

Palmerston North Tramping and Mountaineering Club Inc.

www.pntmc.org.nz

P.O. Box 1217, Palmerston North

Newsletter August 2016



Getting ready to leave a wintry Rangi Hut, Ruahine Forest Park

[Doug Strachan]

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.

11 August

Hellfire and Misery

Janet Wilson

In April Graham and Janet went on an interesting tramp in Marlborough – an area not much visited by our club. Organised by Jean Garman (MTSC), it was bound to be an off track adventure – come and hear all about it. To be followed by a short slide show about the recent PNTMC trip to White Island.

25 August

Club Photo Competition

Martin Lawrence

Get your entries to Martin by deadline Sunday 21 August. Our expert judge will consider them carefully before presenting them tonight, with three images selected in each category for us to vote on. Novice entries welcome. See Notices for details.

Upcoming Trips

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.

6 August

Gorge Walk
Gina Fermor 359 0096

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.

10 August (Wed)

Evening for Snowcraft participants

13-14 August

Snowcraft 1 (either day) I
Bruce van Brunt 328 4761

14 August

Sunrise Hut E/M
Warren Wheeler 356 1998

Depart 7.30am from Milverton Park. A favourite easy steady climb up to the bushline in the eastern Ruahine Ranges, near Onga Onga. Enjoy the stunning rugged mountain views and a play in the snow. No crampons or ice axe required.

20-21 August

Climbing Taranaki F/T
Grant Christian 354 5843

This trip will cater to the skills and abilities of those who want to come along. The aim is to get to the top of Taranaki by the most suitable route. The route may vary depending on the participants. If the forecast for Saturday looks okay I would like to travel up Friday night. You will need to have experience of using crampons on ice.

21 August

The City Circular M
Janet Wilson 329 4722

This is a circumnavigation of Palmerston North using the walkways as much as possible. If you have never explored these pathways, there is plenty to discover. The walk is quite long but you could opt out part way if you wished. A good tramping pace will be set – this is not a slow ramble! Start point to be decided depending on the wind direction – aim to finish with the wind at our backs. Possibly

visit a cafe or bakery along the way. Start time 8.30am.

24 August (Wed)

Evening for Snowcraft participants

27-28 August

Snowcraft 2 (either day) I
Bruce van Brunt 328 4761

28 August

Burn Hut M
Dave Grant 328 7788

Venture in to Burn Hut in the northern Tararuas for a change. Great variety of scenery from the lush forest of the Mangahao valley up to the leatherwood and the tussocky tops along a well defined track to Burn Hut for lunch. Great views over the Manawatu and into the Pahiatua valley on a fine day. Probably not the time of year to do a round trip down College Creek, plus the hour walk at the end out the road from number 3 Dam back to the vehicles at number 2 Dam doesn't excite me, so I plan to come back the same way we go in. Of course if there are enough takers we could split the group in two, starting from either end, hence overcoming the problem with picking up the vehicles. Leave Milverton 8.00am.

3-4 September

Tutuwai Hut E
Michael Allerby 323 8563

Leave PN at 8.00am and head down the Wairarapa until we reach Waiohine Valley Road end. Tramp off up on the Mt Reeves track to Tutuwai Hut (serviced) nestled beside the Tauharenikau River and back out the same way Sunday.

4 September

Aussie Bush Walk E
Peter van Essen 355 9076

Due to the political turmoil across the ditch the Aussie Bush Walk has been postponed until the New Year (actually I have double booked myself but political turmoil sounds better). So more about this trip in the next programme.

7 September (Wed)

Evening for Snowcraft participants

10-11 September

Snowcraft 3 (either day)
Bruce van Brunt 328 4761

11 September

Te Maari Craters M
Warren Wheeler 356 1998

This day trip takes us to see the steaming craters on the northern side of Mount Tongariro. Hopefully they will be quiet enough for a close look. Depart 6.30am.

Trip Grading

Trip grades depend on many factors, especially weather and terrain. A reasonably proficient trampler 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

Reminder – Club Nights start 7.30pm

Doors now open at 7.15pm and the meeting starts at 7.30pm. You can now also have a warming cuppa when you arrive and still have a cuppa and cookie after the meeting.

PNTMC Photo Competition 25 August 2016

You need to be in to win!

And for those who haven't had a placing in our photo competitions, you can now enter your photos in the Novice category. A photo entered in the Novice category can also be entered in any one of the other 6 categories.

