

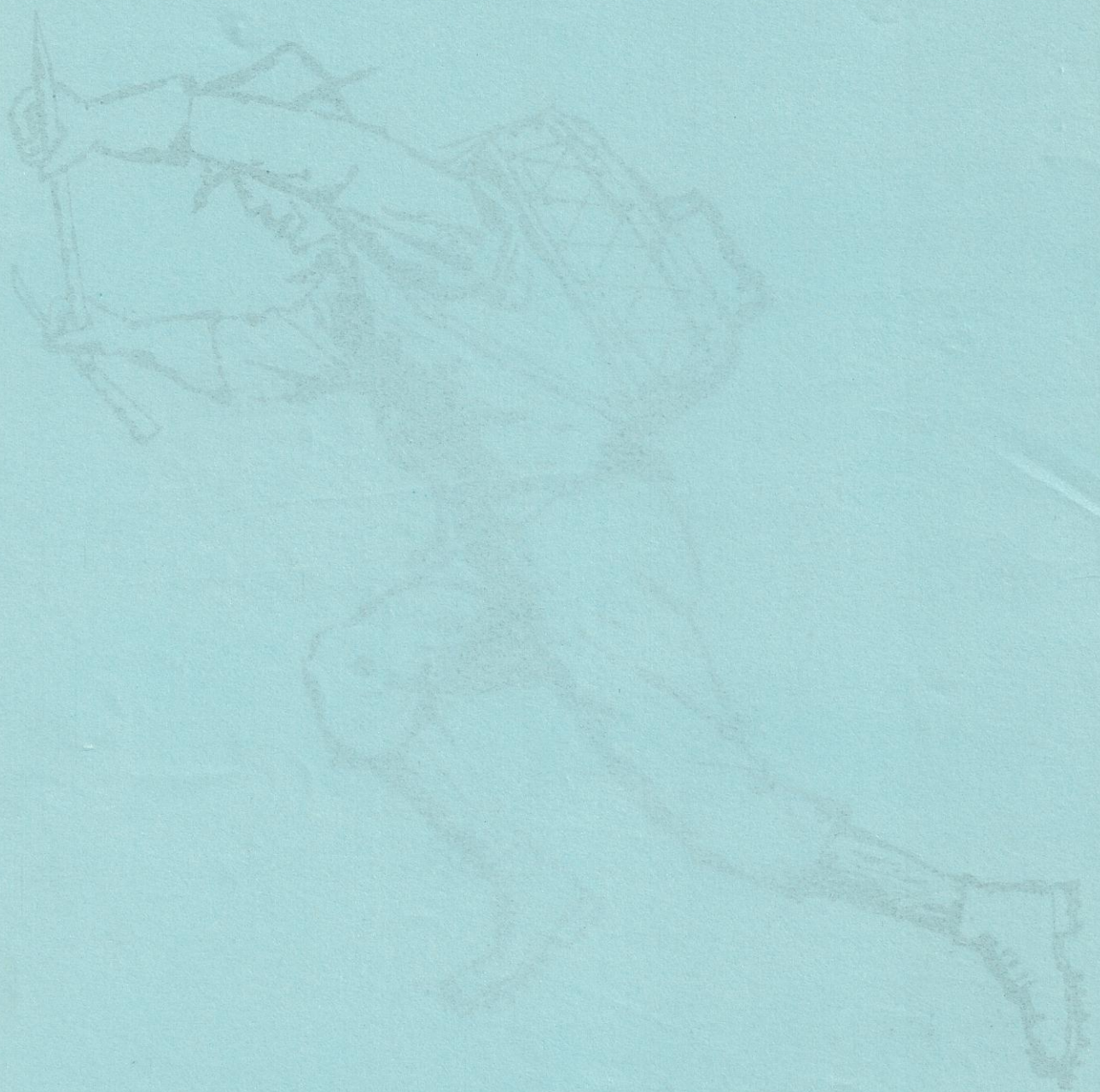
THE MOUNTAINEER

NUMBER 1, 1964

official journal of the melbourne
university mountaineering club.

registered at the g.p.o. melbourne for
transmission by post as a periodical.





