



UPRISING

NEWSLETTER FOR CANTERBURY WESTLAND SECTION OF NZAC

APRIL 2024

SECTION TALK THURS 11 APRIL

Canterbury Westland
Section Evening

The Cashmere Club
50 Colombo Street
Sydenham

Thursday 11 April
Doors open: 7pm

If you want to purchase an alcoholic drink from the bar, you must show a Guest pass. You can pick one of these up inside the room we meet in where they'll be on a table near the door.

Entry is free and everyone is welcome, you don't need to be an NZAC member to attend.



APRIL TALK: ALASTAIR MCDOWELL

In this talk, Alastair will share the story of a recent NZAC funded expedition to attempt an ascent of Makalu (8485m) in the Himalaya, in post-monsoon without oxygen or Sherpa support. He will reflect on this challenging & humbling experience: what it taught him about his motivations in the mountains, how this expedition experience compares against climbing in NZ, and the dichotomy that many mountaineers oscillate between: whether to go short light & fast, or to go long heavy high & remote.



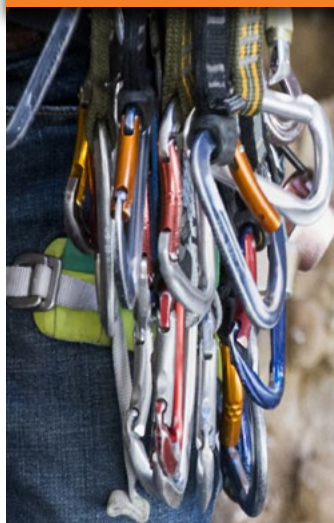
CLICK HERE FOR MORE DETAILS

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...



**MAY: GEOFF KEEY
THURSDAY 9 MAY
JUNE: BANFF FILM FESTIVAL
JUNE**

BANKS PENINSULA
ROCK MEET 2024!
HOW IT WENT DOWN!

BANKS PENINSULA ROCK MEET 2024

Over the weekend of 8th to 10th March, the CW Section of NZAC ran a successful climbing meet, based out of Pigeon Bay.

Most met at the Camp ground on Friday night, set up tents for the weekend then settled into some socialising and planning of climbing for the weekend with like minded people - between 30 and 35 in total of all ages and abilities.

Climbing was done at Otepatotu, Panama Rock, Coffin Rock, Dragon Crag, Fantasy Factory, Dragons Lair and Diamond Harbour Crag. On the Saturday night we had a communal barbeque/shared meal and some more socialising - one member even found a new friend in his tent over the weekend - a hedgehog!

Thanks to all who attended, helped out in some way, provided photos, the landowners who gave permission to access their land to climb but especially, a HUGE thanks to Grant (Grubbie) Piper for organising once again, a very successful climbing meet.

As with last year, all proceeds, after expenses, was donated to ACAT (Aotearoa Climbing Access Trust) And this year we were able to raise an amazing \$843.25!



Wow! Thank you to those who attended. We raised \$843.25 for ACAT!





THANK YOU!

Thanks to everyone who came along to REELROCK18! We had an excellent cross section of climbing films covering everything from alpine ice through to indoor championships in war-torn Ukraine.

A special thanks to our local event sponsor Aspiring Safety who provided a great stash of spot prizes to hand out on the night.

All proceeds from this event will contribute to support section activities including Arthur's Pass Lodge repairs and maintenance.

Make sure to support our sponsor



NEXT UP...

BANFF 2024

Coming to Christchurch in June
Tickets are available now!





MARCH SECTION TALK REPORT

MARCH SECTION TALK

PAUL & SHELLEY HERSEY

FOOTSTEPS TO RAINBOWS: A guide to New Zealand's best mountain scrambles & snow climbs

Paul and Shelley Hersey made the trip up from Dunedin for our monthly Canterbury Westland section evening in March to a full-room eager to hear the progress of the upcoming guidebook, currently penciled to be called 'Footsteps to Rainbows'.

The night was a teaser of what's to come, as well as what has been put into the creation of the guidebook, and an opportunity to share the importance of a guidebook of its type. The guidebook will cover a collection of thoroughly researched, best, easy routes of the South Island. These routes will be easy access, not require a helicopter, will range in length and area of the

South Island, ensuring less daunting adventure planning and execution.

