

Palmerston North Tramping and Mountaineering Club Inc.

www.pntmc.org.nz

P.O. Box 1217, Palmerston North

Newsletter February 2014



Peak Baggers on Ruapae, 1279m on the Dundas Range, Tararua Forest Park. [Warren Wheeler]

Club Nights

All are welcome to our club nights. These 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.

13 February

Do You Know Didymo ?

Andrew Watt

"If it's wet, it's a threat". Didymo is not the only freshwater pest affecting some of our iconic lakes and rivers. Andrew Watt, Check Clean Dry Advocate from Horizons Regional Council will give a run down on what is out there and what we can do to stop their spread, with lots of give aways to help.

27 February

NW Vietnam

Kathy Corner

In October 2013 Kathy and Jon visited north west Vietnam doing some trekking and cycling in the Hoang Lien Mountains, visiting areas where few tourists go. Come and hear all about the trip which was organised by Anne Young of Trekking Adventures.

Upcoming Trips

1-2 February

Gold Creek All
Warren Wheeler 356-1998

Anyone with a 4WD is welcome but it is only about an hour walk up the wide Makaroro to Gold Creek and our camp site. Options include easy day trips up to Gold Hut and Barlow Hut or peak bagging up Colenso Spur or Sparrowhawk ridge. Preferably depart PN on Friday night.

1-2 February

12 Peaks Ruapehu F/FE
Grant Christian 354-5843

These twelve peaks are on top of Ruapehu or near by. Some people do them all in one day but I thought I would make it a little easier. Still need to be fit though because that means climbing up the mountain twice.

2 February

Tama M
Peter Wiles 358-6894

Depart 7.00am. An easy walk in from the Desert Road to Waihoonu Hut then up the ridge to Tama peak. Loop back via the scree slopes used for skiing in the early days. Great views of Tama Lakes, Ngauruhoe and Ruapehu.

8-9 February

Tararua Northern Crossing M/F
Mike Allerby 323-8563

Start from the Ohau river catchment, cross some of the high peaks of the Tararuas and come out the Waingawa catchment area. Weather permitting.

9 February

Beehive Creek Walkway E/Family
Doug Strachan 353-6526

Our daughter first did this trip when she was a 1yr old, and we've made it an annual event ever since. She is 8 now. Ice axes, crampons, ropes, GPS, balaclavas, survival tube, long Johns, map, compass, torch, spare torch, dehy food etc... can all be left at home for this easy peasy Japanese walk. Suitable for all, including kids, new members, those with Xmas-aggravated muffin tops, or boots that need breaking in. The loop trip begins with a walk along the road to the start of the track, but people with younger children or otherwise challenged can be dropped off here first to give them a head start up the hill. The walk along the sandy-bottomed, ankle-deep creek includes shady stretches. It is only 30km from PN to Beehive Creek Walkway, just past

Pohangina town. There's a pleasant picnic spot at the end for lunch. Leader will provide Buzz Bars. Leisurely 9am start.

15-16 February

Northern Pureora M
Richard Lockett 323-0948

Depart Friday around 5pm in time to set up camp at Pureora Village. A great chance to hear the kokako dawn chorus. Plenty to explore by foot or MTB including the geographic centre of NZ.

16 February

Iron Gates Gorge M
Warren Wheeler 356-1998

Depart 8.45am. A classic Oroua River trip for beginners keen to get more than their feet wet on a hot summer day. From the Heritage Lodge carpark we take the sidle track above the river for just over an hour and then follow the river back down to see (and maybe swim) the impressive gorge section.

22-23 February

Te Matawai Hut M
Woody Lee 357-2390

This is a combined trip with Manawatu Tramping and Skiing Club. The plan is to travel via Gable End Ridge to the hut and the next day we come out via Waiopahu track. This is an excellent circuit for peak bagging before the AGM in March.

23 February

Sunrise Hut E/M
Malcolm Parker 357-5203

Well deserved for its reputation as the jewel in the crown for Hawkes Bay, this trip in the northern Ruahines has a great variety of forest, tops and stream travel with great views both east and west.

