

# Palmerston North Tramping and Mountaineering Club Inc.

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

P.O. Box 1217, Palmerston North

## Newsletter November 2009

### 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.

#### 12 November

##### BYO Slides

Members are invited to 'Bring a selection of Your Own' best pics to show the rest of us what you have been doing over the last 6 months or so. As a guide, please limit the number of images to 12 on CD or memory stick. Contact Warren on 356-1998 if you have any queries.

#### 19 November

##### Committee meeting at Janet Wilson's

Come along early for pre-meeting BBQ

#### 24 November (Tuesday)

##### Alpine Rock Instruction Evening

An introductory session on some aspects of rock climbing in the NZ Southern Alps environment. The rock climbing in this environment is usually of a lesser grade than pure rock climbers undertake. Other factors such as the snow/rock mix, stability of the rock, weather, available gear come into play. This evening session leads onto the trip away on the 29th. contact: Bruce van Brunt 328 4761  
Terry Crippen 356 3588

#### 26 November

##### Sub Antarctic Auckland Islands with Kelly Buckle

Kelly will give us a presentation based on her participation in the 2008/09 survey of New Zealand sea lion population health in the sub-Antarctic islands as well as her work with several other species including yellow-eyed penguins, southern royal albatross, and siphon limpets. Her talk will include photos of the beautiful and astounding plants and animals encountered, as well as descriptions of the various research projects and the challenges of daily life and fieldwork in such a wild environment.

### Upcoming Trips

#### Trip Grading

Trip grades depend on many factors, especially weather and terrain. A reasonably proficient trumper should expect 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 (T) Instructional (I)

#### Trip participants

Contact the leader at least 3 days in advance. Trips leave from Milverton 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

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

#### 1 November

##### Burttons Track

M

##### Peter Wiles

358 6894

This is becoming something of a regular route for the Club. Well worth going on as it offers a good leg stretch over a variety of terrain and doesn't entail a lot of travelling. Contact Peter for more details.

#### 7-8 November

##### Waihohonu Springs

E/M

##### Warren Wheeler

356 1998

Depart 8.00am. From the Desert Road it is an easy 3 hour walk to our camping spot at Waihohonu Springs near the base of Ngauruhoe in Tongariro National Park. Our walk in will visit the larger Ohinepango Springs near the base of Ruapehu as well as the historic Waihohonu Hut that provided the base camp for tourists up Ruapehu almost 100 years ago. Our

return will include a steep scramble up onto Tama ridge and summit for stunning views over Upper Tama Lake.

#### **8 November**

**Tama, TNP** M/F  
**Peter Wiles** 358 6894

We will leave PN at 7.30am and head for the Desert Road. If the weather is favourable, those who want can do a round trip. Some great views to behold!

#### **14-15 November**

**Cattle Creek Hut** M  
**Craig Allerby** 323 7913

Starting from Tamaki West Roadend we can take alternate tops and forest tracks to Cattle Creek Hut on the Eastern side of the Ruahines. Returning out on Sunday with some track travel and then following the Tamaki River West Branch out to the carpark. Depart PN at 8.00am.

#### **15 November**

**Keretaki Hut** M  
**Terry Crippen** 356 3588

Near Maharahara and the southern end of the Ruahines. A boulder hop up the Oruakeretaki Stream, up a track to the nicely located hut with excellent views, returning a different route.

#### **21-22 November**

**Tunupo - Longview crossing** M  
**Murray Gifford** 357 3353

West to East crossing of the Ruahines. We will start early on Saturday with 1000m climb to Tunupo peak and then 6 - 7km along the ridge tops at 1500m to Pohangina Saddle, Longview Hut. This leaves us with an easy walk out Sunday to Kashmir Rd end. Possible Friday night start to Alice Nash at the base of Tunupo spur. We will need a good weather forecast to go.

#### **22 November**

**Longview circuit** M  
**Alasdair Noble** 356 1094

A gentle Sunday stroll. We will head up the steep(ish) track towards Daphne Hut and at the top turn left on the tussock ridge towards Pohangina Saddle and Longview Hut. Return will be down the ridge to the road. I may take a bike to collect the vehicle and save the walk down the road. All welcome.

