



Hills & Valleys

OFFICIAL PUBLICATION OF THE HUTT VALLEY TRAMPING CLUB (Inc)



Morning tea in a ray of sun on Climie Ridge

Photo: Jackie West

Please submit your **March 2023** H&V articles to the editor by **26th February 2023**

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CLUB NIGHT PROGRAMME Starts 7:30 pm promptly



1 February : Dennis Page – From Molecule to Medicine

Following an interesting talk given to the club on 10 August 2022 by Dr Dallas Mildenhall concerning an investigation into the fraudulent preparations of some antimalarial drugs, there was discussion among the club audience about 'just how does one identify what ingredients go into making medicines and how can I be sure that what I take is the real-deal or not?' Club member, Dennis Page has had 25 years of post-graduate experience working in the chemistry, pharmaceutical and forensic service industries in NZ as well as 3 years at the NZ medicines regulator, Medsafe, where he assessed the chemical and pharmaceutical formulations of new and changed medicines (prepared by chemical means). Tonight, Dennis will give an overview on how molecules with promising leads in the research laboratory are turned into pharmaceuticals and the measures a regulator can take to ensure the medicines you consume are safe and fit for purpose.

8 February : Melody McLauchlin – Kiwi Avoidance training for dogs – Does it work?

The kiwi avoidance training for dogs was initiated by a DOC Ranger who was also a hunter and who saw the importance of training dogs to avoid kiwi.

Kiwi have a unique smell, which dogs find irresistible. Also they do not have a chest plate or muscle and are highly susceptible to crushing.

Melody has been involved with the Remutaka Conservation Trust kiwi program since 2003 and initiated the first Kiwi Avoidance training at the Catchpool Centre in 2007. On that occasion 20 dogs turned up, now she runs 3-day weekends, and 130 dogs turn up. The awareness of dog owners has seen a huge shift in thinking and a strong desire to ensure kiwi are protected.

Sales Table run by Graeme Lythgoe. Bring your plants and edible items for sale, as well as cash to purchase some goodies with.

15 February : Andrew Robinson – Stewart Island southern track

8 club members enjoyed 9 straight days of fine weather on Stewart Island late December 2022/early January 2023. That meant good conditions doing the scenic and sometimes challenging southern circuit and extras. There were several opportunities to go kiwi spotting, but were any seen?

22 February : Mike Wespel-Rose – Israel

About 10 years ago Zita and Mike Wespel-Rose travelled to Israel with a group from Germany. Over 10 days accompanied by a local and most knowledgeable guide they visited many places rocking unsteadily with their weight of human history. Tel Aviv, Petra, Galilee, The Dead Sea, Bethlehem, Eilat, Jerusalem, The West Bank, The Golan Heights, The Jordan River and more. They will report back on their trip. With pictures.

1 March : Nicholas Boyack – A day In the life of a DomPost journalist.

Club member Nicholas Boyack will talk about his job covering breaking news, writing obituaries and looking for tramping stories.

Sales Table run by Graeme Lythgoe. Bring your plants and edible items for sale, as well as cash to purchase some goodies with.





FORTHCOMING TRIPS



NOTES

Where there is no leader given for a trip, please contact the Trip Coordinator to volunteer to lead a trip, either as shown or an alternative.

FEBRUARY

4 – 6	Waitangi Weekend				
	T1				
	T2				
4, 5 or 6	D1	Smith's Creek Waterfall	Jackie & Chris	528 4697	
Sun 12	D1	City to Sea	Jo Scott	934 9229	
Sun 12	D1	Clothing optional	Patrick Fotheringham	021 042 5007	
18 – 19	T1				
Sat or Sun	D1	Old Gentle Annie Explore	Chris McMillan	569 9019	
Sun 19	D1–	Harcourt Park - Plateau Rd	Julie Lewis	526 7271	
25 – 26	T1				
Sun 26	D1	Easter Orchid Hunt (Earina Autumnalis) East Harbour RP	Chris & Murray	569 9019	

MARCH

3 – 5	WP	Ruapehu Pinus Contorta	John Simes	027 464 1824
	WP	Ava Park maintenance	John Simes	027 464 1824
6 – 14	T2	Dusky Track	Chris McMillan	569 9019

