

# PEDAL & PINT

## Hit the trail.

Get up in the Perth Hills and onto the Railway Reserves Heritage Trail. Bring your bike and your friends and stop in at one or all of the taverns along the way.

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

EXPERIENCE  
**PERTH  
HILLS**  
MUNDARING



## Have you ever thought about tackling the Railway Reserves Heritage Trail by bike?

This spectacular loop retraces 41 km of the old Eastern Railway. Passing through reserves you'll discover the individual history, story and character of the settlements that sprung up alongside the line.

What makes this trail unique is the number of old taverns, once watering holes for weary rail passengers and settlement workers, each with its own stories, character and charm! Stop off to refuel along the way and enjoy some Perth Hills hospitality while you explore the trail by bike.

A true community effort, between 5 historic taverns and hotels together with accommodation providers, cafes, and attractions, the Pedal and Pint trail will take you on a journey around Perth Hills Mundaring, using the main loop of the Railway Reserves Heritage Trail.

## Feeling fit? Get on your bike and tackle the trail!

Hit the whole trail, or do a section at a time. Do it in a day or book an overnight stay at one of the beautiful accommodation options in the local area and enjoy breakfast, lunch and dinner at one of the fabulous, historic taverns or friendly cafes on the trail.

## Share your adventure!

How long did it take you? How much did you do? Tag us on your socials with

**#pedalandpint**  
**#pedalandpintperthhills**  
**@\_pedalandpint**

And let us know how you did!

## Pedal & Café



### Café Mojo Mundaring

Café Mojo provides awesome coffee FREE unlimited WiFi. Catering for GF/DF/LCHF/ALL food lovers and super friendly to kids, pets, humans and cyclists alike. Open Tuesday to Sunday 8 till 3 (kitchen closes at 2) Closed on Public Holidays.

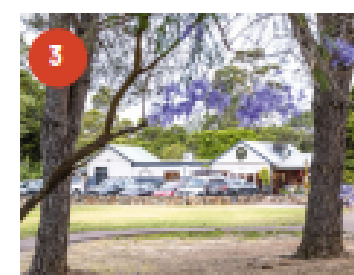
16 Craig Street Mundaring. 0410 270 784  
E:info@cafemojo.com.au W:cafemojomundaring.com.au



### Glen Forrest Gourmet

Situated on picturesque Railway Parade opposite Morgan John Morgan Park, Glen Forrest Gourmet pride themselves on providing great coffee and a wide range of home-style sweet and savoury delights all baked on their premises.

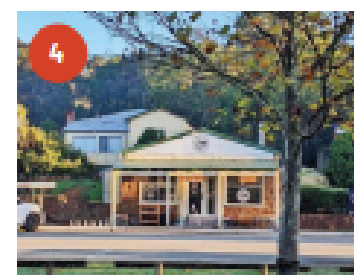
2/7 Railway Parade Glen Forrest, Perth. (08) 9298 8782  
E:gfgcafe@hotmail.com W:gfgcafe.online



### The Hive Darlington

A destination cafe for locals, cyclists, car clubs, motorcycle clubs, hiking experiences and adventure tours. Serving great coffee, a range of hot and cold drinks including cold pressed juices, and housemade food.

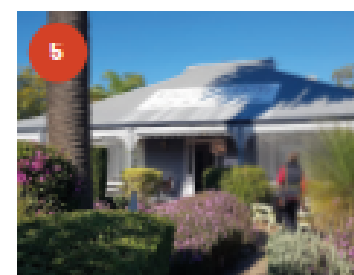
1 Beenong Rd, Darlington WA. (08) 9252 0062  
W:thehivedarlington.com.au



### White's Mill and Grind

Whites Mill and Grind is community minded cafe specialising in excellent Fiori coffee, amazing baked in-house treats with variety of not to be missed GF & DF. Located across from Pioneer Park in Mount Helena. Open 7 days 6am-1pm

15b McVicar place, Mount Helena. 0416 082 296  
E:whitesmillandgrind@outlook.com W:whitesmillandgrind.com



### Patch of Country Mundaring

Discover the rustic charm of Mundaring at A Patch of Country Cafe & Gift Shop. A country-style ambience cafe in the heart of Perth Hills offering freshly made breakfast and lunch every day, with barista blend coffee and gifts.

