

MAY 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.

April Activities

2 nd – 6 th	<i>Scenic Rim Easter Base Camp (Peter Fowler)</i>	18 th	<i>Induction Hike Emu Mountain (Karen Edwards)</i>
3 rd	<i>Full Moon Coastal Walk Mudjimba to Coolum Beach (Carolyn Farrington)</i>	19 th	<i>Thilba Thalba to Gheerulla Falls via Sam Kelly Road (Claire Staines)</i>
11 th	<i>CPR and First Aid Training (Kate Russo)</i>	25 th	<i>Kenilworth Bluff (Sam Rowe) – CANCELLED</i>
17 th	<i>Cool Coolum Stroll (June Hughes)</i>	26 th	<i>Introductory Abseil for Beginners (Peter Fowler) - POSTPONED</i>
18 th – 19 th	<i>The Steamers (Katherine Galligan)</i>	26 th	<i>Induction Hike Emu Mountain (Karen Edwards)</i>
		26 th	<i>Mary Valley Rail Trail – Brooloo to Imbil Return (Melissa Wicks)</i>

Clean Up Australia Day – Nambour Petrie Creek (from 1st March)

Clean Up Australia Day is an activity that the club participates in every year. It is relevant to one of our Club Objectives which is to promote regard for the welfare and conservation of the natural environment.



This year Kate was our Club Coordinator for the day and she chose Petrie Park in Nambour as our clean up location. An acknowledged platypus habitat, Petrie Creek runs through this park. Being in an urban area close to fast food stores and the railway station, Petrie Park cops a fair amount of takeaway rubbish.

Our group of 14 volunteers braved steady rain to collect a large amount of rubbish - larger items such as chair frames, street signs were placed beside the road for council collection. Interesting items collected included what looked to be significant amounts of

silverware, a basketball, broken glass, a broken sandwich toaster!

Despite the weather the group were actually very engaged in the collection and most only stopped because their bags were full! Such a sense of achievement. No platypus spotted though....

We followed up with morning tea under our gazebo. At this point most headed off home but a small group of 4 headed up to Cilento Park just up the road near the hospital and checked out the raging Robinson Falls - the perfect time to view them.



We are looking for another volunteer to coordinate the 2027 collection - any volunteers? You get to choose the collection area.

Kate Russo

Scenic Rim Easter Base Camp

Day 1, Friday 3 April : Mount Edwards

Camping in a pasture with expansive views of the Scenic Rim mountains and a ten minute stroll to the lake edge - just us (Peter, Michelle, Richard, Karin, and Richard the second), no generators, no street lights, plenty of firewood and a custom designed bush toilet. How good can it get - and the weather gods were on our side as well.



There was a plan for three walks in three days so you might think we'd start off easy, but if you've walked with Peter Fowler you know he isn't into flat trails with no challenge, so when he proposed the first walk of our Easter base camp I wasn't surprised to find the five of us were going up about 500m elevation on Mt Edwards (and down again).

Although the Mt Edwards track is well used, after having checked out the impressive Lake Moogerah dam construction (by walking across the top edge) you're immediately into the first set of steps and its

up and up and up from there, with some grassy path but lots of rocky stepping as well.

It might be an easy trail in the navigational sense, but it was a good work out for the legs and lungs, with few other walkers on the trail, some view points on the way up, and an excellent panorama from the top.

We'd all set up camp on Thursday but Sam drove down on Friday to make us six, and she showed us up by starting up the mountain about an hour after us but arriving at the top only half an hour behind.



Thankfully going down was easier and personally I was pleased to take it slowly to arrive back at the carpark with some energy left for tomorrow.

Richard Palmer

Day 2, Saturday 4 April : Mount Mitchell – the Hard Way

Peter Fowler, Sam Rowe, Michelle Freeman, Richard Palmer and Richard Thew.



