

HIKING JOURNEY

Lamington National Park Rainforest Adventure

5 DAYS



WALKABOUT

GOURMET ADVENTURES

Journey Overview

- Experience a very personalised walking holiday with a maximum of 11 guests.
- Discover the world heritage listed Lamington National Park.
- Stay in the multi - award winning eco lodge O'Reilly's Rainforest Retreat.
- Enjoy delicious breakfasts and dinners plus complimentary afternoon teas each day after our walks.
- All walks commence each day directly from our lodge - no travelling in the van before and after the walks.
- Early morning bird walk each day at 6.45am for the early risers (**optional**).
- Steam Room therapy and relaxation session in the Lost World Spa after our last walk plus the opportunity for optional spa treatments.
- Visit the beautifully located O'Reilly's Vineyard and Mount View Alpaca farm at Canungra on our final day.



Journey Schedule

DAY 1

Gold Coast Airport – Canungra – Lamington National Park – O’reilly’s Rainforest Retreat

DAY 2

Centenary Track- Moran’s Falls – Red Road Track – Moran’s Falls Creek – Balancing Rock – Moonlight Crag – Wishing Tree – Micks Tower – O’reilly’s Rainforest Retreat

DAY 3

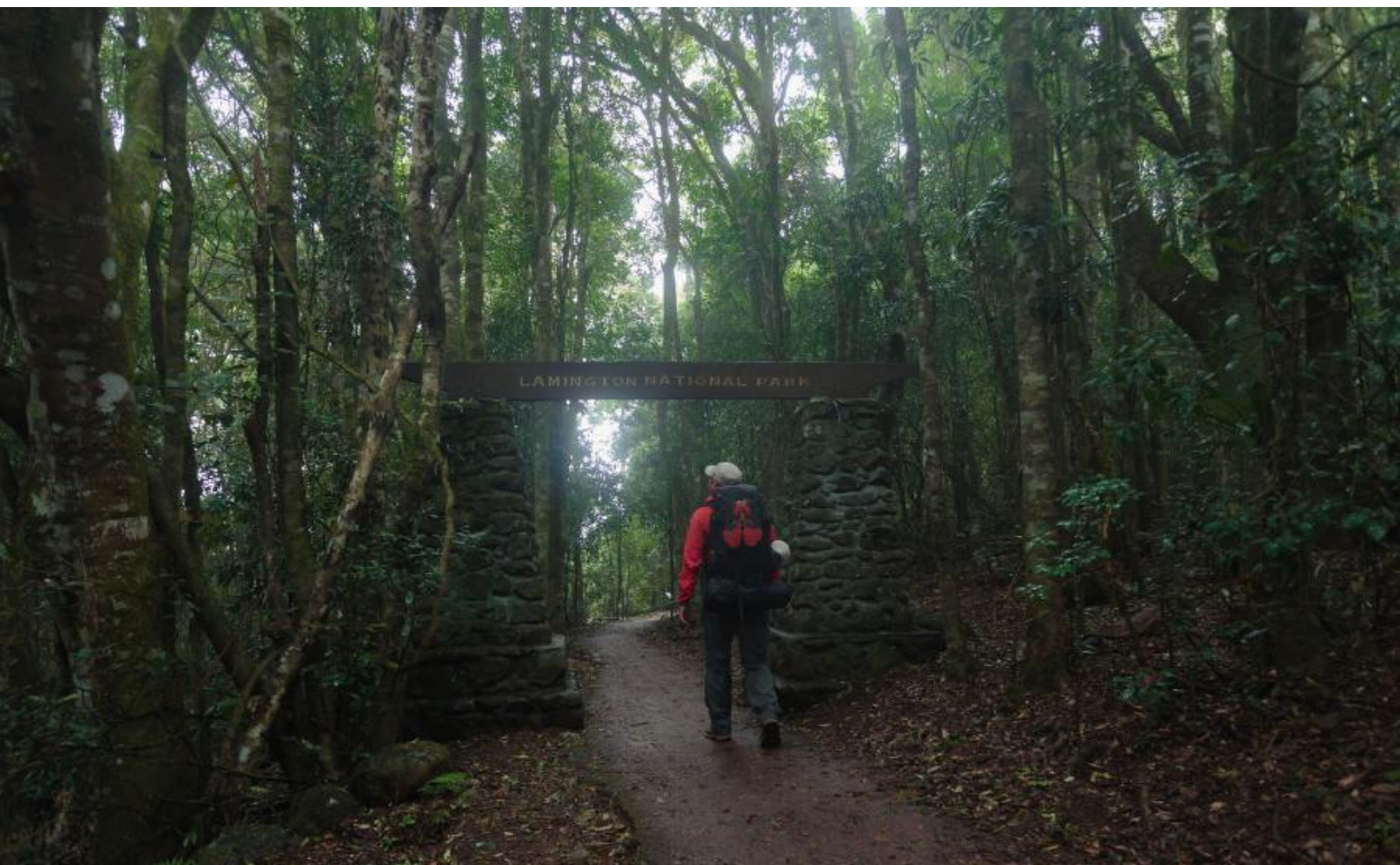
Border Track – Picnic Rock – Elabana Falls – Booyong Walk – Treetop Walk – Mountain Gardens

