The Epic

Newsletter of the ANU Mountaineering Club

Summer 2006/07
About the Epic

The Epic is the quarterly newsletter for the ANU Mountaineering Club.

Editors:

Laura Munsie      laura.r.munsie@gmail.com
0417 552 491
6250 6666

Tiago Pereira  tiago.pereira@anu.edu.au
0406 678 869

Andrew Peters   andrewjpeters@yahoo.com.au
0428 888 845

All contributions, including photos and artwork, are eagerly accepted. Photos at 300dpi resolution via email are preferred, prints accepted. All care/no responsibility is taken. Try to limit articles to 600 words. Articles submitted may be edited for length and style.

Club membership: $30/year students and $50/year others (+SRA Membership Fees)
2007 is here, and the ANUMC trip calendar is rapidly filling up with exciting trips. Whether you're a climber, a bushwalker, a kyaker, a canyoner, a skier, or all of the above, there's plenty of ANUMC fun and adventure to be had this year.

This edition has details of who's who in the club, the activities the club does, the trip calendar, as well as some articles on some of the club trips over summer. Don't miss the run down on the mountaineering trip to New Zealand. Note: you will be envious!

A big welcome to all new members. Don't miss the welcome BBQ on 21 February, for some socialising and an introduction to all the club has to offer.

The Epic is published four times a year, and made available on the ANUMC website. This edition is the only one printed in hard copy. All ANUMC members are welcome, and indeed encouraged, to contribute articles and photos. So if you go on a trip, jot down your thoughts and send them in.

A big thankyou to Andrew for stepping in and helping out with this edition with Mostyn leaving Canberra. There is a vacancy on the Epic team, so if you're interested, please get in touch.

Laura, Tiago and Andrew.

Welcome BBQ & Introductory Evening

Wednesday 21st February
5:30pm
Copland Courtyard

Come along for some food and fun.
BBQ followed by introductory slide show and short talks by activity officers.
President's Report

Whether you've just discovered the ANU Mountaineering Club, or been a member for 20 years - welcome to 2007, our 40th anniversary year. That's right 40 years! The ANUMC was formed on 29 September 1967 from a merger of the ANU Bushwalking, Rockclimbing and Canoe clubs. Since then we've included many more activities: mountain biking, mountaineering, orienteering, rogaining, canyoning, cross country skiing, kayaking, even canoe polo and surfing!

The ANUMC is by far the biggest sporting club on campus - we have over 400 members! We are a diverse bunch, everyone from first year undergrad students, to postgrad students, to public servants, academics, lawyers and more. Because of the diversity of both people and activities, I believe the ANUMC has something to offer just about everyone. There are things to suit experienced outdoors people, beginners looking to experience the outdoors, or international students just dying to see a kangaroo.

The ANUMC is run entirely by volunteers - everyone from the Executive, to the trip leaders, to the people turning sausages at the BBQs are there because they want to be involved and contribute to the running of our Club. Please be nice to them and say thank you! If you are interested in getting more involved in the Club, please get in touch with me. We always need more helpers, and it's a great way to meet people and learn new skills.

If you're keen to check out what the ANUMC has to offer, come along to the Welcome BBQ on Wednesday Feb 21st for some free food, introductory talks and a slide show. There are also monthly social get-togethers which can include slide shows, wine and cheese nights, and trivia nights. Also, make absolutely sure you keep the weekend of September 29th free for the ANUMC's 40th anniversary - it will be HUGE!

If you're new to the club you are probably dying to go on a trip! The first thing you need to do is join the ANUMC. You can do this at the market day stall, at the welcome BBQ, or at the gear store. After you've joined, go to the club website (anumc.anu.edu.au) and register your details. Then check out the online Trip Calendar, and sign up for trips! If you're not sure whether a trip is suitable for you, just get in touch with the trip leader - all the contact details are on the website. I highly recommend the 3 beginner weekends coming up soon: the Huge Days Out, the Blue Mountains Extravaganza, and the beginners' coast weekend. These trips give you a chance to try out the different activities, meet lots of people, and play some silly games!

You might also like to try out the regular weekly sessions of kayaking, climbing, running and mountain biking. They are a fantastic way to keep fit, practice and learn from more experienced members, and hang out with a great bunch of people. The timetable is on the website. Contact the activity leader in advance to let them know you're coming.

Also of great interest to new members is the ANUMC Gear Store. This fantastic facility gives all members access to heaps of outdoor gear at very cheap prices. So if you don't have a tent, a rope or a sleeping bag, just head to the gear store on Tuesday and Thursday evenings and our friendly gear store officers will fix you up.

Maybe you are an experienced outdoors person and want to run some of your own trips? We are always looking for experienced trip leaders so please feel free to contact the relevant activity officer (contact details can be found on the website) and discuss what you're interested in doing. The ANUMC offers great benefits to trip leaders, including subsidised first aid courses and other training, and the possibility of discounted or free ANUMC and SRA membership.

See you out there!

Sam Keech-Marx
ANUMC Annual Awards 2006

ANUMC Hall of Fame: Sam Margerison
This award goes to a club member who has contributed a great deal to the ANUMC over a number of years. Sam has been a club member since 1999 and has been active in a variety of capacities including database officer and treasurer, as well as leading and participating in numerous trips. Congratulations Sam!

Beginner of the Year: Helen Lindsay
Trip Leader of the Year: Nic Bendeli
Up and Coming Trip Leader: Michael Bortz

And now for the slightly less serious awards :-)
Bandaid Award for Best Injury: Sam Keech-Marx (for yet another remote area shoulder dislocation)
Swamp Monster award for best aquatic misadventure: Chris Golding (for demonstrating that snowshoes float on water...but only under certain conditions!)
Back Country Cuisine Award: Felix Schill (for fantastic apple crumble)
Outdoor Glamour Award: Annie Cumpston
Award for Navigational Prowess: Annabel Battersby (for cool headed navigation through scrub, in the dark, while low on water and overloaded with chocolate in the Bluies)

And finally the results of the photo competition...

Club Personality: Ben Davies
Action: Ben Davies
Landscape: Pierre Portal
Who's Who

Sam Keech Marx - President

Sam is a keen bushwalker and also enjoys cooking gourmet outdoor cuisine, wearing purple and taking photos of people in silly poses on tops of mountains. She believes strongly that Bailey’s Irish cream has a place on every trip. When she is not busy chairing meetings or bushwalking, she struggles with her dual identity of PhD student/public servant, and dances salsa at every possible opportunity. Sam has been a member of the ANUMC since 1999, and a member of the committee/exec since 2002. She is the person to contact if you have any questions, comments or gripes about the Club.

Mark Maslen - Vice President

Mark joined the club in 1999 and has been a member ever since. His main interests are bushwalking, climbing, skiing and kayaking. He decided to join the exec committee this year because he's had a lot of fun being in the Club and wanted to become more involved in its running. He hopes to see lots of new members on bushwalks and bright and early for dawn paddling soon!

Sam Margerison - Treasurer

Sam joined the ANUMC in 1998 after relocating from NZ to do a PHD at the ANU. A keen TRAMPER, Sam is now busy outdoors and leading bushwalks. Sam is the man to contact about email lists and mailing addresses for the Epic.

Paul Lloyd - Secretary

Paul studies molecular biology at ANU. When he leaves the sterile lab environment for the weekend, it usually involves rogaining, or bushwalking or some other outdoors type activity.

Andrew Peters - Social Officer

Because the Epic is a quality publication, we won't say that Andrew was roped into joining the ANUMC on Market Day 2004 and hasn't looked back (or down) since. Nonetheless, in addition to making bad puns, he is especially keen on bushwalking, cross country skiing, and mountaineering. After being an Epic Editor for 2 years, this year Andrew is Social Officer. He can often be spotted around the law school and SRES, where he is studying (yes, a student!) Arts/Law.

Pip Gibson - General Officer

Pip has been an active member of the club for the last two years and in 2007 is stepping up to the role of General Officer. She has recently completed a mountaineering and rock climbing trip to New Zealand involving a few days in the hills and about 4 days of climbing amongst much travelling, sightseeing and general lazing. Pip is an active rock climber in the club and is looking forward to leading some more beginner climbing trips this year.
Ulla Keetch-Marx - Bushwalking Officer

Ulla has been a member of the club since 2000 and has just joined the committee this year. She particularly enjoys bushwalking (particularly leisurely multi-day coastal walks!) but also dabbles in a bit of paddling, skiing and canyoning. Now that she has finished her studies she hopes to fit in a few more ANUMC activities between work trips to Indonesia!

Nic Bendeli - Canyoning Officer

Nic Bendeli is actively involved in the outdoors in climbing, mountaineering, skiing, walking and canyoning for longer than most people would remember. He is the Canyoning Officer and keen to share his ideas and knowledge with other keen and enthusiastic club members.

Helen Lindsay - Climbing Wall Officer

I moved to Canberra two years ago and am now a PhD student at the John Curtin School of Medical Research. I first went climbing outdoors six months ago and loved it so much that I am now willing to brave abseiling down nasty tall cliffs to climb back up them. This photo is of me climbing grade 11 route at Hospital Rocks on my first outdoor trip. Other photos suggest that I tend to stop waving by grade 15 and stop smiling by grade 19. I hope to one day climb my age, and plan to continue turning 21 until I manage it. I can usually be found at the climbing wall on Monday and Thursday evenings doing wild aerial acrobatics trying to get back on to my nemesis blue wall.

Andrew Gough - Climbing Wall Officer

Andrew has been a member of the ANUMC since 1995, with a participation of about 2 trips a year. He has been found on trips for rock climbing, bush walking, kayaking, skiing, mountain biking and most recently mountaineering. Due to the large number of sports interests, he rarely does any of them, but can often be found at the climbing wall on club nights.

David Price - Climbing Wall Officer

David did Software Engineering at the ANU and now works for a software company in Civic. He enjoys rock climbing, cycling, canyoning, bushwalking and many other outdoor activities. He can be found at the climbing wall most club nights.

Clancy Pamment - Rock Climbing Officer

Since starting to climb with the ANUMC, Clancy did very little else somehow managing to do enough uni work to finish a BSc. He has since started a Masters at UC, which along with a persistent finger injury has prevented climbing anywhere near as much as he would like. When not thinking about going climbing again, Clancy can be found falling off his mountain bike, extolling the virtues of good coffee and has vague intentions of walking up some steep snowy lumps in NZ this winter.
Dave Boland - Kayaking Officer

Dave has been a member of the mountaineering club for a few years. His main interest is kayaking, but he does also enjoy land based activities such as bushwalking and rockclimbing.

Andrew Collins - Sea Kayaking Officer

Andrew completed an Arts degree and legal workshop at ANU. He's been active in the outdoors forever, and started paddling rivers as a teenager. He has been sea kayaking for several years now. He recently became father to a beautiful baby girl. While juggling climbing, caving, scuba, skiing, caving and canyoning trips, he still finds time to teach sea kayaking skills to other club members.

Darren Marks - Mountainbiking Officer

Charles Jenkins - Mountaineering Officer

Charles has been climbing mountains of various sizes in various continents for a long time. Currently he has to satisfy himself with climbing up Mt Stromlo every day to earn a crust. While living the UK in recent years, he made an annual summer pilgrimage to the northern Alps and has 14 4000-m summits ticked. Not a big list but enough to whet the appetite for a trip or two to NZ.

