



The Message Stick

March 2024

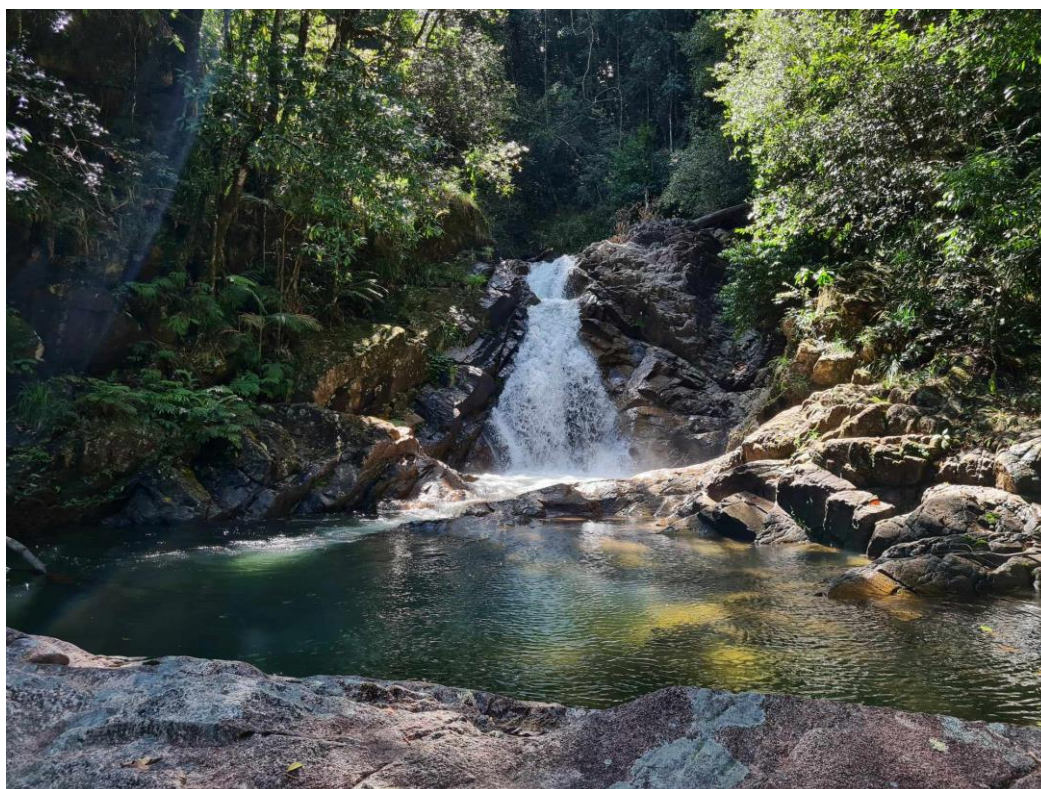
Mackay Bushwalkers' Club Inc. PO Box 1313, Mackay, 4740

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

Email: mackaybushwalkingclub@gmail.com

Future Events

Seaforth beach	3rd March
Pebbly rock creek.....	10th March
Freshwater point.....	17 th March
General Meeting.....	20 th March
Lineel falls.....	24 th March
Easter Sunday- no walk.....	31 st March



Lineel Falls

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

2024 has started a bit 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.

Items for the next newsletter should be sent to mackaybushwalkingclub@gmail.com by 19th March.

Key to Walks Grading System

Distance	Terrain	Difficulty
S = short – under 5km	1-3 = Graded or open terrain, no scrub	1-3 = Easy, suitable for beginners
M = medium – 5-10km	4-7 = Bush, minor scrub, rainforest	4-7 = Medium, reasonable fitness required
L = long – over 10km	8-10 = Rocks, creeks, rockhopping, scrambling, thick scrub, major rock scrambling using hands, technical	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.

Seaforth Beach Sunday 3rd March

Leader: Deb Wilson 0400 319 078

Depart : 7:00am from Mackay

Journey: 50km \$5.00

Grade: L33

Estimated walking time: 5 Hours

Total of all uphill sections:

Pace: Average

Terrain: Sandy beach, some rocks, open hot sections, dirt road, some bitumen road

Vegetation: some bush, some long grass

Expect: Coastal views, could be mosquitoes and sandflies in some areas.

Walk is suitable for beginners we could cover up to 12klms see how we go on the day.

We will start from the water park and walk along the beach to Sandfly Creek and explore the area, then head back to the water park area by way of dirt and bitumen road for morning tea. Then continue along the beach towards Victor Creek, we will have lunch hopefully at Victor Creek where there are toilet facilities. We can return to the cars either along the beach or by way of road. Bring water, sunscreen, hats, morning tea and lunch.