Rules

- Only digital entries accepted
- No previous entries
- Images must be related to tramping, climbing or trekking
- Limit 3 images per category (per person)
- Images must be clearly labelled

Categories

NZ Landscapes – scenery, no people
Above the Bushline – includes people
Below the Bushline – includes people
Natural History – NZ flora, fauna, geology, etc
Topical NZ – people or detail
Overseas - people and/or places
Novice – any of the above subjects

Deadline Sunday 23 August

Please get your entries to Martin Lawrence by email (martin.lawrence.nz@gmail.com) or call him on 357-1695 to drop off your CD or pen drive.

Notes

It is anticipated that the winning images will be entered in the Interclub Photo Competition, to be hosted this year by MTSC on Tuesday 4 October, and the FMC Photo Competition 2016. In addition, some of these images may be used to promote PNTMC. Please indicate if you do not want your images used in these activities. Images remain the property of the photographers.



Winter has 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 13 or 14 August	SC1 Intro and briefing SC1 Mt Ruapehu
24 Aug Wed evening 27 or 28 August	SC2 Briefing & intro to rope work SC2 Mt Ruapehu
7 Sept Wed evening 10 or 11 Sept	SC3 Briefing & rope work 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 are 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.

Club Gear for Hire

Grant Christian (354-5843) is the new gear custodian for all general gear hire and specific climbing gear. Note that only Club Members on Club Trips can hire some specialist climbing gear as well as the avo transceivers, probes and shovels.

Anne and Martin Lawrence (357-1695) have the Person Locator Beacons. These can be hired free of charge by Club members on Club or private trips.

Cost is per day per item for Club Members; non-member rates are double.

Climbing Gear

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
Avalanche transceiver	\$5
Rope 50m**	\$10

Climbing Sets

Snowshovel, probe & avo transceiver*	\$10
Carabineers (2 screw, 2snap) & ATC**	\$5

Other Gear

Fly (4 person)	\$4
Compass	\$2
Bivvy bag	\$2

Terms & Conditions

1. The above prices are for Club members. Non-club member rates are double.
2. 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 organisations, 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. Hirer is responsible for supplying **NEW alkaline batteries**. A bond may be required of non-Club members.

7. The carabineers & ATC sets and rope can be hired only by Club members on scheduled Club trips.

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

Otaki Forks Road Open

The Otaki Forks Road has reopened after being closed seven months ago due to a slip on Blue Bluff, 13km from SH1. The slip area was unstable with large cracks high above the road. Work on removing some 45,000 cubic metres of material has now been completed for a cost of about \$500,000.

PNTMC Jubilee Book

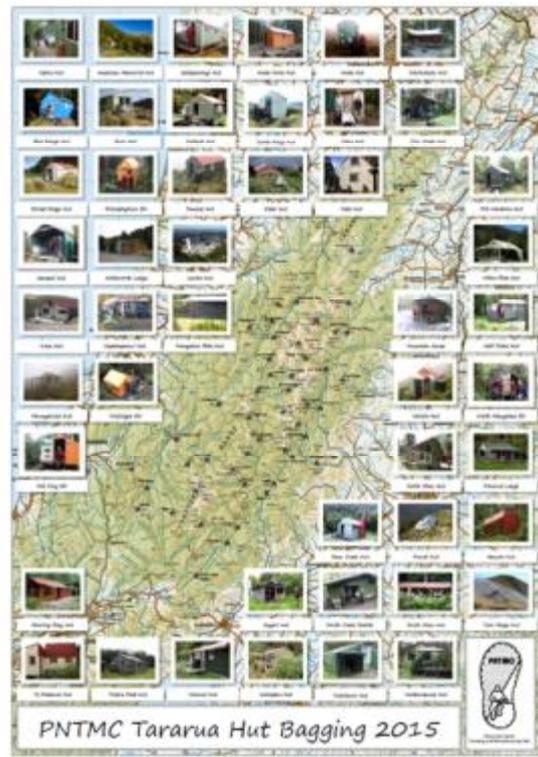
Old Boots & Packs - The First 50 Years of the Palmerston North Tramping and Mountaineering Club (PNTMC) will interest and amuse mountain users, historians, photographers, hut baggers and tree huggers. Read about current and past members' exploits, which include climbing our highest peaks (sometimes with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

New Member

Welcome to Esther Pothuis, who is from Holland and keen to do as much tramping as she can while here on a six month student work placement.

