

OCTOBER 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.

September Activities

1 st	Conondale Track Maintenance (Linda Gregory)	18 th	Maroochy Botanic Gardens Tanawha (June Hughes)
2 nd	Walk & Watercolour (Min Haeusler)	18 th	Mt Ninderry Circuit (Miles De Lacey)
5 th	Social Breakfast Kunara Garden Centre (Helen Bernard)	19 th	Remote Area First Aid (Peter Fowler)
6 th	Mt Beerwah Circuit (Russell Stark)	19 th	Induction Hike – Emu Mountain (June Hughes)
7 th	Club Meeting	20 th	Combined Trachyte & Tibrogargan Circuit (Linda Gregory)
10 th	Backyard Loop – Coolum Beach and Yaroomba Circuit (Carolyn Farrington)	23 rd	Vertical Rescue Training (Peter Fowler)
12 th	Navigate with map & compass training (Peter Fowler)	25 th	Parklands Outer Circuit (Carolyn Kennedy)
13 th	Walks Calendar Planning Session (Melissa Sibbel)	26 th	Trachyte Circuit & Tibrogargan Circuit (Carolyn Kennedy)
15 th	Kirbys Road Track Maintenance (Joe Kirkpatrick)	27 th	Monthly Mountain Challenge Mt Tinbeerwah Slow & Steady Up (Doone Collins)
16 th	Buderim Backyard Loop (Jo Duffy)	29 th	Abseil Workshop with Climbing Guides Australia (Peter Fowler)
17 th	Trail Maintenance SC Hinterland Great Walk (Peter Fowler)		
18 th	Sunset Abseil Tinbeerwah (Katherine Galligan)		



Your Club Needs You

As you are aware, the Club's AGM is scheduled to be held on
Monday, 2nd November 2026.

This club is run by volunteers, and without those volunteers well there would be no club. All positions are declared vacant at each AGM with some current committee members and non-committee members nominating for the following year.

However, there are 3 positions on the Committee where the current member will be stepping down and we need others in the club to step up and nominate. Outgoing committee members are always willing to provide ongoing support and help as needed. So, there is backup there to assist. If you need further information on any of the positions, contact the person currently in that role.

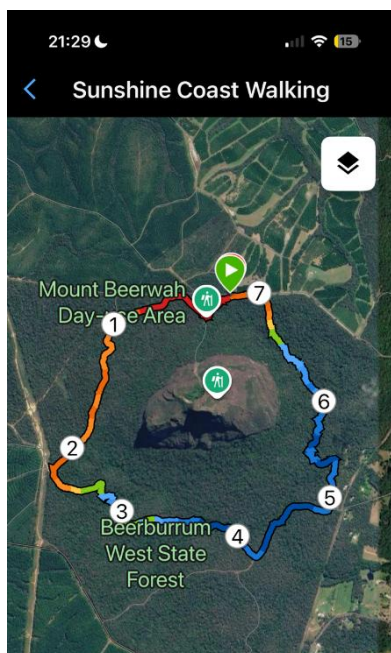
So, please give some thought to nominating for one of the following positions:

Vice President – role oversees the safety aspect of the club and covers the president when unable to attend monthly meetings.

Activities Co-ordinator – role that co-ordinates the activities proposed by leaders.

New Members Officer – maintains and responds to enquiries that come through the club email from prospective members. Co-ordinates the membership application for new members.

Mt Beerwah Circuit



This walk did not go up Mt Beerwah, but instead around its base for about 8km. A crisp, fine morning provided great weather for this walk.

Our group of 11 parked at the Mt Beerwah car park and began a descent on a well marked vehicle track, walking in an anti-clockwise direction, keeping Mt Beerwah to our left.

Parts of this track were badly eroded and needed our full attention to avoid slipping down the steep tracks. This road went through well established native forest with some beautiful large trees and native grasses.



After enjoying a break for some morning tea, we then turned off this track for some easy bush bashing. The log balance was a challenge - no-one wanted to fall in the murky pool of water underneath - but all completed the crossing without incident. Our easy bush bashing picked up a notch as we went off track for some creek/rock hopping along the upper reaches of the creek. There was very little water flowing, however some rocks were still damp and slippery.

