



The Message Stick

September 2026

Mackay Bushwalkers' Club Inc. PO Box 1313, Mackay, 4740

Web: <https://mackaybwcq.org.au/>

Email: mackaybushwalkingclub@gmail.com

Future Events

September

Doolamai Falls.....	6 th September
Araluen Falls.....	6 th September
Mt Ossa: around the Farm.....	13 th September
Mt Ossa: Up the Mountain.....	13 th September
Clarks Pinnacle.....	20 th September
Illawong Beach to Bakers Creek.....	20 th September
Kayaking around Eungella Dam.....	27 th September



Eungella Dam

Club Officers

President	Peter Bennett	0427 383 732	Contact Officer	Wendy Bennett	0429 363 929
Vice President	Telina Lambert	0434 392 558	Newsletter Editor	Telina Lambert	0434 392 558
Secretary	Philip Morgan	0431 130 074	Walks Coordinator	Coral Morgan Telina Lambert	0407 164 856 0434 392 558
Treasurer	Robert Kollin	0448 375 743	Equipment Officers	Frances Eiteneuer Penny McMahon	0447 866 188 0421 071 294
Membership Secretary	Wendy Bennett	0429 363 929	Librarian/ Archivist	Robert Kollin	0448 375 743
Social Media Manager	Wendy Bennett	0429 363 929	Safety Training Officer	Kevin Smith	
Digital Officer					

Messages From the Editor

Any persons who wish to attend a club walk must be a registered, financial member of Mackay Bushwalkers' Club Inc. This applies to all new members, including day members and children. New members must complete our online induction, complete the membership form, and pay appropriate fees before participating in any club walks, anyone who wishes to do just a day membership must intend to attend a walk within the month.

Remembering that the terrain can be treacherous and have a possibility of poisonous animals and plants so be prepared with a small personal First Aid kit. It doesn't have to be huge but should include basics. E.g. Band-Aids, Small bandage, Single use antiseptic wipes. E.C.T

Trip Leader Bag

All walk's leaders need to arrange for the trip leader bag to be returned to Frances or Penny ASAP after every walk please. Our equipment officers need to check the bag each week to ensure it contains all the necessary equipment and forms needed for the following Sunday's Walk.

If you have anything you would like brought up in the following meetings but you cannot attend, please send your suggestions to the club email mackaybushwalkingclub@gmail.com or contact our President Peter Bennett 0427 383 732 or Vice President Telina Lambert 0434 392 558.

Assembly point for walks (unless otherwise advised):
CAR PARK - CORNER of ALFRED AND NELSON STREETS
Car Park address is 295 Alfred Street
Please arrive 15 minutes before walk start time.

Please make sure that if you would like to lead a walk in the following months, please inform our walks coordinator Coral Morgan 0407 164 856 or Telina Lambert 0434 292 558 before the 15th September.

All items for the next newsletter including walk information for upcoming walks and previous walk write ups should be sent to mackaybushwalkingclub@gmail.com by 22nd September.

Happy Birthday to those who are celebrating their birthday in September hope to see you on a walk soon 😊



Key to Walks Grading System

Distance

S = short – under 5km
M = medium – 5-10km
L = long – over 10km

Terrain

1-3 = Graded or open terrain, no scrub
4-7 = Bush, minor scrub, rainforest
8-10 = Rocks, creeks, rock hopping, scrambling, thick scrub, major rock scrambling using hands, technical

Difficulty

1-3 = Easy, suitable for beginners
4-7 = Medium, reasonable fitness required
8-10 = Hard, strenuous, fit walkers only



