

OCTOBER 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:

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

SOME “INTERESTING” EXTRACTS FROM THE AUGUST-SEPTEMBER TRUDGE 1975

THE CODE OF ETHICS OF BUSHWALKING - adopted by the New South Wales Federation of Bushwalking Clubs.

Remember while travelling that the wearing of shirts and shorts and the carrying of packs gives a party no license to make undue noise, indulge in objectionable language, or otherwise give offence to others. When travelling always dress neatly and cleanly and avoid freakish clothing or scanty attire. Do not carry a rifle. It is not essential as food can be carried, and most important, you will be setting an example.

Be conservation minded at all times. Never cut down trees, pick wild flowers, or kill birds and animals or allow others to do so. Use only dead branches for tent poles. Always leave a campsite in such a condition that it would be difficult to tell that had it been camped on recently. When walking on a track, don't break out of line and push people aside in an effort to race to the front.

A small cooking fire burns your food and roasts yourself a lot less than a big one. If you carry a tomahawk, use it with care. Accidents will happen.

CONTRIBUTORS NOTE: In addition to the above were many practical, useful safety standards that are still in use today.

OBI OBI GORGE CANYON TRIP (A Trudge report) by Lindsay Hope

This trip was well attended and proved to be a popular one, well worth repeating on a summer programme. We travelled from Maroochydore via Palmwoods and Maleny: thence by Teak Street Maleny for about 5 miles to Obi Obi Creek near or upstream from Baroon Pocket. (See Nambour Military Map).

Our plan was to traverse Obi Obi Creek from this point, through the sheer cliffs of the Obi Obi Narrows to a farm about 6 miles downstream near the Obi Obi Road (Mapleton to Kenilworth). Two cars were left at each end of the trip for transport, as we did not plan to return walk to the starting point. It is a very long drive from the starting point near Baroon Pocket to the farm off the Obi Obi Road.

However, it is well worth the effort (about 1 hour driving time) as pushing back up the creek would be hard work. We followed a disused vehicle track for a few miles to a point just south of the Narrows.

From here the Narrows have to be negotiated. We had many methods of deep moving water with sheer cliffs either side. Some used Li Los while keeping packs on the back, some Li Los without packs, some car inner tubes, some swam with pack fitted loosely so as to float behind the head - also wearing sand shoes, and some did a lot of walking ie after the main gorge.

Lunch was enjoyed about 3 miles down from the gorge, before pushing on for another 3 hours to the farm. The 6 mile trip took approx 6 hours and is not difficult once the Narrows are conquered. For this section, to be able to swim is a must. All members thoroughly enjoyed the trip. It is well recommended as a challenging trip on a fine day. Our day was cloudy and wet and members tended to chill easily, even though it was mid summer.

CONTRIBUTORS NOTE: The club leads an Obi Obi Swim Through activity nowadays with the benefit of dry bags and rubber bootees or similar. It remains a challenging but very enjoyable trip.

MONDAY, 3 NOVEMBER 2025
FOLLOWING OUR USUAL CLUB MEETING at 7.30pm,
WE WILL HOLD THE AGM

YES, it's almost here!! It seems like I blinked and we now have around 4 weeks before our AGM. As mentioned previously all positions are declared vacant at this meeting. I know there are club members who want to help and of course, every one of us wants to see our wonderful club continue on for many years to come.



For this to happen we need those who are willing and able, to raise their hands high at the AGM to nominate for both Committee and non Committee positions. Or . . . I am sure that you would have no difficulty finding someone to nominate you!! On top of a thorough one on one handover to familiarise yourself with the position, outgoing committee members are willing to provide ongoing support and help as needed. So there is backup there to assist.

If you wish to help but are uncertain about what is involved, please approach the person holding the position you are interested in. The current Committee is determined to provide a smooth transition and equally to ensuring you have the knowledge and confidence to be part of the club's Committee for the coming year.

We are so very lucky to have our club and all the benefits it provides us, all because we have willing volunteers across the board for it to function. I hope in the few weeks remaining until the AGM there will be firm interest from club members to fill the positions required so that we can continue to flourish and grow into the future.

Linda Gregory
President

General Information re Activities from our "Leaders Guidelines" and "Risk Management Policy"

Relevant to both leaders and participants - always good to refresh on this information and to gain an understanding on why some things are so....



Grading Activities - Consistent grading is important. Grading is a guide to the skill levels and physical requirements of the activity and in many cases, it sets member development pathways while minimising risk. The 'Activity Grading' matrix descriptions can be viewed on our club's website.

Group Size - The minimum group size (including leader) is 4 so that emergency situations can be best managed. Where there are fewer than 4 members on the activity, the activity needs to be determined if it should be cancelled or rescheduled. (See advice below from our Risk Management Policy). The size of the group is the leader's choice within the range above. Group sizes vary considering the difficulty of the activity and confidence of the leader. QPWS sets a limit of 15 for activities in National Parks and permits may be required.