1-2 March

Hinerua/Smiths Stream Circuit M/F
Mary Lund 06 374-7811

The eastern Ruahines offer this long day up out of the bush and along the spectacular Hinerua Ridge then around the tops over Paemutu and down to historic Smiths Stream Hut. Next day a relaxed exit downstream then up to Hinerua Hut and out.

2 March

Rangi E
Dave Grant 328-7788

This is one of the trips in the Manawatu Walking Festival. Contact Dave if you would like to volunteer as guide. Refer to notices.

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.

Gear for trips

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

Personal Locator Beacons – Free for trips

The club has purchased two PLBs for members' use. If you want to take one of these on a trip, contact Martin or Anne Lawrence on 357-1695. Note that this applies to any trip you are going on - it doesn't need to be a club trip.

Trip leaders

Complete the trip intentions form and leave with one of Overdue Trip Contacts or drop into 44 Dahlia St or email to pntmctrips@gmail.com with the date and trip name in the subject line. If you are unable to run your trip as scheduled, advise a trip coordinator as soon as possible so that alternatives can be arranged.

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:

Janet Wilson	329-4722
Martin and Anne Lawrence	357-1695

Articles for the newsletter

Send by the 20th of each month to Warren Wheeler, the acting newsletter editor, direct or via our web site <http://www.pntmc.org.nz/mail/>

Notices

Manawatu Walking Festival 2014

Following on the idea of some walking highly successful walking festivals around Auckland, there is to be a Walking Festival here on the weekend of Friday 28 February- 1/ 2 March 2014.

There is a selection of guided walks, ranging from evening city walks to a variety of popular forest and beach areas. The Manawatu Gorge naturally features. Walks take between 2 and 8 hours.

Volunteer guides are needed. If you are interested, and have a knowledge of; botany, local history, birds, tracks, or even interesting stories of the area, then please contact the web site below. There is a fee for each walk, and bus transport is provided. Sponsors of this event include DOC, Manawatu Forest and Bird, Sport Manawatu, Walking New Zealand, and Te Manawa. Refer www.mwf.org.nz.

Annual Awards

Our End of Year BBQ at Ashhurst Domain was well attended and as usual featured the presentation of our Annual Awards. The awards honour those members who stood out in their tramping efforts over the year.

Itchy Feet Award – Maho Strachan, a bee sting could not stop her trip to Sunrise Hut.

Little Bo Peep Award - Woody Lee, lost his party heading off Te Mara peak.

M&m Award for Editorial Integrity – Karen Tutt, insisted that it should be TE MARA 1104M not 1104m to match trig name plate.

Head Over Heels Award – Anne Lawrence, fell face first resulting in a colourful facial.

Best Foot Forward – Sally Hewson, walked out at Waipatiki Beach with a twisted ankle that needed a cast.

Cheesed Off Award – Graham Peters, nuked the camembert nibbles at Waipatiki.

Early Bird Award – Malcolm Leary, turned up a week early for second club night in October.

St Crispens Old Boot Award – Janet Wilson, plastic boots disintegrated on Ruapehu but safely returned for leather boots in the vehicle.

Mountain Goat Award – Grant Christian/Thomas Robertson, 20 hour round trip of Ruapehu.

Stay Bushed Award – Warren Wheeler, missed pole with stay marking track at Erua.

Dave Hodges Award for Excellence in Pursuit of Forgetfulness – Warren Wheeler, forgot his shorts on Mangahao trip with three ladies, fortunately one had a spare.

Slippery Slope Award – Conan Strachan (age 6), brilliant recovery from sliding off the snowy track up to Powell.

Congratulations to all our worthy recipients.

