

UPRISING

NEWSLETTER FOR CANTERBURY WESTLAND SECTION OF NZAC



DECEMBER 2023

PHOTO: JIM PETERSEN, MOUNT BEALEY SUMMIT

It's a wrap from us for 2023

This is our last newsletter for 2023. Our next newsletter will hit your inboxes at the beginning of February 2024.

Make sure to take note of all our upcoming courses & meets in the New Year and be in quick to register so you don't miss out! You'll find details for these in here.

The snow has melted. Let the summer adventures begin!

We wish everyone a safe and happy holiday season.

Canterbury Westland Section of NZAC



Merry Christmas!

FACEBOOK / INSTAGRAM

Remember to 'Like' our Facebook & Instagram pages. Be kept up to date on Monthly meetings/talks, events, trips, courses and lots more. Share your trip photos and inspire others.



Future Section Evenings. Save these dates...



**OUR NEXT SECTION TALK IS
FEBRUARY 2024. STAYED TUNED!**

CANTERBURY WESTLAND SECTION OF NZAC

ANNUAL BUY/SELL GEAR SALE

A big thank you!

In September, the CW section ran its annual gear sale evening that acts as a fundraiser for a worthy cause.

This year, the fundraiser was for the great team at Alpine Rescue Canterbury.

Thanks to all who attended and booked tables and especially our awesome retailers - Earth Sea Sky, Bivouac, Further Faster and Twin Needle (who donated a pack we auctioned off) and to Aspiring Safety who donated a rope and two climbing harnesses that were auctioned off.

As a result of those that attended, those that booked tables and the generosity of the retailers, a total of \$2320 was raised for Alpine Rescue Canterbury.

Cheers, Clayton Garbes



* NZAC Membership gives you access to many discounts including discounts from the above retailers. Support those that support you.



GEAR SALE DONATION THANK YOU FROM ALPINE RESCUE CANTERBURY

LANDSEARCH & RESCUE

New Zealand | Rapa Taiwhenua

It's a rare, if ever, occasion that you find yourself with a broken ankle after one clumsy trip over a boulder on a scree field. Or your navigation took you slightly off-route when the clag set in and now, you're bluffed out on a worsening weather forecast. Or our young mountains decided to shred another layer of rocks right on top of your beautiful soaring crack line, giving you a dysfunctional broken arm. Shit happens and as humans enjoying the mountains, we're not immune. This is where a team like ours may be of use.

The Canterbury Alpine Rescue team are made up of people like you who like to spend our time climbing, ski touring, trail running and transalpinism-ing. We have 16 members who are based between Christchurch and the Southern Alps most of the time. We're all volunteers who have decided that if the call goes up at 2 in the morning, then we're prepared to lose some sleep over it. We are a part of the Christchurch LandSAR Group, but we receive our callouts direct from either the NZ Police or the Rescue Coordination Centre, compliments of your PLB or inReach type device. Over the past few years we have been involved in Search and Rescue Operations throughout Canterbury and into the West Coast. We frequent Arthurs Pass for trampers, climbers, mountaineers, canyoners, trail-runners and day-walkers.

We rely solely on the goodwill of our team freely giving up their time for training and operations. We also need donations to keep us going. We would like to say a massive thankyou to the NZAC Canterbury Westland section for your generous support through running the Annual Gear Sale in support of keeping our team in action. Climbers supporting climbers (and all the other recreationalists in the aforementioned list) is what we're all about.

Follow us online at www.alpinerescuecanterbury.com

Anna Scheirlinck
Team Leader
Land search & Rescue

Dunedin Adventure Weekend

OH, THE ADVENTURES WE HAD!



