



The Message Stick

August 2026

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

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

Email: mackaybushwalkingclub@gmail.com

Future Events

Sydney Heads.....	2 nd August
Shoal Point.....	2 nd August
Redcliff Island.....	9 th August
St Helen Creek.....	16 th August
General Meeting	19 th August
Mt Jukes.....	23 rd August
Pioneer Vally Rail Trail.....	23 rd August
Cascade Creek.....	30 th August

September

Doolamai Falls.....	6 th September
Mt Ossa.....	13 th September
Clarks Pinnacle.....	20 th September



Redcliff Island

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	0407 164 856
Treasurer	Robert Kollin	0448 375 743		Telina Lambert	0434 392 558
Membership Secretary	Wendy Bennett	0429 363 929	Equipment Officers	Frances Eiteneuer	0447 866 188
				Penny McMahon	0421 071 294
Social Media Manager	Wendy Bennett	0429 363 929	Librarian/ Archivist	Robert Kollin	0448 375 743
Digital Officer			Safety Training Officer	Kevin Smith	

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 18th August.

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 25th August.

Happy Birthday to those who are celebrating their birthday in August 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.

Blast From the Past

Sydney Heads
4 August 2013

What takes nearly seven years and thirty people to complete?
A return to Sydney Heads, that's what.

Many have been the times I have stood and looked up at it from various landmarks around Homevale in the intervening years and said, "Gotta get back up there one day". So we did.

Thirty people! I hear you exclaim. Must have been a nightmare to organise and tearfully slow you might think. But you would be wrong, we couldn't have had a better day, I've never seen such a well behaved gaggle of bushwalkers.



Able assisted by Jenny wielding a cattle prod and communication device at the rear, we strung out across the 1.2km's of bush between the cars and Sydney Heads.

We landed smack bang at the base of the scree slope up to the Heads, although it was hard to recognise due to all the vegetation that has now covered it over the years.

By smoko we were happily sitting on top admiring the views to the West after having successfully scrambled all 30 smiling victims up the scree, carefully dodging all the hazards along the way.

Only by the promise of even better views up on the Northern peak were we able to tear everyone away from the view we already had. A short bash through some vegetation and scramble up a rock face saw us at the edge of the Northern cliff face. This is my favourite part simply because you can sit and dangle your legs over the edge of the sheer vertical cliff. Don't let Francis see you doing it though because it makes her nervous.

I won't even attempt to describe the views because I am not a good enough writer to do them justice. Let me just say I heard a lot of "wows!" accompanied by a flurry of finger pointing at things in the distance. If you weren't there, then you really ought to have been, that's all I can say.



It was here that some wanted to stay, content to soak up the atmosphere in bliss. The rest of us (25 in all) decided to make a mad dash across the top to the highest peak at the southern end of the heads. By now half the skin was hanging off my arms from bashing through the vegetation up front, so I was happy when the two new young fellers Jayden and Tim acted as scouts and D9 dozers for me.



We got across in record time, sitting happily on the high point having lunch overlooking the Marling Spikes. In the distance we could see some really strange people jumping around waving their arms on the Northern Peak. Are they mad? Don't they know there is a cliff edge right behind them?

Eventually and reluctantly it was time to go. Coral brought the Northern Group down by radio control and we all met up again at the bottom of the scree.

All that remained was to stroll back to the cars. It must have been a great day because I could still hear people talking and laughing behind me.

After completing this walk on such a spectacular day and in such fine style, one has to wonder why we waited so long to treat ourselves to the experience. Maybe we shouldn't wait so long before the next visit?



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.

Sydney Heads

Sunday 2nd July

Leader: Ken Fihelly 0427 718 282

Depart: 7am from town

Journey: 250km \$25.00

Grade: M66

Pace: average

Total Uphill sections: 350m

Estimated walking time: 6 hours

Vegetation: Forest, dense vegetation in places.

Terrain: uneven, long grass, hidden obstacles underfoot, slopes, loose scree

Expect: steep slope with loose scree, rocky outcrops with height, trip hazards, sun, no water and magnificent views.

Sydney Heads is the most prominent feature in Homevale National Park rising to a height of 921 metres. Although a short walk of just under 5kms the rewards are spectacular. All of Homevale can be seen from this vantage point, including the Marling Spikes, Mikes Peak and Mount Britton. The ascent up Sydney Heads requires a scramble up (and down) a loose scree covered slope. Care must be exercised here to avoid dislodging material onto other walkers. 4WD or high clearance 2WD is recommended to reach the departure point on Mt Adder Road. Numbers may be limited depending on the availability of suitable vehicles.