Mackay Bushwalkers' Club Inc

Duties of Trip Leaders

**A trip leader is to be appointed for each outing.
The duties of the trip leader shall be to:**

1. Obtain necessary permits beforehand.
2. Know the area to be walked, preferably through a recent reconnoitre except where all persons taking part have been made aware of the walk's exploratory nature by previous notification.
3. Ensure that a suitable First Aid Kit is carried on the trip.
4. Arrive at the assembly area at least 15 minutes before the advertised starting time.
5. Inform new walkers of outing rules before setting out and ensure that all persons intending to take part in the outing have proper equipment and clothing so as not to endanger or inconvenience either themselves or other persons taking part.
6. The Trip Leader has the power to refuse any individual the right to participate on a particular outing where he/she considers the individual unsuited or physically unfit.
7. Choose from the vehicles available the most suitable for the trip. Allocate persons to particular vehicles and familiarise driver with route and procedure to be taken.
8. Determine the course of the walk and the time of halts and departures.
9. Convey along the line of walkers the type and whereabouts of dangerous species and hazards of terrain always considering the safety of the party before all else.
10. Select campsites, paying particular attention to the hazards of fire, flooding and dead limbs. Inspect campsites before departure with special attention to fires and litter.
11. Report relevant incidents in writing to the Safety Secretary and/or committee members as soon as possible after the incident occurs.
12. Ensure that members pay due respect to his/her authority and that they observe rules regarding safety, conservation and general behaviour. Any serious misconduct or breaking of Outing Rules will be reported at the next monthly general meeting.
13. Check the party from time to time to see that they are all present. Arrangements will be made for a reliable person to act as "tail" where considered necessary.
14. Ensure that the party does not separate except with very good reason. Should two or more persons leave the main party, one of their number, shall be appointed as responsible for their safety and conduct.
15. In the case of emergency, consult all experienced members of the party, and if they consider it necessary, hand over control to the person best qualified to act in the situation. In cases involving delay or injury, arrange to inform the Contact Officer giving details of the delay and/or injury, the action taken, and any particular help that is needed.
16. Furnish a report to the Publicity Officer and/or Newsletter Editor as soon as possible after the outing.
17. Only in special circumstances shall an outing be cancelled or venue altered, and then only after consulting with experienced members of the party.
18. Be familiar with the requirements of the club's risk management policy, members' handbook and the leader's duty of care.

Every member is a potential trip leader.

All are encouraged to reconnoitre new areas and report to the club any possibilities for new walks.



Mackay Bushwalkers' Club Inc By Laws

Outing Rules for Club Activities

1. All persons intending to participate in an outing must contact the leader **NO later than 12 midday the day prior, unless otherwise stated. Nominating earlier is preferable.** Arrival at the assembly area for this outing **MUST** be at least 15 minutes before the advertised departure time, to allow for transport arrangements to be made. Persons intending to make their vehicles available for transport should have their vehicles fuelled and in a roadworthy condition. The decision as to which vehicles go on the outing is at the discretion of the trip leader.
2. All vehicles being used in an activity must leave the assembly area together and follow the trip leader's vehicle in convoy. Each driver should constantly check the vehicle behind and if it is not still following; stop and wait for it. All drivers must stop at turn off points to ensure that drivers of following vehicles are aware of the turn off.
3. Walkers must be suitably clothed and have appropriate footwear. Each walker must have their own pack and carry food and water for the day and, if required, any special medication. At least 2 litres of water per person is recommended. Every walker should also carry the following: small torch, sunscreen, raincoat, insect repellent, small whistle, emergency kit containing paper, pencil, first aid equipment, fire starter such as waterproof matches or cigarette lighter. The trip leader at his/her absolute discretion may refuse any walker who is not adequately equipped the right to participate in an activity.
4. No offensive or dangerous items including fire-arms, dogs, alcoholic, illegal drugs, transistor radios and cassette players are to be taken on activities. The trip leader shall at his/her discretion determine whether an item is offensive or dangerous and may refuse any walker who insists on carrying such an item, the right to participate in an activity.
5. The Club endeavours to provide at least one First Aider at each activity. The MBC encourages members to undertake a Senior First Aid Training Course from a recognised provider and offers a partial reimbursement on completion of certification.
6. All litter must be carried out including food scraps such as orange peels and apple cores and sanitary pads/tampons.
7. Faecal matter and toilet paper should be buried 15cm deep and well away from tracks and at least 100m away from any water course.
8. Walkers must not pollute any creek or stream with items such as soap, food scraps or human wastes.
9. Walkers must co-operate with the Trip Leader and heed any reasonable direction he/she may give.
10. Walkers must not separate from the main party, go ahead of the Trip Leader or negotiate terrain more difficult than that chosen by the Trip Leader without the Trip Leader's express permission.
11. Walkers must constantly observe the walker behind them and stop if that walker requires assistance or is out of sight, even if this means losing sight of the walkers in front (the walkers in front would then also stop and so on right to the leader). In the event of any delay, a message should be relayed to the Trip Leader.
12. Walkers must convey along the line of the party, information regarding any hazards such as loose/slippery rocks, dangerous plants or animals.
13. Walkers must not engage in any activity that is offensive to or endangers other walkers or members of the public. In particular, walkers must not playfully or idly throw objects and must not unnecessarily dislodge loose material. When there is a possibility of accidentally dislodging loose material, walkers should ensure that there are no walkers or members of the public directly below them and should warn anyone that could be endangered by the falling of the loose material. Walkers should call in a loud and clear voice **BELOW** or **ROCK** whenever they dislodge loose material.
14. Walkers must adhere to fire restrictions and the lighting of fires is discouraged. When fires are constructed, the fire must be thoroughly extinguished after use and the fireplace dismantled and ashes scattered in such a way that no sign of the fire remains.
15. Walkers must not collect bush products whether alive or not and must avoid disturbing or damaging the bush through which they are walking.
16. Some of the risks of activities include injury from slipping or falling in uneven, slippery, loose or steep terrain, injury such as cuts, impalement and eye injuries from sticks, branches and other objects, injuries from "nasties" such as stinging plants, stinging insects, poisonous animals (such as snakes) and aggressive animals (such as wild pigs), exposure caused by wet and/or cold conditions and exhaustion and dehydration caused by hot conditions and the physical effort required. Activities are usually conducted in areas remote from medical assistance. Walkers participate in activities at their own risk and must not attempt activities or terrain which they consider too difficult or too risky for themselves.
17. All members should be familiar with the Members' Handbook.