BIKING SCHEDULE

for Tuesday Evenings – 6.00 pm

Helmet essential

FEBRUARY

Date	Grade	The Ride	Leaders	Phone
7	Easy Interm	Harcourt Park Mangaroa Skyline Walkway South	Jackie West Paul Labett	027 473 9199 027 465 4640
14	Easy Interm	Melling Hutt Valley Tiki Tour #2 Canon Point – Clarke Creek	Pat Tristram Andrew Fisher	569 6705 022 312 1713
21	Easy Interm	Mana – `Pukerua Bay Hill Road, Bull run	Jo & Tony Andrew Robinson	021 228 4430 586 2438
28	Easy Interm	Avalon – Moonshine Colonial Knob area	Leena Paul Labett	027 672 1604 027 465 4640

MARCH

7	Easy Interm			
14	Easy Interm	Cornish St Korokoro – Pt Howard Polhill trails	Ann Hayman Andrew Fisher	589 6265 022 312 1713

UPCOMING EVENTS

SALES TABLE 8 February and 1 March

Please bring along plants and edible items that you wish to donate to this effort. Home baking and preserves are especially welcome. Garden produce is also popular so bring along all the excess from your vegetable garden. Everyone else bring some cash to purchase some goodies with.

RUAPEHU ROUNDUP

Kate Brownsword

Hi everyone

Despite the uncertainty around RAL, the lodge work party will go ahead on 10-12 February 2023. This year we are going to focus on tidying, cleaning and doing all those annoying little jobs that get put off when there are bigger projects. The idea is to get the lodge all ready to go for 2023 while keeping a tight hold on any spending.

So - please come and join us!

While it's work we also have plenty of laughs and a good dinner on Saturday night.

For those looking to get a head start on their fitness before an Easter trip there should be opportunities to tramp up and down the hill to the Top o the Bruce to dispose of rubbish and recycling.

If you're keen to help please contact me on the.brownswords@xtra.co.nz

Thanks

Kate

HVTC ENVIRONMENTAL WEEKEND ACTIVITIES: FIRST WEEKEND OF MARCH 2023

This year there is a weekend trip and a day trip on offer for the club environmental effort. The weekend trip is a 3 day event from Friday to Sunday pulling invasive *Pinus contorta* plants out. The day trip is at a recently adopted a small patch of regenerating bush in need of a bit of TLC on the banks of the Hutt River. These two options are spelt out in more detail below.

ADVENTURE WEEDING WEEKEND: MOUNT RUAPEHU 3 – 5 MARCH

For over 40 years the club has been active on the southern slopes of Mt. Ruapehu eradicating wilding pines. DOC host us and pay for the transport. We stay in their Lodge at Ohakune on Friday and at their bush camp (beech forest) within the park on Saturday. They provide fresh meat and bbq facilities and a toilet. DOC provide tools and high visibility jerkins which we must wear for Health and Safety reasons. We are under their control but that is a good thing as they are nice

folk to be with! The terrain can be rough at times but interesting and the pace is gentle. This year Whanganui tramping club will join in with us again.

Friday: Most depart Friday morning in the club van to allow for a leisurely journey up and a visit to points of interest on the way and then dine out in Ohakune. Others working that day will tag on behind. Late contingent usually arrive at 11pm. We will stay Friday night in the DOC Lockwood chalet in Ohakune.

Saturday: Breakfast (own) over by 8am and ready to drive to Karioi Forest entrance by 9am. We will set up camp at Tufa campsite. We will have lunch (own) away from the campsite so a day pack for your tools and food and drink is essential. Shared/supplied evening meal with DOC and Whanganui tramping club on Saturday night.

Sunday: Breakfast (own) and then back into the field for more weeding. Morning tea and lunch (own) usually in the field. We pack up camp early - mid-afternoon and make our way home.

What to bring:

Bring two breakfasts (milk provided), two lunches and drinks and scroggin for the day's work. For the evening bring nibbles and a tippie to share before dinner. Fresh fruit for a fresh fruit salad. Any embellishments to the modest menu that you so wish! Your wit or maybe a party trick.

Gear to bring: Plates, mug knife and fork. Water bottle. Boots and storm gear but also sunblock and sunhat and shades. Torch, water bottle, day pack, sleeping mat and bag. Tent if you wish, I will have club flys. Gardening gloves if you have tender hands.