Trip Reports

2-3 July 2016 Sunrise Hut Esther Pothuis

After a nice introduction about hypothermia and deaths in the mountains during Thursday's club night it was time for my first New Zealand tramp in the Ruahine Forest Park. It was also a first for Soh, a girl from Laos. Terry was our very experienced trip leader, so we were lucky having him. Spoiler: we all survived.

It was a nice and easy walk up to the hut. The weather was good; it was sunny, not too warm, and not too cold. I really enjoyed the beautiful walk. Everything about the landscape is very different from my home country (the Netherlands); we have no hills or mountains, different vegetation and different birds. On the way up it was getting a bit icy, but it was not too slippery.

At the hut I looked at how a school group had steaks for lunch while I ate my jam sandwiches, later we were lucky as we got a piece of their chocolate cake. The taps didn't work as they were frozen, so I had to climb up to the water tank and break the ice to get water.

I decided I wanted to try and walk a bit further although it was super windy. I walked back and forth to Armstrong Saddle, all the way holding on to my hat, and sometimes sitting down when the wind almost blew me off my feet.

Back at the hut the school kids had left, but others arrived to also stay for the night. After dinner it was dark soon. We talked for a bit while enjoying the warmth of the wood stove. I was amazed by how many, to me unfamiliar stars, were visible, and was happy to see the Milky Way clearly.

The next morning everybody got up at sunrise to watch the sky turn to beautiful colours. After breakfast we went back down again to the car park and drove back to Palmerston North and on the way we stopped for a coffee in Norsewood. All in all I really liked the trip and I hope to do many more!

Terry Crippen, Soh Rassapong, Esther Pothuis.



Team photo at Sunrise Hut [Terry Crippen]

3 July 2016 City to Sea Walk Sally Hewson

This walk of 12km starts in the heart of Wellington, and ends in Island Bay, - although in our case we walked it in reverse. After a battle on the waterfront with a pesky parking meter that didn't like the taste of Martin's credit card (always travel with coins), we walked through the train station to the bus stop, where miraculously, the No 1 bus to Island Bay was waiting. We deviated slightly from the official start of the walk to take in the seafront views. The snow-capped Kaikouras looked spectacular. Then it was a quick café stop at "Whero is Red" for hot drinks, muffins and scones. How civilized!!

After trudging streets for a bit we left suburbia and headed up to a ridge for fantastic views. We had a bit of cultural confusion, mistaking a carved stone sculpture for a Buddhist stupa. It turned out to be a powhenua that had been erected by Tapu Te Ranga marae.



Powhenua carved sculpture [Martin Lawrence]

The track went up and down through the Town Belt, through several parks, and skirted past the Berhampore Golf Course. The areas where the gums trees were flowering were full of tuis. Lunch was had by a grassy knoll in Central Park, with great views of the harbour and downtown Wellington. Eventually we popped out in Aro St, where we had another café stop, and then a beer sampling at the "Garage Project" boutique brewery. Next the route meandered past Victoria University, Kelburn Park, past the top of the cable car, and into the Botanic Gardens. Then we crossed a foot bridge spanning the motorway, to end up in the historic Bolton St cemetery, and back to the car. The weather was great, and all the up and down made this walk a great leg-stretcher.

On the trip were Martin and Anne, Woody and Sally.

16-17 July 2016 Rangi Hut Doug Strachan

When someone had to pull out of the trip, we were left one car short. Warren saved the day. It was raining when we arrived at the Rangi carpark, so it would be great if someone could erect a simple shelter to use when putting on rain gear and boots.

Sophie, our international student from Vietnam, had never walked for hours before, so it was a character-building exercise. She reached the hut in 2hrs 25mins. It was her first experience of "beautiful" (but rather scant) snow.

Warren and Ester headed up to Mangahuia. Minami and Conan made a snow kiwi and a snowman near the hut.



Heading up to Mangahuia [Warren Wheeler]

Inside, a display on the wall has photos of the old huts. I pointed out my picture in a group photo that was taken in 1986, already 30yrs ago.

One group was at Rangi with the primary purpose of "eating and drinking" and were quick to share what they had. Nicola Wallace had just popped up for the day... physiotherapy for the ankle she broke.

That evening the hut occupants introduced each other to activities like match stick tricks, a game called 'Mafia', and the card game version of Monopoly. The fire kept the hut cosy, and the kids toasted marshmallows.

