



THE WAIKATO TRAMPER

Official Bulletin of

WAIKATO TRAMPING CLUB (INC)

PO Box 685, Hamilton 3240 • www.wtc.org.nz

October 2019



Snowdrops Best overall picture in 2019 Photo competition. Photo by Jacqui Dick

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WAIKATO TRAMPING CLUB
P. O. Box 685, Hamilton 3240 • www.wtc.org.nz

Free to members

Member of: Federated Mountain Clubs of New
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Ruapehu Mountain Clubs Association

BULLETIN No 810

October 2019

General Committee

(Contact details listed below)

President: Selwyn June **Secretary:** Judith Bogle **Treasurer:** Guy Domett
Members: John McArthur (VP Tramp) Stephen Prendergast (VP Ski)
Stephen Phillips Allan Wickens Russell King Stacey Thompson
Peter Lye Doug Pagel
Mike Nightingale minean@xtra.co.nz 8562394

Tramping Subcommittee

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Editor & Club Librarian: Dianne June djune@xtra.co.nz 8433066
Waikato Tramping Club account: 03 1555 0091625 02 (include the trip no.)

Wednesday 6th November

Colin and Amy will be looking after us at our next club night with a couple of highlights & a surprise. Continuing our food theme, we'll be introduced to another local food offering - PlateMe Nutrition. Based in Cambridge they produce sport targeted sachet-based meals. As well there's the latest season gear coming through in time for summer. Colin has promised a further surprise - you'll need to be there to find out what. **Meet at Trek'nTravel shop at 7 pm** and expect a slightly earlier finish with a reduced club program based on a projector free approach.

NOTE VENUE CHANGE FOR NOVEMBER CLUB NIGHT:

7pm at Trek 'n Travel, 221A Victoria St., Hamilton

Cost: \$2

Christmas Party

Friday 29 November. Smith & McKenzie Steakhouse, Chartwell. We have the upstairs room for this event which will commence at 6 pm. Good beers on tap, central venue and good food all together. This provides a better and more budget friendly option and location than a Saturday function. We're working on a \$45 pp basis, with a cash bar.

ACTIVITIES CALENDAR 2019

2848	12 Oct	M	WhareOkioki hut opening	John McArthur
2849	13 Oct	E/M	Photography in Waiorongomai	Jacqui Dick & Isla Trapski
2850	20 Oct	M	Tawarau Forest	Mike Peck
2851	26-28 Oct	M/F	Ruatahuna to Ruatoki	Steve Cranefield
2852	3 Nov	M	Mt. Titiraupenga	Les Warren
	6 Nov		CLUB NIGHT	Stephen Prendergast
	M/week Nov		Gibbs farm	Postponed
2853	9/10 Nov	M/F	Turoa to Whakapapa by moonlight	Allan Wickens
2854	17 Nov	M	Pinnacles	Dave White
2855	23/24 Nov	M	Mt Tarawera-pine pulling	Selwyn June
	29 Nov		Christmas Party	Stephen Prendergast
2586	1 Dec	M	Pirongia loop	Allan Wickens
2857	7/8 Dec		Last tramp of the Year	Jacqui Dick
2858	14/15 Dec	M	Mt Damper & Falls	John McArthur
2859	21 Dec	FF	Mountain Madness	John McArthur

Don't let a lack of equipment deter you from coming on a trip. Talk to the trip leader - who may be able to assist with lending or sharing gear.

TIME and FITNESS GUIDELINES

E = **Easy**. Up to 4 hours per day, pace slower than E/M.

E/M = **Easy/Medium**. Up to 5-6 hours/day, pace slower than M.

M = **Medium**. Up to 6-7 hours/day, at standard walking pace.

M/F = **Medium/Fit**. Up to 7-8 hours/day, pace faster than M.

F = **Fit**. Over 8 hours/day, pace faster than M/F.

Note that factors such as party size, fitness, weather, terrain and leadership will influence actual times, so the above are estimates only.

Bookings and Cancellations: no later than the WEDNESDAY before the trip. Any person withdrawing after this day without good reason will be charged the full cost of the trip.

DONT FORGET: You can book online from our website too. Please give your landline when making a booking.

Departure Point: Trips depart from the river end of London Street. Cars can be parked, facing the road, in the Rabo Bank car park on the right at the end of the cul de sac. If in doubt contact your trip leader.

Weekend Trips: leave on Friday nights at 7pm sharp unless otherwise stated.

Day Trips: leave Sunday mornings at 8am sharp.

If someone is concerned because a trip is late back, contact:

1) Club Captain; 2) President; 3) committee member.

Minimum equipment required:

Day Trips: A thermal layer (polypropylene, polyester etc or wool), an insulating layer of fleece (polartec etc) or wool and a water/wind-proof parka outer shell. Shorts or longjohns/over-trousers in cool or wet weather. Torch and sunscreen. Boots or strong shoes. Lunch, snacks and water bottle. First aid kit.

Weekend Trips: The above plus pack with plastic liner bag, sleeping bag, tent, sleeping mat, cooker, billy, plate or bowl, spoon, food, spare dry clothes for evening, towel, toilet gear, light camp shoes. A water purifier can be useful. Plus, in extreme weather or country: additional warm top, over-trousers or woollen/ fleece trousers, warm outdoor mittens or gloves, over-mitts, warm hat or balaclava, sunglasses. Ice axe and crampons for snow.

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*Please send contributions to the editor by Friday, November 1<sup>st</sup>.*

### **Trip Descriptions**

**Trip 2848**

**Special Whare Okioki**

**12 Oct**

Great news! our first new hut-Te Whare Okioki - is now complete and available for you to use. It is bookable via the DoC website or via contacting DoC Tauranga. We are having an Opening Celebration Weekend at the hut from Friday 11th through Sunday 13th October. Opening celebration is Saturday

11.30-1.30pm. For more details check the newsletter on the website [www.kaimairidgeway.nz](http://www.kaimairidgeway.nz). You are welcome to camp overnight for this occasion.

**Leader:** John McArthur

**Ph:** 021 2889641

**Grade:** M

**Email:** [mcarthur@outlook.co.nz](mailto:mcarthur@outlook.co.nz)

**Transport:** Senior member \$25-30

Senior Non-member \$30-35

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**Trip 2849**

**Photography in Waiorongomai**

**13 Oct**

Let's go meandering through the Waiorongomai valley with our camera, intent on capturing images through the lens. No matter your camera, or photography experience. We can look at macro (close up) imaging; time exposures of water in motion; playing and experimenting with light when it comes to looking into dark tunnels; composition; angles and perspective (I have the May Queen incline in mind) - not necessary to climb it though! and just the delight of the flora and fauna on the track. Isla and Jacqui will be there to help or hinder! (*Ed comment: did you know that if the human eye were a digital camera it would have 576 megapixels?*).