Contact John Simes if you have queries or needs out of the ordinary. 027 464 1824 or john.e.simes@gmail.com

WEEDING AT THE HVTC PATCH IN AVA PARK SATURDAY OR SUNDAY 4 OR 5 MARCH

The club has had several sessions with a small patch of bush at Ava Park already and plans to continue with this enhancement project. Our initial effort in summer involved weeding mostly and was followed up with a mid winter effort where over 50 plants were added to the existing. These have done well thanks to a wet summer.

The plan is to meet at Ava Park West side of Hutt River just north of the Ava train bridge. The trip will focus on remaining problem weeds of blackberry and gorse, and generally lower the grass level to carefully expose the plantings from last winter. Debris will be placed on the outer perimeter as mulch. Watering and staking of certain plants may occur depending on the rainfall over the next few weeks.

At time of writing I am not certain who will put up there hand to lead this easy day trip but there are a number of folk interested and this will be advised closer to the time by club email. The overall atmosphere of the event is aimed at being social but industrious so will attract a good number of participants I hope.

Contact John Simes in the interim. 027 464 1824 or john.e.simes@gmail.com

HALL MAINTENANCE MATTERS - DOOR KEYS

Just a friendly note to inform club members that some improvements have been made to the door locks at our club rooms.

The older type on the main door had become problematic and after many years of service needed to be replaced.

The main door lock has now been replaced by a much improved up to date version allowing easy access and exit from the hall.

Turn the key to the right when entering the hall. When locking the door make sure the latch is in the out position (the door can now be closed and locked without the need for a key).

The same process has been put in place on the garage side door with the advantage of being able to place the van keys (which come with the garage key) into the drop box of the gear room and with the latch on the side door in the out position, this door can now be closed and locked without the need for a key.

With these new locks fitted, it has also eliminated the risk of anyone being accidentally locked in.

Doc Watson

Clubroom Custodian

GEAR ROOM MATTERS - SNOW CHAINS

Kevin Cudby has kindly donated two pairs of snow chains to our club.

These snow chains are available from the gear room for use on private vehicles.

The older set would fit a vehicle with 225/70 x 14" tyres

The modern " diamond pattern "set would fit a vehicle with 225/70 x 13 tyres

Doc Watson

Clubroom Custodian

RANDOM FOOTPRINTS

Kia ora all club members

The latest edition of Random Footprints, edited by Andrew Robinson, is about to go to print, nearly 10 years since the last edition.

Full colour and 108 pages, it contains two dozen trip reports, mostly of the club's longer tramping and cycling trips between 2013 and 2020.

There are contributions from 14 different authors, including Jan Heine on her last new year tramp with the club, the category winners from five different photo competitions and some puzzles for good measure.

Please note that this is not the club's centennial publication, which will be coming out later this year.

To keep costs to a minimum you will need to pre-order and pre-pay for your copies. You can order multiple copies.

Cost: \$25 to collect from the HVTC clubrooms or \$30 for postal delivery

Delivery date: February

To order:

Email hvtc.membership@gmail.com by 3 February with

Your name

Number of copies you'd like

The amount you paid to the HVTC account

Payment date

Pay to the HVTC account: 03-0543-0036501-00 (Westpac Bank).

Please include "Random" and your name as the references.

This is a quality publication packed with hours of inspiring and entertaining reading. Don't miss out!

Ngā mihi nui

Marina

HVTC president



NEW (OLD) PLACE NAMES

The recent Ngāti Kahungunu ki Wairarapa Tāmaki nui-a-Rua treaty settlement had media coverage over a controversial decision affecting a power scheme. That meant that a couple of restorations of place names of interest to trampers slipped under the radar.

The Tauherenikau River, Hill and locality have reverted to **Tauwharenīkau**. An unsuccessful attempt to make this change in the 1950s was supported by local tramping clubs.

A more substantial change (for a less substantial feature) is renaming Atiwhakatu Stream as **Te Whakatūrākau Stream**. As the FMC nominee on the New Zealand Geographic Board/Ngā Pou Taunaha o Aotearoa at the time that the Board was considering this, I expressed concern about safety arising from confusion if emergency services were called. However, the Minister of Treaty Negotiations, not the Board, is the decision maker on treaty settlement name changes, and he clearly preferred to restore the historic name.

