



SPRING into
— ARMADALE —

EVENT PROGRAM

1 August - 30 November 2023

Art • Culture • Nature • Food • Events • Experiences

perthhillsarmadale.com.au

Celebrate all that's special about the Armadale region of the Perth Hills at the 2023 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 2023

 August	2 - 10
 September	12 - 22
 October	23 - 35
 November	36 - 44

August Page

It's Yates Springtime at Araluen	2
Perth Observatory Winter Night Tours	2
Bedforddale Bush Markets - Pets	2
McRobert Distillery Tour and Tastings.....	3
Outside the Frame Art Awards 2023	3
Outside the Frame Art Awards Opening Night.....	3
Hidden Gems of Perth	4
Absolute Beginners Yoga 5 Week Course.....	4
Introduction to Meditation 5 Week Course.....	4
Piara Waters Community Farmers and Artisan Markets	5
Perth Observatory Sunday Guided Day Tours	5
Perth Observatory Lunar Photography Workshop	5
Guided Wildflower Ramble in Bob Blackburn Reserve	6
Weekend Mindfulness & Meditation Retreat	6
Sonic Immersion Sound Bath	7
Beginner's Drumming Workshop.....	7
Avocados Paint and Sip Class	8
Art Workshops in Roleystone	8
Fire Fable & Feast	8
Pottery Classes with Hayley Green	8
Narry-Oke.....	9
Soma Healing Yoga	9
Radiant Rest	9
Perth Hills Wine, Gin and Cider Tours - Full Day.....	10
The Organic Circle Sip & Paint	10
Shakti Women's Circle.....	10
Sound Silence Stillness Retreat	10



Outside the Frame Art Awards 2023
Saturday 12 - Sunday 20 August



It's Yates Springtime at Araluen
Friday 18 August - Late September



Lunar Photography Workshop
Tuesday 29 August





It's Yates Springtime at Araluen

Friday 18 August - Monday 2 October

During the spring festival the Park is transformed as it is created into a unique festival experience and becomes a special destination unlike any other. Featuring a kaleidoscope of colour from the mass planting of 150,000 tulip bulbs across 14 hectares of cultivated gardens beds. The festival offers entertainment and activities for visitors such as painting classes, hiking, tours, children's activities and the ever-popular children's face painting and bubble show, or treasure hunt activities. Araluen engages entertainers such as acoustic musicians from the local circuit and on weekends there is a variety of pop-up food vendors across the Park to nourish hungry visitors.

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

Visit araluenbotanicpark.com.au for more information.



Perth Observatory Winter Night Tours

4, 5, 6, 11, 12, 13, 18, 19, 20, 25, 26, 27 August

The best time for viewing our southern skies is during winter so 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
💰 Adult \$40, Children \$25, Concession \$30

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



Bedfordale Bush Markets - Pets

Saturday 12 August

Take a drive to this beautiful part of the world and visit the Bedfordale Bush Markets, a country style local market in the bush. We showcase all that Bedfordale and surrounds has to offer with homegrown produce, food stalls, art, craft, nature play, sustainability and entertainment.

🕒 9am - 1pm 📍 Bedfordale Hall, 40 Admiral Road, Bedfordale
💰 Free Event, food for sale

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

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



Outside the Frame Art Awards 2023

Saturday 12 August - Sunday 20 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 students generation.

Years 11 and 12 from participating high schools across the Perth metropolitan region, will be eligible for awards across seven categories: painting, drawing, printmaking, sculpture, textiles, digital media/ photography and mixed media.

The exhibition will feature many thought provoking works, sharing current trends and ideas directly from the minds of our youth.

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

Visit armadale.wa.gov.au/whats-events-workshops for more information.

Outside the Frame Art Awards Opening Night

Friday 11 August

Our Opening Awards Night is open to the public! Formalities begin at 7pm, and get the first look at some amazing talent. You can also vote in the People's Choice Award and go into the draw to win a prize.

🕒 7 - 9pm 📍 Armadale District Hall, 90 Jull Street, Armadale

💰 Free Event

Visit armadale.wa.gov.au/whats-events-workshops for more information.



Hidden Gems of Perth

Wednesday 2 August

Discover the hidden gems of Perth in our full day hiking experience in the Perth Hills!

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.

We will meander along three of Perth's best short hiking trails at a comfortable pace for approximately 9kms and explore some of Perth's best kept secrets off the beaten track! After working up an appetite, we'll head to the picturesque Naked Apple Cider in Karragullen to enjoy a two course lunch with a glass of cider, whilst relaxing in 6 hectares of lush gardens and native bushland. If cider isn't your thing, you are welcome to a beer, glass of wine or a tasty hot coffee.

You'll finish your day toasting to the hidden gems of Perth whilst sipping on a glass of bubbles and overlooking the Perth city skyline one last time from a beautiful vantage point in the Darling Range.

🕒 8am - 5pm 📍 Various Locations 💰 \$190

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

Absolute Beginners Yoga 5 Week Course

Wednesday 30 August -
Wednesday 27 September
(Once weekly)

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 an experienced teacher with decades' experience. We believe yoga is for everyone, and welcome absolute beginners!

🕒 5.20 - 6.40pm
📍 Kookaburra Yoga,
210 Carradine Road, Bedfordale
💰 \$80

Visit kookaburrayoga.com.au for more information.

Introduction to Meditation 5 Week Course

Wednesday 30 August -
Wednesday 27 September
(Once weekly)

Join this course to learn and utilise meditation, relaxation, and mindfulness techniques that will help you focus, unwind, refill energy levels, balance and understand your mind and emotions, combat stress, nurture inner peace, and establish your own regular meditation practice.

🕒 5.20 - 6.40pm
📍 Kookaburra Yoga,
210 Carradine Road, Bedfordale
💰 \$80

Visit kookaburrayoga.com.au for more information.



Piara Waters Community Farmers and Artisan Markets

Fortnightly Sundays

Spend your Sunday morning at your local farmers and artisan market. Enjoy the friendly, community minded atmosphere. Have a bite to eat and a coffee and browse our selection of local creatives and artisan produce. We have great activities to keep the kids entertained and talented buskers every fortnight.

🕒 9am - 1pm 📍 Riva Primary School - 33 Riva Entrance, Piara Waters *Dates and location may be subject to change

💰 Free event. Food, arts and crafts available for purchase

Visit piarawatersmarket.com for more information.



Sunday Guided Day Tours

6, 13, 20, 27 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!

🕒 1.30 - 2pm, 2 - 2.30pm, 2.30 - 3pm, 3 - 3.30pm

📍 Perth Observatory, 337 Walnut Road, Bickley 💰 Adult \$20, Children \$10, Concession \$15, Family \$50

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



Lunar Photography Workshop

Tuesday 29 August

Join us for a special evening of lunar photography under the stars at Perth Observatory. This is a great opportunity to capture stunning images of the moon using your own camera and some of the best telescopes in the region. Our expert guide, Roger Groom from Astro Photography Australia, will lead a one-hour theory session on the process of photographing the Moon, from equipment and software to image processing.

With a maximum group size of 20 people, you'll have plenty of time to experiment and capture your own unique images of the Moon. We have a wide range of focal lengths and types of telescopes available, so you can take photographs that feature the full disk or at much higher magnification. You are encouraged to bring your own camera, T-ring adaptor and Barlow lenses if you have them, as using the equipment you already have helps you become more familiar with it.

To ensure we can cater to all our guests appropriately, please provide details of your camera brand and model at the time of booking. In case of poor weather conditions, we'll replace the practical part of the night with a telescope tour and software demonstration, including image processing. Don't miss this chance to capture stunning images of the Moon and learn from one of the best in the business!

🕒 7 - 10pm 📍 Perth Observatory, 337 Walnut Road, Bickley 💰 \$120 per person

Visit perthobservatory.com.au/shop/events/lunar-photography-workshop for more information.



Guided Wildflower Ramble in Bob Blackburn Reserve

Sunday 20 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 per cent remains. Preserved in the middle of suburbia, it contains an interesting mix of beautiful hills and plains flora. Flat site, easy walking.

🕒 9 - 11am 📍 Meet in Armadale Aquatic and Fitness Centre car park off Champion Drive, Seville Grove
🆓 Free Event

Visit wildflowersarmadale.org.au for more information.



Weekend Mindfulness & Meditation Retreat

Saturday 5 August - Sunday 6 August

Take a well-deserved break from the hustle and bustle of life.

Experience the ultimate in rest and rejuvenation with our unique weekend meditation retreat in the breathtaking Perth Hills. This weekend retreat is designed to give you the time and space to unwind, relax, and find inner peace.

Fully catered and with an overnight stay, you'll have the opportunity to disconnect from the daily grind and fully immerse yourself in the tranquillity of the Perth Hills.

Our expert meditation guide will lead you through a variety of guided meditations, mindfulness and Tai Chi practices to help you develop a solid foundation for a daily mindfulness practice back home.

Partake in a yoga class if you choose to and experience the deeply restful sound journey.

You'll also have the opportunity to explore the beauty of nature, spend time with like-minded individuals, and give yourself the gift of time and space to simply be. This retreat is open to all levels of experience, whether you're a beginner or an experienced meditator.