The Adventure Weekend was held at Long Beach/Dunedin this year. About 25 climbers shared the facilities of the Community Hall with Long Beach in walking distance. The long weekend started off with dark clouds and rain on Friday, but in good spirit, a couple of groups ventured out all geared up to check out the crags for the next day on Long Beach. The climbs are plentiful and so it took our own little group an amazing 2.5 hours to do so! The rest of the day wasn't wasted though – most of us made the best of it and indulged in other activities around Dunedin either going for walks or sightseeing. We visited the Otago Museum for a few hours including the Science Exhibition, the Butterfly House and a visit to the Planetarium. In the afternoon the sky cleared and people got their first climbing sessions in. Wet rock did not hold people back!

Saturday – finally – amazing weather! Groups headed out in different directions to get their well-awaited climbing session. Some ventured out to Doctor's Point to scale some multi-pitch routes and some ventured out to Long Beach. There is something for every level – trad and sport. Ourselves, with a group of maybe 12 people, we stayed mostly at the end of the beach around The Cave and the North Buttress. Climbers of all abilities helped each other out sharing gear and putting ropes up for beginners. We had a perfect day out on beautiful rock... even though the sand layer covering it can be a bit intimidating at the start we did not let that hold us back! [#SandyMindf*ck] In the evening we all - and some more extra NZAC members we had picked up at the crag – joined for a well-deserved BBQ dinner and a pub quiz.

On Sunday a few adventurous people ventured out for more climbs, you just cannot get enough.

Thank you for being awesome people and for organizing a fabulous weekend! See you at the crag!

Sab Rentzschke. A happy participant

If you want to join in next time, our Dunedin Adventure Weekend is run over the Canterbury Show Weekend in November each year.



BEGINNERS ROCK CLIMBING MENTORING

Over September, October and November, we ran some free NZAC members beginners climbing sessions.

These sessions were to introduce members who had only climbed inside or bouldered outside, to outdoors climbing.

The beginners were mentored on top rope climbing and belaying with an ATC, knots, abseiling, transition at the anchor station and lowering off a climb.

Thanks to Jo, Kaia, Sean, Claudio and Hengx for attending the first sessions and Clementine, Colin and Tom for attending the second sessions.

A HUGE thanks to Jon Tye for volunteering his time helping me on the first sessions.

Clayton Garbes
Rock Climbing coordinator





SPORT LEAD CLIMBING COURSE REPORT

During early November, the CW section ran a two day/one evening Sport Lead Climbing Course. Clayton Garbes

We had the first (fine) day at Cattlestop Crag followed by day two (wet), inside at the St Martin's Scouts Climbing Wall. Our final day was an evening session at Albert Terrace.

Over the three sessions, students were taught sport lead climbing and belaying, safe lead falling, balance and movement, knots, sport lead anchors and how to clean a climb for both lowering and abseiling.

Thanks to Jo C, Carla B-E, Youxin S, Chris G, Tom H, Claudio S and Thomas H for attending and as always, a HUGE thanks to our awesome instruction team of Katie Wolf, Nick Hanafin and Glenn Case.



MOUNT MURCHISON CLUB TRIP REPORT

MOUNT MURCHISON CLUB TRIP REPORT

A small but dedicated group met early on Saturday morning of Labour weekend for the club trip up Mount Murchison.

A beautiful day saw us making our way from the car park to Barker Hut where we took in the views and made plans for the following day, while crossing our fingers the forecast rain/cloud would stay away.

Unfortunately our crossed fingers didn't help and the weather did arrive overnight. At 5am we then re-crossed our fingers in hope it would disappear as quickly as metvuw promised. After a leisurely breakfast, by 9am we decided the snow/sleet/rain had stopped falling and it was time to venture out.

It was tough going up the glacier with some fairly soft snow but we were rewarded with improving weather. The late start, snow plugging and some nasty ice on the ridge/west side of ridge conspired to prevent us from getting all the way to the summit.

One benefit of the soft snow was some long glissades back down to Barker before making our way to Carrington for the night.

Another leisurely start on Monday saw us make our way back down the Waimak and to the cars by lunchtime. A couple of great days out in the mountains!

