

SEPTEMBER 2024



The Trudge

Sunshine Coast Bushwalking Club
Est. 1975



CLUB MEETINGS

First Monday of the month (excl Jan.)

Time:

7:00pm – walk sign on opens

7:30pm – meeting commences with refreshments following

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 2023-2024

President:

Sam Rowe

pres@scbwc.com

Vice President:

June Hughes

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Secretary:

Neralie Carr

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Treasurer:

Karen McNamara

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Activities Coordinator:

Kate Russo

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New Member Officer:

Maree Bell

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Grants Officer:

Peter Fowler

grants@scbwc.com

Non-Committee Positions

Hire Equipment Officer:

Garry Carr

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Trudge Editor:

Chris Vieraitis

trudge@scbwc.com

Abseiling Coordinator

Peter Fowler

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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.

A NOTE FROM THE PRESIDENT

Be Prepared.....

There is nothing more daunting than a planned activity not going as one thought it would go. This could be due to a number of reasons including: illness or injury to one of the party, missed turn or link on a track, conditions not as expected (eg rain, slippery, very hot and exposed), creeks higher than expected or even the track is blocked.

Being prepared can be the difference between an activity that doesn't go to plan and still having a good outcome rather than a search / rescue requirement which is very uncomfortable.

One of the Bushwalking Queensland clubs a few months ago had an accident early in the morning in the Mt Barney area. They had the PLB which they activated, they had the Emergency App on their phone to direct the rescue team and fortunately for them they had phone reception. The group still had to stay out in the bush together overnight until the rescue team could arrive to them. This group was prepared and with a rescue 21 hours later they did survive the conditions.

We often hear of rescues that are required on our local Glasshouse Mountains for walkers and some of these end up with the walkers being on the mountain overnight with little food, water or warm clothing to support them. These walkers are not prepared.

I recently led an activity in the D'Aguilar National Park, where the lower creek area was very slippery, the creek had more water in than previous years which meant more diversions around the waterfalls instead of climbing up beside them. The result was the time to do the creek walk was longer than planned. Unfortunately, we didn't have any phone reception in the area to contact anyone on the delay until we reached the carpark. We didn't get lost nor was anyone injured (apart from few bruises from slipping on the rocks), it just took longer. We finished the walk just as sunset was occurring.

It is reviewing this activity which makes you ask were we prepared to be out overnight if the worst came? We were prepared, but there are items to take next time. Even though we were only 25kms from Brisbane no mobile reception reminds you – take the club PLB when you can. The PLB is available to all members for club and private activities for no charge. Other items to ensure you are always prepared – torch, matches, jumper, medication (if needed), emergency blanket, Emergency App on your mobile phone, power bank if using maps on your phone and even that little bit more food in your backpack. If an accident does occur and requires an ambulance are you covered? This link is a good to review <https://www.qld.gov.au/emergency/emergencies-services/interstate-ambulance-treatment>

We all enjoy our activities and we do try to make them safe, but sometimes the unexpected does occur. Next time when you are heading off on an activity and think I don't need that torch or bit of food, just think again, what if??????

Sam Rowe

DATE CLAIMERS

6-8 September	Pilgrimage – Kenilworth Website: https://redlandbushwalkers.org.au/pilgrimage-2024/ Registrations have closed but contact 0459 466 049 if you wish to go.
22 September	Planning Meeting – Foote Sanctuary
1 October	Membership fees due (more information below)
13 October (Sunday)	October club meeting – Maroochy Botanical Gardens
4 November	Club AGM – Buderim Craft Cottage



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

VOLUNTEERS REQUIRED – to help organise the 2024 Club Christmas Party. Looking for 3-5 people to help out with the club Christmas function. Date will be discussed at the September planning meeting. Group will help co-ordinate the venue, members share plates brought along, decorations on tables. Contact Sam (President) or Kate (activities co-ordinator) if you can be involved.

MEMBERSHIP FEES

\$35.00 per member are due 1 October 2024. Fees may be paid as follows:

- Direct deposit into the club's Bendigo bank account
BSB: 633 000 Account No: 142347657
Reference: Your name

Remember that only financial members are eligible to vote at the AGM on 4 November 2024, so please ensure your membership is current. Also please note that payment of the renewal subscription is deemed to be full acceptance and understanding of the club's *Acknowledgement and Indemnity Agreement* found on the club's website.