About 30 people slept in the hut that night, which involved a bit of double bunking.

Sunday. It hadn't snowed during the night, but there was still enough for the kids to have a snowball fight.

Walking out, Warren pointed out to Minami and Conan that "up" read backwards is "pu". After that, everyone's name, along with a range of other words, were pronounced in reverse. As we walked along the Giz Gaz track, Conan pointed out that god backwards is dog. Playing this game is the only time it's good to be stressed.

It took 1hr 30mins to reach the carpark, about an hour quicker than the reverse trip.

The next stop was at the "I Scream for Ice Cream" parlour in Kimbolton Rd, Feilding. The flavours I chose were licorice for the bottom scoop and liquorice for the top scoop. By chance, there was an American classic cars meet in Manchester Square, so we meandered around the Mustangs and Chevrolets, licking our ice creams and admiring all the fluffy dice hanging from the rear view mirrors. Warren asked one guy if he took his car out much and he replied that he did about 8,000km a year. Not the kinds of cars you'd use when going on trips to Rangi.

We were: Esther Pothuis, Warren Wheeler, Sophie Huynh and the Strachans (Maho, Doug, Minami, Conan).

23-24 July 2016
Powell Hut
Rick van den Bosch (report)
Esther Pothuis (photos)

Powell hut is located in Tararua Forest Park.

Just one day after arriving in New Zealand I went on my first ever tramping trip. Fresh PNTMC member Esther doesn't stop talking about how great it is so I thought I'd have a go. Guided by Warren we set off in his old lady (1976 Renault – Ed.) to Tararua Forest Park. Along the way I saw things I never saw before. I was pleased to see my first (was it a pukeko?) blue bird less pleased when seconds later it was splattered across the windscreen of the car. To await the expected rains we stopped at Pukaha bird park at Mount Bruce. There I saw my first kiwi. It was white. Luckily this bird it didn't die after I had laid my eyes on it. We had some lunch, Warren bought a cookie and off we went.

The weather was fairly calm and it was quite warm when we set off on Gentle Annie towards Powell Hut. I soon learned about bush man's friend and other flora with interesting or useful properties. Although Warren considered the trail unusually smooth, I was enjoying the surroundings. Apparently such a smooth trail can hardly be called a proper tramping track. I didn't mind. Coming from a country where life takes place on flat land below sea level, taking stairs to 1200 metres is an adventure on its own. Meanwhile the wind picked up which resulted in a flying rain cover (off Esther's pack).

Once arrived at the hut I was pleasantly surprised at the happy and friendly atmosphere. The smell of food, fire and damp clothes and sounds of laughter was really relaxing. I went to sleep feeling satisfied while gusts of 160kph wind gently shook the hut on its fundamentals reminding me of the luxury we had inside.

After dawn had arrived we had a look higher up above the treeline in the tussock. I was slapped around by the wind a bit before we went down again toward the foot of the mountain, stopping then and again to wonder about ferns, mosses and lichens.



A bit blown about by the wind above Powell



Back at Powell and the leatherwood at 1200m.



It helps to be a bit crazy.

On the way back in the car I was schooled about the Tui girls and we proceeded to drink a beer at the Tui factory. To conclude the trip we stood beneath a windmill. All in all I really enjoyed my first tramping experience. It was great fun and some future trips are already planned.

We were Esther Pothuis, Rich van den Bosch, Warren Wheeler (leader).

10 July 2016
Paekakariki Escarpment Walkway



Enjoying winter sun lunch stop [Woody Lee]



Zig zag steps up and down [Warren Wheeler]

PNTMC Travel Club

25 June-5 July 2016
Samoa by Bike and Kayak
Tina Bishop

Around Savai'i in seven days and Manono in two hours - with Kathy Corner (chief organiser), Tina Bishop and Warren Wheeler.

We landed in Samoa to be greeted by what felt like a heat pump on high and a nice taxi driver who took us to the Airport lodge so we could pick up our hire bikes. We had to decide what to take in our panniers for a week, check our bikes/seats were suited and catch the 4pm ferry - a bit of a rush since our flight was 45mins late. It took 1 1/2 hours to get to the island of Savai'i where we decided to stay at Lusias as it was close to 6pm. Our plan was to stay in the basic authentic fales the whole time but Lusias could only provide a proper room.

