

e-magazine of the Alpine Sports Club Incorporated

Ita Montium via Nostra - the Mountain Path is Our Way

April 2022

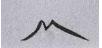


Contents	Page 2 - 3
> Committee and Club Contacts	2-3
> Editorial	3
> President's column	4
> Notices	5 - 6
April and May club nights	7

>	Waitakere tracks update	8
>	Trip report - family weekend at Ngatuhoa Lodge	9 - 10
>	Trip report - Karamu walkway revisited	11 - 13
>	Ruapehu in the summer	13 - 16
>	More trips	16 - 17
>	Trips and tramps	17 - 18
>	Easter camp 2022 details	19
>	Gear and equipment	19 - 20
>	Annual subscription invoice 2022 - 23	21
> nig	Ruapehu and Waitakere huts - bunk ht rates	22 - 23

CLUB CONTACTS

COMMITTEE	NAME	PHONE NO	EMAIL ADDRESS
President	Scott White	027 497 9017	president@alpinesport.org.nz
Vice President 1	Miranda Hutton	022 6488 733	miranda@alpinesport.org.nz
Vice President 2	Bart Schroder	021 177 7367	comms@alpinesport.org.nz
Secretary	Jenny Hudson	021 626 330	secretary@alpinesport.org.nz
Treasurer	Jackie Ponting	021 209 3120	treasurer@alpinesport.org.nz
Ruapehu Co-ordinator	Johann Schoonees	0210 2405 2147	ruapehu@alpinesport.org.nz
-assisted by	Jane Rogers	0274585750	jane.rogers@xtra.co.nz
-assisted by	Bart Schroder	0211777367	bart@alpinesport.org.nz
Tours Officer	Mark Roberts	021 083 36285	tours@alpinesport.org.nz
- assisted by	Lesley Hawke	021 670 981	hawke.lesley@gmail.com
Ruapehu Booking Officer	position vacant		bookings@alpinesport.org.nz
Membership Secretary	Tracey Laga	09 279 9110	membership@alpinesport.org.nz
Advisor and Past	Warren Whyte	027 675 2147	wandjwhyte@xtra.co.nz
Treasurer			
Website and database	Clive Bolt	09 534 2946	clive@alpinesport.org.nz
CLUB APPOINTMENTS			
Waitakere Hut Bookings	Joe Scott-Woods	022 385 2100	pjscottwoods@icloud.co.nz
Waitakere Hut Officer	Paul Lyon	027 421 8100	plyon.plm@gmail.com
Waitakere Regional Park Liaison	John Mackay	09 303 2774	john@urbs.co.nz
Alpinesport Editor	Jenny Hudson	021 626 330	media@alpinesport.org.nz
Alpinesport Distribution	Annette Voll	09 521 0034	annetteevoll@gmail.com
Social Media Co-ordinator	Jeanine Scholey	022 500 8902	janscholey@gmail.com
FMC magazine distribution	Warren Whyte	027 675 2147	wandjwhyte@xtra.co.nz
Club Evening Co-ordinator (key holder)	Lesley Hawke	021 670 981	hawke.lesley@gmail.com
Club Evening Co-ordinator (programme)	Fiona Heenan	0216332655	fionaheenan@yahoo.com
Club Gear for Hire (PLB'S)	Murray Davidson	09 528 4504	ddjhmjnz@gmail.com



Club Gear for Hire (climbing and snowcraft)	Brian Duffy	09 528 3782	bwd742@gmail.com
Thursday Walks Co- ordinator	Clive Bolt	09 534 2946	cbolt@xtra.co.nz
Midis and Midis Plus Co- ordinator	Sherilyn Coney	09 624 5447	sconey@xtra.co.nz
Summer Camp Co- ordinators	Mark Roberts	021 083 36285	tours@alpinesport.org.nz
	Miranda Hutton	022 648 8733	miranda@alpinesport.org.nz
Club records archivist	Jenny Hudson	021 626 330	jenny@hudson.co.nz
RUAPEHU A-FRAME	PHONE NUMBER	07 892 3710	

RUAPEHU BOOKINGS (by website only)

Book by selecting the 'Online Booking' option on the Club website and follow the instructions. Likewise, for changing or cancelling a booking, or applying for a refund, follow the website instructions. To contact Booking Officer, email: bookings@alpinesport.org.nz

NEXT ALPINESPORT - JUNE 2022

Look out for the next issue of Alpinesport in early June.

