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# Palmerston North Tramping and Mountaineering Club Inc.

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

P.O. Box 1217, Palmerston North

## Newsletter February 2019

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*Enjoying the alpine flora above Rangiwahia Hut, Ruahine Forest Park.*

*[Catherine Jackson]*

### Club Nights

All are welcome to our club nights. These are held on the second and last Thursday of each month at the Society of Friends Hall, 227 College Street, Palmerston North. Doors open 7.15 pm for a cuppa before start at 7.30pm.

**14 February 2019**

**Practical Navigation**

**Warren Wheeler**

We all need know where we are, where to go and how to get there. Come along and we will show you how. Maps and compasses will be supplied. Bring your own GPS if you have one.

**28 February 2019**

**Meet the President FMC**

**Peter Wilson**

Come along and hear about the cut and thrust of Outdoor Recreation politics and some of the highlights of Peter's tenure as President of FMC.

## Upcoming Trips

### 2-3 February Pourangaki Hut Craig Allerby

M/F  
06 323 7913

There are several approaches to this hut in the western Ruahines. Depending on weather and river conditions we will probably do a loop including a climb up to above the bush line to Pourangaki peak before dropping down to the hut and the next day following the river back out.

### 3 February Iron Gates Gorge Warren Wheeler

M  
356 1998

A summer favourite that could be done as a shorter Easy trip depending on participants. We follow the Iron Gates Hut track past Heritage Lodge and stop at the "Tunupo" camp site for an early lunch stop and optional swim in the Oroua River. We then head downstream for some 2-3 hours of easy river travel that is sure to get your feet wet. At the Iron Gates Gorge itself we will either swim and/or pack float through or return via the Stoat Trappers Track. Depart 7.30am.

### 9-10 February TBA Elly Arnst

M/F  
022 682 3136

Location yet to be confirmed (depends on ankle recovery), but I'm thinking Mid-Waiohine (Eastern Tararua) or a similar jaunt in the Eastern Ruahine.

### 10 February Mania Track Anne Lawrence

M  
027 450 4212

North of Rangiwahia, Mania track heads up into the Ruahines. The lower levels pass through dense mixed beech-podocarp forest. Higher up there are awesome views down huge slip faces into the Pari Stream leading down the Pourangaki and upper Kawhatau River terraces. The plan is to climb onto the open tops of the Whanahua Range. From there we could carry on to Rangiwahia Hut if we can arrange a car to pick us up at the Rangi carpark otherwise we will return the way we came. Leaving Milverton park at 7.30 am.

### 16-17 February Waiaua Gorge Hut Elly Arnst

Family  
022 682 3136

Ever wondered what "Ladder" on the Taranaki map referred to? Come and find out! It's a gentle climb up an old road from Ihaia car park to the hut, which has great mountain views. Possibility of side trip to Brames Falls. Guaranteed ice cream stop on the way home. Plan to depart Whanganui 8:30am-ish. Text or call if you want to come and find out why this is my kids favourite Taranaki trip.

### 17 February Herepai Hut Woody Lee

E/M  
021 0444 552

A trip into the eastern Tararuas behind Eketahuna. We will walk up from the Putara Road end and tramp to the hut through lovely bush. After lunch we might climb Herepai top for great views. Leave Milverton Park at 7.30am.

### 23-24 February Pohangina River Huts Janet Wilson

M/F  
329 4722

Originally this trip was to go to the two Pohangina huts we manage for DOC, but we checked them in the New Year and found that no work party was required. So the trip now is to go to the newly upgraded Top Gorge Hut in the upper Pohangina valley. We will head in from the west via Tunupo and some of the best tops travel in the Ruahines. Lovely spot complete with blue ducks.

### 24 February Mangahao Gorge Warren Wheeler

M  
356 1998

Escape the summer heat and explore the boulder pools of the Mangahao River. We will walk a couple of hours upstream from the upper Mangahao dam (at the end of narrow windy road behind Shannon) and return via the lovely cool river. Depart 7.30am.