We Need Your Participation

Hi everyone its coming up to that time of year again where we choose our next committee members, so start thinking: if you feel like you have skills or would like to help the club in any way we have all positions available that you will be able to nominate for at our end of year meeting in November or via email to the club address if you cannot make it to the meeting. Your assistance will be greatly appreciated to keep this wonderful group of like minded people trekking the trails.

And as always we need walk leaders so if you have a place and time in mind please let one of the walk coordinators know before the next meeting on the 16th September even if its not for the following month.

Future Events

All trip leaders please ensure you collect the club gear bag before undertaking your walk and return it as soon as possible afterwards.

Please contact the leader to nominate for all walks before 12.00pm the day before the walk unless otherwise stated.

Doolamai Falls

Sunday 6th September

Leader: Alyth Tweedie 0400 754 524 (msg Preferred)
Depart: 6:30 from Mackay or 7:30 at Finch Hatton Gorge Car Park
Journey: 140km = \$14
Grade: M95
Pace: Average
Total Uphill sections: 530m
Estimated walking time: unknown
Vegetation: rainforest
Terrain: uneven

Expect: This walk leaves the car park and follows the trail to Mount Dalrymple, up to 530m elevation. Expect a steep uneven trail with a lot of wait- a -while and giant stinging bushes in part. You will NOT see the actual falls from the top (our destination). However we have an option to detour down an adjacent gully, to the bottom of the falls and return via the western side of Finch Hatton Creek. A total of 10 km walking without detours.

Araluen Falls

Sunday 6th September

Leader: Edie Weiss 0412689414
Depart: 7am from meeting point in Alfred Street
Journey: 140 km = \$14
Grade: S33
Pace: relaxed
Total Uphill sections: not much
Estimated walking time: 3hrs
Vegetation: tracks through rain forest
Terrain: uneven

Expect: This is an easier and shorter walk as an alternative to Doolamai Falls. We will follow the gorge track from the carpark to Araluen Falls, about 3km return. Depending on the group we might go on as far as Callistemon Crossing.

Mt Ossa: Around the Farm

Sunday 13th September

Leader: Carole Weekes 0455 872 207
Depart: 8am (**Please Note Later Start Time**)
Journey: 100km = \$10
Grade: M44
Pace: Relaxed
Estimated walking time: 4 Hours
Total of all uphill sections: Unknown
Terrain: tracks, grassy areas, cattle pads, gravel roads, creek banks, paddocks
Vegetation: open forest, long grass, rainforest along creeks

Expect: some flat sections, some short steep climbs and descents along 4wd tracks, mountain scenery in many directions.

We will be visiting a private property, and the club appreciates very much the willingness of the owners to allow us once again access to the property. The day will involve walking along the boundary fences of the place very close to a National Park, with creek banks to explore , foothills and paddocks. Beginners are welcome and there will be no need to rush. We will be leaving from corner of Nelson and Alfred Sts, but you can also meet the convoy at Mt Ossa Store. Please tell me this when booking.

