

Palmerston North Tramping and Mountaineering Club Inc.

www.pntmc.org.nz

P.O. Box 1217, Palmerston North

Newsletter July 2016



Enjoying the visit to White Island, our only active maritime volcano.

[Ray Corner]

Club Nights

All are welcome to our club nights. These are held at 7:30pm on the second and last Thursday of each month at the Society of Friends Hall, 227 College Street, Palmerston North.

14 July

Kime through Time

Paul Maxim

Paul gave us a talk on Bill Denz a few years ago and this time he'll take us through 93 years of Kime Hut building including his 16 minute film with footage going back to 1932. Copies of the film will be available for sale (\$20.00 cash only) and also copies of the Denz book (\$40 cash).

28 July

Trekking Patagonia

Woody Lee

Patagonia is one of the most remote and beautiful regions in the world. Woody completed the Torres Del Paine Circuit in February 2016, taking in glacial lakes, hanging glaciers and the John Garner Pass.

Upcoming Trips

2-3 July

Sunrise Hut **E**
Terry Crippen **356 3588**

Probably depart about 7.30am. Head over to Hawkes Bay and amble up to the hut. If people want, can go up to Armstrong Saddle. Back Sunday afternoon.

3 July

Sea to City **E**
Martin Lawrence **357 1695**

Starts near the Wellington railway station, catching the Number 1 bus to Island Bay. Walk past the Marine Reserve, and hopefully find a cafe open before heading North on the Green Belt, visiting various parks, sidling down to the Aro Valley and finishing with a traverse of the Botanic Gardens.

9-10 July

Leader Required
Contact Janet Wilson **329 4722**

10 July

Paekakariki Escarpment Walkway **M**
Richard Lockett **323 0948**

This newly opened walkway gives a good workout and offers very scenic coastal views.

16-17 July

Climbing Ruapehu **F/T**
Grant Christian **354 5843**

This trip will be up some challenging slopes on Ruapehu where belaying will probably be required. Where we go will depend on weather and snow conditions. Preferably we will leave Palmerston North Friday night.

16-17 July

Rangi Hut **M**
Doug Strachan **353 6526**

"You can hardly call yourself a proper Club member until you have been to Rangi, and who wants to be improper?" (May 1975 PNTMC newsletter). This is a terrific, easy tramp suitable for families. Expect snow. The Warehouse currently has snow boots in stock that are suitable for kids. (They've probably out-grown any they had last winter). The Rangi track has been upgraded, so the slip is no longer difficult to bypass. The carpark, bridge and even the toilet all have interesting stories to tell. I can 100% guarantee that if you come on this trip you will get a stunning view of Mt Ruapehu and/or a snowball in the back of the head.

23-24 July

Mitre **M/F**
Warren Wheeler **356 1998**

Depart 7.30am. Mitre is the highest point in the Tararua Ranges and well worth a visit in winter

to enjoy the snow and ice. We will spend the night at Mitre Flats Hut and then climb up to the summit and back out on Sunday. Sunrise trip anyone?

24 July

Rangitikei Scenic Reserves **E**
Martin Lawrence **357 1695**

We have a few options for these mid Winter walks, possibly starting at Mt Lees and Bruce Park then moving up towards a couple more up Hunterville way, maybe Sutherland, Puriri and Lairds. Distances of each walk vary from 10 minutes to 1 hour.

30 July

Knights/Toka/Shorts Circuit **M**
Michael Allerby **323 8563**

Leave PN at 8.00am. Head off from the carpark area and take the Knights track to the tops and along to Toka high point. Hopefully we will have some good views if it is a clear day and possibly could be some snow up there at this time of the year. Will go along the main ridge and come back down the Shorts track to the carpark.

31 July

Herepai Hut **M**
Woody Lee **357 2390**

A trip into the Tararuas behind Eketahuna. We will walk up from the Putara Road end and climb steadily up the hill after the second swing bridge. I will pack my gas cooker so bring your camping cup for a hot drink.

6-7 August

Makeretu Hut **M**
Graham Peters **329 4722**

Depending on weather, may go in via Longview Rocky Knob then out via Nth Branch Makaretu River.

7 August

Branch Road Walkway **E**
Woody Lee **357-2390**

A local walkway in the Pohangina Village, which follows pine plantations, green native bush then open farmland offering extensive views of the Ruahine Ranges. Leave from Milverton Park.