The deadline for content to be sent to the editor (media@alpinesport.org.nz) or jenny@hudson.co.nz is 15 May 2022. Keep those photos, trips and stories rolling in!

EDITORIAL - by Jenny Hudson

Hello everyone

What a summer we've just had! Plenty of hot, dry weather and adventures for people big and small, with more to come. In this edition Sue and Brian FitzPatrick provide an interesting account and photos of the Ngatuhoa Lodge weekend attended by quite a few families. The Easter camp at Whangarei is not far away and has lots of interesting activities on offer.

RAL has just announced that it is planning to resume normal activities on the ski fields this winter and the first snowflakes have fallen already. Of interest is that the carpark management system tried out last year is being dropped and parking will be on a first come, first served basis. Now is a good time to start planning your winter skiing/climbing/snow tramping to take advantage of our wonderful facilities at the A-Frame and Bunkhouse. After 2 years of winter lockdowns, demand for bunk beds will almost certainly be high.

This is the time of year when we publish membership subscription rates and Mt Ruapehu/Waitakere Hut bunk rates for the 2022 - 23 season. These are set out on pages 21 - 23 of this magazine. To offset rising costs, the Committee has agreed with great reluctance to modest increases across the board, except for the Waitakere Hut. Early payment of your subscription is always appreciated.

Have a great autumn and Easter!

Best wishes, Jenny



PRESIDENT'S COLUMN - by Scott White

Unfortunately we still have Omicron to face and we all need to continue to take extreme care with our movements and life style in general. The basic rules which we should all be aware of are still the same. We live in a different world at the moment, do we not!

For details of planned activities, please look at our web site and in this issue of our on-line magazine. Some of our more successful events, for example Small People on Big Hills and Women's Overnighters, will hopefully resume once leaders return from overseas travel and other commitments. The Thursday Walks have been very popular and covering different areas. Many thanks to Clive Bolt for organising these. The recent email he sent out to appropriate members regarding the coming Thursday Walks was very informative.

We are still holding our Club Nights but unfortunately in the immediate future on we may not be able to supply our coffee, tea and nibbles. This is owing to the presence of Omicron...!

On a different note, there have been some concerning issues raised by FMC, FOR Parks and other organisations about the future management and development of Auckland's regional parks. The Council issued a 500+ page draft consultation document late last year. After reviewing the draft plan, which will form the blueprint for regional park management for the next decade, the Club made a submission supporting FMC and FOR Parks, and in particular the following key issues:

- opposition to the proposed inclusion of most regional parks within the Hauraki Gulf Marine Park;
- support for inclusion of FMC and FOR Parks as key stakeholders for each park and opposition to any management model that devolves responsibility from Auckland Council;
- opposition to proposals for managing congested tracks (eg one way tracks or loop tracks) and support for additional tracks to spread the demand;
- opposition to the introduction of track charges, suggesting that a better outcome can be achieved by promoting less popular parks and providing amenities that encourage people to visit those parks;
- That the RPMP does not go far enough in setting strategic priorities for the funding and implementation of the proposals outlined in the document. Currently, while its intentions are supported, it lacks the teeth to ensure confidence in what, how or when those intentions will be realised;
- opposition to the closure of legal roads whether formed or unformed unless there are special circumstances, such as at Muriwai Regional Park, which justify such measures.

The Council is intending to hold a public hearing in May, which Club representatives will attend.

Finally, I hope you are all like me and go out for regular walks of 2-3 km or thereabouts in your local area.

Many thanks...

Scott White - President



NOTICES

Help! Volunteer(s) needed to manage our Ruapehu hut bookings

Is there a keen skier or climber out there who can spare a few hours over the winter months to manage our A-Frame and Bunkhouse bookings?

While most bookings are made via the website, there is a bit of fiddling around with rescheduling dates, arranging refunds and helping people who are not able to use the website, or get stuck. Yes, it happens to us all! With little likelihood of further Covid-19 lockdowns, there shouldn't be too many refunds as these are only given in exceptional circumstances.

