

SEPTEMBER 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:

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Vice President:

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New Member Officer:

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Grants Officer:

Peter Fowler

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### Non-Committee Positions

Hire Equipment Officer:

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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.

# August Activities conducted

*It was another busy month making the most of the great weather and wildflowers.*

- |  |  |                                    |  |
|--|--|------------------------------------|--|
| 1 <sup>st</sup>                        | Track Maintenance (Joe Kirkpatrick)        | 13 <sup>th</sup>                   | Mooloolah River Wildflower + River Recce (Clare Staines) |
| 30 <sup>th</sup> – 2 <sup>nd</sup> Aug | Mt Barney & Paddy's Peak (Peter Fowler)    | 15 <sup>th</sup>                   | Track Maintenance (Joe Kirkpatrick)                      |
| 4-6 <sup>th</sup>                      | Annual Pilgrimage - Kalbar                 | 18 <sup>th</sup> -20 <sup>th</sup> | Bunya Mountains (Linda Gregory)                          |
| 6 <sup>th</sup>                        | Trachyte Circuit (Linda Gregory)           | 20 <sup>th</sup>                   | Mt Beerwah Circuit (Peter Nagel)                         |
| 6 <sup>th</sup>                        | BVRT Cycle (Katherine Galligan)            | 23 <sup>rd</sup>                   | Kirby's Rd Community Tree Planting                       |
| 7 <sup>th</sup>                        | Club Meeting                               | 27 <sup>th</sup>                   | Mt Tinbeerwah Circuit (Helen Bernard)                    |
| 9 <sup>th</sup>                        | Track Maintenance – Buderim (Peter Fowler) | 29 <sup>th</sup>                   | Track Maintenance (Joe Kirkpatrick)                      |
| 11 <sup>th</sup>                       | Currumundi Lake Wildflower Walk (Sam Rowe) |                                    |  |

## Trachyte Circuit

About a dozen club members were rustled up at short notice to take a hike around the Trachyte Circuit at the Glasshouse Mountains National Park. It was raining fairly steadily when we started – which was a good, as it meant the car park had plenty of space. But the rain eased off and by the time we had covered about a kilometer it was time to strip off rain jackets and jumpers. We worked our way up to the Jack Ferris Lookout. I've walked there lots of times but never thought about who Jack Ferris actually was. A google search, eliminating an associate consultant from Wagga Wagga and artist Manager with Astral People, left the last resident of Bankfoot House, which was established in 1868 by William and Mary Grigor as a lunch stop and staging point for the Cobb & Co Coach service between Brisbane and the Gympie goldfields. But his specific connection with this scenic location overlooking Tibberowuccum, Beerwah and Tibrogargan is a mystery. Perhaps he just liked the view.

Anyhow after getting a group photo taken by a helpful young couple holidaying in the area we ambled on enjoying grass trees in full flower, the purple native iris, and a couple of the yellow pea flowered bushes I can never identify. The droplets of rain in the casuarinas and sunlight were a pretty sight, as were the scribbly gums and bright orange bark of the grey gums. Morning tea was held at the seats overlooking Mt Cooe watching some intrepid climbers on Tibrogargan in the company of 3 inquisitive grey butcherbirds. Plans to explore the lesser known Glasshouse Mountains were hatched... Cooe and Tibberowuccum in particular. And then it was back to where we started. About 8km all up. Thanks to Linda for leading, and Diane as tail-end Charlie.

*Clare Staines*



*It's that time of year again...*

***Club memberships are due in October.***

*Information on how to renew will be disseminated.*

# Pilgrimage 2023

The 2023 Pilgrimage hosted by BBW in line with their 75<sup>th</sup> Anniversary was held at the town of Kalbar in the Scenic Rim. Five members from the Sunshine Coast Bushwalking Club – Ian Greggery, Michelle Freeman, Sam Rowe, Richard and Karin Palmer registered to enjoy a weekend of bushwalking, dancing, eating, camping and just having a great time. We all enjoyed different walks lead by the BBW team and our respective walk reports are below.

There were 14 bushwalking clubs represented this year with 130 people attending. A Trivia Night was held on Friday night with four rounds of questions and also “know your” activities. The *Smashing Sunshine Coasters* came **third** overall – a great result. Saturday night the usual bush dance was held in the local hall. The band Bushland Boogie had everyone up dancing and Michelle and Karin led the way.



The Sunday had some walk activities as well as the BWQ Presidents meeting and ‘boot’ presentation to Redlands Bushwalking Club who is holding the 2024 Pilgrimage.

