

APRIL 2023



The Trudge

Sunshine Coast Bushwalking Club
Est. 1975



Find out what activities are
planned
www.scbwc.com/activities

CLUB MEETINGS

First Monday of the month (excl Jan.)

Time:

7:00pm – refreshments & walk sign on

7:30pm – meeting commences

Where:

Buderim Craft Cottage

5 Main St, Buderim

Please note, when the first Monday falls on
a public holiday the meeting will be held on
the 2nd Monday

Committee Members 2021-2022

President:

Sam Rowe

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Vice President:

June Hughes

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Secretary:

Neralie Carr

sec@scbwc.com

Treasurer:

Karen McNamara

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Walks Coordinator:

Linda Gregory

walk@scbwc.com

New Member Officer:

Lorri Carrol

enquiry@scbwc.com

Grants Officer:

Peter Fowler

grants@scbwc.com

Non-Committee Positions

Hire Equipment Officer:

Garry Carr

guznez6@gmail.com

Trudge Editor:

Katherine Galligan

trudge@scbwc.com

Abseiling Coordinator

Peter Fowler

grants@scbwc.com

Librarian:

Gerard Gallop

cooroora35@gmail.com

Email enquiry@scbwc.com if you are unsure of whom to contact. They will forward your query to the appropriate individual.

Please send walk reports and photographs to trudge@scbwc.com

Members should email enquiry@scbwc.com if they are not receiving general email communications from the SCBWC.

Sunshine Coast Great Walk Overnighter

Under cloudy skies on a Friday afternoon, Phillipa, Peter and Katherine headed off from Leafy Lane with laden packs to Ubajee Camp. It was a tough 3km walk!

No sooner had tents been set up and pots boiled, than the skies opened and we all retreated to our tents for a very early night.

Waking Saturday to brighter skies and the sound of black cockatoos in the trees above, we enjoyed a peaceful cuppa before packing up. Jeff joined us and we headed to Ubajee lookout to inspect our route for the day. Down the hill and along the creek, we made a few stops to enjoy our surrounds.

The climb. By the time we reached the ascent up to Mount Thilba Thalba it was pretty hot so it was a slow slog.

We had a lovely surprise at Thilba Thalba – Kate visited and brought us nibbles. Legend! The left overs were just as good the next day too.



Sunday we continued along the Great Walk back towards Mapleton. It's a lovely section of track with varied vegetation, some views and a waterfall.

Finally, the second slog up the hill, past Ubajee and back to our cars in time for a late lunch at the Mapleton Bakery. Thanks all for the company. It was a lovely way to spend a weekend close to home.

The things you see in the bush

This insect was found near Mapleton during our overnighter. It's one of 7 species of longhorn beetles found in Australia.



Zygotocera bivittata

Did you notice the fluffy bits on its antennae/horns?
So far we haven't been able to find out much information except only the males in this species have them and not all species of Zygotocera have them.
Function = who knows!

March Activities

- 3-5th Sunshine Coast Great Walk Overnighter
- 5th Clean Up Australia Day
- 9-11th O'Reilly's Base Camp
- 12th Mapleton to Leafy Lane
- 14 + 28th Track Maintenance
- 19th Walk Planning
- 22nd + 29th Introductory Abseiling @ Tinbeerwah
- 25th Advanced Abseiling @ Thilba Thalba
- 26th Mt Coolum & Mt Ninderry
- 26th Byron Creek
- 28th North Bribie Circuit

Clean Up Australia Day

The club had a very successful morning on Sunday 5th March at the Maroochy North Shore area for Clean Up Australia. We had 17 members, guest and prospective members join us to clean up the area along the river, sand dunes, beach, North Shore Road and car park.



Thanks to Toni, Helen, June, Kate, Kevin, Gerry Rod, Mimi, Linda, Neralie, Malcolm, Jenni, Sheila, Mark, John, Jan and Meredith for giving up your morning to help out. We also all enjoyed a morning tea to finish off the morning.
Sam



Apart from the usual cigarette butts, plastic bottles, cans and bottles, the teams also found pallets, a camp in the dunes, parking signs (removed and put into the bush), bong, chairs and even a lost "lost property" box! The Sunshine Coast Council were very pleased with our finds and assessed the rubbish contents in the area with regards to the turtles hatching. They called the group 'Legends'.



Did you Know?

In 1989 a 6month program included 12 activities.
In 2022 a 6month program included 52 activities.

