



SPRING into
ARMADALE

EVENT PROGRAM

1 August - 30 November 2022

Art • Culture • Nature • Food • Events • Experiences

www.perthhillsarmadale.com.au

Celebrate all that's special about the Armadale region of the Perth Hills at the 2022 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.

This document is available in alternative formats on request.

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.



SPRING into
ARMADALE

1 AUG – 30 NOV 2022

 August	1 - 8
 September	9 - 19
 October	20 - 27
 November	28 - 34



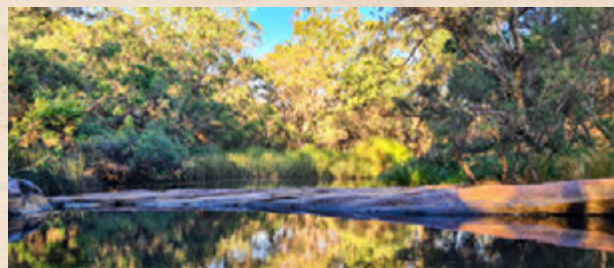
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Outside the Frame Art Awards 2022

Saturday 6 to Sunday 14 August



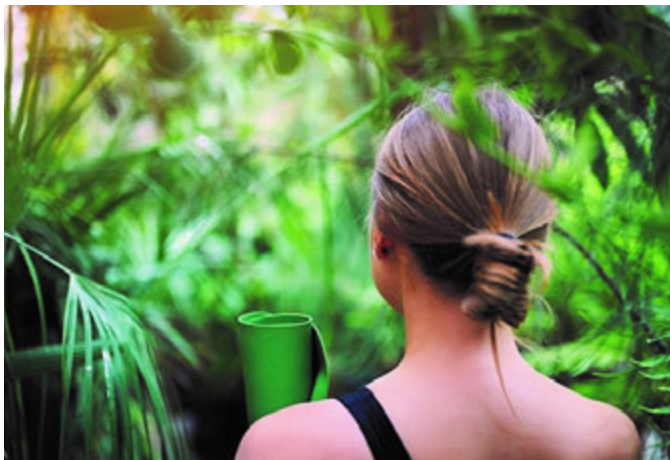
Roley Pools Beginners Hike

Sunday 14 August



It's Yates Springtime at Araluen

Friday 19 August - Late September



Absolute Beginners Yoga - 5 Week Course

Monday 1, 8, 15, 22 and 29 August

Yoga is for everyone! Join this course to learn how to awaken your inner joy and bring strength, health and resilience to your body, and calmness, peace and clarity to your mind and soul. You'll safely learn the foundation practices of Hatha Yoga taught by a teacher with decades of experience. We believe yoga is for everyone, and welcome absolute beginners!

🕒 6 - 7.20pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedfordale 💰 \$90

Visit kookaburrayoga.com for more information.



Music Meditation Mantra

Friday 5 August

End your week with a blissful two hour session of Nada Yoga - the yoga of sound. We begin with kirtan - devotional singing to bring in a feeling of joy, and then enjoy live music with traditional meditative instruments to help you relax deeply and attune to the subtle inner sound vibrations which lead to a quietness of mind and pure peacefulness. We share in warming cacao and community.

🕒 6 - 8pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedfordale 💰 \$30

Visit kookaburrayoga.com for more information.



Heart Chant - Music and Mantra

Saturday 6 August

Kirtan is an ancient singing practice that can open the heart. The simplicity of this practice leaves you in a graceful state as these mantras heighten conscious awareness and bring a warmth and wonderment to life. You don't have to know how to sing or be a musician, just come along to be with like minded people and open to your own heart.

🕒 3 - 5pm 📍 Restful Waters, 64 Canns Road, Bedfordale
💰 Adults \$39, Children \$19.50

Visit restfulwaters.org for more information.



Perth Observatory Winter Night Tours

5, 6, 7, 19, 20, 21, 26, 27, 28 August

The best time for viewing our southern skies is during winter. Our passionate volunteers at the Perth Observatory will brave the cold weather to show you planets and the galactic centre passing overhead, revealing many deep-sky treasures that you can't see in summer. At the end of the night we'll all gather in the foyer of the main building for hot chocolate and biscuits.

🕒 7.30 - 9.30pm 📍 Perth Observatory, 337 Walnut Road, Bickley
 💰 Adults \$40, Children \$25, Concession \$30

Visit perthobservatory.com.au/winter-night-tours for more information.



Outside the Frame Art Awards 2022

Saturday 6 - Sunday 14 August

Outside the Frame Art Awards showcases some of the best contemporary artworks by young artists across Perth. Established as a platform to help develop these young artists, the exhibition explores hot topics of the younger generation. Open to students in years 11 and 12 from across the Perth metropolitan region, high schools can put forward student works across seven categories: painting, drawing, printmaking, sculpture, textiles, digital media/ photography and mixed media.

🕒 11am - 4pm 📍 Armadale District Hall, 90 Jull Street, Armadale 💰 Free Event



Perth Observatory Sunday Day Tours

Sunday 7, 14, 21, 28 August

Sundays are perfect to take family and friends sightseeing on a beautiful drive through the Bickley Valley for a special Guided Day Tour of the Perth Observatory. Come up and see a jewel in the state's history and see why the Observatory was so important to help the growth of the state of Western Australia and maybe see some kangaroos as well. We'll be doing guided site tours of the Observatory and solar experience tours.

⌚ 1.30 - 2pm, 2 - 2.30pm, 2.30 - 3pm, 3 - 3.30pm 📍 Perth Observatory, 337 Walnut Road, Bickley 💰 Adults \$20, Children \$10, Concession \$15, Family \$50

Visit perthobservatory.com.au/sunday-day-tours for more information.



Hidden Gems of Perth Experience

Sunday 7 and Friday 26 August

You'll hike up to the top of 60 Foot Falls and stand above a waterfall to take in the magnificent views of the Perth city skyline and the valley below! Admire the geology and emerald green waters as we hike into Barrington Quarry. Discover the hidden pools and nature spa at Roley Pool Reserve and if you're lucky you may even spot a native raka! Explore the hidden waterfalls and cascades of Whistlepipe Gully and the remains of the old Wallace Greenham house. Includes transport and two course lunch at Naked Apple Cider.

⌚ 8am - 4.30pm 📍 Pick-up location confirmed upon booking 💰 \$190

Visit offthebeatentrackwa.com.au/hidden-gems-of-perth-experience for more information.



Soma Healing Yoga

Wednesday 10 August

This two hour mid week evening retreat is beautiful, relaxing and restful. You'll experience a centring sensory meditation; slow, somatic movement practices drawn from traditional yoga; breathwork to balance the nervous system, a yogic sound meditation incorporating traditional gongs and singing bowls with healing mantras, leading into a long, guided yoga nidra followed by a candlelight meditation.

⌚ 6 - 8pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedfordale 💰 \$30

Visit kookaburrayoga.com for more information.