Mt Mitchell is a proud sentinel of a mountain, sitting on the southern side of Cunninghams Gap, not far from Aratula. Two cars were needed for the shuffle. One was parked at West Gap Creek picnic area, and the other was parked on some grass near the servo's, over the crest of Cunningham's Gap. But this is where the trouble started.

Just after we locked the car and started our walk towards the Park Ranger's Station, we heard a bellow from the garage man 150 meters away. He was yelling

at us and worked up with anger. Sam turned back to find out what he was yelling about. He started with "Not allowed to park there". He threatened us with "I'll get my Bobcat and shift you!" Peter put his pack down and walked over to see if he could pacify the man. Sam walked back to our group. Peter talked calmly to him, but the man would not lower his loud voice, and would not listen to anything. To resolve it, Sam moved her vehicle 300 metres away, near the side of the highway, but in a safe spot. Feeling unsettled, we started our walk from the National Park Rangers Station. The drama of the morning, brought a poem into my mind.

There was an angry garage man,
Shouting from afar,
He thought he owned all the land,
He hates the parked car.
All bushwalkers do beware,
Don't park near the gate,
Don't park on the grassy verge,
Garage man will be irate!



About 9.00 am. We headed for the western slopes of Mount Mitchell. Having our gaiters on made it feel safer, because the grass was over knee height. The roller coaster terrain made us sweat and breathe hard. We kept close to the barbed wire boundary fence. When this fence fire-break petered out, we tackled the very steep slope, all off-track. We carefully avoided a bit of lantana and occasional spiky vines. Because it was very steep, we pulled ourselves up on sapling trunks, knees up high, and breathing hard! At last we reached the ridge. With a sense of achievement, we sat down for morning tea, giving us a chance to catch our breath.



The slope was easier than before, so we climbed up the narrow footpad along the ridge. Half an hour later we found ourselves at the intersection of the smoothly formed Mount Mitchell walking track. We turned to the right, towards Mt Mitchell East peak. The rainforest was grand with giant trees, but we were wary of the many Stinging Trees, so close to the track. We took photos of a large carpet python, which was slowly slithering across the track. East Peak had stunning views, and we cautiously stepped our way along the "Razorback", near massive cliff edges. NOTE. Here, the basalt rocks contain iron,

and if you hold your compass close to the ground, the needle rotates wildly.

We backtracked and easily followed the contouring graded track around West Peak, then downwards to the place where it meets Cunninghams Gap Highway. It was now about 1 pm. Lunch was enjoyed in the shade of the tall forest. To complete the walk, we crossed the highway at a designated crossing, watching out carefully for big semi-trailers. Feeling much safer on the other side, we entered the thick rainforest again and walked two kilometres along the Box Forest track. This brought us to the West Gap Creek picnic area, where we had parked one of the cars. There were over 100 tourists here, with the car park full, and many more cars parked extremely close to the side of the highway. I enjoyed the company of the group and the challenge of the slopes. Thanks go to Peter and Sam for co-leading.

Michelle Freeman

Full Moon Coastal Walk - Mudjimba to Coolum Beach

Our hot summer weather is mellowing, the days are getting shorter and it is a pleasure to have a late afternoon walk along the coastal paths and beaches without the rearing sun. Six of us, Kate, Renee, Sarah, Mary Rose, Christine and Carolyn met at Mudjimba and headed north on the coastal path at 3:30pm. The walk soon left the path and onto the beach.



After passing the Marcoola

Surf Life Saving Club we entered the paperbark tree shaded path behind the dunes for about half an hour, then back onto the beach towards Yaroomba. There was only a smattering of people along the beach, and a white breasted sea eagle flying back and forth keeping an eye on a couple of beach fishermen.

The beach walking ends at Point Arkwright where we had a short break for a drink and to admire the views back along the beach to Mooloolaba. The path then crosses the headland through trees with several lookout spots. That path arrives at Coolum Beach past Point Perry, another great lookout. We followed the coastal boardwalk to finish at the Surf Club at 6:00pm.