Michael Bortz - Rogaining and Orienteering Officer

Michael became a club-member in 2005, three days after having arrived from Germany. He is working as a research fellow in theoretical physics at the ANU. His enthusiasm for being out there is unlimited - and leads him into canyons, into the bush, into the snow and most recently onto ice, glaciers and finally to the summits.

Garrick Larkin - Cross Country Skiing Officer

Garrick is an active member of the club. He spends as much time as possible making the most of the ski season in winter by going on x country skiing trips. In the warmer months he enjoys heading to the coast for some kayaking, or heading out bush for some hiking.

Sonia Graham - Database and Mailing Lists

Sonia joined the club in 2004 after moving to Canberra from Sydney to work for the CSIRO. She loves any outdoor or underground activities which involve abseiling or getting soaked. Sonia is the person to contact about club email lists and mailing addresses.
Laura Munsie - Epic Editor

Laura joined the club in 2006, seeing it as a great way to meet people and get out of doors when she moved to Canberra last year to work in the public service. Laura's main interest is bushwalking, but with so many exciting activities on offer, she is aiming to diversify this year.

Tiago Pereira - Epic Editor and Website Officer

Tiago came to Australia in 2006 for his PhD in Astrophysics and quickly joined the club. Over the last year he was busy trying a lot of different club activities: from rock climbing to cross country skiing, canyoning, bushwalking, rogaining and even some ice skating!

Matthew Montgomery - Gear Store Officer

A gearstore stalwart, Matthew joined the ANUMC some years back now, starting with bushwalking & moving on to climbing and XC-skiing. Winter & spring weekends he can be found in Kosciuszko NP looking for long backcountry ski-runs (well, if it ever snows again), while summers & autumns are spent slothing about with the occasional climb, paddle, bushwalk & bike ride thrown in. The rest of the time he sits at his desk at work daydreaming about future OS trips.

Matt May - Gear Store Officer

Matt was exiled from Sydney in 1994 for being too grumpy. Since then he has spent an unhealthy amount of his life living, studying and working at the ANU. A keen bushwalker and skier, among other things, he is now working on improving his spectacularly awful telemarking style and is trying hard to avoid swimming in Sullies Creek again.

Fiona Jinman - Gear Store Officer

Fiona will often be found helping out at the gear store. On weekends, she enjoys to go canyoning and climbing.

Pierre Portal - Gear Store Officer

Pierre came to Australia in 2005, and immediately adopted the Australian work ethic: week-ends are not meant for working. Instead he decided to spend at least one day a week outdoors, trying all the gear that the ANUMC and the ANUSC could provide. His favorite activity remains bushwalking though, and he plans to do as much of it as possible, before heading back to boring Europe for a while.

Pietro Abate - Website Officer

Pietro is a PhD student from Bologna, Italy and is studying Information Technology at RSISE. He has undertaken to completely transform the Club Webpage and is responsible for all the new and amazing features planned. You will find him either at a computer or hanging around the climbing wall.
**What We Do - Activities**

**Bushwalking**

Bushwalking is basically walking for fun in the bush, but we also walk on the beach, up mountains, through scrub, in the snow, across the dessert, over grasslands, down gorges and over sand dunes, among others. It’s one of the most popular and accessible activities organized by the Mountaineering Club, and is suitable for all ages and all levels of fitness and experience.

The Club runs dozens of trips each year, ranging from 2 hour strolls up local hills like Black Mountain, to day walks, overnight walks, multi-day trips and month-long epics. Many walks are on walking tracks or fire trails, but many beautiful places don’t have such facilities and we often venture off track for a bit of navigation practice and bush-bashing.

Bushwalking is all about enjoying the pleasures of the Australian bush, its beauty, its solitude and its challenges! It’s a great way to escape the pressures of work and study, make new friends and it’s one of the best ways for visitors to Australia to see the country. Sometimes bushwalking can also be about meeting and overcoming the challenges of the outdoors. It can be about being cold, tired, wet, or hungry but it is almost always an enjoyable, or at least a memorable experience, and the stories of that epic trip seem to get better each time you tell them!

Canberra is a bushwalker’s paradise with over thirty national parks and nature reserves within a few hours drive of the city. Some of the places we regularly walk in include Namadgi, Kosciusko, Budawangs, Morton, Deua, Blue Mountains and Kanangra-Boyd National Parks. These include a wide range of environments from coastal forests to snow capped mountains. We also venture further afield to places like the Warrumbungles, Nadjee-Croajingalong, the Flinders Ranges, Tasmania and New Zealand. In summer, bushwalks are often in places where swimming is an option, or in the high country where it’s not so hot. In winter, they can run above the snow line with the aid of snowshoes, or they can take advantage of the cooler weather to explore hot, dry regions that are more pleasant in summer.

The bushwalking programme is co-ordinated by the Bushwalking Officer, Ulla Kreech-Marx, with assistance from many experienced walkers. All club trips are run by volunteer trip leaders who are experienced walkers and who want to share the bush with others. We have quite a few bushwalking trip leaders, but we’re always looking for more, so if you have some experience and want to get involved, please feel free to contact Ulla. Leading trips is a fun way to meet others and develop leadership skills, and you also get the advantage of choosing the location, timing and pace of your walk. Training in first aid, leadership and bush skills is available to trip leaders.

Whatever your age, experience and fitness, bushwalking with the Mountaineering Club can cater for you! Almost everyone can walk, and you don't need to be super-fit or have all the latest gear to come. Most Club trips are beginner to intermediate walks, but there is a small network of hardcore walkers who enjoy a real challenge. So, if you would like to go on an ANUMC bushwalk, check out the Fridge Door and get in touch with the trip leader. If you want more info on bushwalking in general, or are interested in leading a trip, please get in touch with Ulla. So many amazing places can only be reached on foot...
Rock Climbing

Climbing is many things, from balancing up a vertical sandstone wall, to relentless pocket pulling and bolt clipping on overhung limestone, or tiptoeing across a runout slab of glittering quartz crystals. Here in Oz we’re blessed with some of the best climbing in the world (Mt Arapiles, the Grampians, and the Blue Mountains to name a few). There are many myths about rock climbing, and this article aims to dispel some of these myths and provide some information to help you into climbing at ANU.

Rock climbing is really dangerous isn’t it?
Very few people ever injure themselves rock climbing. There are lots of fun and easy climbs out there, and as you gain experience you’ll be able to enjoy more and more! Rock climbing can be dangerous if you don’t pay attention to safety, or if you attempt things beyond your capabilities.

I’m not strong enough to climb rocks
The secret to rock climbing is using your feet. Your legs are infinitely stronger than your arms. Other people think they are too tall, too big, too short, too old. There is no right shape, height, age. Rock climbing is for anyone and everyone.

I’m scared of heights
Fear of heights is natural and healthy. Nearly everyone is scared of heights, even if they don’t admit it. Over time this fear will diminish, enabling you to do more exposed and more difficult climbs.

Men are better climbers than women, aren’t they?
Sometimes yes, sometimes no. Men and women will often use different techniques to achieve the same goal when climbing. Women will compensate for less upper body strength by focusing more on leg movements.

How do I get involved in rock climbing with ANUMC?
First, sign up for a belay accreditation course at the sports & rec. Association. Then go along to club nights at the ANU climbing wall, (free for ANUMC members - check the website for times). Indoor climbing a good place to start, but it is very different from climbing outdoors. To get the full climbing experience sign up for one of the beginner climbing trips, then come on a climbing skills trip, followed up with an intermediate weekend.

Do I need my own gear?
Not to start with. The club has four full lead climbing racks, a separate top roping rack, harnesses, helmets and ropes as well as some climbing shoes. A lot of people start climbing in their sneakers.

What do the definitions beginner, intermediate and advanced trips mean?
The standards have little to do with what grades you can climb, but indicate what level of rope skills/ experience you should have. These categories are a general guide, so if in doubt contact the trip organiser. Beginner—have no or little climbing experience. Intermediate—set up top-rope climbs unsupervised. Advanced—able to lead climb unsupervised.
Cross Country Skiing

Instead of spending those cold, miserable, rainy winter weekends at home, why not try the adventure, atmosphere and thrill of cross country skiing?

See Australia’s alpine wilderness under a deep layer of snow. Make tracks through freshly fallen snow, telemark through the trees, learn the hoary old skill of the face plant, or pack in as many adrenalinepumping XCD runs as you can. At the end of the days, there are long nights spent sharing warmth and companionship in remote mountain huts, cosy snow tents, or even a snow cave if you fancy! See the Trip Calendar for dates of beginner trips.

Intermediate and advanced trips will be organised later in the season. Come along and give XC skiing a try and have a fall (ball). For those without gear, the Club has a good selection of skis, boots, snow tents etc for cheap hire.

If you want information about what to take on a skiing trip, where to go, what the snow/weather will be like and some links to interesting skiing sites, check out the links page on the ANUMC website. For more details on ANUMC skiing activities, contact Garrick Larkin.

Mountaineering

Australia is not renowned for big mountains on which to climb. However, during winter and spring there is still plenty of snow on which to practice many mountaineering skills, and, when conditions permit, even get a bit of ice climbing practice at blue lake.

Trips involving mountaineering practice are often combined with cross country skiing or snowshoeing, so people new to the mountains can have a go at everything. The ANUMC gear store is well stocked with boots, crampons, ice tools and ropes, so you don't need to obtain your own expensive specialist equipment.

As will become evident as the reader peruses the pages of this newsletter, a group of ANUMC members went to New Zealand over summer for a mountaineering course, followed by some independent trips to put their skills to practice. If the pictures and articles in this edition whet your appetite to hear more about mountaineering, please come along to our first slide show evening of the year, on Wednesday, 15 February at 5.30 in the Copland lecture theatre.
Canyoning

Canyoning is a great way to spend a hot summer's day, combining the attractions of bushwalking, swimming, abseiling, rock climbing and water jumps. Mountaineers might be called crazy for scaling the heights of a mountain just to come back down, and canyoning is basically the reverse - descending down only to climb back up again. It's worth the effort though, for the incredible views on the way in and out, stunning scenery within the canyon, and the bracing 'surprise' as you discover you can't walk on water while abseiling into a freezing pool.

Most ANUMC canyoning trips are held in and around the Blue Mountains (Mt Wilson, Newnes, Katoomba, Kanangra, Wollemi, etc), an area that is world famous (and rightly so!) for its hundreds of stunning canyons. Nearby areas suitable for day trips include Bungonia, Tuross, Major Creek and the Brindabellas. A pre-requisite is that you must be able to swim at least 200m continuously for swimming canyons and/or abseil for abseiling canyons. Abseiling courses are regularly organized during the canyoning season. Keep an eye on the web page or Fridge Door or contact Nic Bendeli (the Canyoning Officer).
Rogaining

Rogaining is a sport that consists in long-distance navigation through various landscapes. Participants are supposed to form teams with two to five people. At the beginning of each event, each team is given a topographical map of the relevant area where all checkpoints are marked, together with their rating. The rating varies according to the effort that has to be made in order to find a checkpoint (it might be well hidden or obvious, it might be on the top of a hill or on a flat plain). Each team works out the route it wants to take in order to maximize the number of points in a given amount of time (depending on the event, this can be 6, 8, 12 or 24 hours), and according to the team's level of comfort. All teams start at the same time from a central point, the hash house, and use only the map and compasses for navigation.