August Activities

4 th	<i>Full Tablelands Circuit – Noosa Trail Network (Doone Collins)</i>	23 rd	<i>Mooloolah River NP Wildflower Walk (Kate Russo)</i>
4 th	<i>Southern Glasshouse Mountains (Michele Johns)</i>	25 th	<i>Noosa NP Marcus Dunes Hike (Kate Russo)</i>
11 th	<i>Obi Obi Lookout (Sam Rowe)</i>	29 th – 1 st	<i>Main Range NP Scenic Rim Trail (Sam Rowe)</i>
16 th	<i>Mt Ninderry (June Hughes)</i>		
18 th	<i>Kenilworth Bluff Reccie (Sam Rowe)</i>	31 st	<i>Baxter Falls (Helen Bernard)</i>

Love Creek Walk (from 30th June – Photos in August Trudge)

The team of Sam, Karen, Kate, Neralie, Clare, Cheryl and Miles assembled at the Love Creek parking area after an hour and half drive and car shuffle. The route was to walk down to Love Creek, then traverse around a number of large waterfalls, then to walk up Cedar Creek, scaling the edges of waterfalls to arrive at the Green Falls boardwalk at Maiala (D''Aguilar National Park).

The walk turned into a bit of an epic trip as the going down Love creek was far more slippery and overgrown than anticipated. By the time we arrived at the junction of Love Creek and Cedar Creek it was clear there might be an issue with daylight by the end. The going on the way up Cedar Creek/Green Creek comprised a number of steep ascents through scrub and prickly plants and vines (including lots of Wait-A-While - ouch). As progress was slowing, Sam stayed back to help those struggling with the terrain whilst Clare, Neralie and Miles found routes over or beside the various waterfalls.

As daylight was fading we came up to a very high waterfall, the sentiment of the tired group at this stage being "not another B.... waterfall!". We found a route around the waterfall and there to be hold in the fading light, was the Green Falls Boardwalk. We finished the final hour of the Green Falls to Maiala track by torchlight. Time of the hike was somewhere about 9hours, distance 11km, the team gelled very well for some who had not walked with other members before. Thank ou to Sam for organising this very enjoyable hike.

Miles de Lacey

Kirby Road Base Camp (from 26th -29th July)



Fourteen of us had a fun weekend camping at the Kirby Road Conservation Reserve. It was a team effort all around setting up the camp on Friday with lots of good humour occurring over the weekend. We did some maintenance at the reservation and a walk up the newly constructed track on Saturday and Shultz Road, Witta on Sunday.

Sam graciously cooked us a chocolate cake desert on Saturday night and we had damper on Sunday. The prize for the most impressive camp meal goes to Joe's lamb shanks cooked up in the camp oven that he shared with Gary.

Thanks to all who attended for making it a memorable weekend.

Full Tablelands Circuit – Noosa Trail Network



The meeting point at James McKane Memorial Lookout at the end of Tablelands Road Coran is a beautiful grassy park with stunning views over the hinterland hills and valleys looking eastwards. A great start and finishing point for a walk.

We were a group of 12 that set off downhill along a grassy vehicle track which became a graded gravel road for around 2 kilometres. The road winds down through farm paddocks, past friendly cattle and has great views south towards Mt Cooroora, Mt Tinbeerwah, Mt Nindery in the distance and the nearby Mt Pinbarren. We turned north onto another gravel road and enjoyed a brief flat section past farm gates, then the uphill sections began. The walk stayed on this road for several kilometers.

The countryside is green, hilly and picturesque. There were discussions as we walked about describing the road as undulating, or whether if we could find another description between undulating and steep. It was definitely somewhere in between. One of our group was having trouble with the long incline and needed to rest. As there was a lot more uphill to go we were considering her best options when a vehicle came along and paused to say hello. It turned out to be the daughter and partner of our well known club member Toni! What are the chances of that?? It was just the second car that had passed us all morning. They were happy to drive back to the lookout with the person who was not feeling well, where she stayed and relaxed until the rest of us got there about an hour and a half later.



The walk continued uphill along the road then turned into the Woondum National Park. The track was well formed, although fairly steep, through subtropical rainforest. There is a huge and magnificent staghorn low on the trunk of a tree near the base of the track. We decided to get the uphill sections behind us before stopping for a much deserved morning tea break at the top.

The path then turned onto a rough forest access road which led back to Tablelands Road about one kilometre from the lookout where we had departed from. The standout feature along this section were the very tall gums with gleaming smooth white trunks. It would have been good to know what they were but unfortunately none of us knew the trees identification. On our return to the park at the starting point we relaxed in a picnic shelter to eat lunch, admire the view and chat before heading off. The walk was around 14 kilometres and took us a bit under 4 hours, total ascent 435 m. Thanks to Doone for leading us on this picturesque hinterland walk.

Carolyn Farrington

Southern Glasshouse Mountains



Michele and Richard ably led Nick, Ian, Richard & Karin, Judy, Kim and Clare (me) up the three southern Glasshouse Mountains, Miketeebumulgrai (or Miketee for short), Elimbah and Beerburrum. The first two mountains were a first for all but Michele and Richard; and Beerburrum was new for Kim

It was a glorious sunny, winter's day – not too hot, with a light wind here and

there - perfect for the steep slopes. We met at Elimbah and car-pooled to a private car parking spot Michele had organised for us to tackle Miketee. The informal track up the mountain was dry and dusty with loose rocks, so we took care ascending to a cairn in the middle of a grassy glade at the top. The bees were buzzing busily in the eucalypt blossom and, whilst not spectacular, there were views out enough to satisfy us. We agreed it would be a lovely spot to quietly read a book with a picnic.