If you review the 1989 program most of the activities were the more adventurous kind, Mt Tibrogargan, Lost World, Mt Beerwah moonlight, Northbrook Gorge etc.

Current club activities include a broad range of activities to suit all levels of fitness and experience.

Research Peter Fowler

SUNSHINE COAST BUSHWALKERS HALF YEARLY WALKS PROGRAMME 1989

DATE	CODE	PLACE	LEADER: MEET :
JULY 2	DW	SUMMER CREEK CONONDALES	LEADER: MEET :
JULY 16	DW	MOUNT TIBROGARGAN <i>\$20.</i> EAST FACE CLIMB	LEADER: <i>Jan Glasheen</i> MEET :
JULY 29/30	TW	MORETON ISLAND	LEADER: <i>Jenni Mc.</i> MEET :
AUGUST 12/13	DW TW BC	ELIZA FRASER TRAIL COOLoola NATIONAL PARK	LEADER: MEET :
AUGUST 26/27	TW AC	LOST WORLD, NEAR BOONAH	LEADER: MEET :
SEPT 8/9/10	BC	BUSHWALKERS PILGRIMAGE <i>COONAMBA R.A.</i>	LEADER: MEET :
OCTOBER 8	BC	BUNYA MOUNTAINS	LEADER: MEET :
OCTOBER 14	DW	MOUNT BEERWAH, MOONLIGHT CLIMB	LEADER: MEET :
OCTOBER 22	DW	NORTHBROOK GORGE BRISBANE FOREST PARK	LEADER: <i>Peter</i> MEET :
NOVEMBER 12	BC TW	NOOSA RIVER CANOE TRIP	LEADER: MEET :
NOVEMBER 26	DW	BOOLUMBA CREEK CONONDALES	LEADER: MEET :
DECEMBER 10		CHRISTMAS PARTY	
CODE:		WALK SECRETARY: PETER FOWLER	
DW	DAY WALK	PHONE : 45 3531	
BS	BASE CAMP		
TW	THROUGH WALK		

O'Reilly's Base Camp

Below are a selection of reflections

Sunday 12 March 2023 - Day 3 of the O'Reilly's Base Camp

Today was departure day from the campgrounds with checkout at 11am so we packed, put our gear in the cars and locked up the glamping tents before we headed off for our final hikes for the weekend.

Today's hikes were 2 short ones combined - Python Rock and Pats Bluff - a combined length of 8km with an elevation gain of 324m. Ten hikers in our group today.

The hike to Python Rock is graded for comfortable access by most walkers - we came across a number of families doing this section of the hike.

This track starts in a closed rainforest and then comes to an open eucalypt area with lots of xanthorrea (grass trees). From the Python Rock lookout you are able to look across to Morans Falls (where we were just yesterday). No sighting of the Python (surely there had to be one to justify the name!) but when the bulk of the group had moved on, sharp eyed Garry did spot a Land Mullet close by.

Not far from the Python Rock viewing platform there is an unsigned connecting track which took us across to the Pats Bluff track. Quite a different track to the Python Rock one. Quite obviously not as well traversed as the other one - and in fact we did not come across any other hikers on this particular section. But what a lovely hike it is! Narrow in spots, with lots of exposed tree roots and overhanging vegetation but then we came out onto an exposed grassy bluff - Pats Bluff.

A lovely spot for morning tea but we soon cut it short when we checked the BOM weather report!

The rain did hold off for us but the whole hike was quite eerily shrouded by cloud - we were tantalised by occasional glimpses through the low level cloud of what would normally be spectacular views.

This hike offered up the most variety in the way of fungi and wildflowers - even some late flowering Christmas Orchids.

A lovely way to finish off a great weekend - awesome hikes, great accommodation, friendly wildlife and birdlife, and of course delightful company!



O'Reilly's Base Camp

Seven Pairs of Legs

by Michelle Freeman

(with creative inspiration from Dot Beatty, Kate Russo and Linda Gregory)

Seven pairs of legs went hiking, O'Reilly's to south-east,
Forest damp and cool, no rain - that's good at least.
Antarctic beech like monsters, gnarly at their base,
A handsome Lyrebird scurried off, didn't want to show his face.

'Long the Albert River loop, we gradually made descent,
Lightning Creek an obstacle, so down the track we went,
Switchbacks made us dizzy, we could hear a roaring sound,
Waterfalls and cascades, in torrents they splashed down.