Each checkpoint has a unique stamp with which one punches the team card. After the given time, all teams are supposed to return to the hash-house. Latecomers are punished by subtracting points from their score.

Being suprised that one can find ones way through the bush only with map and compass, getting lost for a while, underestimating the time and having to run back, having heaps of fun in your team, falling spontaneously asleep during a 24 hour rogaine – this can all be part of it, and that's essentially why it's worthwhile giving it a go!
For more information: http://act.rogaine.asn.au/

Mountain Biking

Swooping through the cool light of the forest; bike and body weaving down the track, the gentle whirr of bike on dirt. Canberra is the MTB capital - blessed with some of the finest mountain bike trails in the country. Whether you're a MTB guru; riding on the knobbles for the first time; or anywhere in between, there is something for you to find and enjoy. Fast flowing loops through Sparrow Hill; the more technical challenge of Majura Pines; or the adrenalin filled rock garden of the Mt Stromlo downhill course are just some of the favourite Canberra MTB locations on our doorstep. The club has an active core of riders who are itching for the opportunity to spin out to Majura for a couple of hours before or after work, or to take time out on the weekend for a longer stretch of single track bliss.

Then there's the Scont 24 hour. The largest 24 hour MTB race in the southern hemisphere - some say the world. I reckon it's the most fun - a huge MTB party with a couple of thousand other riders to discuss the finer points of dust, mud, gear changes, stacks, bikes and lights, campsites and rest breaks. Whether you want to go hard, or soak up the atmosphere and a few cool beverages the 24 hour in October is a blast. ANUMC has many members participate every year, and plans to enter teams again this year. ANUMC members also turn up in Polaris's, MTB Orienteering and the CORC regular race series.

All this, and we haven't even left town yet! There are massive opportunities for MTB touring in the local area. The fire trail networks in Kosciusko, Namadgi and the coast are just waiting to be explored - and let's face it, why walk down a long fire trail when you could be hooting down on the bike! Riding the fire trails opens some wonderful country for exploration, or allows extra time to cook a gourmet meal outside an old cattlemans's hut in the high country. The club even has a limited supply of panniers available for hire for people considering overnight (or even day) touring.

There are so many MTB opportunities available to the club, all it takes the willingness to get out there.
Eleven ANUMC members have just returned from a month-long trip in New Zealand. They began their trip with a mountaineering course, and followed this up by heading into the hills to practice their new and improved skills. The sheer volume of articles and photos that have been sent in to the editors for this edition, gives those of us who remained in Oz over the summer an indication of what a great time was had by all. I can't wait to go along to the slide night in February to hear and see more about their adventures.
Surviving in the hills: Teutonic efficiency

By Michael Bortz

**Teutons:** "were mentioned as a Germanic tribe in early historical writings by Greek and Roman authors such as Strabo and Ptolemy. According to Ptolemy's map, they lived on Jutland, whereas Pomponius Mela placed them in Scandinavia. German historians did not associate the name Teutons with Proto-Germanic ancestors until the 13th century" (from www.wikipedia.org);

**efficiency:** the art of having time for the essentials.

With these couple of lines everything about Teutonic efficiency might be said efficiently. However, taking this article as one part of the above mentioned essentials, the reader deserves some background on why it is published in the EPIC.

In January this year, eleven mountaineering club members headed to the Southern Alps in New Zealand to do what the name of the club actually stands for: Mountaineering. "The most important thing about heading into the hills is coming back" our mountaineering officer told us before the trip. It turned out that efficiency is one very helpful skill to have for that. Why Teutonic? Well... the author of these lines happens to be German...

Let me start with efficiency in everyday-life, before moving on to efficiency in mountaineering. I tried to define efficiency as the "art of having time for the essentials". For example, you should go to the supermarket when nobody else goes – unless you like queuing. Try to go to the same supermarket, for you know where to find what you want – this minimizes your time in there (unless you enjoy spending ten minutes to find your favourite chocolate). If you write a shopping list, write the items in the same order as you will find them in the supermarket – this avoids running back and forth or forgetting things. When proceeding through the checkout, arrange your stuff such that the bananas are not at the very bottom, and the two-liter orange juice bottle on top of them.

More or less the same attitude helps in mountaineering-situations. This typically involves an alpine start (we got used to getting up at 4 am – which was not always early enough). Ideally, you want to:

* be awake instantly. You can train this at home: set an alarm clock and, as soon as it goes, jump out of the bed and give yourself a little task, like adding the first fifty prime numbers.
* find your headtorch immediately. This can be far from trivial. I tried several methods. Having it on the right hand side of my head, on the left hand side, in the sleeping bag, in a little pocket in the tent. Wherever you put it the night before, do it consciously.
* put yourself into a mode of massive parallel processing. While chewing your muesli, you can tie your boots, put your harness on etc.
* avoid any idling.
* keep others busy. If anyone seems not to have to do anything, give him little tasks like sorting out the rope or carrying the sharps out of the hut (NB: if somebody has nothing to do in such a situation, he is either more efficient than you or still asleep).
* do everything as if your life depends on it – as fast as you can, and as good as you can. At the end, it might well be that leaving the hut half an hour earlier avoids nasty troubles.

The problem about all this: if you are the only efficient Teuton, then you will end up being roped up while the others are still happily having their sandwiches. So drag them with you – at the end, they might like it :-).
Mt Darby

By Andrew Peters

It is funny how things turn out. Very trite, but true. Mt Darby is a somewhat out of the way peak on the Sealy Range above Mt Cook Village. Garth and I set out on a climb in the last week of January not even really knowing of the existence of this peak. Yet, 10 hours later we had summited it. So, yes, to put it out there, we climbed Mt Darby because of one almighty, enormous navigational stuffup! (No one will ever rogaine with me again!).

A necessary accompaniment of any summer mountaineering in New Zealand is the Alpine Start. In short, no sleeping in, but rising at some ungodly hour to set out into the darkness with only a head torch to see with. The exact extent of this drastic inconvenience depends on the length and difficulty of the route that you are attempting. We heard stories of 11pm starts for ascents of Mt Cook - which would then only see the climbers back down at 7pm the following evening. We judged 3am to be satisfactory for Mt Darby....er....Mt Sealy. We hoped our judgement was more sound than it had been on the Aspiring trip, when we frequently got onto the snow too late and were faced with mushy snow plods that were painfully slow (apparently that is called experience).

Thankfully on this Wednesday morning we had picked it. The freeze was good, the snow was firm, and there was about 3 hours before the sun would begin to soften it.

Off we set. While the Alpine start may be good for finding firm conditions, sometimes your brain is not always operating perfectly well at 3am in the morning. Add to this just 4 hours of restless sleep listening to the not very dulcet tones of snorring in a busy hut such as Mueller, and you have all the ingredients for utter mental calamity. Yes, I'm afraid that is our sole excuse, that somewhere in those murky morning hours our navigational nous lost out and we made the fatal error of mistaking Darby for Sealy.

Even though we weren't up to navigation, we were up to enjoying the coming of the light, and then the sunrise. To watch the progression of mountains from night to day in its entirety is a humbling experience. The hypocrisy of it!

In time, we picked our way across the scree slopes and snowfields, and roped up for glacier travel to cross the Annette Plateau, Metellile Glacier, Sladden Saddle, and Sladden Glacier. By 9am we were at the base of Mt Darby....er.... Mt Sealy.

Our intention on this outing was to try something a little harder. Our jaunts up Barff, Plunket Dome, and Liverpool in the Aspiring region had been enjoyable and instructive but they were essentially comfortable glacier plods. We had come to NZ to climb, to be tested, to be a little ill at ease. That was this outing.
The route of our ascent revolved around a coloir that ran down the lower half of the North Face. To get to the base of the coloir we were forced to traverse a 400m 50 degree snow slope with significant exposure to a number of crevasses and below the crevasses a 150m fall over a bluff onto the Sladden Glacier. We made the traverse carefully and speedily, but were glad to finish it.

It was now 9.30am. We were at the base of the coloir, and the strengthening sun was really starting to soften the snowpack. We needed to move quickly. We speedily set up a T-Slot snow anchor before Garth led off on the first 50 degree pitch up the coloir. If there was just one thing that a person would take away from the mountaineering course that we had all completed two weeks earlier, it would be the maxim 'speed is safety'. It was drilled into us. And as it turns out with very good reason. Within minutes of Garth leading off on the first pitch, a large rock decided to spontaneously and independently break off and come screaming down the coloir. Neither of us were hit but if we had still been at the bottom of the traverse we would have been collected and flung off a bluff onto the Sladden Glacier below.

By no means was this the last, or even the worst of our experiences with NZ rock - the absolutely crappiest rock that either of us have come across. Garth completed the pitch and I seconded up. At this point the snow in the coloir ran out and we were onto rock. The second pitch, which clambered over this rock, is probably the most unnerving climbing that either of us have experienced. Holds constantly broke off in our hands, rock frequently scuttled off from beneath our feet, large rocks threatened to tumble down the coloir at any moment. There were precious few placements for pro. Garth managed to get just one dodgy cam in 30m up the pitch. We both knew that in the event of a fall, it would likely rip out. All in all, Garth did magnificently to lead the pitch.

As Garth got over the crux, he sighted an anchor that had been left by a previous party. As Garth went safe and set up the belay we felt truly safe for the first time since the beginning of the traverse. But even that safety was a cruel illusion. Within 5m of beginning seconding up the second pitch, yet another spontaneous rockfall occurred - this time just 5m above and 2m to the left of me. Two cubic metres of rock shot off down the coloit, bouncing off its rocky walls and exploding into shrapnel like pieces. Garth's line, which was further to the left of mine, would have put him directly in the fall line just fifteen minutes earlier. Secure in our belay position, I shot of up the pitch very, very quickly.

With great relief, we noted that the anchor was very close to the top of the coloir. The final part of the ascent was on much easier terrain, scrambling across a rather broad ridge (still with awesomely crappy rock) and an easy gully (with super awesomely crappy rock). We soloed it all. Finally, at 1pm we were on top of Mt Sealy...er...Mt Darby. Yes, it was only then, with a fine view of the summit of the other highest summit on the range, that we realised our error. It hardly mattered though - it had been a tough climb.

We descended the peak by the snowy NE ridge, staying unroped for glacier travel and recognition that self arrest in the soft snow was nigh impossible.

Finally we were down, and we could relax somewhat and slog out the kilometres back to Mueller. At 7pm, 16 hours after setting out at 3am we finally made it back to Mueller. We were physically and mentally knackered to a tee. We did a glorious lot of nothing the next day. We had wanted a challenge ad had got it. Was it worth it? Absolutely.
Looking for something a bit different after a week of mountaineering instruction, Dave and Rob and I headed off for a five-day walk in the Mt Aspiring National Park on the Sunday. The trip began with a jetboat ride across the Makarora River to the Young River mouth. The captain was a wannabe stuntman and liked to swerve in close to the bank while rounding a bend then steer out at the last minute. We were quickly reminded of the sandflies as we hopped ashore so decided to delay our lunch in order to deny the marauding insects theirs! Next followed a seven hour wander, playing walking tag with Scott and Katie (a Canadian/Kiwi couple doing the Young-Wilkin Circuit) up the Young through beech forests and along river flats to the new Young-Wilkin Circuit (the hut was only built six months ago to replace one that DoC decided was in a high avalanche risk area!) There was running water inside and everything was very new and shiny. My new MSR passed its first test with flying colours cooking the pasta for dinner.