We had a swim where the water is warmer on the bottom and cold on top due to fresh water springs going into the sea. We had some

traditional Samoa food, green bananas which taste like potatoes, fish with coconut cream, taro and Palusami (taro leaves wrapped around coconut cream) - soon to be our favourite dish and a fresh coconut to drink.

Next day was Sunday and we went to investigate the fish market but discovered everything closed early for church. We only had 19km to bike to Lano where we passed through lots of villages which seemed to run into each other and had lots and lots of amazing churches.

There were often man made pools made of rocks beside the road on our travels where we gratefully cooled our feet, we stopped at a beach to have a swim but discovered you had to pay the local fale owner for the privilege so we carried on to our destination. I quickly learned that my food fears came true - there is nowhere to buy lunches in Savai'i, luckily I had bought snacks from NZ, I also had to shelve my clean eating habits and eat what I was given. The many local shops along the way sold all the rubbish packaged food we see in our supermarkets and their discarded wrappers were spread along the roadside.

In Lano we settled into our open air fale right on the beach, had a snorkel (lots of colourful reef fish amongst the coral) and a very early dinner at 3pm as we were going to church with the fale owner - Kathy wanted to listen to the beautiful singing but there was a catch - a very long sermon we had to sit through while sweating from the heat and our skinny bottoms hurting from very hard seats!

Lano was very windy and we were told it's always windy so I was disappointed thinking every beach would be windy (mmmm Foxton Beach only warmer?) but they weren't. I was a bit shocked at the facilities as the "resorts" are not what we in NZ call a resort, they are very basic but who needs hot water when it is 30 degrees.

Next morning we set off to Manase 33km, on the way we stopped to see the turtles that you can swim with - we didn't swim as the water was a bit dodgy. We investigated the lava fields which are amazing - they look like someone has poured bitumen for miles and let it set.

All along the way the village children spot us and yell out bye bye and everyone waves, the locals are very friendly. Lots of the thatching on the roadside fales is held down with sheets of off cuts from the jandal factories and

household rubbish sits up on platforms on stilts to stop the dogs/pigs getting at it. We were able to buy bananas, pawpaw and oranges along the way each day to sustain our hunger/thirst. It was so hot! The roads were tar sealed and if we were in NZ on a cool day and didn't have panniers it would have been easy biking but the hills felt like mountains. Warren was glad of his new bike pants although he wore his orange lava lava over them and everyone thought he was a tourist from Europe, Kathy wished she had done a bit more training and I just wanted some more food. There were chooks and their babies, pigs and their babies, dogs and people wandering across the road, roosters crowed all night and the dogs loved chasing Kathy. Old fashioned buses with no window panes full of locals passed us all day - I don't know where they were going or where they had been.

Along the way we saw some beautiful gardens, often it was like riding through the esplanade - variegated plants of reds and yellows lined the roads. The plants reminded me of the 1970s pot plants we had - including varieties of Coleus, Te leaf plant, Pink ginger and of course lots of pretty flowers. We also saw plantations of Taro, pineapple, bananas, pawpaw and coconuts. Surprisingly we weren't offered coconuts very often considering they were everywhere. I certainly wouldn't recommend Samoa for the food unless you can guarantee authentic traditional dishes. We enjoyed hot pawpaw soup for breakfast at a few places and had the odd oka (raw fish and coconut cream).

Manase beach was not that great so we went for a ride part way up the mountain to visit the dwarf caves. The caves are made when lava sets on top but keeps flowing underground. Our village guide who came out when he spotted us palagi's (white people) walked while we puffed up a never ending rocky steep track to the small cave entrance where he told us the legend. He cheekily asked me to dub him down the hill not realising I'm an experienced mountain biker so I gave him a speedy bumpy ride while he yelled "slow"!

Next day was our hardest day - 42km, and a 400m climb to Vaisala. We nearly melted and had to walk the odd hill, what a welcome relieve to see our 1980s style resort which even had live music during our alfresco dining, "keen to breed?" was graffitied on the boarded up games room wall. We woke to mum and all her piglets snuffling around our fale.

Next day we had a short 19km ride to Falealopo our most remote stay. On the way we visited the canopy walk consisting of a spiral stair tower where you cross a swing bridge to a giant Banyan tree and climb more stairs way up into a platform at the top of the forest canopy. It was well worth the \$60 tala - it reminded me of a fairytale tree house.

