

DECEMBER 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 2<sup>nd</sup> Monday

## Committee Members 2025 -2026

President:

Carolyn Farrington

Vice President:

Samantha Rowe

Secretary:

Ingrid Eksteen

Treasurer:

Maree Bell

Activities Coordinator:

Melissa Sibbel

New Member Officer:

Karen Edwards

Grants Officer:

Peter Fowler

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[enquiry@scbwc.com](mailto:enquiry@scbwc.com)

[grants@scbwc.com](mailto:grants@scbwc.com)

## Non-Committee Positions

Hire Equipment Officer:

Garry Carr

Trudge Editor:

Chris Vieraitis

Abseiling Coordinator

Peter Fowler

Librarian:

Judy Rimmelzwaan

Refreshments Officer:

Trish Davis

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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.

## 50<sup>th</sup> Anniversary Year



### November/December Activities

1 <sup>st</sup>	<i>Social Breakfast and Alex Forest Conservation Park Walk (Tania Walsh)</i>	15 <sup>th</sup>	<i>Induction Hike Emu Mountain (Maree Bell)</i>
2 <sup>nd</sup>	<i>Buderim Heritage Rail Trail (Steven Forst)</i>	16 <sup>st</sup>	<i>Mudjimba Beach Circuit (Russell Stark)</i>
7 <sup>th</sup> – 9 <sup>th</sup>	<i>Bunya Mountains Weekend (Karen Edwards)</i>	21 <sup>st</sup>	<i>Parklands Wetlands &amp; Conservation Reserve (June Hughes)</i>
7 <sup>th</sup>	<i>Bike Ride pre-sunset &amp; night (Peter Fowler)</i>	23 <sup>rd</sup>	<i>Artists Cascade (Sam Rowe)</i>
9 <sup>th</sup>	<i>Navigate with map and compass (Peter Fowler) - POSTPONED</i>	30 <sup>th</sup>	<i>Eumundi Conservation Park (Doone Collins)</i>
		Weekly	<i>Wednesday's Fitness Circuit (Kate Russo)</i>
		6 <sup>th</sup> Dec	<i>SCBWC Christmas Lunch – Valdora Hall (Karen Edwards)</i>

### The Grampians and Great Ocean Walks (from 6-19<sup>th</sup> October)

#### Grampians Peaks Trail

After three and a half days driving in separate cars from the Sunshine Coast, Ian, Warren and I, were glad to finally arrive at Halls Gap in Victoria. The Mt Difficult Range loomed large above the town like silent sentinels. As it was a long weekend, half of Melbourne had descended upon the town.



The next day we did a warmup walk clockwise to The Pinnacle. Just as well because the other half of Melbourne was walking anti clockwise. Still, the rock formations and scenery were stunning. This gave us a glimpse into what to expect on our four-day hike of the northern section of The Grampians Peaks Trail.

Our 50km adventure began on the 6<sup>th</sup> at the Mt Zero trailhead. Leaving Ian's car in the carpark we thought this was going to be easy as the first 20 metres of the track was dead flat. Not so for the rest of the trip. The next three and a half days involved rocky slabs, hiking around and under boulders, exposed rocky battlements, spring wildflowers, seasonal creeks and waterfalls, steep ascents and descents, massive rock walls, huge stepping stones, dense scrub, grassy woodlands, magnificent lookouts and as we approached Halls Gap, the vegetation changed to rocky gardens and wet tall forests.



A quick side trip to Chautauqua Peak gave us great views over the township. The track was all completed by hand and is a highlight in itself. The campgrounds are wonderful. The raised platforms for your tent and the chains to anchor your tent with took a bit of thinking (and swearing) until all seemed right. The spacious shelters were incredible. A place to escape the wind and cold, to eat, chat and recharge your phone. With good phone reception we found out that it was going to be 3°C in Halls Gap one night. It was colder than that up in the mountains. We generally had great weather. Very windy at times especially on Mt Stapylton. A bit of rain and cloud on our last day did not slow us down as the thought of a hamburger and beer in Halls Gap spurred us on. A rest day in Halls Gap with the crowds gone gave us a chance to recharge, restock and repack for our next adventure on the coast.