Talk by Roz Hart on Australian Fungi

Thursday 11 August

Roz is an ecologist with a breadth of working experience, including as the Community Education Officer on the Perth Urban Bushland Fungi project in WA. This was a joint Urban Bushland Council and WA Naturalists' Club project (commenced in 2003) that raised awareness of the importance of fungi in bushlands, concentrating on Perth's urban bushlands and opening many people's eyes to the wonders of fungi. Roz is also a volunteer guide at Kings Park, where she encourages and educates other guides and the public about the importance of fungi in the bushland and stressing the three F's - Flora, Fauna and Fungi.

🕒 7.30 - 10pm 📍 Environmental Centre, Triton Crescent, Bedforddale 💰 \$3

Visit wildflowersarmadale.org.au for more information.

Roley Pools Beginners Hike

Sunday 14 August

Discover the enchanted paperbarks, cascades and hidden natural spa of Roley Pools as we take you on a journey along the Boardwalk Trail. At only 2.6kms this grade 3 trail is perfect for beginner hikers wanting to dip their toe into hiking and little adventurers looking to explore!

🕒 8 - 10am 📍 Roley Pools Reserve, Roleystone
 💰 Adult \$35, Children \$15

Visit offthebeatentrackwa.com.au/roley-pools-beginners-hike for more information.



Whisky Distillery Tour Perth

Sunday 14 August

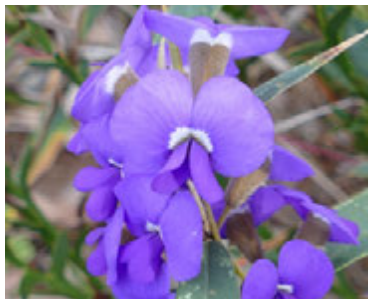
Are you a whisky connoisseur or new to whisky and want to know more? Be taken on a VIP tour around Perth to four amazing distilleries. Expect 'behind the scenes' access and 'meet the maker' moments with distillers as they share their stories and maybe even some secrets too!

The tour includes a variety of whisky and whisky tastings to tantalise the tastebuds, plus tasty food at two distilleries. We venture to East Perth, Bayswater, Armadale and Fremantle in search of the best local whisky learning heaps along the way.

Let us whisky you away for a dram good time!

🕒 10.15am - 5.15pm 📍 Pick-up location confirmed upon booking 💰 \$230

Visit hiddendetours.com.au/whiskey-tours for more information.



Guided Wildflower Ramble in Bob Blackburn Reserve

Sunday 14 August

Bob Blackburn Reserve is recognised as a 'Forrestfield Complex Threatened Ecological Community' - a community of species which was once common to the Swan Coastal Plain, now only about nine percent remains. Preserved in the middle of suburbia, it contains an interesting mix of beautiful hills and plains flora. Flat site, easy walking.

🕒 9am - 11am 📍 Armadale Fitness and Aquatic Centre Car Park, 76 Champion Drive, Seville Grove 🆓 Free Event

Visit wildflowersarmadale.org.au for more information.



It's Yates Springtime at Araluen

Friday 19 August - late September

Your enjoyment will be brought to you by a kaleidoscope of colour. Lots of colour! In the form of over 150,000 tulips, and 36,000 spring blooms. Internationally recognised camellias, azaleas, and grand magnolia trees are just some of the beautiful blooms you will spot against the backdrop of a stunning bushland setting. Be sure to stop by the newly refurbished cosy log cabin Chalet Healy Café to enjoy a delicious meal and refreshing beverage. For something lighter - stop by the Roundhouse or tempt your tastebuds with a selection of fabulous food vendors (upon availability).

🕒 9am - 6pm 📍 Araluen Botanic Park, 362 Croyden Road, Roleystone 🎟 Adults \$20, Children \$10, Concession \$15, Family \$60

Visit araluenbotanicpark.com.au for more information.



Shakti Women's Circle

Friday 19 August

Shakti Women's Circle includes beautiful and empowering female-centric yoga practices suitable for women at any stage of life seeking a supportive, meaningful and rich experience of yoga and their own inner world. The session includes stories from ancient times, journalling, and sharing of wisdom with the women present while enjoying spicy, aromatic home brewed chai. Bring your own journal and pen to this session.

🕒 10am - 12pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedforddale 💰 \$30

Visit kookaburrayoga.com for more information.



Sound Silence Stillness Retreat

Sunday 21 August

A peaceful and inspiring one day retreat in the heart of nature. A day of yoga, meditation, silent walk in nature, spectacular vegan morning tea and lunch and a deeply peaceful and calming live sound healing journey featuring sacred instruments and guided Yoga Nidra relaxation.

🕒 10am - 4pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedforddale 💰 \$150

Visit kookaburrayoga.com for more information.



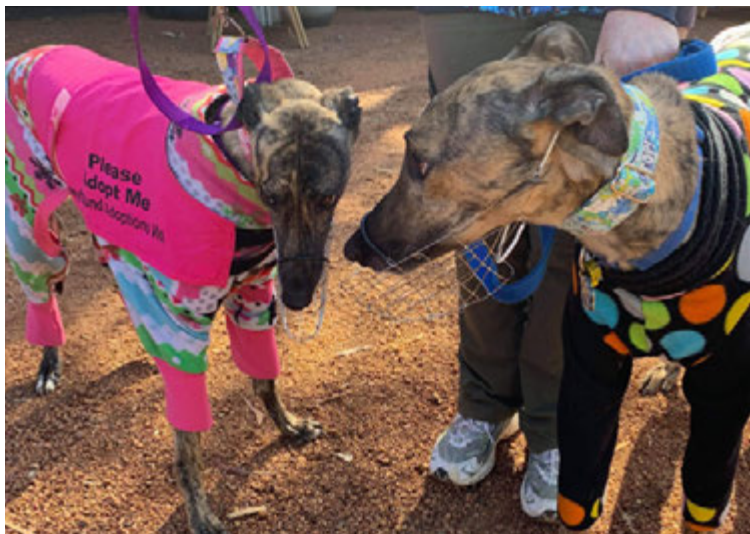
Urban Unburden: One Day Yoga

Saturday 27 August

We invite you to press pause on your life and join us for this day long retreat to unplug, take rest, and recharge away from your usual distractions. The day includes meditation, yoga, mindfulness, nature and community, thoughtfully crafted to quieten the mind, bring awareness to the breath and stretch the body in a healing and nurturing way. A nourishing lunch box and fresh juice, plus a small take home gift pack are also included.

🕒 9.45am - 3.45pm 📍 Restful Waters, 64 Canns Road, Bedforddale 💰 \$149

Visit restfulwaters.org for more information.