Trip Grading

Trip grades depend on many factors, especially weather and terrain. A reasonably proficient tramp 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
Terry Crippen	356-3588

Articles for the newsletter

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

Notices

Club Night Reminders

Reminder that club nights now start half an hour earlier to help avoid late nights. Doors now open at 7.15pm and the meeting starts at 7.30pm. We welcome your feedback on this change.

17 July club night - Note that Paul Maxim will have copies of his 16 minute film available for sale (\$20.00 cash only) and also copies of the Bill Denz book (\$40 cash).



It's about time winter arrived - we want plenty of snow!

PNTMC's Snowcraft Programme starts in August this year. It has two aims:

- to equip people with the necessary skills for safe tramping in snow; and
- to pass on the fundamental skills of mountaineering.

It will be running as day trips to Mt Ruapehu with an evening session mid-week prior to each day trip.

10 Aug Wed evening	SC1 Intro and briefing
13 or 14 August	SC1 Mt Ruapehu

24 Aug Wed evening	SC2 Briefing & intro to rope work
27 or 28 August	SC2 Mt Ruapehu

7 Sept Wed evening	SC3 Briefing & rope work
10 or 11 Sept	SC3 Mt Ruapehu

Snowcraft Fees

The fees for each of SC1, SC2, SC3 are: \$60 if PNTMC member, or \$70 if non-member. These cover weeknight venues, day transport, group gear hire, and instruction. Individual gear hire, if needed, is an additional cost for non PNTMC members.

Pass the word round to friends you may think are interested.

Applications Close 4 August

Applications (returned application form and fee) close Thursday 4 August. Application forms will soon be available on the Snowcraft link at www.pntmc.org.nz or on the noticeboard at Club Night.

For more info contact
Terry Crippen 356-3588 or 027 643 3637;
or Bruce van Brunt 328-4761.

Otaki Forks Road Open Soon

You may already be aware that the Otaki Forks Road has been closed due to a slip on Blue Bluff, 13km from SH1. The slip area is unstable with large cracks high above the road. Work on removing some 45,000 cubic metres of material is due to be completed by end of June or mid July..

An alternative access track has been opened by DOC and goes well above the slip site, starting at Shields Flat Historic Reserve carpark. It climbs 300m up and down to the road again, with a DOC time of 2 hours for the 5.1 km to get to Otaki Forks.

Road Closure updates are on the web; Google "Otaki Forks Road Closed" or similar. There is a link there to the DOC website, which has a map and other track information.

PNTMC Jubilee Book

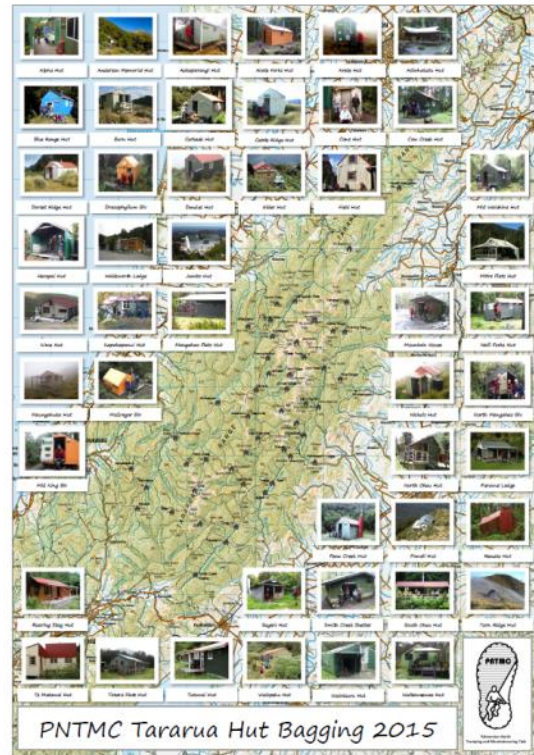
Old Boots & Packs - The First 50 Years of the Palmerston North Tramping and Mountaineering Club (PNTMC) will interest and amuse mountain users, historians, photographers, hut baggers and tree huggers. Read about current and past members' exploits, which include climbing our highest peaks (sometimes with boots on the wrong feet) and powering a car on white spirits cooking fuel.



Order your copies directly from the editor Doug Strachan 353-6526 and get ready to put your feet up with this great read, all for only \$35.

(Also makes a nice gift to friends and family who might otherwise wonder why you enjoy tramping so much!)

