



📍 ELIZABETH QUAY WATERFRONT

With the Swan River running through its heart, Perth is a destination like no other, glowing with diversity and dreamlike experiences that will ignite the soul and stimulate connection with the land and life all around you.

Following is an example itinerary for how to spend a sensational seven days in Perth and its surrounds, capturing Western Australia's capital city, Perth; the bustling port city, Fremantle; the state's oldest wine region, the Swan Valley; iconic holiday island, Rottnest; aquatic adventure playground, Rockingham; and stretches of Perth's iconic Sunset Coast.

Accommodation options include Duxton Hotel Perth, Pan Pacific Perth, Parmelia Hilton Perth and InterContinental Perth City Centre.

DAY 01

PERTH CBD

Soak up Perth City on a walking tour with **Oh Hey WA** or **Two Feet & a Heartbeat**. Tours showcase Perth's history, culture, art, hidden gems, and many unique local insights. Or climb aboard the open-top double decker bus for a birds eye tour of the city with **Perth Explorer**.

After the ultimate overview of the city, enjoy lunch at Barrack Square or nearby Elizabeth Quay. Options include **Reel Kitchen**, or **18 Knots Rooftop Bar** located within the **Doubletree by Hilton Perth Waterfront**, **The Lucky Shag**, **The Island**, **Six Senses The Quay**, **The Reveley** and more.

From the Elizabeth Quay precinct, head up to **Kings Park & Botanic Garden** to spend the afternoon, located an easy walk 15-minute walk away. CAT buses are also available for transport, free of charge.

After a day of exploration, indulge in dinner and drinks at the heritage listed **State Buildings**, home to several fine dining restaurants, and elegant bars.

DAY 02

BURSWOOD PENINSULA

Enjoy buffet breakfast at the hotel.

Venture to the Burswood Peninsula, home to **The OZONE at Optus Stadium**. Book the **HALO Roof Climb**, a 360-degree walk around the stadium roof showcasing unrivalled views or book a behind the scenes **Stadium Tour**.

Enjoy lunch at **The Camfield**, a buzzing pub offering global dishes, a brewery and five bars, plus a beer garden.

Next up, experience the **Matagarup Zip & Climb**. Climb to the top of Matagarup Bridge, before ziplining back down onto the banks of the Swan River.

Relax with an evening of fine dining at **Rockpool Bar & Grill**, located within **Crown Perth**. Crown Perth houses a casino as well as a range of top-shelf bars, dining options, a theatre, and a nightclub, offering the ultimate evening entertainment.

DAY 03

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FREMANTLE

Enjoy buffet breakfast at the hotel.

Book the *Fremantle Explorer Package* with **Captain Cook Cruises** – a 2-hour and 45-minute scenic direct return cruise between Perth and Fremantle along the Swan River. Ferry departs from Barrack Street Jetty and arrives in Fremantle at 12.30pm, departing from Fremantle at 3.45pm.

Once docked in Fremantle, head to **Fishing Boat Harbour** for a seafood lunch, with options including **Cicerellos, Kailis Fishmarket Café, Twin Fin, Bather's Beach House** and more.

After lunch, explore on foot along the Cappuccino Strip, through Walyalup Koort, and shop unique trinkets at the **Fremantle Markets** before cruising back to Perth City.

Head to Stories, Yagan Square for three levels of culinary discovery, 11 vibrant bars, and inviting open-air spaces, perfect for dinner and evening entertainment.

DAY 04

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SWAN VALLEY

Eat a light breakfast at the hotel ready for a day of wining and dining in the Swan Valley, located just 25-minutes' drive away.

Book a private tour of the Swan Valley with **Perth Luxury Tours**. The day itinerary can be customised based on venues of choice. Recommended venues include **Nikola Estate** for wine tasting, **Old Young's Distillery** for spirit tastings, **Whistlers Chocolate Factory** and **Mondo Nougat** for a sweet fix, and a unique cultural experience such as a *Bushtucker Talk* or *Art Class* with **Dale Tilbrook Experiences**.

Finish the day with dinner at **Sandalford Wines' Bar and Restaurant**.

DAY 05

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ROTTNEST ISLAND

Enjoy breakfast at the hotel before travelling to Rottnest Island. Fly to Rottnest Island in style on one of **Swan River Seaplanes'** daily return flights. Depart from Queen Street Jetty, South Perth and soak up spectacular views over the Swan River, the Perth CBD, Fremantle, and the coastline on-route.

Once on the island use the **Discover Rottnest Bus Tour** and/or the **Rottnest Water Taxi** to explore the many beaches and bays.

Break for lunch at Lontara located with the **Samphire Rottnest** resort.

Once back in Perth City, explore evening entertainment options at the **Comedy Lounge**, His Majesty's Theatre, or **RAC Arena**. There are

plenty of restaurants and bars nearby along Murray Street and Hay Street to choose from for dinner.

DAY 06

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ROCKINGHAM

Have a quick and early breakfast at the hotel, before transfer to Rockingham, 45 minutes' drive south of Perth.

Book a *Swim with Wild Dolphins Tour* with **Perth Wildlife Encounters**, an exhilarating bucket list wildlife experience offered within the Shoalwater Islands Marine Park. Perth transfers pick up from The Bell Tower in Barrack Square, and lunch is included within this day tour.

After a day on the water, have dinner in Northbridge, Perth's prime nightlife district. **No Mafia Pasta e Vino** is a recommended spot for dinner.

DAY 07

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SUNSET COAST

Book a private transfer or Uber to **Hillarys Boardwalk** for an oceanfront breakfast.

Afterwards, visit the **Aquarium of Western Australia**, located within the vicinity of Hillarys Boat Harbour, and encounter the incredible marine life of WA. Visitors can also glide across the top of the aquarium in a glass bottom boat, and even snorkel with sharks!

Spend the afternoon at **Karrinyup Shopping Centre**, Perth's leading fashion, dining, lifestyle, and entertainment destination. Shop over 300 stores including a range of designer brands and have an early dinner at one of many dining options.

For more itinerary inspiration, download the **Perth Holiday Planner** [here](#).



📍 KINGS PARK & BOTANIC GARDEN



📍 FREMANTLE FISHING BOAT HARBOUR



📍 SHOALWATER ISLANDS MARINE PARK