



# The Message Stick

## April 2024

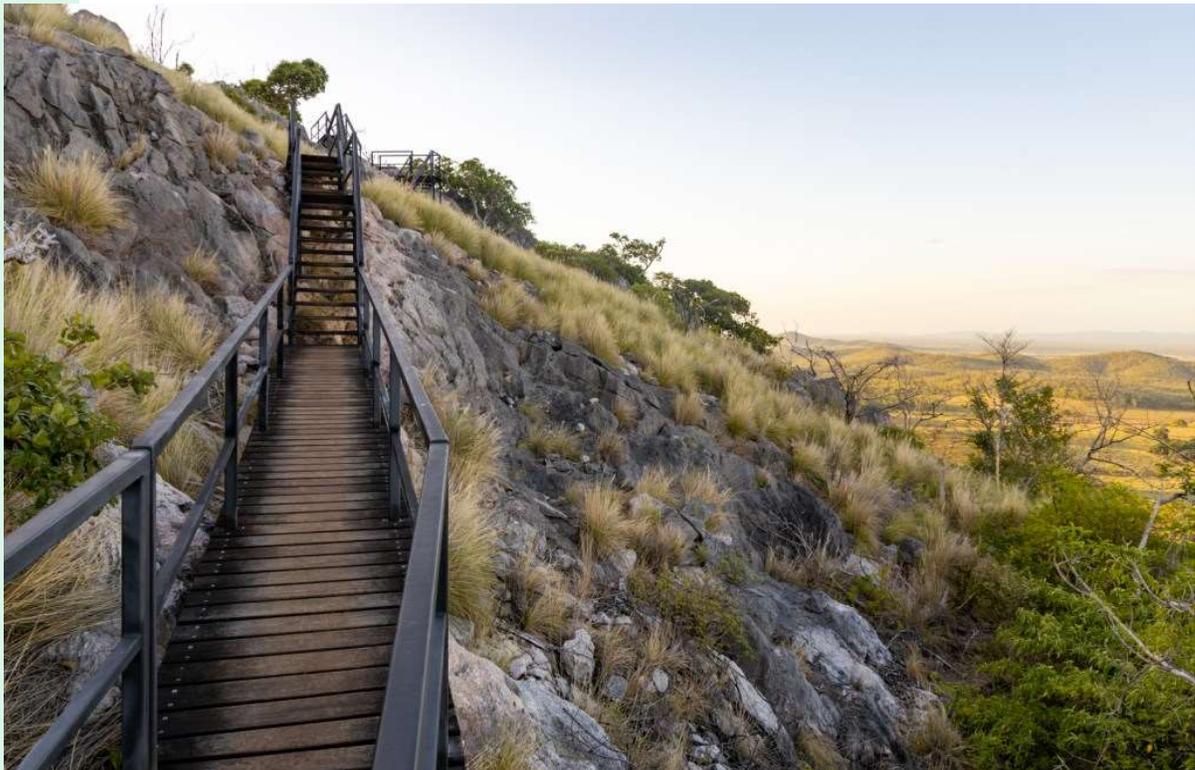
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### Future Events

The Leap .....	7 <sup>th</sup> April
Beginners Caving/ bushwalk camp Rockhampton .....	13 <sup>th</sup> – 14 <sup>th</sup> April
Saint Helens creek.....	14 <sup>th</sup> April
General meeting.....	17 <sup>th</sup> April
Mt blackwood.....	21 <sup>st</sup> April
Cattle creek .....	28 <sup>th</sup> April
Eimeo to Reliance Creek.....	5 <sup>th</sup> May



### Mt Etna

#### Club Officers

President	Peter Bennett	0427 383 732	Digital Officer	Bethany Morgan	0415 761 058
Vice President	Carole Weekes	0455 872 207	Newsletter Editor	Telina Lambert	0434 392 558
Secretary	Philip Morgan	0431 130 074	Walks Coordinator	Coral Morgan	0407 164 856
Treasurer	Mari Simmonds	0429 190 168	Equipment Officers	Frances Eiteneuer	0447 866 188
Membership Secretary	Mari Simmonds	0429 190 168		Penny McMahon	0421 071 294

## From the Editor

This month looks to have some different kind of activities planned which I hope everyone will enjoy. Remembering that it's still wet for parts of the region so please be aware that the weather can be unpredictable at this time of year and walks may need to be cancelled at short notice if the leader deems it unsafe to go ahead. Any cancellations will be advertised on the Club's Facebook Group.