Obituary

TONY GATES 1959 to 2013

Tony sadly passed away on the 18th of December, after his long battle with a heart infection then receiving a heart transplant. In the end he was unable to overcome a very nasty lung infection. His funeral was on Christmas Eve morning here in Palmerston North. It was a very fitting send off for a fellow trumper and outdoors person. The Club along with others of Tony's friends held a guard of honour for him armed with ice axes, skis and walking poles.

Tony joined PNTMC in 1988 and up to his illness had been an active, competent and enthusiastic Club member out in the hills and mountains on Club and private trips. Behind the scenes he continued to play an important role in PNTMC up until very recently.

Tony was Club President for three years; 1990 to 1993. Newsletter editor from 2001 to 2003. One of the Trip Coordinators from 2004 to 2007. And again Newsletter editor from 2010 to recently. The Club made Tony a life member last year.

From the time I have known Tony he would be considered one of the most enthusiastic club members, always out for a challenge. Occasionally we have had to reign in Tony's enthusiasm, such as when he wanted to bring his skis on tramping trips when the chance of skiable snow was minimal!

Tony always had a passion for trips beyond the standard Tararua and Ruahine ones, heading to places near and far in the North and South Islands. Some of these enjoyable trips I have done with Tony include:

- Climbing Whanokao (which is very seldom climbed) and Hikurangi in the Raukumara Ranges.
- A circuit of the Ruakituri Wilderness Area in the Urewera National Park.

- Various trips to the Thousand Acre Plateau, the Barton, the Leslie, Karamea and the Tablelands in Kahurangi National Park.
- The Wangianu River in the Southern Alps.

Besides tramping, Tony would also enjoy hunting, trout fishing, cross country and down hill skiing, rafting, tubing, photography and FIREWOOD PRODUCING! These activities would also get other club members enthused and involved. Sometimes if you were in luck you would be supplied with a load of firewood, or venison.

Tony would often concentrate on pet areas such as

- Howletts, Sawtooth Ridge and Te Hekinga as mid winter trips in the Ruahines.
- The Punga Hut area in the Tararuas.



Behind the scenes Tony had a keen interest in researching topics related to tramping and the history of the ranges. Hence researching old hut log books, producing the excellent Howletts Hut log book, material on William Colenso, and of course *Worn out Boots*. This is also shown in Tony's enthusiasm as Newsletter Editor, always producing historical snippets or poems. And this year he produced historical notes for the Mid Poh and Ngamoko Hut books.

It was very sad that Tony could not overcome this last great challenge of his.

- Terry Crippen

A Memorial Service is planned later this year.

New Members

Welcome to two new members:
Gary Sparrow 022 4556 228
Kathryn Palmer (06) 560 0936

Gary took part in our Snowcraft Programme 2013 and is a worthy recipient of the free subscription kindly offered by our patron Sue Pither.

Peak Bagging Update

We are nearing the end of the PNTMC peak bagging challenge, which ends at the AGM in March 2014.

Your results should be sent as soon as possible after each trip to Malcolm Parker at mparker@slingshot.co.nz or phone 357-5203.

Some results have yet to be received or input so the points table below is indicative only. While every effort is made to ensure the results are accurate please let Malcolm know if you believe your points need to be amended.

Peak Bagging - January Update

Member	Points
Grant Christian	103
Warren Wheeler	83
Janet Wilson	64
Terry Crippen	47
Thomas Robertson	47
Craig Allerby	43
Angela Minto	40
Geoff Phillips	40
Woody Lee	37
Mike Allerby	33
Tina Bishop	32
Martin Lawrence	24
Graham Peters	21
Anne Lawrence	20
Richard Lockett	19
Annett Patzold	14
Hannah Lund	14
Karen Tutt	10
Mary Lund	8
Kelly Holland	6
Dave Grant	4
Michael Allerby	3
Jo O'Halloran	2

Kathy Corner	2
Lawrence O'Halloran	2

Visit from Abroad

Yuko Watanabe from Japan, who was in the club for a number of years, paid a visit here for about 10 days straight after Christmas. As the hospitality when you visit friends in Japan is full on with no time for resting, club members reciprocated and kept Yuko busy the whole time. Annett Patzold from Germany, now working in Christchurch, was also up at the same time.