From our Risk Management Policy

- Activities can still go ahead with less than 4 participants under certain circumstances.
- Abseiling activities have specific controls in place.
- Reccie activities need a PLB or Garmin taken unless there is full mobile reception. A 3rd party also needs to be told of the activity and approx duration.
- Other Activities in highly populated areas can go ahead with 2 or 3 participants as long as there is full mobile phone access.

I'll include some further information from these documents in the next Trudge edition. If you would like to explore further yourself...all Activity Leaders have been emailed the Leaders Guidelines (if you are not a leader but would like a copy please ask me to email it to you), The Risk Management Policy is available for any Members to download and for perusal on the Activities Calendar page on the Club website.

Enjoy our wonderful bush tracks and stay safe!

Kate Russo

SCBWC Activities Coordinator

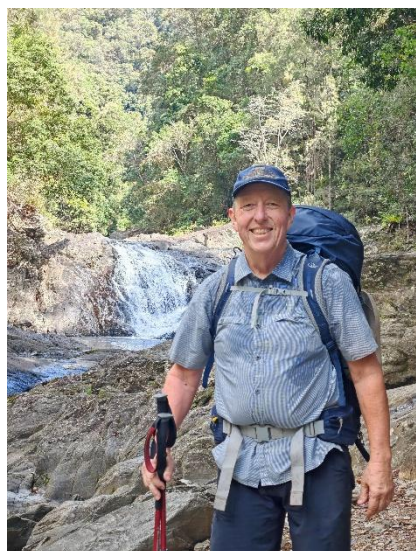
September Activities

3 rd	Kirby Road Environmental Reserve Community Tree Planting (Joe Kirkpatrick)	18 th -22 nd	Girraween NP 4 Day Through Walk (Rod Edwards)
6 th	Social Breakfast Birtinya (Kate Russo)	20 th	Mt Cooran (Jeff Langton)
7 th	Gheerulla Circuit from Sam Kelly Road (Clare Staines)	21 st	Planning Meeting Foote Sanctuary (Kate Russo)
12 th	Mountain Creek Recreation Trail and Conservation Area (June Hughes)	26 th	Baroon Pocket Dam to Flat Rock (Helen Bernard)
14 th	Chinaman Creek (Helen Bernard)	28 th	Noosa NP Coastal Loop (Karen Edwards)
		Weekly	Wednesday's Fitness Circuit

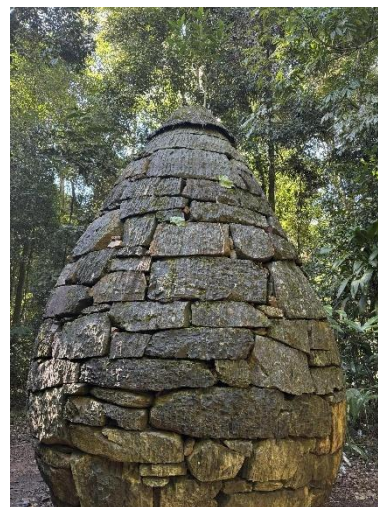
Conondale Range Great Walk (from 15-18 August)

Leader – Rod Edwards

It was an incredible 4 days on the track with many great moments & conversations shared along the way between the 4 of us – Chris S, Mandy, Cam & me. We had warm sunny dry days with cool nights. The night skies were full of stars & a half-moon. The last night at Summer Falls dropped down to a very chilly 3 or 4 degrees.



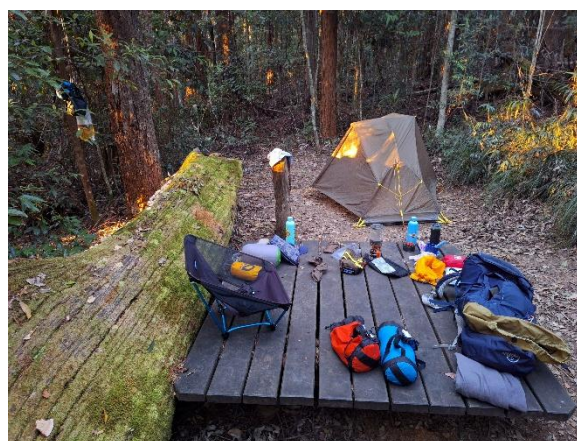
The total 4-day circuit was 56km with the first leg being 11km from Booloumba Creek Day Use area to Wongai Walker's Camp. We dropped in to see the 3.7m high Strangler Cairn Sculpture by artist Andy Goldsworthy for those that had not yet seen it before moving onto Artists Cascades for morning tea. It was then onward and upwards to Booloumba Falls which was a bit of a slog with the steepest section & our packs at their heaviest. We stopped at Booloumba Falls for lunch.



