



**Newsletter of the  
NELSON TRAMPING CLUB**

Founded 1934, Nelson, New Zealand  
[www.nelsontrampingclub.org.nz](http://www.nelsontrampingclub.org.nz)

# Nelson Tramping Club

## July 2011

### MEMBER PROFILE > *Merrick Mitchell*

- 1. Place of birth:** Cape Town, South Africa.
- 2. Occupation:** Trampler and student! No, really a bit of a jack-of-all-trades at this time of life. Veterinarian now retraining as church pastor. Spent time as a support worker for intellectually disabled before taking on role of medical business manager. House-husband.
- 3. Been a member for:** Coming up four years.
- 4. How have you benefited from membership?** Meeting lots of interesting fellow travellers. Wherever Lucia and I have lived in the South Island we have joined one of the local tramping clubs. Being an individual is important but so is belonging and contributing to a group of like-minded people.
- 5. Best trip:** Always the last one! But some are special, like the Lewis to Nelson Lakes three of us did earlier this year; Mt Travers, also this year; Waimakariri Col in my 40th year, Tapuae-O-Uenuku in my 50th year; North Peak with my brother one summer; tramps with Lucia and our daughters and extended family. When we first arrived in New Zealand we lived in Southland and did some great trips around the Southern Lakes. As a university student I did some memorable multiday trips in the Drakensberg of South Africa.
- 6. Worst trip:** Fading on Crusader a couple of years ago. Just not fit enough or fast enough!
- 7. Funniest moment:** Bumping into my next-door neighbour in Angelus Hut and not recognising him!
- 8. Scariest moment:** A climbing trip when we went off-route and ended climbing the wrong pinnacle, then got benighted, then trying to abseil down – we couldn't see the end of the rope but we thought it was just long enough to reach the ground; and it was – but only just. Really scary stuff. It was a salutatory lesson early in my climbing career to be better prepared.



Merrick Mitchell jubilant on top of Tappy (2885m).

PHOTO > COURTESY MERRICK MITCHELL

- 9. Favourite tramping hut:** Always the next one! Don't really have a favourite, but some are special, e.g. Woolshed Creek Hut near Mt Somers in Mid Canterbury; Red Gate Hut on Molesworth Station; Sabine Hut. I even like the Hackett Hut!
- 10. What wild place would you put at the top of your 'bucket list?'** Trekking in Bhutan. I would also like to visit St Helena Island, in the South Atlantic, where Napoleon died and some of Lucia's forebears came from.
- 11. Tell us something that others don't know about you:** My nickname is Mick – my father used to call me this sometimes. I recently started practising Tai Chi.

**WELCOME TO NEW MEMBERS >**  
*Chris Louth and David Sissons*

PRESIDENT'S COMMENT >

## Organised Spontaneity

**Very rarely do things happen spontaneously,** but when they do, they can be just magic. Most of our memorable moments involve activities with other people ... and most of these have involved people coming together to plan the 'event'.

Be it a twenty-first, a 40th, 50th or 60th, a family reunion, or a much-needed holiday, engagement or a wedding, or for that matter, a tramping trip, the excitement and the anticipation builds as the planning progresses.

That's exactly what happens in our tramping club. However, unlike spontaneous events, the club nights and tramping programmes are *not* immaculate conceptions, but rather take plenty of conversations, encouragement and now and again (though very rarely) a bit of arm bending.

These club nights and tramps are the lifeblood of the club and are brought to the wider membership by a bunch of enthusiastic, hard working members, commonly known as 'the committee'.

With regard to the club, it's that time of the year when we on the committee look to other club members to step up and join in. In fact – the more the merrier. As the saying goes, 'many hands make light work'.

Committee meetings are always informative, involve healthy debate and discussion, with dollops of brainstorming and of course, they are always rounded off by a sumptuous supper.

As an aside, I read somewhere recently that many successful people around the world put their personal development down to their non-paid employment activities. Like taking roles in youth groups, sports clubs, church groups, theatrical groups, etc. Even tramping clubs are fantastic places to hone one's skills and grow as an individual, all the while giving something back to the communities in which you live.

