



PALMERSTON NORTH TRAMPING AND MOUNTAINEERING CLUB INC.

P.O. BOX 1217
PALMERSTON NORTH
NEWSLETTER

November/December/January 1985/86

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Membership Enquiries:	Nanette Clough	ph 61-271
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ENQUIRES CONCERNING OVERDUE TRIPS

Damienne Eder	Home	71-785	
Nigel Seebeck		89-043	Work 79-129
Peter Clough		61-271	69-099 Ex 7563
John Barkla:		73-543	89-109
Trevor Bissell:		73-543	74-129

ALL TRIPS LEAVE FROM THE NO FRILLS CARPARK, FERGUSSON STREET. IF YOU WISH TO GO ON A TRIP, YOU MUST ADVISE THE LEADER AT LEAST THREE DAYS IN ADVANCE. IF YOU ARE INTERESTED IN AN ALTERNATIVE DAY OR WEEKEND TRIP, CONTACT THE LEADER OF THE SCHEDULED TRIP.

COMING EVENTS:

28 November Formal Club Night 'Rambles in the Alps with a camera'

Bob Creswell will describe some of his early exploits in the mountains. Club members will already have seen slides taken by Bob during a climb of Honokawa, a very rugged and isolated peak in the Raukumara Range.

Time: 7.45 p.m.

Venue: Society of Friends Meeting Rooms, .227 College Street, P.N.

30 November Hikurangi Range (Northern Ruahines).

Up past McKinnon Hut to the Kauwhatau River, with a possible diversion to Mokai Patea.

Leader: Trevor Bissell, ph 73543

Departs: 6 a.m. Saturday

Grade: Fit

30 November - 1 December Wanganui Wanderings

This trip involves principally a circuit on the Wanganui Skyline Walk over mixed farmland and bush. There's scope for a barbecue and camp beside the Wanganui River on Saturday night followed by an easy structured stroll on Sunday. It will be advisable to take a large, full water container for the camp, but you needn't carry it around on the tramp!

Leader: Peter Clough, ph 61271

Grade: Medium

Departs: 7 a.m. Saturday

5 December Committee Meeting

For something completely different, try a committee meeting in a pub!

Time: 7.45 p.m., but come earlier (about 6.30 p.m.) if you want to eat beforehand.
Venue: Britania Restaurant, Magestic Hotel, Fitzherbert Avenue.

7 - 8 December Christmas at Rangī

A pot-luck dinner will be held on Saturday night at Rangī Hut in the Ruahines. The change to Saturday night (instead of midday) will permit a more relaxed and extended evening of food, drink and entertainment, while the keener types can clear their heads by tramping on the tops at the crack of dawn.

For those who wish to forgo the hut (and those who simply arrive too late), there is an opportunity to camp out. In order to co-ordinate food and transport, please contact John Barkla on 73543.

Wednesday 11 December Very Informal Club night Annual Dine and Dance

If you survive Rangī, how about food and exercise of a different type, in more civilised surroundings. The venue is Harrods, 31 Margaret Street, Palmerston North. The time is 7.30 p.m. on Wednesday 11 December. A maximum of 30 places are available for the club so be in early. Tickets are available from Nigel Seebeck (phone 89043 for details). The ticket price is \$21000 per person (including corkage and band), but bring your own liquid refreshment.

14 - 15 December Last Club Tramp for 1985

A last chance to work off pre-Christmas excesses and get in some training for summer excursions. Details as yet undecided, but if you want a day or weekend trip, contact Damienne Eder on 71785.

Grade: Flexible.

21 December to 12 January

For those staying around the Palmerston North area over the holiday period there is the possibility of day, weekend or longer trips being arranged.

Contact: Cathering Farquhar ph 80363, or 73543
or give names to: Damienne Eder, ph 71785

18 - 20 January Kaimanawas

Celebrate Wellington's anniversary weekend with a trip to the leatherwood-free Kaimanawa Range on the first scheduled club trip for 1986. This area offers superb tramping, and on this weekend the hordes from Auckland and Hawkes Bay will be at work!

Names to: Damienne Eder, ph 71785
Grade: Various
Departure: to be decided.

22 - 26 January

Details: to be arranged.
Names to: Damienne Eder, ph 71785

30 January Formal Club Night

Kick off the year's club night activities in traditional fashion with a far-from-formal Barbecue. A chance to compare notes and tans from summer-time exploits.

Details are not finally arranged yet, so ring Damienne, ph 71785 or Trevor ph 73543 to find out the venue and time, closer to the date.

NOTICES:

1/ New Members

We welcome to our club:

Alison Maccoll 10 Limbrick Street, P.N. 69590

2/ ALL MEMBERS:

A number of people have had to be turned away from recent club trips because of inadequate notice being given of their intention to come. So all those interested in going on a club trip are urged to CONTACT THE TRIP LEADER WELL IN ADVANCE SO THAT TRANSPORT FOR THE TRIP CAN BE ARRANGED.