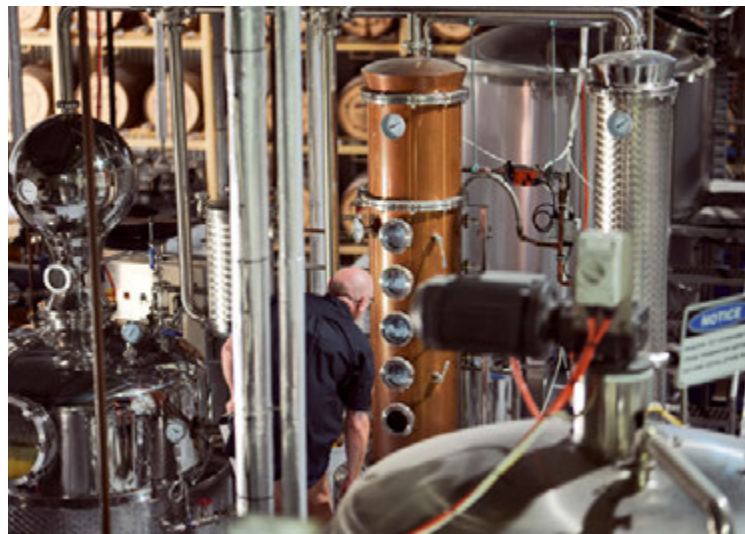
Bedfordale Bush Markets - Pets

Saturday 27 August

A local bush market, each month with a different theme. Complete with free kids activities, food trucks, coffee, local honey and bread, fresh produce and much more!

- 🕒 9am - 1pm 📍 Kelmscott Hall, Rushton Park, 60 River Road, Kelmscott
💰 Free Event

Visit bedfordalemarkets.com.au for more information.



McRobert Distillery Tour and Tastings

Daily, bookings essential

Experience the McRobert distilling process first hand by attending one of our tastings in the comfort of our upstairs facility followed by an informative overview of the entire distillery operation from 'Grain to Glass', presented by our experienced and courteous staff. Our bottled spirits and merchandise are available for purchase during your tasting, or you can buy anytime online.

- 🕒 12 - 5pm 📍 McRobert Distillery, 17 Stone Street, Armadale 💰 \$10

Booking essential, call 1800 335 564 or visit mrobertdistillery.com.au for more information.

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Armada Hills
Open studio
Arts Trail

Armada Hills Open Studio Arts Trail

Friday 3 to Sunday 12 September



Spring into Raeburn

Thursday 1 - Late September



Fun and Free School Holiday Activities

27 September - 7 October



SPRING into
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What's on in September



It's Yates Springtime at Araluen

Friday 19 August - late September

Your enjoyment will be brought to you by a kaleidoscope of colour. Lots of colour! In the form of over 150,000 tulips, and 36,000 spring blooms. Internationally recognised camellias, azaleas, and grand magnolia trees are just some of the beautiful blooms you will spot against the backdrop of a stunning bushland setting. Be sure to stop by the newly refurbished cosy log cabin Chalet Healy Café to enjoy a delicious meal and refreshing beverage. For something lighter – stop by the Roundhouse or tempt your tastebuds with a selection of fabulous food vendors (upon availability).

🕒 9am - 6pm 📍 Araluen Botanic Park, 362 Croyden Road, Roleystone 💰 Adults \$20, Children \$10, Concession \$15, Family \$60

Visit araluenbotanicpark.com.au for more information.



Spring into Raeburn

Thursday 1 - Late September

Experience the magic of spring at Raeburn Orchards. Take a gentle stroll through the orchards as you're surrounded by the beautiful blossoms of the fruit trees coming into bloom. Enjoy a picnic on the grounds and be sure to visit the packing shed for delicious and fresh local produce to take home with you.

🕒 9am - 5pm 📍 4 Raeburn Road, Roleystone
💰 Adults \$5, Children under 12 free.

Visit raeburnorchards.com for more information.

Photo credit: IG@foxandwildling_photography



Didgeridoo Sound Healing and Nurturing Yoga

Sunday 4 September

Imagine yourself receiving the magical sound and vibrations of the didgeridoo and crystal singing bowls while settling into Yin poses. Yoga instructor and didgeridoo extraordinaire Guillaume creates nourishing rhythms and guides you through poses that will allow your mind to quieten and your body to release pent up energy. Guillaume has been crafting this very special 90 minute class for over a decade to help people feel a sense of home within themselves.

🕒 3 - 4.30pm 📍 Restful Waters, 64 Canns Road, Bedforddale 💰 Adults \$40

Visit restfulwaters.org for more information.



Perth Observatory Sunday Day Tours

Sunday 4, 11, 18, 25 September

Sundays are perfect to take family and friends sightseeing on a beautiful drive through the Bickley Valley for a special Guided Day Tour of the Perth Observatory. Come up and see a jewel in the state's history and see why the Observatory was so important to help the growth of the state of Western Australia and maybe see some kangaroos as well. We'll be doing guided site tours of the Observatory and solar experience tours.

🕒 1.30 - 2pm, 2 - 2.30pm, 2.30 - 3pm, 3 - 3.30pm 📍 Perth Observatory, 337 Walnut Road, Bickley 💰 Adults \$20, Children \$10, Concession \$15, Family \$50

Visit perthobservatory.com.au/sunday-day-tours for more information.



Soma Healing Yoga

Wednesday 7 September

This two hour mid week evening retreat is beautiful, relaxing and restful. You'll experience a centring sensory meditation; slow, somatic movement practices drawn from traditional yoga; breathwork to balance the nervous system, a yogic sound meditation incorporating traditional gongs and singing bowls with healing mantras, leading into a long, guided yoga nidra followed by a candlelight meditation.

🕒 6 - 8pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedforddale 💰 \$30

Visit kookaburrayoga.com for more information.



Talk by Doug Lievense on Flora of the Mount Holland region

Thursday 8 September

Doug Lievense is a Murdoch University foundation student who completed B.Sc., Dip Ed in 1982. After four decades of working in education he has returned to field biology, as part of a team engaged in surveying flora in the highly biodiverse Parker Range/Forrestania region flora of the Mt Holland region to deliver a talk and show and tell session. Light supper provided.

🕒 7.30 - 10pm 📍 Environmental Centre, Triton Crescent, Bedforddale 💰 \$3

Visit wildflowersarmadale.org.au for more information.



Artists in Residence

Friday 9 - Sunday 18 September

As part of the Armadale Hills Open Studio Arts Trail, the Armadale Society of Artists will have artists in residence, displaying and demonstrating their art at the Armadale Shopping City, outside Target. Get to know your artists.

🕒 9.30am - 4.30pm 📍 Armadale Shopping City, 206 Jull Street, Armadale
💰 Free Event

Visit armadalesocietyofartists.com.au for more information.



Armadale Hills Open Studio Arts Trail

Friday 9 - Sunday 18 September

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 amongst the stunning natural beauty of the Armadale hills environment.

As you're making your way around the area, look out for the blue banners and Trail signage to help you find the studios. Make the most of your trip by pausing for refreshments at one of our local cafés!