Mt Ossa: up the Mountain

Sunday 13th September

Leader: Ken Fihelly 0427 718 282
Depart: 8am (NOTE LATER TIME)
Journey: 100 kms - \$ 10
Grade: M66
Pace: average.
Estimated walking time: 6 hrs
Total of all uphill sections: 350m.
Terrain: off-track, rainforest, some long grass, some rock scrambling.
Vegetation: rainforest, long grass

Expect: We will be visiting a private property, and climbing a mountain south of, and linked to, Mt Ossa, in the Mt Ossa National Park. The QTopo map shows it as being a few metres higher than

Mt Ossa, at 290 metres. There's a lookout on the way up, and a plateau of sorts, with grasstrees, on top.

We will be travelling with Carole's group from Mackay, and if you are travelling from the Pioneer Valley or from places north of Mackay, you can meet the convoy from town at the Mt Ossa store on the highway, but please indicate this when you book in, and I will designate a time.

General Meeting 7.00pm Wednesday 16th August

Downstairs room, Mackay Family Care and Community Support Association Centre 60 Wellington Street, Mackay. Newcomers and visitor's welcome.

Clarks Pinnacle Sunday 20th September

Leader: Ken Fihelly 0427 718 282

Depart: 7am

Journey: 240km \$24.00

Grade: M87

Pace: Average

Estimated walking time: 6hrs

Terrain: Very uneven terrain

Vegetation: Open Forest, thick scrub

Expect: much steep slopes, steep scrambles, loose rocks, lantana, vines, spear grass
Clarke's Pinnacle is the "dog's tooth" formation in the Diamond Cliffs area and can be seen from many places in the Pioneer Valley. The average walker could find the day tough but rewarding, with excellent views. Water will need to be carried for the day.

Illawong to Bakers Creek Sunday 20th September

Leader: Mandy Nimmo 0407 579 222

Depart: 11:00 am at carpark- Illawong Park.(Notice later start time and location change)

Journey: n/a

Grade: M32

Pace: Steady

Estimated walking time: Approximately 3–4 hours, depending on beach conditions, the tide and the group's pace.

Total uphill Section: unknown

Terrain: Predominantly sandy beach with sections of firmer sand around low tide and softer sand in places. The route is generally flat but can be physically demanding because of the sand. The walk includes a crossing of Shellgrit Creek,

which is tide dependent and may involve wet feet. There is also a council track leading from Illawong Drive to the beach.

Vegetation: Coastal scrub, beach grasses, pandanus and casuarinas, with mangroves around Shellgrit Creek and Bakers Creek.

Expect: Start Time: 11:00 am, (Low Tide: 12:48 pm – 1.94 m)

We will start approximately 2 hours before low tide, allowing the group to reach the beach and continue towards Bakers Creek as the tide falls. This scenic coastal walk begins at Illawong Beach and follows the shoreline south towards the mouth of Bakers Creek. The route includes the council track from Illawong Drive to the beach, followed by a crossing of Shellgrit Creek before continuing along the long stretch of sandy beach towards Bakers Creek. The timing has been planned around the afternoon low tide, when the receding water should provide easier access across the creek and firmer sand for walking. Illawong Beach is known for its kilometres of sandy shoreline and extensive tidal flats. At low tide, the rippled sand can stretch for kilometres and small blue soldier crabs may be seen moving across the exposed sand. The area also provides opportunities to see shorebirds, seabirds and other coastal wildlife.

The walk finishes towards the mouth of Bakers Creek, a broad tidal creek bordered by mangroves and tidal flats. Bakers Creek forms the southern boundary of the Mackay area, creating a contrasting landscape of beach, mangrove and tidal wetlands.

Important: This is a **tide-dependent beach walk**. The group must remain together and the Shellgrit Creek crossing will be assessed by the leader on the day. Water levels can be affected by rainfall and local conditions, so the route may be altered or shortened if the crossing is not considered safe.

Bring: At least **2 litres of water**, morning tea/lunch and snacks, hat, sunscreen, insect repellent and suitable footwear for walking on sand and through shallow water. A change of clothes and a towel are recommended in case of a wet creek crossing.

PLEASE NOTE STARTING POINT AND STARTING TIME

**Mt William to Pretty Creek
Saturday 26th September**

Leader: Ken Fihelly 0427 718 282

Depart: 7am

Journey: 200kms \$20

Grade: S75

Pace: Average

Estimated walking time: 7 hours

Total of all uphill sections: 300m

Terrain: uneven

Vegetation: steep and tangly slopes, rock hopping.

