

October 2006
Issue 9

mail:
MTSC
P.O. Box 245
Palmerston North

web:
www.mtsc.org.nz

Right:
Roaring Stag Hut
by Tim Swale



Upcoming club nights

Charity Tramp+Cycling India+Vietnam/China

7.30 pm, 1st and 3rd Tuesdays of the month at the Manawatu Aero Club Rooms, Airport Drive

3rd October - Tramping for charity

In April, 198 teams of 4 people tramped through some of New Zealand's most beautiful scenery around Taupo in the 100 km Oxfam Trailwalker. Lyn McCurdy was part of a team including Warren Dickson and MTSC members Dianne Broadly and Don McDonald. The purpose of the event was to raise awareness and funds to help fight poverty and injustice in the world's poorest countries and to take up a physical challenge to boot. Lyn will speak to us on her teams experience, they completed the walk in 32 hours - a bit behind the Hong Kong team that ran it in about 11.

17th October - Cycle touring through India

In 2004, John and Ann Rhodes, of Greytown, rode their tandem bike to Ladakh in northern India. This slide show features Delhi, Shimla, the Himalayan crossing from Manali to Leh, and the Spiti Valley. If you recognise the name, John is editor of the FMC Bulletin you receive with your club subscription. Well worth making it out to this club night! (Photo: www.ourreallybigadventure.com)

7th November - Intrepid journey to Vietnam and China

Darlene Westrupp left for Hanoi on the 24th of September and will end up in Beijing three weeks later. She is trekking through small villages, paddy fields, up and down mountains and of course two days on the "wall". She is staying in basic local accommodation with three overnight train trips. She'll be traveling with Wendy Ross who will co-present the talk. This talk is perfect for all of those who are interested in Intrepid Journeys or looking at travelling to China or Vietnam.

Change of email address: I have followed Howard's lead and changed my email address to mtsc.editor@extra.co.nz to ease collection of club items in my inbox. Please use this in future.

President's Report

Photo competition + Interclub Quiz

by Howard Nicholson

email mtsc.president@xtra.co.nz or phone (06) 357 6325

Tired of hanging around town? Looking for somewhere "exotic" to go? Then look no further than the trip card for inspiration. From Taranaki to the Kawekas, from the chilly Tongariro tops to the luxurious warmth of Te Puia Hot Springs, the last trips of the current line-up are many and varied. As always, contact the trip leader for details.

The next trip card is now being put together, so please contact Tony to list your favourite destination. The skiing is not over yet, and I reckon that Liz and Hugh could find you a place in the lodge so that you can indulge in some spring skiing. It has been a busy year for them, and I know from feedback that many people appreciate the way that they manage the lodge bookings on behalf of the club.

Finally, after the snow melts we will need plenty of helping hands to help spruce up and maintain the lodge. Please give some serious thought to signing up for a lodge work party this summer. Have fun!

Chief Guide's Report

by Tony Evans

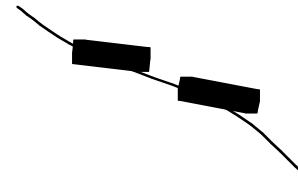
The weather is slowly improving, the summer trip card will be completed soon and I expect that, like me, you are all looking forward to spending more time in the hills during the warmer months.

Snow Stuff

by Ken Mercer (Ski Captain)

Here is the problem: for some reason (!) you're standing on a slope alongside your skis and would like to put them on. In the picture the slope is left to right and you're standing below your skis (looking into the page). Perhaps you even cut them into the slope a bit so they're more level. You step into the left ski (the top one). Getting the bottom one is now really difficult as you have to lean out from the slope to

line up your bindings. When you lean out your top ski slides sideways down the hill so you need to start again!



The solution is to stand below both skis but on your left leg. Cross your right leg over and clip into your lower ski. Now you can put all your weight on the uphill edge of that ski whilst uncrossing your legs and clipping into the other one.

Caffeine

Stopping for a coffee once or twice during the day is enjoyable and allows the slopes to be attacked with renewed vigor. An effect of caffeine is to boost the metabolism, which proba-



Mt Pirongia track
Photo: Garry Grayson
(Mt Pirongia Trip |
16 September 2006)

bly accounts for improvements in athletic performance.

My hands and feet often suffer from the cold. My trunk can be sweating but my toes still go numb. Light-heartedly I've considered alcohol as a solution. We all know that alcohol exacerbates hypothermia because of its vasodilation effects. It is just what I need, more blood in my toes (remember, I'm not cold – just my feet!). Unkind people have suggested that alcohol would also improve my skiing but I can do without those side effects!

