

DISCOVER PARRAMATTA

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**CITY OF
PARRAMATTA**

WELCOME

The future of Parramatta is bright. Yet, it's the merging of old and new that has created the diverse patchwork of culture, history and modernity that makes this region thrive. Favoured by many of New South Wales' former governors, the lifestyle and geography of Parramatta is attracting a new wave of visitors, residents and workers. The hive of delicious food, cultural events and unique shopping on offer will keep any traveller or local well fed, dressed and entertained.

Parramatta is a significant site for the Aboriginal people of the region. Learn about the Aboriginal heritage of the area and the ongoing connection the Darug people have to the land. Experience the life of early settlers to Australia by exploring heritage sites and walking in the

footsteps of pioneering figures in our history. The well-preserved heritage of this city, Australia's second-oldest, will intrigue and delight the youngest right through to the oldest of visitors.

A true melting pot of cultures, the taste offerings of this region are as diverse as they are delicious. With new establishments popping up constantly, there's always a new flavour to taste; weekends are full of activities, lifestyle and shopping destinations. Let your fingers do the walking through this guide before taking to the streets and exploring everything Parramatta has to offer.

Whether you want heritage, taste or experience, we have everything you need to make the most of your visit to this thriving city.

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Parramatta's rich Aboriginal history

More than 60,000 years of Indigenous history make up present-day Parramatta's city and surrounds. So what are the stories that make Parramatta unique?

Clockwise from left: The eels mosaic, Parramatta country managed by Burrumatta people for thousands of years, Burrumatta festival, the interpretive walkway.

The Parramatta area is a great place to explore local Aboriginal culture, and a walk through Baludarri Wetlands will offer an insight into this heritage. They are named after Baludarri, a young Darug man, who is known – through diary entries and expedition journals – to have lived around Parramatta as a child. Baludarri was said to be a skilful fisherman who used the Parramatta River and eastern estuaries to provide food for his community. As well as being a good source of food, the river, wetlands and surrounds were a place for meeting and trade for the Darug nation.

As you stroll along the foreshore, notice the depictions of traditional Aboriginal foodstuffs, native plants and fishing activities underfoot. The eye-catching Jamie Eastwood-designed artwork provides a snapshot of Parramatta's history from before 1788 to the present day, from an Aboriginal perspective, and includes signage to explain the significance of each section.

Continue on to the Lennox Bridge and take a moment to acknowledge the transformation of those riverbanks since, in 1788, Governor Arthur Phillip sailed in and declared the land suitable for settlement. In the ensuing years, the traditional custodians were forced to move downstream or may have been killed in a smallpox epidemic in 1789.

After the founding of the new colony in 1791, Governor Phillip gave the area his interpretation of the name from the traditional custodians. Parramatta was born.

Continue through to Parramatta Park, with its strong connection to the Burrumatta people. Here, you'll see pockets of open bushland, created by the Burrumatta clan using traditional 'firestick burning' methods, while the native trees, shrubs and grasses seen today were also thriving prior to European settlement. Along the nearby stream, middens of freshwater shells have been found, while stone axes have been uncovered at The Crescent. This was, and still is, an important trading and meeting point for clan groups in the region.

Like Parramatta Park, Lake Parramatta offers strong evidence of the Burrumatta people, with its hand-stencilled paintings, cave shelters, stone flakings, scar trees and shell deposits. Take a stroll around the Arrunga Bardo Aboriginal Bush Food Garden and follow the tracks to find out which plants were used for food, medicine, weaving or hunting. Today, all of these histories are woven into a new global city, though Parramatta is not leaving its past behind.

Discover more about the history of the Burrumatta people on a self-guided walk around Parramatta Park and along the river.
discoverparramatta.com



60,000
years

The Darug nation has occupied and managed the lands and waters of Parramatta.



Story of a city

Join the dots of Parramatta's early history

1788

Governor Phillip travelled upriver and discovered fertile lands that became the foundation for Australia's second European settlement at Parramatta.

1789

Experiment Farm Cottage sits on one of the most important parcels of land in the founding of NSW. It was here that Governor Phillip issued the first land grant to former convict James Ruse in 1789.

1791

The oldest existing European burial ground in Australia, St John's Cemetery, contains the remains of notable persons associated with the foundation of the colony.

1793

Elizabeth Farm, Australia's oldest surviving European dwelling, was constructed by John Macarthur, a pioneer of Australia's wool industry.

1799

Old Government House was built in 1799 by convict labour and used by the first 10 NSW governors as a country residence.

1815

The Parramatta Native Institution was established by Governor Macquarie in 1815 to educate the local Aboriginal people in the ways of colonial "civilisation".

1858

Parramatta Park is one of Australia's most historically significant public parks. Inaugurated in 1858, it sits on 85 hectares of land designated as the Governor's Domain.

1852

The present-day sandstone cathedral of St John's Cathedral was built in 1852; however, the two distinctive towers, still standing today, were added to an earlier structure in 1818.

1824

Built in 1824, Hambledon Cottage was part of John Macarthur's Elizabeth Farm estate. It was used as additional accommodation by the Macarthur family and their friends.

1821

The Brislington Medical and Nursing Museum was originally constructed in 1821 as a home for ex-convict John Hodges using money he won in a card game at the nearby Woolpack Inn.

1820

Planned by Governor Macquarie, the Lancer Barracks was completed in 1820. The museum documents the history of the Lancers, Australia's oldest and most decorated military unit.

1818

The Female Orphan School provided a basic education to orphaned, convict and Indigenous females. From the 1880s, the building was used as a hospital for the mentally ill.





IF THESE WALLS COULD TALK

Old Government House

Step back in time

During his 11-year post, Governor Macquarie established a government precinct, hospital facilities, new roads, a bank and a series of public parks.

Clockwise from left: Inside of Old Government House, a portrait of Queen Victoria on display at OGH, the grand exterior.

Building a nation

Overlooking the city of Parramatta, a grand Georgian house holds the private memories and nation-shaping decisions of its historic former residents. Today, the UNESCO World Heritage-listed Old Government House, built on Burrumatta nura (country) of the Darug yura people by convicts in 1799, is the oldest surviving public building in Australia. For many years it was home to the governors of New South Wales, who favoured the safety and airiness of Parramatta over Sydney.

Notable inhabitants

Two of the house's residents, in particular, are remembered for

the changes they made to their new colony while under this roof. On a balmy day that marked New Year's Eve 1809, a ship sailed into New South Wales hailing the arrival of a couple, married in 1807, from Scotland. As history would have it, the progressive pair would significantly shape the future of their adopted homeland.

Their names were Lachlan and Elizabeth Macquarie, and the former, who'd been a major general in the British Army, had just been appointed the fifth governor of New South Wales. Soon after arriving in Sydney, the new governor discovered a penal colony in despair.

Living in dilapidated buildings, nearing famine and drinking contaminated water, the residents of Sydney required an industrious leader to create change, with haste. Governor Macquarie immediately set to work: he conducted a review of the land to improve food supply and oversaw the building of much-needed infrastructure.

Although the governor gained much support for his improvements, he was also criticised by settlers who resented his desire to create equality for emancipists (freed former convicts). Yet, his efforts in the face of opposition set the foundations for a more egalitarian colony. Fiercely

supportive of her husband, Elizabeth Macquarie was also concerned for the welfare of Aboriginal people and female convicts, which caused further controversy for the pair.

Home improvements

One year into their new life, Governor and Mrs Macquarie moved into their new house. With help from books she'd brought from Scotland, and her husband's aide Lieutenant John Watts, Mrs Macquarie began planning a long-term vision for her home. After the arrival of their son Lachlan, in 1814, the new parents commissioned substantial renovations on the house, which can still be seen today. Governor Macquarie finally left his post



in 1821, moving his family back to Scotland the next year. Visitors can experience the well-preserved property and transport themselves back to the days of this pioneering pair.

Old Government House, Parramatta Park, is open for guided tours Tuesday to Sunday, 10am-4.30pm, and on most public holidays. parramatta.com.au



Spend a day in the people's park

This grassy, UNESCO World Heritage-listed park continues to provide an idyllic space for the Parramatta and wider community to come together, 160 years since it was first declared 'the people's park'.



Discover a park that tells a story

Across the country, parks generally share a number of common features: each might have a playground, a sprinkling of benches and picnic tables, and perhaps a barbecue. Of course, Parramatta Park includes all the makings of an ordinary park, and yet there's so much more than meets the eye. Here, walkers will stumble across significant historical sites that tell a unique Australian story.

Sprawling Parramatta Park has now become a popular destination where locals and sightseers can bask in the region's

natural splendour, yet it once played a significant role in the lives of Aboriginal people and, much later, the European settlers.

With its wide-open spaces and picnic and play areas, the park has become a central recreational space for the Parramatta community and visitors to the area. There's always

fun and adventure to be had at the Domain Creek Playground, located on the Westmead side of Parramatta Park, with a flying fox, mini in-ground trampolines, slides and many other activities for the young and young at heart.

Historical highlights

Today, visitors can also explore the park's colonial history, observing remnants of 18th-century Parramatta, including the oldest Government House in Australia, Governor and Mrs Macquarie's landscaped estate and the Dairy Precinct. The people's park is brimming with monumental nods to the region's past – from its 1820s Bath House,

to the Observatory Transit Stones, the Lady Fitzroy Memorial, the Boer War Memorial and the settlement at Rose Hill.

