



Palmerston North Tramping and Mountaineering Club

www.pntmc.org.nz

PO Box 1217, Palmerston North

Newsletter September 2022



Front pointing on belay, Snowcraft 2, Ruapehu – see report inside.

Club Nights

Club nights are generally held on the second and last Thursday of each month at the Quakers Hall, 227 College Street, Palmerston North. Doors open 7.15pm for meeting start at 7.30pm. All welcome.

8 September 2022

Milford Track

Chris Tuffley

In January this year I had an unexpected opportunity to walk the Milford Track with some friends. How could I say no?? Come along and see some photos of this iconic New Zealand walk; cast your vote for its most beautiful waterfall; decide for yourself if it deserves its reputation as New Zealand's best walk; and learn the answer to such pressing questions as just how many sandflies are there at Sandfly Point anyway???

29 September 2022

Carbon Footprints

Nelson Lebo

Nelson Libo, eco-warrior and sustainability expert - currently PNCC Eco Design Adviser – and has long been an outdoors enthusiast. He will speak about how we can reduce our Carbon Footprints, not only on our outdoor activities but also around our homes. In the spirit of the subject matter, his talk will be done remotely via Zoom, so you can either stay at home or come to the Quakers Hall as usual to view the presentation on the screen. Zoom details will be emailed to members.

Upcoming Trips

3-4 September 2022 Ringatoto Mt Ruapehu F/T Grant Christian 021 117 6921

Rescheduled from 20-21 August – replaces Taranaki trip. Walk in to Rangipo Hut from the Tukino Road on Friday night and climb the east ridge to Ringatoto on Saturday. Stay at Rangipo Hut again on Saturday night and return to our vehicles on Sunday. If the conditions were unsuitable Saturday but suitable on Sunday we could walk in Saturday afternoon and back out Sunday afternoon. That will mean a longer day on Sunday. Please contact Grant at least one week before if you're interested.

4 September 2022 Blue Range Hut E/M Graeme Richards 021 149 8267

This is a popular "Easy" trip in the eastern Tararuas, well worth the steady uphill walk. Depart 7.30am from Milverton Park.

10-11 September 2022 TA- Otaki Forks-Waikanae M Roy Rolston 027 476 7188

This section of the Te Araroa Trail requires us to start and finish at different end points, so the plan is to run two cars or more depending on numbers from PN. There are two options for the weekend that comes to mind. One more relaxed and the other more demanding if you so wish. If possible ahead of time let me know your interest and preference.

Option 1: Meet at Milverton at 12 noon. Travel to Waikanae to drop one or more cars at the end point perhaps taking in a cafe lunch or a spot of shopping on the way at Otaki. Return to Otaki and travel to the Forks Roadend and walk over the closed section of road to the Forks DOC camping area and our overnight stop at Parawai Lodge nearby. Approx 1 to 1.5 hrs. Day 2 we take the Te Araroa trail south over the Pukeatua track to our end point and to our planted cars. Approx 6 to 7 hours.

Option 2: Meet at Milverton 7am. Travel to Waikanae and leave cars at end point as required. Return to Otaki Forks Road end and start our walk over the closed section of the road and reach Parawai Lodge about lunchtime. Afternoon could then be spent exploring the area as you wish. There are various short tracks and rivers to play in or if you are feeling really energetic, you could walk on up to the historic Field Hut and perhaps Table Top before returning back to Parawai for night. Day 2 same as option one.

11 September 2022 Rangiwahia Explorer E/M Janet Wilson 06 329 4722

Come along and spend a day exploring the scenic areas close to the Rangiwahia township. We will visit the Rangiwahia Scenic Reserve, the Kaikawaka Scenic Reserve, the Ian McKean Pinetum and the Mangahua Wetlands. Plenty of easy walking, some hills, great views. If you would like to know more about the area visit <https://www.iron gates.co.nz/rangiwahia-scenic-reserve.html>. Depart PN 7.30.

17-18 September 2022 Mitre Peak M/F Warren Wheeler 06 356 1998

Mitre is the highest peak in the Tararuas (1571m) and well worth a visit. We will head in from The Pines carpark to Mitre Flats Hut for the night (3-4 hours). It is about 3 hours up to the summit from there. If the weather is better on Saturday we will leave PN earlier so that we can summit that day, otherwise we will summit and walk out on Sunday.

17 or 18 September 2022 Ruapehu Summit Plateau M/F Grant Christian 021 117 6921

We'll go on the best weather day of the weekend to Te Heu Heu & Summit Plateau from Tukino. Travel up the prominent ridge from the Tukino side of Ruapehu that leads direct to Te Heu Heu and return via the Summit Plateau and the Mangatoetoenui Glacier.

