

Palmerston North Tramping and Mountaineering Club Inc.

www.pntmc.org.nz

P.O. Box 1217, Palmerston North

Newsletter - July 2007

STOP PRESS!!!

Applications for Snowcraft courses close on 12 July.

See notices in this newsletter for details.

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. All welcome! Please sign the visitor's book at the door.

12 July Club night
Snow, glorious snow - Mt Sefton with Malcolm Leary

Tue 17 July (Training)
Snowcraft 1 Instruction evening
Terry Crippen 356-3588
This is an opportunity for Snowcraft 1 participants to meet your instructors and be introduced to some of the equipment you will use over the first Snowcraft weekend.

19 July Committee meeting

26 July Club night
Photo competition
Time to get out those digital images, slides and prints from those summer trips (see Notices in this newsletter for details).

Tue 31 July (Training)
Instruction/briefing for Snowcraft 2 participants
Terry Crippen 356-3588

Coming up in August:

9 August Club night
Climbing in Nepal
Andy Gifford will be sharing memories and pics of his trip to some high places in Nepal. This will be of interest to those who have never been to this part of the world as well as those who know and love it.

Upcoming Trips

30 June – 1 July
Top Maropea Hut **Medium**
Richard Lockett **323-0948**

We will leave from PN at 8am and spend Saturday night at Top Maropea. Options for Sunday include a return home via the Waipawa Saddle, or West Waipawa Stream or via Sunrise where we could meet up with Malcolm's day trip.

1 July
Sunrise Lodge **Easy/Medium**
Malcolm Parker **357-5203**

We leave from PN at 7.00am. Located in the Eastern Ruahines, Sunrise Hut has had some additions in the last few years and I haven't been there since, so here is the opportunity to check out the new and improved hut. If the weather is kind, we may have some great views too. May even wander over the Saddle for a look.

7 – 8 July
Longview Hut **Easy/Medium**
Peter Wiles **358-6894**

Overlooking the southern Hawkes Bay, Longview Hut gives great views as well as access to the tops and a variety of routes. We will leave PN at 8 am. Assuming no snow problems, it should be an easy walk up to hut with time for a good look around.

8 July
Burton's Track **Easy/Medium**
Anja Scholz **356-6454**

An interesting day walk not too far from home; some low level walking along the Tokomaru valley. If there are enough participants we can walk this part of the Te Araroa Walkway from both ends, swapping car keys on the way; otherwise we'll go in to Burton's whare and retrace our steps. Dress warmly and meet at 8am.

14 – 15 July

Cattle Creek Hut **Medium**
Llew Prichard **358-2217**

Southern Ruahines. There are various route options, depending on who is going and what they want to do so phone Llew to check it out.

15 July

Kapakapanui **Medium**
Anne Lawrence **357-1695**

We will leave PN at 7.30am and head for Waikanae. Located at the bushline in the western Tararuas behind Waikanae, Kapakapanui is a bit of a climb, but we may be rewarded with a touch of snow and some stunning views. There are also a couple of good choices for refreshment stops on the way home.

21 – 22 July

Roaring Stag Hut **Easy**
Murray Gifford **357-3353**

Roaring Stag Hut is a 16 Bed hut in the North Eastern Tararuas. We will leave PN at 9.00am, travelling to Eketahuna then Putara Rd End.

Approx 7km all up, up Mangatainoka river, climb to 800m, South down the ridge above the Ruapae stream, drop down to the Ruamahanga River. Side trips if weather and time allows include Herepai Hut, hidden lake, and Cattle Ridge Hut at 1200m. Return by same route on Sunday.

21- 22 July (Training)

Snowcraft 1 **Medium/Instruction**
Terry Crippen **356-3588**

First of the snow instruction courses for the season - at Ruapehu. See notices for details.

22 July

Pohangina Walkways **Easy**
Janet Wilson **329-4722**

Bring the family along for a wander around exploring the walkways of Pohangina. Janet plans for this to be a very social outing. Since she will be just back from overseas, it will be a good chance to hear all about it!

28 July

Purity Hut **Medium**
Peter Darragh **353-0922**

At the bushline in the western Ruahines. Likely snow around, but good track through the bush. We may look at Wooden Peg summit depending on energy levels and weather.

