

### Newsletter of the Otago Tramping and Mountaineering Club (Inc.) P.O. Box 1120, Dunedin.

The OTMC meets socially at 3 Young Street  
every Thursday - doors open at 7.30pm,  
programme begins at 8.00pm.

### President's Piece

Attendance at the Thursday evening meetings of late has been to a full house, with eight 'first timers' attending on one occasion. The new data projector has enabled our guest presenters to relive their experiences with us in a more involved manner. It's almost like being at the movies!

We have a new stock of T-shirts and caps embossed with the club's logo. They are available in all sizes and several colours. Fiona is currently taking orders for them. (See page 6)

At the time of writing this piece I have just finished packing my gear for a trip to Mt Domet this weekend, my first in about eight months. The forecast is for light snow tonight and clearing (we hope) for tomorrow. I have also booked for Wolfgang's mid-winter Routeburn and look forward to catching up with those of you who are doing likewise.

In the meantime wishing you safe and enjoyable tramping.

Terry Casey, President.

### Committee Members 2003-2004

|                           |                   |          |
|---------------------------|-------------------|----------|
| President                 | Terry Casey       | 454 4592 |
| Vice President/Clubrooms  | Sandra de Vries   | 473 7224 |
| Secretary                 | Jenni Wright      | 454 5061 |
| Treasurer                 | Ann Burton        | 476 2360 |
| Imm. Past Pres./Publicity | Alan Thomson      | 455 7878 |
| Chief Guide               | Antony Pettinger  | 473 7924 |
| Membership Secretary      | Ian Sime          | 453 6185 |
| Gear Hire                 | Mike Brettell     | 455 1515 |
| Daytrip Convenor          | Cathy McKersey    | 455 0994 |
| Funding                   | Greg Powell       | 454 4828 |
| Library                   | Jonette Service   | 454 2323 |
| SAR Contact               | Teresa Wasilewska | 477 4987 |
| Social Convenor           | Fiona Webster     | 487 8176 |
| Property Maintenance      | Peter Mason       | 455 7074 |
| Bulletin Editor           | Robyn Bell        | 488 2420 |
| Conservation              | David Barnes      | 454 4492 |

Visit us on the Internet at:  
[www.otmc.co.nz](http://www.otmc.co.nz)

# Membership

A further three new members are **joining this month:**

Ran Turner, 154 Gladstone Rd, 4738 652;

Hikaru Shirai, 73 Gilkison St, 4762 449; and

Debbie Cleland, 17 Truby King Cres, 4731 698;

bringing our membership roll to 242, probably our highest number for several years.

Debbie has already entertained us on a Thursday night with an account of the Outward Bound Course she attended some time ago.

**These people have all moved house:**

James Macdonald, to 3 Laing St, Port Chalmers, 472 7788;

Zena Roderique, to 59 Viscount Rd, Waldronville, 027 453 0011;

Debs Carr, to 10 Blackwell St, Portobello, 4780 363; and

Nina Burleigh, to 644B Highgate, 467 5778.

# P I Z Z A

## FILADELFIOS

3 North Rd (by the Bot. Gardens)  
Saturday 21 August @ 7.30pm

For \$13 we have a set menu of wedges, garlic bread and pizza - yum!!! This is a fun night, no tramping boots required, bring family and friends.

To confirm numbers please contact Fiona on 487 - 8176, or email [fionaw@tekotago.ac.nz](mailto:fionaw@tekotago.ac.nz)

## *The Heaphy Saved (almost)*

At their April meeting, the New Zealand Conservation Authority made a 'preliminary decision' to change the **Draft General Policy National Parks Act** in line with the submission from MTBNZ (and 1105 others - including the Nelson, West Coast, Waikato & Southland Conservation Boards; SPARC; FMC; NZAC; many local tramping clubs; and the Tasman, Nelson & West Coast Councils).

If this decision stands then mountain bikes would still be generally excluded from National Parks, but exceptions could be made for suitable tracks in each park's management plan - based on some agreed criteria. This is good news indeed and it is gratifying to see the Conservation Authority taking a pragmatic approach to supporting backcountry mountain biking. What further consultation is planned is yet to be decided, but as the final decision rests with the Authority it would be fair to say that all signs look positive.

(Excerpt from the latest "Underground" mountain biking newsletter from the "Ground Effect" cycle clothing manufacturers. Their website is <http://www.groundeffect.co.nz/underground>)

Thanks to Trevor Deaker for this excerpt. Ed.

# LETTERS TO THE EDITOR



Dear Editor,

I enjoyed the notes about Polite Hut copied from it's log book. I was one of those who was involved in those days. Polite Hut was one of the ones we used to stay in on our Tramping Expeditions into the Silverpeaks with the Opoho Scout Troop. We believed that our Scouter, Gerry Mc Cormack, was the "Pack Rat" and we all needed various non-de-plumes ourselves. I was "Lenny the Badger" and when I tramped with the North East Valley Rovers I was one of the "Night Owls" with Hank and Cas. (Because of the dangers, we stopped using non-de-plumes later on.)