So, when a NTC Committee member next rings you, don't pass up the opportunity to be able to lend a helping hand, to learn more about the club, to give something back to your community, to grow as an individual and, most of all, have some fun along the way with a mighty bunch of people. Even better, like the blushing bride, say "I will", even before you are asked!

**Lawrie Halkett,**  
PRESIDENT

List of member's names & contact details are now on-line as a Master List on the club  
**WEBSITE:** [www.nelsontrampingclub.org.nz](http://www.nelsontrampingclub.org.nz)

EDITORIAL COMMENT >

## The White Stuff

**After the wettest Autumn on record, winter is *finally* here** – hooray! Don't you love the cold, crisp air every morning, and the smell of woodsmoke every evening? I do. And don't you feel sorry for those tennis or cricket players who rely on sun for fun; who curse the cold, who burrow and hibernate over the winter months?

I was like that, once, a winter agnostic, if you like. Now I can't wait for the snow to fall; that powdery white stuff that makes the mountains magic. To feel the steel of my crampon points bite into the ice. Can't wait.

And there's lots to cram into these shorter days... Come along to next club night, where Martin Rodd from DOC will entertain us with his tramping epics. (Remember to get your nominations in earlier for the club's Annual General Meeting.)

Also, there's more courses on offer from Mountain Safety Council, including First Aid and mountaineering; not to mention our own GPS and Compass Training Weekend in September at the Glover's bach.

If you want to get fitter, try the 20 Summits Challenge. You can support our local rescue chopper, enjoy camaraderie with other climbers, and receive a really nice shirt as a memento.

Lastly, don't forget to support your own club by participating in a *real* tramp. (See this month's excellent Trip Programme, and set some week-ends aside. Mark them on a calendar.)

Well, winter has arrived ... it's cold, it's wet, it's dark: bring it on!

**Raymond Salisbury,** EDITOR  
[newsletter@maxnet.co.nz](mailto:newsletter@maxnet.co.nz)



## Monday 8 August

### AGM

#### CALL FOR NOMINATIONS!

**Venue:** Nelson Intermediate School, Tipahi Street Nelson South

**Time:** 7:30pm

**Price:** Gold Coin donation

**Guest Speaker:** Martin Rodd, Dept of Conversation, and keen local trumper.

**Contact Pat Holland >**

**Phone:** 539 1340

**E-mail:** [p.t.holland@xtra.co.nz](mailto:p.t.holland@xtra.co.nz)

# TRIP REPORTS

## April–June 2011

### 10 April – Third House – Nelson

Leader: Brenda Griffin

**We started at the Brook Motor Camp for Third House.** There were no views along the way as cloud was low, making the bush stand out in all its different colours. It's a good climb until you meet the Dun Mountain Railway track, then it's an easy walk through to Third House for morning tea.

We weren't the only ones up early and walking. A number of the Baby Boomer generation were out on mountain bikes to Third House too.

On the way down, Val suggested we divert onto a track recently upgraded by the volunteers of the Brook Waimarama Sanctuary. We walked through some lovely native bush where volunteers have made a wonderful track. A great morning was had by all on this three-hour excursion.

Participants were: Brenda Griffin (scribe), Val Latimer, Alice Patterson, plus visitors: Pip Greer and Lorraine Knox.

### 21–25 April (Easter) – Poulter River – Arthurs Pass

Leader: Dion Pont

**On the 21<sup>st</sup> of April, seven members met at the White Bridge near Arthurs Pass.** In fine weather we started a 17km walk up the Poulter River.

About half way to Casey Hut, we did a small side trip to the Turnbull Biv on the true left of the Poulter River. Later in the day, we arrived at Casey Hut and settled in for the night.

Friday dawned fine, but overcast, and we set off for the new Poulter Hut, approximately 6km further upriver. This involved lots of boulder hopping and river crossing to gain the hut which proved to be a comfortable base for three consecutive nights.



