



# SPRING into — ARMADALE —

**EVENT PROGRAM**  
1 September to 30 November 2020

*Art • Culture • Nature • Food & Wine • Events • Experiences*

[www.perthhillsarmadale.com.au](http://www.perthhillsarmadale.com.au)

The logo features the text 'Armadale Hills Open Studio Arts Trail' in a serif font. 'Armadale Hills' is in a smaller size above 'Open Studio'. 'Arms Trail' is below 'Open Studio'. The word 'Open' is stylized with colored segments: 'O' is yellow, 'p' is blue, 'e' is black, and 'n' is black. 'Studio' is black. 'Arms Trail' is black. The text is surrounded by colorful dotted lines in blue, yellow, and pink.

# Armadale Hills Open Studio Arts Trail

*Photo by Matt Devlin*

**Welcome to a fascinating world of creative discovery 11-20 September 2020**

Our artists are opening their studios to the public for an intimate view of their inspiring spaces and creative processes. On the Trail you'll discover an extraordinary range of artists and art practices, nestled among the stunning beauty of the Armadale hills environment. Look out for the blue banners and Trail signage to help you find the studios.

**To find out more and for opening days and times, visit our website or pick up a brochure from the Perth Hills Armadale Visitor Centre, 40 Jull Street, Armadale.**

# Celebrate all that's special about the Armadale region of the Perth Hills at the 2020 Spring into Armadale Festival.

Showcasing the best of the region against a backdrop of rolling countryside and the majestic Darling Range, this year's season-long celebration offers visitors the opportunity to experience eclectic events and unique experiences spanning;

- Music, Art, Festivals, Culture, History & Heritage
- Food, Wine & Markets
- Sports, Trails, Walks & Workshops

Wander through wildflowers and tip-toe through tulips as you discover the wonder of springtime. Immerse yourself in the region's rich culture, proud heritage and enchanting spring landscapes. Seeking more adventures? Visit our friendly team at the Perth Hills Armadale Visitor Centre to find out more.



**SPRING** into  
— ARMADALE —

1 September to 30 November 2020

## Whats on When...

|   |   |                |
|---|---|----------------|
|  | <b>Music, Art, Festivals, Culture, History &amp; Heritage</b> | <b>4 - 14</b>  |
|  | <b>Food, Wine &amp; Markets</b>                               | <b>14 - 15</b> |
|  | <b>Sports, Trails, Walks &amp; Workshops</b>                  | <b>18 - 31</b> |

Disclaimer: Information within this publication is considered correct at time of printing and has been compiled with care. No warranty expressed or implied is given to the accuracy, correctness and completeness of the information, or for advice given or omissions. Readers relying on the content do so at their own risk and are advised to check directly with the event / activity organisers for any changes prior to attending.





## Whats on When...

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- Indigo Dye Workshop | 20
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- Night Sky Tours| See website for further details

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- Night Sky Tours | See website for further details

### November

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- Night Sky Tours | See website for further details

### *Anytime Experiences*

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- Step back in time: Bert Tyler Vintage Machinery Museum | Page 8
- Step back in time: History House Museum | Page 10

Music, Art, Festivals, Culture, History & Heritage



## It's Yates Springtime at Araluen

Saturday 22 August to Sunday 4 October

Araluen Botanic Park will set the scene for a stunning kaleidoscope of colour during Springtime, spanning 14 hectares, featuring 150,000 tulips in bloom, complemented by 36,000 Spring flowering bulbs, against the backdrop of a beautiful bushland landscape. For a moment of peace and solitude, terraced garden precincts and jarrah pergola shelters are offered throughout the Park, dating back to the 1930s. 

 9am - 6pm  Araluen Botanic Park, 362 Croyden Road, Roleystone  
 Adults \$15, Children \$10, Concession \$10, Family \$45, Groups \$10pp



Music, Art, Festivals, Culture, History & Heritage



### ReDiscover Armadale Urban Art Trail

Winding through Armadale's town centre, the ReDiscover Armadale Urban Art Trail takes you past several large-scale urban artworks and murals painted on walls and buildings. Featuring the talents of local and international artists, there are 9 artworks to be discovered, along with several interesting sculptures. Collect your map from the Perth Hills Armadale Visitor Centre or download one from [perthhillsarmadale.com.au](http://perthhillsarmadale.com.au).

Contact Perth Hills Armadale Visitor Centre (08) 9394 5410 or email [visitorcentre@armadale.wa.gov.au](mailto:visitorcentre@armadale.wa.gov.au) for more details.



### Armadale Society of Artists Pop-Up-Shop

Monday 5 October to Monday 30 November

Armadale Society of Artists have a new gallery and shop in Armadale Shopping City. This Pop-Up-Shop offers a unique opportunity for shoppers and visitors to Armadale to browse locally produced artworks which includes paintings in all mediums, sculpture, hand made textiles from local products and greetings cards. Each week one of our artists will be featured. Our artists are on duty each day and are happy to assist members of the community if they would like to enquire on joining the Art Society or attending art classes.

🕒 9am - 5:30pm, Saturday and Sunday 1 - 4pm

📍 Armadale Shopping City, T2.21a, 206 Jull Street, Armadale 💰 Free Event.

Music, Art, Festivals, Culture, History & Heritage



## Roleystone Flowers, Fruits and Fantasy Festival

Saturday 26 and Sunday 27 September, Saturday 17 and Sunday 18 October

Garden trails to lift people's spirits and to provide an avenue for people to share their pandemic gardening efforts and other creative activities.

🕒 10:30am - 1pm 📍 Roleystone (check Facebook event page @Roleystone Flowers, Fruits and Fantasy Festival for further details and locations closer to the date)

💰 Free Event.



## Spring Blossom Picnic @ Pops

Monday 3 to 11 Sunday October, Saturday 17 and Sunday 18 October

Nature awakens in spring and blossoms erupt, exciting flower lovers everywhere. Bring your own picnic and blanket and come visit or order a glorious hamper online for pick up on the day.

🕒 10am - 3pm 📍 3145 Roland Rd, Parkerville 💰 Adults \$10, Children under 12 Free.

Bookings essential at [www.trybooking.com/BKOF0](http://www.trybooking.com/BKOF0)

Music, Art, Festivals, Culture, History & Heritage



*Anytime Experience*

### Step back in time: Bert Tyler Vintage Machinery Museum

The legacy of prominent local resident, Bert Tyler lives on at the Bert Tyler Vintage Machinery Museum, a marvellous collection of a time gone by. The museum includes Bert's beloved Hornsby, Sunshine and Lister engines, as well as machinery from various vital trades of the Perth Hills region. The attached Armadale Outpost Telegraph Centre and Communication Museum offers a compelling look of early telegraph communication such as Morse Code. Morse code demonstrations and tours are available to booked groups, contact the Perth Hills Armadale Visitor Centre to find out more.