At Polite Hut we met up with Otago University Tramping Club. At a campsite we taught them some of our scout songs - "Green Grow the Rushes Oh", and "Gin Gan Goolie", while they taught us theirs.

I had been to Polie Hut many times before I first arrived there from Gap Ridge. This was with an OTC party. I also got to 25 Mile Hut a couple of times before the OTMC owned it.

While we helped to carry gear into the Peaks for building Jubilee Hut etc, very few of this group of scouts went on to join the Otago Tramping Club. I did, and one of the first people I met was Ross Adamson. I had met Ross Nsgah when he was Area Cub Leader and I was helping to run Opoho Cubs. Dick Hamel and Bob Staples helped me with my early training and Dick took me up the Dart Valley with Trevor Murie, Doreen James and others. I last saw Doreen in Otematata about 1965.

I don't know many of the other names, but Cecil McIver and his mate were two of the N.E.Valley Rovers who went missing on the Caroline Face of Mt Cook. Parts of their expedition were found recently over on the Hooker side. I was later involved with George Harris and Graham Dingle on the Caroline Glacier.

Yours in tramping,  
Len Davies

advance notice ...

**A.G.M.**

**26 AUGUST**

Please think about who you wish to nominate for the positions of President, Vice President, Secretary, Treasurer, and Chief Guide. Jenni has forms, and will publicise the deadline. Or you may even ask someone to nominate you! More details in the next Bulletin.

## **AVALANCHE TRANSCIVERS**

Outsider Mountain Sports Ltd have digital Pieps Avalanche Transceivers for sale. These new technology transceivers have 3 antennae, and are lightweight and easy to use. Please see their brochure on the clubroom noticeboard for more information on these and TSL headtorches and Asolo boots.

## **Oxfam NZ Borneo Bushwacka Challenge**

“Climb South East Asia’s magnificent Mt Kinabalu; explore the world’s deepest cave system; trek the Headhunter’s Trail; discover exotic plants and animals; experience diverse cultures and great food; a 13 day adventure for everyone to enjoy.”

To take part you need to raise a total of \$5,500 for Oxfam, and they give you practical fundraising support. All costs are included - accommodation, airfares, food, support crew, etc.

See the brochure on the clubroom noticeboard for more information.

# B L I S T E R S

Walking uphill increases the shearing forces on the heel, and these forces are even greater when climbing with crampons, particularly on ice or during mixed climbs on ice and rock. And decreased peripheral blood flow and low oxygen partial pressure in low temperatures at high altitude limits the defensive mechanisms of the skin. Also,



on long mountain tours with little or no possibility of adequate rest or removal of the boots and rewarming of the feet, the skin is under prolonged strain. All these factors work together to aggravate erosions and blisters.

To avoid them, it is recommended that climbers train in their boots and get their feet used to them on long but easier climbs with adequate rest. The resulting callouses over areas with maximum friction will prevent blistering. The areas most likely to be damaged by friction, such as heels, should be protected with a tape dressing. Any blisters which occur should be drained between 24-72 hours through a small puncture - for example, using a clean pocket knife - leaving the overlying skin intact, then taped to avoid further damage. The top of blisters drained within this time frame stick down sooner and cause less discomfort than sites with no drainage or earlier or later drainage.

If you do get severe blisters, which may turn into ulcers, see your pharmacist or GP for advice on a suitable antiseptic and dressing, and rest your feet. They may take up to four weeks to fully heal - prevention is better than cure!

(An abridged excerpt from the British Journal of Sports Medicine, 2004;38:344-345. Thanks to Trevor Deaker for it's contribution. Ed.

**Caps** bottle green or navy, \$18

**Dri-fit T-shirts** - red, navy, khaki, orange and pale blue, on display at club, try them for size, very small sizes available on request. Usual retail price \$59, special OTMC price \$48. All have the OTMC logo, order yours at club from Fiona, payment required with order.

# Mt Hyde Via the Aquaduct

## 30 May 2004

A group of 15 people turned up at the Clubrooms for a Sunday walk in overcast conditions. Whether it was Alan's popularity as a leader or that people were keen to get out walking I'm not sure, but it was good to chat with most of them.

We parked the cars at the corner of Salisbury and Taioma Roads and headed off through the pine forest. Every track looked the same but after some up hills and down dales we finally came to the road that Alan was looking for. We arrived at a lookout and could see across to Mt Hyde and down to the Taieri River and the Aquaduct below. The road was very steep and petered out half way down the hill, we then followed yellow markers down a very steep scrubby and rocky bank to the Aquaduct.