Group bookings also involve personal contact and are a great way of promoting the club to others. This could be a separate role from managing the website bookings.

So here's a chance to add to your skill set and make an important contribution to the running of the club.

Please get in touch with **Clive Bolt, Bart Schroder or Johann Schoonees** for further details. Their contact information is on pages 2 and 3 of this magazine or in the Club Directory.

RUAPEHU VOLCANIC ALERT LEVEL 2

Mt Ruapehu has a level 2 volcanic alert in place. For updates on the alert level go to: https://www.geonet.org.nz/volcano/ruapehu-

A HUGE SHOUT OUT...

...to **Foundation North**, who recently gave us a community grant of \$5000 towards the club's operational costs.

Amongst the many things that he does for the club, **Warren Whyte** spent hours researching potential sources of funding for organisations such as ours that



have been hit hard by covid lockdowns.

Behind the scenes, Warren's diligence and negotiating skills have produced an excellent result, in an environment where grants are becoming increasingly hard to obtain.

Well done, Warren and thank you Foundation North!

A BIG THANK YOU TO REDGRAVES FURNISHINGS FOR THEIR ACT OF KINDNESS

Acts of kindness come in many shapes and forms. When one of the Committee went hunting for a few extra curtain track gliders for our large curtains at the A-Frame, identical items proved difficult to find. **Redgraves Furnishings** in Constellation Drive on the North Shore have given us enough replacement gliders for the full length of track, along with some silicone spray to make sure they move smoothly.

A very thoughtful, unsolicited gesture from this family-owned company. Thank you again, Redgraves.

RMCA Nominations For Executive

Here's an important notice from Jane Jones of the RMCA (Ruapehu Mountain Clubs Association)

It's that time of the year again when we ask all our member clubs to think about nominating someone for the Executive. It is a stimulating body to work with, bringing together people from right around NZ and dealing with a wide range of outdoor recreation related issues.

Likewise, if you are passionate about outdoor recreation and you support the work we do, if you have time and skills you'd like to contribute – especially in policy, planning, law, or administration – FMC would love to have you on board.

This year is going to be a big one as the maximum third consecutive one-year term for our President comes to an end, and a new President will be elected.

To learn a bit more about what the FMC executive do, and what being on the executive means, take a look at our <u>FMC Executive prospective member FAQ</u>.

If this sounds like your thing, get a member club to nominate you!

Nominations can be <u>on the form emailed to your club [contact Jenny Hudson]</u>, or a club may simply email its nominations directly to <u>eo@fmc.org.nz</u>, provided each nominee also sends an email consenting to the nomination. All nominations must be received by e-mail no later than **5pm on 6 April 2022**.



CLUB NIGHT - 7:30 PM, TUESDAY 5 APRIL 2022

St Mark's Church Parish Hall, Remuera Road

Travel to South America and the spectacular Patagonia and Iguazu Falls with our club night speakers Jeanette and Murray Davidson as they delight us with a video presentation of their FMC tramping trip.



And good news - no QR scanning or vax passes required, but masks should be worn and unfortunately supper will not be served.

MAY CLUB NIGHT TUESDAY 3 MAY 2022



Our May Club Night speaker will be Keith Woodley who has been the manager at Pukorokoro/Miranda Shorebird Centre since 1993 and is the author of Godwits: Long-haul Champions and New Zealand Shorebirds: Sharing the Margins.

When we think of North Korea, shorebirds is not usually the first image that comes to mind so Keith's talk entitled *Filling the Gap – 5 Years of Shorebird Surveys in North Korea* should be really fascinating. Why North Korea you may ask? The Yellow Sea region is a critical stopover area for godwits and other shorebirds birds migrating between Australasia and the nesting sites in the Arctic. Up until 2014 most important shorebird sites on the coasts of China and South Korea had been identified. But there was a substantial knowledge gap in between - come hear about how that gap was filled.



UPDATE FROM JOHN MACKAY ON WAITAKERE RANGES TRACKS

Kauri Dieback and the closure of tracks in the Waitakere Ranges continue to spark fierce debate. Anyone who has spent time in workshops with Norm Judd or Dr Mel Barton will know that there are extremists on both sides and lots of misinformation.

