

UPRISING

NEWSLETTER FOR CANTERBURY WESTLAND SECTION OF NZAC



May 2021

Section evening Thursday 13 May

Talk by Tim Robertson an active IFMGA guide

Alpine strategy

Planning alpine trips with a strategic approach

Being successful in the mountains is not only about climbing or skiing ability but thinking strategically and planning for alpine objectives. This talk is about assessing and planning alpine trips with a strategic approach.

About Tim; An active IFMGA guide, Tim has climbed and skied in NZ & the European alps since 1998

IN BRIEF

In this newsletter:

- Upcoming section evenings
- Arthur's Pass autumn meet
- Navigation for beginners course
- Winter instruction course dates
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- Mt Pleasant crag repairs
- Dunedin Easter meet
- Trans-Alpine wet weather lessons
- Gear for sale
- Alpine Gear Info Night

Facebook page

Remember to 'Like' our Facebook page to be kept up to date on Monthly meetings/Talks, Events, Trips, Courses and lots more.

<https://www.facebook.com/NZAC-CanterburyWestland-176920578985933/>

Future Section Evenings. Save these dates...



9, 10, 11, 12 JUNE

BANFF

THURSDAY 8 JULY

Book launch for the new NZAC guidebook 'Ōhau-Landsborough Alps – A guide for mountaineers'

ARTHUR'S PASS AUTUMN MEET

7 - 9 May 2021



ARTHUR'S PASS AUTUMN MEET 7 - 9 MAY

If you're itching to get into the mountains, but can't wait for winter, come and hang out with fellow NZAC members in May.

It will be a social weekend where you can meet up with fellow members and hit some peaks to get fit, try out your new gear, or just join a party on a route you've been meaning to explore.

Get your crew together and hit these local peaks (some will be overnight campers)
Close to the village:

- Mt Aicken
- Mt Rolleston
- Mt Philistine
- Mt Bealey to Avalanche Peak traverse
- Cassidy Blimit Traverse
- Temple Buttress rock climb

Route guides are online at:
<https://climbnz.org.nz/nz/si/arthurs-pass>

Here's a couple of overnight trip ideas that could go if people are keen:

- Mt Oates (Overnite camp at Lake Mavis)
- Mt Guinevere (stay at Crow Hut)

If the weather is bad we'll hang out at the lodge and share our favourite knots, rescue techniques, stories, card games etc. We might even go check our DOC-supported pest trap line at Bealey Spur.

LOCATION:

Accommodation: NZAC Arthur's Pass Lodge, School Terrace Arthur's Pass. Accommodation at the lodge is \$20 per night for NZAC members. Book online at <https://aplineclub.org.nz>

GETTING THERE:

Be kind to the planet and car pool. You're welcome to use the discussion to offer and find a ride and to arrange transport to and from some of the trail heads.

EQUIPMENT:

Please provide all your own climbing equipment and food. The lodge has a good sized kitchen, with cooking and eating utensils, pots and pans, a small fridge, a range, toasters, hot water dispenser, kettles and a microwave. (Hint: I'm expecting a bit of a feast on the Saturday night)

COST:

Accommodation at the Alpine Club Lodge is \$20 per night for members. Book online at <https://aplineclub.org.nz>

CONTACT:

Share ideas, questions and carpooling in the discussion on the Event listing on our Facebook page.

Meet organiser is Jim Petersen
jim.r.petersen@gmail.com and
022 620 0619

SAFETY:

This is a meet, not an instruction course. Your safety is your responsibility.

Jim Petersen +64 22 620
0619 Chairperson
NZ Alpine Club -
Canterbury Westland Section

ARTHUR'S PASS AUTUMN MEET

7 - 9 May 2021

CANTERBURY / WESTLAND

TRIP LEADERS

— E V E N I N G —

Come along and learn about our new and improved Google forms process
Making trip planning and paperwork as easy as can be!



WHEN

Monday 14 June 7pm

WHERE

Speights Ale House Tower Junction

WHO

Leaders of all levels with enthusiasm to give back to the club!

