



**SUNSHINE COAST  
BUSHWALKING CLUB**  
Est 1975

# THE TRUDGE

## August 2021

Club meetings are on the first Monday of each month (excluding January)

**7:30pm**

**Buderim Men's Shed  
38 Advance Road, Kuluin**

*(If the first Monday falls on a holiday or long weekend the meeting is held the following Monday)*

Scheduled activities are on <https://www.scbwc.com/activities>

### Committee Members 2020-2021

President:	Clare Staines	<a href="mailto:pres@scbwc.com">pres@scbwc.com</a>
Vice President:	Vacant	<a href="mailto:vp@scbwc.com">vp@scbwc.com</a>
Secretary:	Stephen Hunter	<a href="mailto:sec@scbwc.com">sec@scbwc.com</a>
Treasurer:	Pam Sanders	<a href="mailto:treas@scbwc.com">treas@scbwc.com</a>
Walks Coordinator:	Rod Edwards	<a href="mailto:walk@scbwc.com">walk@scbwc.com</a>
New Member Officer:	Karen Edwards	<a href="mailto:enquiry@scbwc.com">enquiry@scbwc.com</a>
Hire Equipment Officer:	Joe Kirkpatrick	<a href="mailto:equip@scbwc.com">equip@scbwc.com</a>
Grants Officer:	Peter Fowler	<a href="mailto:grants@scbwc.com">grants@scbwc.com</a>
Librarian:	Gerard Gallop	<a href="mailto:cooroora35@gmail.com">cooroora35@gmail.com</a>

### Non Committee Positions

Trudge Editor:	Stephen Hunter	<a href="mailto:trudge@scbwc.com">trudge@scbwc.com</a>
Digital Media Officer:	Julie Nunn	<a href="mailto:media@scbwc.com">media@scbwc.com</a>
OH&S Officer	Malcolm Rodley	
Assistant Secretary	Anne Miller	
Abseiling Coordinator	Peter Fowler	
Refreshments Coordinator	Lindy Kenniwell	

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 [media@scbwc.com](mailto:media@scbwc.com) if they are not receiving general email communications from the SCBWC.

If you are a SCBWC member, join our closed Facebook group.



# Gheerulla Falls (via Sam Kelly Road)

Sunday 25 July 2021



Our enthusiastic group, including 6 visitors were prepared and ready to begin this lovely 16km walk on time. Our shaded walk followed Gheerulla Creek up to Gheerulla Falls.

Although there are several creek crossings all were easily navigated and a particularly pretty one was chosen for our morning tea stop.

Cameras and phones were out often as the very tall grass trees (xanthorreas) were in abundance as were purple flowering hoveas, banksia and slender rice flowers and one small ground orchid that caught our eyes.



Lunch was enjoyed at Gheerulla Falls and for some who have lived on the Sunshine Coast for a while, this was their first visit to it. All agreed it was a relaxing and very pretty walk.

Thanks to June for organising and leading.

