

APRIL 2025



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 2024 -2025

President:

Linda Gregory

pres@scbwc.com

Vice President:

June Hughes

vp@scbwc.com

Secretary:

Ian Vinen

sec@scbwc.com

Treasurer:

Karen McNamara

treas@scbwc.com

Activities Coordinator:

Kate Russo

activities@scbwc.com

New Member Officer:

Maree Bell

enquiry@scbwc.com

Grants Officer:

Peter Fowler

grants@scbwc.com

Non-Committee Positions

Hire Equipment Officer:

Garry Carr

guznez6@gmail.com

Trudge Editor:

Chris Vieraitis

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.

50th Anniversary Year – A Blast from the Past.....

Below is an extract from the very first Trudge back in July 1975 just as it was written with the same type face and format. It makes for interesting reading and the values held back then are the same as we hold today.

“Trudge” - A Bushwalker’s Companion.

July, 1975

Vol.1

No. 1

A WORD ABOUT THE CLUB.

The Sunshine Coast Bushwalking Club took birth on the third day of April, 1975. Its primary aims are to, A. Provide facilities and guidance for bushwalking and allied outdoor sports in South East Queensland: B. Assist in conservation of the environment and to ensure a continuation of the Australian outdoor ideal: C. Provide social activities for the enjoyment of members.

In this, our first issue, we shall attempt to instil a little enthusiasm, a little humour and a little of the more serious side of our activities.

So we shall now lock the grog cabinet, turn a deaf ear to the mockers and being to write. We hope you like it.

K.W. (Kevin Woodrow Editor)

EDITORIAL

We are often confronted with the question, why conservation ? To give a reasonable answer we must first ask ourselves, why bushwalkers ? The answers would differ little, I feel. An interest in the wilderness, a search for unusual photographic material, or even a simple yearn for the outdoors. The challenge that a remote, untouched area presents to the walker is both stimulating and rewarding..

Thus if we wish to continue our expeditions into virgin rain forests, onto the rugged ‘slopes’, and up the rocky creek beds, we as bushwalkers and individuals must take an active participation in the preservation of these rapidly diminishing areas.

If we fail we may find ourselves with a pastime and no areas left in which to enjoy it.

K.W.

March Activities

1 st	<i>Kondalilla to Obi Tributary (Ross Thompson)</i>	20 th	<i>SC Hinterland Great Walk Trail Maintenance (Peter Fowler)</i>
2 nd	<i>Clean Up Australia Day – Cotton Tree Park (Kate Russo)</i>	23 rd	<i>Yul Yan Man and Soldiers Settlers Tracks (Claire Staines)</i>
9 th	<i>Pomona to Cooran (almost) and return (Doone Collins) – CANCELLED</i>	24 th to	<i>Girraween National Park Base Camp (Michelle Freeman)</i>
14 th	<i>Emu Mountain (June Hughes)</i>	28 th	
14 th	<i>Marcoola Beach to Coolum Beach Full Moon Walk (Carolyn Farrington)</i>	30 th	<i>Obi Obi Lookout and Baxter Falls (Neralie Carr) - CANCELLED</i>
16 th	<i>Planning Meeting Foote Sanctuary (Kate Russo)</i>		

SC Hinterland Great Walk Trail Maintenance

We had an enjoyable morning meeting up with Ranger in Charge, Mark, Second Ranger in Charge, Luke and Ranger Shelly, together with 3 other National Parks staff.

Ranger Shelly commented "What a wonderful first EVER event we had yesterday for 'Friends of Parks – Sunshine Coast Hinterland Great Walk' You were all AMAZING and went above and beyond. We are so grateful for your help". Thanks to Peter, Miles, Rob, Toni, Helen, Neralie, Maureen, Lutz and Carolyn. Together we trimmed the vegetation from the sides of the trail, we dug (a lot!) of dirt and debris away from under and the sides of bridges, we dug out further drainage, we raised and packed down some whoa-boys, and we replaced the steel wire on the S Bridge. It was impressive work! We then went for a little wander to the Narrows Lookout together. We were all very sweaty by the time the morning finished. We finished up with a delicious morning tea together which was lovely.