WHY

Promote & lead club trips – meet and inspire others!



Navigation for Beginners

Banks Peninsula Sunday 16 May 2021

Banks Peninsula

Sunday, 16 May 2021 from 08:00am

Duration: 9hr

A one day NZAC members course on Sunday 16th May, based in the Mt Herbert Area of Banks Peninsula, starting at 8am sharp (meeting at Tai Tapu then car pooling) and finishing back at Tai Tapu between 5pm and 5.30pm (This course will run in all weather condition)

COST:

Just \$25 for the course plus fuel reimbursement to drivers (approx \$10) if sharing a ride.

WHAT WILL BE TAUGHT:

- * Map and compass use
 - * Pacing
 - * Terrain selection and identification
 - * Route finding
 - * Triangulation
 - * Basic use of GPS only
- (this is an old school 'map and compass course')

MAP REFERENCE:

- * NZTopo50 - BX24

NZAC members only, aged 16 and above with a good moderate tramping fitness (non-members are welcome to apply but it's a first come, first 12 NZAC members basis so spots, if accepted, for non-members, will only be held within 24 hrs of applying which gives you time to join the club)

EQUIPMENT:

Tramping pack, sturdy boots, clothing for all weather conditions (plus spare), lunch, snack food, water, hot drink (optional), personal medication and toilet kit, map and compass (if possible), head torch, pen/pencil and small note book and water proof bags to keep everything in your pack dry.

CONTACT:

Please email Clayton on nzacinstructionandgearhire@gmail.com with your full name, cell phone number, age, NZAC members number and your experience level and tramping history.

If applying as a couple, please cc the other person in and provide their details also.

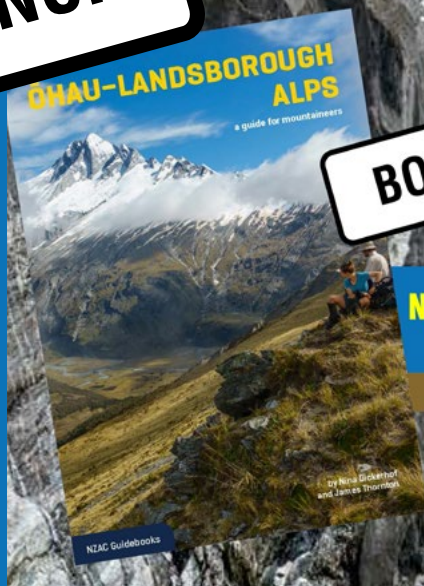
If accepted onto the course you will be expected to provide a N.Z based emergency contact person (not on the course), their cell phone number and relationship to you and any medical issues you might have.

BOOK LAUNCH

TALK: THURS 8 JULY

CASHMERE CLUB

BOOK WILL BE AVAILABLE
TO PURCHASE ON THE
NIGHT



BOOK LAUNCH

New NZAC guidebook "Ōhau-Landsborough Alps"
a guide for mountaineers

OUR TALK FOR JULY BY THE EDITORS NINA DICKERHOF AND JAMES THORNTON

SAVE THE DATE

WINTER INSTRUCTION

Dates have been set for the 2021 programme!

Keep an eye out on our Facebook page & newsletters for further updates



WINTER INSTRUCTION

Dates have been set for the 2021 Section Winter instruction programme (see below).

Details on registering for these courses will be released in May via Facebook and in the newsletter. You can email me at cw.winterinstruction@gmail.com to pre-register and I will send you the link to the google form when registrations open. Registration is on a first in first served basis, subject to vetting for suitable experience and fitness.

I am still looking for suitably experienced volunteers to assist with the Basic Snowcraft Courses, for those members that haven't already been in touch with me about volunteering, please contact me if you can help.

