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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 October 2019**

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*This photo of trampers crossing the Rangiwahia Bridge was taken by Minami Strachan during last month's club trip to Rangī tramp.*

### Club Nights

Club nights are held on the second and last Thursday of the 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. All welcome.

**10 Oct 2019**

**Mustang Valley**

**Jo & Lawrence O'Halloran**

Jo and Lawrence returned to Nepal this year to visit the Upper Mustang region known as Nepal's Little Tibet". Come along and see their trekking pics.

**31 Oct 2019**

**New Zealand Bird Atlas - citizen science from mountains to sea!**

**Kirsten Olsen & Stephen Legg**

Birds NZ has just launched the New Zealand's largest ever citizen science project: the New Zealand Bird Atlas. The aim is to record the birds in every corner of New Zealand (mountains to sea) in each season over the next five years. Earlier atlases have been used to document major changes in the ranges of New Zealand birds. This Atlas will be even more powerful because it uses Cornell University's eBird system and the eBird phone app to record the birds. This makes it really easy to contribute to the Atlas. You can too! As a keen trumper you visit areas that most other citizens do not, so you could record birds that nobody else will hear or see. Every bird you see, hear and identify will add value to the Atlas project, if you report it! We will describe how the Atlas and eBird work and how you can participate. We will point out resources, with sounds and photos, which you can use to help identify the birds. After the talk we can help you install the eBird app. If you would like to practice using eBird and contributing to the Bird Atlas join us on a training tramp on Saturday 3rd.

## Upcoming Trips

**5-6 October**

**Ngauruhoe Plus  
Warren Wheeler**

**M/F/T  
356 1998**

This is (unbelievably) the 23<sup>rd</sup> anniversary of the 1996 Grandstand View of Ruapehu Eruption, on Sunday climbing the easy west face of Ngauruhoe (crampons and ice axe required) and exploring the summit crater. Saturday we will climb Tongariro and circuit back via North Crater, Te Maari and Red Crater. Preferably depart Friday evening, probably stay at Tongariro Holiday Park cabins.

**Sun 6 October**

**Beginners Tramp 1  
Anne Lawrence**

**E  
357 1695**

This is the first of our Beginner series. Atiwhakatu Hut is the destination – the track is relatively easy but has plenty of variety with some interesting bridges to cross. The track leaves from Holdsworth Roadend. We'll leave from Milverton Park at 7.30am.

**12-13 October**

**Forks Hut  
Graham Peters**

**E/M  
329 4722**

We have permission to go through the farm hence avoiding the not pleasant Makakawa Stream access to this 6 bunk hut. The walk is not that long so there's scope for exploring from the hut. We will also visit Te Ekaou hut for more points in the club challenge. Leaving details to be determined.

**Sun 13 Oct**

**Longview-Makaretu**

**F**

Trip leader needed. Chris Tuffley is unable to lead this trip. Anyone else interested in leading this or an alternative trip, please get in touch with Anne or Janet.

**19-20 Oct**

**Cattle Creek  
Janet Wilson**

**E/M  
329 4722**

A low altitude tramp on the eastern side of the Ruahines. A good opportunity for those new to overnight trips. We will start from Tamaki Rd and follow the Holmes Ridge track until (nearly) Stanfield Hut. It is

easy stream travel from here for a short time. We then leave the stream and climb up to a low ridge before dropping down to Cattle Creek Hut. Approx 4 hours walking time. If we get there early enough, we may explore the stream.

NB There are no traps to clear on this trip but we may see some whio – a new pair were reported in the area this time last year. Depart PN or Ashhurst 8am.

**Sat 19 October**

**A-Frame – Stanfield loop**

**M/F**

**Elly Arnst**

**022 682 3136**

Day trip from Tamaki West Rd with options to do A-Frame/ Stanfield circuit or to Cattle Creek for lunch via Holmes Ridge to meet up with overnight group. Depart Milverton Park 0:730. Call Ellie if you're interested to make a plan.

**Labour weekend**

No club trips running.

**Sat 26 October**

**Ellis Hut**

**M**

**Graeme Richards**

**353 6227**

Contact Graeme for details of this trip.

**Sat 3 November**

**Bird Atlas Training tramp**

**All**

**Stephen Legg**

**027 647 0095**

Learn how to use eBird and get in some practice contributing to the Bird Atlas. The plan is to do the Manawatu Gorge loop track and Ashhurst domain.

