

80th  
anniversary

# Join the 2017 Stinson Walk

Recount Australian history and celebrate the life of Bernard O'Reilly, who heroically saved the lives of two plane crash survivors 80 years ago in World Heritage-listed Lamington National Park. On such a special anniversary year we are offering guests the rare opportunity to walk the iconic Stinson Walk from two different directions on the date of the crash.

Both walks take you through stunning landscape and you are surrounded by the incredibly diverse and wonderful flora and fauna of Lamington National Park.

You can choose the route you would like to take depending on the distance and terrain that suits you best:



To register please fill out the registration form and return to [reservations@oreillys.com.au](mailto:reservations@oreillys.com.au)



Follow in the footsteps of Bernard O'Reilly on his heroic 1937 discovery of the Stinson wreck and its survivors.

## What to bring

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

O'Reilly's

# 2017 STINSON WALK REGISTRATION

## 'Bernard's Footsteps' Stinson Walk

37km one way.  
Rough terrain, steep sections.  
Return to Retreat approx. 5pm

ROOM TYPE	TOTAL per package	NO. OF GUESTS	TOTAL
Single Bithongabel - Single	\$535		
Retreat Room Single	\$635		
Retreat Room Twin	\$1,010		
Mountain View Single	\$755		
Mountain View Twin	\$1,130		
Two Bed Villa – Twin	\$1,650		
Two Bed Villa – Quad	\$2,400		
*50% deposit required at time of booking		TOTAL	
		TOTAL DUE	

## 'Rescue Route' Stinson Walk

14km return  
Very steep uphill and downhill  
Return to Retreat approx. 5pm

ROOM TYPE	TOTAL per package	NO. OF GUESTS	TOTAL
Single Bithongabel - Single	\$485		
Retreat Room Single	\$585		
Retreat Room Twin	\$910		
Mountain View Single	\$705		
Mountain View Twin	\$1,030		
Two Bed Villa – Twin	\$1,550		
Two Bed Villa – Quad	\$2,200		
*50% deposit required at time of booking		TOTAL	
		TOTAL DUE	

NAME(S) .....

ARRIVAL DATE ..... DEPARTURE DATE .....

PAYMENT DETAILS: ☐ CHEQUE ☐ VISA (1.5% SURCHARGE) ☐ MASTERCARD (1.5% SURCHARGE)  
☐ DIRECT DEBIT ☐ AMEX (3% SURCHARGE) ☐ DINERS (3% SURCHARGE)

CARD NUMBER ..... EXPIRY DATE .....

CARDHOLDER NAME ..... SIGNATURE .....

HOME NUMBER ..... E-MAIL ADDRESS .....

By signing this registration form you acknowledge that you have read and meet the fitness requirements outlined in this document.

Signature .....



ESCAPE • EXPERIENCE • CONNECT

## **STINSON FITNESS REQUIREMENTS**

Thank you for your interest in the hike to the site of the Stinson wreck. This trip provides a great challenge through a rugged and isolated area, and is undoubtedly one of the classic hikes in Australia.

We feel it is important to point out that most people's knowledge and expectations of this trek seldom match the reality of the experience, and feel it is our responsibility to warn you of the difficulties and dangers involved.

### **Terrain**

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This is a very arduous journey through rough rainforest terrain that involves almost constant steep climbs and descents. There's plenty of clambering around and through storm damaged areas, with fallen trees and the prickly Lawyer Vine, and regular steep rocky slopes to be negotiated that are often wet and slippery in the high rainfall zone on the crest of the border range. Even if you've done a lot of bushwalking previously in different habitats, you may find this region presents an entirely new and unexpected challenge.

### **'Bernard's Footsteps' Stinson Walk**

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37km one way. Rough terrain, steep sections.

From O'Reilly's to Christmas Creek to commemorate 80th anniversary of rescue.

Groups meet at the clearing near the Stinson Wreck site for a history talk, then continue down to Westray's grave a long Christmas Creek and travel back to O'Reilly's in a bus with the other group.

### **'Rescue Route' Stinson Walk**

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14km return (very steep uphill and downhill, some rock climbing)

From Christmas Creek to Stinson wreck site to commemorate 80th anniversary of rescue.

Groups meet at the clearing near the Stinson Wreck site for a history talk, then return along the same route and travel back to O'Reilly's in a bus with the other group.

### **Pre-requisites**

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#### **Experience**

Experience is essential on this type of hike. We've taken several people over the years that were relatively fit but had gained their fitness through working out at the gym or exercising on comparatively flat ground, and more often than not they've struggled. As stated previously, it is *vital* important that a good solid pace is maintained for the entire day, and only experience will allow you to move through this slippery, awkward terrain more quickly. There simply is not time for people to be constantly thinking about where to put their foot next; experience enables you to do this instinctively.

## Fitness / preparation

A hike of this magnitude requires considerable preparation, it is not one that you decide to do on the spur of the moment. It takes time to build fitness levels to the standard required and to accustom yourself to the terrain and walking conditions. We recommend a preparation period of six months, ideally involving a solid weekly workout.

You must endeavour to prepare in country as similar as possible to what occurs on the Stinson trek. You should do as much rainforest work as you can, but if there is none readily available, at least prepare in steep, rugged country on rough bush tracks. Buy a bushwalking guide book ('The Bush people's Guide to Bushwalking in South-east Queensland' is an excellent local one) and complete some of the more difficult walks described. Time yourself and aim to be well ahead of the duration suggested; remember, these books are necessarily conservative in their timings and most wouldn't consider tackling this trek in a single day.

If you live reasonably close to Lamington National Park, try walking down and back up the Bullant Spur track to Blue Pool, which starts 250 metres towards the guesthouse from the Duck Creek Road turnoff. Aim to complete the return journey within an hour; remember, it is not just being able to manage these walks, they must be done at a good pace, and inability to do so is one of the main reasons so many people have turned back on the Stinson walk over the years.

Probably the ideal exercise in preparation would be to walk in to the wreck from the Christmas Creek end. This should be able to be completed comfortably in around five to six hours, but make an early start; the track is unclear at times, although experienced bushwalkers shouldn't have too much trouble following it.

## Trouble-free knee joints

If you have knees that give you trouble then DO NOT take on this walk. Painful knee joints have been the downfall of so many otherwise competent walkers on so many Stinson walks over the years. Besides the pain you may cause yourself, which is often excruciating by the time the sufferers have struggled out to the bus, usually in darkness, it is unfair on the other participants that have often been forced to stroll along at a snail's pace for the last few hours of the trip while waiting for one or two people, causing the walk to run several hours late. Also, attempting such a hike with faulty knees may cause them irreparable damage and can affect your future enjoyment of bushwalking in general.

## Requirements

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We insist that all participants must be on site at O'Reilly's the evening before the hike for a face-to-face meeting with the guide. This involves a final briefing and will also allow the guide a basic verbal assessment of the preparation of the participants; it is the guide that has the final say as to who may participate in the walk.

Hikers are required to bring:

- a small torch with fresh batteries
- drinking water – there are no creek crossings before Christmas Creek. At least three litres is recommended
- energy-rich snack food
- comfortable backpack
- comfortable, sturdy hiking boots that have been well worn in.
- rain jacket and warm coat.

This is not a hike for anyone that's just getting into rugged bushwalking (or who's been doing it too long!). Neither is it for someone who's simply out to prove to themselves that they can handle the challenge; that only puts themselves and others at risk. But it can be an enjoyable and very rewarding day for anyone that is properly prepared.

Kind Regards



Tim O'Reilly