

Aboriginal Bushfood and Wildflower Trails



Native Foods
and Bushfood Recipes,
plus over 30 Aboriginal
Tours and Experiences
with much more
inside!

**WESTERN
AUSTRALIA**

WAITOC.COM
Ancient Tracks - New Journeys



WESTERN AUSTRALIA
Visitor Centre

Aboriginal Bushfood and Wildflower Trails take you beyond the beauty to discover the medicinal, nutritional and cultural significance of some of WA's plants and wildflowers.

WA's wildflowers rank among the most spectacular flower displays in the world. Between July and October, many parts of the state become blankets of colour with everything from tiny crimson myrtles, dainty smokebush, fiery mountain bells and over 150 varieties of orchids coming into bloom.

For the Aboriginal people, these flowers are also a traditional source of food and medicine – part of Western Australia's great big bush supermarket, full of highly nutritious foods that can be found throughout the land, the seas and the waterways. On an Aboriginal Bushfood Tour you will be treated to an interactive and delicious cultural encounter as your Aboriginal guides share an ancient cultural knowledge of what the land has to offer.



Traditional firemaking is a good example of understanding the natural resources of country. Banksia cones were used as fuel, while the oil rich stem of the Balga flower provided the means to create the hot ember. On a tour with Koomal Dreaming, learn how fire was used as tool by the first Australians for hunting, toolmaking and land management.



Recognise this bushfood? The red-purple fruit of the Pigface flower has been described as a salty strawberry flavour. Leaf sap was traditionally used to soothe stings or burns, or boiled to form an antibacterial tonic for gargling to soothe sore throats. Learn how to harvest and prepare pigface on a tour with Troy from Ngalang Wongi Aboriginal Cultural Tours.



Boab fruit is a highly nutritious superfood with a tangy citrus flavour. The fruit has six times more vitamin C than oranges, is rich in calcium, minerals, vitamins and dietary fibre. Aboriginal owned Bindam Mie have created a range of Boab food and skincare products that you can sample on tour with Robert Dann from Kimberley Cultural Adventures.



The smoking ceremony is an ancient, Aboriginal custom where native leaves are burnt as part of a cleansing ritual to ward off bad spirits. Discover the healing and cleansing properties of native plants and flowers on a cultural tour with Djirily Dreaming. Create your own beautiful smoking stick using plants native to Noongar Country.

Aboriginal Bushfood and Wildflower Tours

1. Baiyungu Dreaming	CC
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37. Wula Gura Nyinda Eco Cultural Adventures	CC

MAP LEGEND

KIM = Kimberley	WB = Wheatbelt
PIL = Pilbara	SW = South West
CC = Coral Coast	PER = Perth/Fremantle/Peel
GF = Goldfields	



Wildflower and Bushfood Tour season by Region

REGION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
KIMBERLEY						🌸	🌸	🌸	🌸			
MIDWEST/PILBARA				🌸	🌸	🌸	🌸	🌸	🌸	🌸		
SOUTH WEST	🌸	🌸	🌸	🌸	🌸	🌸	🌸	🌸	🌸	🌸	🌸	🌸

🌸 Best time to see wildflowers 🌿 Best time to experience bushfoods

While bushfoods are available year round in many regions, tours are often conducted at times when bushfood is more abundant.

1. Baiyungu Dreaming

Exmouth & Coral Bay

We invite you to see this country through the eyes of its first people. Visit pristine beaches, untouched reefs, even a turtle nursery. Explore hidden locations along the World Heritage Listed Ningaloo coast with your Baiyungu guide. Discover culturally significant places and hear the stories connected to them.

Call: 0437 871 189

E: hazel@baiyungudreaming.com.au
www.baiyungudreaming.com.au



2. Bindi Bindi Dreaming

Perth & surrounds

Bindi Bindi Dreaming showcases the unique Noongar culture in Perth. Conducting 'Cooking with Bushfood' classes, Marissa's tours offer cultural insights into the food and traditional lives of Noongar people. In-house cultural activities and on-country tours can be tailored to your requirements.

Call: 0417 031 707

E: marissa@bindibindidreaming.com.au
www.bindibindidreaming.com.au



3. Birchy's Fishing Tours

Kununurra

Get off the beaten track and explore the ancient landscapes and untamed wilderness of Balangarra Country. Birchy's Fishing Tours takes you to some of the most remote Kimberley locations for the freshwater fishing adventure of a lifetime. Catch, cook and enjoy a yarn around the campfire on an overnight tagalong tour.

