



The Trudge

Sunshine Coast Bushwalking Club
Est. 1975



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 2022-2023

President:

Sam Rowe

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Vice President:

June Hughes

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Secretary:

Neralie Carr

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Grants Officer:

Peter Fowler

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Hire Equipment Officer:

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Abseiling Coordinator

Peter Fowler

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Librarian:

Gerard Gallop

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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.

June Activities conducted

It was another busy month with a range of activities to suit all interests:

2 nd	Full Moon Coastal Path Cycle	18 th	Mt Eerwah
4 th	Neurum Creek + 'Scotts' Creek	18 th	Healthy SC Walk: 'Waterfall Walk' Kureelpa Falls
5 th	Club Meeting	20 th	Track Maintenance
6 th	Track Maintenance	28 th	Healthy SC Walk: Baxter Falls
9-11 th	Kirby's Road Base Camp + Walk	25 th	Ewan Maddock Dam Cycle
14 th	Track Maintenance Buderim Nature Reserve	25 th	Healthy SC Walk: Kirby's Road
17 th	Healthy SC Walk: Yul Yan Man track	28 th	Track Maintenance Buderim Nature Reserve

Full Moon Coast Path Cycle

What a lovely night to cycle the return 15kms along the Coastal Cycle Pathway - Kawana to Currimundi Lake. For a winter cycle we had a mild evening, no wind and a pretty clear cycle path to ride along. The full moon was up on the eastern sky and the sunset to the west was a lovely red. After the ride we enjoyed the Kawana Surf Club hospitality with the locals over dinner. Unfortunately we didn't win the meat raffles or the \$10,000 lucky spin – still a lovely evening thanks Katherine, Jeff and Leanne for joining me.

Sam Rowe



Let's welcome new members

Claire Steel
Jenni Pepper
Ronald Preuss

We look forward to seeing you on more walks soon.



Ewen Maddock Dam Cycle

Five of us met on beautiful clear morning for a lap alongside Ewen Maddock Dam to Landsborough. It's always gorgeous along the dam with reflections in the water, birds and few friendly walkers and runners. After coffee and sweet treats at Landsborough we headed back via the Dularcha NP tunnel to Mooloolah and along the path to the dam. Thanks all for an enjoyable morning out.

Kirby's Road Environmental Reserve Base Camp & Walk

Imagine a blackened sky full of stars, planets and satellites - Venus, Southern Cross, the pointers, Scorpio, Milky Way all on the art canvas.

Imagine the only noise you hear when heading off to sleep is the mopoke owl in the distance and mooing of the cows.

Imagine a campfire to keep you warm when the chill of the air starts to descend with lively chatter from those sitting around it.

Imagine bird calls letting you know a new day has begun, but you don't have to get out of that warm swag (yet).