🕒 Monday to Friday: 9am - 4pm. Saturday and Sunday 9am - 2pm  
 📍 40 Jull Street, Armadale 🆓 Free Entry

Contact Perth Hills Armadale Visitor Centre (08) 9394 5410  
 or email [visitorcentre@armadale.wa.gov.au](mailto:visitorcentre@armadale.wa.gov.au) for more details.



### Indigo Dye Workshop

Sunday 20 September

Discover the magic of dyeing your very own indigo scarf (x 2) on a special workshop in Armadale. The workshop will teach you the basic techniques of Japanese Shibori dyeing. You will learn how to create beautiful, unique patterns in an indigo dye vat by binding, stitching, folding, twisting and compressing. Bookings essential. Call 0411 548 964 or email [charlene.obrien@bigpond.com](mailto:charlene.obrien@bigpond.com) Refer a friend and receive 10% discount.

🕒 10am - 1pm 📍 Shop 1/225 Jull Street Mall, Armadale 💰 Adults \$120

Call 0411 548 964 for more information.

### Natural Dye Workshop

Sunday 27 September

Discover the alchemy of dyeing your very own natural dyed scarf (x2) using local WA bush plants to emerge stunning spring colour hues on silk. Join Textile Artist Charlene O'Brien, for a morning filled with learning basic natural dye techniques. You will learn how to create patterns and colour variations from the same dye colour bath. Fun and informative. Bookings essential.

Call 0411 548 964 or email [charlene.obrien@bigpond.com](mailto:charlene.obrien@bigpond.com) Refer a friend and receive 10% discount.

🕒 10am - 1pm 📍 Shop 1/225 Jull Street Mall, Armadale 💰 Adults \$120

Call 0411 548 964 for more information.

Music, Art, Festivals, Culture, History & Heritage



### Night Sky Tours

Most Friday, Saturday and Sunday nights from Friday 20 September to Saturday 30 November

Experience our amazing night sky through our wide range of telescopes. Our volunteers will take you on a grand tour of the most stunning objects in the Southern Hemisphere including nebulas, dying stars, enormous star clusters, and the Moon and the planets when they are in the sky. You will also be able to browse our museum and see historical instruments, our meteorite exhibit, astrophotographs.

🕒 Various 📍 Perth Observatory, 337 Walnut Road, Bickley 💰 Adults \$45, Children \$20, Concession \$30, Carers Free Entry

Check dates and book online at [www.perthobservatory.com.au](http://www.perthobservatory.com.au)

### Halloween Night Sky Tour

Saturday 31 October

This Halloween put your costume on, get on your broomstick and head up to the Observatory for an amazing Halloween night. The Observatory will be decorated and the volunteers in costume for this special night. We'll also be giving out prizes for the best adult and child costume. Experience our amazing night sky where you'll see Nebulas, planets, dying stars and enormous star clusters.

🕒 8 - 10pm 📍 Perth Observatory, 337 Walnut Road, Bickley 💰 Adults \$50, Children \$25, Concession \$35, Carers Free Entry

Book online at [www.perthobservatory.com.au](http://www.perthobservatory.com.au)



### Lunar Photography Website

Thursday 22 October

We'll have multiple telescopes set up ready to have your camera connected so you'll be able to take photographs of the Moon. Before heading to the telescopes we will have a one hour theory session where we'll take you through the process of photographing the Moon. We will talk about the equipment and software, and touch briefly on the image processing that you might do following the night.

🕒 6 - 10pm 📍 Perth Observatory, 337 Walnut Road, Bickley 💰 Adults \$90.

Book online at [www.perthobservatory.com.au](http://www.perthobservatory.com.au)

Music, Art, Festivals, Culture, History & Heritage



### Step back in time: History House Museum

Delve into Armadale’s local history and discover the stories of the people and events that have shaped the history of the City of Armadale, from before the arrival of European Settlers in 1830, to our growing city today. Located within the Minnowarra Historic Precinct, visitors will also have the opportunity to see Minnowarra Chapel, built in 1903 and relocated brick by brick to its current location in 1987.

- 🕒 Tuesday, Thursday and Friday 10am to 4pm. Saturday and Sunday 1-4pm.
- 📍 Minnowarra Historic Precinct, 7 Orchard Ave, Armadale 💰 Free Entry

Contact Perth Hills Armadale Visitor Centre (08) 9394 5410 or email [visitorcentre@armadale.wa.gov.au](mailto:visitorcentre@armadale.wa.gov.au) for more details.



### Japanese Lunch Wraps

Saturday 12 September

Make your own Japanese lunch wrap made from funky tablecloths upcycled and revamped into custom food hamper carry totes. Bookings essential. Materials included. Call 0411 548 964 or email [charlene.obrien@bigpond.com](mailto:charlene.obrien@bigpond.com)

- 🕒 10am - Noon 📍 Shop 1/225 Jull Street Mall, Armadale 💰 Adults \$45

Call 0411 548 964 for more information.



### Live Music and Food

Every Thursday in September, October and November

Want to hear more live music in Armadale? Come down to the t-house nestled in the ARC artist retail collective gallery shop in the Jull St Mall Westend side, and hear a local musician play with a different genre each week. Delicious food and drinks will be available from the t-house. Event details listed on the ARC FB page. Bookings encouraged.

Call 0411 548 964 or email [charlene.obrien@bigpond.com](mailto:charlene.obrien@bigpond.com)

- 🕒 6 - 8pm 📍 Shop 1/225 Jull Street Mall, Armadale 💰 Free entry

Call 0411 548 964 for more information.

Music, Art, Festivals, Culture, History & Heritage



### Japanese Tote Bag Making

Every Saturday from 5 September to 7 November

Make a Japanese Tote for a picnic out of upcycled vintage tablecloths. Every Saturday with tea and cake available. Includes materials. Minimum numbers are required for this event to go ahead. Zero waste principles. Bookings essential.

🕒 2 - 3pm 📍 Shop 1/225 Jull Street Mall, Armadale 💰 Adults \$30, Concession \$20

Call 0449 208 241 or email [lynnersfeld@yahoo.com.au](mailto:lynnersfeld@yahoo.com.au) for bookings and information.