Wander through Australian history in the Dairy Precinct

It may come as a surprise, but within this green expanse sits one of Australia's oldest colonial sites. Overlooking the river, Parramatta Park's Dairy Precinct is the northern neighbour of Old Government House. Having undergone major restorations in 2016, the Dairy Precinct is now home to an exhibition space, digital displays and landscape works.

Whether a self-guided or professional tour is the order of the day, visitors will be fascinated by the history hidden within the walls of Parramatta Park's iconic structures.

Did you know?

Park rangers and their families resided in the Ranger's Cottage from 1857 until the mid-1990s.

Left to right: the Dairy Cottage, Parramatta Park, Domain Creek Playground.

Tour the Dairy and Ranger's cottages

Beyond the picket fence, park-goers can view The Dairy Cottage, which was constructed by ex-convict George Salter. The project took nine years, from 1796 to 1805. Today, the small house is one of the oldest standing cottages in Australia. Half a century later, in 1857,

the Dairy Cottage became the home of a park ranger and his family. A Ranger's Cottage was constructed in the same year and the Dairy Cottage became a store room.

Bookings are essential.
Parramatta Park, Pitt and Macquarie sts, Parramatta
parrapark.com.au

The Lancer Barracks:
open Sundays
10am–4pm



PARRAMATTA HERITAGE TRAIL

As the second oldest city in Australia, Parramatta's history runs deep. Take a walk through the well-preserved historic sites and step back in time through the pre-settlement and early colonial years of the nation. For more information, visit discoverparramatta.com



NSW Lancer Barracks and Museum

The Lancer Barracks is made up of several historic buildings built in 1820, including the Georgian building Linden House – home to the Lancer Museum. The museum, housed in the Australian mainland's longest-continuously serving military building, features a collection of photographs, diaries, weapons and vintage armored vehicles and an overview of the history of the Lancers.

Open Sundays 10am–4pm and by appointment on any day for groups of 10 or more.
2 Smith St, Parramatta
0405 482 814

Photo: Corria Dibbs

Philip Ruddock Heritage Centre

Building of the V hotel by Crown Group in 2005 uncovered a series of archeological remains from the early settlement of Parramatta. View the well-preserved remnants that include footings of a convict hut, footings of a colonial-period cottage (including a well) and the remains of the Wheatsheaf Hotel. The centre perfectly captures the connection between Parramatta's heritage and its future. Take the stairs located next to The Shed café to enter the centre and get the full experience.

Open Monday to Saturday 10–11.30am and 2.30–4pm.
45 Macquarie St (cnr Marsden St), Parramatta
vheritagecentre.com.au



Whitlam Institute at the former Female Orphan School

The building was commissioned in 1813 by Governor Macquarie to provide a place to prepare orphaned, convict and Indigenous females for life as domestic servants. The building became a mental hospital in the 1880s for a century, before falling into disrepair in the mid 1980s. The present-day refurbished building has become an integral part of Western Sydney University – a wing of which is dedicated to the Whitlam Institute and displays a model of former Prime Minister Gough Whitlam's office.

Open Thursday and Friday 10am–4pm. Group bookings are available on request throughout the week.
Building EZ, cnr James Ruse Dr and Victoria Rd, Rydalmere
whitlam.org/history-of-the-female-orphan-school



Harris Park National Heritage Area

A suburb of the City of Parramatta, the Harris Park Heritage Area encompasses important historic landmarks such as Experiment Farm Cottage, Elizabeth Farm and Hambledon Cottage. The Harris Park Heritage Walk is a self-guided tour that begins at the Parramatta Wharf and continues through the suburb for 2.4km or approximately 45 minutes (not including time spent visiting each landmark house). Follow the signposts.

Open Self-guided walk open 7 days. See listings for Experiment Farm Cottage, Elizabeth Farm and Hambledon Cottage for individual opening times.

archivists.org.au/documents/item/781



Elizabeth Farm

The oldest surviving European dwelling in Australia, once occupied by John and Elizabeth Macarthur and their children, this house museum is open for the public to experience hands-on. Walk the grounds, sit in the drawing room chairs in front of the fire and explore the house as if it were your own.

Open Wednesday to Sunday 10am–4pm and daily during NSW school holidays.

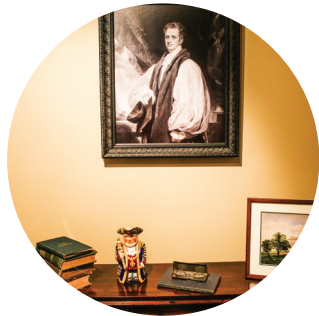
70 Alice St, Rosehill
sydneylivingmuseums.com.au/elizabeth-farm



Hambledon Cottage

Built in 1824, this well-preserved and beautifully furnished home sits on the Elizabeth Farm Estate. The house was built by John Macarthur, a British Army officer and pioneer of the Australian wool industry, and his family. The house was occupied by their governess Penelope Lucas in 1827. The cottage was built in the Colonial Georgian style, common at that time, using rendered sand stock brick. Today it's home to the Parramatta Historical Society.

Open Thursday to Sunday 11am–4pm and by appointment on any day for groups of 15 or more.
47 Hassall St, Harris Park
parramattahistorical.org.au



Experiment Farm Cottage

The cottage sits on the site of the first land grant in Australia, given to James Ruse, an ex-convict who had been sent to Australia on the First Fleet to serve his sentence in 1787. Upon completing his sentence Ruse asked Governor Arthur Phillip for an allotment of land to prove he could farm the land and be self-sufficient, which he successfully achieved in 1791 by cultivating a 30-acre (12ha) piece of land. Surgeon John Harris built the Indian-style bungalow that occupies the land today.

Open Wednesday to Sunday 10.30am–3.30pm. Last tour at 3pm. Available for group bookings Mondays and Tuesdays.
9 Ruse St, Harris Park
nationaltrust.org.au/places/experiment-farm-cottage





Parramatta Female Factory

Follow in the footsteps of the female convicts, within this National Heritage Precinct. Discover stories of convict women's incarceration, the earliest dedicated women's health service; and mental health history. The site officially became the Parramatta Lunatic Asylum in 1850. Finally, in 1983 the name was changed to Cumberland Hospital, now operating as the campus for the Institute of Psychiatry.

Open Guided tours on the first Friday of the month.
 Groups by appointment – bookings essential.
 5 Fleet St, North Parramatta
parramattafemalefactoryfriends.com.au



Newington Armoury

What once served as a naval armaments depot has now gained a new life as an arts precinct. Visit the Armoury Gallery, which was used as an explosives store during World War II and is now used as a 500sqm contemporary gallery. A great way to take it all in is on the Heritage Railway, which operates on weekends.

Open Saturday and Sunday 10am–4pm.
 Jamieson St, Sydney Olympic Park
sydneyolympicpark.com.au

Brislington Medical and Nursing Museum

Built by ex-convict John Hodges in 1821 – from funds won in a card game at the nearby Woolpack Hotel – this Georgian building has functioned as a medical and nursing museum since 1983. Visit the museum to see the fascinating advancements in medical science since the 1800s.

Open Tuesday and Thursday 10.30am–2pm and by appointment at other times for private groups.
 Cnr George and Marsden sts, Parramatta
brislington.net



Parramatta Town Hall

Governor Phillip designated the land for Parramatta's Town Hall in his early plan for the area and foundations were laid in 1792. Governor Macquarie designated the site in front of Town Hall for the Native Feast in Parramatta from 1816 to 1833. The building still serves the community of Parramatta today; however, it is currently not accessible inside due to construction of nearby Parramatta Square.

Centenary Square, 182 Church St, Parramatta

Lennox Bridge

Completed in 1839, the bridge was designed by David Lennox, then Superintendent of Bridges for NSW.

Adjacent to 349–351 Church St, Parramatta



St John's Cathedral

Open Weekday guided tours 10am–2pm; Sunday services: English: 8am, 9.30am, 11am, 7pm; Cantonese: 9.15am; Farsi: 5pm; Mandarin: 11am and 2pm.
 195 Church St, Parramatta
stjohnscathedral.org.au



St John's Cemetery

Open Guided tours for visitors are available by appointment with St John's Cemetery Trust.
 1 O'Connell St, Parramatta
 (02) 9891 0700



St Patrick's Cathedral

Open daily for general viewing/visitation: Mondays to Fridays 6am–6pm and weekends.
 Marist Plc, Parramatta (opposite Prince Alfred Square)
stpatricscathedral.com.au

St Patrick's Cemetery

Open from 6am until sunset for walking through.
 Corner Pennant Hills Rd and Church St, Parramatta
stpatricscathedral.com.au

THE HERITAGE TRIANGLE

Harris Park National Heritage Area

Follow the heritage trail

Even in this thriving city of close to a quarter of a million people, Parramatta has a rather unique ability to take you back into its history – just you and the peacefulness of many colonial sites, lovingly kept as time capsules dedicated to the hard-working figures who have



made Parramatta what it is today. After all, it was settled by Europeans in the same year as Sydney city itself, in 1788, and this history is still very accessible today to those who merely take the time for a walk. The self-guided 2.4km Harris Park Heritage Walk is one such way to discover some of Parramatta's most noteworthy and significant historical properties and landmarks simply by heading east along the river from Parramatta Wharf.