For newbies and oldies alike, the guidebook will have a reserved spot on our bookshelves as we hope to see a book launch in the latter half of 2025.

Following the meeting, Paul and Shelley carried on their way to Arthur's Pass National Park and continued research for the guidebook, climbing Phipps and Oates.

Report: Caitlin Erickson. Section evening coordinator



ARTHUR'S PASS LODGE UPDATE

ARTHUR'S PASS LODGE UPDATE

After a period of limited work the CW section has started a program of repairs and upgrades to the AP Lodge.

Over the past week the 3 handbasins in the bathroom have been removed and replaced with a bench fitted with new taps and sinks. The faulty bathroom heater has been replaced and the shower curtains have been replaced. We have also replaced the toilet roll holders with large capacity holders and rolls, The spare rolls are in the storage cupboard so please fit a new roll when needed.

In the next few months we will be fitting new shower outlets in both showers and installing a rangehood ducted to the outside in the kitchen to replace the existing faulty ceiling extract fan. The front lawn has been dug up again for some work to the water supply but this work has now been completed.

*John Henson.
Canterbury Westland Committee Member
Arthur's Pass Lodge coordinator*



BEFORE



AFTER

Keep an eye out for our next Wilding Pine expedition which will be advertised on Facebook & happening late April. Make a rewarding day of it with family & friends.



WILDING PINE CLEARING AT FLOCK HILL

WILDING PINE CLEARING AT FLOCK HILL Sunday 24 March 2024

After a quick sortie the weekend before with Grant Hunter, we managed to get 6 people together to do some wilding pine clearing at Flock Hill. The pines are *Pinus contorta*, which is commonly known as Lodgepole pine. It's known as "the most vigorous spreading conifer species in New Zealand". All the original trees were planted in Craieburn Forest Park as a trial for erosion control. Their seeds blew many km and are growing happily at Flock Hill and other places in the Craieburns. All the original Craieburn Forest Park trees have been removed or sprayed, but their downwind children live on as wilding pines.

There is a big push, with some basic funding by ECan, to remove the wilding pines, and NZAC Canterbury Westland is assisting, given the popularity of Flock Hill with boulderers.

The 6 of us cut another 100m wide strip from the bottom to the boundary fence line. The matagouri makes things more interesting, and scratchy, but the worst obstacle was that many of the wildings were actually regrowth. Whoever went through the area before had failed to cut the trees low enough, so they had resprouted as bushes.

Cutting a tree takes about 20 seconds – cutting a bush takes about 2 minutes, plus poison. Very frustrating, but fingers crossed that this was an isolated section...

It was a beautiful warm day of 22 degrees, and a stunning place to spend a day, and it's very satisfying to look back on a sea of topped pine trees. We're planning on another day up there in about 3 weeks.

Many thanks to Jaimee, Liadan, Katherine, DJ, Volker (plus son) for making quite a dent in these wildings.

The pressure is on to cut these wilding pines out before they start producing seed themselves, which can happen when they are as young as 3 years old. Keep an eye out on our Facebook page for the next event and sign up for an enjoyable day making a real difference to our environment!

*John Roper-Lindsay.
Canterbury Westland Committee Member*

PROFILER

GET TO KNOW OUR COMMITTEE MEMBERS
& AMAZING VOLUNTEERS

Grant Piper (aka Grubbie) Committee

Grant

Not only is Grubbie a committee stalwart, but he also puts a lot of his spare time into maintaining the rock climbs in the region for us all.

Hi, I'm Grant Piper

THE BORING STUFF

I work as a Service Technician/ Mechanic, at Archibalds on Jaguar/Landrover. Repairing cars has kept me in the lifestyle that I have become accustomed to, for the last 40 years. I have lived in Christchurch since 1990. Maybe this means I qualify to be a local?

THE OTHER STUFF

I was born in Timaru where I had many of my first experiences with the great NZ outdoors. As a Youth I joined the South Canterbury Tramping Club, and also the South Canterbury Section of NZAC. This introduced me to mountaineering where I climbed a few of New Zealand's classic climbs.

THE SECTION STUFF

The committee possibly considers me one of the chattels, as I have been on it for a few decades, and held a few positions.

THE FUN STUFF (You know, climbing!)