Adam Humphries



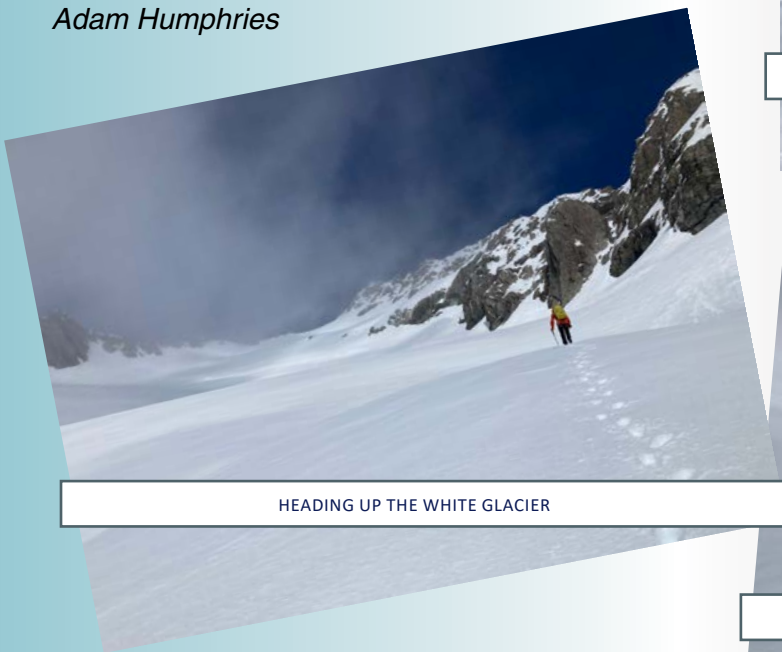
MAKING OUR WAY UP WHITE RIVER, OUR OBJECTIVE COMING INTO VIEW



LEAVING THE HUT IN CLAG



CLEARING CONDITIONS AROUND MIDDAY



HEADING UP THE WHITE GLACIER



DESCENDING THE WHITE, HARPER IN BACKGROUND

PROFILER

GET TO KNOW OUR COMMITTEE MEMBERS
& AMAZING VOLUNTEERS

Clayton Garbes. Committee

Clayton

Is our well known, committee member
extraordinaire & also currently our Rock
Climbing coordinator.

Hi, I'm Clayton Garbes

I have been a NZAC member for around 20 to 25 years and on the CW Committee for about 15 to 20 of those years.

I have held the positions of Winter and Summer Instruction coordinator (both instructing and coordinating in both roles), for about 12 to 15 years, standing down from Winter coordinating 4 or 5 years ago to concentrate on the Summer programme. I have also held roles on the Committee as chairperson and Events coordinator.

I started out with the NZAC doing beginner's snow craft and rock climbing courses and progressing from there, having Alpine climbed in Aoraki/Mt Cook area, Arthur's Pass, Aspiring National Park and the Kaikōuras as my favourite areas. My favourite Hills are Mt Fyffe in Kaikōura and Mt Rolleston in Arthur's Pass.

I have rock climbed in multiple areas in New Zealand - Canterbury, Paines Ford, Charleston, Aoraki/Mt Cook, South Canterbury, Dunedin, Queenstown and Wānaka as well as in Australia at Arapiles, The Grampians, Blue Mountains, Wolgan Valley, Brisbane and Townsville. My favourite rock climbing areas are The Port Hills of Christchurch and doing 'The Ravages of Time', a classic multi-pitch near Glenorchy.

One thing I really love about the NZAC is the role that our wonderful volunteers play (please join our committee if you would like to give something back or talk to me about rock climbing instruction) and I'm also passionate about teaching beginners to rock climb and watching their progress.

See you out climbing!

