

AUGUST 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

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Vice President:

Samantha Rowe

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Secretary:

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Treasurer:

Maree Bell

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Activities Coordinator:

Melissa Sibbel

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New Member Officer:

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Grants Officer:

Peter Fowler

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Non-Committee Positions

Hire Equipment Officer:

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Trudge Editor:

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Abseiling Coordinator

Peter Fowler

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Librarian:

Judy Rimmelzwaan

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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.

July Activities

4 th	<i>Social Breakfast – Summer House Bistro, Birtinya (Maree Bell)</i>	19 th	<i>Monthly Mountain Challenge – Mt Beerwah North West (Peter Fowler) – CANCELLED</i>
5 th	<i>Baroon Pocket Dam to Kondalilla (Katherine Galligan)</i>	19 th	<i>Mt Eerwah – both peaks (Sam Rowe)</i>
11 th – 12 th	<i>Introduction to Through Walking – Summer Creek (Sam Rowe)</i>	22 nd	<i>Backyard Loops – Yaroomba and Point Arkwright (Carolyn Farrington)</i>
12 th	<i>Broken Bridge Creek (Jon Lee)</i>	24 th	<i>Imbil Rail Trail (June Hughes)</i>
15 th	<i>Backyard Loops – Nambour Heights (Kate Russo)</i>	25 th	<i>Baroon Pocket Dam to Kondalilla (Carolyn Farrington)</i>
18 th	<i>Induction Hike – Emu Mountain (Sam Rowe)</i>	26 th	<i>Fig Tree Point (Janine Conway) - CANCELLED</i>
19 th	<i>Monthly Mountain Challenge – Point Glorious – Slow & Steady (Kate Russo)</i>		

Social Breakfast – Summer House Bistro, Birtinya



Baroon to Flat Rock return



Heading off from the Baroon end of the SC Great Walk we enjoyed a leisurely walk to Flat Rock. After enjoying morning tea we made our way back to the cars. An enjoyable half day walk with plenty of time to soak in the rain forest and hunt for fungi.



Introduction to through walking – Summer Creek

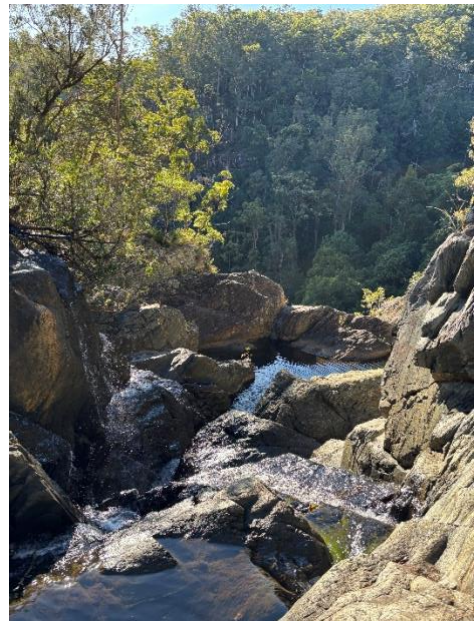


The best thing about the short distance overnight through walk camps is that you can take the gear you want to try out, not worry too much about the weight you are carrying and pack that luxury item or two into the backpack.

Our group of five headed off from a crazy busy Kenilworth at midday Saturday to the peace of Conondale National Park and the Sunday Creek Road access to Summer Falls. Packs were all put onto the backs and off we walked the short

downhill distance to the Summer Falls campground. Bonus on the walk was a young echidna on the side of the track. Once at camp Sam, Jantorn and Narelle were setting up new tents on their first outing, Kate was trying out her camping hammock and Linda was reacquainting herself with her hiking gear after a few years break. Naturally once we arrived into camp the forecast shower of rain did arrive making us all set up tents in haste and keep our gear dry.

Once our camp was established, we headed off back up the hill to the offtrack walk to the lookout back to Summer Falls. As always they are impressive. Back in camp we enjoyed our nibbles, chatted about the dinners we were about to “cook” up (ie boil water and add), and layered up as the night became cooler.



Next morning the birdsong of several very close whipbirds replaced an alarm, and we were all out of our tents to enjoy the sun and a very relaxed morning. All of us agreed our new equipment worked well in the conditions. Gear packed and into the backpacks, we did a quick explore of Summer Creek, before heading out along the Great Walk to Summer Creek Road and back to the cars and home. Thanks Narelle, Jantorn, Linda and Kate for joining me on our test and try overnight hike. It was a nice weekend away (and close to home).