### Trip Grading

Trip grades depend on many factors, especially weather and terrain. A reasonably proficient trumper should expect to do the trips in the following times:

Easy (E):	3-4 hrs
Medium (M):	5-6 hrs
Fit (F):	about 8 hrs
Fitness Essential (FE):	over 8 hrs

Other grades:

Technical skills (T)

Instructional (I)

**BWD = Best weather day of a weekend**

**Trip participants**

Contact the leader at least 3 days in advance. Trips usually 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.

### 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:

Anne & Martin Lawrence 357 1695  
Graeme Richards 353 6227

## Notices

### PLBs

The club has two personal locator beacons (PLBs) for members' use. If you want to take one of these on a trip, contact Martin or Anne Lawrence on 357 1695. There is no cost to use these. This applies to any trip you are going on - it doesn't need to be a club trip.



### Kathmandu Gear Up event

Kathmandu are running a promotion to coincide with our Beginner Tramp series. During this promotion, Kathmandu will be offering a significant discount across their entire range. We will email club members with the Gear Up information letter. To take advantage of the promotion, you need to present the letter at the Palmerston North Kathmandu store at any time from 17<sup>th</sup> to 20<sup>th</sup> October.

### First Aid Course coming up

Our committee has been successful with an application to the Eastern and Central Community Trust resulting in the Trust giving the club a \$2000 grant. The money is to be used towards first aid training for club members. We plan to organise a two day First Aid Course next year. This will feature on the 2020 January- June trip card.

### Te Anau Taxi Transfers

This small business provides transport to all walking tracks in the Te Anau area, including the great walks Routeburn,

Milford, Kepler, and some of the harder to access tracks such as Hollyford, Borland and Humpridge. They also provide transport to and from Queenstown Airport, either to Te Anau or direct to the start of the track. They say they can take clients anywhere they need to get to and specialise in flexible transfers. They offer FMC members a 10% discount on any booking over \$60.

Prices are on their website: <https://teanautransfers.wordpress.com/>

They are also on Facebook.

Phone 0204832628

Email: [teanautransfers@gmail.com](mailto:teanautransfers@gmail.com)

## FMC News



A list of providers who give discounts to FMC members is available at

<https://www.fmc.org.nz/discount-card/>

A reminder that the closing date for applications for FMC scholarships is **20 September 2019**.

## PNTMC Challenge 2019

### Huts and High Places Challenge AGM 2019 to AGM 2020

You can update your points by entering trip details, places visited etc in the online spreadsheet. Contact Martin if you have any problems with this.

The competition is hotting up for top scores. Scores as at mid-September are as follows:

Club Member	Huts	High points	Bonus	TOTAL
Janet	29	11.5	15	55.5
Elly	23.5	15.5	10	49
Chris T	20	11.5	10	41.5
Warren	24.5	6.5	10	41
Graham	20.5	9.5	10	40
Ernie	18.5	9.5	10	38
Mary	14.5	9	5	28.5

Michelle	5	3	18	26
Hannah	10	14	0	24
Bruce	18	5.5	0	23.5
Ash	5	12	0	17
Woody	10.5	1	5	16.5
Grant	10	1.5	5	16.5
Anne	4	5	0	9
Martin	4	5	0	9
Penny	5.5	3.5	0	9
Richard	5	3.5	0	8.5
Annett	1.5	1.5	0	3

### 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.

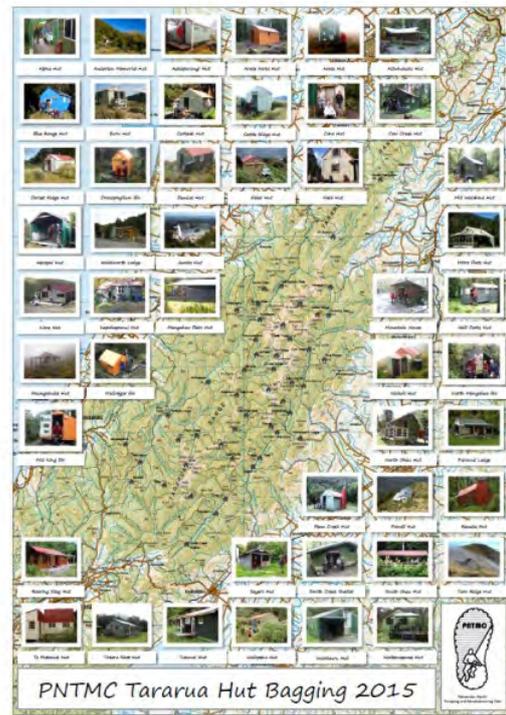
Order your copies directly from the editor Doug Strachan (ph 353 6526) and get ready to put your feet up with this great read, all for only \$35.