### Sunday Guided Tours

Sunday 6 September, Sunday 4 October and Sunday 1 November

Come and find out why the Perth Observatory is a true gem in WA's history. Our 45-minute tours includes exploring our museum and a guided tour of the historical telescopes where you'll learn about the important research done at the Observatory and why we were so important to the international astronomy community and the development of WA. You can watch the kangaroos frolick and see some of WA's beautiful birdlife whilst walking the paths through our native setting.

🕒 2 - 4pm 📍 Perth Observatory, 337 Walnut Road, Bickley 💰 Adults \$20, Children \$5, Concession \$10, Carers Free Entry

Check dates and book online at [www.perthobservatory.com.au](http://www.perthobservatory.com.au)



### Armadale Hills Open Studio Arts Trail

Everyday from Friday 11 to Sunday 20 September

The Armadale Hills Open Studio Art Trail began in 2015, instigated by local Bedforddale artist Sue Doorey. The Trail has been enthusiastically developed by a creative group of local artists, and has quickly established itself as a key cultural tourism initiative in the region. The studios showcase an extraordinary array of beautiful artwork including painting, pastels, textiles, eco-fashion and couture, ceramics, stoneware, sculpture, glass, woodturning, art bears and soft sculpture. In 2020, the Trail comprises 14 diverse studios across the Armadale region.

🕒 10am - 4pm 📍 Various venues, check @perthhillsarmadale for details 💰 Free Event.

Music, Art, Festivals, Culture, History & Heritage



## Doctor Who Night Tour

**Monday 23 November**

Come dressed up as your favourite Doctor Who character to celebrate everything Doctor Who on the night of Tardis Day. The 23rd of November is the 57th anniversary of the debut episode of Doctor Who, and we'll have Doctor Who characters at the Observatory and maybe even a Dalek. Our telescope operators will be ready to show you stunning objects including massive nebula, double stars, old and young open star clusters. Our volunteers will take you on a grand tour of the Southern Hemisphere's sky with a wide range of telescopes.

🕒 8:30 - 10:30pm 📍 Perth Observatory, 337 Walnut Road, Bickley 💰 Adults \$50, Children \$25, Concession \$35, Carers Free Entry

Book online at [www.perthobservatory.com.au](http://www.perthobservatory.com.au)



## Felted Fusion Workshop

**Sunday 25 October**

Make your own fashionable scarf using felt as your medium. You will learn basic nuno felting techniques using recycled silk fabrics to create pattern, design and style according to your wardrobe. [Kit supplied: Silk scarf (x2) organic wool tops, silk scraps] You can also bring your own scarps if desired. No skills required. Zero waste principles learnt. Bookings essential.

Call 0411 548 964 or email [charlene.obrien@bigpond.com](mailto:charlene.obrien@bigpond.com). Refer a friend and receive 10% discount.

🕒 10am - 1pm 📍 Shop 1,2,3 Jull St Mall, Westend Armadale 💰 Adults \$120



## Retro Fit Workshop

**Sunday 29 November**

Revive, add detail or glamourise an existing garment using recycled materials. The workshop will inspire your design awareness and learn various techniques in de-constructing, applique and hand stitching. Zero waste principles learnt. Bookings essential.

Call 0411 548 964 or email [charlene.obrien@bigpond.com](mailto:charlene.obrien@bigpond.com). Refer a friend and receive 10% discount.

🕒 10am - 1pm 📍 Shop 1/225 Jull Street Mall, Armadale 💰 Adults \$120

Music, Art, Festivals, Culture, History & Heritage



### Art Exhibition 33 Years of Armadale Society of Artists

Thursday 1 October to Monday 30 November

For over three decades the Armadale Society of Artists has been supporting artists in the local community who unite in the love and satisfaction that Art can give to all budding new, and experienced Artists alike. Over the 33 years the Art Society has been run by dedicated Committee's so this Exhibition celebrates our Past Presidents and Life Members.

- 🕒 Monday-Friday 9am - 4pm
- 📍 Greendale Centre, 12 Coombe Avenue, Armadale
- 💰 Free Event.

### Annual Art Exhibition

Saturday 7 November

Armadale Society of Artists are holding their 33rd Annual Art and Award Exhibition and 32 of those years have been held at the Armadale District Hall. With over 200 extraordinary different styles of Artwork on display and for sale, with no added commission this is well worth the visit. Visitors can browse artworks via COVID-19 safe one way traffic flow through the Exhibition. Our Programs are on sale with an original artwork on the cover for just \$5 and all proceeds go to fundraising for Armadale Society of Artists, plus a daily raffle drawn at 4pm each day to win an Original Artwork.

- 🕒 10am - 4pm
- 📍 Armadale District Hall, 90 Jull Street, Armadale
- 💰 Free Event.



### Kelmscott Community Garden Open Day

Saturday 19 September

Open Day with free entry. Family fun. Help celebrate our 3rd anniversary. Stalls, refreshments, sausage sizzle, kid's activities, info sessions, garden tours, plant sale.

- 🕒 10am - 2pm
- 📍 Kelmscott Community Garden, 55 River Rd, Kelmscott
- 💰 Free event - food for sale.



SPRING into  
ARMADALE

## Whats on When...

### September

- Creative Community Market - Breast Cancer Fundraiser | 12
- Hills Fabric and Craft De-Stash and Upcycled Market | 26
- Millbrook Winery Spring Long Lunch | 26

### October

- Creative Community Market - Kelmscott Show River Market | 17
- Perth Hills Artisan Markets | 25

### November

- Hawkers Markets | 13, 20
- Creative Community Market - Christmas Market | 21



## Creative Community Markets

### Breast Cancer Fundraiser

#### Saturday 12 September

An amazing fundraiser market supporting and bringing awareness to breast cancer. It will be a day of pink things, gorgeous stalls, amazing raffles, nail station, gifts, and much more.

🕒 10am - 2pm 📍 St Mary in the Valley Anglican Valley Church, River Road, Kelmscott 💰 Free Event - Food for sale.

Contact 0418 457 133 for more details.

### Kelmscott Show River Market

#### Saturday 17 October

Head on down to the river at the Kelmscott Show for a wander through the local creative community market. Enjoy the serenity!

🕒 9am - 5pm 📍 6 River Road, Kelmscott 💰 Free Event - Food for sale.

Contact 0418 457 133 for more details.

### Christmas Market

#### Saturday 21 November

Experience the magic of Christmas Markets full of food, great stalls, and plenty of Christmas cheer!

🕒 10am - 3pm 📍 St Mary in the Valley Anglican Valley Church, River Road, Kelmscott 💰 Free Event - Food for sale.