Tararua Hut Bagging Poster



Size	Members	Non Members
A2	\$8	\$12
A1	\$16	\$24

Post and tube is about \$15 extra depending on where it is being sent.

Also available is a similar Ruahine Poster.

Sale proceeds go towards our maintenance of Mid-Pohangina and Ngamoko Huts.

Contact Warren 356-1998.

Trip Reports

Queens Birthday Working Bee at TASC Lodge Terry Crippen

Queens Birthday Weekend saw about 12 of us up at Tukino Alpine Sports Club (TASC) lodge on a working bee. Annett Patzold and I were the PNTMC bods.



Plenty of thin snow at Tukino (spot the lodge).

Three trailers couldn't get up the final hill due to snow. We unhitched Don's New Trailer.

I took an impressive fly through the air. Hitting a big rock, grazed my shins and nose. Brought the trailers up on Saturday morning using Mark's vehicle with chains. Lots done: concrete wall demolished, and wood one put up, painting, firewood, etc. Don French is a hard task master, one job done then he gives you another. Some working on jobs till about midnight.

Lots of food and drinks in the evening.

Nick Allen and some of his mates came up for a good spell of rock climbing also.

Plenty of sight seekers came up also for looksee's.

11 June 2016 Ruapehu - Climbing the Pinnacles Dieter Stalman

The trip was a ice climbing trip on the Pinnacles at Mount Ruapehu.

Grant Christian and I headed to National Park on Friday, and slept over at the Plateau Lodge. The accommodation was tidy and very

convenient - a common kitchen and dining area with a shared lounge. Our room had a double bed and a bunk bed.

We looked at a few climbing options, and decided that we will decide on the route the next day.

The forecast was good, although the initial forecast earlier in the week mentioned some gusty winds. When we got up, it was raining. Grant said that the southern side of the mountain was clear skies according to the web-cam at the lodge. We headed towards the Whakapapa ski fields anyway.

The route we took was rocky, where normally the main drag of the ski-field comes down. We crossed a few streams, and there were lots of waterfalls around. We then walked up the slopes to get to the ridge. We walked around the right side of the first and second pinnacle. I stopped often to take in the view and take some photos, which meant that I had to play catch-up with Grant on quite a few occasions.

After sitting down to put on our crampons and a bite to eat, my bag moved and my water bottle and a chocolate decided to make their route down the icy slope. Grant retrieved the items for me while I was still sorting out my crampons.

NOTE TO SELF: practice this stuff while you are at home, not on icy slopes!

The rain from the previous night and the sun being on the other side of the Pinnacles meant that the ice would remain hard for a bit longer. We decided to follow the gully to the top. Walking on the ice was tricky, and we ended up climbing with one ice-axe and one ice-hammer. In places the ice was seriously hard, and it took more than one blow to get a good grip. My toes were starting to feel the



"Mainly fine" over the Pinnacles

knocks as well, trying to persuade the crampons to get a grip.

We managed to climb to the top without too much trouble, except for a few places where we had to move sideways to climb around a few rocky parts.

Once we reached the top, I took a video, and the climbing down the icy rock-face started. I lost sight of Grant at one stage, and took a different route around a rock ridge. I found him waiting for me on the side of a slope which we identified as our escape route earlier. Grant dropped an anchor on the ridge, and I went over the side. We did the runners and the anchors, just as it was taught on the much appreciated snow-craft course last year.

NOTE TO SELF: practice making the various knots in the comfort of your home!

We dropped into a gully which led to the ski field. Some parts of the slope were still quite a bit icy, and at one stage my crampon lost its grip.

I slid about 30 meters downhill at quite a speed, trying to self-arrest. The tip of the ice-axe didn't grip on the hard surface, and I could see the long scratch in the ice getting longer. I looked down over my shoulder, and saw the end of the slope ending in a waterfall and a long drop down. I hammered the axe down with all the force I could gather, and came to a stop about 3 meters from the waterfall.

NOTE TO OTHERS: if you haven't been ice-climbing before, you should start with the Snowcraft courses, no matter how good, safe or strong you think you might be. It's similar to surfing: just because you know how to swim doesn't mean that it's safe to go out into the ocean.

The walk back was longer than it felt in the morning, but we eventually reached the car, got rid of all the excess clothing and headed back to Palmy.

All in all a great experience!