"I hope you enjoyed helping us, it gives you an insight into what our responsibilities are as rangers."

Peter Fowler

Yul Yan Man and Soldiers Settlers Tracks



The Weather Gods held off the rain despite high humidity and lingering summer temperatures as Clare forged ahead through a somewhat overgrown track.

Crackling Bark in Tea Tree Grove fascinated all, particularly against a backdrop of magnificent views. Sam ensured that Maureen, Mike, Judy, Chris, Clive, Karen, Steven and Bonnie successfully navigated rocks and boulders to reach lofty lookouts and to arrive at the all-important lunch stops en route, as well as the final stop in the carpark.

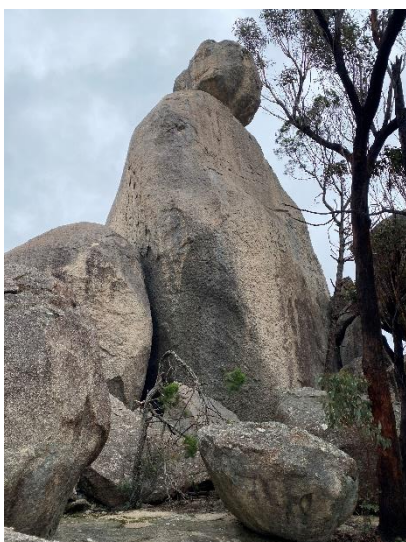
Girraween National Park Base Camp



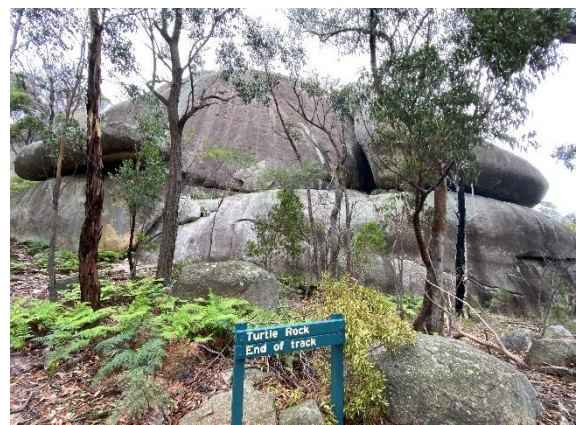
The Sphinx and Turtle Rock – Leader: Ian Gregger

Walk stats - Length: approx 8km. Elevation g/l: 270m. Time: approx. 4 hrs.

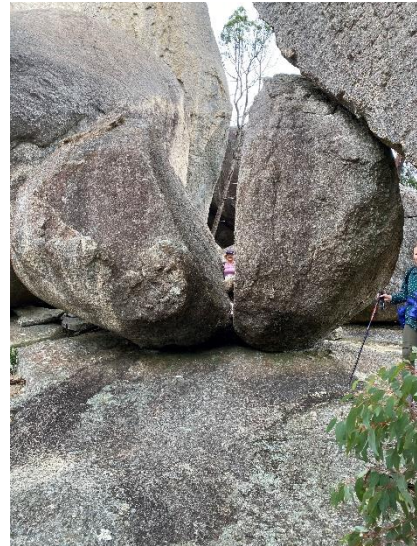
On a cool overcast morning, 8 walkers set out from the Castle Rock Camping Area on the southerly walking trail to The Sphinx and Turtle Rock. This area is a very different landscape to what we



encounter on the Sunshine Coast. Granite boulders can be seen along the length of this well-formed and gradually inclined walking track. This is hard country with infertile soils, so the trees are generally small and gnarled with amazing bark patterns. The shrubby undergrowth revealed a surprising number of flowers for this time of year.



