

lamington nature photography walk
fact sheet
group guided walking holiday



group guided walking...

Group guided walking holidays are a fun, informative way to explore new areas. We'll travel by mini bus to the Lamington National Park and then do day walks and half day walks, with a specific emphasis on learning how to take great pictures out there in the bush. On this trip, group sizes vary from 8-15 people. It is easy to get to know other people on the tour, and the small numbers mean that you and your guides can have some flexibility in the daily program. We have lots of fun on these tours, and people often make good friends with other people on the trips. You will need to carry a light day-pack each day, containing basic essential items, such as lunch and water.

guiding...

You will be accompanied by a professional photographer on this holiday. His/her role is to lead the group, provide information about the environment you are walking through, teach you about nature photography and generally assist you to enjoy the holiday.

4 day trip itinerary guide...

Day 1: Starts in Brisbane at 10am. Travel to the Lamington National Park and enjoy an afternoon rainforest walk and your first photography session.

Days 2&3: Each day's route will vary according to the season but there'll be mountain scenery, ancient rainforests that date back to the days of the Gondwana super-continent and pristine waterfalls in remote locations. There will be opportunities to photograph scenic panoramas, rainforest animals, colourful birds and close-up subjects like fungi. On one evening there's a night walk so you can learn how to photograph nocturnal creatures such as frogs, possums and pademelons. There will also be an opportunity to review photographs on a laptop.

Day 4: Start the day with a pre-dawn bird watching walk and try your new skills on the colourful regent bower birds, whip birds, satin bower birds and king parrots (pictured right). The final morning walk will give you a last chance to get some personal feedback on your progress. We're sure you'll be impressed with what you've learnt! Then it's back to Brisbane to arrive around 4pm.



how hard is the walking?...

This holiday includes shorter walking distances than most Auswalks. This is to allow time to learn about nature photography from our professional guides. You'll spend two full days and two half days out in the bush. Walking distances will vary from 8-12km on full days and less on half days.

For many people, the walking distances on this holiday are more than you are likely to do at home and you may be quite weary by the end of each day. The best preparation is a program of regular walking. We suggest at least one hour of walking each day, preferably in an area with lots of ups and downs. Plus a full day of walking each week. Do this for at least three weeks before the start of your holiday. Alternatively take up an active sport like aerobics, tennis or swimming. A bit of sweat now will make your walking holiday much more enjoyable.



what's included...

Accommodation, most meals (3 breakfasts, 2 lunches, 2 dinners), guiding, all transport from Brisbane Airport, national park fees, information booklets, insulated lunch bag, map case, notes, maps.

More details:

* Accommodation : On this holiday you'll be based at award winning O'Reillys Guesthouse, situated in the rainforests of Lamington National Park. Fine dining, great views, lots of wildlife, pool, sauna and hot tub to limber you up for more walking! All bedrooms on this holiday have ensuite bathroom facilities.

*Meals: Quality dining is an important aspect of all Auswalk walking holidays. Each day starts with a hearty breakfast. On two days you will need to carry lunch on the walk. It will be packed in an Auswalk insulated carrier bag, which we supply, to keep it fresh and cool. Two dinners are included. On the other night you can choose to have a quick, well-priced bar meal or dine in the restaurant.

*All National Park fees. Australian National Parks charge a daily fee, which is incorporated into the cost of your walk.

*Maps

*Waterproof map case - to keep your map dry

*National park information sheets. These provide useful information about each area.

*Insulated lunch container. This will keep your lunches cool and fresh. The guides will provide this on the first walking day.

* Final Notes containing a description of each day's walking route and full details of the accommodation.

We will mail you a final document package about one month prior to your holiday and after you have paid for your trip in full. It includes:

* Maps. Your guide can highlight the route for you.

* Waterproof map case. You can put your map and daily walking notes in this map case, so everything stays dry no matter what the weather.

* Additional information booklets. These provide useful information about the area.