### 2-3 March TBA Janet Wilson

M/F  
356 1998

This weekend was originally programmed to tie in with the annual SAR exercise. SAREX places are limited and few, if any, club members will now be involved so this weekend is now open for suggestions. Contact Janet if you would like to be the leader or a participant on either a Saturday or overnight trip.

### 3 March Manawatu Walking Festival Dave Grant

E/M  
328 7788

PNTMC and the Oroua Blue Duck Protection Project are hosting the Oroua -Tunipo Tramp for the Manawatu Walking Festival. We welcome PNTMC club members to join with us in looking after the visitors. Leaving PN i-Site at 8am we will travel by bus to Heritage carpark on the western edge of the Ruahines. We will be venturing with the Walking Festival folk into the Oroua above Iron Gates Gorge to show them Blue Duck habitat, hopefully the birds themselves. We will then have lunch at Heritage Lodge and then venture up the Tunipo Track as far as time allows, to enjoy the climb through mixed beech and podocarp forest to alpine scrub and tussock. We need to be back at the carpark by 3.30pm, and in PN by 4.30pm.

## 9-10 March

### Crow Hut

M/F

### Warren Wheeler

356 1998

Unless access permission is obtained, we will first be obliged to walk a couple of hours upriver to Kawhatau Base before scrambling out at the cableway and climbing 2 hours up onto the tops before dropping back down to Crow Hut. Sunday we will walk out all the way down the river (5 hours-ish) back to the cableway...and another 2 hours down the river. Expect more than wet feet. Depart Friday night or 6.30am Saturday.

## 10 March

### Toka

M

### Janet Wilson

329 4722

This loop walk in the western Ruahine Ranges near Apiti involves a circuit up Shorts Track, along the tops to Toka high point and back down via Knights Track with an option to boulder hop down the creek for the last section. Variety and views.

### Trip Grading

Trip grades depend on many factors, especially weather and terrain. A reasonably proficient camper 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 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](mailto: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
Anne and Martin Lawrence	357-1695
Graeme Richards	353-6227

## Notices

### New Tool to Find Your Next Outdoor Adventure

Our friends at the Walking Access Commission have created a new, searchable database of tracks and trails called [Find My Adventure](#). It contains more than 200 tracks for walkers, mountain bikers, and cyclists, and over the coming months many hundreds more will be added right across the country.

You can search Find My Adventure by region and by the type of activity you want to do – be it dog walking, mountain biking or pushing a pram. Each track includes information about what it is like, how to get there and any conditions you might need to beware of.

The Commission has also updated the rest of its website. It has popular and highly regarded maps to help you find legal public access, hunting and fishing spots and property information. It has a knowledge base of information about accessing the outdoors responsibly - including roads and walkways, rivers and lakes, and private land. And it has resources to help teachers and students enjoy the outdoors.

*Try it and let us know how much you like it.*

## Trip Reports

### 12 January 2019

### Botanising at Rangī

Catherine Jackson

Participants: Janet (trip leader), CJ (Alpine plants leader), Warren, Stephen and Kirsten, Kathy and son Brendan.

A plant identification trip had been planned early in the new year to catch the height of the flower season. The location had been left open, and after the weather thwarted plans A and B, Plan C was turning out to be an excellent choice – trundling up the familiar route through the little country towns, Rangī spur alone was clear, with much glub sticking to Ngamoko Range and

Purity, while the Tararuas were lost in gel in the rearview mirror. Up at the carpark, huge cabbage tree flowers were like fireworks against a radiant blue sky. It was a good turnout for such an early trip, and 7 of us swung over the stile with our plant list handouts, to crunch away up the gravel in cheerful dappled sunshine.