Contact 0418 457 133 for more details.

Food, Wine & Markets



Photo by Harriet Harcourt

## Perth Hills Artisan Markets

**Sunday 25 October**

The Perth Hills Artisan Markets, the place to find gorgeous local work, from the crafters to the makers, the jam masters, sweet treat makers, the artists, the creatives, and more, the place to hear local buskers, indulge in delicious food and have a fabulous day amongst the hills of Perth. Enjoy music, workshops, art, health and wellbeing, authors and so much more.

🕒 9.30am - 3pm 📍 Mundaring Arena, Mundaring Weir Rd, Mundaring  
 💰 Free Event - Food for sale.

Contact Perth Hills Artisan Market on 0410 204 693 for more details.

## Hawkers Markets

**Friday 13 and 20 November**

If you love great food, culture and live music, then these markets are for you! As we head into summer it's a perfect excuse to take a night off cooking and eat out with your family and friends.

Set in the leafy surrounds of Memorial Park, it's the perfect place to bring the kids as they can play in the adventure playground and run around on the grassed area in the large amphitheatre. Indulge in exotic cuisines from a variety of food trucks, then sit back and enjoy live music from local and visiting performances inspired by different cultures of the world.

🕒 5:30 - 8:30pm 📍 Memorial Park, Corner of Orchard Avenue and Jull Street  
 💰 Free Event - Food for sale.

## Hills Fabric and Craft De-Stash and Upcycled Market

**Saturday 26 September**

The Hills Fabric and Craft De-Stash is an event for sewist's and artisans to clear out their cupboards, come together and de-stash sewing, crafting and even scrapbooking supplies. What a fun way to get together and learn about each other and about long lost skills and now with an upcycled market to see all the amazing goodies made from fabrics, op shop finds, old furniture and the like.

🕒 9.30am - 2pm 📍 1470 Stoneville Rd, Mundaring  
 💰 Gold Coin Donation.

Book by calling 0410 204 693 or via email [perthhillsvents@outlook.com](mailto:perthhillsvents@outlook.com)

## Millbrook Winery Spring Long Lunch

**Saturday 26 September**

Immerse yourself in the vivid colours of spring at Millbrook with a guided stroll through the vineyards then follow the journey through the winery and barrel hall. Take your seat in our 'two hat' restaurant to enjoy the fruits of these labours with a fabulous long lunch; each course will be accompanied by a wine, or flight of wines, from our highly-awarded range.

🕒 11.30am - 4pm 📍 Millbrook Winery, Old Chestnut Lane, Jarrahdale  
 💰 Adults \$130.

Call 08 9525 5648 or visit [www.millbrookwinery.com.au](http://www.millbrookwinery.com.au) for more information.



SPRING into  
ARMADALE

## Whats on When...

### September

- Spring into Raeburn | 1 - 30
- Heart Chant: Music & Mantra | 5
- Town Walk with Afternoon Tea | 5
- KattaMorda Hike & Graze Experience | 5, 6
- Baldwin's Bluff | 6
- Heart Yoga: Cacao and Blissful Relaxation | 12
- Mason & Bird Heritage Trail Guided Hike | 12
- Armadale Wildflower Walks: Lloyd Hughes Reserve | 13
- Armadale Wildflower Walks: Bungendore Park | 20
- Piesse Brook Yin Yoga Hiking Experience | 20
- Kitty's Gorge Guided Hike | 20

### October

- Heron Park Skateboarding WA Clinics | 1, 8
- Patsy Durack's Rose Gardens | 1 - 31 (Mon – Sat by appointment)
- Sound Silence Stillness Retreat | 3
- Exss State Duathlon Championships | 4
- Sonic Immersion: 2hr Sound Bath | 4
- Armadale Wildflower Walks: Armadale Settlers Common | 4
- Lesmurdie Falls Sunset Hike | 5
- Mindfulness in the Workplace: 2hr Masterclass | 9
- Armadale Wildflower Walks: Harrisdale Swamp | 11
- Mason & Bird Heritage Trail Guided Hike | 17
- Kalamunda to Hewitt's Endurance Hike | 18
- Victoria Reservoir Midweek Meander | 20

### October (continued)

- The Art of Self Nurturing: 2hr Relaxation Retreat | 24
- Araluen Botanic Park Exclusive Guided Hike | 24
- Total Body Rejuvenation: 3hr Yoga Retreat | 25
- Kitty's Gorge Guided Hike | 25
- Walking with Dad Weekend | 31
- Deep Rest: Restore & Reconnect with 2hrs of Yoga | 31

### November

- Sonic Immersion: 2hr Sound Bath | 1
- Patsy Durack's Rose Gardens | 1 - 30 (Mon – Sat by appointment)
- Walking with Dad Weekend | 1
- Araluen Botanic Park Exclusive Guided Hike | 15
- Sacred Sounds Hike | 21
- Sound Silence Stillness Retreat | 22
- Soul Sounds and Yin Yoga: 2hr Yoga Sound Bath Retreat | 22
- Deep Rest: Restore & Reconnect with 2hrs of Yoga | 28

### Anytime Experiences

These free self-guided experiences can be done anytime, unless otherwise stated

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- Perth Hills Cider and Brews Trail (self guided drive trail) | Page 24
- Birdwatching in Bungendore Park | Page 25
- Geocaching in Armadale | Page 28
- Rediscover Armadale's Heritage Trees | Page 30

Sports, Trails, Walks & Workshops



Photo by Debbie Walker

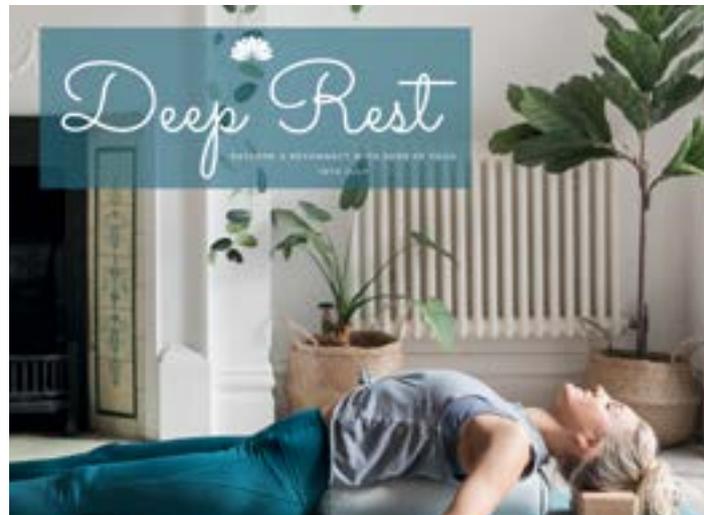
## Armadale Wildflower Walks: Harrisdale Swamp

**Sunday 11 October**

Guided bushwalks in magnificent bushland with information on the beautiful wildflowers, trees and birds you'll observe on your way. A springtime experience too good to miss! Approximately 2 hours, flat site - medium skill walk with soft sand in some areas. Led by Debbie Walker (Wildflower Society - Armadale Branch).

