



# UPRISING

NEWSLETTER FOR CANTERBURY WESTLAND SECTION OF NZAC

MAY 2024

## SECTION TALK THURS 9 MAY

Canterbury Westland  
Section Evening

The Cashmere Club  
50 Colombo Street  
Sydenham

Thursday 9 May  
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.

### 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.



## THURSDAY 9 MAY CASHMERE CLUB

"In this talk, Liadan will give a short introduction to why she finds Aotearoa's native plants so fascinating, highlight some of her favourite plants, and explain why botany and plant conservation is so relevant to climbers. She'll introduce the "Climbers' guides to native plant conservation" that she recently wrote, and reflect upon how small and spontaneous projects like this can become pretty big."



[CLICK HERE FOR MORE DETAILS](#)

# BANFF CHRISTCHURCH 5 - 8 JUNE 2024

GET YOUR TICKETS BEFORE IT'S TOO LATE!





VOLUNTEER, ELENA, WHO DRESSED UP IN THE FULL DOWN SUIT, DOUBLE BOOTS, ETC. THAT ALISTAIR WAS WEARING ON THE TRIP.

## APRIL SECTION TALK REPORT

### APRIL SECTION TALK ALASTAIR McDOWELL MAKALU

Paul Knott began the evening speaking about the NZAC Expedition Fund that is available for NZAC members planning an overseas trip with defined and significant climbing objectives. See our [website](#) for further details.

This flowed nicely into Alastair talking about the most recent grant, that supported himself, Hamish Fleming, Matthew Scholes and Matthew Clark in an attempt on the world's fifth highest peak, Makalu (8481m) in September last year.

Alastair kept the audience engaged with slides of the trip, included an audience volunteer to dress up like a human road cone in his bright orange two piece down suit, multi layered footwear, harness etc.

The impact of altitude on even the fittest of climbers was fascinating. The need for rotations was explained as altitude is gained to better cope, and for the people that don't have the 'superman' lung capacity of those that live at a higher altitude.

We were impressed by Alastair's commitment and his Hypoxico altitude tent that he slept in every night for 5 weeks before the trip.

Unfortunately Alastair didn't get to the summit, reminding us that he is only human, after suffering from the altitude with HAPE - High Altitude Pulmonary edema.

A fantastic speaker all round and great to have a member of the CMC along to an NZAC night.

*Report: Caitlin Erickson. Section evening coordinator*

Do you have an adventure or story that you'd like to share to inspire others? Please contact our section evening coordinator, Caitlin Erickson by sending an email to [cerickson717@gmail.com](mailto:cerickson717@gmail.com)



## SPORT MULTI PITCH/ROPE RESCUE COURSE REPORT

### SPORT MULTI PITCH/ROPE RESCUE COURSE

Saturday 20 April 2024

On Saturday 20th April, the CW Section of NZAC ran its final course for this season (starting back in September with the Beginners Mentoring Programme)

The final course (repeated due to popular demand) was held at Windsor Crag which has an ideal set-up to teach sport multi-pitch and rope rescue skills.

Thanks to the 6 x students who came along - Becky W, Viktoria K, Amelia G, Dean C, Peter B and Duncan C (all the way from Dunedin just for the course !).

As always - a HUGE thanks to our fantastic Instructors - Anna Scheirlinck and Nick Hanafin for their time and knowledge on this course.

*Report: Clayton Garbes. Summer Instruction Coordinator*

Our summer courses have finished for the season but keep an eye out for our upcoming winter courses. The CW section run courses are always advertised on our Facebook Events page and newsletters. Our courses always fill up fast, so don't delay booking your spot when you see them. And remember, you do need to be an NZAC member to attend.



# UNWIN LODGE EASTER MEET

## UNWIN LODGE EASTER MEET REPORT

**UNWIN LODGE EASTER MEET**  
**28 MARCH - 1 APRIL 2024**  
**REPORT BY PARTICIPANT, TOM PEARS**

The Mt. Cook Easter Weekend trip was held at the Unwin Lodge, a NZAC lodge steeped in climbing/mountaineering history. About 20 climbers shared the facilities of the lodge, sat cosily around the log fire, admiring the stunning views of the national park.

The long weekend started off with the perfect blue bird weather, not a cloud in the sky! Plenty of keen climbers were quick to make the most of the conditions and began to conquer classic multi-pitch routes on Sebastopol Bluffs. Some members headed-up to Sefton Bivvy, but unfortunately had to retreat to Unwin lodge due to the long-weekend crowds getting up there early. That evening, people sat around the fire and enjoyed a 'pot-luck' meal, with the highlight being Dan's amazing Lasagna!

