

AUGUST 2025



The Trudge

Sunshine Coast Bushwalking Club
Established 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:

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Vice President:

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Secretary:

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Treasurer:

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New Member Officer:

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Grants Officer:

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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.



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

An extract from an original Trudge back in 1975 – South Coast Track article.

SOUTH COAST WILDERNESS - an account of a week's walk on the South Coast track from Port Davey to Catamaran (Part 3) Wednesday the 14th March, the day we had resolved to meet the challenge of the notorious Precipitous Bluff, dawned grey and wet. However it was today or never. We consumed a healthy breakfast and loaded our pockets with energy producing food.

Setting off on a compass course towards the base of the forested slopes, we had to throw ourselves at the 12 foot high clinging scrub to make any progress at all. From the air this area appears to be open button grass plain. After hours and a 1/2 mile later we reached the jungle fenced foothills, tired, wet and cold. We pushed on. The next two hours of solid climbing up through sequence of vegetation communities was an experience never to be forgotten. Precipitous Bluff rises approximately 4,000 ft. from the coast in a distance of 1 1/2 miles. In this distance and height, the outstanding feature is this wide range of vegetation which reflects pages in rainfall and altitude. On this western slope of the bluff the vegetation can be divided into a series of uneven altitudinal zones.

There is the narrow shore margin of very dense tall woody vegetation and scattered shrubs, mixed rainforest on silty soils and wetter sclerophilous forest where the rainforest discontinues. Broken limestone outcrops are prominent and eucalypt species are found including the huge specimens of eucalyptus simmondsii. Upper level mixed Rainforest (1000-2000 ft level) where rainforest resumes - includes such species as small celery top pine (Phyllocladus Aspleniifolius). The giant mountain Hisath, Richea Pandanifolia, Blackwood and Antarctic Beech. The upper level Rain Forest (2,000-3000 ft) where all species begin to diminish in size and the light increases. here are found the first specimens of King Billy Pine and the tree Waratah. The Stunted Montane Zone where a greater number of the Waratah are present and where coastal tea tree and Richea Scoria extend right up the base of the cliffs.

After pushing through the dense growth on the lower zones and as we started to climb more steeply into the mixed rainforest, the undergrowth mainly of ferns and fallen timber was less thick than we had anticipated. In the forest at these levels, it is dark and wet with thick spongy green moss laden with moisture clinging to everything in sight. As the old age eucalypts die out all indications are that their sites will be rapidly encroached by rain forest species.

As we climbed higher on to a more defined ridge we were confronted by the unique eucalypt forest for which Precip. Bluff has become well known, untouched by man or fire for 500 years there stands giant trees of unbelievable size. They tower 200 feet into the pale sunlight with base diameters of 15-20 ft that stood as bold barriers to our progress. These trees are well spaced and many had dead tops exhibiting average characteristics.

After four hours climbing from the camp and locating a roughly marked track we reached the base of the towering dolerite cliffs. We found later that the track led easily back to the lagoon at a point 1/2 mile north of our camp, a fact we should have known. A cold wet hour was put in, clinging and climbing up to the rock faces and slippery pineapple grass that formed the water fall climbing gully.

Eventually, lack of time and cold indicated defeat and we reluctantly turned back. Our reward, from the rock perch many metres above the lagoon shore was the unsurpassed panorama that lay before us. There could be no coastline in Australia to match the grandeur of this South-west wilderness. Before us its mountains, lakes, rivers, beaches, cliffs, islands and varieties of plants, animals and geology is indeed unique. The one tragic loss to the south-west as a whole is that of Lake Pedder, without it the South-west is so much the poorer. If our government leader could experience our day on Precip. Bluff their actions would reflect more genuine foresight and respect for our natural assets. This land is a priceless gem, considering the challenging nature of the rugged terrain, hard climate & the grandeur & distinctiveness of the natural scenery that it offers the city dweller of today & tomorrow.

