



Palmerston North Tramping and Mountaineering Club Inc.

www.pntmc.org.nz

[P.O. Box 1217, Palmerston North](mailto:info@pntmc.org.nz)

Newsletter February 2021



Queen's Service Medal for blue duck protection

Congratulations to club secretary, Janet Wilson! Janet was awarded the Queen's Service Medal for her work in blue duck protection. A fitting award recognising the time and effort she has contributed over the past decade.

Club Nights

Club nights are held on the second and last Thursday of the month at the Society of Friends Hall, 227 College Street, Palmerston North. Doors open 7.15 pm for a cuppa before start at 7.30pm. All welcome.

13 February 2021 Navigation for Beginners Warren Wheeler

Need to learn or practice your outdoors navigation skills?

This will be mostly a practical night and a chance to brush up on the use of maps and compasses in small groups with the help of more experienced members. Feel free to bring along your own GPS or phone-based app to show others and find out more.

25 February 2021 What Do We Do Now? Michelle Benton and Anne Lawrence

What do you do when the trip turns bad? Lost, injured, sick, cold, hot, late or struck by stormy weather? More a Show and Tell than Quiz Show, the aim is to help give you confidence when dealing with various adverse situations on a trip.

Upcoming Trips

30th - 31st January

Maungamahue camping **Easy/Medium**

Elly Arnst **022 682 3136**

Weather permitting, Tucker and I will camp by one of several tarns near Maungamahue. We'll go in via Rangī Hut, before heading north through the tussock. There's the opportunity to bag a couple of highpoints and you can run over to Te Hekenga and back if you're keen! Return via Deadmans. Contact Elly to arrange logistics.

6th – 8th February (Waitangi weekend)

Rangī – Triangle – Iron Gate **Medium**

Michelle Benton **027 355 2532**

A nice combination of tops and rivers over a couple of days, taking in 4 huts, and 2 peaks en route for some points.

Sun 7th February

Beehive Creek **Family**

Doug Strachan **353 6526**

This Pohangina walkway, opened in 1983, is just 30km from P.N. Our 13 year old son and 15 year old daughter have walked this track every year of their lives, so it has become something of a tradition. The creek is generally ankle-deep and sandy-bottomed, making this ideal for all, including families, first-time trampers, and those breaking in new boots. Kids like to jump in the deeper bits, so leaving a change of clothes in the car for them is advisable. Little kids can be given a head start by not having to walk the road section (3km, 40mins) of the loop. No dogs allowed on this walkway. The walk will be followed by lunch at a picnic spot across the road from the cars, so you don't even have to carry your massive lunch on your back. Good social tramp, and you'll still have the afternoon free to mow the lawns. 9am start from Milverton Park.

Sun 14th February

Iron Gates Gorge **Easy/Medium**

Warren Wheeler **356 1998**

A perennial classic Oroua River trip which is fun and suitable even for adventurous beginners. The first hour and a half is through bush along the sidle track with views down into the Oroua

River, where we will soon be coming downstream. There are lots of easy crossings and opportunities for pool swims as we make our way down to the gorge itself. Whether we swim the short gorge section or not will depend on how we all feel. Expect to get wet feet and more. Depart Milverton Park 7.30am.

20th or 21st February (BWD)

Herepai Hut **Medium**

Michelle Benton **027 355 2532**

A pleasant day walk which begins behind Eketahuna at the Putara road end. A lovely river side-track, a pretty and steep climb that's not too long, a hut to lunch at and a short climb to the tussock tops and some lovely views. Returning the same way. We will have to cross the Mangatainoka river so the trip is dependent on low flows. Meet at Milverton Park at 7:30am. Call Michelle by Thursday 18 Feb if you would like to join us.

