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JANUARY-
FEBRUARY
2011



Newsletter of the

SUNSHINE COAST BUSHWALKERS INC

Meetings are held the first Monday of each month, however please check for changes. **If the first Monday falls on a holiday or long weekend, the meeting is held the following Monday.** Meetings are held at 7.30 pm at the Craft Cottage behind Buderim War Memorial Hall corner Main Street and Church Street Buderim.

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HAPPY NEW TRUDGING YEAR TO EVERYONE

Welcome to 2011 – Here’s to another year full of friendship, companionship and fun together whilst exploring all our great walks we are privileged to have on our beautiful Sunshine Coast.



Happy Walking ... Ed

MESSAGE FROM EL PRESIDENTE

The 2011 Annual Pilgrimage is being shared with Sunshine Coast Bushwalking Club (us) and the Glasshouse Mountains Club. Plans are underway and you will soon be required to contribute by being involved in making the weekend a very pleasant and enjoyable one for our club and all visitors from the other regions.

The weekend is August 26/27/28 and is being held at the Kenilworth Showgrounds

WATCH THIS SPACE Malcolm R

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YURAYGIR WALK
2-6 December 2010

There were 16 of us in all: Ursula, Dale, Jenny, Malcolm, Linda, Ross, Lauren, George, Ann, Leanda, Chris, Michelle, Lyn, Alf, David and myself.

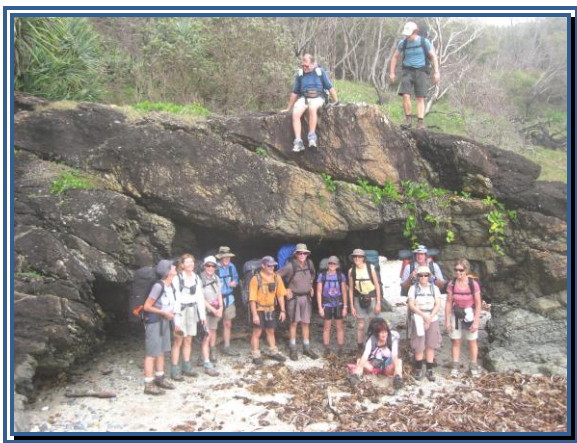
Maybe we were a few too many for a through walk as it was not always easy to find camp sites big enough for eleven tents and almost impossible for us to keep together on the walk. As it was an easy walk with no navigation skills required this was not serious.

Everyone seemed to know that as long as you kept the big ocean to your right and stayed more or less in sight of it we would not get lost! So mostly, we would all drift aimlessly in a northerly direction and with a bit of luck always end up together at a river or a designated camp site.



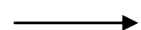
At least no-one was ever on their own out of sight, we had two PLBs with us and it was meant to be an easy "fun" walk!

The first morning after we were dropped off by the bus at Red Rock, it was raining and no boats were in sight to get past our first obstacle - the Corindi River. However, the only boat out on that day appeared just in time for us at the distant boat ramp and with a bit of persuasion and a few dollars we all got safe and dry to the other side of the river. The rain stopped and all was well.



Next day it was the Wooli River we had to take on. A boat had been arranged and we all got across in time for a much-appreciated three course lunch and a few drinks at the Wooli Bowls Club. A few hours later at the camp site some grumbles could be heard that it was supposed to have been an 'easy walk'.

Perhaps it was not generally realised that it could have something to do with the heavy lunch and a couple of schooners in the middle of the day - with most of the day's walk still ahead of us!



(I remember when we did the same thing on this walk nine years ago, Kas the strongest walker in the club at that time, was heard whinging and complaining and could hardly finish the walk, ha.) Anyway, with the help of a carted-in cask of red (compliments of Alf) all was soon in order again!

On the third day, during which we split up into three groups we still couldn't help but all end up at the Sandon River. On the way along the beach we met a National Park Ranger and he told us how happy he was to see some hikers in the park. He couldn't stop smiling and handed out maps for us.

At the river, a canoeist was sent to the other



side where the only visible boat was getting ready to be winched out of the water. We could see some desperate gesticulating going on (I think the canoeist was worried that he would have to paddle us all across, sixteen of us - one at a time - and acted out of self interest). He succeeded in persuading the nice kind man and he ferried us five at a time - while Ross chose to swim and even beat the boat.

Next day it was raining steadily and for that reason we decided to bypass the Red Cliff camp site and settle for Shelley Headland instead, which would have been our next day's aim. This was the best camping spot on the whole walk and it also stopped raining as soon as we arrived.