This is very high above the river but has a good safe bridge to walk over. We had lunch in the shelter from the breeze at the end of the Aquaduct. After lunch we climbed part way up Mt Hyde – deciding it would be too late to go to the top – then sidled around the hill before dropping back down to the river. Alan convinced us that this was the place to cross, although he did say it was higher than when he was there a few weeks back. He paddled across to the other side to give us an indication as to how wet we were going to get. We decided that we were not going back up that steep hill so it was river crossing instead. We got into three groups of five and linked up to cross. It was probably about 30 metres wide so we were well and truly soaked up to our hips (and for those shorter people, waists) by the time we got to the other side.

Somehow on the crossing Ken lost one of his poles so we spent some time waiting for him to find it. Eventually, getting cold, three stayed behind to help Ken while the rest of us left to head back up Mullocky Stream, onto Taioma Rd - passing under the high railway viaduct - and back to the cars. It had started to drizzle by now so we were thankful to be heading home, wet as we were!

Thanks to Alan for another interesting trip.

Laurel Dunn

## **DOUG SCOTT**

### **Sacred Summits**

**Doug's lecture will cover respecting local people's concerns for their mountains, modern commercial climbing expeditions, and his astonishing climbing feats in the Himalayas, with accompanying slides.**

**Thursday 15<sup>th</sup> July 7.30pm at the Otago University Castle No. 1 Lecture Theatre, entry \$10. Arranged jointly by the Otago Sec-**

## **BOYLE RIVER OUTDOOR EDUCATION CENTRE**

Right in the middle of the fantastic tramping area of Lewis Pass is the Boyle River Outdoor Education Centre. This serves as a base to tramp from, and has 65 beds, hot showers, cooking facilities, and all for only \$20 per night per person.

They also offer a shuttle service to track end in the region, and will park your vehicle in a safe place at the lodge. (\$20 for the shuttle using your vehicle, and \$4/day parking.)

Walks in this area include:

St James Walkway

Doubtful Valley

Harper's Pass to Arthur's Pass

Mt Faust and Operatic Range

Lake Christabel

Hope Kiwi Valley

Mont Sex Milia & Poplars Range

Waiau Pass to/from Rotoiti

Nina Valley

Lewis Tops

Mt Travis

Lake Mann

Carlisle Valley

..... and many more day walks and multi-day trips, as you will have seen in recent Wilderness magazines.

The Centre is usually available throughout the summer season, from mid December to late January, often during school holiday periods, and some weekends.

The Boyle River Outdoor Education Centre is operated by the North Canterbury Alpine Trust, Inc. Contact the secretary through Kaiapoi High School, 105—109 Ohoka Rd, Kaiapoi. ph (03) 327 6129

# TripList

## CHIEF GUIDE COMMENT

Winter is now well and truly upon us, with the Queens Birthday trip to Port Craig encompassing all types of weather. Some people ventured along to Port Craig and enjoyed the trip to the viaducts, while other people, in true southern style, braved the elements for the amazing views to be had from the Hump Ridge.

Although we may be in winter, I have started compiling the summer weekend programme covering the period from November 2004 to the end of April 2005. Even though it appears that trips to areas new to the current membership are not too well supported, I am going to keep running trips to areas we don't visit often enough. I have a list of dates for the weekend trips worked out and will be picking destinations shortly. I will be using the trip suggestion list from the clubrooms where I can, but it has been empty for some time! Bushcraft 2005 is programmed for a similar time as this year, with Tirohanga weekend being held on February 25/27.

Easter 2005 is very early, with Good Friday falling on March 25. As Otago Anniversary (for some of us) is due to fall on March 21, this makes a great opportunity to take those 3 extra days off and enjoy some extended Autumn tramping. To this end I'm thinking of having a normal 4 day Easter trip, as well as running a 7-9 day trip somewhere. Keep an eye on the club website, or the discussion list for more details as they are confirmed. The other long weekend on the next trip card will be the last weekend trip in April (Anzac Day is a Monday).

I'm happy to have the club run a trip over the Christmas/New Year period, but we have to soon have an enthusiastic member volunteer to run it. These trips have only tended to work if someone is prepared to put in the effort early enough to organise it. Any volunteers?

As always we are looking for members to volunteer to lead trips. The club has an incredible amount of information and support available, and it's not difficult. If you feel you are not confident to lead a trip yourself, how about teaming up with someone else to assist?

