

## Explore Mount Helena & Sawyers Valley

For the month of March, Perth Hills Mundaring is shining a spotlight on Mount Helena and Sawyers Valley. These neighbouring leafy villages are steeped in history and offer an abundance of activities only 45 minutes from the CBD.

Both villages revolved around sawmills in the late 1800s. Sawyers Valley was settled first in the 1860s after the construction of the railway, and in 1882, Lacey's Steam Saw Mill processed timber used in building the Fremantle Jetty. Mount Helena, once known as White's Mill and later Lion Mill, was created to supply railway sleepers that made up the Eastern Railway from Guildford to Chidlow's Well. Timber from the mill can still be viewed in St George's Cathedral in Perth! A day trip must include a walk or cycle along the 2.9 km Railway Reserves Heritage Trail **between Sawyers Valley and Mount Helena**. Be sure to keep an eye out and cameras ready for the turn of the century Sawyer Valley Headmasters House.

If you have ever been tempted to hit the Railway Reserves Heritage Trail on two wheels but not sure where to start, we suggest a visit to **The Bike Stable**, Sawyers Valley's resident expert on everything from E-bikes to downhill. Conveniently located adjacent to the trail, they also have a reputation for making a mean cup of coffee. If something more leisurely than treks and trails is what you are after then we recommend goat and lamb yoga. Yes, you read that right. Goat and lamb. Yoga. As well as rescuing and over 190 animals, our friends over at **Possum Valley Animal Sanctuary** also run fun events, including tours, information sessions and the chance to namaste the day away with some four-legged friends. We concur that chilling out in child's pose may not quite reach a level of Zen with baa's and bleats. So if calm and total relaxation is what you need, **Evelly Herbal Clinic** or **Jacqui Denton Kinesiology** may just have what you are looking for - bookings essential.

With all the walking, riding and goat yoga, you're bound to work up an appetite, and we have you covered. There are two taverns located along the Railway Reserves Heritage Trail. **Art Deco enthusiasts** will love the unique Sawyers Valley Tavern, while **The Mount Helena Tavern**, or "The Mounties", as locals know it, oozes old-world charm. Both venues are family-friendly and offer the pub grub you want after exploring the region. If you need some sustenance in a hurry, then head to **Mt Helena Deli & Take Away**. Open seven days a week with menu items ranging from tasty burgers to pizzas, they have something for everyone. You can even call in your order ahead of time to pick it up on the way to a **Perth Hills Mundaring picnic location**. If it's a romantic weekend picnic you have in mind, stop in for some tastings and choose a bottle from **Lion Mills Vineyards**. You might even get to pat their resident alpaca!

As you can see, there's a lot to explore in the Mount Helena and Sawyers Valley region, so why not take a couple of days to explore? Accommodation options are unique and suit all requirements. **Amaroo Retreat & Spa** offer luxury accommodation with an on-site day spa and gourmet restaurant and bar. **Hillborne Cottage** is a quaint property

perfectly situated for bushwalkers, cyclists, and horse riders. At the same time, **Eversprings Glamping** offers a little something exclusive in their luxury bell tents positioned perfectly on a 100-acre alpaca farm.

To plan your full itinerary, be sure to pop by and visit the friendly staff at the **Perth Hills Mundaring Visitor Centre**, in the Old School House, 225 Great Eastern Highway, Mundaring.



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