A steady descent and then on to the tiny car park that services Elimbah. This was not as high – in fact you'd barely register it as a mountain at all. However, Elimbah is a real hidden gem with a scrambly informal trail, lots of the Ngungun tea tree and spectacular views out over the pineapple fields. We sat in the shade and enjoyed some morning tea before heading back down, car pooled back to Elimbah town and reconvened at Parrot Park

in Beerburrum. Beerburrum's path is concrete for a large portion, but it made us work for our lunch which we enjoyed in the shade of the fire tower. The view alone is worth the climb.

So, back down the steep pathway to a café where some of us enjoyed a drink before parting ways. My phone tells me we walked about 7.5km and ascended (and descended) a good 400m with plenty of good hearted banter (and singing!). Many thanks to Michele for organising such an enjoyable walk – her first for this club.

Clare Staines

Obi Obi Lookout

We all met at Mapleton library on a very cool morning and even the threat of rain. However the rain stayed away. We made our way to Flaxton Mill Road and then headed into the forestry towards Flaxton walkers camp. After a quick break at the camp we then made our way up a service track. This was a pleasant undulating track, a little slippery at times which resulted in a few mishaps but no injuries.



Sam pointed out some

orchids on the way, however a few more weeks would have seen a lot more blooms. We did see lots of cool mosses. Leeches were present but not too many. It's wasn't too long before we arrived at a rocky outcrop. Holy dooly!! What an amazingly view. Looking out over the Obi Obi Valley and beyond.



The weather improved and we experienced sunny skies. A snack break was enjoyed in this beautiful spot followed by an easy walk home.

A few of us had lunch in the Mapleton park afterwards. Thanks to all and especially Sam for a great little walk!

Jeff Langton



Mt Ninderry

On Friday morning the sun was shining and the birds were singing as 6 of us set off to ascend Mt Ninderry. At the eastern lookout we enjoyed sweeping views of the coastline from Noosa to Pt Cartwright, as June explained the dreamtime legend, history and current issues with the area.

Morning tea was enjoyed at the Western lookout with views to the Blackall Ranges. It was here that Liz spotted a Bootlace Orchid in bloom. What a delightful bonus to a beautiful hike with good company.

Jacki Nair



Kenilworth Bluff Reccie



We had an enthusiastic team of seven join the activity of the Kenilworth Bluff walk, for preparation of the track for the coming Pilgrimage where Sam Rowe was the leader. The aim was to ensure that the track was relatively clear from lantana for the walkers. Well, what a bonus and surprise to find that the track clearing work had already been done up to under the cliff line.

The amount of Lantana cleared was enormous. We could only assume

that the Sunshine Coast Council had organised one of their contractors to come in for the work. THANKYOU to the people that had done the clearing (it looked like the Lantana had gone wild with the wet).



So, our group of seven – Sam, Claire, Judy, Maureen, Dianna, Kate and Michelle could then enjoy walking the length of what I think is one of our clubs' nicest walks. The walk up Kenilworth Bluff is just that, up and up and add a bit more up.



First those steps to get you to the picnic table. Then up the ridge to the bottom of the cliff line. Then up the final ridge to get you to the top of Kenilworth Bluff. The walk had birds for us to hear, rainforest, rock orchids to photograph and the lovely views out over the Obi Obi Valley, Kenilworth and out west towards Brooloo and Imbil.

A big thanks to the team that were prepared to come out and help prepare the track, and well done to all for making it to the top of the escarpment area.

Sam Rowe

Mooloolah River National Park Wildflower Walk

A large group of SCBWC wildflower lovers spent a Friday afternoon checking out the wildflowers at Mooloolah NP. The track was VERY wet after all the recent rain - with Kate doing a good job of demonstrating how NOT to cross a wet patch! Some lovely wildflower finds and the wildflower paparazzi were very satisfied.



Noosa NP Marcus Dunes Hike

We started our walk with 13 participants, including one prospective member. The weather was fantastic and, as we began walking south from Sunrise Beach, our intrepid leader Kate did not disappoint with numerous whale spouts being spotted in the distance. The group then crossed the David Low Highway and entered the start of the National Park trails with a moderate ascent.

With promptings from Kate, we paused to turn around and admire the exceptional view to be had from the sea to the hinterland. Numerous wildflowers could be spotted along the sandy paths including the ubiquitous Wedding bush and Devil's Rice as well as many healthy grass spears and the odd little Vanilla Lily. Several small climbs and descents saw us travelling through different types of forest with orchids growing in tree forks and the most enormous Banksia flowers. By the time we completed our 13 km journey the day was heating up and we welcomed Kate's booking at a café for some delicious refreshments. Thanks Kate, a most enjoyable walk.

Maree Bell



UNTIL NEXT MONTH..... HAPPY TRAILS