🕒 9.30am - 7pm, 7am - 4pm 📍 Restful Waters, 64 Canns Road, Bedfordale 💰 \$730

Visit restfulwaters.org for more information.



Sonic Immersion Sound Bath

Sunday 6 August and Sunday 20 August

Allow a deeply relaxing soundscape to ignite your senses and guide you into absolute peace and bliss as your mind slows down and stills.

The frequencies of instruments, like sound bowls and gongs, have been used for centuries to support a sense of calm and well-being in people.

Join us and melt away with the vibrations of 15+ instruments, and open to the stillness and spaciousness within yourself.

We use a combination of different instruments at each event; including crystal singing bowls, chimes, singing with harmonium, acoustic guitar, gongs, rainsticks, and drums.

The instruments used in Sound Bath have been carefully selected to produce frequencies conducive to relaxation and a calm mind.

Give yourself the gift of peace and allow yourself to find rejuvenation with our two-hour Sound Bath: Sonic Immersion.

🕒 2 - 4pm 📍 Restful Waters, 64 Canns Road, Bedfordale 💰 \$54

Visit restfulwaters.org for more information.



Beginner's Drumming Workshop

Saturday 26 August

Experience the power and aliveness of drumming through an interactive Beginner's Drumming Workshop!

Research has shown drumming works out your entire brain. It helps your brain synchronise both the left and the right hemispheres.

Drums have been around for thousands of years, they're enjoyable to play with, spark creativity, and encourage fun social interaction.

Drumming induces a natural high and causes the brain to release feel-good chemicals like endorphins, making it great for mental health. In turn, this makes you feel calm, relaxed, and optimistic.

Beginners and musicians alike are welcome to join us for two hours of fun and creative drumming activities. All drums and supporting instruments will be provided and you will learn a variety of rhythms as a group.

🕒 10am - 12pm 📍 Restful Waters, 64 Canns Road, Bedfordale 💰 \$65

Visit restfulwaters.org for more information.



Fire Fable & Feast

Saturday 5 August

Fire Fable & Feast heralds the end of icy frost and long cold nights, welcoming new life to the orchard. Together we bask in the glow of this new season as we release and awaken the trees. From sticks to blossoms, and blossoms to apples, let there be a bountiful harvest ahead!

In the dark of night we will awaken the trees with chants and drums, dance and song, bask in the cleansing flames and watch embers carry winter away.

So don your pagan finery and join us to worship the seasons on this night of nights – Core's Fire Fable & Feast.

🕒 5 - 10pm 📍 Core Cider House, 35 Merrivale Road, Pickering Brook 💰 Adult \$75, Children \$45 - \$55, Group \$250

Visit corecider.com.au for more information.



Avocados Paint and Sip Class

Wednesday 9 August

Explore your creative side at our Paint and Sip class hosted by a talented local artist.

Enjoy a glass of wine and nibbles while you paint the night away at Avocados.

🕒 6.30 - 9.30pm
📍 Avocados Restaurant and Reception Centre, 2 Mount Street, Kelmescott
💰 \$65 per adult

Visit avocadosperth.com for more information.



Art Workshops in Roleystone

Friday 11 August and Friday 25 August

This workshop is a series of art workshops for adults, held fortnightly. The workshops cover a wide range of art media, from charcoal and graphite to water-soluble oil, collage and more. The subjects are just as varied, with portraits, landscapes, flowers and abstracts all being explored. All materials are covered in the cost, and students take home their own creations to show proudly. All bookings on Facebook, Eventbrite or in-store at Emporio Luxe. A barista made coffee from Blue Sky Bread and a light morning tea provided. Ages 15+.

🕒 10am - 12pm 📍 Emporio Luxe Gifts, Unit 4/1 Soldiers Road, Roleystone 💰 \$40

Visit Perthhillsarmadale.com.au for more information.



Pottery Classes with Hayley Green

Wednesday 16 August

Hayley Green from Earth and Nectar invites you to take a moment with her in her pottery workshops at Emporio Luxe Gifts in Roleystone. She will teach you through a series of pottery workshops, from beginner to intermediate skills. Clay tools and glasses included. Just bring yourself, your creativity and comfortable clothing. Classes will run every third Wednesday of the month, an intro class and intermediate class are available on Facebook and on Eventbrite.

Book via Facebook and on Eventbrite.

🕒 9.30am - 12.30pm
📍 Emporio Luxe Gifts, Unit 4/1 Soldiers Road, Roleystone 💰 \$150

Visit Perthhillsarmadale.com.au for more information.



Narry-Oke

Every Saturday

Join us at the Narry Armadale every Saturday night for a fun filled night of singing, dancing and laughing, the narry-oke is our karaoke from 8pm in the beer garden every Saturday. Enjoy great meals til late and free pool.

🕒 8 - 11pm

📍 Ye Olde Narrogin Inne,

2 Southwest Highway, Armadale

🆓 Free Event

Visit thenarry.com for more information.



Radiant Rest

Tuesday 1 August

Creating sacred time for yourself is not just a luxury, it's a necessity. We cannot give our best when our cup is empty. It's crucial to disconnect from the hustle and bustle of our daily lives and re-energize ourselves to bring a new balance and vitality.

Our Radiant Rest Yoga class is the perfect solution to awaken, nourish, and relax your body and mind. This monthly class offers gentle yoga, deep breathing exercises, mindfulness techniques, and meditation practices to help you combat the negative effects of worry, anxiety, stress, overwhelm and more.

This practice also fosters a deeper self-awareness and helps you reconnect with yourself. Join us for this transformative experience and feel rejuvenated.

🕒 6 - 7.30pm 📍 Restful Waters, 64 Canns Road, Bedfordale 🆓 \$22

Visit restfulwaters.org for more information.



Soma Healing Yoga

Wednesday 23 August

Indulge in a beautiful and restful two-hour mid-week evening retreat. You will be guided through a sensory meditation to help you centre yourself, followed by slow and calming yoga, somatic movement practices inspired by traditional yoga. The session also includes breathwork, a yogic sound meditation with healing mantras, traditional gongs, and singing bowls. The experience will culminate in a peaceful, guided yoga nidra and a candlelight meditation.

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

Visit kookaburrayoga.com.au for more information.



Perth Hills Wine, Gin and Cider Tours

Saturday 12 August

Spoil yourself and spend a delightful day out in the Perth Hills tasting quality wine, gin and cider whilst revelling in the visual beauty of the Bickley and Carmel valleys.

🕒 10am - 4.45pm

📍 Charter bus parking area at 777 Hay Street, Perth (opposite the Holiday Inn)

💰 \$150

Visit hiddendetours.com.au/bickley-valley.html for more information.



The Organic Circle Sip & Paint

Saturday 19 August

Enjoy a full evening of food, drinks, art, new friends and giggles.

🕒 6 - 9pm

📍 The Organic Circle, Shop 1, 7 Albany Highway Armadale

💰 \$95 per adult

Visit theorganiccircle.com.au for more information.



Shakti Women's Circle

Friday 18 August

The two-hour Shakti Women's Circle is a yoga practice for women seeking a meaningful, supportive experience. It includes empowering female-centric yoga practices suitable for women at any stage of life. In addition, there will be stories from ancient times, journaling, sharing of wisdom, and spicy, aromatic home-brewed chai. Participants are encouraged to bring their journals and pen to engage in the session fully.

🕒 10am - 12pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedforddale 💰 \$160

Visit kookaburrayoga.com.au for more information.



Sound Silence Stillness Retreat

Sunday 20 August

Experience a day filled with yoga, meditation, and a silent walk in nature. Enjoy a spectacular vegan morning tea and lunch amidst the picturesque scenery. The event will culminate with a live sound healing journey featuring sacred instruments and guided Yoga Nidra relaxation, leaving you feeling deeply peaceful and calm.

🕒 10am - 4pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedforddale 💰 \$180

Visit kookaburrayoga.com.au for more information.

Sound Silence Stillness One Day Retreat	12
Devotion Evening Retreat	12
Perth Observatory Sunday Guided Day Tours	12
Perth Observatory Night Sky Tours	12
It's Yates Springtime at Araluen	13
McRobert Distillery Tour and Tastings	13
Piara Waters Community Farmers and Artisan Markets	13
Wungong Gorge Extreme Endurance Hike	14
Hidden Gems of Perth	14
Raeburn Orchards September Spring Blossom.....	15
Perth Hills Wine, Gin and Cider Tours	15
Kaarakin Black Cockatoo Conservation Centre.....	15
Bedforddale Bush Markets - Djilba	16
Cardup Reserve Cultural and Floristic Guided Walk.....	16
Western Australian Plants for Perth Hills Gardens	16
Sweet Charity	16
Shakti Women's Circle	17
Roleystone Spring Markets.....	17
Shopping Centre Exhibition.....	17
Narry-Oke	17
Radiant Rest.....	18
Gardening Workshops.....	18
Awesome Armadale Kids' Festival Hub	19
Art Workshops in Roleystone	20
Urban Unburden: One Day Yoga Retreat	20
Moonlight Sound Bath	21
Sonic Immersion Sound Bath	21
Yesterday's World.....	22
Pottery Classes with Hayley Green	22



Art Workshops in Roleystone

Friday 8 September and Friday 22 September



Roleystone Spring Markets

Sunday 17 September



Awesome Armadale Kids' Festival Hub

Saturday 23 September - Sunday 24 September





Sound Silence Stillness One Day Retreat

Sunday 10 September

Enjoy a day of relaxation in the midst of nature. A day of inspiring yoga practises, silent nature walks, meditation, a truly serene and tranquil sound healing journey with sacred instruments, guided Yoga Nidra relaxation, and an incredible vegan morning tea and lunch.