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All correspondence addressed to Union House, University of Melbourne. Parkville.

No. 1, 1964

Price 6d

Ever relentless, time has marched on, and here we are again at that stage of the year when all mountaineers recuperate and start storing strength for the next long vac.

This vac has been a very active one in an oxometric sense. Hordes and hordes of our kind went to the Apple Isle. There were also several local trips confined to the State. Unfortunately, those adventurous ones who visited the Long White Cloud, found that the Maoris had chosen a very apt name for their part of the globe.

To all the freshers starting to find their feet, we give a huge OXO which is a form of M.U.M.C. welcome. (Linguistically it is a most interesting word, as it means 'Hello'; 'Good bye'; 'Where the hell are you?'; and 'Im over here'. The meaning of the word is obvious although it is used by itself. Very occasionally it also denotes a beef flavoured cube used to camouflage the taste of dehy).

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TRIPS AND MEETINGS PROGRAMME

Trip Bookings. Bookings are, if possible, to be made at Aikman's Road at lunchtime and at night if it is open. Special arrangements may be made for certain trips. See notice board for latest developments. It is essential to book early to avoid disappointment.

Van Fares. Quoted in programme at present the maximum and minimum fares. The fare paid depends on the number of starters on the trip.

Departure Places. Either from in front of Union House (for evening starts) or from Batman Avenue, 50 yards east of the tram terminus (for morning starts). Vans usually leave on time and we do not wait for late comers.

Deposits and Cancellation Fees. Amount varies with the different trips. Usually payable when making the booking and is generally not refundable, unless sufficient notice (at least one week prior to trip departure) or a reasonable excuse (e.g. sickness) is given. If no deposit is paid, withdrawers are obliged to pay a cancellation fee, refusal of which results in the person concerned being placed on the black list.

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March 1st

F.V.W.C. Moomba Walk. Moorabool Gorge.

Standard easy. Special train leaves Spencer St. 9.05 a.m.

Fare : 17/-. An opportunity to meet members from other Walking Clubs. Further details from Dave Hog (87 1630) or Max Corry (34 5620).

March 6th

Annual General Meeting.

7.30 p.m. Men's Lounge. Business : Presentation of Reports, Constitutional changes, Election of Committee for 1964. Bill Bewsher will then give a short talk on the history of the Club.

March 8th

President's Opening Day Walk.

Our new President will lead an easy trip from Flatrock Lookout to Mt. Disappointment. Van leaves Batman Avenue, 9.00 a.m. Fare : 10/- to 15/-.

March 14th-15th

Powelltown - High Lead - Ada River - Starling's Gap - Big Pat's Creek.

Leader : Ross Smith. Phone : 50 6784. The Saturday morning start (8.30 a.m. Batman Avenue) and the trip in general, is designed to give the newcomer an opportunity to gain experience in weekend walking. However the trip will provide interest for all, even the hardened bush bashers. Van fare : £1 to £1/10/-.

March 20th

Easter Organisation Night.

7.30 p.m. Men's Lounge. Previews of the Easter Trips, illustrated by slides, will be given by the leaders. Club equipment will be allocated out.

March 22nd

Glenmore - Brisbane Ranges - Staughton Vale.

Easy Day Walk. Leader : Ron Jelleff. Van leaves Batman Avenue 9.00 a.m. Fare : 12/- to 18/-.

March 26th-31st

EASTER - Mt. Howitt Area.

Max Corry will lead a hard trip, for fit and experienced members only, from Woollybutt Saddle to King River Hut via Buller, The Bluff, Mt. Magdala, Mt. Howitt, Crosscut Saw and Mt. Cobbler.

The remainder of the party takes two days to travel to Macalister Springs from Woollybutt Saddle via Mt. Stirling and Stanley Name Spur. The party then splits up into three groups for the remainder of Easter.