Not too much trouble to the top

Queens Birthday Coastal Classic
3-6 June 2016
White Island
Ray Corner

Ohiwa is a small settlement with a beautiful beach located on the eastern flank of Ohiwa Harbour, opposite Ohope. Our accommodation for the next three nights being a spacious beach house. We arrived after a day's travel across the Volcanic Plateau, musing on the merits of *Hunt for the Wilderpeople*, lunch at Craters of the Moon, followed by a quick tour. A geothermal entrée for the main course: White Island.

Saturday, thanks to an unplanned alarm going off at 4am (I take the blame!), we were all primed for the drive to Whakatane, where White Island Tours (by helicopter or boat) operates from. Some 30 of us boarded Pee Jay for the 90-minute trip to White Island. Disembarking involved climbing aboard an inflatable dinghy to transfer to land.



Transfer to jetty by inflatable dinghy

Once all were landed, we split into two groups each accompanied by two guides, who ran through safety procedures such as not straying from the path.

A feature of White Island are numerous lava domes ranging in height from 1 – 5 metres. Should one stand on top of one of these domes, chances are you may break through the crust into a toxic brew of boiling mud and highly acidic water. Also, unlike geothermal attractions elsewhere, there is an absence of signs, boardwalks or viewing platforms. This may be explained by the fact the island is privately owned and the owners have elected to keep the island in an unmodified state.

Helmets are mandatory wear, and breathing masks are issued. This was underscored later as we passed fumaroles belching very acrid steam – prompting us all to seek some relief from the masks.

The island is usually on an alert rating of 1 (on a scale of 0 to 5) but frequently the volcanic activity ramps up a notch. This constant activity is monitored on a continuous basis by three webcams permanently located on the island. The crater itself is only about 30 metres above sea level – a seething cauldron of acidic water (about 50 degrees Celsius) and a constant plume of steam. The guide graphically illustrated how acidic by briefly dipping a 10 cent coin into stream water running from the crater. Instantly polished! A very hostile environment indeed as evidenced by a total absence of vegetation in the crater vicinity.

The harshness of the landscape was further highlighted by the weathered beams and corroded machinery of an abandoned sulphur mine, approximately 500 metres from the crater. The sulphur deposits were mined during the 1880's and again in 1913-1914, before a lahar killed all 10 miners in September 1914. It started up again in 1923, but the company subsequently went bankrupt. Most miners worked for a 3-month stint, before heading back to the mainland, but one hardy soul worked for a full 8-year stretch. Their clothes and boots lasted no time, but remarkably, the workers didn't suffer respiratory ailments. Go figure.

We re-boarded the Pee Jay, with our departure coinciding with an incoming helicopter flight. The tour included a cruise around the island to view the stunted pohutukawa vegetation, a gannet colony and to observe the relocated campsite - following the 1914 disaster. Sadly, no dolphins or whales were seen on our return to Whakatane. Back on more reassuring terra firma, we absorbed the sights of Whakatane and Ohope, before takeaways beckoned at Ohiwa Oyster Farm. If ever up that way, check it out - just over the hill as you depart Ohope, heading east to Opotiki. The Pacific oysters (\$6 for a half-dozen, battered) were a bargain.

Janet had one further highlight for the day: an early evening walk in the Ohope Scenic Reserve to listen for bird sounds and more specifically to hear or see the North Island brown kiwi. A number of pairs occupy a small pocket of pohutukawa and mixed forest right on the edge of the township. Early into the walk we heard a loud screech – was it a kiwi, a weka, a morepork? Another sound emanated from the bush and we were convinced it was a kiwi. Further along the track, Richard, Warren and Jenny did indeed see a kiwi, before it

scurried off. Later, an app on Janet's smartphone confirmed we heard kiwi sound; the screeching was likely to be an "angry" morepork call.

Another brilliant day on Sunday and we dispersed to enjoy the day with most taking the climb to the pa site overlooking Ohiwa Harbour, and met up with Llew & Graham for a spot of fishing at the harbour mouth. Yvette caught a small fish but otherwise only the crabs were biting. Back at the house, Warren & Kathy elected to take the canoes for a paddle along the beach. Later on, Yvonne, Sally, Kathy, Warren and myself went to check out the Salt Marsh walkway, a wetland region on Ohiwa Harbour, where the elusive Australasian Bittern resides. It remains elusive. We, however, were rewarded with stunning sunset views with the ubiquitous Whale Island, and a snatch sighting of a weka scurrying across the road. A Google search says that the North Island weka are found between Opotiki and Matawai. Now, also Ohiwa.