#### **27-28 November**

**Tongariro Crossing** M/F  
**Fiona Donald** 356 1095

Departure is Friday 27 November, at 5.30 pm, from Milverton Park; to stop off for dinner in Taihape and then travel on to stay at the holiday cottage at Mangatapopo School Camp. Costs include \$15 each for accommodation plus anticipated cost \$35 for shuttle return (not booked yet). Cottage has been booked and takes about 10 people. Anticipated return to PN on 28 November. However, there could be a

possibility of staying Saturday night. If interested in the trip, please telephone Fiona before 9pm on 26 November.

#### **29 November**

**Beehive Creek** E  
**Doug Strachan** 353 6526

Club trips don't get any easier than this, and we will be taking our kids aged 2 and 4 along. The trip begins with a 40 minute walk along the road to the start of the track. There is scope to first drop off people with younger children here to give them a head start up the hill. The short ascent is followed by a stroll across farmland before dropping down to the creek. The walk along the creek includes shady stretches. The creek bed is not rocky, and the water generally less than ankle deep. It is only 30km from PN to Beehive Creek Walkway (opened in 1983), just past Pohangina town. The trip involves 2-3 hours walking, with a pleasant picnic spot at the end for lunch. Leader will provide Buzz Bars. Leisurely 9am start. No dogs allowed.

#### **29 November**

**Alpine Rock** I, T  
**Bruce van Brunt** 328 4761

The purpose of this day is to develop and practise skills in rock climbing using approaches that relate to climbing in a mixed snow and rock alpine environment such as found when undertaking straight forward mountaineering in the Southern Alps. An early departure time and probably heading to the Mangatepopo Valley (TNP). (See also Tues 24th evening session)

#### **5-6 December**

**Tararua Northern Crossing** F  
**Tony Gates** 356 7439

This reasonably tough Tararua Classic is planned as a joint trip with some Heretaunga Tramping Club friends (HTC is well known in the Ruahines and Kawekas, so now want to explore our beloved Tararuas). Itinerary flexible and weather dependant. Hopefully, we follow Dundas Ridge the the Ohau River tracks. Depart Friday evening for Herepai Hut.

#### **6 December**

**Herepai Hut or Mitre Flats** E/M  
**Warren Wheeler** 356 1998

Depart 7.45am. Two choices, one destination - the eastern Tararua Ranges. If it is fine then we will probably go up to Herepai Hut for views from the tops, with return the same way or down the Bottles Track. If the weather is a bit iffy we will drive a bit further south towards Masterton for an up-valley walk along the track to Mitre Flats Hut on the banks of the mighty Waingawa River. The classic return trip for those feeling keen is to "bomb down the river", but this would make it a Fit trip, so Plan A is to return the same way.

## Pre-Christmas trip called off

Alasdair had offered a trip to Clarence River from 5 to 13 December. The plan was for a week long float down the river Clarence through the Molesworth property and other high country stations with the possibility of climbing Tapuaenuku on the way past. The river is up to grade 3 and flows through some interesting country. Unfortunately there has not been sufficient interest for this trip to go ahead so it has been cancelled. However, if you are interested in doing the trip, contact Alasdair Noble (356 1094) as he would be keen to run it at another time.

### Articles for the newsletter

Send by the 20<sup>th</sup> of each month to Anne Lawrence, the newsletter editor, via the club website : <http://www.pntmc.org.nz/mail/>

## Notices

### Welcome to the Club

A warm welcome to our latest new member - Nicola Wallace has just joined the club. Nicola can be contacted at ph 356 4516

### Events card for 2010

Yes - it is that time again! Janet has started putting together the trip card for January through to June 2010. If you are interested in leading a trip or have an idea for a trip that but don't want to lead it, contact Janet on 329 4722 or talk to her at Club night.

### Club Equipment for hire

The following gear is available for hire from the Club. Note that there are some new items and sets. There are also some changes in prices, groupings, new items, and conditions.

Ice Axe	\$2
Crampon	\$6
Helmet	\$2
Harness	\$5
Snow stake	\$2
Snow picket/pig	\$5
Ice hammer	\$5
Snow shovel	\$5
Avalanche probe	\$5
Fly (4person)	\$4
Compass	\$2
Bivvy bag	\$2
Avalanche transceiver*	\$5
Carabineers (2 screw, 2snap) & ATC Set**	\$5
Snowshovel, probe & avo transceiver set	\$10

(Cost is per day per item for Club members)

### Terms & Conditions:

1. The above prices are for Club members. Non-club member rates are double.

2. To hire gear; **BOOK YOUR REQUIREMENTS WITH THE GEAR CUSTODIAN IN ADVANCE OF WHEN YOU WANT TO PICK THE GEAR UP.** Otherwise the gear custodian may be away or the gear already borrowed.