We saw some amazing crayfish, fat ones, blue with white,
Their nippers waving back and forth, ready for a fight.
We left the river, climbed the hill, over logs we did gymnastics,
At Echo Point, we all agreed, the view was just fantastic!

At edge of cliff was Serpent Black, belly red as fire,
Seven pairs of legs stepped back, the consequences dire,
He slid our way, then stood his ground, because it was HIS place,
Suddenly the mist rolled in, we turned, and upped our pace.

Tree ferns spread their lacy fronds, like umbrellas soft and green,
Rainforest trees looked strong and tall, birds high up unseen,
At Border Track, seven pairs of legs had exercised ENOUGH ! * ^ % ! !
Our leader said "Come on be tough! 6Ks is not that rough!"

At end, kilometers were counted, we reckoned twenty-four,
Leeches had had a feed on me, blood was flowing forth,
Back at civilization..... bitumen and grass,
We craved our dinner, our legs were sore, we got to sit at last!

This poem describes 7 bushwalkers hiking the Albert River Circuit, Lamington N.P.

10/3/23 - 8 am to 4.45 pm.

(Linda G, Ian G, Ian, Kate R, Dot B, Marilyn S and Michelle F)

Mapleton to Leafy Lane

Alf's Mapleton walk in the park Sunday 12 March '23

Never let a bit of rain get in the way of a nice walk in the bush with friends!

There was a 90% chance of rain predicted and youngster Alf Moore with a group of 18 hikers met at Mapleton Falls.

No rain – just blue skies and wet tracks. Alf warned of slippery wet tree roots and wet timber walkways but it was all good.

Lovely leafy rainforest with sunlight highlighting droplets of water on the plants.

A few native animals – plenty of them were leeches some of which took more than a passing interest in our presence. They inject an anaesthetic once they attach maybe that's why no one complained.

Start and finish point was Mapleton Falls and we covered about 9 km over fairly level ground.

Alf's group of 18 at the Mapleton Falls Shelter. In the group we had Alf, Helen, Roger, Kevin with support, Toni, Ron, Mimie and Rod, Lorri and Dennis, Clive, Kevin, Maree, Glen, Sarah, Karen, Steve and Jeff.

Walk Planning

An exciting and full [activities calendar](#) is now live on the website following the planning day on 19 March.

Check it out. Live adventurously. Try something new.



The Sunshine Coast Bushwalking Club has a membership of active bush walkers from all walks of life who have a love of the outdoors. Our activity leaders are experienced bush walkers so you are in good hands.

Our Club Objectives

- To encourage bush walking as a means of recreation and to provide facilities for bush walking and other allied activities
- To promote regard for the welfare and conservation of the natural environment
- To promote social activities among members of the club and of kindred spirits

Colour coded by activity: **BC** **DW** **TW** **ABS** **CYC** **KYK** **SOC** **OTH** **TRNG**

April 2023

« Prev -- Select month/year -- Next »

Adventure April

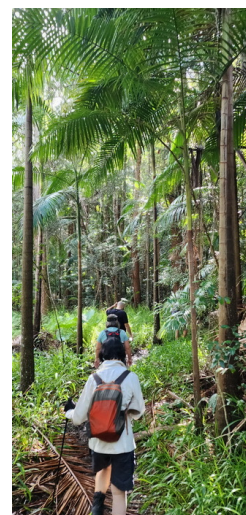
"Until you step into the unknown you don't know what you are made of"
- Roy Bennett

What are you going to try in April?

A creek walk:
Woodnum Creek or Stony Creek?

A bike ride:
Bribie Island Delight?

An off-track walk:
Mt Langley or Above Gheerulla Falls?



Mapleton Abseil

25 March 2023 Leader Peter Fowler

This activity gave Peter, Katherine and Sam a great opportunity to do advanced abseiling, where the anchor points were not anchors (bolts) provided in the rock, but natural anchor points (rocks and trees) in the area that we had to determine could be used and provide the correct angles needed to do the activity safely. We also had the chance to use the new club abseil rope (bright yellow) which replaced the previous rope that was 6 years old and time to be retired from abseiling activities.

We walked 2kms into the area from Delicia Road, Mapleton and had the abseil set up done by morning tea. Then it was time to head over the edge and abseil off a cliff we hadn't done before.

This abseil had a small amount of free fall which was fun and a good short abseil down the cliff with a few obstacles thrown in. Once we were all down, we then had to work out a way back up to the top of the cliff – probably more difficult than the abseil down.