7160 Great Eastern Hwy, Mundaring. 08 9295 3358  
E:patchofcountry@gmail.com W:patchofcountry.com.au



# Pedal & Pint



## The Parkerville Tavern



The Parky has several indoor areas and a large beer garden with playground & year-round creek. Live music every Fri/Sat/ Sun & regular events. The kitchen is open all day.

6-18 Owen Rd, Parkerville. **(08) 9295 4500**  
E:info@parkervilletavern.com.au W:parkervilletavern.com.au  



## Mount Helena Tavern



The historic Mount Helena Tavern & Restaurant offers a traditional Australiana pub with a real country feel. The large beer garden is a great place to relax and there's often live music on weekends.

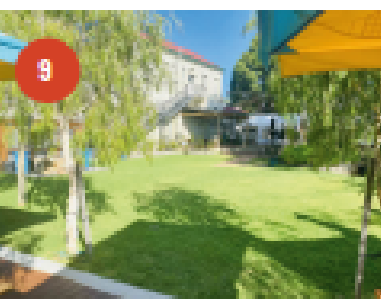
900 Keane Street W, Mount Helena WA. **(08) 9572 2121**  
E:admin@mounthelenatavern.com.au W:mounthelenatavern.com  



## Sawyers Valley Tavern



Art Deco-style pub with beer garden and play area for relaxing outdoor dining.

10860 Great Eastern Hwy, Sawyers Valley, WA. **(08) 9295 2947**  
facebook.com/sawyersvalleytavern  



## Mundaring Hotel

Restaurant, bar and beer garden with large decking, playground & alfresco pergola dining. Open every day for lunch & dinner offering traditional Australian pub food with weekly specials. Live music Friday nights & Sunday arvos.

Cnr Nichol & Jacoby St, Mundaring. **(08) 9295 1006**  
E:info@mundaringhotel.com.au W:mundaringhotel.com.au  



## Mahogany Inn & Distillery



Mahogany Inn & Distillery has a rich 186 year history. Experience historic surrounds where bushrangers once prowled, now home to a distillery, fine food, casual and elegant bars, and outdoor dining options.

# Pedal & Play



## The Bike Stable WA


Located in Glen Forrest, The Bike Stable WA is a mountain bike shop dabbling in the world of road and gravel. Offering bike hire, sales, servicing, events, oh and a proper cup of coffee. Your Perth Hills local bike shop!

3/5 Railway Parade, Glen Forrest. **(08) 6292 0585**  
:thebikestablewa@gmail.com W:thebikestablewa.com.au  



## Perth Hills Mundaring Visitor Centre

Drop into the visitor centre for local information on walk and cycle trails, national parks, places to stay, things to do and visitor attractions. The friendly team are sure to get you on the right track.

225 Great Eastern Hwy, Mundaring. **(08) 9290 6645**  
:visitorcentre@mundaring.wa.gov.au W:perthhillsmundaring.com.au  



## Two Birds Darlington



Stop in to visit the gift and homewares collective! Stocking a gorgeous range of handmade, Australian and local artisan products, alongside an upcycled boutique and plant nursery ~ Enjoy a moment on the outdoor garden deck!

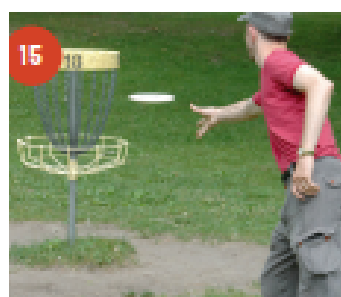
3 Brook Rd, Darlington. **0439 904 267**  
:twobirdsdarlington@outlook.com W:twobirdsdarlington.com.au  



## Mundaring Arts Centre



The perfect place to experience locally-made, contemporary art. A wide range of paintings, sculpture, prints, jewellery, ceramics, textiles, glass, wood, books and cards created by WA artists, showcased in the shop and in regular, free exhibitions. Visit website for opening hours.