Three and a half down hill hours later, over limestone outcrops, sink holes, fallen timber and through the splendid forest, we reached the safety of the lagoon shore and our welcome campsite. The remaining two and a half days were enjoyed walking the 30 miles of track and beaches via the delightful, Surprise Many, Shoemaker Bay, South Cape Range and South Cape Bay to Cockle Creek near Catamaran. The vegetation of this section was distinctively different to that of the western half. From New River Lagoon the track winds and climbs through tranquil man ferns and dry Sclerophyl Forest that sometimes thins to reveal fantastic views of the dramatic coast of ocean beaches and nearby clear of islands including De Witt, Li-du-Gulfe and Maatsuyker. The forest is alive with bird life, marsupial animals, snakes, fungi and wild flowers.

Our venture ended at Catarmoran on Saturday 17th when we were met by transport and people from Hobart. Besides ourselves we had seen no human being for 8 days, an unusual and pleasant experience in the overcrowded 1970's. Anybody who is reasonably fit, determined and well prepared could tackle and greatly benefit by a weeks break such as this. Finally there is an urgent need for the Cox Bight region and the New River Lagoon and Precipitous Bluff region to be included in the South-West National Park. At present they are excluded and highly vulnerable to short term economic gain for mining and forestry interests that could permanently ruin the unique character of this our South West Wilderness. Lindsay Hope

SOME WORDS FROM THE PRESIDENT

Your Club Needs You

We are now into August and as always, the year is disappearing fast. It is only three months until our next AGM in November. I doubt very much that I am alone in considering my time in the club has been an overwhelmingly positive one. There are many reasons for this and I am certain you will relate to them.

To name just a few:

- ❖ First and foremost would have to be the lovely people in our club, the great company we share and being able to participate in activities that can be really hard, moderately hard or just allow us to chill.
- ❖ Gaining knowledge from experienced activity leaders to enhance our skills, as well as being inspired to challenge ourselves in a safe and supportive environment.
- ❖ Opportunities to volunteer in environments that we love and care about, such as track maintenance, track building and tree planting.
- ❖ The provision of First Aid training for walk leaders.

All this and much more would not be possible without the generous volunteering spirit that has enabled our club to thrive and survive and to reach our 50th anniversary.

So I am appealing to anyone who might be seriously considering nominating for a committee position to please approach the person currently holding that position. Make a time to have a discussion about the position, what it involves and what the processes are. Also bear in mind that the current, as well as past committee members, are willing to offer their support, help and acquired knowledge to assist you.

It is imperative that the positions of President, Secretary and Treasurer are filled. It is a legal requirement and if they fail to be filled our club will cease to exist. At the present time the position of Treasurer has a nomination. However, remaining positions are yet to have nominations. I acknowledge that there is still time in hand until the AGM, but I need club members to seriously consider if they can help before that meeting. Of course nominees have to be confirmed by the club members' vote at the AGM. Detailed handover procedures will be made available to the successful nominees.

The future of the club is in your hands. I hope you can help.

Warm regards
Linda Gregory, Pres. SCBWC

Bushwalking Queensland Pilgrimage

- ✓ Friday 8th – Sunday 10th August – Beaudesert Showgrounds, Tina Street, Beaudesert.
- ✓ Hosted by Gold Coast Bushwalking Club, celebrating their 50th anniversary.
- ✓ Admission - \$30.00 per person for the weekend, including non-powered campsite.
- ✓ **Registrations closed 1st August but check out the website if you wish to attend.**

Here is the link to the Gold Coast Bushwalkers Pilgrimage 2025 page.

https://www.goldcoastbushwalkers.org.au/index.cfm?module=event&pagemode=indiv&page_id=2903045

July Activities

6 th	Club Meeting (Linda Gregory)	25 th	Mt Tibrogargon East Face Abseil (Peter Fowler)
13 th	Mt Coochin (Jon Lee)		
13 th	Soldiers Settlers Track and Trachyte Circuit (Russell Stark)	26 th	Bike and Breaky Maroochydore to Coolum (Rod Jenman)
20 th	Mt Beerwah East (Peter Fowler)	27 th	Mt Coolum from Marcoola Beach (Michele Johns)
20 th	Mapleton Township to Mapleton Falls and return (Min Haeusler)	27 th	Mount Seewah – Noosa North Shore (Sarah James) - POSTPONED
22 nd	Self rescue Abseil Training (Peter Fowler)		

Wednesday Arvo Fitness Circuits

July has been our first month of regular Wednesday late afternoon fitness circuits. We have based ourselves at the Parklands Conservation Park and alternating between either the Rocky Creek Circuit (the Nambour Park Run route on a Saturday) or the Coobong Circuit. Both circuits are just over 5km long and in all honesty - the hills are quite challenging!

