

MARCH 2026



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 2025 -2026

President:	Carolyn Farrington	pres@scbwc.com
Vice President:	Samantha Rowe	vp@scbwc.com
Secretary:	Ingrid Eksteen	sec@scbwc.com
Treasurer:	Maree Bell	treas@scbwc.com
Activities Coordinator:	Melissa Sibbel	activities@scbwc.com
New Member Officer:	Karen Edwards	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:	Judy Rimmelzwaan	cooroora35@gmail.com
Refreshments Officer:	Trish Davis	

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.

February Activities

1 st	<i>'Celebrity' Walk (Karen Edwards)</i>	19 th	<i>Trail Maintenance SC Hinterland Great Walk Reveg Area (Peter Fowler)</i>
4 th	<i>Full moon evening walk – Mylar / Roses Circuit, Dularcha NP (Katherine Galligan)</i>	20 th	<i>Mt Ninderry (June Hughes)</i>
7 th	<i>Social Breakfast Glasshouse Mountains (Kate Russo)</i>	21 st	<i>Emu Mountain Induction Hike (Kate Russo)</i>
8 th	<i>Summer Creek Hike & Swim (Sam Rowe)</i>	22 nd	<i>Mt Boulder / Mothar Mountain Rock Pools (Doone Collins)</i>
15 th	<i>Broken Bridge Creek (Jon Lee) – CANCELLED</i>	22 nd	<i>Forest Bathing Walk – Ben Bennett Bushland Park, Caloundra (Katherine Galligan)</i>
15 th	<i>Coastal Walk – Yaroomba to Coolum (Steven Forst)</i>	27 th	<i>Yandina Wetlands Bird Walk (Marilyn Shrapnel) - CANCELLED</i>

2026 BWQ Pilgrimage – Friday 7th - Sunday 9th August 2026



The 2026 Pilgrimage dates have been confirmed and will be held in Binna Burra for a “no frills” event without a bush dance or fees. Clubs will be invited to lead a walk each. BWQ have booked accommodation in the Bunkhouse for Friday and Saturday nights and a draw will be conducted to determine which clubs can take a room. There are 4 rooms each with 6 bunks. There is other accommodation available and can be booked individually - Campsite | Safari Tent | Tiny House | Sky Lodge.

For more information, contact BWQ secretary:
secretary@bushwalkingqueensland.org.au

How one of Australia’s toughest treks has changed.

When Ron Preuss (current member) walked the Overland Track in Tasmania for the very first time, back in 1987, his gear was bulky and heavy and there were days where he never saw another hiker. Thirty-eight years later, he decided to do it all again with his daughter, Maren.

From scrappy track to Tasmania’s most iconic hike, the decades’ gap reveals how the experience has changed. Read this fascinating story -

Credit to ABC News

<https://www.abc.net.au/news/2026-02-08/overland-track-tasmania-then-and-now/106162594>

What a legend

Our oldest current member, Alf Moore, celebrated his 90th birthday recently. A few of his closest walking buddies from the Club joined him at the Caloundra Powerboat Club to help him celebrate this significant milestone. And what an achievement – still walking and going strong – an inspiration to us all to keep on walking.

We wish him all the very best for the coming years and may he keep on walking.



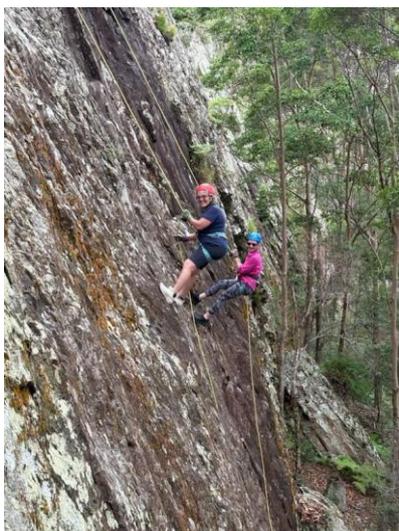
Introductory Abseil Mt Tinbeerwah (from 17 January)



The weather gods were kind and Peter was finally able to conduct our long awaited intro to abseiling morning. Katherine, Melissa, Angie, Kate and myself eagerly arrived at the Mt Tinbeerwah Lookout car park to join Peter for the short walk up to the lower of the two abseiling cliffs. Anchor points are permanently fixed there behind a safety fence. This cliff is approximately 45 metres high.

Peter (with Katherine capably assisting) kindly

provided harnesses, helmets, ropes and all the essential equipment which we needed and proceeded to give us all the safety instructions beginners require before starting our first descent. There were terms like carabiner belay, figure eight rope knots, prusiks etc to get our heads around!