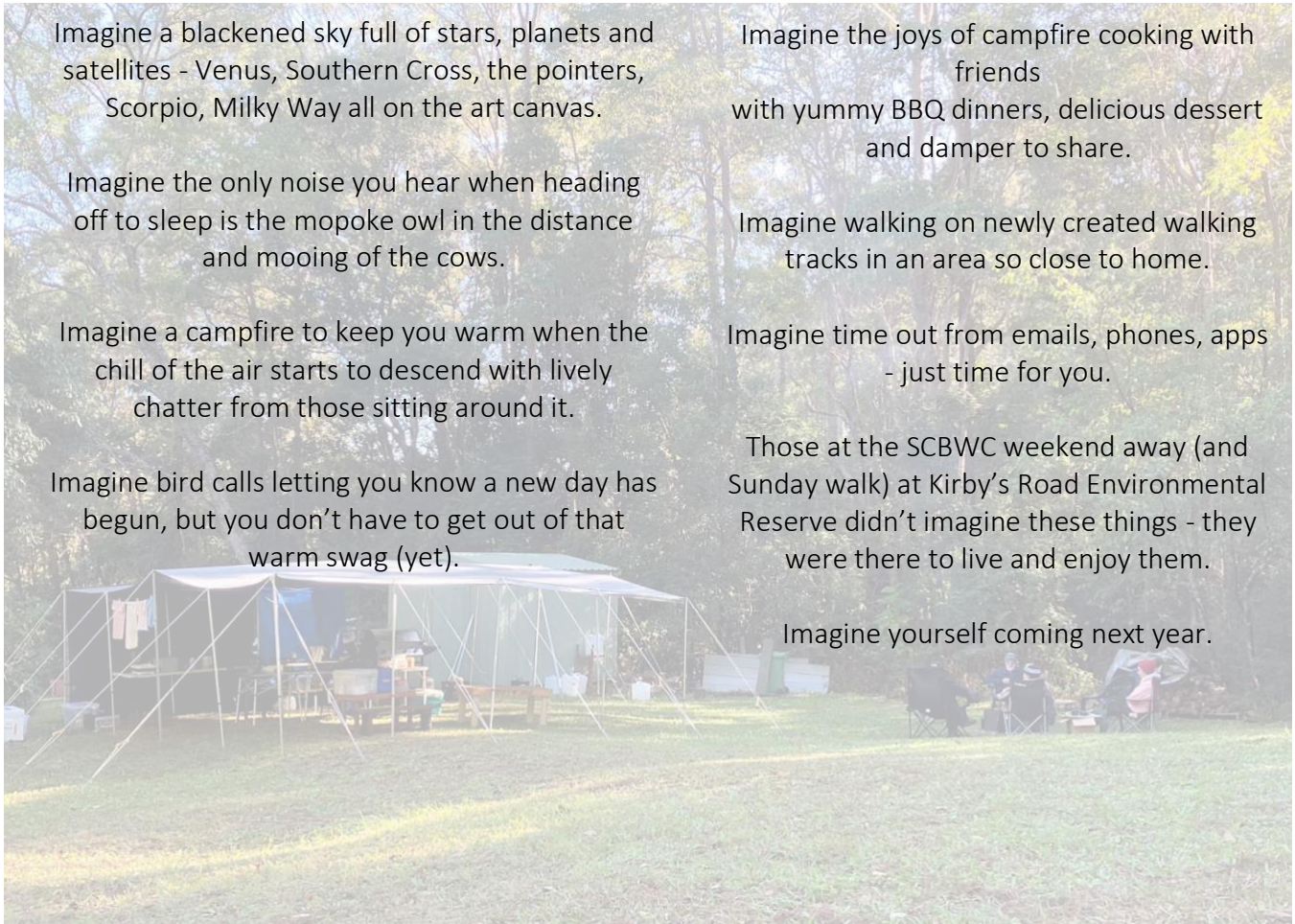
Imagine the joys of campfire cooking with friends with yummy BBQ dinners, delicious dessert and damper to share.

Imagine walking on newly created walking tracks in an area so close to home.

Imagine time out from emails, phones, apps - just time for you.

Those at the SCBWC weekend away (and Sunday walk) at Kirby's Road Environmental Reserve didn't imagine these things - they were there to live and enjoy them.

Imagine yourself coming next year.



19 participants met for a short walk, dodging cow pads, to the site of our intrepid campers. After some greetings and a cuppa we headed off to 'enjoy' an uphill climb, hearing about the great efforts made by the maintenance crews to create and maintain such a track. The usual orchid spotting group catching up on previous efforts on the trail to tie some staghorns onto trees beside the walk, as well as the growth of orchids nearby. Our two knowledgeable assistants on the walk were a great source of information on various tree species, including one endangered variety. We all enjoyed morning tea at the top and caught our breath, before heading downhill back to camp. Thanks to Sam's efforts we enjoyed damper with butter and golden syrup around the comforts of a camp fire with luxury seating. Bonus was free and delicious organic oranges to eat there or take home. Yum!