16th - 18th July:

Avalanche Awareness (Friday evening theory session then Saturday OR Sunday in the field)

30th July - 1st August:

Basic Snowcraft based at Arthurs Pass (Will be an evening session prior to the course and a follow up day trip, dates to be confirmed)

13th - 15th August:

Basic Snowcraft based at Arthurs Pass (Will be an evening session prior to the course and a follow up day trip, dates to be confirmed)

20 - 22nd August:

Intermediate Snowcraft Course. This will be held at Temple basin

FOR SALE

PHONE: Pat (03) 337 0079
EMAIL: pat@slingshot.co.nz

Had little use as I needed a bigger pair. Wonderfully comfortable to walk & ski in, once you get them on which can be a struggle when they are cold.

Price \$400 ono



Alpine Gear Info Night

THURSDAY 3 JUNE FROM 7PM

Gideon Geerling is facilitating a Gear info night; refresh your awareness of what works in the NZ environment around clothing systems and technical equipment and get to know why they work or not.

With any luck, you'll go away with a deeper knowledge of what works and why in your alpine systems, ready for your instruction courses and winter adventures!

Presenter: Gideon Geerling

Date: 3rd June from 7pm, presentation starting by 7.30pm

Venue: The Cashmere Club, Colombo Street

'Mt Pleasant Crag repairs'

Recently the left side of Mt Pleasant Crag had its first make over since the earthquakes.

7 people helped out by installing over a dozen glue in anchors at the top with the long term goal to make the Crag safe enough for top rope climbing.

The next step is to remove all the earthquake damaged rock off the climbs.

Thanks to Grubbie for organizing and to Kevin, Theo, Jon, Tak, Craig and Clayton for assisting.

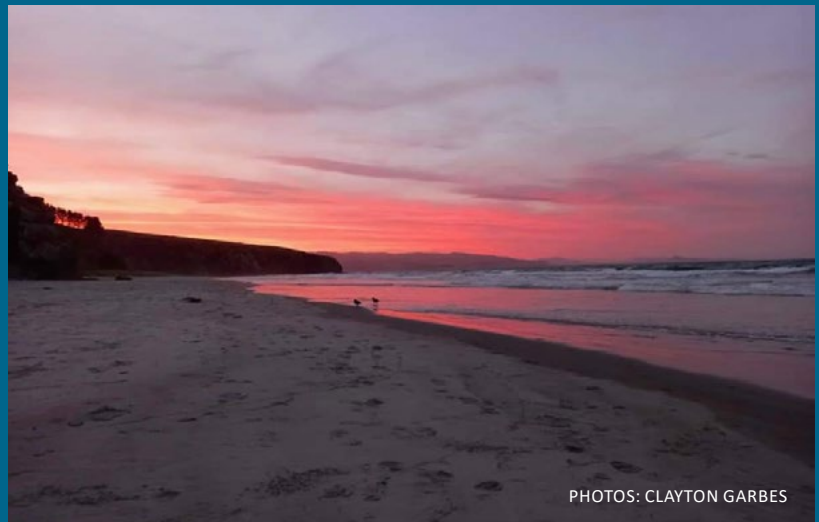
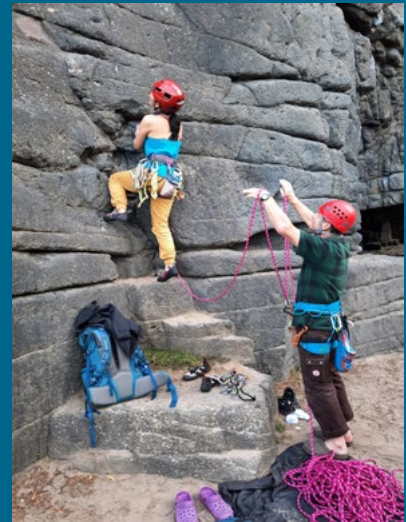
If you want to help with future crag repairs keep an eye out for posts on our Facebook page.



PHOTOS: CLAYTON GARBES



Our Dunedin Meets are proving to be very popular. Here are some action shots from the meet over Easter weekend. Keep an eye out for future meets advertised here and on our Facebook page.



