

Monday 8th - Sunday 14th February, 2010

	Monday 8 th	Tuesday 9 th	Wednesday 10 th	Thursday 11 th	Friday 12 th	Saturday 13 th	Sunday 14 th
6.45am <u>Bird Walk</u>	Morning Bird Walk	Morning Bird Walk	Morning Bird Walk	Morning Bird Walk	Morning Bird Walk	Morning Bird Walk	Morning Bird Walk
Return to the Guesthouse by 8.00am for Breakfast.							
9.00am <u>Morning walk</u>	Mick's Nature & History Tour Departs at 9am	Pythons Rock and Wildlife Watching	Rainforest Walk and Wildlife Watching	Wishing Tree and Wildlife Watching	Mick's Nature & History Tour Departs at 9am	Rainforest Walk and Wildlife Watching	Wishing Tree and Wildlife Watching
9.30am 4WD <u>bus tour</u>	Moonlight Crag & Balancing Rock	Kurrajong Lookout	Luke's Bluff with Mick and Glen	Kerry Lookout	Moonlight Crag & Balancing Rock	Kurrajong Lookout	Luke's Bluff
All morning activities return to the Guesthouse between 11.30 & 12.30pm for Lunch.							
	Animals from the Rainforest 12.30pm	Animals from the Rainforest 12.30pm	Animals from the Rainforest 12.30pm	Animals from the Rainforest 12.30pm	Animals from the Rainforest 12.30pm	Animals from the Rainforest 12.30pm	Animals from the Rainforest 12.30pm
2.00pm <u>Afternoon Activity</u>	Flying Fox	Flying Fox	Flying Fox	Flying Fox	Flying Fox	Flying Fox	Flying Fox
2pm <u>Afternoon Walk</u>	Picnic Rock	Moran's Falls	West Cliffs	Glen's Nature Walk & AV Presentation	Picnic Rock	Moran's Falls	West Cliffs
7.00pm	Night Walk	Night Walk	Night Walk	Night Walk	Night Walk	Night Walk	Night Walk
8.15pm	Glow Worm Tour	Glow Worm Tour	Glow Worm Tour	Glow Worm Tour	Glow Worm Tour	Glow Worm Tour	Glow Worm Tour
8.00pm <u>Theatre Presentation</u>	Peter O'Reilly's Slide Show	Rainforest the Amazing World Within	Life on the Edge & Albert's Lyrebird	Bowerbird, Playboy of the Rainforest	Miracle Of the Mountains	Life on the Edge & Albert's Lyrebird	Wings of Silence

* For more information on Activities and Walking Tracks please see the compendium in your room or ask staff for assistance

Additional activities to this week's program

Full day walk - Binna Burra (23 km one way, 6 – 7 hours) Breakfast at 7:15 am, bus departs 8.00 am - This walk is not guided and begins from the other side of Lamington NP at Binna Burra. The track is well graded and clearly sign-posted; just stay on the Border Track towards Green Mountains. The route is entirely through rainforest, including Antarctic Beech on the crest of the range where there are views of the Tweed Valley on a clear day. Please order your packed lunches at reception by 8pm the night before.

Animals from the Rainforest - 30 min presentation in the Pavilion outside the Discovery Centre: Discover more about Australia's remarkable Wildlife and come face to face with some of these amazing creatures. Meet a python; pat a Dragon, and come face to face with possums, Pheasant Coucals, Blue winged Kookaburra Tawny Frogmouth, Owls and also meet some of Australia's most deadly snakes as our trained rangers handle these amazing creatures. Come and meet some of Wildlife found in and around the Rainforest.



Morning walks – 9.00am departure Free activity for in-house Retreat Guest

Wildlife Nature & History Tour with Michael O'Reilly (2.5 hours return)

Join local legend Michael for a relaxing stroll as he shares with us his enthusiasm and knowledge of the rainforest and its inhabitants. Michael will talk of the abundance of life that exists within a short amble of the guesthouse, including the many birds that feed around the forest edges. Following a generous morning tea break, Michael's knowledge of local history will become the focus of the tour. Using old photos, he'll talk of the guesthouse as it was in the early days; taking you to the spots these photos were taken and describe the guesthouse as it was when he was a child here. Michael's stories have become famous, and apparently many of them are actually true!

Python Rock Lookout (3.4 km return.) - After a short bus ride to the start of the track, we'll walk through attractive rainforest with buttressed trees and gardens of epiphytes, before eucalypts take over near the escarpment. From Python Rock, the Lost World and Castle Crag are prominent, while the Kerry Valley and Moran's Falls may be seen in the distance. This track has a sealed surface and gentle gradient.