🕒 8.30 - 10.30am 📍 Harrisdale Swamp, meet at Carey Baptist College carpark, behind fenced pond 🆓 Free event.

Email [armadaleenvironmentalcentre@outlook.com.au](mailto:armadaleenvironmentalcentre@outlook.com.au) for more information.



## Deep Rest: Restore & Reconnect with 2hrs of Yoga

**Saturday 31 October and Saturday 28 November**

Slow down and let all of your worries melt away in this 2 hour yoga retreat designed to help you find relaxation and inner peace. Those who have attended Deep Rest have said it's "medicine for the soul" and a "relaxation session I didn't know I needed." Prema will guide you through a 2 hour relaxation journey with Vishrant Yin Yoga, Yoga Nidra (a powerful relaxation technique) and Pranayama. This gentle but potent combination of practices will have you walking away feeling deeply restful, rejuvenated and uplifted. You're invited to an afternoon of pure bliss!

🕒 3 - 5pm 📍 Restful Waters, 64 Canns Road, Bedforddale 💰 Adult \$40.

Call 0418 229 662 or visit [www.restfulwaters.org](http://www.restfulwaters.org) for more information.

Sports, Trails, Walks & Workshops



*Anytime Experience*

### Armadale Hills Scenic Drive

The tradition of a Sunday drive is one that's stood the test of time. If you're looking to explore the region in a day, the Armadale Hills Scenic Drive is the way to go. You'll discover the area's dams and parks, top attractions, walk trails, delicious food and stunning scenery along the way. Pick up a map from the Perth Hills Armadale Visitor Centre or download one from [perthhillsarmadale.com.au](http://perthhillsarmadale.com.au).

Contact Perth Hills Armadale Visitor Centre (08) 9394 5410 or email [visitorcentre@armadale.wa.gov.au](mailto:visitorcentre@armadale.wa.gov.au) for more details.



### Kalamunda to Hewitt's Endurance Hike

**Sunday 18 October**

This hike is not for the faint hearted! The Kalamunda to Hewitt's Hut section of the Bibbulmun Track features steep rocky terrain, flowing waters, granite boulders and amazing valley views all combined in a 21km return hike. Off The Beaten Track WA will guide you along the Bibbulmun Track, through Piesse Brook and Paulls Valley as you take in the views of one of the most difficult and scenic sections of this world class trail.

🕒 7am - 2pm 📍 Kalamunda National Park, Kalamunda 💰 Adults \$45.

Book online at [www.offthebeatentrack.com.au](http://www.offthebeatentrack.com.au)



### Lesmurdie Falls Sunset Hike

**Monday 5 October**

Ignite your senses and calm your mind by experiencing the magic of Lesmurdie Falls during sunset, dusk, then darkness! As the sun goes down you will witness the Perth City skyline and surrounding valley of Mundy Regional Park transition from an outstandingly scenic wonderland of things to see a utopia of sounds and scents. As we enjoy gorgeous sunset views over the Swan Coastal Plain, your senses will be ignited and your mind will be calm.

🕒 6 - 8pm 📍 Lesmurdie Falls 💰 Adults \$35.

Book online at [www.offthebeatentrack.com.au](http://www.offthebeatentrack.com.au)

Sports, Trails, Walks & Workshops



### Walking with Dad Weekend

Saturday 31 October to Sunday 1 November

Kids grow up so quickly. Savour this time by creating wonderful memories together. Enjoy two walks through magnificent jarrah forest and camp overnight at a Bibbulmun Track campsite. Includes trained guides, map, comprehensive planning night, trip preparation manual, equipment hire and return transport from Murdoch Park'n'Ride rail terminal. BYO food. An extra child per booking is welcome provided there is space. Max 2 kids per adult.

🕒 9am - 2.30pm 📍 Darling Range 💰 \$230 (1 adult and 1 child) \$50 per extra child.

Email [events@bibbulmuntrack.org.au](mailto:events@bibbulmuntrack.org.au)



### Piesse Brook Yin Yoga Hiking Experience

Sunday 20 September

Rocky Pool Walk is a picturesque 5km loop that takes you on a steep and rocky journey through Piesse Brook. As we guide you along the trail, you will be in awe of the stunning valley views and be totally immersed in the delightful Marri and Wandoo woodlands that surround. You will be guided through a slow-paced yin yoga session which aims to increase circulation in the joints and improve flexibility. To top it all off you will enjoy a delicious and nutritious gourmet morning tea at Rocky Pools.

🕒 6 - 9:30am 📍 Kalamunda National Park 💰 Adult \$50.

Book online at [www.offthebeatentrack.com.au](http://www.offthebeatentrack.com.au)

Sports, Trails, Walks & Workshops



### KattaMorda Hike & Graze Experience

Saturday 5 and Sunday 6 September

The 31km KattaMorda Heritage Trail is rich in natural beauty, history and culture! Starting at Mundaring, this long distance trail will take you on a wondrous journey through jarrah, marri, and wandoo woodlands intertwined with stories from the past. Experience this magic over one or two days on the KattaMorda Hike & Graze Experience!

🕒 8:00am - 2pm 📍 KattaMorda Trail, Perth Hills 💰 Adult \$200.

Book online at [www.offthebeatentrack.com.au](http://www.offthebeatentrack.com.au)



### Mason & Bird Heritage Trail Guided Hike

Saturday 12 September and Saturday 17 October

Escape to the Bickley Valley, to enjoy the best of the Mason & Bird Heritage Trail and the New Victoria Dam Walk Trail on this 7 km combination hike, exploring Australia's pioneer heritage through the Korung National Park. From Australia's oldest wooden bridge, the Munday Brook Bridge, to the first Western Australian dam, the rich history of this trail will inspire you. The Mason and Bird Heritage Trail follows the route of an 1870s tramway from Mason Mill to the swan River, which operated in the late 1800s to transport jarrah timber from Mason's Mills to the Canning River. Enjoy the abundance of valley views, expansive forests of Wandoo and beautiful granite outcrops as we adventure in the Bickley Valley.