3. The gear is available on "a first come basis", however priority is given to Club trips, bookings by other related organizations, and club members.

4. For non-club members identification and a bond may be required if the Hirer is unknown to the Gear Custodian.

5. **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.**

6. \*Avalanche transceivers; a form is required to be filled in for these.

7. \*\*The carabineers and ATC set can only be hired by **club members on scheduled club trips**.

8. Reduced rates for longer trips, or to related organizations, is at the discretion of the Gear Custodian.

## After Work Rogaine

### 2 November

Teams of two or more will have 1 hour to find as many control areas as possible in and around the Esplanade. At each control area you will need to answer a question such as "How many boards on the seat". Controls will be worth different points depending on difficulty and the team with the highest tally wins.

**Date:** Monday 2<sup>nd</sup> November

**Venue:** Manawatu Hockey Pavilion, off Manawaroa St.

**Registration:** 6.30 – 6.50pm

**Maps out:** 6.50pm, they will cover Esplanade and surrounding fields

**Start time:** 7.00pm

**Finishes :** 8.00pm

**Teams:** Teams must consist of two or more people so get your family or friends to come along.

**Required gear:** Torch (much easier if it is a head torch), pencil or pen, compass

**Cost:** FREE

**Organised by:** Mountain Safety Council Manawatu

**Contact:** Stacey Price 06 354 6369  
[Manawatu@mountainsafety.org.nz](mailto:Manawatu@mountainsafety.org.nz)

## Interclub Quiz

**Report:** Warren Wheeler

The Annual Interclub Quiz was hosted this year by MTSC at the RSA on Tuesday 6 October. This was an enjoyable night out for the two tables of PNTMC and MTSC members and the fully geared table of MUAC members. In a nail-biting finish, PNTMC came a close second to MTSC; MUAC learnt a lot, and taught the rest of us about dress options for such an event.

Thanks to Ken Mercer, the MTSC President, for his mangled pronunciations as Quizmaster and to Rochelle Beauchamp for preparing the suitably challenging questions. Thanks also to MTSC for the continuous supper service and RSA for the full bar service, which members can be assured had nothing to do with the final placings!

## Trip Reports

### Deadmans - Rangī Circuit

27 September

Trip report: Anja Scholz

I volunteered to do the trip report for this tramp as it really needs heavy editing. All the bits about Craig and Dave carrying my *day* pack at times as I was struggling up the easy hills and *down* the slip detour, about Cathy doing parts of the trip twice as it was so nice (and because she had to retrieve her walking pole), about the number of beers downed at the Kimbolton Pub/Café (still for sale)... well, enough said.



With daylight savings (yawn) starting we all thought Dave might have opted for a late start – not so! And what happens? The weather starts clearing as we drop off Mangahuia and by the time we get back to the cars Ruapehu is visible and it's a beautiful day! The late birds caught the worms, eh ... As it were we had to spend the hottest part of the day in the pub/café (did I mention the Kim Café?)!

7:30am: Dave, Cathy, Warren and I leave Milverton Park

8:00am: meet Richard and Craig on the way.

9:05am: leave Rangī carpark, still minus Michael who is joining us after work (after work? you must be kidding) and races up the track to catch up a short time later

11:06am: all climbing merrily, Anja after a four week slouch huffing and puffing, Craig (up for the Knighthood) offers to and carries her day pack up the last 200m climb. Not sure what the others are up to as I can't see them. They are way ahead, and it is drizzly, misty, cold and windy (see comment on late birds ...).

12pm: get to top of Mangahuia, my altitude meter only 5m off. No snow – NONE – on the track, and nearly nowhere else, so the ice axes some of us (not me!!) are carrying – just in case – take on a bit of a wannabe look.

1:09pm: arrive Rangī Hut. We are musing on where the two boys got lost recently and concede that with no snow poles on the flattish parts of the ridge above Rangī it is easily done. The less confusing part of the track does have poles ...\* Weather clearing for views and a nice late lunch at the hut. Only other person encountered here: one trumper with dog (large).