Also remember that the terrain can be treacherous and full 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 a snake bandage. And remember to always bring lots of drinking water on walks.

Items for the next newsletter should be sent to  
mackaybushwalkingclub@gmail.com by 16th April.

## 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, rockhopping, 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

## 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.

### The Leap, Mt Mandurana Sunday 7<sup>th</sup> April

**Leader:** Deb Wilson 0400 319 078

**Depart :** 7am from Mackay

**Journey:** 50km \$5

**Grade:** S86

**Estimated walking time:** 4-5 hours.

**Total of all uphill sections:** 250m

**Pace:** Slow

**Terrain:** Terrain very uneven, with a dry rocky creek bed, rock hopping, scrambling, steep climb and descent and loose rocks.

**Vegetation:** rainforest for three-quarters of the way. Long grass and grasstrees at eye level near the top

**Expect:** Mt Mandurana is situated in the Pioneer Peaks National Park

This walk is suitable for slower walkers and reasonably fit beginners, there will be no need to hurry as there will be plenty of time to complete the walk.

Walk will begin at the edge of the national park after walking along a bitumen road. We will then follow a dry rocky creek bed, walk along the foot of the cliffs and up to the top of the mountain.

We should enjoy great views of Mackay and surrounding countryside.

For parking of cars, we will be turning right from Westlake Drive into Herbert Court.

**Caving/ bushwalking Rockhampton  
Saturday 13<sup>th</sup> and Sunday 14<sup>th</sup> April**

**Leaders: Bethany Morgan 0415 761 058  
: Telina Lambert 0434 392 558**

**Depart:** 7:00am from Mackay

**Journey:** 630km \$63 round trip carpool

**Camping fee:** \$5 per person

**Equipment hire:** \$5

**Grade:** Varied options from S13 to M83

**Estimated Walking times:**

**Estimated caving time Saturday:**

(Johansons) 4 hours total. **Grade:** M83

**Estimated walking time Sunday:** (Sunrise walk Mt Etna) 2.5 hours total. **Grade:** S25

**Estimated caving time Sunday:** 3 hours total. **Grade:** S84

**Estimated walking time Sunday:** (Camoo) 2 hours total. **Grade:** S22

**Total of all uphill sections:** Varied

**Pace:** Average

**Terrain:** Pathways and uneven terrain

**Vegetation:** Long grass, some scrub

**Expect:** Camping is at The Caves Pony Club (342 Rossmoya rd). The club has basic facilities including flushing toilets and a camp kitchen with one good sized fridge/freezer. There is no running water in the kitchen, BYO drinking water and cooking facilities for the weekend e.g. camp stove. We will set up a **hot shower at camp which is available to use for a gold coin donation** to cover the cost of gas however you are welcome to bring your own camp shower, there is a bore water tap available to use.

There will be 4 separate group activities available.

Bring a backpack with water and snacks, walking shoes, a hand torch, head torch & spare batteries. You will need a helmet if caving and we have a limited number available for hire for \$5 if you need one.

**Bring long sleeved shirts and pants if wishing to cave as rocks can be sharp.**

The first caving trip on Saturday is a 500m walk from camp through some long grass and on a gravel road. This is a beginner level cave which has some uneven ground,

scrambling over rocks but is mostly walking through large open caverns. There are some **optional** challenging squeezes and climbs for those wishing to have a go while the others can rest and enjoy the cave atmosphere and spot some bent wing bats and formations.

The sunrise walk up Mt Etna on Sunday is 1km from camp along the road and the walk up Mt Etna is 2.4kms return from the bottom up to Bat Cleft with stunning views! It is a walking track however is not well maintained so some sections are a little overgrown and uneven, It is a fairly moderate walk with lots of stairs to the top of Mt Etna.

The second caving trip on Sunday morning will be slightly harder than Saturday, it is considered a beginner cave but it does have some more confined areas and challenging areas to pass through. Your level of comfort on the first trip should determine if you will participate in the second trip. If not, there will be another easy walking option around Camoo caves.

The Camoo caves walk is an easy 600m stroll.