DAY 4

Centenary Trail – Python Rock – Lost World Spa (Infinity Pool And Steam Room Therapy Plus Herbal Tea In The Relaxation Lounge)

DAY 5

Departure – O’reilly’s Vineyard And Mount View Alpaca Farm – Gold Coast Airport



Journey Itinerary



DAY 1

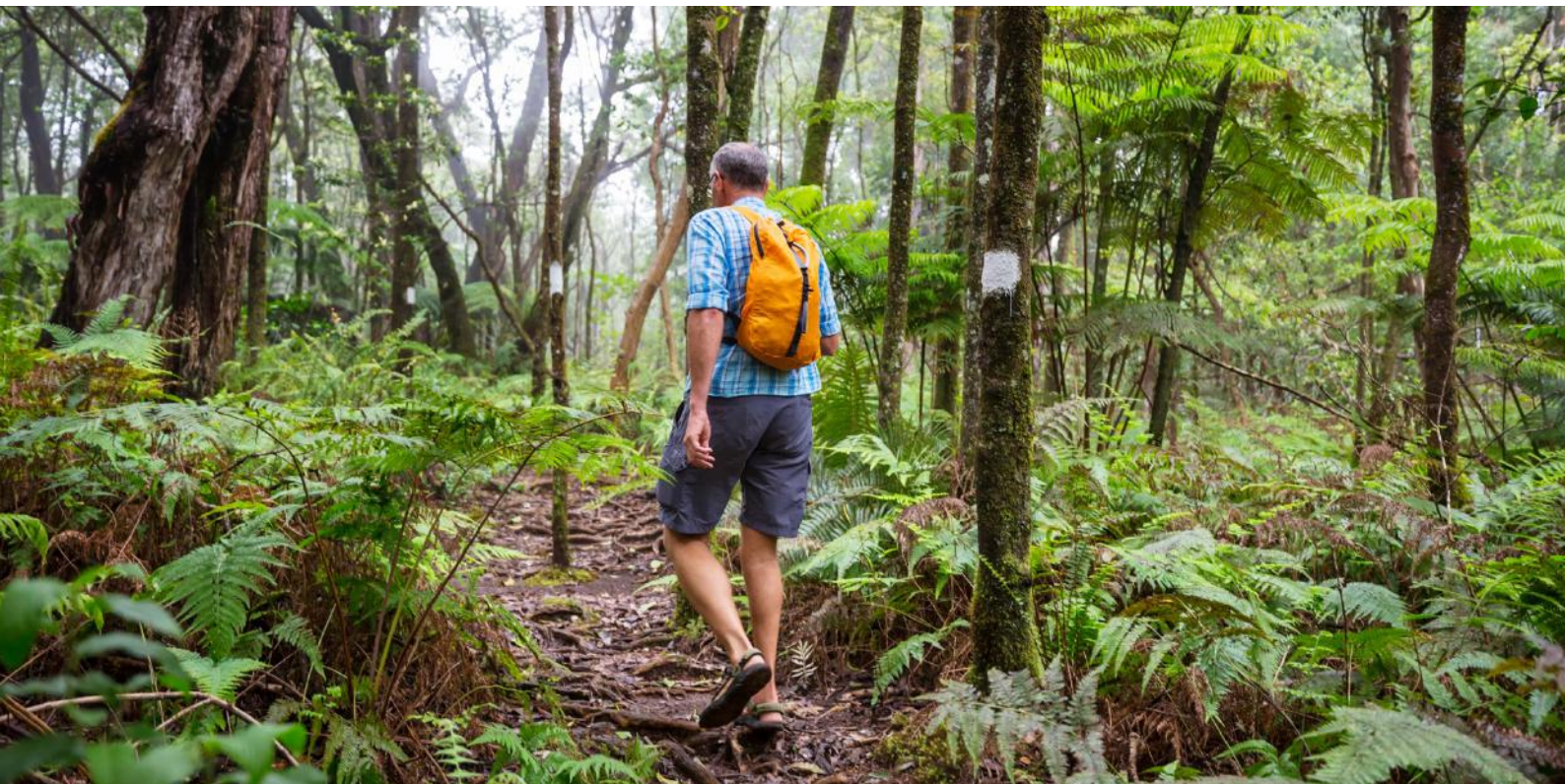
Gold Coast Airport – Canungra – Lamington National Park – O'reilly's Rainforest Retreat

