



Palmerston North Tramping and Mountaineering Club Inc.

www.pntmc.org.nz

P.O. Box 1217, Palmerston North

Newsletter September 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, Palmerston North. All welcome! Please sign the visitor's book at the door.

11 September Club Night: Bush Poetry with Mike Deaven

Mike Deavin of Foxton is an acclaimed Tararua Poet, who will give us one of his famous bush poetry readings by candle-light. Who says trampers lack culture?

18 September Committee (at Terry Crippen's)

25 September Club Night:

Mongolia, Tramps & Climbs with Terry Crippen
Mongolia, with an area six times that of New Zealand and less than 4 million people, has an excess of wide open spaces, and plenty of hills, mountains, lakes and forests. With very hospitable locals and very few foreigners it is a great place for tramping, climbing, horse riding and just visiting. Terry will introduce you to the country, highlighting some of the areas he has tramped and climbed in.

Coming up next month:

Interclub Quiz Night 9 October 7.45 pm

PNTMC will host the annual quiz night with fellow clubs MTSC and MUAC. Come along for a fun challenge for everyone.

Articles for the newsletter

Send by the 20th of each month to Anne Lawrence
email: dahlia44@xtra.co.nz
Post: 44 Dahlia St, Palmerston North.

Trip Notes

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) 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

29 August-1 September

Tapuae-o-Uenuku (Tappy) F, T
Terry Crippen 356-3588

Your chance to attempt the highest mountain north of the Mt Cook/Aoraki Area. See last month's newsletter for details.

6-7 September

Tukino Climbing F, T
Terry Crippen 356-3588

The object of this trip is to "do your own thing", possibly concentrating on technical climbing in the various steep snow and ice gullies and bluffs above

the Tukino Road on Mt Ruapehu. This is not an instruction weekend so you need to organize your own gear. Two possible options: either head up on Friday night and stay in the Desert Alpine club lodge for the weekend, or do it as a day trip on either the Saturday or Sunday.

7 September

Mick E/M
Warren Wheeler 356-1998

Mick is a high point on the low Tararua foothills east of Waiopahu, just north of Otaki. It is an easy walk over farm land up the Waiopahu Valley before a steep climb up through the lowland bush. This trip is notable especially for the remains of an old Ventura plane wreck, just below Mick. Depart PN 8.00am.

13-14 September

Lost Tarn Haurangi FP F
Terry Crippen 356-3588

The Haurangi Forest Park, is located east of Cape Palliser in southern Wairarapa. Recently a club trip went in from the Cape Palliser end. One of the objectives being to look for the Lost Tarn but we didn't find it. However, we now have new information about its location so intend to have another go, this time from the White Rock side.

14 September

Makairo Track E/M
Fiona Donald 356-1095

Depart from Countdown carpark at 8am for an hour's drive to Makairo Track. Travel up an abandoned road, closed since 1975, that crosses the Waewaepa Range from Makairo to Coonor return. Noted for bush and wildlife variety plus good views at the summit. Dependent on interest - this trip can be Easy and/or E/M. Please state preference when telephoning Fiona no later than 11 September, Thursday evening.

21 September

Keretaki Hut M/F
Anne Lawrence 357-1695

Keretaki Hut is situated on a steep ridge surrounded by leatherwood in the southern Ruahines. Contact Anne for more details of this day trip.

20-21 September

Te Puia Springs E/M
Jo O'Halloran 353-0300

This is an easy/medium trip into the Ranges behind Taradale. The track is along the Mohaka River to Te Puia Lodge which sleeps 30. We have the option of dropping our packs and heading off up further to a natural hot springs which have been feed into some spa pool like baths. Bring along a good head lamp or torch, togs and towel as we may choose to soak longer under the open sky and stars. There may be some snow further up at this time of year. Easyish walk, nice hut, hot pools, stars good company - .what more could a trumper want? If people are interested

we could leave PN after work, spend the Friday night in the Hawkes Bay...camping ground ...have tea out somewhere, look at the sea etc...so as to get a good start on Saturday morning.

28 September

Tunipo M
Craig Allerby 323-7913

Depart Countdown at 7.30am. A good climb up to the highest point on the Ngamoko Range in the Western Ruahines Good views on a clear day... and no wet feet river crossings!

27-28 September

Turoa Climbing M, T
Mike Archer 027-687-8477

Contact Mike for details of this trip.