But... we are actually quite happy to say that after the initial shock of the first week, it actually seems to be getting easier! We even had royalty accompany us the first week on the Rocky Creek Circuit - Fluffy the emu gave us gentle words of encouragement along the way. Kate was going to sign his Prospective Member Activity Record but we haven't seen him since the first week - he must have decided we were a bit boring! LOL.

The final Wednesday of the month we are changing things up by going to Mt Ninderry instead of Parklands. Everyone is welcome to join us on these Wednesday afternoon sessions. Just check the Activities Calendar for location and any other changes from week to week. Kate will sign you up on the day. Be aware that we do need to head off promptly at 3.30pm and it will take approx 1.5 hours.

Kate Russo



Mt Coochin



Plan A – Neurum Creek – postponed.

Plan B – Mt Coochin – how could you not go out bush on this truly magnificent day with blue skies and a slight breeze.

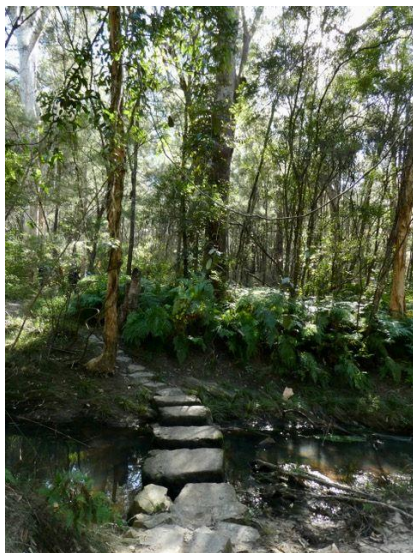
Jon leading Ian, Sam, Claire & Chris up Mt Coochin but not the usual way up the path. No, no, no, no we have Jon leading and the usual route up was not the go on this day.



There is a more challenging way up I hear Jon say up “School Tie Ridge”. With no clear path, we headed up through the scrub bush bashing our way up until we reached the first peak. And what a view – such a clear day. We then headed down the usual path and up to the next peak and then down by the usual path. Then it was along and around the bottom back to the car. Short, sharp morning hike before morning tea in Beerwah and then heading home.

Chris Vieraitis

Soldiers Settlers Track and Trachyte Circuit



Our group of 11 were greeted with a beautiful winter’s day for this walk, nice and dry and cool. Our leader for the day was Russell Stark. We started from the Beerburrum State School carpark and followed the Soldiers Settlers track until it met the Trachyte Circuit. This is a well-defined, mostly flat track with a few small rises. The Trachyte Circuit goes around the base of Mt Tibrogargan.

Our morning tea spot gave us a good view of the north eastern side of Tibro where very experienced climbers can take an alternate route to the top or come down this way using ropes.

From here we made our way around to a viewing platform at the base of the start of the ascent up Tibro. Russell explained to us the Dreamtime

story of the Glasshouse Mountains, with Tibrogargan being the father and Beerwah being the pregnant mother and Coonowrin (crook neck) being the naughty eldest son who didn’t protect his siblings and mother from the flood waters, as requested by his father. His father therefore broke his neck.





From here, we made our way to the Mount Tibro carpark and then on to Jack Ferris lookout for lunch. This lookout has spectacular views of the Glasshouse Mountains and is very popular with walkers. We returned back to our cars via the Soldiers Settlers track.