29 July

Mt Holdsworth **Medium/Fit**
Tony Gates **357-7439**

Mt Holdsworth, in from Masterton, is the easiest point to access the tussock tops of the Tararuas. There are good tracks, huts, and forest. Winter conditions will most likely prevail, so come prepared with an ice axe or sturdy walking stick. Departing PN 8.00am.

4 August

Waiopehu-Gable End **Medium/Fit**
Doug Strachan **353-6526**

A western Tararuas tramp, starting near Levin. It takes about an hour to drive to the roadend and get booted up. A long haul (4hrs) up through the bush to Waiopehu Hut, just above the bushline. On to Waiopehu Peak, Twin Peaks, then Richard's Knob, and out down the Gable End Track. Could take about 8.5hrs excluding lunch. A long day at a medium tramp pace. Good for people who normally do a medium but want to try extending themselves a bit.

4-5 August (Training)

Snowcraft 2 **Medium/Instruction**
Bruce van Brunt **328-4761**
Terry Crippen **356-3588**

Get your application in by 12 July!

5 August

Makairo Track **Easy**
Fiona Donald **356-1095**

Contact Fiona for details.

Trip Grading

Trip grades depend on many factors, especially weather and terrain. A reasonably proficient trampler 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) & 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. Leaders will give an estimate in advance.

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 or Trip Coordinators:

Mick Leyland	358-3183	Terry Crippen	356-3588
Janet Wilson	329-4722	Warren Wheeler	356-1998

Notices

Articles for the newsletter

Send by the 20th of each month to Anne at dahlia44@xtra.co.nz or to 44 Dahlia St, Palmerston North.

Tararua Forest Park Oriwa Biv removal

Notice from Department of Conservation

Oriwa Biv has been removed and will not be replaced. There is no permanent shelter available at this site. (NZ Topo Map S25 E 2708300 N 6048100)

Camping sites are available, and water can be collected from a water tank.

The closest hut is Waiopehu hut 1 1/2 hours walk away (NZ Topo Map S25 E 2709075 N 6050664) – there is no marked track to the old Oriwa Biv site.

For your safety, every effort has been made to ensure this information is correct. However, you should always seek more information before you begin your trip and be prepared to change your trip according to conditions.

For further information contact:
Wayne Boness, Programme Manager Visitor Assets,
Kapiti Area Office
Ph: 04-296- 1112 or 027-628-9240,
Email: wboness@doc.govt.nz

Snowcraft Instruction Programme 2007

The Club's comprehensive snowcraft programme has two aims: Firstly, to equip you with the necessary skills for safe tramping in snow, be it on winter trips, or summer trips above the snowline. Secondly, to pass on the fundamental skills for snow climbing and mountaineering.

The programme consists of three weekends (Friday night departure to Ruapehu or Egmont) and a Tuesday session prior to each weekend. A progressive approach is used, with Snowcraft 1 assuming little or no previous snow experience and Snowcraft 2 and 3 building on the previous levels. Most participants enrol in the complete programme, while others just enrol for one or two of the weekends depending on their previous experience or ambitions. Numbers are limited, so enrol now to confirm a place.

Deadline for applications is Club night 12 July
Snowcraft 1 21-22 July (evening Tues 17 July)
Snowcraft 2 4 -5 August (evening Tues 31 July)
Snowcraft 3 18-19 August (evening Tues 14 August)

	PNTMC Members	Non-Members
Snowcraft 1	\$130	\$135
Snowcraft 2	\$145	\$150
Snowcraft 3	\$135	\$140
One-off payment for all 3 courses	\$395	\$410

Fees cover weeknight venues, transport, weekend accommodation, most food, group gear hire, and instruction. Individual gear hire, if needed, is an additional cost for non PNTMC members.

For further information & registration form, contact Terry Crippen 356-3588, Bruce van Brunt 328-4761, pick up one at Club night, or visit the Club web site.

PNTMC Annual Photo Competition

Entries must not have been entered previously and must be related to tramping, climbing activities. All slides must have a cross on the bottom left-hand corner of the mount. Slides and photographs must be labelled with name and entry category. Limit of 3 slides per person per category, but no limit on prints.