Experiment Farm

As you stroll through the fertile green spaces along the river, such as the Queen's Wharf Reserve, overlooked by the Gasworks Bridge and guided by signposts along the way, you can imagine how ex-convict farmer James Ruse was able to set up Experiment Farm in 1789; Ruse



was able to reach self-sufficiency from colony food rations in only 18 months and was thus granted these 30 acres (12ha) – the colony's very first land grant.

Hambleton Cottage

On the same historic block, down on Hassall Street, Hambleton Cottage exhibits the same rather stark Georgian colonial architecture, although a closer look reveals the beautiful textures of its original sandstone brick and an interior decked out with exquisite cedar wood joinery. This was the second house of Macarthur (and his family), pioneer of the early Australian wool industry and commandant of the Parramatta settlement in the 1790s. A tour of Hambleton Cottage, built in 1824, and historic gardens reveals clues as to its many occupants through the years. Treading the wide

floorboards, visitors to this well-preserved cottage can still see some examples of Georgian-style plasterwork in the ceilings and wall detailing. Don't miss the splendid cedar four-poster bed in the bedroom, topped by an 1860s patchwork quilt.

Elizabeth Farm

Further to the east on the Heritage Walk, you can see the rest of Macarthur's domain at Elizabeth Farm, named after his wife. By all reports a strong-willed figure, Macarthur was granted 200 acres (81ha) here and used it to successfully breed sheep suited to the Australian land, becoming the biggest sheep owner in the colony by the 1800s.

For a complete list of Parramatta's historical properties including, addresses, opening and tour times, visit discoverparramatta.com

Take a look

As you stand on the verandah of Experiment Farm Cottage, even now in this well-populated area of Harris Park you can see all the way to the Parramatta River.

Clockwise from top: Experiment Farm Cottage, Elizabeth Farm, Hambleton Cottage.





Guide to the past

The best way to explore Parramatta is through a guided tour. Experience the diverse culture, interesting heritage and exciting future of Australia's second-oldest city.



① Parramatta Unlocked

Duration: 45 minutes

New in town? This short, yet mighty, tour is perfect for new residents and first-time visitors to Parramatta. Meet your guide at Town Hall to embark on a fun and informative tour that includes significant landmarks in the area and great places to eat, shop and explore. This taster tour provides an overview of the city's history while also weaving in the exciting new developments taking place. Significant stops include Centenary Square, the old Roxy Theatre, Eat Street and Lennox Bridge. Take this free tour to familiarise yourself with the area and get a local's insight from the knowledgeable guides. discoverparramatta.com/visitor-information

② Dairy Cottage

Duration: 1 hour

Join in a private tour of Parramatta's Dairy Cottage,

located in Parramatta Park, and discover the interesting history of one of Australia's oldest buildings. Learn about Parramatta's Aboriginal history and the significance of different sites in the area. Explore the cottage, built in 1796 and inhabited by George Salter, an ex-convict who became a cattleman. The tour offers visitors a rare glimpse into life in Australia in the early 1800s and a chance to explore a World-Heritage listed building. Due to the delicate nature of the buildings in the Dairy Precinct, entry is limited to small groups of 15 people or fewer. discoverparramatta.com/visitor-information

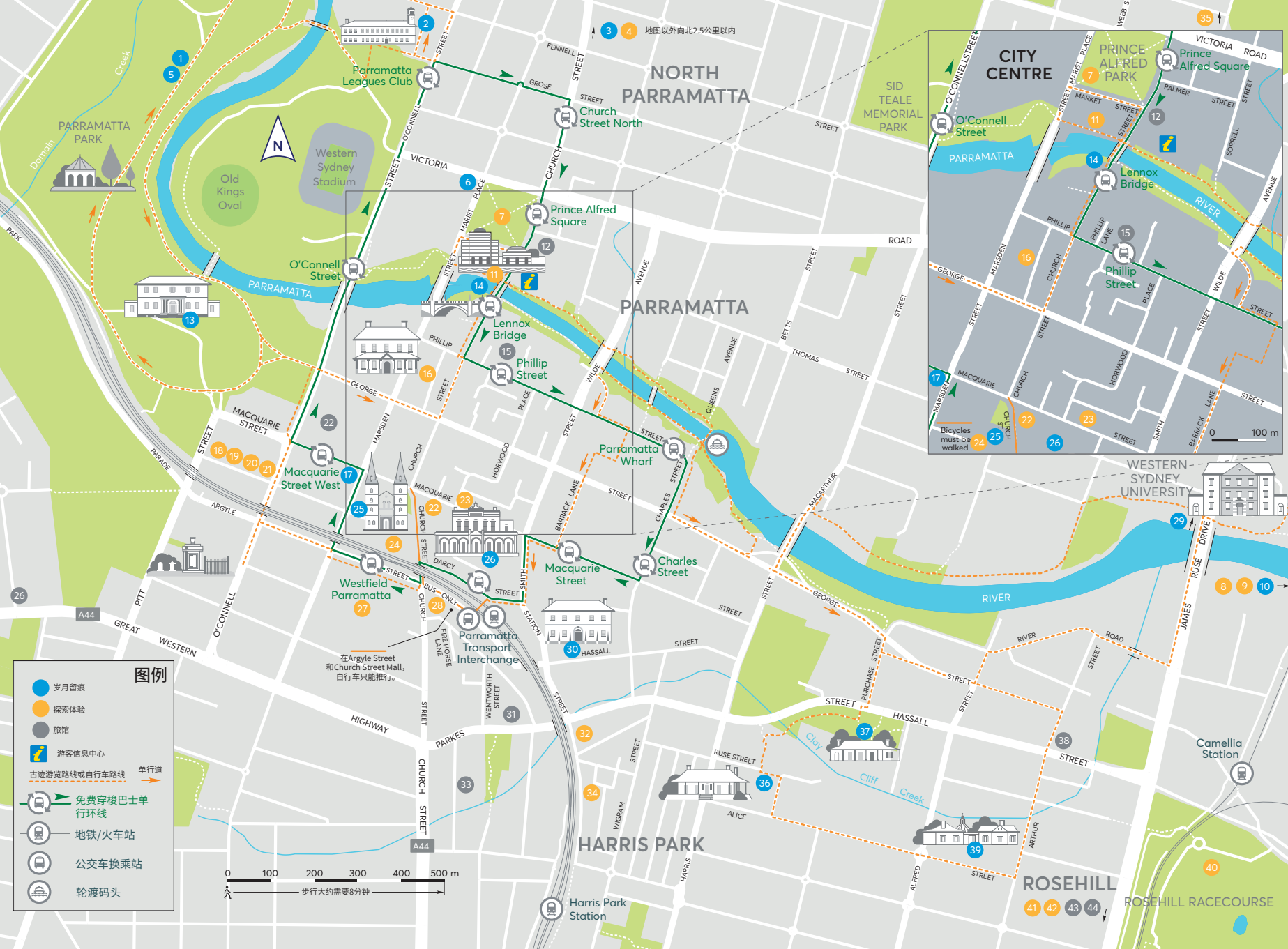
③ Step into Parramatta's Past

Duration: 2 hours

Take in the history of Parramatta with an in-depth tour of the historic landmarks of the area. Stories, facts and insights are woven throughout this two-hour walking tour of Parramatta's architectural gems. The tour is suitable for a range of people, from seniors to families with children (aged seven and up) and visiting friends and relatives. If you're looking for a shorter tour, join the Handful of Heritage (hosted by the same provider) for a sampler taste of history. discoverparramatta.com/visitor-information

Illustration: Mike Karolos





HERITAGE, EXPERIENCE & HOTEL MAP

- 1 Dairy Cottage
- 2 Parramatta Female Factory
- 3 St Patrick's Cemetery
- 4 Lake Parramatta Reserve
- 5 Ranger's Cottage
- 6 St Patricks Cathedral
- 7 Prince Alfred Square
- 8 Market by the River
- 9 Blaxland Riverside Park
- 10 Newington Armoury
- 11 Riverside Theatre
- 12 Novotel Sydney Parramatta
- 13 Old Government House
- 14 Lennox Bridge
- 15 Parkroyal Parramatta
- 16 Dot's Flower Shoppe
- 17 Philip Ruddock Heritage Centre
- 18 The Bower
- 19 Sydney Jewellery School
- 20 Hunter Street Gallery of Fine Arts
- 21 Parramatta Clay & Arts Gallery
- 22 Parramatta Farmers Market
- 23 Parramatta Artist Studios
- 24 Beatdisc Records
- 25 St John's Cathedral
- 26 Parramatta Town Hall
- 27 Westfield Parramatta
- 28 Events Cinema
- 29 Whitlam Institute at the former Female Orphan School
- 30 NSW Lancers Barracks & Museum
- 31 Mantra Parramatta Hotel
- 32 New Maharaja Fashion & Beauty
- 33 Holiday Inn, Parramatta
- 34 The Saree Shop
- 35 Parramatta Indian Fashion
- 36 Experiment Farm Cottage
- 37 Hambleton Cottage
- 38 Mercure Sydney Parramatta
- 39 Elizabeth Farm
- 40 Rosehill Gardens Racecourse
- 41 Valvoline Raceway
- 42 Sydney Olympic Park
- 43 Rydges Parramatta
- 44 Waldorf Parramatta Apartment

图例

- 岁月留痕
- 探索体验
- 旅馆
- ? 游客信息中心
- 古迹游览路线或自行车路线
- 单行道
- 免费穿梭巴士单行环线
- 🚇 地铁/火车站
- 🚌 公交车换乘站
- 🚢 轮渡码头





PROUDLY PARRAMATTA

Chef's choice

We spoke to celebrated ACME chef Mitch Orr about how his formative years in the Parramatta region shaped his trajectory and how the city's food scene has changed since those early days.