The final stage was a good uphill climb on a fairly well defined walking path. This took us back to the road in and a short walk back to the cars. Our thanks to Russell for leading a great walk with just enough challenges to push our limits a little, but most enjoyable.

Maree Bell



Trail Maintenance SC Hinterland Great Walk



Thank you from Qld Parks and Wildlife Service

Good morning wonderful Friends of the Sunshine Coast Hinterland Great! Walk!

It was so lovely hanging out with you all yesterday for our second Skene Creek revegetation planting together at Kondalilla National Park. We're certainly improving the Great! Walk experience through all of our activities. That area is looking fantastic!

*We still have a long way to go on our mission, but slow and steady wins the race!
We planted 100 tube stock baby plants, and hopefully in time and with a little care and maintenance that area will be thriving with native flora!*

Thank you all for your hard work and dedication. I would have loved to get a photo of you all at the end together, but we will have to get one another time.

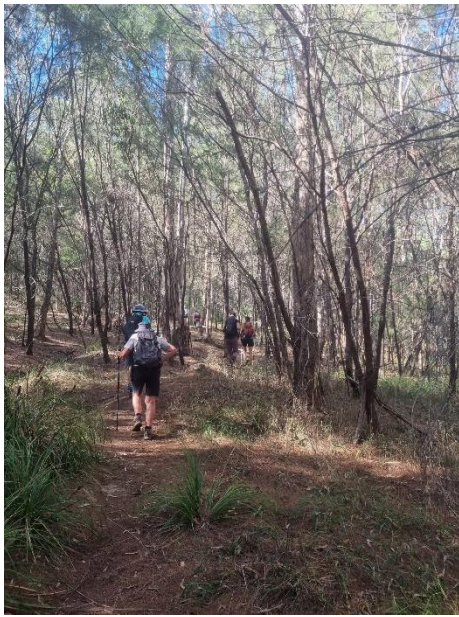
Take care vollies, I will see you all when I am back from holidays WOOHOO!

*Kind regards,
Shelley Skinner
Ranger Blackall*

South East Queensland Region | QPWS & Partnerships
Department of the Environment, Tourism, Science and Innovation



Monthly Mountain Challenge Mt Tinbeerwah Slow & Steady Up



Wildflowers and Wonderful Women Walking – an awesome Sunday adventure with 10 wonderful hiking friends.

After a short walk along an unsealed road, we entered Tewantin National Park and began a fairly steep climb up to Tinbeerwah Road and onto the main walking track. This climb provided opportunity to pause – to snatch glimpse of Lake Cooroibah (and not merely to catch our breath) and to take in the changing plant life.

Walking to the summit reminded us of the real motivation for this hike – the 360-degree views which are stunning. To the east, the sparkling waters of Laguna Bay and to the west, Mount Cooroy and Mount Cooroora. In the north, Lake Cooroibah and

Lake Cootharabah sparkled and towards the south, – Mount Coolum. So special.

On the descent to our starting point, we were treated to the joy of native wildflowers and orchids. And what could top the morning off? Coffee and chat of course.

Jo Duffy



Abseil Workshop with Climbing Guides Australia

Narelle, Carolyn, Imas, Michelle, Marie, Sam and Peter recently attended the one day abseil workshop run by Mason Minto of Climbing Guides Australia. Funding was provided by a grant through the Qld State Government Community Benefit Fund.

The abseil workshop was designed to provide participants with the essential knowledge and practical skills required to safely participate in abseiling activities. The workshop covered equipment selection and inspection, correct harness and helmet use, rope handling, knots, anchor systems, belaying techniques, communication, and safe abseiling procedures. Participants had the opportunity to practise these skills at Mt Ngungun.



Safety was the primary focus of the workshop, with an emphasis on developing good habits and sound decision-making to upskill participants when undertaking abseiling activities with the club. The workshop also covered hazard identification, emergency procedures, managing equipment failures, and the importance of following established procedures.



The group came away with greater confidence in their equipment, techniques, and responsibilities for taking part in future club abseiling activities.

Peter Fowler

HAPPY HIKING!