27th - 28th February

Te Araroa **Easy/Medium**

Roy Rolston **027 476 7188**

A 2 day section tramp including Burtons Track and Makahika Track. Our starting point will be at the end of Scott's Road not far south of PN. Roy will arrange transport if required to the drop off point. After passing the Motorimu Campsite and Whare, we move on to the start of Burtons Track. This track is of historical significance - built by Jim Burton nearly 100 years ago. After this track we exit the Tararua Forest Park and walk up a now disused Tokomaru Valley Road reaching our night's camp at the Tokomaru shelter and campsite about 1 km from the Mangahau Road Junction. You will need a tent or be able share one with others. Please advise here to co-ordinate. Anyone who doesn't wish to do the two full days, could end a day trip at this point - if required transport back to PN could be arranged. Please advise.

Day 2 and our destination is the end of Gladstone Road behind Levin via the Mangahao - Makahika Track which starts just beyond the No 3 Reservoir Dam. The track affords some good views along the way and towards the end it also has historical

significance. One such is a plaque commemorating the opening of this section of the track unveiled by the then prime minister Helen Clark. Our day's end will be at the end of Gladstone Road where subject to numbers a pickup will be arranged. As this tramp has a different start and end point please let Roy know your interest as soon as possible so as to better work out logistics. Meet at Milverton Park at 7.30am unless otherwise arranged. For more detailed information about this section go the official Te Araroa website and look up the trail notes.

Note: The next section of Te Araroa from Levin to Otaki Forks is scheduled for Easter weekend 2-5 April.

New members

Welcome to Jenny Mark, who joins us from the University of Waikato Tramping Club.

Notices

Trip card for January – June 2021

[The latest Trip Card](#) is on the club website. We are no longer printing and mailing out the trip card. Instead, it will be on the website as a 'living document' so it can be kept updated with any changes. Thank you to all of you who have offered to lead trips - we couldn't provide such an interesting menu of destinations without you. There are still gaps to fill so please contact Anne Lawrence or Janet Wilson if you wish to add a trip.

Keeping it Local - Our new club challenge

The PNTMC 2021 Lower Ruahine Huts and High Points Challenge. Running from 11 Dec 2020 through to 6 Dec 2021

Hut Name	Points
Alice Nash Memorial Heritage Lodge	1
Rangiwahia Hut	2
Awatere Hut	2
Stanfield Hut	2
A-Frame Shelter	2
Te Ekaou	3
Forks Hut	3
Iron Gate Hut	3

Kiritaki Hut	3
Longview Hut	3
Cattle Creek Hut	4
Happy Daze Hut	4
Daphne Hut	5
Mid Pohangina Hut	5
Leon Kinvig Hut	5
Triangle Hut	5
Makaretu Hut	5
Top Gorge Hut	6
Tarn Biv	7
Toka Biv	7
Howletts	7
Ngamoko Hut	9
Piripiri Hut	10

High Points

Points

Wharite Peak	2
Umutoi	2
Maharahara	3
Rocky Knob	3
Mataginui	3
Te Pohatu	4
Ross Peak	4
Toka	5
Mangahuia	5
Otomore	5
Whaingapuna	5
Tunupo	6
Maungamahue	6
Taumatataua	6
Takapari	7
Tiraha	8
Ohuinga	8
Te Hekenga	10
Taumataomekura	10

Extra points

Collect all 4 Pohangina River huts = bonus 4 pts
 Collect all 3 Oroua Huts = bonus 3 pts
 Stay overnight in hut = bonus 1 pt
 Visit on a club trip = bonus 1 pt per hut or highpoint

Notes

All visits after 1st visit = 1 pt + any bonus
 Any Hut/highpoint can only be claimed once per trip
 Enter your own points on the club spreadsheet (or get someone to enter them for you).

Hut and Track closures

- **Howletts hut**

Heretaunga Tramping Club plan to be clean and paint Howletts in the first half of February (4th – 14th February), weather permitting. People won't be able to visit the hut during this period so please be prepared to sleep outside, not in the hut.

- **Sunrise Hut and Track**

Sunrise hut and track will be closed from the 8th Feb to 5th April due to a major track upgrade. Surrounding huts in the area will remain open but access will be closed via the Sunrise Track.