Categories

1. Alpine NZ – alpine scenery in New Zealand
2. Scenic NZ – scenery below the bushline
3. Natural History – NZ flora and fauna or detail
4. Topical NZ – the people shots on your trips
5. Overseas Alpine – overseas alpine scenery
6. Overseas People – climbers or people met while tramping, climbing overseas

Formats

- Slides
- B/w prints
- Colour prints
- Digital images

Deadlines

All digital photographs must be submitted at least one week before the photo competition, so that our judge can have time to study and comment on them. Please indicate the category for each photo. The photos can be e-mailed to either

Penny Abercrombie: P.J.Abercrombie@massey.ac.nz or to Bruce van Brunt: B.vanBrunt@massey.ac.nz.

Please keep the size of the digital photographs small so that they can be easily downloaded via e-mail.

Alternatively, you can give a CD to Penny or Bruce on a club night before 26 July.

Change to events card

The date for the End of Year BBQ on the events card is correct as 13 Dec. The position on the events card is confusing; the BBQ should be listed after 9 Dec.

Trip Reports

Mangahao Mud

12 - 13 May

Report and photos by Barbra Cowan

If it is mud you want, well do we have the track for you! Just head up to the Mangahao Top Dam, behind Shannon, and then keep on walking. The track follows the river valley (all the better for finding mud).

Luckily for us it had been raining the day before (all the better for making mud) but we had clear skies forecast for the whole weekend.

The track meandered through the native flora past some extensive bogs that consumed the track (all the better for having to walk in the mud!). Occasionally we had to deviate from the marked track to find the boggiest bogs (well - that's what we told Richard as he redirected us to the line of trail markers that we somehow had missed)

We did decide to have a bit of a contest to see who could get the muddiest, which Haley did win when she slid down the embankment! Just before lunch Richard suggested that we all went for a wade in the river. Nice and clean, we settled down for lunch in a lovely spot on the rocks in the sun on the side of the river.

Don't worry - there was plenty of mud after lunch as well! When given the choice of crossing the river again or going over the slip, we decided to stay muddy and arrived at the hut looking like we had been tramping.

The hut overlooks the river with big windows you can sit and admire the outdoors from the comfort of dining room bench. Dinner was the whole continuum of camping tucker; boil in the bag rice, two minute noodles and one pot stew. Setting the standard we now expect from all leaders, Richard pulled out dessert for all of us - chocolate cake and custard. An animated game of Yatzee followed.

Over breakfast we planned the return route. The river crossing, as long as it was low, was the favoured option. We set out to the sound of crunching of the frost underfoot but this didn't deter us from our resolution to cross the river.

The person at the front called back "We can cross here the water isn't even knee height." (Yeah but whose knees?!?)



The river was easily crossable but Richard saw this as a good opportunity to practice 'safe river crossing technique'. Which we now all know includes undoing the chest strap, so if needed we can do a pack float. We wanted Richard to demonstrate this but he declined and opted for the verbal description, much to our disappointment.

Before lunch was the incident that was reported in the Manawatu Standard, with a little bit of artistic licence and over-dramatisation. We were thankful that Richard had SAR training and is a skilled trip leader. He responded immediately, kept the rest of the group informed as soon as he could, made sure that we all finished the trip and then checked we were OK the next day. The great news is that Hayley is fine and looking forward to her next hike, as are the rest of us.



We were Richard Lockert, Haley, Bianca, Stan and Barbra.



View to the west from Otumore

Longview – A Rock’n what?

Sat 19 May

Report by Ian Harding

Photos by Chris Saunders

It was a pleasant change to be hanging around home at the modest hour of 7.45am waiting to be collected for a tramping adventure rather than the usual ultra-early dash to rendezvous in Palmerston North.

As to be expected, outstanding Hawkes Bay weather prevailed as we approached the Longview road-end around 9.30am. A brief interruption to the journey occurred however on one of the steep road inclines nearing the parking area. It seemed that no matter how skilfully Chris navigated the rough road surface the front wheels managed to lose traction, requiring three (perhaps overweight) trampers to off-load and do the “pushing thing”. Thankfully Chris managed to remember that he indeed had passengers and waited at the top of the hill for us to catch up. All a bit stressful for John though who obtained obvious relief from visiting the newly-erected toilet facility at the carpark.

