

AUSTRALIA'S

# SOUTH WEST

DREAM  
DEEPER

# WELLNESS GUIDE



# WELLNESS IN AUSTRALIA'S SOUTH WEST

Rise with the sun and fill your cup. Breakfast with sandy toes. Sea breezes gently whispering as your hammock sways. Go forest bathing with fairy flowers in the dappled light. Drift weightless in an impossibly aquamarine lagoon. Sink into a hot tub with a good book. Snuggle with a shiraz by the firelight. The Milky Way so close, you could almost touch it. Do yoga on the shore. Let the waves wash over you. Discover inner quiet. Forget the modern world...


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## KEY

Spas, Saunas, Yoga, Meditation, Forest Bathing 

Premium Accommodation and Wildlife 

Art Galleries, Museums, Shops 

Aboriginal & Cultural Experiences 

Adventure, Hiking, Horseriding 

### ABOUT THIS BROCHURE

This brochure has been produced by Australia's South West, a not-for-profit regional tourism organisation proudly supported by Tourism Western Australia. Australia's South West - including its agents, officers, and contractors - has made every endeavour to ensure details appearing in the publication are correct at the time of printing, accepts no responsibility for any inaccuracy or misdescription whether by inclusion or omission, nor does the publisher accept any responsibility for subsequent change or withdrawal of prices, details of services shown, all of which are subject to alteration without notice.

# BUNBURY GEOGRAPHE



 BUNBURY BACK BEACH

SOUTH WEST WELLNESS GUIDE



📍 BLACK DIAMOND LAKE

# BUNBURY GEOGRAPHE

🕒 Approximately 2 hours south of Perth

📍 Includes the towns of Balingup, Bunbury, Capel, Collie, Dardanup, Donnybrook, Ferguson Valley, Harvey

Whether it's nourishing your tired body with a private session of yoga at Honeymoon Pool, or embarking on a journey of discovery for mind and soul on an Aboriginal cultural tour in Harvey, the Bunbury Geographe region is a place where tranquil beauty meets rejuvenation.

Let the soothing sounds of nature envelop you on a leisurely hike through the Wellington National Park, vibrant wildflowers dotting the path - your map to solitude and reflection.



📍 BOOLA BIDI DREAMING

Spend nights unwinding in premium comfort, nothing but the constellations above you and a book in hand. A bespoke wellness retreat to yourself, cosied up on a soft queen bed as towering peppermint trees stand sentinel just outside your window.

- ① Adventure Connections
- ② Boola Bidi Dreaming Centre
- ③ Bunbury Museum & Cultural Centre
- ④ Bunbury Regional Art Gallery
- ⑤ Collie Art Gallery
- ⑥ Evedon Lakeside Retreat
- ⑦ Forest Explorers
- ⑧ Lake Brockman Tourist Park
- ⑨ Mindful In Nature
- ⑩ Off The Beaten Track
- ⑪ Outback Horse Trails
- ⑫ Picnic Cheer
- ⑬ Secret Picnic Adventures





Boola Bidi Dreaming Centre, Harvey  
[harveyabcorp.com.au/boola-bidi-dreaming](http://harveyabcorp.com.au/boola-bidi-dreaming)



Bunbury Museum & Cultural Centre  
[bunbury.wa.gov.au/museum](http://bunbury.wa.gov.au/museum)  
Ph: (08) 9792 7284



Bunbury Regional Art Gallery  
[bunbury.wa.gov.au/brag](http://bunbury.wa.gov.au/brag)  
Ph: (08) 9792 7323



Collie Art Gallery  
[collieartgallery.org.au](http://collieartgallery.org.au)  
Ph: (08) 9734 2921



Forest Explorers, Collie  
[forestexplorers.com.au](http://forestexplorers.com.au)  
Ph: 0427 981 187



Lake Brockman Tourist Park, Harvey  
[lakebrockman.com.au](http://lakebrockman.com.au)  
Ph: (08) 9733 5402



Mindful In Nature, Harvey  
[mindfulforestbathing.com.au](http://mindfulforestbathing.com.au)



Off The Beaten Track, Harvey & Collie  
[offthebeatentrackwa.com.au](http://offthebeatentrackwa.com.au)  
Ph: 0417 128 896



Outback Horse Trails, Collie  
[outbackhorsetrails.com](http://outbackhorsetrails.com)  
Ph: 0429 476 674



Picnic Cheer - Bunbury, Ferguson  
Valley, Harvey  
[picniccheer.com.au](http://picniccheer.com.au)  
Email: [celebrate@picniccheer.com.au](mailto:celebrate@picniccheer.com.au)  
Vineyard 28 experience  
Ph: (08) 9733 5605



Secret Picnic Adventures  
[secretpicnicadventures.com.au](http://secretpicnicadventures.com.au)  
Ph: 0428 787 611

## Adventure Connections

[adventureconnections.com.au](http://adventureconnections.com.au)