Call: 0459 540 763

E: birchysfishingtours@gmail.com
facebook.com/birchysfishingtours



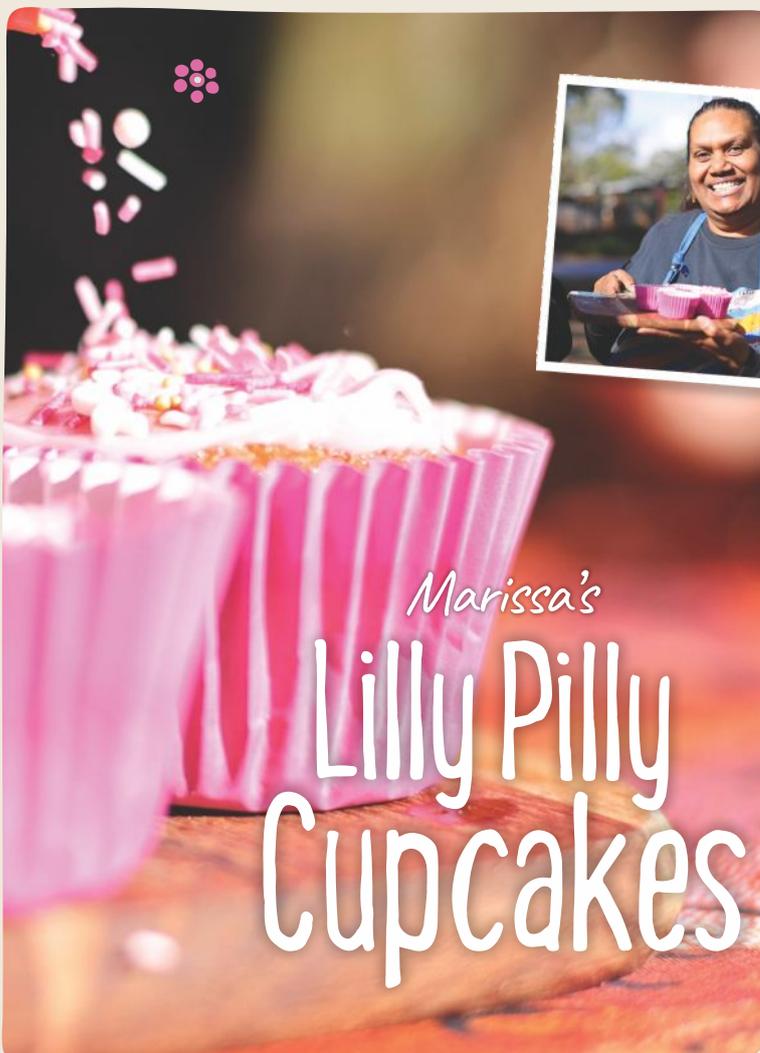
4. Borrgoron Coast to Creek Tours

Cygnat Bay

Explore the tidal flats at Borrgoron. Learn about the unique marine life that inhabits the Dampier Peninsula coast, forage for rock oysters and cook them right on the beach, learn about traditional fishing and hunting techniques and discover the traditional art of Riji carving.

Call: 08 9192 4283

E: hello@cygnatbaypearlfarm.com.au
www.coasttocreektours.com.au



Marissa's Lilly Pilly Cupcakes



Lilly Pilly is a common native shrub belonging to the myrtle family. Fruiting in Djeran & Makuru (winter), the fruit, which looks like a tiny apple, has high levels of vitamins, antioxidants, minerals and essential fatty acids. Noongar people traditionally used Lilly Pilly for its anti bacterial and healing properties.



Lilly Pilly

Marissa's Lilly Pilly Cupcakes

INGREDIENTS

- 125g butter
- ¾ cup caster sugar
- 2 eggs
- ½ cup milk
- 1 ½ cups self-raising flour
- 1 cup of lilly pillis
- Pink food colouring (optional)

METHOD

- Firstly peel skin from lilly pilly fruit and deseed. In a small pot put water and spoon of brown sugar and cover lilly pilly fruit and boil to soften.
1. Combine all ingredients in medium bowl to make batter base.
 2. Add lilly pilly mixture and food colouring
 3. Add to patty pans and pop in oven 180°C for approx 20mins or until browned.
 4. Ice and eat ... Enjoy!

Want more Bushfood Recipes?

To download these recipes and more, scan the QR code and visit our Bushfood Recipes page.



5. Brian Lee Tagalong Tours Dampier Peninsula

Follow Brian on a fascinating journey. Take the popular Hunter's Creek Tagalong and spend the day fishing, foraging for traditional Bardi bushtucker and listening to stories the saltwater people, their culture and their connection to this beautiful part of the world.

Call: 0447 513 123
E: campground@djarrindjin.com.au
www.brianleetagalong.com



6. Bundys Cultural Tours Dampier Peninsula

A traditional owner, Bundy lives a contemporary but traditional Bardi lifestyle. Join Bundy on an bushtucker journey of foraging and fishing. Activities include: Bushtucker Tour, Night Fishing Tour and Coastal Cultural Adventure Tour. (Own 4WD required).

Call: 0447 513 123
E: campground@djarrindjin.com.au
www.bundystours.com.au



7. Bush Ghoodhu Aboriginal Tours Kalgoorlie

On an outback bushwalk see the spectacular desert wildflower displays, forage for bushtucker and learn the Wongutha names and uses for local plants and animals. Hear ancient Dreaming stories, learn about traditional tools and experience the world's oldest living culture.

