

JUNE 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

## Committee Members 2025 -2026

President:

Carolyn Farrington

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

Vice President:

Samantha Rowe

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

Secretary:

Ingrid Eksteen

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

Treasurer:

Maree Bell

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

Activities Coordinator:

Melissa Sibbel

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

New Member Officer:

Karen Edwards

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

Grants Officer:

Peter Fowler

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

## Non-Committee Positions

Hire Equipment Officer:

Garry Carr

[guznez6@gmail.com](mailto:guznez6@gmail.com)

Trudge Editor:

Chris Vieraitis

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

Abseiling Coordinator

Peter Fowler

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

Librarian:

Judy Rimmelzwaan

[cooroora35@gmail.com](mailto:cooroora35@gmail.com)

Refreshments Officer:

Trish Davis

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.

## May Activities

2 <sup>nd</sup>	<i>Social Breakfast Noosa Springs Resort (Kate Russo)</i>	20 <sup>th</sup>	<i>Backyard Loops – A mighty Buderim hill (Peter Fowler)</i>
3 <sup>rd</sup>	<i>Ubajee Camp Walk Mapleton (Russell Stark)</i>	22 <sup>nd</sup>	<i>Buderim Forest Park (June Hughes)</i>
3 <sup>rd</sup>	<i>Broken Bridge Creek (Jon Lee) - CANCELLED</i>	23 <sup>rd</sup>	<i>Induction Hike Emu Mountain (Maree Bell)</i>
4 <sup>th</sup> -7 <sup>th</sup>	<i>Scenic Rim 4 Day Hike (Michelle Freeman)</i>	24 <sup>th</sup>	<i>Monthly Mountain Challenge Mt Tibrogargon (Peter Fowler)</i>
13 <sup>th</sup>	<i>Backyard Loops – Hills of Buderim (Peter Fowler)</i>	24 <sup>th</sup>	<i>Monthly Mountain Challenge Tibberoowuccum (Kate Russo)</i>
13 <sup>th</sup>	<i>Introductory Abseil for Beginners (Peter Fowler) – POSTPONED</i>	29 <sup>th</sup>	<i>Mt Ninderry &amp; Mt Coolum (Michelle Freeman)</i>
15 <sup>th</sup> -17 <sup>th</sup>	<i>Crows Nest Weekend (Katherine Galligan)</i>	30 <sup>th</sup>	<i>Afternoon Tea – Pattemore House Maleny (Sam Rowe)</i>
		31 <sup>st</sup>	<i>Tall Gums and Uplands Bushwalk (Steven Forst)</i>

### Ubajee Camp Walk

Lovely weather for our group of eight on our hike led by Russell. We welcomed two prospective members but the welcome did not extend to the leeches who tried to join us. It is a pretty walk, mostly under cover and the distance of 14km made for an easy pace and photo opportunities. Always enjoyable also to walk amongst the very tall trees on the section from Ubajee camp site to Leafy Lane. Morning tea was at the lookout close to the camp site before we retraced our steps back to Mapleton Falls car park. Very lucky that Kate spotted Helmet Orchids and super lucky that she spotted a King Greenhood Orchid. Thanks for leading Russell.

Linda Gregory



## Scenic Rim 4 Day Hike



Judy R, Dot B, Taylor and Michelle F.

A week before we started, I was worried because of my sore knee. Will I pull out of the walk? Painful enough to see a physio and buy a knee brace. But I was determined to go and didn't want to miss out! Dot's sore ankle from a month ago was also a potential issue, so she was wearing a brace to support it.

We loaded up our packs and started uphill. STEEP uphill. We even had to rock scramble up a rocky creek bed, which was disguising itself as the track. Fifteen kilos to lug. POP! Oh no! One of Dot's backpack straps broke! She left it dangling because it was just a side strap. We continued, but I had thoughts of "how strong are our packs?" 10 minutes later, POP! Another one of Dot's backpack straps broke! The main shoulder strap was

swinging free, her pack was lop-sided, and we ground to a halt. With some ingenuity, Judy tied a knot to secure it, and Taylor completed the fix with tape. We kept going uphill. 5 hours later, we arrived at Mount Mistake Walkers Camp. The weather was fine, and we got busy fixing up our tents and cooking our dehydrated meals - while joking, doing yoga, loosing our balance and singing. The funniest bit was doing a cross between rumba, and shaking like a jelly\*. (\* muscle relaxant, without the drugs. No side-effects, except "falling about laughing".)

For the next 3 days, we traipsed mainly along rainforest tracks (which sometimes disappeared). General impressions? Mist, cloud, soft rain, damp brown earth, wet rocks, roots growing higgledy-piggledy, and vines looping down from the high canopy. Trees? Huge trees. Neck-craning trees. Moss covered trees. Trees felled by storms. We called the fallen trees "obstacles". How did we manage these? We had to go ROUND, OVER, UNDER or THROUGH them. Ouch! My knee would have a whip of pain, each time I went UNDER the logs. We joked about our wet bums after going OVER them.



Pretty things? Green lace moss; intricate like fairy's skirts. Bright red fungi on logs. Brilliant white fungi, all in a row. Scary things? Trap door spider lairs. A snake that someone nearly stepped on. A wooden crocodile head. Yes, it just looked like one, with bumps for eyes. (A split log) Not so nice things? Leeches. Rain. Putting up our tents in the rain. No sunsets. A broken toilet at Banshee Camp.