Linda Gregory

# West Spykes

Sunday 15 August 2021

Walkers: Russell, Sam, Michelle, Tas, Judy & Neralie



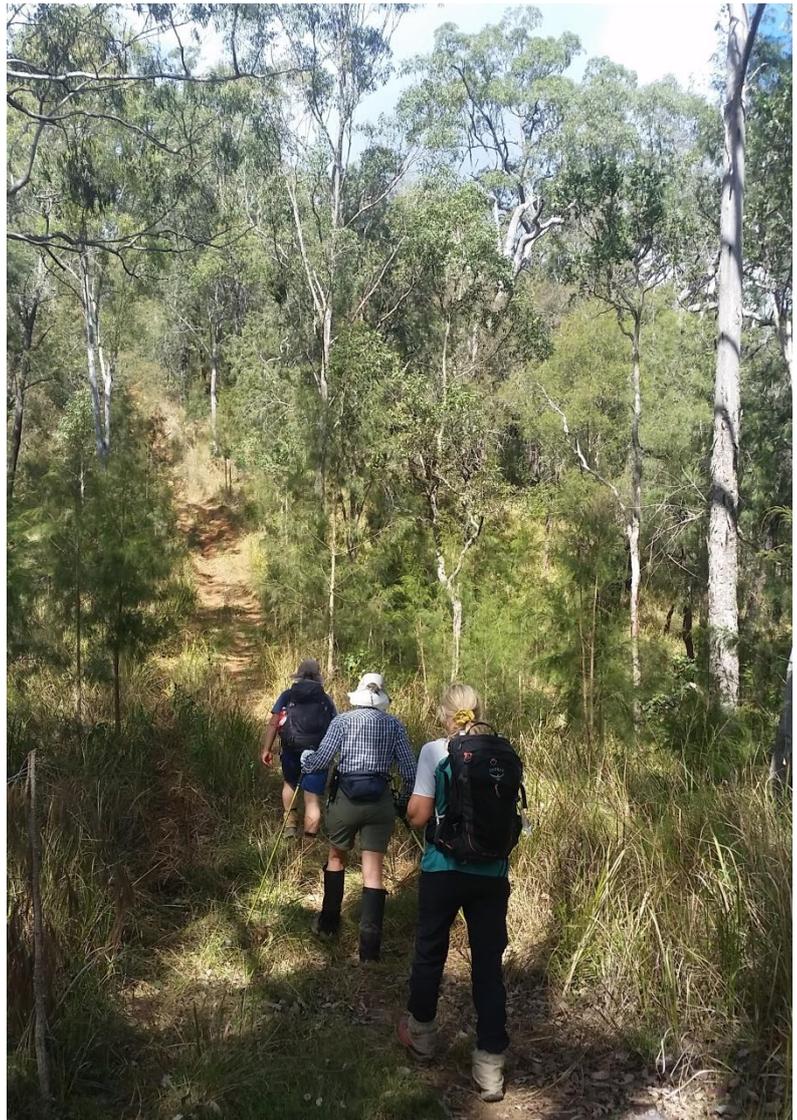
It was an early start for the 6 of us as we met up at Charlie Moreland campground at 7:30am on the Sunday morning. The day was clear and promised to be perfect for walking although a shower was forecast for the afternoon.

Leaving the cars on Sunday Creek Rd we headed off on a series of fire trails leading down to Yabba Creek. The descent was pretty steep and we slipped and skidded down the sandy, unforgiving 4WD tracks hoping not to end in a heap at the bottom.

On the banks of Little Yabba Creek we passed the remains of Spike's Hut, now burnt out and overgrown with weeds. Spike formerly ran a cattle grazing lease there.

The hut used to be a great spot for morning tea but was burnt down in the bushfire of November 2016.

Continuing along the trail we tackled 4 creek crossings using a variety of strategies. Russell just trudged through boots and all, some followed Russell but only after removing their boots whilst others endeavoured to rock hop in an attempt to keep their boots and socks dry.



The track meandered along the creek for a while before a seriously uphill section, followed by “undulating” trails eventually looping back to Sunday Creek Rd.

It was a pretty solid walk approximately 22km in length with 970m of elevation loss/gain and took just under 7 hrs including much needed breaks along the way.

We had time enough to enjoy the bush, the flock of black cockatoos overhead, a lace monitor scampering in fright up a tree and flowering orchids clinging to trees along the track. Apart from a few trail bike riders we had the place to ourselves.

It was a great group of walkers lucky enough to enjoy the freedom of the outdoors. Thanks Russell for leading and to the rest of the group for their company. I definitely felt like I’d had a good workout.



**Neralie Carr**

## **Mt Tinbeerwah Abseil**

**Tuesday 17 August 2021**



Yay – I finally got to go on an activity instead of just writing the minutes and editing the Trudge.

Di Hoopert and I were lucky to Join Peter Fowler for an introduction to abseiling at Mt Tinbeerwah.

(Unfortunately Tita had a late roster change and missed out again).

We had a perfect day for it, the showers that had been forecast were nowhere in sight and we had a bright sunny day to take in the views.

We met up at the Mt Tinbeerwah car park where Peter had arrived early to set up the equipment, so we just had a short walk up the hill to the abseiling point.

We went through the safety briefing and learned the ABC's of abseiling.