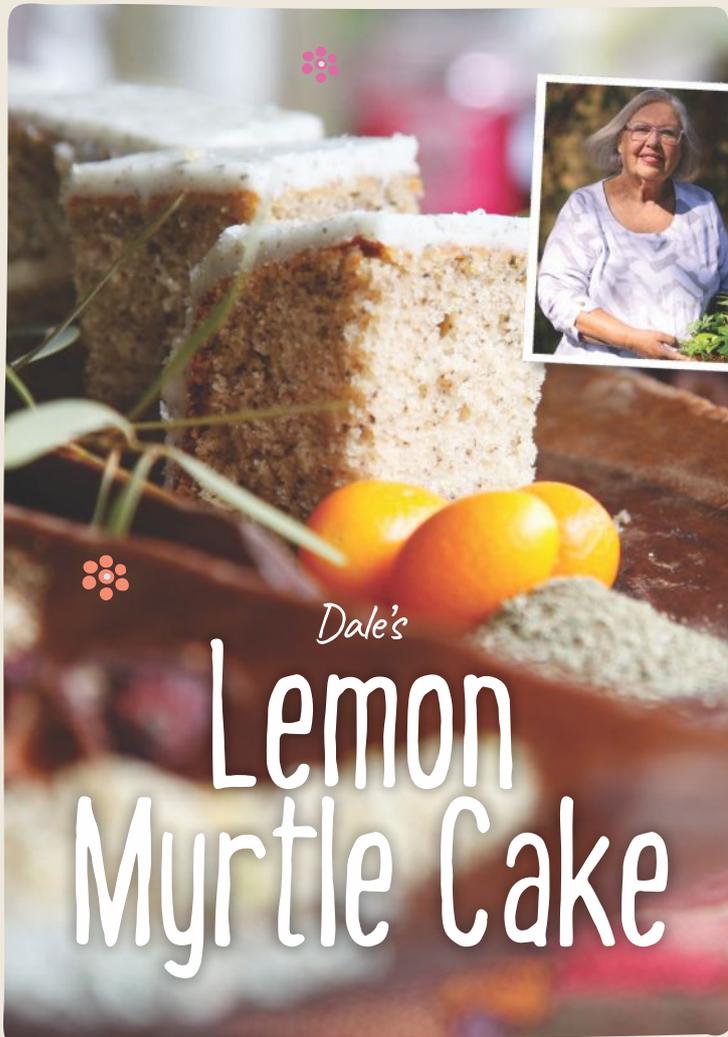
Call: 0474 971 548
E: tours@bushghoodhu.com.au
www.bushghoodhu.com.au



8. Dabungool Cultural Experiences Esperance

Join Dabungool Cultural Experiences on country as we discuss the cultural heritage, seasonal plants and foods. Learn Nyungar names, taste what's available on country and how we eat and prepare plants. Excite your senses with the seasonal plants that are available atop this beautiful landscape.

Call: 0455 031 797
E: dabungool@hotmail.com
facebook.com/DabungoolCulturalExperiences



Dale's

Lemon Myrtle Cake



Lemon Myrtle's fresh tangy leaves can be used in teas, syrups, cakes, biscuits, dressings, sauces, ice creams, dips and meat dishes. Essential oil distilled from the leaves has a refreshing lemony scent, and has been found to have antifungal and antibacterial properties.

Lemon Myrtle



Dale's Lemon Myrtle Cake

INGREDIENTS

- 125g butter, chopped
- ¾ cup caster sugar
- 1 teaspoon vanilla essence
- 2 eggs
- 2 cups self-raising flour
- 2/3 cup milk
- 1 tablespoon lemon myrtle powdered spice

METHOD

(Lemon Myrtle available from Maalinup Aboriginal Experiences)

1. Preheat oven to 180°C. Lightly grease a deep, 20cm round cake pan. Line base with baking paper.
2. Beat butter, sugar and vanilla together in a large bowl using an electric mixer, until pale and creamy.
3. Add eggs one at a time, beating well after each addition, scraping down sides of bowl. Lightly fold flour into creamed mixture alternately with milk, beginning and ending with flour. Add lemon myrtle in with cake mixture.
4. Spoon mixture into prepared pan and bake for 40-45 mins, or until cooked.
5. To make the vanilla icing: Sift icing sugar into a bowl. Add butter, water and vanilla. Add a little lemon myrtle. Beat well with a wooden spoon until a smooth spreadable consistency. Spread over cooled cake.

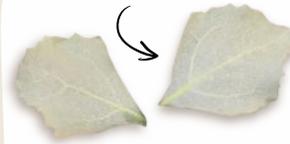
Josh's Smoked Ngari

Australian Salmon



Schooling in massive numbers along the South west coast during the season of Djeran (April and May), the Australian Salmon (Ngari) is often overlooked as an eating fish. Smoked and served with saltbush, it takes on a flavour all of its own and is a seasonal favourite in Wadandi Country.

Saltbush leaves



INGREDIENTS

- 3 Ngari (Australian salmon) cleaned, filleted and cut into strips
- 2 Tbsp sea salt
- 1 Tbsp lemon myrtle
- 1 Tbsp sugar
- Saltbush to garnish
- Jarrah woodchips for smoke

Josh's Smoked Ngari

METHOD

When filleting Ngari, cut forward, drop the knife in until you hit the backbone, then roll and just simply follow the knife all the way down along the backbone.

1. Prepare, scale, clean and fillet the fish.
2. Cut into strips and place into a large mixing bowl.
3. Add salt, sugar and Lemon Myrtle flakes. Massage ingredients through the fish.
4. Cover and leave to infuse for 1 - 1½ hours.
5. Meanwhile light and prepare the smoker. Smoke the fish for around 10 minutes and serve with Saltbush or Sea Parsley leaves.

9. Dale Tilbrook Experiences

Swan Valley

Dale's experiences and activities around Bush Tucker, Aboriginal Culture and History and Aboriginal Art are comprehensive, in depth, engaging and always include some bush tucker snacks at the very least. Learn about medicine plants and the amazing nutritional qualities of Australian native plants.

