

COMMANDO

CAMPS 2017



Stray Cat Images – Catherine DeWit

BINNA BURRA LODGE / QUEENSLAND

08 - 11 OCTOBER 2017 / 12 - 15 NOVEMBER 2017

www.binnaburrallodge.com.au



DATES 2017

// 08 - 11 **OCTOBER**

// 12 - 15 **NOVEMBER**



ABOUT THE CAMP

Commando Camps have been a success at Binna Burra Lodge for more than eight years. Each camp hosts 30 like-minded participants from all over Australia for a 3 day, 3 night Fitness Camp. Participants attend the Camps as individuals and once here, form bonds with their fellow team mates, finding an atmosphere of support and camaraderie.

A detailed agenda is deliberately not issued for the duration, however we can tell you that your days and nights will be filled with a variety of training and activity.

Commando Steve will be your dedicated trainer, spending ample time in physical training sessions, teaching new training techniques, and improving your level of fitness. In addition, Steve spends time with you outside of training sessions giving you the opportunity to discuss diet and nutrition.

FITNESS LEVELS

The Camp is for all levels of fitness from beginner to intermediate. During this time you will be pushed to your physical limits no matter what level of fitness you are at. It's up to you whether you are prepared to put in the hard yards.



START AND FINISH TIMES

Each **Commando Camps** at Binna Burra runs from Sunday - Wednesday.

Camp commences at 2pm sharp. Arrive early. Café facilities are available to have lunch.

Camp ends at appx 11am on Wednesday.

Massage facilities are available (please book in advance).

CATERING & DIET

Food is plentiful and you are catered for throughout the duration of your stay. Most meals are served buffet style so you can eat as much or as little as you like. Healthy options are available and dietary requirements are catered for eg Gluten or Lactose intolerances.

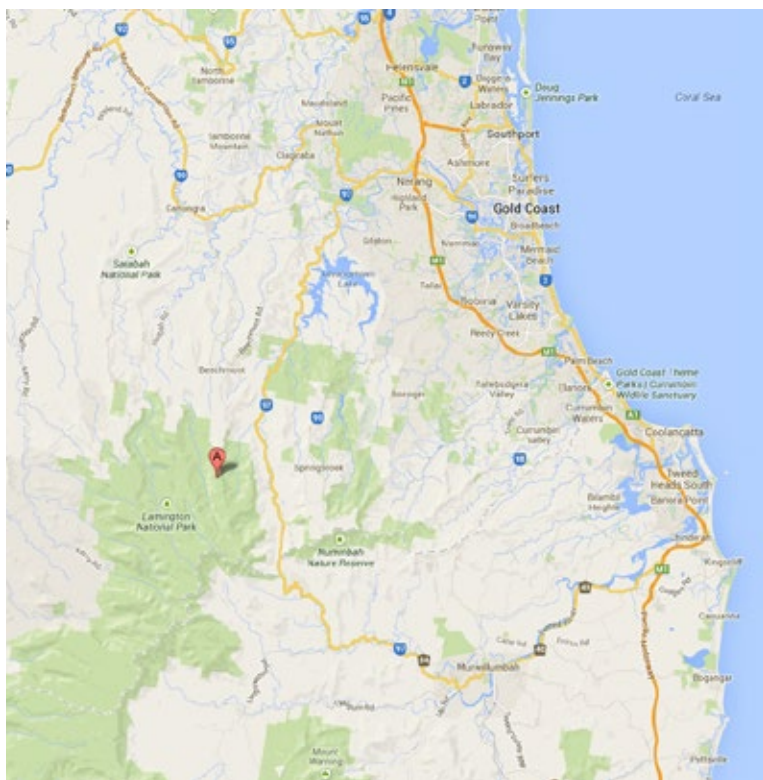


HOW TO GET HERE

Positioned 800m above sea level amidst the subtropical rainforest of Lamington National Park in the Gold Coast Hinterland, Binna Burra lodge is only a 90 minute drive from Brisbane and 40 minutes from the Gold Coast.

If you are flying interstate, our nearest airport is Gold Coast (Coolangatta). We will arrange transfers from the airport to get you to and from Binna Burra Lodge (a charge will apply). We ask that you book your flights to arrive at Gold Coast Airport no later than 12pm on the start day of your Commando Camps, and that you book your return flight to depart Gold Coast Airport no earlier than 1pm on the final day.

Some interstate participants may want to stay additional nights before or after the training camp, especially those from Tasmania or Perth. Speak with our friendly staff about accommodation deals or see our website www.binnaburralodge.com.au.



Google Maps: <http://goo.gl/maps/ZZkFa>

WHAT TO BRING

REQUIRED

- Pack – must be able to carry **all** personal belongings
- Runners
- 2 x White unmarked t-shirts (minimum)
- Training gear
- Warm weather gear
- Wet weather gear
- Neat attire for meals – closed footwear required for dining room
- Sleeping attire
- Toiletries
- Sunscreen
- Water bottle – 1 litre minimum
- Beanie
- Thongs
- Torch/Head Lamp
- Towel
- Sunglasses
- Antiseptic lotion/wipes – band aids
- Gold coins – Laundry facilities available if required
- Black permanent texter

Recommended

- Training gear: Pants - cargo style, long sleeve
- Training gloves
- Hearing protection – if you are a light sleeper

PRICING AND PAYMENT

Fee: \$1500 (incl. GST)

All inclusive price covers 3 days and nights of training, meals and accommodation.

Deposit: \$750 (50%) required at the time of booking. All deposits are non-refundable.

Balance: \$750 due one month before the start date of your training camp.

Payments are usually made by Visa or Mastercard over the telephone, but can be made by direct bank transfer.

Direct transfer account details are:

Account Name: Binna Burra Lodge

Account Number: 170851

BSB: 034 630

Cancellation policy:

Commando Steve Reservation Conditions and Cancellation Policy applies.

This will be sent to you at the time of booking.

MORE INFORMATION

For more information or to reserve your space email rachel@binnaburrallodge.com.au
or call **07 5533 622**

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Thank you so much for a wonderful experience. The boot camp was a life changer for me. It seems that no matter what fitness level you have, you are pushed to be the best you that you can be. Not for one moment did I allow myself to feel that I had to compete with anyone else there.... I was simply fighting to exceed what I perceived to be MY limits. At 57 it's quite an eye opener to learn that your body won't "break" if you work it harder than you imagined possible.

Rita Howard



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