In 2001, when Pendle Hill High School student Mitch Orr began work experience in the kitchen of one of Parramatta's well-loved institutions, he was yet to realise that he was paving a path toward an esteemed, global culinary career. Standing proudly on George Street, Parramatta, **The Albion Hotel** marks the spot where Mitch Orr's gastronomic education originated. Inside the pub's bistro kitchen, a young Orr became immersed in the fast-paced and competitive hospitality world – a world in which he would someday find much success. And, it didn't take long for The Albion's team to recognise it had a talented future chef in its kitchen. Orr was employed as a kitchen hand and, soon after, as a fully-fledged apprentice.

"The Albion was a busy and fun place to work as a young kid. It taught me a lot about time management, pushing on, and people skills," says Orr.

This experience was Orr's entry point into life as a chef but, as he tells us, it was also the people and culture of the region that helped characterise his now-distinct cooking style.

"I'm proud to have grown up in the **western suburbs of Sydney**. Growing up in that hub of multiculturalism has really helped shape who I am and how I cook. And now it's nice to be able to shine a light on how much the food scene has grown and evolved in Parramatta."



"I'm proud to have grown up in the western suburbs of Sydney. Growing up in that hub of multiculturalism has really helped shape who I am and how I cook."

Orr casts his thoughts back nearly 17 years to his early involvement in the region's dining landscape. "The food scene wasn't great back then. But then, that could easily be attributed to my own lack of knowledge and understanding as well. Starting out, as a teen, I really had no idea what was good food, and what wasn't," he says.

As the head chef at prominent Rushcutters Bay dining destination **ACME**, Orr draws on his knowledge of melding cultures and cuisines to create Italian dishes with an Asian-inspired twist.

Before taking on this role, Orr kept busy in the kitchens of **Pilu at Freshwater**, Sydney's **Sepia Restaurant** and **Duke Bistro** and, most notably, acclaimed Italian chef Massimo Bottura's Modena-based restaurant **Osteria Francescana** – listed for Forbes among *The World's 50 Best Restaurants* in 2018. With

the perspective gained from his highlight-filled career, Orr has noticed a significant growth in Parramatta's food locales. "The food scene has really started to grow and evolve over the last couple of years. You're starting to notice places like **Messina** open up in the suburbs; there's really a captive market now. I think over the next few years we'll start to see more big-name chefs make the move to places like Parramatta."



Mitch's local favourites

In the company of the venerated chef, we had to ask where Orr heads for a fix of local cuisine when he's back in Parramatta. "When I come back to Parramatta, I hit up **Pho Pasteur** for a soup, and drop by **Honey Restaurant** or **Aria Persian**. Exploring **Wigram Street** in **Harris Park** is also great – it has some of the best Indian cuisine. I also think **Courtney's Brasserie** is a real Sydney institution and deserves recognition."

Clockwise from left: Chef Mitch Orr, Pho Pasteur, Indian cuisine from Harris Park, a dish from Courtney's Brasserie.

Eat

Pull up a seat at one of Parramatta's premier eateries and discover the flavours you'll want to revisit, time and again.

For more dining, visit discoverparramatta.com

PRICE GUIDE

- ① \$5-\$20
 ②③ \$20-\$35
 ④⑤⑥ \$35-\$100+

DIETARY GUIDE

- GF Gluten Free
 DF Dairy free
 V Vegetarian
 VE Vegan
 H Halal

*May require pre-order



Alex & Co ②③

GF, DF, V, VE, H

Friendly faces and feel-good food abounds at this favoured local haunt. Think '80s tunes, beef mac 'n' cheese burgers, creative pizza toppers, vibrant cocktails and a contemporary fit-out.

Shop 2-4, 330 Church St,
 Parramatta
alexandco.com.au



Burger Project ②③

GF, V

This burger joint has reached cult status level thanks in part to its high quality beef from Cape Grim, in Tasmania, and the soft-serve ice cream that is churned in-house each day.

1-2/134-140 Marsden St,
 Parramatta
burgerproject.com



Butter ②③

GF, V

This American-inspired joint, with subtle Japanese influences, serves up burgers with fried chicken alongside miso-buttered corn, dashi butter and collard greens topped with togarashi.

Shop 3, 140 Marsden St,
 Parramatta
buttersydney.com.au



BL Burgers ②③

GF, V, H

BL Burgers is flipping juicy patties, oftentimes to a hip-hop soundtrack. Between the poutine (fries with cheese curds, gravy and maple aioli) and the towering burgers, the menu is drool-worthy.

3/188 Church St, Parramatta
blburgers.com.au



El-Phoenician ③④⑤

GF, DF, V, VE, H

Refined Lebanese mezze plates, smoky, flavoursome meats, a selection of generous vegetarian offerings and fresh seafood are complemented by a signature Lebanese-inspired cocktail list.

328 Church St, Parramatta
el-phoenician.com.au



Enzo's Cucina ③④⑤

GF, DF, V, VE, H

Follow the scent of garlic, basil and tomato beyond the doors. Traditional, hearty Italian food is served in a relaxed and homely setting – portions are substantial and the service is welcoming.

1, 2-6 Campbell St, Northmead
enzoscucina.com.au



The Ginger Tiger ②

V

From bao buns and Lao sausages to laksa and tom yum, The Ginger Tiger Restaurant will take your tastebuds on a South East Asian adventure – while keeping your budget in check.

Collector Hotel, 100 George St,
 Parramatta
thegingertiger.com.au



Holy Basil ③④

GF, DF, V, VE

The distinctive flavours of Thai and Laos cuisines mingle here. Unsurprisingly, the resulting fusion is vibrant and robustly seasoned. The venue's interior is also vivacious, with fuchsia velvet furnishings.

Shop 5, 330 Church St, Parramatta
holybasil.com.au



Restaurant 317 ③④

GF, DF, V, VE, H

For more than a decade this Italian institution has kept the people of Parramatta satisfied with an extensive menu of sizzling hotpots, house-made pasta, slow-roasted dishes and signature pizzas.

317 Church St, Parramatta
317.com.au



Touka ③④

V

This bar and traditional Japanese *yakiniku* (BBQ) has fine-tuned its menu to include the staples: fresh sashimi, mouth-watering gyoza and special Wagyu oyster blade meat perfect for barbecuing.

Shop 2, 2 Horwood Plc,
 Parramatta
touka.com.au

Drink

Whether artfully adorned cocktails, refreshing craft ales or a carefully curated wine list pique your interest, Parramatta's beverage offerings have it covered. For more drink, visit discoverparramatta.com



Albion Hotel (\$\$)

GF, DF, V, VE

The summer months beckon locals into the Albion Hotel's sunlit garden for cool drinks; the cooler months call for warm lunches within the pub's cosy bistro. Live music is commonplace at this venue.

135 George St, Parramatta
albionhotel.com.au



Bar 30 & Bistro (\$\$)

GF, V

Local visitors to this relaxed bar would be forgiven for mistakenly thinking they're on holiday, with tropically inclined cocktails, fresh white furnishings and accompanying tapas to boot.

30 Phillip St, Parramatta
panpacific.com



Coco Cubano (\$\$)

V

The colours and flavours of Cuba come to life at this all-day-and-night locale, whether the choice of beverage is a coffee with breakfast, a cheeky mid-morning milkshake, or perhaps a mojito in the evening.

302 Church St, Parramatta
cococubano.com



Commercial Hotel (\$)

GF, V, VE

With five bars to choose from, Commercial Hotel's patrons are bound to find a cosy corner or open verandah to suit their every whim. From the outside, the pub may look traditional, but its interior is every bit contemporary.

2 Hassall St, Parramatta
thecommercialhotel.net.au



Nick & Nora's (\$\$\$)

V, VE

An art deco-styled bar that feels as though you've stepped straight into a private apartment in the '30s, this rooftop bar has 270-degree views and more than 900 spirits on the menu.

Level 26, 45 Macquarie St, Parramatta
nickandnoras.com.au



PJ's Irish Pub (\$)

GF, V

Hunter Valley and Tumbarumba wines accompany the expected Guinness and tasty pub food at PJ's Irish Pub. Partner a glass of shiraz with wood-fired baked camembert, or waffle fries.

74 Church St, Parramatta
pjsparramatta.com.au



Port Bar Restaurant (\$\$)

GF, DF, V, VE

An idyllic spot to relax, icy cocktail in hand, the roomy outdoor space is best paired with a sunny afternoon and good company. The lively venue has also become a popular event setting for celebratory affairs.

36 Charles St, Parramatta
portbar.com.au



Riverside Brewing Co. (\$\$\$)

On Friday and Saturday afternoons, Riverside Brewing Company opens its brewery cellar doors. Among crowd favourites – 69 Summer Ale and 33 Golden Ale – are signature beers, available on tap or bottled.