I am steering towards nearly 40 years of climbing, (which has been a privilege). Rock climbing has changed from some splinter sport to something very mainstream, it has its good and bad points. Rock climbing has taken me beyond the local patch, overseas to Australia, Canada USA, and the North Island.

On the local patch, I have ticked up a number of first ascents around the Canterbury region. The results vary from classic to don't bother. When the snow arrives, it becomes time to park up the rock climbing gear and get the skis out. Occasionally mountain biking and other outdoor pursuits fall into the recreational mix. Getting out with a few friends and having a beer is an important part of the package.



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

PROFILER

GET TO KNOW OUR COMMITTEE MEMBERS
& AMAZING VOLUNTEERS

John Roper-Lindsay. Committee

John

Not only is John the Treasurer for the Canterbury Westland Section, he is also caretaker of our section library. To look up & borrow books click [here](#) .

I've always been interested in going in the mountains. Before I came to NZ, that involved living in Scotland and getting into the hills for some great day hikes/scrambles. When I got to NZ, though, I realized that I was going to be severely restricted in what I could do unless I learnt how to travel in snow, so I got a few skills with Alpine Guides and joined the NZAC. Probably best not to describe in detail my earliest memories of NZAC club trips, except to say we've come a long way and don't leave people trailing miles behind if they are too slow...

One of the goals of all NZ trampers with a few snow skills was the Copland Pass, and it was a great transalpine trip that I did on my 40 th birthday. Odd to think it's now a horror story due to glacial retreat.

I joined the committee about 8 years ago simply because I was shoulder tapped by another committee member (thank you Yvonne) when there was a vacancy as Treasurer, and I've learnt a lot about the club since then, and really appreciate the importance it has in the background.

Social Media has changed the way people get together to go into the mountains, but NZAC still provides a great environment for climbers and trampers, with our amazing instruction courses and follow-up trips, network of huts, section meetings and climbing meets. But also lots of information about climbing, like in this newsletter!

Personally I get into the hills a few times a year, most recently doing an Elcho Pass - Broderick Pass circuit, which actually required crampons and ice axe, so I'm counting that as climbing. I have to confess that was with Rob Frost of Mountain Journeys, however. I'm especially interested in the West Coast area covered by the Remote Huts website, which covers huts and tracks that are mostly not maintained by DOC anymore, but are looked after by the volunteer organization Permolat. Being a handyman-incompetent, it was never an option for me to assist in hut maintenance but, every now and then, I take loppers and a saw and do a bit of track maintenance and marking. It's great to see this area, which contains a huge number of NZFS huts, getting used more and more. My favourite ever trip was 7 days (with the same Yvonne who got me onto the committee) up the Whitcombe, over to Ivory Lake via Price Basin hut which had had no visitors for two years before we arrived, up Park Dome, Mt. Beaumont, and out the Mikonui. A great combination of tramping and relatively easy snow travel in incredible surroundings.



NZAC TRAD ANCHOR/ROPE RESCUE COURSE

SATURDAY 6TH APRIL

NZAC MEMBERS ONLY



DATE - Saturday 6 April (reserve day Sun 7 April)

LOCATION - Diamond Harbour or Port Hills
(To be decided closer to the day)

TIME - 8am to 5pm

COST - \$150

A one-day NZAC members course designed to upskill and refresh on the finer points of trad climbing anchors and placements and basic rope rescue skills needed in a multi-pitch environment.

COURSE DETAILS:

This course is NOT a beginner's course and at a minimum, you must have done the basics of trad lead climbing or recent trad course and follow-up days and know how to lead belay and abseil.

WHAT WILL BE TAUGHT:

Multi-directional trad anchors and trad placements, transfer the belay, release a top loaded belay (escape the belay), tandem abseil, simple hoist, troubleshooting.

EQUIPMENT REQUIRED:

Harness, rock shoes, helmet, belay device with guide mode and large locking biner, personal anchor/safety chain and locking biner, short and long prusik and locking biner, 2 x 120cm sewn or untied slings, additional 2 x snapgate and 1 x screwgate biners (If short of any of the above - please let me know).

EQUIPMENT PROVIDED:

Ropes, trad racks, quickdraws, set up gear for the top of the Crag.

COST:

\$150 will cover a day's instruction, all the 'Provided' equipment, and 'Required' equipment if you need to borrow plus Koha for drivers using their cars to carpool to the Crag.