**Leaders:** Jacqui Dick & Isla Trapski

**Email:** [jacquimd@me.com](mailto:jacquimd@me.com)

**Bookings to:** Jacqui

**Ph:** 8252045

**Grade:** E/M

**Transport:** Senior member \$25-30

Senior Non-member \$30-35

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**Trip 2850**

**Tawarau Falls from Speedies Rd**

**20 Oct**

This will be a day trip following the Mangaohae stream and Tawarau rivers, starting at Were road, and finishing on Speedies road. It does not involve too many ups and downs so would be a good option for those wanting to enjoy some wonderful geology of limestone cliffs, bird life, and plants, while breaking in new gear. This route is a former coach road, which gives you some idea of the terrain, and if you look carefully at the gateposts at the entrance to the bush you will see how the post for the gate sits in an upturned bottle to allow the gate to swing. The first part of the walk can be muddy in places so strong footwear is essential.

**Leader:** Mike Peck

**Ph:** 021 369256

**Grade:** E/M

**Email:** [Mikeypeck@yahoo.com](mailto:Mikeypeck@yahoo.com)

**Transport:** Senior member \$50-65

Senior Non-member \$55-70

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**Trip 2851**

**Whakatane river - Ruatahuna to Ruatoki**

**26-28 Oct**

This trip is now full. If you wish to go on a waiting list please contact the leader.

**Leader:** Steve Cranefield

**Ph:** 0274 368 216

**Grade:** F

**Transport:** Senior member \$50-65

Senior Non-member \$55-70

**Accommodation:** \$35/person/night

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**Trip 2852**

**Titiraupenga**

**03 Nov**

The track is well formed and marked with a lot of ascending and descending, hence a 'M' grading. There are several small streams to cross with one about 5m wide that can safely be crossed. A section of track is quite tree rooted near the top. Walking time: The DoC sign at the Carpark says it takes 4hrs to the top.

When I visited the track earlier in the year, it took me 2 ¾ hours so, a round trip will be between 5-6hrs, depending on the group. The monument marking the Centre of the North Island is about half-way to Titiraupenga. As travel time is a good 2hrs drive to our starting point, we may need to leave earlier than 8am

**Leader:** Les Warren      **Email:** warrenlb2017@outlook.com      **Grade:** M  
**Transport:** Senior members \$30-\$35      Senior non-members \$35-\$40

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**Trip 2853      Turoa to Whakapapa by moonlight      9/10 Nov**

For this week-end trip, we will travel to Ohakune Friday night and either stay at back-packer level accommodation or camp (if the weather looks good). On Saturday we head up the Turoa ski-field road to the car-park. What happens next will be very much weather dependent. If the conditions are good we plan to traverse from one ski-field to the other and may camp up high en-route. This allows for some climbing in the crater area. An (almost) full moon would make for a magic night. If we do not camp then a one-day traverse will be involved. As a back-up plan and in the event we cannot climb high, we will tramp via the round the mountain track and camp at the head of the Mangaturuturu Valley, walking out via Whakapapaiti hut to Whakapapa Village. Previous experience with ice axe and crampons is essential and participants will have to have done the basic snowcraft course as a minimum.

**Leader:** Allan Wickens      **Email:** allanwickens@hotmail.com      **Grade:** M/F  
**Transport:** Senior member \$50-65      Senior Non-member \$55-70  
**Accommodation:** tba

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**Trip 2854      Pinnacles      24 Nov**

We begin our walk at the end of the Kaueranga road and move steadily upwards through bush and open rocky areas to the Pinnacles Hut. This tack follows an historic packhorse track used by bushmen in the 1920s. This trip could include a visit to the Pinnacles themselves – just a 40 minute walk further on from the hut – which provides magnificent views from the top, or may even include a walk to the Dancing Camp kauri dam. This stringer flume dam was the second largest dam in the valley, and was partly restored in 1994.

**Leader:** Dave White      **Ph:** 8491490      **Grade:** M  
**Transport:** Senior member \$30-35      Senior Non-member \$35-40

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**Trip 2855      Pine pulling on Mt. Tarawera      23 or 24 Nov**  
**Sat or Sun - day to be confirmed**

Here's an opportunity to get up onto and around Mt Tarawera (1248 m asl) with its spectacular eruption crater, while helping rid the mountain of wilding pines. We will be met by Ken Raureti of Ngati Rangitihī. We will be bussed up onto the lower slopes where Ken will introduce us to the legends and history of the maunga (including the Tarawera eruption of 1886), and explain the restoration work being done by the Trust. As well as looking around the mountain getting up close its special plants, we will spend some time pulling up small contorta

pine and Douglas fir seedlings. The larger trees have already been felled; this is mopping up the next generation before they can begin to seed. We will camp the night beside Lake Rerewhakaaitu at the Ash Pit Road campsite the night before our action day. This means we'll be ready for an 8 a.m. start the next morning. This is a DoC campsite with plenty of space for tents. It has water, toilets and a shelter.

**Leaders:** Selwyn and Dianne June      **Ph:** 843 3066      **Grade:** M  
**Camp fees** are \$8 per person.  
**Transport:** Senior member \$50-65      **Senior Non-member** \$55-70

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**Trip 2856**      **Pirongia Loop**      **1<sup>st</sup> Dec**  
This tramp starts from the car-park at O'Shea Road. After a short walk across private farmland the bush is reached. This is followed by a steep climb up a tawa-covered spur to Wharauoa Lookout at 850m. From here there is a grand view over much of the Waikato. A further distance uphill is the Mahaukura Lookout at 902m. If transport arrangements work well, we will then descend via the Mahaukura Track to Grey Road. Otherwise we will retrace our steps back to O'Shea Road.

**Leader:** Allan Wickens      **Email:** [allanwickens@hotmail.com](mailto:allanwickens@hotmail.com)      **Grade:** M/F  
**Transport:** Senior member \$25-30      Senior Non-member \$30-35

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**Trip 2857**      **Last tramp of the year - Raglan Harbour**      **7/8 Dec**  
Sustainable Land Management Support Work

This is a trip with a difference. Tradition dictates that the Trampler of the Year organises the last tramp so I have had some time to think about it! This weekend has an environmental theme to it. We depart Saturday morning and head out to Okete where we have organised to camp on a privately-owned farm, at Pearts Finger which is a beautiful patch of native bush on the upper reaches of the Raglan Harbour.