2 North Rocks Rd, Parramatta
riversidebrewing.com.au



Rose & Crown Hotel (\$)

GF, DF, V, VE

A newly renovated bistro inside Parramatta's expansive Rose & Crown Hotel presents the perfect quiet spot for a family dinner, and perhaps a local wine or the venue's signature cocktail, The Crowned Rose.

11 Victoria Rd, Parramatta
roseandcrownhotel.com.au



Uncle Kurt's (\$\$)

A not-so-secret bar where Reuben sandwiches, bagels and zingy cocktails are the order of the day, Uncle Kurt's resides in an unassuming car park where hip-hop tunes and hot dogs are key.

Horwood Plc, city centre car park, Parramatta
instagram.com/unclekurtsbar



Woolpack Hotel (\$)

V, VE

Wooden accents, a dappling of greenery and soft lighting create a welcoming ambience at Parramatta's Woolpack Hotel. Conveniently near the train station, this meeting point is a go-to for post-work drinks.

19 George St, Parramatta
woolpackhotel.com.au

Café

Be it a high-tea occasion, a sustaining weekend brunch or just a morning coffee on the run, here are the must-sample cafés in Parramatta. For more cafés, visit discoverparramatta.com



Armoury Wharf Café (\$\$)

V, VE

The great views, child-friendly space and delicious breakfast and lunch menu are all big drawcards to this café on the water. The menu has a great kids' range for smaller appetites.

Building 13, Blaxland Riverside Park, Jamieson St, Newington
armourywharfcfe.com



Circa Espresso (\$\$)

GF, DF, V, VE

Vivid colours are not only brushed across the walls of Circa Espresso, but painted on the plate with food, too. A light, vegetable-centric menu remains true to theme, with cheerful, plentiful flavours throughout.

21 Wentworth St, Parramatta
circaespresso.com.au

Sweet

Those in search of dessert need not travel far to find freshly baked treats, artisanal chocolates, ice-creams and more in this sweet-savvy city. For more sweets, visit discoverparramatta.com



Adora Handmade Chocolates (\$\$)

GF, DF, V, VE, H

Jam-packed with delectable treats for chocolate lovers, the offerings here are difficult to resist. The store's signature chocolate baskets are a great gift for those out to impress.

2b/103 George St, Parramatta
adora.com.au



Bay Vista Dessert Bar & Café (\$\$)

GF, DF, V, VE, H

Dessert lovers can discover sanctuary inside a sugar-fuelled treasure trove. This chocolate-scented establishment challenges its guests to find a sweet craving they can't cure in an instant.

Shop 1, 330 Church St, Parramatta
bayvista.com.au



Lil Miss Collins (\$\$)

GF, DF, V, VE, H

A favourite among locals, this café is not only photogenic – picture pastel-hued plates and white-washed wooden surfaces – but serves up a sharp menu featuring fresh, appetising fare.

13 Wentworth St, Parramatta
facebook.com/lilmisscollinscafe



Macquarie St Gatehouse High Tea Rooms (\$\$)

GF, DF, V*, VE*, H

Where better to indulge in the British tradition of high-tea than in an archetypal colonial structure? Step back in time to sip tea or sparkling Australian wines, with cakes, muffins and more.

Parramatta Park, Parramatta
gatehousetearooms.com.au



Paper Plane (\$\$)

GF, V, H

A visit to this café is akin to popping by a dear friend's place. The staff members are warm, the ornamentation is homely, and casual comfort food and freshly brewed coffee awaits.

5/2 Horwood Pl, Parramatta
facebook.com/cafeplane



Bourke Street Bakery (\$\$)

GF, DF, V, VE

An institution frequented by sweet tooths, Bourke Street Bakery is a beacon for those craving a sweet. Flaky croissants, Danishes, zesty lemon tarts and freshly baked cakes line the windows, luring in passersby.

186–190, 1 Church St, Parramatta
bourkestreetbakery.com.au



Gelato Messina (\$\$)

GF, DF, V, VE

Creamy layers of gelato piled high behind the glass cabinet tempt even the most strong-willed. Ranging from vanilla to pear and rhubarb, or salted caramel and white chocolate, there's a flavour for every taste.

283 Church St, Parramatta
gelatomessina.com



White Henry (\$\$)

GF, DF, V*, VE*, H

Those whose concentration levels tend to falter mid-morning can follow the scent of coffee down a short laneway in search of White Henry Espresso Bar. Pick-me-up needs are taken care of with a cookie or lunch on the go.

4/118 Church St, Parramatta
whitehenry.com.au

EVERYDAY
DINING**Chatkazz**

Shop 4-6/14-20 Station St
East, Harris Park
chatkazz.com.au

**Pho Pasteur**

137 Church St,
Parramatta
phopasteurparramatta.com

**Darcy Street Project**

OG Brew Bar
Shop 4, City Centre
Carpark, Parramatta
darcystproject.com.au

**Double
Mac**

8/194 Macquarie St,
Parramatta

Budget bites

Whoever said eating well comes with a big price tag hasn't visited the eateries in Parramatta. Dharmesh Rangparia has shaped a bustling go-to for Indian street food with his restaurant **Chatkazz**. The menu here is entirely vegetarian and offers a breakfast range on weekends. Dishes are snack-worthy, with many designed to share. Mr and Mrs Pham came to Australia as refugees from Vietnam and opened their much-beloved restaurant **Pho Pasteur** in 1992 to share the incredible flavours of

their culture. Their extensive menu features the well-known staple of beef pho, but also plenty of traditional provincial dishes and a handful of vegan and vegetarian options. Blink and you'll miss the tiny hole-in-the-wall coffee joint **Double Mac**, serving up a daily brew to those in need of a caffeine hit. If combining coffee and community spirit is your thing then the social enterprise café **Darcy Street Project** is the perfect cosy spot for a hot or cold beverage – while helping marginalised people.

Splash out

Set within picturesque Parramatta Park, **Lachlan's Old Government House** is a popular choice for special events, including weddings and high teas. During warmer months, be sure to sit on the long verandah and sample the ever-evolving chef's choice menu. The answer to your stomach rumbles may be **Courtney's Brasserie**, every dish at this fine-dining spot is presented as a work of art. Sustainably caught fish and a full vegetarian menu are all part of its vision to serve up locally

sourced ingredients in novel ways. For the carnivores, there's little wonder why **The Meat & Wine Co.** has gained a steady following in Parramatta. Distinguishing itself from other steak houses, this sophisticated locale, with its artfully dressed dishes, is a go-to for those who take both their meats and wines seriously. And to continue the protein-rich culinary trail, opening its doors on Centenary Square, **Chophouse** is the contemporary Australian grill bringing its iconic flavours and premium dining to Parramatta.

**The Meat &
Wine Co.**

Shop 6 & 7, 330
Church St,
Parramatta
themeatandwine.co.com

SPECIAL
OCCASION**Lachlan's**

Old Government House,
Parramatta Park
lachlans.com.au

**Courtney's Brasserie**

30 Charles St,
Parramatta
courtneysbrasserie.com.au

**Chophouse**

Church St, Centenary
Square, Parramatta
chophousesydney.com.au

Taste buds on tour

Treat your tastebuds to a culinary tour of Parramatta's diverse cuisine and fascinating history and culture.



① Taste of India: Harris Park

Duration 3.5 hours

Known as the 'Little India' of Sydney, Harris Park is the ultimate destination for flavourful meals, glittering saris and sumptuously sweet desserts. This eclectic tour will take your tastebuds on an aromatic journey through the Indian and Pakistani cuisine available in the heart of Parramatta. Cast aside any expectations of a curry-filled adventure, as there is so much more to this tour. Try the beautifully presented *raj kachori*, visit the Parramatta institution Chatkazz and delight your senses with dishes you might never have heard of – such as the delicious Indian sweet *jalebi*. The walking in this tour is minimal; however, it's advisable to wear comfortable shoes and clothing. You're going to want to make room for as much food as possible, trust us. The tour takes place monthly and can accommodate up to 14 people, so it's advisable to book far in advance.