Call: 0411 112 450

E: info@daletilbrookexperiences.com.au
www.daletilbrookexperiences.com.au



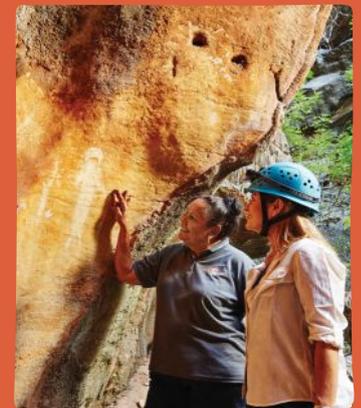
11. Djurandi Dreaming

Rockingham & Perth

Nyungar man Justin Martin is a qualified tour guide and Aboriginal artist. Tours and artworks are based around history, facts and creation stories passed down through generations. Journey through my country and experience the bush foods, wildlife, culture and language of the Nyungar people.

Call: 0458 692 455

E: justin@djurandi.com.au
www.djurandi.com.au



10. Djirriily Dreaming

Perth & surrounds

Hear the yarns of the Noongar creation story, our language and learn who the Noongar people are. Learn about bush plants, medicines and their ancient healing properties.

Connect with our booja (land) through bushcraft, fire and dance activities.

Call: 0424 525 356

E: bel@djirriilydreaming.com.au
www.djirriilydreaming.com.au



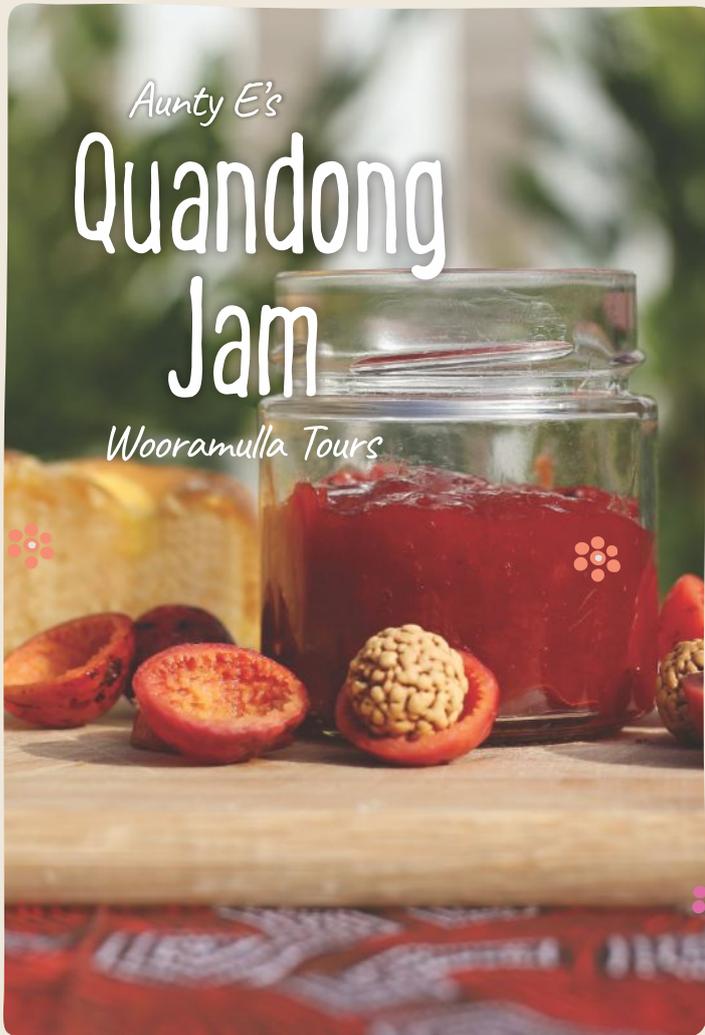
12. Girloorloo Tours at Mimbi Caves

via Fitzroy Crossing

A friendly welcome awaits you at Mimbi Caves Campground. Explore the caves and learn of their significance to the Gooniandi people. Walk between the Karst cliffs, sample native foods and medicine plants, enjoy damper and Billie Tea around the campfire.

Call: (08) 9191 5355

E: info@fitzroycrossingtoursism.com.au
www.mimbicaves.com.au



Auntie E's
**Quandong
 Jam**
 Wooramulla Tours

The bright red fruit of the Quandong appears in late winter, early spring. The sweet and tangy fruit is enjoyed raw and often stewed and used as a pie filling or jam and contains twice the Vitamin C of an orange. The nut kernel contains a range of complex oils and was used by Aboriginal people for its antibacterial and anti-inflammatory qualities.

**Auntie E's
 Quandong Jam**

INGREDIENTS

- 1 Kg quandong flesh
- 1 ½ cups of sugar
- Juice of 2 oranges
- Juice of 1 lemon
- Zest of ½ lemon ½ orange

METHOD

Put all ingredients into heavy base saucepan with a little water and cook, stirring often until the mixture gels when sample is dropped into cold water. Bottle in hot dry jars previously sterilised in boiling water. Fill jars leaving to within 1-2cm from the top of the jar and seal.

TIP: If the jam is going to be eaten right away, you can speed up the setting process by placing jars in a cool water bath.



Quandong

Want more
 Bushfood Recipes?

To download these recipes and more, scan the QR code and visit our Bushfood Recipes page.



**13. Go Cultural
 Aboriginal Tours
 & Experiences**
 Perth CBD

Join your Noongar guide on a journey into Perth's cultural past. Hear the Noongar story, the first story of the Whadjuk people. Learn how this country sustained our people for millennia on a cultural exploration of Perth's CBD and Kings Park Botanical Gardens.

Call: 08 9429 8875
 E: bookings@gocultural.com.au
www.gocultural.com.au



**15. Goolamwiin
 Aboriginal Cultural
 Tours**
 Mandurah

Offering a range of structured Cultural programs aimed at connecting people with Nyungar culture. Drawing on cultural protocols we teach respect for and share Cultural knowledge of the Nyungar Country on which we walk and live.

