The Green Heart of Lamington National Park

4 night itinerary

Binna Burra, Beechmont and O'Reilly's deliver one of Queensland's most restorative escapes — a place where rainforest replaces reception bars and time is measured in birdsong and mist.

Lamington National Park is not somewhere you rush. The road climbs slowly, the forest thickens, and by the time you reach the mountain's edge, the modern world already feels distant. Over four days, this journey between Binna Burra and O'Reilly's reveals the quiet power of the Gold Coast hinterland — a place of ancient trees, cool mountain air and carefully placed comforts.

Day One

Binna Burra and the Art of Arrival

The approach to Binna Burra Lodge is a gentle recalibration. Eucalypt forest gives way to subtropical rainforest, and suddenly the temperature drops and the air feels cleaner. Set on the edge of Lamington National Park, Binna Burra has long been the threshold between civilisation and wilderness.

Spend the afternoon walking directly from the lodge into the forest. Trails loop through strangler figs and Antarctic beech, opening occasionally to lookouts across the Numinbah Valley. These first walks aren't about distance — they're about transition.

As evening settles in, the lodge becomes a refuge: warm light, quiet conversations, dinner with valley views and the deep comfort of falling asleep to forest sounds.

Binna Burra Lodge

Day Two

Adrenalin Rush, Vineyards and a New Perspective

Morning brings mist drifting through the canopy. After breakfast, descend toward the valley for a visit to Happitat — not for the feint hearted. Experience the highest and longest zipline! Soar 400 metres above pristine National Park at exhilarating speeds, gliding across the entire cliff face. .

Day Three

From the forest floor to rolling green hills, the contrast at Beechmont Estate is immediate. This elegant estate offers long, unhurried lunches with panoramic views and a menu that celebrates local produce. It's the kind of place where conversation softens, glasses refill easily and the afternoon drifts.

Day Four

Walking the World Heritage Rainforest

An early departure towards Canungra where you'll find great coffee before ascending to

towards O'Reilly's Rainforest Retreat, set deep within the Laington National Park. Arrival feels like entering a natural sanctuary. Check in, wander the grounds, feed the crimson rosellas at dusk and watch cloud shadow slide across distant ranges.

With O'Reilly's as your base, the forest is your playground — but in the gentlest sense.

Begin with the iconic Tree Top Walk, a series of suspended bridges that reveal the canopy's quiet life: lichen, moss, tiny orchids and birds moving almost invisibly through the leaves.

Later, follow shaded trails to waterfalls such as Elabana Falls, where water slips over rock ledges into cool pools framed by moss and fern. Walk slowly. Sit often. This landscape rewards stillness.

Lunch can be simple — a café meal or picnic — and the afternoon is best left open for rest, reading, or a final wander before evening settles once more over the retreat.

Stay as long as you like!