Regional Parks have had the budgetary squeeze, at least since Rodney Hide and Mark Ford set up the Super City. Behind the scenes though, there are dedicated park rangers like Stuart Leighton and Dan Real, who are doing their best to honour the commitment to upgrade and re-open tracks in the ranges.

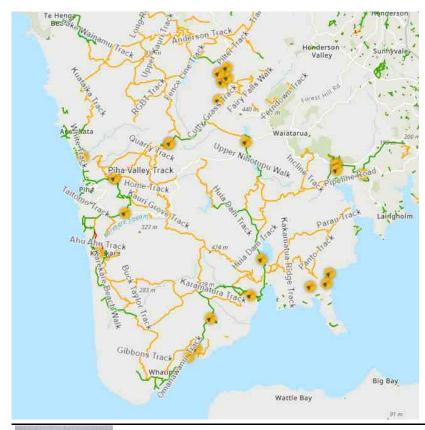
ASC supports their work and, though we still haven't managed to get a track connection from Anawhata Rd down to Piha, our advocacy was successful in opening up Cutty Grass Track and enabling the resumption of our baiting work in the Kokako Block. We also provide the regular official track inspection for Comans Track, linking up the coastal cliffs from Karekare to the Ahuahu Track.

The rangers are keen to open up some of the longer tracks through the ranges. So far they have managed to connect:

- Upper Huia Dam to Whatipu via Karamatura Track and millions of steps along the Omanawanui ridge
- The Pararaha to Anawhata via a massive bridge structure (and some roads which will hopefully soon be replaced by the coastal ridge down to The Gap)
- Many other track fragments that will eventually link up to enable multi-day tramps through the ranges.

New tracks are being opened frequently. For an up-to-date map of re-opened tracks (including those in the Hunuas, on Waiheke, and in the Kaipatiki catchment, go to the Auckland Council/Parks & Recreation website – or click on:

https://aucklandcouncil.maps.arcgis.com/apps/webappviewer/index.html?id=090a929b13884cfdb17078f7bb41c8a4





FAMILY WEEKEND AT NGATUHOA LODGE 11 - 12 MARCH 2022

by Sue FitzPatrick

An action-packed weekend for children from pre-school to teens, parents and even grandparents!



The lodge and its surrounds



Around the breakfast table

The exciting range of activities had been well advertised, so although Covid meant some families weren't able to go, there was still a good, adventurous group participating.



Getting ready for tubing



4 ladies form a train

Sitting in tubes racing down the small rapids of the adjacent river, kayaking, zip lining, a confidence course, making huts in the bush and tramping on some of the many tracks nearby.



Ashlinn in a shute



A turbulent journey





Ethan helpfully carries 2 tubes back to the start

This year a new activity was included - scrambling, which involved climbing up a very, very steep slope with hand and foot holds dug out of the clay.

Great views for those confident enough to look down. However, for me one of the best part of the weekend was the sense of freedom and



isolation away from the very strange world we

are experiencing. No internet, so no news and no chance for children to sit with their devices.

For a number of the children, it was their first time in such an environment and the chance to attempt new challenges. It was heart-warming to watch their confidence grow. Tears of fright turned to big smiles as they realised what they had achieved.



Preparing the barbeque



Toasting marshmallows

When the chance to join another weekend comes up, do take advantage of the chance to enjoy a very special time.

Photo credit: Brian FitzPatrick



KARAMU WALKWAY REVISITED 6 MARCH 2022

- the first Sunday tramp for the year

by Don Baker, trip leader

It has been more than 6 years since I last led a trip over the Karamu Walkway, this being my fifth trip to the area. Another four members join the august band of successful Karamu trekkers adding their names to the veteran thoroughbreds of Brian and Sue FitzPatrick, Warren and Jocelyn Whyte, and a repeat performance from Elisabeth Jobbins.

The 2022 new thoroughbreds were Murray and Jeanette Davidson, and Jenny Hudson and Peter Loveridge. The trek is ideal for our aging membership - this year taking 4.75 hours of walking to complete the 10.5km, a little longer than previous outings. With about 4 hours of driving for the round trip and arranging the car shuffle, the day out is as much social as it is aerobic.

This time the effects of climate changes could be



ladies in waiting at the start of the track, doing what women always do... knitting!

seen. The area was hotter and dryer than previous years and there was less wildlife to view.