At first, the height and going over the edge seemed a bit daunting. We followed advice not to look down, but by the time we were half way down, became brave enough to look around and began to enjoy ourselves. Climbing back up the track to the side to join the group tested my fitness this early in our bushwalking year.

It was a great experience and I'm sure we're eager to have another go in the future. Many thanks to Peter and Katherine for giving us this opportunity.

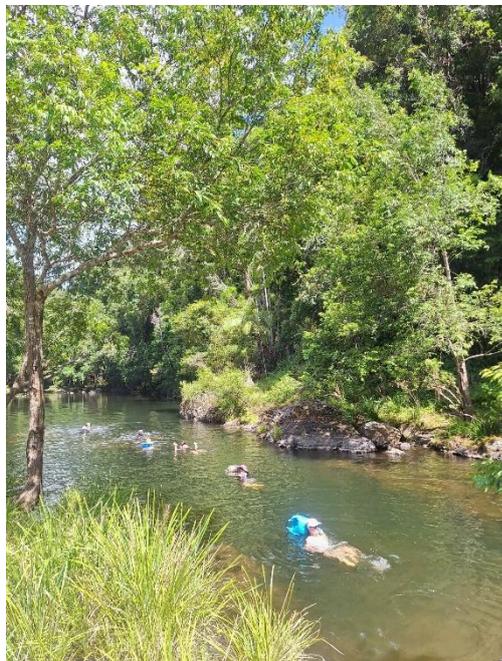
Maree Bell

Obi Obi Swim Through again (from 31 January)

Peter put this activity on again for those that missed out earlier in January. A group of 11 very keen members met at Baroon Pocket Dam carpark and there was much discussion about how waterproof our packs might or might not be and what was the best footwear – the testing of all this was still to come. After this chatter, we headed along the Sunshine Coast Hinterland Great walk for a few hundred metres before we met the Obi Obi Creek which we followed for a bit and then entered the creek to commence the swim through the Obi Obi Gorge.



The water was apparently a bit lower than the previous swim through but was still flowing nicely and was very clean and not too cold. I for one enjoyed the floating on my back or front, very much. It was just so lovely to watch the scenery go past as you floated along. The best type of activity in the warmer months.



Occasionally we had to get out of the water and either walk along the creek bank or scramble over large boulders – this was a ‘choose your own adventure’ exercise. I must say, some chose better than others at times, and if I do this again, I will make better choices. The swim through section covered about 2.5km. Some of the water sections were very long and included a rest under a waterfall which wasn’t flowing as much as the previous activity but was still fun.

At our morning tea stop we all discovered how waterproof our packs were, with some more successful than others at keeping their gear dry. My pack would have been completely dry if it wasn’t for a cracked water bottle which was a casualty of smashing my pack on a rock.

At the end of the swim through section we had to negotiate a steep bank to exit the creek. Once we were out, it was a small climb up to rejoin the Great walk track. We walked along the track for about 3.5km, which was largely an upward climb, but very manageable. We detoured to the Obi Valley lookout which looked down into the creek and we could see other people floating down on blow up rings. It gave us a good perspective of where we had been.

We were back to our cars as planned about 12pm and we had our lunch in the shade before all heading off home. Thanks Peter for putting this great activity on for a second time so more people could get to appreciate it.

Karen Edwards



'Celebrity' Walk Social Activity

I put this activity on to bring members together to start the year off, even though there have already been a few activities this year. I called it 'Celebrity' Walk but had no idea who the Celebrities would be. Rod suggested that I try and get as many club Presidents as possible on the walk, so that's what I did. Out of the 12 past/current Presidents who are still members of the club, there were 9 on this walk, which I thought was a great effort. In total, there were 26 participants on this activity.



We all gathered together in the park (once I found half the contingent in a different meeting spot) on the

southern side of Currimundi Lake and commenced the walk on the paved walkway beside the lake heading out to Nicklin Way. We crossed over the bridge and entered Grummunda Park. Here we found 2 life members and past President, Phil and Louise Pratt, who were waiting for us with a fruit platter to enjoy. Thanks Phil & Louise for meeting us there and taking Alf back to the park.



Our walk continued through Kathleen McArthur Reserve for a couple of kms until we came out at the beach on the northern side of the lake. Well, it was here that decisions had to be made about crossing the inlet. It was about mid tide and the water was flowing fairly quickly. Rod made a quick decision and just scooted across, with the water up to his waist. When others saw this, they weren't quite sure about crossing in the same location. It was then that our club members were like a herd of wilderbeast at a river crossing. Putting their toe in then backing off and walking to another spot. I really thought we were a much braver group, but not when it comes to water it seems.