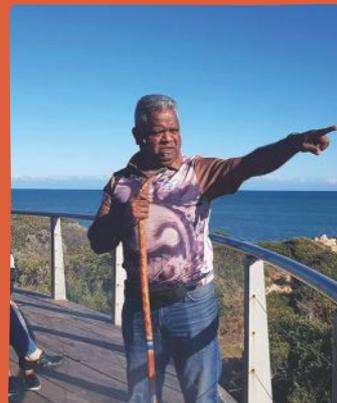
Call: 0411 097 949
 E: tkstack@goolamwiin.com.au
www.goolamwiin.com.au



**14. Goldfields
 Honey Ant Tours**
 Kalgoorlie & Goldfields

Join our family on an authentic bushfood foraging tour in the heart of Australia's Golden Outback. Discover nature's bounty as we gather, prepare and taste the traditional bushfoods including honey ants and whichetty grubs that have sustained the Tjpan people for millennia.

Call: 0472 678 144
 E: dannyulrich1844@gmail.com
www.goldfieldshoneyanttours.com.au



**16. Kaarak Dreaming
 Maitland's
 Cultural Tours**
 Dwellingup

Enjoy listening to the didgeridoo and tapping sticks while Maitland talks in his native language. Join him on a guided bush walk and along an ancient dream trail. Learn about traditional bush medicines and native foods

Call: 0498 853 544
 E: cultural@kaarakdreaming.com.au
www.kaarakdreaming.com.au



17. Kimberley Cultural Adventures

Broome & Beagle Bay

Join Robert Dann, in the place where he was born, for an amazing 3 hour, morning cultural experience. He will share with you a small slice of 40,000 years of Broome and Kimberley culture as well as his unique home brewed Boab Ginger Beer and Iced Tea.

Call: 0434 537 639

E: robbie@kimberleyculturaladventures.com.au
www.kimberleyculturaladventures.com.au



19. Koomal Dreaming

Yallingup & Cape Naturaliste

Come on a native food journey and discover culture, country, and environment through interactive and hands on learning experiences. Learn about the bush medicine and Dreaming spirits that have enriched the lives of Wadandi people since time began.

Call: 0412 415 355

E: info@koomaldreaming.com.au
www.koomaldreaming.com.au



18. Kimberley Country Fitzroy Tours

Fitzroy Crossing

Spend 6 days with the traditional owners, the Bunuba people, on an adventure unlike anything you've ever experienced. Travel by foot and in 4WD through some of the most authentic and remote parts of Australia.

Call: 0418 325 629

E: info@kimberleycountry.com
www.kimberleycountry.com



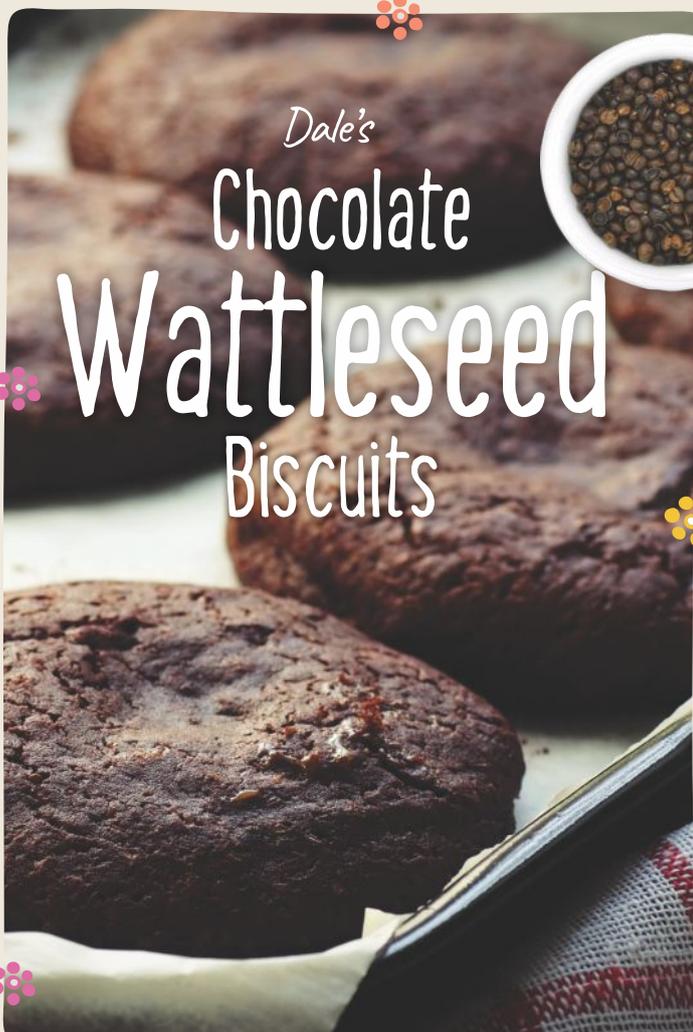
20. Kurrah Mia Culturally Noongar

Albany

Explore how the landscape of Albany (Kinjarling) sustained the economic, spiritual and cultural needs of the Menang people for over 40 000 years. Learn how they used ochre, plants, stone, animals and fire for hunting, medicine, gathering, tools and food.