During the weekend we will help with release work (native plants not animals!!) and possibly also planting sea grasses to help stabilise the estuary. Other activities will include a campfire on the beach on Saturday night (BYO wine and marshmallows) and a walk exploring a part of the harbour we cannot normally access. If you have flounder spearing gear bring it along.

**Leader:** Jacqui Dick      **Ph:** 021 1375201      **Grade:** E  
**Email:** [jacquimd@me.com](mailto:jacquimd@me.com)  
**Transport:** Senior member \$45-60      Senior Non-member \$50-65

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### South Island trips in 2020

Here they are - the descriptions of the trips the club will be doing this summer / autumn in the South Island. Please don't book airfares, accommodation etc without contacting the leader to confirm start dates. I am also available to take any enquiries, phone Keith on 021 120 7752.



**Trip 2860**                      **Nyda Track to Pelorus sound**                      **27-31 Dec**

There will be a boat shuttle from Havelock with a drop off at Duncan Bay, then pick up at the end from Shag point.

This track is 27km and can be done in two days. staying at the Nydia lodge. The walk passes through lush coastal and regenerating forest, climbs two saddles with superb views and crosses farmland. It begins with a 4 hour walk to a lovely picnic spot before continuing on the Ngawhakawhiti Bay track, climbing to Nydia Saddle (347 m) - take in the great views of Tennyson Inlet. The track then drops down to the campsite in Nydia Bay. From here we continue, and after crossing a wide stream, we turn off and walk a further 30 minutes to the Lodge. From the turnoff the track leads across open farmland beside the stream, crossing it twice. The climb to Kaiuma Saddle (387 m) through beech forest and regenerating scrub has superb views, including of Marlborough's highest mountain, Tapuae-o-Uenuku (2885 m), in the distant Inland Kaikoura mountains. From the saddle, the track drops quickly to cross a stream. The track then climbs a little into the forest and sidles around to a point above Kaiuma Bay, before dropping to the car park.

**Leader:** Merlyn Warren                      **Ph:** 027 524 9926                      **Grade:** M

**Transport:** Private arrangements. Boat shuttle cost tba

**Accommodation:** Nyda Lodge \$18/person/night

**Trip 2861**                      **Lewis Pass to D'Urville Hut**                      **2-10 Jan**

I will need confirmed bookings for this trip by the end of November as I will be leaving for the South Island mid-December. Shuttle from Murchison to beginning and pickup back to Murchison. Prepare for 8 days.

Day 1: Lewis pass to Ada Hut 5hrs. Day 2: Ada Hut - Bob's Hut 10-14hrs

(A lot of people break this section into two days & camp out)

Day 3: During this time we will be going over 3 Tarns pass, a good spot to camp.

Day 4: Bob's Hut - East Matakītaki Hut 3-4hrs. Can carry on a bit longer this day and camp closer to David's saddle

Day 5: East Matakītaki Hut - D'Urville Bivvy 6-10hrs. This day we go over David's Saddle, camp around the Bivvy

Day 6: Bivvy Camp site to Ella Hut, Morgan Hut and if going good D'Urville Hut or camp in a good spot by the river.

Day 7: D'Urville Hut, ring the ferry and have a boat ride out to meet shuttle back to Murchison.

**Leader:** Merlyn Warren                      **Ph:** 027 524 9926                      **Grade:** F

**Transport:** Private arrangements and shuttle (tba)

**Trip 2862**                      **South Island in January - the leisurely way!**                      **11-20 Jan**

This will be leading a "van-based" trip to the Marlborough-Buller-Nelson area. The plan is to drive most of the way to Wellington late on the 10th. The next day we may look at doing the Paekakariki Escarpment Walk (3-4 hours easy)

before catching a late-afternoon ferry to Picton. The following two days will be devoted to climbing Mount Richmond, staying at the Richmond Saddle hut. After this, time will be spent at St Arnaud-Rotoroa doing day walks; on to the Victoria Range for more tramping and finally up to Nelson City for walks nearby. The last day we catch the ferry to Wellington and travel back to Hamilton. If there are sufficient numbers we would use a CCR hire van with our Club trailer attached. This will allow us to take some home comforts such as larger tentage, a portable BBQ etc.

However, I need to know ASAP (within 2 weeks) regarding any interest in this trip as I have to lock in the Hire Vehicle (major competition with crowds going to a 7's competition) and the ferry (limited space).

At this stage the bulk of the costs per person, assuming a full van, will be \$160 for the van and \$180 for the ferry (includes personal fares-Seniors get a discount). The remainder of the overall costs will be for food and any accommodation other than the planned (semi-luxury) camping. Please let Allan know ASAP otherwise he will have to resort to Plan B (whatever that is!). This is a great trip for those in particular who have not done any South Island tramps before.

**Leader:** Allan Wickens **Email:** [allanwickens@hotmail.com](mailto:allanwickens@hotmail.com) **Grade:** E/M  
**Transport:** Senior member \$tba Senior Non-member \$tba  
**Accommodation:** tba

**Trip 2871 Olivine Ice Plateau, Mt Aspiring N P 23 Feb-4 Mar**

Meet up in Glenorchy on Sunday 23 Feb. We plan to arrange for a jet boat to drop us at the start of the Beans Burn track and head up this valley for our first night stay at a marked Rock Biv. From there it is up onto the Olivine Ledge via Fohn Saddle and down to the confluence of the Olivine and Forgotten rivers. Day 3 is up the Forgotten to another marked Rock biv below the Plateau. Day 4-5 spent camping and exploring the Olivine Ice Plateau. Day 6-9 is to head out either directly the way we came in or detour on the last 2 days via the Five passes track. 9 nights/10 days in total with a minimum of 8-hour walking days in and out of the Olivine. Ice axe and crampons necessary on the Plateau although there is uncertainty about the amount of Ice retreat occurring. It is an ambitious trip for the Club but its reputation as one for holy grails of NZ tramping offers a unique and challenging experience. We are still researching the trip but get in contact with Mike or John if you're interested.

