



RAINFOREST RETREAT, VILLAS
& LOST WORLD SPA

OFF THE BEATEN TRACK

AUGUST 5TH - 7TH, 2009

AUGUST 12TH - 14TH, 2009

This program explores classic Lamington terrain and icon destinations and is conducted for those who enjoy the challenge of strenuous walks in rugged, isolated areas. A high level of fitness and agility is essential on all of these trips, and for safety reasons, all participants will be screened beforehand. The regular O'Reilly's guided walks and bus trips are available on the rest days and if anyone decides not to join a particular walk. We may be forced to change some of these destinations in wet conditions.

LEADER

TIM O'REILLY

As a third generation O'Reilly family member and Activities guide, Tim is an experienced bushwalker and expert on the Lamington National Park.

WHAT TO BRING

We recommend bringing sturdy shoes, warm layered clothing, hat, sunglasses, raincoat, water bottle and sunscreen!



OFF THE BEATEN TRACK PROGRAM 2009

WEDNESDAY, AUGUST 5TH - **BINNA BURRA VIA FOUNTAIN FALLS** **(DEPARTS 8:00AM)**

This is the direct route to Binna Burra, passing Blue Pool and Fountain Falls on West and East Canungra creeks, and crossing the Coomera River just above Gwongoorool Pool. There is a very long climb up Middle Ridge and another up the Darlington Range to our lunch spot at Noowongbill Lookout, and plenty of steep downhill as well. The O'Reilly's bus will make our return journey somewhat less demanding!

FRIDAY, AUGUST 7TH - **THE STINSON WRECK** **(DEPARTS 5:00AM)**

Today we're going to follow in the footsteps of Bernard O'Reilly on his heroic 1937 discovery of the Stinson wreck and its survivors, and the magnitude of his feat will be only too apparent by the end of this arduous trek. The route involves numerous steep climbs and descents in rugged rainforest terrain as it follows the crest of the border range from Echo Point to Point Lookout and then down to the edge of the national park at Christmas Creek. Participants must have a high level of fitness and agility and have completed a solid preparation of regular hill climbing on rough bush tracks. The 35km length of this hike dictates that it is crucial to maintain a good pace throughout the day, requiring not only fitness but also knee and ankle joints that are able to withstand a rigorous twelve-hour workout. If it is clear, we will be treated to views over the Tweed Valley from several lookouts along the way. From Christmas Creek we return to O'Reilly's by bus via the Duck Creek Road.

(*** Not suitable for children under 15 years)

WEDNESDAY, AUGUST 12TH - **LOST WORLD VIA MT WORENDO** **(DEPARTS 6:30AM)**

The trip over Lost World offers a great variety in views and vegetation as well as a bit of adventure. Good physical fitness and a head for heights are essential for anyone wishing to take on this walk. We head out to Echo Point, enjoying excellent views over northern New South Wales, then drop from Mt Worendo to a low saddle before climbing on to the Lost World. There are interesting views to be enjoyed on both ends of the plateau, but the track is extremely narrow in some areas where there is a large drop below. The steep sections on the northern end are loose underfoot and potentially dangerous, making experience and suitable footwear particularly important. Our descent ends in the Kerry Valley and we return home by bus.

FRIDAY, AUGUST 14TH - **THE STINSON WRECK** **(DEPARTS 5:00AM)**

As described previously.

(*** Not suitable for children under 15 years)



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For enquiries or bookings, please contact
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