🕒 10am - 4pm 📍 Various - Map to follow 💰 Free Event

Collect your map from the Perth Hills Armadale Visitor Centre or download one at armadalehillsartstrail.com





Wildflower Ramble in Armadale Settlers Common East

Sunday 11 September

Armadale Settlers Common East is a section of jarrah-marri forest in the foothills of the Darling Range that has an understorey of a variety of wonderful hills flora.

Mostly flat site with smooth paths. Wheelchair accessible.

🕒 9 - 11am 📍 Observation Circle, Bedforddale 💰 Free Event

Visit wildflowersarmadale.org.au for more information.

The Heart of Drumming: 2 Hour African Drumming Workshop

Sunday 11 September

This two hour drumming session will have you feeling connected as a tribe, spiritually liberated through in the moment music making and rhythmically skilled up on the West African djembe (world's most popular hand drum) and dundun (stick and bell bass drums). This event is for everyone, including those who have never touched a drum. It is also suitable for those with experience wanting to learn new rhythms and arrangements.

🕒 10am - 12pm 📍 Restful Waters, 64 Canns Road, Bedforddale
💰 Adults \$55, Children \$35

Visit restfulwaters.org for more information.



Roleystone Spring Market

Sunday 11 September

The little village of Roleystone invites you to enjoy a spring market experience in a bushland environment. Stroll among handpicked, unique stalls while marveling at the beautiful surrounds.

🕒 10am - 3pm 📍 Cross Park, Roleystone 💰 Free Event

Visit roleystonemarkets.org.au for more information.



Hidden Gems of Perth Experience

Sunday 11 September

You'll hike up to the top of 60 Foot Falls and stand above a waterfall to take in the magnificent views of the Perth city skyline and the valley below! Admire the geology and emerald green waters as we hike into Barrington Quarry. Discover the hidden pools and natures spa at Roley Pool Reserve and if you're lucky you may even spot a native rakali! Explore the hidden waterfalls and cascades of Whistlepipe Gully and the remains of the old Wallace Greenham house. Includes transport and two course lunch at Naked Apple Cider.

🕒 8am - 4.30pm 📍 Pick-up location confirmed upon booking 💰 \$190

Visit offthebeatentrackwa.com.au/hidden-gems-of-perth-experience for more information.



Introduction to Meditation - 5 Week Course

Monday 12, 19, 26 September and 3, 10 October

This five week course at stunning Kookaburra Creek provides a complete introduction to yogic meditation which includes mindfulness, breathwork, relaxation, mantra, philosophy and meditation. You'll learn simple techniques and the theory to help you calm and control thoughts, emotions and underlying beliefs. Meditation helps us achieve a balanced and peaceful state of mind and life regardless of outer circumstances.

🕒 7.30 - 8.30pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedforddale 💰 \$90

Visit kookaburrayoga.com for more information.



Absolute Beginners Yoga - 5 Week Course

Monday 12, 19, 26 September and 3, 10 October

Yoga is for everyone! Join this course to learn how to awaken your inner joy and bring strength, health and resilience to your body, and calmness, peace and clarity to your mind and soul. You'll safely learn the foundation practices of Hatha Yoga taught by a teacher with decades of experience. We believe yoga is for everyone, and welcome absolute beginners!

🕒 6 - 7.20pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedforddale 💰 \$90

Visit kookaburrayoga.com for more information.



Music Meditation Mantra

Friday 16 September

End your week with a blissful two hour session of Nada Yoga - the yoga of sound. We begin with kirtan - devotional singing to bring in a feeling of joy, and then enjoy live music with traditional meditative instruments to help you relax deeply and attune to the subtle inner sound vibrations which lead to a quietness of mind and pure peacefulness. We share in warming cacao and community.

🕒 6 - 8pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedforddale 💰 \$30

Visit kookaburrayoga.com for more information.

Shakti Women's Circle

Friday 16 September

Shakti Women's Circle includes beautiful and empowering female-centric yoga practices suitable for women at any stage of life seeking a supportive, meaningful and rich experience of yoga and their own inner world. The session includes stories from ancient times, journaling, and sharing of wisdom with the women present while enjoying spicy, aromatic home brewed chai. Bring your own journal and pen to this session.

🕒 10am - 12pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedforddale 💰 \$30

Visit kookaburrayoga.com for more information.



Roley Pools Beginners Hike

Saturday 17 September

Discover the enchanted paperbarks, cascades and hidden natural spa of Roley Pools as we take you on a journey along the Boardwalk Trail. At only 2.6kms this grade 3 trail is perfect for beginner hikers wanting to dip their toe into hiking and little adventurers looking to explore!

🕒 8 - 10am 📍 Roley Pools Reserve, Roleystone 💰 Adults \$35, Children \$15

Visit offthebeatentrackwa.com.au/role-y-pools-beginners-hike for more information.



Whisky Distillery Tour Perth

Sunday 18 September

Are you a whisky connoisseur or new to whisky and want to know more? Be taken on a VIP tour around Perth to four amazing distilleries. Expect 'behind the scenes' access and 'meet the maker' moments with distillers as they share their stories and maybe even some secrets too!

The tour includes a variety of whisky and whisky tastings to tantalise the tastebuds, plus tasty food at two distilleries. We venture to East Perth, Bayswater, Armadale and Fremantle in search of the best local whisky learning heaps along the way.

🕒 10.15am - 5.15pm 📍 Pick-up location confirmed upon booking 💰 \$230

Visit hiddendetours.com.au/whiskey-tours for more information.



Sound Silence Stillness Retreat

Sunday 18 September

A peaceful and inspiring one day retreat in the heart of nature. A day of yoga, meditation, silent walk in nature, spectacular vegan morning tea and lunch and a deeply peaceful and calming live sound healing journey featuring sacred instruments and guided Yoga Nidra relaxation.

🕒 10am - 4pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedforddale 💰 \$150

Visit kookaburrayoga.com for more information.



One Day Mindfulness and Meditation Retreat

Sunday 18 September

Find an oasis of stillness and peace inside yourself at our One Day Mindfulness and Meditation Retreat. This unique retreat gives you a space to adventure inwardly, restore well-being and balance, and learn tools and techniques for a calmer outlook back home. Take a break from the fast pace and repetition of daily life to journey inwardly and nurture yourself.

🕒 9.30am - 3.30pm 📍 Restful Waters, 64 Canns Road, Bedforddale 💰 \$149

Visit restfulwaters.org for more information.



Urban Unburden: One Day Yoga

Saturday 24 September

We invite you to press pause on your life and join us for this day long retreat to unplug, take rest, and recharge away from your usual distractions. The day includes meditation, yoga, mindfulness, nature and community, thoughtfully crafted to quieten the mind, bring awareness to the breath and stretch the body in a healing and nurturing way. A nourishing lunch box and fresh juice, plus a small take home gift pack are also included.

