

AUGUST 2023



# 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 2<sup>nd</sup> Monday

### Committee Members 2022-2023

President:

Sam Rowe

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Vice President:

June Hughes

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Walks Coordinator:

Linda Gregory

[walk@scbwc.com](mailto:walk@scbwc.com)

New Member Officer:

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Grants Officer:

Peter Fowler

[grants@scbwc.com](mailto:grants@scbwc.com)

### Non-Committee Positions

Hire Equipment Officer:

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Abseiling Coordinator

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Librarian:

Gerard Gallop

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Email [enquiry@scbwc.com](mailto: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](mailto:trudge@scbwc.com)

Members should email [enquiry@scbwc.com](mailto:enquiry@scbwc.com) if they are not receiving general email communications from the SCBWC.

# July Activities conducted

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

2 <sup>nd</sup>	<i>Frog Falls (Sam Rowe)</i>	19 <sup>th</sup>	<i>Track Maintenance – Buderim (Peter Fowler)</i>
4 <sup>th</sup>	<i>Track Maintenance (Joe Kirkpatrick)</i>	23 <sup>rd</sup>	<i>Chinaman Creek (Claire Staines)</i>
10 <sup>th</sup>	<i>Club Meeting</i>	29 <sup>th</sup>	<i>Mt Seewah (Linda Gregory)</i>
12 <sup>th</sup>	<i>Track Maintenance – Buderim (Peter Fowler)</i>	30 <sup>th</sup> – 2 <sup>nd</sup> Aug	<i>Mt Barney &amp; Paddy's Peak (Peter Fowler)</i>
16 <sup>th</sup>	<i>Mountford Creek (Jon Lee)</i>		
16 <sup>th</sup>	<i>West Cooroy Forestry Trails (Helen Bernard)</i>		
18 <sup>th</sup>	<i>Track Maintenance (Joe Kirkpatrick)</i>		

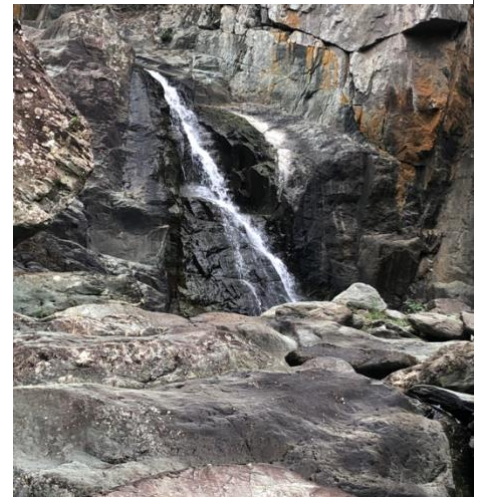
## Frog Falls

Well we all arrived at Kenilworth bakery at 7.30am on a very cool 9 degree morning. After a coffee we jumped in the 4WD vehicles and drove to Booloomba creek camp site No 4.

A cool but glorious day greeted us as we headed off up the trail. First stop was artist cascade falls where we had a short break. Then some serious steps and elevation to a spot where Sam guided us down a steep bushy slope. Here we descended on the creek. We were actually on top of frog falls. We clambered down boulders to the base of frog falls. It was a beautiful little spot. Looking down the creek was amazing. It was lunch time.

We then enjoyed a frog hoop down the creek bed back to cascade falls. A walk back to the cars saw us complete approximately 15k. Thanks to Sam for an awesome guided and safe walk.

*Jeff Langton*



## TRIVIA

Name the highest peak in each state or territory in Australia.

Bonus point for the height of each and an extra bonus if you can spell them.

*Read on for the answers.*

## Let's welcome new members

*Maree Bell  
Ron Duckworth  
Doone Collins  
Clive Roberts*

We look forward to seeing you on more walks soon.

# Mountford Creek

On a beautiful clear and crisp winters morning, six walkers decided a journey down a creek was the way to spend their day. With a short drive to Bellthorpe NP to the finish point to drop off one vehicle then a five-kilometre drive uphill to the start, Kate, Ian, Clive, Janine, Taylor and Jon were ready to begin their adventure.

Ten minutes later we turned off Branch Creek road into the serenity of a piccabeen forest. This magnificent palm grove stretched on for ages. But dangers lurk beneath as fallen palm fronds can be a bugger if you don't step carefully. The palms eventually surrendered to a creek with the rest of the day spent navigating a path around and over rocks and boulders. The rainforest was filled with bushtalk while we scrambled, slide and glided our way along. Nasty stinging trees were spied along the banks. Some were in fruit – a tricky way to tempt the unsuspecting to savour the mulberry like berries. DON'T! The hairs on the fruits are just as dangerous as those on the leaves. Pink tape was seen making a track out of the creek heading north. That could be another trip to investigate its destination. Interesting fungi, rock colours, tree falls and odd shaped tree roots captured our attention.