Ph: 0459 124 646

*Explore the Collie forests on e-bike,  
canoe, or with hiking packs.*

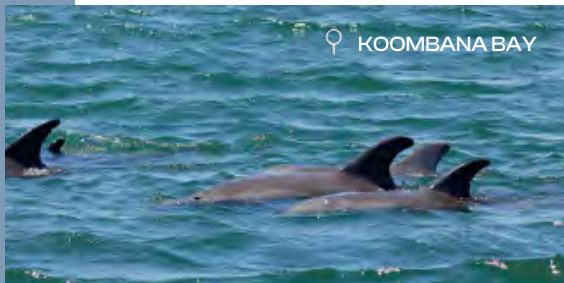


## Evedon Lakeside Retreat

[evedon.com.au](http://evedon.com.au)

Ph: (08) 9726 3012

*Relaxing lakeside accommodation near  
Burekup that brings you back to nature.*





Bahlu Coffee and Acai Bar, Bunbury



Radiant Glow Beauty, Collie



Bluehills Farmstay, Harvey



ReDefine Skin Clinic & Day Spa, Collie



Box of Gems, Collie



Sarah's Skin & Beauty Clinic, Collie



Collie Blueberry Farm, Collie



Serenity Spa, Capel



Dharma A Souls Journey, Collie



Shala Yoga, Bunbury



Ferguson Valley Escape, Crooked Brook



Skytree Massage, Bunbury



Harris River Estate, Collie



Tara Meditation Centre, Bunbury



Harvey Hills Farmstay, Harvey



The Plant Organic Cafe, Bunbury



Highland View Farm, Thomson Brook



The Sacred Pantry, Stratham



Honeymoon Hideaway, Harvey  
STRA-6220D57MD5V0



The Collie Providore, Collie



Hussh Body and Soul, Bunbury



The Wellness Pod South West, Millbridge



Mayde Health, Bunbury



The Yoga Collab, Bunbury



Melo Velo, Bunbury



Vista Ridge Estate, Cookernup



Mindingu, Wellington Mill



Whispering Pines B&B, Collie



Paradise Day Spa, Bunbury



Yoga Soma, Bunbury



Prakriti Yoga Therapy, Ferguson Valley



# BUNBURY GEOGRAPHE

**Perfect for:** A quiet weekend away

**Best Time of year:** Autumn and Spring

**Spend your time:** In nature doing yoga, unwinding at a spa retreat, and indulging in fresh food

Escape into a world of relaxation and rejuvenation as you journey through the Bunbury Geographe region. From tranquil farm stays to immersive nature experiences, this itinerary is designed to nourish your mind, body, and soul.

Begin your wellness escape in Harvey, a town known for its dairy and fresh produce, but with so much more to discover. Stay at **Bluehills Farmstay** or **Harvey Hill Farmstay**, where the serenity of the countryside sets the perfect tone for relaxation.

Wake up to sweeping views of Harvey Dam and the Darling Scarp, and embrace the simple joy of feeding friendly farm animals.

For a truly indulgent experience, spend a day at **Vineyard 28** in Harvey region. In partnership with **Picnic Cheer**, they offer a private picnic set amidst the vineyards. Savour a gourmet grazing board filled with fresh, local produce while meeting the vineyard's passionate owners and hearing the story behind their wines.

Next, head to **Evedon Lakeside Retreat**, a sanctuary of calm. Stay in charming lakeside cabins, wander scenic walking trails, and take in the beauty of seasonal wildflowers.

Try your hand at fishing or kayaking, or simply unwind at their on-site gallery, showcasing handcrafted pieces by local artisans. With a restaurant serving delicious meals, you won't have to leave—nor will you want to!

📍 HONEYMOON POOL



Wellness isn't just about relaxation, it's also about movement and connection.

In Collie, explore the region's rich history and breathtaking landscapes with a guided walking tour by **Forest Explorers**.

Discover hidden murals, learn the stories of the town's past, and admire vibrant wildflowers along the way.

Prefer to experience nature on horseback? **Outback Horse Trails** offers guided forest rides, where the rhythmic sounds of hooves and the peaceful surroundings create a meditative outdoor experience.

For a tranquil water adventure, hire a kayak or stand-up paddleboard from The Adventure Hub at Wellington Dam, and explore Lake Kewari or the Collie River.

Their Wonderful Wellington Tour is a must, showcasing the world's largest dam mural—a truly awe-inspiring sight.

Looking for a quiet retreat? Head to Honeymoon Pool in Wellington National Park where a tree-lined swimming spot awaits with crystal-clear water, perfect for a refreshing dip or a lazy afternoon surrounded by nature.



WELLINGTON DAM, COLLIE

# WELLNESS

WAITING AT YOUR DOORSTEP

## BUNBURY GEOGRAPHE

[visitbunburygeographe.com.au](http://visitbunburygeographe.com.au)



No wellness getaway is complete without a little self-care.

In Bunbury, flow through a yoga session at **Yoga Soma**, **The Yoga Collab**, or **Shala Yoga**.

Then, release tension with a therapeutic massage at **My Balance**, **Hussh Body and Soul**, or **Skytree Massage**.

For a dose of nature therapy, take a peaceful walk along Back Beach toward the ancient basalt rocks of Wyalup-Rocky Point, breathing in the fresh ocean air, and watching the waves roll in.

Stroll through the updated and tranquil Mangrove Boardwalk, to spot birdlife and enjoy the serenity of this unique saltwater ecosystem.