🕒 10am - 4pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedforddale
💰 \$180 per person

Visit kookaburrayoga.com.au for more information.

Devotion Evening Retreat

Saturday 23 September

Join Kookaburra Yoga for an evening of yoga, meditation, a traditional Vedic fire ceremony, a delicious vegan and gluten-free meal, and soothing yogic sound healing. Evenings at Kookaburra Creek under the stunning setting sun and magical rising moon.

🕒 4 - 9pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedforddale
💰 \$160 per person. Overnight stays available - check website for details.

Visit kookaburrayoga.com.au for more information.



Perth Observatory Sunday Guided Day Tours

3, 10, 17, 24 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!

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

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

Perth Observatory Night Sky Tours

September to 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 nebulae, dying stars, enormous star clusters, and the moon and the planets when they are in the sky.

🕒 7.30pm 📍 Perth Observatory, 337 Walnut Road, Bickley
💰 Adult \$50, Children \$25, Concession \$35

Visit perthobservatory.com.au/shop/night-tours/night-sky-tours 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

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

Piara Waters Community Farmers and Artisan Markets

Fortnightly Sundays

Spend your Sunday morning at your local farmers and artisan market. Enjoy the friendly, community minded atmosphere. Have a bite to eat and a coffee and browse our selection of local creatives and artisan produce. We have great activities to keep the kids entertained and talented buskers every fortnight.

🕒 8am - 12pm 📍 Spring: Novelli Parade,
Piara Waters - 28 Novelli Parade, Piara
Waters *Dates and location may be
subject to change 💰 Free event. Food,
arts and crafts available for purchase

**Visit piarawatersmarket.com
for more information.**



It's Yates Springtime at Araluen

Friday 18 August - Monday 2 October

During the spring festival the Park is transformed as it is created into a unique festival experience and becomes a special destination unlike any other. Featuring a kaleidoscope of colour from the mass planting of 150,000 tulip bulbs across 14 hectares of cultivated gardens beds. The festival offers entertainment and activities for visitors such as painting classes, hiking, tours, children's activities and the ever-popular children's face painting and bubble show, or treasure hunt activities. Araluen engages entertainers such as acoustic musicians from the local circuit and on weekends there is a variety of pop-up food vendors across the Park to nourish hungry visitors.

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

Visit araluenbotanicpark.com.au for more information.



Wungong Gorge Extreme Endurance Hike

Saturday 2 September

Discover the hidden gems of Perth in our full day hiking experience in the Perth Off The Beaten Track WA has designed a challenging endurance training session through Wungong Regional Park featuring the toughest hills with the best views! This unforgettable blood pumping session will push you both physically and mentally but will leave you feeling empowered and exhilarated!

Have you ever wanted to push yourself and conquer steep rocky hills? Are you training for a big trek and need to improve your endurance? Off The Beaten Track WA has just the trick for you!

The Wungong Gorge Extreme Endurance Hike features 18kms of calf burning hills and steep rocky terrain surrounded by stunning valley views.

🕒 8am - 2pm 📍 Wungong Regional Park 💰 \$60

Visit offthebeatentrackwa.com.au for more information.



Hidden Gems of Perth

9, 20, 30 September

Discover the hidden gems of Perth in our full day hiking experience in the Perth Hills!

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.

We will meander along three of Perth's best short hiking trails at a comfortable pace for approximately 9kms and explore some of Perth's best kept secrets off the beaten track! After working up an appetite, we'll head to the picturesque Naked Apple Cider in Karragullen to enjoy a two course lunch with a glass of cider, whilst relaxing in 6 hectares of lush gardens and native bushland. If cider isn't your thing, you are welcome to a beer, glass of wine or a tasty hot coffee.

You'll finish your day toasting to the hidden gems of Perth whilst sipping on a glass of bubbles and overlooking the Perth city skyline one last time from a beautiful vantage point in the Darling Range.

🕒 8am - 5pm 📍 Various Locations 💰 \$190

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



Raeburn Orchards September Spring Blossom

Friday 1 September
- Saturday 30 September

September brings beautiful pink and white blossoms to the orchard. Be sure to visit and snap some beautiful photos with your loved ones!

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

Visit raeburnorchards.com
for more information.

Perth Hills Wine, Gin and Cider Tours

Saturday 9 September

Spoil yourself and spend a delightful day out in the Perth Hills tasting quality wine, gin and cider whilst revelling in the visual beauty of the Bickley and Carmel valleys.

Visit two wineries, one gin distillery and a cider house tucked away amongst vineyards and orchards in the picturesque Perth Hills. We take you to the best hidden gems on the Bickley Valley Wine, Gin and Cider Tour.

Bickley Valley wineries are small, rustic and boutique. Often we get the opportunity to have guided tastings with the wine makers themselves. Most of the wines you savour are only available in the Perth Hills, making this experience even more unique.

Enjoy a scrumptious gourmet lunch at a fab Bickley Valley winery, whilst sipping on a glass of wine, as you toast this incredibly peaceful and beautiful wine making area of Perth.

- 🕒 10am - 4.45pm 📍 Charter bus parking area at 777 Hay Street, Perth (opposite the Holiday Inn) 💰 \$150

Visit hiddendetours.com.au/bickley-valley.html for more information.

Kaarakin Black Cockatoo Conservation Centre

Private Tour - available all
year round on request

Join us for a tour of our 41 acre bushland site, learning all about our world leading black cockatoo rehabilitation program and how to help them! Meet our resident kangaroos, emus and dingoes before meeting our cheeky resident black cockatoos in our interactive aviary! All proceeds go directly towards helping our not-for-profit centre operate.

- 🕒 8am - 4pm 📍 Kaarakin Black
Cockatoo Conservation Centre,
322 Mills Road East, Martin
- 💰 Groups \$200 (up to 10)

Visit blackcockatoorecovery.com for
more information.



Bedforddale Bush Markets – Djilba

Saturday 9 September

Take a drive to this beautiful part of the world and visit the Bedforddale Bush Markets, a country style local market in the bush. We showcase all that Bedforddale and surrounds has to offer with homegrown produce, food stalls, art, craft, nature play, sustainability and entertainment.

The theme of this market will be Djilba.

- 🕒 9am - 1pm 📍 Bedforddale Hall, 40 Admiral Road, Bedforddale
💰 Free Event, food for sale

Visit bedforddalemarkets.com.au for more information.



Cardup Reserve Cultural and Floristic Guided Walk

Sunday 10 September

Experience Cardup Reserve in a way you haven't before through an enchanting cultural and floristic guided walk. Come explore the diverse ecosystem, vibrant wildflowers, and rich cultural heritage of the reserve. Join us to learn, appreciate, and protect this remarkable natural gem.

- 🕒 10am - 2pm 📍 Meet at the end of Redcliffe Road off Soldiers Road, Cardup
💰 Free Event

Visit wildflowersarmadale.org.au for more information.



Western Australian Plants for Perth Hills Gardens

Thursday 14 September

Janet will talk about the experiences she has had with growing Western Australian plants in her garden in the Perth Hills over nearly 40 years. She has her favourites/obsessions and a list of what generally has done well. There will be an emphasis on plants for dry shade as Janet has a lot of that and knows it is a difficulty that many Hills gardeners have to deal with. Includes a show and tell and light supper.

- 🕒 7.15 - 9.30pm 📍 Environmental Centre, 8 Triton Crescent, Bedforddale
💰 \$3

Visit wildflowersarmadale.org.au for more information.



Sweet Charity

**Friday 15 September –
Saturday 23 September**

Sweet Charity is a classic Broadway musical with well-known songs such as 'Hey Big Spender', 'If My Friends Could See Me Now' and 'Rhythm of Life'. Best suited to audiences aged 16+, the seating will be cabaret-style (tables) so bring your friends, bring your date, bring your drinks and nibbles... for a great night of song and dance in the iconic art deco Armadale District Hall.

- 🕒 7.30 - 10.30pm 📍 Armadale District Hall, Jull Steet, Armadale
💰 Adults \$29, Concession \$25

Visit roleystonetheatre.com.au for more information.



Shakti Women's Circle

Friday 15 September

The two-hour Shakti Women's Circle is a yoga practice for women seeking a meaningful, supportive experience. It includes empowering female-centric yoga practices suitable for women at any stage of life. In addition, there will be stories from ancient times, journaling, sharing of wisdom, and spicy, aromatic home-brewed Chai. Participants are encouraged to bring their journals and pen to engage in the session fully.

🕒 10am - 12pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedforddale 💰 \$160

Visit kookaburrayoga.com for more information.