**Leader:** Mike Peck **Ph:** 021 369 256 **Grade:** VF  
: John Davies **Ph:** 07 823 7388

**Email:** [mikeypeck@yahoo.com](mailto:mikeypeck@yahoo.com) or [cjdavies@xtra.co.nz](mailto:cjdavies@xtra.co.nz)

**Transport:** Private arrangements and boat (tba)

**Trip 2872 Richmond Range 23 -28 Feb**

The Richmond Range alpine route is very often rated by Te Araroa walkers as the highlight of their trip. And this 6day tramp will take you into the best part,

the middle section with lots of tops travel and huge views. Good huts and moderate days of about 6 hours are bonuses.

Around midday on 23<sup>rd</sup> {Sunday} we will take a van from Nelson to Hackett carpark then it is a long uphill slog of about 900m to Starveall hut for the night, sorry! Next, ridgeline travel to Old Man, Mt Rintol, Tarn and Mid Wairoa huts over the next 4 days, then a final walk out to Wairoa Gorge Rd where the van will return us to Nelson around lunchtime on the 28<sup>th</sup> [Friday]. The climb to Starveall and some exposed scree sections near Mt Rintol probably makes this a med/fit trip.

Allow about \$80 for the van hire, and another \$80 for 2 nights at backpackers in Nelson, the rest of the time will be in DoC huts or tenting if you wish.

**Leader:** Keith Robbins                      **Ph:** 021 120 7752                      **Grade:** M/F

**Email:** *kandm.robbs@gmail.com*

**Transport & accommodation:** as above:

**Trip 2874                      Leathem Molesworth circuit                      1-6 Mar**

IMPORTANT NOTE: Can I please receive your registration BEFORE Christmas, so I can determine whether we need to hire a suitable van. I will be driving down in my own car, plus there maybe another vehicle available; so, depending on numbers, this will determine our transport options.

I have no experience of this area and only going by information searched. The planned meeting place is Blenheim – either Sat 29 Feb, but no later than 10am on Sunday 01 March. Venue TBA. It is only a 3hr drive from Blenheim to Molesworth and our start point.

Basic Outline: The circuit has to be walked from south to north from Saxton Hut to Top Gordon Hut section. There are several start points, but the easiest option for us is a 2hr maximum walk into the Saxton Hut from where we can park our vehicle(s). This will be the same case for our last day.

There are not many marked tracks with much of the trip following streams and crossing over ridges. Much of the trip will be exposed to the elements. Trip is hut-based with all huts with 6 bunks; so, a sleeping mat as a minimum is highly recommended, but ideally bring a tent.

We will be walking between 7 and 9hrs each day. This will be determined by the group size, fitness and the terrain, plus stops for snacks and lunch.

**Leader:** Les Warren                      **Ph:** 027 8644937                      **Grade:** F

**Email:** *warrenlb2017@outlook.com*

**Transport:** tba                      **Accommodation:** depending on your own choice.

**Trip 2876                      Lochnagar – Cascade Saddle Hut                      7-14 Mar**

Come and explore the Lochnagar/ Cascade Saddle alpine area for 7 and half days in the Mount Aspiring National Park and the Richardson Mountains. Visit the Cascade Saddle, the Dart, Whitbourn and Tyrell Glaciers, the Dart River, as well as the pristine Lochnagar (lake of goats), Shotover Saddle and the beautiful West Matukituki valley.

We will travel on a mix of marked and unmarked routes, go over 5 saddles/ passes, swim in an alpine lake, camp out on high altitude saddles (weather permitting), drop our pack and climb peaks, test our fitness and navigational skills and create memories to retell around the camp fire. Oh, and as JD is involved, the possibility of a helicopter ride always exists.

**Leaders:** Jo Walker **Ph:** 027 309 7750 **Grade:** M/F  
John Davies **Ph:** 07 823 7388

**Email:** *walkercj@farmside.co.nz* or *cjdavies@xtra.co.nz*

**Transport & Accommodation:** private arrangements.

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**Trip 2878** **Golden Bay walks** **15-21 Mar**

At the top western corner of the South Island is Golden Bay, home to Farewell Spit, Wharariki beach, Pupu Springs and lots more. Plus, beautiful weather and golden beaches of course so bring your togs and come and join us as we explore the delights. We will be staying in backpackers at Takaka and Collingwood and use a hired van to travel to 2 or 3 places each day for shortish walks and picnic/café lunches.

Have a look at the DoC website which has a pamphlet ‘Walks in Golden Bay’.

Our itinerary will include most of these as well as travel into the Whanganui Inlet and a probable overnight stay at Fenella Hut in the Cobb River valley.

About \$400 per person should cover van hire and accommodation.

We plan leaving Nelson around 10am Sunday 15th and returning there the following Saturday mid-afternoon.

**Leaders:** Sharon Sholl **Ph:** 021 2110621 **Grade:** E/M  
: Keith Robbins **Ph:** 021 120 7752

**Email:** *shazzu@live.com* or *kandm.robbins@gmail.com*

**Transport & accommodation:** as above:

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**Trip 2880** **Victoria Forest park walks** **22 -29 Mar**

A selection of one- and two-day tramps in Victoria Forest Park, centred on Reefton in north Westland. These include Waiuta - Big River - Reefton (old gold mining sites), Lake Stream/Mt Haast (up onto alpine tops) and a walk into Lake Christobel (set in beech forest along a glaciated valley close to the Main Divide). Huts are available on these tracks. There is a motor camp and motels in Reefton for before/after accommodation.

**Leader:** Selwyn June **Ph:** 8433066 **Grade:** E

**Transport:** private arrangements

**Accommodation:** Private arrangements – check with the leader

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**Trip 2882** **Hump Ridge Track** **31 Mar-3 Apr**

This is a 3-day trip, walking 20km per day. We pass through diverse and stunning scenery from sub alpine wilderness to sea level tracks.

Day one involves a climb of 1000m up to Okaka Lodge. Day two traverses the tops then drops down to Port Craig Lodge by the coast. Day three follows the coastline back to our starting point.

Highlights of the walk will hopefully include being in the Fiordland National Park, spectacular views, walking through beech/podocarp forest, the Edwin Burn Viaduct, Hector Dolphin sightings, amazing bird life, having an invigorating swim in the Southern Ocean, evening entertainment at the lodges supplied by the Keas, hot showers in the evening and a glass of wine at the end of the day with great company! This walk is going to be NZ's next Great Walk so it will be good to do it before it gets too popular.

Check out the Hump ridge track website for more information.

**Leader:** Jacqui Dick

**Ph:** 021 1375201

**Grade:** M

**Email:** [jacquimd@me.com](mailto:jacquimd@me.com)

**Transport & Accommodation:** private arrangements

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### Editorial

Climb the mountains and get their good tidings.

Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves.