### New Members

#### Want to Join the Club?

Just fill in the Membership Application (available at club nights and on our website) and pay the subs. Enquiries to Warren (06) 356 1998.

### PNTMC Hut Bagging Posters



Posters are still available for both the Ruahine Huts and Tararua Huts that were produced following our Hut Bagging Challenge in 2012 and 2015 respectively. Prices have gone up (due to increase in printing costs).

Size	Cost for Members	Cost for Non Members
A2	\$12	\$18
A1	\$24	\$30

Postage with tube is about \$15 extra depending on where it is being sent.

Proceeds from poster sales go towards the club's maintenance of Mid-Pohangina Hut and Ngamoko Hut in Ruahine Forest Park. Contact Warren (06) 356 1998.

### PNTMC Photo Competition

This year saw a record number of entries for the club photo competition with 124 entries. Harley Betts did a fantastic job as judge – he commented on every entry, explained the reasons for his judgements, and also showed us how cropping and/or

altering the lighting could dramatically improve/change a picture.

Harley selected the top 3 or 4 in each category and from this the first 3 place getters were chosen by show of hands on the night.

Harley also selected his favourite pic for 'Best of the show' which was Annett Paetzold's Two Thumb Range.

Winners in each category are listed below. The first two place getters in each of the FMC categories have been entered in the FMC competition. The first three place-getters have been entered in the Interclub photo competition.

#### **ABOVE BUSHLINE** (With no Human Element)

1. Elly Arnst with Tararua Sunset
2. Chris Tuffley with Tongariro West Ridge
3. Martin Lawrence with Tama Lake

#### **ABOVE BUSHLINE** (With a Human Element)

1. Elly Arnst with Dominie Snow
2. Annett Paetzold with the Two Thumb Range
3. Chris Tuffley with A mere speck

#### **BELOW BUSHLINE** (With no Human Element)

1. Catherine Jackson with Golden River Flats
2. Elly Arnst with Nina Valley
- 3= Catherine Jackson with Cathedral Window
- 3= Catherine Jackson with Mountain Lillies

#### **BELOW BUSHLINE** (With a Human Element)

1. Lynette Price with Tasman Glacier
2. Elly Arnst with Down the R'Urville
3. Elly Arnst with Rocks Ahead

#### **NATIVE FLORA & FAUNA**

1. Chris Tuffley with Korimako
2. Elly Arnst with Daisy Balloons
3. Catherine Jackson with The Secret Garden

#### **LONG EXPOSURE**

1. Chris Tuffley with Hotel Maropea
2. Chris Tuffley with Raining stars at Gerhardt Spur
3. Chris Tuffley with Midnight Sky at Ngamoko

#### **OVERSEAS**

1. Chris Tuffley with Yorkshire Dales dry stone walls
2. Lawrence O'Halloran with Upper Mustang Nepal
3. Martin Lawrence with Loch an Eilein

#### **TOPICAL**

1. Chris Tuffley with Navigation Lesson
2. Martin Lawrence with Beehive Creek
3. Chris Tuffley with Tussock Strider

## Interclub Quiz

A small but enthusiastic group turned up for this year's interclub quiz held on 21 August at Massey. MUAC did a great job of hosting, with a good selection of interesting questions. PNTMC was well represented by Janet, Graham, Warren and Chris Tuffley who proved to be a winning combination on the night. Results and total points were:

- PNTMC in 1<sup>st</sup> place with 43 points
- MUAC came in 2<sup>nd</sup> with 39 points
- MTSC 3<sup>rd</sup> with 38 points.

## Trip Reports

### Not Gold Creek Hut

30 Aug – 1 September

#### Report and pics: Graham Peters

Having not been to Gold Creek, I was very keen to have a trip there. However, a project to put a biodiversity line from Top Gorge hut directly to the Longview/Leon Kinving track has been on the cards for quite some time.