If you're lucky, you might even see wild dolphins playing nearby in Koombana Bay. This magical sight makes for an unforgettable moment.

End the day with a nourishing snack from **Mayde Health**, or a meal at one of Bunbury's wellness-focused cafés, such as **The Plant Organic Café** or **Bahlu Coffee and Acai Bar**, where fresh, locally sourced ingredients take centre stage.



For a unique wellness experience, try **Secret Picnic Adventures** in Donnybrook. Follow a series of clues through “apple country” to uncover hidden treasures—your gourmet picnic lunch.

By the end, you'll not only be rewarded with a delicious meal but also with a deeper appreciation for the region's history.

Whether you're indulging in farm-fresh delights, exploring tranquil waterways, or unwinding with a massage, the Bunbury Geographe region offers endless ways to nourish your well-being.



# MARGARET RIVER REGION



📍 POINT PICQUET



📍 OLIO BELLO LAKESIDE GLAMPING

# MARGARET RIVER REGION

🕒 Approximately 3-4 hours south of Perth



Includes the towns of Augusta, Busselton, Cowaramup, Dunsborough, Gracetown, Margaret River, and Yallingup

Imagine sitting in your outdoor spa, the taste of bubbles on your lips, the salty air mingling with the scent of Eucalyptus, while vines abundant in sumptuous grapes ribbon the valley beyond.

In the Margaret River region, luxury isn't just a thread count, it's the seamless flow between premium accommodation and natural beauty at your doorstep.



📍 CHAMBRE ESTATE

Spend your days exploring the walking trails among towering karri forests, or on a guided tour of the region's world-renowned wineries, savouring the complex flavours and terroir as the day spills into the twilight. Now it's time to indulge in gourmet dining experiences, locally sourced and brimming with flavour, before falling asleep to the soothing sounds of the waves. This isn't just wellness travel, it's an elevated experience for the soul.

- ① Down Under Discoveries
- ② Empire Spa Retreat
- ③ Frequency of Light
- ④ Happs Pottery
- ⑤ Koomal Dreaming
- ⑥ Mindful In Nature
- ⑦ Off The Beaten Track
- ⑧ Olio Bello and Lakeside Glamping
- ⑨ Sound Relaxation Margaret River
- ⑩ Scenic Helicopters
- ⑪ Tree Chalets
- ⑫ Untamed Escapes
- ⑬ Vie Spa at Bunker Bay



**① DUNSBOROUGH**

**② ⑤ YALLINGUP**

**⑧ COWARAMUP**

**③ ⑨ ⑩ ⑫**

**MARGARET RIVER**

**AUGUSTA**

**BUSSELTON ⑩**

**PERTH**





Down Under Discoveries  
[downunderdiscoveries.au](http://downunderdiscoveries.au)  
 Ph: 0428 920 656



Frequency of Light, Margaret River  
[frequencyoflight.com.au](http://frequencyoflight.com.au)  
 Ph: 0493 840 748



Happs Pottery, Anniebrook  
[happspottery.com.au](http://happspottery.com.au)  
 Ph: 0401 533 336



Koomal Dreaming, Yallingup  
[koomaldreaming.com.au](http://koomaldreaming.com.au)  
 Ph: 0412 415 355



Mindful In Nature, Margaret River  
[mindfulforestbathing.com.au](http://mindfulforestbathing.com.au)  
 Email: [belinda@mindfulinnature.com.au](mailto:belinda@mindfulinnature.com.au)



Off The Beaten Track WA  
[offthebeatentrackwa.com.au](http://offthebeatentrackwa.com.au)  
 Ph: 0417 128 896



Sound Relaxation Margaret River  
[soundrelaxation.com.au](http://soundrelaxation.com.au)  
 Ph: 0427 474 367



Scenic Helicopters  
[scenichelicopters.com.au](http://scenichelicopters.com.au)  
 Ph: 0427 474 367



Tree Chalets, Busselton  
[treechalets.com.au](http://treechalets.com.au)  
 Ph: 0401 396 640



Untamed Escapes  
[untamedescapes.com.au](http://untamedescapes.com.au)  
 Ph: (08) 8687 0455



Vie Spa at Bunker Bay  
[viespa.com.au](http://viespa.com.au)  
 Ph: (08) 9756 9160

### Empire Spa Retreat

[empireretreat.com](http://empireretreat.com)  
 Ph: (08) 9755 2065

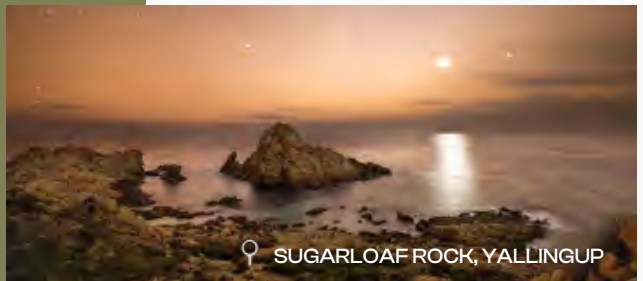
*Rejuvenating and relaxing day spa in Yallingup, and luxury accommodation.*