Monday we wandered out of the bush up the valley then slogged up about 600 metres to Gillespie Pass for lunch and found one of the few patches of snow we were to see on the whole trip. This was about ten metres across and pretty safe and soft, making the crampons and ice axe we lugged around for 5 days unnecessary! During lunch we heard a huge avalanche on Mt Awful across the Young Valley. Monday night we stayed at Siberia Hut and had a swim (a pretty quick series of dunks as it was, how shall I put it, bracing, invigorating, refreshing, i.e. bloody cold!) under a waterfall. Then the walk moved in to more untamed country, with Tuesday being a long day (11 hours) to Top Forks Hut. Next came the first major river crossing of the trip, with an almost chest-deep wade through the Wilkin River. Just before Top Forks we tried and backed out of another crossing of the Wilkin (fortunately losing only a pair of sunnies) and slogged over a very steep 100 metre hill instead. Top Forks hut had an amazing view of Mt Insert Name Here.

Wednesday: managed to be a bit more organised and ready to go at 8 am. Climbed up to Rabbit Pass, which is described as being suitable only for experienced trampers, and then only when not wet or windy. When we got to Waterfall Face, we saw why. This was a 100 metre scramble up a VERY steep rock and snowgrass covered slope, but the day was sunny, so it was just fun! Rob suggested a quick side trip to Pearson Pass, which gave us good views of Moonraker, and Pickelhaube. Onto Rabbit Pass for lunch and to watch a couple of people who we thought were skiing down Lois Peak (they were doing what looked like telemark turns) but it turned out they were just sliding on their boots.
The descent from Rabbit Pass into the East Matukituki started off with a rapid downclimb through a rocky gut full of chossy weetbix rock. We agreed it was the most exciting place we'd go without a rope. Then zigzagging down snowgrass to the East Matukituki, passing four Aussies who were planning to camp on Rabbit Pass to evade the sandflies (we saw why later!). That night we camped on Ruth Flat next to the river and beneath the sheer rocky face of Fastness Peak, which looked like a giant bat silhouetted against the sky. And the sandflies were vicious! Dave managed to cover up all skin with overpants, polarfleece, balaclava, goggles, boots and gloves, then discovered that it was impossible to actually eat dinner without exposing some skin!

Thursday: a long walk down the East Matukituki, with a couple of cool three-wire bridges to cross and a great cascade-like waterfall. We were racing the clock to meet our 6pm scheduled rendezvous at Cameron Flat on the Mt Aspiring Road. We made it by 6:10, and Andrew and Chaye arrived 20 minutes later with car. A great trip with great people and plenty of walking (around 80 km).
A few attempts at Mt Sealy

By David Price

At about 2 in the afternoon from near Mt Cook village, with backpacks in the 27-30kg range, we set out to hike to Mueller Hut. The distance was fairly short, but with over 1km gain in altitude, it was slow going. With a stop for a late lunch, we made it there at about 6:30. Not too far off the 4 hours that the signposts had told us. After checking in with the volunteer hut warden, we had dinner, watched the sun set on Mt Cook and got to bed to get a few hours sleep before we had to get up.

The original plan had been to do some reconnaissance of the approach to Mt Sealy, then make the proper attempt the next day, but the weather was sounding good, so we decided to have a proper try at getting up the mountain.

After getting up at 2:30am and having breakfast, Sam, Rob and myself set off at about 3:30am, slightly behind Andrew P and Garth. With head torches lighting the way, we crossed a few kilometres of alternating rock and snow. There had been a good freeze that morning, so the snow was icy enough that we wore crampons.

After going briefly up a ridge we weren't supposed to, then down climbing, we crossed the Metelille Glacier, roped up as a group of three. Reaching the other side, we put the rope away for the climb up the Sladden Saddle, since leaving the rope on would have just meant that if one of us had fallen the other two would have followed.

We continued on up over a smaller slope of snow and rock before reaching the final snow slope of Mt Sealy. Here was where we should have noticed that there were two peaks, the right peak being the higher of the two. Unfortunately we didn't notice and climbed up the icy slope toward the left peak. Reaching the top of the snow, we climbed up on to the rock, which was loose and crumbly. Every so often you'd find a bit of rock that didn't move when you grabbed hold of it, but most of the time you just had to put minimal force on the rock and try to move on before it completely detached.

Upon making the ridge, we climbed along the ridge for a short distance before discovering that we would have to climb down then back up to the actual peak. At that point, we had decided we had scared ourselves enough and turned back. So we climbed back down. Rob slipped going down Sladden saddle and took an awesome slide, going over a crevasse before managing to self arrest prior to the next, larger crevasse. A lucky escape. We made it safely back to Mueller hut at about 5:30pm, all very tired after a long day. Andrew P and Garth had an even longer day, returning at about 7pm, having accidentally, but successfully climbed Mt Darby instead.

Andrew G, having walked in to the hut with Chaye that day, was wanting have a try at Mt Sealy the next day. With a little convincing, I agreed to a second attempt. The two of us set off at the much more civilised time of 5am. With softer snow and wind gusts that made you stop walking and brace yourself, we made good time to the base of Sealy. The mountain was shrouded in light cloud, but we decided to give it a go. Having learnt from the day before, we made our way up the right side of the snow slope and up onto what turned out to be much better rock than the day before. Leaving packs and crampons behind, we climbed up the rock to the peak (2627m). The view wasn't as good as it had been the day before, but the cloud parted a few times, just enough to look down to the the valley way below.
Choss Climbing on Mt Barff

By Paul Lloyd

A day in Wanaka and I was itching to get back to the mountains already. It's not that I don't like Wanaka, but I was in NZ to climb mountains. Fortunately Andrew, Garth and Michael were just as keen to get out there and start using our recently acquired technical alpine skills. Within 36hrs we were back out there, but this time it was Aspiring NP and without a helicopter.

Although we were refreshed, well fed and watered, our appearance may have suggested otherwise, as Tony, (our new kiwijustretiredfromdunedintalkonstopaussiesledgingsheepjoking friend) the bus driver felt it was necessary to give us a muesli bar each before leaving us at the end of Raspberry Creek. We made our way up the West Matukituki Valley through the light rain and slushy tracks/creeks before ascending the final muscle burning track with an official DoC sign rating it as: "^F***^ing^ Steep ascent, dangerous when wet/ice/snow conditions." As we climbed above the bushline towards Liverpool Bivy, we could just see the valley below before the clouds thickened and the rain intensified.

The next day it took a while for the clouds to clear enough to see general direction of Mt Barff - it's the first to close in and the last to clear, being a prominent peak on the main range divide. We started off on a reconnaissance mission to find an access route to the mountain itself and followed a creek line. We were scrambling up a rocky gully towards the main spur and the rock was getting worse - the smallest tuft of alpine grass looked like a great hold, as chunks of rock would disintegrate as soon as weight was shifted onto it. Actually it's not called rock, it's called choss. The rock pieces that looked good, when squeezed, water would seep out and the rock would crumble.

As we reached the first snow patches, the snow melt was making the rock very slippery and moving up was becoming more difficult. Garth and Michael had managed to get to the next gully across, destroying the ledges as they moved up and dropping loose rock onto Andrew below. I called out to Garth and Michael as it was now impossible to follow their lead, but there was no response. Andrew and I continued climbing our separate routes hoping to find something that would lead up the last 50m to the ridge. Suddenly we heard a faint whistle blowing. We called out again but no response. There was no way of getting across to the next gully without climbing back down to the creek, walking around and climbing back up to a point where we could re-establish contact with Garth and Michael. As they had climbed across, Garth and Michael had discovered it was nearly impossible to do anything but keep climbing up. There was no way across, there was no way back and it was a long steep slippery rock face going down.

After making some hair raising maneuvers Michael was on the mountain only by the buttons of his shirt (no joke, his shirt even now has the scar). Garth in the meantime made the decision to remove his pack so he could make it to a safer position. As his pack slid down the rock face one of his mountaineering boots came loose and went tumbling out of sight, while his camera took some serious damage.

While we all made it back down to the creek the discrete cairns spaced along the creek line suddenly looked so obvious from above. The sky had cleared completely now as the high pressure system was moving into the region. Mt Barff last to clear, revealed that we had in fact only been climbing the gendarmes (the big rocky outcrops on the spur of mountains). After scouting a route around, instead of over the gendarmes, we encountered more choss. This time it was in the form of a scree slope, wet and slippery, but then we were finally onto the snow, ready for our first alpine start.

After doing Mt Barff we had decided to attempt a few peaks at the other end of the Matukituki Valley. This required descending back into the valley and climbing over to Cascade Saddle. Madness! In 4 days we had climbed ~4000m and covered ~50km with overloaded (30+kg) packs. It took a day to walk from Liverpool Bivy to Cascade Saddle, and with fine weather ahead we setup for another alpine start. This time we had to ford a glacial river at 4am. Madness! As we trudged through the sloppy track along Cascade Saddle we watched the sky gradually lighten in the East. Another 2 peaks were claimed and as the week ended, so did our perfect weather. It was time to return to Wanaka for some essential greasy take-away nourishment.
The Ball Pass crossing is commonly recommended as an excellent trip for newcomers to mountaineering. Speak to mountain guides - they will recommend it, read guide books - they will single it out, browse magazines and what not - it will crop up. Ball Pass looms large in NZ mountaineering.

Having had this atmosphere drilled into us, Paul Lloyd and myself decided to give the crossing a go in the last week of our time in NZ. The morning that we set off from the New Zealand Alpine Club’s base lodge in Mt Cook Village - Unwin Lodge - we made two somewhat unnerving discoveries. First, we learnt that the Department of Conservation’s incident reports documented a number of deaths on the Pass, including that of a guide and two clients in only 2005. Second, we noticed a flyer from a guiding company warning that the route was 'very dangerous' and difficult to negotiate. Hardly confidence building.

These two discoveries concerned us, but we already knew the risks associated with mountaineering, and had decided that for us those risks are not as great as the rewards. Cautiously, we set out.

Just 4 hours later, our mood had been turned on its head. Paul and I were in vigorous agreement that the approach to the bottom of the Ball Pass route was the most boring walk we had ever done. 15km of foot (and mind) numbing trudging on a flat, gravel road and moraine. Even views of the surrounding, towering mountains were largely obscured as we slogged along a trough between the lateral moraine of the Tasman Glacier and the flanks of Mt's Wakefield, Rosa, and Mabel. But, nonetheless, we had made it to the start.
Ball Shelter and the foot of the Ball Ridge (on the Tasman side) stand 1050m above sea level. Ball Pass itself lies at 2120m on the spine of the ridge that separates the Tasman and Hooker Valleys. Over the course of the afternoon, Paul and I worked our way up up to the Pass. The lower part of the ridge was a lot of walking, and some gentle, fun scrambling. To the North-East there were stunning views of the glaciated 2.7km high Caroline Face of Mt Cook - the largest face in NZ. Higher up the ridge, above the Caroline Hut (1790m), the ridge became rockier, the rock a little worse, and a little steeper. But, all in all it remained easy scrambling.