- (A) Macalister Springs - Crosscut Saw - Mt. Cobbler - King River Hut.
Standard : Medium. Leader : Tom Kneen.
- (B) Macalister Springs - Mt. Magdala - The Bluff - Bindaree Hut.
Standard : Medium. Leader : Les Southwell.
- (C) For the less energetic a base camp will be set up at Macalister Springs and Lorraine Symons will lead an easy day trip (without packs) out and back along the Crosscut Saw and a half day trip to Mt. Magdala, returning via Howitt Spur to Bindaree Hut.

Vans for all trips leave front of Union House at 6.30 sharp. Book early to avoid disappointment. Fare : £3 to £3/10/-.

Please note the leaders would prefer to know the trip you wish to go on prior to departure, although it may be possible to change trips before departing from Macalister Springs.

Numbers on all trips are limited, so book early. For more information contact Trips Secretary or the leaders, preferably on the Easter Night (20th March).

April 3rd

Lecture on Climbing.

7.30 p.m. Men's Lounge. This lecture given by Climbing Leaders is intended to give an idea of the subject to beginners. Note that this lecture and the following two trips will be the only opportunity beginners will have to learn to climb.

April 5th

Hanging Rock.

Climbing Instruction. Van leaves Batman Avenue 9.00 a.m.

Fare : 10/- to 15/-.

April 10th-12th

Sugarloaf Weekend. (continuation of climbing course).

Transport for this trip will be arranged at the Climbing Course Lecture.

April 17th

Meeting. Men's Lounge. 7.30 p.m. See notice board for details.

April 19th

Yea Rock Lookout - Black Range - Gypsy Lane.

Standard : Medium. Leader : Ian Thomas. Van leaves at 9.00 a.m. from Batman Avenue. Fare : 14/- to £1.

April 24th-26th

Lake Mountain - Federation Range - Mt. Torbeck.

Leader : Dave Hogg. Van leaves from front of Union House at 6.30 pm. Fare : 26/- to 40/-.

May 1st

Meeting. Men's Lounge, 7.30 p.m. Phil MacCumber and other eminent Speleologists will give an illustrated talk on caves and speleology.

May 3rd

Caving Trip. Labertouche Caves.

Leader : Phil MacCumber. Van leaves 9.00 a.m. from Batman Avenue. Fare : 14/- to £1.

May 8th

Meeting. Men's Lounge, 7.30 p.m. As yet not definitely arranged but if we can dry them out enough, we hope to have an account by Corry's mob of their mountaineering cum swimming in South West Tasmania.

May 10th

View Hill - Mt. William - Moranding.

Medium Day Trip. Leader : Carol May. Van leaves from Batman Avenue at 9.00 a.m. Fare : 14/- to £1.

May 15th-18th

Wilson's Promontory.

Leader : Tony Kerr. Various trips will be organized ranging from a bludge on the beach to hard scrub bashes. Van leaves from front of Union at 6.30 p.m. Fare £2 to £3.

May 16th-17th

Search and Rescue Practice for S.&R. personnel. More details later from S.&R. Delegate.

May 22nd

24 Hour Walk Pep Talk.

Men's Lounge, 7.30 p.m. A prominent member will give hints for the '24' and the organizers will outline the rules for the event.

May 23rd-24th

24 Hour Walk.

Note the early date of this event, one of the features of the Club Year.

24 HOUR WALK

This annual event is to be held earlier this year in the May Vacation. Applications are being called for the following organizing positions for the '24'.

- a) Chief organiser -- responsible overall for the event and for the laying out of the course.
- b) Assistant organisers.
 - (i) Transport and booking - responsible for arranging of transport and bookings.
 - (ii) Equipment - responsible for hiring or buying of all necessary equipment (including hash house equipment).
 - (iii) Food - responsible for purchase and cooking of all food.

Prior experience (either as an organizer or competitor) would be an advantage, but is not essential for any of these positions.

As the event is in the Vac, we hope to have interstate participation from all Australian Universities. We may even be able to include in it an intervarsity section.