Yuko & Co at Mid Poh Hut

[WW]

So between those of us who have been to Japan all sorts of activities were planned and undertaken: a visit to Panmure Basin in Auckland; a visit to Te Papa in rainy Wellington; shopping in Otaki; a New Years Eve get-together at Janet and Graham's shed; a visit to Ruapehu up the chairlift to the café; drinking vodka at the Ohakune hotel; a walk to Waitonga Falls, tramps to Rangī, the Gorge Track, Cattle Creek and Mid-Pohangina and a pot luck dinner at Terry's place. Various strange food items with un-decipherable labelling were left behind for the unwary to enjoy and decipher their contents!

Trip Reports

23 December Tararua Southern Crossing - 11 Peaks Grant Christian

Thomas & I had another early start on this trip half way across the Southern Crossing in the Tararuas. The conditions were good when we set out from Otaki Forks but the forecast was for strengthening winds as the day went on.

The first peak we reached was Tiroiro Knob, a rise in the ridge leading up to Field Hut. This peak is still in the bush and is not easily identified.

We stopped briefly at Field Hut and then pressed on to Table Top. This is a small peak just above the track that is easily accessed via a side track once the peak has been passed. An easy walk across the open tussock and alpine scrub leads us up to Dennan, another peak that the track sidles below. This one was a bit more difficult to reach with a short sharp struggle up through leatherwood and other plants to reach an easier ridge to the top. Bridge Peak was next, requiring a detour to the left. This is where the track reaches the Main Range and from Bridge Peak we took the direct route to Hut Mound via an old track, rather than going back to the current track. From Hut Mound it was a short walk down to Kime Hut. This recently completed hut looks comfortable. There were a couple of day walkers at Kime who had passed us on the way up while we were off climbing peaks. They were heading back from Kime and warned us of the forecast high winds when we told of our intention to go to Alpha Peak and then return.

After refuelling and hydrating we sallied forth onward and upward. Field Peak was next, with the track passing directly over the peak then a big saddle leading on to Mt Hector. The cloud was high and we had good views of the surrounding ranges and countryside.



Mount Hector memorial cross

From here we continued along the range over The Beehives (on my old park map these are shown as North Beehive and South Beehive) then shortly after to Atkinson and a bit further on to Aston. At this stage the wind was getting stronger and we discussed how much longer it may take to get to Alpha. I thought about another half hour so we decided to go for it. It

was another big saddle to get to Alpha but we arrived only a few minutes over my estimated time. It had been 6 hours 20 since our departure. We had lunch near the peak from where we could see the Hutt Valley and Wellington Harbour.

On the way back the wind got very strong while we were heading along the Main Range. This made our travel more difficult but as soon as we started dropping off the top of Mt Hector the conditions were more pleasant and we had an uneventful but long walk back to Otaki Forks. It was just under 12 hours when we arrived back at the car, tired but satisfied with a tally of 11 peaks in one day.

Trip Participants: Grant Christian & Thomas Robertson

11 January Sparrowhawk-Colenso Spur Loop Bruce van Brunt

This is a lovely summer day loop in the Northern Ruahines that includes beech forests, tussock tops, and a pleasant river. The loop itself consists of climbing up the Sparrowhawk ridge, following the tops to Te Atua Mahuru, descending down the Colenso Spur, and then out via the Makaroro River.

Janet Wilson and I were the only trampers for this trip, so it was easy to arrange an early enough start from Pohangina to put us at the Glenny Road farm by 7:30am. We were soon walking across the farm and within about 20 minutes we arrived at the confluence of Gold Creek and the Makaroro River. This approach is pleasant because it keeps the boots dry all the way to the base of the Colenso Spur. We climbed up the Sparrowhawk ridge some 800m to the bivouac savouring the beech forest. The climb took about 3 hours, and though I found it hot work, I could not fault the weather. We met a few hunters just below the slip (1200m) gazing at various other slips. They had set up camp some 300m lower in the forest. It looked pretty comfortable.