24-25 September 2022 Arete Forks Hut M/F Chris Tuffley 06 359 2530

Arete Forks is in the eastern Tararua and is most easily accessed from Kiriwhakapapa Roadend. We'll walk in to Blue Range on Friday night, and then weather permitting travel between Cow Creek and Arete Forks via Table Ridge in one direction, and the (recently recut - yay!) side track in the other. For added variety we might even go via Cow Saddle on the way to or from Cow Creek too.

25 September 2022 Blue Range Hut E/M Richard Lockett 06 323 0948

Nestled atop the Blue Range on the eastern Tararuas at an altitude just below 900 metres this quirky little hut provides an ideal day trip destination. From the Kiriwhakapapa Roadend a moderate climb is rewarded with views across to Mitre and Brockett peaks. Depart 7.30am Milverton Park.

1-2 October 2022 Ngauruhoe Plus M/T Warren Wheeler 06 356 1998

Our traditional celebration of the Grandstand View day trip in 1996 that coincided with an eruption of Ruapehu. We plan to climb up the snowfield on the west side of Ngauruhoe, circle the crater rim and descend the north side. Options on the other day will depend on weather and interest, but Plan A is an easy explore of the lower Turoa slopes of Ruapehu. We will Stay at Sue's place in Rangitaua, leaving PN on Friday evening preferably.

2 October 2022 Stanfield Hut E Woody Lee 0210 444 552

An easy tramp to the eastern side of the Ruahines. We will start from Tamaki West Rd and follow the Holmes Ridge track and an unmarked riverbed route to the hut. After lunch we return the same way. We will leave from Milverton Park at 7.30am.

Trip Grading

Trip grades depend on many factors, especially weather and terrain. A reasonably proficient trampler should expect to do the trips in the following times:

Easy (E):	3-4 hrs	Other Grades:
Medium (M):	5-6 hrs	Family (Fam)
Fit (F):	about 8 hrs	Technical skills (T)
Fitness Essential (FE):	over 8 hrs	Inst (Instruction)

BWD = Best weather day of a weekend

Trip participants

Contact the leader at least 3 days in advance. Trips usually leave from Milverton Park. A charge for transport will be collected on the day.

Gear for trips

Minimum gear for day trips is appropriate footwear, pack, lunch and snacks, waterproof jacket, over-trousers, gloves, warm hat, torch, toilet paper, matches or a lighter, sunblock, first aid kit, and a survival bag or space blanket. Each person needs to be equipped to survive overnight.

Overdue Trips

If a club trip is late returning, please do not worry as there is probably a good reason for the delay. If you are in any doubt, please phone Martin Lawrence 357 1695 or Graeme Richards 021 149 8267.

New Members

Welcome to Christian Lechner, who will be joining us in September from Germany.

Notices

Interclub Quiz Results

What country has the longest coastline? What is the second highest peak in the North Island? How many extinct and active volcanoes are there in the Auckland area? How many butterflies and moths are there in New Zealand?

On Tuesday 16 August 2022 MUAC duly enlightened us with the answers to these and lots of other interesting questions. At the end of the night the results were very close:

1st PNTMC Team 40.6 points,

2nd MTSC Team#1 37.3

3rd MUAC Team#1 35.

So once again, we get the privilege of engraving PNTMC on the Trevor Bissell Memorial Billy Trophy – held at Bivouac PN - thanks to the seven members on the PNTMC team.

Thanks also to MUAC for organising the quiz night, complete with refreshments and prizes...of particular note were the handmade beer cooler prizes for our team members, each one made out of a length of old climbing rope. Look it up on You Tube!

Answers: Canada. Taranaki/Egmont, 52, 2000.

PNTMC Photo Competiton 25 August 2022 RESULTS

- ABOVE BUSHLINE (With no Human Element)
 1. Howletts Hut Sunset – Monika Coles
 2. Kepler Track Kea in flight – David Soong
 3. Central Plateau – Elly Arnst
- ABOVE BUSHLINE (With a Human Element)
 1. Kepler Track Ridgeline Walk - David Soong
 2. Dundas Hut – Elly Arnst
 3. Snow ridge climb Tahurangi -Monika Coles
- BELOW BUSHLINE (With no Human Element)
 - 1= Hump Ridge Track Tomtit -David Soong
 - 1= Trees in standing water -Monika Coles
 3. Kaipō River -Elly Arnst
- BELOW BUSHLINE (With a Human Element)
 1. Quiet lake shore -Martin Lawrence
 2. Panekiri Bluff Waikaremoana-David Soong
 3. Wharariki Beach – Elly Arnst
- NATIVE FLORA & FAUNA
 - 1= Lone tree -David Soong
 - 1= Under Ice -Elly Arnst
 3. Fungi -Monika Coles
- LONG EXPOSURE
 1. Panekiri Hut Waikaremoana -David Soong