Unfortunately moon rise was not until 6:40 so we missed it, although heavy cloud on the horizon would have prevented us from seeing it. A thoroughly enjoyable afternoon walk along our beautiful Sunshine Coast beaches.

Carolyn Farrington

The Steamers

The Steamers are dramatic, flat-topped rock formations in Main Range National Park that resemble a steamboat. Comprising four peaks—the Prow, Funnel, Mast, and Stern—they offer a challenging, remote, off-track bushwalking and climbing experience for the experienced and well prepared. Katherine, Peter, Sam and Cheryl headed off to the iconic Steamers for a 2 day overnight bushwalk. 17 kilometres with 1600 metres vertical gain/loss (vertical gain /loss equivalent of 2 Mount Beerwah's or 4.5 Mount Coolums).





Preparations by all likely began the week before, imagine little piles of gear here and there spread around the house for a week waiting for packing, will it all fit? When preparing for a multi-day hike, the goal is to carry gear that keeps you safe, warm, fed and comfortable—without overloading your pack. Each of our packs averaged around 12 kilograms including 2.5 litres of water to get us through the first day. Food and water planning is important, enough food for the entire trip, focusing on lightweight, high-energy options like dehydrated meals, nuts, and snacks.

Katherine brought a water filter which was to come in very handy. Purification tablets are a must carry. In the Main Range National Park, water availability can vary as we found out. Clothing was practical, cooler clothes for day walking and thermal layers for cold nights. Conditions can change quickly in mountains; best be prepared for both hot and cold.

We departed the coast Saturday 5.45am aiming to meet up in Brisbane at 7.15am. Leaving 2 cars in Brisbane, our gear was loaded into Sam's 4wd and we were off to Emu Creek, east of Warwick where we started walking around 10.30am. It wasn't

long before the first metre of 1600 metres was achieved. It was climbing all morning following a footpad till just after our lunch break to reach the iconic lookout back across The Steamers. We were only half way to the night's camp spot, Steamers Saddle. The afternoon walking took us steeply up and up through rainforest at times avoiding multiple forests of Gympie Gympie. Finally, some reprieve from up and up, a steep 30 minutes drop to the camp site which we reached around 5pm.



Now down to the rocky creek, will we find water? Yes, there was water, but only a puddle in a rock crevice. It will have to suffice; we spent time putting 10 litres of water through Katherine's filter for further treatment with purification tablets. At least the water was clear! We were setting up camp in the fading light with meals prepared by head torch. We sat around Cheryl's fairy light pretend fire chatting before early to bed, it was windy and cold.

Up early the next morning packed and ready to depart at 8 am, we should be back at the car by 12. A few more hours up and then downhill all the way to the car. A few obstacles yet to pass in the uphill section, we reached a forest of tree ferns, no path to follow just push through almost head high ferns. Took 2 hours to cover just over a kilometre! One more hill to accomplish, up and over or contour around? We decided on the perceived short cut

contouring around the hill through long grass with a steep side slope. Dropped down lower to avoid the long grass, a fallen tree log walk and we were around the corner to see even more long grass, steep side slope, exposure with a drop to Nirvana if you slipped. We were never quite sure it was a short cut. You can always question those who say "follow me, I know a shortcut"

Relieved to be on flat ground we stopped for morning tea on a saddle before turning south west heading down to the car. The last few hours took us through more open high country with good views at times as we descended. Back at the car around 12.30 and off to Aratula for a pie! Absolutely an iconic walk, you should do it!