We had 3 turn back to take the drier option and retrace the way we had come. The rest of the group opted for what seemed to be a shallower option closer to the ocean. This option may not have been the best one, as although slightly shallower, it was still up to waist height and the water was moving much quicker. With everyone helping each other and an onlooker also lending a hand, we all made it across. Some with clothes on, some stripped down to the bare minimum. Rod wasn't much help, standing on the other side and laughing and taking photos.



After a quick check to make sure everyone had made it across ok, a few headed back to the park to claim a BBQ but most continued down the beach to exit 256 about 300 metres along. Once off the beach and feet washed, we headed south along a pathway behind the beach through Coondibah Creek Environment Reserve for about 1 km before turning around and heading back to the start of the walk.

By the time we got back, sausages were already being cooked, and the others that chose their own adventure, were back there as well. We took over some benches in a lovely shady area

and for the next hour or so had some drinks and sausages in bread and everyone was able to chat and catch up with members that we don't get to see a lot of. Thanks to everyone that came along and made this activity special.

Karen Edwards

Summer Creek Hike & Swim



Who would have thought that the Trudge Editor would be in the mix to write the Walk Report!! But here I am - I drew the short straw.

10 eager club members joined Sam for this wonderful little circuit along part of the

Conondale Great Walk from Summer Creek Road to Summer Creek Walkers Camp and return. All up it was 9.1kms with a 363m elevation gain on mostly shaded tracks.



We checked out Summer Creek Falls from the Walkers Camp area and then into the creek for morning tea. Unfortunately, the water level was a bit low (bring on the rain) so no swimming. Back up to the track and then a steep downward off-track detour through scrub to see the falls from a different angle.

Lunch was had back at Charlie Moreland Day Use Area and afterwards a refreshing swim for some. Great company, lots of chatter, not too challenging in this heat and a swim at the end. What more could you ask for. Thanks Sam for a wonderful morning in nature.



Chris Vieraitis

Coastal Walk – Yaroomba to Coolum

The walk from Yaroomba to Coolum Beach is relatively short, about 6km but normally includes expansive views up and down the coast. However the wet weather blew in as four intrepid walkers set out. The walk makes use of a variety of track types from open beach, rocks, dirt paths, stairs and concrete footpaths. The expansive views were missing, but the stormy seas and smaller things like Ghost Crabs kept the walk interesting. The party enjoyed coffee and chi back at Yaroomba shops after catching the bus back from Coolum Beach.

Steven Forst

Mt Boulder / Mothar Mountain Rock Pools

What a lovely day for an adventure not far from Gympie - it was nice to venture a bit further afield from our usual Sunshine Coast haunts. Doone gave the usual briefing with a warning that while the hike up Mt Boulder is not climbing as such, it is a bit steep. Understatement! With a bit of huff and puff (from some more than others) the 9 of us, including 2 prospective members, summited Mt Boulder.

Morning tea was very appreciated and we took the time to explore side tracks to see the view. We foolishly thought it was all down hill from there! It's not fair that there were so many hills to walk up when we were actually going downhill from the summit! We did come across a few 4WD vehicles on the dirt



road back to the carpark, but in general we were left in peace and quiet to enjoy the amazing tall trees and vegetation beside the

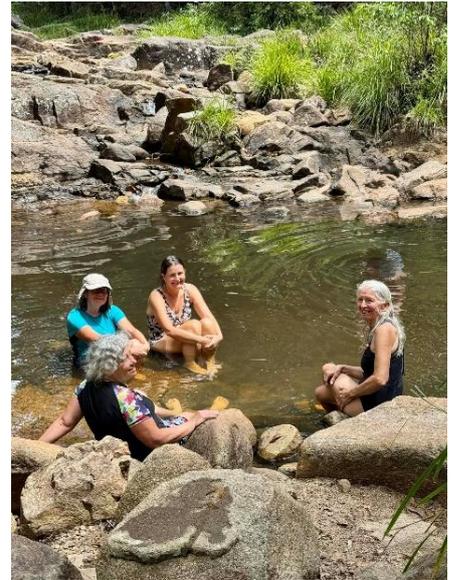


road. We did put out a wishlist to spot a koala but they must have all had their camo gear on.



After 12km we gratefully changed into swimming gear back at the cars and cooled off in the surprisingly chilly Mothar Mountain Rock Pools followed by a picnic lunch. It was at this point we read the information board that told us that the Mt Boulder hike is only to be undertaken by VERY fit hikers. Thanks Doone for a very enjoyable morning.

Kate Russo



HAPPY HIKING!