



Boots'n'All 2004



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

If publishing details of these walks, please make sure you include the key for any letter rating for that walk.

This year's walks calendar offers a rare opportunity to walk the entire **Penguin to Cradle** trail (by sections!). A special thanks to our north-west leaders for putting together this challenging series. Please contact leaders a week in advance as most sections involve special transport arrangements that require careful planning.

Date	Location	Description	Rating	Contact Leader
Jan 10	Copper Cove	A Scenic walk on the North coast from Badger Head	Easy	Ken Macpherson 6394 3120
Jan 24	Green's Beach West Head Ct.	Coastal walk followed by BYO BBQ at Pebble Beach	Family – easy	David and Vera Green 6383 9031
Feb 7	Penguin to Cradle Trail	Section 1 – West Coast Link Road to Cradle Mountain Lodge, may include Mt Beecroft	Medium D E L	Phil Andrew 6334 1508
Feb 21	Penguin to Cradle Trail	Section 2 – Link Road to Taylor's Flats Ring leader by 14 Feb so transport can be arranged	Hard D E L M S	Jon Magor 6427 7040
Mar 13	Mt Rogoona	Alpine area, button grass plains & lakes.	Med/hard D E L M S	Basil Tkaczuk 6331 1155
Mar 27	Mt. Victoria	Prominent peak in the North East.	Medium	Terry Heier 63936671
Apr 3	Bastion Bluff *Fundraiser!*	Eastern prominence of highest peak in the Western Tiers. Our annual fundraiser for Scripture Union – contact leaders per list below for details.	Medium S E	Ken Macpherson 6394 3120 (walk) & Basil Tkaczuk 6331 1155 (sponsorship)
Apr 17	Penguin to Cradle Trail	Section 5 – Gunn's Plains to Hardstaff Creek Ring leader by 10 Apr so transport can be arranged	Medium D	Bill Magor 6423 2773
May 8	Millers Bluff	Prominent peak forming north-east corner of Western Tiers	Medium	Phil Andrew 6334 1508
May 22	Penguin to Cradle Trail	Section 3 - Taylor's Flats to Leven Canyon Footbridge	Easy	Bill Magor 6423 2773
June 5	Coal Mine Crag	On the Ben Lomond Plateau. The walk includes the Menamatta Tarns.	Medium B E L M S	John Potts 6326 4064
June 19	Table Mt. & Woods Quoin	Lower midlands – always seen on way to Hobart! Joint walk with Southern Bushies!	Medium D S	Phil Andrew 6334 1508
July 3	Cathcart Bluff	High point north of Great Lake – a little scrubby in places	Medium E	Ron Clark 6397 8434
July 17	Asbestos Range	Badger-Asbestos circuit via Windred Creek. A pteridologist's dream.	Easy-Medium	Ken Macpherson 6394 3120
July 24	Visuals Evening	Past glories, future challenges – a pleasant evening of slides, photos and interesting people	Very easy & relaxing!	David Harvey 6344 2768
Aug 7	Gog Range	North of Mole Creek with views to coast and Central Plateau	Medium C S	Phil Andrew 6334 1508
Aug 21	Stack's Bluff	Dust off the snow–shoes & skis. Prepare yourself for a wintry excursion to sth. end of Ben Lomond!	Hard – B C D E S !!!	Jason Lawson 6229 9062
Sep 11	Abellette bagging day	5 NW peaks, each taking 1-2 hours! Incl. Loyetea Pk, Mt Housetop, Mt Riana, Bell Mtn, The Badgers Join in for any or all of these.	Medium D L S	Kent Lillico 6425 1256
Sep 25	Lonely Lake Circuit	A circuit walk via Dixons Track, Central Plateau & Meander Falls Track.	Medium B D E L S	Basil Tkaczuk 6331 1155
Oct 9	Long Tarns	“Back door” to Walls area – ascend via picturesque Little Fisher River	Medium C E S	John Potts 63264064
Oct 23	Penguin to Cradle Trail	Section 6 - Hardstaff Creek to Penguin Ring leader by 16 Oct so transport can be arranged	Medium D L	Jon Magor 6427 7040
Nov 13	Tiger Lake	A walk in the Walls of Jerusalem area including visiting the unique Solitary Hut.	Medium D E L M S	Ken Macpherson 63943120
Nov 19	Planning	Meeting to plan 2004 walks program	Tricky! “S”	See leaders below
Nov 27	Penguin to Cradle Trail	Section 4 – Leven Canyon footbridge to Gunn's Plains Ring leader by 20 Nov so transport can be arranged	Very Hard B C D E L M S	John Guenther 6425 9016 mob 0412 125661
Dec 4	Trout Creek	In Mt. Barrow area – mountain forest	Easy-Medium	Kay Hunter 63993425
Dec 11	Mt. Maurice	Annual family forest walk among the Waratah & wild flowers of the North East	Easy-Medium S	Andrew Madden 0408 138 375

Bush walking can involve an element of danger. All who participate in Boots'n'All activities do so at their own risk. Please carefully note the key for the letter ratings overleaf.



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.



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. We would be pleased if you could tell others of these walks. 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 if unable to contact the listed trip leader, or if you have any other inquiries, please contact one of the following.

Ken Macpherson **6394 3120** Andrew Madden **0408 138 375** David Harvey **6344 2768** Basil Tkaczuk **6331 1155**
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.

“Love the bush and praise its Creator”

For your safety: walk rating key – please see if your walk is coded with any of these letters:

B	Boulder field – walkers need to be able to confidently step from rock to rock.
C	Climbing sections using rocks and vegetation as hand holds.
D	Drive distance requires early departure – usually 7:30 am
E	Exposed alpine conditions – can be dangerous in poor weather if not fully equipped – see below.
L	A long day's walk – in excess of 3 hours each way.
M	Marshy or muddy sections – be prepared to walk with wet feet.
S	Steep incline for part of the way

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?** Occasionally, people have come along for walks totally beyond their endurance and equipment, because they have mistakenly believed that their previous experience has been sufficient. If the walk is rated as medium or hard, check with the walk leader about what sort of experience is necessary. At times, 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. 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.