We meet at 11.00 a.m. at the Gold Coast Airport Domestic Arrivals Exit (the meeting point is next to the baggage services and in front of the car rental desk). We join our vehicle for our trip to Canungra which will take us approximately 1 hour. Time for a coffee and early lunch in this quaint rural town which is located on the eastern edge of the Scenic Rim and is known as the gateway to the world heritage listed Lamington National Park. Here you will also have time to purchase provisions for your picnic lunches for the next three days during our stay. Alternatively, you can pre order a packed lunch from O'Reilly's each evening. Back on board our vehicle we make our way through the beautiful Canungra Valley before we begin the

climb up to the Lamington Plateau. Enjoy the amazing views towards the mountains in the west – it is easy to understand why it's called the Scenic Rim! After approximately 1 hour we arrive at O'Reilly's Rainforest Retreat. The O'Reilly family pioneered ecotourism when they began hosting visitors to Lamington National Park in 1926 after moving to the Lamington Plateau in 1912. Today the family, now in its fourth generation, still manage this multi award-winning lodge. After checking into our rooms, we meet to take our first look at this amazing world heritage area. Lamington National Park was first established in 1915. It is now part of the Gondwana Rainforests of Australia World Heritage Area – the most extensive subtropical rainforest in the world. The park is renowned for its ancient trees, extensive flora and fauna, amazing waterfalls and spectacular views. O'Reilly's Rainforest Retreat is surrounded by the National Park so we merely have to step out the door and we are in the park. After our introductory stroll we return to the lodge for our complimentary afternoon tea – a daily feature of our tour. Time to rest up back in our comfortable rooms and admire the views from our balcony before we meet for our welcome drinks and our first delicious dinner.

 **1 HOUR**

 **O'REILLY'S RAINFOREST RETREAT**



DAY 2

Centenary Track- Moran's Falls – Red Road Track – Moran's Falls Creek – Balancing Rock - Moonlight Crag - Wishing Tree – Micks Tower – O'reilly's Rainforest Retreat

This morning we begin our day with a delicious breakfast and then we start our walk directly from O'Reilly's Rainforest Retreat along the Centenary Track. This flat and very easy trail celebrates 100 years of the Lamington National Park from 1915 – 2015. The trail passes through tall hoop pines at the entrance and slowly descends through a subtropical rainforest until we reach the trailhead for the Moran's Falls track. Centenary Track is an excellent place to observe the local birdlife such as the regent and satin bowerbirds and the Albert's lyrebird. The Moran's Falls trail takes us past booyongs, figs, brush box, twisted vines and the spectacular birds nest ferns until we reach the Moran's Falls lookout. From here, enjoy spectacular views of Moran's Falls tumbling 80m into Moran's Creek gorge. Moran's Falls fluctuates between a thunderous roar after rain, to a gentle trickle in the drier months. The falls are slowly working through the softer rock beneath, causing rockfalls and reshaping the cliff face—changes that are barely visible in our lifetime. Further on the trail leads to Moran's Clearing Lookout - it was here that the O'Reilly brothers built their first bark hut when they arrived on the Lamington Plateau back in 1915. From here there are sweeping vistas over the Albert River Valley towards Mount Lindsay and Mount Barney.

