

WELLNESS JOURNEY

# Byron & Beyond

A WALKABOUT RETREAT IN BYRON BAY

8 DAYS



**WALKABOUT**  
GOURMET ADVENTURES

## Journey Overview

It was certainly Serendipity which brought us to Byron in the first place and we feel privileged to call this dreamy place, for some time of the year, our “home”. Ever since we bought our house, we had the great desire to share this unique paradise with our Walkabout community. From our base in Byron we discover some of the many beautiful marvels this region has on offer. Our ‘Byron & Beyond’ tour covers the Byron Bay region and we move as far up as the Northern Rivers of NSW. Originally known as Cavanbah or ‘meeting place’ by the original Bundjalung people of the area, Byron Bay continues to live up to its traditional heritage. We venture through coastal sub-tropical rainforests and explore the beautiful Nightcap National Park. The dominant massifs, sheer cliff walls, lush green gullies and spectacular waterfalls, which make up Nightcap National Park, are relics of its volcanic past. At Springbrook National Park is the world heritage site of the Gondwana area. Our walk takes us to the Natural Bridge, a picturesque rock formation, formed by the force of the waterfall over the basalt cave. The precipitous drop of Minyon Falls is the dramatic result of thousands of years of erosion. Of course, we explore Australia’s most easterly point at Cape Byron Reserve with its unsurpassed panoramic ocean and north coast hinterland views. Another great inspiration to create this new tour is Sreejith, our wise yoga/meditation and reflexology teacher from our tour in India. A true yogi, he transmits everything, which is so often missing in our modern ways of teaching yoga. A morning meditation at mystical Killen Falls is one of the highlights of this tour. Our days usually begin with yoga or meditation, which of course is always optional. Once one experiences a first practice with Sreejith, we can assure you that you will never want to miss out on this transformative experience. We have also included a small cooking seminar where we will share some recipes from our... work in progress cookbook...Flavours of Walkabout. We will share some of our early day recipes, inspirations from our world travels and also something from our healthy food bible.

