



## St John's Cartophiles Bushwalking Club

### **Bushwalking Workshop: *Hikers' Tips 'n' Tricks*, Saturday 25<sup>th</sup> February, 2012**

#### **Overview**

Lord Baden-Powell, the founder of the Scout movement, wrote in 1908 in *Scouting for Boys*,

“Some people talk of “roughing it” in camp. These people are generally ‘tenderfoots’; an old backwoodsman doesn’t rough it, he knows how to look after himself, and make himself comfortable by a hundred little dodges ...”

This workshop is aimed at hikers who want to start walks that include overnight camping, and will discuss some of the ‘hundred little dodges’ that will enable them to get maximum enjoyment out of the experience.

**The workshop is open to anyone, irrespective of age. There is no requirement to be a member of the Cartophiles Bushwalking Club or to commit to joining the club.**

The workshop will cover what to carry, what to wear, footwear pros and cons, choosing & pitching a tent, selecting & wearing a pack, hiking food & drink plus a few handy ideas to maximise comfort while minimising weight.

#### **Times, Dates & Location**

The workshop will start at 9.30am on Saturday, 25<sup>th</sup> February, 2012, at St Johns Uniting Church, the corner of Stuart St and Coonanbarra Road, Wahroonga. It will finish not later than 3.30pm.

**Registrations for the workshop close at 5.00pm on Saturday, 17<sup>th</sup> February, 2012. To register, email your name and contact telephone number to [cartophiles@stjohnswahroonga.org](mailto:cartophiles@stjohnswahroonga.org)**

#### **No Cost, No Special Equipment Required**

The workshop is free. You will need to provide your own lunch.

You will need a notebook and pen, but otherwise no special clothing or equipment is required. If you have some specific gear you would like to discuss feel free to bring it.

#### **Opportunity to Practice**

Attendees will have the opportunity to put what they have learnt in the workshop into practice on the weekend 3<sup>rd</sup>/4<sup>th</sup> March on an easy introductory overnight hike through the Heathcote National Park from Waterfall Station to Heathcote Station. This very pretty 11 km walk is a great introductory walk for newcomers to hiking camping.

**For further information please email [cartophiles@stjohnswahroonga.org](mailto:cartophiles@stjohnswahroonga.org) or telephone Kit Craig on 0411 507 422.**