Teaching began beyond the bridge. The Ourisia were sadly all over at Slime Alley, but rounding the corner into the sun there were plenty of Eyebright along the side of the track to practice “eyebright have eyelashes”. Holy grass was in full spangle-fluff seed catching the sun beautifully, while alpine flax with their yellower flowers were also on show. Once beyond the volcano-view seat and up into the dry sunny corners approaching the waterfall there were harebells, everlastings, mauvy-blue hebe, yellow Brachyglottis blooms with their hairy leaves, and even one cleverly spotted green striped hooded orchid. The group threw themselves heartily into photographing, inspection with magnifying lenses (*looking backwards through binoculars at the flower up close to the eyepiece – Ed.*) and ticking off their lists. At the hut there was time to marvel at the Spaniard blooms that were changing apace, the male stems dying off, while the female stems were becoming stouter as the green capsules ripened. Lunch was an academic affair, with consultation of books, further lens inspections of specimens and erudite discussions.



*Pentachondra pumila*

Off into the tussock after lunch, it was the perfect time for spotting the cream Ozothamnus (cottonwood) flowers and the 2 commonest Celmisia daisies, with the Mountain Daphne and Drachophyllum blooms just passing their peak. A happy find was a patch of the very inconspicuous Argyrotegiums in flower/dandelion phases. The group all queued up to have a close look until a member - who will be referred to as X - squashed the exhibit.

At any subsequent area of notably flattened vegetation, a comment would drift out that “X has been here”. Warren displayed botanical flair, discovering a patch of unexpected mid-tussock odd-leafed orchids, a patch of rarely seen purple Myrsine berries and then a commonly overlooked mountain geranium (*although this flair did not extend to finding his lunch in the freezer, he arrived with plain sliced bread instead of sandwiches - Ed.*).



*Field studies in the tossing tussock.*

We returned in hot sun with a lovely breeze tossing the seeded tussock, having most successfully bagged 24 plants on “the list” and found 6 others.

We were invited to Janet & Graham’s place for a great evening of shared treats including wine & crisps, hideous chilled almonds (*yum for some – Ed.*), delicious corn, falafels, salad, potatoes, homemade bread and ultra-tender barbequed venison (slurg), before a higher altitude venture planned for the following day.

Alas in the morning, instead of the promised sun, a sudden change in the forecast to rain all day put paid to any botanising. All but one stayed behind to go bird watching in the misty moist lower slopes of Tunupo (*the cloud lifted nicely by mid-morning – Ed.*), successfully seeing rifleman (*and the more usual tui, kereru, tomtit, grey warbler as well as hearing cuckoo, yellowhead, yellowhammer, chaffinch and more – Ed.*) and enjoying a pleasing end to a wonder filled weekend.

### 13 January 2019 Beehive Creek Doug Strachan (leader)

“Kid’s, what was the highlight of the trip for you?”

Alex: “Everything, including hurting my feet”.

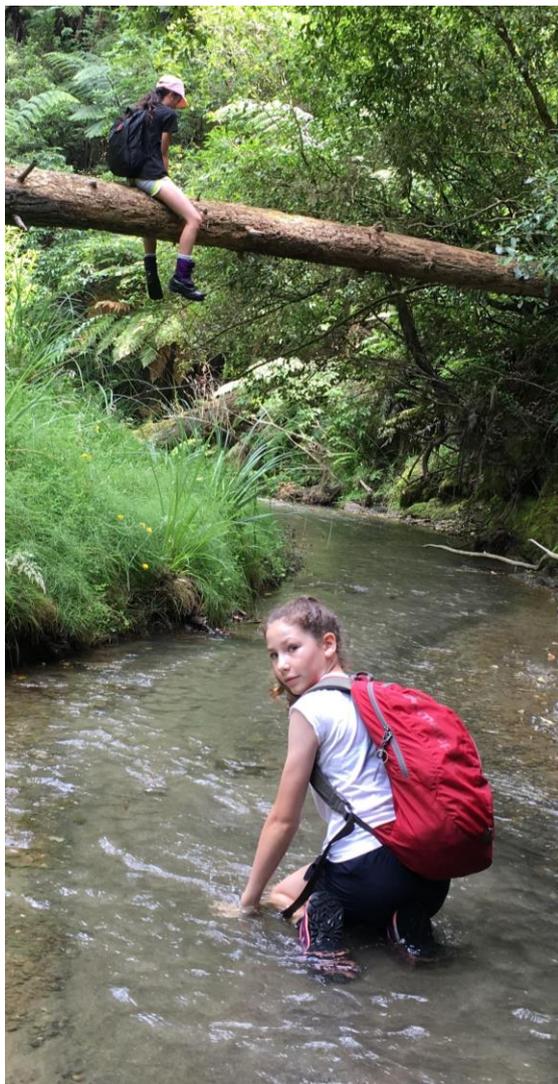
Ella: "Getting stuck in quicksand, and walking in the water".