PHOTOS: CLAYTON GARBES

Trans-Alpine Wet Weather Lessons

I'm normally one of those people who only go into the hills when there's a great weather forecast, although I always feel I have enough gear for bad weather. But this summer I've been on two multi-day trans-alpine trips in less than ideal weather, and it's made me realise I might not be as well-prepared as I think, and also need to improve some of my decisions!

Phone Navigation

I've been taking a phone with Topo maps installed. It's great to know exactly where you are, and follow a gpx route, but I've always been a bit nervous about relying on it, and try to use it more as a backup to regular navigation skills. But in poor visibility they can be really useful.

On my last trip, all of us had phones, with two of them being water-resistant but they were nearly useless, as the rain totally confused the touch screens. So when you next stride into the hills, proudly and confidently carrying your "water-resistant" phone, make sure you have previously thoroughly tested it out, e.g. in the shower.

Fortunately there's a cheap and easy solution anyway – there are waterproof phone bags which let you use any phone (water-resistant or not) in rain. But I haven't actually tried one yet...

GPS Navigation

Fortunately the above cock-up with the phones wasn't that serious as I'd also decided to bring along my ancient (20+ years old) Garmin eTrex, which

proved very useful in letting us check we were on the right route in poor visibility. I haven't used this in years, but it made me think there are quite a few advantages in having these, namely they're bombproof (including waterproof), run for about 30 hours on one set of batteries, and are way more geared to mountain navigation than peering at a phone and working out the relation between your red dot and where you want to go. On mine, which is very primitive, you just follow a thumping big arrow. The version I've got is about \$140, which isn't much, and you don't need to take a battery pack to charge it up, 30 hours navigation being enough for any trip, since you don't need navigation all the time.

Real navigation (maps)

I know I should really not have to rely on either phones or GPS's in the mountains, and so I try to use them just for route confirmation, and pick my route based on the map, route description and reading the landscape. Navigation without electronics is an essential skill, and fortunately NZAC run some brilliant navigation courses (*see elsewhere in newsletter for the Navigation for Beginners course*) And of course I have printed copies of the maps and useful route descriptions safely tucked into ziplock bags. But even this didn't go so well on my last trip. The route spanned two maps, so I had to open the ziplock bag and shuffle around pages, and once

I'd done that a couple of times in the rain, the maps were almost unusable. So think ahead and take multiple ziplock bags and get your maps organized for the day before leaving the tent. Or go next-level and get them laminated.

Wool vs synthetic

This is a sensitive subject, given we invented wool in New Zealand. I'm also one of the generation who were psychologically scarred after early years wearing brightly-coloured striped polyprop long johns and tops that stank badly after about 2 hours and turned into stiff cardboard after about 4 washes.

So I joyfully bought tons of merino wear, mostly lightweight tops, that I, along with many others, think are really suitable for wearing in the mountains. Which, for most trips, they are. So, when I went with Rob Frost on a 6 day trans-alpine pilot trip for his new guiding venture Mountain Journeys, I was a bit surprised to see that he mostly recommends synthetics and that merino be just used as "in-camp" wear where there's no risk of it getting wet. And after two extended wet-weather trips, I think I agree with him. Although merino does keep its insulation properties to a certain extent when wet, wearing wet merino is still a worse option than dry synthetic. This was forcefully brought home to me when I fell in a chest-deep channel and got totally soaked, and within an hour my synthetic shorts and fluffy synthetic top



Trans-Alpine Wet Weather Lessons

were dry and the merino base-layers were still damp four hours later.

But you've got to be selective about the synthetics. I really like thin merino base-layers and, rather than buy even more gear, I thought I'd try out some of the synthetic polyester/nylon t-shirts I already own that are known as activewear and are used for yoga, running, etc. I soaked both the merino and the activewear in water, weighed them, and compared the time to dry. The polyester/nylon absorbed more water and took way longer to dry than merino. As a separate issue, you should think about taking a synthetic alternative to a down jacket, especially if you're camping. Getting a down jacket even slightly wet early into a multi-day trip is a real problem, and it's hard to avoid.