REQUIREMENTS:

NZAC members only, aged 16 and above (just 8 x spots available), to be available for the backup day if required and able to start at 8am and finish at 5pm.

CONTACT:

Please email Clayton

cw.summerinstruction@gmail.com with your full name, phone number, NZAC members details, climbing history and the subject line 'NZAC Rescue Course'.

PLEASE NOTE: LIMITED TO 8

Sport Multi Pitch Course

SATURDAY 20 APRIL

NZAC MEMBERS ONLY



Due to demand we are repeating this course. Don't miss out this time!

DATE - Saturday 20 April (reserve day Sun 21 April)

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

Outdoor First Aid Course

15 & 16 JUNE

OPEN TO ALL



OUTDOOR FIRST AID COURSE 15 and 16 JUNE 2024

We are running a two day Outdoor First Aid course on Saturday 15th & Sunday 16th June 2024. The venue will be in Christchurch and it will be taught by professional first-aid instructors. This course is designed to enable participants to respond confidently to a first aid incident in various outdoor settings where it may take some time for emergency services to reach you, for example when on climbing trips. The cost for this course is \$300 for members, with a significant discount available to Canterbury/Westland section volunteers who instruct on our courses and/or lead trips.

Participants on this course will learn skills to:

- Provide basic life support to a patient (specifically: managing airway obstructions and respiratory and circulatory insufficiency).
- Provide first aid for patients with shock, fractures, environmental emergencies, bleeding from trauma and basic medical conditions.
- Manage patients with minimal resources on hand.
- Understand and respond to outdoor and alpine specific first aid issues including extended care of a patient in a cold environment.

[REGISTER HERE](#)

Canterbury Westland Section

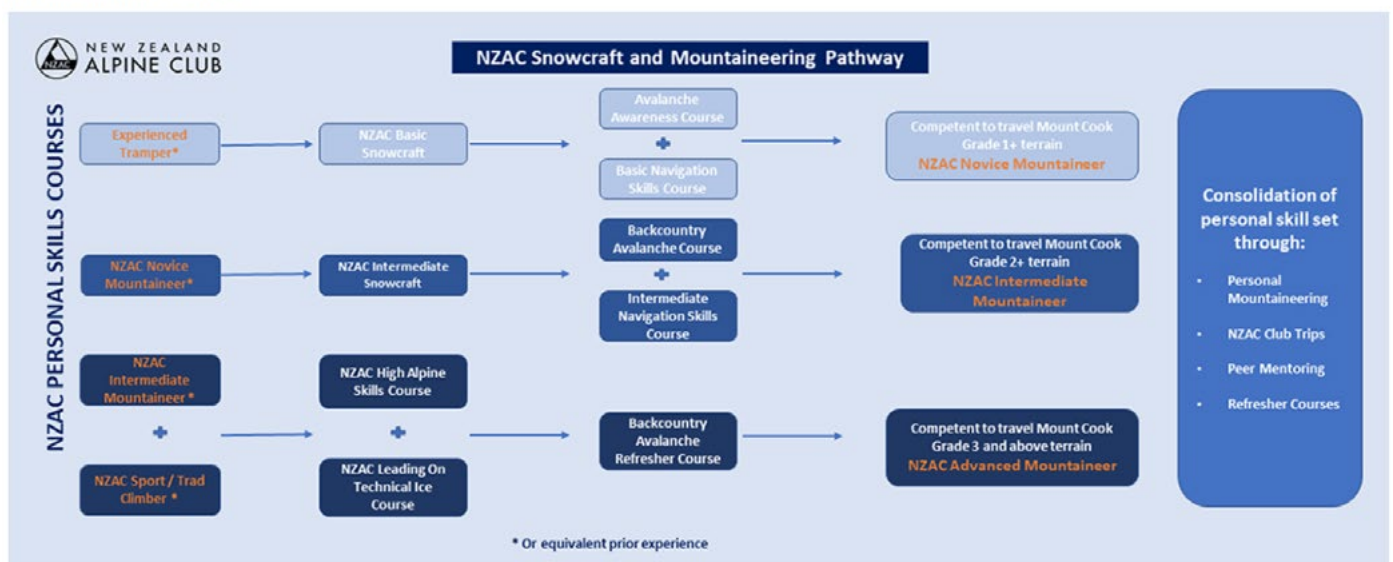
Winter Courses

NZAC MEMBERS ONLY

Hold the dates...