The final section was very flat creek walking and we finished around midday having stretched our legs for 3.8 km over 3hrs 43 minutes and descended 340m. Well satisfied we retired to CJ's bakery for the usual coffee, milkshake and the like.

Thanks for all who came along. I hope you enjoyed the short stroll in a beautiful part of the Sunshine Coast.

*Jon Lee*



*Brachychiton bidwilli* or **Little Kurrajong** is the emblem of the Maroochyde Botanical Gardens and the flowers on this tree are starting to bloom. The tree is found in Queensland rainforests from Boonah to Bowen (north QLD). The Maroochyde form has very hairy 5 lobed leaves and the flowers are along a long tube. The tree at the Maroochyde Botanical Gardens is near the Ecological Centre and the flowers this year will be in the hundreds. Well worth a visit over the next month.

*Sam Rowe*

## Chinaman's Creek Loop

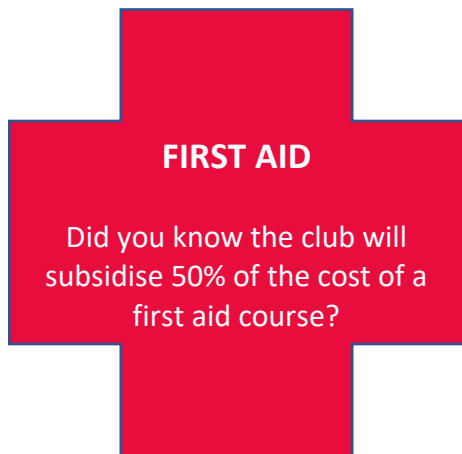
After meeting at the cafe at Witta, our group carpooled to the start of this lovely hike. A small hill helped us to get our heart rates up and from then on the walk was easy, though the recent grading of the track made it a bit rocky underfoot.

The highlight of this hike for most is our morning tea spot. This lovely little oasis provides a quiet space with a beautiful view towards the Obi Valley. The rock slabs forming the waterfall, which was unfortunately dry, allows plenty of room for visitors to choose their spot and enjoy the serenity.

Having walked this hike a few times I checked out the well known orchid spots but apart from one lone Caladenia nothing else was in flower. A bit too early at this time of year, so a further visit in September could be on the cards.

After returning to our meeting place, a number of us had lunch at the cafe (great food) before heading off home. Many thanks for leading Clare and nice to see a number of prospective members join us on the hike.

*Linda Gregory*



### Trivia Answers

NSW – Mt Kosciuszko 2228m  
Vic – Mt Bogong 1986m  
Tas – Mt Ossa 1617m  
SA – Mt Woodroffe 1435m  
WA – Mt Meharry 1253m  
NT – Mt Zeil 1531m  
ACT – Bimberi Peak 1912m  
Qld – Bartle Frere 1622m

Find out what activities are planned  
[www.scbwc.com/activities](http://www.scbwc.com/activities)

## Mount Seewah

On paper, our walk to Mount Seewah (Seewah Hill), led by the lovely Linda Gregory, seemed a straightforward, breezy walk up the Noosa North Shore coast and back. And that it was. At 20km in length, it was a worthy trudge. What began as a ramble through low dune scrub and remnant burned out tree trunks, leavened by occasional views of the beach but pestered by buzzing overhead microlites and convoys of utes and 4WDs lancing northwards along the beach sand to our right, gave way gradually to the quieter, more distant and untouched coastal swamps, scrub hollows and rises, finally then threading past Teewah and on to Seewah Hill itself.

Traversing along the back face of Seewah and gaining height steadily, views to Lake Cootharaba opened up magically, and the lens of ageless power, still held fast in the natural landscape, took its measure of us.

Lake Cootharaba is a jewel of moisture captured between the coast and hinterland hills. On clear days it shimmers and magnifies the beauty of its surrounds, and on our clear day's walk, even the view to Noosa looked magical. Hastings Street with its huddle of chain stores and brand popups, holiday tenements and multi-millionaire apartments, was reduced to just a smear of light across the waves of the Coral Sea running up to the Noosa shoreline. The force is strong here.