Peter Fowler

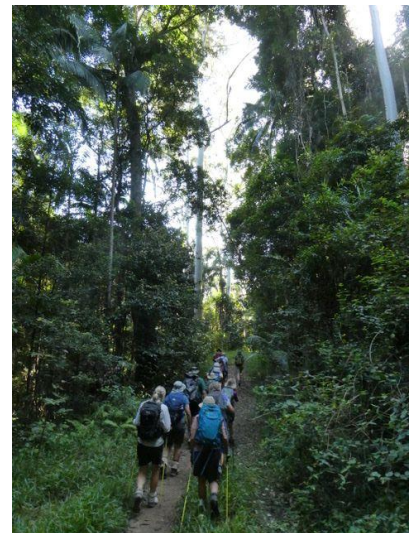


Not the Thilba Thalba to Gheerulla Falls Walk via Sam Kelly Road - the ever-so slightly jinxed hike! Or "Life is what happens when you were planning something else"



So, last year I put this walk on and we got flooded out. This year started with a short series of unfortunate events, and then stymied due to planned burn-offs which didn't appear to have been communicated to the public. This left us standing at the gate to the track to Gheerulla Falls without a plan.

However, our ever resourceful club members came to the rescue. We



agreed to stay where we were parked and cobble together another walk. Fortunately Richard Hill had hiked a mix of trails a couple of years previously and guided us across the Gheerulla Falls crossing to walk up to Ubajee Walkers Camp lookout where we had morning tea. Then to the Forestry Road and Mapleton Forest Day Use area via Leafy Lane. We then turned back towards Ubajee, down a maintenance track and south down track #3 towards the power easement where we stopped for lunch. Turning west the final path was fairly steep and overgrown but took us back to the car park without having to back-track. All up around 13km with 480m of elevation. And a nice length hike I'd not done before.

As a walk leader it can be a bit mortifying when plans go awry; but the day was rescued, the weather was stunning and there was the usual good chatter and camaraderie.



Clare Staines

Great Ocean Walk – Rod & Karen Edwards – March 2026 (Non Club Activity)

Rod & I recently completed The Great Ocean Walk (GOW) and a few people have asked how we did it, so I am writing this article to provide the details.

The GOW is a 100km walk along Victoria's wild and stunning Southern Coast from Apollo Bay to The Twelve Apostles. It can be completed as a multi-day through hike or broken up into day hikes. Rod and I did it over 6 days as day hiking, staying at the same place every night.

DAY HIKE OPTION

We stayed in a cabin at the beautiful Bimbi Park at Cape Otway www.bimbipark.com.au You can also stay in a caravan/camper or a tent. Each day we drove our car to the finish point, and then we were shuttled to the start of the walk. Towards the end of the walk, the drive gets quite long (about 80km on the last day). The Park owners provide this service for a fee. We did the walk over 6 days, but you can also choose to do it over 4, 5 or 8 days. It just depends on how far you want to walk each day.



THROUGH HIKE OPTION

There are walkers camps along the way which allow you to do the walk over 8 days. But once again you can modify this to do it quicker.

Booking: parks.vic.gov.au/great-ocean-walk

The hike itself isn't overly difficult but requires 'reasonable' fitness. It does involve some small steep climbs up and over headlands and down into coves with possible creek crossing depending on tides and previous rain levels. It is quite well sign posted, but you need to be on the lookout for some signs. We found a guide book very useful – "The Great Ocean Walk" by Julie Mundy & Debra Heyes.

This walk is stunning and includes soaring sea cliffs, beach walking, lighthouses, shipwrecks, river crossing and lush fern gullies, as well as some lovely rural walking. A bit of everything really. Of course the end point of The Twelve Apostles is stunning, but extremely crowded by tourists. It was recommended to us to drive further west for 20km or so to view some even more stunning rock structures, which we did.



We had perfect weather, with just one day of minor showers and most days we had a very light cooling breeze. If anything, the days were much warmer than we expected. I am told that March and April are the best times of year to do it, as it's a bit cooler but not freezing.

If anyone would like any further information, I am happy to provide it. There are a number of other club members who have done this walk before us as well.

Karen Edwards

Kangaroo Island Wilderness Trail (KIWT) – March 2026 – 66kms over 5 days



Three of our Club Members (Linda, Doone & Kate) completed the 66km Kangaroo Island Wilderness Trail at the end of March. Due to the number of queries from other club members regarding this experience, the Trudge Editor asked that we share our experience for the newsletter.