**Pebblyrock creek
Sunday 10th March**

Leader: Peter Bennett 0427 383 732

Depart : 7:00am from Mackay

Journey: 160km \$16.00

Grade: M33

Estimated walking time: 5 Hours

Total of all uphill sections: 60m

Pace: Slow

Terrain: Creek walk

Vegetation: Rain Forest

Expect: This walk is in the Cathu State Forest Reserve.

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.

**Freshwater Point
Sunday 18th February**

Leader: Celestine Lambert 0499 469 444

Depart : 7am from Mackay. Leader from Mackay meet up to be decided.

Journey: 100km \$10

Grade: M44

Estimated walking time: 5 Hours

Total of all uphill sections: 40m

Pace: Average

Terrain: Beach, rough tracks, some rocks

Vegetation: Long grass, open sunny sections, coastal scrub

Expect: Freshwater point is a walk not to be rushed, great coastal views suitable for any walker along track and beach. Possibly sandflies in places. This should be a relatively easy day, suitable for beginners. There'll be some beach walking (sand and rocks), some rough

tracks, and a section along the side of the road. There is a lookout after a short steep climb with views south to Mt Funnel and multiple bays have their own personality. It is believed to be the site of ancient mining and for the imaginative there are some features to look for.

If there has been rain, the tracks could be muddy. Bring sun protection, enough water for the day, smoko and lunch.

**Induction 6.30pm &
General Meeting 7.30pm
Wednesday 20th March**

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

**Lineel creek falls
Sunday 24th March**

Leader: Philp Morgan 0431 130 074

Depart: 7:00am from Mackay

Journey: 100km \$10

Grade: M74

Estimated walking time: 6 Hours.

Total of all uphill sections: 100m

Pace: Average

Terrain: part track, part bush part creek (rock hopping).

Vegetation: Rain Forest

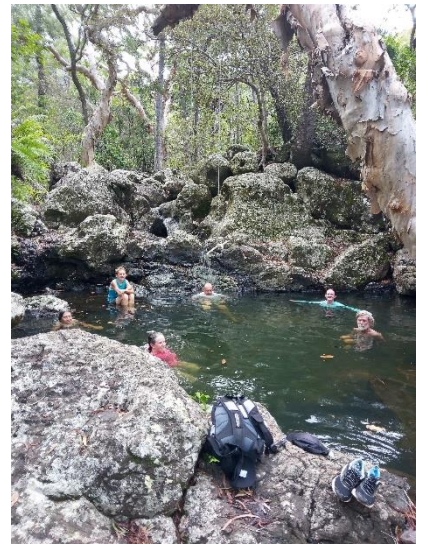
Expect: Located near to Mt Dalrymple trail lies Lineel falls. Quite a stunning spot with swimming opportunities if you don't mind the cool water. We will start by partially walking the Mt Dalrymple trail before veering off into the bush then following the creek system up a little way. If all goes to plan we should be at the falls no later than noon. Distance wise it's not a huge walk however expect some challenging terrain, the descent into the creek is rather steep.

Previous Activities

Paradise Falls – Cape Hillsborough.

28th January 2024

Seven walkers made their own way to meet up at Cape Hillsborough. The BOM weather forecast for that day was a rainy day. Which would have made for pleasant walking, and the added bonus of more water over the falls. Not to be, the 28th February turned out to be a very hot, humid, sun shiny day. There had not been as much rainfall in the area as we had expected. By the looks of Cascade Creek, run off from the creek made us think it was just flowing, so we were not expecting Paradise Falls to be flowing. Maybe just a trickle. Off we went along the beach rock hopping. We continued on and got to approximately half way point, where a decision was made to not continue on to the falls. It was decided to climb up to the headland and turn back for Cascade Creek. The idea of a swim in the waterhole was a good incentive. After lunch in some shade, we went overland through the bush. We all eventually made it to Cascade Creek, it was a welcome sight, everyone headed straight for water to cool off. On the final stretch back to the cars we went along the beach. The tide was low enough to make it around the rocks. Wet shoes and depending on your height, wet to above the knees. We made it past the last hurdle, dodging oyster rocks and staying upright. A great day thank you Peter for leading.



Deb Wilson

My 'baptism' walk with Macky Bushwalking Club yesterday (Sunday 28th Jan 2024). We were trying for Paradise Falls north of Cape Hillsborough, but not enough water was running so we changed course - climbed to top of one, then two ridges then a hill. I felt pretty crazy to be doing this in the extreme heat of January, but we had hoped for some cooling rain that didn't arrive.

But what a walk – amazing views! Was it an adventure – YES. Was it off-track – YES! Was it challenging – YES! I thought I would die from overheating.