A home-grown lamb roast followed and chocolate cake – as I was about to celebrate a milestone in a few days' time *[No prizes for guessing what – Ed]*.

We elected to return to PN via the Waioeka Gorge and Hawkes Bay. We stopped at several interesting sites through the gorge, including a brief walk to Tauranga Bridge that allowed time to reflect on the folly of early settlers' attempts to break in inhospitable terrain. No different to the Bridge to Nowhere. Morning tea at Matawai, to assess potential future cycling trips, before the long drive back to PN (with several rest stops along the way).

Special thanks to Janet for a superb weekend, and to our drivers, Graham & Yvonne.

QB Weekenders: Janet Wilson, Graham Peters, Warren Wheeler, Richard Lockett, Jenny & Llew Prichard, Kathy Corner, Ray Corner, Yvonne van der Does, Sally Hewson, Yvette Cottam.



White Island crater guided walk

[Warren Wheeler]

4-5 June 2016 Ruapehu Stargazing Raj Palanisamy

It was a dream come true moment when Derek Sharp called and told me on Friday 3rd June that he was planning a trip to Mount Ruapehu

and I had the opportunity to be a happy-go-lucky chap. I had to think about the technical gear to go to a place like Mount Ruapehu, which is already covered with early winter snow. PNTMC came to the rescue to provide the gears like ice axe and crampons. I was praying to get a response on the other end of

Terry's phone when I called him to hire the gear, otherwise my dream come true moment would not be executed! Gladly I heard Terry's voice, and pleased to know that he was at home I went around and picked up the gear within 10 minutes of knowing that I am climbing the mountain tomorrow! (History is repeating a year after my Waterfall Hut trip when I needed the gear).

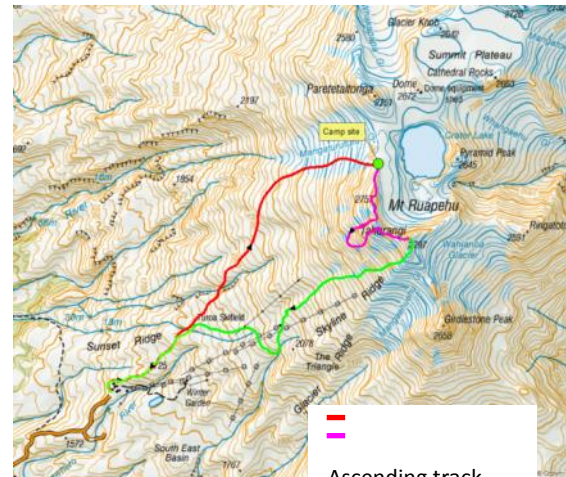
The plan was to meet Derek at his place. Family comes in handy to render the transport service; off I went to disprove my Indian punctuality, sharp at 8 am on Saturday as planned. I was not expecting any hard work climbing, so packed a heavy pack with all the extra layers of clothing and an extra bottle of water as we planned to sleep in the open, on the snow in a bivvy bag. I never expected much snow on the mountain as the winter had not fully showed its face, that is what I thought, how ignorant one could be!

When we drove up we could see the mountain from Highway 54, the whole mount covered with pure white snow and so vivid in that specially ordered weather forecast for our trip on Queen's Birthday weekend. By the time we reached the Turoa car park and got ready to climb it was 10.30 am or so. At that time of the morning there were a few cars in the car park, mostly people who came for a drive as no one was on the Mountain. The car park was icy and Derek was checking where to park to avoid getting into trouble when we got back.

After an hour of hiking we put on our crampons for a comfortable climb. Needless to say I was struggling to keep up with the master of mountains who was cruising along and I was SO SLOW!! I drank the whole bottle of water by the time I reached less than half way up, so I felt sooo thirsty. Good lesson learned to carry more water. The weather was incredibly still, no wind, no sound of water trickling in the creeks; all I could hear was my own heavy breathing. Luckily we could not see any rubbish scattered around, as we had noticed in the summer trip in January. Probably that is because the snow covered all of the rubbish I suppose! Mount Taranaki was showing its head above the cloud as a perfect triangle in that direction. In the lower part of the mountain the alpine plants were just showing their head above the snow, still enjoying the light. We had a short lunch break and back on the track towards the top. We had not seen anybody so far, climbing.