This is a lovely easy walk with some great views and is a good work out, being about 17.5km long/ 6 hours at a leisurely pace. Thanks Russell for leading the walk and to everyone on it, who made it a lovely social day out.

Karen Edwards

Mt Beerwah East

Climbing up Mt Beerwah, via the Eastern route.

Peter Fowler (leader), Ross Thompson, Michelle Loretz, Warren Hitchcock, and Michelle Freeman. We parked two cars at the crowded Mt Beerwah National Park Car park. Peter led us along a narrow footpad through the scrub, to the eastern side of Mt Beerwah, which stands 556 metres high. To minimise the risks, we had an 8.30 am start, blue skies, dry rock, and our backpacks held emergency gear, a scrambler's rope, water and food. To climb this mountain, it certainly involves risk. Emergency services have been called out 112 times to the three peaks — Mount Tibrogargan, Mount Beerwah and Mount Ngungun in the past two years.



We craned our heads to the zenith and saw mostly a dark-coloured sloping rock wall. We took a deep breath, stepped with a big knee-up, and our climbing effort began in earnest. It is a steep, rocky ascent with several areas of exposure. We scrambled up almost in a zigzag pattern, and questioned Peter often, "Which way now?"

In many places there were ledges to rest on. However, it felt like the upwards climbing would never end! Someone's water bottle slipped out by mistake and rolled down 10 metres, stopping against a bush. They had to down-climb and retrieve it. We grunted with effort to heave ourselves up "chimneys", along cracks, and grab handholds of rock jugs, rock protrusions or spindly trees. There was little shade, and I could feel the black rock reflecting the heat.

For many years, I have wanted to stand on the "1932 rock", which is three quarters of the way up. It has special appeal to photographers, because if you stand on the rock, you capture the feeling of a dizzy, dangerous height. An eagle eyrie perhaps? Looking at the photo, one thinks, "How did they get out there!" We dropped off our packs and three of us down-climbed fifteen metres to this huge flake of rock, jutting out. From ten metres away, and perched on the rock face, Ross took our photos and we posed. In the background, the characteristic, needle-like Mount Coonowrin stands abruptly.

I felt uplifted, along with relief, to be at the pinnacle of the highest Glasshouse Mountain. It had taken us 4 hours to get here (timed from the car park). We took photos, and soon started our climb down the normal route, which was a much easier scramble than the way we had ascended. Peter encouraged us, "Come out here and see the view".

A flat rock, the size of a king-sized bed, lay on the edge of a cliff, and seemed to overhang. Flat on my belly, I gingerly edged my way forward, until my eyes were peering down into an atmospheric void. My tummy stirred with butterflies! On my right, the towering cliff of organ pipes stood cold and hard; shadows and sunlight highlighting the chunkiness and corners. There was drama in the sharp edges. There was also something small and shining, near the cliff top, but we couldn't work out what it was. Climber's hardware? "Oh my God", I murmured, my breath catching. Amazing! Beautiful, colourful; but dangerous terrain.



Then it was Warren's turn. After he finished looking into the void, and as he edged his way back to safety, I asked him with curiosity, "What did you feel?" "I was looking at the geology," he replied in a normal voice. He is a geologist, so that explains it! I chuckled, because I expected others to be as mind-blown as I was. Half way down the mountain, we came to a large wide ledge where many crooked trees and twisted vines were growing. It was overhung, and had pock-marked, chalky, white walls and caves. The white powder covered everything, and it felt like we were walking in ten-centimetre thick cornflour. We ate lunch here in the shade, sitting on large boulders that had tumbled down. Signs said to not linger in this area. We risked sitting here for 20 minutes, but were listening out for sounds of rocks tumbling.

Down we climbed, bit my bit, quite slowly and carefully. At times I found it unnerving, because there were not enough hand-holds, or the rock was slippery, due to the thousands of hands polishing the same rocks.

We encountered about a dozen young people on their way up or down. Most of them carried no water or supplies. That surprised us. Near the bottom, Peter led us the safest way down; over to our right side, where there were more handholds. We avoided the slippery slabs! Our adventure took six and a quarter hours, we had ascended and descended 470 metres, and our team of five had all helped each other on this challenging mountain. Very exciting!