• OVERSEAS

1. Squirrel -Sally Hewson

• TOPICAL

1. Rise and Shine -Warren Wheeler
2. A-Team at A-Frame -Warren Wheeler
3. Mid-run naps -Elly Arnst

Thanks to our judge Chris Tuffley for his comments and for selecting the best three or four images for the audience votes. Thanks also to Martin Lawrence for compiling all the images and to Anne for recording the results.

Winning entries will be uploaded into the Photos page on our website.

We now look forward to the interclub Photo Comp hosted by MTSC on Tuesday 4 October.



Kepler Track Ridgeline Walk – David Soong



Quiet Lake Shore – Martin Lawrence



Rise and Shine – Warren Wheeler

Trip Reports

24 July 2022

Atene Skyline Walk

Report by Nicola Wallace

We left Milverton Park just after 7.30am, and though the day was cloudy, we had brilliant views of Mts Taranaki and Ruapehu, white with snow, as we headed to Whanganui. 36km after the town we arrived at the Atene carpark, to find one other car there and low mist. The DOC sign gave a time for the walk of 8 hours.

Soon after the start, the track was very muddy, churned up by cattle. I silently hoped that it wasn't muddy like this all the way. A fantail started to follow us, cheeping and darting in front of the different group members as we gradually climbed. The mud didn't last long, but the fantail did, he followed us all the way to the first lookout, well over 500m! There wasn't much of a view from said lookout. Normally you can see the old course of the Whanganui River, but today mist filled the valley below. Puketapu protruded through the mist.

Perhaps a little history would be good here. Hundreds of years ago, the hill Puketapu stood at the end of a narrow necked peninsula. Eventually the river cut through the neck, taking a shorter route and cutting off quite a meander.

From here the track was very easy going for a while, wide and flat. This is because it was once a road, built in 1959 by the Ministry of Works. This area was being considered for hydro electricity development – thank goodness it never happened.

Slowly the day warmed, and the mist rose, giving the view over the forested Ahu Ahu Valley a prehistoric feel. Long mosses hung from the trackside trees. About 3km from the start, the old road became a tramping track and now the real hills started, though most had steps.



We reached the clearing and shelter just after 12 noon. Lunchtime! The shelter, though open on three sides, was well set up, with a large picnic table and even a "hut book", also a dunny and water tank. It was interesting reading the few entries in the book, as quite a few people camp here overnight.

Though it felt like we were over half way, this was an illusion. The ups and downs continued, and 30 minutes after lunch we reached Taumata Trig (just a sign, not a trig), the highest point of the walk at 572m ASL. The afternoon was very warm, with not a breath of wind, a blue-sky day now.

We continued on: up, down, up, down.....and later found that we were meandering round the edge of huge sandstone bluffs, then reached a second high point, Taupiri Trig. I found that by standing in the right place I could see Kapiti Island!

Eventually we started descending much more than ascending, and soon had views of the muddy brown Whanganui River from on high. The long descent was very slippery, and I took a sudden slip at the bottom of a set of steps. Falling backwards onto a step is painful for the back! The last bit was over grass, nice on the feet.



This loop walk is 12.7 km long according to DOC, and the last 2km was walking on the road back to the car. This was interesting too, featuring kune-kune pigs and rustic housing. We arrived back at the car at 4pm, having left it at 9.15am, so a time of 6hr 45mins, not that we were hurrying. We saw no-one else on the walk.

After stopping at the 4Square in Whanganui, we were flying down SH3 in the Bluebird (Nissan) to the sound of Fleetwood Mac. Thanks for leading this trip Ernie, and for all the driving. It was a great day.

We were: Ernie Cook (leader and driver), Richard Loader, Brendon Corner, Nicola Wallace

31 July 2022

Branch Road Walkway

Report by Ernie Cook



Leaving heavy, intermittent showers behind us we travelled to the home of the squire of the dormant shire of Pohangina. Sunday's weather forecast had always looked less than promising but with the phone remaining silent it was up and away. We convened on Janet's verandah and donned whatever clothing was deemed suitable. Dress for cold and wet were the instructions and it will be wet underfoot. Whilst it was cool when exposed to the wind we did not get rained upon.