# Journey Schedule

## DAY 1

Tallow Beach - Tea Tree - Meditation - Newrybar - Lighthouse Walk

## DAY 2

Yoga/Meditation Practice - Macadamia Nut Farm - The Channon - Protesters Falls

## DAY 3

Yoga/Meditation - Killen Falls - Murwillumbah

## DAY 4

Yoga at the Beach - Minyon Falls - Crystal Castle - Meditation

## DAY 5

Yoga/Meditation - Broken Head Reserve - Free Afternoon

## DAY 6

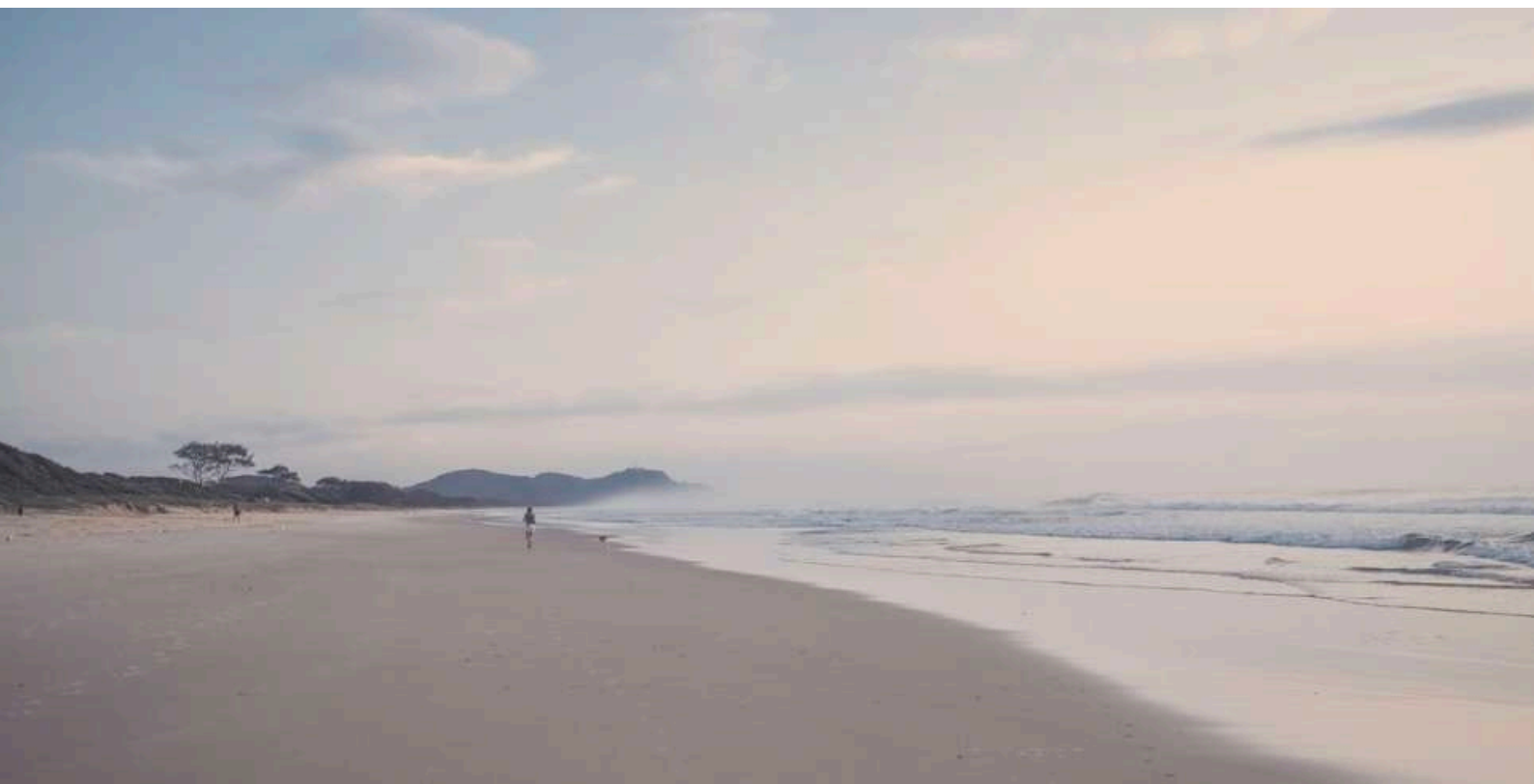
Yoga - Springbrook National Park - Natural Bridge