It was at about this point that Paul and I began to feel a little disillusioned with this classic NZ alpine route. We could see the Pass about 2km ahead of us. Leading up to it was gently sloping snow slope of perhaps just 10 degrees. Up until the bottom of this snow slope, the ridge continued on it is easy scrambling way. The snow slope, infact the upper Ball Glacier, revealed not a single crevasse to avoid. We were disappointed, we had come to NZ climb, not to walk and scramble. However, not wanting to be too hasty, we reserved our judgement.

Two hours later we were at the top of the pass. We crested the saddle, dearly hoping to find some challenge on the Hooker side. We saw nothing. With the time 9pm and an hour of light remaining, we did see a good bivvy rock some way beneath the pass. We quickly made our way down 20 degree snow slopes to bivvy for the night. It is these slopes that are described in one guiding company's route description as "very steep."

That night, we could not stifle our disappointment with the route any more, and looked forward to simply getting down. As if the mountains were trying to frustrate us, the next morning dawned grey and overcast. As we battled to find a route across scree slopes and between rocky rotten bluffs, it started to drizzle, then it started to rain, and then it started to pour (typical NZ). Gore-Tex or not Gore-Tex we were soaked very quickly. We remained soaked for the remaining 7 hours of walking as we slogged out the final 12km back to Unwin Lodge alongside the Hooker Glacier, Hooker Lake, and then the Hooker floodplain. The track began to resemble a creek, and at times a waterfall as it abruptly ended where the Hooker moraine wall had retreated. The hot shower, and clean, dry clothes back at the lodge were absolutely fantastic.

Are we being too harsh on Ball Pass? This 'classic'? In truth, we probably are. We struck Ball Pass when it was way out of condition. Two weeks before before, there was much more snow on the route, and the day after we came down, and then six days after that, there was heavy snow to 1500m.

We had approached Ball Pass as an alpine route and a climb. We found a largely rocky route and lots of walking and scrambling. We were probably too optimistic - as so many parties write of their main activity in crossing the pass - it is alpine tramping, not climbing.

In effect, Ball Pass was too easy for us - we were looking for something harder. If we had done the route at the start of our experience in NZ, we may have found it challenging and interesting. Instead, it was boring. But that is not to detract from what Ball Pass is - a good, easy route. Having come to NZ inexperienced in climbing, this was a comforting conclusion to draw for our last route there. We had come to NZ to improve our skills and we had done just that.
A little over a year ago, I found myself crouched near a series of switchbacks on the Mont 24 hour course. Instead of a bike, I had my trusty camera, simply recording moments in time as riders whipped by. I’d only ever ridden singletrack a couple of times, and considered racing for hardcore people. This belief began fading as I saw everything from professionals to newbie riders giving it a shot. Something was sown in my mind that day as I left Kowen Forest.

When registration for the 2006 24 hour race was announced, several teams were entered. With 18 riders and several kind souls offering support, we pooled resources and counted down the days. Finally the date arrived and a few went out to Kowen forest on Friday night. The modest rows of trees hosted hundreds of tents, thousands of people and countless bikes. You could feel the anticipation building as people hauled loads to tents, rode bikes back and forth, and exchanged greetings with mates. The moon and several bright lights loomed overhead, illuminating the airborne dust that was to play a part for the rest of the weekend...

The race was to begin with an 800m run to where the bikes was parked. Many teams waved banners indicating where their team member’s bike was stashed. These included a inflatable pink alien, a giant Bruce Lee flag, and to capture the attention of many, a banner with the silhouette of a voluptuous nude. Finally, after months of anticipation, the 24 hour was off! A massive pile of runners blitzed past. Ursula and Chris arrived near the front group, grabbed their bikes and joined the massive mob of people heading down the main drag. And such was the beginning of the longest 24 hours...

We started a rhythm that lasted the next 24 hours. An hour of so before heading out, we changed into race gear, did a bike check, and warmed up. Then it was off to transition to wait for the rider to finish. Whilst waiting in transition, adrenaline coursed through the veins, surging when a familiar face appeared from the timing tent. The baton was exchanged, two wheeled steed mounted, and the legs began whirring as it was all go down the main drag...
This year's course was 20km in length and contained some fine sections. The singletrack switchbacks were sprinkled with mobs of photographers. A couple of older sections had the forest closing in overhead. Here sunglasses were really useful, since the dust lingered thickly in a forested 'tunnel'. The fastest sections were awesome tracks like Kowalski's Trouser Snake and Blinky Bill. Here a dual suspension rig was great on the spots where the track was trashed from thousands of previous laps. One could also wonder in amazement at the acceleration possible from two legs. When blitzing down the singletrack one really got in the zone, and could really let go, trust the tyres to bite the dirt, and simply hang on for the ride.

The night laps added another level of fun. Most of the team managed to snatch some sleep before being woken at some weird hour of the night to an eerily shining moon. Once on the track, it was easy for the concentration to settle and to slip into 'the zone'. At night it boiled down to focusing on a bright beam of light, the trail, and the raw feel of the bike pounding the trail. On fast singletrack it was a matter of focusing on the rear tyre of the rider ahead, and carving a path through the low clouds of dust obscuring the trail. It was a matter of hanging on, navigating the twists and turns, and drop offs. The legs simply pumped the pedals madly without a thought. Once the singletrack opened out onto the fire road, there was time to relax slightly until the next section. Sometimes bright headlights illuminated the billions of dust particles in the air, making things more difficult as the track was nearly invisible. But we all made it through those long hours.

Finally teams pulled the last laps, arriving at various times after midday, and the massive exodus began. The dust settled as the efforts of the last 24 hours slowly sank in. The adrenalin buzz was replaced with an empty feeling that it was all over. However it had been an awesome experience. Gaelle, Sam and Fiona did an immense job as support crew, helping around camp, preparing food for everyone, and assisting with pole waving duties in transition. A big thanks goes out to Yves for cooking up the giant pile of delicious chicken rice for the many refuelling stops. Finally, thanks also have to go out to all the riders!

Already looking forward to next year...
By Laura Munsie

December had been a month of hot, sweaty days, and those of us in beachless Canberra were longing for a dip in the cool waters of the ocean. The Coast Track walk was perfect. It promised spectacular cliff top views over the vast expanse of the Pacific Ocean, interspersed with sheltered beaches where we could cool off from the hot December sun. Swimwear was dug out from the depths of the closet, new sunscreen supplies were purchased and child-like glee of "yay, I’m going to the beach!" was welling up inside.

When the weekend finally approached, I checked the trusty BOM (bureau of meteorology) website for the forecast. Gasp...showers were predicted on Friday, Saturday and Sunday! However, being islanders we were not to be deterred. The weekend would be great, and we would swim, damn it! Thus the adventure began.

The coast walk is conveniently accessible by public transport, so the weekend began with a bus from Canberra to Sydney, followed by a train to Cronulla, and a ferry ride to Bundeena. Our group of four, Sam, Aleks, Lukas and I, camped the night here, listening to the sound of rain on canvass as we fell asleep. All agreed that this rain was quite pleasant.

On Saturday morning we awoke to overcast skies, but the rain of the previous night had cleared. The temperature was quite suitable for a longish day of 20 km. The track meandered along beautifully coloured and sculpted sandstone cliffs, sometimes leading inland slightly where we walked among dense coastal scrub, and descending now and then onto beaches. The colours in the sandstone were amazing. In places it was so white that the cliffs resembled icebergs, while in others the stone was coloured with brilliant yellow-orange, pink and purple hues. Birds were very active in the coastal heath, chirping and darting around us. We even saw a large sea bird carrying a fish in its talons to eat for its lunch.

We set up camp as evening approached and bravely took a plunge in the ocean before cooking dinner. The beach at the campsite was not the best swimming beach, but, as I mentioned before, we were islanders and we were determined to have a swim (or a few) during our weekend at the coast. No rain had fallen all day. We enjoyed our well-earned dinners and went to sleep to the sound of waves crashing on the shore.
On Sunday we only had to walk about 8km, but unfortunately we were not totally free to lounge around on the beaches, as we had to be in Otford to catch the train by 2:57pm. It was a shame that there were no later trains, as we had awoken to blue skies and sunshine, perfect for swimming and lying on the beach.

After leaving our campsite, we skirted around a headland or two before coming to Burning Palms beach, which was perfect for a swim. It was so perfect, that the four of us found it very difficult to drag ourselves out of the cooling waters to begin the uphill traverse and continue on our way to Otford.

The vegetation changed as the track continued south. We made our way through cool green palm groves, where sun filtered through the fronds of the palm leaves. We stopped for lunch on a rocky platform with views to the south, extending as far as Wollongong. The blue sky was decorated with the colour of a group of para gliders hovering in the gentle breeze above one of the headlands.

Shortly after our lunch stop, the track began to descend and it was not long before we arrived in Otford. We had plenty of time to sit on the grassy headland and enjoy the view before a short walk to the train station from where we made our way back to Canberra.
The Slot & Dionne Dell: Kanangra-Boyd NP

By Fiona Jinman

First canyoning trip of 2007 and what a fabulous way to start the New Year! Nic, Rhonda, Steph G., Michael J. and Fiona set out for Kanangra-Boya National Park on Friday for a weekend of canyoning frolics! Wolfing down jumbo Subway sandwich logs and other culinary delights in record time at the Goulburn pit stop, we headed out in the twilight along the winding road to the National Park. Nestled amongst the gums, we settled in for the night in anticipation of a thrilling day.

Up early, wide-eyed and fortified after a strong morning brew, we set out in the bright sunshine for (drum roll) – The Slot, known more poetically as Kanangra Khasm.

From the walk in along the top, we had a tantalising peak at the valley below (a very long way below!) and a growing sense of excitement about the day ahead. The Slot is a canyon to be respected. It’s a tricky undertaking and not for the faint-hearted. Long sustained abseils, thoughtful starts coupled with an ever present slippery coating of moss, algae and loose rock.

To an encouraging chorus of oooohs and aaaaahs from the assembled peanut gallery at the top, and twinkling with sprinkles of refreshing water from the falls, we descended one by one into the blissful cool of The Slot. Its walls carpeted with lush green ferns, and the occasional rainbow overhead, the shady abseils were a sheer (ha ha ha) delight on a hot summer’s day. Steady progress was made through the abseils and a splish splash through some invigoratingly ‘brisk’ water and we were at the last abseil. A sigh and a backward glance up, up, up the double waterfall to where we started, feelings of awe, ahhh, and wowser at the stunning scene. After a zipping down the last abseil and a satisfying splash into the pool at the bottom, lunch beckoned! With everyone doing convincing lizard impersonations languishing on the sun warmed rocks, we idly watched the clouds float by until it was time to start up the steep gully out.

Considering canyoning? Beginners take note: what goes down must inevitably walk, scramble, climb and otherwise scuffle back up … and up … and up some more …

Exhilerated? Yes. Enthusiastic? You bet. Ready to do it all again tomorrow? Ummmm, get back to me after a nice hot meal and a good nights rest!