- 3/4 August - Basic Snowcraft (Tuesday evening in Christchurch, plus two days in Arthurs Pass)
- 10/11 August - Avalanche Awareness (Friday evening in Christchurch, plus either Saturday or Sunday in Arthurs Pass)
- 17/18 August - Basic Snowcraft (Tuesday evening in Christchurch, plus two days in Arthurs Pass)
- 24/25 August - Intermediate Snowcraft (Arthurs Pass)

Alpine Climbing Pathway



National Winter Courses



NZAC MEMBERS ONLY

INTERMEDIATE

- ALPINE ARTHURS PASS LODGE, Backcountry Avalanche South Island Course Vol 15-18 July 2024
- ALPINE ARTHURS PASS LODGE, Backcountry Avalanche South Island Course 1, 20th - 23rd July 2024
- ALPINE ARTHURS PASS LODGE, Backcountry Avalanche South Island Course 2, 25-28 July 2024

ADVANCED

- ICE WYE CREEK, Women's Leading on Technical Ice Course, 3 August - 6 August 2024
- ICE WYE CREEK, Leading on Technical Ice Course, 3 August - 6 August 2024
- ICE WYE CREEK, Leading on Technical Ice Course, 10 August - 13 August 2024

INTERMEDIATE

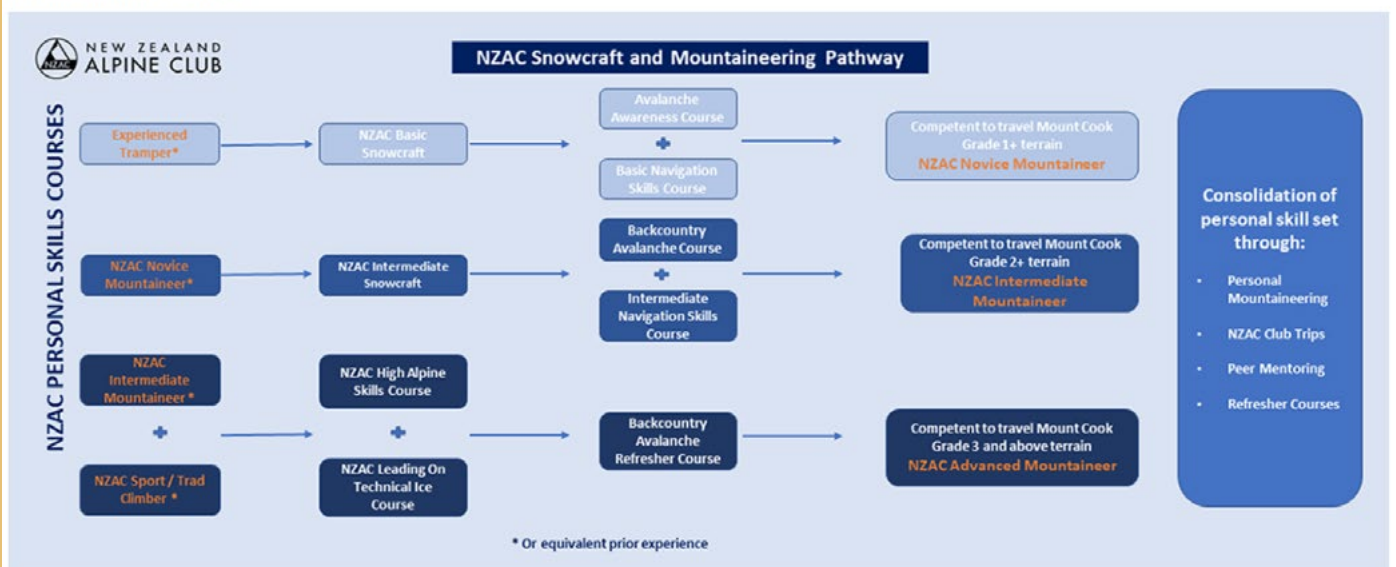
- Intro to Backcountry Ski Course, 31 August - 3 September 2024, 7-10, September 2024

ADVANCED

- SKI TOURING AORAKI / MT COOK NATIONAL PARK, Glacier Ski Course
28th September - 2nd October 2024, 5th October - 9th October 2024
- ALPINE AORAKI / MT COOK NATIONAL PARK, High Alpine Skills Courses
12th - 17th November, 19th - 24th November, 26th November - 1st December

CLICK HERE FOR MORE DETAILS

Alpine Climbing Pathway



OTHER BITS

CAN YOU HELP? SAVE THE DATE!



