



Everyday Adventures

Weave a little wonder into daily life with these fun and challenging activities – and experience your local area in a whole new way. Invite friends on a social adventure, follow your senses somewhere new and embark on a cultural odyssey. Lonely Planet shows you how to embrace the traveller spirit and discover a new side to where you live.



Everyday Adventures



Adventures with friends, cultural odysseys and sensory explorations

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50 new ways to experience your hometown





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Introduction

ADVENTURE IS A WAY OF LIFE

You don't need to travel far to see the world with fresh eyes. It was on a drizzly day in London, clutching my camera, that I learned to love my home city again.

After years of weaving through crowds and avoiding eye contact in train compartments, my love affair with London felt rocky. Then, on a short photography course, my teacher urged me to zoom in on London's hidden beauty. Through a lens, I saw my surroundings anew. At ground level, candy-coloured high-heeled shoes struck the pavement with haughty, rhythmic steps. Corrugated iron, Victorian-style windows, the frayed spines of volumes in a second-hand book shop...textures and shapes I'd usually ignore looked fascinating through a camera.

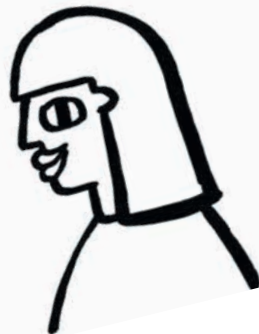
The art of macro photography (p.22) is one of 50 bite-sized escapades in this book. These 'everyday adventures' are designed to revitalise your relationship with your corner of the world. And you don't need to spend big or travel far: transform your commute into a holiday (p.122), tap into your subconscious mind on a suburban stroll (p.46), or escape from reality in your own backyard (p.57).

So what kind of adventure suits your mood? Our 'Challenge Yourself' chapter has 10 ways to test your boundaries. 'Cultural Odysseys' is packed with forays into local history and art. In 'Follow Your Senses' you can sniff, listen and eat your way to new insights. 'Roll the Dice' flings you out of your rut with games to guide your way. Finally, in 'Social Adventures', you can bring family and friends along for the ride.

It's time to weave some wonderment into your daily routine.

HAPPY ADVENTURING,
ANITA ISALSKA, EDITOR

PICCADILLY
5p



Follow
your
senses

What you'll need

AN AREA REPLETE WITH INTRIGUING ODOURS

Instructions

1. PICK A SUITABLY SMELLY STARTING POINT: IT COULD BE A FISH MARKET, BAKERY OR A FLOWER-FILLED PARK.
2. BREATHE IN, AND LET THE STRONGEST SMELL IN YOUR VICINITY ENVELOP YOU. IS IT APPETISING, INTRIGUING OR (BETTER YET) EYE-WATERINGLY RANCID? WALK OR CYCLE TO ITS SOURCE.
3. YOUR NEWLY ENERGISED NOSTRILS SHOULD BE PICKING UP ON ALL SORTS OF ODOURS BY NOW, SO SNIFF A SECOND SMELL AND WALK IN ITS DIRECTION.
4. DON'T SMELL ANYTHING? WALK OR CYCLE AWAY FROM THE ORBIT OF YOUR STARTER STINK UNTIL SOMETHING NEW TICKLES YOUR NOSE.

COMPLEXITY ★★★★★



ADVENTURE #1

Follow your nose

INHALE DEEPLY, IT'S TIME FOR AN OLFACTORY ODYSSEY... USE THE BODY'S MOST UNDERRATED SENSE AND DISCOVER THE SWEET OR SOUR TRUTHS IT REVEALS ABOUT YOUR LOCAL AREA.



Case study

Virginia Jealous, Scentsitive Cyclist

In Denmark, on the far south coast of Western Australia, we live life on the edge: edge of river, inlet, ocean and continent. The bicycle route from town to the wild Southern Ocean hugs this fringe and is landmarked by smells both marvellous and malodorous. A cycle ride gives my nose, and my legs, a surprisingly good workout.

A perfect morning smell starts the day, wafting from the riverside coffee roaster. Inhaling is *almost* as good as imbibing but not quite, so I stop for a caffeine hit.

Shops begin to open. A smoky haze of incense from the fair-trade store really gets up my nose. I pause – upwind – to watch the responses of other passersby. These vary from ‘ooh, lovely’ to sneezing and nose-blowing. Pushing my bike along the main street I take time out to smell the roses by the war memorial, and to talk plants with the council gardeners who are spreading blood-and-bone manure on the flowerbeds.

Downstream a couple of kilometres, where river meets inlet, the sharp smell of bird poo make me slow down and look up. Silhouetted against sky, the roosts and nests of cormorants are visible in the tree tops. Mornings and evenings are punctuated by the flap and clatter of thousands of wings as they leave and return in noisy flocks.

The clean salt air of the ocean beckons me on. In summer, beachside bushland is pungent with the smell of eucalyptus. In winter, smoke from bonfires infiltrates my clothes. It’s a scented souvenir that lingers long after getting home.

Pros and Cons

- + Blooming plants and blooming friendships
- Unappetising pong

- EVERYDAY ADVENTURES -



Scent of Survival

Your nostrils are portals to your evolutionary history. Humankind honed its sense of smell back when a whiff of rotten food helped avoid sickness, or reeking body odour signalled an impending fight. A study published in *Science* declared that the average person can detect one trillion different odours. The region of the brain responsible for detecting odours, the olfactory bulb, is larger in humans than in most mammals. Given the link between our sense of smell and the amygdala and hippocampus – areas of the brain tied to emotion – odours guide our decision-making in subtle ways. Whether it’s fresh doughnuts or petrol fumes, scent triggers mood changes. Inability to discern between smells is even considered an early warning sign of Alzheimer’s disease.

FRESHLY BAKED BREAD IS ONE OF A TRILLION ODOURS DETECTABLE BY YOUR HUMBLE HOOTER



- FOLLOW YOUR NOSE -

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Pick a style for your everyday adventure...

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Findings



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