If you are coming from overseas, we can mail the package to any address in Australia for no additional charge. However, if you want the documents sent overseas, we charge an extra \$20 to New Zealand and \$35 to other countries. The package weighs between 0.5kg and 1kg so we recommend mailing it to your first Australian accommodation, so you can collect it when you first arrive in the country. It is important that you receive your documents at least a few days before you start your walking holiday.

what's not included...

Alcohol, meals not listed in itinerary, drinks with meals (except tea/coffee and juice with breakfast).



what to bring with you...

- * Camera equipment, spare battery, charger, manuals etc
- * Notebook and pen suitable for taking notes in the field
- * Casual clothing for dinner skirts and jackets are not required in the restaurants.
- * Suitable footwear. Walking boots/shoes are best. They should have ankle support and a strong patterned sole. Wear thick socks, or two pair of thin ones. It is important that socks fit firmly and are NOT loose. Many of the tracks are quite rocky. Sandals are totally unsuitable for this walk.
- * Day pack. The best day packs have padded shoulders and a waist/hip strap. Make sure it is large enough to carry waterproof clothing, a warm jumper, water, picnic lunch, camera etc. Most packs leak in rain so bring a plastic bag to line the pack with.
- * Walk clothing for warm weather - lightweight materials, shorts and short-sleeved shirts.
- * Walk clothing for cold weather - choose synthetics, thermals, polar fleece or wool. Note that cotton trousers (eg. jeans) are miserable and cold if they become wet.
- * Quality waterproof coat. The best jackets are made of goretex or similar fabrics. It is important that the material is completely waterproof. Avoid padded jackets because they are too hot and usually not waterproof. Ideally your jacket should be long enough to cover your thighs. A large hood is essential and long sleeves are desirable.
- * Sun hat - choose a wide-brimmed one
- * Warm hat - wool or polar fleece (you lose 40% of your heat through your head!)
- * Sunglasses - recommended
- * Water bottles. On this walk, there are usually no places to refill water bottles during the day, so it is necessary to carry adequate drinking water for the entire day. Typically this is a minimum of two litres per person. On a hot day you may need even more than this.
- * Sunscreen (at least 15+). Apply it liberally. One application will not last all day, even when the conditions are overcast.
- * Toilet paper just in case! Bury everything at least 15cm deep, and well away from water/streams.
- * Matches and small torch
- * Personal medications
- * Binoculars (optional)
- * Mobile phone (optional note that reception is not available in all walk areas)
- * Walking stick (optional). These are becoming more widely used as people find that the use of a walking stick helps reduce stress on knees and ankles, particularly when walking downhill. Modern collapsible models are lightweight and fit neatly into most suitcases for travelling.
- * Swim wear and a towel if you want to enjoy O'Reilly's swimming pool or spa.
- * Thermos (for hot drinks), optional
- * Insect repellent
- * Insect net hat, optional

It is best if you bring everything you need with you as there is only a small store at O'Reilly's that sells basic supplies.

luggage...

You can bring as many items of luggage as you wish. O'Reilly's has a portage service.

insurance...

We charge a cancellation fee if you cancel your Auswalk holiday after we have confirmed it. Details are clearly listed in our AUSWALK BOOKING CONDITIONS in our brochure and web page. We strongly recommend you purchase a travel insurance policy, so you are insured if you have to cancel this tour. This can be arranged through Auswalk if you are an Australian resident or through any travel agent.

pre & post tour accommodation...

We can recommend the Quality Inn Airport International, conveniently located close to Brisbane airport. The property has a 4 star rating and offers motel style rooms and self contained apartments. It has a restaurant on site, provides meals to rooms if required and is within easy walking distance of Brett's Wharf where River Ferries berth, and a large number of restaurants on Racecourse Road. All rooms are non smoking. Phone: (07) 3268 6388 or email them at airport@airportmotel.com.au. We will also pick up and drop off at this hotel (this is the only location we can pick up from other than the airport).

photography...

From time to time Auswalk guides take photographs during trips for possible use in future brochures, newsletters or on our website, to promote Auswalk holidays. While we end up taking hundreds of pictures, we only ever use a few of the very best ones. If you don't want your image to be used in a photo for this purpose, please let the guide know before the trips starts. If you don't say anything, we will assume you have no objections.

other info...