## DAY 7

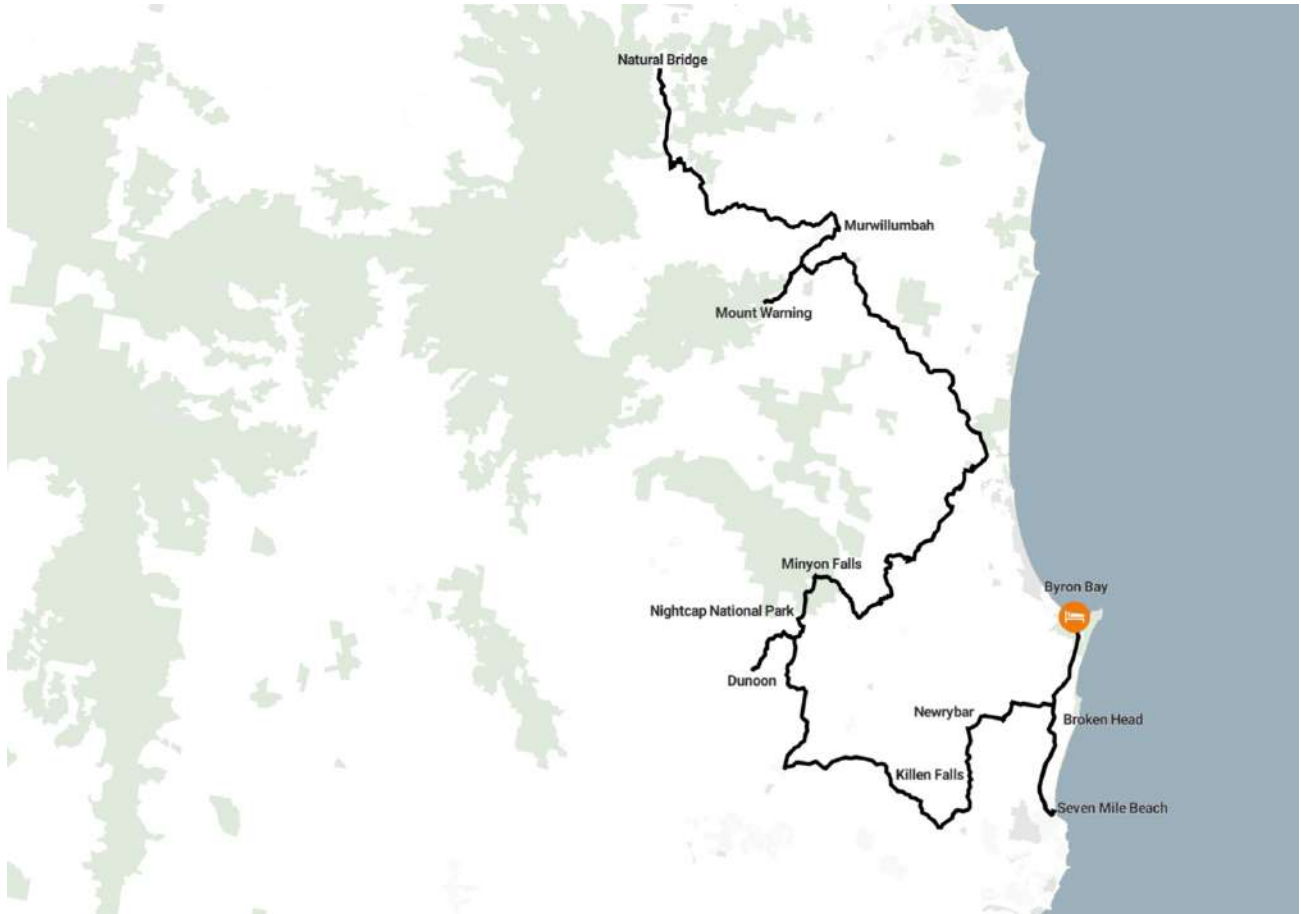
Yoga - Cooking Seminar - Byron Bay - Seven Mile Beach - Meditation

## DAY 8

Yoga/Meditation - Possible Treatments - End of Tour



## Journey Itinerary



### DAY 1

Tallow Beach - Tea Tree - Meditation - Newrybar - Lighthouse Walk

We meet at 10.00 a.m. at Crystalbrook Byron, 77-97 Broken Head Road, Byron Bay, our peaceful sanctuary that will be your home for the next week. During our welcome drinks on the terrace of our hotel, we meet the team and spend a moment to go through the planned itinerary.

In the late morning we take you for an invigorating walk along Tallow beach to Tea Tree Lake. Here Sreejith, our Indian yoga, meditation and reflexology master will start with a gentle introductory meditation and yoga class. The magical surroundings of

Tea Tree Lake with its dark brown or coppery water are ideal for our lesson and before leaving this dreamy place, the lake might tempt you for a bath or soak in the tannin infused water. The lake is surrounded by tea trees, which in turn create an oasis of magical tea tree water that is so beneficial to swim in. Tea tree leaves have been used for thousands of years by the indigenous people of New South Wales for their healing properties.

On our way back to the hotel we drive the short distance to Newrybar for coffee and a stroll through this gorgeous little village. Back at the hotel we get ready for Byron's most iconic trail "Cape Byron Walking Track" up to the lighthouse. Our circuit will take us through the shade of bangalow palms and ancient burrawangs. Just below the lighthouse we can admire the full length of beautiful Tallow beach again which stretches as far as Broken Head. Cape Byron lighthouse is spectacular at any time of day but experiencing a sunset where everything is dipped into golden colours is just magical. We continue on a spectacular cliff top walk with stunning views of the ocean and hinterland. Here we also have the possibility to spot a variety of marine life, including turtles, dolphins and stingrays.