We had a nice relaxing evening before our final day, which was only a short one. Morning tea at Angourie and then a long boring walk along the road to Yamba as it was high tide and not practical to go along the beach. I think overall everyone enjoyed the stroll, thanks to all for your nice company!

Bernhard W



Sigh – Here we go again for another year ...

I wonder what crazy things they will get up to this year ?

Please forward any news for The Trudge to the Editor Helen Winter at

ahwinter@optusnet.com.au



**SUNSHINE COAST GREAT WALK
BAROON POCKET DAM – KONDALILLA
FALLS – 5 December 2010**

The phone calls began on Saturday 4 December. “Is the walk still on for tomorrow?” My response – “Yes the walk is on a good track and we don’t have any creek crossings to worry about so a good walk for us to do still”.

The plan had been to walk from Baroon Pocket Dam to Kondalilla Falls and finish at lunch time - 11kms for a morning walk. Easy -- **WRONG!!!**

♪ Let’s start at the very beginning *(that’s a very good place to start ... Ed)*

In our quest for walking new tracks or exploring new areas, we often overlook those close to home and how lucky we are to have them. The Sunshine Coast Great Walk falls into this category.



8.20am- 9.30am - A small enthusiastic group started walking under almost sunny skies from Baroon Pocket to Kondalilla Falls on 5th December. This leg is usually a great walk for all weather conditions. A lot of it is under the rainforest canopy so whether it is wet, hot or pleasant it usually is a comfortable and not so challenging walk. We visited the side legs of the Narrows, Obi Obi Creek and the lookout and admired the flow of the Obi Obi Creek with the water flowing over the spillway.

9.30-10.30am – Torrential rain hit the area and our track became a creek, the usually dry ravines became water torrents and the Obi Obi Creek was a fast flowing river. We didn’t need to do Ross’s Obi Obi swimthrough last month, we had our own. We also had more water to contend with pouring onto the track than the creek crossing walk in November. To top it all off large claps of thunder echoed overhead with the lightning flashing around us.



10.30am – we arrived at Flat Rock and our planned morning tea stop. Morning Tea was a stand up and eat quickly affair with the rain pounding down on us. By this stage Viv, Barry and Carol were soaked through. Thank goodness for Marian’s umbrella as it kept the slices dry whilst being served.

10.30am-11.30am – the easy graded track became one of our greatest challenges now with walking through water over the ankles and sometimes up to our knees, we continued on knowing we were past the halfway mark -WRONG!

11.30am-midday – with all this water everywhere we knew the Kondalilla Falls would be spectacular, the rain had begun to ease off and we decided to head to the falls on the circuit track. We crossed several fast flowing creeks but arrived at one that was too dangerous to cross. So we decided to return and head back up to the top of the falls via the Great Walk Track instead. The sound of the water pounding over the top was deafening as we approached it. We were so close to the end of the walk yet so far, for the usually placid falls and swimming water hole was a 30-40 metre fast flowing river rapid. We had no alternative but to walk back to Baroon Pocket Dam. Thankfully the rain had changed to showers, as we turned back with all the creek crossings and a track full of water for another 10kms again.



We lunched at the Flat Rock and once again admired the force of the Obi Obi Creek (river) and counted down the kms back to the carpark. Even the wildlife abandoned the day except for one large freshwater yabby that was on the track. If we became trapped we had something to eat along with Marian’s wild raspberries. We were all on the menu though for the leeches in the area.

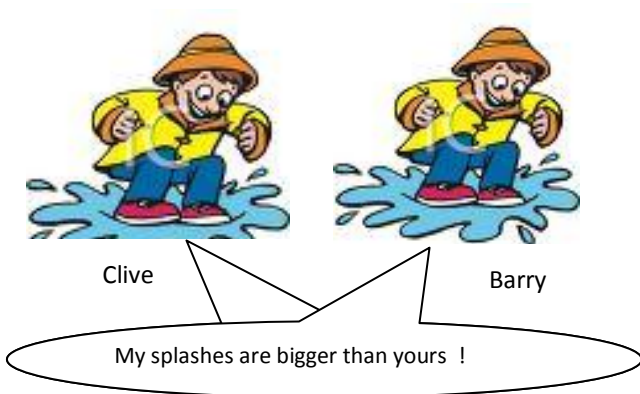


Our group of 7 arrived back at Baroon Pocket Dam “wet, bloodied and weary” but we’d had one hell of an “easy” walk. We saw the power of Mother Nature and will probably not experience this walk again with this scenery. We did 20kms and basically walked 6.5 hours non stop. I’d love to have a photo to show you the conditions and the power of the rivers and falls but we didn’t take any - it was just too wet.