Day two came around and a small party set off to climb Mt. Wakefield. The weather again was perfect, not a cloud in the sky, nor a breath of wind. The climb up was a true slog! However, the early season snow, and amazing views of Mt. Sefton and Mt. Cook made it all worth while. Unfortunately, we did overshoot the scree slope on the way down, resulting in a long descent. Safe to say our knees were not best impressed. It was all worth it for the quick dip in the glacial water at the end of the day, so refreshing! All in all, a great day out taking approximately 9 hours, we were all keen to get up there again when some more snow falls.



# UNWIN LODGE EASTER MEET REPORT CONTINUED



Other members of the group went to pull on some rock that day! There is something for every level. Yet again the Red Face was adorned with keen climbers tackling the classic multi-pitch routes. Others went to King Fisher Crag to tackle some of the challenging routes around there, when everyone returned back to the lodge everyone had beaming smiles and stories to tell from the day – brilliant!

That night we were treated to Lisa's quiz, teams were challenging each other for some amazing prizes, Easter eggs and climbing chalk! Without a doubt the highlight of the quiz was the 'things you can say at the crag and in the bedroom' round. Needless to say we wont discuss those answers here..... nonetheless everyone had a great laugh and made some great memories!

Thank you for all the efforts that went into such an awesome weekend! See you at the crag!

*Tom Pears*



# PROFILER

GET TO KNOW OUR COMMITTEE MEMBERS  
& AMAZING VOLUNTEERS

## Neil Hamilton, Committee

### HI I'M NEIL HAMILTON,

I got into mountain adventures via the Scouts in the UK when a group of four young teenagers scaled the 886m heights of 'Peny Fan' in South Wales (marginally higher than the Port Hills, but it seemed pretty daunting at the time!) We camped near the summit and during the night it poured with rain and the wind threatened to rip the tent away, but we hung on to the tent poles and emerged dripping wet and scared in the morning. Suffice to say I was hooked!

After that, my curiosity to explore what was around the corner and whether I could climb it, meant the progression to steeper ground, longer trips, stiffer boots, ice-axe & crampons, then two ice-axes and a rope, plus all the other paraphernalia, was rarely in doubt. I've since been tramping, mountaineering and ski touring/mountaineering in Europe, North/South America, Australia, North Africa and Nepal. Memorable trips in NZ have been SW Ridge of Aspiring followed by NW Couloir of Aoraki the following weekend, and ski-touring across the frozen Hooker Lake and up to Empress Hut during a particularly cold winter in the mid-90's.

At some point I'll have to gracefully fall-back to the less challenging, less-glaciated, but equally fulfilling wombly mountain journeys of 45 years ago, but in the meantime I'm not done yet with the higher mountains. To that end, in the last couple of years I've ramped up my mountaineering efforts to see if I still have the physical & mental fortitude to tick a few more summits before I hit my expiry date. This is going pretty well so far, but we'll see whether Elie de Beaumont, Mt Tasman and perhaps one of the 8000m peaks are attainable or not over the next few years. As part of this resurgence, I've enjoyed reconnecting with the alpine club and getting involved on the CW committee again (after a 25 year hiatus!) It's been great to make some new friends whilst contributing to the section and NZAC board.

Professionally I'm often asked what I do, and I usually say I'm still working out what I want to be if ever I grow up – after a 40 year wiggly career path across all continents other than Antarctica (still open to offers to address this regrettable blank on my cv). In reality I have a wealth of company management, leadership and governance skills and experience that get applied in various ways to help technology companies and founders grow and achieve their objectives.

When I'm not in the mountains I also enjoy a heap of other outdoor activities including scuba diving, dinghy sailing, sea-kayaking, mountain biking, road cycling and others too numerous to mention. Whilst my abilities at all of these is modest, my enthusiasm to learn new skills and feel the wind in my thinning hair know no bounds.



***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](mailto:cw.chairperson@gmail.com)***



"Admiring the view from The Pyramid, on a trip in 2021"