Interestingly, the name is a contraction of Mangatarera o Te Whakatūrākau Stream. A shortened version of that name jumped a ridge to the south and attached itself to what we now know as Mangatarere Stream.

The full list of place name changes is at section 5.19 in

<https://www.govt.nz/assets/Documents/OTS/Ngati-Kahungunu-ki-Wairarapa-Tamaki-Nui-a-Rua/Ngati-Kahungunu-ki-Wairarapa-Tamaki-nui-a-Rua-Deed-of-Settlement-Historical-Claims-Part-3.pdf>

David Barnes

IAN MILNE'S SEAT DEDICATION

Sunday, 11 December 2022

Pat and John Tristram

Fourteen Hutt Valley members made their way up to Belmont Trig on a sunny afternoon for this Dedication Service. The seat is slightly to the north of the Trig looking towards Porirua Harbour and the Tararuas and in the photo is Richard Willis, Ian's walking buddy, who worked hard to get the seat in place. Around 45 to 50 family and friends made the trip with some coming from Auckland and the South Island.



Greater Wellington Regional Council ranger, Bruce Forster, worked with Richard on the design and installation of the seat and on the day provided transport in his truck for some of Ian's family and friends. Richard again spoke of how he and Ian would lament their not being a seat at the Trig and how one of them would ensure one was installed when the other passed away. Unfortunately Ian's passing came much sooner than all wished.

As is usual on Belmont Trig, there was a breeze blowing and Richard read the A A Milne poem, *Wind on the Hill*, which was very fitting and we thought appropriate to be reprinted for us all to enjoy.

WIND ON THE HILL

No one can tell me, Nobody knows,
Where the wind comes from, Where the Wind goes.
It's flying from somewhere As fast as it can,
I couldn't keep up with it, Not if I ran.
But if I stopped holding The String of my kite,
It would blow with the wind For a day and a night.
And then when I found it, Wherever it blew,
I should know that the wind Had been going there too.
So then I could tell them Where the wind goes
But where the wind comes from *Nobody* knows.

Richard then gave a short dedication to Ian and the seat, some family members spoke and the afternoon finished with a toast to Ian being some bubbles and baking, before most returned back down the four wheel drive track back to cars in Stratton Street.

Club participants were Pamela Campbell, Jo'Ann Watson, Doreen Courtenay, Helen Lukes, Paul Haines, Elaine Richardson, Bruce Miller, Graeme and Carolyn Lyon with apologies from Bob and Bernice Deller.

Pat and John Tristram, Andrew Robinson, Doc Watson, Bruce Miller and Kate Livingstone took the longer route back via Puke Ariki to Cannon Head and then down Middle Ridge (with a stop for afternoon tea) and back to the cars. A very lovely afternoon.

Pat & John

KAITOKE WARREN SADDLE-GOLDEN ROAD 592

11 December 2022

Jackie West

Murray led this tramp which he and Chris had done on a tramp with the Kaumatua tramping Club. We left the cars in the Kaitoke/Rivendell car park at 8.30 am. Apart from our cars the car park was empty but we did see a few vehicles probably freedom campers as we walked down the road to the Norbert Track. The Norbert Track took us up to the four wheel drive road that goes down to the Eastern Hutt. We walked up the road turning off onto the Warren Saddle track where the highlight of the trip occurred.



The McMillians who were leading from the front stopped and signalled for the rest of us to be quiet. Up in a nearby branch sat a Ruru which had flown in front of the McMillians and landed on the branch. We stood there for several minutes staring at it until it flew off. We continued on our way dropping off track down into a creek and climbing up a spur and back on to the road. We made our way towards the Eastern Hutt and then began a steep climb up a ridge. After some muttering from some hungry trampers Murray said we would stop by 12:30. He kept his promise by finding a suitable spot at 12:29. After lunch we continued on uphill until we reached point 592 from which we were able to follow a trail back to the road. We stayed on the road until the Norbert track which we took arriving back at the now full carpark at 3 o'clock. Thanks to Murray for leading the trip.