Alice, Dion, Diedre, Chelsea, Ray, Wade & Mike at Lake Minchin

After lunch, Wade, Dion and Mike went exploring further up through the gorge to the new Poulter Biv, via the Worsley Biv. This involved deep river crossing and slippery boulders. Here Dion went for an unplanned swim.

Saturday was a rest day due to heavy rain, so we entertained ourselves with a few magic shows and tricks we played on each other.

On Sunday we headed up to Minchin Biv for the day. We had a real mixed bag of weather with rain, wind, and even a bit of sun! The creek was high and it made for tricky going during the last hour to the biv. A quick lunch was eaten and it was off back down to 'our' Poulter Hut.

Monday was another wet day. Raymond had to leave us and walk all the way out, while the rest of us had an easy day returning to Casey Hut. We had a look up Fenwick Stream to find the start of the track to Ranger Biv, another good trip for next time.

On Tuesday morning, we had fresh snow down and a freezing cold southerly wind – this made for a long, cold trip back down the Poulter to the car park.

Explorers were Dion Pont, Ray Salisbury, with Mike (scribe), Deirdre, Wade, Alice, & Chelsea Glover.

### 1 May – Holyoake Clearing – Abel Tasman NP

Leader: Christine Hoy

**A fine Sunday saw seven eager trampers** ready to head up to Holyoake Clearing. Meeting at the start of the track at Marahau we set off at a leisurely pace in brilliant sunshine. Certainly a welcome change from the adverse weather of late that has caused so many trips to be cancelled. The steep climb up to the clearing was broken by a morning tea break along the way. On such a fine day the views over the bay and beyond presented a beautiful sight.

Arriving at the clearing around noon, we made use of the conveniently-provided picnic table to partake of our lunch. Everyone agreed that the new shelter was more like a little hut and all were suitably impressed.

Having consumed our repast we retraced our steps back down to the car park, arriving later in the afternoon.

Thanks to all on the trip who made this a most enjoyable outing: Marie Lenting, Dan McGuire, Merrick Mitchell, Kelvin Drew and the visitors Marie Firth and Caroline Moore.

### 8 May – Airport Perimeter & Atawhai – Nelson

Leader: Robyn Walsh

**After heavy rain all week, and taking heed of Jim's advice,** the Doom Creek trip was changed to two short local walks in keeping with the easy grade advertised.



On this very mild morning, Jim and Robyn met at 10am near the airport to do the Perimeter Walk. Although rather cloudy, it quickly improved and we were soon in the sun.

We had a very brief look at the peninsular, then on to the northern end of the airport runway, where we make a rendezvous with Beverley who couldn't get here until then. Beside the golf course we sloshed round the edges of some surface flooding before arriving back at the cars.

Next, we drove into town via Rocks Road, where rather rough seas and a high tide produced some huge waves which smacked against the seawall and splashed onto the road.

It was midday when we arrived the the track start on the Atawhai hills. At this good vantage point we consumed lunch.

We then commenced a short climb through gum trees. Out in the open, we enjoyed excellent views down to Nelson City and beyond.

Trotting toward the Centre of NZ, we took a sharp left turn to climb up to the mast. By now, the weather was deteriorating as the clouds closed in. With jackets and hats on, we took in the panorama of the Boulder Bank.

Heading down a steeper track took us past a huge reservoir tank, and later, the palatial homes of Walters Bluff.

An interesting day concluded for Jim Maxwell, Beverley Muirhead and organiser/scribe Robyn Walsh.

## 22 May – Cullen Point, Marlborough Sounds

Leader: Gillian Arbuthnott

**This trip is for first-timers** and provides a very enjoyable and varied mix of hill climbing to the top of Hill No 473 (no historical or indigenous name here, just the stated obvious being the height of the hill), a pleasant circumnavigation of the bush-clad Loop Track and meander up the sloping path and steps to the Lookout.