After about 2.5 km we arrived at The Sphinx, which is a granite rock formation that resembles a famous Egyptian monument (if you squint). After happy snaps, we walked the remaining few hundred metres to Turtle Rock which apparently looks like a sleeping turtle. Nevertheless, it is an impressive rock outcrop and afforded the group some nice views to the eastern part of the park. Smoko break was declared and we all enjoyed a short rest after the 200m elevation gain. Although, we did have quite a few stops along the way to appreciate the flowers, birds and giant wood cockroaches.



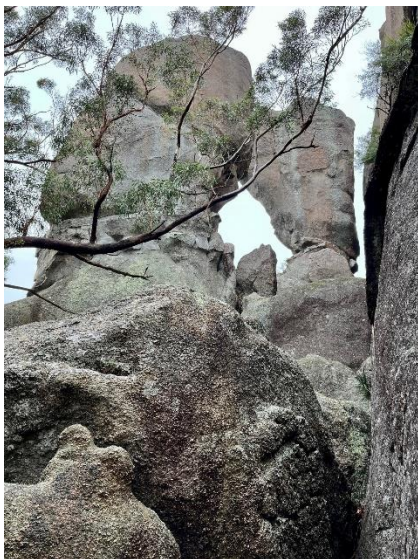
The retrace route was easy going and the group decided to take a 1 km side trip to Castle Rock. This impressive rock outcrop was well worth the walk. Although not all made it to the top, everyone got some impressive views of the surrounding park and the misty showers heading our way.

This was a truly enjoyable walk and half the fun was scampering about the granite boulders through alley ways of stone to find amazing views. We all arrived back at camp at lunch time, safe and sound.

Ian Gregger

Mount Norman – Leader: Peter Fowler

Girraween means "place of flowers" if you happen to be here in Spring. It is a park of massive granite outcrops and precariously balanced boulders. The walk to Mt Norman of 5- 6 hours return must have been well marketed as it drew a big crowd on an overcast day with showers predicted. Bring your raincoat was the cry!



Leader Peter, Chris, Alex, Michelle, Taylor, Miles, Ian, Karin, Richard, Christine, Dot, Lucy, Di and Warren set off to climb Mt Norman. We soon caught up to the other club group heading to Turtle Rock and The Sphinx - illusionary rock shapes with good imagination. A short stop by everyone for a catch up and photo opportunity at a large unusual rock shaped like a wombat arse, others saw differing illusions. I'm sure my illusion was more realistic.

Morning tea was had in the high country on a steep granite slope sheltered from the cold wind, the foothills of Mt Norman. Onward up and up steeply climbing up the granite slopes to just below the Mt Norman monolith summit. First stop the "Eye of the Needle" a large hole between monumental granite rocks standing tall.





A few minutes further on brought us to a secret spot where you have to be an explorer to find and navigate this one. Having climbed Mt Norman many times I had previously discovered this short adventurous route into and under the mountain. Almost a cave or mountain pass so narrow at times you have to suck in a big breath to not get stuck between the steeply sloping walls. Once you progress around the first bend there is no turning back as it's almost impossible to back track. Around the bend we went, up, over, under and through narrow chasms at times crawling. Luckily, I told the crew I do know the way out - it seemed to have a calming influence!

Too wet to climb to the summit but I pointed the way up the steep exposed rock face.

“Wrap your arms around that tree, lift your left leg above your shoulder to negotiate the large rock, then shimmy your way up the narrow chimney to the summit”. It is easy on a dry day!

One last feature to find - the "Trig Station" installed on New Year's Day 1893. Pointing the way through the bush I said "Follow me 300 metres scrub bashing and we should find it". It is a stacked stone monument 2 metres high and 2 metres in diameter used for survey mapping control of Queensland.

Time to head back to camp with showers on the horizon. On the walk back, passing the turn off to Castle Rock, the group decided to head to the windy summit, only a 30 minute deviation. A great walk with lots of adventure along the way.



Peter Fowler

The Junction and Granite Arch – Leader: Kate Russo



This walk began with stunning views of the Pyramid. We walked beside scenic Bald Rock Creek, enjoying wildflowers and birds along the way until we reached The Junction of Bald Rock Creek and Ramsay Creek. X marked the spot!!