Minami: "Getting my wet socks off".

Conan: "Eating lunch at the end".



Ark passengers: John Salisbury, Ella Daynes, the Phillipps (Michael, Erin, Alex), the Strachans (Maho, Doug, Minami, Conan)



Having fun in Beehive Creek

**19-21+ January 2019**  
**Potae Traplines Trip**  
**Ernie Cook**

After several exchanges of e-mails, the satisfactory resolution of an access issue that arose mid-week and a late night phone call to advise that the helicopter pilot had changed the pickup time again, those going on this trip met at Milverton Park at 6:00 a.m. on the Saturday morning of Anniversary Weekend. Janet did a tremendous job to get this trip to the starting line.

Two vehicles proceeded to Mokai Station, arriving in plenty of time to sort out the teams and the necessary equipment. With the arrival of the helicopter the mandatory safety briefing was duly carried out and we were good to go. The first trip deposited Graham and Woody on Ohutu Ridge along with their day packs. They were quickly joined by Warren and Ernie.



Arriving on Ohutu Ridge [Woody Lee]

The Ridge Runners had the luxury of having their pack contents delivered to Ruahine Corner Hut whilst Anthony and Janet had to don full battle regalia for their drop off high up on Ikawetea Ridge. Once Warren had cut the trail he and Woody set off to the right (South) while Ernie and Graham went left (North) checking and re-baiting the DOC 200 traps as we went.

After sidling along the ridge for a while Ernie and Graham then descended down to Waiokotore Stream and began to scramble up the other side. The track proved challenging with bleached pink tape being difficult at times to spot. Graham remarked the trail with new pink tape as we went. Lunch was taken when we gained high ground. At one time we saw Makirikiri Terns off to our left and then enjoyed the luxury of following a rough quad bike track across the tussock to the hut which was reached mid afternoon.

The resident hunters offered some hot water and a welcome hot drink was enjoyed. Suitably revived, Graham and Ernie re-baiting traps as they went, set off to meet Anthony and Janet, who having lunched at Ikawetea Forks Hut faced a substantial climb in very warm conditions to reach the expansive tussock area. Once our paths had crossed it was just a matter of finding our way from one pole to the next on our way back to Ruahine Corner Hut via the air field.



*Last trap before Ruahine Corner Hut  
[Woody Lee]*

A father and son tramping team from Napier, who had previously met Anthony in the bush, had also arrived at the hut having crossed paths with Anthony and Janet during the day. So, ten bodies and six bunks. One of the hunters and Ernie found a sheltered part of the verandah and bedded down there for what proved to be a very windy night. A plan was hatched as to who would sleep where the next evening with the hunters postponing their planned trip to Colenso Hut.

Morning delivered the forecast showers which quickly blew through and by the time boots were donned coats were optional. Progress was good as we tramped past traps attended to by Woody and Warren the previous day. Warren and Ernie dropped down from the ridge and checked some traps on a line to the main ridge before being beaten back by gravity and altitude sickness. We then followed the others down the Potae Mangatere Stream Track into the Mangatere River bed where after relatively straight forward travel an orange triangle led us into the correct side stream and to Colenso Hut.