3/ **FOOD FOR THOUGHT**

Those contemplating a long trip over the summer period may be interested in the following results of a survey of dehydrated food given in the Consumer Magazine of September 1983. The price information in the survey is of course now out of date, but the relative price of the different products is still much the same. The foods below are listed in descending order of expense per one cup serving (i.e. the top item is most expensive per one cup serving, the bottom item the least expensive).

	PACKET		PER ONE CUP SERVING	
	WEIGHT	YIELD	PROTEIN (g)	ENERGY (kcal)
ALLIANCE Freeze Dri Beef Curry and Rice	75g	1 cup	18	400
SUNSHINE Quick Snack Beef Curry and Rice	40g	4/5 cup	5.8	180
VESTA Curry and Rice with Beef	230g	3½ cups	20	616
CEREBOS Super Snack Curry and Rice	45g	1 cup	3.8	176
SANITARIUM TVP and Vegetable Curry	125g	3 cups	11.4	173
Instant Noodles	80g	1¾ cups	4	187
Potato Flakes	35g	1 cup	3.6	127
Macaroni Elbows	45g	¾ cup	6.2	167
Rice	70g	1 cup	5	283

N.B. of the complete meals only beef curry was tested, but the results of these tests are thought to be roughly indicative of the protein and calorie content of other meals offered by each of these brands.

TRIP REPORTS:

19 –20 October: To Mitre Flats

We left Palmerston North in brilliant weather, but found the Wairarapa side covered in cloud. Arriving at the Waingawa road end, it began to rain just as we were all set to leave the cars, and the first half hour or so across open paddocks was rather muddy. Once in the bush the weather improved, and we made moderate progress until lunchtime. After stopping to eat, two of our party raced on ahead to tackle Mitre in the afternoon, but they hadn't left the hut at Mitre Flats by the time the others arrived. They then set off to climb Baldy instead, but made slow progress up the somewhat overgrown track, and got thoroughly rained on. As they returned, mission not accomplished, the weather cleared up again. (Incidentally, the bridge shown on old maps over the South Mitre Stream no longer exists).

The following day dawned bright and clear, and four of our party ascended the Mitre track, reaching above the bush into the snow-spotted tussock where we had magnificent views. Then it was back to the hut for lunch, before returning as we had come in, albeit under warmer conditions.

We Were: Nanette and Peter Clough, Liz Morrison, Cheryl Peters and brother Dirk, and John Thompson.

26 - 28 October Labour Weekend in the Ruahines

Driving out of P.N. on Saturday morning, ones attention was drawn to the snow on the farmland below Wharite Peak. As we left Kawhata Base the snow eased up and the cloud seemed to become rather diffuse. At the bush line on the Hikurangi Range we found the visibility was quite good. We reached the turn off to Hikurangi Hut about 1 p.m. Progress so far had been very good. We decided to continue along the range before descending via Trig Creek to Waterfall Creek Hut. The descent of the initial 200m into Trig Creek was possibly the slowest and most difficult part of the trip. The old snow had frozen hard, and without crampons, a good number of steps had to be cut. We eventually arrived (6 p.m.) at Waterfall Hut, which fortunately was empty. In the morning conditions were distinctly unappealing, with our boots and socks in various stages of freezing solid, and a blizzard outside. The climb up to Rangī Saddle had the advantage of getting the circulation going in all parts except the feet. Any idea of traversing along the Mokai Patea Range from Rangī Saddle was out of the question, so we plugged our way through some deep snow drifts to Waikamarka Hut. After a brief refuelling stop, we headed off down the Waikamaku River to Wakelings Hut. Wading about in a river for a few hours in a snow storm tends to be rather cold, but eventually the snow turned to showers of rain combined with flashes of sunshine. The river trip took 3 hours. At the hut, a fire and a generous round of soup was most beneficial.

Monday morning (initially) was beautifully fine. We climbed up to the summit of Rongatea. (Almost all the track through the bush has been rearranged by tree falls). The first hour along the Mokai Patea Range was rewarded with some reasonably extensive views. However as the range broadens out the cloud rolled in. Two to three tedious hours were spent plodding through snow/soft ground combined with navigating along the range. We were very glad to reach the Colenso trig where we had a brief stop for lunch. We gradually descended out of the cloud and snow, arriving back at the car a little over an hour later.

Team: Catherine Farquhar1 Terry Coburn, Peter Wiles.

Labour Weekend Inland Kaikoura Range

Three club members joined the Wellington Section of the N.Z.A.C. in a trip to the Inland Kaikoura Range. Snow fell the entire way up the Hodder River from the Awatere Valley giving a very cold and exhausting trip. Very strong winds kept us hut bound on the Sunday as we watched much of the snow being blown off ridges to be deposited in deep drifts in the valleys.

We left for a climb of Tapuaenuku (2885 metres) at 3 a.m. Monday morning, making the summit and clear weather by 8 a.m. after much deep snow slogging. A quick descent to the hut and return down valley saw us back at Wellington by late Monday night.

We Were: John Barkla, Trevor Bissell and Roger Redmayne.

AND FINALLY.....

A MERRY CHRISTMAS TO ALL OUR MEMBERS!!!!