The walk starts from the Four Brothers Scenic Reserve on the Raglan Road and climbs through native bush to open hilltop farmland with views to Hamilton, and Mt Karioi. The walkway follows a farm track along the main dividing ridge between the Waipa River and the west coast catchments.



ready to set off



hot and dry pastures



the view over the Waikato and towards Hamilton

The track carries on across the Old Mountain Road and becomes part of the Te Araroa Trail though there is no signage indicating this, nor did



we meet any TA NOBOs or TA SOBOs. We didn't see any humans either once we left the cars. It feels quite wildernessy. This part of the route is dominated by limestone bluffs and outcrops and even some limestone pancake rocks.



limestone eroded by waves during the Ice Age - Murray Davidson in foreground



more great views

We move through a series of paddocks and though trees are in short supply there was nice breeze to prevent us from overheating. We stopped for lunch with a cooling breeze overlooking the Waikato Basin and elevated views of the route ahead of us.

Moving on we reach the airstrip and continue climbing up a narrow gully to a saddle where we deviate from the track to climb up the ridge to the local highpoint with views back to Hamilton, across to Pirongia, and westwards towards



braving the narrow ridge - Jeanette Davidson in foreground

Raglan. It is an inspiring highpoint where we can trace our route across the farmland during the course of the day.



which way up is this stick insect? A remarkable find on a fruiting kahikatea tree

From here we descend steeply down the grassy slopes to rejoin the walkway at the start of a privately owned bush reserve. Here grows the Karamu which gives the walk its name. Continuing downhill on a steep clay farm track through the bush, we emerge on to farmland again and reach the Kaniwhaniwha Stream. DOC has demolished the old swing bridge crossing this stream, and the track is rerouted round the fertilser factory on to Fillery Road which adds about 10 minutes to the walk.

A fine day to kick off the Sunday tramps.

photo credits: Don Baker, Peter Loveridge, Jenny Hudson





Karamu Walkway - ridgeline view of Mt Pirongia



Ruapehu in the Summer 2022

Ruapehu Working Bees

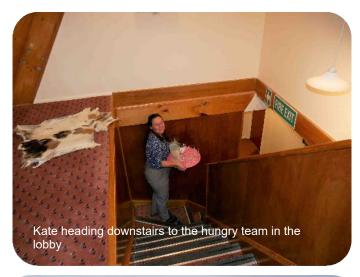
Johann and his team have done an amazing job at the working weekends during February and March.

Bart, Brian Duffy and Johann on 16-17 February erected 6m high scaffolding on the full height of the south gable (kitchen side) of the A-frame. The next work party on 26-27 February attracted 14 volunteers including new members Wiona and Etienne van Huyssteen - their first club outing! On 5 - 6 March there were 11 adults, 2 teenagers and 2 younger children; everyone contributed.

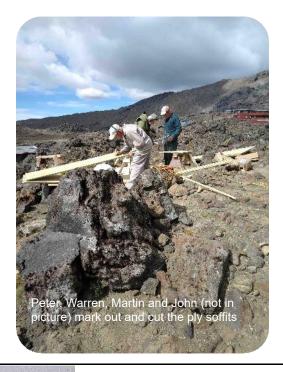
The A-Frame kitchen side wall has now been painted. The badly weathered fibreboard soffits over the gable presented quite a challenge; after much thinking and discussion they were painted with sealer and covered with a good quality, airtight membrane. They were then clad with plywood boards of similar appearance to the board-and-batten cladding on the extension part of the A-frame hut, which will hopefully last a long time and require little maintenance.

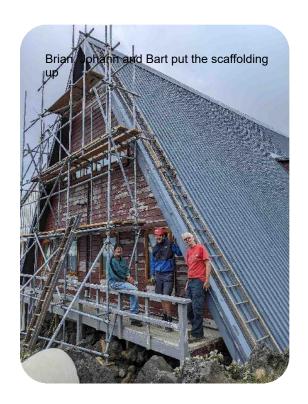
Replacement of the soffits involved a lot of huffing and puffing to bring the heavy plywood sheets up from the carpark. Thankfully several of the team of 16 who arrived for the last work party on 19 - 20 March were up for the challenge. The sheets then had to be cut to size and lifted into place.