Wishing Tree (4 km one way) - This is an easy downhill stroll, and there is plenty of time for the guide to point out much about the rainforest and its inhabitants along the way. We visit Mick's Tower, a 20-metre structure designed for rainforest observation, then follow the track through some old hollow Brush Box trees and past an Antarctic Beech, down to Moran's Creek. The track surface is a little rough, having many exposed roots, and it does become quite slippery in wet weather. We follow the creek out to meet the bus, which brings us back up the hill.

Rainforest Bird Walk (2 hour) - Lamington is most renowned for its rainforest birds and today we'll attempt to uncover some of the local stars such as Albert's Lyrebird, Green Catbird, Logrunner and Paradise Riflebird, not to mention all our 'little brown birds' and perhaps even a roosting Australian Owlet-nightjar. Binoculars are essential.



Morning 4WD bus tours – 9.00am departure

Balancing Rock (South-westerly aspect) - 2½ hours - Your driver will deliver an informative commentary on the way to a spectacular viewpoint overlooking the Lost World.

Kerry Lookout (North-easterly aspect) - 2½ hours return - This trip follows Duck Creek Road through attractive rainforest before entering more open country. Kerry Lookout boasts a beautiful northward aspect that differs from most lookouts on the mountain, a fantastic spot to enjoy some morning tea while we try some local bush tucker and have a cup of tea.

Kurrajong Lookout (Southerly aspect) –2½ hours return - Travel down Duck Creek Road through excellent rainforest and eucalypt areas. Kurrajong Lookout highlights the escarpments of upper Kerry Valley and shows the route of the Stinson flight and where the survivors were carried out. Enjoy some morning tea while we try some local bush tucker and have a cup of tea..

Luke's Bluff (Westerly aspect) - 2½ hours return - This is a great trip to learn about the early days of the O'Reilly's on the mountain, travelling through Luke's farm to the bluff near the start of the old Kerry track. Features of the spectacular view will be pointed out and we'll search for our resident pair of Tawny Frogmouths. Enjoy some morning tea while we try some local bush tucker and have a cup of tea, you may walk part of the way home if you wish.

Moonlight Crag and Balancing Rock (Southerly aspect) - 2½ hours return - Moonlight Crag is on top of the ridge opposite the guesthouse, and provides a spectacular view over the Lost World, south to the border and out to the western mountains. Jump back in the bus for a short drive to Balancing Rock carpark. Take a short stroll to Balancing Rock while the billy boils.

Afternoon activities – 2.00pm departure

****Please note** – The Giant Swing and Flying Fox are limited to 20 people and will not run in unfavourable conditions. Size restrictions apply – 8-year-olds and under should see Discovery Centre staff for a harness fitting before booking.

Flying Fox Ride (up to 2 hours)

Here's your chance to ride our famous flying fox. You'll be strapped into a harness linked to a pulley for your 180-metre journey at up to 25 metres above ground! The bus takes us to the flying fox site, but there's a steep 100-metre hill climb to the start of the ride.

The Giant Swing (up to 2 hours)

Okay thrillseekers, here's your chance to experience our latest adventure activity. You'll be strapped into a harness and winched to a height of 12 metres before being released to swing speed through a 25-metre arc. This ride is a true adventure activity and is not recommended for pregnant women or anyone with back problems.

Afternoon walks – 2.00pm departure

Glen Trelfo's Nature walk and Audio-visual presentation

(2 hours) Join Glen for a rainforest stroll as he uncovers many of the rainforest's hidden treasures with plenty of laughs and stories along the way! He'll then share his famous audio-visual, a spectacular wide-screen show showcasing many of his stunning images from over 25 years as an O'Reilly's guide and photographer as well as some from his many trips to Kakadu. Not to be missed!

Cainbale Creek (7 km round trip, 3½ hours)

This track follows a ridge through a drier rainforest type featuring magnificent examples of Hoop Pines, Crows Ash and Giant Stinging Trees. We then follow the tranquil Cainbale Creek until we reach more open forest along the escarpment, offering interesting views to the north-west, before cutting back on to the Duck Creek Road. This is not a graded track and is rough and steep in places.

Elabana Falls (7.5 km return, 3½ hours) - This track passes through superb sub-tropical rainforest with enormous Brush Box trees and a few Antarctic Beeches. These falls are featured on the front of our brochure, and they are beautiful all year round. The path is well graded, but there is two kilometres of uphill on the way home.

Lyrebird Lookout (7 km round trip, 3½ hours) - Passing through an area that was devastated by a storm in 1984, this track has a few fallen trees to negotiate as well as a number of uphill sections. Outside the storm damage there are areas of beautiful rainforest, highlighted by a few Antarctic Beeches. Lyrebird Lookout has a view towards the border, while the spectacular Moonlight Crag looks across to the Lost World and out to the western mountains.