We all flow from one fountain Soul. All are expressions of one Love.

— **John Muir from *Our National Parks***

This is a lovely quote found by one of our members and how appropriate it is given the fabulous array of trips in the lower North Island and across most of the South Island for the late summer and autumn tramping season. There is certainly something for everyone in the programme. Remember if you talk to the trip leader there may be good opportunities to car pool if flying is not an option for you,

And on the leader basis, I thought it might be a good time to tell you what goes on once the bus has dropped you off at the carpark back in Hamilton. 2 of our members hitched a ride home with Selwyn and I and were interested in seeing what we did to get the vehicle back to its home, and then getting ourselves home. Have a read later in the bulletin. Don't let this put you off being leader though. It's a part of the job – rather like picking up your handbag or briefcase as you head out the door to work.

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### Presidents' Blog

The spring might be a cold one, but the tramping and tripping programme is in full swing. Not so good for the skiers waiting for decent weather to enjoy the deep snow cover.

A full South Island trip calendar again, starting in late December and ending late March. On the card are ice plateaux adventures and easier, more excursion-like trips. So, something for everyone, if you can spare the leave.

Great news about a new hut in the southern Kaimais, well within striking distance for us. Called Te Whare Okioki, it is a 12-bunk hut constructed to the DoC serviced hut standards. A unique feature of the construction is that it has been built using aerated concrete blocks. This is a project of the Kaimai Ridgeway Trust.

The photographic competition encouraged a good turnout at the October club night. It's a pity though that more of the images captured on trips, and made available on the club's Dropbox, weren't entered; they would have made for a better representation of what we get up to and where we go. Comments from the judges led to some interesting discussion about cropping, and even one live demonstration. This seems to be very fashionable but maybe you can crop a photo to death and lose the feel of the landscape. Thanks to Stephen for organising the competition. Thanks also to the Waikato Photographic Society for their judging.

Selwyn June

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### ..... From the Ski Club Committee .....

Spring skiing is the foundation of Ruapehu and we're seeing some great days when the sun comes out. There are 3m of snow on the upper mountain, and more falling this week. I recently saw some pictures of Ski Club members up at the Crater Lake preparing to head down. Good on them!

The season ends on 28 October. There's still good ski in / ski out access from the Lodge, and groomers have been working on the Home Run our best route back from the upper mountain.

We go back to **Summer rates on Monday 28 October** - which means Tramping Club members are able to access the cheaper \$25 a night adult rate from that date through to the next winter season.

If you missed out on the earlier snowcraft course, or wanted to practise things that you learnt it's a great time to do that as the snow is much better than the early season coverage. Get some friends together and head down for a weekend. There's still plenty of late season alpine adventure and a great chance to get in alpine walks in better weather conditions. With warmer and longer days there's a weekend of fun on your doorstep.

We've enjoyed taking the Gondola up to the higher slopes, particularly in breezy conditions. It's been a much more comfortable ride. The Valley and The Knoll t-bars on the upper mountain have had fantastic snow dumps, perversely creating avalanche danger and delaying morning riding at times. The Gondola will be a good ride in summer as well. The Knoll Ridge cafe will be open and there are great views if you haven't been up for a while.

Next Season's early bird pass sale has started and you have until 31 October to purchase at reduced prices. This will be the cheapest price for passes for 2020. Head over to the Mt Ruapehu website for details and purchases.

Looking ahead we'll be organising a couple of working parties in the early new year. We have firewood to replace, maintenance and some improvements to our drying area to complete. They are fun weekends which often provide at least one free day for other adventures.

Our membership continues to grow but we are still largely dependent on group bookings. Getting better weekend and mid-week bookings year-round helps us keep pace with the increasing costs we face.

Our best form of advertising is when we get a new person to the Lodge, and they see what a fantastic opportunity membership can be. Please help us out by making a Lodge visit one of your regular activities, and bring some friends.

Now a request for some help on the Ski Club Committee. Our summer activity could do with a champion. With the Gondola running through summer, good mountain walks and cycling tracks nearby our summer options are equally as good as winter. We should be able to do more business than we generally do - but it requires more hands to the pump. Let's not forget what a fantastic location we have year-round.

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## Trip reports

**Trip 2843**

**Kahikatea tree & caves**

**8 Sept**



Only two trampers were brave enough to face the daunting weather forecast, which predicted copious amounts of rain. On the way up to see the Kahikatea tree, the track was muddy and, in some places, looked more like a stream than a track. The Kahikatea tree was impressively tall and stood out above the surrounding forest.



Caves and Kahikatea tree

On the way back the sun decided to come out and provided us with a great view of the sunlight streaming through the forest. In addition, we went through the cave which was enjoyable and a rather tight squeeze in some places. On this trip was Jacob Hamill and Alan Grant.

Photos by Jacob Hamill

### Trip 2844

### Pureora Baiting weekend

14/15 Sept

Ho ho ho, he he he,  
I'm a laughing gnome and you can't  
find me.

Thank you Amanda for the opening  
line.

This was a trip of “things not being  
where they were supposed to be”.

- Dianne’s car keys being in Selwyns pocket “way out in the bush”.
- The Uni students van being in the ditch, not on the road.
- The lodge not being on any of the roads that John and Laurette drove down looking for us.
- Jacqui’s boot appearing on the roof of a strangers ute, on a secluded road, and not in the club trailer as expected... work that one out!

A weekend of surprises.





The Pureora rat baiting programme has been allocated a trip spot on our calendar for the first time and from my point of view, long may that continue. A number of club members have invested many hours, days, and sometimes weeks over the last four years in protecting this beautiful section of bush in the Northern Pureora Forest. For some, this is an annual pilgrimage. A return to an area that has earned a place in our hearts. A project with tangible results – bringing back the Kokako. We left Hamilton at 6.00 p.m. on Friday night in a CCR van headed for the Pureora Lodge. Arriving as the weekend briefing was well under way,



Too many to count

Photo by Dianne June

we found that 70 volunteers had gathered for the weekends' activities.

There were the everpresent Dianne and Selwyn to conduct the orchestra, representation from the Pirongia Restoration Society, the LUV and Mule drivers to get us up and down the Western part of the valley, and a range of 4WD vehicles to get us up the Eastern side. And then of course, the ground troops, to visit each and every bait station. We were made up of a large number of University students, WTC members, and an assortment of others from the society and general public. A huge endeavour, well organised, and very motivated. This is the largest group that has assembled on one day with the goal being to lay bait in every station in the Okahukura Valley in one day, something unachieved to date.