Any thoughts that reaching the hut was the finish of our endeavours for the day were quickly dispelled when Janet called for volunteers to check a trap line around the Lake. Once the track was discovered, Anthony and Janet checked the traps while Ernie handed out

the new baits. Meeting up with the main track again meant some of the next day's work could be undertaken as we headed back to the hut. A short detour took us to the Lake where abundant aquatic bird-life was in residence. After returning to the hut Janet decided that a walk upriver was in order to try and locate any traps that might be about.



*Stoat-slayers at Colenso Hut [Woody Lee]*

Next morning saw the advance party depart first while Warren did some house-keeping. Warren and Ernie then followed and reached the rather large slip in time to see Anthony scrambling over the last bit and Janet midway across. They then continued on to Iron Bark Hut and out to the road end with strong winds threatening to blow them against an electric fence along the way. Warren and Ernie meanwhile visited Unknown Campsite, Iron Bark Hut and Otukota Hut as part of their extended stay.

Stoat-slayers: Anthony Behrens, Ernie Cook, Graham Peters, Woody Lee, Warren Wheeler, Janet Wilson (leader).

### **26-27 January 2019 Totara Flats Kathy Corner**

Have you ever tried tramping barefeet? Our friend Duncan has - he has not worn shoes for 2 years, luckily his job does not necessitate he wears them (he is an artist). Jon, Brendon, Duncan and I tramped to Totara Flats Hut via the Waiohine Gorge. We had the group shot taken before we started and the guy who took our photo was visibly impressed that Duncan was going to walk the whole way bare foot. Jon nicknamed him the Giant Hobbit. Duncan said he would be a bit slower as he has to watch where he puts his feet.

The tramp starts with the spectacular foot bridge - the largest of its kind in New Zealand.

Then we sidled up and down besides the river through beautiful bush and some massive rimu and kahikatea.



*Spot the barefoot trumper.*

The side streams are all bridged and we spied some good swimming holes but we didn't feel suitably hot and sweaty to need a cold dip. The last 2 hours of the walk were my favourite, right by the river, fantastic views of the river, and 2 kms of grassy flats reminiscent of African grasslands (although we didn't see any lions or giraffes.)



*A beautiful day at Totara Flats.*

The hut was a welcome site, Jon had sore ankles and was tired and he crashed out after a cup of tea. I lay in the sun on the deck out of the wind on a mattress reading the latest Bill Bryson book set in England. I was chortling away to myself as it is sooo funny. The chortling didn't stop either, I lay in bed that night sniggering and

laughing out loud and then again early in the morning. As everybody was still asleep at 6am I hope I didn't wake them up.

One of the things I love about tramping is the people you meet in the huts. We met Alisha who had done our Snowcraft Course 2 years ago and had been on a trip with Grant; a couple from Wellington and their son originally from South Africa who have done a lot of tramping with "Meetup"; a guy and his little dog, and fisherman father and son. Another guy had a serious case of verbal diarrhoea and accosted any newcomer with a half hour talk on the economy and it's links with world wars - the boom and bust cycle. He was obsessed with the subject. At 8am the next morning he was at it again.

After a meal of spaghetti, pesto, mushrooms and beef, knocked back with a few glasses of wine, then a game of speed scrabble we ventured outside for a walk and went across the nearby swing bridge. It was very windy and gusty and the DOC sign warned us to take extreme care in high winds. We survived the crossings.

I awoke at 5.45 and walked down to the river to see if I could spy a deer but no luck. Then I fancied a cup of tea. I went to turn the stove on and discovered who ever used it last had not turned it off fully so we had no gas. I thought of being cheeky and using someone else's but that would not be good tramping etiquette. So I had to wait for someone to wake up and they let us use their stove. Thank goodness we got our coffee. I took a photo of Duncan and his feet outside the hut so he could put it on his blog when he writes about the joys of walking barefoot.