Call: 0419 320 533

E: info@kurrahmia.com.au
www.kurrahmia.com.au



Dale's Chocolate Wattleseed Biscuits

Roasted Wattleseed

A low glycaemic food, Wattleseed also contains high concentrations of potassium, calcium, iron and zinc. Wattleseed was traditionally ground and used to make a type of flour to be mixed with water and made into cake, a valuable source of protein and carbohydrate in times of drought.

Dale's Chocolate Wattleseed Biscuits

INGREDIENTS

- 100 gm butter
- ¼ cup roasted wattleseed
- ½ cup white sugar
- 1 egg

- 1 cup plain flour
- ¾ cup cocoa
- ¾ cup brown sugar
- 1 tspn vanilla extract
- 100g chocolate chips
- Unroasted ground wattleseed (optional)

METHOD

1. Just cover 1/4 cup ground roasted wattleseed with hot water and soak for 5 mins.
2. Soften butter and blend in the soaked wattleseed. Stand and infuse for 30 minutes.
3. Cream 100gm wattleseed butter & white sugar. Add 1 egg and mix well, add 1 cup plain flour, 3/4 cup cocoa, 3/4 cup brown sugar, 1 tspn vanilla extract. Fold in 100gm chocolate chips.
4. Line a baking tray with baking paper. Place tablespoon sized balls of biscuit mix, evenly spaced, on the baking tray. Flatten slightly. Top with a sprinkle of unroasted wattleseed.
5. Bake in 180°C oven for 8-10 mins. Leave on tray to cool. The biscuits should still be soft when you remove them from the oven. They will firm up as they cool.
Makes about 24 biscuits.

Note: If you don't have unroasted wattleseed, substitute finely chopped sandalwood or macadamia nuts.

21. Luridgii Aboriginal Cultural Tours

Kunnunurra

Drive your own 4WD vehicle through spectacular scenery, personally guided by the Miriuwung guides. Hear dreaming stories, swim in outback gorges and learn about bush tucker, explore the ancient caves and thermal springs of Rugged Ranges.

Call: (08) 9168 2704
E: tours@luridgiitours.com.au
www.luridgiitours.com.au



22. Maalinup Aboriginal Experiences

Swan Valley

Bushtucker is a specialty and we carry a range of Australian native foods as well gifts, souvenirs and authentic artworks. Guests can wander our bushfood garden, commune with the emus and even purchase a plant for their own garden.

Call: 9296 0711
E: dalet@iinet.net.au
www.maalinup.com.au



23. Mabu Buru Broome Tours

Broome

The Yawuru coastline is a place of high cultural and ecological significance. An area abundant in plants traditionally used for medicine, food and making tools, you could say that Yawuru Country is our own ancient supermarket, hardware store and pharmacy.

Call: 0400 386 667
E: mabuburu@outlook.com
www.mabuburu.com.au



24. Mandjoogoordap Dreaming Aboriginal Tours

Mandurah

Learn how to make bush twine, identify medicine plants and forage for bushfood. Discover hidden cultural locations and the ancient Dreaming stories that are connected to them and enjoy a bushfood morning tea.

Call: 0408 952 740
E: george@mandurahdreaming.com.au
www.mandurahdreaming.com.au



Lemon Myrtle

Maalinup's Kangaroo Bolognese Sauce

INGREDIENTS

- 1 kg Kangaroo mince
- 2 x 785 g jar of tomato pasta sauce with herbs
- 1 or 2 50 g sachets of tomato paste (to taste)
- 2 onions very finely chopped
- 2 sticks of celery trimmed and finely chopped
- 1 carrot finely chopped
- 2 tbsp olive or grapeseed oil divided.
- 1 tsp salt
- 1 tsp sugar

Note: Fresh and/or dried Australian native herbs such as Native Thyme, Native Basil and Native Pepperleaf. 2 teaspoons of dried herbs. Pick off two or three small branches of Native Thyme if you have it fresh. Reduce dried herbs to 1 tspn.

METHOD

1. In a large deep frypan, sautee the onion in half the oil on medium heat for a few minutes. Then add the carrot and celery and cook a further few minutes on medium heat until they are just soft. Remove to a bowl.
2. In the same pan heat another tbsp of oil. Add the kangaroo mince and brown over a medium heat, chopping the meat with a silicon slice or spatula to break up the lumps. Keep breaking up any lumps until it is starting to brown.
3. Add the cooked vegetable mix, stir through and cook for another few minutes. Make sure it doesn't catch.
4. Add the jars of tomato sauce and then fill one jar with water and add that. Stir well. Turn up the heat to get it bubbling and then turn down to a simmer.
5. Stir through one sachet of tomato paste. Add the salt and sugar and herbs.
6. Keep reducing the sauce until it is thick, stirring constantly. Add more water as needed to ensure the sauce is smooth and the meat and vegetables well incorporated.
7. Taste the sauce and adjust the seasoning, add the other sachet of tomato paste if you think it needs it and stir through well, heating again.
8. Pour over cooked pasta and top with parmesan cheese.

Kangaroo has been an integral part of the diet of Aboriginal people for thousands of years. With less than 2% fat, it is a healthier red meat option. It is also high in protein, essential B vitamins, zinc, iron, omega 3 fats and omega 6 fatty acids. Compared to beef, kangaroo contains double the amount of iron and triple that of chicken and pork.

25. Narlijja Experiences

Broome

Drawing on knowledge gained from living a saltwater lifestyle as well as professional training as a curator, Bart's tours offer a unique perspective and the opportunity to experience the rich pickings in the mangroves.