Be prepared to be captivated by the sublime views of Pelorus



Hilde admiring the view above Townson tarn > Buckland Peaks trip

Sound and its sweeping environs emerging from the morning fog, enjoy lunch on the shoreline of Pelorus Sound where one enthusiastic person completed their early winter swim, walk in the company of friendly fantails, indulge in ice cream and coffee and cake at Pelorus Bridge on the return journey home and be filled with gratitude for a perfect day in the outdoors.

Thank you for your company: Beverley Muirhead, Brenda Griffin, Gillian Arbuthnott (scribe), Jim Maxwell, Robyn Walsh, Ron Mailer and visitor and intrepid Sound swimmer, Oliver Steeing.

## 20–22 May – Buckland Peaks – Paparoa National Park

Leader: David Blunt

**Following a succession of wet weekends**, the forecast of a large anti-cyclone coming in from the Tasman Sea gave rise to optimism for a fine weekend on the Buckland tops at the northern end of the Paparoa National Park.

As most trampers will know, you cannot always rely on what Jim Hickey says. And so it was that four of us drove down the Buller River gorges into increasing cloud.

Upon reaching the Buckland track carpark, light rain was falling. We set off with parkas on, following a farm road across the Caroline terrace for just over two

tedious hours.

From the park boundary it was a steady grunt up a bush-covered ridge for another 3.5 hours before dropping down to the six-bunk hut – a welcome sight as it loomed up in the murk just before darkness set in.

Spirits were soon revived after a change of clothing and hot drinks and a meal before settling in for a long night in the sack. Although there was no heating in the hut, it was quite cosy inside.

Next morning, there was still plenty of cloud around as we left the hut to climb back up to the ridge but much of it soon dissipated with the sun making an occasional appearance.

After an hour of gradual climbing we were soon in a different world; it had some likeness to the Mt Owen area except that all the rocks were granite, some worn smooth by past glaciation and some badly fractured by earthquake activity. It's a great area to wander around on, with its tarns.

We took delight in traversing the main Buckland Peaks and taking in 360-degree views, with the jagged peaks of the Paparoa Range just to the east on one side, and the township of Westport on the other.

Unfortunately, it was not clear enough to see Mt Cook, but was still good enough to shoot plenty of photos and to observe the

plant associations.

We were back at the hut by early afternoon and thoughts of sitting on the verandah in the sun did not materialise, as the mist rolled in again.

Next morning, we headed back out the same way, reaching the carpark in four hours, 10 mins. We got back into the sun at Murchison where a stop was made for coffees and a Pilsener.

All in all, 'twas a successful weekend in which the expectations of everyone were exceeded. Trampers were: Pat Holland, Hilde Somerville, Carole Crocker & David Blunt.

## 29 May – Richmond Hills –

Leader: Lawrie Halkett

**After the wettest rainfall** month on record (280mls) the last weekend in May proved to be a beauty. This must have been the reason so many club members ventured outdoors!

Firstly on Saturday to attack Ruth's olive trees at Frogs End (thanks to Peter, Ray and Ruth for the chance to do something completely different and in the process be rewarded with fine food, wine and some fantastic olive oil), and then on Sunday take on the Richmond Hills.

A leisurely 9am start saw a throng of people assemble at 8 Farnham Drive and after much head counting, and recounting, it was established that there were 17 hearty souls ready to do battle.

The route was from Easby Park,

## SUBS DUE !

**Membership subscriptions** are now due and are important for the continuing expenses of running the club.

A notice has been posted to you by the club secretary. *Subscriptions are due 1 July.*

**Annual subscription fees are:** Couple: \$45; Adult: \$30, or \$40 if newsletter & programme are posted to you. (These fees include an FMC Affiliation levy of \$10.00 per person.)

## Compass & GPS training for beginners and experts

**Date:** 24–25 September

**Leader:** Mike Glover – Ph 544 7955

**Location:** Glover family bach, Tadmore

**Times:** Start 9.00am Saturday. Finish approx. 2:30pm Sunday.

The morning session starts around the table with compass familiarization, map reading and grid references. Put this knowledge into practice with a navigational exercise outside.