### Great Ocean Walk

Before leaving Halls Gap, we drew cards from a pack to see who would leave their car at various positions along the Great Ocean Walk. I left mine at the 12 Apostles Information Centre, Warren's at Aire River Campground with Ian driving us all to Marengo just outside Apollo Bay where he had booked a cabin in the caravan park. With wet weather on the coast over the last few days and more to come, we decided to delay our start by a day. Ironically the weather was perfect until around 2pm when the rain came in. So, we would have made it to the first camp – Elliot Ridge – but it would have been a wet and windy night.





Before setting off on our 110km trip, we decided to do two days walking in one and Ian had persuaded us to walk as many beach sections as possible instead of taking the inland routes. This



turned out to be a great idea although Warren had been having trouble with his calf muscle and was not as keen as us. The rocky platforms were great to explore as we plodded along, with the sandy beach sections hard going at times into a head wind. As it turned out, Elliot Ridge camp was not the most picturesque of spots so our decision to push on saw us head inland and up into tall wet eucalypt forests. At a rest stop in the middle of nowhere a koala called out angrily either at us passing through his territory or at Warren marking his territory.

At Blanket Bay we camped between a small waterfall and the beach. We shared this with TAFE students, many others in the public campground adjacent to the Hiker's camp, a Satin Bowerbird and another koala

lazing around in a tree near the toilet block. It was a 22 km day. The next day was through coastal forest before crossing Parker River to walk along cliff tops passing gorgeous Crayfish Bay to arrive at Cape Otway Lighthouse. Here Ian had heard you could buy a hamburger and beer at the café. More like scones and a coffee unfortunately. Here also, Warren decided his calf was playing up too much and would have to pull the pin next day. To his credit, Warren was persuaded to continue on to Aire River where his car awaited. So we did another two days in one and while Ian and I slogged our way up Station Beach, Warren took the inland route. It was a 21 km day.



It was always the plan to retrieve Warren's car at Aire River and head back to Marengo for a rest day. That is what we did, except Warren headed off early the next day for home and Ian and I headed back to Aire River to continue our journey. More great cliff top views followed as we briefly touched The Great Ocean Road before having to take off our shoes to cross Johanna River. Despite the 2kms beach walk into the wind, it was worth it to arrive at the sensational Johanna Hikers' camp. We had wonderful coastal and ocean views perched high up on a cliff. This was a 14km day.

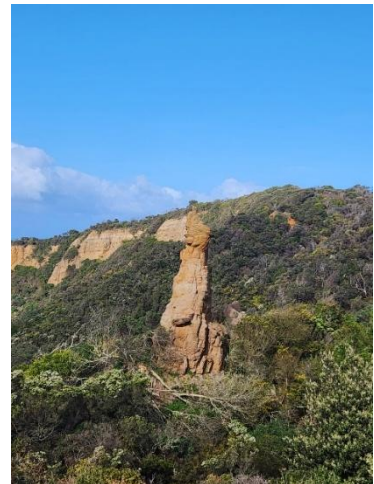
Several extensive staircase ascents and descents had to be negotiated the following 13km day as well as gates, gravel tracks, a short beach section and farmlands until we reached Ryan's Den Hikers' camp. Luckily, Ian and I arrived first as 12 people don't fit into eight camp sites. All was good as four walkers from the Sunny Coast managed to fit in along the tracks to each camp site.



We left around 7:30am the next day planning to walk along Wreck Beach depending on the state of the tide. Before this we had sensational cliff top coast views and wet forested gullies with long sections of steps and stairs. Heading down the 366 steps to Wreck Beach we had the good fortune to come across a tour guide coming up who basically said the tide was too high and he wouldn't attempt a beach walk. That was good enough for us, so we took the inland route arriving at Devils Kitchen at noon. Not wanting to hang around until

sunset at 8pm, Ian persuaded me to walk on as there was a tavern and café at a little place called Princetown. Or so Ian thought. So, our 13km day became 21kms. The tavern and café had shut down who knows when and the Camping Reserve was not appealing to us. However, the Princetown Backpackers was open and there we stayed. It had definitely seen better days, but it was a comfortable bed and shower for \$40 each.