We returned to our camping spot – oh joy, Michael’s tent is still here! – and after feasting on a seemingly endless array of treats, unusual food-combining and other gourmet delights, our serenity complete, we settled back to chat about love, life, and the universe under the twinkling stars.
Dawn (ish!) pow wow on the possibilities of the day: to Danac or not to Danac? “Not” was the consensus after sprinkles of rain during the night and thunderstorms looming for the late afternoon. So what are five hale’n’hearty souls to do with a day to spare in Kanangra-Boyd? Pick an alternative canyon to gleefully frolic down of course! Our choice: the most excellent Dionne Dell, also known as Wallara Falls – fantastic suggestion Steph!

After a leisurely breakfast, we packed up our camp and made our way down the dirt road to the turn off. Despite dire warnings of the difficulties of finding the track, eagle eyes Rhonda picked it first go and off we pottered on our second magical tour for the weekend.

Following the generally well defined track along the creek line, other than a couple of muddied botos courtesy of some slips and slides, we pottered along happily. Warming up tired muscles and aching joints, we picked our way through the bushes and ferns. Dionne Dell is a lovely canyon with nice abseils in, or as we opted, down the side of, waterfalls avoiding a bath at the bottom.

The abseils were delightful – shorter, open and relatively dry compared to those of The Slot, but very pretty and lots of pebbles and smooth creek rocks in between to hippety-hop around or over. We gambolled down the Dell to the breathtakingly spectacular Margaret Falls – the stop with a very, very, very long drop that signals the end of our canyon. This was to be a ‘dry’ day but that didn’t stop Michael plugging up the trickle over the falls with his bottom … hmm, guess that’s one way to cool down!

The end of the down bit equals the start of the up bit! A short, sharp but sustained slog up to a cliff line reminiscent of the Castle. Skirting around the base, up a fun little gully and ‘hey presto’, on top of the world again! Group shot, yoga and other silly poses, then onwards we meandered through banksias and other assorted grasping vegetation along the tops. How to tackle such terrain? Assume Front Row Forward Stance and charge … or just trudge and push your way through like a human wombat!

Tired, but happy, we reunited with our cars and began the long drive back to Canberra. Sigh. A very pleasant weekend – thank you Nic!

Honourable mentions: loudest scream award for the weekend is jointly shared between Rhonda (courtesy of nasty bad-tempered bull ant – we think! - chomping down hard on her delicate footsie) and Fiona (courtesy of a gluttonous, bloated, big fatso of a leech discovered slurping away on my ankle –hope it had a monstrous tummy ache afterwards … rotten, sneaky, sluggish currrrrggghhh!!).
Nelligen-Batemans Bay on the Clyde River

By Salih Ozgul and Lukas Kull

Seven kayakers set off from the peaceful village of Nelligen on the run out tide to Batemans Bay. Only but a short stretch (12-13km) of the Clyde River that meets the Pacific Ocean some 125km after its beginnings in rugged mountain regions. A broad, meandering, picturesque and easily navigable expanse of water that is popular with all manner of wild life and watercraft. Despite the fickle nature of the wind stirring up chop and slowing progress it was overall a pleasant, moderately challenging (3hr one way) and enjoyable paddle, warm water to swim, great company, and reward of a feed, coffee and desert in Batemans Bay.

What else sounds more tempting than sleeping in and enjoying an extensive breakfast after a day out on the water? And since we all could not resist, we found ourselves sitting around the camp stove which was magically producing marvelous pancakes... what a great idea from Pam, Ces and Jodi! We spent the rest of the day at Oakey Beach where we camped, either swimming, body-surfing, relaxing or kayak-surfing. Dave and Matt are both experienced in surfing the waves and introduced Sal and Lukas into the secrets of surviving the waves without a reliable roll. And as soon as you managed to sit on a wave and surf towards the beach for your first time, no matter whether you capsize or not, you know, it wasn't your last surf in a kayak!

All in all, it was a great mix of sea-kayaking, relaxing and good food with a great group of paddlers.
So you're sitting in your kayak, staring down the vertical face of a big wave / rapid / jetski trail and you're thinking "Why did I let them talk me into this? I am about to die..." The wave hits your boat, everything turns dark blue-green and the sky is suddenly rather wet. You've found yourself upside down in your kayak, and you have at least a couple of options: (1) pop the spraydeck off, hop out of the boat and swim to shore (not easy while towing a kayak full of water); or (2) brace your knees, sweep your paddle, twist your hips, and roll back upright with a big smile on your face. Following option 1, most people tend to flop on the shore, exhausted. Following option 2, most people say something along the lines of "Damn that was fun - let's do it AGAIN!!" and head back into the spray.

The ability to roll a kayak upright is more than just a fun trick to show your friends, it's a crucial self-rescue technique for safer paddling. On long trips across open water, or in fast flowing rivers, it's not always possible to get your friend to tow you (plus boat) to shore if you lose balance or get knocked over by a wave. If you can roll back up, it makes for a much safer and more enjoyable paddle. But how do you learn..? Which way do you sweep the paddle..? What if you drop the paddle..? Well there's heaps of instructions, diagrams, and videos on the internet that will give you a basic idea of what to do, but it can still be difficult to learn by yourself. So the ANUMC often organises introductory kayak-rolling classes at a local swimming pool or at the Cotter, where it's safe and easy to learn. With a friend standing in the water to assist, most people can learn a basic roll in just a couple of classes.

But once you've got a basic roll, don't neglect it. Practise as much as you can (there are many different types of roll) so that you have a consistent technique on both your right and left sides. Rolling is only one of the skills you'll need for safe paddling on some of the more challenging and enjoyable whitewater or seakayaking trips with the club. Bracing techniques, deepwater rescue, and rope skills are some other safety techniques that you can learn at one of the pool sessions, or one of the weekly paddles on Lake Burley Griffin. If you're keen to learn some more kayaking skills, like rolling, come along to the weekly paddles on the lake, or speak to one of the kayaking officers.
Point Perpendicular Beach Party

By Helen Lindsay and Felix Schill

Tent, check. Sleeping bag, sleeping mat, toothbrush, check. Towel. Rope. Harness. One set of quickdraws, screw-gates, climbing shoes, packed. Wetsuit, snorkeling gear, sunscreen, torches. Got all that! Pots, cup, stove, yep. Gourmet food. Oh. I guess we can still pick up some cheese and crackers, and some Lindt chocolate? No, of course, we spent hours last night cooking little fancy pastries with smoked trout and ricotta, tomatoes and parmesan, ricotta, spinach and fetta... but we’re not telling Clancy that just yet! He as the trip leader insisted that ‘gourmet food’ shall not be interpreted as ‘cheese and crackers plus Lindt chocolate’ this time! Fair enough, it’s his birthday. And 5 more people’s birthdays in the same week. Fi volunteered to provide the amount of birthday cakes required, which means that everyone else should put in some effort to bring fancy food as well. This trip is just like the ‘Cocktails on the Castle’ - except that we don’t have to carry the food up a mountain! And we get some prime rock climbing done instead. Plus lazing at the beach, and maybe some snorkeling or diving. What is this Castle trip anyway?!?

The Kangaroo Valley Bakery is starting to feel like a second home. We did wonder why we never stop for second breakfast at the shop advertising the ‘World’s Best Pies’. Maybe another time we should put this claim to the test? Still pondering on this, we were reminded by a phone call from Jose that we should hit the road again - ‘come on, where are you, the climbing is awesome!’.

Point Perpendicular is stunning. Though a little hard to see the ocean 90m below the cliff top for those cowering a safe distance away from the edge. The place is very accurately named. Probably not the ideal place for someone who is scared of heights to try their first abseil! (No need to mention names, there’s plenty of incriminating photos around...) But the climbing is wonderful - long sandstone climbs of all grades. The grades of the climbs are rated adequately, and the names of the climbs are not rated R (unlike some other places in the area...)

As it is tradition on Point Perp trips, people who haven’t been there before are deflowered on Elspeth, a nice short 14 climb on a vertical face above an overhang, with great unobstructed views onto the whirling ocean 70 meters below. There were some discussions with Dan what it means to be deflowered 3 times on the same climb, but the details are long forgotten.
Another nice and popular climb is 'Prosciutto (19)', which amuses spectators with an impressive range of silly facial expressions performed by the climber desperate for good holds. And of course the good old 'Stormfront (17)', which is conveniently located for taking nice climbing photos. However, there seems to be quite some disagreement where the route actually goes (see photo comparison). 'Symphatico (16)' is a lovely climb offering traverses, cracks, a cave, and overhangs. Felix obviously thought that the climb could do with a few less flakes, and promptly redecorated it. Although he does look a bit surprised on the photos, by the unexpected effects of his efforts.

Fi recently turned 21, and was one of the few climbers that managed to climb their own age on this trip. After a fantastic first day of climbing we all returned to Honeymoon Bay camp site for a refreshing swim and, of course, the birthday dinner. Gourmet, of course. Special mention goes to Fi’s chocolate berry birthday cake. Dan was disappointed that Penny wasn’t there to share in the 18 lamingtons he contributed. We noted for future reference that cherries seem to be a promising way of bribing Clancy.

After cake, the port and absinthe came out, and with them the pyromaniacs. As it turns out, long handled titanium spoons are perfect for holding shotglass sized fireworks. Suitably fed, we progressed to the beach in the hope of observing phosphorescent critters in the water. These are amongst the many strange creatures that can only be observed at night on Mountaineering Club trips. Some went diving into the black, calm watery void equipped with goggles and underwater torch to see the many wonders of the bay. Others however faced the perils completely unequipped, and were caught by surprise by the sudden presence of torch light under the surface... Subsequently it was ensured that torches were only to be pointed the other way...

Due to the fire ban, we huddled around a glowing blue stick rather than a cosy campfire, until it was time to get some sleep. It was a little disconcerting to notice the sign warning us of live bombs and laser radiation in the direction of our tents. We also had different theories about how to interpret the huge sign at the beach saying 'Beecroft Weapons Range - Open for public access'. Are they running out of moving targets?
Below are some of the exciting ANUMC trips planned for this year. To sign up and for more details on these trips, such as difficulty, costs and trip leader contact details, visit the club website at www.anumc.anu.edu.au.

**ANUMC Mountaineering (and other fun) in NZ – February Slide Night**
15/2/2007

Come along to witness the adventures of the 11 ANUMC members who made the journey across the Tasman in January 2007 to climb NZ’s mountains. A number of participants will give presentations about their epics in the Southern Alps. Share in the spectacular panoramas, testing days out, crap NZ rock, and of course those peculiar glacier fashions, that slide (Rob), and all those bad jokes. Entry Free. 7pm - 8pm. Drinks $2 and nibbles provided. See you there!

Trip leader: Andrew Peters

**Sallying up the Sentinel**
16/2/2007 – 18/2/2007

The Western side of the Main Range is home to some of Australia's most rugged and spectacular walks. Our jaunt up The Sentinel will start from Olsen's Lookout. After a steep descent to the Geichi River, we will walk along Lady Northcote's Canyon until we reach the bottom of The Sentinel itself. From there we will follow the ridgeline up to the peak. After taking in magnificent views of craggy alpine peaks and distant blue hills, we will walk out to Guthega and car shuffle back to the lookout. This is a difficult walk. Issues include dense post-fire regrowth, 1300m of ascent, some scrambling, and some exposure. However, as in so many things, the difficulty of the walk merely heightens its rewards.