With so many volunteers, most of the WTC members tented it on Friday night as the lodge was overflowing. The orientation over, an early night for most, we rose for a 7.30 departure and the 40 minute drive up to our base camp.

Experienced and novices were paired up, and set off to complete their bait lines. The weather held, and everyone was back at the lodge by 4.30 in the afternoon. Plenty of time for most of the Uni students to head back to Hamilton. Some of the tenters moved inside with the stalwarts (not what we called them) staying out to enjoy the squally rain coming through that night. I thought they were trying to

avoid the snorers but secretly I think they were the snorers and were trying to save us. Thanks guys (and gals).

Everyone on Saturday night had a tale to tell, with many hearing Kokako during the day and some being lucky enough to see one or two. They certainly are becoming more established now, proving our work is having an effect.

Sunday morning was a leisurely affair with breakfast and then cleaning the lodge for departure. An impromptu trip through to Kinloch for a wee stroll went awry with vehicle problems so we opted for a short half hour walk through a local track “The Totara Walk” at the Pureora Village, before having lunch, and



Birds on a wire

Photo by Dianne June

heading for home. A very enjoyable weekend and very fulfilling.

Leaders – Dianne and Selwyn, Driver – Jacqui, Participants: Amanda C, Pamela & Allan H, Merlyn W, Debbie & Dave (Scribe) W, Lesley J, Alan W, Anatheia A, Piet V, and Ray H. Thank you one and all.

### **Trip 2845**

### **Rotorua walks**

**21/22 Sept**

With the outlook for great weather for the weekend, 5 trampers met at London Street and headed off to Rotorua for 2 days of walking. After a quick coffee break at the Fitzgerald Glade Café (no complaints on the coffee taste!) we drove to our first walk & met Sharon where we then headed up Mount Ngongotaha Scenic Reserve on the Jubilee Track. The highlight was seeing one of the largest surviving Northern Rata trees. The track had a gentle incline most of the way up through native forest. When we reached the trig station at the top there was unfortunately no view but it was a great opportunity to have a snack break sitting in the lovely sunshine. The crew then decided we would head out to Rainbow Mountain Reserve walk. We had lunch at the bottom then made our way up to the top where we had an awesome 360° view. We could see both Mt Ruapehu & Ngauruhoe in all their glory still covered in white snow.

While Liz headed home to Hamilton, the 4 remaining trampers went to our Motel where some had a good soak in the thermal spa. Sharon joined us & none of us wanted to drive so we walked across the road to the Rydes Hotel for dinner. We all got quite a surprise at how tasty all the food was & we were all happy & full people walking back across the road to our Motel! Allen had a great night with us girls being upstairs while he had a double bed to himself watching the All Blacks game.

Sunday morning Annette came for the day & we 5 headed to Lake Rotoiti where we did a nice easy walk called Hinehopu/Hongi's Track through forest of rimu, tawa, pukatea and rewarewa. We then headed to Lake Okataina, had our lunch in the beautiful sunshine & did a nice walk around the lake to a bay where we all took amazing photos as the lake was so flat – not a ripple to be seen. We ventured up to Te Koutu Pa which had interesting archaeology (caves carved out by Maori to house their food) then made our way back to the cars. We were still not finished for the day so we did the Ngahopua Track/Twin Lakes Track which was a 2km loop track with views to two craters Rotongata & Rotoatua.

We headed home with a stop for ice creams in busy Tirau and arrived back at 4.45pm. Thanks to Allen Wickens for leading this trip, he had a busy week organising the Motel arrangements with some trampers pulling out. We all had a great time; the weather was superb & there are still plenty of walks to discover in Rotorua. Scribe Nette, Allen, Helen, Jocelyn, Liz, Sharon & Annette

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Trip 2846

Cycling in Hamilton

29th Sept

Seven of us from 'The Waikato Tramping - Cycling Club' set out from Cambridge road/Wairere Drive Hamilton East taking the Cobham Drive underpass. Cycling along the Waikato river exiting onto Alma street crossing through the city onto Western Rail Trail. Arriving just in time for the first shower of rain at Fresca cafe while securing our bikes. After our leisurely refreshment stop and the weather cleared, we headed out to Ohaupo road then down Dixon road finding our way back to our starting point Wairere Drive. The ride enjoyed by all, about 20kms mainly on off-road shared paths with some short 'undulating terrain' in places. Thanks to our very good leader David C, and participants Barbara C, Anita S, Annette F, Jan F, Beatrix, Jocelyn W. (scribe)

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### **What goes on after a trip?**

Let's start with **the driver**. This person, who has often put their own desire to one side to get you to and from the purpose of going somewhere, also has things to do before and after the trip. Real early on some will have obtained a passenger service licence and maintained it with regular medicals every 5 years. This means they can drive any vehicle that holds 13 or more passengers. Others have been approved by the club committee to be your chauffeurs if you are travelling in the vans with 12 or fewer passenger seats. The driver will have

organised themselves to pick the vehicle up at some time during the day on Friday or on the morning before a Sunday trip. And get their own gear sorted ready to take you too on a ride

While you are walking it is often the case that the driver can't do any or all of the trip you are doing so they organise themselves and ensure they are at the finishing post of your walk. After you get back to Hamilton and are dropped off, they go via a fuel stop and fill the tank again, check that any lost property is gathered up, and park the vehicle outside the Cross-country depot, then drop the keys in the slot at the gate, then drive themselves home.

The **trip leader** is a bit busier. You will have seen the results of their planning by the time you get on a bus, but something they may have done will have been to look up information written up by a previous leader – more on this later. So off you go, find the right starting point and get going, At the end it's back in the bus and home. The leader will have collected the money you needed to pay, or ensured you are going to do a prompt bank transfer. The leader then completes a trip report form which has all the trip participants' names, how much they need to pay, and a resumé of the trip. This will include the names and contact details of people who were spoken with about access points, what the road conditions were like from the drivers' point of view (e.g. suitable only for a van not a bus, turning areas, vehicle safety), the times taken, any changes from the original intent, track and weather conditions, special points of interest. This report is used by the membership/publicity convenor when new members have participated, by the treasurer for payments, by the club captain for the club trip records, and by the transport officer if necessary. So, what is written at the end becomes useful for the next person who leads a trip to the same area and it can save a lot of time and effort at the beginning. It all makes for excellent reference material and provides for a comprehensive archive.



**Waikato Tramping Club  
and  
Waikato Ski Club**

Have a look at the club facebook site for more pictures and comments.