Many thanks to Clive and Barry who assisted us through the faster flowing creeks and also to our other walkers Jean, Carol, Viv and Marian who were all great under challenging conditions. For a first walk as the leader it was definitely an initiation. So next time you are contemplating doing a walk for a morning or spread out over a leisurely day walk, consider the Sunshine Coast Great Walk. Whatever the conditions you won’t be disappointed!

Sam R

Further from Sam - re this report - just checked the bureau site and we had 50mm of rain fall on us between 9.30am-11.00am on the walk yesterday.



Considering the above writeup from Sam, I thought it appropriate to include this article received from Richard M a while ago regarding leeches. I have been waiting for the right opportunity.

BE WARNED !! – THE FOLLOWING IS NOT FOR THE FAINT HEARTED! Ed



LETTERS TO THE EDITOR

AS A PAST RESIDENT of the Far North Queensland rainforest, I read with interest the “four things you will learn in this edition that will impress your mates” (Issue 21, p8).

It read: “If you get a leech on your eyeball, the best thing to do is to wait until it has filled with enough blood for you to get a really good grip on it before you pull it off”. The account of the XPD goes into more detail on page 34. I think Zoe from Team Macpac Girls on Top got pretty lucky.

In one three-month period in 2005, I had three different US university students under my charge who found themselves with leeches on their eyeballs. The information I received at the time said NOT to pull the leech off like you would with a leech on the skin, as the suction of the leech can separate the meniscus of the eyeball. Doctors I spoke with at the time suggested the best treatment was simply to leave it until the leech had had its fill.

It would then detach itself and fall off automatically. However, the practicalities of this line of treatment were a little daunting for my 18 year-old American students.

In the interest of not walking around with a fat leech hanging out of your eye, we resorted to using a wet cotton bud dipped in salt.

You carefully touch the leech with the salt tip (being careful not to touch the eyeball) and the leech will immediately detach and fall off. For this technique you do have to be careful that the person is looking down at the time. If the leech falls off the eyeball and hits the bottom eyelid, it will scramble underneath and around the back of the eyeball. If there’s anything more difficult than getting a leech off the eyeball, it’s getting a leech off the **back** of the eyeball!

Michelle, Bright, VIC.

GREAT OCEAN WALK
4-9 January 2011
Russell S

First Instalment **T**he Great Ocean Road as you would expect from its name follows the Southern Ocean for much of its length. However between the Twelve (now 7) Apostles and Apollo Bay the road cuts basically across the top of Cape Otway National Park.

It touches the ocean at only one point, proving useful to 2 Gold Coast Women, but more on that later. It is possible to see this stretch of coast if you wish. In 3 simple words it is the “**Great Ocean Walk**”.



The Great Ocean Walk starts at Apollo Bay and goes for 90-100km to just short of the Twelve Apostles. There are 7 hike-in camp sites along the walk with distances between the camps ranging from about 9-15km. The track has a number of beach sections with the choice of inland routes for high tides or rough seas. Road access allows for a number of short/day walks.

Those keener walkers can do the full walk in a recommended time of 6-8 days.

I had decided to do this walk over my Xmas (school) holidays and had planned it with the tides to allow me to do most/all of the beach sections. Being unable to find anyone to join me I undertook this walk by myself. Although this is not good practice, being reasonably experienced and walking on a popular well formed track it was reasonably safe.

I had driven to the start of the walk escaping the early part of the Queensland floods with a 600km detour, arriving in Apollo Bay Monday 3rd January after a few days in Adelaide. I stayed at the very nice YHA Hostel where I was able to leave my car during the 6 day walk.

Day 1 Tuesday 4 January - Apollo Bay to Elliot Ridge - 9.7kms

To work in with the tides I did not start the walk until early afternoon. This gave me the morning to check my gear, track conditions, get some fresh food and cook tea for reheating on night one. Come about 2 after a good lunch it was on with the pack and to the information centre, this being the start of the walk. The first hour was mainly in built up areas. Following the Great Walk signs I was lead right through the middle of a caravan park then onto a track near the beach before going onto the beach for 1-2 hrs. The day was finished with a nice walk up to Elliot Ridge Camp.