Apart from a little early morning drizzle and high winds the weather was perfect. We had a swim an hour from the hut - cold but refreshing. En route we met a group of 6 carrying large rubber rings, life jackets and helmets. They asked if we had any Ibuprofen and I said no only Panadol but said Jon had some. Anyway they took my Panadol, and made a throwaway comment that most greyhaired people carried Ibuprofen!!! Riding the river on a rubber ring looked like it would be fun so I put it on my bucket list. By the time we got to the carpark we were very hot and sweaty, so had another swim in the river.

A thoroughly enjoyable weekend- thanks for the excellent company.

**27 January 2019**  
**Waipawa Loop Mk2**

## Shane Webb

7:30am Sunday morning 5 keen trumper's met at the Milverton Park ready to set out on our great adventure. We all piled into the car ready for our journey to the Sunrise Hut carpark. After just under 2 hours of traveling and numerous conversations we arrived at the car park and started to gear up for what would hopefully be a fantastic days walking.

After hydrating and starting on my snacks before I had even begun to walk I knew I was in for a good day - the sun was shining and the only cloud to be seen was up on top of the ranges which ironically was where we were heading. We started out walking through a bit of a paddock which quickly turned into a nice wide walking track amongst the bush. It was at this point that we started to learn about Warren's vast knowledge of the trees and plants around us.

We continued up for some time learning more and more about the plants that surrounded us. Eventually we came across a section of the narrow old track which was reasonably visible from the new one. Warren and I decided we would take this old track to Sunrise Hut whilst the other 3 would continue up the new track and we could see which one was faster. I took the lead on the old track trying to find the way up the steep and overgrown ridge - this was REAL tramping. It was a bit more work than the gentle new track but we soon made it all the way to the top where I quickly realised how windy it was when my sun glasses almost blew away. We arrived at Sunrise Hut just after the others and got Jessica to join us to see how windy it was on the ridgeline behind the hut - Warren quickly gave us his best Titanic impersonation as he stood against the wind.

It was time for Lunch so we all found a nice place to sit either in the sun or the shade and begun to Hoover down whatever goodies we had carried up.

Initially the plan was to go past Armstrong Saddle, south along the tops, down to a saddle, head down the scree and then into the North Branch of the Waipawa, however with the wind as bad as it was we decided we would head back down the old track and then head across to the Waipawa Forks Hut and then down the river to the carpark. After lunch we tried to spot the carpark from Sunrise Hut followed by a group photo outside.



*A bit windy on the tops [Warren Wheeler]*

It was now time to start the descent so we set off up to a slight peak to enjoy the views and of course the wind, we took some photos and then carried on down the old track. We all made it back onto the new track without any issues so on our way down Warren took every opportunity to use the little off shoots of the old track which were basically little short cuts, we even stopped off to look at where the Shuteye Shack used to be. Upon arriving at the turn off to Waipawa Forks Hut there was a seat which some of us made use of while Warren got out a watermelon he had been carrying this whole time and proceeded to share it with us all.

Then it was time to head down to the river - a quick walk jumping and stepping over many tree roots along the way. After reaching the stream's edge some of us proceeded to delicately use stepping stones while others just walked on through. We dropped our packs at the sign post and walked on up to see the Waipawa Forks Hut.

We then continued down the stream and eventually ended up getting our feet wet, I had made several comments about going for a swim and as soon as Warren found somewhere deep enough he was quick to point it out. It didn't take me long to remove my T-Shirt and pack and jump in - it was rather refreshing and just deep enough for a bit of freestyle swimming.



*A spot of freestyle swimming [Annett Pätzold]*

We continued on until we reached a farmer's track, which we followed back to the car park. We then stripped all the wet gear off and piled back into the car for the trip home.

On the way home we decided to stop off in Woodville where we all purchased double scoop ice-creams to top off what had already been such a fantastic day.

Ice cream lovers: Jessica, Shane, Annett Pätzold, Fiona Burleigh, Warren Wheeler (leader).