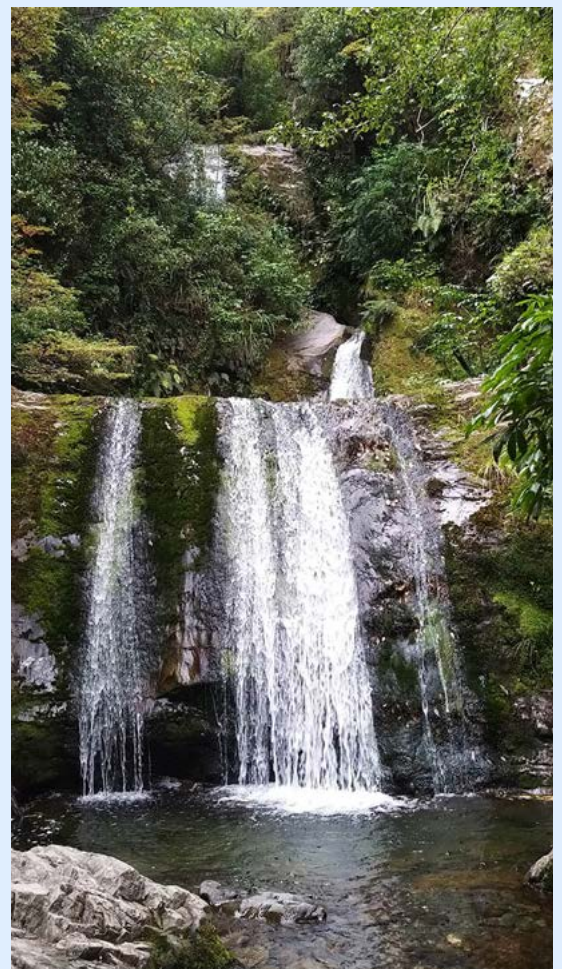
## MIDWEEK MOUNTAINEERS

***You might all be familiar with our Midweek Rock Climbing group due to the almost weekly photos posted on our Social media pages, but did you know that Canterbury Westland section also has a Midweek Mountaineers group? The 'Midweek Mountaineers' are organised by our long serving Canterbury Westland volunteer Pat Pendergast.***

The Midweek Mountaineers are a group of mainly retired and fairly mature mountaineers who still manage to plod up a few peaks, usually on Wednesdays, depending on the weather. Any peak or place worth visiting, that can be climbed in a day from Christchurch, is a potential target. There has been much variety this year so far:

- An ascent of Hooligan in the Lake Sumner Forest Park
- Trig M in the Korowai Tussocklands Park
- Mt Oxford by various routes
- Annavale track/Sugarloaf off the Benmore track in Thirteen Mile Bush
- A descent of the Glentui Canyon
- Bashing a route from the Mt Oxford track to Ryde falls
- Slaying wilding pines at Flock Hill

If you are interested in knowing more, or you are interested in joining the Midweek Mountaineer Group, please email: Pat Pendergast [pat@slingshot.co.nz](mailto:pat@slingshot.co.nz) or phone 022 305 4030 or 337 0079



Ryde Falls. Mount Oxford

# BANFF CHRISTCHURCH. JUNE 5 - 8

Purchase your tickets now before they all sell out!



As you can see, there were no seats left at this screening last year. Don't wait to buy tickets thinking there will be plenty closer to the time. Banff is hugely popular and we always have some disappointed people every year.

## BANFF CHRISTCHURCH 5 - 8 JUNE 2024

AURORA CENTRE BURNSIDE HIGH SCHOOL  
GET YOUR TICKETS BEFORE IT'S TOO LATE!





# UPCOMING TRIPS

OPEN TO NZAC MEMBERS

## SATURDAY 12 MAY

### MOUNT BEALEY IN ARTHUR'S PASS NATIONAL PARK

**DATE:** Saturday 11 May 2024 (Alternate: Sunday 12 May)

**DESCRIPTION:** A great low risk alpine environment at this time of year. Great for graduates of NZAC Basic snowcraft, to get their mountain legs going ahead of this coming winter season.

**TRIP GRADE:** Grade I,1+

**WHAT TO EXPECT:** Moderate rock and snow terrain, possibly icy, so you will need crampons. Over 1,200m altitude gain. Expect to be moving 6 - 8 hours with a full day pack.

**PREREQUISITE SKILLS AND KNOWLEDGE:** Walking in hard snow in crampons with an ice axe and scrambling in rocky terrain. NZAC Basic snowcraft or equivalent. Be capable of moving for 8+ hours with minimal stops.