While this was going on our climbers Christina, Jackie and Craig got some practice in on the A-Frame roof, treating rust spots on both the A-frame and Bunkhouse roofs with primer and paint. Thanks to Eleanor and Dick there was also a big clean up of building debris and paint spills on rocks.

Meanwhile the 'indoors team' got on with a multitude of tasks to get the huts ship-shape for the season - from spring cleaning everything not nailed down, to the food stocktake, laundering sheets and pillowcases, drycleaning curtains, scrubbing floors, defrosting freezers, cleaning cupboards and ovens, and removing empty paint pails.

Finally, Kate Schoonees deserves special mention. In her professional capacity as an architect, she not only organised the maintenance work but is also an accomplished cook, making scones and brownies for morning and afternoon teas, producing delicious lunches and a cooked dinner on Saturday night!

Well done, team of 45! Now we're all ready for the food drop on 14 - 15 May 2022.

Ruapehu Food Drop Saturday-Sunday 14 - 15 May 2022

Help carry our season's delivered provisions from the car park to the A-frame hut on Saturday morning. We are usually done by lunchtime or early afternoon, which leaves the afternoon free for a walk or just socialising, and a shared meal in the evening. Sunday morning we put the finishing touches on getting the huts sparkly clean and the rest of the day is free for perhaps soaking in a hot pool on the way home. New, current and former members all welcome. **Accommodation free and all meals provided.**

Leader: Johann Schoonees 021-0245-2147 <u>ruapehu@alpinesport.org.nz</u>

Options for Activities at our Lodges

- > Stay for a few extra days after a working bee and enjoy some fabulous autumn fun without the crowds.
- If you have an interest in any of the following activities, put your name forward to organise a few days at the mountain and share your knowledge/skills with others:
 - Intro to outdoor climbing
 - Rock climbing exploration week
 - Mountaincraft for kids

- 'The Goat' weekend
- Mountain biking week
- Guided botanical tour of Alpine flora



- Yoga/Pilates/Tai Chi retreat
- Photography workshop
- Orienteering
- Stargazing and astronomy

- Video editing workshop
- Creative cooking kitchen
- Family gatherings/celebrations

A COUPLE OF OTHER TRIPS......

Rakiura (Stewart Island)



Masons Bay, Rakiura, visited by Jeanette and Murray Davidson



Rakiura wetland between Masons Bay and Freshwater Hut - photo credit Jeanette and Murray Davidson





Coromandel

Joe Scott-Woods above Otama in Kuaoutunu Forest, Coromandel



More trips are in the pipeline so keep a look out for details in our newsletters, Facebook page and the next issue of Alpinesport.

Karangahape Mountain	Sunday	3 April 2022

A walk to the top, probably for lunch and then returning on the loop track to complete a circumnavigation, with an option for a longer return trip at the party's discretion, if conditions allow. No car shuttle required. Carpooling at the option of members. For more information or to book contact Sue FitzPatrick: Ph: 576 1069 or suzette@knockbane.co.nz

We will meet at the White Barn (it was previously painted red), 108 Sommerville Road, Howick to



explore the walkway in both directions. Bring your lunch and drink. For meeting time and more detail or any changes to the plan please contact the leader.

Leader: Sue FitzPatrick - suzette@knockbane.co.nz or 021 111 5356

Far	North	-	Te	Paki	Multi-day tramp	postponed,	dates	TBA
coas	stal track					(possibly late	April)	

This trip was set to go on 11 March 2022 with 5 participants, but had to be postponed at the last minute. Peter Loveridge and Jenny Hudson are still planning to walk the Te Paki coastal track (3 nights) in the Far North before the weather turns too cold or the days become too short - possibly after the April school holidays.

While the track is not difficult, camping and cooking gear must be carried as there are no huts.

The DOC website says: "This stunning coastal track traverses a variety of beautiful and unique landforms, and offers spectacular views of the cape region."

