



Boots'n'All 2005



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.

Date	Location	Description	Rating	Contact Leader
Jan 15	Duncanson's Rivulet	An exposed alpine plateau walk through wildflowers near Pine Lake on Lake Hwy. May include Warner's Falls.	Med BEM	Phil Andrew 6334 1508
Jan 29	Cradle Mountain	Dove Lake car-park to summit – one of Tasmania's world-famous sights. Exposed alpine	Hard BCDELS	Terry Heier 63936671
Feb 12	Dove Canyon to Dove Lake	From Cradle Mt. Lodge, inc. Canyon walk & boardwalk. Return via shuttle bus	Medium DLS	Bill Magor 64232773
Feb 26	Chalice Lake	In the heart of Cathedral Mountain – Chapter Lake and Grail Falls are also included. Long, hard day.	Hard BCDELMS	Basil Tkaczuk 6331 1155
Mar 12	El Dorado Gold Mine	A walk in the Black Bluff range via an enchanted forest and the Eldorado Gold Mine	Medium DEM	John Potts 6326 4064
Mar 19	Lake Nameless	Lakes, peaks, views. Adequate fitness & equipment necessary.	Hard DELMS	David Meadows 0404 829 820
Apr 9	Mt. Pillinger	In the Arm River area with magnificent views of Mt Ossa and the Pelion mountains.	Hard BDELS	Basil Tkaczuk 6331 1155
Apr 23	Mt. Arthur *Fundraiser!*	Extensive views of Tamar Valley & surrounding area. Our annual fundraiser for Scripture Union – contact leaders per list below for details.	Medium BCS	John Potts (walk) & Basil Tkaczuk (sponsorship)
May 7	Quamby Bluff	A very prominent mountain adjacent to main "front" of the Western Tiers	Med-hard BCES	Terry Heier 63936671
May 14	Gunns Plains	11.5 km road-walk partly through autumn-coloured hop-fields. Caves or Preston Falls optional	Family -easy D	Bill Magor 64232773
June 4	St. Patrick's Head	Work up an appetite for the pancake parlour on this short, sharp walk. Scenic views to East Coast	Med. DS	Jason Lawson 6229 9062
June 18	Mt. Montgomery	The northern-most peak in the Dial Range. Close to Penguin. Views	Easy-med. DS	Bill Magor 64232773
July 2	Woods Quoin	Lower midlands in vicinity of Bothwell – explore part of the state less visited by northern walkers.	Medium DSC	Phil Andrew 6334 1508
July 16	Archer's Knob	Coastal walk in vicinity of Baker's Beach – dunes, heathland, views of coast and hinterland	Easy	Neil Walker 6343 5424
July 30	Visuals Evening	Past glories, future challenges – a pleasant evening of slides, photos and interesting people At St. John's Parish Centre, 157 St. John St. Launceston	Very easy & relaxing!	Basil Tkaczuk 6331 1155
Aug 13	Abelette bagging day	Selection of peaks in Exeter-Port Sorell area ranging from 15 min to 1½ hours each, likely Dry's Sugarloaf, Mt. Careless, Bald Tier, Kelly's Lookout, Black Sugarloaf. Join in for any or all of these.	Medium S	Kent Lillico 6425 1256
Aug 27	Holwell Gorge	Family (BYO) barbecue and walk through gorge with waterfalls and manfern	Easy	Terry Heier 63936671
Sep 10	Mt. Saddleback	Prominent north-east peak with panoramic views to north and east coasts	Medium BSC	John Potts 6326 4064
Sep 24	Liffey Bluff	Where the falls come from! Walk across the escarpment from Lakes Main Road (aka Lake Hwy)	Medium EL	Phil Andrew 6334 1508
Oct 8	Meander Falls	Spectacular falls under the Western Tiers	Medium-hard B D E L S	Neil Walker
Oct 22	Mt. Duncan	Circuit walk from Dial Rd. Views, plus pleasant walk beside Leven River	Med-hard DLS	Jon Magor 6427 7040
Nov 5	Stacks Bluff	Prominence at southern end of Ben Lomond plateau. Steep climb from Story's Creek area	Hard BDECS	David Meadows 0404 829 820
Nov 11	Planning	Meeting to plan 2006 walks program	Tricky! "S"	See leaders below
Nov 19	Turrana Heights	An expedition to lakes and high points near Lake Mackenzie in Blue Peaks area. Exposed alpine.	Medium-hard BMDLEC	Phil Andrew 6334 1508
Dec 2-3	Rocky Cape Nat. Park	Coastal views & wild-flowers. Walk leader Norton Harvey. Contact Bill by Nov 27 th for overnight accommodation for Fri. 2 nd December.	Easy-med. D	Bill Magor 6423 2773
Dec 10	Mt. Maurice	Annual family forest walk among the Waratah & wild flowers of the North East	Easy-Medium S	Andrew Madden 0408 138 375
Dec 31	Little Horn	Eastern peak of the Cradle Mt. 'cradle' From Dove Lake car-park	Medium DELS	Bill Magor 6423 2773

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 Meadows **0404 829 820** Basil Tkaczuk **6331 1155**
 Neil Walker **6343 5424** Terry Heier **6393 6671** John Potts **6326 4064** Phil Andrew **6334 1508**
North West Inquiries to: Bill Magor **6423 2773** Jon Magor **6427 7040**

Are you currently qualified to give first aid, or a registered nurse or doctor?

Please let Basil or Phil know, because we are now required to have someone with those qualifications to be on every walk.

Day trips are generally free, but it is expected that transport costs will be shared by passengers.

“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. Leaders reserve the right to refuse participation by persons they consider might not cope with the conditions.**
- * **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.