Kangaroo Island is Australia's 3rd largest island. 85% of the island (including all of the National Park that the KIWT is on) was decimated by bushfires in 2020. The KIWT is through 6 year revegetation growth. Evidence is still everywhere of the devastation. Before you walk the KIWT, you will need to book a Trail Pass (\$212 per person) as only 48 hikers are permitted to depart each day. Our accommodation - Discovery Parks - Karatta - booked ours for us.

Trail Options:

1. Guided tour - a sample taken of these showed a cost of between \$2,795 and \$3,460 ex Adelaide with varying accommodation and some only doing highlights of trail.
2. Self guided staying at walkers camps - the walkers camps are magnificent if you chose to go this way. They are newly built in the past 6 years. There are either raised platforms or hardpack tent sites, as well as great shelter communal areas with lights, stainless steel benches, sinks and food storage areas and wood heaters! No showers though.
3. Self guided with transfers to Discovery Parks - Karatta and staying at the caravan park. (There may be other people doing transfers but this was the easiest).

We chose to do Option 3. (We didnt want to carry backpacks, wanted a comfy bed, hot shower and cosy shelter at the end of every day!) If you do this option please note that the transfers only happen Monday to Friday so you will have to plan your trip around that. Our end costings for 7 nights 8 days including airfares was rounded up to approx \$2,000 each (Costs divided between 3 people). Obviously this will vary depending on number of people, the cost of your flights, accommodation options chosen, hire car costs and meal choices.



Getting to the Trail itself is one of the major logistical issues. We caught the SALink bus from Adelaide to Cape Jervis and caught the SeaLink Ferry from there to Penneshaw as walk on passengers and picked up a hire car at Penneshaw. You could chose to hire a car in Adelaide and take it all the way on the ferry.

The Trail:

The track is essentially flat. No hill training required! But we were cautioned to watch our footing on the trail and make sure to stop regularly to look around. Much of the trail is limestone and very very uneven. And then the echidnas dig holes in the sandy trails!



Distances - if you are using the transfers you will be walking further every day than the guide books say. This is because you are not walking from walkers camp to walkers camp. You are actually having to walk to and from the nearest access roads where the vehicle can park. And we were also encouraged (& enjoyed) to take a couple of side tracks to sites of particular interest. So while the official distance is 66km we actually probably walked 80km.

We were picked up in the bus at 9am every day (we tried to get it earlier but they would not budge) and for 3 of the days were picked up at 3.30pm from the meeting point and the other 2 days 12.30pm/1pm. So roughly 6 hours of walking for each of the first 3 days and 3 or so hours each day for the last 2 days.

Rough distances - 19km, 19km, 18km, 14km and 10km. It did leave a bit of time in the afternoons to do other things - but be aware that this location is actually very remote and the wildlife is very active on the roads at dusk so we did not go too far afield in our spare time.

Every day delivered something special - from Platypus Waterholes, Cascades, boardwalks across creeks, AMAZING JAW DROPPING coastal views, cliff hikes, beach hike, lighthouse, a creek crossing by boat, lagoons (empty for us unfortunately). There were a couple of special side trips (which would have added to the distance walked as well) to Admirals Arch (and the fur seals) as well as Remarkable Rocks. We were lucky to come across an echidna one day as well.



Our favourite day - Day 2. Snake Lagoon to Cape du Couedic. We were promised a treat of a day and it delivered!

Some of the signage for the trail leaves a bit to be desired but it is not insurmountable with a bit of common sense and checking the map. NB very little phone coverage along the whole trail.

The weather gods threw it all at us just to give us variety - hot hot dry days, a bit of cool rain, and a particularly cold blustery day. So worth going prepared for all weather. (Easy to do if you are staying at the caravan park with transfers and only carrying a daypack).

All in all - a fantastic hike. We are happy to have a chat with anyone interested in going on this hike.

Kate, Linda and Doone.



HAPPY HIKING!