

# Palmerston North Tramping and Mountaineering Club Inc.

[www.pntmc.org.nz](http://www.pntmc.org.nz)

P.O. Box 1217, Palmerston North

## Newsletter - May 2008

### Club Nights

Club nights are held at 7:45pm on the second and last Thursday of each month at the Society of Friends Hall, 227 College Street., PN  
All welcome! Please sign the visitor's book at the door.

**8 May Club night**

#### Spanish mountain travels - Martin Lawrence

Martin's talk will talk about his trip last September to Northern Spain. He visited three different national parks there and has some interesting pictures to show.

**22 May Committee meeting**

**29 May Club night**

#### BYO slides

#### *What have you been up to this summer?*

This is the opportunity to show and tell, either on the digital projector or ye olde slide projector. For further information, contact Warren Wheeler on 356-1998

### Trip Notes

#### Trip Grading

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

Easy (E):	3-4 hrs
Medium (M):	5-6 hrs
Fit (F):	about 8 hrs
Fitness Essential (FE):	over 8 hrs
Other grades:	Technical skills required (T) and Instructional (I)

#### Trip participants

Contact the leader at least 3 days in advance. Trips leave from Countdown car park. A charge for transport will be collected on the day.

#### Trip leaders

Please advise a trip coordinator, as soon as possible, if you will be unable to run your trip as scheduled. This is so that alternatives can be arranged, put in the newsletter, or passed on at club night.

#### Overdue Trips

##### Note to partners, parents or friends of members:

If a club trip is late returning, please do not worry unduly as there is probably a good reason for the delay. If you are in any doubt, please phone one of the Overdue Trip Contacts:

Mick Leyland	358-3183
Terry Crippen	356-3588
Janet Wilson	329-4722

### Upcoming Trips

**3-4 May**

**Pouakai Circuit ENP**

**E/M**

**Christine Cheyne 354-6387 or 021-2467095**

We start and finish this two day tramp at North Egmont road end (approx 3 hours drive from PN). We'll go via Holly Hut and cross the Ahukawakawa Swamp to spend Saturday night in Pouakai hut, continuing on Sunday via Maude and Henry Peaks to return to North Egmont Depart PN on Saturday 6am.

**4 May**

**Dawn windmills**

**M**

**Warren Wheeler**

**356-1998**

Depart 4.30am. We will drive to the top of the Pahiatua Track and start our stroll along North Range Road by torchlight, with the towns to the west and east twinkling like far off constellations. As we reach the first windmills the New Moon will rise, followed an hour or so later by the Sun in hot pursuit. Our stroll along the road, which is closed to public vehicular traffic, will end at Ballance in time for an early lunch at the Beyond the Bridge Café. BYO torch and breakfast goodies.

**10-11 May**

**Ngamoko, Leon Kinvig**

**M**

**Peter Darragh**

**027-6765-457**

Contact Peter for details.

**11 May**

**Mick's Bush Bash**

**M**

**Mick Leyland**

**358-3183**

This trip has been cancelled.

**17-18 May**

**Triangle Hut**

**M**

**Craig Allerby**

**323-7913**

Depart 8am. Taking the track to Rangi Hut, then we will carry on along the track over the Whanahuia Range and drop down the ridge to Triangle Hut for the night. Returning the same way or via the Deadman's Track.

**18 May**

**Beach Walk**

**E**

**Duncan Hedderley**

**354-6905**

We'll meet at 8am, then head to Waitarere and walk

south, past the wreck of the Hyderabad to Hokio Beach. Return the same way. A chance to grab some ozone and a shoe or two full of sand

**24-25 May**

**Gold Creek** M  
**Richard Lockett** 323-0948  
Contact Richard for details

**25 May**

**Tama, Tongariro National Park** M  
**Peter Wiles** 358-6894  
Leave Countdown at 6am heading for the Chateau.  
The actual trip will depend on the weather on the day.

**Queen's birthday weekend**

**30 May – 2 June**

**Janet's Coastal Classic**

**Janet Wilson** 329-4722

Janet's Coastal Classic is to Arapawa Island. Early stages of planning as yet but the trip will depart on Friday May 30th, (you will need the day off work), returning on Monday, 2nd June. Expressions of interest now please so that Janet has a rough idea of numbers to book accommodation for.