*Sam Rowe*

**Mt Edwards** SDW 4A, 6.0km, 480m elevation gain/loss.

Commencing at the Moogerah Dam picnic area this walk crosses the dam wall into the Moogerah Peaks National Park. The eroded rocky track is a constant upward gradient for 3km through scrubby Ironbark forest that only offers views at the 1km mark and at the summit. However, the views over the fertile plains and villages are spectacular. The return leg retraces the main track and requires some care given the rough track and loose rocks. Overall, this was a good short walk to finish off the pilgrimage and a reasonable workout given the condition of the track and the gradient.

*Ian Greggery*

## Cronan Creek Falls

Setting off from Yellow Pinch National Park, we took the old logging track for 6.5 km. We were a group of 13, with walkers from various clubs, and being led by Mark from BBW. The track was uphill to begin with, it became flat, then undulated while steadily climbing. The features along the way are: Yellow Pinch, the turn-off to SE Ridge of Mt Barney, Burbank Camping Area, Forestry Camping Area, the turn-off to South Ridge, then the falls turn-off on the left. We followed the National Park sign for 100 m through lush rainforest, scrambled up the creek for a minute, and the falls appeared - not big, but pretty. They cascade into a deep swimming hole. Previously, these falls were called Cronan Creek Secret Falls. We ate our lunch while perched on the sloping smooth rocks next to the waterhole. It felt perfect as we listened to the murmuring cascades, tumbling and splashing.

*Michelle Freeman*





**Barney Gorge Waterfall** – via Lower Portals and Barney Creek. MDW6C

One of the longer day walks on the program, our group of 8 drove out to the Lower Portals carpark to commence the adventure. The walk into the Lower Portals was along the usual track. It has been washed away over the last few years with heavy rain. From the Lower Portals we took the track onwards and upwards with good vistas of Mt Barney to Barney Junction where the camp area is. Our creek walk / off track bushwalk then started. The rocks in the creek were great all nice and dry and easy to rock hop along. Before lunch some of the group walked up to the top of the Barney Waterfall whilst others took a quick dip in a very cold Barney Creek. After lunch we continued down the creek to a place where half the group climbed up and over the ridge and the others continued down the creek and took a plunge and swim into the water of the Lower Portals (brrrrr). The track out of the Lower Portals was our final effort and back to the cars.

*Sam Rowe*

**Mt Mitchell** MDW3B, 10.3km, 400m elevation, 4 hours walk time including a lunch stop. There and back on the same path.

Setting off from the Cunningham Gap carpark and heading east uphill - a well-defined track with no chance of getting lost; many vantage points along the way and 360deg views from the top. A small group of 5 had a very relaxed walk through varied undergrowth. A well used path and a simple walk.

*Karin and Richard Palmer*

**Mt Mathieson** SDW 4A, 8.9km, 325m elevation gain/loss.

This is a very scenic loop commencing at Spicers Gap campground. The track is varied between rough, rocky ridge lines to wide paths and roads through both eucalypt forest and rainforest. There were excellent views of Mt Mitchell, Mt Cordeaux, Spicers Peak and Mt Huntley along with sweeping vistas from Governor's Chair where we had lunch. Definitely worth including in any future Main Range basecamp.

*Ian Gregger*



**Mt Greville**, going up the Waterfall Gorge and circling back down the Palm Gorge, SDW5C, 5.8km, 625m elevation, 5 hours walk time including a lunch stop.

Set off from Mt Greville car park and the track quickly becomes less clear, with branches, and is not signed. The waterfall gorge is a typical steep creek bed rock hop, but very scenic. You slowly open out onto more level ground and narrow bush paths, but the uphill slog continues as you traverse around the hill and finally emerge at bare rock slabs with magnificent views over the country below. Another



short walk uphill took us to the summit (less clear views) and then down to more slabs (excellent panorama facing the other way) for a lunch break in the sun.

Continuing downhill through palm gorge is hard on the knees, but breathtaking in the good sense as well.

We had a group of 8 and the BBW leaders were clearly very familiar with the area, pointing out the many local peaks as they came into view. A strenuous workout - 625m elevation in 5.8km - but well worth the effort.

Glad we made the effort to travel to Kalbar and we enjoyed the company.