## Cookery Corner

### Seriously Naughty Truffles

Catherine Jackson's truffles were a big hit at the EOY BBQ so we asked her to send us the recipe for the newsletter. The original recipe is called something a bit impolite for a family newsletter so we have toned it down to suit.

### Liquorice-choc truffles (Club BBQ 2018)

- 1 packet of sweet biscuits
  - 250g butter,
  - 2 cup icing sugar
  - 1 cup coconut
  - Half a cup of cocoa
  - 1 bag RJ's soft liquorice (300g)
  - 2 bags dark chocolate buttons to melt
  - Splash of olive oil
1. Crush the biscuits using a food processor and some ear muffs
  2. Melt the butter carefully in a big pot then place everything else in except the chocolate melts and olive oil. Mix together.
  3. Roll into walnut sized balls. If the mix is a little dry, add some milk (or something stronger) to make it more pliable.
  4. Melt the chocolate in the microwave in 30 second aliquots, stirring each time, until liquid. Add a splash of olive oil to thin it fractionally (I never bother)
  5. Using a fork, dip the truffles in the melted choc and place on a baking-paper-lined tray. Place in fridge to set.
  6. Place in airtight container, returning the container to the fridge with a padlock on it.

## Poetry Corner

Here is a poem written by Chris Tuffley in response to the song "The bear climbed over the mountain" (to see what he could see etc).

### The Bear's Reply

The bear climbed over the mountain  
To see what he could see  
What a song to stifle  
A kid's curiosity.

*The far side of the mountain –  
Of course that's all that's there!  
I'll go climb no mountain –  
I'm no foolish bear!*

The far side of the mountain –  
You're sure that's all to see?  
In one who's not been up the peak  
I sense great certainty.

Tell me then of what's to see:  
What trees are there? What birds, what rocks?  
And when you came back down again  
What burrs were on your socks?

And as you climbed up that tall peak  
How did you find the air?  
Was it sweet, or cold and bleak,  
Or far too thin up there?

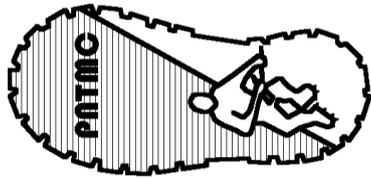
What sounds there filled your senses –  
Did you hear birds that sing?  
The sigh of wind in great tall trees,  
The chirp of some small thing?

Now tell me of the textures  
Of rock and snow and bark.  
Were they rough, or smooth to touch,  
The colours light or dark?

And last of all your spirit  
Tell me, did it soar?  
Looking down on the world below  
At the wonder of it all?

The far side of the mountain –  
Sure that's there to see.  
But if you want to find what else  
Why don't you come along with me?

*The far side of the mountain –  
I see there's more to know!  
I'd love to join you on your trip  
How soon can we go?*



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P.O. Box 1217,  
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## PNTMC Newsletter February 2019

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

- New on-line tool - Find My Adventure
- Botanising alpine flowers at Rangī
- Beehive Creek – fun for all the family
- Te Potae Trampoline Rebait via Helo
- Totara Flats via Waiohine River track
- Waipawa Loop Mk2 evades the wind
- Cookery Corner – Liquorice Truffles
- Poetry Corner – The Bears Reply
- Coming trips and more

### **Articles for the newsletter**

Send by the 20<sup>th</sup> 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!**

Send to PNTMC  
PO Box 1217  
Palmerston North

### PNTMC Contacts

President	Janet Wilson	329 4722
Vice President	Bruce van Brunt	328 4761
Secretary	Grant Christian	354 5843
Treasurer	Warren Wheeler	356 1998
Webmaster	Peter Wiles	358 6894
	Martin Lawrence	357 1695
Membership Enquiries	Warren Wheeler	356 1998
Gear Custodian	Grant Christian	354 5843
Newsletter Editor	Warren Wheeler	356 1998
Trip Co-ordinator	Janet Wilson	329 4722
	Anne Lawrence	357 1695
Snowcraft Programme	Grant Christian	354 5843