We arrived at the bivouac a bit early for lunch, but we had a "substantial snack" and filled our water bottles. Although the weather was pleasant, there was a hint there may be winds higher up, and clouds forming on the tops. The weather was going to be good, but we might lose the views. Just before we left, we had a quick look at the Sparrowhawk hutbook. This place does not normally get a lot activity (though this was my fifth visit in a year), but we

noticed that there was plenty of traffic in December and early January.

Once we gained the tops, we realized that the wind was not going to be a problem and that weather was going to be very pleasant. Even the clouds obliged us. We could see that the Ruahines were lightly clagged in to the south (all the way up to Maropea peak near the bivouac) and even the Parks peak ridge had a bank of clouds on it, but our stretch of the ranges was clear as was the park west of the main range. It was pleasant travel all the way to Te Atua Mahuru. We enjoyed the tops, the myriad of alpine plants, and took a bit of time to study from Maroparea the ridge leading to Remutupo Having climbed Rangiwahakamataku in late December, I was motivated to climb at some stage to visit the nearby Remutupo . This was a good chance for a recce. I noted also that the marker (a beech pole with an orange triangle on it) for the newly recut track down to Remutupo stream was still in place. This is a nice way to get to Lake Colenso.

Most of the named summits in this section of the main range are unmarked. Maropea has a small iron stake at the top, but there are no markings for say Piopio, Tupari, Ina Rock, Maroparea, or Orupu. The locations are pretty obvious from the terrain with the notable exception of Ina Rock: I went there in December, but need to study the map closely to find it (on a clear day). At any rate, it seems that all the summit paraphernalia has been saved for Te Atua Mahuru. There are cairns, signs, the remains of an old trig, and other bits and pieces that adorn the top. It is a frequently visited summit, though one would not guess it from the track out of Sparrowhawk. I suspect the bulk of the traffic comes from the Colenso Spur.

I find the signs up here a bit annoying mostly because they give consistently optimistic times. It took us over 2 hrs to go across the tops from Sparrowhawk, but the sign at Te Atua Mahuru give 1.5 hrs. Similarly, we learned earlier that the posted time to Kylie biv is also rather optimistic. Although we had a short break here and there, we were not a slow party. On this note, my favourite is the sign at the bottom of the Colenso spur indicating that Lake Colenso is 6+ hrs...somebody scratched out the 6 and replaced it with a 9.

We left the summit and started the 1000m descent down the Colenso spur. We had a late lunch in the beech forest at the start of the

long flat section of the ridge. The track from the leatherwood down to the river is quite nice at the moment. Last year, the track (which was overgrown near the base) was recut and tidied up. I recall on an earlier club trip climbing up from the river to look at the monument: it felt like a scene out of beginning of "Raiders of the Lost Ark", when Indiana Jones slashed through the jungle to find some statue.

After a respectful moment at the monument, we scrambled down to the Makaroro river. The day was warm and it was nice to be in the river, which was not very full. We had a pleasant walk back to the farm arriving at the car around 5:00pm.

20 January Stanfield Hut Duncan Hedderley

Stanfield had a good number of visitors this summer, including the club's New Year trip, judging by the hut book. Like about half the visitors, we just came in from the road-end (along Holmes Ridge) then returned (along the stream). The weather was good - overcast but mild. Unfortunately the heavy rain before Christmas had added new meanders and gravel banks to the river, and provided plenty of fallen vegetation to clamber over or through. New faces Jonathan and Katherine took it well, even the stomach-sinking moment near the end where we (mis-) estimated we might have another hour and a half to go.

We stopped in Woodville for an icecream, and got home well before the quake.

We were Woody Lee, Jonathan Depree, Katherine Miller and Duncan Hedderley.