From the Moran's Falls Lookout we make our way to the Red Road trail which takes us over beautiful Moran's Creek and where we follow the trail up to Balancing Rock lookout. There are extensive views across the Albert River to the Lost World. Further up the valley the McPherson Range is visible. In the distance is Mt Worendo and Mt Throakban.

We retrace our route to the Red Trail and continue onto Moonlight Crag. O'Reilly's have built a viewing platform here where they sometimes conduct weddings – it's certainly a stunning location.

We make our way back down to Moran's Creek where we join the Wishing Tree trail. We follow it through a dense rainforest interspersed with some magnificent large brush box trees. The walls along the creek are famous for their glow worms. Along the way is a short detour to Micks Tower which enables us to access the canopy of

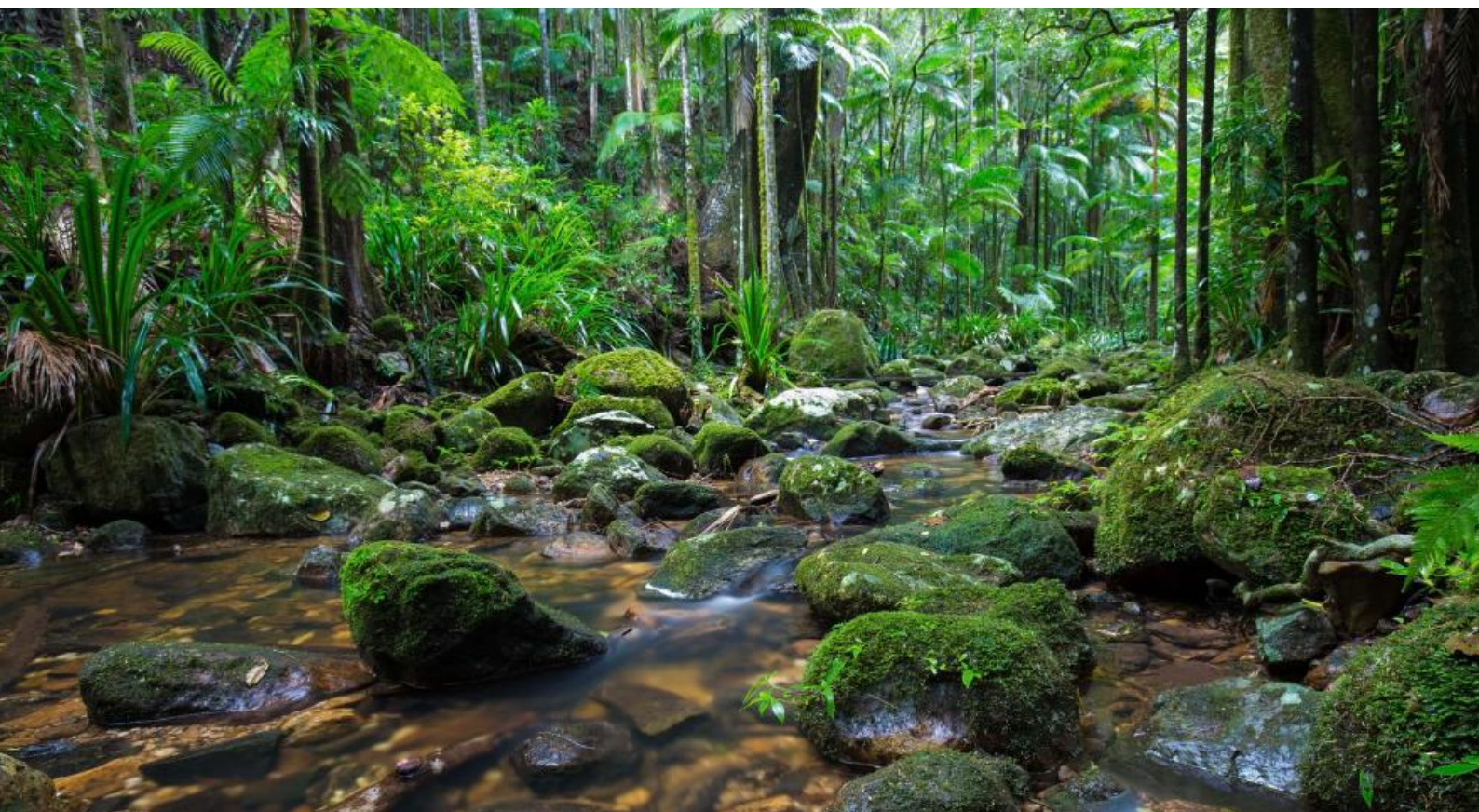
this magnificent rainforest. It is 18 metres high and has lots of signage about the forest around us. It is an ideal spot to enjoy the tranquillity of a rainforest amidst the amazing Lamington NP birdlife.