🕒 9.45am - 3.45pm 📍 Restful Waters, 64 Canns Road, Bedforddale 💰 \$149

Visit restfulwaters.org for more information.



Bedforddale Bush Markets - Djilba Festival

Saturday 24 September

A local bush market, each month with a different theme. Complete with free kids activities, food trucks, coffee, local honey and bread, fresh produce and much more!

🕒 9am - 1pm 📍 Address TBC, check website closer to date
💰 Free Event

Visit bedforddalemarkets.com.au for more information.



Yogic Living Cooking Classes

Saturday 24 September

This four hour workshop integrates food philosophy and mindfulness practices with cooking demonstrations and an incredible vegan feast in the Kookaburra Kitchen. Learning to prepare nourishing, life giving foods can be easy, and is one of the greatest gestures of loving kindness you can give to yourself, your family and your community.

🕒 2 - 6pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedforddale 💰 \$150

Visit kookaburrayoga.com for more information.



Fun and Free School Holiday Activities

Tuesday 27 September – Friday 7 October

Join us for some fun and free activities for the kids these September school holidays. Please check website closer to the date for activity details.

🕒 10am – 2pm, Monday – Friday 📍 Armadale Shopping City, 206 Jull Street, Armadale 💰 Free Event

Visit armadaleshoppingcity.com.au for more information.



McRobert Distillery Tour and Tastings

Daily, bookings essential

Experience the McRobert distilling process first hand by attending one of our tastings in the comfort of our upstairs facility followed by an informative overview of the entire distillery operation from 'Grain to Glass', presented by our experienced and courteous staff. Our bottled spirits and merchandise are available for purchase during your tasting, or you can buy anytime online.

🕒 12 – 5pm 📍 McRobert Distillery, 17 Stone Street, Armadale 💰 \$10

Booking essential, call 1800 335 564 or visit mcrobertdistillery.com.au for more information.



SPRING into
— ARMADALE —

What's on in October



Music to Love
Sunday 2 October



**Armadale Highland Gathering
and the Perth Kilt Run** Sunday 9 October



Kelmscott Agricultural Show
Friday 14 and Saturday 15 October

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Devotion Evening Retreat

Saturday 1 October

Come along to beautiful Kookaburra Creek for an evening of yoga, meditation, a traditional Vedic fire ceremony, amazing vegan feast and peaceful yogic sound healing. Evenings at Kookaburra Creek under the setting sun and rising moon are magical.

🕒 4 - 9pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedfordale

💰 \$150 - prices vary per package

Visit kookaburrayoga.com for more information.



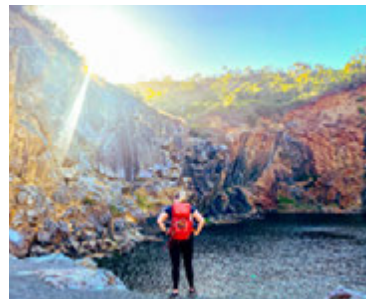
Music to Love

Sunday 2 October

Fremantle Chamber Orchestra (FCO) and Seven Sins team up for a magical event combining fine food with fine music. FCO presents "Music to Love" with the most beautiful melodies by Handel, Vivaldi, Mozart, Elgar and Tchaikovsky.

🕒 5.30 - 9.10pm 📍 Armadale District Hall, 90 Jull Street, Armadale 💰 Dinner and performance \$70, performance only \$30

Visit fremantlechamberorchestra.com for more information.



Perth Observatory Sunday Day Tours

Sunday 2, 9, 16, 23, 30 October

Sundays are perfect to take family and friends sightseeing on a beautiful drive through the Bickley Valley for a special Guided Day Tour of the Perth Observatory. Come up and see a jewel in the state's history and see why the Observatory was so important to help the growth of the state of Western Australia and maybe see some kangaroos as well. We'll be doing guided site tours of the Observatory and solar experience tours.

🕒 1.30 - 2pm, 2 - 2.30pm, 2.30 - 3pm, 3 - 3.30pm 📍 Perth Observatory, 337 Walnut Road, Bickley 💰 Adults \$20, Children \$10, Concession \$15, Family \$50

Visit perthobservatory.com.au/sunday-day-tours for more information.

Soma Healing Yoga

Wednesday 5 October

This two hour mid week evening retreat is beautiful, relaxing and restful. You'll experience a centring sensory meditation; slow, somatic movement practices drawn from traditional yoga; breathwork to balance the nervous system, a yogic sound meditation incorporating traditional gongs and singing bowls with healing mantras, leading into a long, guided yoga nidra followed by a candlelight meditation.

🕒 6 - 8pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedforddale 💰 \$30

Visit kookaburrayoga.com for more information.

Whisky Distillery Tour Perth

Sunday 9 October

Are you a whisky connoisseur or new to whisky and want to know more? Be taken on a VIP tour around Perth to four amazing distilleries. Expect 'behind the scenes' access and 'meet the maker' moments with distillers as they share their stories and maybe even some secrets too!

The tour includes a variety of whisky and whisky tastings to tantalise the tastebuds, plus tasty food at two distilleries. We venture to East Perth, Bayswater, Armadale and Fremantle in search of the best local whisky learning heaps along the way.

🕒 10.15am - 5.15pm 📍 Pick-up location confirmed upon booking 💰 \$230

Visit www.hiddendetours.com.au/whisky-tours for more information.

Hidden Gems of Perth Experience

Sunday 9 October

You'll hike up to the top of 60 Foot Falls and stand above a waterfall to take in the magnificent views of the Perth city skyline and the valley below! Admire the geology and emerald green waters as we hike into Barrington Quarry. Discover the hidden pools and nature's spa at Roley Pool Reserve and if you're lucky you may even spot a native rakali! Explore the hidden waterfalls and cascades of Whistepipe Gully and the remains of the old Wallace Greenham house. Includes transport and two course lunch at Naked Apple Cider.

🕒 8am - 4.30pm 📍 Pick-up location confirmed upon booking 💰 \$190

Visit offthebeatetrackwa.com.au/hidden-gems-of-perth-experience for more information.



Armadale Highland Gathering and the Perth Kilt Run

Sunday 9 October

Join us to celebrate all things Scottish at the largest Highland Gathering event held in Western Australia! You don't need to be Scottish to take part in this annual tradition, so gather your family and friends to enjoy a jam-packed day of Scottish culture and frivolities.

The morning begins with the fun and quirky Perth Kilt Run - the only charity fun run in Australia that's done in a kilt! Spend the rest of the day experiencing Scottish market stalls, highland dancing, bagpipe competitions, meet and greet Scottish dogs and watch the hotly contested heavy events competitors.

Let your imagination run wild in the medieval fair, learn about your ancestry in the Clan Village, and then kick up your heels with live music and Ceilidh dancing.

🕒 8.30am - 4pm 📍 Minnawarra Park, Armadale 🆓 Free Event – food for sale. Fees apply for Kilt Run.