1:43pm: leave Rangī Hut. Have to stop a short while later to take off two layers of clothing and leave walking pole behind. Start ascent of the mighty North Face slip detour (15 minutes max.). Minor first aid scenario on top of detour when Anja gets something in her eye that won't come out. Not even Craig trying to flush the article out with his crafty waterbottle gets to it as she cunningly twinks her eye shut so all the water goes down the front of her shirt. This is when Dave carries her pack downhill, so she can stumble down with one eye half

shut and irritated. Most embarrassing. Thus sidetracked, some of us miss the drama with the left behind and retrieved walking pole of Cathy's.

3:05pm: bottom of mighty North Face slip detour

3:23pm: out at Rangi carpark

4:05pm: Kimbolton pub/café

Sometime later... on the way home. Back in "still snow on the hills" Palmy even later than that. Very good trip and with no winter fitness, hey, "one man's Mangahuia is another woman's Everest". Thanks all for a really good trip. ☺

\* the new – improved? – topomap NORSEWOOD (BL36) shows the whole loop as TRACK, e.g. should be all poled... BUT it is actually good for showing the full tracks in that part of the Ruahines.



*We were trip leader Dave Grant, Craig and Michael Allerby, Warren Wheeler, Richard Lockett, Cathy Corner and Anja Scholz.*

## **Snow falling on Leatherwood - Peaked on Wharite**

**4 October**

**Report by Anja Scholz**

**Pics by Nicola Wallace**

On Saturday John mentioned the Gorge Track if the weather was to be bad, and I thought: naaaa, I've never been on Wharite so I want to go there ....

Sunday morning it was raining, and I thought: hm, the Gorge track doesn't sound so bad after all....

When John picked me up he said that apart from Nicola Warren was coming as well, and I thought: oh well, Wharite it will be, and we can be glad if we stay on the track.....

Alas, while we were trudging along in the rain, Warren entertained us with the story of how about 10 years ago he went on a trip to Wharite, and it rained, and on the way up it started snowing, and was snowing merrily when they got to the top, and by the time they made their way down quite a white blanket had settled on the leatherwood and the track until quite a ways down. Well, if it wasn't to be a case of déjà vu!



While we ascended huff puff the steep bit, still only wet on the outside of our waterproof raincoats, we scanned the sky, and sure enough at 735 metres altitude the rain started to change colour from see-through to white. While we sloshed over the ridge and were sheltered from the wind by the leatherwood, more and more flakes settled, and stuck their wet tongues out at us : nana na naana. We slowly discovered why overcoats are never advertised as snowproof snowcoats. They ain't.



We could shelter under a little roof up at the Wharite mast and have our lunch, all the while noticing that

the swirling white stuff also had an impact on the temperature, or vice versa ? So while Warren pelted us with ill formed compacted snow, and slush bombs fell off various parts of the metal structures around us, our body temperatures started a downhill fun ride. I resorted to gloves (sodden within minutes), while Nicola struggled to get hers on, as her fingers had got too cold. We mused that for a little teensy bit of money DOC might be able to put a shelter up there for the crazy likes of us coming up in all weather.

Sheltered again from the wind we then crunched our way back along the ridge, steps muted by the half inch of soft white stuff on the track; the snow had made the grass quite slippery, however, and the track had sure got even boggier, so the white fluffy silence was interspersed with the occasional shouted or muttered rude word. At 680m altitude the snow got to be rain again, and the raindrops now followed the snowflakes to the inside of the no-longer-rainproof coats. Thoroughly wetted, and trying hard to feel morally superior to all the couch potatoes for it, we dampened John's car on the way back, and didn't even stop for a coffee!!!

Boy the hot shower felt good ☺ and I can now tick off Wharite.

We were:

- hardy Warren Wheeler who now starts his reminiscences with: you won't believe this but on TWO Wharite trips 10 years apart, it rained, and on the way up it started snowing.....;
- Nicola Wallace who drank too much tea at lunch and guess how many times she had to duck into the sodden bushes later;
- wet through to the layer beneath her underclothes Anja
- and always merry, and despite wearing a minimum of clothing (or so it looked) still not hypothermic trip leader John Feeney

## **Mangahao – Makahika Track**

**20 September**

**Report and photos: Woody Lee**

This was my first trip to lead and I chose it from my previous day trips because it had attracted me with dams and the hydro electricity power station.