While the original intention for the trip was to circumnavigate both Longview and Awatere Huts, this was reviewed upon reaching the Longview/Pohangina Saddle junction. With only a

modest amount of low cloud visible higher-up it was decided to proceed on to Otumore trig for the “view” and lunch.

“Stunning view from here” was the comment I made to Chris as we plodded up the narrowing track getting ever increasingly immersed in thick cloud. Thankfully we were still able to see our feet as we continued skyward although I did question the rational behind continuing. But Chris with resolute decisiveness responded stating “we’re committed to this”!!! He obviously knew something because as we neared the top glimmers of sunlight began to appear. And to everybody’s amazement a flawless sunny day (to the west at least) emerged at Otumore Trig.

Time for a quick geography lesson, some photographs then a welcome lunch break. Really quite something to humbly eat one’s sandwiches in such a majestic location, with stunning clear mountain views in one direction and a thick cloud blanket in the other.

Heading home time very soon become a reality so it was with some reluctance we began the descent retracing our footsteps, meeting a youngish tramping couple (M&F) soon after starting. They were heading into Howletts Hut for a weekend of discovery!



Duncan, Ian and John enjoying the L-O-N-G view.

As we ambled down the narrow ridge track John observed a neat full-circular rainbow type image focused on a rock face. We all stopped for a look at something out of the ordinary whereupon Chris with his usual unbridled enthusiasm was able to enlighten us with his knowledge. "It's a **Brocken Spectre**"! was his first comment. Certainly sounded foreign to me, even once I'd fathomed-out what he was saying.

Apparently (laymen's terms) the image is created when the sun magnifies a large shadow of the observer against a visible surface. On occasion the presence of cloud causes light refraction and gives rise to rainbow type bands that surround the centre of the shadow. Usually only observed on high mountain peaks.

After that mind-blowing discovery the return journey to the car seemed somewhat dull by comparison although we did drop into Longview Hut to replenish our water supplies. All in all a very interesting and worthwhile day visiting an area that definitely requires more investigation.

We were Chris Saunders (leader), John Feeney, Duncan Hedderley and Ian Harding

Hardings Park with Terry

27 May

Report and photos by Tony Gates

A damp, dark morning wandering up the Sledge track soon turned into a misty, windy day up on the ridge, then a chilly but clear winters day out in the clearings in the bush. The sun shone on us for the couple of hours that we needed it too, when we were tramping between grassy clearings and open sections of the Hardings Park variation (Otangane Stream). We had good views and easy navigation- not that the navigation was ever in doubt under the expert leadership of Terry Crippen. We initially followed the Sledge Track to near the Platinum Mines - I guess many readers will be familiar with these. Pretty muddy there, and Warren did some drainage excavations to assist the next visitors; fairly grotty weather. Then it was a bit of cross country tramping, heading out east. That was when the weather improved, and we could see where we had been, and where we were going.

I was quite surprised at the number of good grassy clearings along the ridge top, one of which provided



Are we lost yet? Looking out from the middle clearing in Hardings Park.

us with a pleasant lunch spot. The track south from there was marked a little, and would be confusing to follow in mist or darkness. Someone suggested that we needed a mountain running event to allow a few hundred runners to dash past, so marking the ground trail a bit better. The bush was a bit open in places, and the terrain fairly flat. It was a short, steep descent to the scenic Otangane stream, then back up the other side to return to the Sledge Track. Once there, and descending to lower and more sheltered altitudes, it became markedly warmer and more crowded. A good stroll back along a very familiar trail beside the Kahuterawa Stream to the cars.

We were- Anja Scholz, Tony Gates, Warren Wheeler, Terry Crippen, Richard Lockett, Peter Van Essen, Chris Tuffley, and Murray Gifford.

Queen Charlotte Track

Sat 2 June - Mon 4 June

Report by John Feeney

Photos by Warren Wheeler

The first day of winter saw seven eager trampers set out from Palmy, a day off work added to a long weekend, bound for the Marlborough Sounds.