After our descent we walk along picturesque beaches and return to our bus at Clarkes Beach.

In the evening we enjoy dinner at the peaceful surroundings of our hotel.

 **4 HOURS**

 **CRYSTALBROOK BYRON, BYRON BAY**



## DAY 2

### Yoga/Meditation Practice - Macadamia Nut Farm - The Channon - Protesters Falls

We start the day with our yoga and meditation practice followed by breakfast. Today we discover the landscape of the hinterland of Byron, which has changed dramatically in the last 200 years. Once covered with giant rainforest trees, today there are remnants of the "Big Scrub" in the Nightcap National Park.

We pass through Dunoon, in the middle of the main macadamia growing region in rolling green slopes of coastal northern New South Wales. Macadamia trees grow to heights of 15m in fertile soils of sub-tropical high rainfall areas. They have shiny dark leaves and bare delicate sprays of sweetly scented white flowers from which clusters of nutlets develop. Here we make a brief stop at the world class macadamia processing and bulk marketing operation to learn more about this delicious nut. Of course we won't leave without a tasting.

We continue to drive to The Channon and not long after we enter the rugged ranges of Nightcap National Park. Our walking track leads through magnificent rainforests to the world heritage-listed and spectacular Protestors Falls. Named after the Terania Creek protests of the late 1970s that saved this precious patch of pristine rainforest, it is an important habitat for a range of endangered frogs, including the threatened Fleay's barred frog and pouched frog.

Along our path we can notice how sub-tropical bangalow palms and native tamarind give way to towering rainforest giants of yellow Carabeen and Strangler figs. If we are lucky we might even hear the call of the rose-crowned fruit dove and the barred cuckoo-shrike.

On our way back we stop for a refreshing drink at the historic The Channon pub before we return to our hotel. Here you have time to relax before we meet for another delicious dinner.

 **4 HOURS**

 **CRYSTALBROOK BYRON, BYRON BAY**

## DAY 3

### Yoga/Meditation - Killen Falls – Murwillumbah

An early morning start with a drive to Killen Falls, not far away from Byron Bay. Surrounded by foliage that drapes itself over the damp rock walls, Killen Falls will feel like a hidden paradise as we listen to the crashing waterfall. It is home to one of the last standing remnants of the big scrub rainforest and once blanketed the Northern Rivers before the loggers moved in and cleared most of this forest. We follow a boardwalk and the last few hundred metres a small path to the bottom of the falls. This place is just magical and perfect for our morning meditation class. We return to our hotel for breakfast and then get ready for our drive to Mount Warning. The distinctive curved silhouette of Wollumbin Mount Warning represents the last defiant stand of an ancient volcano that once dominated this landscape. It was carved by the activity and destruction of the enormous Tweed Shield Volcano. Beyond the mountain, the bowl-shaped coastline and rich soils of northern NSW also hint at this region's fiery history. After the volcano's collapse, 23 million years ago, it formed one of the world's largest calderas – a huge crater 40kms in diameter. Its Aboriginal name, Wollumbin was added in 2009. This Bundjalung word gives a sense of how this peak dominates the surrounding landscape, meaning 'fighting chief of the mountains'. Wollumbin is a traditional place of spiritual education, cultural law and initiation to the people of the Bundjalung nation and has long been considered a sacred place of great spiritual significance. Under Bundjalung law, only specifically appointed people are permitted to climb Wollumbin. Out of respect for their law and culture, let alone the difficulty of the climb, we will explore only the base of the mountain before we drive the short distance to Mavis's restaurant for a delicious lunch. Nestled at the base of the majestic Wollumbin Mt Warning, this 25-acre former dairy farm is home to a relaxed country-style restaurant and a rich organic kitchen garden. After lunch, which will be our main meal for today, we continue to the nearby Tweed River Art Gallery, which includes the extraordinary Margaret Olley exhibition with the recreation of areas of her famous home studio. After our visit we re-join our mini bus and return to Byron Bay. The evening is at your own leisure.