### Olio Bello & Lakeside Glamping


[oliobello.com](http://oliobello.com)  
 Ph: (08) 9755 9771


*Luxurious olive oil, wellness products and glamping in Cowaramup.*





📍 SUGARLOAF ROCK, YALLINGUP


 8 Paddocks Chalets, Treeton


 Bettenay's Nougat Margaret River, Cowaramup


 Bina Maya Yallingup Escape, Quedjinup

 Burnside Organic Farm, Margaret River


 Cape2Camp, Margaret River


 de'sendent, Margaret River


 Edge Luxury Villas, Wilyabrup

 Eight Willows Retreat, Metricup

 Forage Safaris, Busselton


 Heyscape Tiny Cabins, Busselton & Yallingup


 Inara Middle Eastern Dining, Busselton


 Indica Hemp House, Wilyabrup  
STRA-62808YVIENB8

 Jester's Flat, Rosa Brook


 Little House Republic, Scott River


 Losari Retreat, Margaret River


 Margaret River Properties, Margaret River

 Mend Recovery Centre, Margaret River


 Origins Market, Busselton


 Premalaya, Yallingup

 Private Properties, Dunsborough


 Tama Wellness, Dunsborough


 Tanah Merah, Bramley


 Skuhlpt Pilates, Margaret River

 Smith's Beach Resort, Yallingup

 South West Eco Discoveries, Abbey

 Vasse Virgin, Margaret River

 Walk Talk Taste, Margaret River

 Willow Wood Glamping Retreat, Ambergate

# MARGARET RIVER REGION

**Perfect for:** Treating yourself to relaxation and luxury

**Best Time of year:** Summer, Winter, Spring

**Spend your time:** Rejuvenating with a massage, forest bathing, and dozing by a crackling fire

Wherever you stay in the Margaret River Region, wellness is at your doorstep.

Begin your wellness journey with an invigorating adventure along the Cape to Cape Track with **Off The Beaten Track WA**, embarking on their seven-day guided trek, immersing yourself in rugged coastal beauty of Margaret River.

Short on time? Their weekender package offers a taste of the experience, perfect for a quick nature reset.

After an active day, unwind at **Empire Retreat & Spa** in Yallingup.

Stay in one of their tranquil suites and indulge in luxurious spa treatments designed to soothe and restore.

From rejuvenating facials to full-body massages, Empire Retreat is the epitome of serenity.

For a resort-style escape, check into **Pullman Bunker Bay Resort**.

SPA RETREAT AND LUXURY ACCOMMODATION IN YALLINGUP

*Retreat and Spa*  
**EMPIRE™**

*Escape, Connect, Reset*



# MINDFUL IN NATURE

[mindfulforestbathing.com.au](http://mindfulforestbathing.com.au)



*Immerse yourself in nature for calm and clarity*



Visit **Vie Spa** for indulgent treatments, then savour locally inspired cuisine at **Other Side of the Moon Restaurant & Bar** - a true feast for the senses.

Nearby in Yallingup, experience **Koomal Dreaming**, an unforgettable cultural journey led by Wadandi custodian Josh 'Koomal' Whiteland.

Explore the sacred Ngilgi Cave, learn about native bush foods, discover the region's unique flora and fauna, and connect with the Dreaming spirits in a profound way.

Finish up with a stunning sunset, packing a picnic and heading to Sugarloaf Rock, where crashing waves meet a sky painted in pink and orange pastels.

Further afield, reset your mind and body with **Sound Relaxation Margaret River**, joining their weekly Sound Meditation.

Or take part in their special Luminate Mini Retreat, which includes a philosophy talk, Qi Gong, Yin yoga, and a wholesome spread of chai and treats.



SOUND RELAXATION  
**MARGARET RIVER**

[soundrelaxation.com.au](http://soundrelaxation.com.au)

0427 474 367

Experience the transformative power of forest bathing with **Mindful in Nature**

Set in the enchanting Boranup Forest, this is a truly unique experience, inviting you to disconnect from the noise of everyday life and reconnect with yourself through nature's gentle rhythm.

Beyond forest bathing, **Mindful in Nature** offers well-being workshops, and retreats.

If art is your form of mindfulness, visit **Happs Pottery** for a hands-on pottery session.

Learn the art of clay shaping and craft your own unique bowls in an experience that blends creativity with relaxation.

End your trip with a digital detox at **Olio Bello**, a 320-acre certified organic olive farm offering eco-luxe lakeside glamping.

Wake up to the sounds of nature and sip olive leaf tea, before a stroll through the grounds.

Spend the afternoon exploring the Farm Shop, indulge in an olive oil tasting at the Tasting Room, or simply lounge by the lake with a book.

As the day winds down, enjoy lawn games and a gourmet picnic with handpicked delights from the Farm Shop, the perfect pairing for watching the sunset in pure tranquility.

No schedules, no distractions—just you, nature, and the ultimate sense of peace.

Don't forget to hit the trails for a leisurely hike while you are there too, with **Down Under Discoveries** offering guided wellness walks through the Boranup Forest, and around Dunsborough's coastline.

While no one is ever ready to wrap up a Margaret River holiday, when the time comes, make sure you stop by a fresh farmers market or artisan shop to take home some tasty delights.