4-5 October

Ngaruahoe plus M
Warren Wheeler 356-1998

Depart Friday night 6.00pm. Plan A is to stay at Tongariro Holiday Park on the western side of Tongariro. Saturday we will climb the snowy western slopes of Ngauruhoe for a grandstand view of Ruapehu. Sunday we will climb Tongariro and attempt an inverse traverse of the Pot on North Crater, check the depth of ice on Blue Lake, climb out of Red Crater and more! Crampons and ice axe required.

5 October

Sledge Track M
Trip leader wanted!

Sledge is at the top of the Kahuterawa Valley behind Massey. An interesting valley climb of mainly easy gradient through bush into the Tararuas. Resuscitation possible at Tokomaru Cafe on the way home. If you are interested in leading this trip, please contact Janet Wilson, trip card coordinator.

Labour weekend trips

24-27 October

Richmond Range M
Martin Lawrence 357-1695

We plan to fly to Blenheim from Paraparaumu first thing on Friday morning and spend 3 nights in the Richmond Ranges before heading back to Paraparaumu on the Monday afternoon. If you are interested in coming, contact Martin soon. He needs firm commitments before the end of September so he can make bookings.

27 October

Field Hut M
Duncan Hedderley 354-6905

Apologies as this trip was accidentally left off the trip card and is also not on the website. Duncan plans to go on the Monday unless the forecast really suggests another day would be smarter. Leaving PN about 7.30-8.00 am

Notices

PNTMC photo competition

Udo von Mulert kindly put in a considerable amount of time and effort into judging the entries in the Club's recent photo competition. He is an experienced photographer and judge who is able to pass on many tips and suggestions for improving the quality of an image.

Udo commented that the standard of entries in this year's competition was extremely high making judging quite difficult.

The top three in each section are as follows:

Alpine NZ

1. Tasman from the Trough:
Bruce van Brunt
2. Garden of Eden: Terry Crippen
3. Delabeche: Bruce van Brunt

Scenic NZ

1. Light on the Monastery:
Penny Abercrombie
2. Egmont silhouette:
Penny Abercrombie
3. Lower Dart: Bruce van Brunt

Natural History

1. Kea: Bruce van Brunt
2. Spaniards on Kepler:
Murray Gifford
3. Earnslaw Plant: Bruce van Brunt

Topical

1. Abby on South Ridge:
Penny Abercrombie
2. Spaniard Lover: Warren Wheeler
3. Udo's Axe: Penny Abercrombie

Overseas Alpine

1. Cares Gorge, Spain:
Martin Lawrence
2. Soraksan, Korea: Bruce van Brunt
3. Tuolumne River: Chris Tuffley

Overseas People

1. Mongolian girl with uncle:
Terry Crippen
2. Mongol Warriors:
Terry Crippen
3. Picos de Europa Park, Spain:
Martin Lawrence

Udo's picks for the best images of the night:

- Lesotho Huts: Dave Grant
- Kea: Bruce van Brunt

New members

Welcome to two new members: Grant Christian (ph 354-5843) and Vicki ? have just joined the club.

Correction to phone number

The list of contact details circulated to members with the last newsletter included an incorrect phone number for Kay Kitchen. Apologies from the editor Kay's cellphone number is 027 2822 758.

Mountaineering accidents research - your help needed!

Research into Kiwi mountaineering accidents is currently being undertaken by Christchurch Polytechnic (CPIT) student Dave Ryan, in order to complete his degree in Outdoor Education. The purpose of the research is to increase knowledge about the ways in which climbing accidents in NZ occur, so as to help all kiwi and visiting mountaineers from making similar mistakes.

This is a great opportunity to help make our mountains a safer place to work and play in. So if you, or someone you know have had an accident or near miss in the mountains at any stage, please email dmr228@student.cpit.ac.nz with 'Research' in the subject line to receive the easy to fill out, anonymous questionnaire. Please pass on to your fellow climbers - the more information received, the more benefit for the mountaineering community. Look out for the findings in various mountaineering media around November.

Upcoming events

• Interclub photo competition

This photo competition is on Monday 22 September. It will be held at Massey University in the vet tower at 7pm. MUAC will provide snacks and beverages and of course prizes for the winners. All welcome.

• Bird safe dog training day

Would you like to take your dog into local conservation areas? To protect native birds such as Kiwi, Blue Duck and Weka, dogs entering Scenic Reserves, Forest Parks and named conservation areas must be permitted. In some cases, the dog must have a Bird Safe certificate in order to obtain a permit. To obtain a Bird Safe certificate, avian awareness/avoidance training must be completed. The training is designed to educate dog owners about the danger their dogs can be to ground-dwelling native birds, and to teach dogs to avoid these birds. Bird Safe certificates can only be accepted from approved assessors. Jim Pottinger, an approved assessor, will be visiting Palmerston North to hold an avian aversion dog training course on **Saturday 20th September**.

