

BootsN'All 2000

(An activity of Scripture Union Tasmania)

			Grade	Contact Leader
Jan 15	Asbestos Range	Extensive views - bring your own water	Medium	John Potts 63 264064
Feb 05	Menamatta Tarns	On the Ben Lomond Plateau - the highest tarns in Tasmania.	Medium	John Potts 63264064
Feb 12	Clumner Bluff	Overlooking Lake Rowallan - views of the Walls of Jerusalem area.	Med/Hard	Ken Macpherson 63943120
Feb 19	Hollybank	Family day & BYO Bar-B-Oue.	Easy	Andrew Madden 63993315
Mar 11	Lonely Lake Circuit	A circuit walk via Dixons Track, Central Plateau & Meander Falls Track. Adequate fitness & equipment necessary.	Medium	Gerald van Rongen 6326975
Mar 25	St. Patricks Head	A prominent peak near St Marys.	Easy	Terry Heier 63936671
Apr 08	Solomons Throne	A prominent feature in the Walls of Jerusalem - a long day.	Medium	Basil Tkaczuk 63311155
Apr 15	Myrtle Park	A family day at Myrtle Park. BYO Bar-B-Oue & games.	Easy	Andrew Madden 63993315
Apr 29	Tiger Lake	A walk in the Walls of Jerusalem area including visiting the unique Solitary Hut. Adequate fitness & equipment necessary.	Medium	Ken Macpherson 63943120
May 13	Little Lake	A tiny lake in the Mt Arthur area. Includes a short steep scramble.	Medium	Estell Roden 63993437
May 27	Beach walk	Location to be advised	Easy	David Harvey 63442768
Jul 08	Evercreech & Mathinna Falls	Family day & BYO Bar-B-Que	Easy	Andrew Madden 63993315
Jul 29	Slide Evening	Bring & share tea & slide evening.	Very easy	Lyn Madden 63993315
Aug 12	Western Bluff	Views overlooking the Mersey Valley Adequate fitness & equipment necessary.	Med/Hard	Jason Lawson 63443492
Sep 09	Trevallyn Recreation Area	Family walk & BYO Bar-B-Oue.	Easy	David Harvey 63442768
Sep 23	Mt. Albert	Alongside Mt Victoria in the North East.	Medium	Terry Heier 63936671
Oct 07	Black Bluff	Spectacular views of Cradle area. Adequate fitness & equipment necessary	Medium	Basil Tkaczak 63311155
Oct 28	Syds Track Circuit	Syds Track to Mother Cummings Peak Adequate fitness & equipment necessary.	Medium	Ken Macpherson 63943120
Nov 18	Unnamed Falls	A spectacular waterfall in the Mt. Claude area. A long day, some rough patches..	Medium	Noreen Gibson 63442206
Nov 25	Four Springs	A family day & BYO Bar-B-Que	Easy	Terry Heier 63936671
Dec 09	Mt. Maurice	Annual family forest walk among the Waratah & wild flowers of the North East	Easy	Andrew Madden 63993315

Boots'n'All activities are open to all, but intending walkers are asked to contact the Trip Leader prior to the day of the walk (before 9.00 pm please) to discuss experience, fitness & equipment.

In the event of being unable to contact the trip leader, contact one of the Boots'n'All organisers listed on the reverse of this page. Bush walking can involve an element of danger. All who participate in Boots'n'All activities do so at their own risk.

Boots'n'All was established by Scripture Union Tasmania in 1981 and offers people of all ages and abilities in Northern Tasmania opportunities to share together in a range of outdoor activities led by experienced Christian walkers. Subject to safety and equipment requirements, activities are open to all. If you know of a friend who would like to receive a program, or have any other inquiries, please contact one of the following.

Andrew Madden 63 993315 Ken Macpherson 63 943120 David Harvey 63 442768
Neit Walker 63 435424 North West Inquiries to Bill Magor 64 232773

Preparation, Equipment, Food and Safety.

- * **Contact the Walk Leader before hand** as trips may be subject to change and details may be incomplete.
- * **Late arrival** at the agreed meeting place could result in you being left behind, and a delayed departure can put pressure on walkers which may result in the walk finishing in the dark.
- * **Make sure you are well equipped.** Proper **clothing** and adequate **food**, including 'snack food' can make the difference between a safe and comfortable walk and one which at the least could be very stressful and at the worst, potentially dangerous for both yourself and others in the party.
- * **Clothing** suggestions for exposed conditions are
Essential: Waterproof rain jacket with hood, warm woollen or thermal clothing, warm trousers (cotton trousers are unsuitable in wet cold conditions) gloves or mittens (a spare pair of socks are a useful substitute for mittens) and a warm hat or beanie. Sun-hat and sun-screen block-out. Comfortable, durable (worn in) footwear. Day pack (or larger) on mountain walks; a school type pack is adequate for shorter trips. Make sure you have a waterproof liner (plastic garbage bag) inside your pack and store your 'keep dry' items in another plastic bag inside the liner bag.
Optional: A small torch and a whistle are useful safety extras. Although the walk leader will have a map, bring your own (and a compass) if you have them, in a clear plastic bag. Waterproof over pants and gaiters are desirable.
- * **Food Suggestions:** The best advice is to **eat well before you start** (a good wholesome breakfast) and to have **frequent snacks** during the walk.
'Scroggin', a mixture of nuts and dried fruits, gives a better sustained release diet than say chocolate. Other useful snacks include oat biscuits, raisins, jelly beans, dried apricots and some 'high energy' confectionery. Also cereal and protein. Fresh fruit is good but heavy to carry.
- * **Drink:** Most walks have creeks or tams along the way but sometimes these take a while to reach so it is advisable to carry a water bottle (min. 500 ml.) with you. Energy drinks such as Tang, Staminade, Powerade, etc. can be helpful.
- * **Stay together.** Younger more energetic walkers should moderate their pace to stay with the group. If you find the pace too fast, don't be afraid to get a message to the leader requesting a break and/or to reduce the pace of the party.
- * **If you get lost** or lose contact with the main party, stop and try to think calmly. Do not continue travelling until you know where you are. Use your map and compass and look for landmarks. A pattern of three sound signals (e.g. whistle blasts, yells, etc.) is a standard distress signal. Keep your pack with you at all times.
- * Day trips are generally free, but it is expected that transport costs will be shared by passengers.
- * For safety reasons children under 12 years of age must be accompanied **by** a responsible adult.
- * We would be pleased for you to tell others of these Boots'n'All activities.

"Love the bush and praise its Creator,"