The Club, therefore, puts out an appeal to its members to help provide accommodation for these interstate visitors. They would probably arrive on Thursday, 21st May and leave on Monday 25th May. So if you have a spare bunk, bed, floor space, hammock, bungalow, dog kennel, baths etc. and plenty of grub, please let the organizers know.

Interested in the dry centre of this continent? Mike Gething is hoping to get enough interested people to make a trip to Central Australia in May. A full bus load of thirty (30) people can, for forty pounds (£40) go on a 16 day, 3,500 miles tour. If the bus were wholly comprised of M.U.M.C. members they may be able to do a variation on the normal tourist route.

Alternatively, a group of nine could hire a Kombi van.

It is proposed to leave on the 25th May and return on June 7th.

Those interested should contact Mike Gething at 36 Devon Street, Cheltenham, or phone him at 93 6761.

Another Oxo-fan leaving for overseas. Our typiste Carolyn Robertson is leaving on 5th April for an overseas trip.

If Carolyn's enjoyment of her trip is proportional to the services she has given the club, she will have one whopping good time.

BON VOYAGE

This of course means that we need another person to type our circulars. Any Volunteers for this arduous task? (Experience at doing the impossible - deciphering indecipherable writing - is a help but not completely necessary as one becomes proficient at it after several years).

* * * * *

Wanted - A companion. View - walking.

Bill Abud is contemplating a trip from Licola to Mt. Cobbler via Tarli Karng, Macalister Springs, Mount Buggery etc.

The trip will be from Good Friday (27th March) to return to Melbourne on Sunday, 5th April.

Any takers? Bill can be contacted at 45 3211, at 14 Martin Street, Heidelberg, and via the club box.

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Lake Tarli Karng - The Hard Way. 4th - 12th December.

Party : Ross Smith, Dave Hogg.

Setting out from Glenmaggie Weir, we walked and hitch-hiked along the dusty timber road to the foot of Ben Cruachan where a climb up to the trig point gave us the only decent view that we had for the whole trip. To the north we could see Golden Point, Purgatory Spur, the Gable End and Mt. Wellington, which all lay on or close to our proposed route, and to the south, our starting point, Glenmaggie, and further away, Lakes Entrance and the sea.

After spending the night at Golden Point Hut, we decided to explore the Little River (without packs) to ascertain the starting point of Purgatory Spur. The track along the river soon degenerated to a mass of nettles and blackberries, and for most of the way, we waded up the middle of the river.

At the foot of Purgatory Spur was a small but attractive campsite, so we decided to shift camp to here to save an early river bash the next morning.

Starting next morning at 4.30, we found a blaze on a tree just near the river junction and followed a rather indistinct track northwards up the ridge. The track soon disappeared, but as the spur was heading in the right direction, we continued to follow it, and it was a mile or so later, when the ridge took a distinct easterly turn that we realized we had been following the wrong ridge.

The heavy mist which had come down that morning and was to haunt us for the rest of the trip, lifted slightly for a few minutes, revealing Purgatory Spur, which we should have been following over to the west.

Cutting down and across, we picked up the track on Purgatory Spur and continued our rainy trek past Mt. Hump and onto the Razorback where the track became very indistinct.

Heavy mist, lack of a track, overestimation of our distance walked and a misleading ridge running off to the right resulted in a rainy bivouac off to the east of the Razorback, and it was late the next morning when we finally left the Razorback, soon to pick up a track heading up to the plateau behind Gable End. It was with great relief that we arrived at Miller's Hut for a late lunch.

Spending the night at the hut to dry out, it was down to Tarli Karng next day to meet fifteen other Mountaineers who had come in along the Wellington River and had been amusing themselves climbing up the Nigothoruk waterfalls in the rain and scrambling up the scree slopes of the Sentinel in fog to see the non-existent view.

Leaving Tarli the next day, the more energetic took the track out over Mt. Margaret and the others enjoyed an easy stroll out along the Wellington in the pouring rain.

D.H.

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South West With Corry's Mob. December 21st - January 11th.