Definitely an adventure.
Sam



Track Maintenance

The track maintenance crew were busy again this month clearing fallen trees and vigorous ferns on two sections of the Great Walk at Conondale



Guest Speaker – May Meeting

Join us at our May meeting (8/5 due to public holiday on 1/5) to hear from Nathan, Manager of Kathmandu Kawana. He'll be covering some gear related tips and answer questions from 7:30pm.

In July, we'll be practicing some basic strapping and bandaging techniques with Katherine.

Byron Creek

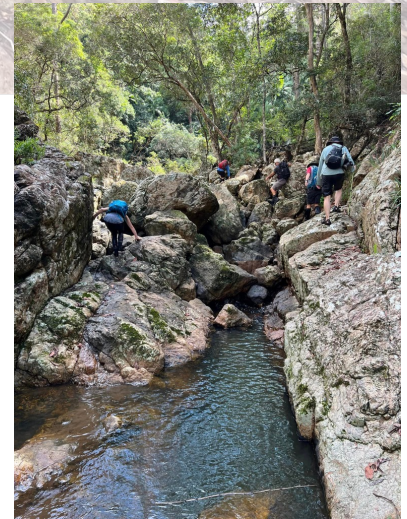
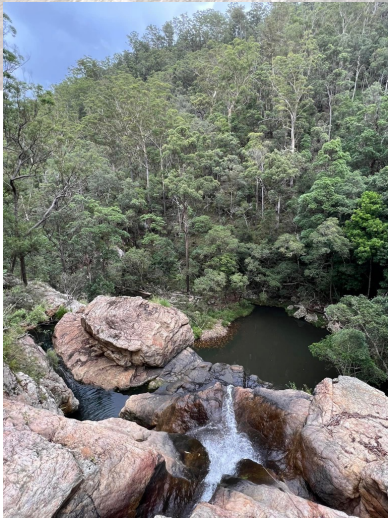
Thanks to Jon Lee for leading this tranquil creek, gorge and waterfall walk. Six took up the challenge, Jon and John, Peter, Taylor, Alex and Kevin.

This walk had a variety of terrain, rainforest, wide open creek, narrow rocky challenging gorges, waterfalls to climb around, swimming holes big and small, hills big and small.

One challenge for the day was to not get your shoes wet, 5 failed that challenge, only one with dry socks and boots remained at the end of the day. Taylor and Kevin chose to walk or swim through every pool of water which was the easiest route most times!

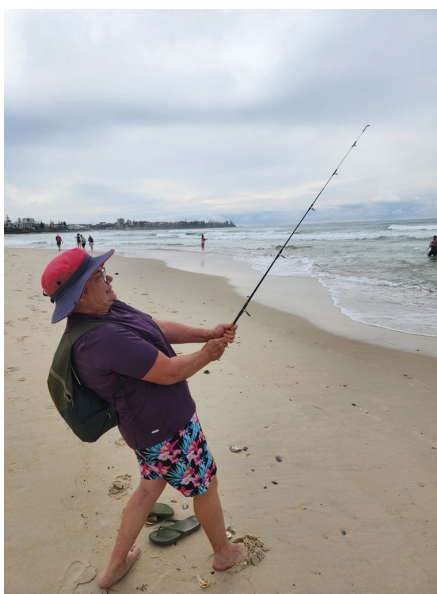
The rocks were mostly kind and not slippery, just the odd rock to be careful of.

Six hours and we were back in Woodford at CJ's to choose coffee, cake, milkshakes or ice cream.



North Bribie Island

It was a fantastic walk this morning from Bulcock Beach over to Bribie Island and back. There's were lots of laughs while getting our feet wet and exploring the mangroves, beach and sandy tracks. Thanks for organising this, Dot.



Introductory Abseiling - Tinbeerwah

Reflections on an introduction to abseiling

Standing backwards on the edge of a 45 metre sheer cliff face, harnessed up & securely anchored is not a time for reflection or even thought. Everything goes really still inside me, as I listen to a calm voice telling me what I need to know. Not too much, not too little. And then I am over the edge & straddling my way down, heart drumming out a tattoo, not sure if I am breathing but a stupid grin on my face.



The setting was Mt Tinbeerwah on a day that threatened rain, with 4 novice abseilers under the patient tuition of Peter Fowler. Unfortunately only 2 of us were able to have an abseil (I just found out that the word abseil comes from the German 'abseilen' which means down rope - that figures), due to the rainclouds rolling in. Peter generously offered another session for the following week which we jumped at, when we were all able to get in multiple descents.