The spectacular blue tinge of the undulate, newly formed snow caps on the rocks,

glistened in the bright sun. Wherever there is a small furrow or crevice, even the hole we make when using the ice axe, the absorbed light left only the blue end of the visible light spectrum, (like us humans showing our emotions selectively) made marvellous shades of icy blue colour. It was a gentle slope, walking for a while without any dramatic places to manoeuvre along, but a long zigzag walk to reach the rim of the Crater Lake (see the Map of our route). By the time we reached the lake rim it was half past four.



Derek planned for us to camp on the summit but because we had another 3 hours of climbing to reach the summit, and it is already getting dark, and moreover he suspected there may not be a suitable spot to camp, so he decided that we stay on the lake rim under the peak Paretetaitonga.

It was a magical spot; plain, levelled, hard surface and the soft snow on the top. Lying down we could look up the sky, head side to the lake, left hand side the summit Tahurangi and an unnamed peak on the crater rim, and on the right the majestic peak Paretetaitonga - competing with the summit in its height (2751m). On the foot side Mount Taranaki. What a view? I felt fortunate, exalted and emotionally spell bound.

I was not thinking about what I should be doing to prepare our night stay and Derek kept on warning me to settle as the light was diminishing fast. We made a half foot furrow to fit the bivvy bags and set up our air mattresses and sleeping bags in our chosen spots and secured the bivvy bags by hooking the provided loop to the firmly anchored ice axe (learning from an experienced mountaineer).



Bivvy bag camp for an icy night stargazing

Cooking the meal, let alone boiling the water, was a mammoth job for Derek's faulty primus stove in that cold -6°C weather. Adding to his agony, I spilled my whole hot drink from my cup, not once but twice!! There was a water scarcity, and melting snow on the stove was not feasible as it was too slow (I heard he chucked the primus at the end of the trip). We had our not so tasty meal, followed by some frozen Turkish delight for dessert.

Things froze instantly. The boots were frozen and became stiff. While Derek managed to put his on I could not, so I used my gaiters, placed strategically around, to move from place to place on the snow without getting my socks wet.

At last we snuggled inside our bivvy bags and sleeping bags, and started to watch the well awaited show of stargazing. Here, the heavens appeared closer to the earth; the Milky Way, constellations and shooting stars, in glittering dark skies without light pollution, mesmerized any wandering mind to stand still. I thanked Derek profusely and expressed how grateful I was to have the opportunity.

I would like to quote the following statement by Deborah Byrd, which suits in all contexts.

"One of the great things about becoming a stargazer is that you make a lifelong friend: the sky itself. It's a friend that lives right next door. And like any friend, the sky changes in subtle ways from day to day and year to year. So, once you start watching it, be patient. You can't learn everything about your friend at once. Be persistent. Watch the sky a lot and watch regularly. You'll learn by looking! And you'll make a connection with nature that'll last your whole life long"

(By [Deborah Byrd](#) in Astronomy Essentials | Science Wire | July

6, 2015; retrieved from: <http://earthsky.org/astronomy-essentials/getting-started-2> on 15/06/2016.)

Next morning we started around 7 am and started climbing towards the summit along the ridge, occasionally detouring around the difficult places. It was hard work for me, especially just before we reached the summit as there was a steep climb of 10 metres on an icy patch. I had to put to practice my entire 'one on one' training course with Derek I had during Waterfall Hut trip last July and the Snowcraft Course I had with the club.

We reached the summit after 3 hours of climbing and it was a great feeling. After staying for 15 minutes, we descended down along the ridge and through the valley of snow.

Derek had fun sliding on the snow like a pro, whereas I fell down, doing so at least a dozen times - even on my face once!

As I had dreamt the whole night about drinking sweet juice, I indulged myself with New World's bottled orange juice once back in Ohakune, on our way home. There was a fear in both of our minds about sleeping under the nose of an active volcano, and I did smell the sulphur around 5 am in the morning, but it all turned out to be good.

19 June 2016 Foxton Beach Walk Fiona Donald

Just before 9am, on a dampish Palmerston North morning, Warren turned the corner of Ferguson Street and walked down Victoria Ave. He arrived just in time for a discussion that was taking place whether we would go in Terry's Big Red or Fiona's Little Blue. Everyone squashed themselves into Fiona's hatchback then we were off to Foxy Foxton's beach.

Warren had co-ordinated with Tina that he would take Pete, Terry and Fiona on a short walk along the Manawatu estuary walkway then along the beach to mouth with a short-cut through the dunes. Despite the chilly wind, there were plenty of birds to look at and identify including kotuku or white heron. After one hour and 20 minutes we called into Tina

and Wayne's home for a cup of coffee, early lunch and a natter.