Saturday night options are stay and have dinner at camp or for those who have the energy, a drive to town for dinner is about 30 minutes and if you want to experience the sunset at Mt Archer - it's spectacular! There is also The Caves Pub about 2 minutes drive up the road.

**Members wishing to attend MUST let Bethany know on 0415761058 no later than Wednesday 10th April** so transport can be arranged. If you wish to drive and have seats available in your car for passengers wanting to carpool, please let me know so we can organise and work out fuel cost.

Members are welcome to travel down earlier and camp Friday night, there will be a few cavers there on Friday.

**Saint Helens Creek  
Sunday 14<sup>th</sup> April**

**Leader:** Kate Brunner 0467 976 955  
**Journey:** n/a  
**Grade:** n/a  
**Estimated walking time:** n/a  
**Total of all uphill sections:** n/a  
**Pace:** n/a  
**Terrain:** n/a  
**Vegetation:** n/a  
**Expect:** For more details about this walk please contact the leader.

**Induction 6.30pm &  
General Meeting 7.30pm  
Wednesday 17th April**

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

**Mt Blackwood  
Sunday 21<sup>st</sup> April**

**Leader:** Caroll weeks 0455 872 207  
**Journey:** 7am from Mackay  
**Grade:** L25  
**Estimated walking time:** 4 hrs (depending on experience of participants).  
**Total of all uphill sections:** 450m  
**Pace:** Average  
**Terrain:** Road (we will not be going off track)  
**Vegetation:** Rain forest and some open forest on each side of road.  
**Expect:** It is not as difficult as it looks! We start above sea level so we will not be climbing 639m. Of course it is nearly all up hill to the top, but the road is well graded despite some quite steep sections.

If you are a beginner and are used to walking steeply uphill and fairly fit, you should manage this walk, but there is no shame in not reaching the top. Feel free to ask me any

questions when you phone to book. Members who have done this walk before with the club are welcome to go straight to the starting point, but let me know when booking, please. Anyone who has not participated with the club before on this walk should meet in town as the turn off to Mt Blackwood Access Rd is a bit tricky.

Please remember to bring plenty of water, morning tea and lunch, and insect and sun protection.

**Turtle Creek  
Sunday 28<sup>th</sup> April**

**Leader:** Peter Bennett 0427 383 732  
**Journey:** 7am from Mackay  
**Grade:** M33  
**Estimated walking time:** 5 hours.  
**Total of all uphill sections:** 60m  
**Pace:** slow  
**Terrain:** creek walk, rock hopping, swimming holes  
**Vegetation:** rain forest

**Expect:** This write up is guesswork. It should not be hard. This walk is in the Cathu State Forest Reserve. I have not done this walk before. I am guessing that it is not going to be a hard walk. This is an easy walk with small cool off holes along the creek. The creek has running water and there will be lots of creek crossings, so wet weather footwear is required. We can split into two groups to cater for all fitness and rock hopping abilities. You will need to carry water and food for the whole day. A change of clothes to travel home is a must.

Please ring me (do not text) to register before 12.00pm on the Saturday before the walk.

**Eimeo to Reliance Creek  
Sunday 5th May**

**Leader: Carole Weekes 0455 872 207**

**Depart:** 8am from Bucasia Boat Ramp near Caravan Park

:10-10.30 from Shoal Pt picnic ground

**Journey:** N/A

**Grade:** L34

: M33

**Estimated walking time:** 5 Hours.

**Total of all uphill sections:** 50m

**Pace:** Average

**Terrain:** Parkland, pathway, beach, some sandy tracks, rocky areas.

**Vegetation:** Dune vegetation , scrubby forest, mangroves.

**Expect:** Open sections, some shade, fairly easy walking with some challenges, and about 14 kms if you are completing the entire walk. There is an option to start at Shoal Picnic area and walk to Reliance Creek and back to Shoal Pt picnic area, which would be about 6 km with a grade of M33. Insects, obstacles and wet shoes are possible. As it is high tide at about 8.30 am, the morning will be spent in parkland, on the pathway, along a road for a while, and climbing staircases and short bush tracks to avoid the wet rocks around the headland. When the tide has ebbed sufficiently, we will walk along the beach.

Bring hat, insect and sun protection, lunch, snacks and plenty of water. Please indicate when you book with me whether you will doing 14 km or 6 km. This walk is part of the Northern Beaches Community Activation Week which was explained at our March meeting, so we will be joined by some of the people who have responded to this. Further details about this later.