🕒 9 - 11am 📍 New Victoria Dam, Carmel 💰 Adults \$39, Children \$19.

Book online at [www.hikecollective.com.au](http://www.hikecollective.com.au)

Sports, Trails, Walks & Workshops



Photo by Debbie Walker

## Sacred Sounds Hike

**Saturday 21 November**

Sound Healing is a gentle, yet powerful experience for the mind and body. It is the intentional use of sound to create an environment which becomes a catalyst for healing in the physical, mental, emotional or spiritual aspects of our being. To be healed is simply to become whole and reconnect with your true essence of self. We invite you to connect with nature and yourself through sacred sounds at this special Off The Beaten Track event.

🕒 6 - 10pm 📍 Sullivan Rock, Mt Cooke  
 💰 Adults \$65.

Book online at  
[www.offthebeatentrack.com.au](http://www.offthebeatentrack.com.au)

## Armadale Wildflower Walks: Lloyd Hughes Reserve

**Sunday 13 September**

Guided bushwalks in magnificent bushland with information on the beautiful wildflowers, trees and birds you'll observe on your way. A springtime experience too good to miss! Approximately 1.5 hours of moderate walking, steep terrain in places. Led by Barry Combs (Friends of Lloyd Hughes Park)

🕒 8.30 - 10am 📍 Lloyd Hughes Reserve, meet at end of Marmion St, Kelmescott  
 💰 Free event.

Email [armadaleenvironmentalcentre@outlook.com.au](mailto:armadaleenvironmentalcentre@outlook.com.au) for more information.



Photo by Kim Sarti

## Armadale Wildflower Walks: Bungendore Park

**Sunday 20 September**

Guided bushwalks in magnificent bushland with information on the beautiful wildflowers, trees and birds you'll observe on your way. A springtime experience too good to miss! Approximately 2 hours of easy walking. Led by Tony Clark (Bungendore Park Environmental Group)

🕒 8.30 - 10.30am 📍 Bungendore Park, meet at Admiral Road entrance 💰 Free event.

Email [armadaleenvironmentalcentre@outlook.com.au](mailto:armadaleenvironmentalcentre@outlook.com.au) for more information.

Sports, Trails, Walks & Workshops



Photo by @alexiaawphotography

## Spring into Raeburn

**Tuesday 1 to Wednesday 30 September**

Experience the beauty of spring at Raeburn Orchards. Take a self-guided walk through the Orchard and discover what makes Raeburn one of Perth's most instagrammable locations. Follow Raeburn Orchards on Facebook and Instagram @RaeburnOrchards for further details.

🕒 9am - 5pm 📍 4 Raeburn Road, Roleystone 💰 Adults \$5, Children free.

Visit [www.raeburnorchards.com](http://www.raeburnorchards.com) for more information.



Photo by Kim Sarti

## Armadale Wildflower Walks: Armadale Settlers Common

**Sunday 4 October**

Guided bushwalks in magnificent bushland with information on the beautiful wildflowers, trees and birds you'll observe on your way. A springtime experience too good to miss! Approximately 2 hours, challenging walk in some places. Led by Kim Fletcher (Armadale Settlers Common Working Group)

🕒 8.30-10.30am 📍 Armadale Settlers Common, meet at Armadale Environmental Centre, 8 Triton Crescent, Bedforddale 💰 Free Event.

Email [armadaleenvironmentalcentre@outlook.com.au](mailto:armadaleenvironmentalcentre@outlook.com.au) for more information.

Sports, Trails, Walks & Workshops



## Baldwin's Bluff

Sunday 6 September

Nestled in the heart of Serpentine National Park, Baldwin's Bluff is a hidden gem. With lush jarrah forest, challenging gradients, and breathtaking views, this trail will be sure to impress in its powerful 6km. View the famous Serpentine Falls from the top as you balance on granite outcrops at the summit.

🕒 9 - 11:30am 📍 Serpentine National Park 💰 Adults \$29, Children \$12.

Book online at [www.hikecollective.com.au](http://www.hikecollective.com.au)



## Heron Park Skateboarding WA Clinics

Thursday 1 and 8 October

Come and try out the new skate park in Heron Park estate with the crew from Skateboarding WA! Whether you're a first-time skateboarder or consider yourself a pro, Skateboarding WA will be running FREE sessions for all ages and skill levels. Skateboards and helmets provided following COVID-safe guidelines. All welcome, but pre-registration is essential at [www.skateboardingwa.com.au](http://www.skateboardingwa.com.au).

🕒 3:30 - 5:30pm 📍 Youth Park, Barossa Loop, Harrisdale 💰 Free event

Book online at [www.skateboardingwa.com.au](http://www.skateboardingwa.com.au)

Sports, Trails, Walks & Workshops



*Anytime Experience*

### Perth Hills Cider and Brews Trail (self guided drive trail)

Fertile soils and minds have come together in the hills and valleys of Perth to create an incredible array of fine handcrafted flavours - from refreshing apple and pear ciders to European-style boutique beers. You can meet the passionate makers and brewers on a self-guided tasting tour, following the Perth Hills and Brews Trail through the orchards to the tasting rooms and cellar doors. You can start the trail at any of the six venues, collect a map from the Perth Hills Armadale Visitor Centre or download one from [trailswa.com.au](http://trailswa.com.au).

🕒 Opening hours vary, check with venues direct to plan your day 📍 Various

Contact Perth Hills Armadale Visitor Centre (08) 9394 5410 or email [visitorcentre@armadale.wa.gov.au](mailto:visitorcentre@armadale.wa.gov.au) for more details.



### Exss State Duathlon Championships

**Sunday 4 October**

The State Duathlon Championships is a run, cycle, run event. Multiple distances for beginners and children through to experienced athletes

🕒 8 - 11am 📍 Champion Lakes Regatta Centre 💰 Adult \$45.

Visit [www.exceedtriathlon.com.au](http://www.exceedtriathlon.com.au) for more information.