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**From the committee table:**

**New members:** Nil

**Resignations:** Nil

**Membership:** We have 182 tramping members.

Have you given up your landline over the past few years or perhaps changed your email address? If so, please notify the membership officer.

**From the club captain:** Good news for all members and especially trip leaders!

Mike at Bivouac has set up a box from which you can now pick up a tent fly, first aid kit and PLB that every trip leader should carry (if you haven't got your own). You will have to sign for whatever you take, and get it back in time for the next person to be able to use it. There are 2 sets of this gear so prompt return is expected. You do not have to be going on an organised club trip to use the equipment but the same conditions apply. Check the outside back cover of your bulletin for the Bivouac outlet address.

**From the bulletin editor:** It is now possible to access your FMC Backcountry bulletin from the internet. It will be made available about a month after the paper copy is issued. So, if you receive you WTC bulletin by email and would like the same for your FMC one, go to:

*<https://www.fmc.org.nz/backcountry/>*

### *Photographic competition results*

This years' competition had a narrow field of competition for each category but what quality. Your cover picture this month won the 'best overall' but the photographer had a clean sweep of most prizes. This makes it easy for the MC - Stephen - to remember whose name to engrave on the trophies.

The frequent comment from the judges was that many of the pictures could have been greatly improved with judicious cropping. In some cases those present agreed, in some cases the comment was 'they've already been cropped', and an offer to talk to us about the presenting our images for display was eagerly accepted for a club night in the future.

#### Above the bushline, with human element:

1<sup>st</sup>: Jacqui Dick 'Te Paki II' Runner-up: Stephen Prendergast 'Steel cord'

#### Above the bushline, no human element:

1<sup>st</sup>: Jacqui Dick 'Moguls' Runner-up: Selwyn June 'Canterbury high country'

#### Below the bushline, with human element

1<sup>st</sup>: Jacqui Dick 'Pouakai' Runner-up: Jacqui Dick 'Waikaremoana'

#### Below the bushline, no human element

1<sup>st</sup>: Jacqui Dick 'Waikaremoana' Runner-up: Stephen Prendergast 'Mavora Lakes'

#### Long exposure

Stephen Phillips presented 2 pictures of sunsets taken from Waikato Hut.

#### Native Flora and fauna

1<sup>st</sup>: Jacqui Dick 'Kotare' Runner-up: Jacqui Dick 'Pouakai'

#### Club Character:

Winner: Lesley Kuggeleijn's picture of Stephen Prendergast.

## Snippets from here 'n there....

### ➤ **70<sup>th</sup> reunion.** Reunion Book.

Come one, come all, newer club members, longer-standing members.

I am looking for contributions to the 70<sup>th</sup> anniversary book, in particular from the last ten years.

- Describe in 50 words or less a significant or awesome trip or club activity.
- Photos (including names and captions).
- Club personalities.
- Significant events that are part of the club's timeline.
- The names and contact details of people I can contact.

I am looking for the material above, or to be contacted, by 30 October.

All contributions welcomed – the more, the better.

Email me at [54days@gmail.com](mailto:54days@gmail.com), phone me on 027 757 7109, or provide me with your or others name and contact details. Happy hunting for our club's past, present, and future!

Allan Hughes

*(Ed comment: if you need memory joggers from any trips get hold of me and I can find the trip or log reports in the club files).*

➤ **Project Tongariro** are planning to hold their AGM over the weekend of 19 & 20<sup>th</sup> October. The meeting is based at the Forest & Bird Lodge in Whakapapa Village, Mt Ruapehu, beginning at 4pm. The day will begin with a planting session at Rongomai Marae at 9am. Then the AGM followed by Happy hour 5-6pm (BYO drinks). A catered dinner will be served at 6pm followed by the guest speakers' presentation – Jane Williams is a senior ranger with DoC Turangi and will speak about her favourite trips, her job and upcoming conservation volunteer jobs for next year. On Sunday there will be an organised field trip/walk for the morning. Check the website for bookings and further information.

➤ **The Goat Run** takes place on Saturday December 7<sup>th</sup>. Project Tongariro are seeking 10 volunteers to help with marshalling (need to be experienced), even registrations on Friday evening and Saturday morning, and BBQ chefs at the Turoa ski base – the finish line. There is bunkroom accommodation available for the weekend, lunch and post-event dinner provided. **The Tussock Traverse** takes place on January 25 with the same requirements. Again, check the Project Tongariro website for more information.

➤ The Pirongia Restoration Society will be doing **another round of baiting** in Pureora forest over the weekend of October 12/13<sup>th</sup>. This is not an official club trip but if there are enough keen people, we can organise an informal one. Names to Dianne and Selwyn please, Ph 8433066.

➤ **Kaimai Ridgeway Trust news.** Great news! our first new hut-Te Whare Okioki - is now complete and available for you to use. It is bookable via

the DoC website or via contacting DoC Tauranga. We are expecting that the hut will be open for bookings from September. If you know of others who would also be interested in receiving updates on the KRT hut and track maintenance work in the Kaimai, please suggest that they register for communications on our website. **Te Whare Okioki** is a 12-bunk hut constructed to the DoC serviced hut standards. A unique feature of the construction is that it has been built using aerated concrete blocks – as a result it can never be burnt down. There is a large covered deck, a wood burner, and solar powered lighting. There is also ample camping space around the hut, with more to come online over the coming months once more site tidy-up work is completed. The hut is accessed via a 3 to 6 hour tramp from seven road ends in the southern Kaimai.

➤ **Hauraki Rail Trail's new extension.** Work on a 10 km extension connecting Miranda to Kaiua will start shortly and should be open for cyclist in March 2020. This section has views over the Firth of Thames to the Coromandel Ranges and will showcase the shorebirds that travel between North Korea and New Zealand each year. The **Hamilton section of Te Awa cycle way** is underway. Construction of the final section of the Te Awa cycleway began in Hamilton recently. This is the last part of a 70 km fully concreted path from Ngāruawāhia to Cambridge that walkers and cyclists can use. This middle section will go from the Hamilton Gardens, across the Hillcrest gully system, through Tamahere and connect with the already completed Cambridge path. It will be predominantly off-road and will follow the banks of the Waikato River in places. It will include bridges over stream gullies and boardwalks. Figures show that on a weekly average 939 people use the already constructed Ngāruawāhia section, while 2292 use the section by Cambridge's Avantidome. The funding comes from NZTA, Waikato District Council, Waipa District Council and Hamilton City Council.