Back to Caffeine. I've recently discovered that it is a vasoconstrictor – having the opposite effect to that of alcohol. So the cup of coffee is probably contributing to my cold toes. Consequently, as we head into spring, I'm planning on drug free skiing, for the mornings at least.

New club members

The club welcomes:

Marion Beadle (Feilding)

Lyn Charlton (Dannevirke)

Pauline Hall (PN)

Peter & Diana Marshall-Lee (Feilding)

Kristin Perry & Wes McIver & Family (P.N.)

Eva & Ross Schaller & Family (Lower Hutt)

Martin & Ruth Wittchow & Family (Hastings)

Want a new challenge?

Contributed by Doug McNeur

Try Extreme Ironing!

This sport combines life on the edge in the great outdoors as well as spotless clothing. For the smoothest look in the hills, pack up your iron, your ironing board and take them with you. Feel the rush as you perch on a mountain top and literally, clean up! Yes folks, this is actually a sport. The first world championships were held in Germany in 2002. People have ironed in caves, on mountain bikes, halfway up rock faces and even underwater. Books have been written on the subject and it has its own website: www.extremeironing.com. Many thanks to the team at the Wilderness magazine for sharing this interesting (?) piece of information. Has anyone else seen an unusual "sport" they'd like to share?

DoC Annual Booklet

Contributed by Doug McNeur

DOC have recently released their annual booklet which summarises what they've been doing over the last year. This will be at the club nights but one of the bits of information in it was that the Tongariro crossing attracts more than 60,000 people per year. No wonder it seems busy!



Department of Conservation
Te Papa Atawhai

Department of Conservation Hut and Track Notes

Rangiwahia Hut

DoC is seeking public feedback on the possible relocation of Rangiwahia Hut on the Ruahine Range. The hut's current location is on the slip prone Rangiwahia Track which is very unstable. A detour around a major slip has been in place for several years, but the slip face is constantly deteriorating and a long term solution is needed. One proposal is to shift or rebuild the hut on nearby Deadman's Track. If you have feedback, contact Arend Renting (arenting@doc.govt.nz), Department of Conservation, Private Bag 11010, Palmerston North.

For further details contact:

Jo Greig (Community Relations Manager, Department of Conservation, Palmerston North Office. Email: jgreig@doc.govt.nz).

Upcoming trips

TRIP GRADING

The times listed below include tramping, rest and meal stops. In assessing the trip times and grades, terrain, weather and party fitness (a party is as fast as its slowest member) must be considered. As these factors will never repeat themselves, times are only estimates. Contact the trip leader if you are unsure about trip gradings for a specific trip.

ALL	All welcome
EASY	4 hours per day, pace slower than Easy/Med. Does not relate to terrain.
EASY/MEDIUM	5 hours per day at a pace slower than medium.
MEDIUM	7 hours per day at a standard walking pace.
MEDIUM/FIT	8 hours per day at a pace faster than medium.
FIT	Over 8 hours per day at a pace faster than medium/fit.
TECHNICAL	Qualifying requirements to be announced by the trip organiser.

Thursday Trampers

5 October

Bev Akers

Phone for details.

Easy/Medium

325 8879

Lake Dive (Taranaki)

7-8 October

Gary Bevins

We drive up early Saturday morning to Mt Egmont-Dawson Falls carpark. Then its a matter of whether we take the high track, which is out on tussock tops with lots of steps, or the low track which is in bush. Route will be dependent on the weather on the day. It is a cozy hut with a view of the lake. Come along for a cruisy week-end and the traditional stop off at the Bakery.

Easy/Medium

325 8879

Longview

8 October

David Newstead

Depart PN Police Station at 7:30 am. It's about 2.5-3 km to the hut (~1230 m above sea level) from the road end. It looks like a heavy grunt (good track) straight up the ridge end and then 2 km along the ridge to the hut, an hour and a half, maybe (I haven't been there before, I'm working from the map). We should be back 16:30-17:00.

Easy

025 576 175

Wednesday Trampers

11 October

Dave Warnock

Phone for details.

Easy

357 4140

Thursday Trampers

12 October

Neville Gray

Phone for details.