### Patsy Durack's Rose Gardens

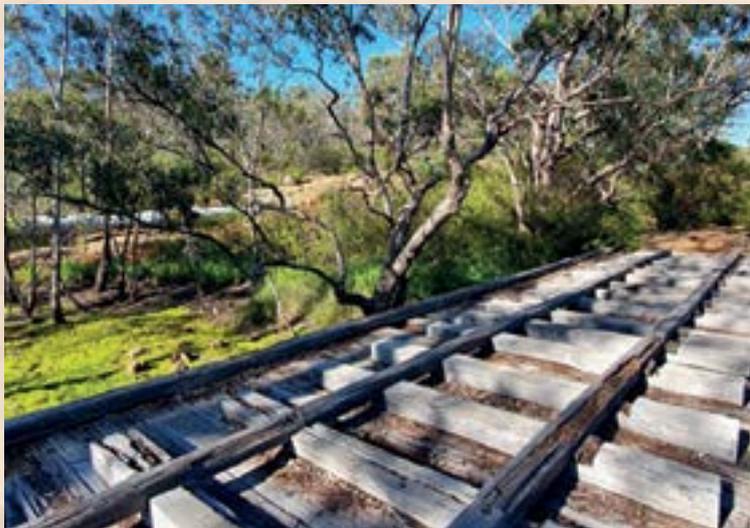
**Thursday 1 October to Monday 30 November**

If you're a rose lover, then Patsy Durack's Rose Garden is a must-see. Find yourself surrounded by hundreds of field rose bushes, where you can use their individual plaques to identify roses you would like yourself. Wheelchair accessible.

🕒 10am - 4.30pm, Monday - Saturday by appointment 📍 33 Parke Road, Gooseberry Hill 💰 Adults \$10, Children \$5 - Part Entry fee goes toward Cancer Council.

Call 9293 2719 or visit [www.patsyurackrosegardens.com](http://www.patsyurackrosegardens.com) for more information.

Sports, Trails, Walks & Workshops



### Victoria Reservoir Midweek Meander

Tuesday 20 October

We'll take in the incredible blue waters of the reservoir as we enjoy a gourmet morning tea from small wooden pergola near the water's edge. From here we'll follow the trail to the Old Victoria Reservoir and get our dose of history before we follow the trail aside the valley to an old wooden bridge. This is a very scenic and interesting trail with lookouts, interpretive signage, granite outcrops, and a multitude of landscapes to admire.

🕒 10am - 1pm 📍 Victoria Reserve, Carmel 💰 Adult \$35.

Book online at [www.offthebeattrack.com.au](http://www.offthebeattrack.com.au)



*Anytime Experience*

### Birdwatching in Bungendore Park

The wonders of nature can be enjoyed anytime at Bungendore Park and springtime provides the perfect opportunity for a spot of birdwatching. The park is rich in parrots, cockatoos and nectivorous birds that are attracted to flowering plants like Banksia, Marri and Parrot Bush. A total of 100 species have been recorded in the Park including the Western Spinebill, Splendid Fairy-Wren, Yellow Robin and the Kookaburra. Take a slow stroll along one of the many walk trails and see how many you can spot. Walk trail maps and bird-identifying books are available from the Perth Hills Armadale Visitor Centre.

📍 Trailhead entry off Admiral Road, Bedforddale

Contact Perth Hills Armadale Visitor Centre (08) 9394 5410 or email [visitorcentre@armadale.wa.gov.au](mailto:visitorcentre@armadale.wa.gov.au) for more details.

Sports, Trails, Walks & Workshops



### Heart Yoga: Cacao and Blissful Relaxation

Saturday 12 September

Love chocolate and yoga? Celebrate life with 2 hours of blissful relaxation. As we drink this very special cacao (raw chocolate) you'll be invited to allow the body to relax, the heart to open and the mind to melt away. Using gentle Vishrant Flow Yoga we will shift awareness away from the thinking mind and down into the heart. Cacao is a beautiful tool to lead you deeper into relaxation and to find a joy and restfulness that arises from within.

🕒 3 - 5pm 📍 Restful Waters, 64 Canns Road, Bedfordale  
 💰 Adults \$45, Children \$22.50.

Call 0418 229 662 or visit [www.restfulwaters.org](http://www.restfulwaters.org) for more information.



### Total Body Rejuvenation: 3hr Yoga Retreat

Sunday 25 October

Revel in feeling fresh, alive and connected with your body!

Give yourself the gift of self-massage & yoga and enjoy the powerful experience of being entirely relaxed.

This retreat will include yoga sequencing & breathing techniques designed to create deeper awareness of the body, relief from aches & pains, improved posture & alignment as well as more flexibility and co-ordination.

Take home techniques that when practiced will create lasting benefit to your overall wellbeing.

Move, roll & relax your way to total body rejuvenation!

🕒 10am - 1pm 📍 Restful Waters, 64 Canns Road, Bedfordale  
 💰 Adults \$59, Children \$20.

Call 0418 229 662 or visit [www.restfulwaters.org](http://www.restfulwaters.org) for more information.

Sports, Trails, Walks & Workshops



## The Art of Self Nurturing: 2hr Relaxation Retreat

Saturday 24 October

The simple kindness of accepting ourselves exactly as we are can change so much about the way we experience life.

Create your own inner sanctuary and harness the skills to practice nourishing self-acceptance in this stress relieving mini retreat.

Counsellor & yoga teacher Kali will lead you through a practice of guided meditation, gentle stretching and exercises designed to bring you to a more connected relationship with yourself.

Breathe out and let go while uncovering a meditative practice of self-care.

Connect with and love yourself just as you are.

🕒 3 - 5pm 📍 Restful Waters, 64 Canns Road, Bedforddale 💰 Adults \$40, Children \$20.

Call 0418 229 662 or visit [www.restfulwaters.org](http://www.restfulwaters.org) for more information.



## Sound Silence Stillness Retreat

Saturday 3 October (4 - 8.30pm), Sunday 22 November (10am - 4pm)

The Sound Silence Stillness retreat programs engage the senses through the beauty of the environment, healing sounds of nature and a guided sound journey with healing instruments. Even the food served is carefully balanced and prepared to nourish and nurture. You'll attune to the subtler sensations and fluctuations of mind through the Raja Yoga practices of asana, pranayama and mantra meditation - leading to a naturally quiet, transcendent and blissful state. It is here you rest in body and mind, before journeying deeper to balance and access your creative and healing potential, shining the inner light on your unique gifts and true life purpose.

🕒 Various 📍 Kookaburra Yoga, 210 Carradine Road, Bedforddale 💰 Adult \$120.

Visit [www.kookaburryyoga.com](http://www.kookaburryyoga.com) for more information.

Sports, Trails, Walks & Workshops



### Geocaching in Armadale

Join the wonderful world of Geocaching, a real world, outdoor treasure hunt in which players unlock clues to find a hidden 'cache' at the end of the trail. To play, participants use the Geocaching app or a GPS device to navigate to cleverly hidden containers called geocaches. A fabulous activity for the whole family and a great way to explore the region on foot, with several geocaches located throughout Armadale. Download the 'Geocaching' app to start your adventure.

