



JOIN US FOR OUR FIRST 'O'REILLY'S ADVENTURE TREK' AS WE GO ON AN OFF THE BEATEN PATH ADVENTURE TO EXPLORE THE BLACK CANYON AND WONDER AT THE MAGNIFICENT THUNDER AND LIGHTNING FALLS!

BLACK CANYON TREK - MAY 28TH, 2022

Saturday, May 28th at O'Reilly's Rainforest Retreat

Depart at 8am & return to Retreat approximately 5pm

An expert guide & packed lunch are provided -

Bring your own high energy snacks & 3L of water



LIMITED SPACES AVAILABLE - TO BOOK CALL RESERVATIONS ON 1800 688 722

PREPARATION

O'Reilly's new 'Adventure Treks' take participants off the beaten path to some of the most beautiful and remote areas of World Heritage Lamington National Park.

This will not be a typical walk around an established circuit, it will go off track, down steep terrain, require constant climbing and rock hopping up creeks. O'Reilly's will host a series of treks throughout the year which will all have varying degrees of difficulty and different terrain.

Overall, it's important that you have excellent endurance and training prior to participating in these treks. You need to be strong and stable on your feet when negotiating rocks, uneven ground and be able to navigate slippery steep terrain.

If you have any pre-existing health conditions or have knees that give you trouble DO NOT sign up for this trek!



*Thunder and Lightning Falls
in the Black Canyon
Photo: @australian_naturalistmatt*

TRAINING

ENDURANCE TRAINING

We recommend the following walks to build your endurance level. Requirement walking pace is at least 5 kms an hour on these walks - ideally 6kms an hour.

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| ▪ O'Reilly's to Binna Burra Lamington National Park - Border Track | 22km |
| ▪ Warrie Circuit - Springbrook | 17km |
| ▪ Ship's Stern Circuit - Binna Burra Lamington National Park | 21km |
| ▪ Albert River Circuit - O'Reilly's Lamington National Park | 21km |
| ▪ Minyon Falls Northern Rivers - Mullumbimby Whyan Whyan | 13km |

TERRAIN TRAINING

We recommend the following walks for your terrain training. These are good steep, uneven ground treks.

- Numinbah to Apple Tree (Great Walk) - Springbrook
- Mt Barney - Scenic Rim
- Polly's Climb - 'Pinnacle Break via Neranwood Break' - Mudgeeraba - Springbrook Road
- Flinder's Peak - Peak Crossing - Scenic Rim
- Mt Maroon - Scenic Rim

TREK NECESSITIES

We will be out for around 8 hours so you need to make sure you bring an ample supply of carbohydrate rich trail food, snacks and plenty of water, at least 3 litres is recommended.

- **Comfortable hiking boots - wear them in prior to this walk - we don't want blisters!**
- **An extra pair of Waterproof shoes are a good alternative as well if you simply want to walk through the water when we are rock hopping through the creek.**
- **Walking poles (personal choice - not necessary) will assist with your balance, particularly on downhills.**
- **Insect repellent for leeches and ticks.**
- **Drinking water - At least 3 litres is recommended.**
- **Energy rich snack food.**
- **Comfortable backpack.**
- **Head torch with extra batteries.**
- **Rain jacket and warm jacket-light weight.**

ACCOMMODATION

Accommodation at O'Reilly's is available at additional cost and is flexible to best suit your needs. Speak with our Reservation team at 1800 688 722 to find out more.

- **O'Reilly's Campground - Camper van, Campsites or the permanent Safari Tents**
- **Retreat Accommodation - Standard or luxury rooms, serviced daily**
- **Villas Accommodation - Self-contained 1, 2 or 3 bedroom Villas**

REGISTRATION

To register for our Adventure Trek, please complete the form below and email back to reservations@oreillys.com.au. Once received, one of our friendly team will be in contact with you to confirm your booking and process payment of \$155 for the trek.

NAME(S)

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