tastetours.com.au/tour/taste-of-india

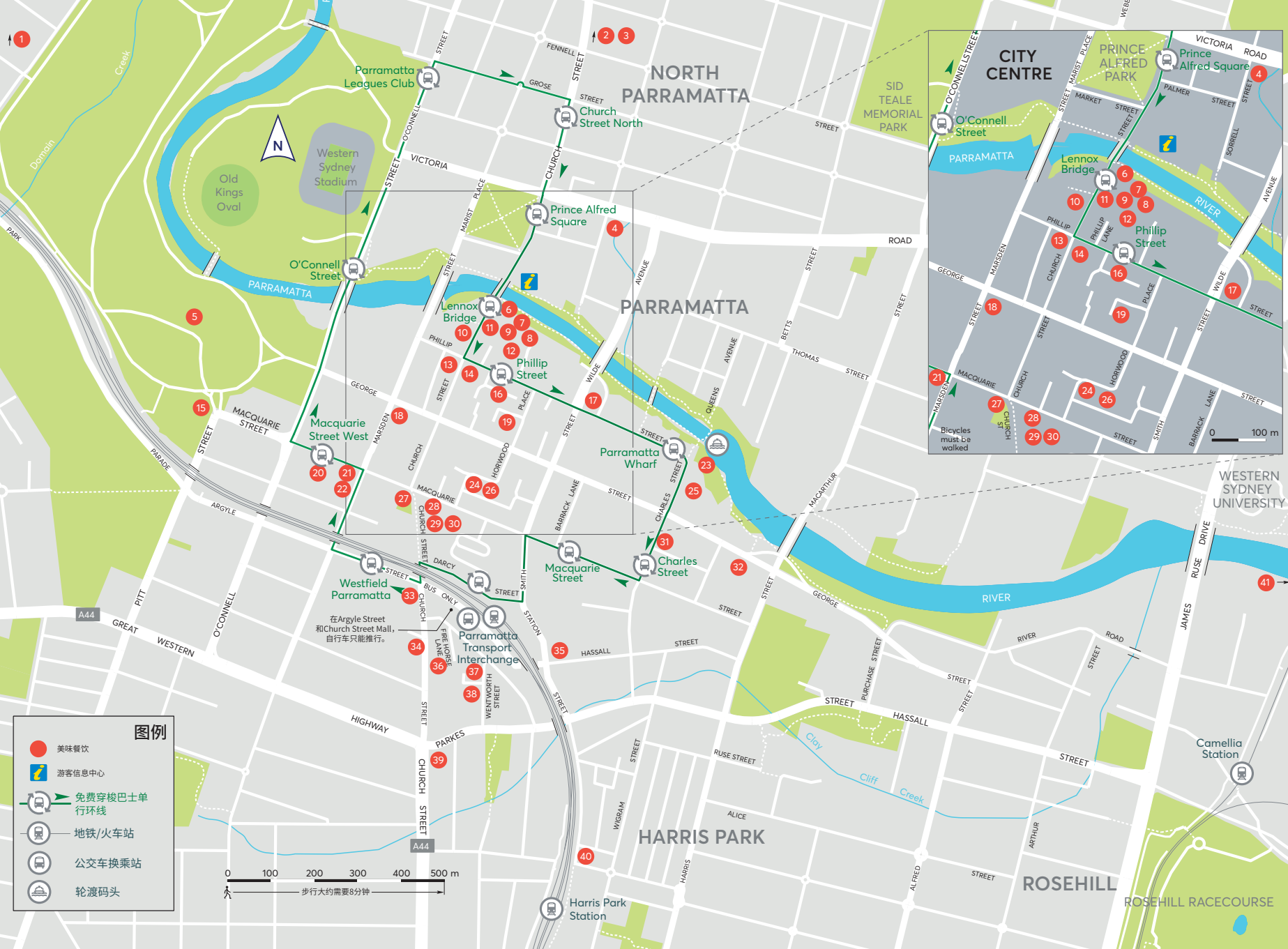
② Taste of Australia & River Cruise: Sydney Harbour to Parramatta

Duration 6 hours

Meet your guide at Ground Control Café in Circular Quay and then hop on board your boat cruise for a tour of the Sydney Harbour. Enjoy a traditional Australian breakfast on your way to Parramatta. This tour is perfect if you're looking to combine a little food adventure, boating and a walking tour taking in Parramatta's significant landmarks and learning about the Aboriginal heritage of the area. Bring your appetite for a multi-course taster that encompasses sweet, savoury and a little spice. Significant stops on the trip include a pick-me-up espresso shot at Darcy Street Project, traditional Greek souvlaki at Eat Grk and sausage rolls at Bourke Street Bakery. The stops on each tour are dependent on the day of the week, due to a few of the locations being closed on weekends. Known as a 'melting pot' of cultures, this food tour allows participants to sample the diverse cuisines of the area and get to know Parramatta. Whether you live and work in the area or are visiting for the first time, this tour is an excellent way to sample the sights and tastes of Sydney and beyond. The boat will drop you back to Circular Quay when the tour ends.

tastetours.com.au/tour/taste-of-australia





TASTE MAP

- 1 The Winston
- 2 Riverside Brewing Company
- 3 Enzo's Cucina
- 4 Rose & Crown Hotel
- 5 Lachlans Old Government House
- 6 Alex & Co
- 7 The Meat & Wine Co.
- 8 Holy Basil
- 9 Bay Vista Dessert Bar & Café
- 10 Restaurant 317
- 11 El-Phoenician
- 12 Bar 30 & Bistrot
- 13 Gelato Messina
- 14 Coco Cubano
- 15 Macquarie St Gatehouse High Tea Rooms
- 16 The Coffee Emporium Flagship Coffee House
- 17 The Ginger Tiger
- 18 Woolpack Hotel
- 19 Paper Plane
- 20 Nick & Nora's
- 21 Burger Project
- 22 Butter
- 23 Port Bar Restaurant
- 24 Uncle Kurt's
- 25 Courtney's Brasserie
- 26 OG Brew Bar
- 27 Chophouse
- 28 Double Mac
- 29 Bourke Street Bakery
- 30 BL Burgers
- 31 Adora Handmade Chocolates
- 32 Albion Hotel
- 33 The German Bakery
- 34 Pho Pasteur
- 35 Commercial Hotel
- 36 White Henry
- 37 Circa Espresso
- 38 Lil Miss Collins
- 39 PJ's Irish Pub
- 40 Chatkazz
- 41 Armoury Wharf Café



Life & style

From street markets and independent boutiques to fashionable malls, here's our locals' guide to shopping in Parramatta.

Making your way around Parramatta's many shopping precincts over a weekend is no small feat, with so much to see and do in this lively city. So we've done the legwork and gathered a few of the topnotes into this jam-packed itinerary.

Start your shopping adventures in the CBD on a Friday morning when the **Parramatta Farmers Market** rolls into Centenary Square. Along with bountiful fresh produce, free-range eggs, bread, muesli and honey, this weekly market is lush with delicious edibles. BYO reusable cup to enjoy your morning latte and don't forget to bring bags to take away fresh goodies.

Next, mosey up Church Street to **Dot's Flower Shoppe**. This local institution has been arranging blooms into beautiful bouquets for more than 30 years. Admire the seasonal flowers and foliage and dream up the perfect posy for the mantle at home.

A short stroll away is **The Bower**. This environmental charity breathes new life into secondhand items. Inside this menagerie of recycled goodness, you'll find furniture, appliances, homewares, building materials, bicycles, secondhand books and more. The Bower is passionately committed to reducing landfill, which is why it also hosts regular Repair Cafés, where people can bring in items in need of a bit of love and the team will teach you how to fix them for free. You



Left to right: Parramatta Farmers Markets, The Bower, The Saree Shop.

can even partake in one of the workshops on basic carpentry, upholstery or home DIY.

Continue your deep vintage dive nearby at **Beatdisc Records**, uncovering new, used and rare LPs, CDs and even cassettes. This enclave for the turntable-inclined has been peddling local and global vinyl since 1995.

Next, step the retail therapy up a notch at **Westfield Parramatta**. Refresh your wardrobe for the working week at SABA and Fossil, before taking in the myriad designers lining the corridors of **Myer** and **David Jones**. **Lush Cosmetics** and **Mecca Maxima** have all your beauty needs covered, while **Kikki.K** will ensure your stationery is looking sharp. Keep things casual at **General Pants** and **Glue Store**, or browse the latest in active apparel

at **Bloch** and outdoor wear in **Kathmandu**. Step outside the CBD to explore Harris Park's boutique shops. This thriving multicultural precinct has a dynamic 'Little India' vibe, with Wigram Street home to many eateries traversing the cuisines of regional India. Vibrant colour meets intricate weaving and hand embroidery on the many beautiful sari and *salwar kameez* at **The Saree Shop, Parramatta Indian Fashion and New Maharaja Fashion & Beauty**.

If your shopping adventures happen to fall on the first Saturday of the month, be sure to carve out some time for a jaunt to Ermington, where the **Market by the River** brings together an evolving consortium of producers, growers, bakers, artists and providores. There's often live music and free yoga classes, too.



Parramatta Farmers Market
Centenary Square,
Parramatta
discoverparramatta.com

Dot's Flower Shoppe
249 Church St, Parramatta;
dots.com.au

The Bower
Shop 1, 10 Hunter St,
Parramatta; bower.org.au

Beatdisc Records
Shop 11 Queensland Arcade,
181 Church St, Parramatta
beatdisc.com.au

Westfield Parramatta
159-175 Church St,
Parramatta
westfield.com.au/parramatta

The Saree Shop
42 Station St East,
Harris Park
thesareeshop.com.au

New Maharaja Fashion and Beauty
Suite1, 2 Kendall St, Harris Park; (02) 9893 8820

Good As New Clothing
Shop 5 & 6, 28 High St,
Epping; (02) 9868 4466

Market by the River
40 Seamist Ave, Ermington
marketbytheriver.com.au

Art, sport & culture

Here in the geographical centre of Sydney, Parramatta is a non-stop hive of cultural activity that offers plenty of action for both locals and visitors.



Left to right: Cycleway at Bicentennial Park, Riverside Theatres, audience members.

From cutting-edge art and theatre to world-class sporting facilities, Parramatta is a veritable playground for its residents and surrounding communities, with much of the city's cultural fabric joyfully reflecting the vibrancy of its diverse population.