It was then only a couple of Kms to camp so an early setup with some time to relax & check out each other's equipment. Happy hour was welcomed to bring everyone together to get to know each other a little better & chat about the trip ahead, before retiring to the privacy of our own campsites.

The next morning, we headed off towards Tallowood Walker's Camp which was the longest leg at 17km. The word was that this section of the track had become tricky to navigate with fallen trees & overgrown tracks but a big thank you goes out to the Rangers & our volunteer track maintenance team for their efforts to make it much easier to navigate, especially while carrying heavy packs.

It was on this section that we all experienced something we'll never forget. We were standing on the graded track chatting when the shock waves from the earthquake rolled through. It felt like you were standing on a standup paddle board on the Noosa River, rising & lowering over a slight swell. It happened over about 15 seconds with 5 or 6 waves rolling under our feet. Before we felt anything we heard what sounded like the rumble of a plane or earthmoving machinery moving toward us. As soon as it hit us, I initially thought a blast somewhere but we all quickly realised, Earthquake. How fortunate we were to experience this phenomenon together in such a peaceful location.





The next morning, we headed off on the 15km walk to Summer Falls Walker's Camp for our last night in the bush. The creek was running, the falls were flowing & the pools were full, which was so inviting after a hard day's walking & no showers for the past few days. There was one thing we needed to overcome & that was the pain of entering the freezing cold water. We all slid in without regret as it was so refreshing, invigorating & soothing for our tired bodies. We then sat at the top of the cliff for happy hour, looking out over the waterfall as the sun went down.

Each camp had many little critters getting around in the night's darkness waiting for an opportunity to get a feed.

Unfortunately, they can chew through bags, packs & tents to get to that food so we all got into the habit of hanging our food items in trees. There was the odd leech but a few more ticks than usual. Once we packed up our final camp at Summer Falls

we headed up the initial heart starter hill. Upon more level ground, we started talking about food all the way back to our cars on the 11km final leg. We didn't waste any time jumping in our cars & heading into the Kenilworth Café for lunch. Some of us only met for the first time but by the end we were all very good friends.

Rod Edwards

Pamona to Cooran (almost) and return (from 17th August)



Ewan Maddock Dam Bird Watching Hike (from 22nd August)

Five eager hikers joined Marilyn for a most informative birdwatching walk at Ewan Maddock Dam. The day started off a little cloudy but the weather stayed fine with patches of sunlight shining through the forest to put a different view on the paperbarks & ferns in the swampy areas.

We covered the 9km or so in a leisurely way with Marilyn identifying birds as we heard their calls and there was a good variety with Yellow Breasted Robyns, Whip Birds, Variegated Wrens, Dusky Moores, Swamp Hens, and Rufus and Golden Whistlers. A delightful sighting of three bright Forest Kingfishers on a tree in the middle of the water caught our complete attention. Flowering wattles, water lilies and other native flowers completed the picture. Thank you Marilyn, we thoroughly enjoyed ourselves.

Maree Bell





Mapleton Falls to Ubajee Walkers Camp and return (from 24th August)



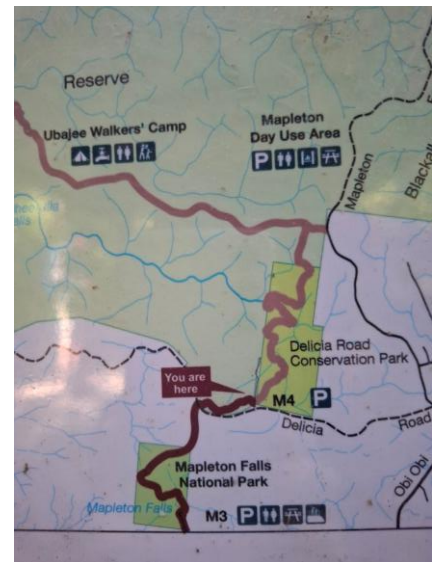
Dappled light shone down through the rainforest tree's umbrella-like canopy. It was cool under the growth of dense trees, and interesting to see brown coloured creeks and to cross wooden bridges. The track was soft mud in places, with some rocks and roots, twisted and bumpy. The multitude of leaves, in all stages of decomposition, lay at our feet, as we carefully wended our way. Birds sang all around us, a choir of different harmonies, and the most prominent was the lusty call of the whip bird.

The highlights were;

- Arriving at Ubajee Lookout for morning tea and being wowed by the view of the expansive, forested valley.
- Seeing the native irises in bloom (3 large purple petals with white and yellow stamens and pistil)
- Watching some birds on the forest floor doing a mating dance with wings outstretched/quivering.
- A peregrine falcon was soaring in circles above our heads, while at Mapleton Falls.
- Viewing the scary drop of Mapleton Falls from the overhanging timber viewing platform.