We re-join the main trail which leads us directly back to our Rainforest Retreat. Time for some well-earned afternoon tea. Afterwards you can relax in the library. Sitting in front of the crackling fire it is the perfect place to wind down after a day of walking while immersing yourself in the amazing array of books and memorabilia which have been collected over the last 90+ years.

Later we meet in the roof top bar for a pre-dinner drink before moving into the dining room for another delicious dinner.

 **4 HOURS**

 **O'REILLY'S RAINFOREST RETREAT**



DAY 3

Border Track - Picnic Rock - Elabana Falls - Booyong Walk – Treetop Walk – Mountain Gardens

This morning we take the Border Track directly from our lodge. This long-distance walking track runs all the way from the Green Mountains or the O'Reilly's section, as its commonly known, to the Binna Burra section of Lamington National Park.

The first section of this walk was the same route which Bernard O'Reilly walked back in 1937 when he made his heroic rescue of the two survivors of the Stinson plane crash. The plane was on a mail run between Brisbane and Sydney when it crashed in stormy weather into the tropical rainforest of Lamington National Park. The authorities believed that the plane had crashed closer to Sydney near the Hawksbury River but Bernard suspected it had come down near the family home in Lamington NP. Using all his bush craftsmanship he set off 11 days after the crash in search of the plane which he would find including the two survivors. The full story of this heroic feat can be read in Bernard O'Reilly's book "Green Mountains". Make sure you spend some time in O'Reilly's wonderful library reading up on all the history and viewing the historic photos of the family lodge.

After a few kms along the Border Track we come to the turnoff to Picnic Rock and Elabana Falls. This trail leads us down to the West Branch of the Canungra Creek. The trail descends through a group of Antarctic Beech and then past the largest brush box trees in the national park. On our research walk for this tour we came across a beautiful Lamington Spiny Crayfish. It was a vibrant blue and was making its way along the trail quite a distance from the water – they are known to roam along the damp forest floor for more than a kilometre from freshwater streams. They will only survive in cold water and need to be at an altitude of at least 300 metres.

As the name suggests Picnic Rock is the perfect place for us to take our early lunch. There are lots of lovely rock pools and nearby you can hear the sound of waterfalls. After savouring the beauty of this idyllic location, we push on to Elabana Falls which is only about 400m away. These falls are one of the most iconic in Lamington NP – they are known as horsetail style falls as water remains in contact with the rock surface making the waterfall long and thin, similar to a horse tail.

From here we retrace our route back to Picnic Rock and then ascend back up to the Border Track. We take the path in the direction of O'Reilly's and then divert

along the Booyong and Tree Top Walk. Before we get to the tree top walk, we visit the Mountain Gardens which were established in the early days of O'Reilly's history. There are lots of paths which are intertwined and it a great place to observe the birdlife and the native flowers. From here we move onto the Tree Top walk which consists of 9 suspension bridges up to 16m off the ground and 180m in length. During the walk there are also two optional observation decks which have been constructed in a giant Stranglers Fig tree above the walk way, the highest one being 30m above the ground. The Tree Top walk was built in 1987 and was the first of its kind in Australia. The short walk back to our lodge is also a wonderful spot to observe the large variety of birdlife to be seen at Lamington NP. Both Satin and Regent Bower birds plus cat birds are often seen feeding near the dining room at the lodge. Each morning at 6.45 am there is a complimentary bird watching tour which lasts for about 45 minutes.