Shoal point – Bush to Beach

Sunday 2nd August

Leader: Carole Weekes 0455 872 207

Depart: 8am from Bucasia Boat ramp

Grade: M33

Expect: This is a half day walk to suit the tide, as high tide is around lunch time, and is an activity pitched at those members who do not feel up to climbing Sydney Heads. The plan is to set off at low tide heading along the beach towards Shoal Point, with a bit of variety introduced as we climb staircases or sandy tracks to reach the top of the headland. Depending on the group, we may have lunch / morning tea on the most southerly outcrop of rocks on the beach, or continue to the picnic ground at Shoal Point. On this outing, we will not

be proceeding to the mouth of Reliance Creek. The return journey will be along the pathway through parkland to the cars at the estuary of Eimeo Creek.

The pace will be relaxed, and is a good introductory activity for everyone to enjoy, with a bit of exercise and stunning views to appreciate along the ways.

PLEASE NOTE DIFFERENT TIME AND PLACE FOR MEETING. Water, sun protection and insect spray need to be packed.

Redcliff Island

Sunday 9th August

Leader: Ken Fihelly 0427 718 282

Depart: 11 am from Mackay, or as arranged.

Journey: 100km = \$10

Grade: S64

Pace: Leisurely

Estimated walking time: 3 - 4 hours

Total of all uphill sections: 50m

Terrain: Sandy beach, stone causeway, rocks

Vegetation: Some low scrub and grass.

Expect: Low tide is at 2pm. We will travel to Finlaysons Point car park, Seaforth, then walk along a short stretch of beach, and across the causeway towards the islands. There is a short route up South Island, then on the North Island, we will walk up a short steep track, where there is a lookout with great coastal views. We will then walk around the North Island at sea level. This will involve rock scrambles. There is an impressive rock arch here, and other rock features.

Note the 11 am start time.

St Helen Creek
Sunday 16th August

Leader: Kate Brunner 0467976955 or messenger

Depart: 7am from Mackay

Journey: 140km = \$14

Grade: M87

Pace: Average

Estimated walking time: Unknown

Terrain: uneven rocky creek bed and edges, walking in water and rock hopping

Vegetation: Rainforest/ Scrub

Expect: I was thinking of following the creek, mainly, but, depending on the speed and wish of the group we could explore the right or left branch from the first mayor junction.

Shoes suitable for walking in water are a good idea... perhaps a pole for extra balance while crossing the creek (or pick up a stick).

There is still a nice flow of fresh water... cold water, we can swim.

We would decide length of walk depending on the group's wishes. Return same way after lunch.

We could form 2 groups and attempt different distances.

General Meeting 7.00pm
Wednesday 19th August

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

Mt Jukes
Sunday 23rd August

Leader: Peter Bennett 0427 383 732

Depart: 7:00am

Journey: 70km = \$7.00

Grade: M97

Pace: Average

Estimated walking time: 6 hours

Total uphill Section: 450m

Terrain: Very Uneven

Vegetation: Scrub

Expect: much steep slopes, very steep scrambles, loose rocks.

This is not a long walk, but a hard walk. We will be crossing private property on the western side of Mt. Jukes.

Climbing to the top of Mt Jukes is steep with rock and scrub being encountered near the top, including stinging plants. Long protective clothing is recommended. Water is to be carried for the whole day. Views from the top include Mt Funnel, Cape Hillsborough, The Leap, Mackay and many more.

Ring me to nominate for this walk.

Pioneer Vally Rail Trail
Sunday 23rd August

Leader: Mandy Nimmo 0407 579 222

Depart: 7:00 am

Journey: 70 km = \$7 - (approximately 1 hour) from Nelson Street, Mackay to the Gargett Trailhead.

Grade: M12

Pace: Steady

Estimated walking time: 3–4 hours

Terrain: Wide compacted dirt and gravel rail trail, generally flat with some uneven ground, loose gravel, tree roots and bridge crossings.

Vegetation: Open eucalypt woodland, native grasses, sugar cane fields, rural farmland, several restored railway bridges, and seasonal wildflowers.

Expect: A leisurely walk along the historic Pioneer Valley Rail Trail following the former railway corridor through the beautiful Pioneer Valley. The trail offers expansive rural scenery, peaceful creek crossings, restored railway bridges and views towards the surrounding mountain ranges. The wide, well-maintained trail is suitable for walkers with a reasonable level of fitness and provides an enjoyable social outing without steep climbs. This walk is out and back, with approximately 7kms each way, starting at Gargett. Bring at least **2 litres of water**, morning tea or snacks, hat, sunscreen, insect repellent and sturdy walking shoes. Keep an eye out for local birdlife including kookaburras, cockatoos, honeyeaters and other native species that inhabit the valley. This is an excellent opportunity to experience one of the Mackay region's most scenic recreational rail trails while learning about its rich railway and sugar industry history.

Cascade Creek
Sunday 30th August

Leader: Ken Fihelly 0427 718 282
Depart: 7 am from Mackay or as arranged.
Journey: 100kms \$10
Grade: M75
Pace: Average
Total of all uphill sections: 350m
Estimated walking time: 5 hours.