Sam Rowe

Mt Eerwah – both peaks

The rain falling on the coast wasn't inviting for a climb up Mt Eerwah, but the arrival into Eumundi had the area dry, but very busy at 8am (new yoga studio near the PO) so the climb was on. Upon arrival at the small carpark at the base of Mt Eerwah, 'Red Dog' came out to greet us and barking to get us on the track. Red Dog is getting a little older these days and didn't run up the track ahead of us, turning back after 15 minutes.

The weekend had been full of strong windgusts and our climb up felt like the winds were getting stronger. Up, up and up we went to reach the top of the first highest peak at 433metres. The peak in the past did not have views, but since the landslide and trees toppled by wind a few years ago, the view across to Point Glorious and beyond to Kenilworth is clear. We gave a wave to the group walking up to Point Glorious that morning.



Peak one done, we then descended into the valley and the gentler ascent to Peak 2 and the lookout across to the east. The wind here really did make getting items out of the backpack to enjoy morning tea difficult, and we could watch all the coastal showers coming onto Mt Ninderry and Mt Coolum. The walk out was along the same track, getting back to the cars before midday.

Thanks to Noelia, David and Alex for braving the wind and joining me on the climb and reaching Peak 2 for the first time. Stats for the day - Total ascent 386m (and descent), distance 4.4km, time 3.5 hours, wind gusts 57km/hour.

Sam Rowe

A Blast from the Past Mt Eerwah – West and East Peak 13 July 2014



Have you ever wondered what the pointy mountain near Eumundi is called? Yep – it's Mt Eerwah

and it is in the peak baggers guide to the Sunshine Coast. Peter Fowler led the group of 15 people from the SCBWC up the steep west side of the mountain. In the past ropes on the steepest section had been left and thankfully they were still there for our use. Up we went to an area where the ridge levelled out and we could park ourselves for morning tea with those filtered warming rays of sunlight. Still not at the top of the first peak we continued onwards and upwards to the "Welcome" sign, and the obligatory group photo.

This is where I've stopped in the past when climbing up Eerwah. Today we continued further east. Firstly down off the peak into the dry rainforest gully, which contained strangler figs to admire, stag and elkhorns both high and low and that plant bushwalkers all hate – "Wait a while". Up again to the East Peak and in small groups of three out to a rocky outcrop to take in the view from Cooroy /Noosa in the north, Mt Ninderry / Mt Coolum in the

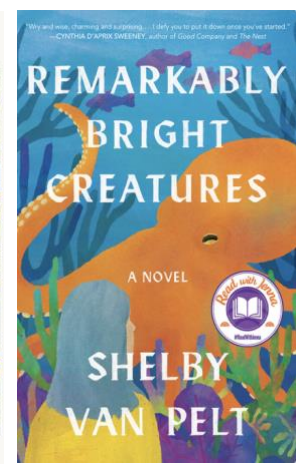
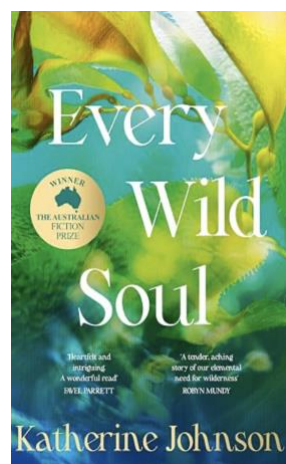
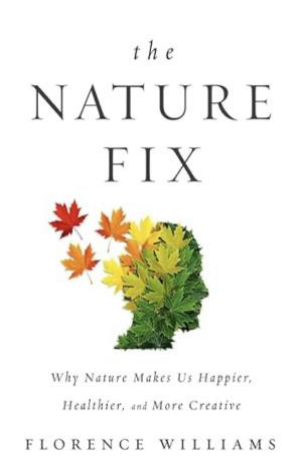
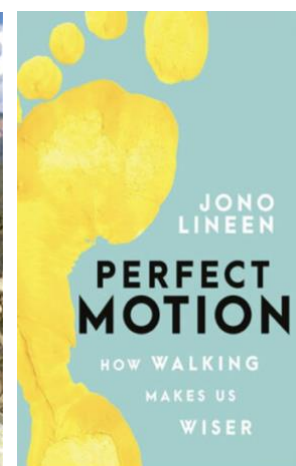
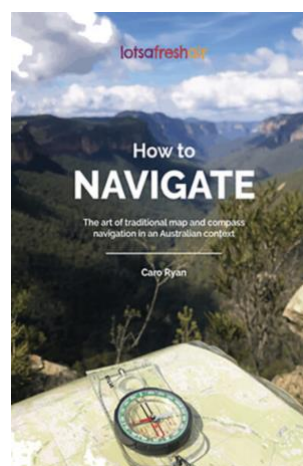
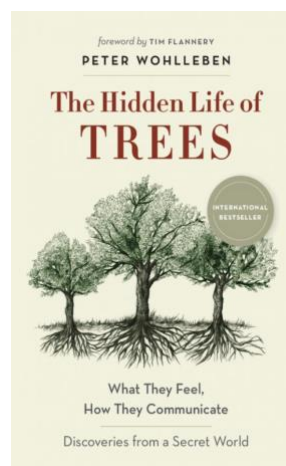
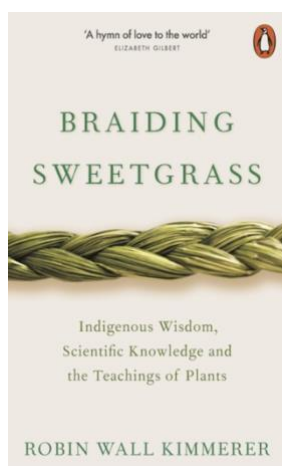
east and to Caloundra in the south. Whilst the day wasn't the clear day we'd had through the week (courtesy of the chilly weather) the view was still stunning.