In the afternoon, learn to navigate using a map and compass – the easy way. Go outside to check if the theory works. Inside again, we begin a full navigational exercise, starting at a basic level and getting progressively more difficult.

A BBQ potluck tea is followed by GPS training. There are bunk spaces for six people, (or bring your own mattress or tent).

Sunday morning will be spent in the bush to find set way points. Back at the bach talk about the exercises and answer any questions.

This is meant for everyone – make time for it, join in, learn, experience, share. There are new tricks to be learned and people with experience can help teach the beginners. Bring a compass and GPS if you have them.

## PRIVATE TRIP1

**Mount Tapuae-o-Uenuku**

**Date:** 25 – 28 August

**Time:** 4 Days.

Snow skills, sound fitness, ice axe, crampons and cold weather gear are all essential

If you are interested, contact Bill after work or by email.

**Contact:** Bill King **03-579-2142**

**Email:** [williamking@linesmart.co.nz](mailto:williamking@linesmart.co.nz)

**Note:** In conjunction with the Marlborough Tramping Club.

## WILDERNESS WISDOM

*There are three ways to attain wisdom:*

*Meditation – the noblest*

*Imitation – the easiest*

*Experience – the bitterest*

< Homily painted on wall of Powell Hut >

## PRIVATE TRIP2

**Rangitata–Godley area**

**Date:** 25 November – 4 December

**Time:** 8 Days.

**Routes:** Hard option: Upper Rangitata Valley > Forbes Stream or Winifred Stream > Terra Nova Pass > Godley Glacier.

Easier option: Overnight trips based in the Rangitata Valley.

The upper Godley valley, above Lake Tekapo, receives only a few visitors each year, and this makes it special. Godley Hut is uniquely located near 3 glaciers. Macaulay Hut could also be a base.

**Contact:** Bill King **03-579-2142**

**Email:** [williamking@linesmart.co.nz](mailto:williamking@linesmart.co.nz)

**Note:** In conjunction with the Marlborough Tramping Club.



up Reservoir Creek to the fire lookout at the top of the hill, then south along the ridgeline to Jimmy Lee Creek and back to home base.

It had been pre-arranged to learn a little from club member Allison Pickford and Sue Marren, of their predator trapping operations up both of these creeks running off the Richmond Hills. Both Allison and Sue have been trapping mice, rats, stoats and possums for over two years now and believe that they are seeing a response in the increasing birdlife on the hill ... which is great news for all us nature-loving outdoor types.

Allison Nichol is another long-serving predator catcher, working further south along the range in Will's Gully.

Early in the tramp, all the hikers saw New Zealand's second tallest tree standing at 73 metres (quote David Sissons), thought to be a mountain ash (*Eucalyptus saligna*).

In the same creek were a couple of very large totara. Speaking of trees, in Jimmy Lee Creek there is a very large matai and a good collection of reasonable-sized Tawas.

A big thanks to Allison and Sue for taking the time to show us about these catchments.

With such a big group on the

hill, people ambled about in slightly different directions, but at the end of the day the head count revealed that everyone had been accounted for!

All concluded it had been a wonderful day, with some physical exertion spiced up with a bit of education. All party members left for home in high spirits, aided and abetted by memories of plenty of blue sky and sunshine.

Our party included: Nicky Pavey (non club member), David Sissons (joined club day of the hike), Jim Maxwell, Beverley Muirhead, Val Latimer, Brenda Griffin, Gretchen Williams, Tony Haddon, Allison Nichol, Jilian Arbutnott, Robyn Walsh and partner Ken, Svenja (international student staying with Lawrie), Marie Lenting, Lawrie (scribe and leader) ably supported by Allison Pickford and Sue Marren.