- **Otaki Gorge**

The Otaki Gorge Road is closed to vehicles and pedestrians indefinitely.

- **Putara Road bridge**

The first swing bridge in from Putara Road end is closed so you need to cross the stream to get to Herepai Hut or Roaring Stag Hut.

Trip Reports

Outdoor First Aid (OFA) DoC Pohangina Base 7-8 November 2020

Organiser: Graeme Richards
Instructor Steffan Menzies, Triple One Care
Report by Kirsten Olsen.

What do I do if I am out in the bush and find a person lying below a cliff with blood running fast out from the leg? This type of question and more were dealt with at the OFA course.



*Scenario from the second day
(photo by Warren Wheeler)*

We were 12 students at the course, all with different levels of previous knowledge about first aid. However outdoor first aid is a bit different from normal first aid. The first thing is that in the outdoors you sometimes are in remote locations where help is not just around the corner. So, you might have to deal with the situation entirely alone. Second, since you are more exposed to the weather you will need to protect the injured person from the elements and then call for help.

In normal first aid the first response is remembered by the letters '**DRS ABCD**' (Doctors ABCD). Which stands for '**D**anger (to you and the injured person), **R**esponse (does the person respond), **S**end for help. Then clear **A**irways, check for **B**reathing, CPR (Cardio - Respiratory Resuscitation) and **D**efibrillator (which is seldom available in the bush...!). However, if there is strong bleeding then it is important to stop that *before* clearing the airways and checking for breathing. If the person has lost a lot of blood then it might be difficult to get the person back to life by CPR. In a secondary assessment we should look for signs and symptoms, find out if the person has any allergies, is on any medication and ask about their past medical history. Then also find out what they have eaten and what output they have had (pee, poo or, vomiting) and, of course, find out what happened to cause any injuries.

We learned all this - and more (the theory) - and how to give CPR and bandage different types of wounds the first day while it was nice and sunny outside.



How to use a bandage (photo by Kirsten Olsen)

Our instructor, Steffan Menzies, from 'Triple One Care' was very engaging and kept us all awake with his interactive way of teaching and many appropriate examples.

The second day started with a quick refresher of what we had learned on the first day. It was soon followed by a briefing on three scenarios where we - in teams - would have to apply our newly acquired knowledge and skills in outdoor first aid.

The scenarios were very realistic. Steffan had even ordered rain to set in to make it more realistic, so we had to include sheltering of the injured people from the elements while assessing the injuries. The scenarios even included multiple injured people so that we had to prioritise our effort.



*Scenario from day 2 - before the rain set in!
(photo by Warren Wheeler)*

The scenarios included a broken back and bones, bleeding, multiple wasp stings and medical conditions - like a confused diabetic. We all made mistakes, which was good for our learning during the debriefing after each scenario.

After the course I went home and reassessed my first aid kit and supplemented it with; trauma bandage, burn gel, triangular bandages.

I hope that I will never have to use the knowledge and skills I gained on this course. But if I do, I am much more confident than I was before I attended the course.

Participants: Anne Lawrence, Martin Lawrence, Woody Lee, Kathy Corner, Michael Poulsen, Kirsten Olsen, Stephen Legg, Ernie Cook, Warren Wheeler, Robyn Boocock, Janet Wilson, Graham Peters.

**Remutaka MTB Rail Trail
21 November 2020
Report by Stephen Legg**



*Summit of the Remutaka Rail Trail. Left to Right -
Kirsten Olsen, Stephen Legg, Chris Tuffley
(Photo by Stephen Legg)*

The Palmerston North Tramping and Mountaineering Club was temporarily renamed the Palmerston North Tramping and Mountain-biking Club. In short, we had a gale of a one-day return ride on the Remutaka rail trail. The trail was classified as 'easy', but the classifier forgot to account for the hurricane we experienced at times on this ride. The blasting cyclone rather put the wind up us. On this trip, at times, the wind velocity reached circa 100 km per hour. If you don't believe me, here are two photos to prove it.