*Karin and Richard*

## Brisbane Valley Rail Trail Cycle

Two of us met bright and early at Linville for a ride on the BVRT. We caught the 'Out There Cycling' shuttle from Linville to Yarraman and disembarked at Railway Park. After a quick look at the information signage about the history of the trail, we headed off towards Blackbutt in search of coffee, cake and pies. We must have been thirsty and hungry because the pace was cracking and we arrived at the Blackbutt Bakery in no time at all. After filling our tummies, we rolled down the range back to Linville to conclude our ride. It was a lovely way to spend a Sunday morning – great weather, enjoyable company, good coffee and some fresh air.



*Katherine Galligan*

## August Club Meeting

We had a packed room at our August meeting where we started the night by practicing some basic ankle strapping.



## TRIVIA

Name the highest peaks on each continent.

Asia  
Sth America  
Nth America  
Africa  
Europe  
Antarctica  
Australia

*Read on for the answers.*

## Curramundi Lake Regional Wildflower Walk

It's that time of year again and the flowers are out



## Mooloolah River Wildflower Walk & Reccie to the River

A stunning day for a hike - particularly a wildflower one  
This hike was a 2 part hike.

**Part 1** - roughly 7km around the tracks of Mooloolah River NP, Sippy Downs.

So many wildflowers on display! The highlight of this hike for a couple of us was a Sun Orchid  
This hike is often quite waterlogged but an indication of how dry it is at the moment with only a couple of small spots of water/mud which was easily traversed, and very few sundews who usually love the moist tracks.



An intriguing fungus we came across on the track was a Horse Dung Fungus. Very realistic!

**Part 2** - a reccie meander through the adjoining Sunshine Coast Council Lower Mooloolah River Environment Reserve.

Our bird watchers particularly enjoyed this part and our lunch break taken on mown grass under shady trees was very pleasant.

Thank you Clare for an enjoyable hike for both members and prospective members - lots of chat, exchange of great hiking tips and the inevitable wildflower photos.

*Kate Russo*



# Mt Beerwah Circuit

Walk Grade: SDW4C. Distance: Approx. 7km. Elevation G/L: 123m

A crisp winter morning with clear skies greeted us when we gathered at the Mt Beerwah carpark. Walk leader, Peter Nagel, chose an anti-clockwise circuit of the mountain that commenced on old forestry road. The track then turned south along an old heavily eroded unmaintained track that required some thoughtful foot placement. We followed this track through to a locked vehicle gate where we turned north along the faint remnants of an old road and then headed off track to meet up with the Mt Beerwah east face foot pad.



The walk was predominantly through eucalypt forest and presented some good views of the mountain from all points of the compass. There were a few *Comersperma* in flower and small echidna entertained us for a few minutes near the trail head as John tried to move it to safety away from the access road. This was a short but reasonably vigorous walk and a great way to appreciate the mountain from below. Thanks to Peter Nagel for guiding us through the labyrinth of roads and unmarked track.

*Ian Gregger*



## Would you like to put this wet weather walking tip from Great Walks Magazine (Aug ed)?

### Wet Weather Track Hazards



- For swollen creeks – unbuckle your hip belt and chest belt before you cross, so you can easily get free of your pack if you slip and fall into fast-moving current. It can help to loosen your shoulder straps a little also.
- Hypothermia – watch for the “umbles” – mumbling, grumbling, stumbling and tumbling. These are tell-tale signs that the walker needs to stop, dry out and eat some food.
- Reminder – you need to eat and drink more often than you would on a sunny day when walking in the rain as the wet tends to discourage you from rest stops to drink / eat. You still need to fuel up to keep warm and energetic.

Tip from Sam – there is no shame in walking with an umbrella in the rain when on a good walking track.

# Bunya Mountains



A great weekend with the club at the Bunya Mountains. Over the three days, Friday to Sunday, we covered all the of the tracks. The rainforest was lush compared to the drier western side. Friday and Sunday saw a smaller group complete the tracks leading from Dandanbah to the eastern lookouts and waterfalls. On Saturday we walked from Paradise to Mt Kiangarow. Unfortunately, we couldn't hang around and admire the views at the lookouts because the icy south-westerly wind threatened to freeze us before whipping us off the track.

Our cosy accommodation was great and retiring home with a wood fire and wine at the end of each day was much appreciated.