Cheers, Clayton



If you would like to join our committee or give back to the club in any way please send an email to cw.chairperson@gmail.com

Sport Multi Pitch Course

Saturday 24 February

NZAC MEMBERS ONLY



DATE - Saturday 24 Feb (reserve day Sun 25 Feb)

LOCATION - Windsor Crag, Christchurch Port Hills

TIME - 8am to 5pm

COST - \$125

A one-day, NZAC members-only course and limited to just 6 x students (you must be available for the reserve day so please don't apply if you are not available for both days - NO EXCEPTIONS).

This course is suitable for those NZAC members who have a sport climbing background - know how to sport lead climb, lead belay and abseil (this is NOT a beginners course).

WHAT WILL BE TAUGHT:

Multi-pitch sport leading, setting anchors for multi-pitch, managing the anchor station, swinging leads, belaying consideration including guide mode, multi-pitch descents, and rope management.

EXTRA LESSONS IF TIME:

Self rescue techniques, lowering from guide mode, 3:1 assisted hoist to get through tough sections, emergency lowering situation.

COST WILL COVER:

One-day instruction, all ropes, quickdraws and set up kits.

PLEASE PROVIDE:

Harness, climbing helmet, rock shoes, ATC type belay device (with guide mode) and large locking biner, personal safety/anchor chain and small locking biner, short (1.3 to 1.4 metre total untied length) and large (1.9 metres total untied length) prusik and locking biner, 1 x 120cm sewn sling, additional 1 x locking and 1 x snapgate biner

Please consider supporting local retailers - Aspiring Safety, Bivouac and Further Faster if you need any of the gear listed and all offer NZAC discounts.

WHEN APPLYING:

Please provide your full name, age, phone number, NZAC members number and details of your climbing/ belaying/abseiling ability, recent climbing history and where you will be attending the course from (please DO NOT miss out on any of the above when applying).

CONTACT:

Clayton on cw.summerinstruction@gmail.com using the subject line ' Sport multi pitch course'

PLEASE NOTE: LIMITED TO 6

BANKS PENINSULA

ROCK MEET 2024!



15 – 17 March

Check out the details below for more information & how to register.

**Our Banks Peninsula Rock Meet has a date. 15 –17 March 2024
Save the date and don't forget to register with Grant as soon as you can!**

THE OTHER DETAILS...

Pigeon Bay

Saturday night, BYO barbecue

\$40pp to cover camping fees. Any cash surplus will go to ACAT

Climbing for all experience levels. Trad & sport. Please remember your helmets!

This meet is open to everyone. Members & non-members

Contact & enquiries to Grant Piper (aka Grubbie) 021 711 300 or grant.piper66@gmail.com

Everyone attending MUST register their interest by emailing Grant Piper grant.piper66@gmail.com by Mon 11 March 2024





Christmas gift ideas for your outdoor enthusiast!

It's that time of year again - and we have some great gift ideas in our NZAC shop for you, your family and friends.

All of the items are available by clicking [here](#)
Don't forget to log in to get your member rates.

The NZAC Head Office is closed over the Christmas / New Year period from 12pm Friday 22nd December 2023 through to Monday the 8th January 2024.

Recommended order dates:

New Zealand by Tuesday 19th December - 3 days earlier for rural addresses

Australia by Wednesday 29th November

Asia, Europe, North America, South Pacific, UK by Friday 24th November

Rest of the world Monday by 20th November

These dates are an indication only and delivery times may still vary due to unforeseen service impacts.



Over the summer months don't forget your manners!

Because when you do you ruin it for other climbers!




Got a Bolt Loose?

All you need is for someone in your climbing group to have a 17mm spanner.

Remember... 'lefty loosey - righty tighty'

A wire brush or a nylon bristle dish brush is also handy for cleaning holds.
Be proactive and do your bit to help the climbing community.



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.

CANTERBURY/WESTLAND CLUB SECTION

LIBRARY

BOOKS TO EDUCATE & TO INSPIRE YOU

Did you know that the Section has its own library and that you can borrow the books in the Section library?