As is often the case, weather, volunteer availability conspired against this project. Eventually the stars aligned and with the only person wanting to come being that top chap Ernie Cook it was simple enough to change it to a club trip to Top Gorge. Chris Tuffley was supporting Elly Arnst in a running event on the Saturday morning but was keen to join us after that. The other volunteers were Ian Rasmussen and Mike Charlton, both NZDA. Ian is on the RWP Trust and Mike was the lead chap for the upgrade of Top Gorge hut.

Ian couldn't leave till after work on Friday so went to Longview Friday evening while Mike couldn't leave till Saturday morning, planning to leave his place at Oringi at 5.30am where it was arranged Ernie would meet him. Meanwhile Janet and I planned to have a cruisy Friday going in to Top Gorge to get a headstart on the Saturday. After 2 stops in Dannevirke, firstly for a pie and then at the Tiki 2 Gallery we finally made it to Longview at 3.00pm. Its sole occupant had the billy on and in the spirit of

the hills offered us a welcome brew. We enjoyed this while it hailed outside. This had stopped by the time we left but the cold wind was a bit annoying. After going down the hunter's track and the river to Top Gorge in the rain we were cold, damp, and over it.

Amazing the difference a good feed, a good sleep, breakfast, and a fine day make. About 8.30 Janet and I headed off up behind the hut. The obvious way seemed up a narrow ridge that overlooked the river. This before long broadened out into a still well defined ridge which gave a good gain in altitude whilst maintaining a steady compass bearing. So far, the going was as good as could be hoped for and better than expected. We had minimal flagging tape so resorted to turning fern fronds and upturned cut leatherwood as markers for Ian. We'd left a radio in the hut so were pleased to get a call from Ian to say he'd arrived and had seen Ernie and Mike on their way to Longview. Ian joined us when we were a short way into the leatherwood zone and with more cutting required, progress had slowed. We were joined by Ernie and Mike just on lunchtime.



With the 5 of us on the job, Janet scouting the route and the rest of us cutting behind, progress was very satisfactory. When we got to the scrub zone at about 1150m, we made our way to the Longview track with minimal cutting and flagging, arriving there about 2.00pm feeling very pleased with ourselves. There was some suggestion that Chris might come along to follow our track to Top Gorge so we left him a note with a bearing to follow. On our way back

through the scrub zone we did a bit more cutting and flagging then as we went on down did a bit of tidying up and putting up pink triangles.

Back at Top Gorge, Chris turned up having come all the way down the river with dry feet until the bottom of the hunter's track. Pleasingly he reported having seen some blue ducks on the way. Mike's attempt at a fire was marginally successful as far as generating heat, as opposed to generating smoke. All that was left to do on the Sunday was to erect the official DOC signs at the ends of the line and do a bit more triangle placement on the way out.

On our way down from Longview, who should pass us but Hannah Lund and Ash, looking cool as cucumbers, having been on a day run to Top Gorge. All in all a fantastic weekend and we all felt very pleased with ourselves to finally get this project completed.



*We were Graham Peters, Ernie Cook, Chris Tuffley, Ian Rasmussen, Mike Charlton and Janet Wilson.*

## **Powell Hut 1 September**

### **Report and pics: Marion Doucerain**

Hi, my name is Marion. I am a 17 years old Exchange Student from France who came to New Zealand (Palmerston North) for one year. Landscapes are one of the reasons why I choose to come to New Zealand, and I can say that I am not disappointed.

This was my first tramping with PNTMC, and I really enjoyed it! We (Warren, Roy and me) started walking at 9:30 am for approximately 17 km.

During the morning we were in a beautiful forest, and Warren taught me some plants' names, which was very interesting.



During the afternoon, after a good lunch at Powell Hut, we finished climbing Mount Holdsworth (it took us 1hour). We weren't under the trees anymore, and the view from the top was incredible!



We were lucky, because even though it was windy at the top, the weather was genuinely good, and the sky was blue. We went down in approximately 2 1/2 hours, and arrived at the car at 5:30 pm.



I really enjoyed this trek: it allowed me to discover a bit more of New Zealand's nature and awesome landscapes, which is one of my main goals for my exchange year. And for that I sincerely thank PNTMC

for giving me this opportunity and the following ones too.