Cultural honeypot

Within Parramatta's city centre, theatre-going is a way of life, with the Riverside Theatres and its resident National Theatre of Parramatta providing a year-round array of productions and events that showcase some of the biggest Australian and international acts. Opera, comedy, thought-provoking talks and dynamic dance take turns weaving a story across the stages of the multi-venue theatre, poised on the bank of Parramatta River. The National Theatre also offers fantastic behind-the-scenes programs that foster everything from scriptwriting to youth outreach to ensure future generations of creative innovation in the area.

For artwork depicting both contemporary and classic views of Parramatta, a visit to the Gatehouse Tea Rooms – at the entry to Parramatta Park – is a delicious way to take in a little local life. The Hunter Street Gallery of Fine Arts also exhibits local art and runs classes for those who'd like to brush up on their skills. Take part in a workshop, private class or event at the Sydney Jewellery School and learn how to manipulate metal, enamel, glass or resin into jewellery. The Parramatta Clay and Arts Inc. co-operative also runs classes to help you get your hands delightfully dirty making teapots, bowls or whatever your imagination desires.

Keeping fit

For those who strive in a more physical sense, the Sydney Olympic Peninsula provides endless opportunities to enjoy fresh air and fitness for casual visitors and the chance to reach new heights of excellence for the more dedicated. After all, this was the much-loved setting for the

Sydney 2000 Olympic Games, with the wide range of facilities at Sydney Olympic Park now available for every visitor to enjoy, from archery to diving, witnessing packed-out football matches and music concerts in the spectacular Stadium Australia (also known as ANZ Stadium) or Qudos Bank Arena, and hiking and cycling the stunning wetlands and waterside parks. With the scope of the Olympic Park Lifestyle Super Precinct being expanded year upon year, Sydney's playground is set to become even more exciting. For those looking for a swell – without the competition in the lineup – URBNSURF is in the process of building an alternative to ocean surfing at Sydney Olympic Park, set to open in 2019.

Spectator sports

The Rosehill Gardens Racecourse, although well known for the Australian Turf Club's horse racing meets and events, caters to a calendar of year-round events. The double-storey Grand Pavilion hosts a dynamic schedule of exhibitions and events in its own right; one weekend it may be a bustling craft fair, the next might see the entire grounds carpeted with campers for the Caravan & Camping Supershow or brides-to-be for a glittering wedding expo.

Events Cinemas

Westfield Parramatta, 159-175 Church St, Parramatta
eventcinemas.com.au/cinema/parramatta

Hunter Street Gallery of Fine Arts

Unit 6, 4-14 Hunter St, Parramatta
parra-artsociety.org

Parramatta Clay and Arts Gallery

Shop 5, 10-14 Hunter St, Parramatta
parralay.org

Parramatta Artists Studios

Level 1 & 2, 68 Macquarie St, Parramatta
cityofparramatta.nsw.gov.au

Rosehill Gardens Racecourse

James Ruse Dr, Rosehill
australianurfclub.com.au/rosehill-gardens

Riverside Theatres

Corner Church and Market sts, Parramatta
riversideparramatta.com.au

Sydney Jewellery School

Suite 7, 2-6 Hunter St, Parramatta
sydneyjewelleryschool.com.au

Sydney Olympic Park

sydneyolympicpark.com.au

Valvoline Raceway

21 Wentworth St, Granville
valvolineraceway.com.au

PRISTINE POCKETS

Parramatta's outdoor spaces

A breath of fresh air and a tranquil scene of natural beauty are never far away in this part of the world. Sparkling waters, rolling green parklands and tidy gardens flourish in Parramatta, which has become known for its natural diversity – including saltwater estuaries, blue gum forests, rainforest gullies and freshwater river flats. Here are some of the best wide-open spaces to enjoy in this thriving region.

Parramatta River Cycleway

Take in the scope of Parramatta's natural beauty on wheels or by foot. The Parramatta River Cycleway joins Sydney Olympic Peninsula and Bicentennial Park with its riverfront pathway – perfect for a leisurely stroll or easy cycle.

Prince Alfred Square

Once the location of Australia's first prison, this green square is now a palm-tree-lined park honouring one of Queen Victoria's sons, Prince Alfred. Neighbouring the Riverside Theatres and Parramatta's Visitor Information Centre, the square is home to a 1920s-built war memorial, the Gollan Memorial Clock Tower and a striking Victorian bandstand.

Explore the beautiful parks of the region

Parramatta Park

Parramatta's UNESCO World Heritage-listed park is the heart of the region. Situated on Burrumatta territory, this green park is the place where visitors can explore Old Government House, the Dairy Precinct, gardens and adventure playground. Join a traditional custodian on the Warami Mittigar Aboriginal cultural walk to learn how local clans survived and thrived in the region.

Lake Parramatta Reserve

Just outside the city, a series of tracks provide walkers with 75 hectares of blossoming bushland to explore – right on Parramatta's doorstep. Picturesque Lake Parramatta is a popular swimming spot for those reaching the end of the She-Oak Track, the Banksia Track and the full Lake Circuit – or hire a rowboat, peddle boat or aqua trike if you'd rather stay dry.

Bicentennial Park Sydney Olympic Peninsular

With 40 hectares of idyllic picnic spots on offer, it's a matter of choosing between the shade of towering trees, the green banks of Lake Belvedere, one of many purpose-built picnic shelters and



a lush green knoll for a view over Bicentennial Park. Its adventure playground is a dream for the restless child (at any age) or a zoom around the park on a hired bike might wear them out – featuring a stop at one of the cafés for a treat.

Blaxland Riverside Park

Come school holidays, the rubber-clad playground and water features of this park become filled with

“Sparkling waters, rolling green parklands and tidy gardens flourish in Parramatta, which has become known for its natural diversity.”

little adventurers. A popular choice among the parents of Parramatta, Blaxland Riverside Park features a large flying fox, climbing walls, a 12-metre treehouse and giant nets to climb.

Walking tracks

Alongside Lake Parramatta Reserve and the Subiaco Creek Link, there are copious places to enjoy a stroll while getting a wholesome dose of nature in Parramatta. In fact, the City of Parramatta lists 15 mapped bush walks, ranging from those that take an hour and a half to those that will keep you busy for more than six hours.

Cycle tracks

Owing to its flat topography, designated cycleways, a great expanse of bike lanes and secure bike storage facilities, Parramatta is a cyclist-friendly city. Those who are eager to go for a spin and push those pedals for the first time in a while may find Parramatta Park's pathways a great place to start.



Parramatta River Cycleway

From Parramatta Park, Pitt & Macquarie sts, Parramatta
cityofparramatta.nsw.gov.au

Prince Alfred Square

353D Church St, Parramatta
cityofparramatta.nsw.gov.au

Parramatta Park

Pitt and Macquarie sts, Parramatta
parrapark.com.au

Lake Parramatta Reserve

Entry from Lackay St, via Bourke St, North Parramatta
discoverparramatta.com

Bicentennial Park Sydney Olympic Park

Australia Ave, Sydney Olympic Park
sydney.com

Blaxland Riverside Park

Jamieson St, Sydney Olympic Park
sydneyolympicpark.com.au

Walking and cycle tracks

cityofparramatta.nsw.gov.au

GREENING THE CITY

There are plenty of ways to explore a city while being kind to the environment. Here's our green-hearted guide to Parramatta.

Know your farmer

Every Friday, growers, makers and producers make the voyage to the Parramatta Farmers Market to hawk their seasonal fruit and vegetables, free-range eggs, bread, cheese and flowers. Collect the likes of SummerLand Honey's homemade lemon butter and natural beeswax, and bouquets of homegrown blooms from Mayfarm Flowers. Nashdale Produce Co. cultivates organic fruit and vegetables, while Totally Free Range is the go-to for eggs. Remember to pack tote bags or panniers to carry (or cycle) all your goodies away.

Every Friday: 7.30am–2pm
Centenary Square, Parramatta



Walk close to nature

This leafy city is home to more than 300 beautiful parks and reserves, perfect for soaking up some rays or tucking into a lazy picnic. Sometimes it's nice to get the body moving out in nature. From an easy 2km amble to a 9.3km day-long jaunt, Parramatta has 15 varied walking tracks to explore. These trails traverse all manner of lush natural settings – from freshwater river flats and rainforest gullies to hills cloaked with towering blue gums.

You can also combine bushwalking with learning something new through the city's Get Into Nature program. Kids and adults alike can join one of the free events to learn more about the area's precious flora and fauna. There are also native bee habitat-making workshops, and gatherings with Darug elders to hear about the local Aboriginal culture.

Get Into Nature Program:
cityofparramatta.nsw.gov.au



Carry your cup

City dwellers in Parramatta love a flat white as much as the next Australian, but what isn't ideal is the estimated three billion takeaway coffee cups, many of which end up in landfill each year as a result of this loyal commitment to caffeine. The best way to avoid this unnecessary daily waste is to have your own reusable cup. A handful of dedicated cafés offer a discount for BYO cups. Head along to Red Mango Coffee Lounge on Church Street in the CBD for 30 cents off your morning latte. Meanwhile, Mulberry Tree Café on Macquarie Street offers a 50-cent reward.

More info: responsiblecafes.org

Grow your own food

Watching seeds sprout and grow into food is one of life's easiest and most gratifying small pleasures. With a few community garden projects starting to pop up around Parramatta, you can sink your hands into the dirt and reap the health and happiness rewards.