### **Snowcraft Instruction (I)**

**August 14-15**

**Mike Brettell 455-1515**

*Please note that this date may change depending on when Mike is available to run this weekend.*

*(Continued on page 10)*

(Continued from page 9)

All trampers venturing away in winter or crossing passes throughout the year should have a basic understanding of snow travel, and arresting yourself if you should fall on snow/ice. This weekend is designed as a basic snowcraft course, covering mainly ice axe use, fitting and walking with crampons, and snow travel. The destination will be decided nearer the time, depending on conditions around the region. The club is running a weekend climbing trip in the Routeburn area at the end of August as a follow up to this weekend – a good chance to put into practice the skills you have learnt.

There is a registration of interest list now up in the clubrooms. Please sign the list, or talk to Mike if you have any questions.

# BUSHCRAFT 2005

Advance notice of dates:

Here are the dates for the OTMC Bushcraft Course – if you know anyone who is interested, ask them to keep these dates free:

|                    |   |
|--------------------|---|
| February 22        | Introductory Evening  |
| February 25/27     | Tirohanga Weekend   |
| March 1 (variable) | Silverpeaks Trip Planning Evening                             |
| March 6            | River Safety Day ( <i>tentative date</i> )                    |
| March 12/13        | Silverpeaks Practical Tramp                                   |
| March 15           | Concluding Evening ( <i>tentative date</i> )                  |
| April 9/10         | Optional trip combined with OTMC Trip (delayed due to Easter) |

Contact Antony on 473 7924 with any questions.

# DAYTRIPS

**Silverstream Area (F)**

**4 July**

Today's trip is a pretty full day. We start at Whare Flat and travel up Long Ridge to point 586, then return via the vehicle track above Powder Creek, and eventually reach Chalkies and out to our vehicles. Allow about 8 hours. The terrain is a mixture of bush and tussock/shrublands, with some great views of the Taieri.

Contact Grant Burnard 488 3408

## **Heyward Point (E)**

**July 11**

Heyward Point and beyond, 4 hour tramp. Car pool cost \$6.  
Leader Ken Powell 488 3395

## **Beaumont Millennium Track (M)**

**July 18**

This is a lovely flat walk alongside the Clutha River and follows the old Central Otago Railway line, with an option to visit the Lonely Grave. Warm clothing is essential. Approx 4-5 hours, car pool cost \$10.  
Leader Gavin McArthur 455 0027

## **Mt Pleasant Scenic Reserve (Mt Cutten/Mt Martin/Mt Kettle (M)**

**25 July**

Five mountains within a 20 minute drive of Dunedin, all in a few hours - is it possible? . This day trip will explore the Cedar Creek area and attempt to summit on all 5 peaks. Mt Cutten, Mt Martin, Mt Kettle, Mt Chalmers and Mihiwaka as well as visiting the Len Lye Sculpture. Involves some bush bashing so be prepared for getting your face arms and legs scratched. Trip leaves at 9 am and will be back early afternoon. There are good places to explore in the area even in poor weather.  
Contact Antony Hamel 453 5240

## **Visit of Ancient Establishments of Central Otago (E)**

**31 July (Saturday)**

This type of trip was done about 12 years ago and rumour has it that it was a great success. The final route is still in the planning stage, but it will include towns like St Bathans, Ophir, Naseby and more. Of course these are all interesting towns and all have interesting watering holes! This will be a relaxing daytrip and has a great social environment to get to know your fellow tramper.

The bus seats 20, so get in quick and sign the triplist. We leave the clubrooms at 12 noon and return approx 11 pm. The cost will be approximately \$20, so bring lunch, a sense of humour, and a musical instrument. Dinner will be at a pre-arranged establishment.

If, for any reason, this trip does not go ahead there will be a daytrip into the Silverpeaks on Sunday 1 August, leaving the clubrooms at 9 am.

Trip leader is Wolfgang Gerber 453 1155

# Social Programme

## Coming Thursday Night Meetings

- 8 July** B.Y.O. Another chance to show us your photos and slides from your trips.
- 15 July** As this is the same night as Doug Scott's presentation (Starts 7.30pm details, cost ? \$10, University of Otago) and many members are expected to attend this talk, we will show a Natural History video on keas at OTMC.
- 22 July** Simon Cox will talk about his area of special interest – The Southern Alps and our alpine faults - which will be of particular interest to any trampers who were nearby when the last big 'quake occurred.
- 29 July** Mike Scott and Murray Kirkness - an athlete and a "solid man with a thick neck" joined forces to complete the Coast to Coast – their tale should be an inspiration to many in the club.
- 5 Aug** B.Y.O

Any ideas, and contact names in particular, are welcome for the Thursday evening activities. Please contact Fiona Webster (Social Convenor) if you can help - see the Committee member list.

Contributions (limit of 1000 words) are welcome for the August Bulletin, deadline is 15/07/04, publication 29/07/04. You can submit material on floppy disc (PC not Mac please), email 'rbell@pooka.otago.ac.nz' (without the quotes), or post to Robyn Bell, 8 Roy Crescent, Concord, Dunedin. Thanks.