Tea was had in the shelter built by Parks Victoria, a two and a bit sided structure with roof, bench seating on the 2 full walls and table on the dirt floor. A very nice and useful structure repeated at each camp. Tea was had with the 2 aforementioned walkers from the Gold Coast, on the Victorian South Coast. They too were planning to do the walk over 6 days the same as me.

Day 2 Wednesday 5th - Elliot Ridge to Cape Otway - 22.1km

Having had breakfast and packed up I was on my way by about 8. Much of the morning was on management roads through nice forest. Some birds were seen including yellow tailed black cockatoos. By late morning I arrived on the beach at near high tide and got across the short section easily. This was near Blanket Bay camp sites including a hike-in site which I was to bypass. It was back up the hills with some great costal views. Lunch was had before heading down to Parker Inlet - this was a further beach section and was a mix of sand and rock walking.



Time for a swim to cool down - a bit cold but nice once fully in. Feeling refreshed it was up out of the beach following roads. At a nice rest area I met some fellow bushwalkers from where? - Brisbane. We walked on sand and gravel roads but as we came to the sealed road a track followed nearby.

Then there was Cape Otway Lighthouse, the first Australian lighthouse, built after a number of shipwrecks. An ice-cream was my luxury for the day then onto the campsite about a km away. This campsite was busy and was close to full. Koalas provided some good entertainment - their favourite trees with most leaves gone were protected by thick plastic sheets on the trunks. In the early hours one decided to try to go up one of these nearby trees which kept me awake. After an hour or so the noise stopped.

More to come in next Trudge ... Ed

**PLANNING MEETING -
Sunday 16 January 2011**

WALKS PROGRAM FEBRUARY-JULY 2011

On 16 January we held our first meeting for the year to plan the program for February-July.

The program for 6 February – 7 March is included with this Trudge and a full program has been posted on our website. Please watch for any changes that may be made during the year. Thanks to all members who attended and helped in offering their time to lead the various walks - your help is most appreciated.

Alan W, Walks Secretary

Day-Date	Walk	Grade	Leader/Tel No.
FEBRUARY			
Sun 6	“Glasshouse Trilogy” Tibberooowuccum, Beerburrum, Wild Horse Mountain	DW – M	Jenny Rodley 5443 1739
<i>Mon 7</i>	MONTHLY MEETING		
Wed 9	Baxter Falls – 10 kms	DW-M	Norm Thursby 5476 6921
Sun 13	?		
Sun 13	Booloumba Camp to Breadknife and return – swims in area (Possible 2 nd group as lantana working-bee and swims)	DW-E	Jenny Rodley 5443 1739
Sun 20	Noosa Trail No. 2/3	DW-E	Samantha Rowe 0428 747 964
Sun 20	?		
Wed 23	Mt Ninderry and Mt Coolum	DW-E/M	Norm Thursby 5476 6921
Fri 25 – Sun 27	Springbrook Base Camp at Settlement Camping Area – Warrie Circuit	BC -	Samantha Rowe 0428 747 964
Sun 27	Kin Kin No. 3 (Kin Kin to Cooran)	DW-M	John Balderson 5448 0016
MARCH			
Sun 6	Northbrook Gorge (swim throughs)	DW-H	Russell Stark 0404 235 195
Sun 6	Gheerulla Circuit	DW-M	Jean Tague 5445 3237
<i>Mon 7</i>	MONTHLY MEETING		

- DW Day Walk (carrying day packs)
- TW Through Walk (carrying backpacks, camp out overnight)
- BC Base Camp (permanent camp site with day walks)
- SD Social Day

Grades

- E Easy – suitable for beginners with basic level of medical fitness
- E/M Easy to Medium – suitable for beginners with good level of physical fitness
Steep hill climbs, rock hopping, navigational skills
- M Medium – good level of fitness and agility - steep hill climbs, scrambling skills, experienced leader

BULCOCK BEACH - CURRIMUNDI Sunday 23 January 2011

Twenty seven walkers including several visitors turned up for the beach walk from Bulcock Beach to Currimundi.

Due to the numbers and it being Sunday on a popular beach walkway we split the group, half walking from Bulcock Beach, with a small car shuffle, the others from Currimundi.

Moffat Beach was our halfway stop for morning tea and exchange of car keys with the others.



Coffee and cake for some at the local cafes or byo by the beach for others with plenty of chit chat.

The weather was mild, overcast with a couple of light showers.

This is a lovely walk, with ocean views and also some coastal wetland closer to Currimundi. Quite a few lingered for lunch in the park, a very enjoyable day. Thanks to all.

