

## lamington traverse fact sheet

### self-guided inn-to-inn walking holiday



### self-guided “inn-to-inn” walking...

During this holiday, you will walk in Lamington National Park staying in comfortable accommodation along the way. You only need to carry a light day pack each day as the rest of your luggage will be moved ahead of you by vehicle whilst you are out walking. You will walk independently, without a guide, following our detailed walking notes. Auswalk's INN-to-INN walking holidays are the culmination of numerous special arrangements made just for you (eg. detailed walking notes, luggage transfers, picnic lunches, meals in remote locations, local transport etc.)

On an Auswalk, it is very easy to find your way. We will supply you with a very detailed set of walking notes that are easy-to-follow, as well as maps with the route highlighted. Auswalk's unique Walk Notes will guide you from point to point along the way and provide lots of interesting and valuable information to enhance your walking. As well as describing the walking route, the notes include information about the natural environment you are passing through, average walking times, optional side-trips and many interesting things en route. Our walking notes have been tried and tested over many years!

In addition to the walking notes you'll receive a comprehensive kit of documents packed with information on the area. We provide a marked map showing the walking route and location of each accommodation. There are informative booklets on the flora, fauna, geology, history etc. of the area you walk through and information on public transport and other places of interest.

Self-guided walking offers great flexibility. You can discover an area at your own pace, stopping and starting as you wish. You walk with your own companions (a minimum of two people is required). Most importantly, you choose your own starting date. Once confirmed, we won't cancel the booking, so you can book in the sure knowledge that your walking holiday will operate.

Note: This holiday is also available as a guided trip.

## 6 day trip itinerary guide...

**Day 1:** Starts in Brisbane any time after 2pm. There is no walking scheduled for today.  
Accommodation: Brisbane

**Day 2:** Travel by coach to O'Reillys on the Lamington Plateau. The afternoon walk is an excellent introduction to the unique flora and fauna of the area. Climb the giant fig tree, stroll across the Tree Tops Walk and visit stunning Moran Falls. Pamper yourself in the spa pool before dinner then join the ranger for a nightlife walk.

Walking summary: 6.5km plus an optional 2km walk, approx 2.5-3hrs plus an hour for the optional walk, well graded downhill and uphill all the way.

Accommodation: O'Reillys



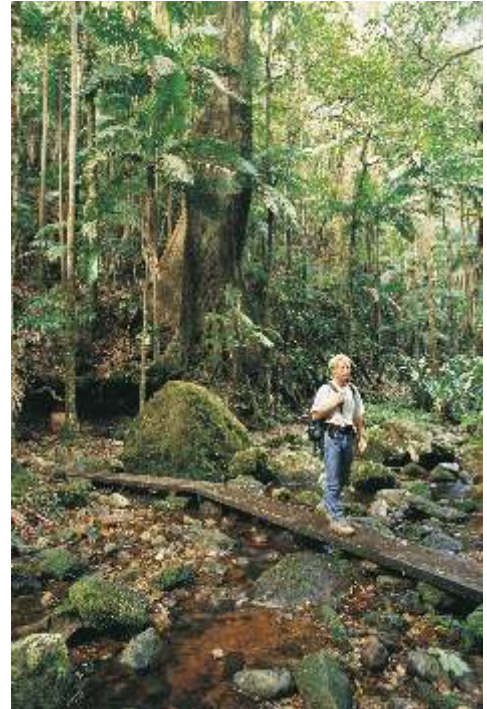
**Day 3:** A waterfall circuit walk criss-crossing pretty Canungra Creek. Walk through lush sub-tropical rainforest with impressive stands of brush box and piccabeen palms. Fabulous lunch spots along the route.

Walking summary: 12km, approx 4-5 hrs, mostly well graded although the section cross-crossing the creek is uneven and involves creek crossings on boulders or by wading.

Accommodation: O'Reillys



**Day 4:** Full day Lamington Traverse. Walk across the rainforest plateau on the Border Track to Binna Burra Lodge at 24km it's a long way but the route is almost flat and the going is easy. The track emerges from the subtropical rainforest at several panoramic escarpment lookouts along the way.  
Walking summary: 24km, 6.5-7.5 hours, mostly gently graded.  
Accommodation: Binna Burra



**Day 5:** A full day circuit walk from Binna Burra. A choice of the longer harder Coomera Circuit which criss-crosses rainforest creeks for much of the day. The easier option heads through bellbird forest and past excellent examples of giant red cedar trees to remote Lower Ballanjui Falls then on to Kweebani Cave, a massive Aboriginal cooking cave.  
Walking summary: Harder option: 20km, approx 7-8hrs, well graded track but lots of creek crossings.  
Easier option: 13km plus 3km optional walk, approx 4-4.5hrs plus 1-1.5hrs for the optional walk, once again it's undulating but well graded, the optional walk is rough underfoot.  
Accommodation: Binna Burra.

