



Boots'n'All 2008



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

Date	Location	Description	Rating	Contact Leader
Jan 11-12	Tasman Peninsula ***Camping	Exhilarating 27 km coastal walk to Cape Pillar and view spectacular Tasman Island – advise by 5 th Jan.	Medium overnight LE	David Meadows 0404 829 820
Jan 19	Black Bluff	Spectacular views of north west Tasmania & Cradle Mt area. Adequate fitness & equipment necessary.	Medium-hard DELS	Peter Davies 6344 8235
Feb 2	Lake Lea	Mayday Plains goldmine and the magic valley. Explore the beautiful Vale of Belvoir. Hosted by Horrie Betts	Medium DEMS	John Potts 0418 576 011
Feb 16-17	Tyndall Plateau ***Camping	A west-coast continuation of the high alpine beauty so characteristic of the World Heritage Area	Med-hard o/night BDELS	Phil Andrew 6334 1508
Mar 8-9-10	Lees' Paddocks ***Camping	In the heart of the mountains – a historic hut near the Mersey River	Medium	Terry Heier 6393 6671
Mar 29	Artillery Knob at Cradle Mt.	Part of the spectacular rugged high country SE of Dove Lake - & possibly Artist's Pool, Lk Hanson, Little Horn.	Medium BDES	Basil Tkaczuk 6331 1155
Apr 12	Mt. Ironstone	Highest peak in the Western Tiers with extensive views across central plateau and the north	Medium BSE	Kent Lillico 6425 1256
Apr 26	Copper Cove	A Scenic walk on the North coast from Badger Head	Easy	John Potts 0418 576 011
May 10	West Tower	A rarely visited peak in the north-east – in the vicinity of Mathinna	Med-hard SBCE	Phil Andrew 6334 1508
May 24	Mt. Pillinger	A different track to a <i>Boots N' All</i> favourite - magnificent views to Mt Ossa and the Pelion mountains.	Med-hard BDELS	Basil Tkaczuk 6331 1155
Jun 14	Dell Track	Walk along the base of Bastion Bluff through forest and alongside creeks and waterfalls	Medium SM	Phil Andrew 6334 1508
Jun 28	Archer's Knob	Coastal walk in vicinity of Baker's Beach – dunes, heathland, views of coast and hinterland	Easy	Bill Magor 6423 2773
Jul 12	Ralph's & St. Columba Falls	A family walk to two beautiful waterfalls in the northeast. Includes a picnic or BBQ lunch.	Easy	Nick Ainslie 6391 2450
Jul 26	Visuals Evening	Past glories, future challenges – a pleasant evening of slides, photos and interesting people	Very easy & relaxing!	Basil Tkaczuk 6331 1155
Aug 9	Mt Parsons	The last and smallest of the Hazards but part of the fabulous Freycinet. Coastal views towards Wineglass Bay	Medium CDS	Terry Heier 6393 6671
Aug 23	Mt Young	An often seen but less frequented peak in the mountains of the north- east	Medium BCS	Terry Heier 6393 6671
Sep 13	Patersonia Valley	See the last big trees and enjoy the myrtles of this forest valley north-east of Launceston	Easy	Andrew Madden 6399 3315
Sep 27	Upper Liffey River	Walk the beautiful cascading Liffey River downhill from the Lake Highway to the Liffey Falls upper carpark.	Easy-Medium S	Peter Davies 6344 8235
Oct 11	Ben Lomond	Circuit walk including Tasmania's second highest point, beautiful alpine scenery and the last of the snow	Medium BMS	David Meadows 0404 829 820
Oct 25	Meander Falls	Rain forest walk – spectacular water falls from the escarpment of the Western Tiers	Medium LS	Andrew Madden 6399 3315
Nov 8	East Sassafras	Cross the Rubicon River and explore native bushland. Hosted by Max Skirving.	Easy-Medium D	Bill Magor 6423 2773
Nov 14	Planning	Meeting to plan 2009 walks program	Tricky! "S"	See leaders below
Nov 22	Mt Murchison	Prominent peak dominating the skyline west of the World Heritage area	Hard BCDELMS	Kent Lillico 6425 1256
Dec 6	Mt. Maurice	Annual family forest walk among the Waratah & wild flowers of the North East	Easy-Medium S	Andrew Madden 6399 3315
Dec 27	Rats Castle	In the vicinity of the Great Lake on the Central Plateau - extensive views.	Medium BDEMS	John Potts 0418 576 011

This list of walks can also be found on our website: www.sutas.org.au (click on Bush Walking)

If you are a regular Boots N' All walker, please consider making a donation! Scripture Union Tasmania has extensive programs aimed at helping children and young people find positive direction in life, including a number of school chaplaincies. Your tax-deductible donation will help this vital work. Alternatively, you can make a donation towards the insurance costs of Boots N' All. Either way, a donation form can be printed from the bush walking page of the website (above).

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

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.

Intending walkers new to Boots N' All must contact the leader personally unless the walk is rated "Easy" or "Family".



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.

Phil Andrew **6334 1508** Terry Heier **6393 6671** Ken Macpherson **6394 3120**
Andrew Madden **6399 3315** David Meadows **0404 829 820** Neil Walker **6343 5424**
John Potts **6326 4064 or 0418 576 011** Basil Tkaczuk **6331 1155**
North West Inquiries to: Bill Magor 6423 2773

- * 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.
- * *** For walks designated as "camping": Please contact walk leader 1 week in advance if intending to camp.

"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 at least 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. The walk leader will require name, address and emergency contact (eg next of kin) for all intending walkers as well as details of existing medical conditions and medication in case of emergency. Do NOT bring along people without notifying the leader in advance of each intended walker (except for easy/family walks). For safety reasons children under 12 years of age must be accompanied by a responsible adult.
- * **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. Intending walkers who are new to Boots N' All must contact the leader personally unless the walk is rated "Easy" or "Family".**
- * **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 overpants 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.