We rendezvoused at the ferry terminal. Our highly efficient leader John, and his wife Sue breezing in just

minutes before the boat was due to sail. Their excuse: getting caught in the early morning Wellington

traffic. Our group was almost all aboard the ferry when Liz was spotted by a staff member with a lethal weapon in her cabin gear..... “walking pole”. The pole was quickly handed over to be stored with the main passenger luggage. An uneventful crossing of the strait saw us in Picton, about midday, time for a little wander and some lunch. It was quickly time to join the “Cougar Line” for a launch trip to the start of Queen Charlotte Walkway “Ships Cove”. Joining us on the launch were 11 trampers from the Manawatu Tramping club who, co-incidentally were doing an almost identical trip to us.

Undeterred by light rain we set off from the impressive monument to Captain Cook at Ships Cove for the two hour walk to Resolution Bay. We were promptly onto the undulating terrain typical of this track, walking through areas of regenerating and some virgin native bush, with a surprising amount of bird life. The walking was pleasant without packs, efficiently transported from hut to hut via the “Cougar line”. We managed to sneak a few views of the Marlborough Sounds amongst the grey. Our first night was spent in the shelter of the rustic Resolution Bay cabins. Ian delegated the sleeping quarters ensuring the two married couples in our group slept separately from the single men. Cooking tea turned into a lively mix between tramping club groups, food, wine and conversation shared between the two

tramping groups. Ian excelled himself with his speciality of bacon and prunes cooked in Coca Cola. We were all impressed.



Resolution Bay at dawn

A calm morning greeted us after a stormy night of restless sleep for some. With packs left at the jetty we continued on our journey, over a small saddle and then down into Endeavour Inlet. This part of the track goes close to the sea in places but still remains in the bush, there are good spots to swim and three of our group took a quick discrete plunge. By now we were also joined by mountain bikers sneaking up behind us as they slither past us with their muddy bottoms. Some parts of the track are steep, and we admired the skills of the group most making it up (and down!) the hills without dismounting. Richard commented that he intends to return and experience a 2 wheeled trip of the walkway. Our lunch spot was the famous Furneaux lodge. (Warren found out the lodge was built by a retired sea captain). The food was tempting but a bit pricey; with the sun on our backs we enjoyed a pleasant interlude supping coffee in the pristine setting, not usually found on a typical tramp. The walking after lunch took us right around the far side of Endeavour inlet. It seemed to go on and on and, by the time the last two in our group arrived at Punga Cove, it felt like a 23 kilometre effort, even without a tramping pack. The single boys in our group arrived early and revived themselves with a bear (sic) in the café.

Our accommodation for the night was at “Noelene’s Homestay”, a brilliant spot run by the energetic 76

year old Noelene who greeted us with tea and hot scones and lots of conversation. Dressed in the best tramping gear we dined in style at the Punga Cove Restaurant. The wine flowed freely and it was hard for some in our group negotiating the winding path back to Noelene’s.

With another day’s walk of about 24 km we got an early start, the day cold and overcast. Ian and Richard set a fast pace with the married couples falling in behind. A big section of the walking was along the tops, the track initially followed through pine trees with some gorse. Lunch was taken at a spot looking right across to Picton. We continued on and on across the tops, walking at times closely with members of the Manawatu Tramping Club. We finished the days walk nearly all together, tramping through another area of fine pristine native bush, the track leaving the bush at the top of Torea Saddle. Despite not having to carry packs, this did feel like a long day’s walk! I suspect most of us were pleased to get to Portage, our nights rest, including poor Arthur who had sprung a blister on the sole of his foot the day before. Feeling revived after a hot shower we sat around for a while on the edge of Kenepuru Sound indulging in a romantic pre-dinner drink followed by a pleasant pub meal. Ian decided the talent in the Manawatu group was superior to ours and enjoyed his dinner almost entirely surrounded by woman.

The final day’s walk was cold but sunny, with an early start. The track began steeply rewarding us with crisp views across the Marlborough Sounds. Our group finished about midday, while the Manawatu Tramping club members walked on to Anikiwa and caught a later ferry back to Wellington. We finished with a very pleasant walk through an untouched patch of native bush down to Mistletoe Bay. Time to enjoy some quiet reflection in a special place while we waited for the Cougar Line launch, to whisk us quickly back to Picton.



Noelene’s jetty

We were Warren Wheeler, Richard Lockett, Liz and Arthur Flint, John Feeney, Sue Johnson and Ian Harding (stand in for Terry Crippen)

Sledge Track

4 June

Report by Duncan Hedderley

This was David and Fay's first trip with the club. I think we gave them a good taste of tramping; there was mud, mist-shrouded hills, cold wind, mist-obscured views, mud, men in tights and emergency toffees.