**2 June**

**A-Frame Hut/Takapari Rd** E/M/F  
**Alasdair Noble** 356-1094

This trip is for anyone who can't get away for the weekend but would still like to have a tramp. The trip will be whatever the participants want. There are a number of good tracks in the area and a number of not so good - depending on those who come along it could be Easy or Fit or somewhere in between. I will make final decisions on the day and there is a possibility of smaller groups heading in different directions. Meet Countdown carpark at 8.00am.

## Notices

### Articles for the newsletter

Send by the 20<sup>th</sup> of each month to Anne email: [dahlia44@xtra.co.nz](mailto:dahlia44@xtra.co.nz) or post to 44 Dahlia St, PN.

## Subscriptions

We need all subscriptions in by the MAY Committee meeting (22nd May), to finalize and send off paid-up membership numbers to FMC. Paid-up membership numbers determine the number of 2008-09 FMC cards we get (the current ones expire at the end of June).

Please fill out the slip on the last page of this newsletter and mail with your cheque to:  
PNTMC, PO Box 1217, Palmerston North  
or hand it to Martin or Bruce at club night.

<b>Normal subs:</b>	<b>Individual \$35</b>	<b>Family \$40</b>
<b>E-subs:</b>	<b>Individual \$25</b>	<b>Family \$30</b>

## Snowcraft Instruction Programme 2008 Preliminary Notice

It's time to start thinking about learning or updating your snowcraft or alpine skills. Here are the dates for the Clubs comprehensive snowcraft instruction programme, which begins in July. Pass the word round to your friends also.

### Snowcraft 1

Evening: Tuesday 22 July.  
Weekend: 26-27 July

### Snowcraft 2

Evening: Tuesday 5 August.  
Weekend: 9-10 August

### Snowcraft 3

Evening: Tuesday 19 August.  
Weekend: 23-24 August

Full details in next month's newsletter.

Visit our website [www.pntmc.org.nz](http://www.pntmc.org.nz) for costs, details and registration form. Or contact Bruce on 328-4761.

## Acting secretary

Anja Scholz is acting as secretary as Terry Crippen is away overseas for all of May.

Anja's contact number is 356-6454

## Trip Reports

### Tasman Saddle

**3-16 February**

**Report and photo by Michael Archer**

After my usual last minute rush to get ready, I flew out of PN at 10.20 pm on Friday. The first excitement involved a rapid repack at the check-in counter to move small heavy stuff from my pack to my hand luggage to reduce the excess baggage charge from \$90 to \$20.

The next morning we drove to Mount Cook Village with a great breakfast stop at the bakery in Geraldine. At Mount Cook Village we gathered information from Alpine Guides, the Helicopter line, DOC and the fixed wing plane charters. The planes were cheaper but were unable to land on the Tasman glacier, because the crevasses were so open, although they could land at the head of the Murchison. However, the Murchison headwall was impassable, so our options were to chopper in or go straight to the Beetham on foot. There was much debate with Nigel pleading poverty despite the dairy industry boom, Archer keen to walk to save a few dollars, and Terri insistent that after all it is only money. Although the chopper was expensive we all agreed that we had come to get to Tasman Saddle, so we grabbed our packs and headed down to the Helicopter pad.

There was some cloud and rain about and the helicopter pilot was unsure how high up the Tasman they could drop us. I had never been in a helicopter before so it was exciting for me although I did feel we were cheating a bit by not walking in. The weather improved as we got higher up the Tasman so the pilot was able to drop on the glacier just by Tasman saddle.

We put our crampons on and roped up for the hike up to Kelman Hut. The view was stunning, crevasses everywhere and we were surrounded by the magnificent Southern Alps. We had to step over a few small cracks on the way which was very exciting as was being roped up for glacier travel for real. Kelman is set up on a rocky spur with fantastic views down the Tasman and Murchison glaciers. There were two guides from Alpine Guides Limited (AGL) at the hut, Jamie Robertson with an English couple, Emma, whose claim to fame was beating Paula Radcliffe when she was a junior, and Richard both from London. They were taking a week's private instruction during their year off work, which they were spending climbing all over the world. The other guide was Trevor Street who was instructing four young keen Australians on an Alpine Instruction course.