Max Corry (leader until retired), Rob Taylor (leader), Dave Hogg, Ross Smith, Don Hutton, Don Allison, Siegfried Hirdina.

There is no doubt that the average citizen regards the bushwalker as being somewhat odd - one of societies lunatic fringe. This misconception is, I believe, based upon the fact that they think we enjoy all the discomforts associated with bushwalking. In actual fact, of course, the bushwalker no more likes discomfort than the next chap, but is able to repress unpleasant experiences. How else could a trip such as the one to be described be shrugged off to friends as being "a bit wet, but not too bad"?

For the benefit of all those considering a trip to S. W. Tasmania here is an account of what can happen to even the most experienced and well organised of parties.

Dec 21st. We landed in Hobart after many weeks of preparation and organisation. We soon experienced some setbacks to our smooth planning. First, the bus to Maydena no longer ran at our particular time and when we finally got there the pre-arranged supply of shellite wasn't to be found. However, the weather was good and these minor annoyances were soon forgotten in the joy of being out on the track again.

Dec 22nd and 23rd were pleasantly spent walking the Port Davey track to Huon Crossing. Magnificent beech forests alternated with patches of scrub and the occasional view ahead had the photographers active.

Dec 24th was devoted to a side trip to Mt. Anne. The hot weather and the steep climb soon had clothing reduced to the bare essentials and in one notable case to not even that. However, the attacks of insects soon convinced our nature boy that underpants (unless long and woollen) are an inadequate protection against the ravages of nature.

Dec 25th. We woke on Christmas morning to the sound of falling rain. "Just a passing shower" someone commented. Unfortunately, it took over three weeks to pass. The "passing shower" soon developed into quite a storm and the walk to Lake Pedder developed into a struggle against gale force winds and lashing rain. Occasional lapses in the storm were enlivened by a histrionic performance of the storm scenes from King Lear. The Hydro Electric Commission tents at Lake Pedder proved to be a welcome refuge.

Dec 26th. In view of the fact that we had several spare days and that the weather would be clearing soon (naturally) it was decided to spend the day at Pedder. Spare time was spent in putting some "severe" routes up nearby eucalypts. That evening Lake Pedder took on quite an atmospheric appearance. The Franklin Range formed a backdrop of ragged quartzite peaks of the same dun grey colour as the clouds scudding swiftly across the sky towards us. A cold grey light filtered through the few pale blue patches of sky on to the choppy dark green waters of the lake, while here and there shiny fingers of water were wind whipped across the wide expanse of cream coloured beach.

I am quite sure Byron would have felt quite at home sailing on Lake Pedder at that moment.

Dec 27th. Our next misfortune came when Max, who had done the bulk of the organizing decided not to continue on due to recurrence of an old knee injury. After a sad farewell it was with mixed feelings of disappointment and joyful anticipation that we moved on to our first air drop at Junction Creek. As we approached the creek the conversation swung more and more on to food and, in particular to our luxuries. Imagine our chagrin when no amount of searching located our bags.

It was soon decided that two would have to return the 12 miles to Lake Pedder in the morning to try and get a radio message to Hobart. It was a somewhat disgruntled crew that turned in that night. After all, dehy stew, no matter how well cooked is a poor substitute for chicken.

Dec 28th. After a 4 hour journey Don H. and I soon had a "please explain" message sent through to Hobart. At about 3 p.m. a Cessna landed on the beach with a load of walkers and we were able to speak to the manager of aero charters. To our consternation we learnt that the drop had mistakenly been made at Cracroft Junction, 3 days from the end of the trip and 4 days after our second air drop at Hanging Lake. It was decided that Max would return to Hobart with the pilot to organize an extra drop as soon as possible and that we would return immediately to Junction Creek. To our amazement we were only halfway back when the plane came in low and the unmistakable crew cutted Corry head appeared out of the window and indicated that the drop had been made. As the saying goes "it's an ill wind that blows nobody good". At least Max had got a free plane ride and the others some good photography of an air drop.