They coped admirably - this 'hardened trumper' was the one shuffling along behind them for the last kilometre. It was good to see the area being used by the public, including three waist-high boys (with mum in tow) heading up the track through Hardings Park.

We were Tina Bishop, David and Fay Butts, Duncan Hedderley and Barbara Mare

Winter Beach Walk – Himatangi

10 June

Report by Monica Cantwell

Neil, our leader, rang to say he was unwell and asked me to take over. I contacted Barbara, our other interested person. We started our walk at 9.35am.

The tide was way out (nice firm sand), no wind, but very cold. Being early no beach speedsters! We could see the Foxton Surf Club premises in the distance. It didn't seem far away at all.

We decided to follow a stream into the Pine Forest (you do need to know when to turn in for this). Half an hour brought us out to farm land and a small lake. Our morning break for an early lunch was at 11.30am. Then back through the pines to the beach which was just as pleasant as coming. A nice hot cup of coffee from the store was very welcome.

We then thought we would check out DOC's Round Bush Reserve off Wylie Rd. This was very overgrown and we could not find our way with no tracks to speak of. We were very perturbed that DOC appear to have killed massive large pines on the outskirts of the bush.

We climbed to a view point and could see the lovely virgin bush. We retraced our steps having spent an hour in there. Rain started as we arrived back at the car. Back in Palmerston North at 3pm.

We plan to enquire from DOC if they are going to retain this area, otherwise they should take down the large sign on the gate.

All in all, a lovely day. Neil plans to put together another Beach Trip on the next Trip Card.

We were Noel and Monica Cantwell, Barbara Mare and Saffron the Lab (leader all the way)

Shivering at Oturere Hut

16- 17 June 2007

Report and photo by Tony Gates

The promised blizzards hit the eastern side of the country, pouring snow onto Hawkes Bay, but leaving the central volcanoes sheltered, at least partially. We could therefore tramp around the eastern slopes of Mt Tongariro to Oturere Hut, and enjoy clear, if extremely cold weather. Occasional snow flurries and cloud only passed us by. And the largely flat terrain and easy trails allowed us to easily cover the distance. Short days did limit our explorations, but left us dreaming for future trips.

Friday night's stroll to Waihohonu Hut put us in a good position for a reasonable day's tramp for Saturday. We had a frosty start up the hill behind the hut on Saturday, then a gentle two and a half hour amble north to Oturere Hut.

Weak winter sun could only warm us in the sheltered sections. Our planned early lunch at Oturere Hut then put us in a well rested and fed condition ready for the rapid climb up to Emerald Lakes, on the edge of Central Crater (where the Tongariro Crossing passes by).

The spectacular Oturere Lava field was easy to tramp through, but we noted with care the numerous tricks where one would easily lose the track in poor weather or darkness. And we were keenly aware of the very limited daylight that we had.

We were pleased with our rapid ascent to the snow and ice. Obvious odours blew away from us from the numerous active fumaroles on the eastern flanks of the upper mountain.

We tramped from Emerald Lake over to the fumaroles to admire the steaming puddles, boiling pools, and sulphurous deposits. A spectacular sight. Intermittent clear weather gave us some views, but most of Tongariro's summit plateaux were misty, icy and windswept. Just a brisk walk back to Oturere Hut, good feed, then a long night in the pit.

Sunday was, as expected, extremely cold. The wind chill factor was amazing out on the numerous exposed sections of the track. We ambled south, following an interesting off track route to the Waihohonu Springs.

There were gorgeous camp sites there (as well as at several other locations noted during this weekend). Despite a little weak sunshine and us tramping fast, it seemed to just get colder. Back at Waihohonu Hut for lunch, two brews were produced and consumed within half an hour! We returned to the car in good time.

We were Peter Wiles and Tony Gates.

Peter Wiles checking out the fumarole above Oturere Crater



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 or to 44 Dahlia St, Palmerston North.