Moran's Falls (2.5 km, bus return, home approximately 4.15 pm)

This activity commences with a short bus ride to the start of the track. The walk winds its way down through the rainforest to the 80-metre Moran's Falls, passing magnificent White Booyongs, Brush Box and huge Blood Vines. It is downhill all the way, the only difficulty being some stone steps that are quite high. After admiring the view from the top of the falls, we board the bus for home.

West Cliffs / Pat's Bluff (4.5 km, home approximately 4.15 pm) - This track descends through attractive rainforest to the western escarpment. Here the forest opens up and we are treated to excellent views south to the Lost World and Castle Crag, and at the next lookout, west to the Great Dividing Range. We return via the same track, so it is uphill in places.

Evening walks – Please meet in the foyer at 6.00pm for Glow-worms and 7.30pm for Spotlighting

7.30pm spotlighting free activity for in-house Retreat Guest

Wildlife Spotlighting – (50 minutes) Enjoy a local stroll with the spotlight and meet a few Ringtail and Brush tail possums and pademelons. We'll also visit our frog pond, noisy place on a warm, humid night, and occasionally we'll find a bandicoot on the lawns or a Boobook owl taking moths from around the guesthouse lights. You never know what we'll see if you don't come along. **Free activity for in-house Retreat Guest**

Glow-worm Walk (1 hour return, 800 metres walking): Glow-worms are larvae of small flies that use bioluminescence to lure insects into hanging webs. They appear as tiny lights on moist banks and gullies, looking much like the stars in the sky. Tonight we take a short bus ride then walk upstream to our viewing spot, a miniature city on the bank of Moran's Creek. The track is a little rough underfoot and may be slippery in wet weather, but it isn't steep. We will also enjoy some spotlighting as we stroll along coming across Ringtail possums, Pademelons, bandicoots and possibly a Boobook Owl. Wear comfortable walking shoes and bring a torch if you have one.



Audio visual presentations – 8.15pm

All movies in the theatre are screened FREE of charge for in-house guest

“Bowerbird, Playboy of the Rainforest” (50 minutes)

This is a film that Glen Trelfo made for the BBC, telling a story of how the animals in the rainforest interact. Several characters are involved, including a couple of rival bowerbirds, a python, a Brush-turkey and even a feral cat.

“Life on the Edge” and “Albert’s Lyrebird, Prince of the Rainforest” (45 minutes)

Tonight we start with Glen’s newest work, titled “Life on the Edge”, featuring the eucalypt forests and a number of their distinctive and uncommon inhabitants. The second part of tonight’s presentation shows off one of Lamington’s brightest stars, the Albert’s Lyrebird. We are able to witness the incredible spectacle of this bird in display and the mother tending the chick at the nest.

“Rainforest, The Amazing World Within” (50 minutes)

Glen Trelfo’s second film, this is an excellent representation of the rainforest and birds of this area. Glen has managed to capture many of this region’s spectacular birds, including some that are rare or difficult to observe.

Pete O Reilly’s Slide show – The History of O’Reilly’s Guesthouse and the Stinson Story (1 hour)

Take a fascinating journey with Big Pete as he narrates the story of the first O’Reillys on the mountain. Share with them their early trials and triumphs, through the original clearing and farming, the establishment of the guesthouse and the Stinson story. We are fortunate to have many magnificent old slides, and Big Pete’s knowledge and wonderful commentary bring them to life.

“Wings of Silence” (55 minutes)

John Young takes us into a mysterious and little-known world – the private lives of those master predators of the night, the owls. John’s expertise in this field is unparalleled, and he’s managed to capture incredible footage unlike anyone before him. This show also features a sample of the rich diversity of Queensland’s other wildlife, including the spectacular display of Victoria’s Riflebird.

Daily meal times and other operating hours

Guesthouse Main Dining Room

Breakfast 7.30 – 9.00am (7.30 – 10 am Sat & Sun)

Morning tea 10.30 am

Lunch 12.30pm – 2.00 pm

Afternoon tea 4.00pm

Dinner 6.00 – 8.00pm (6 – 9 pm Fri & Sat)

Discovery Centre

Open 8am -5pm

Please make Discovery bookings at Reception if Discovery Centre is unattended.

Rainforest Room

Opens from 4.00pm

Happy Hour from 5pm – 6.30pm



Mountain Café and Gifts

Mon - Sat - Café open from 9.00am – 4.00pm
(Kitchen closes 3pm)

Sunday – open from 8am – 5pm
(Kitchen closes 3.30pm)

Gift shop opens from 9.00am – 5.00pm

Please book all tours in the Reception at least 30 minutes prior to the departure time. Closed shoes are recommended for all outdoor activities.