Joanne C

TAKE A "TICK" TO READ THIS



The female Paralysis tick, *Ixodes holocyclus*

The Paralysis tick can be found in a variety of habitats but are especially common in wet sclerophyll forests and temperate rainforests. They have very few predators, and are more likely to succumb to desiccation from high temperatures and low humidity. From the enormous numbers of eggs (2,500-3,000) deposited in the moist leaf litter by the female before she dies, only a fraction of the eggs will survive and eventually grow to become adults.

The six-legged larvae hatch after the eggs have incubated for 40-60 days. To moult to the next stage, the larval tick must obtain a blood meal. In searching for a host, they display a behaviour referred to as 'questing'; whereby the tick climbs to the top of nearest vegetation and waves its forelegs to and fro slowly, hopefully contacting a prospective passing host. This is usually a native animal such as a bandicoot, which is the main host, but also possums, kangaroos, and humans. This questing behaviour is undertaken each time a host is required for blood. Ticks usually do not climb more than around 50cm in the vegetation and there is no evidence to suggest that they fall out of trees.

Treatment and Control

The best method of avoiding ticks is to stay away from known tick infested areas. If visiting such an area, light coloured clothing should be worn, as ticks will be much easier to detect. Trousers should be tucked into socks and shirts into pants. An insect repellent containing DEET or Picaridin should be applied, with a cream repellent applied to the skin and a spray repellent to footwear and clothing (note that DEET can damage some synthetic clothing). The repellent should be reapplied every few hours. All clothing should be removed on returning home and placed into a hot dryer for 20 minutes, which will kill any ticks that may still be on the clothing. Note that ticks can wander on the body for some two hours before attaching. This is how they become attached to the head (contrary to popular belief, they do not fall out of trees). The body should thereafter be searched well for ticks, especially behind the ears and on the back of the head. Children and pets should be examined for ticks after visiting bushland areas.

* * *

NORTHSHORE TWIN WATERS

Australia Day –
Wednesday
26 January 2011



We had 22 bushwalkers do the walk including 8 visitors – 2 from Germany (who were quite impressed how we celebrated our National Day). It was a very pleasant way to ease into the bushwalking year.

We met up at Mudjimba Beach carpark, then strolled off to the Mudjimba Wetlands only to discover that after all the rain, it was indeed, quite WET.

So Plan B - Back to the start of the track, walk along the creek past eucalypts and bloodwood trees until we came out at the road leading to TWIN WATERS RESORT. Alan had emailed ahead to prepare them for our invasion.

We walked through the resort area until we picked up the track leading down to the North Shore beach where we had morning tea and a swim - (well I did!)

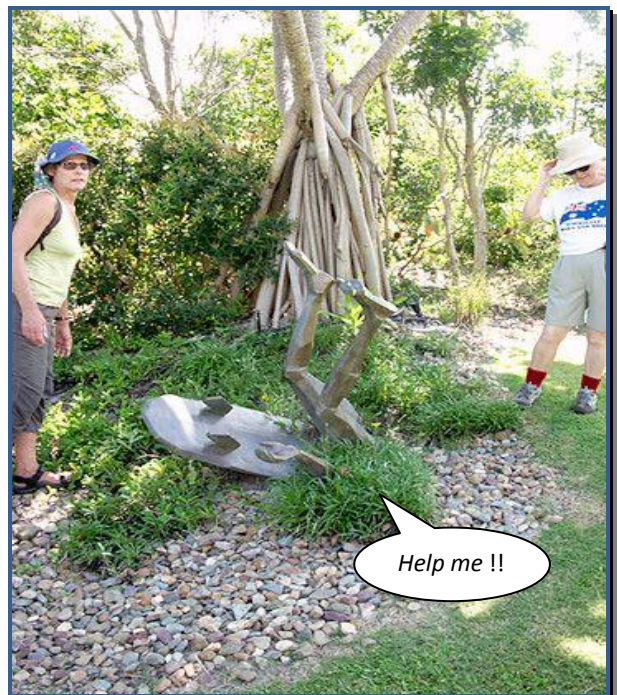


♪♪ We are one, but we are many,
and from all the lands ♪♪

Everybody was out celebrating Australia Day with refreshments and lots of dogs swimming, having fun in typical Aussie style.

We then strolled back up the beach, most of us finishing off the day with a swim and then a light lunch.