My legs stopped holding me up, so for the last km or so downhill I shuffled slowly on my bum to get to a 'puddle' of water 50 or metres up creek from the swimming hole off Beachcomber Beach. This revived me enough to continue to join the rest of the group in the larger swimming hole below. Oh, how the water sizzled but felt deliciously cool when I finally dropped in fully clothed at the swimming hole. My grateful thanks to



the group, and especially the walk leader who stayed nearby as I inched downhill; silently encouraging me towards the creek and relief.

For anyone considering joining the club, it offers an opportunity and support for walks with others who are experienced in exploring tracks and locations you may not normally know about or be able to find.

Eni Giling



The Rock Arch – Cape Hillsborough.

4th February 2024



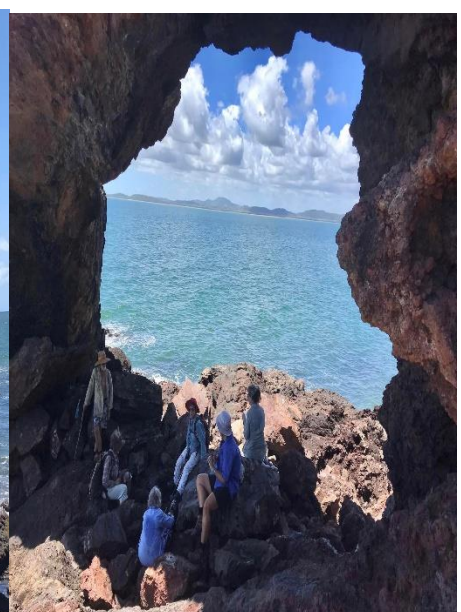
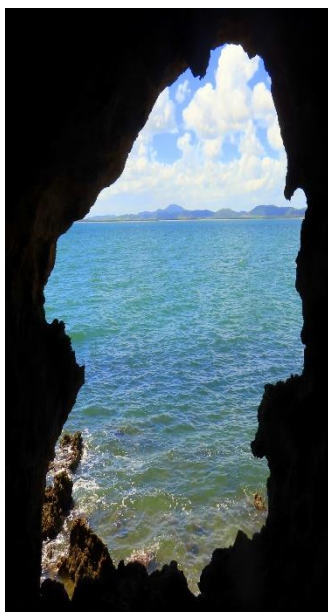
4/2/2024 The Rock Arch walk, Cape Hillsborough National Park. No trip to Cape Hillsborough is complete without a photo of the "letterbox sheep".

We commenced our walk along the Hidden Valley track, admiring some of the impressive trees along the way. Then for the fun part - we headed down the rocky dry creek bed for the rocky foreshore. We traversed the rocks and boulders for the oops I have slightly misjudged the tide ... better have morning tea while we wait for the tide to recede enough for us to get to the Sea Cavern. Most of us climbed into the Sea Cavern - an

impressive natural cave with great view holes to admire the scenery. Then we headed along the foreshore over rocks, boulders and various other beautiful coloured rocks, stones & geological features. It was hot on the rocks, but we

mostly had the benefit of a cool sea breeze, and we took breaks in the shade to cool off and admire the views. Once at the Rock Arch we decided to stay there in the shade under the arch for lunch. We returned via the same route. This is a rocky walk and can be hot, but it is not a long walk - we were back in Mackay at 3pm. Thanks all who came, for your company.

Penny McMahon



St Lawrence Camp.

10th – 11th February 2024



10/02/2024 Bushwalkers St Lawrence camp. Saturday. 4 intrepid bushwalkers arrived at St Lawrence in time to secure prime positions to observe the tidal bore surge up the St Lawrence Creek, flooding over the sandbanks, filling the wide creek expanse and flowing into the tidal salt flats in a very short time

frame. An exciting, amazing sight to witness. We then set up camp on the green grass, under shady trees near the Showground, with the amenities block (& hot showers if desired) nearby. In the



afternoon we checked out the small township, cemetery and ruins of the meatworks. We made an attempt to walk to the Bund, but it was too far, so went to the boat ramp area. There we saw and heard the water rushing back out along a small creek which fed into Waverley Creek. The hungry mosquitos made sure we didn't dally over dinner and we were off to our tents pretty quickly/early.

Penny McMahon



St Lawrence Camp.

10th – 11th February 2024



11/02/2024 St Lawrence camp. Sunday. Sunday morning we checked out the wetlands near the bird hide. Plenty of water, but not so many birds. Then drove down to Ogmoo in the hope of watching the tidal bore surge up the Styx River.



We were so fortunate, a local farmer allowed us to drive through his paddocks and down to the Styx River near the railway bridge (there is no public access to the Styx River at this point). We



were about 5 minutes too late to catch the start of the tidal bore surge, but it didn't matter, we watched with awe as the water quickly surged upriver. A thrilling sight to see. Back to St Lawrence to pack up camp. Thanks, Coral, for organizing and leading this camp.

Penny McMahon