The nicely benched track meanders gently upwards beneath pine trees. A couple of pine trees had fallen across the track but proved no real challenge as we were only wearing day packs and could easily climb underneath. A short series of switchbacks had us gaining height more quickly but it was then back to a gradual ascent.



Out in the open nearing Ridge Road the wind was more obvious and the views opened up all around. Upon reaching Ridge Road scant thought was given to returning that way so we retraced our steps arriving back at the squire's house at about 1245p.m.



We were offered hot and cold drinks and sat around Janet's magnificent table eating our lunches. For dessert we enjoyed a wonderful chocolate cake that Graham had freshly baked the previous evening. Then it was off home to do some chores that the time gained from a shorter outing allows.

We were Murray from Wanganui (Murray had previously been on a beginners tramp to Sunrise Hut with the Club), Richard, a work-mate of Ernie's (Richard did Atene Skyline trip previously), Annmaree, Monika, Michelle, Ernie (scribe) and Janet (leader).

9-10 July 2022

Snowcraft 1 - Diary of a Snow-Phobe

Report by Rosie Sargent

I've done a lot of tramping over the years but have always been a bit nervous about snow, knowing I didn't have the skills or the equipment required. Some tramping friends are avid skiers and would sometimes suggest trips that were likely to have snow or ice, and they were starting to get frustrated with me always politely declining to go (or suggesting all trips be rescheduled to mid-March when snow was unlikely).

I'm rather cautious (and uncoordinated) so the idea of borrowing some gear and learning snow skills 'on the job' during a trip didn't really appeal, so when I heard about the Snowcraft 1 course, I decided this was my opportunity to improve my relationship with snow. So I duly packed up a random assortment of tramping and winter motorbiking gear hoping it would be enough to keep me warm and dry in the snow.

The forecast for the weekend wasn't so good, and Saturday morning was spent hanging around the '70's bach' drinking cups of tea, watching videos about snow skills and learning to use avalanche transceivers in the garden. By Saturday afternoon we were getting cabin fever, so checked a couple of weather forecasts and agreed that the weather wasn't ideal, but it was worth going for a look. 'Not ideal' meant standing in the rain in a small patch of snow next to the carpark at Turoa, but it gave us a chance to practise walking in crampons and attempting to self-arrest on the near-flat Beginners Slope.

Sunday morning it had stopped raining, so we went back up the hill in search of snow. After a bit of trekking we found a suitable slope and practised kicking and cutting steps. I learned that cutting steps is an excellent way to remind you to always carry your crampons, so you never have to cut steps again.

After a few slides down the hill I felt like I was getting the hang of self-arresting, until it came time to try going headfirst on my back. This was scary enough to make me forget which hand my ice axe was in and made for some very slow and awkward manoeuvres. More practise is clearly required.

The self-arresting having successfully filled our jackets with snow, we donned crampons and practised a range of different crampon techniques, then it was time to go for a walk. As Grant led us up the hill I realised: this snow-phobe was confidently walking around through the snow! I was even remembering to have my ice axe in the correct hand most of the time. By the time we were driving down from the ski field I'd agreed to sign up for Snowcraft 2.

Snowcraft 1 was really well pitched for someone like me with no snow skills, and who was in need of a bit of confidence. I learned a lot, and never felt like I was being rushed, or was out of my depth. Now I'm waiting patiently for it to snow so I can get out and test my new skills.



SC1 - Practising self-arresting.



Heading up the hill to test our crampon skills



SC1- Trying to locate Chris's leg using an avalanche probe – not

Snowcraft 2 2022 took place over the weekend of 23-24 July and saw the return of six students from Snowcraft 1 plus the addition of Cam who completed Snowcraft 1 the previous year. We had two great weather days on the mountain but snow was thin on the ground so we had to hike up for about 1 hour to find some suitable terrain and snow conditions. The focus for this course was rope work, belaying and anchors. We were also introduced to the basic knots required.



First up was learning to set T-slot anchors. This was followed by getting our heads around the basics of belaying. After a few times climbing up and down slopes things started coming together. On the way back down for the day we set up a rock anchor with an Italian Hitch and Clint belayed the group down a steep icy slope.



On Sunday we climbed further up the mountain to a steeper slope to practice more belaying and setting T-slots and snow stakes. We also practiced using runners part way up each pitch. During our lunch break we got a bit cold so we went for a walk to warm up.

We found some steep faces to play on using two ice tools and front pointing techniques. Even though the snow conditions were quite soft we still got a good idea of what is possible to climb with crampons and ice tools.

