



Boots'n'All 2003



An activity of Scripture Union Tasmania Tasmanian wilderness hiking with a difference!

Date	Location	Description	Grade	Contact Leader
Jan 25	Asbestos Range	Isolated, peaceful, close to home and views of sunny north coast	Easy-Medium	Ken Macpherson 6394 3120
Feb 8	Hollybank	Family day & BYO BBQ.	Easy	Andrew Madden 6399 3315
Feb 22	Mother Cummings Pk	A prominent mountain adjacent to main "front" of the Western Tiers	Medium	Nathan Patrick 63 316909
Mar 1	Poatina area	Explore sandstone caves	Family – easy	Ron Clark 6397 8434
Mar 8-10	Maria Island	Joint camping expedition with the Southern Bushies	Medium	Paul Nelson 6228 7388
Mar 22	Wild Dog Tier	Ascend from Meander area across exposed alpine areas. Adequate fitness & equipt necc.	Medium-hard	Basil Tkaczuk 6331 1155
Mar 29	Chapter Lake Circuit	Bush, button grass plains and lakes -exposed alpine areas. Adequate fitness & equipt necc.	Medium – hard	Ken Macpherson 6394 3120
April 12	Syd's / Western Ck. Tracks	Western Tiers circuit – lunch near Whiteley's Hut. Exposed alpine areas.	Medium	John Potts 6326 4064
April 26	Rocky Mountain	A walk in the Black Bluff range via an enchanted forest and the Eldorado Gold Mine	Medium	Phil Andrew 6334 1508
May 10	Mickey's Ck / Adams Peak	Beautiful but exposed alpine walk close to Lake Highway in Pine Lake area.	Medium	Ken Macpherson 6394 3120
May 24	Johnstone's Peak	An alpine walk with views via Sales Lake and Stagg's Track. Adequate fitness and equipment	Medium	Phil Andrew 6334 1508
June 7	Dial Range	Family picnic lunch then easy walk to The Gnomes. Spectacular views of Penguin area	Family – easy	Bill Magor 6423 2773
June 21	Three O'Clock Hill	One of many prominences between the Ben Lomond Plateau and the Fingal Highway	Medium – rocky	Phil Andrew 6334 1508
July 5	Little Fisher Valley	Visit some beautiful falls, and venture into a high alpine valley.	Medium	John Potts 6326 4064
July 19	Leven Canyon	Spectacular gorge in North West	Easy	Bill Magor 6423 2773
July 26	Visuals Evening	Past glories, future challenges – a pleasant evening of slides, photos and interesting people	Very easy & relaxing!	David Harvey 6344 2768
Aug 2	Lees' Paddocks	In the heart of the mountains – a historic hut near the Mersey River	Medium	Terry Heier 6393 6671
Aug 9	Holwell Gorge	Family walk & BYO BBQ in the West Tamar area	Family – Easy	Andrew Madden 6399 3315
Aug 16	St. Patrick's Head	Work up an appetite for the pancake parlour on this short, sharp walk. Scenic views to East Coast	Easy-Medium	Jason Lawson 6229 9062
Aug 23	Sandbank Tier	High point east of Great Lake – alpine exposed	Medium – rocky	Ron Clark 6397 8434
Sept 6	Ragged Jack	Spectacular peak west of Ben Lomond – views across north	Medium – rocky	Nathan Patrick 63 316909
Sept 20	Liffey Falls	Family walk & BYO BBQ	Easy	John Potts 6326 4064
Oct 11	Western Bluff	The north-west corner of the Tiers - Adequate fitness & equipment necc.	Med – hard	Neil Walker 6343 5424
Oct 25	Western Ck – Higgs Trk. Circuit	Lakes, peaks, views. Adequate fitness & equipment necessary.	Medium	Phil Andrew 63 341508
Nov 8	Black Bluff	Spectacular views of Cradle Mt area. Adequate fitness & equipment necessary.	Medium-hard	Jon Magor 6427 7040
Nov 21	Planning	Meeting to plan 2004 walks program	Tricky!	See leader list below
Nov 22	Parson's Track	Central Plateau near Lake Mackenzie via The Grunter & Haberle's Hut	Medium	Ken Macpherson 6394 3120
Dec 6	Mt. Maurice	Annual family forest walk among the Waratah & wild flowers of the North East	Easy	Andrew Madden 6399 3315

**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 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.

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.

Ken Macpherson **6394 3120** Andrew Madden **6399 3315** David Harvey **6344 2768** Nathan Patrick **6331 6909**
Neil Walker **6343 5424** Terry Heier **6393 6671** John Potts **6326 4064** Phil Andrew **6334 1508**
North West Inquiries to: Jon Magor **6427 7040**

- * 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”

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.
- * **Is this the Right Walk for You?** On some occasions, people have come along for walks totally beyond their endurance and equipment, because they have mistakenly believed that their previous experience has been sufficient. The walk rating gives some guide. If the walk is rated as medium or hard, check with the walk leader about what sort of experience is necessary. On occasions, walkers have faced bitter cold, driving rain and snow, exposed situations, long distances, steep climbs, long stretches of deep mud, tracks awash with 10-20 cm of icy water, and scrambling over huge, slippery boulders. Are these possible on the walk you are considering? Have you walked under those conditions before? Your lack of preparedness to cope with extreme conditions could endanger both yourself and others who must stay with you.
- * **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 but check the seams and webbing for strength. 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 chocolate or confectionery. 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 tarns 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.