SEEKING A SECRETARY Duties primarily entail preparing the agenda and taking minutes at our Canterbury Westland monthly section meetings. Meetings are usually held at 6pm on the first Monday of each month in Addington and are done and dusted by 7.30pm latest.

If you are prepared to put some time back into the club and are interested in this position please contact: Sam White - 021 831 911 or cw.chairperson@gmail.com



BEALEY SPUR TRAPLINE COORDINATOR

As part of our commitment to protect the fabulous environment we all love recreating in, the Canterbury Westland Section maintain and monitor a stoat trapline on Bealey Spur on behalf of the Arthurs Pass Wildlife Trust. Unfortunately the fabulous Laura Wolken is unable to continue this role longer term. Ideally the line needs checking and re-baiting every 2-3 weeks during the summer and about every 6 weeks during the winter months. There is a core group of volunteers currently doing this. Duties include coordinating trap checks, onboarding new volunteers, and keeping the on-line trap database updated.

If you are prepared to put some time back into the club and are interested in this position please contact: Sam White - 021 831 911 or cw.chairperson@gmail.com



SEEKING ANECDOTES, PHOTOS, STORIES & HISTORY OF AORAKI & TAI POUTINI ALPINE HUTS

Sandy Nelson of Twizel is writing a book about the alpine huts in Aoraki/Mount Cook National Park and possibly Tai Poutini Westland National Park, to be published by Potton & Burton and is being supported by the NZAC Publication Committee.

Sandy is collecting anecdotes, stories, and photos for possible inclusion and welcomes contact from past and present hut users, even if it's just to tell her your favourite hut and why. Further information on this project can be found here [Alpine huts book](#)

Sandy and her husband Dean Nelson lived and worked at Aoraki in the 1980s and have an abiding love for the area and its history and a deep affinity for the huts. Please email Sandy at sandyjanenelson@gmail.com

OTHER BITS

CAN YOU HELP? SAVE THE DATE!

DUNEDIN ADVENTURE MEET AT LABOUR WEEKEND

Details are yet to be announced but save the date for our annual Dunedin Adventure weekend. This year it will run over Labour weekend, Oct 26th - 28th 2024.

Always a lot of fun where you can meet up with like minded people at Longbeach and either climb, hike, explore, relax and make new friends. So save the date and watch out for posts on Facebook, Instagram & future newsletters.

Remember, 'Meets' are open to everyone, you don't need to be an NZAC member to attend. But why not become a member anyway? There are many advantages to being an NZAC member. These include courses, trips, discount at a huge range of local retailers & climbing gyms!



WANAKA ADVENTURE MEET. CANTERBURY ANNIVERSARY WEEKEND

Plans are under way for a combined Wanaka Adventure weekend with the Otago section. This will be held over Canterbury Anniversary, Nov 15th - 17th 2024.

Save the date and plan for another adventure filled weekend. More details will be out in the coming months on our Facebook, Instagram pages & in future newsletters. Keep an eye out so you don't miss out!

Remember, 'Meets' are open to everyone, you don't need to be an NZAC member to attend. But why not become a member anyway? There are many advantages to being an NZAC member. These include courses, trips, discount at a huge range of local retailers & climbing gyms!



SOCIAL MEDIA SUPER STAR

Are you a social media super star? Do you have time to take a lead with the Christchurch BANFF screening promotion coming up in June? If you are interested in supporting the clubs biggest fund raising event please get in touch with Adam Humphries 027 200 4760 adam.b.humphries@gmail.com



ROUTE SETTING HELP NEEDED



How many of you knew this wall in Christchurch existed & did you know it is for hire? The St Martin's Scout Den needs some route setting help. Are you keen?

Do you know how to set an indoor climbing route and are interested in some community work as well? Are you available mid-May on a

Saturday to put on the harness, roll up the sleeves and give us a hand for a few hours? The St Martin's Scouts Den is in dire need of a makeover to give all the small and grown-up climbers using it a better experience. It would be awesome to get at least one or two experienced route setters involved. This could also be good for new route setters who would like a

project to practice on.