Easy/Medium

357 2768

Takapari

14 October

Jenny McCarthy

I will be doing this trip on Saturday 14th October as I can't go tramping on the Sunday. If

Easy

06 376 8838

you are interested in going on the Saturday or Sunday please ring me. I am willing to coordinate a trip for the Sunday if anyone wants to go. I am planning to leave from the Stanfield road end and climb up to the A Frame hut and travel along the road towards the Takapari trig. Depending on time and the weather and the groups wishes we could go onto the trig or take one of the other paths down to the valley.

Ski Touring Traverse

14-15 October

Peter Rawlins

Technical

356 7443

This is a great opportunity to traverse the mountain from the Whakapapa side to the Rangipo desert side. We will head up from the Whakapapa ski field to the top of Ruapehu and then head down the Whangaehu glacier to a small alpine hut for the night, retracing our steps the next day. There is also the possibility that we could traverse across to the Turoa side on the Sunday.

You need to be a competent intermediate skier but there is nothing too steep or difficult to worry about. The club has two sets of ski touring gear that converts normal downhill skis into a ski touring setup. Alternatively you could elect to carry your skis up and just ski down. This trip is also open for people who just want to go for a walk over the mountain. It is a great way to see Ruapehu from all sides. If you have any questions then give me a ring.

Kawekas (Labour Weekend)

21-23 October

Mark Learmonth

Medium

355 9143

Destination this year is the Southern Kawaka's. We have two proposed circuit routes depending on the weather. Which route we take will decide closer to the day.

First route: Makahu Saddle. Up Makahu spur (this route depends on the wind), Kaweka

Junction-south Mad Dog Hill, and then down to Studholme Saddle Hut for the night. Next Day dropping down Mackintosh Spur to Mackintosh Hut for the night. Then out North to Makahu Saddle.

Second route: Lakes road end up to Kiwi Saddle and then north to Castle camp for the night. Next day drop down to visit Studholme Saddle Hut and Bivvy and then drop down to Mackintosh and then back to the road end.

Travel Times approx: Saturday (6 hr), Sunday (5 hr), and Monday (4.5 hr). We will leave early Saturday morning from Palmerston North. Looking forward to hearing from you

Atiwhakatu Hut

22 October

Sue Tuohy

We will get away from Palmerston North about 8:30 a.m. and head off to Holdsworth carpark in the Tararuas, then along an almost flat track for about 2 hours to the Atiwhakatu Hut for lunch. Heading back the same way.

Easy

353 3303

Wednesday Trampers

25 October

Margaret Foot

Phone for details.

Easy

357 8003

Thursday Trampers

26 October

Ken Rush

Phone for details.

Easy/Medium

357 2529

Whakapaiti Hut

28-29 October

John Doolan

A real easy graded trip, no question about that. Whakapaiti is just south of Whakapapa (the vil-

Easy

355 2100

lage on the side of Ruapehu). Ideal for first timers and family or a relaxed tramp for club members. There are no big hills and just a 3 1/2 hour stroll to the hut. The track sidles south around the contour lines for a couple of hours and then heads east towards the mountain up the Whakapaiti River valley. There is a river to cross 20 minutes from the hut so wet feet cannot be avoided.

The team from the recent Powell Hut trip are all keen to go so this will be a popular trip. There are clean toilets, two sleeping areas (snoring and non-snoring), running water, a real beaut log fire (and dry wood) and great views of the mountain. Emphasis will be on having a fun weekend with friends, cameras, fine food and entertainment. Book your spot soon as this trip will book out in no time with John Doolan at 06 355 5495 at work or john.doolan@inspire.net.nz.

Cattle Creek Hut

29 October

Christine Scott

Phone for more details.

Medium

354 0510

Mangahao Flats Guy Fawkes

4-5 November

Jean Garman

The plan is to celebrate Guy Fawkes at Mangahao Flats Hut which is a pleasant stroll (on a nice day) up the Mangahao Valley. It takes somewhere between 3 1/2 hours (fast) to 5 hours (medium) to 6+ hours (slow) to get there and while we are there we will take the opportunity to carry out our annual clean up which consists primarily of cleaning the hut and making sure no trees are growing anywhere near the helo pad.

Medium

354 3536



View from Tahurangi Photo: Adam Matich (Mt Ruapehu Trip | 12 September 2006)

Nearing the top of Tahurangi

Photo: Adam Matich
Mt Ruapehu Trip
12 September 2006)



Trip reports

Deadman's Loop

13 August

by **David Newstead**

The weather was not good and the track too grotty for a loop and too long for up and back given the time of year. So opted for Gorge Track instead.