190 Great Eastern Highway Mundaring. **(08) 9295 3991**  
:info@mundaringartscentre.com.au W:mundaringartscentre.com.au  



## Mundaring Sporting Club

Home to Bowls, Golf and Disc Golf, with an 18-hole, par 72, sand green golf course and 36-hole premier disc golf course. Public golfers and disc golfers are welcome to use the course in non-competition times. Fees apply. Contact the club for opening hours.


65 Coolgardie Street, Mundaring WA. **(08) 9295 1109**  
:secretary@mundaringsportingclub.com.au  
/:mundaringsportingclub.com.au  

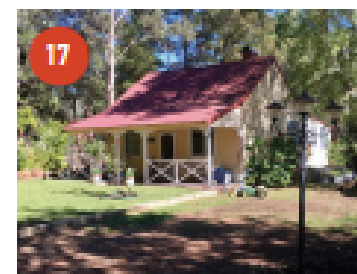
# Pedal & Stay



## Cockatoo Hills Apartment

Self-contained and sleeping a maximum of eight guests in king and queen bedrooms, the apartment is perfect for two people for a getaway, or for a group of friends enjoying tennis, swimming and walking.

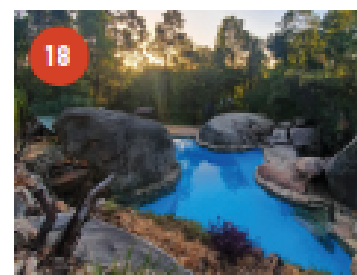
Find us on Airbnb Cockatoo Hills Parkerville. sms **0409 295 671**  
E:julie-hetherington@gmail.com 



## Gumleaf Cottage

A fun place to stay for the family or couple's romantic getaway. Enjoy your own private fully self-contained 3 bedroom cottage situated on this lovely rural 12 acre farm in Hovea. Access bush walks directly from the farm gate.

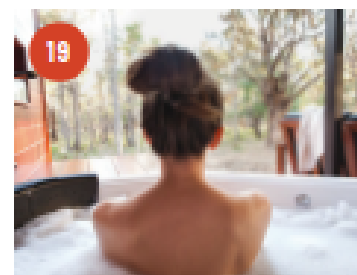
1475 Brooking Road, Hovea WA. **0407 429 041**  
E:Info@gumleafcottagefarmstay.com W:gumleafcottagefarmstay.com  



## Mountolive Studio

Mountolive Studio is a self-contained, luxurious dog-friendly studio, nestled in Australian Bush, located in the Perth Hills. Stay at Mountolive and enjoy lazy summer swims, connection to nature, and a hassle-free holiday.

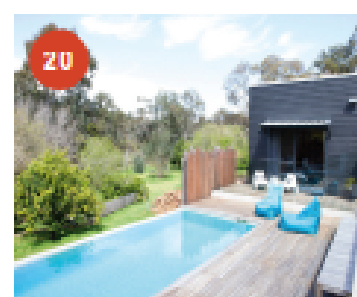
Mons Road, Hovea, WA. **0447 771 603**  
W:mountolivestudio.com  



## Amaroo Retreat and Spa



This adults only luxury retreat features 8 beautiful villas, each with its own spa bath. Nestled on 50 acres, the retreat provides the perfect setting to completely relax and unwind. With pool, restaurant, bar, and day spa.

1200 Alison Street, Mount Helena. **(08) 6244 4800**  
E:reservations@amaroo retreat.com.au W:amaroo retreat.com.au  



## Quenda Guesthouse

Retreat from the world, be with nature, and do it in complete luxury. Nestled on the Railway Heritage Trail between the Parkerville Tavern and John Forrest National Park, Quenda is a modern, eco-designed B&B, and the perfect base to explore the Perth Hills.

Falls Rd, Hovea, Western Australia. **0432 250 905**  
E:quendaguesthouse@gmail.com W:quendaguesthouse.com  

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**PERTH  
HILLS**  
MUNDARING



**Don't forget to stop for lunch and refreshments.**

All venues practice the responsible service of alcohol.



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**Bendigo Bank** | **Community Bank Mundaring**

Distances and business locations on the map are approximate. For accurate details on the distances & gradient of the trail, visit [www.railwayreserves.com.au](http://www.railwayreserves.com.au)