



PREVENT HEAT STRESS

- Plan activities for the coolest part of the day and consider visiting Melbourne's fantastic indoor attractions.
- Dress for the heat by wearing lightweight clothing and sun protection. Slow down and avoid strenuous activity before, during and after a heatwave, remembering it can take the body three days to recover.
- Seek shade, apply sunscreen and take regular breaks if outdoors.
- Drink cool water regularly even if you're not thirsty.
- Keep yourself cool by using wet towels on your neck, spray bottles and hand fans.

COOL ROUTES

Cool Routes is a website you can access on the go - including through your smartphone - to plot your journey to any destination you choose across the city.

Cool Routes takes into account the time of day, the city architecture and surrounds to give you not necessarily the fastest route, but the route best protected from the sun and heat.

By using Cool Routes you can make your walk or cycle journey around the city more comfortable and help to protect yourself from the worst of the heat.

coolroutes.com.au

FOR MORE INFORMATION

For opening hours contact City of Melbourne on 03 9658 9658 between 9am and 5pm, Monday to Friday.

For more information head to **whatson.melbourne.vic.gov.au**

Melbourne Visitor Hub at Town Hall

Melbourne Visitor Booth in Bourke Street Mall

Fitzroy Gardens Visitor Centre

City Ambassadors

Check the latest weather forecasts at **bom.gov.au**

Check emergency warnings at **emergency.vic.gov.au**

WHERE TO GO

Take advantage of the wonderful activities Melbourne has to offer and take shelter from the weather with the attractions listed overleaf.

Visit an art gallery or museum; learn about First Nations culture and history; picnic in the shade at one of the city's beautiful gardens; curl up with a book in one of Melbourne's libraries or escape indoors by wandering the city's premier shopping precincts.

Find out what's on in Melbourne and discover things to do, places to eat and drink, where to shop and where to find further information by scanning the QR code below.



whatson.melbourne.vic.gov.au

FOUR SEASONS IN ONE DAY



CITY OF MELBOURNE

ACKNOWLEDGEMENT OF TRADITIONAL CUSTODIANS

The City of Melbourne respectfully acknowledges the Traditional Owners of the land we govern, the Wurundjeri Woi-wurrung and Bunurong/Boon Wurrung peoples of the Kulin Nation and pays respect to their Elders past and present. We acknowledge and honour the unbroken spiritual, cultural and political connection they have maintained to this unique place for more than 2000 generations. We accept the invitation in the Uluru Statement from the Heart and are committed to walking together to build a better future.



melbourne.vic.gov.au/heatwave



FOUR SEASONS IN ONE DAY

Melbourne is well known for its unpredictable weather, referred to as 'four seasons in one day'. Fortunately, the city offers a rich array of attractions for minimal to no cost. For further information, see overleaf or drop into one of the friendly visitor services teams.

FREE ATTRACTIONS

Head to the **National Gallery of Victoria** [9](#) to view spectacular domestic and international art. While you're there, pop in next door to the **Australian Music Vault** [2](#) showcasing past and present contemporary music. Pop across the road to the shaded **Alexandra Gardens** [3](#), which extends into the Royal Botanic Gardens and the Shrine of Remembrance.

Visit Federation Square to learn about the strength and resilience of Melbourne's First Peoples at the **Koorie Heritage Trust** [4](#), where you can view artefacts and take a guided walking tour. Check out both Indigenous and non-Indigenous art at the adjacent **Ian Potter Museum** [5](#). While you're there, pay a visit to the **Australian Centre for the Moving Image (ACMI)** [6](#) to explore the interactive exhibits or catch a film (ticketed).

Be sure to take a guided tour (weekdays only) of **Melbourne Town Hall** [7](#), one of the city's most iconic buildings. On select weekdays, you can also join a guided tour of the historic **Art and Heritage Collection** [8](#), located in the same building, along with the **Melbourne Visitor Hub** [9](#).

Stop by the **Old Treasury Building** [10](#) to view the gallery spaces and museum, or join a guided tour of the **Parliament of Victoria** [11](#). Next to these buildings, you'll find shaded outdoor areas at **Fitzroy Gardens** [12](#), sheltered indoor gardens in **The Conservatory** [13](#) and further information at the **Fitzroy Gardens Visitor Centre** [14](#).

Explore a world of information and stories at the iconic **State Library Victoria** [15](#), the oldest public library in Australia. You can also curl up with a book and escape the weather at one of several libraries across the city. Wander through Melbourne's iconic arcades and admire the architecture at **Royal Arcade** [16](#) and **Block Arcade** [17](#). Continue your adventure through Melbourne's premier shopping precincts at **Melbourne Emporium** [18](#) and **Melbourne Central** [19](#).

Experience moments of wonder and curiosity at the **Melbourne Museum** [20](#) (ticketed). Celebrating history, culture and science, there is something here for everyone. Located next to the beautiful Royal Exhibition Centre and situated in the shaded **Carlton Gardens** [21](#).

Around the corner you will find the **Melbourne City Baths** [22](#) (ticketed). Opened in 1860, the historical centre provides the perfect place to cool down.

At the opposite end of the city you'll find the **Immigration Museum** [23](#) (ticketed) that celebrates the cultural diversity of Melbourne.