The hut was very comfortable especially as we each had a double bed. The first night the wind howled away outside and was still going when the alarm went at 6.00 am. Too windy came from Terry's corner and back to bed it was for an hour. Anyway by 8.00am things had improved so we set off to practise our crevasse skills or lack there of. I was surprised how hard it was to make yourself actually walk off the edge of a crevasse even though you had a perfectly good rope attached. It was much-needed experience being both down in the crevasse and also setting up the anchors at the top. Nigel really got into it and even took off all his coils so that he ended up way down in the crack.

We headed back to the hut for lunch and then did some more prussicking up a rope hung from the roof of the hut. The Australians set off to build a snow cave, something I had always wanted to try. So after climbing the rope a few times I headed out and built my own small cave. It was hard work and took me 3 hours, but was good fun, although somewhat wasted as I never had the guts to sleep in it. We took it in turns to cook supper, and ate well the whole trip, although we were somewhat surprised by the lavish life style of the guided parties. They had certainly made the most of their helicopter flight and feasted on the likes of sushi, cheese cake and stir fry washed down with red wine.

The weather prediction for the next few days was good so the next day we were up at 6.00 am and out of the hut by 7.00. Absolutely clear conditions with no wind. We headed north across the glacier weaving amongst the crevasses. I had never been on a glacier before and peering down into the depths of these huge cracks was impressive and scary. Being roped up

meant you had to concentrate all the time on; not treading on the rope with sharp crampons, where you needed to be relative to the person ahead crossing the crevasse and if you were leading which way to go.

Our first objective was Mt. Aylmer. We climbed up the South East face which was quite steep and covered in ice. We used two tools to climb, which was great fun, whacking into the solid snow and ice. Towards the summit the slope steepened so we pitched for two rope lengths. It was the first time I had actually placed an ice screw as it was too hard for a snow picket. At the summit we basked in the sunshine and incredible views in every direction.

We had lunch on the saddle leading to Hochstetter Dome (HD). It was my first chance to try my home made Tararua biscuits which were no where near as neat and tidy as Terry's but still tasted good with cheese, salami and vegemite. The snow was beginning to soften so we decided we were too late to do HD and instead headed back towards and past the hut to check up the start of the rock climb up Abel.



Hochstetter Dome

The next day, as usual, the PNTMC group was first out of the hut. Another fantastic day with not a cloud in sight. We headed north again to the saddle up to HD. Although the climb is not technical we climbed up a fantastic snowy arete crossing an impressive snow bridge on the way. At the top there is a small crevasse to climb in and out of to get to the summit. From there we followed the main ridge over rock and snow to get to the west peak of HD. Then our traverse took us a long way down towards Tasman Saddle Hut. The crevasses we had seen before were nothing compared to these monsters. We weaved in and out, across snow bridges, often having to retrace our steps looking for a way. Nigel and I were pretty sure that we were going to be climbing back up HD, but Terry knew there was another way. Eventually we found it.

It involved walking in front of some huge ice cliffs that obviously collapsed with some degree of frequency judging by the debris. You feel small and vulnerable when you look up at these towering cliffs, subtly trying to quicken your step. It was a relief to get

onto the easy ground in the bowl towards Tasman Saddle Hut which had been our originally planned destination. It is spectacularly set looking out over a huge rocky cliff down onto the glacier. We had lunch and a snooze to allow the snow to harden up as evening approached. It had been a great day and was a sunny evening so I indulged in a snow bath which was both invigorating and rewarding.

We got up at 6.00 am but the wind was up so we waited until 8.00 before leaving for our prepared platforms that we had dug two days ago at the base of Abel. I led the first pitch nervously with good advice from below to get up to a less steep gully. Once up the gully to a flat area it was difficult to know where to head next. I was amazed looking up the towering pile of broken rock above us. I had heard that New Zealand rock was broken up but had not expected this. Terry bravely led the second pitch disappearing up over a column that seemed to stand up all alone but in fact lead us to exactly where we wanted to go on the ridge. From there the going got easier and we scrambled up the piles of shattered rock to the summit of Abel.

The main excitement of our lunch break was Terry dropping his sausage down a hole in the rocks. I spotted a cave below him that I was able to crawl into with a head torch and eventually locate the precious nutrient. Fed and watered we continued our traverse of Abel initially down the rocks and then zigzagging over loose steep scree to get to the snow field. We had to be careful about rock falling onto each other so took it in turns to get down onto the snow, a process that seemed to take forever. Anyway from there it was an easy trudge back to Kelman. It was a spectacular Sunset and I was sad that we were going to be leaving this amazing place the next morning.

