



Boots'n'All 2009



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

Date	Location	Description	Rating	Contact Leader
Jan 10	Sphinx Bluff	Part of the huge Ben Lomond Plateau. Like its namesake, this spectacular prominence guards the south-east parapet.	Medium-H BCDELSM	Nick Ainslie 6391 2450
Jan 24 – 26	Great Pine Tier ***Camping	Camp in Lake Fanny area and enjoy exploring lakes around this peak near Walls of Jerusalem	Medium DEMS	Phil Andrew 6334 1508
Feb 14	Standard Hill Gorge	Wander along forest trails to the Mersey River. Bring your bathers!	Easy	Terry Heier 6393 6671
Feb 28	Mt Barrow	“Walk of Orange Wombats” – the local fauna have developed a peculiar colour on this compact alpine plateau	Easy	John Potts 0418 576011
Mar 14	Parangana SL	Across Lk. Parangana by boat and up this steep prominence. (Nearby Blue Peaks walk if boat unavailable)	Medium SM	Basil Tkaczuk 6331 1155
Mar 21	Lake Lea	Mayday Plains goldmine and the magic valley. Explore the beautiful Vale of Belvoir. Hosted by Horrie Betts	Medium DEMS	John Potts 0418 576011
April 4	Jack’s Lagoon circuit	A circuit near Lake Mackenzie. Explore the many lakes and valleys in this area near Fisher Bluff.	Medium DE	Phil Andrew 6334 1508
April 18	Little Horn	Eastern peak of the Cradle Mountain “cradle” from Dove Lake car-park	Medium-Hard DELS	Nick Ainslie 6391 2450
May 2	Mt. Arthur	Extensive views of Tamar Valley & surrounding area.	Medium BCS	John Potts 0418 576011
May 16	Narwantapu National Park	A scenic circuit walk through this hilly coastal range	Easy-medium SM	Phil Dawson 6382 3561
May 30	Mother Cummings Pk	Circuit walk including crags, views and alpine scenery. Contact leader by 28th May for transport purposes.	Medium BCSE	Phil Andrew 6334 1508
June 13	Badger’s Range	After a steep climb to Kimberley’s Lookout, walk along the forest ridge of Badger’s Ra. To the little town of Nook.	Easy S	Neil Duff 6491 1185
June 28	<i>Sunday Special!</i> The Gorge	Lunch at the Hoo Hoo Hut followed by a Sunday afternoon walk in the Trevallyn State Recreation Area	Easy	Phil & Janne Andrew 6334 1508
July 11	Moon Valley Rim	Highlands circuit with lovely views of the Blue Tier plateau and NE Tasmania as far as the Furneaux Islands.	Medium BDELMS	Nick Ainslie 6391 2450
July 25	Visuals Evening	Past glories, future challenges – a pleasant evening of slides, photos and interesting people	Very easy & relaxing!	Basil Tkaczuk 6331 1155
Aug 8	Cuckoo Falls	NE forest walk - blackwood, eucalypt and rain forest – to falls on the Hogarth R. in vicinity of The Sideling.	Easy	Andrew Madden 6399 3315
Aug 22	Myrtle Bank	Family day & BYO BBQ at Field Naturalist HQ. Rain forest walks, shelter, facilities. \$2.00 per person.	Easy	David Harvey 6344 2768
Sept 5	Minnow Falls at Mt. Roland	A different take on a beautiful and much loved landmark. Wonderful views.	Medium-Hard CEL	Phil Dawson 6382 3561
Sept 19	Split Rock Circuit	Beautiful forest walk near Bastion Bluff with 2 substantial waterfalls, caves, overhangs and King Billy pines.	Medium-Hard BES	Andrew Madden 6399 3315
Oct 3	Lake Youl	15 km circuit walk from Ben Lomond ski village – great views E. to Stacks Bluff and N. to Flinders Is.	BELM Medium	David Meadows 0423 881 870
Oct 17	Chalice Lake	In the heart of Cathedral Mountain – Chapter Lake and Grail Falls are also included. Long, hard day.	Hard BCDELMS	Kent Lillico 6425 2023
Nov 7	Bastion Cascades/ Hidden Falls	Explore the forests and spectacular waterfalls. Circuit walk returning via Stone Hut	Medium S	John Tabor 6428 6512
Nov 13	Planning	Meeting to plan 2010 walks program	Tricky! “S”	See leaders below
Nov 21 - 22	Junction Lake ***Camping	Wilderness Circuit walk - Jacksons Creek to Lake Myrtle and Junction Lake. Returning via Grail Falls on day 2	Medium-Hard DELMS	Peter Davies 6344 8235
Dec 5	Mt. Maurice –	Annual family forest walk among the Waratah & wild flowers of the North East	Easy-Medium S	Andrew Madden 6399 3315
Dec 28	Western Bluff	A relatively flat approach to this northern landmark from the Lk Mackenzie road. Ideal for walking off festive cheer	Medium BEM	Basil Tkaczuk 6331 1155

This list of walks can also be found on our website: www.sutas.org.au (click on Bush Walking)
If publishing details of these walks, please make sure you include this key for any letter rating for that walk.

- 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

Bush walking can involve an element of danger. All who participate in Boots'n'All activities do so at their own risk. Intending walkers new to Boots N' All must contact the leader personally unless the walk is rated “Easy” or “Family”.



“Love the bush and praise its Creator”



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.

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).

*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: **Phil Andrew ph. 6334 1508, Basil Tkaczuk ph. 6331 1155** or one of the leaders listed on the walks calendar.*

Additional telephone numbers (mobiles etc): Phil Dawson mob. 0417527511 John Potts 0418 576 011

- * 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.

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.