



## Mid North Branch – Friends of the Heysen Trail 2017 walking calendar

If you would like to participate on any walk, please contact the walk leader preferably several days beforehand to register your intent. The walk leader will provide information on terrain, risks, distance and degree of difficulty. It is up to you and the walk leader to evaluate your capabilities and suitability to participate in a safe manner. You will sign on at the beginning of the walk, stating emergency contact number in case of any emergency.

Walk	Month	Location	Leader & contact #
1	April 9 <sup>th</sup> , Sunday 2.00pm	Clare, Gleeson wetlands Introduction to community Members to bring afternoon tea to share: Chelsea Ashmead from Argus to be invited	Julie Aamondt 0404 793 005
2	May 13 <sup>th</sup> , Saturday 9.00am	Camel's Hump Range	Sally Fieldhouse 0427 342 442
3	June 17 <sup>th</sup> , Saturday 10.00am	Lavendar Trail	Hugh Greenhill 0437 425 495
4	July 15 <sup>th</sup> , Saturday 9.00am, Burra	Tooralie Gorge	Kate Greenhill 0407 181 877
5	August 20th	Bundaleer Forest fire scar	Sally Fieldhouse 0427 342 442
6	September 9- 10th	Pt. Mindacowie, Yorke Peninsula Camping weekend	Celia Manning 0437 616 395
7	September 27 <sup>th</sup> , Wednesday 1.30pm	Spring Gully	Peter van Beuschen 0427 816 421
8	October {?} <b>moonlight walk date</b>	Kirribilly	Garry Fieldhouse 0428 347 315
9	November 19 <sup>th</sup> , Sunday 4.00pm	Watervale environs Tea at the pub 6.00pm	Kate Greenhill 0407 181 877

### Checklist of what to bring with you:

- Listen for a comprehensive weather forecast for the day., or access the BOM site, so you can be adequately prepared for conditions which may eventuate later on.
- Comfortable day pack, worn on your back
- Strong, comfortable footwear
- Weather protection: hat, sunscreen, rain gear, beanie, gloves (in season)
- Adequate clothing for walking: long trousers, long sleeved shirt when off track
- Walking sticks
- Medication & personal 1<sup>st</sup> aid pack