Join in to get your dog's Bird Safe certificate. The cost is \$25 per dog. Venue to be advised. Course

numbers are limited to a maximum of 25 dogs; registration is essential. To register or find out more, phone the Department of Conservation on (06) 3509700 or pop in to the office at 717 Tremaine Avenue, Palmerston North.

PNTMC trip transport payments

In acknowledgement of rises in petrol prices, the Committee voted to increase the payment for transport on club trips. The rate has now been set at 30c per kilometre per vehicle.

The following table gives a guide to the new transport reimbursement per vehicle for some common destinations

Destination	Distance km one way	Round Trip at \$0.30/k m
Taranaki		
North Egmont	243	145.80
Stratford Plateau	214	128.40
Dawson Falls	217	130.20
Waitotara Valley		0.00
Central Plateau		
Ketetahi	227	136.20
Waihohonu (Desert Road)	190	114.00
Waipakahi	190	114.00
Tukino Road Repeater Station	193	115.80
Mangatepopo	225	135.00
Top of the Bruce	227	136.20
Turoa	200	120.00
Western Ruahines		
Kawhata Base	95	57.00
Purity	90	54.00
Rangi Road end	84	50.40
Oroua Valley Road end	79	47.40
Pohangina Valley	50	30.00
Diggers Hut	42	25.20
Western Tararuas		
Mangahao No 2 Dam	45	27.00
Pike Bridge Ohau	60	36.00
Otaki Forks	89	53.40
Kapakapanui	95	57.00
Titahi Bay	127	76.20
Eastern Ruahines		
Makaroro Base	132	79.20
Waipawa River/Sunrise	132	79.20
Tukituki River	110	66.00
Moorcock Base	110	66.00
Tamaki Stream	71	42.60
Coppermine Creek	42	25.20
Eastern Tararuas		

Mangatainoka Road	72	43.20
Putara Road end		
Ruamahanga River	80	48.00
Kiriwhakapapa	90	54.00
The Pines	113	67.80
Holdsworth Lodge	124	74.40
Walls Whare	137	82.20
Palliser Bay	151	90.60
Other North Island Destinations		
Kuripapango (Kawekas)		0.00
Makahu Saddle (Kawekas)		0.00
Mt Hikurangi (East Coast)	555	333.00
The Big South Island Trips		
Saint Arnaud	266	159.60
Christchurch	490	294.00
Arthurs Pass	615	369.00
Arthurs Pass via ChCh	647	388.20
Nelson	235	141.00
Fox Glacier	660	396.00
Mt Cook	830	498.00
Queenstown	1000	600.00
Mt Aspiring (West Matukituki)	960	576.00

Trip Reports

Snowcraft One - Many a High Moment When Stuck in a Low!

9-10 August

Report: Andrea Coleman

Photo: Terry Crippen

With a wicked low pressure system set to sweep the North Island on Saturday, Snowcraft 1 was set to be exciting. We walked into the lodge on Friday evening with a beaming sky full of stars above, and plenty of snow under foot, with high hopes that the weather forecast was grossly incorrect.

A 6am start ensured that we were fed and out the door to catch the best of the weather. A grey sky and crunchy snow set the scene for learning the art of cramponing, walking on snow in boots, cutting steps with our ice-axes and self-arrest techniques. Initially we were all careful and timid on our gentle snowy slope, but after 3 hours of trudging up and down our well worn slope and a few giggles sparked by stories of Russian call girls (all interested please contact Terry), we were throwing ourselves down every which way and running up and down without hesitation.



True to the weather report by 12 o'clock the wind was gusting with increasing strength, the snow was driving down, and visibility was getting worse and worse. After both Terry's and Alistair's beards had turned to ice, a wise decision was made to head back to the lodge. All feeling like true mountaineers on Everest we pushed home in the blizzard, happy to see the sight of the Lodge and a cup of tea and a bicky.

Unfortunately that would be all the snow work we would do that weekend as the storm grew and we were confined to the lodge. Learning opportunity however was not lost and we spent the afternoon trying to find each other with our avalanche transmitters in the lodge.

At 9.30 on Sunday morning the order was given to evacuate the mountain, signalling the end of our weekend. Everyone made their way to the cars and down the hill safely. The course was cut-short, which succeeded in only increasing our appetite to give it another go and learn more.