Roleystone Spring Markets

Sunday 17 September

Roleystone markets are set in a lovely bushland setting, and have the best of WA's handmade products. Come and enjoy the gorgeous spring in Roleystone with over 100 stalls. There will be food trucks to tempt anyone's taste buds. There will be a lot of free entertainment for the whole family such as bubbles, giant games, face-painting and live music.

🕒 10am - 3pm 📍 Cross Park, Jarrah Road, Roleystone 💰 Free event, food for sale

Visit roleystonemarkets.org.au for more information.

Shopping Centre Exhibition

Monday 25 September - Sunday 8 October

The members of the Armadale Society of Artists will have a display of their artworks for sale in a variety of mediums and styles to suit everyone. Call in and say hello to the local artists who will be on duty and demonstrating their art daily. Put your name in the draw to win an original artwork by a local artist, and enquire about the various classes and informal groups available.

🕒 10am - 4pm 📍 Armadale Central Shopping Centre (near library) 💰 Free Event

Visit armadalesocietyofartists.com.au for more information.

Narry-Oke

Every Saturday

Join us at the Narry Armadale every Saturday night for a fun filled night of singing, dancing and laughing, the narry-oke is our karaoke from 8pm in the beer garden every Saturday. Enjoy great meals til late and free pool.

🕒 8 - 11pm
 📍 Ye Olde Narrogin Inne, 2 Southwest Highway, Armadale
 💰 Free Event

Visit thenarry.com for more information.



Radiant Rest

Tuesday 5 September

Creating sacred time for yourself is not just a luxury, it's a necessity. We cannot give our best when our cup is empty. It's crucial to disconnect from the hustle and bustle of our daily lives and re-energize ourselves to bring a new balance and vitality.

Our Radiant Rest Yoga class is the perfect solution to awaken, nourish, and relax your body and mind. This monthly class offers gentle yoga, deep breathing exercises, mindfulness techniques, and meditation practices to help you combat the negative effects of worry, anxiety, stress, overwhelm and more.

This practice also fosters a deeper self-awareness and helps you reconnect with yourself. Join us for this transformative experience and feel rejuvenated.

🕒 6 - 7.30pm 📍 Restful Waters, 64 Canns Road, Bedfordale 💰 \$22

Visit restfulwaters.org for more information.



Gardening Workshops

7 September - 30 November (Every 1st, 3rd & 5th Thursdays)

Emporio Luxe Gifts will be running adult garden workshops. Choose from succulent garden bowls, herb planter boxes, hanging colour gardens, potted colour window boxes, terrariums and fairy gardens. There will be plenty of fun and helpful tips on how to care for your plants. Minimum of 8 people per workshop. BYO gardening gloves, apron and casual clothes you don't mind getting dirty in. A Blue Sky Coffee and morning tea provided. All plants, pots, soil and tools provided. Book on Facebook, Eventbrite or in-store.

🕒 9.30 - 11.30am 📍 Emporio Luxe Gifts, Unit 4/1 Soldiers Road, Roleystone
💰 Adult - \$80 Concession - \$70

Visit Perthhillsarmadale.com.au for more information.



AWESOME Armadale Kids' Festival Hub

Saturday 23 September - Sunday 24 September

Treat your family to an AWESOME Day Out! The 2023 AWESOME Festival is landing at the Kelmscott Hall on 23 and 24 September where you'll find free shows, story telling, and lots of fun activities. You can try your hand at circus, get messy with craft activities, or learn a new skill. The AWESOME Day out is suitable for children aged 0-12 years and for grown-ups who are young at heart!

🕒 10am - 3pm 📍 Kelmscott Hall, Rushton Park, 60 River Road, Kelmscott

💰 Free Entry Visit [awesomearts.com](https://www.awesomearts.com) for more information.



Art Workshops in Roleystone

Friday September 8 and Friday 22 September

This workshop is a series of art workshops for adults, held fortnightly. The workshops cover a wide range of art media, from charcoal and graphite to water-soluble oil, collage and more. The subjects are just as varied, with portraits, landscapes, flowers and abstracts all being explored. All materials are covered in the cost, and students take home their own creations to show proudly. All bookings on Facebook, Eventbrite or in-store at Emporio Luxe. A barista made coffee from Bluesky Bread and a light morning tea provided. Ages 15+.

🕒 10am - 12pm 📍 Emporio Luxe Gifts, Unit 4/1 Soldiers Road, Roleystone
💰 \$40

Visit Perthhillsarmadale.com.au for more information.



Urban Unburden: One Day Yoga Retreat

Saturday 16 September

We invite you to press pause on your life and join us for this half day yoga retreat to unplug, take rest, and re-charge 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.

Best described as being one part chicken soup for the soul and one part physical therapy for the body, this half day retreat is designed to meet you where you are at.

🕒 9.30am - 12.30pm 📍 Restful Waters, 64 Canns Road, Bedforddale 💰 \$85

Visit restfulwaters.org for more information.



Moonlight Sound Bath

Saturday 9 September

You are invited to be blissfully immersed in an ocean of sound that guides you into deep rest and relaxation.

Allow the soothing soundscape of gongs, crystal singing bowls, rainsticks, gentle chimes and ocean drums to wash over you and ripple softly through your body.

The instruments used in our Sonic Immersion have been carefully selected to produce frequencies conducive to relaxation.

Feel your whole body melt, your heart open and experience the stillness within yourself.

All-encompassing sound draws awareness into it, allowing the dissolution of the busy mind that often keeps us held in a state of tension.

🕒 7 - 8.30pm 📍 Restful Waters, 64 Canns Road, Bedforddale 💰 \$54

Visit restfulwaters.org for more information.



Sonic Immersion Sound Bath

Sunday 3 September and Sunday 17 September

Allow a deeply relaxing soundscape to ignite your senses and guide you into absolute peace and bliss as your mind slows down and stills.

The frequencies of instruments, like sound bowls and gongs, have been used for centuries to support a sense of calm and well-being in people.

Join us and melt away with the vibrations of 15+ instruments, and open to the stillness and spaciousness within yourself.

We use a combination of different instruments at each event; including crystal singing bowls, chimes, singing with harmonium, acoustic guitar, gongs, rainsticks, and drums.

The instruments used in Sound Bath have been carefully selected to produce frequencies conducive to relaxation and a calm mind.

Give yourself the gift of peace and allow yourself to find rejuvenation with our two-hour Sound Bath: Sonic Immersion.

🕒 2 - 4pm 📍 Restful Waters, 64 Canns Road, Bedforddale 💰 \$54

Visit restfulwaters.org for more information.



Yesterday's World

Tuesday 12 September

Step back in time and take a guided journey through the Bert Tyler Vintage Machinery Museum and Telegraph Centre. Be entertained by our friendly local tour guide who will offer anecdotal information bringing the museum alive! The tour will conclude with a free relaxing morning tea. Call on 9394 5410, email, or visit the Perth Hills Armadale Visitor Centre to book your place!

🕒 10.30 - 11.30am 📍 Perth Hills Armadale Visitor Centre, 40 Jull Street, Armadale 💰 Free Event

Visit perthhillsarmadale.com.au for more information.



Pottery Classes with Hayley Green

Wednesday 20 September

Hayley Green from Earth and Nectar invites you to take a moment with her in her pottery workshops at Emporio Luxe Gifts in Roleystone. She will teach you through a series of pottery workshops, from beginner to intermediate skills. Clay tools and glasses included. Just bring yourself, your creativity and comfortable clothing. Classes will run every third Wednesday of the month, an intro class and intermediate class are available on Facebook and on Eventbrite.

Book via Facebook and on Eventbrite.

🕒 9.30am - 12.30pm 📍 Emporio Luxe Gifts, Unit 4/1 Soldiers Road, Roleystone
💰 \$150

Visit Perthhillsarmadale.com.au for more information.

Perth Observatory Halloween Night Tour.....	24
Bedfordale Bush Markets - Halloween.....	24
Armadale Highland Gathering and the Perth Kilt Run.....	25
Perth Observatory Sunday Guided Day Tours	26
Perth Observatory Night Sky Tours.....	26
Hidden Gems of Perth	26
Performance Synergy Festival.....	27
Kelmscott Agricultural Show	27
It's Yates Springtime at Araluen	28
Last Drop-Toberfest	28
Perth Duathlon & Runningworks Festival.....	28
Absolute Beginners Yoga 5 Week Course.....	29
Sound Silence Stillness One Day Retreat	29
McRobert Distillery Tour and Tastings.....	29
Piara Waters Community Farmers and Artisan Markets	29
Wungong Gorge Extreme Endurance Hike	30
Introduction to Meditation.....	30
Urban Unburden: One Day Yoga Retreat	31
Sunset Yin Yoga	31
Yesterday's World	32
Kaarakin Black Cockatoo Conservation Centre.....	32
Shopping Centre Exhibition.....	32
Armadale Society of Artists 36th Annual Awards Exhibition.....	32
Shakti Women's Circle	33
Narry-Oke.....	33
Sonic Immersion Sound Bath	33
Radiant Rest	34
Gardening Workshops	34
Art Workshops in Roleystone	34
Pottery Classes with Hayley Green	35
Guided Wildflower Ramble in Connell Avenue Bushland.....	35
Perth Hills Wine, Gin and Cider Tours - Full Day.....	35



Performance Synergy Festival
Wednesday 4 October - Sunday 8 October



Armadale Highland Gathering and the Perth Kilt Run Sunday 8 October



Kelmscott Agricultural Show
Friday 20 October - Saturday 21 October





Perth Observatory Halloween Night Tour

Tuesday 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.