**A**nchors – The anchor points were set in the rock but we were relying on Peter knowing his knots to attach to them (no problems there).

**B**elts and **B**uckles – Not the most stylish or comfortable accoutrements but definitely necessary.

**C**lamps and **C**aribineers – Multiple points of attachment and we were definitely making sure that we were hooked on safely lines until we were ready to descend.

**D**evice – The bit that lets you go down – very handy if you want to abseil instead of just hanging off a rope.

**E**verything **E**lse – Which in my case usually meant an alphabet extension (don't **F**orget the **G**loves or **H**elmet you **I**diot).

Peter took us down the 30m-35m cliff with a number of different types of equipment, including an S shaped "old style" device and a modern "Gri –Gri" which allowed for faster descents, also, with and without a belay rope.

Peter's instruction was great and we had no trouble going down the cliff, although the trudge back up had us puffing and panting a little.

I don't think that there is much chance of an elevator being installed though.

It was a fantastic introduction to abseiling and Di and I enjoyed the experience immensely.

I can't wait for the next outing.

Thanks Peter

**Stephen Hunter**



# Mooloolah River NP Wildflower Walk

Sunday 22 August 2021



We had perfect weather for our morning wildflower walk led by Clare Staines with Lindy at the tail of 11 walkers, including prospective members. We met at the Mooloolah NP Car park (end of Claymore Rd, Sippy Downs).



Most of us had not been here before and shared how we enjoy finding new places through the club walks. We walked an easy 7 km loop on graded trails through wet heathland, melaleuca forest, banksia woodland and scribbly gum forest, stopping half way for morning tea.

There were masses of colourful wildflowers so our pace was leisurely, especially at the start in the open heathland where we frequently stopped to admire and identify purple boronias and mirbelia; yellow goodenia, guinea flowers and swamp peas; sparkling red sundews (drosera); white sprenghelia, bell and wallum heath (epacris) and rice flowers; and to smell vanilla lilies and wallum tea tree and more.



Most of the wildflowers are small so close examination is required to fully appreciate their intricacies and beauty. Clare, Marilyn and Jo had wildflower booklets to help identification and our shared botanical knowledge. Bright red bottlebrushes and creamy yellow banksia flowers also featured in the woodlands with grass trees, hops and wattle in the forest.

The track was not as wet as expected with only a few waterlogged patches to cross. Some of us were lucky enough to see an endangered wallum rocketfrog jump out of a black puddle.

An enjoyable social walk to learn more about the variety of wildflowers blooming at this time of year.

# Conondale Range Great Walk

Friday 20th to Monday 23rd August 2021

Leaders – Rod & Karen Edwards



It was an incredible 4 days on the track with many great moments & conversations shared between 9 wonderful comrades - Karen, Alex, Chris, Janine, Richard, Karin, Christine, Lucy & me.

We had warm sunny dry days with cool nights (dreaming of sitting around a nice warm campfire). Water tanks had water at each campsite & toilets were clean enough with ample toilet paper. The moon was close to full each night.

Everyone contributed to the fun had out on the track which I'm eager to share with you now, although there seemed to be a lot more up than down (but that's impossible because we ended at the same spot we started).

Anyway, on with the story.

The total 4-day circuit was 56km with the first leg being 11km from **Booloumba Creek Day Use area to Wongai Walker's Camp**. We dropped into see the 3.7M high Strangler Cairn Sculpture by artist Andy Goldsworthy for those that had not yet seen it before moving onto Artists Cascades for morning tea.

It was then onward & upwards to Booloumba Falls which was a bit of a slog with the steepest section & our packs at their heaviest.

We stopped at Booloumba Falls for lunch & a dip.

Most were keen for the dip until they stuck their toe in & realised the water was painfully freezing. There were only 3 brave souls who submerged in the end – Chris, Karin & I.

If I had tested the water with my toe before diving in, I would not have got to the diving part.



It was then only a couple of Km to camp so an early setup with some time to relax & check out other's equipment.

A tradition was set at this first camp where Christine invited us all round to play cards. This so nicely brought everyone together each evening for some fun, chat about the day just gone before retiring to the privacy of our own campsites.