My only taker reported in with flu so set off by myself, however I caught up with Monica, husband Noel and dog, so it was a Club trip again. Nice lunch at the Beyond-the-Bridge Café.

Burton's Track

24 August

Leader: **Stuart Malcolm**

Fifteen trampers.

Mt Bruce Track

30 August

Leader: **Ken Rush**

Fourteen trampers.

Mt Thompson

31 August

Leader: **Ivan Alve**

Thirteen trampers.

Deadmans - Rangī Loop

7 September

Leader: **Jill Spencer**

Thirteen trampers.

Blue Range Hut

10 September

by **Darlene Westrupp**

During the early hours of the morning the howling wind woke me up and the weather forecast for the day was less than promising. However by the time we all met at the Police Station at 7.30 a.m. it didn't look too bad.

Despite driver Don's pleas to stop for a leisurely coffee on the way, we headed straight for the Kiriwhakapapa Road end, arriving around 8.45. There was not a breath of wind at the picnic area or for the whole tramp up to the hut and back. The air however was very cold.

We arrived at the hut around 11.15 a.m. for an early lunch and were joined by four members of the Masterton Tramping Club. We enjoyed a pleasant lunch break with them, discussing the usual rugby, our various mutual interests etc. There was not much in the way of views because of the low cloud so we all headed back down around 12 o'clock.

We were back at the carpark by 1.45 p.m. so headed to Mt Bruce for a coffee. After a very pleasant Sunday ramble we were home in plenty of time to mow the lawns and tidy up the garden.

We were driver Don McDonald, Alla Seleznyova with her friend and prospective new member Jeanette Anderson, Dave Allen and Darlene Westrupp.

North Range Road - Windmills

13 September

Leader: **Rosemary & Ken Hall**

Twelve trampers.



Lunch stop below Otumore

Photo: Keith Fisher
Longview Trip
17 August 2006

Sunrise Hut 14 September

by Keith Fisher

Nine trampers.

We left the van at the road end at 9.30am with the intention of going to Sunrise Hut and then on to Top Maropea Hut. We reached Sunrise Hut in about 1 hour 50 minutes, the weather was fine and everything looked promising. However on venturing up to the ridge behind the Hut we found that the wind was vicious and very cold and this quickly dampened our spirits. We went as far as Armstrong Saddle and then called it a day. The big bonus was that the views were great. Lunch was back at Sunrise and then a leisurely trip back down to the van.