PLEASE NOTE DIFFERENT TIME AND MEETING PLACE FOR THIS EVENT.

# Previous Activities

## Seaforth

3<sup>rd</sup> March 2024



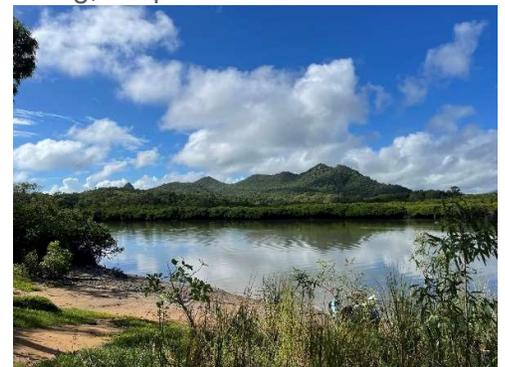
The day was very still, with no breeze, and already quite hot as 9 Bushwalkers beach walked down to Seaforth Creek. There we explored around in the bush before returning via the road back to the picnic area for a short rest. Next, we headed for Victor creek. After a while, as it was quite hot, Phiona, Edie & I opted to stay under some shady trees for an early lunch, while the others headed for Finlysons Point.



Later, a beautiful, colling breeze arrived and Phiona, Edie & I decided to remove shoes & walk back along the beach,

encountering some starfish along the way. We enjoyed ice-cream while waiting for the others to rejoin us. A very enjoyable outing, in spite of the

heat. Thanks deb for organizing this walk.  
Penny McMahon



## Pebblyrock Creek

10<sup>th</sup> March 2024

After so much wet and drizzly conditions the weather turned it on to give us a perfect day, not to hot and no rain to dampen spirits.



The rocks were a bit slippery so had to be careful, but the slips brought laughter and at the end of the day 6



walkers left with wet shoes and happy memories, thanks to peter for leading a lovely walk.

Anonymous

# Freshwater Point

## 17<sup>th</sup> March 2024



Finally, we saw the sun and the best thing for a sunny day in a beautiful beach. 10 of us including 4-year-old Joey meet up to enjoy a walk at Freshwater Point. Of course, we had to climb to the look out first to admire the view. Then there were plenty of muddy water holes to negotiate and an abandoned tent to speculate on the story before we reached the exposed point and more views. We passed the first two rocky bays only stopping to look and for morning tea at the entry to the second beautiful bay and for an exploration. No one was really inspired to rock hop except one so we continued

alone the track until big tree bay where we then followed the beach and then rocked hopped the point trying for the imagination to see the ancient Phoenician landmarks. More just rock, but still interesting to think there may once have been a mining port. Since it was still to early for lunch because we took the easy road, we decided to go around the point past turtle beach to where the club has never gone. A couple of people decide to forgo the rocks and went back to the tracks and met us at



the main beach where we sat in the car park under shady trees for lunch watching 4x4's disappear onto the tracks and could hear the telltale sign of high revs and spinning tires to indicate they were bogged. After a leisurely well-earned rest little Joey was to tired so a small group decided to return to the cars while the rest of us went back to the beach to check out the stone chip road and the thermal coloured rocks which is said the Phoenician mined for gold, copper and mercury. Near the stone chip road, a sharp eye spotted what we believed to be a large shark coming out of the water in a flurry of



splashing 'Not swimming that day!' another highlight was a possible dolphin sighting and since we were on the tidal area Bethany found a little patch of quick mud that held her shoe solid. Luckily her other foot was on a rock and using a contortionist move she managed to break the suction and pull her foot out 'Note to self-avoid the soft bits...' there were plenty of photo opportunities and for the imaginative the tide was good to see the circular fish trap and we crossed over the sluice race. The thermal-coloured rocks were worth the extra km but once on the home stretch there was no stopping us as we walked past civilisation. I believe everyone had a great day in a uniquely beautiful area. Thank you all for coming to be part of the experience.



If you look up <https://ensignmessage.com/articles/queenslands-sea-kings-ancient-settlements/> you can find an interesting read about the Phoenician settlement.

Celestine Lambert



# Lineel Creek Falls

24<sup>th</sup> March 2024