This campsite had many little critters getting around in the night's darkness waiting for an opportunity to get a feed. Unfortunately, they can chew through bags, packs & tents to get to that food. We all got into the habit of hanging our food items in trees.

The next morning as we were waiting on some stragglers (no names mentioned here) another tradition was made. Karen & I lead yoga warm-up flows before heading out in the mornings. This unplanned initiative was so popular that we feared for our lives if we were not to continue these daily sessions.

So, we continued the ritual.

It was now time to head towards **Tallowood Walker's Camp** which was the longest leg at 17km.

No real highlights during the day but God did fell a massive tree for us to sit on at lunchtime. It was so huge that when you straddled it, it felt like doing the splits.

I'm not good at the splits so when someone came up with the brilliant idea for everyone straddling the tree for a group photo, it was not met with immediate enthusiasm. But as you will see in the photo, we all managed.

Trying to get off the tree was not so graceful.

This was a long day when carrying heavy packs, but we still made good time to again have plenty of time to relax around camp & enjoy each other's company. As it started to get dark, most camps received a visit from an inquisitive brush-tailed possum sniffing around for food before another early retirement for the evening.



The next morning, we headed off on the 15km walk to **Summer Falls Walker's Camp** for our last night out in the bush.

The walk had some nice views along the way, but the highlights came once we arrived at camp. Even though the creek was very low we were able to find a mini waterfall where we were able to shower ourselves.

It was a blessing after 3 days of walking.

We then sat at the top of the cliff near camp as the sun went down before settling into camp where a swarm of fireflies flew through our camps in the darkness.

A spectacle we will never forget.

While we did not see 1 leech due to how dry it was, a few ticks found us. Between Karin's nursing skills with her myriad of tick removing utensils, Janine's quality tweezers & my handy work removing a tick from the inside of Karen's (my wife) upper left leg in darkness with headtorch on forehead, we were able to get the upper hand on the tick onslaught although the first few attempts were sheer tick butchery & torture.

We did improve.

You would think that would be enough but no, we talked about food all the way back to our cars on the 11km final leg.

We didn't waste any time jumping in our cars & heading into the Kenilworth Café for milkshakes, iced chocolate, coffees, wraps, toasties, scones with strawberry & cream.

We even took the ones we didn't order, we were so starved of the good things in life.

We hugged, shook hands & agreed that we just had the best weekend together & one to remember.

Some of us only met for the first time but by the end we were all very good friends.

Thanks all for making it a special few days.

**Rod Edwards**



# It's beginning to look a lot like Christmas



The club's Christmas party has now been confirmed for November.



**Date:** Saturday 27 November

**Time:** 11.45am for Midday start/3pm finish

**Where:** Noosa Sea Scouts at Noosaville

**Cost:** \$15 pp includes 2 course meals (roast spit)

**More information to come at next meeting.**

While the booking for the space and caterers have been made, we still need some club members to volunteer to assist organiser Cheryl Ryan with the activity planning on the day. Primarily this will be to organising the decorations, assist with set up and pull down on the day. If you can assist in supporting this year's club Christmas party, please contact Cheryl on [cheryl@123Travel.com.au](mailto:cheryl@123Travel.com.au) or M. 0438 003 759.

**Time to dig out the red and green and find that Santa Hat**

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## A Message from the Committee

You have all received an email from Julie advising of her resignation from the position of President of the Sunshine Coast Bushwalking Club.

The Management Committee of the Club would like to take this opportunity to thank Julie for all of her efforts over the last year in the President's role. We are saddened that she is resigning, but considering the hardships so many people have had being separated from loved ones during the pandemic, we understand and support her desire to protect her opportunity to visit them in the next few months. We wish her safe travels and look forward to seeing her back on our trails when she returns.

In accordance with the Club's Constitution, the Committee has met and affirmed our Vice-President, Clare Staines, as the President until the next AGM.

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A strange month, with another lockdown, walks being cancelled and changes in the Committee. Hopefully we will be back to normal soon. Thank you once again to all of this month's contributors for the reports and pictures.

See you next month

**Stephen**

# HAPPY TRAILS