Trip leader: Andrew Peters

**Budderoo and Barren Grounds**

The plan is to do two day walks. One in Budderoo National Park and the other in Barren Grounds Nature Reserve. Both walks are easy going plateau walks and have excellent views towards the Illawarra coastline.

We will start by doing Budderoo National Park on the Saturday. Depending on how everyone is feeling we can either do Barren Grounds Nature Reserve on the Sunday or alternatively if the weather is too inviting, go to Kiama for the day instead and spend the day at the beach.

The plan is to camp in Budderoo National Park on Saturday night not too far from the cars.

Trip leader: Sonia Graham

**Welcome BBQ and Introductory Evening**
21/2/2007

Gather at 5:30 in the copeland courtyard, at the BBQs near The Tank lecture theatre. There will be food provided for both omnivores and vegetarians, and drinks will be available for purchase ($1 softdrinks, $2 beer). Following the BBQ we'll move into a nearby lecture theatre (TBC) for an introductory slide show along with a short talk by each of the activity officers.

Trip leader: Sam Keech-Marx

**Kayaking and Pancake Breakfast on the Lake**
22/2/2007

Continuing the temporarily-postponed tradition of pancake breakfasts on the lake, we breakfasters/kayakers will paddle out to Springbank (little island just opposite where Sullivan's Ck joins the Lake), LEAVING AT 6AM. Once there, cooking devices will be unfurled and incended, to allow for a 'pancake-off' as none before. Intrepid pancake-makers will get the chance to prove their merits in the art of plein-air pancake cooking and decoration. In plain English: we will get in the kayaks with breakfast materials and go and cook and eat and be merry on the lake. Will leave early to try and be back in time for work/lessons. It is best if you have kayakked before, but not essential.

Trip leader: Tessa McDonald
Top roping at Kambah rocks
22/2/2007

We will leave at about 5:15pm from the concrete balls outside the SRA. Please be there by 5:10. We will drive to Kambah pool (about a 20 minute drive), then walk to Kambah rocks (20-25 minute walk). We will set up a few top ropes and climb until dark, so a head torch is a good idea. The river runs past the cliff, so if it looks like a hot day, you may want to bring swimmers. You will need a harness, helmet, belay device, a locking carabiner and probably climbing shoes. No pretrip.

Trip leader: David Price

Huge Weekend Out Canyoning
24/2/2007 (planning date)

On the w/e following O'week the club celebrates a Huge W/E out in order to get stalwarts and neophytes together and introduce the neophytes to the many facets of the club.
This will be an opportunity for new member to taste a canyon in the region. It is an easy day, however you must be able to swim at least 200m continuously in a comfortable manner. If you can also abseil you have the opportunity to also abseil the Falls themselves and then return to the cheering audience back at the top of the Falls.

Trip leader: Nicolas Bendeli

Huge Days Out – Beginners Weekend

Come one come all to the HUGE DAYS OUT beginners weekend! This year we will probably be at Namadgi, but watch this space for confirmation. There will be bushwalking, rock climbing, mountain biking and more, and it's all suitable for beginners! Activity officers, please start lining up leaders to run trips in your areas.

Trip leader: Sam Keech-Marx

Meandering on the Murray

5 days spent paddling down the Murray from near Mildura (Vic) to Renmark (SA). The area is a pleasant mix of state forests, forest reserves, wetlands and farmland. Approximately 130km of gentle river kayaking (though in sea kayaks for extra gear storage and stability). This is intended as a relatively easy-going trip, though over a week so will require moderate fitness and some familiarity with kayaks and self-rescue. Hard core white water fans will be disappointed!
[NB trip is currently full, but if you are keen please register for the waiting list]

Trip leader: Saravan Peacock
Billy Billy Bushwalk

Billy Billy Rocks is a cluster of massive granite boulders high above Tidbinbilla Valley. The walk to the rocks from Corin Dam road is only about 3km, but the absence of any tracks, steep terrain and the potential for dense scrub and regrowth following the devastating January 2003 fires is likely to make this a moderately difficult day walk. It is nonetheless, suitable for beginners prepared to get a little hot and sweaty for an opportunity to explore the labyrinth of gaps, passageways and overhangs that can be found amongst the boulders, some of which are up to 20m high. From atop the rocks there are also good views into Tidbinbilla Valley and across to Tidbinbilla Range. If the weather is clear Canberra can also be seen. As this walk is close to Canberra we don’t need to depart until 8am and can expect to be back in Canberra by late afternoon. Distance: 6km. Maps: Corin Dam and Tidbinbilla 1:25,000. No pretrip. Contact trip leader (preferably by email) for details.

Trip leader: Mika Kontiainen

Paddy Pallin 6 hour Rogaine
Date: 4/3/2007

Rogaining - that's being out there, without tracks, just with a map and compass.
Rogaining - that's speeding through the bush or socializing with others, just as you want.
Rogaining - that's getting lost for a while and finally knowing where you are...
For more information: http://act.rogaine.asn.au/ or contact the trip-leader.
If people are interested, I'll run a navigation workshop before this event.

Trip leader: Michael Bortz

Square Rock Beginners Bushwalk and Brunch
10/3/2007

The perfect introduction to bushwalking. If you've never been on a bushwalk, if you're an international student who wants to see the Aussie bush, or if you just fancy a nice easy stroll followed by a tasty brunch with a great view, then this is the walk for you.
The walk is about 8km in total, with a small elevation gain (and loss) of about 200m. We'll walk on a clear track through the forest, followed by a shared brunch. We'll leave about 8:30am and will be back in Canberra by early afternoon. This is a great opportunity to meet people and socialise, as well as show off your cooking skills (there will be a prize for best brunch contribution!)

Trip leader: Sam Keech-Marx

Surfing Moruya

Time to put on the board shorts, wax the board and head down to Moruya to ride some waves. We'll drive down on Friday night and camp by the beach and a good break at Moruya Head. Beginners and experienced surfers are welcome. We'll find the best breaks in the area for the conditions. There's lessons for beginners with a local surf school on both days. The cost is about $40 for a two-hour lesson including board and wetsuit ($70 for two lessons). Lessons are highly recommended. Surfboards can be hired down the coast if needed. Wetsuits are good to have - it gets chilly. On Saturday evening we'll have dinner in town, then head back to camp and tell tall surfing tales around the campfire. We'll return to Canberra on Sunday afternoon.
Please register your interest prior to the pre trip meeting as well as contacting the leader if you want lessons.

Trip leader: Dominic Bakker

Kayaking Moruya

A bit of surf kayaking and/or local rivers and estuary paddling. Plan is to hook up with Dom's surfing crowd at Moruya Heads, sharing the campfire, transport and tall tales. Seakayaks and trailer probably unavailable for this trip, so numbers will be limited by wwww boats that can fit on available roof racks. To kayak in the surf, you'll need a good eskimo roll. Limited experience OK for estuary/river paddling. If there's been any rain, we may take a look upstream at a stretch of the Deua River.

Trip leader: David Boland
Blue Mountains Extravaganza

Blue Mountains Extravaganza is a traditional big club trip. It takes place on the Canberra long weekend so you get a long weekend away without the big crowds of Sydneysiders. The weekend includes bushwalking, climbing, canyoning, and mountain biking. We'll camp near our cars at a biggish campsite (still to be finalised) so bring good food to enjoy during evening tales of triumph in the wild. Watch this space for updates on the trip.

Trip leader: Mark Maslen

Clastral and Whunghee Wheeney by request
24/3/2007 (planning date)

Clastral is one of the most famous canyons in the Blueys. It is a commercially guided trip in order to give "tourists" a taste of the best. Whunghee Wheeney is also a classic. The group last year had a thoroughly good time and that is why the request do combine the two. We will do two day trips down two well known classics. Are you interested? Are you up to it?

Trip leader: Nicolas Bendeli

Big Hole and Marble Arch Daywalk
24/3/2007

This day walk starts from Berlang Camping Area, 45 minutes drive south of Braidwood, and offers excellent views of the Shoalhaven Valley. After crossing the Shoalhaven River (be prepared to possibly get your feet wet), an easy walk leads to a viewing platform from where the remarkable Big Hole, a chasm some 96m deep and 50m wide, can be viewed. We will then continue on to Marble Arch, a narrow canyon some 3-4 metres wide and 25 metres deep - bring a torch to explore the Arch.

Trip leader: Rhonda Mann

A Day Walk to the Top of Australia
31/3/2007

The plan is to drive to the Snowy Mountains on Friday evening, car camp there, and do this 14km circuit as a day walk, returning to Canberra on Saturday night. We will be on a track, walking for approximately 6 hours, and gaining about 600m in elevation. So with just a tiny bit of fitness, and a tiny bit of walking experience, this your chance to enjoy the beautiful Australian alpine environment, and to make your way to the top of Kosciuszko.

Trip leader: Pierre Portal

Pretty Plain Explorer

The alpine meadows - the crisp fresh air - the starry nights and the gentle whirr of your chain slotting through the cluster. MTB in Koscuisko. Pretty plain is in the north-western section of Kosciusko NP, near Cabramurra and is meant to be pretty spectacular. I haven't been there yet myself, but am keen to explore. The plan would be for something approaching an alpine start from Canberra and heading up to Tooma Reservoir. A short trip carrying overnight gear on our bikes to set up a base camp in a lovely spot, and then to travel unladen exploring the area on the myriad of fire trails shown on the map. I'd be expecting to travel about 10km laden, and then up to 30km 'day tripping' without much gear each day. I am not planning hard core, but some cycling experience and camping is essential.

Trip leader: Darren Marks

Roping Skills 101
1/4/2007 (planning date)

A session to learn various knots and how to coil ropes.
Before you register please check refer to the club website ...

Trip leader: Nicolas Bendeli

This is a planning date only. Details TBC.

Trip leader: Garrick Larkin
April Social Evening
Details TBC closer to the date.

Trip leader: Andrew Peters

Nadgee Wilderness Walk (+ birthday celebrations)

It's time again for the annual pilgrimage to Nadgee, this time over Easter. This is a beautiful and relaxing 5-day walk in the Nadgee-Croajingalong wilderness on the South Coast. The landscape is spectacular, including long deserted beaches, salt and freshwater lakes and massive sand dunes...
The walk can be done in 4 days, but we'll do it in 5 to leave plenty of time to swim, read, birdwatch, build sand castles, cook etc, and of course to celebrate Pierre's 30th birthday!
We'll leave on Thursday afternoon, as early as possible, for the 5 hour drive to Merrica Ranger Station. The next morning we'll do the car shuffle before we start walking south to Mallacoota. We'll be out for 5 days/4 nights, returning home on the following Tuesday night (lateish).
Although this is quite an easy walk, it is in a remote area and so is only suitable for those with previous overnight walking experience with a full pack.
This trip is already full, but sign up online if you would like to go on the waiting list.