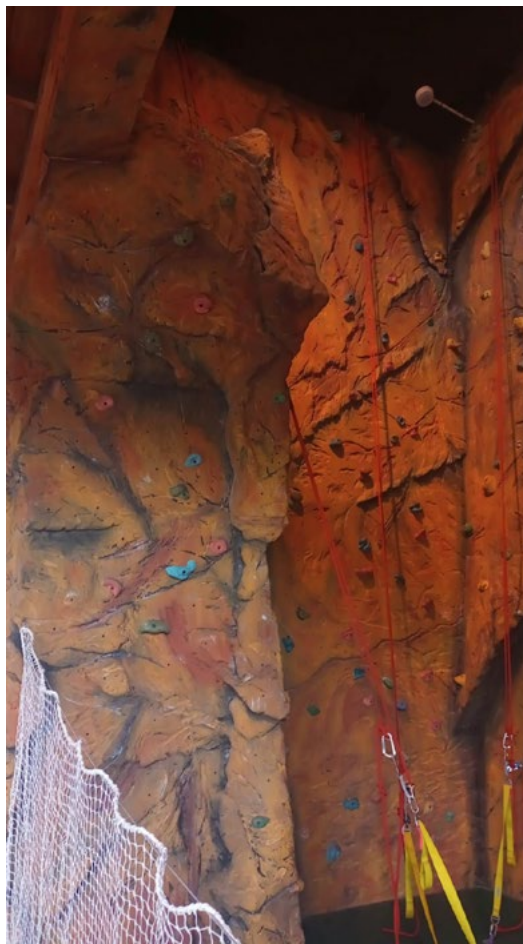
For more information and to get involved reach out to

Sab Rentzschke

Mobile: 021 0807 7007 or

Email: rentzschke@gmail.com

To hire the climbing wall go to <https://www.smartscouts.co.nz/climbing-wall-hire/>



MONITORING

THE BEALEY SPUR TRAPLINE

YOU CAN HELP!

Monitoring of the trap line on the upper Bealey Spur that the section looks after on behalf of the Arthurs Pass Wildlife Trust continues.

If you are planning to walk up The Bealey Spur please consider contacting Laura Wolken so you can take a turn to check and clear the traps. Laura will explain what you will need to do if you are unsure.

If you are interested in helping out with the Bealey Spur Traplines please contact Laura Wolken at l.wolken@windowslive.com



NZAC CANTERBURY WESTLAND SECTION

GEAR HIRE

FOR NZAC MEMBERS ONLY

HIRE

EQUIPMENT LIST

- Crampons (12 x pair, fully adjustable)
- Walking ice axes (12 from size 60cm to 70cm)
- Technical ice axes and hammers (5 pairs of various brands)
- Avalanche kits (12 transceiver, shovels & probes. Transceivers use 3 x AAA batteries - not included)
- Helmets (12)
- Snow shoes (2 pairs of MSR evo ascent & 2 pairs of MSR lightning ascent)
- Snow stakes (8 with mid clip wire)
- Ice screws (16 screws, various sizes 13cm to 22cm)

NZAC members can hire gear on behalf of non-members on the same trip they are attending with the knowledge that the NZAC member is responsible for any loss or damage.

PRICING

Prices:

- \$20 per day for Avalanche Rescue Kits
- \$10 per day, for ice screws & pitons: two items
- \$10 per day, per item for all other items
- Payment is by bank transfer

CONTACT

CONTACT BEN SCOTT:

Text: 021 236 8413

Email: cw.gearhire@gmail.com

Please give your full name, membership number, equipment you require and the dates you require it for. Please do not ask to hire equipment on a Friday or Saturday at the last minute.

Other Gear hire options in Christchurch include:

Bivouac at Tower Junction – click [here](#)

Further Faster in Sydenham – click [here](#)



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**
nzac.cw.trips@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 nzac.cw.trips@gmail.com

Some Ideas! Mt Aiken, Binsler, 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:

VACANT

Events:

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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 nzac.cw.trips@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:

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Midweek Rock Climbing Coordinator:

Jonathan Tye nzacmidweekclimbing@gmail.com

Online Coordinator:

Lisa Donning lisadonning@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