

# **Binna Burra Getaway**

## **Lamington National Park, Queensland**

### **Itinerary**

#### **Sunday, 9 May 2010**

Depart Adelaide with Virgin Blue Airways at 8.45am, arriving into the Gold Coast, Queensland (Coolangatta Airport) at 11:30am.

On arrival you will be transferred from the airport

#### **9-16 May 2010**

7 night's accommodation at the Binna Burra Lodge, Lamington National Park (Tours and inclusions as per flyer)

#### **Sunday, 16 May 2010**

Depart the Gold Coast (Coolangatta Airport) at 12:05pm, arriving into Adelaide at 2.25pm.

#### **Activities:**

##### **Abseiling**

Discover the thrill and heart pumping action of Abseiling. An 11mm diameter rope is your lifeline as you rappel down a 10m volcanic escarpment. Then, challenge the knee-shaking, specially selected, 40m or 90m cliff-face. This is always an unforgettable experience.

##### **Flying Fox:**

Strapped in a safety harness, feel the weightlessness as you zip through the treetops on our 160m long Flying Fox.

Enjoy the fresh mountain air rushing through your hair and the adrenalin in your veins as you speed through the rainforest it's a scream!

##### **Ropes:**

Using harnesses, helmets, cables, ropes and wooden beams strung 20 to 50 feet high among trees, teams explore risk-taking, trust and coaching. Each moment is rich with discoveries.

Participants appreciate the opportunity to interact with their teammates in a very different and powerful way. Our facilitators establish the context for each activity, monitor participant's safety and help the team recognize valuable insights throughout the day.

The high ropes elements are up in the trees so the perceived risk is high, but actual risk is low. Participants walk across cable bridges, negotiate giant ladders through the trees as they overcome personal fears and develop new self confidence.