**HAZARDS INVOLVED:** With the exception of a few short steep sections, terrain will be intermittently rocky and a mix of soft and hard snow. We will avoid avalanche terrain. Weather can vary quickly in the alpine environment, so be ready to adjust clothing quickly

**BAD WEATHER CONTINGENCY PLAN:** Climb Mt Bruce, or postpone.

**PERSONAL GEAR LIST:**

- Waterproof, stiff boots for spending all day in snow
- Gaiters
- Overtrousers
- Parka
- Warm clothing layers
- Ice Axe
- Crampons
- Snow glasses
- Warm Hat
- Gloves or mitts
- Sunblock SPF30+
- Lip balm
- Water bottle(s). At least 1 litre total capacity
- Food for the lodge - Dinner and or breakfast
- Food for a day trip, lunch and snacks
- Personal basic first aid
- Headlamp

**TRANSPORT PLAN:** For sustainability we recommend carpooling where possible.

We will stay at the NZAC Arthur's Pass Lodge at the end of School Terrace the night before. You will need to book your bunk at the lodge at the NZAC website here: <https://shop.alpineclub.org.nz/product/arthurs-pass-lodge>

**COSTS:** Accommodation: NZAC Arthur's Pass Lodge \$25 per night for members.

**TRANSPORT:** Koha for carpool drivers.

**CONTACT:** Jim Petersen [jim.r.petersen@gmail.com](mailto:jim.r.petersen@gmail.com)

EVER THOUGHT ABOUT LEADING A TRIP?  
FIND OUT WHAT IS INVOLVED ON **PAGE 21**  
OR CONTACT NATASHA MEALING AT [nzac.cw.trips@gmail.com](mailto:nzac.cw.trips@gmail.com)

# 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



## BASIC SNOWCRAFT: 2 COURSES

- 2 - 4 August
- 16 - 18 August

(Tuesday evening in Christchurch, plus two days in Arthurs Pass)

**Who is this course for?:** The NZAC Basic Snowcraft course is designed for experienced trampers and those with a passion for the outdoors who are looking to gain additional skills to travel safely in alpine terrain where snow and ice is often encountered.

Full details can be found [here](#) along with the registration form

## AVALANCHE AWARENESS: 10 - 11 AUGUST

(Friday evening in Christchurch, plus either Saturday or Sunday in Arthurs Pass)

**Who is this course for?:** The NZAC Avalanche Awareness course is designed for NZAC Novice mountaineers (or equivalent skill set) who are looking to gain a greater understanding of the avalanche phenomenon. This course is designed to introduce participants to the avalanche phenomenon. Those looking to spend a significant amount of time in the alpine environment should consider the 4 day Backcountry Avalanche Course. Participants should be competent in the skills listed in the Basic Snowcraft course outline to ensure they can safely access terrain during the course. Please do not apply if you are not competent in the course outcomes from the NZAC Basic Snowcraft Course.

Full details can be found [here](#) along with the registration form

## INTERMEDIATE SNOWCRAFT: 24 - 25 AUGUST

(Arthurs Pass)

**Who is this course for?:** The NZAC Intermediate Snowcraft course is designed for NZAC Novice Mountaineers (or those with an equivalent skill set) who are looking to gain additional skills to travel safely in alpine terrain where straightforward steep snow and ice is encountered, and where abseiling on descent could be required. This is an alpine course suitable for NZAC Novice Mountaineers who have consolidated their skills through trips on grade 1+ alpine terrain. Please ensure you meet the minimum requirements.