Thanks to our instructors, Grant, Malcolm and Chris for a great weekend of tuition on the mountain.

Snowcraft 3 2022 took place over the weekend of 6-7 August and five students from Snowcraft 2 attended. Snowcraft 3 was a good opportunity to consolidate the skills we had learnt in Snowcraft 2 and get some more practice in. Despite an unfavourable weather forecast we managed to get a full day out on the mountain.

First up we got instruction in roping up for glacier travel and traversed part way up the mountain in our pairs, practicing keeping the rope tight. We then hiked up the mountain to return to the slopes we practiced on in Snowcraft 2. This location was a gully that was somewhat sheltered from the strong winds that were buffeting the mountain. We got more experience in belaying, this time using multiple anchors. We are becoming more proficient in the belaying process and technique as a result of all this practice.



After lunch we built snow bollards and the group was impressed at how strong this anchor was. We had five people pulling on the rope trying to break the anchor but it stayed in place. We used these anchors to get some abseiling action on some vertical ice faces.





This was undoubtedly the highlight of the day, especially with Cam providing much entertainment for the group as he ended up upside down on the rope on several occasions. Though to be fair, he was tackling some undercut sections on the face.

In the evening we broke tradition and went to the Powderkeg for dinner instead of the Ohakune Tavern. The jury is out on whether this should be standard, or if we should try some other eating establishments in town.

Sunday saw high winds on the mountain so we stayed at Sue's 70s styled bach. We got some practice prusiking up the rope! We also learnt and practiced crevasse rescues from the garden using a Z pulley system.

Another successful weekend, with thanks once again to Grant, Dwight and Malcolm for organising a great course.

6-7 August 2022

Leon Kinvig Hut

Report by Ernie Cook

Here was the opportunity to travel into Leon Kinvig Hut via the Apiti Track and spend the night experiencing the warmth of a recently installed log burner. We would be about the fourth party to enjoy this improvement along with a new roof and wood shed amongst other upgrades. I cannot recall having seen this trip previously advertised on the Trip Card in the four years that I have been a member of the Club. Seemingly everyone else has made this trip as Monika and I were the only ones to accompany Janet.

Between the three of us we had looked at possibly three different weather forecasting platforms. All predicted wind and rain but were at variance as to when the rain would arrive. We had to hope that the correct forecast would prove wrong and that one of the incorrect forecasts would prove right.

In any event the rain arrived shortly after 3.00am Sunday and heavy showers came and went most of the morning leaving us with the conundrum of how to dress to keep off the rain whilst knowing that it would be warm toiling up the reasonably steep track back up to Longview ridge.

The previous evening Ernie had heard (croak) and seen a blue duck wing its way upriver but it proved elusive when looked for.

As we neared the Hut mid-afternoon Saturday, Ernie had loaded Monika and Janet up with some good dry firewood. His reasoning being that it is good to arrive at the hut with all your work completed for the day apart from the use of the saw. He failed to convince them of this and some time was spent gathering and sawing more firewood thus leaving the woodshed and hut greatly replenished. Janet was pleased to find a good piece of totara to burn.

Rather than make this a long-winded report I will leave you to view Monika's photos and reminisce about your own trip over the Apiti Track to Leon Kinvig Hut or lament your missed opportunity to do so.



We reached the hut in about 2 hours, just as some blokes were leaving. One of them seemed familiar to me, and Verity thought she recognized the other one, but it turned out we didn't know either. Is that the school teachers' curse that all faces seem familiar?

The hut was toasty as the fire had been going overnight and was still burning.

On this trip, there were a couple of improvements over the last trip. This time the drink sachets were new, not several years beyond their best before date. The size 9 boots that hurt my toes last time were worn by Maho

this time, and I wore a new size 10 pair. Our toes were fine, so buying a size larger than usual footwear seems to work.

It might be Maho's last tramp to Rangi as the arthritis in her leg felt worse than expected. Before you give all your sympathy to Maho, let it be known that I injured myself on this trip. I scraped my shin on the picnic table outside Cheltenham dairy after consuming a double scoop ice cream. However, being tough and resilient, I am prepared to revisit the Cheltenham dairy in future.

We were Heather Knox, Verity Elder, Maho & Doug Strachan

PNTMC Photo Competition 2022

Judge's Choice - Best in Show



Kepler Track Kea in flight – David Soong



PNTMC Newsletter September 2022

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- PNTMC Photo Comp Results
- Snowcraft 1, 2 & 3 Reports with Pics
- Trip reports: Atene Skyline Walk, Branch Road Walkway, Leon Kinvig Hut

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