Contact Perth Hills Armadale Visitor Centre (08) 9394 5410 or email [visitorcentre@armadale.wa.gov.au](mailto:visitorcentre@armadale.wa.gov.au) for more details.



### Heart Chant: Music & Mantra

Saturday 5 September

The simple and gentle practice of Kirtan mantra meditation relaxes you as it helps shift your awareness from the head to the heart and restores balance and openness. Kirtan is an ancient powerful singing practice that supports healing and our exploration within. Feel the beauty of the song arising within. Discover the lightness of the heart and experience the expansion of the mind. In Kirtan singing meditation love can appear, by letting your awareness completely rest in the mantra and tuning into the stillness that resides within.

🕒 3 - 5pm 📍 Restful Waters, 64 Canns Road, Bedforddale 💰 Adults \$30, Children \$15. Call 0418 229 662 or visit [www.restfulwaters.org](http://www.restfulwaters.org) for more information.



### Town Walk with Afternoon Tea

Saturday 5 September

Ron Chapman, our Oral Historian will explore Jarrahdale and its history through the heritage buildings and stories that have been given to him. Afternoon Tea to be served from 3.30pm at the Jarrahdale General Store Café!

🕒 1 - 4pm 📍 Old Post Office Museum, 631 Jarrahdale Road 💰 Adults \$5, Children \$2.50. Afternoon Tea \$15 at General Store Café.

Call 0406 980 677 or visit [www.jarrahdale.com](http://www.jarrahdale.com) for more information.

Sports, Trails, Walks & Workshops



### Mindfulness at Work - 2.5 Hr Masterclass

Friday 9 October

Enjoy heightened focus, clarity and a give yourself an edge! Mindfulness switches us on to being able to see more accurately, make better decisions, stay calm under pressure and reduce stress. When you are mindful, you can choose where you place your attention, allowing you to engage more effectively with people and projects at work. In this 2.5hr Mindfulness at Work Masterclass, you will discover mindful methods to assist you in becoming a more effective communicator, team player and leader in your workplace and daily life.

🕒 11am - 1:30pm 📍 Restful Waters, 64 Canns Road, Bedforddale 💰 Adults \$59.

Call 0418 229 662 or visit [www.restfulwaters.org](http://www.restfulwaters.org) for more information.



### Sonic Immersion: 2hr Sound Bath

Sunday 4 October, Sunday 1 November

Take the time to Immerse yourself in this powerful and beautiful 2hr musical sound journey. Lay back and listen as the sound waves wash over you, soothing and easing your mind and body.

The power of the crystal bowls, koshi chimes and chanting dates back centuries when they were used to help spiritual practitioners find silence and expanded awareness. Here with Sonic Immersion – Sound Bath we bring this to you. Restful Waters stands alone in the undulating hills of Perth and has become a sanctuary for many people who are looking to reconnect within themselves and with other like-minded people.

🕒 2 - 4pm 📍 Restful Waters, 64 Canns Road, Bedforddale 💰 Adult \$40, Children \$20.

Call 0418 229 662 or visit [www.restfulwaters.org](http://www.restfulwaters.org) for more information.

Sports, Trails, Walks & Workshops



### Rediscover Armadale’s Heritage Trees

Explore the region on foot on a self-guided walking tour showcasing Armadale’s botanic beauty. In 1988, to celebrate Australia’s bicentennial anniversary of settlement, a 4.5km walk through Armadale’s city centre was designed, along which 22 trees of significant were marked. In 2015, these trees were rediscovered and several more identified with 29 trees forming the trail today. The gentle walk meanders through Armadale’s streets and parks, travelling past beautiful trees of historic, botanic and cultural importance - some well over 100 years old! Collect your map from the Perth Hills Armadale Visitor Centre, where the trail begins.

Contact Perth Hills Armadale Visitor Centre (08) 9394 5410 or email [visitorcentre@armadale.wa.gov.au](mailto:visitorcentre@armadale.wa.gov.au) for more details.



### Soul Sounds and Yin Yoga: 2hr Yoga Sound Bath Retreat

Sunday 22 November

Immerse yourself in deep relaxation with a nourishing fusion of Vishrant Yin Yoga and a live sound bath. You will be guided through a 2 hour Vishrant yin yoga practice with each pose carefully matched to different instruments to cultivate a state of deep restoration. Vishrant Yin yoga is a restorative and gentle practice with slow, long holds to cultivate stillness in the body and the mind. Combined with the gentle sounds of the crystal singing bowls and gongs and you will experience deep relaxation, while allowing the sound vibrations to heal the whole body.

🕒 2 - 4pm 📍 Restful Waters, 64 Canns Road, Bedforddale 💰 Adult \$49.

Call 0418 229 662 or visit [www.restfulwaters.org](http://www.restfulwaters.org) for more information.

Sports, Trails, Walks & Workshops



### Araluen Botanic Park Exclusive Guided Hike

Saturday 24 October and Sunday 15 November

Araluen Botanic Park is an extraordinary garden in a breathtakingly beautiful bushland setting. Enjoy this 4.5km hike through stoned pathways across the terraces that are lined by enormous stone pillars and shaded jarrah pergolas. View the circa 1930s log cabins located in each garden precinct and learn about Araluen's heritage and history. Located within 59 hectares of native Australian bushland, the developed gardens cover 14 hectares.

🕒 9:30 - 11:30am 📍 362 Croyden Rd, Roleystone 💰 Adults \$39, Children \$19.

Book online at [www.hikecollective.com.au](http://www.hikecollective.com.au)



### Kitty's Gorge Guided Hike

Sunday 20 September, Sunday 25 October

One of Western Australia's oldest settlements, Jarrahdale is set in the Darling Range and surrounded by Jarrah forest and is a one hour drive from Perth. Hiking the 15km return Kitty's Gorge trail from Jarrahdale will showcase the forest's flora and fauna and allow your senses to come alive as you see, hear and smell nature at its best. Embarking on this adventure from the Jarrahdale cemetery is an interesting way to begin, and with beautiful streams, gorges, and the famous Serpentine Falls ahead, this trail is one not to be missed. Join us post hike at the Jarrahdale Tavern for a drink and lunch (not included in price of the ticket).

🕒 9am - 2pm 📍 Serpentine National Park 💰 Adult \$39, Children \$19.

Book online at [www.hikecollective.com.au](http://www.hikecollective.com.au)



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Perth Hills Armadale



**Perth Hills Armadale Visitor Centre**

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