Michelle Freeman

Mapleton Township to Mepleton Falls and return



On Sunday 20 July, eight members and three prospective members met in Mapleton town for a 11km adventure. We walked to Mapleton Falls via Obi Obi Road. We found some wild raspberries to munch on along the way



and soon we connected with the Great Walk near Suses Pocket Road. As we neared the Falls there were a few sheep keen to say hello to us and to pose for some photos.



We then walked out on the platform and looked down to the Falls. We then wandered along, up and down the 1.3km Wompoo Circuit and took in the sights at Peregrine Lookout. On the way back, a few of the group bought avocado and ginger from a local farm then posed with some goats who had escaped from somewhere. Closer to Mapleton town, we veered right into Wandoo Court, through the beautiful tree covered Wandoo Park and into Wilga Court.

Those without any knee issues walked across Flaxton Drive and down along Crystal Street where Min assured the group there were only about 40 steps to walk up. Turns out there were 125 of them and we felt them all! The entire group agreed it was a great walk and would do it again. We then had coffee and treats at the local cafe before heading home.

Min Haeusler

Monthly Social Breakfast

Well from the laughs and noisy chatter coming from our Social Breakfast group at Fairhill Native Botanic Gardens, Ninderry this morning, I think I can safely say we had a lovely time! T'was somewhat chilly to start with (thank goodness for the supplied lap blankets) but soon warmed up. Ill health dropped our booking numbers unfortunately but plenty more opportunities to catch up. And Prospective Member Trish slotted into the group so well that it will be lovely to have her hiking with us in the next couple of weeks.

Would love you to join us for breakfast next month (every first Saturday of the month) 6 September at Emjays at Birtinya. (Word on the street is that there will be an orchid show at the nearby Venue 114 that weekend so could be expensive day for some of us!) Details will be on the Activities Calendar soon.

Kate Russo



Flinders Ranges Adventure (Part 3 and final)

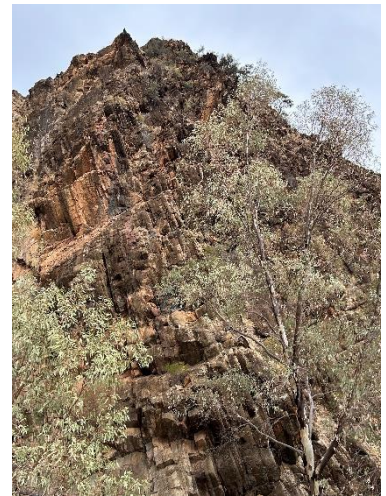
Bridle Gap Walk (part of the Heysen Trail) – 18.6 kms return

Bridle Gap is on the south-western escarpment edge of Wilpena Pound and passes through the Pound Gap, past Hills Homestead and continues across the Pound floor. We were informed that Wilpena Pound had not had any significant rain for 4 years so it was dry, dry, dry.



Bunyerroo Gorge Hike – 7.5km return

The Bunyerroo Valley does not scale the heights of Wilpena Pound but it provides rewarding views of the peaks. The trail begins on the purplish shales and open cypress pine woodland of the Bunyerroo Formation and Wilcoco Creek.



Wilcolo Creek Hike – 9.3km loop

This trail follows a small creek through the ABC Range (quartzite) to the Brachina Formation iltstones, characteristically vegetated with Silver Wattle. There was no chance of getting wet boots - the creek was – you guessed it – DRY, DRY, DRY.



Hidden Gorge Circuit Walk – Mt Remarkable National Park – 18kms circuit

This walk took us through Mambray Creek, past pools of permanent water, through native pine forest, passing Hidden Gorge Campsite to enter the ever-narrowing Hidden Gorge. With steep red-rock walls, we continued on through and out along a superb path up to 'The Battery', with extensive views over Spencer Gulf. Following the fire track for 1km the route exits to follow a single-track which meanders back to the trailhead at Mambray Creek carpark. An absolutely fabulous hike.