*We were Warren Wheeler, Roy Rolston and Marion Doucerain.*

## **Mitre**

**14-15 Sept**

**Report: Ernie Cook**

**Pics: Warren Wheeler**

This trip, as with most Club trips, was always going to be about whether and weather. Whether anyone would contact the trip leader and express an interest in going on the trip. What would the weather be like over the weekend. The weather was always shaping up to be unfavourable. Blind Freddie could see that. On Thursday the forecast for Sunday was looking promising. By Saturday the forecast for Sunday had deteriorated markedly. Warren was studying the forecast at yr.no whilst Ernie was referring to the Met service web site. Both forecasts were similarly bad. Accordingly some extra items were stowed in the pack. These did not include snow shovels, probes, transmitters or crampons. So some decisions were already made.

After a last minute, half-hearted discussion about going somewhere else we departed Pahiatua around 11:30 a.m. and made a lunch stop at the cafe at Mount Bruce. We were the only vehicle in the car park at the Pines road end. Mitre Flats Hut was reached in about par.



Coats had not been required and a glimpse of the tops through a cloud-infected sky revealed little snow. The woodshed at the hut was well stocked with large pieces of dry fire-wood but to Warren's consternation

a thorough search failed to locate an axe with which to reduce some of the bigger bits in size to facilitate easier lighting of the fire. Despite it not being cold Ernie successfully got the fire going hoping to air his sweat infused clothes.

Lights were out about 7:00 p.m. and yes we were the only people at the hut. Dawn brought the forecast rain and some quite strong wind gusts. It was quickly mutually agreed that it would be pointless to head up the track to the tops. Warren put out a pot with which to measure the rate of rainfall. Perhaps [yr.no](http://yr.no) was more accurate at predicting the rate of precipitation. If we had remained at home we would not have been in a position to compare the two forecasts with a view to determining which was more accurate. Departure time was set for 12:30 p.m. and while coats were donned they very quickly became unnecessary as the rain eased. The road-end was again reached in about par. We veni we vidi but we didn't vici.



*We were Warren Wheeler (trip leader) and Ernie Cook.*

## Food, glorious food!

Many trampers have a favourite recipe that they use repeatedly with minor variations. I like to experiment with different meals –for me, tramping meals have to be cooked in one pot and not use too much fuel. Here is one that fits these rules but is surprisingly tasty.

If you have a recipes you want to share, please send to the editor.

**One-pot rice and lentils with dried fruit**  
Serves: 2 hungry trampers



### Ingredients:

- 1 onion or few sticks celery, diced
- 1 cup short grain brown rice
- 1 cup brown or green lentils
- 4 cups water or stock
- 1 teaspoon cumin
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 cup dried fruit (cherries, cranberries, apricots, raisins, etc)
- 1– 2 cup cups shredded kale or spinach (optional)
- optional topping: cashews, roasted sunflower seeds, crumbled goat cheese, grated cheese

### Method:

1. Bring water/stock to the boil. Stir in the rice and lentils. Cover and leave to soak for approx. 2 hours. Note you can soak for less but the longer you soak them, the shorter the cooking time.
2. Add onion/celery. Cover and simmer, stirring to prevent sticking, until the rice is cooked (15-30 minutes). You may need to add more water as cooking proceeds – I think it is better to have it too liquid than too dry.

Once the rice is cooked, stir in the cumin, cinnamon, salt, and dried fruit. Add greens if using. Tempting to eat straight away, but better if you can leave it to stand covered for 5-10 minutes before digging in.

**radix**  
nutrition

I have heard that dehydrated meals from radix nutrition are very popular in the multi-sport community. They are a NZ company but you can only buy their products online. <https://www.radixnutrition.com>



Expedition | Moroccan Style Wild Venison



## PNTMC Newsletter October 2019

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

- Club Challenge update
- Trip reports, upcoming trips and more

### Articles for the newsletter

Send to Anne Lawrence,  
the newsletter editor, via the club website  
<http://www.pntmc.org.nz/mail/>.



Find us on facebook  
<https://tinyurl.com/pntmcfacbook>

**Get out and about with us!**

Send to PNTMC  
PO Box 1217  
Palmerston North

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