Our walk was back the same track up and then down having lunch again at "our" rest spot from the morning. Whilst here, we had another group pass us. Their quest for the day was climbing 10 peaks from sunrise to sunset. We hope they achieved it as they still had 7 peaks to go in 5 hours. We just enjoyed walking down Eerwah and back to the cars at the base. A very satisfying and enjoyable winter walk. Thanks to our leader Peter.

After 12 years, the track has become a very well worn path across both peaks. The first time it was a day outing with lunch and morning tea on the top, yesterday we were up and down on both peaks in 3.5 hours as it is so cleared now.

Sam Rowe

Looking for your next read?



Monthly Mountain Challenge - Point Glorious – Slow and Steady

Leaders: Kate Russo and Doone Collins



The 3rd of Kate and Doones Monthly Slow and Steady Mountain Challenges... ok so technically not a Mountain but with an elevation of 410m we reckoned Point Glorious qualified!
12km in total - essentially 6km up and 6km down lol!

We started the day by carpooling from Gun Cotton Espresso carpark in Yandina due to limited carparks at the York Creek Road trail head. The up started straight away. The chosen direction was anti clockwise which took us up the infamous Carol Break with 3 steep sections but we did get reprieves with a couple of Creek crossings.

The fungi/orchid lovers in the group did have a few appreciation and photograph stops along the way (or were they really

catch their breath stops?)

The winds were howling through the towering gum trees bordering the track so leader Kate did crack the whip a little not wanting to linger close to them. At the top of the track a short hike along a dirt road took us to the actual Point Glorious and it's 2 spectacular lookouts. Here we partook of morning tea. Those of us that had taken an extra jacket were pleased to have it as the wind was quite fresh!



The Club had another group summiting Mt Eerwah at the same time - unfortunately we were unable to spot them from the lookout but we waved just in case...so they couldn't say we ignored them!

After a nice break the group headed back along the road and down another management track back to the cars. The pace heading down was a bit faster than going up! Showers threatened all day but we thankfully avoided them. We finished off our day with a lovely cuppa and lunch back in Yandina at the Cafe.



Kate Russo

Baroon Pocket Dam to Kondalilla

In a recent yoga class our teacher asked us to think on joy during our meditation.

As he stated, joy is not necessary for human existence in the same way that fresh

air, food, water, sleep and shelter are. It is intangible.

So for something a bit different I am sharing some of the things that brings



me joy
and I am sure I am not alone with my
particular perspective.

Every time I am out hiking on a track I find joy observing nature,
looking closely at
things both large and small. There is joy in human company sharing
the hike.

There is joy in the physical activity of
walking and sometimes of reaching a goal
either through distance or difficulty. There

is joy in a clear winters day with a blue

sky, summing a mountain or a bit of off track scrambling.

My photos for this Trudge article are possibly not what everyone will find joy
in but I

definitely enjoyed the hike led by Carolyn last Saturday and I think everyone
else

who came along did also.

Linda Gregory



Wildflower season is upon us...

The Sunshine Coast Wildflower Festival is on during the
last two weeks of August. Find more information and
walk list on the council website.

<https://www.sunshinecoast.qld.gov.au/environment/education-resources-and-events/wildflower-festival>



HAPPY HIKING!