With only 8 km on the final day, we were in no rush to finish. We meandered along cliff tops and undulating dunes as the distinctive rock stacks of the 12 Apostles drew us to the end of our six day walk. Thank you, Ian, for organising both walks and I am keen to complete the entire Grampians Peaks Trail in the future.



*Jon Lee*

## Buderim Heritage Rail Trail

Leader: Steven

Distance: 3.2 km

Nine participants



This is a short walk on the west side of Buderim hill which allowed for a comfortable late meeting time of 8:30am. There is an information board at the starting point on Telco Road and Steven shared some interesting history of the old rail before we set off. It is a gradual decline that runs parallel to Mons Road, although the road is not visible from the path. On the other side is a steep subtropical forest, which is regrowth forest after the original giant trees were logged.

The path was cut by hand in 1914 and the tramway used until 1935 to bring produce down from the market farms on Buderim. There are several rock cuttings and rock culverts cut and constructed by hand. The remains of one of the several old cattle grids remains along the way, a reminder that stock grazed the slopes. This is a short, shaded and pleasant walk. Many of us did not know it existed

until this walk was scheduled. We finished with a coffee at Vandy's Garage Café at the top of Buderim village. Thank you to Steve for introducing us to this little local gem.

*Carolyn Farrington*



## Bunya Mountains Weekend

This weekend was a 50<sup>th</sup> Anniversary activity, as the Bunya Mountains was a place the club went to in the early days. It was originally undertaken in January 1976 as a camp at Dandabah Camping area. The report advised that the trip up took longer than it should as the group got a bit lost (no GPS or Google Maps in those days). We found another report of a Bunya weekend in April 1980. This was also a camping weekend, but due to lack of ability to communicate, there were two separate camps, one at Dandabah and one at a northern camping area "Koonawarra". I think this is out near Mt Kiangarow, but not 100% sure.

Anyway, that weekend didn't go all that well, with the two camps not linking up until the morning during a walk and persistent rain. We are very lucky these days with being able to communicate with mobile phones and have access to BOM. Our walks covered some of the same tracks as these earlier outings, but I am sure our tracks were much better marked and maintained.



This weekend was initially intended to be a camp and hence the reason why it was scheduled for a warm time of year, however the campgrounds at Dandabah are currently closed for renovations, and hence we were lodged in two houses side by side in the Bunya Mountains Rainforest Estate – Misty & Snuggle Inn. A small group of us arrived lunchtime Friday, had lunch at Poppies and then walked up Mt Kiangarow, which is a small climb with elevation gain of 132m over 1.4km. At the top there are beautiful views to the west through numerous grasstrees. It is also a lovely spot to watch the sunset, which was going to be an

event on Saturday night, but unfortunately a storm blew in. Everyone else arrived later Friday afternoon and the evening was spent socialising with drinks and nibbles, and some of the group headed to the Tavern for dinner.

We headed off just after 8am on Saturday, with a car shuffle to start. We walked from Paradise to Burtons Well, which is on the western side of the Bunya Mountains and the track is about 13km long one way. It is a reasonably flat walk until a slight incline towards the end. There are 4 lookouts along the way, some requiring short detours, but are well worth it. The walk is close to the edge for a lot of the way and is very narrow and almost grown over in some places. It is a very scenic walk and largely under cover, which was a good thing as it was quite a warm day. We were lucky to have a breeze to cool us down a little.

We reached Burtons Well about 12.30pm (approximately 4 hours on track), just in time for lunch, which we had in the undercover picnic area. During lunch Rod discovered a tick on his neck, and Karen H found one on her arm. After some discussion about best removal methods, Rod was hit with TikTox and Karen with Tickoff and the ticks were left to die and be removed with tweezers. Unfortunately, there were some complications with Rod's, but he lives to tell the tale.



Saturday night was a communal BBQ at Snuggle Inn. Unfortunately, a storm hit and Rod & Miles were left to cook outside in the rain while everyone else enjoyed social time, nice and dry inside. We put together a grand banquet that was enjoyed by all, right down to the beautiful desserts. Sunday dawned drier, with possible rain on the cards. After coffee at Poppies, some did a final walk before heading home. Unfortunately, due to the works being done to the parking and picnic areas, the circuit walks are closed, so walking from Dandabah is limited at the moment. The works are due to be completed by 1<sup>st</sup> December, but that looks very doubtful.