Thank you to Terry, Alasdair, and Bruce for imparting your wealth of knowledge to us, and for your enthusiasm, patience, and brilliant stories. I would thoroughly recommend the course.

Leadership Evening

7 August

Report by Anne Lawrence

Seven of us met for the Leadership evening. Chris Tuffley and Mike Archer had recently spent a weekend being trained in leadership and had agreed to share what they had learnt. Both Chris and Mike are clearly diligent students as they each had made extensive notes during their weekend course, and were able to make sense of them so that they were able to take us through the key aspects their course had covered. We learnt about different styles of leadership, roles, responsibilities and duties of a leader as well as the importance of decisiveness. We

discussed a variety of scenarios, and possible responses to them.

Terry reminded us about the card for trip leaders that PNTMC has put together – if a trip leader follows everything set out on this card, they will have covered all that they should. This includes filling out a trip card with details of trip route, participants, etc and leaving this with the overdue trip contact person. Fresh with our new knowledge about leaders' responsibilities and associated risks when leaders are remiss, we all understood why Terry emphasised the importance of all trip leaders filling out the trip card.

The evening was really enjoyable as well as informative. Thanks to Chris and Mike for leading us through the evening!

We were Terry Crippen, Fiona McDonald, Steven Liddell, Murray Gifford, Kelly Buckle, Martin and Anne Lawrence

Wellington City Red Rocks

2 August

Report and photo: Anne Lawrence

We left a dreary looking Palmerston at 7am and were pleasantly surprised to see Wellington harbour reflecting a beautiful blue sky as we got to the bottom of Ngaruanga Gorge. We didn't stop to take in any of the city but drove right through to Owhiro Bay where we parked the car. The carpark is the gateway to the Te Kopahou Reserve which stretches along the southern coast of Wellington.

There were a few options for the trip – one was to park by the wind turbine in Karori and walk along the track down to red rocks. The map shows a few return routes that look like they would make a nice loop. However, with short days at this time of year, we opted for the coastal route. But we promised ourselves to come back another day to investigate some of the other options.

We headed off along the coastal track. At this stage there were few others about – just the occasional runner or cyclist braving the wind. We could see the south island quite clearly with many snow covered peaks, with Tapuae-o-Uenuku quite prominent. Occasional baches are nestled in between the hills and the beach, some looking very forlorn others a little more welcoming, but most showing signs of regular use. Clearly the upmarket version of the kiwi bach has not yet made it to this part of the coast!

The track was easy walking – much of it is a 4WD track although more challenging to drive than some of the urban 4WDers seemed to be used to, judging by some of the driving!! We now know why the area is called Red Rocks (yes, the rocks were red) and we were reminded that often you can smell seals before

you see them - although one of our party did nearly walk on one particularly sleepy pinniped!

The track goes on for some distance but we agreed to go as far as the Lighthouse at Tongue Point. This proved to be an excellent decision as it took us about 3 hours and we were all ready for lunch by the time we got there. After a lazy lunch, all we had to do was walk back the way we had come. A few drops of rain threatened but came to nothing. As we got closer to the carpark we came across increasing numbers of people – fisherman, families, young and old, tourists, 4WDs, etc were all out to enjoy the afternoon. We did feel a little smug when it started to rain shortly after we got back to the car! A stop for refuelling at the Red House Café provided a nice finish to a really enjoyable day out.



We were Richard Lockett, Jennifer and Kay Kitchen, Martin and Anne Lawrence.

Kiriwhakapapa

10 August

Report by Malcolm Parker

A very leisurely start to the morning. Not the normal early start for a tramp, but extremely cold. However, the weather looked like it could turn out to be quite nice, despite the mixed forecasts. And it was amazing that, after crossing the Pahiatua Track, it was just as nice over there although there were some fairly white-looking hills. Just a minor indication of how cold it had been – and still was.

A minor change was needed to the original plan to go on in to Blue Range Hut. Instead we took the track across to Mikimiki. This follows an old tram track

before it climbs up over a small hill and down to the other side. I called a stop at the top for us to put coats on. By now the temperature had climbed up to 3 degrees. Quite pleasant really!!

Dropping down the other side we had a couple of crossings of the creek. Reo found these a bit of a challenge, and it was quite cold. When we came out onto the farmland the sun was out, there was no wind and it was really just an amazing day. We stopped for an early lunch here in the sun. We had a very leisurely lunch and a chat enjoying the warmth.