Neurum and 'Scotts' Creeks

The weather may have been a tad damp but spirits were high as we headed off from Woodford to Neurum Creek. Located on the western side of Mt Mee, the local region is the traditional lands of the Jinibara people. Our intrepid leader, John Lee did a great job of leading us up five waterfalls (give or take a few), around rock pools, past bunya pines and through too many spiky vine thickets to count! And we didn't lose a single hiker along the way, Nice work!

Green, wet, slippery and prickly, ninja warrior skills would have come in handy along the way with this walk. But nothing like a good challenge to get the blood pumping and make for a fun and rewarding day! Highlights along the way included two sightings of an Azure Kingfisher, beautiful waterways, some intriguing eucalyptus nobblious trees and the fabulous company of course!

The last waterfall wasn't a goer in the wet conditions so there was a long steep scramble up the slope to the road that was found... eventually! Gaz did some track work along the way clearing loose rocks. Working dexterously on the precipitous slopes not a single stone was left unturned. Such a dedicated volunteer! Lantana and Lawyer vines left their mark, but what's a few scratches and bumps for an adventurous little hiking group! I'll look forward to our next hike!



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

Healthy Sunshine Coast Walk: Kirby's Road Environmental Reserve



Healthy Sunshine Coast Walk: Baxter Falls

With 9 cancellations we ended up with only 3 healthy Sunshine coast participants joining, Clare, Arlene and Mike on another perfect bushwalking day to Baxter's Falls. The joy of a small group though is the ease of walking and the whole group talking together. We parked at Old Flaxton Mill road and in the shade of eucalypts and it was a cool start heading down to the creek. The path zig zags down through the forest and is well-marked to the bottom. Once at the creek we took turns crossing the suspension bridge and then had morning tea perched on the rocks and the base of the falls.



Even though it's been dry, the waterfall was still quite impressive. Mike was training for an adventurous trip overseas so he left us to do the return section at speed while we meandered with time to chat to a surprising number of young folk out and about practicing through-walking. All up about 7km and we finished at 11.30. Thanks to Arlene for being tail-end Charlie.

Healthy Sunshine Coast Walk: Yul Yan Man & Soldiers Settlers Tracks



Five enthusiastic Healthy Sunshine Coast participants joined Clare and Lynda on a beautiful winter day to walk the Yul Yan Man track and back via the Soldiers Settlement Track. A huge 'meet-up group' set off 20 minutes before us so we weren't sure we would get a decent fix of peace. However, we didn't see them again until we were heading back to our cars. It was the first time 2 of the participants had tackled walking across rocky terrain so we took it easy and I made sure to keep my eyes peeled so as not to miss the track and take anyone on an unnecessary additional detour. First break was had at the first

lookout which has panoramic views out to the coast and to the south. The walk is an enjoyable mix of narrow trail and some rock hopping with plenty of ups and downs and views out to all the different Glasshouse Mountains. We had a nice long break at the second lookout in the shade of the local tea trees overlooking Mt Tibrogargan before tackling the steep section to get down off the ridgeline. All the visitors were good humoured and the chat flowed easily. Banksias and fringe lilies were out in profusion making for a pleasant stroll back for the last 4km. Thanks to Lynda for being 'tail-end Charlie'.

Mount Eerwah

The word EERWAH is apparently the indigenous word for “death adder”. So watch where you walk! Sitting between Eumundi and the tree-covered cliffs of Point Glorious, this conical mountain is 384 metres tall. Joined on the eastern side, perhaps like a younger brother, is a second peak, rising 340 metres. Back in 2015 a hiker wrote of his Mt Eerwah experience. “... go through a couple of gullies, follow a fenceline, then ascend a faint path to the top. Trees are ribboned...find the “Welcome” sign.

We had a different experience in 2023:

- The 3 gullies and fenceline are still there, but the faint path?
- Today, the track is well-worn, distinctive, with lots of exposed roots.