Mount Pirongia 16-17 September

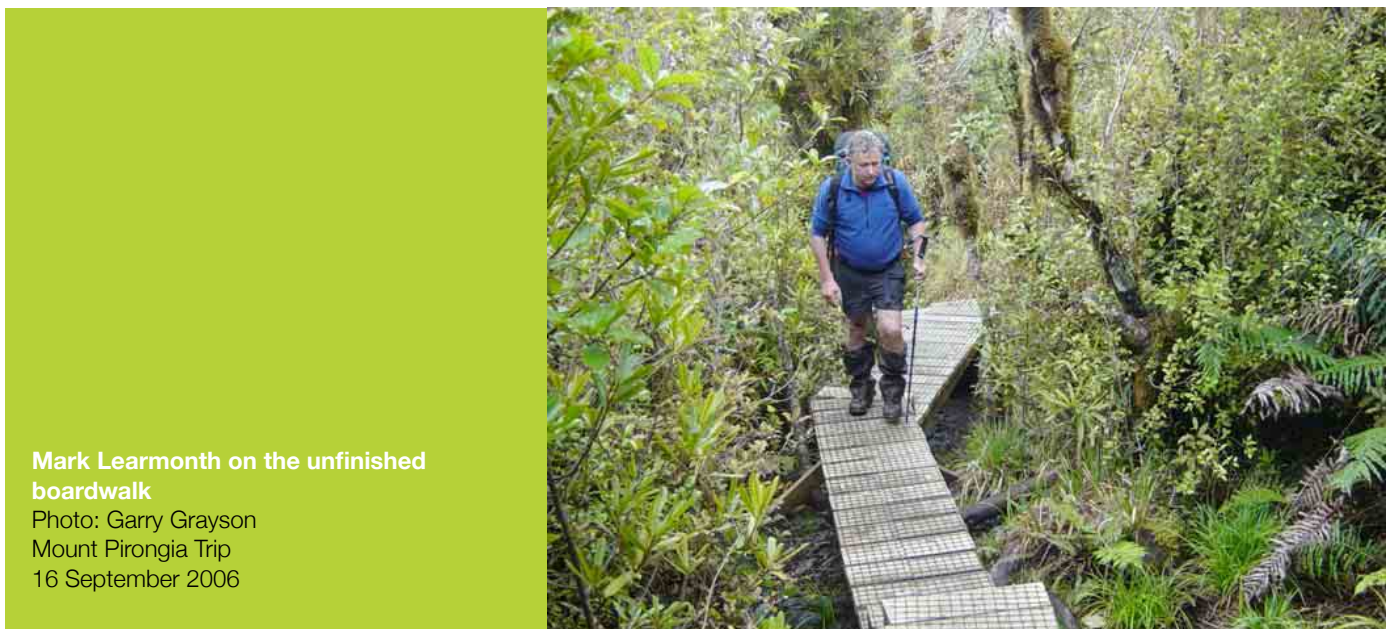
by Garry Grayson

Three keen blokes departed P.N. at 5.00 a.m. Sat' morning bound for Pirongia Forest Park which is situated ap-

proximately 30 km west of Te Awamutu. Refueling stops for both vehicle and blokes were taken at various points during the 400 km journey, eventually arriving at Te Tahiri road end, the south-eastern entrance to the Park, around 10.30 a.m.

The track leaving from this point, (Tiwarawara Track), is not used as much as the Northern track system and after Tiwarawara peak is reached, does become a 'tad' rougher for the remaining sections to the top.

From the car park at 250 m the track drops through a creek then follows a ridge up to the first significant high point of Tiwarawara at 700 m, (1.5 hrs), a rocky outcrop with good views of farmland below and good spot for smoko break. From here a small climb to the next posted high point, Te Akeohikopiro, 870 m, (all significant peaks and high points are signposted). After dropping into a saddle from this point, a track leading to two southern park access points is spotted, (Adam adds to his list of tracks to do!), soon Hihikiwi is passed and a distant hut roof is spotted some 30 min away. From this point the track really turns to c...p, and we are soon scrambling



Mark Learmonth on the unfinished boardwalk

Photo: Garry Grayson
Mount Pirongia Trip
16 September 2006

over and around large, deep mud pools, some not unlike the famous mud of Stewart Island. An unfinished board walk leading to Pahautea Hut (the only hut on Pirongia) is soon reached and the hut after 4.5 hrs from roadend, Pirongia Peak and lookout point is a further 30 mins on from the hut, no point in going here today due to nil visibility!

By this time rain showers are arriving and winds rising, although we're dry inside there is no fire and it's obvious that this place ain't going to be warm. Time for the first of a few 'brew-ups' and more layers to increase comfort levels. We had the hut to ourselves although more bodies may have helped increase the indoor temp, the only others on the Mt tonight were a couple who decided to brave the elements and were tenting on a nearby campsite.

A comfortable nights sleep helped by many extra layers of clothing was had and by 7.30 a.m. Sunday morning we're ready to head back down to warmer surroundings. Although the rain had gone, visibility was still poor and it wasn't until 45 mins or so down the track that Mt Pirongia top was viewable. Some more mud 'larking' and back down to Tiwarawara for smoko again, eventually arriving back at the car in 4 hrs. Now for that 400 km home again! A few coffees here and there to help starve off fatigue and 'nodding off' tendencies (not a prob for passengers!), we arrived back in Palmerston North late afternoon. We were Garry Grayson, Adam Matich and Mark Learmonth.

Roaring Stag 18 September

by Linda Campbell

The wind was fair blowing and rattling the windows when I woke up but there was blue in the sky as Dave and I set off to meet the others at Tim Swale's place in

Pahiatua. We met Phil, the last of our group, between Pahiatua and Eketahuna so we were eleven keen trampers that arrived at the road end looking forward to a day out in the hills.

It was a great walk up and then down to the new Roaring Stag Hut. In a few places we were reminded that it was blowing a gale but most of the way and back we were sheltered from the wind. Near the turn of at the top of the hill we passed four tired looking adventure racers on their way to raise the alarm for one of their fellow adventurers who had been seriously injured. They were looking tired and apparently had been walking many hours to get help.

A warm spring sun shone on us as we sat on the decking at Roaring Stag having a long leisurely lunch. Shortly after we left the hut the hum of a rescue helicopter was heard and the rescue was underway. A relief for the injured person no doubt!