Falealopo was stunning with white sands and coconut trees hanging over the beach. Workmen were painting and wiring the new dining area while they drank Ava (Samoan kava). The beach was very steep, while snorkelling you could feel the rush as the water flowed back out towards the reef. We often had a snorkel at 7am before breakfast. Warren forgot to check the integrity of his flippers before leaving New Zealand so was down to one flipper (I never witnessed him going around in circles though) and eventually the heel blew out of them both.

The most useful thing I took was my Kathmandu clothes line and 5 pegs - Warren had a rope and 2 pegs - We shared them with Kathy. I think Kathy's most useful thing was her magical dental floss but you had better ask her about that. We really missed cold water, if you bought a cold bottle it was warm in half an hour!



Lovely village gardens along main road [WW]

Next day was 38km to Satuiatua not too hard a ride, this was probably my favourite place - our Fale was under the Banyan trees, snorkelling 3m from the shore, a dining area where you could hang out, order food and drinks/coffee. We stayed two nights so we could have a rest day. The locals played cricket on the road spreading out and at times had to retrieve the ball from the sea through the trees. A couple of young village boys took us up to some bat caves where we think no one had been for months as they had to slash a path to the opening. They were amazing, the bats were

like big moths or small birds and the cave took about 45 mins to walk through and opened out into a beautiful bush clearing that we had to climb out of - bush bashing Samoan style. The boys then climbed a coconut tree and gave us a fresh one to drink, one boy wove a basket to carry them in while the other took the outer husks off, it was truly an authentic and interesting "adventure" well suited to us trampers but probably not the average tourist's cup of tea. We also got to see and have a go at how coconut milk was made. Kathy and I had a massage that is not really worth mentioning. We certainly learnt the meaning of "Island time".



Waiting for sunset on the beach [WW]

Our last leg was 55km back to Salelologa and the ferry, a long day but luckily it was cloudy and not too hilly but we were sick of cycling by the end of it. We managed a swim at the Afu Aau water falls, stunning and very refreshing and stopped at the Alofaagar blow holes where Warren got as close as possible while I freaked out thinking he might get washed away. They can spurt water up to 40m high and make a loud swishing noise.

We had a quick look around the markets before catching the ferry buying more lava lavas, the only article of clothing needed in Samoa most of the time.

We returned our bikes on the Saturday and had to wait until Monday for our kayaking trip to Manono Island due to our guide having to go to church the next day. So we had another rest day at the Airport lodge, spending it swimming, kayaking, reading and hanging out at the beautiful private fale garden across the road. At high tide we witnessed 4 or 5 spotted Eagle Ray's playing around near our swimming place.

Monday we kayaked across the reef where we managed to see some turtles and arrived at Manono Island 1 1/2 hours later to find a group



Ready to kayak to Manono Island [WW]

of 20 Wellington high school kids staying there. This island had no cars (or dogs) and it only took 2 hours to walk around it where you could see how the islanders lived. Next morning we got up early so we could walk to the top of the Island, paddled back to the mainland, showered and taxied to the airport. Alas our flight was delayed which made us miss our flight back to Palmy, but that's another story.

Our Sing-along while walking in Samoa

Sa-vali-vali means go for a walk

Tau-tala-tala means too much talk

Alofa ia te oe means I love you

Take it easy, fai-fai lemu

(more verses can be found on the web)

Remembering John Wright

What has PNTMC got to do with Hinewai Reserve? Hinewai what? Have you visited Hinewai Reserve; it is not easy to get to as it is located at the far eastern end of Banks Peninsula.

No, the answer is not that Khai and I visited the reserve during our South Island holiday in May. However in visiting the place and calling into the lodge located some 200 m above the Pacific Ocean we found a plaque on the wall in remembrance of one of our own, our former president – John Wright who tragically fell to his death while climbing in Canada.

If you are venturing into Banks Peninsula and especially as far as Akaroa, it's not too much further to chug up the hill to Hinewai and take a walk in the reserve – there are many tracks, as it is part of the Peninsula Walk - and check out the memorial to John.

P.S. I have put a photo on the website.