What a glorious spring morning, and so it proved when ten of us arrived at the Te Araroa Trail car park on the winding gravel Mangahao Road behind Shannon. It was hardly surprising that a large group from Tararua Tramping Club was already gearing up as we arrived. They had done Burttons Track the previous day and had arranged transport with Owlcatraz, which meant no worries about vehicle break-ins and delivery of their cars to the Makahika end - a good idea for next time.

We started the track with introducing each other as we were all from different backgrounds; four of my work colleagues, club members and a new migrant to New Zealand. We soon faced a couple of stream crossings and one trumper got her socks wet as the water level was a bit high.

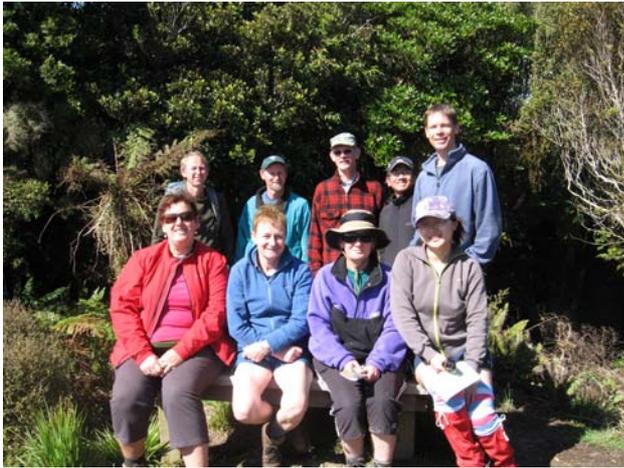
Warren, Mike and Craig informed us of the names of forest trees; beech tree, wiggly rimu and bush lawyer etc. It was a warm morning and there was the occasional breeze, but some areas were quite muddy so it wasn't all plain sailing.

Before noon, we spotted a huge toppled tree which was familiar to me from the previous trip in May. Yay! this meant there should be a lookout just around the corner for lunch break!



Horowhenua lookout, a small open area was soon packed with trampers (probably 22) having a chatty lunch under the sun and blue skies. Warren showed Lu and Thama how to map-read using his old map and compass to find out where we were by using high points on the ridges down towards Shannon.

After lunch, we discussed whether only the drivers returned to the car park to allow the others to complete the track or if we were all going back together. We agreed with Plan A, meaning that Mike and me raced back to drive the cars to the Makahika end and, once again, I missed out on getting my feet wet crossing the Makahika Stream. We ended up getting to the car park just before the others started to arrive in groups of twos and threes.



Although our group had taken quite an easy pace I realised this trip should be graded M rather than E, but happily there were no complaints and everyone seemed to enjoy themselves. My only concern is that, because I only did half the trip, I will need to start at the Makahika end next time!

*We were Yvonne van der Does, Isobel Holdaway, Sally Hewson, Lu Zhang, Peter Massey, Thama Kamikaze, Warren Wheeler, Craig Allerby, Michael Allerby and Woody Lee.*

## Trip to Daphne – or not

11 October

Report and photo: Dave Grant

The day got off to a great start with fine weather, and 11 keen trampers leaving from the Milverton meeting point in high spirits. And picking up Jonathon in Dannevirke made 12.

Dave, driving the second vehicle, closely followed by Woody, suffered a senior moment (only one?) having it in mind that the road leading to the old NZFS Moorcock base was after the Ongaonga turnoff. By the time they had reached Tikokino, he had realised the error of his ways and a quick turnaround saw them heading back and choosing the correct option this time. Michael and his carload waiting at the Kashmir road end had been very patient and eventually the actual tramping part got underway about ¾ of an hour behind schedule.

We tackled the steep climb out of the valley up to the bush buoyed by the thought that we would have the hard work done first. However as we got higher up towards the Longview – Daphne ridge our pace was slowed by a layer of soft snow making track conditions quite slippery. We lunched in the snow in a sunny clearing close to the ridge and considered our options. Considering the time and our rate of travel it would be late in the day by the time we made the return trip to Daphne. We carried on a short distance down the Daphne track to the first view point. What a glorious sight across the bush clad valley to the snow

clad Howletts ridge and the high tops beyond. Again we considered the options. Such a glorious day – let's climb up the ridge towards Longview and take the alternative track back to the road end. It's shorter and therefore quicker than going to Daphne, it's fine and sunny and we can enjoy the scenery across the open tops. How easily one can be fooled by nature... sure the scenery was magnificent but, oh, the wind !!!