Dry bags

I know it seems pretty self-evident but, if you use dry bags rather than a big plastic bag to keep your gear dry in your

pack, how confident are you that they still work? Mine certainly leaked a bit, and I'm in the middle of testing them all out again at home in a bath. I expect I'll just be throwing them all out and buying new ones.

Wind/Waterproof pants

Wearing a good waterproof jacket is agreed on by everyone in the rain, but there's a lot of variety in what people do for the legs. Over a few days of wettish weather trans-alpine travel, here's what I've decided works for me when it's raining.

Above the bushline (and anywhere where there's little vegetation, such as a Canterbury riverbed) waterproof pants are great. Actually, just windproof pants are going to do a good job.

Below the bushline (unless it's a Great Walks track), and even in deep tussock, you're going to get wet legs, and potentially damage the pants,

so think about just using long johns or regular pants instead. Or seriously consider just wearing shorts if the weather's not that cold. In this sort of terrain wind on the legs is usually not a big issue. As an aside, you should always have two pairs of long johns anyway, with one pair just for camp. They weigh nothing. Most waterproof pants have hooks for suspenders, and there's a good reason for this, as they usually just don't stay up on their own, except in the shop. So be prepared to shell out on a pair of these, if you get too frustrated hauling them up every 5 minutes. Maybe using a tent guy would work for the weight-conscious?

Article: John Roper-Lindsay
Photos: Rob Frost





BANFF CENTRE
MOUNTAIN
FILM FESTIVAL
WORLD TOUR

BANFF CHRISTCHURCH 2021

The 2021 Banff Mountain Film Festival Tour in New Zealand will be in Christchurch on the 9th, 10th, 11th and 12th of June.

Ignite your passion for adventure, action, and travel! The Banff Centre Mountain Film Festival World Tour will exhilarate you with amazing big-screen stories. Journey to exotic locations, paddle the wildest waters, and climb the highest peaks.

Don't miss out! Get ready to be taken away to the most captivating places on earth by making sure you have the dates blocked out in tour calendar so you and your family don't miss this great event.

Tickets are now available at [Banff.nz](https://banff.nz)

visit our events page for more details

**CLICK
HERE**

To make the Banff Mountain Film Festival a successful fundraiser for our section, we need a handful of volunteers at each screening to help check tickets etc. If you would like to assist with the event, please contact Adam on Adam.b.humphries@gmail.com with the screening date/s you are available for.



Climbing on private land?

Remember... to do the right thing!

- Call the landowner to state your intentions & get permission
- Can't reach them? Find another crag to climb
- All numbers are listed on www.climbnz.org.nz

The landowners do not mind you calling, they are very approachable. Not calling will lead to the whole climbing community missing out on these great crags.

SECTION LIBRARY

Section Library: Did you know that the Section has its own library and that unlike the National Office library you can actually borrow the books in the Section library?

Every section meeting I will bring a good selection of the hundreds of book in the library along with the DVDs.

The contents of the C/W Section library can be found on line here:

<http://bit.ly/CWLibrary>

(There is a list of DVDs on the second tab of the spreadsheet). If you would like to borrow a book or DVD then please email me and we'll sort something out.

Library policies: You must have a current NZAC membership card to borrow

- Books are generally to be returned within 2 months, but new purchases will be expected to be returned within 1 month
- DVDs are expected to be returned within 2 weeks

Returns: Books/DVDs can be returned in one of 4 ways.

- Return at the next Section meeting
- Drop them off at National Office and tell whomever you speak to that they are for C/W library
- Email text/phone me to arrange handover some other way
- Drop them off at Boffa Miskell office on the 1st floor in Lane Neave building at 141 Cambridge Tce, marked for "Yvonne"

Email: [John Roper Lindsay](mailto:John.Roper.Lindsay@roperlindsay.com)
john@roperlindsay.com
or call/text 021 395 513



WEEKLY ACTIVITY OPTIONS

Lead a Trip: If you would like to lead a trip for the club, alpine, rock climbing, cycling or otherwise, please contact cw.chairperson@gmail.com