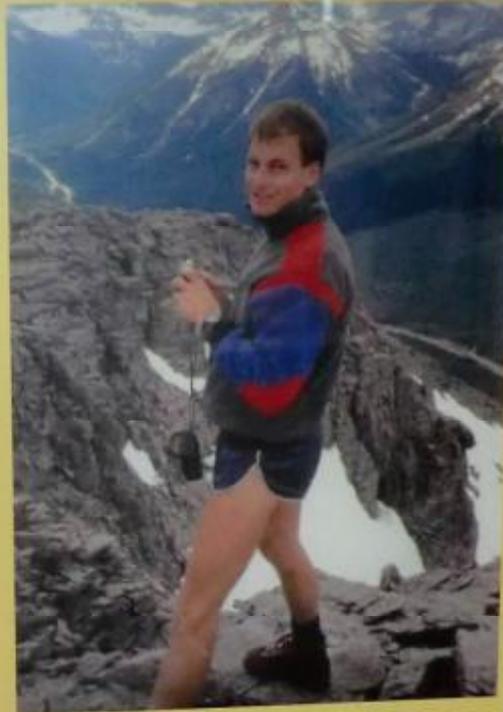
Peter Wiles

Remembering John Wright

MANATU GROVE

In memory of
John Nelson Wright
1964 - 1989

Bachelor of Science
(Honours)
Mountaineer
Tramper
Kayaker
Yachtsman
Diver
Marathon Runner
Speleologist
Ski Mountaineer
Squash Player
Cyclist



John had an enthusiasm for adventure which his friends found infectious. He loved being fit and loved the outdoors. First attempts were not important, all that mattered was another challenge - that is a mountain to climb, a river to canoe, or track to travel over.

In 1986 on completing his degree he headed for the Southern Alps where in a fickle season he spent 15 weeks successfully climbing a dozen of the summits including Mt Cook. In May 1987 he started working at Massey University. In his two years there he became much loved, at and beyond work. He was a vital member of the Palmerston North Tramping Club both on trips and as its president. During his life time he became increasingly aware of the necessity for conservation of the flora and fauna.

John's enthusiasm for the mountains led him overseas where he lost his life in a climbing accident on Mt Andromeda - Jasper National Park in the Canadian Rockies.

TONY AND FAITH WRIGHT
ANTHONY WRIGHT
EMLYN WRIGHT
HELEN WRIGHT
OWEN WRIGHT (15/9/1970 - 22/2/2011)

Russian Mountain Song

"If Your Friend" (Песня о Друзе) (1966) by Vladimir Vysotsky from the Russian film Vertical (1966).

Translated from Russian to English by Inna Nazarenko.

Supplied by Terry Crippen. This song is from the clip Terry put on pntmc group site.

If your friend has turned out to be
Not a friend, not an enemy,
If you can't tell right off the bat
If he's good, or he's bad,
Take him climbing and test his best.
You will know if he stands a chance.
When he's roped-in with you, like glue,
You will see if he's true.

If the guy the slopes just mopes,
If he whines when it's time to climb,
Sets one foot on the ice — no dice!
Stumbles, breaks down, and cries,
He does not belong here — it's clear.
Don't you scold him for this — dismiss!
Don't be wasting your time, and I'm,
I'm not wasting my rhyme.

If he did not complain of pain,
If he'd stubbornly scale the shale,
When beneath you the stone was gone,
He would groan but hold on!
All the way to the top, he kept up.
From the summit he gazed, amazed.
Then you know that you always can
Trust your life to this man!

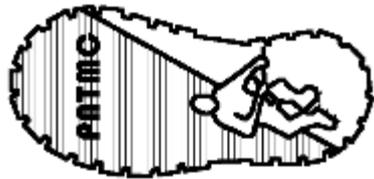
Real Kiwi Breakfast

Start your day with a Real Kiwi Smoothie.

Recipe to grow a strong young kiwi - from a display at Mt Bruce kiwi breeding centre.

Blend ox heart, banana, oatmeal, vegetables.

Mt Bruce does not specify the vegetables, but a real kiwi would surely have kumara, puha or water cress ..but try anything seasonal.



**Palmerston North
Tramping and
Mountaineering
Club Inc.**

www.pntmc.org.nz

P.O. Box 1217,
Palmerston North

PNTMC Newsletter August 2016

What's inside this month?

- Club Photo Competition coming
- Club Gear for Hire
- City to Sea in Wellington
- Ruahine trips to Sunrise and Rangī
- Samoa with PNTMC Travel Club
- Remembering John Wright
- Another Russian Climbing Song
- Recipe – Real Kiwi Breakfast Smoothie
- 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**

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