*Wellness* FROM THE GROUND UP

ORGANIC FARM | OLIVE OIL | FARM KITCHEN | ECO BEAUTY | LAKESIDE GLAMPING

OLIOBELLO.COM

# SOUTHERN FORESTS & VALLEYS



📍 WALPOLE INLET



📍 UNDERSTORY ART & NATURE TRAIL

## SOUTHERN FORESTS & VALLEYS

🕒 Approximately 3.5 to 5 hours south of Perth

📍 Includes the towns of Boyup Brook, Bridgetown, Greenbushes, Manjimup, Nannup, Northcliffe, Pemberton, Walpole, and Windy Harbour

Do you hear that? It's the whisper of wellness and it's woven into the earthy scents of ancient forests, rolling hills, and nature's perfect embrace.

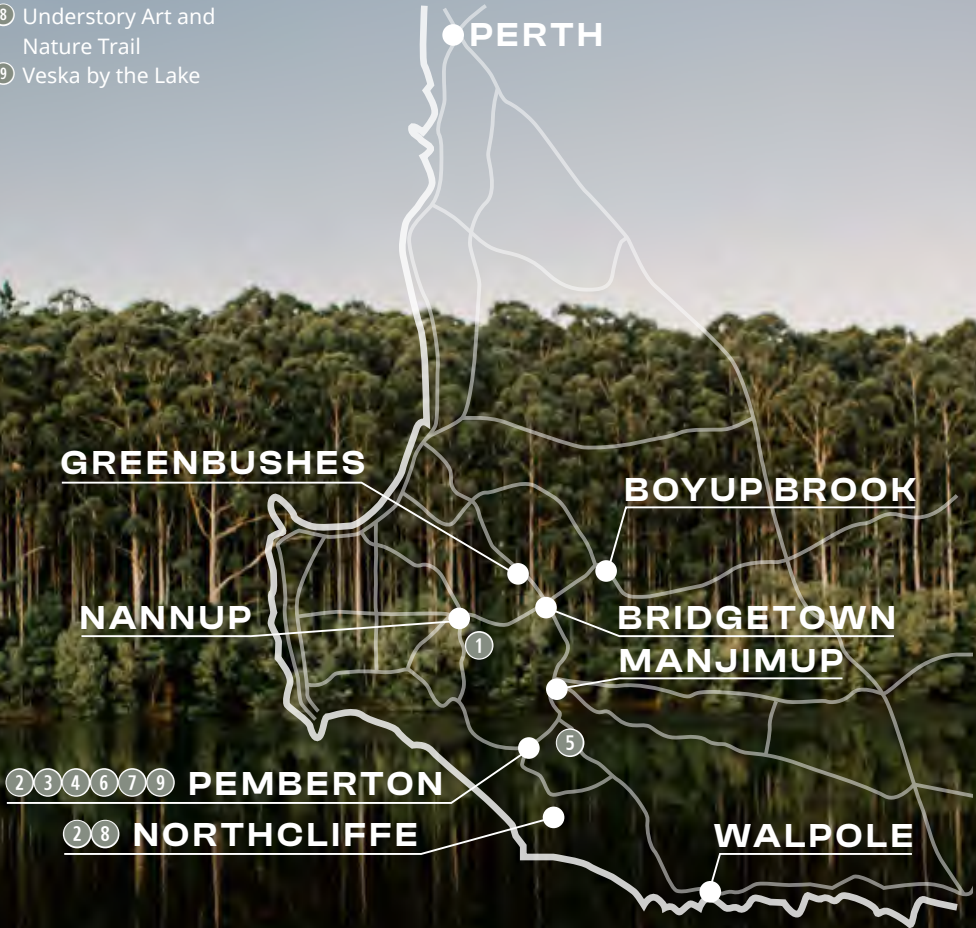
Seek a deeper connection as you wake to birdsong in your secluded cabin, the stress of modern day life melting away like the mists in the morning sunlight. Natural aromatherapy blends seamlessly with holistic experiences.



📍 NANNUP LAVENDER FARM

Visit local orchards and farms to sample abundant produce, learning about their sustainability and eco-conscious practices. Evenings can be spent stargazing, the night sky unpolluted by city lights, the only sound the cracklings of the logs in the fire and the gentle turn of pages in your book. Transformation and nourishment await.

- ① A Chestnut Brae
- ② Off The Beaten Track
- ③ Pemberton Beauty and Wellness
- ④ Pemberton Discovery Tours
- ⑤ Scarlet Woods Chalets
- ⑥ Serenity House
- ⑦ Springs Valley and Spa
- ⑧ Understory Art and Nature Trail
- ⑨ Veska by the Lake





Off The Beaten Track WA  
[offthebeatentrackwa.com.au](http://offthebeatentrackwa.com.au)  
 Ph: 0417 128 896



Pemberton Beauty and Wellness  
[pembertonvisitor.com.au/wellness/](http://pembertonvisitor.com.au/wellness/)  
[pemberton-beauty-skin-wellness](http://pemberton-beauty-skin-wellness)  
 Ph: 0473 400 648



Pemberton Discovery Tours  
[pembertondiscoverytours.com.au](http://pembertondiscoverytours.com.au)  
 Ph: 0427 133 335