Midweek mountaineering: The midweek group are mainly fairly mature mountaineers who still manage to plod up a few peaks, usually on Wednesdays, weather permitting. Most of the trips are not technical climbing but scrambling at a fairly relaxed pace. If you are interested in joining us, please contact **Pat Prendergast on 337 0079 or email pat@slingshot.co.nz**

Mid Week Rock Climbing: A new and exciting format from September (day light savings start) onwards. Instead of one set evening each week, we are hoping to be able to offer people a choice of two nights each week, which will vary depending on who is looking after the group. We believe this will give people of all abilities more opportunities to get out climbing. A few things to note when rock climbing with the mid week group;

- Helmets are compulsory when climbing and belaying (if you don't have a helmet, please source one or talk to the climbing co ordinator and they will try and have one available)
- For those new to climbing and belaying, we can assist in this so please ask if you are not sure
- Two top rope kits (each with a rope, biners and slings) are available each week for the person in charge to use rather than their own equipment and for those climbers who don't want to lead but top rope instead.

Climbing will usually run from approximately 4.30 pm onwards, outdoors during daylight savings hours, or indoors in winter, or if the weather is no good. We also welcome and would appreciate people assisting from time to time on a roster basis rather than relying on the same people every week having to look after the climbing group so please contact Clayton if you are able to help out (it's not too difficult!)

If you would like to attend and are on the google climbing group already, we will email out at the start of the week with which nights we are running climbing and who is in charge and their contact details. If you would like to be on the group list, please email Clayton on:

nzacinstructionandgearhire@gmail.com
or text on 027 4461562

All welcome, including non members.

WE NEED YOU

The NZAC Canterbury/Westland section is looking for volunteer trip leaders

A club trip is a great way to spend time with like minded people, share some adventures and give back to the outdoor community. Most trips involve moderate to intermediate mountaineering but they can include anything from tramping, rock climbing to mountaineering objectives. The trip leader is not a professional guide or instructor, as a trip leader you organise and lead the group only.

What is involved?

- Pick an objective and date
- Use this trip leader worksheet to plan your trip <https://alpineclub.org.nz/resources/organising-trips/>
- Get in contact with the trip coordinator (see details below). Your trip needs to be signed off to make sure all points are ticked off. The trip coordinator can also help you with any questions you have regarding the planning

The trip gets advertised in the newsletter and/or to the Cant/Westland facebook page

Email: Shannon at nzac.cw.newsletter@gmail.com

• You organise the participants and do pre-trip preparations
This list is a suggestion of day or overnight trips which could be both run during summer or winter. All these trips are achievable in a weekend. If you have another objective in mind just get in contact with the trip coordinator. Thanks for leading a trip for the club!

Volunteer trip coordinator email:

robert.gallagher90@gmail.com or richard.mcgill@me.com

Some Ideas! Mt Aiken, Binser, Avalanche Peak, Mt Cloudsey, Torlesse, Avalanche-Bealey Traverse, Castle Hill Peak, Longfellow, Avalanche Peak-Crow Valley, Mt Oates, Murchison, Temple-Phipps Traverse, Mt Somers, Mt Guinevere, Mt Rolleston, Mt Philistine



KEEN TO SHARE YOUR OUTDOOR EXPERIENCE?

Keen to share your outdoor experience?

Helen Sinclair, our section meeting co-ordinator is the person to contact.

Helen organises speakers to share their outdoor experiences with the rest of our community.

If you have any outdoor adventures to share or know someone who has a story to tell, then please contact Helen either by phone or email.