➤ Convictions for **removing bracket fungi** from reserve. Two men have been charged with taking 20 kg of bracket fungi from Bridal Veil Falls Scenic Reserve. The men, originally from China, allegedly used chainsaws and an axe to remove the fungi for use in traditional medicine. They were spotted by DoC rangers in February and were charged in the Hamilton District Court last month. Other people have been seen removing bracket fungi in Pirongia Forest Park, so keep your eyes peeled and report incidents to DoC. Source: Waikato Times 19/9/19

➤ Mountain Safety Council wishes to advise you of their highly successful Tramping Video Series. During October 2018 MSC released the Tramping Video Series. The 12 videos have been a huge hit with viewers and their popularity continues to grow. We also know they're making a real difference to the planning, preparation and decision-making of those walkers who watch them before their trip. *(Ed comment: presentations have been taking place throughout the country over the past month but none were in our vicinity so I've abridged*

*their message just to tell you about the videos You can access the videos on Youtube).*

*..... from the DoC website .....*

➤ The following tracks have been reopened:

- Dickey Flat – Daly Clearing Track
- Lindemann to Cashmore Clearing
- Lindemann Loop Track
- Mangakino Pack Track
- Upper Waitawheta Track
- Waipapa Track
- Waiorongomai – Low Level Track
- Wharawhara Tramway Track
- Waitengaue Stream Track
- Waitengaue to Upper Waitawheta Track.

➤ The Takahe population is ‘flying high’. Crucially for the future of the species, breeding pair numbers have more than doubled in the past six years, from 66 in 2013 to 130 today. As a result, annual productivity has risen by nearly 300% in that time.

The Takahē Recovery Team carefully matches takahē pairs based on birds’ rarity and relatedness, to optimise genetic diversity and breeding productivity. While the overall population number is good news, the number of breeding pairs is a more accurate indicator of population health. The number of takahē breeding pairs shows a good gender and age balance in the population and is critical to being able to keep pushing takahē further away from extinction. The Takahē Recovery Programme has also developed smart ways of preparing juvenile birds at the Burwood Rearing Centre near Te Anau for successful release into the wild. It is amazing seeing the birds here in their natural tussock habitat. Many of the offspring from pairs at sanctuary sites elsewhere in New Zealand are used to boost wild populations but need to learn several important skills first. At around five months old, they are transferred to the Burwood Takahē Centre in Southland and placed with foster takahē parents, who spend the winter and spring training their unnaturally large brood.

These foster parents teach the juvenile takahē how to cope with heavy snow, feed on tussock, and locate and dig up the rhizomes of the hypolepis fern – a critical winter food source in Fiordland.

The juveniles stay with their foster parents while the pair raise chicks in the next breeding season and learn parenting skills from them so they can go on to successfully raise their own chicks.

A landmark for the Takahē Recovery Programme was the 2018 release of takahe into Kahurangi National Park’s Heaphy Track area to attempt to establish a



second wild population outside of the Murchison Mountains. This was a major step towards the long-term goal of securing self-sustaining populations in areas of their former natural range.

The Kahurangi population has grown and now has 31 birds. Almost all of the takahē have been gaining weight since their release. It is planned to release another 10 takahē there early next year.

About two-thirds of the takahē population is spread across 18 secure island and mainland sanctuaries. This is a safeguard for the species should some disaster threaten the wild populations but the sanctuary sites have limited available habitat.

➤ Wild Creations 2020. Hot on the heels of Conservation Week's 50th Anniversary, DoC and Creative New Zealand are pleased to welcome submissions for *Wild Creations 2020* – an initiative supporting artists to engage with nature and conservation. *Wild Creations* offers artists the opportunity to spend time in New Zealand's natural environment and to be inspired to create new work based on a DOC conservation experience and the places, people and stories of Aotearoa New Zealand. At least two projects will be selected for funding support. Artists can choose from a range of DOC experiences to incorporate into their proposal, from visiting a place of significance to Māori, to getting involved in the protection of threatened species, to immersion experiences in island coastal or remote habitats. p to \$36,000 is available towards supporting a minimum of two projects and covers a stipend, project material costs and travel costs.

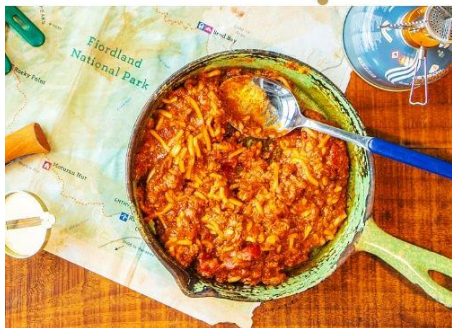
Applications close 6 December. Applicants will be notified on 14 February 2020. For more information and to apply: to the Creative NZ website.

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.....and from the FMC website.....

➤ Hump Ridge Track to be newest Great Walk. Minister of Conservation Eugenie Sage has announced the newest addition to the Great Walk network. DoC will now work with the Tuatapere Hump Ridge Trust to bring the walk up to Great Walk standard and change it from its' current 2night walk to a 3night experience. Approximately \$5m of funding is dedicated to the upgrade. The new Great Walk will be set to open in late 2022 after track upgrades are complete. FMC will keep a watchful eye to ensure the use of Port Craig Schoolhouse to the South Coast Track and beyond are not compromised, and commercial development associated with the tracks' new Great Walk status is kept in check.

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A great accomplishment shouldn't be the end of the road., just the starting point for the next leap forward. Harvey Mackay

# GO NATIVE



**To support the Waikato Tramping Club, Go Native is offering a 10% discount on all products; your order will also generate a 10% commission fundraiser for the Waikato Tramping**

**Club. To action: Enter the Discount Code WAIKATO on the Go Native World website at check out: [www.gonativeworld.com](http://www.gonativeworld.com)**

Go Native is a Wellington-based company which makes ready to eat casseroles and curries for the outdoor market (not freeze-dried) and natural slow-release energy fruit bars. □ Our fruit bars are purchased and used by our World Cup-winning rugby teams, netballers, hockey players, full Olympic and Commonwealth Games teams. Natural, slow release energy for anyone doing more the 60 minutes of exercise.

Place the meal pouch in boiling water for 2 minutes to heat. Not freeze-dried, rich hearty and delicious casseroles and curries, you will really look forward to your meal. The Go Native meals are used on Mt Everest right up at base camp 3 and 4 to give climbers a hearty, warm and delicious meal for the final push, eaten on Dong Feng the winning around the World yacht and now most walks in New Zealand.





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