Tasty Couscous

By Anne Lawrence

This is the basic recipe for 2 people:

- 1 cup couscous
- 5 sundried tomatoes
- 5-6 dried shitake mushrooms
- 1 small packet of dried peas
- 1 packet of tomato soup (any flavour will work)

Bring approx 3 cups water to boil.
Add peas, tomatoes, mushrooms and soup mix.
When peas are cooked, remove from heat.
Add couscous, stirring carefully to avoid it clumping.
Let stand for 5 minutes.
Fluff up and serve.

Optional extras – I like to add these in at the end:

- Capsicum, sliced
- Small foil pack of tuna
- Salami or other dried meat, cut in chunks
- 1-2 handfuls of dried fruit (raisins are great)
- 1-2 handful of nuts (almonds are really good)

You can vary the basic recipe endlessly by adding or replacing ingredients. The key seems to be to get the ratio of couscous to water about right – but if you aren't sure, add more water. Sloppy couscous is much better than dry couscous – also helps with fluid replacement after a hard day in the hills!

Latest Emergency Equipment: A TCL and how to make one

By Terry Crippen

For the budget-conscious trumper/climber who doesn't want to spend \$s on an emergency light here is your answer for when you are still tramping (or descending off Sefton) in the dark and your headlamp/torch batteries run out. It's called a TCL. The prototype was developed on a club trip to Blyth Hut in 1996, by the author and others.

1. Up-end your opened and emptied 1.5 or 2 L plastic (soft drink) water bottle.
2. Insert an 8 to 10cm length of candle (wick end first) up the spout (the diameters match about right). Don't push it right through, screw the top back on.

3. Cut an approximately 5 to 10cm rectangular hole out of the side of the plastic (for lighting the candle and letting oxygen in and heat out).

4. Light candle, hold TCL, with the hole facing backwards, above your head (to avoid glare) and start walking,

Notes

(a) The air passing over the bottle while you are walking is enough to take the heat away. (Inside the hut it pays to walk round with it all the time otherwise if stationary the heat builds up and the bottle starts to collapse; but then you would be using a candle the normal way inside anyhow.)

(b) Provided the hole is facing backwards the TCL will still work in windy conditions.

(c) Use an opened-up “Refresh” packet as a reflector on the bottle.

(d) Another good reason not to buy those stupid squat small candles in aluminium containers that end up littering huts.

“Who’s done what”

Cumulative “Who’s done what since beginning of 2000” list

By Terry Crippen

I have combined all the Who Did What Lists for the last seven years into one spreadsheet, which makes it easy to sort on trip, area, etc. This may be of use to club members in their trip planning and also as a club record. There is a paper copy of this done with various sorts in the bookcase at club night

Additions to the 2006-07 list

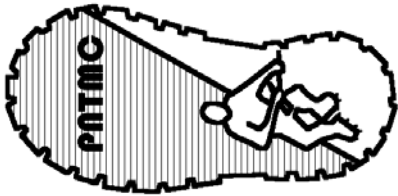
By Terry Crippen

Below are the additions I know about – contact me if there are more that I have omitted.

Additions to the 2006-07 “Who’s done what” list

November 2006	
Poronui Desert Rd Crossing Kaimanawa FP	Peter van Essen
January 2007	
Waimakariri & Styx Valleys (*Campbell, Isobel) Arthurs Pass NP & Westland	Peter van Essen
Whitcombe & Mungo Valleys Westland	Andrew Lynch
Young & Wilkin Valleys Mt Aspiring NP	Tim Kannegieter, Barbara Cowan
Lake Daniells Lewis Pass	Tim Kannegieter, Barbara Cowan
January to March 2007	
Patagonia rafting Argentina	Tony Gates
March 2007	
Overland safari & other adventures Southern Africa	Dave & Gaewyn Grant
March 2007	
24 hour x 4, hut bagging, Tararua FP	Janet Wilson, Graham Peters, Tony Gates.
Mt Owen, Kahurangi NP (*Owen, Bell)	Janet Wilson, Graham Peters, Terry Crippen.

Sender: PNTMC
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Palmerston North
Tramping and
Mountaineering Club
Inc.

www.pntmc.org.nz

P.O. Box 1217,
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PNTMC Newsletter July 2007

What's Inside:

- Upcoming trips and other club events
- Details of our Snowcraft Instruction Programme
- Reports on recent trips
- A cheap but effective lantern
- Tasty couscous
- DOC notice about Orewa Biv removal

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