After another leisurely 6.00 am start, we weaved our way down the Tasman finding a way through the crevasses, helped in some places by the tracks left by the AGL party that had left the hut at 4.00 am. Concentrating on not stepping on the rope definitely limits your ability to look around, which is always tempting as the views were stunning. I was looking forward to the ice fields with no crevasses so that we could unrope. I was amazed at the terrain we met thinking the ice fields would be nice and flat and easy going. Wrong, it was like walking across a flat mogul field with massive bumps. At times you got into natural channels between the lumps but mainly it was up and down and very difficult to pick a route. With the heavy packs everyone felt their feet and blistered on this section.

Eventually we got level with the Beetham stream due East of Mt Tasman. We continued south for 300 yards to find a way up the moraine wall. Even though the moraine looked completely unstable the big rocks were actually OK to climb up and I soon learnt big rocks going up, small stuff coming down. At the top of the slope I got my first thorny "Spaniard"

experience and soon learnt not to reach out for a hold without looking. We traversed through the snow grass and spaniard before dropping down to the Beetham stream near the wire bridge. Rather than cross this long three-cable bridge which has had two fatalities, we walked up the right hand side of the stream until we found somewhere to cross through knee deep water. Fairly soon we came across a suitable camp site close to the stream. With my usual skill, I managed to tread on a moss-covered rock and fall into the little stream that we had to cross to get to the camp - so had to spend the evening drying my clothes. Our precious ice axes were put to work digging rocks out of the tent site which was still pretty stony by the end. This did not seem to be much of a concern to Terry and Nigel with their great big Thermarests. I stuffed all my spare clothes and kit under my puny piece of foam.

Our 5.00 am start was a bit of a shock to the system as we headed off up the Beetham valley to the Malte Brun pass with the aim of climbing Aiguilles Rouge. It was quite a hard climb up to the pass mainly on rocky paths but at the top a snow field and then large boulders had to be crossed. Aiguilles Rouge has good rock faces on the North East ridge and North West side. We were a little intimidated by these and chose to climb the snow field aiming for a gully. This looked like it would be the easiest way to get up, however there was a price to pay - It was also the easy way down for all the loose rock so rock fall became a major concern as we pitched up the gully. In the end we decided we did not have time to make it to the summit and back down the North East ridge. Even getting back down the gully took some time and we were all glad to get back on the snow and realised we had chosen the wrong route. It was a long hike back down, all of us disappointed we hadn't managed to get up as we were using it as a test for our ability to get up Malte Brun (MB).

The next day it rained all day so we had a rest day, emerging from the tent now and again for a feed or brew. Nigel was well into The Power of One which he had found at Kelman. I had a go as Suduko, and Terry slept.

The rain stopped by the following morning so we set off to recheck the Malte Brun approach, starting from the site of the old Malte Brun hut. We initially climbed on snow grass and rocks before traversing across big scree slopes. After sidling round we were able to climb up to the start of the East ridge of MB. We had good fun climbing along this ridge up and down small summits until we reached point 2275 on the map. This was the summit for the day and I realised how big MB was and how you would have to bivvy high up to make it in a day. We took a different route back to camp ending up sliding down the wet snow grass to get home.

The next morning it was still raining and we were enveloped in cloud so it was tent bound again. By

9.30 am there was no improvement so the decision was made to head out a day early. Climbing back up through the grass and Spaniard was hard work with the heavy packs, however going down the moraine wall was much easier than coming up. So it was back onto the bumpy ice until we got to the rocks being pushed in front of the glacier.

Again I was amazed by the terrain, great big hills of rubble covered ice. It was difficult to choose a logical route through this area but eventually Terry got us to a central gully that curved south and west to get to the moraine wall. We had to cross a number of small lakes and rivers to get there. Numerous cairns marked the way up the moraine. Keeping on the bigger rocks was the secret and actually easier than I was expecting but still a good grunt. Once at the top we followed the path to Ball shelter from where it was a long trudge down to the car park.

Back at Mount Cook came the highlight of the trip. We headed up to the Hermitage for breakfast - A massive \$32.00 each and all you could eat. We stayed there 3 hours. I won easily consuming twice as much as the others, Terry a distant second and Nigel struggling, mostly because he was so busy answering text messages from Wendy. The food was delicious, Japanese. Continental, American, English, brilliant.