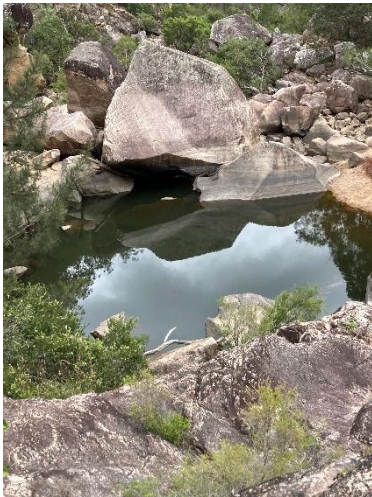
Creepiest thing? While squatting in the dark damp forest for a pee, I'm looking between my feet and suddenly notice creepy crawly leeches all coming for me. About 50 of them! I tried to rush, but they kept looping towards me. I was hoping that leeches weren't in my trousers as I pulled them up.



Highlights? For me it was crossing Dalrymple Creek, where small waterfalls gurgled. And sitting on top of BARE ROCK. Also climbing up the shoulder of Mount Cordeaux. Its rocky head pokes up from the rainforest. The trip was successful. About 50 km walked. Thornton View to Cunninghams Gap. No more backpack straps broke. My sore knee survived. Dot managed her sore ankle. We had a good time overall, and plenty of laughs. But we got leech bites. Bloody leeches. #!!%\*\*#!

*Michelle Freeman*

## Crows Nest Weekend



Most of our group arrived just after lunch on Friday. That afternoon, we had a couple of kms walk around the creek in Crows Nest township on well formed tracks. After having been informed that the Toowoomba bushwalking group had spotted 3 koalas during their hike through the Valley of Diamonds, much attention was given to forks in eucalypts, but they proved elusive. On Friday night we had drinks and nibbles together before making our own dinners.

On Saturday after happy birthday singing, cake and candles for Kate Russo, we left from the Crows Nest Falls campground around 9am and then crossed the creek at the Cascades. We then made our way along the footpad through high grass. Throughout, Katherine did an expert job of navigating and leading us at times

on very overgrown tracks and then off track with much bush bashing. We then made our way up to a beautiful rocky outlook with a view down Perseverance Creek and across the Valley of Diamonds. After this, we came back down the firetrail and dropped down into Perseverance Creek where we had morning tea.



Then there was much rockhopping up along the creek, scrambling over huge rocks with some loose smaller ones. Our path back to the lookout was straight up a steep rocky gully with some tree roots for purchase. We never stopped hoping for a koala spotting and there (as a special present arranged for Kate) we found one high in the fork of a gum right beside the path on the walk back from the lookout.

Back at camp after our hike, we shared some decadent chocolate birthday cake with cream and raspberries, care of Sam Rowe. Spontaneous singing of happy birthday to Kate occurred many times during the day. On Saturday night we relaxed around a campfire with more drinks and nibbles before our dinners.

On Sunday we packed up camp, then all drove to Ravensbourne NP on the Hampton-Esk Road. We chose the 6.6 km Buaraba Ck walk and it took us about 2 hrs including the Palm Ck circuit and the sandstone outcrop. The walk was all on track without the bush bashing of Saturday and was mostly all rainforest with a few more sclerophyll sections. The leeches, however, were next level - so numerous that we couldn't stop without being attacked by up to 12 at a time. By being constantly vigilant we all managed to finish the walk without any latching on for the full feed. We managed stopping for morning tea by keeping all of our limbs up on the sandstone away from any leaf litter. It was a great weekend with many thanks to our fearless leader, Katherine Galligan and to the rest of the group for your enjoyable company.



*Narelle Poulsen*

## Mt Tibrogargon



Whilst the weather was nice and cool for walking, we were all well aware of the rain that was forecast for later in the morning, so time was of the essence – get up and get down before the rain arrives. I was very lucky to be with a group of walkers that had all done this climb before, some of them many times. The words of wisdom just kept flowing...don't worry about how you are going to get down ...focus on the now...here's a foot hold...here's a hand hold...make sure you have three points of contact..., and when we started to descend there was also 'you need to practise climbing down, facing in to the rock'. I couldn't have been with a better bunch of people who took good care of me.

The views from the top were spectacular, despite the quarry and construction work for the train, and I'm told that there are a few vantage points (we only had time for one), so I guess I will just have to go up again when the weather is better and we can stay at the top longer. I couldn't believe it was still so early when we got back down to the bottom again. It felt like we had been out all day.

*Noelia*

## Mt Ninderry and Mt Coolum

We had a clear blue sky at long last. It was such a relief to be walking in dry weather. There were nine of us, all walking sprightly up the steps and track of Mt Ninderry. We visited the Eastern Lookout first, then popped over to see the Western view. The views were extraordinarily clear today and we could see several of the Glass House Mountains. We felt so lucky. We had short breaks at several good lookouts.



Then we drove over to Mount Coolum, ready to do our second mountain. (Only seven of us now). I lost two! With still plenty of energy, we scooted up the well-constructed rocky steps, right to the top, and then over to a second viewing spot. The ocean was a perfect shimmering blue, and on the horizon, we could easily see the pale coloured sand dunes of Moreton Island. A happy morning, with amazing views!

*Michelle Freeman*



**HAPPY HIKING!**