Expect: The day will begin by walking through a section of the dairy farm at the end of Dalrymple Rd before entering the bush and tackling Mt William. This section could be overgrown and tangly. Once over Mt William we will descend into Pretty Creek which we will follow until we meet up with the Dalrymple Western Trail, which we follow back to the cars.

**Kayaking around Eungella Dam
Sunday 27th September**

Leader: Philp Morgan 0431 130 074

Depart: At 7am we'll meet up at the top of Eungella.

range (last guaranteed spot with phone reception).

From there we'll drive out to a launching spot at Eungella dam.

Journey: n/a (Due to the need to transport kayaks

there is no plan to meet in town/car pool.)

Grade: S34

Pace: relaxed

Estimated walking time: n/a Estimated time on water 7 hours

Terrain: Water

Vegetation: Water plants

Expect: There is a little Island shaped like Australia

This is the primary objective. If time allows then I'd also like to explore the creek system to the south.

Launch the kayaks at Eungella dam between 7:30-8am Return to the launch point no later than 2:00 pm. We're planning to set any speed records on this trip.

Expect: high likelihood of getting wet, prolonged exposure to direct sunlight.

Gear:

-A Kayak and life jacket....if you don't have a kayak, or you have a spare you're willing to lend

out, please let me know, the sooner the better.
-water & lunch/snack food.
-Suitable clothing.... I'll be wearing long sleeved shirt, trousers, water shoes, hat and sunnies.

Advanced Warning for Walk Planning

In Upcoming Months

Rawsons Creek - 24th October – Leader: Kate

Proposed - Easter Weekend Camp at Neem Hall

Previous Activities

Sydney Heads

2nd August



The forecast was for no rain, so I was surprised to run into light drizzle on the Mt Addar road. There were lots of burnt areas beside the track, as we drove in. Probably from National Park burn-offs. But the grass was long and thick when we started walking, and that slowed progress. The wattle was in full bloom, with a rich colour. After some slipping and sliding on the scree slope, we

reached the final ascent to the plateau, and then enjoyed the views from the lookout rock nearby. Lichen gave the cliffs a green tinge. The drizzle restarted, and we reached for our rain jackets, to escape the cold wind as much as



the wet. The undergrowth was thick with saplings and vines on the plateau, but we found our way to the rising slot on the west side, and scrambled up towards the top of the northern peak. Spectacular views to the north and west from there, including Diamond Cliffs, The Bluff, and the endless hills to the east and west. Retracing our steps, we

pushed through the scrub to the ravine and then up to the highest point (921m), with more spectacular views in all directions, including The Marling Spikes, Mt Britton, and Mikes



Peak. After lunch, we made our way to the eastern cliffs, for more great views.

Then back to the cliff break, and the descent. Pushing through the long grass was easier going downhill, and we were back to the cars in good time. Thanks Kate, Jeanette, Len, Mari and Alex for joining me on this adventure.

Ken Fihelly

Shoal Point 2nd August



The weather looked a bit threatening as we set off along Bucasia Beach from the Eimeo Creek estuary, and in fact there were a few drops of rain. The beach was smooth and the atmosphere was still, and there was some blue sky. However, as we headed north, it was not long before the sun brought out the



best in the scenery, and a rainbow graced the sky. A bush track led us to a few flights of wooden steps and a viewing platform, and then to an easement showing the way to Shoal Point Road and hence over to the deck at Shoal Point Waters for morning tea.



Before leaving Shoal Point Waters, we strolled along one side of the lake and over the road to Nautilus Park and back to the beach to travel south. By now a brisk breeze had developed and the path through the parkland beckoned.



The four of us reached the cars after putting about 10 km on the clock, and it was great to catch up with Carmel and Lyn once again for a relaxing morning of steady walking. Thanks to these two and Edie for joining me on a weekend which offered many other activities to choose from.