Thanks to our walk leader Alan. Ann L



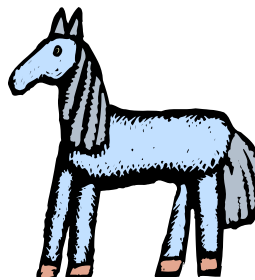
EWEN MADDOCK DAM
Sunday 30 January 2011

When my husband Rod read about the Sunshine Coast bushwalking group's Sunday walk around Ewen Maddock Dam it sounded like a great idea. Came to Sunday morning (January 30) and it seemed less interesting!

But I dragged myself out of bed knowing I would feel better for the effort, and made sure I was fully prepared for every possible contingency (packed my spare socks, water, a couple of biscuits and sun-block), only to find that it was pouring rain when we got to the 8am meeting place – the Rustic Cabin. After a bit of indecision about how wet I was prepared to get (Rod had his trusty raincoat) I decided to check the sky from the starting point of the walk and re-assess. Of course my decision to risk it was based more on the fact that by then I had noticed that one of the walkers was a former work colleague (Malcolm) AND he had an umbrella.

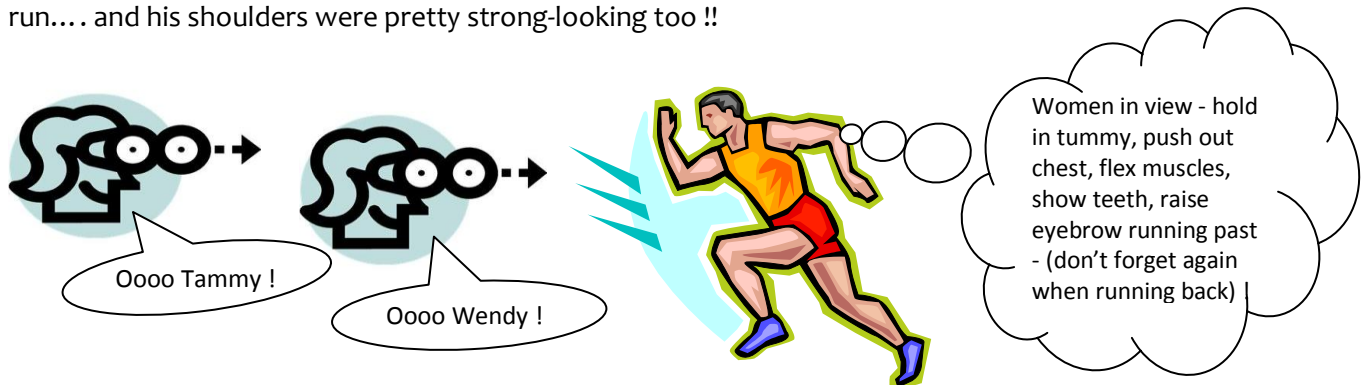
We all drove back to the Dam Wall site near the Mooloolah Country Club where we picked up a lift with Clive and Una, and another fellow passenger Tammy who had travelled all the way from Caboolture, and headed to the Landsborough end of the walk.

Like most of the walking tracks around the Sunshine Coast hinterland – the dam walk was picturesque and peaceful. We had to bypass a bit of mud and a few horses, but no-one ended up on their backsides in the mush, and it was an easy walk for a beginner.



I have to thank Tammy for pointing out one of the highlights of the walk. Early in the walk a young runner passed us and we were very well mannered and said hello, after which Tammy commented on the strength and power in the young man's legs....

Had she not done so I would have missed the nice view when he very kindly came past for a second run... and his shoulders were pretty strong-looking too !!



Our walk leader Russell let us have wee rests every now and then and we all parked for morning tea break at a comfortable spot by the edge of the dam.

The only disappointing thing about the walk was that when we arrived at the end (dam wall at Mooloolah) I read the sign at what was always a favourite swimming spot with the kids – to find that they are discouraging recreational swimming there now. Once the water treatment plant was being constructed in here, we stopped going there and had not realized that it had more or less been closed to swimmers. Anyway, our little group consisted of 11 members and 8 visitors – I know this for a fact because at this point I apparently “volunteered” to write a report about this walk and as I had been chatting with my many “new friends” for 12 kms ... I had to ask Russell to fill me in on some “facts”. Thank you to all my fellow walkers – it was a delightful morning activity which I am sure I will repeat at again some time soon.

I must say – I was very proud of the fact that, even though a newbie at bushwalking, I did not fall behind the group though again my friend Malcolm was very encouraging regarding “those who fall behind” – and did happen to mention that lagging behind was not a problem at all – but he was armed with a pistol.... PS Oh yes – we managed to complete the whole walk without any rain.

Wendy S



Happy Walking ... Ed