Advanced Warning for Walk Planning

In Upcoming Months

Proposed - Easter Weekend Camp at Neem Hall

Expect: Cascade Creek is a seasonal creek that only flows with good heavy rainfall. When the creek is running, it flows down forming gentle waterfalls and a great swimming hole. The dry creek bed is steep and very uneven. Walking up Cascade creek there will be rocks, larger rocks and some boulders to get around or scramble over. When the going gets tough in some places with boulders, we can easily continue along the bank. There are several small rockpools along the way. After almost reaching the top, we will climb out onto the cliff tops where we will have great views of the ocean and surrounding areas. Returning to the cars we will follow the ridge around to the main lookout, then follow the track back to Cape Hillsborough. This is a dry weather walk, so if it rains this walk will have to be cancelled. Bring water and food for the day

Doolamai Falls
Sunday 6th September

Leader: Alith
More information to come in next month's newsletter

Mt Ossa
Sunday 13th September

Leaders: Carol & Ken
More information to come in next month's newsletter

Clarks Pinnacle
Sunday 20th September

Leader: Ken
More information to come in next month's newsletter

Bakers Creek – Shell Grit Creek
Sunday 20th September

Leader: Mandy
More information to come in next month's newsletter

Previous Activities

Spikelets – Homevale

5th July



Seven of us started the walk at Mt Britton and headed to explore Spikelet 3.

We called in at Spiklets 1 and 2 for a quick visit and look as Sami had not been there before. The leader Kevin was the liability on

this walk so Ken took the walkers for a quick look at these two.

We continued on to Spikelet 3 and we were there about bang on midday.

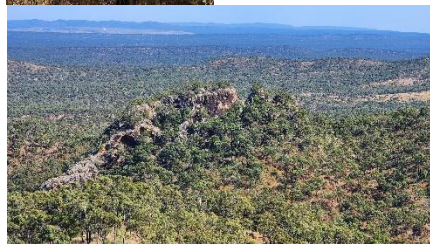
We walked down around the left base of Spikelet 3 but some people wanted to turn back and have lunch. We were

just 100 metres from the southern end of Spikelet 3.

A beaut lunch at a great spot at Spikelet 3. I had been there in 2015 and at that time climbed to the top, but with my lack of fitness and knee problems there was not much exploring of this fabulous Spikelet done. I think the rocks are much higher, steeper, and more crumbly due to weathering? (Though I am not sure what has been weathered over the last 11 years.) It is a big

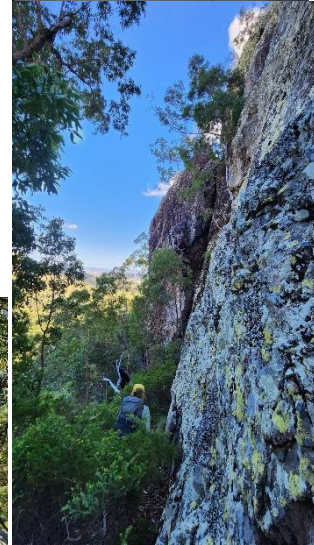
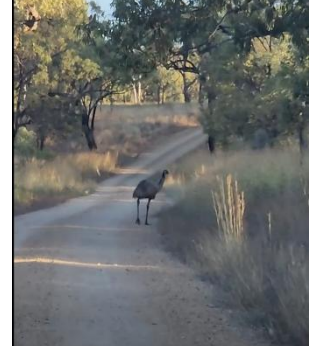
complex formation that would require a couple of nights camping there to do it justice.

Maybe one day we will be



back? On the walk out we saw near the top of it there is a huge (as in gigantic) chock stone that we would love to investigate one day.

Keven Smith



Mt Dalrymple

11th July



Castle Rock – Cathu 19th July



On a beautiful winters day in the tropics, we parked the cars at a junction on the Cathu Cauley Road about 2km before the Jaxut Campground, and after the usual briefing, plunged into the untracked bush. The going was ok at first, but we soon encountered large rocks, and thick vegetation

on a moderately steep slope. It was not easy going, but we soon made the ridge, where it was more open and less steep and rocky. We continued a steady climb up thru mostly open forest, with lots of large rocks and some

short sections of thicker vegetation. There were

lots of attractive cycads on the ridge. We found a morning tea spot with great views looking westwards towards the top of the range. After more rocks and cycads we reached the first top, with the impressive sloping slab, with the big 'thumb' sticking up. Spectacular views across the valley and beyond were seen from this vantage point. After admiring the views we bypassed the 'thumb' on the right

(west) side, and were soon heading downwards to the saddle before the 'castle'. The way was blocked by a large rock outcrop here. We tried both sides, but decided the exposure, slope and roughness of the terrain were beyond our comfort levels. We returned to the slab for a leisurely

lunch with the spectacular views. We retraced our steps nearly to the bottom, but took the right (east) ridge near the bottom, to avoid the area we encountered on the way up. There was still some steep rocky terrain here, but it was better than the way we came up. We emerged from the bush onto a side road, with a short walk back to the main road, and back to the cars.

Ken Fihelly