Scarlet Woods Chalets, Pemberton  
[scarletwoods.com.au](http://scarletwoods.com.au)  
 Ph: 0473 831 364  
 STRA-6258LHD9FNS7



Serenity House Pemberton  
[serenityhousepemberton.com.au](http://serenityhousepemberton.com.au)  
 Ph: (08) 9755 9771  
 STRA-6260DEV79P0X



Springs Valley & Spa at Pump Hill Farm  
[springsvalleyspa.com.au/about](http://springsvalleyspa.com.au/about)  
 Ph: (08) 9776 1379



Veska By The Lake, Pemberton  
[veska.com.au](http://veska.com.au)  
 Ph: (08) 9776 0395

Chestnut Brae  
[chestnutbrae.com.au](http://chestnutbrae.com.au)  
 Ph: 0409 104 120

*Fresh organic chestnuts and authentic farm stays near the forests of Nannup.*



Understory Art & Nature Trail  
[southernforestarts.com.au/understory](http://southernforestarts.com.au/understory)  
 Ph: (08) 9776 7203

*Unique walking trail in the natural bush near Northcliffe.*



 BRIDGETOWN



Aerial Adventure, Pemberton



Mohanji Centre of Benevolence, Walpole



Amber + Arlo Treatments and Float Spa, Manjimup



Mudstone Spa Retreat, Pemberton



Blackwood Bliss Yoga, Boyup Brook



Nannup Lavender Farm, Nannup



Boutique Pilates Studio, Nornalup



Pemberton Tramway Company, Pemberton



Diamond Forest Farm Stay, Pemberton



RAC Karri Valley Resort, Yeagarup



Halo Nutrition Studio, Manjimup



Retreat Me Happy, Nannup



Heal With Ease, Manjimup



Secret Picnic Adventures, Bridgetown



Hidden Grove Retreat, Mcalinden



Wow Wilderness Ecocruises, Walpole



Holberry House, Nannup



Luxe Pilates and Fitness, Manjimup

## 📍 BEEDELUP FALLS

# SOUTHERN FORESTS

**Perfect for:** Disconnecting from the world

**Best Time of year:** Autumn and Winter

**Spend your time:** Cold bathing in inland pools, indulging in gourmet fresh produce, and star-gazing.

Imagine unwinding beneath towering karri trees, soaking in forest-filtered sunlight, or indulging in spa treatments surrounded by serene wilderness.

Whether you're craving a peaceful escape or a rejuvenating adventure, The Southern Forests and Valleys is your perfect retreat.

Begin your journey in Pemberton, a cosy forest town, just four hours from Perth.

Surrounded by karri and marri trees, plunge into the emerald waters of Pemberton Pool the icy morning wake up call rejuvenating soul and mind.

Located along the iconic Bibbulmun Track and Munda Biddi Trail, **Serenity House Pemberton**, offers two inviting accommodation options for you to choose from; a spacious 4-bedroom house or 2-bedroom cottage.

Enhance your getaway with a touch of self-care, choosing from relaxing massages, rejuvenating facials, calming Reiki sessions, or even tailored wellness retreats.

Why not book in for the ultimate wellness staycay and add group activities like meditation, sound healing, tarot, and crystal cleansing.

## 📍 PEMBERTON POOL



Continue the relaxing vibe with a day trip to **Springs Valley and Spa** at Pump Hill Farm, where ultimate luxury and solitude awaits.

Only one kilometre out of Pemberton town, you will spend the day immersed in yoga, meditation, sound healing, sauna and a thermal spring bath.

Turn your day out into an invigorating overnighter, staying onsite at **Pump Hill Farm Cottages** and join the Hay Ride experience in the morning.

Pemberton can get a little chilly in the winter, so what better way to warm up than with a hot sauna.

Rooted in ancient Banya traditions, **Veska by the Lake** offers wood-fired saunas combined with guided therapies.

Reinvigorate with a ice bath and cold shower before stepping into the detoxing heat.

Join the social sessions at sunset on Fridays and Saturdays for the opportunity to meet the like-minded community.

And don't forget to stop by the Belarusian Bistro on the way out for a little something to nourish the stomach, as well as the soul.

Relax for the night in the tranquil surrounds of Quinninup at **Scarlet Woods** chalets.

Sip wine and relax on the deck in your own hot spa, or snuggle in for the night with a good book and cheese plate around the toasty fireplace.

Rise with the sun, and a cup of cacao, before heading off to **Pemberton Beauty Skin and Wellness**.

Nestled in the centre of the town, indulge in a rejuvenating facial or therapeutic massage, leaving you feeling pampered and peaceful.

Have a little longer to spend? Use your time to delve into their unique offerings for cellular health consultation and wellness coaching.

Finish your day on a high and get the blood pumping after all those treatments, with a climb through the trees of Gloucester National Park.

**Aerial Adventure Pemberton** offer nature-based, at-you-own-pace high ropes and ziplining courses.

While their new purpose-built cafe onsite is perfect to take in the hush of the forest.