Visit perthkiltrun.com.au for more information.



Armadale Society of Artists Exhibition

Monday 10 - Sunday 23 October

Armadale Society of Artists are holding an arts sale exhibition at the Armadale Shopping City (outside Target). Meet and greet our local artists who will be demonstrating daily. Get your voucher for a free coffee at our 35th Annual Awards Exhibition coming up in November.

🕒 9.30am - 4.30pm 📍 Armadale Shopping City, 206 Jull Street, Armadale
💰 Free Event

Visit armadalesocietyofartists.com.au for more information.



Talk by Phil James on Eremophila

Thursday 13 October

Eremophila are hardy perennial plants that range in habit from prostrate ground covers to small and large shrubs or small trees. Includes a show and tell session and a light supper.

🕒 7.30 - 10pm 📍 Environmental Centre, Triton Crescent, Bedforddale 💰 \$3

Visit wildflowersarmadale.org.au for more information.



Music Meditation Mantra

Friday 14 October

End your week with a blissful two hour session of Nada Yoga - the yoga of sound. We begin with kirtan - devotional singing to bring in a feeling of joy, and then enjoy live music with traditional meditative instruments to help you relax deeply and attune to the subtle inner sound vibrations which lead to a quietness of mind and pure peacefulness. We share in warming cacao and community.

🕒 6 - 8pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedforddale 💰 \$30

Visit kookaburrayoga.com for more information.



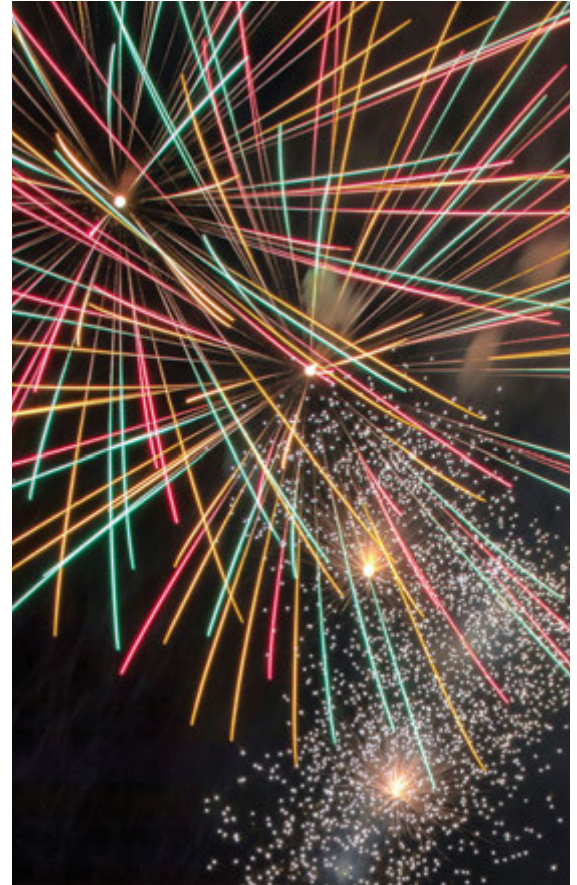
Kelmscott Agricultural Show

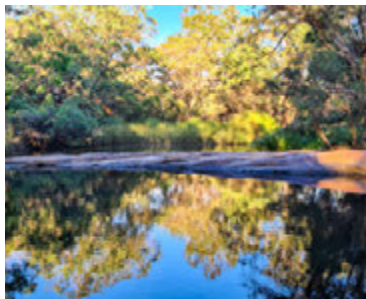
Friday 14 and Saturday 15 October

Kelmscott Agricultural Show is an annual fun family event run by volunteers for the local community. You can enter your flowers, art, cooking, craft and produce into our exhibitions, see farm animals, live entertainment and the log chop. Enjoy the spectacular flower displays, rides, sideshow, food vans, craft stalls and more. Fireworks on Friday night!

-
- 🕒 Friday 4 - 9.30pm and Saturday 9am - 6pm 📍 Rushton Park, River Road, Kelmscott
 - 💰 Family \$50, Adults \$20, Seniors, Children and Companion Card Holders \$12.50 (accompanying carer free), Children under 5 free.

Visit kelmscottshow.com.au for more information.





Roley Pools Beginners Hike

Sunday 16 October

Discover the enchanted paperbarks, cascades and hidden natural spa of Roley Pools as we take you on a journey along the Boardwalk Trail. At only 2.6kms this grade 3 trail is perfect for beginner hikers wanting to dip their toe into hiking and little adventurers looking to explore!

🕒 8 - 10am 📍 Roley Pools Reserve, Roleystone

💰 Adult \$35, Children \$15

Visit offthebeatentrackwa.com.au/roley-pools-beginners-hike for more information.

Shakti Women's Circle

Friday 21 October

Shakti Women's Circle includes beautiful and empowering female-centric yoga practices suitable for women at any stage of life seeking a supportive, meaningful and rich experience of yoga and their own inner world. The session includes stories from ancient times, journaling, and sharing of wisdom with the women present while enjoying spicy, aromatic home brewed chai. Bring your own journal and pen to this session.

🕒 10am - 12pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedfordale 💰 \$20

Visit kookaburrayoga.com for more information.

Bedfordale Bush Markets - Halloween

Saturday 22 October

A local bush market, each month with a different theme. Complete with free kids activities, food trucks, coffee, local honey and bread, fresh produce and much more!

🕒 9am - 1pm 📍 Address TBC, check website closer to date

💰 Free Event

Visit bedfordalemarkets.com.au for more information.



Brazilian Samba 2 Hour Drumming Workshop

Saturday 22 October

If you want to experience the power and aliveness of Carnival, you can get a real glimpse at our Brazilian Samba two hour Drumming Workshop in Perth! Beginners and musicians alike are welcome to join us for two hours of fun and creative drumming activities. This drumming extravaganza is being held at the gorgeous and spacious studio of Restful Waters in the rolling hills of Bedforddale.

🕒 10am - 12pm 📍 Restful Waters,
64 Canns Road, Bedforddale
💰 Adults \$55

Visit restfulwaters.org for more information.

Sound Silence Stillness Retreat

Sunday 23 October

A peaceful and inspiring one day retreat in the heart of nature. A day of yoga, meditation, silent walk in nature, spectacular vegan morning tea and lunch and a deeply peaceful and calming live sound healing journey featuring sacred instruments and guided Yoga Nidra relaxation.

🕒 10am - 4pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedforddale 💰 \$150

Visit kookaburrayoga.com for more information.

Perth Observatory Halloween Night Tours

Monday 31 October

This Halloween put your costume on, get on your broomstick and head up to the Perth Observatory for an amazing night. The Observatory will be decorated and the volunteers in costume for this special night. We'll also be giving out great prizes on the night for the best adult and child costume so please come in a costume. Experience our amazing night sky as our volunteers take you on a grand tour of the Southern Hemisphere's sky with a wide range of telescopes as we showcase ghostly objects on the night.