A firm breeze developed into a howling westerly by the time we reach the crest of the ridge, to the extent that some people had difficulty staying on their feet. We struggled on, finally making the decision that enough was enough. Let's cut over into the shelter of the lee and pick a way down through the snow drifts and the scrub to the valley below and thence out to the road. Warren lead the way (it was his idea after all). The going was pretty easy once we got past the heaviest of the snow, picking a path down through the scrub. Further down the situation changed. The scrub got taller and the ground steeper and it was a real bush bash down to the creek. However we were out of the wind and the sun still shone and people still seemed to be smiling ( I think). After a short break, it was a boulder hop down the stream, with a bit of scrub bashing to avoid some deeper pools. Finally reaching the road, still with a full compliment of 12 people, we walked back to the vehicles by a bit after 5pm.



The journey home was uneventful. Dave turned the right way at the State Highway 53 Junction; We stopped for an ice cream in Dannevirke, and eventually got back to Palmerston North, having decided that it had been an epic day.

*We were Margaret Bruce, Jonathon Adams, Andrea Reifel, Michael Hudson, Richard Lockett, Craig and Michael Allerby, Woody Lee, Tina Bishop, Warren Wheeler, Isobell Holdaway, and David Grant.*

## Of interest...

### Recent Overseas Tramping and Climbing by Club Members

Various club members have been overseas and have been getting a bit of tramping, scrambling or climbing done while there:

#### Tramping in Japan

September 2009

Terry Crippen

Spending a month in Japan recently, I did the usual touristy things around Tokyo and Hiroshima. However the plan was to also get out of the cities and do some tramping.

Together with ex-Club member Yuko Watanabe, I spent a few days tramping in Chubusangaku National Park, part of the Northern Alps in central Honshu. This National Park is centred on Kamikochi which is about 250km north-west of Tokyo and is easily reached by the night bus from Yokohama. The area has extensive forest covered steep ranges and plenty of rocky open tops with a number of peaks above 3000m. With an excellent network of tracks and huts this is a very popular area for tramping and climbing. However non Japanese trampers were extremely rare. Some of the difficult sections of the marked tracks and routes are overcome with the help of ladders and chains. Not being able to read Japanese, the way to decide on the difficulty of any marked route is to check how much Japanese writing in RED is alongside that route on the map! There are also plenty of unmarked routes onto summits that would tax any full-on rock climber. While there only snow patches remaining in early autumn, in winter the area is deep in snow and offers excellent winter tramping and climbing. One of the peaks we scrambled up was Yurigatake at 3180m the 5<sup>th</sup> highest peak in Japan.

<http://www.mcci.or.jp/www/yurigatake/index-e.htm>



Terry also caught up with the family of the late Meguru Inoue and spent time tramping in the Oze National Park (about 150km north of Tokyo), an area

of upland wetlands and extinct volcanic peaks. While no bears were sighted on this occasion there were plenty of warning signs about – in Japanese of course, so until I was told what they were they could have been signs for pop corn stands! Late September and October was definitely an excellent time to see the brilliant autumn colours arriving, something you don't see in the NZ mountains.

#### Tramping in Northern Colorado

August 2009

Christine Cheyne

The guidebooks generally consider that the top three safety issues for trampers/climbers in the NZ mountains are hypothermia, drowning in river crossings and getting lost. In the northern Colorado mountains (at least in summer) it's a very different story: altitude sickness, lightning strikes, dehydration and, in the forest, bears are the hazards. The first three of these were significant considerations when I notched up my first 'fourteener' at the end of August. The goal was Long's Peak, one of 54 peaks that are over 14,000 feet in the Colorado stretch of the Rocky Mountains. Long's Peak itself is 14,259 feet (4,346 m). Fortunately altitude sickness was not a problem although, because I had never been at this altitude previously, this was not something I could have known beforehand. Avoiding lightning strikes and dehydration did require appropriate planning.

