

SEPTEMBER 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

Vice President:

Samantha Rowe

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Secretary:

Ingrid Eksteen

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Treasurer:

Maree Bell

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Activities Coordinator:

Melissa Sibbel

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New Member Officer:

Karen Edwards

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Grants Officer:

Peter Fowler

grants@scbwc.com

Non-Committee Positions

Hire Equipment Officer:

Garry Carr

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Trudge Editor:

Chris Vieraitis

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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.

August Activities

1 st	<i>Social Breakfast – The Barn at Flaxton (Kate Russo)</i>	18 th	<i>Kirbys Road Tree Planting (Joe Kirkpatrick)</i>
1 st	<i>Forest Bathing (Katherine Galligan)</i>	21 st	<i>Trail Maintenance Sunshine Coast Hinterland Great Walk (Peter Fowler)</i>
2 nd	<i>Sunshine Coast Coastal Pathway Stage 2 (Sam Rowe)</i>	23 rd	<i>Gheerulla Circuit from Sam Kelly Road (Clare Staines)</i>
3 rd	<i>Club Meeting</i>	24-28 th	<i>Vertical Rescue Training (Peter Fowler)</i>
7-9 th	<i>Bushwalking Qld Pilgrimage 2026</i>	26 th	<i>Emu Mountain NP Wildflower Walk (Kate Russo)</i>
9 th	<i>Thilba Camp to Gheerulla Creek (Carolyn Kennedy)</i>	28 th	<i>Mt Tinbeerwah Geology Off-track Bushwalk (Michelle Freeman)</i>
14 th	<i>Maroochy Wetlands Sanctuary Bli Bli (June Hughes)</i>	30 th	<i>Monthly Mountain Challenge – Wildhorse Mountain and Mt Beerburum (Kate Russo)</i>
15 th	<i>Prospective Members Induction Hike – Emu Mountain (June Hughes)</i>		
16 th	<i>Noosa North Shore coastal path to Mt Seawah rtn (Carolyn Farrington)</i>		

Training and Skills Update

The club was recently awarded a grant of \$12,750 through the State Government Gambling Community Benefit Fund. The purpose of the grant is for training and updating of skills in abseiling and first aid. 20 club members have subscribed to 27 training positions over the coming months.

Congratulations to those club members who have taken up the challenge.

Peter Fowler

Vertical Rescue

5 day intensive vertical rescue course through Climbing Guides Australia

Peter Fowler, Katherine Galligan, Cheryl Meligonis, Julie Canterbury

Abseil Workshop

1 day abseil skills course through Climbing Guides Australia

Imas Prahara, Jantorn Tippunok-Brown, Maree Bell, Michelle Freeman, Sam Rowe, Narelle Poulsen

First Aid in Remote Areas

Pre-course study and 1 day bush training through Rapid First Aid

Noelia Pinto, Jonathan Lee, Linda Gregory, Adrian Hughes, Cheryl Meligonis, Sam Rowe, Michelle Freeman, Ian Vinen, Peter Fowler, Carolyn Kennedy

First Aid and CPR

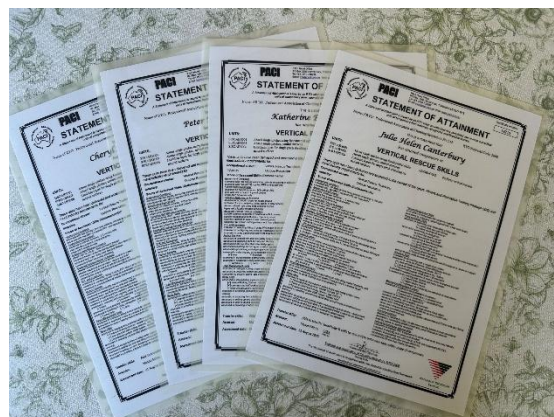
Half day first aid skills through Rapid First Aid

Maree Bell, Katherine Galligan, June Hughes, Linda Gregory, Russell Stark, Rod Edwards, Karen Edwards.