Six knotted climbing ropes have been tied to tree trunks to help the hikers on the steep sections. The ground was dry when we climbed. But in wet conditions, using these ropes would most likely save some slips and accidents.

- The trees are no longer ribboned. Trunks and solid saplings are handy for grabbing, when descending the mountain.
- The Welcome sign has been removed.

There is much talk about the red dog who leads the hikers up the track. We got to meet him towards the top, and today he was accompanied by a pale-coloured canine. Apparently, this friendly red dog (Rusty) has been escorting hikers for over 10 years and never seems to tire of it!

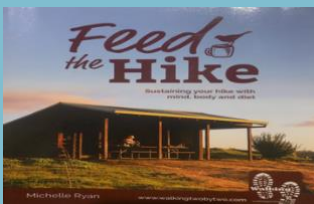
But for humans, the steepness makes you grunt and puff, so good aerobic fitness is needed.

After a short break at the top, we followed the track, which dropped about 70 metres in altitude, and found ourselves in a rainforest saddle. High in the tree tops, we heard the plaintive meow of a Cat Bird. While craning our necks to look up, we spotted two birds flitting around. Pink, yellow and green coloured feathers identified them as Wompoo Fruit Doves.

After a short climb to the east peak, Sam led us to a rocky protuberance for the views, which were great. We returned by descending the slippery, rocky track, back to our cars at Mt Eerwah Road. Another change I noticed, is that the artistic bamboo arch at the track entrance, has been removed. In all, the walk took 4 hours. And we didn't see any death adders. Phew!



Club Library – Book Review



FEED THE HIKE
Sustaining your hike with mind, body and diet
By Michelle Ryan

As the title says, this book covers some basics on how to prepare your mind and body for a hike but the majority of the content is dedicated to food. If you are new to dehydrating, overnight hiking or want some new easy recipes to use then this book is worth checking out.

Thanks Joe K for donating this book to the club.

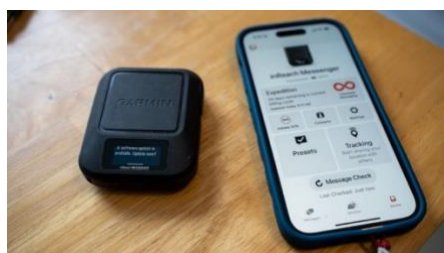
Keeping bushwalking safe in remote areas

A recent purchase by the club with grant funding from the Active Clubs Grant is the latest technology from Garmin the InReach Messenger. The device allows Bluetooth connection to your compatible mobile phone for ease of emergency text messaging when the mobile network is unavailable.

InReach Messenger is a satellite communication device that provides global two-way texting, location sharing, and SOS capabilities. It can be used alone or paired with a smartphone App, allowing you to message or get help in the case of an emergency or simply press the SOS emergency button.



The InReach Messenger uses the Iridium satellite network to offer 100% global coverage, and when using the app, will automatically switch to Wi-Fi or cellular coverage when available. The Iridium satellite network consists of a constellation of 66 low-earth satellites.



If you are leading a day walk in a remote area where mobile coverage is limited or non-existent you are encouraged to take the device. The club has a permanent subscription so the InReach Messenger is ready to use at all times.

The club also has the InReach Mini more suited to multi day walks. The InReach Mini has more sophisticated navigation functions.

Contact Peter Fowler 0407 715 249 to arrange to borrow the InReach messenger at no cost or the InReach Mini for a 1 month subscription to Garmin of \$25.

August Guest Speaker

Bring along your tape ripping fingers (or scissors!) and join us to practice some basic taping techniques

UNTIL NEXT MONTH.....
HAPPY TRAILS

BIOSECURITY ALERT MICONIA

Have you seen Miconia on your travels? Find out more about this weed [here](#)



Miconia flowers

© Queensland Government



Miconia fruit panicle

© Queensland Government



Miconia plant form

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