Time for some afternoon tea and then a rest before dinner.

 **3-4 HOURS**

 **O'REILLY'S RAINFOREST RETREAT**



DAY 4

Centenary Trail – Python Rock – Lost World Spa (Infinity Pool And Steam Room Therapy Plus Herbal Tea In The Relaxation Lounge)

This morning we join the Centenary Trail again and make our way out along the Lamington Plateau. After about 2 kms we come to the Python Rock turnoff which we take. Step into a green doorway as we enter a dense rainforest community with an array of impressive booyongs and fig trees towering overhead. On the forest floor are colourful lichens and mosses plus gnarled tree trunks, colourful rocks and an impressive patch of austral grass trees. Nearing our destination, we enter an open eucalypt forest with some beautiful New England Blackbutts plus a variety of fire adapted species such as hakeas and other assorted wildflowers. We come to a beautifully constructed lookout with another incredible view towards Moran's Falls, Castle Crag and Mount Razorback. In the distance is the vast open space of the Lost World. The deep valley floor below has been formed by millions of years of erosion – originally it was much smaller but over time the valley has widened and intricate escarpments have been formed. The creeks below are now home to the masked mountain frog which is part of the Gondwana family commonly known as the southern frog.

After taking in the glorious views from the lookout we take the path back towards Moran's Falls. We take a short detour enroute to the secluded Hidden Gully. More recently this fairy tale location is being used by couples to exchange their wedding vows. From here we join the trail which takes us directly to the Lost World Spa where you can unwind in the steam room, take a dip in the infinity pool and enjoy a herbal tea in the relaxation lounge. There are also a variety of spa treatments which can be taken – bookings are necessary. Back at our Rainforest Retreat we enjoy our final celebratory dinner.

 **3-4 HOURS**

 **O'REILLY'S RAINFOREST RETREAT**

DAY 5

Departure – O’reilly’s Vineyard And Mount View Alpaca Farm – Gold Coast Airport

This morning after our final leisurely breakfast we join our vehicle for our drive back down the mountain to Canungra. Shortly before arriving into town we stop at the Canungra Valley Vineyard which is located at O’Reilly’s historic homestead “Killowen”. This wonderful old homestead was built in 1858 and is now the show piece of the vineyard – the cellar door and the restaurant are located here. Dine on the veranda surrounded by grapevines and mountain views.

Next door to O’Reilly’s Vineyard is the Mount View Alpaca Farm – it is beautifully located on the grounds of the vineyard and on the banks of the idyllic Canungra Creek. Here you can feed the cuddly alpacas or even take one for a walk through the lush and open vineyard grounds. For the shoppers there is a lovely gift shop and gallery with an array of alpaca products on show.

After lunch we re-join our vehicle and continue through Canungra and onto Gold Coast airport for a 1.30 pm drop off.



Journey Accommodation

O'Reilly's Rainforest Retreat, Lamington National Park

NIGHTS 1 - 4



Journey Notes

PRICE INCLUDES

- Experienced guide.
- Pick up and drop off at Gold Coast airport.
- Twin share accommodation for 4 nights, breakfasts, afternoon teas and dinners each evening.

NOT INCLUDED IN TRIP COSTS

Evening drinks, lunches (supplies can be purchased passing through Canungra on Day 1 – there are fridges and tea/coffee making facilities in your room or packed lunches can be pre ordered each evening at O'Reilly's) personal clothing, laundry, medical expenses and items of a personal nature.

WHAT TO BRING

Day pack, 1.5 litre water bottle, walking boots, waterproof raincoat, warm hat, 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 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 during the 5 days are optional. Guests can choose to have a free day whenever they like.

The walking pace on the walking holiday 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

 info@walkaboutgourmet.com

Follow the journey.



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