On the tramp were: Murray and Chris McMillian, Heather Eskdale, Tony Jaegers, Mel Stoneham and Chris and Jackie West

Jackie

BARING HEAD CYCLE TRIP

Saturday, 31 December 2022

Pat and John Tristram

With a spell of great weather, what better way to spend the last day of 2022, but cycling out to Baring Head through Eastbourne and returning via Wainui Coast Road. Thirteen people started from their homes, with some meeting at Melling and others being picked up along the way. It was a beautiful, sunny morning, although the southerly breeze meant it didn't get too warm.

First stop was morning tea at HW Shortt Park in Eastbourne, but unfortunately coming into Days Bay, Pat (who was tail ender) got a puncture riding over a nail. Frank and John returned and

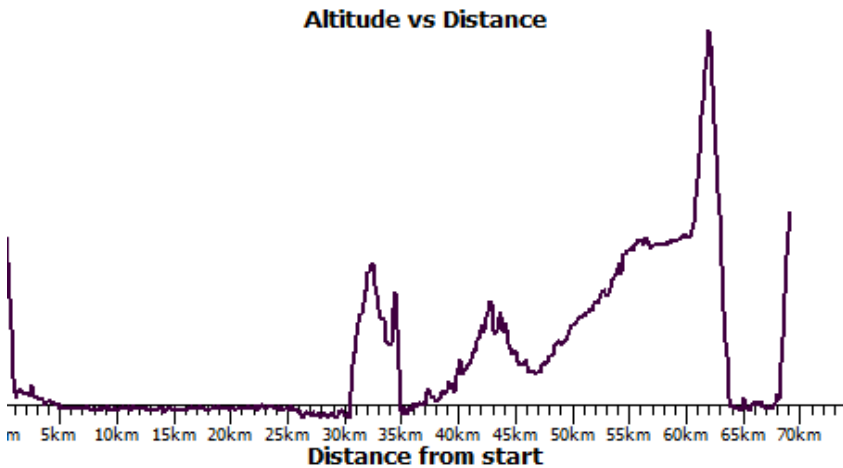


changed the tube and we carried on. It was a definite head breeze around the Coast, but very pleasant sitting under the trees in the shade for our lunch up at Baring Head. There were quite a few people visiting the site and we'd passed quite a number of cyclists and walkers along the way.

Leaving the lighthouse it was down and up and down again to the bridge over the Wainuiomata River and onto the Coast road with the breeze behind us, but a steady uphill cycle. Six peeled off and rode into the Catchpole Valley, which was very busy with a lot of campers in the dedicated camping area and some time was spent watching a couple trying to put up a tent, with not much progress being made. The others elected to carry on and we six didn't see them again. Into Wainuiomata township we took Moohan Street and Parkway to the foot of the hill – nice to have some extra power at this stage of the day.

Down into the Valley and the group dispersed to their homes, after a good work out.

GPS Statistics were – Distance 72.66km (John's speedo 74km – he (and Frank) did the extra distance from the turnoff into Eastbourne back to Pat opposite the Service Station north of Days



Bay; Pat's 70km); Maximum speed 39km; Moving Time 4 hours 58 mins; Moving Average 14.6kph; Stop Time 1hr 42 mins; Total Ascent 657metre.

The graph shows we joggled along for the better part of 32kms and then climbed up to Baring Head. We dropped down from there to climb up to the final drop down onto the Wainui Coast Road. We then steadily climbed up the road and up into the Catchpole Valley. From the carpark it was back down to the

Coast Road and continued climbing again into the township. The next flattish area up to 60kms was Moohan Street and Parkway before the ascent up to the Wainui Saddle. Down, down, a bit along the River Trail and the final ascent up to our home.

Thanks to those who joined us for this adventure – Pamela Campbell (met at Seaview), Ann Hayman (met at Waione Street bridge), Helen Lukes and Paul Haines (from their place in Lowry Bay), Jean who met us at morning tea), Robyn and Frank Usmar, Leena Stowell, Russell Oliver, Graham White, Geoff Norton and Pat and John who all biked from their respective homes and met at Melling. It should be noted that Ann, Leena, Russell, and Graham had "o" bikes (organic or ordinary – whichever you prefer) and with the exception of Russell all had hills to bike up at the end of the day. Graham went beyond expectations by biking up Gurney Road to Major Drive and back to his place. A truly magnificent effort.