Thanks to everyone for a lovely social weekend, with some great walking thrown in for good measure. The following people were on this activity – Rod & Karen, Miles & Martha,

Linda, Karen H, Kara, Kate, Min, Angie & Sandra.

*Karen Edwards*

## Bike Ride pre sunset and night

Peter Fowler led our small group of 5 on a pleasant pre-sunset and night ride on Friday 7 November. Our group Tony, Narelle, Sam and Rod and Peter travelled from near Sunshine Coast University and out along the bikeway to the lakes area of Kawana. A very scenic, flat and fairly easy 20km ride. Good weather. The pictures tell it all. Thanks Peter GREAT RIDE. We'll have to redo this one – I suspect many other members would love it!

*Rod Jenman*





## Artists Cascade

Eight intrepid members headed out to Kenilworth through a thunderstorm battering the Sunshine Coast early morning for a walk in the Conondale National Park. Artist Cascade is a favourite club bushwalk at this time of year, as it is a covered walk to the lovely waterhole for a well earned and enjoyable swim over morning tea. Our walk was 11.0km return from B3 campground to Artist Cascades. This time some of us visited the Gold Mine as well as a check in on the EGG on the way up to the waterhole. Our lunch was enjoyed at an empty B3 campground. Thanks to Kate, Linda, Peter, Adrian, Jo, Mel and Richard for braving the early morning conditions to enjoy what became the perfect summer walk.

*Sam Rowe*



## Eumundi Conservation Park

Last club hike for 2025. And my....it was a hot one!

6 hardy souls took on the "undulations" of Eumundi Conservation Park at a considered pace, taking into account the humidity and heat. One of our rehydrate stops was beside the dam - it was quite tempting to take advantage and cool off... until Philip told us about the large eel that lives in it! We had been warned that some spots could be swampy but the heat and dry weather had dried the track out. Even the creek that we stopped at for morning tea was nearly dry. The mozzies were pleased to see us there.



It was a lovely 10km hike on mostly wide management trails through interesting vegetation. Thank goodness Doone and Philip were leading as I am sure that Adrian, Tony, Janet and myself would have taken twice as long to find our way out of the maze of trails! Thanks Doone - a hike to revisit in cooler conditions.



*Kate Russo*



## Wednesday's Fitness Circuit



Well, we come to the end of our Wednesday arvo fitness hikes at Parklands and Mt Ninderry for 2026. Thanks for a fab 6 months to the regulars Karen, Peter, Judy, Steven, Melissa, Kara, Rod, Mimie and Angie. We've had some laughs and definately noticed changes in our fitness levels.

This month has seen a dramatic drop in attendance in

direct correlation to heat increase 🥵 so time to focus on some cooler afternoon activities for a while...

*Kate Russo*

## Reflections Sunshine Coast Hinterland Great Walk Trail Maintenance Crew

"Thanks to all who came along during 2026 – Jon, Linda, Maureen, Ian, Miles, Katherine, Adrian, Carolyn, Jeff, Chris, Neralie, Garry, David and Janine. A long list of enthusiastic volunteers and they kept coming back! Thanks also to Queensland Parks and Wildlife Service for the invitation. Special thank you to Blackall Range park rangers who were always available when we needed assistance and guidance.

We made progress across a lot of enjoyable tasks from removing flood debris on timber bridges, clearing tree falls, lantana and weeds and revegetating a disturbed area to expand the rainforest at Kondalilla. The day is not just about the work but the journey and exploration with those who love the bush.