P: 027 435 3674 E: helen@helensinclair.com

PHOTO: ROB GALLAGHER. MOUNT SOMERS



TRIP GUIDELINES

An important part of the NZAC is volunteer organised trips. If you're thinking of joining or organising a trip, here are some guidelines on what to expect. Check out the NZAC Trips page for resources to assist you with planning a section trip. <https://alpineclub.org.nz/resources/organising-trips/>

Responsibilities of a Trip Organiser:

- Trips should be fun for everyone. Choose a mountain, peak, hill, traverse, route, crag, or whatever and get out there and meet some keen club members!
- You cannot be responsible for the safety of every member of the group, but you should aim to empower every group member with enough knowledge to make their own informed decisions about the proposed trip both before, and during the trip.
- Choose a realistic goal for the time available and give prospective group members an idea of the amount of effort required.
- Set a group size limit based on your experience, the goal, time available and the groups individual fitness and experience.
- Let the group know what skills & equipment are needed when they sign up.
- Provide the trip Participants with a copy of the NZAC waiver form and have them understand, sign and return it to you in advance of the trip.
- Organise travel arrangements at the earliest opportunity and let everyone know how much they can expect to pay for transport costs - petrol, wear & tear.
- Prepare detailed trip intentions and leave them with at least one responsible individual.
- If someone on the trip voices their concern about a situation it is up to you (with the help of the group) to find a safe solution.
- Give priority to NZAC members
- Find someone on the trip to write an interesting trip report for the Section Newsletter and email it to: nzac.cw.newsletter@gmail.com

Responsibilities of a Trip Participant:

- You are responsible for your own safety. If you are uncomfortable with any situation, let your trip organiser know straight away.
- Be prepared to drive or contribute to transport costs incurred (petrol, wear & tear)
- Make sure you have a clear idea of the trip's goals and what will be required of you. Obtain a relevant map and know where you are going, the terrain, what gear you will need, and how to use it.
- If you discover that you cannot go on the trip then let the Trip organiser know as soon as possible so that another person can take your place.
- Read, understand and return the signed copy of the NZAC waiver form to the Trip Organiser.

BENEFITS FOR NZAC MEMBERS

Benefits for NZAC Members

NZAC Membership gives you access to many discounts with the following retailers. You maybe asked to present your active NZAC membership. To see full terms and conditions and other benefits of being a member, please visit...

<https://alpineclub.org.nz/membership-benefits/>

To visit any of the retailers below, click on their logo.



POTTON AND BURTON



10% DISCOUNT TO NZAC/FMC MEMBERS



YMCA Adventure Centre



10% discount* to NZAC members



CANTERBURY/WESTLAND SECTION OF THE NEW ZEALAND ALPINE CLUB

Facebook page:

<https://www.facebook.com/NZAC-CanterburyWestland-176920578985933/>

Section Library:

<http://bit.ly/CWLibrary>

Chairperson:

Jim Petersen 022 620 0619 cw.chairperson@gmail.com

Secretary:

Paulina Woch paulinawoch@yahoo.com

Events:

Adam Humphries 027 200 4760 adam.b.humphries@gmail.com

Accommodation & Committee Rep:

Philip Tree philiptree7@gmail.com

Instruction Coordinator & Rock Climbing Coordinator:

Clayton Garbes 027 446 1562 nzacinstructionandgearhire@gmail.com

Winter Instruction Coordinator:

Sam White cw.winterinstruction@gmail.com

Winter Gear Custodian:

Ben Scott benwaynescott@gmail.com

Recreational Advocacy:

Lindsay Main Lindsay.main@caverock.net.nz

Trip Coordinators:

Richard McGill richard.mcgill@me.com

Robert Gallagher robert.gallagher90@gmail.com

Newsletters & Online Coordinator:

Shannon Cook 021 809 088 nzac.cw.newsletter@gmail.com

Treasurer & Library:

John Roper Lindsay 021 395 513 john@roperlindsay.com

Arthur's Pass Lodge:

John Henson 027 471 4075 hensonj@xtra.co.nz

Section Evenings:

Helen Sinclair 027 435 3674 helen@helensinclair.com

Crag Maintenance:

Grant Piper 021 711 300 grant.piper66@gmail.com

Please Note

CONTRIBUTIONS TO THE NEWSLETTER ARE MORE THAN WELCOME
PLEASE SEND TO NZAC.CW.NEWSLETTER@GMAIL.COM
BY THE 25TH OF EACH MONTH AT THE LATEST