#### 4-6 June – Mt Stokes/Titirangi Lodge – Marlborough Sounds

Leader: Uta Purcell

**Five trampers went for a holiday to the 'Fringe of Heaven' in the outer Marlborough Sounds, accompanied by partners and friends. After a coffee stop in Havelock, brighter patches in the sky raised our hopes to**



Titirangi summitters

escape the Nelson rain.

Titirangi Farm Park looked quite enticing from above and the steep road was good. During the afternoon we settled into the spacious lodge, explored the beach and walked on muddy farm tracks to a lonely cabbage tree.

Helen, who had turned back because of the mud, surprised us a little later by catching up with us on a farm road. Heavy rain fell during the night and early next morning.

It was 11am when we left for Mt Stokes, where the car park was full. We negotiated the track of rocks, roots, rushing water and mud. There were frequent stops to greet the 20-plus drenched looking members of a Nelson birthday party group who were already on the descent. Quite a few were known to us. They, and a lost florist on the road earlier that morning, added to our hilarity.

There was no view from the summit but the rain held back. Five happy trampers returned after five hours to a cosy evening of games and relaxation at the lodge.

Day Three's weather looked more promising but there was still plenty of low cloud. Packing up and tidying was quickly accomplished.

Above Te Mahia we walked 2km up to Onahau lookout, the views still under cloud. In comparison to some mountain bikers, we looked very clean. Picnic lunch was had in sun on Te Mahia wharf. And homewards we went.

Participants were: Christine & Dale Hoy, Marie Lenting, Mark & Bronwyn Stevens, Helen & Margaret King (visitors), Mike & Uta (scribe) Purcell.

## 20 SUMMITS CHALLENGE

To celebrate the Summit Rescue Helicopter's 20 year history, let's hike or bike up our local hills.

You can walk one, five or all 20 Summits, and be a part of the largest ever community climb in this region. Either join the scheduled climbs, or do the challenge in your own time – you have until the end of 2011 to complete the challenge.

Register and pay entry fee at:

<http://www.20summits.co.nz>

climb all 20 summits to receive a customised Tineli Cycle Shirt.



Centre of NZ  
Grampians  
Tantragee  
Fringed Hill  
Third House  
Dun Mountain  
Richmond Lookout  
Wither Hills  
Marsden Valley  
Mount Duppa  
Cable Bay  
Sharland Hill  
Ben Nevis  
Mount Arthur  
Gordon's Pyramid  
Lodestone  
Mount Robert  
Parachute Rocks  
Abel Tasman

# RISK MANAGEMENT THEORY > part two

BY RAYMOND SALISBURY

## THE COMPETENCE / DIFFICULTY MODEL

This graph (see Figure 3, right) places the individual trampler into a matrix defined by two factors:

**a)** their knowledge, experience, fitness, health and training. (i.e. **their competence.**)

**b)** the **difficulty of the tramp.** (i.e. track condition and marking, steep terrain, ice and snow, visibility, presence of huts and other people, etc.)

*“The ideal is to match a trampler’s competence with the actual difficulty of the tramp. This is referred to as a **PEAK EXPERIENCE.**”*

### Tramping Legend

If the individual trampler is extremely experienced, most of the trips they do will see them ‘cruising’ or even in ‘play’ mode, where there is little challenge. This can tempt them to ‘drop their guard’, and make silly errors.

### Novice Trampler

Conversely, if the individual trampler is a complete novice, then for most trips they will be ‘in over their heads’. They need to choose easier walks, then build up their experience slowly over time.

However, if they are persuaded to tackle a serious expedition involving steep terrain and inclement weather, they will be severely challenged, or even suffer psychological distress. (Examples of this stress range from vertigo, paranoia, to getting put off tramping altogether.)

### Diversity

Note that within each party, there will be a range of abilities. It is the responsibility of the leader to gauge the competence of each prospective member of his/her party.

Also note that during a single tramping trip, a party might encounter very easy terrain on the first day, in pleasant weather, but very difficult conditions later on. They may move from being in ‘cruise’ mode, to ‘challenge’ mode.