Bedfordale Bush Markets - Halloween

Saturday 14 October

Take a drive to this beautiful part of the world and visit the Bedfordale Bush Markets, a country style local market in the bush. We showcase all that Bedfordale and surrounds has to offer with homegrown produce, food stalls, art, craft, nature play, sustainability and entertainment.

The theme of this market will be Halloween.

🕒 9am - 1pm 📍 Bedfordale Hall, 40 Admiral Road, Bedfordale
💰 Free Event, food for sale

Visit bedfordalemarkets.com.au for more information.



Armadale Highland Gathering and the Perth Kilt Run

Sunday 8 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! Purchase your very own kilt when you register for the 2.5km Classic or the 5km Warrior. By participating in the run, you'll be raising much needed funds for charity and guarantees you a good time.

🕒 8.30am - 4pm 📍 Minnowarra Park, Armadale

💰 Free Event – food for sale. Fees apply for Kilt Run.

Visit perthkiltun.com.au for more information.



Perth Observatory Sunday Guided Day Tours

1, 8, 15, 22, 29 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!

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

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

Perth Observatory Night Sky Tours

September to November

The best time for viewing our southern skies is during winter so 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.

🕒 8 - 9.30pm 📍 Perth Observatory, 337 Walnut Road, Bickley 💰 Adult \$50, Children \$25, Concession \$35

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

Hidden Gems of Perth

Friday 20 October

Discover the hidden gems of Perth in our full day hiking experience in the Perth Hills!

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.

We will meander along three of Perth's best short hiking trails at a comfortable pace for approximately 9kms and explore some of Perth's best kept secrets off the beaten track! After working up an appetite, we'll head to the picturesque Naked Apple Cider in Karragullen to enjoy a two course lunch with a glass of cider, whilst relaxing in 6 hectares of lush gardens and native bushland. If cider isn't your thing, you are welcome to a beer, glass of wine or a tasty hot coffee.

You'll finish your day toasting to the hidden gems of Perth whilst sipping on a glass of bubbles and overlooking the Perth city skyline one last time from a beautiful vantage point in the Darling Range.

🕒 8am - 5pm 📍 Various Locations 💰 \$190

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



Performance Synergy Festival

Wednesday 4 October – Sunday 8 October

A performing arts competition with an inclusive community focus. Performance Synergy Festival seeks to offer a space for creative potential to blossom cultivating artistic development through constructive feedback and educational workshop activities regardless of race, culture, socioeconomic status, gender or religious background. There is an aim to offer a place for achievements to be rewarded but also educate the developing performing arts student in the importance of resilience, mental health, kindness and self-care. Local small business stalls on site!

🕒 10am – 9pm 📍 Armadale District Hall, Corner Jull Street and Church Avenue, Armadale 💰 Fees apply for workshops and to compete. Spectators and audience enter free.

Visit [eventbrite.com.au/e/performance-synergy-festival-2023-tickets-534842727997](https://www.eventbrite.com.au/e/performance-synergy-festival-2023-tickets-534842727997) for more information.



Kelmscott Agricultural Show

Friday 20 October – Saturday 21 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, presented by City of Armadale!

🕒 4 – 9.30pm Friday, 9am – 6pm Saturday 📍 Rushton Park, River Road, Kelmscott
 💰 Entry Fees apply

Visit [kelmscottshow.com.au](https://www.kelmscottshow.com.au) for more information.



It's Yates Springtime at Araluen

Friday 18 August - Monday 2 October

During the spring festival the Park is transformed as it is created into a unique festival experience and becomes a special destination unlike any other. Featuring a kaleidoscope of colour from the mass planting of 150,000 tulip bulbs across 14 hectares of cultivated gardens beds. The festival offers entertainment and activities for visitors such as painting classes, hiking, tours, children's activities and the ever-popular children's face painting and bubble show, or treasure hunt activities. Araluen engages entertainers such as acoustic musicians from the local circuit and on weekends there is a variety of pop-up food vendors across the Park to nourish hungry visitors.

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

Visit araluenbotanicpark.com.au for more information.



Last Drop-Toberfest

Saturday 28 October

Once again it's time for Last Drop-Toberfest everybody! Come and celebrate our 6th annual Last Drop-Toberfest where we showcase everything beer. Live music, games, German specials, and of course beer!

🕒 11am - 5pm
📍 Last Drop Elizabethan,
25 Canns Road, Bedfordale
💰 Free Event - food for sale

Visit lastdropelizabethan.com for more information.



Perth Duathlon and Runningworks Festival

Sunday 1 October

The Runningworks Event Series is hosting the 2023 Perth Duathlon 80k and Runningworks Festival Half Marathon at the purpose-built Champion Lakes Regatta Centre, known for being home to numerous running, cycling and triathlon events. Champion Lakes is the ideal location for both a long course duathlon and a half marathon, where your family and friends can come down and enjoy the atmosphere.

🕒 7.30am 📍 Champion Lakes
💰 See website for participant fees. Free event for spectators.

Visit the [raceroster website](http://raceroster.com) for more information.



Absolute Beginners Yoga 5 Week Course

Wednesday 4 October -
Wednesday 1 November

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 an experienced teacher with decades' experience. We believe yoga is for everyone, and welcome absolute beginners!

🕒 5.20 - 6.40pm 📍 Kookaburra Yoga,
210 Carradine Road, Bedfordale 💰 \$80

Visit kookaburrayoga.com.au
for more information.



Sound Silence Stillness One Day Retreat

Sunday 8 October

Enjoy a day of relaxation in the midst of nature. A day of inspiring yoga practises, silent nature walks, meditation, a truly serene and tranquil sound healing journey with sacred instruments, guided Yoga Nidra relaxation, and an incredible vegan morning tea and lunch.

🕒 10am - 4pm 📍 Kookaburra Yoga,
210 Carradine Road, Bedfordale
💰 \$180 per person

Visit kookaburrayoga.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

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



Piara Waters Community Farmers and Artisan Markets

Fortnightly Sundays

Spend your Sunday morning at your local farmers and artisan market. Enjoy the friendly, community minded atmosphere. Have a bite to eat and a coffee and browse our selection of local creatives and artisan produce. We have great activities to keep the kids entertained and talented buskers every fortnight.

🕒 8am - 12pm 📍 Spring: Novelli Parade,
Piara Waters - 28 Novelli Parade, Piara Waters *Dates and location may be subject to change 💰 Free event. Food, arts and crafts available for purchase

Visit piarawatersmarket.com
for more information.



Wungong Gorge Extreme Endurance Hike

Saturday 22 October

Off The Beaten Track WA has designed a challenging endurance training session through Wungong Regional Park featuring the toughest hills with the best views! This unforgettable blood pumping session will push you both physically and mentally but will leave you feeling empowered and exhilarated!

Have you ever wanted to push yourself and conquer steep rocky hills? Are you training for a big trek and need to improve your endurance? Off The Beaten Track WA has just the trick for you!

The Wungong Gorge Extreme Endurance Hike features 18kms of calf burning hills and steep rocky terrain surrounded by stunning valley views.

🕒 8am - 2pm 📍 Wungong Regional Park 💰 \$60

Visit offthebeatentrackwa.com.au for more information.



Introduction to Meditation

Sunday 29 October

Discover the power of inner peace and relaxation with our Introduction to Meditation workshop.

This unique opportunity is designed to help you learn the fundamentals of meditation and how to incorporate it into your daily routine. Our experienced instructor will guide you through a series of meditations, that are easy to follow and use in your daily life.

Set in the serene and tranquil surroundings of our beautiful lakeside venue you can relax and enjoy the morning. After some snacks and a cuppa, learn a little more about meditation and mindfulness practices and do a variety of beginner friendly meditations.

Meditation has been proven to have numerous benefits, including significantly reducing stress and anxiety, improving focus and concentration, boosting immunity, promoting physical health and enhancing overall well-being.

By participating in this workshop, you'll gain a deeper understanding of meditation practices and the tools you can start using to experience your a happier, healthier, and more fulfilling life.

🕒 9.30am - 12.30pm 📍 Restful Waters, 64 Canns Road, Bedforddale 💰 \$85

Visit restfulwaters.org for more information.



Urban Unburden: One Day Yoga Retreat

Saturday 28 October

We invite you to press pause on your life and join us for this half day yoga retreat to unplug, take rest, and re-charge 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.

Best described as being one part chicken soup for the soul and one part physical therapy for the body, this half day retreat is designed to meet you where you are at.

All we ask is that you show up with an open mind and heart, be present, and allow for some magic to happen.

🕒 9.30am - 12.30pm 📍 Restful Waters, 64 Canns Road, Bedfordale 💰 \$85

Visit restfulwaters.org for more information.