There was the compulsory stop at Eketahuna for ice creams on the way home.

Thank you to Emma Boyd, Jenny McKerchar, Peter McLeod, Ian Harding, Hilary McMillan, Tom Botterill, Jenny McCarthy, Phil Hoskin, Dave Allen, and Tim Swale for their great company.

Mountain House Shelter Loop 24 September

by Sue Tuohy

We started out on the day that was supposedly short on ozone. This wasn't a worry for us as there was plenty of low cloud and we only saw glimpses of the sun. So nine of us cruised our way up to the shelter for lunch and then back down to the car park via the Atiwhakatu track. A very enjoyable day, finished off by a cuppa at Mt Bruce.....



A happy tramping family on the way home from Mountain House shelter

Photo: Alla Seleznyova
(Mountain House Shelter Trip |
24 September 2006)

Club Information

Annual Hut Passes

Support our club in the Tararuas. Buy your Annual Hut Pass through DoC. The full price of an Annual Hut Pass is \$90 but is reduced to \$63 with your Federated Mountain Club (FMC) card discount. Jean Garman will provide you with a form to fill in which will be sent off with your cheque and FMC card (if you have one) to DoC Waikanae who will post you an Annual Hut Pass. Note that MTSC family memberships only pay one FMC sub so only one FMC card (and therefore discount) is available per family. Contact Jean at jeanandivan@value.net.nz or phone (06) 354 3536.

For Sale

DoC hut tickets - discount rates to members. Contact: Howard Nicholson on (06) 357 6325.

Accommodation at the MTSC lodge on Mount Ruapehu

The lodge is close to Iwikau Village, has power, hot showers, and is stocked with food. The lodge phone number is (07) 892 3860. Lodge bookings can be made between 9:30 am and 9:30 pm on any day. Do not call outside of these hours. Note that bookings are not confirmed until the fees are paid. Payment is in advance by cheque or cash. Contact Hugh & Liz Wilde on (06) 356 9450.



	Members	Non-members
Adult	\$21	\$33
Secondary School	\$18	\$30
Primary School	\$15	\$26
Group prices	on application	on application

Booking and use of the MTSC Transit Van

The normal run-of-the-mill things you need to do if using the Transit Van are:

1. Book preferably by Thursday, and certainly no later than 6 pm Friday.
2. Cancel bookings by these times so others needing the van have time to amend travel arrangements.
3. Check the oil, water, and tyres.
4. Fill in the travel sheet (km, people, and dollars).
5. A fly should be carried on every tramp, there is always one in the passenger door of the club van and they are available from the Gear Custodian at no charge.

Trip leaders and those planning trips should seriously consider using this cost effective club asset. Neville Gray is our minibus custodian and he can be contacted at (06) 357 2768.



Club Equipment

We have packs, 2 and 3 person tents, fly-sheets, snow mats, sleeping bag cover, gas cookers, size 8 and 9 boots, billys, two bivvy bags and two big tent flies. Ice axes, crampons, and helmets are also available. Food Dehydrator: ideal for drying large and small quantities of fruit, vegetables, and meat for tramping rips. Easy to use, works well, and is available for hire from the Gear Custodian. Hire cost for members, \$1 per day. Contact the Gear Custodian: Peter Rawlins on (06) 356 7443.

Articles for the newsletter

Send by the 15th of each month to Wei-Hang Chua (editor) at mtsc.editor@xtra.co.nz. Please contact me if you'd prefer to receive your newsletter by email only. Send changes of address to the Membership Secretary at P.O. Box 245, Palmerston North.

Club website | www.mtsc.org.nz

This includes a club contact email address and is hosted by InSPire Net. The club webpage is maintained by Howard Nicholson and is kindly hosted by InSPire Net.

People to contact

If you would like to contact the club with general inquiries, please drop a line to MTSC, P.O. Box 245, Palmerston North and it will reach the appropriate person. If you want a particular topic discussed at Committee meetings, this is a good way to go about it.

MTSC 2006-07 Committee

President	Howard Nicholson	357 6325 mtsc.president.xtra.co.nz
Secretary	Tim Swale	06 376 6556
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Chief Guide	Tony Evans	357 4355
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Membership Sec.	Mark Street	353 7442 mtsc@inspire.net.nz
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Ski Captain	Ken Mercer	356 7497
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Mini-bus manager	Neville Gray	357 2768
General Committee	Bev Akers	325 8879
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	Darlene Westrupp	354 5764
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