In Figure 4 (above right), a party of four (indicated by an X) are attempting an overnight tramp to Salisbury Lodge, in Kahurangi National Park. This is normally a 4-hour stroll over a wide, easy path, to a large comfortable hut – great for teenagers or novices as an introduction to the outdoors.

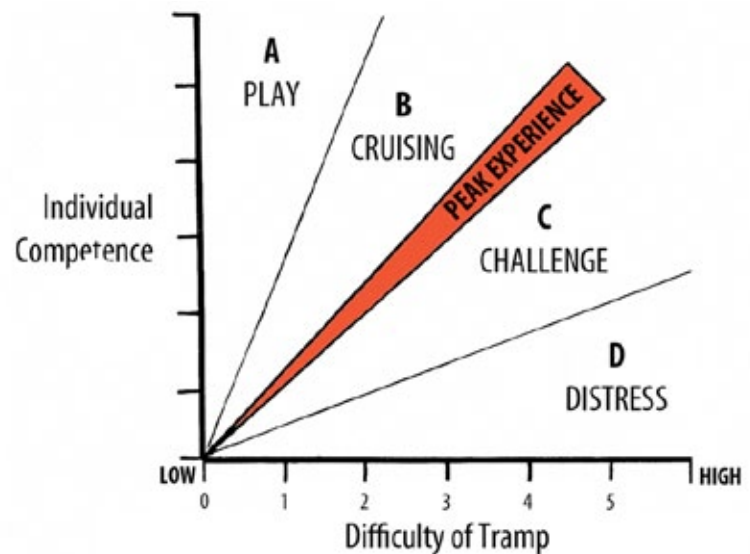


Fig. 3. Competence / Difficulty Model

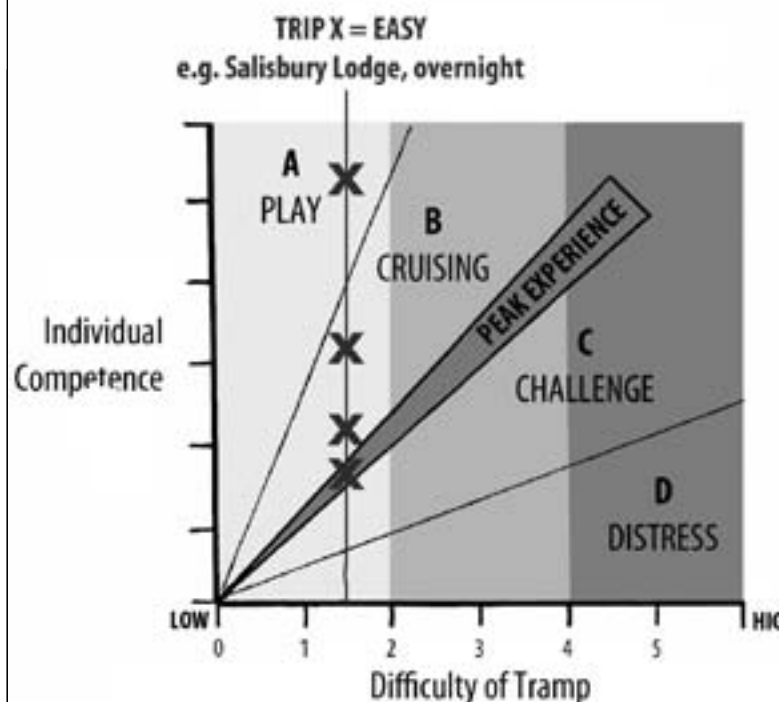


Fig. 4. Competence / Difficulty Model

Note that one very experienced trampler is in the ‘play’ zone, perhaps the leader. He must be careful not to get too bored. The other three members of the party are ‘cruising’.

### Choosing the right trip

However, if this exact same party attempted to climb Mount Tapuae-o-Uenuku during winter, the less competent members would be seriously challenged, or even distressed – totally out of their depth.

## UPcoming CLUBNITES >

7:30pm Nelson Intermediate School, Tipahi Street. Gold Coin.