Sunset Yin Yoga

Every Monday from 9 October to Monday 13 November

These sessions are the perfect way to relax, unwind and calm the body before bedtime.

Set in a heated, cordial room, in a tranquil lake-side studio to take you into absolute bliss.

Yin Yoga is designed to gently release the connective tissue, muscles and fascia.

By holding simple yoga postures for 3 to 5 min a slow and deep stretch happens in the body.

This softening of the body supports a mellowing of the mind and opens the door to the stillness within.

Yin Yoga is not a strenuous or demanding style of yoga and is suitable for people of all ages and yoga experience levels.

🕒 7 - 8pm 📍 Restful Waters, 64 Canns Road, Bedfordale 💰 \$110

Visit restfulwaters.org for more information.



Yesterday's World

Tuesday 12 October

Step back in time and take a guided journey through the Bert Tyler Vintage Machinery Museum and Telegraph Centre. Be entertained by our friendly local tour guide who will offer anecdotal information bringing the museum alive! The tour will conclude with a free relaxing morning tea. Call on 9394 5410, email, or visit the Perth Hills Armadale Visitor Centre to book your place!

🕒 10.30 - 11.30am 📍 Perth Hills Armadale Visitor Centre, 40 Jull Street, Armadale 🆓 Free Event

Visit perthhillsarmadale.com.au for more information.



Kaarakin Black Cockatoo Conservation Centre

Private Tour - available all year round on request

Join us for a tour of our 41 acre bushland site, learning all about our world leading black cockatoo rehabilitation program and how to help them! Meet our resident kangaroos, emus and dingoes before meeting our cheeky resident black cockatoos in our interactive aviary! All proceeds go directly towards helping our not-for-profit centre operate.

🕒 8am - 4pm 📍 Kaarakin Black Cockatoo Conservation Centre, 322 Mills Road East, Martin

💰 Groups \$200 (up to 10)

Visit blackcockatoorecovery.com for more information.



Shopping Centre Exhibition

Monday 25 September - Sunday 8 October

The members of the Armadale Society of Artists will have a display of their artworks for sale in a variety of mediums and styles to suit everyone. Call in and say hello to the local artists who will be on duty and demonstrating their art daily. Put your name in the draw to win an original artwork by a local artists, and enquire about the various classes and informal groups available.

🕒 10am - 4pm 📍 Armadale Central Shopping Centre (near library) 🆓 Free Event

Visit armadalesocietyofartists.com.au for more information.



Armadale Society of Artists 36th Annual Awards Exhibition

Saturday 28 Oct - Sunday 29 Oct

Armadale Society of Artists will be holding their 36th annual art awards exhibition, showcasing a wide range of artworks including textiles, sculpture, woodwork and photography at the Armadale District Hall. Morning and afternoon teas will be served with a variety of cakes and scones. Programs will be on sale with original work on the covers. There will be daily demonstrations and raffles.

🕒 10am - 4pm 📍 Armadale District Hall Cnr Jull Street and Church Avenue 🆓 Free Event

Visit armadalesocietyofartists.com.au for more information.



Shakti Women's Circle

Friday 20 October

The two-hour Shakti Women's Circle is a yoga practice for women seeking a meaningful, supportive experience. It includes empowering female-centric yoga practices suitable for women at any stage of life. In addition, there will be stories from ancient times, journaling, sharing of wisdom, and spicy, aromatic home-brewed Chai. Participants are encouraged to bring their journals and pen to engage in the session fully.

🕒 10am - 12pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedforddale 💰 \$160

Visit kookaburrayoga.com for more information.

Narry-Oke

Every Saturday

Join us at the Narry Armadale every Saturday night for a fun filled night of singing, dancing and laughing, the narry-oke is our karaoke from 8pm in the beer garden every Saturday. Enjoy great meals til late and free pool.

🕒 8 - 11pm
 📍 Ye Olde Narrogin Inne, 2 Southwest Highway, Armadale
 💰 Free Event

Visit thenarry.com for more information.

Sonic Immersion Sound Bath

Sunday 1 October, 15 October, 29 October

Allow a deeply relaxing soundscape to ignite your senses and guide you into absolute peace and bliss as your mind slows down and stills.

The frequencies of instruments, like sound bowls and gongs, have been used for centuries to support a sense of calm and well-being in people.

Join us and melt away with the vibrations of 15+ instruments, and open to the stillness and spaciousness within yourself.

We use a combination of different instruments at each event; including crystal singing bowls, chimes, singing with harmonium, acoustic guitar, gongs, rainsticks, and drums.

The instruments used in Sound Bath have been carefully selected to produce frequencies conducive to relaxation and a calm mind.

Give yourself the gift of peace and allow yourself to find rejuvenation with our two-hour Sound Bath: Sonic Immersion.

🕒 2 - 4pm 📍 Restful Waters, 64 Canns Road, Bedforddale 💰 \$54

Visit restfulwaters.org for more information.



Radiant Rest

Tuesday 3 October

Creating sacred time for yourself is not just a luxury, it's a necessity. We cannot give our best when our cup is empty. It's crucial to disconnect from the hustle and bustle of our daily lives and re-energize ourselves to bring a new balance and vitality.

Our Radiant Rest Yoga class is the perfect solution to awaken, nourish, and relax your body and mind. This monthly class offers gentle yoga, deep breathing exercises, mindfulness techniques, and meditation practices to help you combat the negative effects of worry, anxiety, stress, overwhelm and more.

This practice also fosters a deeper self-awareness and helps you reconnect with yourself. Join us for this transformative experience and feel rejuvenated.

🕒 6 - 7.30pm 📍 Restful Waters, 64 Canns Road, Bedforddale 💰 \$22

Visit restfulwaters.org for more information.



Gardening Workshops

7 September - 30 November
(Every 1st, 3rd & 5th
Thursdays)

Emporio Luxe Gifts will be running adult garden workshops. Choose from succulent garden bowls, herb planter boxes, hanging colour gardens, potted colour window boxes, terrariums and fairy gardens. There will be plenty of fun and helpful tips on how to care for your plants. Minimum of 8 people per workshop. BYO gardening gloves, apron and casual clothes you don't mind getting dirty in. A Blue Sky Coffee and morning tea provided. All plants, pots, soil and tools provided. Book on Facebook, Eventbrite or in-store.

🕒 9.30 - 11.30am 📍 Emporio Luxe Gifts, Unit 4/1 Soldiers Road, Roleystone
💰 Adult - \$80 Concession - \$70

Visit Perthhillsarmadale.com.au for more information.



Art workshops in Roleystone

Friday October 6 and Friday
20 October

This workshop is a series of art workshops for adults, held fortnightly. The workshops cover a wide range of art media, from charcoal and graphite to water-soluble oil, collage and more. The subjects are just as varied, with portraits, landscapes, flowers and abstracts all being explored. All materials are covered in the cost, and students take home their own creations to show proudly. All bookings on Facebook, Eventbrite or in-store at Emporio Luxe. A barista made coffee from Bluesky Bread and a light morning tea provided. Ages 15+.

🕒 10am - 12pm 📍 Emporio Luxe Gifts, Unit 4/1 Soldiers Road, Roleystone 💰 \$40

Visit Perthhillsarmadale.com.au for more information.



Pottery Classes with Hayley Green

Wednesday 18 October

Hayley Green from Earth and Nectar invites you to take a moment with her in her pottery workshops at Emporio Luxe Gifts in Roleystone. She will teach you through a series of pottery workshops, from beginner to intermediate skills. Clay tools and glasses included. Just bring yourself, your creativity and comfortable clothing. Classes will run every third Wednesday of the month, an intro class and intermediate class are available on Facebook and on Eventbrite.

Book via Facebook and on Eventbrite.

🕒 9.30am - 12.30pm

📍 Emporio Luxe Gifts, Unit 4/1 Soldiers Road, Roleystone 💰 \$150

Visit Perthhillsarmadale.com.au for more information.



Guided Wildflower Ramble in Connell Avenue Bushland

Sunday 8 October

Guided walk through Connell Avenue Reserve (Bush Forever Site 061) located at the western section of the Banyowla Regional Park. The flora is typical of Ridge Hill Shelf vegetation, the area where Swan Coastal Plain and Darling Scarp flora meet.

Meet at the end of Cockram Road, Kelmscott – from Connell Avenue turn into Brookside Avenue, right into Greener Way, left into Ciro Road then right into Cockram Road.

Bring water and snacks. Wear appropriate clothing and closed in shoes.

🕒 8.30 - 10.30am 📍 Meet at the end of Cockram Road, Kelmscott 💰 Free Event

Visit wildflowersarmadale.org.au for more information.



Perth Hills Wine, Gin and Cider Tours

Saturday 14 October

Spoil yourself and spend a delightful day out in the Perth Hills tasting quality wine, gin and cider whilst revelling in the visual beauty of the Bickley and Carmel valleys.

Visit two wineries, one gin distillery and a cider house tucked away amongst vineyards and orchards in the picturesque Perth Hills. We take you to the best hidden gems on the Bickley Valley Wine, Gin and Cider Tour.