*Chris's bike lifted by the gale force wind (26.2 ms-
1), as measured by anemometer
(Photos by Stephen Legg)*

The photos were taken by the least technically-minded member of our team of the most technically-minded, who wisely carried a hand-held wind gauge gadget called an anemometer. The most mathematically-minded and engineering-minded members of our team of three had to point out to the simple scribe that the measured maximum wind velocity of 26.2 metres per second was precisely 94.3 kilometers per hour. Near enough 100 kph for this scribe! Pretty-well a gale!

We puffed our steady way uphill, heads-down against a strengthening zephyr to the summit, from our quiet-still start-point at Cross Creek near Featherston, for a quick bite for lunch and inspection of the preserved antique railway workings (i.e. rusty old engines), in a strong breeze. The windy (as in twisty-turny), windy (as in air velocity) trail-way meandered through several dark, dank, drafty tunnels and over a picturesque suspension bridge swaying in the strengthening squalls.



Photo by Chris Tuffley



Photo by Chris Tuffley

It was then all downhill against a growing storm for an hour to Kaitoke, where we turned and cycled back. Although we cycled the trail in reverse (no - we did not cycle backwards), the tempest was now behind us,

so we simply sailed along. Though tempted, we refrained from temporarily rebranding PNTMC the Palmerston North Tramping, Mountain-biking and Sailing Club. In short, the reverse cycle of the Remutaka rail trail was almost a breeze in a gale.

Well, I may have given the impression that it was inordinately windy, since in reality the day started quietly enough. Nevertheless, the anemometer-owner regularly tested the wind-speed. It was only at the end of the day that the gale helped to lift our bikes back onto the bike rack. Interestingly, we encountered about twenty other cyclists, most of whom seemed to be riding e-bikes. I suppose that may have been due to the trail's proximity to Wellington.

The return trip took us about 4 hrs even though we stopped to do seven 5 - 15 minute E-bird Atlas bird counts for the national bird survey (<https://ebird.org/atlasnz/home>). Our bird count was as follows: Fantail (1), Magpie (3), Welcome Swallow (3), Dunnock (3), Chaffinch (14), Goldfinch (7), Bellbird (1), Grey warbler (12), Blackbird (8), Tui (3), Pukeko (3), Harrier (2), NZ Wood Pigeon (1), Tomtit (1), Starling (33), Shining Cuckoo (3), California Quail (2), Whitehead (2), the highlights being the last three species.



Shining Cuckoo (Photo by Stephen Legg)

In summary, this is a fairly easy and accessible cycle day-trail, with scenic bush views and interesting features. You can google it on <https://nzcycletrail.com/find-your-ride/22-great-rides/remutaka-cycle-trail/>

We were: Chris Tuffley (Leader), Kirsten Olsen, Stephen Legg (Trip Report Scribe)

**Beginner tramp #4: Gold Creek
6th December 2020**

Report by Charlene Tipene

The final tramp in a series of 4 beginner tramps this year, was a trip to Gold Creek Hut. We were light on numbers this trip however, we were undeterred; especially because the weather was once again fine and it was a beautiful, windless day.

Anne and Marty explained to us they had been in conversation with a farmer with a nearby farm to the bush, so we were able to miss out a gnarly river walk section to access the Hut. The overall description we had of what to expect was a nice, pleasant walk in across some farmland, a gentle undulating uphill section, followed by turnaround into a pretty steep, short walk/clamber down to the creek and associated hut.



Gold Creek hut (photo by Jenny Mark)

That turned out to be true. Of course, so was the opposite and we also had a short, sharp walk/clamber back up to turnaround point. As a beginning trumper, I can say I was challenged. We figured out with both some traditional map work (and confirmed by GPS tracking at the end of the trip) the uphill covered about 800m in distance and 450m in elevation. Anne might be able to tell you the math behind working out the average angle to

get back up to the turnaround, I will describe it as “breath-taking.”