Monday 8 August 'AGM'

**Martin Rodd**

Dept of Conservation

Monday 3 October:

**Marguerite V**

Hiking the Inca Road & climbing volcanoes in Ecuador

-PLUS!-

**Ray Salisbury**

Recounts his epic 80-Day Cape to Cape Traverse

Monday 5 December:

**Photograph Comp**

## DOC UPDATES

### **Kahurangi National Park:**

3 huts are being rebuilt on the Heaphy Track: Perry Saddle Hut, Heaphy Hut & James Mackay Hut.

### **Abel Tasman National Park:**

Anchorage Hut, built 1975, will soon be replaced as a 30-bunker.

### **Nelson Lakes National Park:**

Lake Angelus Hut was full 30% of the time. Bookings not needed in winter season (til 27 November.)

### **Mt Richmond Forest Park:**

Rocks Hut had a major upgrade. Right Branch Wairoa is now painted orange in its new location on the Porters Creek Hut site.

### **St James Walkway:**

Anne Hut was replaced during May.

A full list of removed or destroyed huts can be downloaded from:

<http://www.doc.govt.nz/.../backcountry-huts-removed.pdf>

## OUTDOOR SAFETY COURSES RUN IN NELSON

20-21 August > Cost \$TBA

### **Basic Alpine:**

This course is aimed at those with limited experience and are looking for entry-level instruction to mountaineering. (Pre-course evening=2 field days)

**Pre-requisites:** Certificate of Attendance from 'Alpine Introduction' or equivalent (e.g. has used crampons and ice axe on snow).

#### **Outcomes:**

- Correctly fit a harness
- Tie appropriate knots.
- Set up snow anchors & belays
- Use a rope effectively.
- Understand alpine weather.
- Basic knowledge of map/compass
- Establish an emergency shelter.
- Be familiar with transceivers.

**Safety:** the course is to be taught on non-technical terrain.

10-11 September > Cost \$150

### **Outdoor 1st Aid:**

The Outdoor First Aid course is designed to equip you with skills and knowledge necessary to manage outdoor accidents. Six hours practical work in the outdoors treating people injured in mock accidents.

**Venue:** Paretai Lodge, Brightwater.

#### **CONTACT DETAILS >**

**Contact:** Evelyn O'Neill.

**Mail:** 23 Coleridge Place, Stoke.

**Telephone:** (03) 547 2426

**Email:** [nelson@mountainsafety.org.nz](mailto:nelson@mountainsafety.org.nz)

## Living Legends Where the field meets the forest

## PLANTING DAY 24 September



Meet **Todd Blackadder**, our local 'Living Legend'. He captained the All Blacks 14 times.

Living Legends will be planting around the Department of Conservation administered Whakapuaka Wildlife Reserve.

It's located at the head of the Haven Estuary adjoining the Boulder Bank north of Nelson.

Volunteers will plant 5000 additional native trees at this site.

The Haven Estuary is of national importance as a major feeding area for wading birds and fish.

#### **To register, go on-line:**

[www.livinglegends.co.nz/register-events/tasman](http://www.livinglegends.co.nz/register-events/tasman)

## CONGRATS >

Well done to David Blunt & Ray Salisbury whose photos won prizes in the national FMC Photo Competition, and appear in the latest FMC *Bulletin*.

## COMMITTEE >

**President:** Lawrie Halkett

**Vice President:** Jo Kay

**Correspondence Secretary:** Pat Holland

**Treasurer:** Marguerite V

**Minutes Secretary:** Merrick Mitchell

**Gear:** Mark Stevens

**Programme Team Rep:** Uta Purcell

**Committee:** Raymond Salisbury, Dion Pont, Bob Janssen.

**Newsletter Editor:** Raymond Salisbury  
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Post trip reports to: 71 Montreal Rd, Victory

**Website:** [www.nelsontrampingclub.org.nz](http://www.nelsontrampingclub.org.nz)

**Mailbox:** 114 Vanguard Street, Nelson