A fantastic trip and big thanks to Terry for all his hard work organising and advice during the trip - I learnt loads and can't wait to get back down there.

*We were Terry Crippen, Nigel Scott and Michael Archer*

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## **Tramway Creek**

**30 March 2008**

**Report by Richard Lockett**

An experienced crew of Duncan Hedderley, Warren Wheeler, Terry Crippen and Richard Lockett along with a couple of novices Andree Wallace and Kari Gotanaa assembled at countdown on what promised to be a wet day. Our trip up the Mangahao road and a taste of the conditions for the day's trip, calm with steady drizzle and after 35 minutes of driving saw us at the bridge crossing Tramway creek.

The plan for the day was to follow the creek upstream from the bridge for approximately 2 kms at which point it disappears altogether and only about 100 metres from the Te Araroa trail. We then pick up the trail and head north and follow the trail as it first turns towards the east before it again turns to head north at which point we leave the trail and bush bash our way back to the bridge.

So - on with the raincoats and into the creek which was a tad dark and gloomy but it soon opens out to let a bit of light in and to allow one to sidle along side

the creek speeding up travel which brought us up to our first waterfall. A new experience for Andree and Kari having to climb up the steep side slopes to get around this obstacle using the trees to haul one self up with and after the passing of the second and last waterfall a morning tea stop was made. With Andree studying environmental engineering (waste treatment) at Massey, discussion soon centred on the different disposal systems used in back country huts from the forests of Scandinavia to the lofty heights of the French alps.

Upon rounding a bend about 1.5 kms from the bridge the sight of the creek ahead completely blocked by trees for as far as we could see ahead, some trees still upright but all at different angles as if the creek bed was full of beached sailing ships, their masts all sticking out at angles. So - out of the creek, up and along side of eager to find the cause of the logjam. We soon came upon a large slip 40 metres wide 100 metres long and very fresh completely clear of any vegetation. Discussion concluded that this slip must have occurred during the weather bomb event between the Tokomaru and Ohau river catchments in January. With the rain stopped momentarily the slip at least afforded us a view of the surrounds and it was decided that we stay high and head straight up behind the slip to the top of the ridge rather than return into the creek.

The Te Araroa trail was reached about within 100metres from the top of the slip and after a brief stop to admire the bird song and to watch the Bell bird in the tree above it was off up along the track heading east with compass in hand to determine the spot were it heads north. With ridge being broad in width the track meandered around various obstacles and after 20 minutes or so was consistently heading north and so time to leave the trail, but first some lunch and the opportunity to quiz Kari about life in Finland and the joy of eating sandwiches in the rain. We continued along the broad ridge heading east meandering along compass in hand only for us to drop down a spur running off the ridge to early in our travel along it. A steep descent into a watercourse which we decided to follow and we were soon back into Tramway creek itself, bugger not quite to plan. 200 metres of creek travel had us back at the cars, with a change of clothes it was off to Shannon and coffee and cake at the Horsemans.

A good day out!

*We were Duncan Hedderley, Warren Wheeler, Terry Crippen, Richard Lockett, Andree Wallace and Kari Gotanaa.*

## Summits for Ed

2 April

Report and photo by Tony Gates

2 April 2008 was Palmerston North's turn to host a nation wide tour celebrating Sir Ed. About 200 of us joined in, making it probably the most crowded tramp any of us had ever been on. We utilised the Sledge Track, then Argyle Rocks, because it is a forest and river of suitable quality and ruggedness, and participants were provided with a real outdoor feeling.

The Sir Edmund Hillary Outdoor Pursuits Centre organised a tour throughout the country during March and April 2008, with 11 similar walks in the South Island and 28 in the North. This was an opportunity for participants to celebrate the life of Sir Ed doing what he loved- being in the outdoors. Each walk was planned to allow people of all ages to participate, but to still venture into a special area like a local hill or feature.



Penny and Jeremy Abercrombie at Argyle Rocks.

## Roaring Stag Combo

A joint PNTMC/ MTSC tramp and camp

5- 6 April 2008.

Report by Tony Gates.

For the end of a lengthened daylight savings season, both PNTMC and MTSC joined forces for a pleasant bush tramp and camp to near Roaring Stag Lodge, in the beautiful Ruamahanga Valley. Located in from Eketahuna, the area is a classic Tararua spot, with big bush, a big river, and big hills. By all accounts, it's a

pretty popular spot too, as we met several other groups there.