Gold Creek (photo by Jenny Mark)

It was nice to be part of a smaller group. We were able to both walk in silence and enjoy the bush, and have some more in-depth one-on-one conversations. Having been on two walks in the beginner series, this certainly whet my appetite to get out on some more tramps – I feel more confident too about handling some shorter tramps on my own, given the advice I was able to glean from the experienced trampers who accompanied us. Great day, and some views to remember.

We were: Charlene Tipene, Nic Ogier, Jenny Mark, Neil and Michelle Benton, and Anne and Martin Lawrence

**Upper Makaroro Hut
11 – 13 December 2020
Report by Nicola Wallace**

The 5 of us arrived at Mangleton Road tramp start at about 7.30pm on Friday. The drive had been a delight (thanks Stephen), with a tea stop in Dannevirke, and birds aplenty in the last few km. Quail ran up the road ahead of us in the last of the day’s sun, one parent had a tiny baby running alongside. Out of the car it was chilly and windy. Pleasingly, we were the only car there.

After walking through a paddock of placid bulls, we descended into beech forest, and 10

minutes later arrived at Sentry Box Hut, an NZFS-type 4-bunk hut. 5 into 4 does go, if someone is willing to sleep on the floor, and I volunteered to do this, as I thought I might only go as far as Parks Peak Hut. Outside, Ernie was cutting Rabbit Jerkey into squares. Supper? No, for the stoat traps tomorrow. A lone trumper passed Sentry Box at about 8pm, on his way to Parks Peak that night.

We all rose before 6am, and were away a little over an hour later. The climb was steep, but the track was very good quality, and so it didn't seem hard. The pace was easy, and Stephen and Kirsten were kept busy birding, with a long-tailed cuckoo, plus lots of riflemen, whiteheads and grey warblers around. Soon we had a view, but copped strong wind with drizzle. At Rocky Knoll we rushed to seek shelter behind the rock while donning layers and raincoats. Back in the bush though, we warmed up again.

Once at the top we went into trap mode. Two pairs plus me the catch recorder. "Is there anything there?" became my call along the top to Parks Peak Hut, as all the traps were empty. The bait was replaced. The new-looking Parks Peak Hut in a clearing looked very inviting for morning tea, as it was still cold and drizzly. Surprisingly, inside the hut was even colder. Ernie promised sunshine down at Upper Makaroro Hut, so it was an easy decision for me to keep going. Staying alone at Parks Peak in the cold was not so appealing.

Down the hill to Upper Makaroro, we had our first trap catch, with UM77 holding a rat. Nearby lay a dead mouse under an A24. With the large number of birds, riflemen especially, hopefully there aren't many predators in there. As we descended, sun appeared between the showers. The bottom half of the hill was very steep, my knees growing more and more decrepit on the descent. It was lovely to flood my boots crossing the river (only mid-calf high) and reach Upper Makaroro Hut. Ernie kept his promise - it was sunny.

Kirsten and Stephen headed straight off for a dip. I ate lunch first, and dipped later. The

water was leg-numbingly cold, so only one thing for it.....duck under ASAP. I think I screamed, then jumped out, then did it all again, and emerged feeling very refreshed.

While I was now feeling very lazy, the others headed away after lunch for more trap maintenance up Totara Spur. I believe they found more trapped critters. Wish I had as much energy as they did, but I enjoyed the afternoon in the sun. Staring absentmindedly into the river, I noticed tiny fish, facing upstream, stationery, but their bodies waving in the current. I also started to make friends with my new Thermarest's pump sack. Open, close and roll.....

As Upper Makaroro Hut is a 4 bunker, Stephen volunteered to sleep on the floor this night. All was well until 11.30pm, when Stephen's mat (Kirsten's actually) deflated. Stephen was our driver, and needed a good night's sleep, so I happily slept on the floor again.

This night the sky was beautifully starry, and the next day brought typically gorgeous Hawkes Bay weather - sunny and hot. Once up the hill, we had a long morning tea in the sun outside Parks Peak Hut, with a crowd of noisy whitehead nearby. Our next destination was Pohatuhaha Trig (1368 m ASL). On the way, I made a note to keep an eye out for the red chair that Stephen had seen the day before. I found it, an outdoor garden chair, sat and looked at the magnificent mountain view to the West. I think I even saw Kylie Biv.