Bickley Valley wineries are small, rustic and boutique. Often we get the opportunity to have guided tastings with the wine makers themselves. Most of the wines you savour are only available in the Perth Hills, making this experience even more unique.

Enjoy a scrumptious gourmet lunch at a fab Bickley Valley winery, whilst sipping on a glass of wine, as you toast this incredibly peaceful and beautiful wine making area of Perth.

🕒 10am - 4.45pm 📍 Charter bus parking area at 777 Hay Street, Perth (opposite the Holiday Inn) 💰 \$150

Visit hiddendetours.com.au/bickley-valley.html for more information.



Perth Hills Wine, Gin and Cider Tours
Saturday 4 November



Armadale Hills Arts Trail
10 - 19 November, Fridays - Sundays



Beginner's Drumming Workshop
Saturday 11 November

November Page

Perth Observatory Dr Who Night Tour.....	37
Armadale Hills Arts Trail.....	37
City of Armadale Armadale Hills Arts Trail.....	37
Radiant Rest.....	38
McRobert Distillery Tour and Tastings.....	38
Sound Silence Stillness One Day Retreat	38
Sunday Guided Day Tours.....	39
Perth Observatory Night Sky Tours.....	39
Piara Waters Community Farmers and Artisan Markets	39
Kaarakin Black Cockatoo Conservation Centre.....	39
Bush Breakfast & Guided Wildflower Ramble in Bungendore Park	40
Sunset Yin Yoga	40
One Day Mindfulness & Meditation Retreat	40
Beginner's Drumming Workshop.....	41
Sunset Sound Bath	41
Sonic Immersion Sound Bath	42
Gardening Workshops.....	42
Art workshops in Roleystone	42
Bedforddale Bush Markets - Twilight Christmas	43
Pottery Classes with Hayley Green	43
HillsAlive Art Exhibition.....	43
Perth Hills Wine, Gin and Cider Tours	44
Narry-Oke.....	44
Yesterday's World	44



Perth Observatory Dr Who Night Tour

Thursday 23 November

Come up 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
 💰 Adult \$55, Children \$30,
 Concession \$40

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



Armadale Society of Artists Armadale Hills Arts Trail

10 - 19 November,
Fridays - Sundays

Armadale Society of Artists will be showcasing a collection of artworks by its members in various mediums and styles. There will be workshops and classes daily and the public are encouraged to participate.

🕒 10am - 4pm
 📍 Armadale Society of Artists,
 4 Townley Street, Armadale 💰 Free entry

Visit armadalesocietyofartists.com.au for more information.



Armadale Hills Arts Trail

10 - 19 November, Friday to Sunday only

Local artists open 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 art practices and art people 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 cafes!

🕒 10am - 4pm opening times vary 📍 Various locations 💰 Free entry

Visit armadalehillstartail.com for more information.



Radiant Rest

Tuesday 7 November

Creating sacred time for yourself is not just a luxury, it's a necessity. We cannot give our best when our cup is empty. It's crucial to disconnect from the hustle and bustle of our daily lives and re-energise ourselves to bring a new balance and vitality.

Our Radiant Rest Yoga class is the perfect solution to awaken, nourish, and relax your body and mind. This monthly class offers gentle yoga, deep breathing exercises, mindfulness techniques, and meditation practices to help you combat the negative effects of worry, anxiety, stress, overwhelm and more.

This practice also fosters a deeper self-awareness and helps you reconnect with yourself. Join us for this transformative experience and feel rejuvenated.

🕒 6 - 7.30pm 📍 Restful Waters, 64 Canns Road, Bedforddale 💰 \$22

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

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



Sound Silence Stillness One Day Retreat

Sunday 12 November

Enjoy a day of relaxation in the midst of nature. A day of inspiring yoga practises, silent nature walks, meditation, a truly serene and tranquil sound healing journey with sacred instruments, guided Yoga Nidra relaxation, and an incredible vegan morning tea and lunch.

🕒 10am - 4pm 📍 Kookaburra Yoga, 210 Carradine Road, Bedforddale
💰 \$180 per person

Visit kookaburrayoga.com.au for more information.



Sunday Guided Day Tours

**Sunday 5, 12, 19, 26
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!

🕒 1.30 - 2pm, 2 - 2.30pm,
2.30 - 3pm, 3 - 3.30pm

📍 Perth Observatory, 337 Walnut Road, Bickley 💰 Adult \$20, Children \$10, Concession \$15, Family \$50

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



Perth Observatory Night Sky Tours

September to 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 nebulae, dying stars, enormous star clusters, and the moon and the planets when they are in the sky.

🕒 8.30pm 📍 Perth Observatory, 337 Walnut Road, Bickley 💰 Adult \$50, Children \$25, Concession \$35

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



Piara Waters Community Farmers and Artisan Markets

Fortnightly Sundays

Spend your Sunday morning at your local farmers and artisan market. Enjoy the friendly, community minded atmosphere. Have a bite to eat and a coffee and browse our selection of local creatives and artisan produce. We have great activities to keep the kids entertained and talented buskers every fortnight.

🕒 8am - 12pm 📍 Spring: Novelli Parade, Piara Waters - 28 Novelli Parade, Piara Waters *Dates and location may be subject to change 💰 Free event. Food, arts and crafts available for purchase

Visit piarawatersmarket.com for more information.



Kaarakin Black Cockatoo Conservation Centre

Private Tour - available all year round on request

Join us for a tour of our 41 acre bushland site, learning all about our world leading black cockatoo rehabilitation program and how to help them! Meet our resident kangaroos, emus and dingoes before meeting our cheeky resident black cockatoos in our interactive aviary! All proceeds go directly towards helping our not-for-profit centre operate.

🕒 8am - 4pm 📍 Kaarakin Black Conservation Centre, 322 Mills Road East, Martin 💰 Groups \$200 (up to 10)

Visit blackcockatooerecovery.com for more information.



Bush Breakfast & Guided Wildflower Ramble in Bungendore Park

Sunday 12 November

Enjoy a cooked breakfast in Bungendore Park followed by a short guided walk further into the park.

🕒 7.30 - 11.30am 📍 Park at Southern Hills Christian College, 86 Admiral Road, Bedforddale 💰 Adults \$12, Children \$6

Visit wildflowersarmadale.org.au for more information.



Sunset Yin Yoga

**Monday 13 November -
Monday 18 December**

Make Mondays your favourite day of the week with an evening Yin Yoga practice. These sessions are the perfect way to relax, unwind and calm the body before bedtime.

Set in a heated, cordial room, in a tranquil lake-side studio to take you into absolute bliss.

Yin Yoga is designed to gently release the connective tissue, muscles and fascia.

Yin Yoga is not a strenuous or demanding style of yoga and is suitable for people of all ages and yoga experience levels.

🕒 7 - 8.30pm 📍 Restful Waters, 64 Canns Road, Bedforddale 💰 \$110

Visit restfulwaters.org for more information.



One Day Mindfulness & Meditation Retreat

Sunday 5 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.

Arrive at a beautifully prepared lake-side studio in the Perth Hills with all the equipment you need for a relaxing and insightful day provided.

Commence with a gorgeous walk around our property lake and a gentle Tai Chi practice.

After some snacks and a cuppa, learn a little more about mindfulness practices and do a variety of beginner friendly, secular mindfulness meditations. Enjoy a gorgeous vegetarian lunch. Finish the day with a divine sound healing session that will have you floating in bliss: sound bowls, gongs, chimes and rainsticks to name some of the instruments.

A day of transformation awaits you. Leave with peace in your mind and joy in your heart.

🕒 9.30am - 3.30pm 📍 Restful Waters, 64 Canns Road, Bedforddale 💰 \$154

Visit restfulwaters.org for more information.



Beginner's Drumming Workshop

Saturday 11 November

Experience the power and aliveness of drumming through an interactive Beginner's Drumming Workshop!

Research has shown drumming works out your entire brain. It helps your brain synchronise both the left and the right hemispheres.

Drums have been around for thousands of years, they're enjoyable to play with, spark creativity, and encourage fun social interaction.

Drumming induces a natural high and causes the brain to release feel-good chemicals like endorphins, making it great for mental health. In turn, this makes you feel calm, relaxed, and optimistic.

Beginners and musicians alike are welcome to join us for two hours of fun and creative drumming activities. All drums and supporting instruments will be provided and you will learn a variety of rhythms as a group.

This workshop is going to be an absolute blast. Bring some pals and come have some fun!

🕒 10am - 12pm 📍 Restful Waters, 64 Canns Road, Bedforddale 💰 \$65

Visit restfulwaters.org for more information.



Sunset Sound Bath

Saturday 4 November

You are invited to be blissfully immersed in an ocean of sound that guides you into deep rest and relaxation. Allow the soothing soundscape of gongs, crystal singing bowls, rainsticks, gentle chimes and ocean drums to wash over you and ripple softly through your body.

Sound has been used for millennia to heal and guide people into different states of being. The instruments used in our sonic immersion have been carefully selected to produce frequencies conducive to relaxation. Feel your whole body melt, your heart open and experience the stillness within yourself.