Telopea Community Garden is one such plot where locals can come together over a common purpose to grow food and build community. The Bruce Miller Reserve in Ermington gained a community garden at the end of 2017. Surrounded by leafy parkland, it's a pleasant place to roll up your sleeves and do a little dirty work. The garden welcomes locals and visitors alike to take a walk through the raised beds – in return for a little gardening, you can help yourself to some produce. There's also a 'street library' where you can borrow or swap a book.

At the Wentworthville Community Garden, passionate members come together to cultivate fruit, vegies and flowers across individual plots and communal beds, or simply soak up the lush garden views with a cuppa.



“With a few community garden projects starting to pop up around Parramatta, you can sink your hands into the dirt and reap the health and happiness rewards.”



Take to two wheels

With its flat terrain and plentiful cycling paths, Parramatta is the perfect city for riding a bike around. Clever cycleway connections between its suburbs and the CBD make commuting to work a breeze. Among the city's many new trails is the Parramatta Valley Cycleway – making it possible to ride between Sydney Olympic Park (where you can hire a bike) and Parramatta CBD. On the weekend, take to the serene cycleway which meanders through quiet streets and along the river foreshore; or ride yourself to a leisurely brunch before navigating the heritage trail.

More info: cityofparramatta.nsw.gov.au/cycling

What's on

2018

November

Loy Krathong Thai Water Festival

17 November

Loy Krathong is a Thai festival during which people float handcrafted krathongs on the water and make a wish for their upcoming year. Join Parramatta's celebration of its Thai culture on the river foreshore 4–10pm. cityofparramatta.nsw.gov.au

December

Carols in the Crescent

15 December

Hosted by Guy and Jules Sebastian, this free community event will feature some of the finest voices in the country belting out all-time favourite festive songs in support of raising funds for The Sebastian Foundation. Don't miss Santa, the Christmas Grinch, kids' rides and food stalls. All taking place at The Crescent, Parramatta Park. discoverparramatta.com

New Year's Eve

31 December

Parramatta's skyline will sparkle with light and colour to farewell 2018, with a host of entertainment and activities followed by a huge fireworks finale at 9pm in Parramatta Park. discoverparramatta.com

2019

January

The Crescent Summer Series

Until end of March

Get out and about during the warmer months as Parramatta Park plays host to a series of unforgettable live music experiences and performances at The Crescent. parrapark.com.au

Sydney Festival

9–27 January

This bold celebration of the culture of the city and beyond is a place where big ideas come to life through cutting-edge art and performance. Look out for the events in Parramatta. sydneyfestival.org.au

Symphony Under the Stars

19 January

One of the most beloved events in the Sydney Festival calendar, this annual concert is a perfect night out for the family. Pack a blanket and settle in Parramatta Park to listen to the Sydney Symphony's free performance. sydneyfestival.org.au

Australia Day

26 January

Celebrate Australia's national day in picturesque Parramatta Park. Commemorate the country's history and the stories that have shaped the nation. ausdayparamatta.com.au

February

HSBC Sydney 7s Rugby Tournament

1–3 February

The Sydney 7s tournament is moving to a new home at Spotless Stadium for a weekend of rugby. rugby.com.au

Tropfest

9 February

The short film festival is back with screenings from the best up-and-coming filmmakers. Look for how each filmmaker weaves in this year's theme: candle. tropfest.org.au

Lunar New Year

15 February

In the Chinese zodiac, 2019 is the year of the pig and will be full of fortune and luck. Start your year by celebrating at the Lunar New Year festival. discoverparramatta.com

March

Parramasala

15–17 March

This festival brings together the

Don't miss the Sydney Festival, 9-27 January

many cultures of the greater Sydney region. Celebrate a diverse program of food, performance, cooking and art from more than 30 nationalities and cultures. parramasala.com

April

ANZAC Day

25 April

Join the ANZAC Day commemorations taking place throughout Parramatta. discoverparramatta.com

May

Sydney Writers Festival

29 April–5 May

Hear from some of the most curious, intelligent and provocative writers in a series of talks, performances and panels. In 2019, the festival is extending

to Riverside Theatres and Parramatta Artists Studios. swf.org.au

July

Burraramatta Day

During NAIDOC Week, recognise the city's Indigenous heritage and celebrate the Aboriginal and Torres Strait Islander community with a day of cultural events. cityofparramatta.nsw.gov.au

Winterlight

Herald the arrival of winter in this celebration of all things chilly. Skate, eat and play at Sydney's biggest open-air rink in Prince Alfred Square, Parramatta. winterlight.com.au

Celebrate Burraramatta Day in July



Eyes on the future

As you walk the streets of Parramatta you'll notice that change is afoot. We cast our eyes to the bright future of this city.

Parramatta is going through a growth spurt with many major developments, upgrades to infrastructure and openings of new shops, restaurants, cafés and night-life hotspots. Although visitors and residents may experience a few disruptions to public transport and road closures while this takes place, rest assured that Parramatta is still a great place to live, work and play throughout the year. In fact, we've listed a few exciting new developments in the works for Parramatta. So keep your finger on the pulse, because the future of Parramatta is looking truly remarkable.

Western Sydney Stadium

The stadium is under way and due for completion in 2019. The 80,000sqm large new stadium will consist of undercover seating for 30,000 people and five levels of function spaces.



Museum of Applied Arts and Sciences (MAAS)

The largest museum in the state is due to be built on the bank of Parramatta River as part of the plan by Council in partnership with the NSW Government to create a new cultural precinct –

which will include revamping of the Riverside Theatres. The new MAAS is set to open in 2023 and will encompass 18,000sqm of exhibition and public spaces. It will also include a planetarium, cafés, bars, retailers and a program of Indigenous cultural events and exhibitions.

Left to right: Artists' impressions: light rail, planetarium, Parramatta Square, MAAS.

Parramatta Square

Comprised of four towers, Parramatta Square will provide premium office spaces that feature glass facades and views of the eastern CBD and as far as the Blue Mountains. The square will connect directly to Parramatta's transport interchange and will include a Business and Events Centre and Childcare Centre.

Light Rail

Establishing a much-needed link between Parramatta's residential, business, medical, cultural and education districts, the new

Parramatta Light Rail will be rolled out over two stages. Stage One is due to be completed by 2023 and will link Westmead to Carlingford via Parramatta CBD and Camellia. The works for Stage Two will connect Sydney Olympic Park and Wentworth Point with Rydalmere and the Parramatta CBD.

Escarpment Boardwalk

The boardwalk will complete the Parramatta Valley Cycleway, which links Parramatta Park with Meadowbank. This new pathway will be completed in early 2019.

Wentworth Point Library

This contemporary library and community space is set to open in mid 2019 and will include a range of art exhibition and studio spaces. The forecourt will be used for community events and functions and co-working spaces will be available for local small businesses to access.



Here are the essentials you'll need to know about getting to and around Parramatta. You'll also find extended articles, the latest events and plenty to see, do and eat around Parramatta.

discoverparramatta.com

Information Centre

Our friendly hosts and guides are located in the Parramatta Heritage and Visitor Information Centre overlooking the Parramatta River. You will also find them at key locations throughout the city centre and surrounding areas. They provide information and lead tours throughout Parramatta. 346A Church St, Parramatta. Phone: 1300 889 714 or (02) 8839 3311



Scan QR code to visit Discover Parramatta



Getting around Parramatta



Catch the bus

The city is served by buses to the interchange near Parramatta Station. Bus routes connect Parramatta with other Sydney destinations like Castle Hill, Hornsby, Ryde, Strathfield and the Sydney City Centre.



Free shuttle bus

It's easy to get around on the free CBD shuttle bus route that runs 7am–6.30pm Monday to Friday and 8am–4pm Saturday and Sunday. The loop takes approximately 25 minutes and connects with rail, bus and ferry transport interchanges – just look out for the 900 bus.



Ride the train

Parramatta Station connects to locations all around metro Sydney and to the Blue Mountains. It's a 30-minute ride from Sydney's Town Hall to Parramatta. There are stations at nearby Harris Park and Westmead, too.



Hop on the ferry

Ferries run from Circular Quay to Parramatta Wharf, departing every day between 7am and 7pm. The ferry arrives at the end of Charles Street, a short walk from the centre of the city. Note that low tides occasionally mean buses replace ferries for part of the journey. The wharf will be going through an upgrade towards the end of 2018 and beginning of 2019. Buses will replace ferry services during this time. Updates via rms.nsw.gov.au website.



Drive in

Parramatta is well serviced by major road connections. There are parking stations around the city, many of which offer pre-booking discounts. There are also paid and free street parking spots available daily.



Walk and cycle

Parramatta is an easy city to cycle and walk around, with many of the best highlights within walking or cycling distance. You'll find several lockers operating around Parramatta.



Experience

Call the Transport Info line at any time on 131 500 for help and information. Or visit cityofparramatta.nsw.gov.au for useful transport information.

Ticketing

The easiest way to get around Parramatta is to obtain an Opal card, which will allow you to catch train, ferry and bus services. The card can be purchased from retailers including newsagencies, supermarkets and some pharmacies.

CoP Community Care

This team offers helpful services and activities for people in the community aged 55 and over or people living with a disability. For further details, visit www.cityofparramatta.nsw.gov.au/community-care or call (02) 9806 5121.