My tramp began a day earlier than the others, and I ambled into the ranges to look for a trout and a deer. The former all swam off, but the one of the latter succumbed, and we had more than a little venison to pack out. The lack of trout might have had something to do with my preference to wear high visibility clothing (due to the possible presence of hunters in the area), or maybe just lack of skill. There will therefore have to be more of these expeditions in the future, and one day trout will be on the menu.

The van load of trampers ambled into Roaring Stag Lodge after lunch on Saturday. It was not a difficult track by Tararua standards, but all members were pleased to see the palatial Roaring Stag Lodge. The hut was packed, with many people sleeping on the porch and floor. We chose to avoid the Olympic style snoring competition there, and camp out just a little down river. We chose a perfect grassy clearing in the manuka, which was sheltered and cosy. Dinner was of considerable volume- thank you chefs. I understand that it was Jessica's first overnight trip into the hills.

Sunday slowly dawned with sun on the slopes of Cattle Ridge, high above us. We had a leisurely departure from camp, paused for a chat at Roaring Stag Lodge, then some of us split to go and recover some venison. One feature of this area is the easy forest and grassy flats to tramp through when off track, and the east terrain. It is a large, flat basin. The venison was duly split between several of us and carted out. At the Mangatainoka road end, there was time for a swim and brew. I'm sure that we all schemed for more trips into this area.

*Tramp members were; Terry Crippen, Warren Wheeler, and Tony Gates (PNTMC), and Christine Scott, Hugh and Howard Nicholson, Rebecca Lieberman, and Bruce Taylor (MTSC).*



Photo from Leatherwood Lenz.: Chefs Terry and Christine at camp by Ruamahanga River

## Field Hut

27 April

### Report by Malcolm Parker

The weather looked as if it was going to continue to be kind for us. How long can it last? An early departure for Otaki Forks saw us at the carpark just after 8.00 am and ready for a fantastic day. I can't remember the last time I had been into Field Hut. It was quite some time ago. But what I do remember about the previous trip was how miserably cold it had been. This was the complete opposite.

We took our time wondering into the hut for an early lunch. Unfortunately some vandals had attacked the sign recently. It does seem like a huge waste of effort to tramp into a hut only to take to a DOC sign with an axe!!

After relaxing in the sun for a while and having a quick look around we leisurely wandered back out to the car. A very pleasant day trip in a very pleasant area of the Tararuas

*We were Malcolm Parker and Richard Lockett*

## Club Gear

The following gear is available for hire from the Club:

(Cost is per day per item)

Ice Axes	\$2
Crampons	\$4
Helmets	\$1
Harnesses	\$2
Snow stakes/pickets	\$1
Ice Hammers	\$5
Snow shovels	\$3
Tent flies	\$2
Compasses	\$1
Bivvy bag	\$2
Avalanche transceivers*	\$5
Carabineers, Descenders**	\$1

### Terms & Conditions:

1. The above prices are for club members. Non-club member rates are double.
2. For non-club members identification and a bond may be required if the Hirer is unknown to the Gear Custodian.
3. **The Hirer is responsible in ensuring the hired equipment is returned in a satisfactory condition, and on time. If the equipment is lost, or returned in damaged condition, the Hirer is liable to full replacement cost. A continuing fee may be charged if not returned on time. The Hirer is also liable for any further charges that may arise from the club having to pursue return of the gear or moneys owing.**
4. \*Avalanche transceivers; a form is required to be filled in for these.

5. \*\*The carabineers and descenders can only be hired by **club members on scheduled club trips**.
6. To hire gear, contact the gear custodian well in advance of when you want to pick the gear up otherwise the gear custodian may be away in the hills or the gear not available.