 **4 HOURS**

 **CRYSTALBROOK BYRON, BYRON BAY**

## DAY 4

### Yoga At The Beach - Minyon Falls - Crystal Castle - Meditation

We take a brisk walk to beautiful Tallow Beach, a 7-kilometre stretch in the Arakwal National Park. It is the perfect combination of sun, sand and sea... ideal for our early morning yoga practice.

Next door to mainland Australia's most easterly point, we will most likely see the sun peeking out over the horizon. Sreejith likes early morning yoga and meditation in nature as it is a powerful time to practice. This is when our senses are fresh and fully engaged, enabling us to absorb nature at its purest, be it the sound of the waves crashing on the nearby shore or the wind.

Our yoga style is to move the energy, bring balance to all systems of the body and give our guests the opportunity to experience mindful movement and breathing. The class can be followed by a quick dip in the sea before returning to the hotel for a healthy buffet breakfast.

Later in the morning we discover the Minyon Falls, a waterfall on the Repentance Creek in the Northern Rivers region of New South Wales. The waterfall descends more than 100 metres over the huge cliffs, which were once part of the Tweed Volcano. The water flow eroded the rocks to create the waterfall.

From here it is a short scenic drive to the tranquil and magical sanctuary of Crystal Castle. It has a peaceful ambience and is the perfect place to deepen our spiritual connection. It is the home of the world's largest and most beautiful natural crystals. As we walk through the enchanting private botanical garden we discover many giant crystals, fossils and sub-tropical plants. We join a guided "nurturing sound healing" meditation or the Crystal Castle peace experience. Before leaving this gem we visit the southern hemisphere's only Kalachakra World Peace Stupa, a project blessed by His Holiness the Dalai Lama.

Dinner tonight will be in the famous Fig Tree restaurant.



**4 HOURS**



**CRYSTALBROOK BYRON, BYRON BAY**

## DAY 5

### Yoga/Meditation - Broken Head Reserve – Free Afternoon

Get ready for another energizing yoga class followed by a super nutritious breakfast. We take the short drive to the Broken Head Reserve from where we meander through the lush rainforest to the Three Sisters, overlooking Kings Beach, the best spot to sit and contemplate the natural beauty around us. The views are incredible - a wonderful coastal panorama of secluded beaches, rocky coves and dense rainforest. It is a great spot for wildlife and bird watching as white-bellied sea eagles dive for food. Also, during this time, the headland bursts with colour when the wildflowers are out. We will share with you the Aboriginal story behind the Three Sisters, which tells the tale of three sisters who were turned into rocky outcrops near the headland. The remaining afternoon is at your leisure. You have time for a luxurious spa where you can relax and unwind. Make sure you have reserved a soothing massage experience with essential oils or facials. In the evening we meet again and take a short drive to Wategos beach and Rae's restaurant where a stylish dining experience is on the menu.

 **4 HOURS**

 **CRYSTALBROOK BYRON, BYRON BAY**



## DAY 6

### Yoga - Springbrook National Park - Natural Bridge

We salute the day with a greeting to the sun at our retreat. After breakfast we join our mini-bus and travel north towards the Queensland border and one of the most stunning sights in the hinterland of Queensland's Gold Coast - Springbrook National Park and Natural Bridge. The national park is a Gondawana rainforest of Australia's world heritage area with spectacular scenery, beautiful waterfalls, breathtaking views and amazing wildlife. Dominating the Gold Coast's western skyline, Springbrook's cool forests and mountain streams offer views of impressive landscapes. We walk amongst sub-tropical and temperate rainforests, open eucalypt forests and montane heath. We can look out for skinks and lace monitors, beautiful rainforest birds and even pademelons. Natural Bridge is a magnificent arched cave and through the ceiling a sparkling waterfall tumbles like a cascade of a million droplets of light... a truly magical sight! The Natural Bridge Circuit is the perfect walk to explore the beautiful rainforest setting and visit this stunning natural wonder. The hoop pines that emerge through the thick greenery of the surrounding rainforest are living relics of the Jurassic Age - the Age of the Conifers - about 180 million years ago. These pines are 'living dinosaurs' - they are amongst the most primitive of all conifers. Time permitting we might also discover the lovely Purling Brook Falls before returning to our base in Suffolk Park.