Long's Peak is easily reached from Denver and Boulder on the eastern side of Rocky Mountain National Park (the nearest town is Estes Park). As a summer (mid-July to mid-Sept) non-technical climb, it is very popular, but not to be under-estimated. Climbers are advised to start early to ensure they are below the treeline by early afternoon to avoid the afternoon thunderstorms that frequently bring lightning strikes. It is a 15 mile round trip and the height gain is just under 5000 feet (the trailhead starts at around 9400 feet). The summer route is called the Keyhole route on account of the distinctive gap reached after a 6 mile (10km) hike and boulder scramble. After passing through the Keyhole the route becomes distinctly more 'interesting', involving a scramble/crawl along narrow ledges then a 1,000 foot (305m) climb up the Trough. From here one is in the most exposed section, the Narrows, followed by the Homestretch to the summit which is wide and flat. The 360° views (north into Wyoming, east into the flat plains of Colorado, north and west into the Rockies, are spectacular.



The East Face, as you would expect from its name the Diamond, is very sheer and, I'm told, takes two days for technical climbers to ascend. It is possible to camp overnight at the Boulder Field if you don't fancy a 3.30am departure from the car park. As well as the climb to the summit, there are other hiking and camping opportunities at Long's Peak. <http://www.nps.gov/romo/planyourvisit/longspeak.htm>

*Anyone been doing tramping or climbing overseas recently? Drop a note to the newsletter editor.*

## Bush Tucker

The following is a list of what can be eaten safely from the NZ bush. The list comes with the warning:

*Don't eat any plant unless you are sure you've got it correctly identified.*

- Karamu (Coprosma) berries. All of the 5 species of N.Z coprosmas are edible. Quite tasty. Make good juice. Coprosma is part of the coffee family, and you can make coffee out of the seeds.

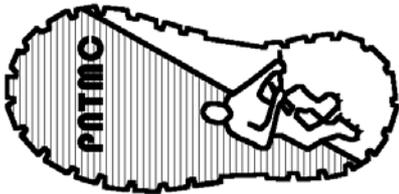


- Rimu berries (except the blue bit).
- Kahikatea berries (except the blue bit).
- Ponga - you can eat the white pith inside the branches. You have to be fairly desperate (i.e. in a survival situation to do this) its really stringy.

- Spaniard - you can eat the roots of spaniard plants. You would need to be really desperate though! You get to the roots by pulling the plant over by a rope. The goldminers in Otago did this sometimes.
- Raupo - The roots are edible. The pollen is as well. Maori used to make soup out of it, and small cakes.
- Braken fern foos are edible. They are carcinogenic in the long run though, so its not recommended that you eat these, they are also really tough, and require a lot of beating and soaking apparently.
- Supplejack - The tips of the vine are edible. They look like asparagus.
- Bush lawyer - The berries are edible.
- Reinga lily - The roots are edible.
- Hen and Chickens Fern - The new shoots are edible. They taste spicy.
- Kawakawa - The berries are edible, when orange. You can also make tea out of the leaves, which act as a stimulant.
- Manuka - you can make tea out of the leaves. Honey from its flowers acts as an antiseptic and fungicide.
- Pepperwood - dried and crushed, the leaves make a spicy seasoning for food. The leaves are really peppery, Maori mothers from some Iwi used to rub the leaves on their breasts to wean their babies. If you taste the leaves you can see why even the deer won't eat them!
- Rangiora (Bush mans toilet paper) - The leaves are slightly antiseptic so they make good bandages. They can be used as toilet paper as well! Don't eat it though, its highly poisonous.
- Kauri - the gum was chewed as chewing gum. Careful about standing on the roots of Kauri though, it can really damage them. the best place to get the sap is where a boardwalk goes over the roots.
- Lemonwood - The gum can be chewed to give you nice breath. Maori used to make oil out of the leaves as a perfume.
- Mairehau - Maori used to make the leaves into perfume. Don't rub it straight onto your skin though, it burns your skin!
- Mokimoki or Fragrant fern - only smells when dried. It smells like marzipan. Maori used it to perfume their houses.
- Bull kelp is edible. One Maori recipe is to cook Kawhai in a slip open piece of bull kelp.

- Mermaid's necklace - Our two largest Univalves, the Knobbed and Channelled Whelks, produce foot-long *Mermaid's necklaces* to protect their eggs until hatching time. These are edible.





Palmerston North  
Tramping and  
Mountaineering Club  
Inc.

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## PNTMC Newsletter

### November 2009

#### *What's inside this month?*

- *Upcoming trips and club events*
- *Reports on recent trips and events including the recent interclub quiz*
- *Bush tucker – what can you eat?*

#### Articles for the newsletter

Send by the 20th of each month to Anne Lawrence

Get out and about with us!  
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