Abseiling is popular this Month

Congratulations to Julie Canterbury, Cheryl Meligonis, Katherine Galligan and Peter Fowler on completing the 5 day Vertical Rescue Skills course at Mt Ngungun with Climbing Guides Australia in association with the Professional Association of Climbing Instructors.

The vertical rescue course is a hands-on, nationally accredited training program that teaches participants how to safely reach, secure, and evacuate injured people from high-risk vertical environments using specialized ropes and equipment.



Tuesday, 29th September, seven club members will attend a one day abseil workshop at Mt Ngungun with Mason Minto of Climbing Guides Australia.



Friday, 18th September, will see the club's first sunset abseil led by Katherine Galligan at Mt Tinbeerwah.

Peter Fowler, Abseil Coordinator

Personal Locator Beacons

Congratulations, Sunshine Coast Council is pleased to advise that the club's application for funding in the recent Minor Grants Sport and Recreation July 2026 round has been successful for the purchase of Two Personal Locator Beacons \$1,058.

The club's two current PLBs had reached their 10 year battery life and needed replacement.

2 GME Accusats return link PLB's have now been purchased and are available for club members to borrow at no cost.



Peter Fowler, Grants Officer



Healthy Sunshine Coast Bushwalking Programme

For the past 6 years the club has supported Council's Healthy Sunshine Coast Programme.

The club is leading 4 walks in September organised by Melissa with walks lead by Melissa Sibbel, Miles De Lacey, Karen Edwards and Carolyn Kennedy.

Contact any of the leaders if you wish to join an activity.

Peter Fowler, Grants Officer



From council's Healthy Sunshine Coast Newsletter

Have you wanted to explore some of the amazing bushwalks we are very fortunate to have on the Sunshine Coast, but didn't feel confident attempting them on your own?

Well, Healthy Sunshine Coast in partnership with the Sunshine Coast Bushwalking Club, is excited to announce a series of four bushwalks coming up in September.

Experienced volunteer bushwalkers from the Club will be leading the four walks in the beautiful Sunshine Coast hinterland and coastal fringes.

So, whether you are new to bushwalking or an experienced trekker, these walks will be perfect for you.

Numbers are kept small for the walks, so everyone will feel confident giving them a go.

Some of the walks do involve a few hills, so a reasonable level of fitness is required, and will occur at the group pace - there will always be a "Tail end Charlie" behind the last hiker.

A very big thank you to the Sunshine Coast Bushwalking Club for hosting these walks.

Forest Bathing – Kondalilla

Photos: Caroline Fisher and Kate Russo



Sunshine Coast Coastal Pathway – Stage 2

Bokarina to La Balsa Park (well sort of). The coastal pathway on the Sunshine Coast is approximately 73km covering Caloundra to Noosa. The SCBWC during 2026 is walking the coastal pathway across five stages. Stage two had our group of 6 walkers meeting at Kawana and catching the bus south to where we had finished Stage 1 at Bokarina.



Unfortunately, I had the group get off the bus a few kilometres too early, but undeterred we continued the walk north on what became a sunny morning (7.30am we had pouring rain – thankfully it was the last shower). We arrived at our destination of Point Cartwright just after morning tea admiring the artwork on the water tower. After a photo opportunity at the lighthouse and a discussion on the mountains that could be viewed across the bay, we headed back to La Balsa Park and onto the cars at Kawana. A quick car shuttle back to where we disembarked the bus, we then walked that missing 3km link back to Bokarina Beach.

Thanks to Carolyn, Toni, Noelia, David and Renee for braving the potential rain.

Stage 3 Mooloolaba to Picnic Point (Maroochydore) will be in October – check the activities calendar.

Sam Rowe

Thilba Thalba Camp to Gheerulla Creek

Fire-transformed hinterland, sweeping valley views and a well-earned cuppa

12 WALKERS | 10 KM | 492 M ASCENT | 3 HOURS+ | GRADE: MODERATE-HARD



The group pauses to take in the hinterland views

Twelve walkers set out from the carpark on Delicia Road under a perfect blue sky, beginning with a short stroll to Thilba Thalba Camp before dropping into the valley proper. The descent — roughly 460 metres down a well-formed section of the Great Walk track — follows gentle switchbacks and stone steps, making for an easy downhill start to the day and a chance to soak up the beautiful views before the real work began.