Carole Weekes

Redcliff Island 9th August

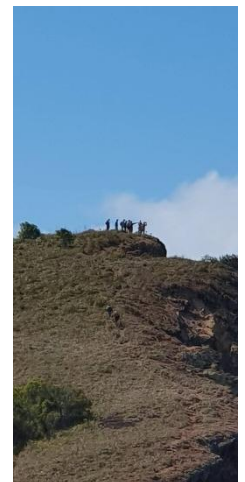


Our departure from Mackay at 11am exactly aligned with the arrival time of the big rigs in the Konvoy 4 Kids to the Mackay showground, and our friendly policemen directed us, and many others, southwards towards Bridge Rd. It took some time to contact the others in our scattered little convoy, and we arrived at Finlaysons Pt about 30 minutes late. The

causeway was well above water, as 15 of us set off to South Red Cliff Island. It was well past my usual lunch time, when we found a rare shady spot near the beach and had a short lunch break. Low tide was fast approaching. Some attractively shaped and coloured rocks were seen nearby. The causeway to North Red Cliff Island was well above water by now, and after some scratching around we found the track up to the lookout. There are spectacular coastal views from here, including Cape Hillsborough to the south east, and Newry and Rabbit Islands to the north west. There are some signs of the old WW2 observation point here. Then back to near sea level, and below the cliffs, and



heading around the north of North Red Cliff Island. There are some nice slab rocks here, which made for easier walking than scrambling over and around the boulders. It was low tide by now, and we didn't get wet feet as we passed around the northern-most part of the island. After enjoying the views of the varied rock



features, and some exotic 'critters', exposed by the low tide, we arrived at the impressive arch on the south east of the north island. After more photos, we continued our way back to the south Island. This time we followed the eastern shore, viewing more rock features, including an impressive tower, and a colourful sea cave. The causeway was still above water when we returned to the cars. Not the longest walk, but lots of things to see.

Ken Fihelly



A very geological place to explore, with some really interesting colouring in the formations, a few caves and a little bit of reef thrown in there as well.

Don't forget the turtles also!!!

Lovely coastal island views and great company.

Thanks Ken, so enjoyable

Di Rutland

Mackay Bushwalkers enjoyed the walk, from Finlaysons Point, Seaforth, across the causeway, to the Redcliffe Islands on a beautiful winter day. First stop was on South Redcliffe Island for lunch. Then across the next causeway to North Redcliffe Island. The view from the top of North Redcliffe island is always spectacular, with the Newry Islands group to the north, Seaforth to the south, and the causeway back to the mainland to the west. Seeing



turtles was also a bonus. On the return trip, we skirted the southern side of South Redcliffe Island for a close up view of the geology including the impressive pinnacle rock. A beautiful, scenic walk. Thanks Ken

Penny McMahon

St Helen Creek

16th August



Mt Jukes 23rd August



Perfect weather to climb Mt Jukes!

6 of us hit the creek which is never a disappointing climb up, up, and up!! She gets steep alright!!

Since my last walk up I feel there was a lot more growth- especially on top and a lot of fallen debris to navigate! Can you believe there were pig rootings on the Northern end! Up the top we viewed both ends- looking out over Mt Blackwood and the other looking out to Cape Hillborough. Very spectacular- a bit on the hazy side, but I will



never get sick of the views up there. Well worth the climb! The grass trees on top are always worth seeing on their own- and a challenge to walk under!!!

Thanks Pete, Ken, Kate, Mari and Kalan for a lovely day out.

Di Rutland



Pioneer Valley Rail Trail 23rd August



Mandy led 3 Mackay Bushwalker ladies on an 8k walk along the Pioneer Valley Rail Trail on a sunny winter day. We started off from Gargett under cloud cover, which was very pleasant. As the day progressed and the sun emerged it did become quite hot along the exposed sections. The first section of the track,



commencing from Gargett, has been upgraded with grading, blue metal and drainage pipes laid, which is a big improvement. We stopped at the creek for an early morning tea, and also on our return journey (not sure if it was second morning tea or an early lunch). Many birds serenaded us as we walked along, but none sat still enough to be



photographed. Likewise, 2 Ulysses butterflies flitted around but would not rest on Frances's famous red hat. We met nobody else along the track at any stage. Thanks Mandy, Frances & Rachael for your company on such a beautiful morning

Penny McMahon



Cascade Creek

30th August



Another beautiful day in a beautiful part of the world. Cascade Creek is on the east side of Cape Hillsborough, and flows into Beachcomber Cove. Lots of rocks, a few boulders, and small waterfalls, when the creek is flowing. It is usually dry at this



time of year, and it was today, apart from a few small waterholes with water in them. Spectacular views from the Lookout on the Smalleys Beach to Cape Hillsborough track. And a visit to the cave in the south cliffs on the way down.

Ken Fihelly