Abseiling does weird things to time – it goes really slowly at points, then speeds up & I'm at the bottom of the cliff already; I have no idea how many descents I've done, not because it's at all a large number but because it's so full of moments & sensations that fill my experience. Being able to see the hidden beauty of the rock face at close quarters is amazing: the patterns & colours in the rock, the time-shaped contours, tiny plants growing in their harsh surroundings. On the other hand, the practical gear-related information is bubbling away, with fierce concentration one minute, the next moment knowing I can trust the harness, the rope, the prusik (another new word), Peter's experience & support of the group. A big thank you to Peter, & our group of Michelle, Ross & Philippa.

If you get a chance to abseil, do it. It's an empowering experience. Even just wearing the harness with its jingly bits made me feel competent. At what I don't know, just more competent.

Maureen Ledingham

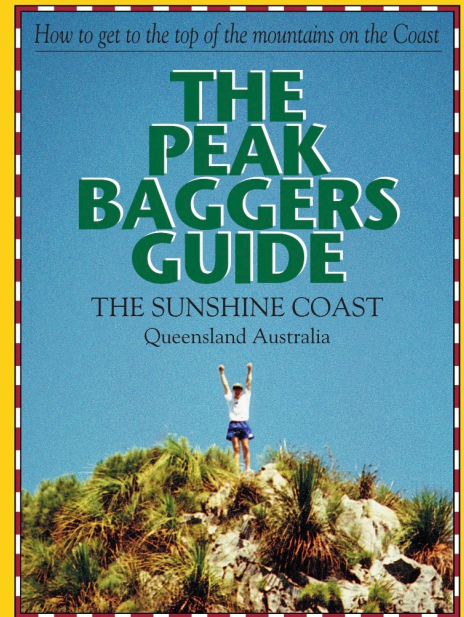


Club Library – Book Review

The club has a great selection of books, maps and resources members can borrow. These are displayed at each meeting or contact Gerry.

BOOK OF THE MONTH: *PEAKBAGGERS*

Have you set a bushwalking goal for 2023? Did you know the SCBWC library has bushwalking books including the Peak Baggers Guide? Perhaps check the book out and have a look at the walks in the book and start to tick them off as a goal? There are a number of club bushwalks in the coming 6 months that are from this book, so maybe set a goal to do one, two or three of them?



Gary Cobb

Volunteering

Did you know there are various opportunities to with Parks and affiliate organisations? Here are a couple of options:

- [Friends of Currimundi Lake](#)
- [Mangrove Watch](#)
- [Campground hosts](#)
- [Noosa Weed Group](#)



Dear clubs

I have just led 2 trips to nz..day walks only ..both very different

Here is the 2024 ifinerary..costs about 1500 per person for van and accommodation

Feb 8..dep Christchurch for Lake tekapo

Feb 9,10.Yha Mt Cook

Feb 11,12 Panorama units Lake Wanaka

Feb 13,14,15,16 Lake Te

Anau..Kepler,Routeburn ,Milford Sound from here

Feb 17 Moeraki

Feb 18 return to chch

West coast trip is still being worked on but is essentially

Feb 21,22 Arthur's pass

Feb 23,24 Franz Josef

Feb 25,26 Hokitika

Feb 27 Charleston

Feb 28 Reefton

Feb 29,1 March hamner

Enquiries with photo albums to lizjtanner@yahoo.com.au or 0466966404

Many thanks..comparable trips are about 6,000

Member Gold Coast bushwalking club

Face the Rock, Mt Beerwah Impressions

Climbing is about flow and movement, strive for gracefulness and equilibrium. Climbing is like a vertical dance with one movement leading to the next one. Some moves are hard, the holds are small, while others are easier with big holds. Climb fluidly and stay in motion. Reach and grab, step up and push. Stay relaxed and breathe as you climb, transition the change smoothly. When you reach a big foothold or handhold, stop and rest. Shake out your hands and arms to increase blood flow. Study the route above or below and figure where you will rest next. Let your climbing movements ebb and flow.

“Be one with the rock”

A recollection of many of the club climbs. Perhaps easier than it sounds!
Come along to the next Mt Beerwah climb and test your adventurous spirit.

Peter Fowler
Abseil Coordinator



UNTIL NEXT MONTH..... HAPPY TRAILS