**Day 6:** After breakfast, travel by coach then train back to Brisbane



## how hard is the walking?...

55% easy, 25% moderate, 20% more strenuous. 8-22km (3-7 hours) walking each day. The longest walking day is the traverse of the plateau from O'Reillys to Binna Burra - it's 22km however it's almost flat and very easy walking so if you start early you should finish at a comfortable time in the afternoon. You can always have the following morning off to recover!

Each day you will walk independently, without a guide. You'll walk without the constraints of group travel, free to stop and start when you choose, and to walk at your own convenient pace. On most days, your notes will describe optional extra walks for those who want to do more walking. This allows you to plan your day according to the weather and how you are feeling.

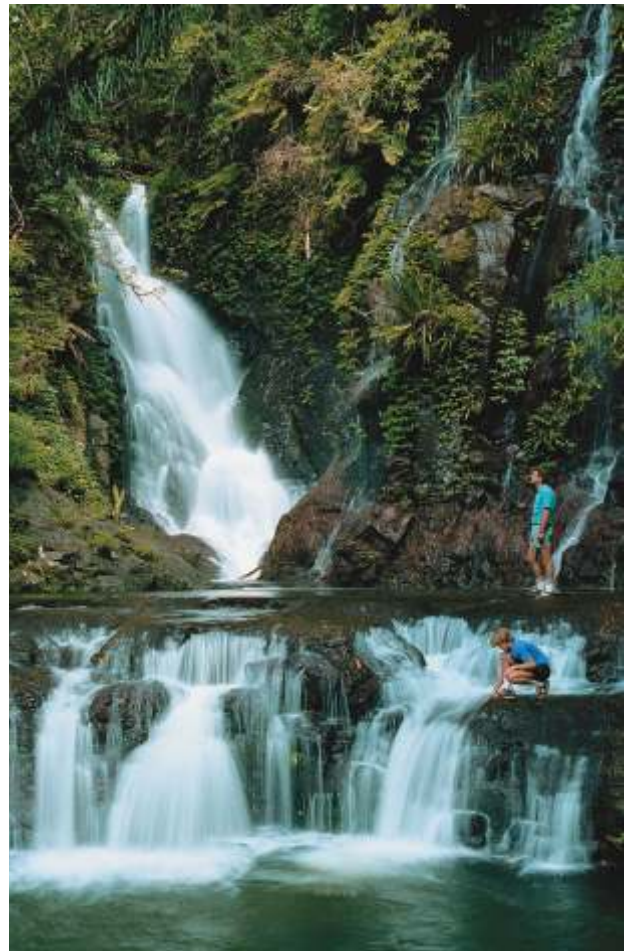
For many people, the walking distances on this holiday are more than you are likely to do at home and you may be quite weary by the end of each day. The best preparation is a program of regular walking. We suggest at least one hour of walking each day, preferably in an area with lots of ups and downs. 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.

## getting there...

This Auswalk tour starts in Brisbane. If you arrive by car you will need to leave it at the transit centre car park (there is a daily fee).

## at the end of the trip...

After breakfast on the last morning, you'll be transported to Nerang and from there you will need to catch a train back to Brisbane (takes around 1 hour). These transfers are included in your trip price.





typical accommodations...



## what to bring with you...

- \* Walk notes, map, map case and lunch bags (provided in your final document pack).
- \* Casual clothing for dinner skirts and jackets are not required in the restaurants.
- \* Suitable footwear. Lightweight boots are best. They should have ankle support and a strong patterned sole for good grip. Wear thick socks, or two pair of thin ones. Sandals and thongs are totally unsuitable.
- \* Daypack. The best daypacks 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, as sunlight at this altitude is very bright.
- \* Water bottles. It is necessary to carry adequate drinking water for the entire day - between one to two litres per person. On a hot day you may need even more than this. You should not drink water from the streams as it may be contaminated.
- \* 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
- \* Small first aid kit containing at least two rolls of crepe bandage, a small pair of scissors and some wide adhesive bandage (in case you get a blister).
- \* Camera/binoculars (optional)
- \* Mobile phone (essential - note that reception is not available in all walk areas)
- \* Walking stick (optional). Some people find that the use of a walking stick reduces stress on knees and ankles, particularly when walking downhill. Modern collapsible models fit neatly into most suitcases for travelling.
- \* Thermos (for hot drinks) optional
- \* Insect repellent
- \* Insect net hat, optional

You should bring everything you need with you from Brisbane as there are no stores in the area you will be walking in. O'Reillys sells basic supplies and at Binna Burra there is nothing much more than souvenirs.

## luggage...

You can bring as many items of luggage as you wish. However, you must limit the weight of each bag to a maximum of 20 kilograms (about 40 pounds). Our hosts will be happy to help with your bags, but please remember that it will be much easier for them and for you also if you keep the weight down.

## 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.

## auswalk's other inn-to-inn trips...

We also offer the following INN-to-INN holidays:

- \* 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
- \* 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

## we also offer group guided walking holidays...

- \* 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 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
- \* Lamington Nature Photography Walk - starts in Brisbane, 4 days, improve your photography skills with a professional photographer as your guide
- \* 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

## 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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