Day 1: Start at Waitiki Landing with shuttle to the road end at Kapowairua - the car is driven back to the operator's depot. The track follows the beach (tide dependent) from Kapowairua (road end) along Spirits Bay to Pandora DOC Camp Site. (9 km, 3 hrs, 30 sites, no booking, free)

Day 2: Head inland and above the coastline, descending to the DOC Camp Site at Tapotupotu Bay. (9 km, 5 hrs 30, 25 sites, booking required, \$15 per night)

Day 3: The track comes out at Cape Reinga lighthouse and shop. It continues along Te Werahi Beach (tide dependent). A stream outlet is crossed and the track then continues over sand hills and above the coastline before descending to Twilight Beach. There is an optional side trip to Cape Maria van Diemen (1hr 30). At the south end is the DOC Twilight Campsite. (14.25 km + option, 6.75 hrs +option, 25 sites, no booking, free)

Day 4: The track rises up a coastal track before descending to Ninety Mile Beach. It then follows along the beach to the outlet of the Te Paki Stream. At this point walk up the stream (shared with tour buses) to the road end (4 hrs 30) to meet the shuttle operator and return to Waitiki Landing.

Dates are dependent on tide times and accommodation for overnight stays before and after walking. Travel times are at least 5 hrs 30 mins from/to Auckland.

Please contact Jenny on 021 626 330 or Peter 021 2677 998 if you are interested.

EASTER CAMP AT MANAIA BAPTIST CAMP, WHANGAREI

Thursday 14 April - Monday 18 April 2022





above images of campsite are from the http://www.regentcommunitytrust.org/ website

ASC has booked the Manaia Baptist Camp, Whangarei for our exclusive use this Easter. Situated on the harbour side of the stunning Whangarei Heads, Manaia Camp has its own harbour beach and is within walking distance from the Mt Manaia and Mt Aubrey tracks.

Plenty of walking possibilities in the area, possible kayak hire and 10 minutes drive to Ocean Beach. We are working out the safest way to hold a camp during what will likely be a Red Covid setting.

Accommodation is in multiple bunk rooms with shared facilities, kitchen and dining hall, plus a house and lodges as well as camping possibilities. Cost is \$14 per person per night, all ages. Vaccine passes will be obligatory for 12+ and you'll need to be a current ASC member to book. Contact Miranda Hutton to book mirandajhutton@gmail.com

GEAR AND EQUIPMENT

The Club's Directory and Membership list provides guidelines for participating in tramping, climbing and outdoor activities and a suggested gear list, food list and recipes can be found on the club website www.alpinesport.org.nz. The gear list below is an excerpt from the Directory - intended to act as a guide for beginners to tramping and a reminder to others of what is necessary, and what is optional if you are prepared to carry it. Keep the list in a place where you can use it as a checklist each time you go on a trip (best laminated and kept with your gear). Note that jeans are not suitable for tramping.

Bush Day Trip - Recommended Personal Gear

Day pack with gear in waterproof bags	Handkerchief
Waterproof parka with hood	Whistle (to blow if separated from group)
Sunhat and sunscreen	Torch



Warm hat and gloves	Watch
Fleece or wool jersey	Lunch, snacks and drinks (at least one litre)
Personal first aid kit and emergency blanket	Toilet paper and hand sanitizer
Personal medication	Ladies toiletries

Consider carrying: overtrousers, gaiters, plastic to sit on, trekking pole(s), mobile phone, map and compass, money.

Wear: quick-dry shorts, socks and boots or sturdy shoes, polyprop, woollen or silk tops (not cotton). Cut your toenails before the trip.

In the vehicle, leave: a small towel, change of clothes and shoes, plastic bag for dirty boots.

Personal first aid kit for day trips

Plasters 6 - 10	Cohesive bandage eg crepe or gauze
Plaster strip	Disposable gloves
Sticky tape	Triangular bandage
Safety pins	Personal medication including pain relief tablets
Scissors	CPR face shield
Tweezers or splinter probe	Paper and pencil
Non-alcohol wipes (or Betadine drops)	Sunscreen, lip balm, insect repellent
Non-adherent sterile dressings	

Leaders should have in addition:

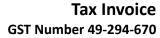
Map and compass	Pocket knife and cord
Communications appropriate for the trip eg mobile	Paper, pen, pencil
phone, PLB, radio	
Emergency shelter eg fly sheet	First aid kit
	Close cell foam pad (emergency splint)

Overnight list: refer to the website and discuss requirements with your trip leader.