SOUTHERN  
FORESTS  
VALLEYS  
&  
Pemberton

UNEARTH  
PEMBERTON

PEMBERTON  
VISITOR CENTRE

PEMBERTONVISITOR.COM.AU

MON - SAT 9:00AM - 4:00PM  
SUN 10:00AM - 3:00PM

WARREN LOOKOUT  
PEMBERTON

Slow down a little and fully immerse yourself in farm life for the next step of your itinerary.

**Chestnut Brae** is an idyllic working farm, set on 70 acres in the quiet landscape of Nannup.

Built upon the values of sustainability, regenerative agriculture, and holistic management.

Spend your time feeding the farm animals, taking part in guided farm tours of the grounds including the rose gardens, or just indulge in some gourmet sweet chestnuts.

Reconnect with nature as you stay at the Chestnut Cottage Farmstay, cocooned by the arms of the Jarrah forrest, waking each morning to bird calls and sumptuous organic goodies.

Now that you're pampered it's time to explore the vast National Parks of the region.

Hop aboard a guided experience with **Pemberton Discovery Tours**, to learn all about the native ecosystems from your informative guide Graeme.

Encounter majestic forests, pristine rivers, rugged coastlines, and sweeping sand dunes.



Admire old-growth Karri forests on their half-day guided tour, immersing yourself in the silence and hum of the trees, before soaring through the landlocked Yeagarup Dunes.

Finish with the salt spray on your face as you speed down the coastline toward the mouth of the Warren River, nothing but you and nature for kilometres.

With your time in the Southern Forests and Valleys coming to an end, don't miss out on Australia's leading art in nature experience.

**Understory Art and Nature Trail**, in Northcliffe, is open daily, weaving sculpture, poetry, stories, and music with the breathtaking native bush.

Meander along the 1.2km circuit route, where each curve brings a treasure trove of wonder.


Created to celebrate the unique spirit of the South West, there are more than 100 artworks to spot, and new additions are always being made.

From serene spa treatments to wandering with nature at it's simplest, the Southern Forests and Valleys region is a wellness delight.



An aerial photograph of a small, dark wooden cabin with a blue roof, situated in a lush green field surrounded by dense trees. The sun is low in the sky, creating a warm, golden glow and long shadows across the landscape. The text 'GREAT SOUTHERN' is overlaid in white, bold, sans-serif font at the top of the image.

# GREAT SOUTHERN

 HEYSCAPE TINY CABINS DENMARK



📍 ELEPHANT ROCKS



📍 CHIMES SPA RETREAT

# GREAT SOUTHERN

🕒 Approximately 4-6 hours south of Perth



Includes the towns of Albany, Bremer Bay, Broomehill, Cranbrook, Denmark, Frankland River, Gnowangerup, Katanning, Kojonup, Mount Barker and Pingrup.,

Whispers of untamed beauty abound. The Great Southern is a place where the raw power of the Southern Ocean crashes against ancient landscapes, and all around there is nothing but the quiet serenity of... space.

Reconnect with yourself in early morning natural coastal ice baths, gentle hikes through mist-shrouded forests, and relaxing spa treatments.

Less about opulence and more about authenticity, find solace in fresh produce, eco-lodges, and award-winning wines. Immerse yourself in the natural wonder, sitting by a crackling fire or watching the sun set over the ocean in endless colours. Here it is about nourishing your heart, mind and soul in everything you do, the world around present in its purest form.



● **PERTH**

- ① Cape2Camp
- ② Chimes Spa Retreat
- ③ Heyscape Tiny Cabins
- ④ Kurrah Mia Cultural Tours
- ⑤ Latitude 35.5
- ⑥ Native Dog Cabin
- ⑦ Off The Beaten Track
- ⑧ The Dam at Raintree
- ⑨ Valley of the Giants

● **KATANNING**

● **KOJONUP**

● **CRANBROOK**

**FRANKLAND RIVER**

● ⑥ **BREMER BAY**

● **PORONGURUP**

● **MOUNT BARKER**

● **ALBANY** ④ ⑤

● ② ③ ⑦ ⑧ **DENMARK**

📍 GRANITE SKYWALK



Cape2Camp Tours  
[cape2camp.com](http://cape2camp.com)  
 Ph: 0426 441 503



Heyscape Tiny Cabins Denmark  
[heyscape.com.au](http://heyscape.com.au)  
 Ph: (08) 6255 5718



Kurrah Mia Cultural Tours, Albany  
[kurrahmia.com.au](http://kurrahmia.com.au)  
 Ph: 0419 320 533



Latitude 35°5, Albany  
[latitude355.com](http://latitude355.com)  
 Ph: 0455 033 001  
 STRA-6330K4GAZU10



Native Dog Cabin, Bremer Bay  
[natedogcabin.com.au](http://natedogcabin.com.au)  
 Ph: 0400 829 579  
 STRA-633881B8UZ5J



Sanctuary South Stays, Nornalup  
[sanctuarysouthstays.com.au](http://sanctuarysouthstays.com.au)  
 STRA-6333X6G852NK



The Dam at Raintree, Denmark  
[thedam.raintree.com.au](http://thedam.raintree.com.au)  
 Ph: 0436 397 270



Valley of the Giants, Tingledale  
[valleyofthegiants.com.au](http://valleyofthegiants.com.au)  
 Ph: (08) 9771 7915