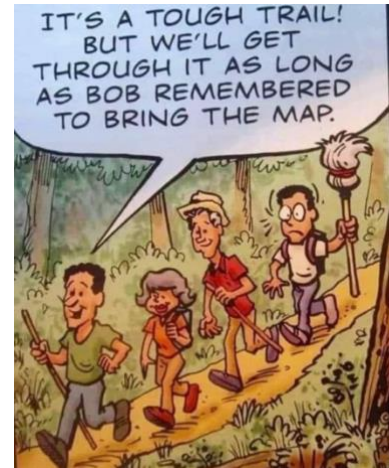
*Clare Staines & Katherine Galligan*





## Trivia Answers

ASIA: Everest / Himalayas  
STH AMERICA: Aconcagua / Andes  
NTH AMERICA: Denali / Alaska  
AFRICA: Kilimanjaro  
ANTARTICA: Vinson  
EUROPE: Elbrus / Caucasus Mtns Russia  
AUSTRALIA: Kosciuszko

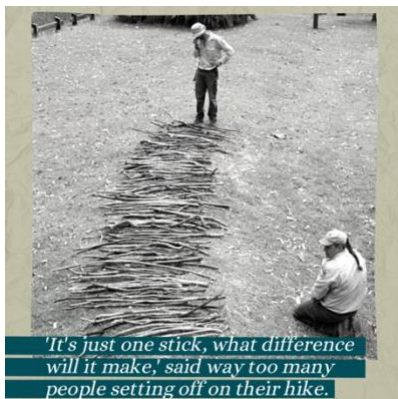


## Do you pick up a stick to walk with?

*A message from Queensland National Parks (Facebook post 22/8/23)*

Are you guilty of using a 'walking stick' while trekking a trail on park for support?

Sadly, 'just one stick', multiplied by the thousands of daily walkers equates to a lot of disrupted natural environment.



*'It's just one stick, what difference will it make,' said way too many people setting off on their hike.*

It's a major pet peeve of our Rangers, who have noticed a huge increase in the number of sticks being taken out of the bush by walkers since the start of winter. In just 1 month, Carnarvon Gorge Rangers collected 146 'walking sticks' that had been left at crossing 1 at Carnarvon National Park. Ranger in Charge Lindie said it was only a small portion of walking sticks being picked up daily by visitors.

'The sticks being removed are habitat for many small wildlife including insects, lizards, birds, fungi and moss,' Ranger Lindie said.

'Visitors might think it's only one stick, but it can have a very large, accumulated effect on our wildlife and environment over time.'

A better option is to purchase or carry a hiking pole/walking stick. If you're in the market for one, ask around on your next walk.

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

New activities are added throughout the month as they're scheduled so it's worth checking regularly if you're keen to get out and explore.

## Track Maintenance



Always on the track fortnightly. This month the crew were lucky to Ironbark and Brushwood Orchids and a lovely shiny carpet snake.

## Recollection of a hard walk ... Main Range National Park

The walk commenced at Governors Chair Lookout, Spicers Peak to The Head.

First up get yourself to Spicers Peak which is a huge uphill walk with a full pack after breakfast. After Spicers Peak there are another 8 peaks in the coming days not including all the up and downs over minor high and low points between. This was very energetic and difficult walk!



We headed south down off Spicers Peak into the rain forest, not much of a track only a foot pad here and there, navigating with GPS and just heading in a general southerly direction. The walk took us along the edge of the escarpment at times with fantastic views out towards Brisbane. Lots of rock hopping up and down steep slopes in the rain forest, under canopy most of the day, did I mention the heavy 1st day pack?



It was overcast and windy all day with the wind picking up as the day went on although no rain. Great walking weather around 18 deg but such a heavy pack! We would not get water until the second night camp spot, hence the heavy pack, 6 or more litres of water!

The hills were very steep, the ones you could actually walk up or down, between there are the places where you have to climb up or climb down. Tricky spots where you have to be sure footed. After 8 hours walking we reached a narrow saddle, the camp spot, around 4 pm. We did the first day 3 hours less than the track notes, thank goodness or we would have been walking in the dark.

The small group spread out along the narrow saddle to camp. The wind was howling and strong by now. Careful tent site selection needed, to attempt to get out of the wind. I ended up camping close to the trunk of a tree to block the wild wind.

Too windy and cold to explore or sit outside, cooked in the tent vestibule. Off to sleep by 6.30pm after a big day. The wind howled all night. We had camped on a saddle which was sucking the wind between 2 mountains either side. The tent was almost lifting off the ground at times. The tent rattled all night, I had to get up twice to replace pegs pulled out by the wind. I could hear the wind winding up the valley then exploding over the saddle and the tent!

The next morning the wind had slightly dropped off, packed up early still in a strong wind, headed straight up another steep mountain! The following days were similar but no wind and lighter packs!



*Peter Fowler*

UNTIL NEXT MONTH..... HAPPY TRAILS