There is no need to dress formally for meals. Neat casual clothing is satisfactory in all your accommodations.

Packaged drinks (eg. soft drinks and alcohol) are not included with meals, but can be purchased along the way.

For our international walkers, major credit cards are accepted everywhere in Australia, although Diners and American Express are less widely accepted.

There are no medical facilities and no chemists in the area we are staying in.



auswalk's other group guided trips...

- * Blue Mountains Hiker - starts in Sydney, 4 days, based at Blackheath
- * Carnarvon Gorge - starts in Brisbane, 8 days, also includes Bunya Mountains & Cania Gorge
- * Grampians Hiker - starts in Melbourne, 7 days, based in Halls Gap, hike the southern, central and northern sections of the National Park
- * Great Alpine Walk - starts in Melbourne, 7 days, traverse the Victorian Alps from one alpine village to the next, hike the Razorback Ridge and walk from Falls Creek to Mt Hotham.
- * Great Ocean Walk - starts in Melbourne, 7 days, hike from Apollo Bay to the 12 Apostles
- * Kangaroo Island - starts in Adelaide, 7 days, choice of staying at a luxury wilderness lodge or in historic lighthouse keepers' cottages
- * Lighthouses Trek - starts in Canberra, 8 days, stay in secluded lighthouse keepers' cottages
- * Lord Howe Island - accessible by plane from Sydney or Brisbane, 7 days, with naturalist Ian Hutton
- * Red Centre - starts in Alice Springs, 7 days, includes Uluru, Kata Tjuta (the Olgas), Kings Canyon and sections of the Larapinta Trail in the West Macdonnell Ranges
- * Tasmanian Coastal Hiker - starts in Launceston & finishes in Hobart, 7 days, includes Bay of Fires, Freycinet & the Tasman Peninsula
- * Tasmanian Wilderness Hiker - starts in Hobart & finishes in Launceston, 9 days, includes Mt Field, Lake Pedder, Lake St Clair and Cradle Mountain
- * Wilsons Promontory - starts in Melbourne, 7 days, includes an optional overnight hike to stay in a remote lighthouse keepers' cottage

we also offer inn-to-inn walking holidays...

On an INN-to-INN walking holiday, you walk from one place to the next while your luggage is moved ahead for you. They are all available self guided and some can be done guided any day of the year.

- * Blue Mountains Traverse - near Sydney, there's much more here than the famous 3 Sisters!
- * Grampians Traverse - near Melbourne, Auswalk's home base and our favourite place, rugged rocky ranges, a fabulous place to hike amongst native animals
- * Great Alpine Walk - near Melbourne, traverse the Victorian Alps from one alpine village to the next, hike the Razorback Ridge and walk from Falls Creek to Mt Hotham
- * Great Ocean Walk - near Melbourne, long distance track from Apollo Bay to the 12 Apostles, magnificent coastal scenery, secluded beaches, tall forests and lots of koalas
- * Great North Walk - we offer the first part of this long distance walking track that links Sydney with Newcastle in the north, walk from Sydney Cove to the Hawkesbury River
- * Lamington Traverse - in the Gold Coast hinterland near Brisbane, walk between two of Australia's best eco lodges O'Reillys Rainforest Retreat and Binna Burra Mountain Lodge
- * Roof of Australia - in the Snowy Mountains near Canberra, hike from one alpine village to the next, see ancient glacial lakes, climb Australia's highest mountain
- * Surf Coast Walk - in the Great Ocean Road area, walk from the surfing capital of Torquay to the yuppie seaside village of Lorne, splendid inland forests, waterfalls, secluded beaches

and there's more...

- * Sydney's Bushtracks, Bays & Beaches - based in Sydney, guided, 5 or 7 days, starts any day of the year except summer, walk in National Parks close to Sydney
- * Sydney guided day walks
- * Short breaks to the Blue Mountains, guided, 2 days
- * Short breaks to the Great Ocean Road area, guided, 2 or 3 days

how to contact us...

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