Call: (08) 9195 0232
E: bart@toursbroome.com.au
www.toursbroome.com.au

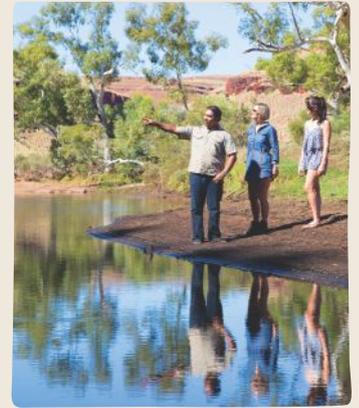


27. Ngalang Wongi Aboriginal Cultural Tours

Bunbury

A cultural journey that reveals a very different side of Bunbury through Dreaming stories and whimsical yarns about the traditional life. Learn about bushucker, local wildlife and traditional ochre making.

Call: 0457 360 517
E: troy@ngalangwongi.com.au
www.ngalangwongi.com.au



26. Ngadju Culture Tours

Norseman

Ngadju Cultural Tours are Aboriginal Tours of special and historic sites with a local Ngadju guide. Listen to Dreamtime stories and legends of how the land was created. Discover traditional Aboriginal hunting and gathering practices and experience dance performances.

Call: 0473 6672 742
E: info@ngadjuculturaltours.com
www.ngadjuculturaltours.com



28. Ngurrangga Tours

Karratha

Explore the spectacular wildflowers and plants unique to the Pilbara with your Aboriginal guide. Hear the stories of the stones, the ancient petroglyphs that date back more than 40,000 years and their connection to the Yaburrara people. Specialising in cross cultural 'on country' group activities.

Call: (08) 6373 1440
E: bookings@ngurrangga.com.au
www.ngurrangga.com.au



29. Nhanda Billy Tea & Damper Tagalong Tour

Kalbarri

Join your host at a tranquil bush setting on the banks of the Murchison River. Explore the local flora and learn about the culture, history and language of the Nhanda people. Enjoy traditional Billy Tea and fresh baked damper with bushucker quandong jam.

Call: 0474 090 699
E: billyteaanddamper@gmail.com
www.billyteaanddamper.com.au



31. Nyungar Aboriginal Cultural Tours

South Perth & Kings Park

Authentic Aboriginal cultural tours of South Perth and Kings Park. Share traditional stories of Whadjuk Country and the history of the Nyungar People in Perth. Explore the tranquil scented gardens and learn about bushfoods and medicine plants. Customised tours available.

Call: 0477 442 515
E: info@nyungartours.com.au
www.nyungartours.com.au



30. Njaki Njaki Aboriginal Tours

Merredin

Specially tailored Noongar cultural immersion packages. Selected activities can involve local Aboriginal elders and children. Learn about the rich Aboriginal history via walk trails and hands on cultural activities.

Call: 0407 984 470
E: tours@njakinjaki.com.au
www.njakinjaki.com.au



32. Southern Cross Cultural Tour at Lullumb

Dampier Peninsula

Discover breathtaking, contrasted landscapes and meet and interact with local people. Learn about Bardi Jawi traditional ecological knowledge and modern ways to live off the bush and the ocean as you walk through mangroves, salted mudflats, and beautiful creeks.

Call: 0498 058 095
E: malati@lullumbtours.com.au
www.lullumbtours.com.au



33. Uptuyu Aboriginal Adventures

Udiallia Springs

Uptuyu provides private 4WD charter tours for school groups. Design your safari camp and experience the real Aboriginal Kimberley. Travelling respectfully through traditional country learning and reflecting on what the people and the country have to share with us.

Call: 0400 878 898
E: info@uptuyu.com.au
www.uptuyu.com.au

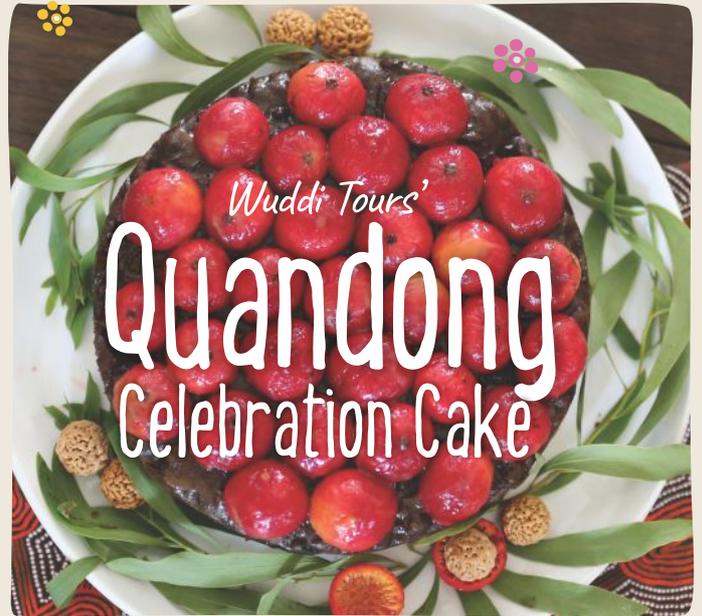


34. Warrwany Cultural Tours

South of Broome

On a Warrwany Cultural Tour, you will get to experience how we cook traditional food under the earth as well as on the open fire. We provide food such as Kangaroo tail, Damper, Bush Honey, Fish and more depending on what is seasonally available. The tour concludes with a traditional cultural dance performed by the Karajarri Dancers.