🕒 8 - 10pm 📍 Perth Observatory, 337 Walnut Road, Bickley 💰 Adult \$55, Children \$30, Concession \$40

Visit perthobservatory.com.au/halloween for more information.

McRobert Distillery Tour and Tastings

Daily, bookings essential

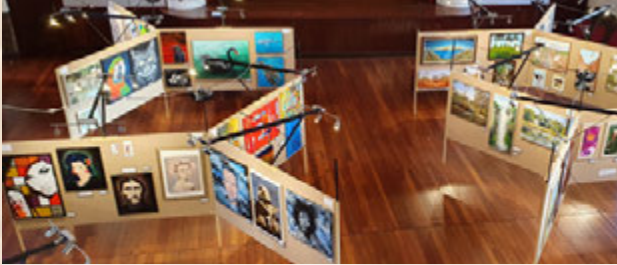
Experience the McRobert distilling process first hand by attending one of our tastings in the comfort of our upstairs facility followed by an informative overview of the entire distillery operation from 'Grain to Glass', presented by our experienced and courteous staff. Our bottled spirits and merchandise are available for purchase during your tasting, or you can buy anytime online.

🕒 12 - 5pm 📍 McRobert Distillery, 17 Stone Street, Armadale 💰 \$10

Booking essential, call 1800 335 564 or visit mcroberdistillery.com.au for more information.



SPRING into
ARMADALE



Armadale Society of Artists 35th Exhibition
Saturday 5 to Sunday 6 November



Food & Farm Fest
Saturday 5 November



Bedfordale Bush markets - Christmas in the Bush Saturday 26 November

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Soma Healing Yoga

Wednesday 2 November

This two hour mid week evening retreat is beautiful, relaxing and restful. You'll experience a centring sensory meditation; slow, somatic movement practices drawn from traditional yoga; breathwork to balance the nervous system, a yogic sound meditation incorporating traditional gongs and singing bowls with healing mantras, leading into a long, guided yoga nidra followed by a candlelight meditation.

🕒 6 - 8pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedforddale 💰 \$30.

Visit kookaburrayoga.com for more information.



Food & Farm Fest

Saturday 5 November

This year's Food and Farm Fest will celebrate locally produced food with highlights on honey, apples and pumpkins. The SJ Farmers Market is coming to the event so you can appreciate the spring bounty of our area. Animal lovers will enjoy the big poultry show, alpaca competition, miniature goats, sheep, donkeys and covies (guinea pigs). Other activities include a farrier, cadet fire fighters, Treecare WA demonstrating tree care activities, bushfire ready displays and information, and many others as more join the excitement. A large array of food trucks will satisfy the taste buds for lunch and snacks and many general stalls will engage your curiosities about what products and services are available in our community.

🕒 10am - 4pm 📍 Serpentine Horse & Pony Club, 1432 Karnup Road, Serpentine 💰 Adults \$15, Children and Seniors free

Visit foodandfarmfest.com.au for more information.



Armadale Society of Artists 35th Annual Awards Exhibition

Saturday 5 - Sunday 6 November

Armadale Society of Artists are holding their 35th Annual Awards Exhibition. The ASA will be showcasing a wide range of artworks including textiles, sculptures and woodwork. Morning and afternoon teas will be served with a variety of cakes and scones. Programmes will be on sale with original artwork on the cover. Daily demonstrations and raffles.

🕒 10am - 4pm 📍 Armadale District Hall, 90 Jull Street, Armadale 🆓 Free Event. Food for sale.

Visit armadalesocietyofartists.com.au for more information.



Urban Unburden: One Day Yoga

Saturday 5 November

We invite you to press pause on your life and join us for this day long retreat to unplug, take rest, and recharge away from your usual distractions. The day includes meditation, yoga, mindfulness, nature and community, thoughtfully crafted to quieten the mind, bring awareness to the breath and stretch the body in a healing and nurturing way. A nourishing lunch box and fresh juice, plus a small take home gift pack are also included.

🕒 9.45am - 3.45pm 📍 Restful Waters,
64 Canns Road, Bedfordale 💰 \$149

Visit restfulwaters.org for more information.



Guided Wildflower Ramble in Harrisdale Swamp Reserve

Sunday 6 November

Harrisdale Swamp is a 98.4ha reserve within the City of Armadale and is a Bush Forever site. It is managed by the Parks and Wildlife service as part of Jandakot Regional Park. It predominantly consists of banksia woodland, some jarrah, and paperbarks that fringe the swamp. The swamp occupies the central area of the reserve. The understorey contains many beautiful wildflowers. We will do a circuit that takes us to the edge of the swamp where there are many small ephemeral species.

🕒 8 - 11am 📍 Harrisdale Swamp Reserve, Wright Road, Harrisdale
🆓 Free Event

Visit wildflowersarmadale.org.au for more information.



Perth Observatory Sunday Day Tours

Sunday 6, 13, 20, 27 November

Sundays are perfect to take family and friends sightseeing on a beautiful drive through the Bickley Valley for a special Guided Day Tour of the Perth Observatory. Come up and see a jewel in the state's history and see why the Observatory was so important to help the growth of the state of Western Australia and maybe see some kangaroos as well. We'll be doing guided site tours of the Observatory and solar experience tours.

🕒 1.30 - 2pm, 2 - 2.30pm, 2.30 - 3pm, 3 - 3.30pm 📍 Perth Observatory, 337 Walnut Road, Bickley 💰 Adults \$20, Children \$10, Concession \$15, Family \$50

Visit perthobservatory.com.au/sunday-day-tours for more information.

Talk by Professor Kingsley Dixon on Rethinking Conservation of the Hotspot

Thursday 10 November

Renowned botanist Professor Kingsley Dixon will look at the values of our unique Western Australian plants, what has been lost, and why continued losses and errant management need to be addressed. Includes a show and tell session and light supper.

🕒 7.30 - 10pm 📍 Environmental Centre, Triton Crescent, Bedforddale 💰 \$3

Visit wildflowersarmadale.org.au for more information.



Didgeridoo Sound Healing and Nurturing Yoga

Saturday 12 November

Imagine yourself receiving the magical sound and vibrations of the didgeridoo and crystal singing bowls while settling into Yin poses. Yoga instructor and didgeridoo extraordinaire Guillaume creates nourishing rhythms and guides you through poses that will allow your mind to quieten and your body to release pent up energy. Guillaume has been crafting this very special 90 minute class for over a decade to help people feel a sense of home within themselves.

🕒 3 - 4.30pm 📍 Restful Waters, 64 Canns Road, Bedforddale 💰 \$40

Visit restfulwaters.org for more information.