A great 15 kilometre bushwalk, highly recommended.

Michelle Freeman



Gheerulla Circuit from Sam Kelly Road

Russell, Peter, Ross, Michelle, Noelia, Alex, David, Sarah Bonnie and I set off from Sam Kelly Road to tackle the Gheerulla Circuit for the day. Surprisingly the first creek crossing was completely dry. The weather was perfect - a few clouds about, but even so it was warm going up the steep hill before hitting the ridgeline along to Thilba Thalba. We stopped for morning tea at the picnic tables at Thilba



Thalba where a fat goanna was spotted on a nearby tree. Lots of magnificent views out towards Kenilworth and over the Gheerulla Creek valley.

The walk is easy to follow with well-made tracks, and we made good progress to lunchtime where we stopped by the Gheerulla creek crossing just down from the falls which was low, but flowing nicely. Then back to our starting point by following the creek down the valley. All the crossings were easy with

only a small amount of water flowing, but it was disappointing to notice that a couple of motorbikes had used the walking track, dislodging a few stone steps and 'barking' roots. It just showed how destructive even minor use can be.

Final distance walked varied according to different apps used, but around the 23km mark seemed to be about right if the National Park signs are correct. Most of us were using the walk as an informal fitness challenge as well as a pleasant outing with good company. I pulled up Ok so I hope everyone else did too.



Clare Staines

Chinaman Creek

- Number in attendance: 11
- Weather conditions and track conditions: Fine day with some cloud.
- Description of terrain and notable flora / fauna: Forest trails with small rocks, some small to medium rocks to scramble with beautiful orchids along the way. Helen showed us her knowledge in this area.
- Distance and time taken: 4 hours.
- Ended at Witta Cafe Gumland Drive in Maleny National Park.

We had a lovely walk starting with medium terrain and some undulating walking for most of the walk among beautiful forest, with a lovely commentary on orchids along the way by Helen. We then descended along the creek with some small to medium rock hopping to rest at the top of the falls for morning tea.



After morning tea we made our way back up the rocks and onto the banks of the creek back towards the forest trails. We found a banded snake along the way resting under a piece of bark in the middle of the trail. Lots of photos and fascination by all. It was an enjoyable walk, lovely company and a nice day ending with coffee and lunch at the Witta Cafe.

Thanks so much to Helen for arranging this walk, providing information about orchids along the trail, and to Marilyn who provided information about not only the snake but to the birdlife and their calls during the walk.

Jocelyn Davis

Mt Cooran

We enjoyed a great walk up Mt Cooran on Saturday 20th September with an awesome complement of walkers who have never climbed this mountain before (Miles, Martha, Noelia, Kara, Carolyn, Ian, Maree, Leanne and myself). We also enjoyed some morning tea at the park in Cooran



with Martha supplying the Anzac biscuits. Weather was perfect which made for excellent views spanning 360 degrees. Special thanks to Maree for the photos.

Jeff Langton

Noosa National Park Coastal Loop

Although it was in the opposite direction, we walked in the footsteps of past club members from 41 years ago. The earlier walk had 17 in the group, we had 15. Their walk took them 6 hours 15 minutes and covered 6 miles (9.7km), our walk took 5 hours 15 minutes and covered about 13km. The difference being they took more time and explored some caves at the northern end of Sunshine Beach (Paradise Caves) and they also all enjoyed a couple of swims at Tea Tree Bay. Things haven't changed so much, as they too had to look straight ahead as they walked along Alexandria Bay.



This is a lovely walk, taking us through interior tracks up to the highest point in the park, being Noosa Hill. From here its down hill until we meet the tourist pathway, however we took a service road to Tea Tree Bay to avoid the traffic. Tea Tree Bay didn't disappoint as the ocean was picture perfect and although tempting, we didn't swim like the group from the past. After morning tea, we headed off to Hells Gate, with some of the group taking the more challenging route and doing some rock hopping along Granite Bay.

Although the ocean was very calm, and there had been many claims of whale sightings over recent days, we didn't see any whales while at the Hells Gate lookout. But the view was still spectacular. From here we headed to Alexandria Bay and some removed shoes to walk in the water. A few nudists made themselves known, but that didn't phase us. From here, it was up and over the headland with more spectacular views and down the numerous steps to Sunshine Beach.

Our lunch spot was at the northern end of the beach under the shade of some pandanus palms. We all enjoyed the view of the beach and the lovely breeze. We did see some whales while we were here, which was lovely. I also read the Newsletter article from 25th November 1984, which showed that nothing much has changed from 40 odd years ago. We are still a group with common interests of a love of hiking and great company.



Thanks to the lovely group of 15 walkers for making the day perfect.

Karen Edwards



UNTIL NEXT MONTH HAPPY TRAILS