 **4 HOURS**

 **CRYSTALBROOK BYRON, BYRON BAY**



## DAY 7

### Yoga - Cooking Seminar - Byron Bay - Seven Mile Beach - Meditation

Today we have a leisurely start and after breakfast, we walk the short distance to our Serendipity House in Suffolk Park. Here we have prepared a short cooking seminar from our Walkabout Gourmet Recipe book. Our signature and philosophy are uncomplicated recipes. We enjoy simply prepared fresh ingredients like delicious vegetables, tapenades and fish. The focus is on the preparation of fresh, high quality in-season products so we can taste and appreciate the subtleties of flavours. After lunch we have time to relax in Serendipity's garden before we return to our hotel. Later in the afternoon we drive to Broken Head and from there we follow the Seven Mile Beach Road until we reach Seven Mile Beach. As the name suggests, it is a long stretch of coastline south of Broken Head extending towards Lennox Head. It is an expansive sweep of rugged beach bordered by a coastal wilderness that is untouched by development and feels somewhat untamed and primitive. We enjoy a final sunset meditation before we return to our hotel. Weather permitting we might instead enjoy this magnificent landscape a little bit longer to celebrate our Byron and Beyond week with a gourmet picnic at the beach.

 **4 HOURS**

 **CRYSTALBROOK BYRON, BYRON BAY**



## DAY 8

### Yoga/Meditation - Possible Treatments - End Of Tour

Time to say good-bye to our favourite Tallow Beach and indulge in a final yoga/meditation practice with Sreejith before we return to our hotel for breakfast. The tour ends officially at 11.00 a.m. but it is possible to make a reservation for some treatments beyond this time.



# Journey Accommodation

Crystalbrook Byron, Byron Bay

**NIGHTS 1 - 7**



## Journey Notes

### PRICE INCLUDES

- Experienced guide.
- Meet at Crystalbrook Byron at 10.00 a.m. in Byron Bay on Day 1 and tour ends at approximately 11.00 a.m. at Crystalbrook Byron on Day 8.
- Twin share accommodation for 7 nights, breakfasts, two lunches and 5 dinners.
- NOT INCLUDED IN TRIP COSTS

Picnic lunches on Day 1, 2, 4, 5 and 6 (guests will have the opportunity to buy a picnic on each of those days), evening drinks and in-between meal snacks, personal clothing, laundry, medical expenses and items of a personal nature.

## WHAT TO BRING

Day pack, 1.5 litre water bottle, walking shoes, waterproof raincoat, sunhat, bathers, sunscreen and insect repellent. Walking poles will also be handy. As we are restricted with the amount of luggage, we can carry in our vehicles please ensure that your CASES DO NOT EXCEED 20 KG's per guest.

## PRE-WALK PREPARATION

We suggest that prior to your walking holiday you prepare yourself to obtain a level of fitness that will allow you to enjoy your walking holiday.

This, of course, is dependent upon your existing fitness level. Remember, the fitter you are, the more you will enjoy the holiday!

- Start with some short walks which include stairs or hills and increase the length of walks over a couple of months.
- We suggest you carry a backpack with water, camera, jacket, snacks, etc. to assist you with your preparation and allow you to get used to the extra weight on your back.
- We also ask that your shoes or boots are comfortable and well worn in.
- Perhaps enjoy some walks through our local national parks and over uneven surfaces to gain confidence with your boots or new walking shoes.

## PLEASE NOTE

Single rooms can usually be arranged for a supplement. Please ask us for details. We shall endeavour to match people together if they would like to share a twin room with another guest to avoid paying the Single Room Supplement. However, as this is not always possible 'single' clients will have to pay the supplement. All walks, yoga and meditation sessions during the 8 days are optional. Guests can choose to have a free day whenever they like. The walking pace on this retreat is leisurely. Guests do not have to be experienced, however a good level of fitness is necessary.

# Get in touch and book your journey today.

 0461 277 612

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## Follow the journey.



### Quality Practices

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