Michelle and Ernie serviced the 6 traps between the track intersection and the trig. We all enjoyed the 360° views in hot sunshine from the trig, but I could feel a change in the air; it was more humid now. Back to the intersection where we ate lunch, then down the hill. The steepest part, from Rocky Knoll down to Sentry Box was hard on all our legs, and it was a relief to reach flat ground again. Ernie reached Sentry Box Hut before us, but we weren't far behind, and did him out of a snooze in the hut.

We arrived at the car just after 2pm. Soon after leaving it started raining, and only fined

up around Dannevirke. I really enjoyed this tramp, an area of the Ruahines I'd never been into before. Thanks to the others for their relaxed, friendly company, and of course thanks to Stephen for the many kms of driving.

We were: Ernie Cook (leader), Michelle Benton, Kirsten Olsen, Stephen Legg and Nicola Wallace.

Annual awards 2020

Compiled & presented by Warren Wheeler

This year's annual awards were presented, with due gravitas, at the end of year BBQ in Ashhurst domain on 10th December. A summary of presentations is below.

Stick with It Award – Ernie Cook, for effecting a self-rescue in a Pohangina gorge pack float by persistently gripping his walking stick while paddling backwards.

Nailed It Award – Stephen Legg, last pink triangle trap marker affixed with rogue nail found in pool after eacaping from pocket.

Two Early Award – Dieter Stalman, arriving a week early at two club nights.

Missed the Boat Award – Anne Lawrence, for belatedly presenting a \$24 receipt for the 2018 Photo Competition prizes.

In the Pooh Award – Jo Lawrence, for dropping a toilet roll down the long-drop at Kime Hut.

Deer Oh Me Award – Bruce van Brunt, for inadvertently grabbing a dead deer instead of a log while scrambling up Cattle Creek.

Soled Out Award – Grant Christian, for inadvertently leaving the insoles out of his boots on a trip up Gorilla Stream.

Better Sure Than Sorry Award – Stephen Legg, for calling 111 during COVID lockdown after getting stung by wasps at home.

First Rule Award – Grant Christian and Malcolm Leary for leaving ice axes and crampons behind to (unsuccessfully) summit Nun's Veil.

Faint Hopes Award – Ernie Cook, for bouncing back from a brief fainting spell while waiting in the cold for a helicopter ride in to the Pohangina stoat lines.

Dave Hodges Award for Excellence in Pursuit of Forgetfulness – Janet Wilson, for not only forgetting her sleeping bag on her birthday at Paekakariki campground, but also forgetting billy, tea bags and drink bottle on a stoat slayers trip to Triangle Hut.

Yeah, Nah Award – Ernie Cook, for spotting that the padlocks on the doors at DOC Poh Base were actually not through the sliding latch, so the early arrivers could get in after all.

Pit Basher Award – Nicola Wallace, for staying at home in bed with a good book instead of coming on a wet, muddy trip to the Platinum Mines.

Ruahine award for newsletter contribution - Doug Strachan

Doug's contributions to the PNTMC NEWS during Lockdown were outstanding. Doug enlisted the help of his daughter Minami in creating the design for this weekly news posting.



It was Doug's idea to use the compass points to spell out NEWS and Minami put it together nicely.

Doug contributed to every issue of the PNTMC NEWS issues. He created a seemingly endless list of entertaining idioms as well as a number of interesting trip reports. Of particular note was his trip report 'Easter Nightmare, 2020' – a report that reflected the Lockdown experience from a tramper's perspective.



PNTMC Newsletter

February 2021

- Keeping it Local: The Lower Ruahine Huts and High Points Challenge
- Trip reports
- Upcoming events

Send articles to Anne Lawrence,
the newsletter editor, via the club website
<http://www.pntmc.org.nz/mail/>.



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Get out and about with us!

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