Trip leader: Mika Kontiainen

Mt Beauty Easter MTB Jaunt

Easter is an ideal time to spend mountain biking around the great trails at Mt Beauty and surrounds. More details will follow closer to the time :-)

Trip leader: Ben Davies

CORC Womens MTB

The Women’s Off Road Cycling Skills weekend is a non-profit camp designed by Canberra Off Road Cyclists (CORC) to promote and foster the participation of women in Mountain Biking. It is directed towards women over 16 years, to develop mountain bike skills no matter what level of mountain bike experience they have. Participants are expected to have basic bicycle riding skills.
The Camp will operate in a friendly environment with time for socialising, fun, great food and relaxation.
The Mountaineering club is booking EIGHT places on this years CORC Womens Skills Camp. The trip is currently full, but if you wish to be put on a waiting list, please contact the trip leader. Up to half of the fee will be reimbursed by ANUMC if you then lead a MTB trip.

Trip leader: Darren Marks
**Tops and Bottoms in the Eastern Budawangs**


Exploring the summit of Pigeon House and the depth of Pigeon House Gorge in two days - that's the plan for this challenging trip. We will leave Canberra on Friday night and car camp to have an early start on Saturday morning. From the Pigeon House car park we will climb Pigeon House (ascent of 600 metres) and hopefully catch some breathtaking views from there. The descent will lead us further north to a fire-trail (Wombat Ridge), before we're going to dive into the scrub to find an overhang where to set up camp for the night. Depending on time, we will explore Pigeon House Gorge either on Saturday afternoon or Sunday morning (descent of 400m). This walk contains a considerable amount of up- and down-hill, as well as very different sorts of tracks (walking tracks, fire-trails, off track). Sufficient fitness and confidence is a must. Some sections are exposed (steel ladders up to Pigeon House). We will keep the weight of our packs as low as possible. I have not done this walk before, so it is also a challenging opportunity for those who want to practise navigation skills.

Trip leader: Michael Bortz

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**Roping 201**

1/5/2007 (planning date)

Learning to ascend/ descend a rope using Prussik loops. Before you register please check refer to the club website ...\Info\The Club\Canyoning for a session description as well as prerequisites. Notice especially the 3Cs.

Trip leader: Nicolas Bendeli

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**May Social Evening**

3/5/2007

Details TBC closer to the date.

Trip leader: Andrew Peters

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**Cyclegaine 6 Hour**

6/5/2007

Cyclegain, that's rogaine (check the trip description for the Paddy Pallin Rogaine), but on your mountain bike! For more information:

http://act.rogaine.asn.au/

Trip leader: Michael Bortz

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**Trip Leader Thank You Night**


To express our gratitude to all trip leaders, the ANUMC is holding a social night just for trip leaders and those thinking about leading trips for the Club. We'll meet at 6pm at the BBQ area near the Tank lecture theatre for free food and socialising. Afterwards, new and potential trip leaders are invited to a short info session in a nearby lecture theatre where experienced leaders and activity officers will talk about trip leading in the Club and answer all your questions. Please make sure you sign up online so I know how much food to organise.

Trip leader: Sam Keech-Marx

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**Historic Corn Trail**

6/5/2007

The 15km Corn Trail is an historic trail in the Monga NP past Braidwood which was used as a trading route by early settlers in the 1830s to carry produce and supplies up and down Clyde Mountain on horseback. The track winds its way from the Bolero Valley following the Buckenbowra River up through the rainforest, providing occasional views of the coast. One group will walk up and the other group will walk down the mountain, thereby avoiding a car shuffle. Reasonable fitness required, as there is an elevation gain (or loss) of 600m. Please contact me as soon as possible if you would be interested in leading one of the groups.

Trip leader: Ulla Keech-Marx
Cross Country Skiing Planning Night  
30/5/2007 (planning date)

We will meet to discuss plans for the upcoming ski season so come along whether you’re an experienced skier or just keen to have a go. The meeting will be followed by drinks at the bar!

Trip leader: Garrick Larkin

Beginners Ski Trip  
16/6/2007 - 17/6/2007 (planning date)

If you've never skied before but are keen to have a go this is the trip for you!
Details TBA closer to the date.

Trip leader: Garrick Larkin

Roping 202  
1/6/2007 (planning date)

We learnt how to ascend a rope in 201. Now we learn to cross knots and swap ropes.
Before you register please check refer to the club website ...
\Info\The Club\Canyoning for a session description as well as prerequisites. Notice especially the 3Cs

Trip leader: Nicolas Bendeli

Beginners Ski Trip  
30/6/2007 - 1/7/2007 (planning date)

If you've never skied before but are keen to have a go this is the trip for you!
Details TBA closer to the date.

Trip leader: Garrick Larkin

June Social Evening  
5/6/2007

Details TBC closer to the date.

Trip leader: Andrew Peters

July Social Evening  
3/7/2007
Details TBC closer to the date.

Trip leader: Andrew Peters

Nina's Memorial Walk / Fishing Gap & Mt Domain  
9/6/2007

On 7 July 2002 ANUMC member Nina Patellis tragically died in a traffic accident while returning home from a club bushwalking trip. Nina’s ashes were subsequently scattered during a memorial service at Fishing Gap on the Tidbinbilla Range. This memorial walk will mark the fifth anniversary of her passing. All are welcome. The first half of the walk is a 300m ascent along a fire trail to Fishing Gap. We’ll pause here to remember Nina before continuing along an indistinct foot track to the summit of Mt Domain for great views of the Brindabella Ranges and the Canberra region.
Distance: 12km. Map: Tidbinbilla 1:25,000.

Trip leader: Mika Kontiainen

A Classic Namadgi Day Walk  
9/6/2007

If, like me not so long ago, you think that hiking is about going up and down mountain passes on a good track, and stopping in a hut for the night, here is your chance to discover why it is called bushwalking down here. Going up Mt Gudgenby involves walking on a fire trail for a while, but then going off track, bushbashing your way through thick vegetation, and finally rock scrambling to the top, where magnificent views await. Yes it is awesome, but requires some fitness to handle about 17km of mostly off track walking, and 750m of elevation gain, including some rock scrambling. This can be done on Saturday or Sunday (leaving early-ish).

Trip leader: Pierre Portal
Mt Paralyser Overnight
7/7/2007 - 8/7/2007

A shortish overnight trip from Guthega up to Mt Paralyser, with emphasis on practising and relaxing. Participants will need to have skiing experience (can stop/turn when required) as there will be some climbing and descending. There may some scope to take a few novice snow-campers.
Distance: about 10km return + two days' worth of optional downhill runs.

Trip leader: Matthew May

Beginners Ski Trip
14/7/2007 - 15/7/2007 (planning date)

If you've never skied before but are keen to have a go this is the trip for you!
Details TBA closer to the date.

Trip leader: Garrick Larkin

Beginners Ski Trip
21/7/2007 - 22/7/2007 (planning date)

If you've never skied before but are keen to have a go this is the trip for you!
Details TBA closer to the date.

Trip leader: Garrick Larkin

Cascade Hut Snowshoe
21/7/2007 - 22/7/2007

A scenic snowshoe hike from Dead Horse Gap through pretty alpine country to Cascade Hut. There should be a good cover of snow and hopefully we'll spot some brumbies along the way. Distance is about 10km per day. We'll camp by the hut and spend the evening inside by a cosy fire (byo port, cheese selection and marshmallows!). We'll return to Dead Horse Gap the same way on Sunday. No previous experience in snow shoeing or snow camping necessary (I'll go over the basics at the pretrip) but some experience on overnight walks carrying a full pack is required.

Trip leader: Sam Keech-Marx

August Social Evening
2/8/2007

August Social Evening

Trip leader: Andrew Peters

Roping 20* Revisited
1/9/2007 (planning date)

Revisiting/ practising skills learnt during the canyoning season and forgotten during the ski season. A preparatory session before we start Roping 30*.
Before you register please check refer to the club website ...\Info\The Club\Canyoning for a session description as well as prerequisites. Notice especially the 3Cs

Trip leader: Nicolas Bendeli

September Social Evening
4/9/2007

Details TBC closer to the date

Trip leader: Andrew Peters

ANUMC 40th Anniversary!!!
29/9/2007

Make sure you keep this weekend free as it will be a HUGE bash to celebrate forty fabulous years of the ANU Mountaineering Club. Please spread the word to all Club members, past and present, and get in touch with the Exec if you have any ideas on how to make it an unforgettable event!
More details to come...

Trip leader: Sam Keech-Marx

Roping Skills 301 – Assisted Abseils
1/10/2007 (planning date)

Learn how to help others descend an abseil whilst they are partially incapacitated.
Before you register please check refer to the club website ...\Info\The Club\Canyoning for a session description as well as prerequisites. Notice especially the 3Cs

Trip leader: Nicolas Bendeli
### Roping Skills 302 – Simple Hauling Systems
2/10/2007 (planning date)

Learn how to set up a simple haul system to "rescue" a fallen climber down an overhang or a mountaineer in a crevasse or your "cat down the chimney". Before you register please check refer to the club website ...\ Info\ The Club\ Canyoning for a session description as well as prerequisites. Notice especially the 3C's

Trip leader: Nicolas Bendeli

### October Social Evening
2/10/2007

Details TBC closer to the date.

Trip leader: Andrew Peters

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### Weekly Events

Please note that some of the weekly events shown here may shortly be rescheduled. Check the club's website at www.anumc.anu.edu.au for up-to-date information and contact details.

<table>
<thead>
<tr>
<th>Morning</th>
<th>Evening</th>
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<tbody>
<tr>
<td><strong>Monday</strong></td>
<td><strong>Climbing at the ANU Gym</strong></td>
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<td></td>
<td>5:30pm - 8pm</td>
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<tr>
<td><strong>Tuesday</strong></td>
<td><strong>Underwater Hockey</strong></td>
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<tr>
<td><strong>Dawn Paddling</strong></td>
<td>7:30pm, Tuggeranong Pool</td>
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<tr>
<td>6:30am - 8am Boat Shed</td>
<td><strong>Afternoon Paddling</strong></td>
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<tr>
<td></td>
<td>6pm - dusk ANU Boat Shed</td>
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<tr>
<td><strong>Wednesday</strong></td>
<td><strong>Mountain Bike Ride @ Majura Pines</strong></td>
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<td></td>
<td>6pm from MacKenzie Street</td>
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<tr>
<td><strong>Thursday</strong></td>
<td><strong>Running Group</strong></td>
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<tr>
<td><strong>Dawn Paddling</strong></td>
<td>6pm from the Sports Union</td>
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<tr>
<td>6:30am - 8am ANU Boat Shed</td>
<td><strong>Climbing at the ANU Gym</strong></td>
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<td></td>
<td>5:30pm - 8pm</td>
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<tr>
<td><strong>Friday</strong></td>
<td><strong>Canoe Polo</strong></td>
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<tr>
<td></td>
<td>7:30pm, Tuggeranong Pool</td>
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<tr>
<td><strong>Mountain Bike Ride</strong></td>
<td>Meet at the boat shed at 6:40pm</td>
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<td><strong>Afternoon Paddling</strong></td>
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<td></td>
<td>6pm - dusk ANU Boat Shed</td>
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<td></td>
<td><strong>Women's Climbing Night</strong></td>
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<td>6pm - 8pm</td>
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