Our stand out task was revegetating a very weedy area on the track from Kondalilla to Flat Rock. The track meandered through this area and stood out as you came out of the rain forest into the weed infested area. We made a suggestion to National Parks that the area could be revegetated. National Parks were enthusiastic to the idea. In conjunction with park rangers, we deweeded the area and prepared the ground for tree planting. 100 tube stock trees were planted and they are now thriving. We have made several trips back to water the plants and check on progress. The water is carried in 15 litre drums from the creek, the water carriers are thankful for the recent rain!" ... *Peter Fowler*



"They say "many hands make light work", but completing bush regeneration and revegetation tasks with the Sunshine Coast Bushwalking Club members makes for an extremely fun and satisfying day in the bush. Not only have we achieved the mammoth tasks set before us, but the professionalism and enthusiasm shown by the members is contagious. It is always a lovely mix of bushwalking, exploring, bush regeneration and celebratory morning teas. QPWS&P rangers could not do it without them We are eternally grateful and can't wait to see what we can achieve together next!" ... *Shelly Skinner*  
*National Park Ranger*



"Enjoyable relaxed morning out in the bush. Satisfying to see our efforts in maintaining and improving areas we love to spend time in" ... *Katherine Galligan*

"Volunteering is very rewarding, it can be fun, at times hard work, is social, provides a purpose and great company, gives me an excuse to take photos while out in nature. It is always a good day out and it makes me happy." ... *Linda Gregory*

"I have enjoyed the companionship of the group whilst helping to contribute to the upkeep of the National Park" ... *Neralie Carr*

"Good teamwork makes for a satisfying impact on areas we work in whether it's weeding, erosion control or planting and it's fun" ... *Maureen Ledingham*

"Sam joined the team on an outing to help water all the plants the team had planted a few months earlier. They were all thriving – great to see. David (visitor) went out with the team on track maintenance near Thilba Thalba attending to that pesky lantana in September. He had a very enjoyable day on the track – no leeches or ticks" ... *Sam Rowe*

"Providing time and commitment to undertake track maintenance on the Sunshine Coast Great Walk track amounts to an offer to give back to the community. It also fosters teamwork, companionship and shared responsibility in a job well done. Our group can feel justifiably satisfied that we have contributed in a meaningful way on helping to keep this important track in good condition" ... *Miles Delacey*



"Walking from Baroon Pocket Dam to Kondalilla Falls with Brisbane Bushwalkers recently, we stopped at the revegetation area planted and maintained by Sunshine Coast Bushwalkers. I explained the story behind its creation, the time and effort put into it and the wonderful job SCBWC does along the track and in other areas such as on the Conondale Great Walk and on the Obi Obi site. Brisbane Bushwalker members were very impressed with our volunteering efforts" ... *Jon Lee*

"What's not to love about volunteering for National Parks trail maintenance? Ripping out the culprits that have tormented hikers for decades—be gone lantana and all your prickly friends! Delivering justice with a pair of secateurs has never felt so satisfying. And to the new native saplings; welcome. May you blossom and grow" ... *Carolyn Kennedy*





"Great Walk track maintenance gives me a sense of satisfaction that I am helping the National Park Rangers who do so much to care for our natural environment. I have particularly enjoyed helping to remove introduced weeds and revegetate the clearing near Flat Rock" ... *Jeff Goodwin*

"Setting out from Kondalilla Car Park, we were a small group of keen and chatty members armed with tree loppers and hand saws. After an enjoyable 1 hour walk, there was weeding, mulching and vine / tree clearing to be done on the track. After morning tea and comparisons about camp chairs, we headed back via the Kondalilla Falls. One keen member had a dip in the pool above the falls – keener than the rest of us! Back at the trailhead, the party ended for some and others stayed for lunch in the park-like area. The weather was kind, the trail was

improved for others, sitting at the Falls was wonderful and the friendly chats made the activity so rewarding" ... *Adrian Hughes*

## Club Christmas Party









**FROM THE EDITOR –**

**MANY THANKS TO EVERYONE WHO HAS CONTRIBUTED REPORTS, PHOTOS,  
ANNOUNCEMENTS, ARTICLES OF INTEREST, AND ALL OTHER ITEMS FOR THE  
NEWSLETTER THROUGHOUT THE YEAR.**

**WITHOUT YOU THERE WOULD BE NO TRUDGE!**

**MERRY CHRISTMAS TO YOU ALL  
ENJOY THE FESTIVE SEASON WITH FAMILY AND FRIENDS  
STAY SAFE AND HOPE TO SEE YOU ON THE TRAIL IN 2026**



**HO! HO! HO!**