Full details can be found [here](#) along with the registration form

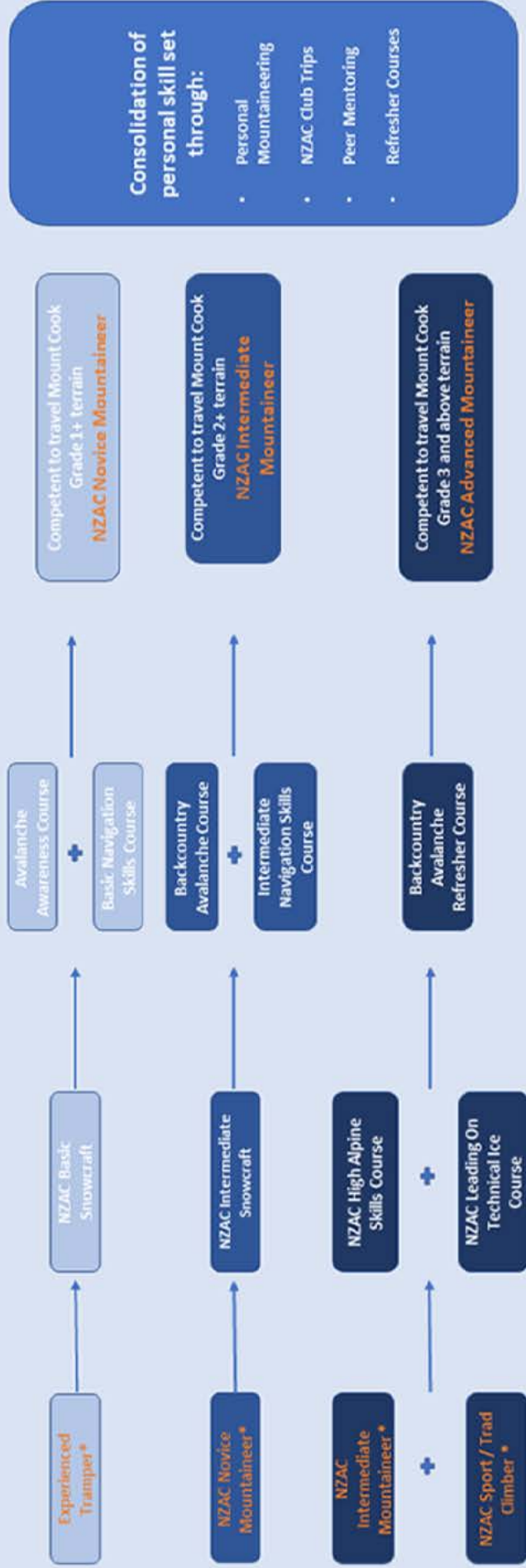
# Alpine Climbing Pathway



NEW ZEALAND ALPINE CLUB

## NZAC PERSONAL SKILLS COURSES

### NZAC Snowcraft and Mountaineering Pathway



Consolidation of personal skill set through:

- Personal Mountaineering
- NZAC Club Trips
- Peer Mentoring
- Refresher Courses

\* Or equivalent prior experience

# 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

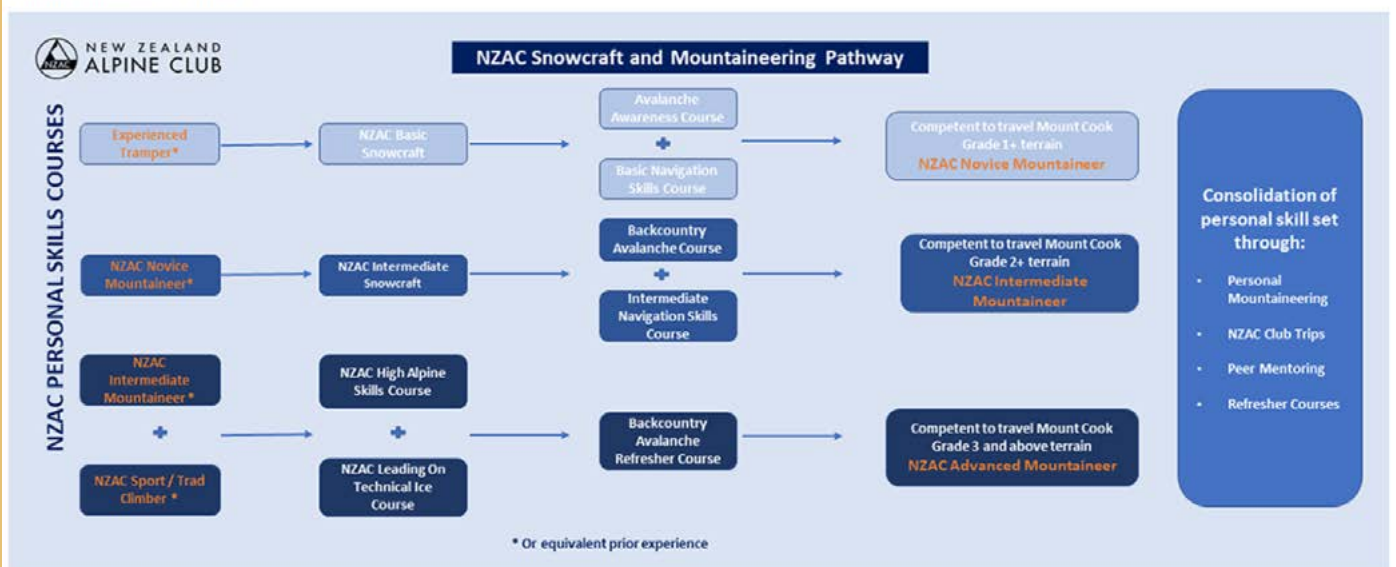
- Intro to Backcountry Ski Course, 31 August - 3 September 2024, 7-10, September 2024

## 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](mailto: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](mailto:sandyjanenelson@gmail.com)

### 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!



# OTHER BITS

CAN YOU HELP? SAVE THE DATE!

## 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!



## 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@windowsslive.com](mailto:l.wolken@windowsslive.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](mailto: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](mailto: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, click [HERE](#) and fill out our Google form.

## 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 you are interested, please click [HERE](#) and fill out our Google 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](mailto: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](mailto: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](mailto: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>
- 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](mailto: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](mailto: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](mailto: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](mailto: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](#)



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**VACANT**

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**Please Note**

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