RECURRING ACTIVITIES

Thursday Walks – Walks are held on the 2nd and 4th Thursdays of every month (except January and December). For further information contact Clive Bolt cbolt@xtra.co.nz. For details of other proposed multi day trips see the Club's Bulletin Board under "Tramping and Trips" where members seek others to join them or help in planning in trips.







ITER MONTIUM VIA NOSTRA

1st April 2022

Subscription Schedule & Invoice for year ending 31st March 2023

Annual Subscriptions for period 1 st April 2022 t March 2023			
Membership category	\$NZ	\$ Extn	Code
Individual			
Member, under 65	125		Α
Member, 65 and over	75		В
Couples			
Couples, both under 65	240		С
Couples, one under 65 & one 65 or over	190		D
Couples, both 65 or over	135		Е
Family			
Family membership, 2 adults & children (under 22) Entitles children to membership rates at Ruapehu	270		F
Family membership, 1 adult & children (under 22) Entitles children to membership rates at Ruapehu	150		G
Junior member (5 - 22 years)	65		Н
Junior member (0 - 5 years)	No fee		Н
Other			
Life member	No fee		I
FMC membership (highly recommended) entitles you to qtly magazine 'Backcountry', discounted DoC hut fees, discounts on clothing & sports goods at over 40 companies listed on back cover of 'Backcountry'	25		J
Donation towards upkeep of our club's Ruapehu & Waitakere lodges			K
TOTAL PAYABLE by 30 th April 2022 please		\$	



Bunk Night Rates 2022 - 23

Standard Bunk Night Rates (per person per night)

Season =>	Winter season		Summer Season		
	01 June to	31 October.	01 November to 31 May		Anytime
Member rate	A Frame or Bunkhouse No workparty	A Frame or Bunkhouse Workparty discounted rate	A Frame or Bunkhouse No workparty	A Frame or Bunkhouse Workparty discounted rate	Waitakere Hut Own food
Adult	\$49.50	\$44.50	\$37.50	\$33.00	\$15.00
Junior (5 and under)	Free	\$Free	Free	Free	Free
Junior/Family Member (6-16)	\$25.50	\$22.50	\$20.50	\$20.00	\$10.00
Junior/Family Member (17-21)	\$33.00	\$29.50	\$24.00	\$22.50	\$10.00
Adult Guest	\$80.50	n/a	\$41.00	n/a	\$30.00
Junior Guest (21 and under)	\$49.50	n/a	\$29.00	n/a	\$15.00
Day Visits	n/a	n/a	n/a	n/a	\$10.00

NOTE: The season bunk pass has been discontinued.

WORK PARTY DISCOUNT: If you attended a Ruapehu work party, the discounted rates will be loaded against your membership in the booking system.

DISCOUNT: Stay 4 nights between Sunday night to Thursday night and get a 10% discount on the Standard Bunk Rate.

All A Frame and Ruapehu Hut bookings must be paid immediately once booked.

Bookings may be moved no later than three nights before the first night of your stay (e.g. Friday night must be moved by end of Tuesday) Refunds are at the discretion of the Committee.

To make a booking

Go to Club website <u>www.alpinesports.org.nz</u>, click on "Mt Ruapehu Ski Lodge Bookings" and follow the prompts. You will need either your Credit Card or Bank Account number beside you.

Waitakere Hut ONLY: Contact Joe Scott-Woods, for ALL bookings and payments email: pjscottwoods@icloud.com



Payment methods

Pay through Club website <u>www.alpinesports.org.nz</u>. Log into website and enter your password. If you have not created a password before follow the prompts on the screen by starting by entering your current email address.

Once you have created a password you can then login.

Click on "Shop" tab, then click "Memberships & Donations" tab then select your membership category and "add to cart". Click "FMC" tab and then "Donations" tab and "add to cart" if you wish. Click "check out" when finished and then pay with credit card if you have one available. If you require assistance please contact Tracey via email (membership@alpinesport.org.nz) and she will help solve any problem.

Or

Pay by Internet banking to our subscription account 12 3237 0007167 61

Enter details to appear on the club bank statement as follows:

Particulars	Reference Code	Reference	
Your initial & surname	A to K (from chart above)	Subscription	

Or

You can make payment at any ASB branch using the same details as above.