Call: 0458 969 714
E: bookings@warrwanyculturaltours.com.au
www.warrwanyculturaltours.com.au



Wuddi's Quandong Celebration Cake

INGREDIENTS

- 1½ cups dried muntries (or sultanas)
- ½ cup raisins
- zest of 1 lemon or orange
- ½ cup coarsely chopped pitted dates
- 2½ cups fresh or frozen quandong

- ½ cup chopped dried apricots
- ¼ cup quandong jam
- ¾ cup orange liqueur or orange juice
- 250 g butter, softened
- ¾ cup firmly packed brown sugar
- 2 eggs
- 2 cups plain flour
- 1 tsp mixed spice
- 1½ cups macadamia nuts
- ½ cup roasted quandong nut kernels
- 1 tsp ground bush tomato
- 1 tsp ground pepperberry
- 1 tsp wattleseed, toasted and ground

METHOD

1. Combine fruit, jam and liqueur in a large bowl and mix well. Cover and stand overnight or for several days, stirring mixture occasionally.
2. Pre-heat oven to 140°C. Line the base and sides of a deep 20 cm round cake tin with baking paper, allowing 5 cm to extend above the tin.
3. Beat butter and sugar in a small bowl with an electric beater, until creamy. Add eggs one at a time, beating until just combined between each egg. Add butter mix to fruit mixture and stir well. Stir in sifted flour and mixed spice, then macadamias, bush tomato, pepperberry and wattleseed.
4. Spread mixture evenly into cake tin. Bake for 3 hours or until a skewer inserted into the centre comes out clean.
5. To decorate, place jam and water in a small saucepan, bring to the boil and simmer uncovered until reduced to half. Strain into a bowl, discarding pulp. Allow to cool. Thaw quandongs if frozen. Quickly toss quandong halves in cooled glaze. Carefully place halves on top of cooled cake. This is a very sticky job, but take your time.

35. Wooramulla Eco Cultural Journeys

Carnarvon

For the Yinggarda people wildflower season is a time of celebration and ceremony. Forage for seasonal bushfoods on Country, explore local flora and hear a traditional cultural song and Dreaming stories, experience this Country through the eyes of a Yinggarda Guide.

Call: 0477 126 983
E: tours@wooramulla.com.au
www.wooramulla.com.au

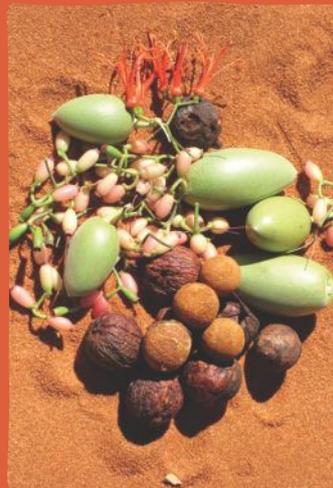


36. Wuddi Aboriginal Cultural Tours

Dumbleyung

Visit locations of rare wildflowers and learn of their cultural significance. Visit significant cultural sites and connect through traditional artefacts, storytelling and cultural heritage of the area and its first people.

Call: 0476 788 139
E: wuddiaboriginaltours@gmail.com
www.wudditours.com.au

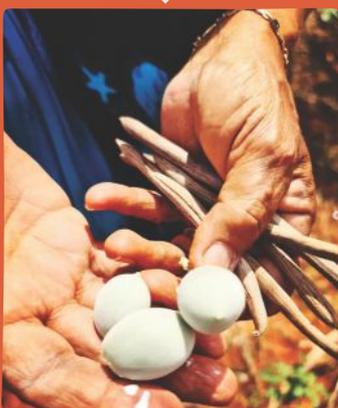


37. Wula Gura Nyinda Eco Cultural Adventures

Shark Bay

Explore the cultural heritage of the Shark Bay World Heritage area. Learn about the areas rich and diverse ecology through a range of foraging, fishing, bushwalking, kayaking and On Country Eco Cultural Adventures.

Call: 0432 029 436
E: info@wulagura.com.au
www.wulagura.com.au



Living by the Seasons

Aboriginal people have always lived by the seasons, relying on the seasonal changes to tell them when is the right time to gather fruits or when certain species are abundant for hunting. This has allowed Aboriginal people to practise sustainable hunting and gathering methods for millennia, ensuring the preservation of resources for future generations.

There are certain seasons to collect and times of the year to avoid some species. In contrast to the 'classic' four seasons, many Aboriginal cultural groups celebrate six calendar seasons that are not strictly anchored to dates, but are determined by nature and environmental changes like a change in weather, a plant flowering or the hibernation of reptiles.

The Noongar 6 Seasons (South West)

DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV
BIRAK Hot and dry		BUNURU Warm easterly wind		DJERAN Cool and pleasant		MAKURU Cold and wet		DJILBA Cold, lessening rain		KAMBARANG Warming, rains finishing	

The Bardi 6 Seasons (Kimberley)

In Australia's tropical Northwest the 6 seasons are determined by two major seasonal cycles, the wet season and the dry season.

DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV
MANGAL Green tree frog brings first big rains		NGALADAN Cyclone season brings storms from the ocean		IRALBU Hot period after the wet		BARGANA South easterly winds blow Cool season		DJALALAYI West winds return Warming up season		LALIN Hot and humid Turtle mating season	
WET SEASON				DRY SEASON							

Find out where the wildflowers are blooming with our up to date

Wildflower Tracker

Scan to visit the WA Visitor Centre Wildflower Tracker



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