### Chimes Spa Retreat

[chimes.com.au](http://chimes.com.au)  
 Ph: (08) 9848 2255

*Luxurious and tranquil spa and stay  
 in the wilds of Denmark.*



### Off The Beaten Track

[offthebeatentrackwa.com.au](http://offthebeatentrackwa.com.au)  
 Ph: 0417 128 896

*Premium hiking experiences imbued  
 with luxury and simple nature.*



 KURRAH MIA TOURS, ALBANY



Aiyana Retreat, Denmark



South Peak Adventures



Albany Tours, Albany



Stirling Range Retreat, Amelup



Albany Yoga Room, Albany



Sulaire Wellness, Denmark



B3 Wellness, Denmark



The Cove Chalets, Denmark



Cape Howe Cottages, Lowlands



The Lakehouse Denmark,  
Denmark



Denmark Animal Farm,  
Denmark



The Sleeping Lady,  
Porongurup



Denmark Forest Retreat,  
Denmark



The Temple Spa, Albany



Frankland River Retreat,  
Frankland River  
STRA-63961UY1XHHP



The View, Albany  
STRA63300JL6BWYS



Karri Aura Tourist Park, Denmark



Twilight Dreams, Albany



Mind Body Collective, Denmark



Upland Farm, Denmark  
STRA-63331F0TX1N0



Parrys Estate, Parryville



William Bay Cottages, Denmark



Perspire Infrared Sauna, Denmark



Winetree Estate, Denmark



Samphire Collection, Albany  
STRA-63305H43TYMO

# GREAT SOUTHERN

**Perfect for:** Immersing and exploring in wild nature

**Best Time of year:** Summer and Spring

**Spend your time:** Wandering the trails, watching coastal sunsets, and waking in cosy cabins

Head into the rugged and secluded Great Southern and take time to understand what it means to wander with the wild.

Immerse yourself in the tranquil beauty of the Great Southern with **Off The Beaten Track WA's** hiking experiences.

In Denmark, the Sip, Sights & Denmark Delights hike takes you through lush forests, coastal views, and boutique tastings, blending nature with local flavours.

For a deeper connection, the Denmark Signature Nature Retreat offers a four-day wellness journey through ancient landscapes and hidden trails, designed to rejuvenate body and mind.

Further along the coast, Albany's Natural Wonders Weekender showcases the rugged beauty of Torndirrup National Park, with ocean vistas and diverse wildlife.

For a more independent adventure, **Cape2Camp's** self-guided hike along the Bibbulmun Track offers a memorable experience.

Spend four days hiking from Ocean Beach to Peaceful Bay, with cosy campsites, nourishing meals, and seamless transport, allowing you to focus on the serenity of the landscape.

Rest and recharge in one of the region's peaceful accommodations, with **Heyscape Tiny Cabins**, in Denmark, offering a secluded escape on an 880-acre farm with private decks and ocean views.

Treat yourself to a meal at the nearby **The Dam at Raintree** or try the Marron Catch & Cook Package for a unique paddock-to-plate experience that will leave you satisfied in your soul and stomach.

## 📍 CAPE TO CAMP



For a more indulgent retreat, **Chimes Spa Retreat** in Denmark offers luxurious suites with private spa baths, as well as an onsite day spa, where massages, facials, and wellness treatments restore balance.

The peaceful gardens and surroundings create the perfect atmosphere for pampering.

For a weekend with friends, **The View Albany** offers stunning views of Middleton Beach.

Start your day with a cold plunge in the ocean, then explore the Porongurups for breathtaking views before ending the day with a glass of local wine and a home-cooked meal.

For a secluded escape, **Frankland River Retreat** offers 83 acres of countryside to explore.

Wander the property, spot native birdlife, and come nightfall it's an ideal spot for stargazing, with the Milky Way lighting up the night sky.

**Stirling Range Retreat** meanwhile, invites nature lovers to reconnect with the land.

Climb Bluff Knoll at sunrise for panoramic views, and if visiting in spring, enjoy the wildflowers at the Bloom Festival.

Wellness in the Great Southern is about movement, connection, and slowing down to savour the moment.

Explore local experiences like **Albany Tours** or **Perspire Denmark's** infrared sauna.

Whatever you choose, you'll leave feeling refreshed, restored, and deeply connected to this remarkable region.





# Chimes

SPA RETREAT

*rest  
relax  
recharge*

Indulgent spa and accommodation, with views over Denmark's coastline.



## CHOOSE YOUR ADVENTURE...

ALBANY NATURAL WONDERS WEEKENDER

DENMARK SIGNATURE NATURE RETREAT

SIPS, SIGHTS & DENMARK DELIGHTS

STIRLING RANGE TWIN PEAK EXPERIENCE



WHERE THE WIFI'S WEAK AND THE CONNECTION'S STRONG

AUSTRALIA'S  
**SOUTH  
WEST** DREAM  
DEEPER

[australiassouthwest.com/wellness](http://australiassouthwest.com/wellness)

WHERE THOSE WHO SEEK TRANSFORMATIVE EXPERIENCES,  
FIND THEM IN ABUNDANCE.