Then it was back the way we had come. We did stop to watch a couple of tuis in the treetops but they were a little shy. So it was back to the car and on home.

A really pleasant wander on a track I hadn't seen before and excellent company.

We were Duncan Hedderley, Malcolm Parker, Reo Takaoka and Chris Tuffley

Rangitikei Farm Walk

17 August

Report by Martin Lawrence

Fully expecting to be spending the day sloshing in mud with full wet weather gear on Anne and myself picked up Terry and headed for Malcolm and Edith's house north of Marton. Their fire was blazing and looked pretty cosy but WE managed to show a bit of grit, turned down the offer of a cup of tea and followed Malcolm's vehicle to the beginning of the day's walk.

We left one car on Highway One North of Ohingaiti then backtracked to Kiekie road, and parked some distance up Watershed Road, somewhat higher than where the car was parked so obviously we had more down than up to walk. By now the rain had stopped, and amazingly remained stopped for the duration of our walk. As we started on the farm track we could imagine excellent views over the Rangitikei to the Ruahines.

Malcolm and Edith kept us interested and entertained with bits of history of the farms that we walked over and of the various farming families of that region, plus a few fairly hairy stories about scrubcutters from the "old days".

I can't reliably remember names of the farms that we covered but after lunch we headed down a ridge, aiming for bridge over the Makohine River. After this it was a simple matter of climbing one more ridge and cruising down to where the car was parked. This last section was a little nostalgic for Edith as we were skirting the farm that she was brought up on.

This was a very pleasant day out and I for one really appreciated the chance to walk over some interesting land that normally is not accessible to us townies.

We were Terry Crippen, Malcolm and Edith Leary, Martin and Anne Lawrence

Recipes for tramping and eating

Sue Hely's Muesli Bars

I first saw this recipe in the *Wilderness* magazine where it was published as part of a debate on the nutritional content of commercially available energy bars with particular reference to their tendency to have a high sodium percentage. Sue submitted it as an example of a high energy bar which was high in potassium (from the bananas) but low on sodium.

- Set oven to 200 degrees C
- Melt in a very large saucepan 75g butter.
- Use most of this butter to brush several layers into the base of a baking pan about 30cm by 22cm, so that the mixture will turn out easily after cooking.
- To the remaining melted butter in the saucepan add:
 - 2 or 3 eggs
 - 4 tablespoons golden syrup, or honey,
 - 3 mashed bananas,
 - 1 teaspoon vanilla essence
- Beat all this together well, then add:
 - 3 tablespoons milk powder OR soy drink powder,
 - 1 cup flour (or wholemeal or soy or barley flour)
 - 1 cup coconut or chopped almonds
 - 1 cup chopped walnuts (or any nuts or seeds)
 - 3 cups sultanas or your favourite mixed dried fruit
 - 6 cups rolled oats (porridge oats hold together better in bars than jumbo oats)
- Press mixture into greased baking pan.
- Place pan into oven and turn down to 150.
- Bake for 45 minutes, turn oven off and leave baking pan in the oven for another 15 minutes.
- Turn out onto a wire rack while hot to cool.
- Cut into bars while warm.
- Cling-wrap individual bars when cold and pack into an air tight container.

Keeps several months in refrigerator.

A final thought...

Thanks to Tony Gates who sent this in from a book about Patagonia.

Lo unico que quieren las montanas son yus alas By Jack Jelinski

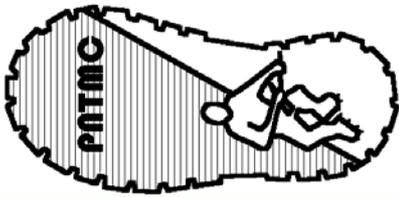
Si no vas solo a las montanas
Vas por las rezones equivocadas
Pues ahi encontraras soledad y refugio
Y Armenia para todos las estanciones.

Sino vas solo a las montanas
Sin tu sombre chimosa que acompana
Quizas nunca escuches tu propia voz
Y no Habra melodía para tu cancion.

Cuando finalmente vayas a las montanas
completamente
No te aturdas cuando tu espiritu cante
Pues descubriras en el vuelo
De la soledad
Que las montanas
Solo quieren tus alas.



**Sender: PNTMC
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PNTMC Newsletter

September 2008

What's Inside this month:

- *Upcoming trips and club events*
- *Reports on recent trips with plenty of snow and ice*
- *Results of the Club's photo competition*

**Get out and about with us!
www.pntmc.org.nz**

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