The rain did not dampen our spirits, so we hiked on to Granite Arch, to marvel at this wonder of creation.



Jackie Nair

The Pyramid – Leader: Richard Palmer

There was a palpable ripple of anticipation when it was decided Wednesday morning that the weather conditions would be suitable to attempt The Pyramid hike. The Pyramid hike is one of the iconic hikes of Girraween NP so the thought that we would not be able to do it because of wet conditions had been disappointing.



Our group of 12 enjoyed the walk to the base of the Pyramid and it is at this point that you realise just how steep and smooth the ascent is to the top of this massive granite dome. At this point some chose not to continue and the rest continued up the "seam" of the Pyramid. All was

good until we realised that one of the most exposed sections had considerable water runoff to cross - not being able to see what weather was coming towards us from behind the dome and with dire weather forecasts we decided it best to play it safe and not proceed further.

The fun part was coming down! Sometimes a bum slide is the best option! And of course...the Pyramid lent itself to some shenanigans of the "Walk like an Egyptian" type! The weather beat us on this particular day but very happy we actually managed to get that far and we WILL conquer it next time!

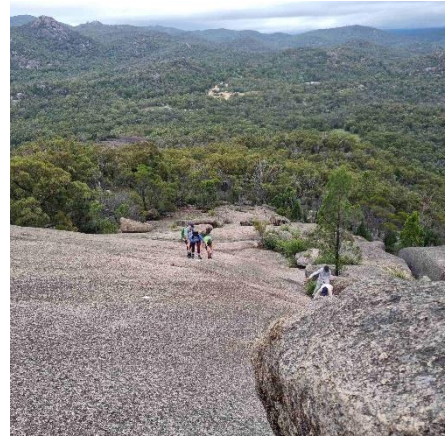
Kate Russo

Billy Goat Hill – Leader: Michelle Freeman (and Peter Fowler)

- Walkers: Michelle F, Chris V, Dot B, Christine C, Lucy N, Peter F, Ian V, Miles de L, Warren H and Alex S.
- Start/Finish: Underground Creek Carpark. 9.15 am. Finished 1.30 pm.
- Distance: Approx 12.5 km.

"I can't jump across! That's too scary!"

I am looking down into the gap. Foam-topped yellow water swirls as it rushes between two rock slabs. We're at Underground Creek, where the waters rush under boulders in a tunnel with polished sides. Nearby is an enormous wave rock formation – a wave that is about to break. I have to get across a wide gap. The rock is wet. I'll need to summon my jumping skills. Will the landing be slippery?





My eyes keep looking down at the chasm three metres deep. The more I look at the cavity, the more I imagine a fallen body, all scratched and blooded, stuck in a crack or being tossed by the swirling water. The rock has a rough, knobby surface, granite-hard and unforgiving. I look over to the other bushwalkers who have jumped the gap already. Peter faces us from the other side & encourages me.

“I can’t do it,” I say. “Is there another way?” “Not really,” he says. Entering the swirling creek to the right will be very difficult and dangerous. Peter jumps to my side, turns, and lightly hops across the gap, making it look easy. He has

extra long legs, of course. He turns and reaches out with one arm to encourage me to jump. “Look at your landing spot! Do not look down!” I stare at my landing spot on the other side. I focus hard. With my heart beating with fear, I jump. Success!



I’m so relieved I made it without slipping. There are only two more people to jump across. We coax Christine and Dot to do the jump. I watch and pray. They go for it and make it across with no problem. We plan to climb on top of Wave Rock. To get there, we climb a rough rocky track upwards and around until we reach the top of a flattish lava flow.



This lava flow platform is otherworldly and open to the sky. It has holes, crevices and oversized bathtub pools. It’s almost a magical landscape, but we must stay alert because cliff edges loom close by. Looking into a crevice, I see the rushing flood water of Bald Rock Creek smash against the granite walls, growling as it careens down the gorge. Peter is leading because he has been here before. The only way out is to leap across another rock crevasse.