Tina then led us through several urban short-cuts until we reached a privately owned pine forest where the local mountain bike club (that she belongs to) has a number of trails. We walked at a smart pace through the sheltered forest while we admired the impressive range and growth of fungi. The forest also had clumps of dead pine needles that were clustered on the lower branches – very spooky and great for a film setting.

By the time we had reached the sand dunes, we had got our muscles moving as we climbed up and over them and we were hot! Now, the clouds had been chased away and it was lovely to sit in the sun while we waited for Warren to eat his delicious blue vein cheese and jam sandwiches for lunch.



Lunch break at Foxton Beach [Pete Sebborn]

On the trip back, along the beach, Tina's dog – Holly – had a splendid time meeting other dogs and sniffing interesting smells. We had another short-cut through the sand dunes and came out into a road that showcased some of Foxton Beach's new homes.

Finally, we made it back to Tina's for a well-earned afternoon tea break and a sit down in the sun.

On the way back to Palmerston North, we turned down Main Drain Road, Hoihere Road then Lockwood Road so that Warren could explain all about what happened in the June 2015 floods. In the city it had been wet. We enjoyed our day out.

Thank you to our able leaders Warren Wheeler and Tina Bishop. The others were Holly, Pete Sebborn, Terry Crippen and Fiona Donald (scribe and driver).

Russian Mountain Song

Vladimir Vysotsky - Farewell to Mountains
(from the film "Vertical" 1967)

In vanity of cities and in heavy traffic
We return - simply nowhere to go!
And descend from the conquered peaks
Leaving the mountains, leaving his heart in the mountains.

So leave unnecessary disputes!
I myself have already proved everything -
Better than mountains can be only mountains,
Which have not yet been.
Which have not yet been.

Who wants in trouble to be left alone?
Who wants to go, his heart not heeding?
But we descend from the conquered peaks -
What to do, and the gods came down to earth.

So leave unnecessary disputes!
I myself have already proved everything -
Better than mountains can be only mountains,
Which have not yet been.

How many words and hopes, how many songs
and themes
The mountains awaken us and call us to stay.
But we go down - who for a very long,
Because always,
Because we always have to go back.

So leave unnecessary disputes!
I myself have already proved everything -
Better than mountains can be only mountains,
Where no one has gone before.

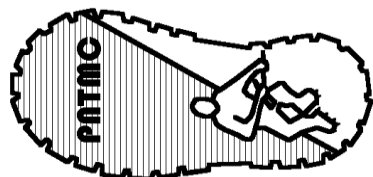
Recipe for Doom

Chocolate Doom Pudding by Warren Wheeler

"I can't recommend it highly enough"
— Grant Christian

Drinking Chocolate
Hot water
Chocolate Chips
Crystallised Ginger chopped
Dates chopped
Roses chocolates chopped (optional)
Chilli flakes (also optional)
Potato Flakes (to thicken)

Mix together the drinking chocolate and half the usual water to make a nice strong mix. Stir in other ingredients with enough potato flakes to thicken. Try raspberry jam as a topping.



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Club Inc.

www.pntmc.org.nz

P.O. Box 1217,
Palmerston North

PNTMC Newsletter

July 2016

What's inside this month?

- Ruapehu Pinnacles - slippery slopes
- White Island Queens Birthday Trip
- Stargazing on Ruapehu
- Foxton Beach, estuary, dunes and forest
- Russian Mountain Song
- Recipe - Chocolate Doom Pudding
- Coming trips and more

Articles for the newsletter

Send by the 20th of each month to Warren Wheeler
the newsletter editor; via the club website
<http://www.pntmc.org.nz/mail/>.

Get out and about with us!

**Sender: PNTMC
PO Box 1217
Palmerston North**

PNTMC Contacts

President	Bruce van Brunt	328 4761
Vice President	Anne Lawrence	357 1695
Secretary	Terry Crippen	356 3588
Treasurer	Warren Wheeler	356 1998
Webmaster	Peter Wiles	358 6894
	Martin Lawrence	357 1695
Membership Enquires	Warren Wheeler	356 1998
Gear Custodian	Warren Wheeler	356 1998
Newsletter Editor	Warren Wheeler	356 1998
Trip Co-ordinator	Janet Wilson	329 4722
Snowcraft Programme	Terry Crippen	356 3588