The standout feature of the day was the landscape itself. National Parks has recently carried out backburning through the upper

section of the trail, and the effect has been dramatic: blackened trunks stand starkly against the ridgeline, the track has opened right up, and the views now stretch further than ever across the Gheerulla Valley. Between the burnt stems, fresh green regrowth is already pushing through, and the ancient groves of grass trees along the route are sprouting vivid new crowns — a striking reminder of how quickly this country bounces back after fire.

At the base of the descent the group turned right to follow Gheerulla Creek, swapping the burnt ridgetop for a lush, fern-filled understorey beneath towering eucalypts — a real change of scenery and a welcome patch of shade. A well-earned break beside the creek gave everyone the chance to rest, refuel with a snack, and enjoy the sound of running water before facing the return climb.



Fresh regrowth sprouting from fire-blackened stems, and a splash of colour among the grass trees.

Then it was time to regain everything that had been lost in altitude. The climb began on a less-defined, slightly overgrown and damp stretch of track before firming up as the group reached the ridgeline, where around 1.5 km of steady climbing lay ahead.

The effort was well rewarded. Back at Thilba Thalba Camp, the group settled in for a cuppa and lunch with panoramic views across the Gheerulla Valley spread out below — a fitting finish to a walk that, all up, covered 10 km and 492 m of altitude gain in a little over three hours.

Melissa Sibbel

Noosa North Shore coastal path to Mt Seewah return

This is a beautiful walk at this time of year, meandering the coastal wallum of the dunes, following the coastline north as far as Mt Seewah. Fifteen of us carpooled at the Noosa River ferry and crossed to the start of the walk. We set off in overcast conditions which turned to on-and-off light showers, then a deluge just as we crested Mt Seewah! So much for the 360 views. We did not linger and walked back the way we came to a clearing for lunch. By this time the sky had cleared and we all enjoyed the rest and time to dry off. But within an hour we were drenched again.

The coastal flora along this walk is lovely, beautiful Banksia, Wattle, Wombye Bush, Wedding Bush, Grevilia and bright yellow Bush Pea. Interspersed are views over Lake Cootharaba and the hinterland, and the beach with Noosa on the horizon. It was still worth the walk despite getting wet a couple of times. The walk took us 6 hours. Thanks everyone for venturing out on a showery day.

Carolyn Farrington

Vertical Rescue Training



This month, Peter, Cheryl, Julie and Kath, completed a 5 day Vertical Rescue course with Mason from Climbing Guides Australia. The course enables the club to increase the safety and capacity within our abseiling program, so we have the knowledge and skills to be able to self- rescue and to assist other abseilers if they run into trouble.



It was an intensive week of practical, and hours of preparatory theory and exams prior. Monday started off with showery conditions making the ropes and rock at Mt Ngungun slippery and muddy. By Friday the rock was back to being nice and grippy and we were reflecting that it was actually quite good to practice in these conditions because it certainly made things trickier.



Over the course of the week, we covered:

- Options for moving vertically up and down the rope.
- Bypassing knots and through different anchor points.
- How to rig and use a releasable abseiling system that can assist if a participant gets trapped on the rope (eg hair or clothing stuck in the abseiling device).
- How to complete pick-off rescues where we attach an injured or stuck abseiler to our abseiling system and descend to the ground.
- Hauling someone to the top (hard work!).

A great week of learning and hanging off the side of a mountain.

Katherine Galligan

Emu Mountain NP Wildflower Walk

The Wildflowers are here!

Showers threatened in the forecast, but we were blessed with a lovely fine afternoon for this amble up and down Emu Mountain led by Kate. The tracks are quite degraded through the park at the moment, but fortunately most had had a chance to dry out so we did not have to trudge through any mud.



We had barely passed through the National Park gate before the oohs and aahs and camera clicks started! With the help of some personal knowledge of various members and wildflower brochures produced by the Sunshine Coast Council, we were able to identify most of the flowers we saw.