All-encompassing sound draws awareness into it, allowing the dissolution of the busy mind that often keeps us held in a state of tension. Emerge feeling refreshed and renewed, connected to yourself and to the moment.

This Sound Bath will happen in candlelight in our modern studio. You need not bring anything at all. Cushions, blankets, bolsters, pillows and eye pillows will be freshly provided for your comfort.

🕒 7 - 8.30pm 📍 Restful Waters, 64 Canns Road, Bedforddale 💰 \$54

Visit restfulwaters.org for more information.



Sonic Immersion Sound Bath

Sunday 12 November and 26 Sunday November

Allow a deeply relaxing soundscape to ignite your senses and guide you into absolute peace and bliss as your mind slows down and stills.

The frequencies of instruments, like sound bowls and gongs, have been used for centuries to support a sense of calm and well-being in people.

Join us and melt away with the vibrations of 15+ instruments, and open to the stillness and spaciousness within yourself.

We use a combination of different instruments at each event; including crystal singing bowls, chimes, singing with harmonium, acoustic guitar, gongs, rainsticks, and drums.

The instruments used in Sound Bath have been carefully selected to produce frequencies conducive to relaxation and a calm mind.

Give yourself the gift of peace and allow yourself to find rejuvenation with our two-hour Sound Bath: Sonic Immersion.

🕒 2 - 4pm 📍 Restful Waters, 64 Canns Road, Bedfordale 💰 \$54

Visit restfulwaters.org for more information.



Gardening Workshops

7 September - 30 November
(Every 1st, 3rd and 5th Thursdays)

Emporio Luxe Gifts will be running adult garden workshops. Choose from succulent garden bowls, herb planter boxes, hanging colour gardens, potted colour window boxes, terrariums and fairy gardens. There will be plenty of fun and helpful tips on how to care for your plants. Minimum of 8 people per workshop. BYO gardening gloves, apron and casual clothes you don't mind getting dirty in. A Blue Sky Coffee and morning tea provided. All plants, pots, soil and tools provided. Book on Facebook, Eventbrite or in-store.

🕒 9.30 - 11.30am 📍 Emporio Luxe Gifts, Unit 4/1 Soldiers Road, Roleystone
💰 Adult \$80 Concession \$70

Visit Perthhillsarmadale.com.au for more information.



Art workshops in Roleystone

Friday 3 and Friday 17 November

This workshop is a series of art workshops for adults, held fortnightly. The workshops cover a wide range of art media, from charcoal and graphite to water-soluble oil, collage and more. The subjects are just as varied, with portraits, landscapes, flowers and abstracts all being explored. All materials are covered in their cost, and students take home their own creations to show proudly. All bookings on Facebook, Eventbrite or in-store at Emporio Luxe. A barista made coffee from Blue Sky Bread and a light morning tea provided. Ages 15+.

🕒 10am - 12pm 📍 Emporio Luxe Gifts, Unit 4/1 Soldiers Road, Roleystone 💰 \$40

Visit Perthhillsarmadale.com.au for more information.



Bedfordale Bush Markets - Twilight Christmas

Saturday 11 November

Take a drive to this beautiful part of the world and visit the Bedfordale Bush Markets, a country style local market in the bush. We showcase all that Bedfordale and surrounds has to offer with homegrown produce, food stalls, art, craft, nature play, sustainability and entertainment.

The theme of this market will be Twilight Christmas.

- 🕒 3 - 8pm 📍 Bedfordale Hall, 40 Admiral Road, Bedfordale
- 💰 Free Event, food for sale

Visit bedfordalemarkets.com.au for more information.



Pottery Classes with Hayley Green

Wednesday 15 November

Hayley Green from Earth and Nectar invites you to take a moment with her in her pottery workshops at Emporio Luxe Gifts in Roleystone. She will teach you through a series of pottery workshops, from beginner to intermediate skills. Clay tools and glasses included. Just bring yourself, your creativity and comfortable clothing. Classes will run every third Wednesday of the month, an intro class and intermediate class are available on Facebook and on Eventbrite.

Book via Facebook and on Eventbrite.

- 🕒 9.30am - 12.30pm
- 📍 Emporio Luxe Gifts, Unit 4/1 Soldiers Road, Roleystone
- 💰 \$150

Visit perthhillsarmadale.com.au for more information.



HillsAlive Art Exhibition

8, 9, 10, 11 November

Saint Christopher's Art Exhibition is an annual exhibition with an annual theme, open to all emerging and professional artists in Western Australia. Artists can enter via email or request a hard copy entry form.

Light food and drinks will be available for purchase. Jams and crafts will be available to purchase.

- 🕒 Opening night 8 November 7-9pm. 9 and 10 November 10am - 8pm, 11 November 10am - 12pm
- 📍 Park at Southern Hills Christian College, 86 Admiral Road, Bedfordale
- 💰 Free Event

Visit saintchristophersroleystone-god.com for more information.



Perth Hills Wine, Gin and Cider Tours

Saturday 4 November

Spoil yourself and spend a delightful day out in the Perth Hills tasting quality wine, gin and cider whilst revelling in the visual beauty of the Bickley and Carmel valleys.

Visit two wineries, one gin distillery and a cider house tucked away amongst vineyards and orchards in the picturesque Perth Hills. We take you to the best hidden gems on the Bickley Valley Wine, Gin and Cider Tour.

Bickley Valley wineries are small, rustic and boutique. Often we get the opportunity to have guided tastings with the wine makers themselves. Most of the wines you savour are only available in the Perth Hills, making this experience even more unique.

Enjoy a scrumptious gourmet lunch at a fab Bickley Valley winery, whilst sipping on a glass of wine, as you toast this incredibly peaceful and beautiful wine making area of Perth.

🕒 10am - 4.45pm 📍 Charter bus parking area at 777 Hay Street, Perth (opposite the Holiday Inn) 💰 \$150

Visit hiddendetours.com.au/bickley-valley.html for more information.



Narry-Oke

Every Saturday

Join us at the Narry Armadale every Saturday night for a fun filled night of singing, dancing and laughing, the narry-oke is our karaoke from 8pm in the beer garden every Saturday. Enjoy great meals til late and free pool.

🕒 8 - 11pm

📍 Ye Olde Narrogin Inne,
2 Southwest Highway, Armadale

🆓 Free Event

Visit thenarry.com for more information.



Yesterday's World

Tuesday 14 November

Step back in time and take a guided journey through the Bert Tyler Vintage Machinery Museum and Telegraph Centre. Be entertained by our friendly local tour guide who will offer anecdotal information bringing the museum alive! The tour will conclude with a free relaxing morning tea. Call on 9394 5410, email, or visit the Perth Hills Armadale Visitor Centre to book your place!

🕒 10.30 - 11.30am 📍 Perth Hills
Armadale Visitor Centre, 40 Jull Street,
Armadale 🆓 Free Event

Visit perthhillsarmadale.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**



Awesome Armadale Kids' Festival Hub

FREE Event

Saturday 23 and Sunday 24 September
10am - 3pm

Performance

Woody's Bush Cabaret

Saturday 23 September

- 🕒 11am and 1pm
- 📍 Kelmscott Hall
- 👤 Ages: 4+
- 🕒 50 Minute shows

Workshop

Cartooning Workshops

Saturday 23 September

- 🕒 10am and 2pm
- 📍 Kelmscott Hall
- 👤 Ages: 6+
- 🕒 45 Minutes
- bit.ly/ArmadaleCartoon

Workshop

Ukulele Fever!!!

Sunday 24 September

- 🕒 10am and 12pm
- 📍 Kelmscott Hall
- 👤 All Ages
- 🕒 40 minutes
- bit.ly/ArmadaleUkulele

Literature

Noongar Story Time! with Jayden Boundry

Saturday 23 September

- 🕒 10am and 11.45am
- 📍 Armadale District Hall
- 👤 Ages: 0-5
- 🕒 35 minutes session
- bit.ly/ArmadaleStorytime

Literature

SAY HOORAY

Rhyme Time for Bubs,
with Renae Hayward
Sunday 24 September

- 🕒 10am and 11.45am
- 📍 Kelmscott Hall
- 👤 Ages: 0-3
- 🕒 35 minutes
- bit.ly/ArmadaleRhymeTime

Performance

Dr AudiYO's Giant Adventure

Sunday 24 September

- 🕒 11am and 1pm
- 📍 Kelmscott Hall
- 👤 Ages: 8+
- 🕒 50 Minute shows

Activity

Walk-up Circus Activities!

Saturday 23 and
Sunday 24 September

- 🕒 10am - 3pm
- 📍 Kelmscott Hall
- 👤 All Ages
- 🕒 Drop in

Activity

Early Years Creative Space

Saturday 23 and
Sunday 24 September

- 🕒 10am - 3pm
- 📍 Armadale District Hall
- 👤 Ages: 0-5
- 🕒 Drop in

Kids' Market Stalls

Saturday 23 and
Sunday 24 September

- 🕒 10am - 3pm
- 📍 Kelmscott Hall
- 👤 All Ages
- 🕒 Drop in

Bookings are
essential

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

📍 @perthhillsarmadale | 📷 #perthhillsarmadale | perthhillsarmadale.com.au