Introduction to Meditation - 5 Week Course

Monday 14, 21, 28 November and 5, 12 December

This five week course at stunning Kookaburra Creek provides a complete introduction to yogic meditation which includes mindfulness, breathwork, relaxation, mantra, philosophy and meditation. You'll learn simple techniques and the theory to help you calm and control thoughts, emotions and underlying beliefs. Meditation helps us achieve a balanced and peaceful state of mind and life regardless of outer circumstances.

🕒 7.30 - 8.30pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedfordale
💰 \$90

Visit kookaburryoga.com for more information.



Whisky Distillery Tour Perth

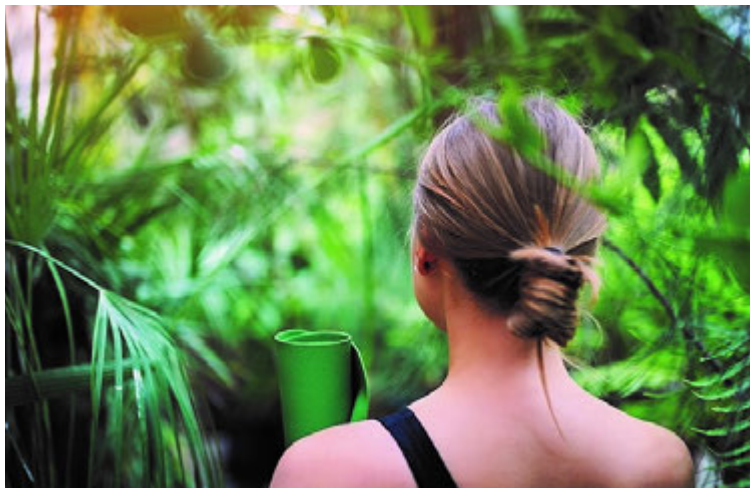
Sunday 13 November

Are you a whisky connoisseur or new to whisky and want to know more? Be taken on a VIP tour around Perth to four amazing distilleries. Expect 'behind the scenes' access and 'meet the maker' moments with distillers as they share their stories and maybe even some secrets too!

The tour includes a variety of whisky and whisky tastings to tantalise the tastebuds, plus tasty food at two distilleries. We venture to East Perth, Bayswater, Armadale and Fremantle in search of the best local whisky learning heaps along the way.

🕒 10.15am - 5.15pm 📍 Pick-up location confirmed upon booking 💰 \$230

Visit hiddendetours.com.au/whiskey-tours for more information.



Absolute Beginners Yoga – 5 Week Course

Monday 14, 21, 28 November and 5, 12 December

Yoga is for everyone! Join this course to learn how to awaken your inner joy and bring strength, health and resilience to your body, and calmness, peace and clarity to your mind and soul. You'll safely learn the foundation practices of Hatha Yoga taught by a teacher with decades of experience. We believe yoga is for everyone, and welcome absolute beginners!

🕒 6 - 7.20pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedfordale 💰 \$90

Visit kookaburrayoga.com for more information.



Music Meditation Mantra

Friday 18 November

End your week with a blissful two hour session of Nada Yoga - the yoga of sound. We begin with kirtan - devotional singing to bring in a feeling of joy, and then enjoy live music with traditional meditative instruments to help you relax deeply and attune to the subtle inner sound vibrations which lead to a quietness of mind and pure peacefulness. We share in warming cacao and community.

🕒 6 - 8pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedfordale 💰 \$30

Visit kookaburrayoga.com for more information.



Shakti Women's Circle

Friday 18 November

Shakti Women's Circle includes beautiful and empowering female-centric yoga practices suitable for women at any stage of life seeking a supportive, meaningful and rich experience of yoga and their own inner world. The session includes stories from ancient times, journalling, and sharing of wisdom with the women present while enjoying spicy, aromatic home brewed chai. Bring your own journal and pen to this session.

🕒 10am - 12pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedforddale 💰 \$30

Visit kookaburrayoga.com for more information.



Sound Silence Stillness Retreat

Sunday 20 November

A peaceful and inspiring one day retreat in the heart of nature. A day of yoga, meditation, silent walk in nature, spectacular vegan morning tea and lunch and a deeply peaceful and calming live sound healing journey featuring sacred instruments and guided Yoga Nidra relaxation.

🕒 10am - 4pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedforddale 💰 \$150

Visit kookaburrayoga.com for more information.



Perth Observatory Dr Who Night Tour

Wednesday 23 November

Come dressed as your favourite Doctor Who character to the Perth Observatory to celebrate everything Doctor Who on the night of Tardis Day. Experience our amazing night sky through our wide range of telescopes on our sky viewing nights. Our volunteers will take you on a grand tour of the Southern Hemisphere's sky with a wide range of targets including nebulas, planets, dying stars, and enormous star clusters.

🕒 8.30 - 10.30pm 📍 Perth Observatory, 337 Walnut Road, Bickley 💰 Adults \$55, Children \$30, Concession \$40

Visit perthobservatory.com.au/doctor-who for more information.



Bedforddale Bush Markets - Christmas in the Bush

Saturday 26 November

A local bush market, each month with a different theme. Complete with free kids activities, food trucks, coffee, local honey and bread, fresh produce and much more!

- 🕒 3 - 7pm 📍 Address TBC, check website closer to date
- 💰 Free Event

Visit bedforddalemarkets.com.au for more information.



One Day Mindfulness and Meditation Retreat

Sunday 27 November

Find an oasis of stillness and peace inside yourself at our One Day Mindfulness and Meditation Retreat. This unique retreat gives you a space to adventure inwardly, restore well-being and balance, and learn tools and techniques for a calmer outlook back home. Take a break from the fast pace and repetition of daily life to journey inwardly and nurture yourself.

- 🕒 9.30am - 3.30pm 📍 Restful Waters, 64 Canns Road, Bedforddale 💰 \$149

Visit restfulwaters.org for more information.



McRobert Distillery Tour and Tastings

Daily, bookings essential

Experience the McRobert distilling process first hand by attending one of our tastings in the comfort of our upstairs facility followed by an informative overview of the entire distillery operation from 'Grain to Glass', presented by our experienced and courteous staff. Our bottled spirits and merchandise are available for purchase during your tasting, or you can buy anytime online.

- 🕒 12 - 5pm 📍 McRobert Distillery, 17 Stone Street, Armadale 💰 \$10

Booking essential, call 1800 335 564 or visit mcrobertdistillery.com.au for more information.



Come see us!

Visit our friendly team at the Perth Hills Armadale Visitor Centre to plan all your spring adventures.

Find out about the latest events, tours, attractions, accommodation, restaurants, walk trails and insider tips.

Perth Hills Armadale Visitor Centre
40 Jull Street, Armadale
(08) 9394 5410
visitorcentre@armadale.wa.gov.au

Monday to Friday: 9am-4pm
Saturday and Sunday: 9am-2pm

Share your moment

 @PerthHillsArmadale  #PerthHillsArmadale

CITY OF  **Armadale**



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

Spring into Armadale is proudly brought to you by the City of Armadale

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