January 25 Maharahara Karen Tutt

As the four of us set out from the Kumeti Road roadend on the eastern side of the Ruahines, it was agreed that this was "a perfect day for a tramp". Brilliantly fine, clear skies, no wind. We walked up the riverbed, the water shallow enough that you could hop from rock to rock and keep your feet dry without too much trouble. There was then a steep climb from around 400m above sea level to about 650, followed by a long, less steep climb along the ridge top, with spectacular views across the

lower Hawke's Bay behind us, and views across the Pohangina River valley opening up ahead of us as we climbed.

The weather continued fine and warm, and all the way up, there was not a breath of wind. This was my first experience of tramping in really hot conditions. I am a bit overweight and not fit, so I expected to find it hard going, but the weather added another dimension to my suffering (I hear violins!). I was hot and tired, and I have not yet worked out exactly how tight to tie my boot laces, so I could feel blisters developing where my heels were rubbing. As far as I was concerned, everything and everybody was starting to really p*** me off. I hadn't eaten for a while, but I had stopped feeling hungry. I was also having more trouble than usual keeping my balance, but I expected this too; you become more clumsy when you're tired.

But not far from the top, I suddenly felt nauseous. When I said this, the others realized my electrolytes were low. Martin had some electrolyte tablets, and taking *one of these dissolved in my drink bottle produced magic results*. I immediately felt much better physically, and also went back to being my usual happy self mentally. I was able to continue up to the Matanginui high point (1074m) and beyond to Maharahara (1095m), scoring a total of 9 points (I think) in the Peak Bagging competition. At least one of these I will have to give to Martin, because I would not have made it without that electrolyte tablet. And to Anne, for nursing and encouraging me up those final slopes.

I've heard that clumsiness and irritability can also signal hypothermia, so I guess these are symptoms to be aware of. The magic electrolyte pill only worked once; another half tablet taken later on didn't produce the same magic effect. Then I remembered that overdosing on electrolytes can cause diarrhoea. Lucky I hadn't taken more than I did!

I usually don't spend much time looking up to where I think the peak is, because very often I've found that the actual peak is hiding beyond, and that this illusion can occur more than once, before you reach the actual peak. I found that this can also happen with gullies too; just when we thought we had passed the

low point, and were on the final climb up to the peak, we discovered there was yet another gully before us, another "false bottom".



A hot day on Maharahara [Martin Lawrence]

Food is another thing I'm still trying to work out. As an overweight recovering carbohydrate addict with symptoms of insulin resistance, I'm reluctant to use tramping as an excuse to eat sugary foods. As my electrolyte levels fell, I stopped feeling hungry. But clearly I need to eat more when doing high intensity exercise like this, not only for energy, but also for electrolytes.

The trip took a total of 8 hours, including two or three short breaks. I hadn't checked the forecast temperature high for that day, and hadn't brought enough water. Most of the return trip for me consisted of putting one foot in front of the other, until I reached my destination, or death take me, whichever comes first. When we reached the roadend at 5pm, the car's temperature gauge read 25°C. We had barely felt a breeze all day.

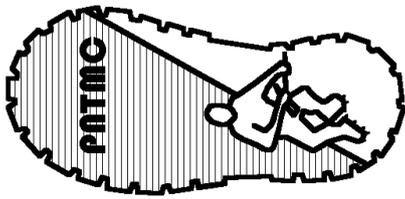
Thanks to Woody, Martin and Anne for putting up with my irritability, and my sense of humour, which became more warped as I became more fatigued and physiologically compromised. Every time I go tramping, I learn something new, and this particular tramp contained many lessons for me.

We were: Anne Lawrence, Martin Lawrence, Woody Lee and Karen Tutt.



Tony "Look rugged" Gates on Whanokao 2005

[Terry Crippen]



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What's inside this month?

- Obituary - Tony Gates
- Annual Awards
- A visit from Japan
- Big days out Peak Bagging
- A hot day on Maharahara
- Coming trips and more

Articles for the newsletter

Send by the 20th of each month to Warren Wheeler
the acting newsletter editor, via the club website
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Get out and about with us!

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