Pat & John

HVTC JANUARY KAPITI COAST CYCLE RIDE
Saturday 15 January 2023
Ann Hayman

With the promise of the sunny day forecast, fifteen cyclists met at the southern end of Queen Elizabeth Park ready to depart at 9.30am on Saturday 15th January. Three riders came on the train from the Hutt Valley, making the connection through Wellington station to Paekākāriki.

Making our way through the trails and gentle hills of QE park, we shared the path with runners, walkers with and without dogs, and other cyclists of all ages including family groups with children learning to ride. On reaching the northern end of the park we made our way on cycle paths and the roadside to Paraparaumu and onto the cycleway alongside the expressway to reach the Waikanae river. A pleasant ride along the tree lined trail on the south side of the river and over the metal bridge brought us to our morning tea spot for sustenance. From here, we rode back on the north side of the river to Waimanu Lagoon near the Waikanae Estuary, both well-known habitats



for birds. Royal Spoonbills were sighted on the sandbar. Circumnavigating the lagoon, we stopped to read the poem on the headstones of Thomas the goose, and swans Henrietta and Henry the happy trio who raised their 68 cygnets as a family for the best part of thirty years at the lagoon. Our next destination was Peka Peka beach for lunch, on the sandy beach, or back on the grass, a popular place for swimmers and beach goers on this summer day.

The return journey took us inland past Harrisons Café and garden centre corner and south on the cycleway alongside the expressway. Two of the train cyclists, Elaine and Derek, left the group at Paraparaumu to take the train back from the station. We rode on the cycle trail through the back of Paraparaumu airport to Raumati and along Rosetta road to QE park and back to our cars. The third train cyclist, Andrew, had a lift home with John.

Various distances were offered for the length of the ride, averaging 57km. The weather was fine all day, with a moderate breeze noticed on the return after lunch. Cyclists left with smiles and saying how they enjoyed the ride. Some stopped for coffee in Paekākāriki, and two swam at the beach to cool off, before the journey home.

Kapiti Coast cyclists; Derek and Elaine Richardson, Jean Cookson, Pamela Campbell, John Smeith, Vera de Graauw, Andrew Robinson, Helen and Paul Lukes, Leena Stowell, John and Pat Tristram, Geoff Norton, Neil Parker, Ann Hayman (leader).

Ann

CLIMIE RIDGE IN SUMMER

23 January 2023

Jackie West

There was no day trip down for Anniversary Weekend so Chris and I decided to lead the Climie Ridge tramp. All my experiences on this ridge had been in winter or spring and all very cold and/or wet when parkas, hats and gloves were essential so to go in summer was a new experience. We choose the Monday because on the Wednesday when we made our decision it was the day with the best forecast. Knowing Climie Ridge has its own adverse climate we told everyone to come prepared.

The sun was shining at 9am as we headed into the bush at the start of Tane's track which we left after five minutes to climb up the ridge. It is a number of years since the track was maintained and while the track is becoming over grown most of it is easy to follow helped by the occasional old marker and more recent orange paint. When I lost the track I had plenty of track spotters behind me ensuring any deviation was minor.

One of the joys of climbing the ridge in summer apart from not feeling cold was hearing the distinctive call of the long tail cuckoo which I heard five times, three of which were very close and

the first called for over a minute. They are a very shy bird so rarely seen as was the case on Monday.

While enjoying morning tea in a ray of sun two trampers went past. It is not often you see other people on the ridge. With Climie being clear of cloud we enjoyed good views of Mangaroa, the upper Hutt Valley and Lake Wairarapa and its surrounds. It was nearly two o'clock when we dropped down on to the Climie road and while most continued up the road to see the first installation and admire the view several stayed behind with the packs. The walk down the road is considered by all to be the worst part of the tramp. The last people returned to the cars by three thirty all having enjoyed a Wellington Anniversary Day tramp where the Climie Ridge provided ideal summer conditions dry and warm but not too hot.

Jackie



Geoff Wilkin on Half Moon Crag

The views expressed in the articles in this newsletter are not necessarily the views of the Hutt Valley Tramping Club. Any queries or comments should be directed to the writer of the article. Contributions to the Hills & Valleys are welcomed and encouraged but all are accepted on the understanding that the Editor has the authority to make minor changes if deemed necessary, refer back to the contributor for amendment, or return the contribution for amendment by the Writer.