The highlights being a few different ground orchids, Woombye Bush, Tea Tree, Grevilleas, Bottlebrush, Boronia, Wax Flowers, Mirbelia and the lovely Milk Maids. And just to cap off a lovely couple of hours we had a stunning sunset on our final descent back to the carpark.

Kate Russo



Mt Tinbeerwah Geology Off-track Bushwalk



Mt Tinbeerwah is an interesting rocky mountain to the north of Tewantin. Abseiling courses with descents of 50 metres, are often practiced here on the western cliff line. We walked along tracks, did some off-track bush exploring, climbed up slabs, scrambled a small cliff and visited the fire tower (tourist) lookout. We were privileged to have with us, special guest, Fergus Fitzgerald, a Geologist. We learned so much about rocks and geomorphology. Distance covered was just over 10 km.

I was chuffed with these comments from our group. (11 of us in the group)

1. "Thanks Michelle for a great morning hike on Mt Tinbeerwah, one with a difference. We were blessed as she organised a geologist, Fergus, who was very knowledgeable in his field. I loved hearing his interesting stories of what's written in the rocks beneath our feet; a reminder of millions of years of activity and changing environments that have shaped our region. And his explanation on onion skin weathering with changes causing the outer layer of rock to crack and peel off."
2. "We had a geologist, Fergus Fitzgerald on board for the morning who kindly gave us, not only his time, but shared his passion for geology and brought to life this magnificent landscape we share here...literally on our doorstep. Michelle and Fergus both passionate about this area, made every step of this morning unfold into a live history lesson on what our mountains and hills are now and how they were created.."



3. "I was especially fascinated to learn that Australia is moving north west by 7cm each year, and that the maps all had to be adjusted a few years ago as grid references had changed by as much as 1.5 metres over a number of years."
4. "I was impressed by the description of tectonic plates colliding, land forms thrusting up and areas buckling and wrinkling."

Michelle Freeman

Monthly Mountain Challenge – Wildhorse Mountain and Mt Beerburrum



This month's Slow and Steady Mountain Challenge took on 2 of the shorter but bitey Glass House Mountains hikes! Our small but keen group met at the Glass House Mountain servo to provision with coffees, food and use the amenities before heading firstly to the **Wild Horse Mountain** carpark.



The path to the Wild Horse Mountain summit is a steep up and down concrete path. But bush walkers hate a straight path! So Kate took the group up a steep rocky side track before meeting the main path, and heading up to the Lookout. Unfortunately, the view from the lookout at the top was not the best as there was a lot of cloud cover and threatening misty rain. But we could see enough to check out other Glass House Mountains - including our next challenge, Mt Beerburrum.....

On the descent down the concrete path the group consensus was to detour off onto a dirt track on the other side. Good fun! This hike certainly warmed us up! A quick drive over to the Mt Beerburrum trail head carpark where we had morning tea to fortify ourselves for the next climb.....



The **Mt Beerburrum** summit hike starts with a common track with the Yulyanman track. We were very conscious of doing the right thing by cleaning our boots at the boot wash station - we were a bit disappointed to see that some other groups (family/friend groups - not formal hiking groups fortunately) were not taking the same care.

Our track turned into a concrete path at the point that it separated from Yulyanman. Certainly a calf burner and heart pumper with 700m of steep zig zag path up. Some stunning views along the way which

we just HAD to stop and admire (nothing to do with needing to catch our breath!) and it would have been rude to not use the thoughtfully placed seats along the way! Another stunning view from this summit - we climbed the fire tower for the best view.

And then down again, a couple of us had grumbly knees that made us aware of the benefit of correct technique. At the point where we met the Yulyanman track, we diverted onto a dirt access road rather than going down the main track again. And of course, we continued with our chats over coffee and pastries down the road....

These 2 hikes were a bit different to the norm being largely on concrete paths and with general "tourist" traffic rather than hikers. But they were enjoyable perhaps because they are not our usual hike repertoire...



Kate Russo

HAPPY HIKING!