The contents of the CW Section library can be found on line [HERE](#)

To borrow a book please contact John Roper-Lindsay
john@roperlindsay.com or call/text 021 395 513

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 CW library
- Email text/phone me to arrange handover some other way



Midweek Rock Climbing

To join the midweek rock climbing group send our midweek climbing coordinator an email to nzacmidweekclimbing@gmail.com and you'll be sent a Google form for emergency contact details, and then added to the Google group.

WELCOME TO MIDWEEK CLIMBING!

Keen for a climb? Join the Midweek Climbing group to organise rock climbing related missions, meet new people and explore the outdoors. Depending on the time of year, there will be regular sessions after work, during the weekend, or just send an email if you're going out or looking for a belay. Mostly in and around the Port Hills with day trips to the Banks Peninsula and occasionally beyond.

If interested, please send an email to Jonathan Tye at nzacmidweekclimbing@gmail.com and you'll be sent the sign-up form. All are welcome and you don't need to be a NZAC member to join.

PLEASE NOTE

Mid week climbing organisers do not provide guiding or instruction and individuals within the group are responsible for their own safety.

You will need a harness, rock shoes, belay device, locking carabiner, and helmet. Please also let the person in charge know what equipment you have and if unknown to them your climbing experience.

Cheers,
Jonathan





CANTERBURY WESTLAND
SECTION OF NZAC

**CHECK IN
LIKE US
TAG US**

FACEBOOK, INSTAGRAM
& GROUP PAGE



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 **Natasha Mealing**
Natasha.Mealing@gmail.com

Mid-week 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: Keen for a climb? Join the Midweek Climbing group to organize rock climbing related missions, meet new people and explore the outdoors. Depending on the time of year, there will be regular sessions after work, during the weekend, or just send an email if you're going out or looking for a belay. Mostly in and around the Port Hills with day trips to the Banks Peninsula and occasionally beyond.

- Helmets are compulsory when climbing and belaying (if you don't have a helmet, please source one or talk to the climbing coordinator 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 Jono if you are able to help out (it's not too difficult!)

If interested, please send an email to:
nzacmidweekclimbing@gmail.com
and you'll be sent the sign-up form.

All are 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 Canterbury Westland facebook page
Email: Shannon at nzac.cw.newsletter@gmail.com
- You organise the participants and do pre-trip preparations

The list below 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:

Email Natasha.Mealing@gmail.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?

Caitlin Erickson, our section meeting co-ordinator, is the person to contact.

Caitlin 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 Caitlin either by phone or email.

Email: cerickson717@gmail.com



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.

JUST SOME OF THE BENEFITS FOR NZAC MEMBERS

Benefits for NZAC Members

NZAC Membership gives you access to many discounts with the following retailers. You may be 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> and <https://alpineclub.org.nz/member-discounts>

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



CANTERBURY WESTLAND SECTION OF THE NZAC COMMITTEE MEMBERS

Section Library: [CLICK HERE](#)



Chairperson:

Sam White cw.chairperson@gmail.com

Secretary:

David Jefferson djamesjefferson@gmail.com

Events:

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

Accommodation & Committee Rep:

Philip Tree philiptree7@gmail.com

Summer Instruction Coordinator:

Clayton Garbes 027 446 1562 cw.summerinstruction@gmail.com

Winter Instruction Coordinator:

Neil Hamilton cw.winterinstruction@gmail.com

Gear Custodian:

Ben Scott cw.gearhire@gmail.com

Recreational Advocacy:

Lindsay Main Lindsay.main@caverock.net.nz

Trip Coordinator:

Natasha Mealing Natasha.Mealing@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:

Caitlin Erickson cerickson717@gmail.com

Crag Maintenance:

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

Midweek Rock Climbing Coordinator:

Jonathan Tye nzacmidweekclimbing@gmail.com

General Committee Members:

Lisa Donning & Nicky Edwards

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