



JOIN THE ADVENTURE!

Stinson Memorial Guided Trek

Information Guide

this is a challenging trek - 35 kilometres in length. A difficult but rewarding 12 hour hike!

This demanding journey requires high endurance and fitness levels as you navigate rough mountain terrain and dense rainforest.

Prepare for steep climbs, tricky descents, and obstacles like fallen trees and prickly vines. The trek concludes with a steep descent to Christmas Creek, followed by a bus transfer to O'Reilly's. This 12-hour hike demands thorough preparation.

Training is crucial. We recommend a **three-month preparation period**, including weekly workouts on similar terrain. If you have knee issues, this trek may not be suitable. But for those prepared for the challenge, the Stinson Trek offers a rewarding adventure.

More Information: Visit our website and view the Stinson Trek



Next Walk

15 - 17 May 2027

Coat: \$520 pp

Package Info

The package to do the Stinson Trek is \$520 per person. This includes all meals, transfers and tour guides.

(Accommodation needs to be booked Separately)

Package Includes:

- Dinner - Friday and Saturday
- Breakfast - Saturday (Continental) and Sunday (Buffet)
- Guided Stinson Walk on Saturday
- Packed Lunch on Saturday
- Celebratory drinks and snacks at the end of the walk at Christmas Creek
- Bus transfer from Christmas Creek back to O'Reilly's





Terrain

This is a very arduous journey through rough rainforest terrain that involves consistent steep climbs and descents. There's plenty of clambering around through storm damaged areas, with fallen trees and the prickly Lawyer Vine, and regular steep rocky slopes to be negotiated, often wet and slippery.

You will be using many different muscles in your body during this trek. The descent to Christmas Creek is particularly steep after hiking for 8 hours - preparation is a must to undertake this walk.

The Journey

The first section of the walk begins on the Border Track and as the sun rises we walk out along part of the Albert River Circuit before we branch off and make our way off the graded trails and into rough terrain and dense misty rainforest.

By mid morning we summit beautiful Mount Throakban from where Bernard first spotted the tree where the Stinson crashed. Pushing on, we will eventually reach Point Lookout and make our way to the Stinson clearing.

After lunch and a commemoration of the Stinson Crash, we shall all visit the site of the crash to see the graves and the remaining plane wreckage, before hiking down the very steep slope to Christmas Creek. There will then be the opportunity to go to see Westray's final resting place before we walk the last few kilometers out along the creek.

Upon reaching the Carpark we will have celebratory drinks and snacks before boarding the waiting buses and returning to the retreat.



Preparation

Experience is essential on this type of hike. It's vitally important that you have excellent endurance and training. Maintaining the required 'pace' for this trek is mandatory. You need to be strong and stable on your feet when negotiating rocks, uneven ground and slippery steep terrain.



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.

- 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**

Training Period

A hike of this magnitude requires considerable preparation, it is not one that you decide to do on the spur of the moment. We recommend a preparation period of three months involving a solid weekly workout on the above walks which have similar terrain to the Stinson Trek.

**If you have knees that give you trouble
DO NOT sign up for this Trek!**

View from Point Lookout

Stinson Walk participants cross the finish line.

**More Information: Visit our website
and view the Stinson Trek**



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

Trek Necessities

You will be provided a packed lunch but need to bring your own:

- Proper Hiking Boots with grip are essential
- 2L of water recommended. Lifestraws are beneficial but some sections of track do not have running water
- Backpack for your gear
- Rain Jacket recommended in case of weather on day
- Long pants (or shorts with protective covers) due to stinging/thorned plants
- Hat/Sunscreen/Glasses
- Insect Repellant if desired
- Walking poles and or gloves can be helpful but not necessary
- Camera/Binoculars if desired
- Rain jacket and warm jacket-light weight.

And most of all have a fantastic attitude and positive outlook.

Our guides look forward to meeting you on the eve of the walk.