Upon descent from Seewah Hill, our group diverted up the Teewah fire trail to the shore of Lake Cootharaba for lunch, thankfully free of biting insects, but while the view over the lake was peaceful, the abundance of shrub fuel clearly visible across the landscape paired with the fresh clearing of the fire trail in preparation for the summer to come set a tone of distant foreboding.

During our less sprightly return upon the same track in the afternoon heat, our hike was capped off by the sighting of one or more whales off the coast breaking the surface and blowing, raising cheers from those of us who waited and watched like children receiving gifts.

In the end, a warm hike with an abundance of sun that left one a bit sore but thankful for the bounty of nature that we can still visit briefly and lightly.

*David Andor*

## Mt Barney (baga-bagah meaning shield)

Mt Barney is 1359 metres, 4459 feet above sea level. Mt Barney ascent via Logans Ridge is an 1100 metre vertical gain climb plus the 1100 metre vertical gain loss on the descent.

Four of us (Ross, Michelle L, Ian and Peter F) headed off at 6.30 am for the 1 hour foothill's walk to the start of the climb. The weather was cool with cloud cover which helped keep the temperature down. 3 litres of water each would be consumed, if the day was warmer 3 litres would have been insufficient.

There were many tricky vertical bits to climb around, climb over and climb up. A few of those tricky bits required the climbing tape to assist. It's easy to get off track in places where there can be false trails to attempt to persuade you to go off in the wrong direction quite often ending in a precarious position, back tracking being the best option. There is a different view around the corner of every rock.

Although the 2 rock climbers we saw on the 370 metre vertical climb may have had had a few more tricky bits.

A total of 5.25 hours found us summiting Mt Barney. Logans Ridge is best done in a small group with some who knows the route, it is very easy to get off track.

Lunch on the summit before heading down South East Ridge an easier more well-travelled route but still 3.5 hours down a very steep meandering track, vertical in places, becoming more degraded lower down the mountain because of high usage.

Plenty of talk of muscle aches and pains around the fire after dinner. The group stayed at a Mt Barney Lodge cabin, a warm cosy place to call home after 9 hours on the mountain.

Mt Barney Quotes ..

Ian "I should have gone to K2 for new climbing shoes"

Michelle "my new pink approach shoes are now  
Barney Black"

Ross "glad i brought the climbing tape"

Peter " I don't think this is the way"

*Peter Fowler*



## Paddy's Ridge Loop Walk



This walk was the second walk planned for the clubs Mt Barney trip. After the Mt Barney ascent the previous day 3 of us undertook the Paddy's Ridge walk led by Peter Fowler.

The starting point for this walk is located along the road from the Lower Portals turnoff and starts adjacent to Drynans Hut.

Following a gentle ridge that led off the main trail through open forest and Themeda grasslands we gained enough height to obtain great views of Mt Barney and associated peaks, Mt Lindesay and Mt Ernest.



Continuing up the ridge across several knolls and open saddles full of grass trees we stopped at a dry waterfall for morning tea with views extending to the east. From here we made our way back to the main track to the top of Paddy's Waterfall for a quick stop and back to Mt Barney Creek close to our starting point for lunch. Overall an 8+km walk in a leisurely 3.5hrs.

*Peter Nagel*

## Do you have photos from any past Pilgrimages?

**BUSHWALKING QLD – Pilgrimage History project**

**Thank you!!** to clubs and individuals that have contributed information and photos to BWQ - Pilgrimage history project.

An electronic archive has been created:  
BBW Mt Barney Pilgrimages – from 1965 onwards  
QFBWC and BWQ Pilgrimages from 1971

**MORE PHOTOS needed, please –**

**Recent Pilgrimages:**  
2000, 2001, 2006, 2011, 2014, 2016, 2018, 2019, 2022, 2023 (walks, campsite, and Sunday activities)

Photos of any of the Pilgrimage events that your club has hosted, particularly the pre-digital era

1990s – 1991, 1992, 1993 (any photos), 1994 (photos on walks), 1995 (photos on walks), 1996, 1997, 1998, 1999

1970s and 1980s – any photos

Photos, any era – Barney Hut

**Other records needed please:**  
Walks program – 2001 (Gold Coast BW), 2003 (BOSQ), 2014 (Gold Coast BW & BOSQ)

To add your memories of the 1960s BBW Barney Pilgrimages to the archive, please email me.

Contributions?? Or to obtain a copy of the BWQ – Pilgrimage History electronic archive. **Please contact:**  
Nancy Hodge  
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Ph 3349 1788 Mob 0426 832 353

**Thank you!!**

UNTIL NEXT MONTH..... HAPPY TRAILS