## Recipes for tramping and eating

If you have some favourite tramping ideas or recipes you are prepared to share, please send (handwritten or photocopied is fine) to Anne at [dahlia44@xtra.co.nz](mailto:dahlia44@xtra.co.nz) or to 44 Dahlia St, Palmerston North

### Tararua Biscuits

Another recipe for these high energy, high protein biscuit. This recipe was apparently originally designed for disaster relief having the advantage that the biscuits keep well over a period of time if stored properly. Be careful though, they're jaw breakers! Makes 50 cookies

250 g butter

1 1/2 cups brown sugar

1/2 (200 g) can condensed milk

2 cups soy flour

2 cups rolled oats

2 teaspoons baking powder

1/2 cup desiccated coconut

30 g sesame seed paste

1. Melt butter, sugar and condensed milk together in large pot.
2. Add flour, rolled oats and baking powder.
3. Divide mixture in half.
4. Spread each half onto a greased tray - spread with a knife until it forms a 30cm x30cm square, keeping edges neat and straight.
5. Repeat with other half of mixture.
6. Cook at 150 oC for 10-15 minutes till light to golden brown.
7. Cut each tray into 25 biscuits - 5 x 5.
8. To harden biscuits a little more return to oven which has been turned off - leave for another 5 - 10 minutes.
9. When completely cold, pack biscuits in plastic bags. Seal and label.

## THE WHO DID WHAT LIST for the 2007-2008 year (April to March)

### Compiled by Terry Crippen

This is my list of what club members have been up to over the last year: tramping, climbing and other related outdoor activities and some overseas travel. It uses the same format as previous years: i.e. it *excludes* the frequent local tramps, concentrating on further afield areas; but *includes* both club and private trips listing club members and past club members names only (i.e. a single name doesn't imply a solo trip necessarily). Apologies for errors or if I have missed any epics out. My intention is that the list may inspire you to try something a bit more extended or somewhere further afield and it will give you contacts for info.

The cumulative list for all the years from April 2000 up to March 2008 is available as a spreadsheet so it can be sorted on trip, area etc. (*\*denotes ascents*)



Photo from Leatherwood Lenz: Tony Gates on a trip to Waitawaewae in April – with the one that didn't get away.

<b>April 2007</b>	
Cupola & Travers Valleys (*Cupola, Travers) Nelson Lakes NP	Terry Crippen, Christine Cheyne, Anne & Martin Lawrence
Queen Charlotte Walkway Marlborough Sounds Tasmania, Australia	Murray Gifford Monica Cantwell
<b>May 2007</b>	
Mountain biking Isle of Man, Great Britain	Janet Wilson, Graham Peters
<b>June 2007</b>	
Kepler Track, Fiordland NP	Peter van Essen
Routeburn Track Mt Aspiring, Fiordland NP	Peter van Essen
Greenstone, Caples Valleys, Wakatipu	Peter van Essen
<b>August 2007</b>	
Matakitaki Valley, Nelson Lakes NP	Tony Gates
Southwest WA, Western Australia	Monica Cantwell
Canoeing, Halsingland, Sweden	Warren Wheeler

