueensland.com.au.

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For further information please contact

Name: Jessica Kanyaro

Phone: (02) 9356 2945

Email: jessica@gate7.com.au

Website: www.backpackingqueensland.com.au