The rock is wet on the take-off and landing, so we summon all our courage. One two three, leap! We made it! We intend to head East, go off-track into the scrub, and find the Creek Trail two hundred metres away. I’m using my map and compass, and my navigation is accurate—we reach a post with a sign. From now on, the trail is a barely-used four-wheel drive track. We walk into an open area of scattered Eucalyptus trees to see about forty kangaroos standing like statues with spines erect and heads high. They look so beautifully poised as if they were meerkats scanning for danger in the thick meadow of tall kangaroo grass. I imagined myself as an artist sitting on a rock with my sketchpad and crayons, capturing this peaceful Australian scene.

We arrive at the calf-deep Paling Yard Creek, rushing across the track. The braver ones in our group hop from rock to rock to reach the other side. My more cautious companions and I remove our boots and wade through the rushing waters that cool my overheated feet. Ten minutes later, we approach a gate at the intersection of Creek Trail and Mt Norman Road. We spy two raincoat-clad bushwalkers on the trail, far ahead. We reach the men and share our experiences. When our conversation peters out, they hoist their large and heavy backpacks off the ground and turn to go. Despite their weariness from their previous four days of trudging and camping in the rain, they're in good spirits.



Our trail leads us close to Billy Goat Hill, sitting to the south. Leaving the track, we turn left and push eighty metres through scrub. Billy Goat Hill looms above us, imposing, solid, and grey. I feel my eagerness to place my hands and boots on the bare rock and scale this massive granite beast ninety metres high. I lean forward and carefully pick my way up the slope. I stretch my legs across an area where water trickles across the rock, nourishing the green slime that clings there. I reach the dry, open slabs and power walk up them, eager to make the summit.

I stop at the peak and gaze at the wide-open view before me. I hear my lungs heaving and feel the cold wind chilling the sweat in my hair. I am standing 1,100 metres high on a bare granite hill with no tors (large free-standing rock outcrop. It comes from an old Welsh word meaning cluster or heap) to shelter behind. I feel like an eagle soaring high above the plains below. I feel proud to have reached the pinnacle of this awesome hill. I am but an ant on the rounded grey back of a giant beast. High above, I see a wide silver sky shimmering with raindrops. Two and a half kilometres away stands Mount Norman with its iconic "Eye of the Needle" rock formation.

We put our raincoats on, take photos, climb down and head homeward. Two kilometres on, I round a corner, dazzled by bright-coloured Lycra. Ahead of me are two trail bike riders, their lower legs splattered with mud and their cheeks glowing with perspiration.

I'm excited to meet Kate and her group at Underground Creek on the lava platform. She tells us about an easy track that leads back. We're relieved; we don't have to jump any more scary rock crevasses. I wish we had known about it this morning. The next time we come here, we'll take the easy route.



We give a lasting look at Big Wave Rock; and then we walk back to the car park. I felt I had been to a special place that captivated my imagination. I'm so keen to explore more of these beautiful locations.

Michelle Freeman

Underground Creek – Leader: Kate Russo

Wednesday afternoon and the wet weather had set in, but our group of 5 were determined to get the most out of the remaining time we had. So with ponchos and umbrellas at the ready we jumped in our cars and off to the Underground Creek.



Lovely little hike with birds, fungi and flowers along the way to keep us entertained. It would have been good to have been able to explore around the awesome rock wave and other rocks but with slippery rocks in mind we admired from a distance.

We took an explore along a side path to the top of the rocks to see where the creek disappears into the rocks.



Imagine our surprise to be exploring the rock flats and turn around to see a horde of hikers approaching us! But wait! We knew them! The Billy Goat Hill group popped over to say hello on their way back to their cars (that explained why there were so many cars at the Carpark but no people!) This easy short flat hike was a lovely way to finish off our Girraween trip.

Kate Russo

UNTIL NEXT MONTH HAPPY TRAILS