Absaroka-Beartooth Wilderness Montana, USA	Christine Cheyne
<b>September 2007</b>	
Arthurs Pass areas (*Phillistine, Avalanche) Arthurs Pass NP	Chris & Alasdair Saunders
Picos de Europa Spain	Anne & Martin Lawrence
Pyrenees, Spain	Anne & Martin Lawrence
Greenstone, Caples Valleys, Wakatipu	Andrew Lynch
Mt Somers Walkway, Mt Somers	Andrew Lynch
South Korean National Parks (*Saraksan, Odeasan, Jirisan, Gyeryangsan), South Korea	Bruce van Brunt, Clive Marsh
Khovsgol Nuur, Mongolia	Clive Marsh
<b>October 2007</b>	
Cupola & Travers Valleys (*Cupola) Nelson Lakes NP	Terry Crippen, Mike Archer, Murray Gifford, Peter van Essen, Tony Gates
Haoa Range (*Little & Middle Peel), Canterbury High Country	Terry Crippen, Christine Cheyne
<b>November 2007</b>	
Franz Josef Glacier (*Minarets, De la Beche, Aurora) Westland NP	Terry Crippen
Mt Arthur caving Kahurangi NP	Graham Peters, Janet Wilson
Paparoa Range, Paparoa NP	Peter van Essen
Karangarua, Douglas Valleys, Westland NP	Tony Gates
<b>December 2007</b>	
Haast, Makaroa Valley (*Brewster) Mt Aspiring NP	Andrew Lynch
West Matukituki Valley, Bonar GI (*Rolling Pin) Mt Aspiring NP	Derek Sharp
Glacier Burn, Mt Aspiring NP	Bruce van Brunt, Penny Abercrombie
<b>January 2008</b>	
McKinnon, Separation Valleys (*Sibbald, Forbes, Coates) Mt Cook NP, McCauley Conservation Area	Terry Crippen, Peter Wiles, Nigel Scott.
Lambert Tops, Gardens of Allah & Eden (*Baker) Mt Adams Wilderness Area	Terry Crippen, Alasdair Noble, Barry Scott
Andhra Pradesh, Kerala, India	Anne & Martin Lawrence.
Otahake Valley, Arthurs Pass NP	Chris Tuffley, Kelly Buckle
Nina Valley, Lewis Pass	Chris Tuffley, Kelly Buckle
Rock climbing, Mt Somers	Chris Tuffley, Kelly Buckle
Temple Basin, Deception Valley, Lake Mavis (*Oates, Cassidy, Blimit) Arthurs Pass NP	Bruce & Alex van Brunt, Penny Abercrombie, Clive Marsh.
Kepler Track (*Luxmore) Fiordland NP	Murray Gifford
Coastal Track, Abel Tasman NP	John Feeny.
Haast, Mt Aspiring NP (*Brewster).	Bruce van Brunt, Malcolm Leary
<b>February 2008</b>	
Rajasthan, Gujarat, India	Andrew Lynch, Ashok Dahya.
Fox Neve Westland NP	Bruce van Brunt, Malcolm Leary
Hooker Valley Mt Cook NP (*Wakefield)	Bruce van Brunt, Malcolm Leary
Tasman Glacier, Beetham Valley (*Aylmer, Hochstetter Dome, Abel, Peak 2275m), Mt Cook NP	Terry Crippen, Mike Archer, Nigel Scott
Sabine, Travers Valleys, Nelson Lakes NP	Chris Tuffley, Kelly Buckle.
Ball Pass, Mt Cook NP	Bruce van Brunt, Malcolm Leary
<b>March 2008</b>	
Mt Arthur, caving, Kahurangi NP	Janet Wilson, Graham Peters
Copland Valley, Douglas Neve, Westland NP	Mike Archer

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If you are happy to have the PNTMC newsletter emailed then you need only pay an e-sub. If you prefer to be sent a hard copy of the PNTMC newsletter, then you need to pay a normal subscription.

Please complete the form below and hand it with payment to Martin or Bruce at club night or send it to:  
PNTMC, PO Box 1217, Palmerston North.

It is important from a safety aspect that the club has up-to-date information relating to contact details and health of all members. If any of your details have changed recently, could you please complete the relevant part of the form below



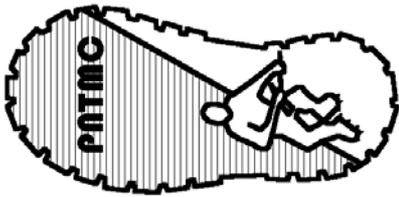
# PNTMC Membership 2008

Name \_\_\_\_\_  
Postal address \_\_\_\_\_  
Email address \_\_\_\_\_  
Phone \_\_\_\_\_  
Emergency contact \_\_\_\_\_  
Next of kin \_\_\_\_\_  
Health concerns \_\_\_\_\_

Subscription	<input type="checkbox"/>	\$35	Normal Individual
	<input type="checkbox"/>	\$40	Normal Family
	<input type="checkbox"/>	\$25	E-sub Individual
	<input type="checkbox"/>	\$30	E-sub Family

## PNTMC Committee 2008

Club Patron	Lawson Pither	357 3033
President	Bruce van Brunt	328 4761
Vice President	Warren Wheeler	356 1998
Secretary	Terry Crippen	356 3588
Treasurer	Martin Lawrence	357 1695
Webmaster	Peter Wiles	558 6894
Membership Enquires	Warren Wheeler	356 1998
	Anne Lawrence	357 1695
Gear Custodian	Mick Leyland	358 3183
Newsletter Editor	Anne Lawrence	357 1695
Trip Co-ordinators	Janet Wilson	329 4722
Snowcraft Programme	Terry Crippen	356 3588
	Bruce van Brunt	328 4761



Palmerston North  
Tramping and  
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Inc.

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P.O. Box 1217,  
Palmerston North

## PNTMC Newsletter

May 2008

### *What's Inside:*

- Upcoming trips
- Reports on recent trips and events
- A who's done what list for 2007
- Information on club gear for hire
- Club annual subscription form

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