Dec 29th. In reasonable weather we climbed up the long open ridge of moraine B on to Peak 4 of the Western Arthurs. The view was impressive but the cold wind soon drove us down to the sheltered campsite beside the dark, inky waters of Lake Davey.

Dec 30th. Tent bound in persistent rain and mist. Like all our tent bound days the time was passed in eating, sleeping, reading and talking.

Dec 31st and Jan 1st. Although the weather had not improved time, food and weather combined to prevent further progress along the W. Arthurs. The retreat down Moraine B entailed traversing under dripping cliffs, clambering across icy cascades, bashing through thick bush and braving the icy winds of an open ridge. Even when we were down on the plains we were not free of impediments. On this and the following day we had to cross numerous scrub choked and swollen creeks. One to two hours was spent crossing each of the named creeks crossing the Arthur plains and a variety of techniques were used - wading, building log bridges and climbing across on trees.

Jan 2nd. On to the Eastern Arthurs from Pass Creek to Goon Moor. This was perhaps the most unpleasant day of all. Snow was found near Stuart Saddle and the howling gales which swept the exposed campsites of Goon Moor made tent pitching quite a problem.

Jan 3rd. A quick dash was made for Hanging Lake - even the weather and the Four Peaks couldn't keep us from our air drop. A snug camp was soon established near the outlet of the lake (wood wool makes an excellent bedding material) and the inner man was soon being satisfied with some luxuries.

Jan 4th and 5th. Tent bound days. No lack of food or conversation but often lack of fresh air - keep off dehy on such days. On the afternoon of the 5th an improvement in the weather had the tents looking like sailing ships in full sail with clothes hanging from every inch of guy rope.

Jan 6th. The day dawned clear and hopes were high for a good day on Federation Peak. However, as we approached Bechervaise Plateau the weather deteriorated and we commenced the climb up a very wet Geeves Gully in dense mist. However, no difficulty was encountered and we were soon on top posing for a delayed action photograph. Once down we went on to climb Vido Spire from which we obtained a magnificent view of Lake Geeves.

Jan 7th. Another long and arduous day down Moss Ridge and along the W. Cracroft River to the Cracroft Junction. Three years previously I had toiled up Moss Ridge in very hot weather; going down it in wet weather is just as hard and a good deal more unpleasant.

Jan 8th. We recovered the air drop (N.B. the dropping zone is incorrectly shown on the H.W.C. Arthur Range map) and spent the rest of the day drying out and organizing food. We now had about 12 days food each and some packs were close to 70 lbs.

Jan 9th. The long and steep climb up Wilsmiero Lead (spur) brought us on to the Picton Range. On the top the rain turned to hail, so painful to exposed skin that we soon changed into long trousers. Compass navigation eventually got us to the reasonably sheltered campsites in Pinetree Saddle.

Jan 10th. The morning was reasonably clear and good views were obtained of the Eastern Arthurs, Mt. Anne and Mt. Picton, the last two with a liberal coating of snow. Snow fell just as we were passing Mt. Picton - we had now run the gamut of all precipitations. Once past North Lake the track was well marked and we descended at almost a run to Blakes Shelter on the Huon River. Here we lit our first fire for twelve days! During this period all our cooking had been done on stoves.

That evening all the excess food was divided six ways and bargaining for favoured items occurred. How many blocks of chocolate is a tin of lifeboat rations worth?

Jan 11th and 12th. All that remained was about 24 miles of road bash along the Huon jeep track and the Arne Road to Geeveston. The first 3 early birds away at 6 certainly got the worm in the form of a lift for most of the distance. The other 3 were less fortunate and it was a sore trio that staggered into Geeveston on the Sunday morning. For three it was all over bar the slide nights, but for two (Dave and myself) there was still another 3 weeks to go at Frenchman's Cap and the Reserve (see Dave Hogg's article). However, first of all was 2 glorious days of recuperation in that home of oddities and antiquities, the Hobart Y.M.C.A.

* * * * *

The Ducanes and Geryon. 22nd - 25th January.

Party : Rob Taylor, Dave Hogg, Rod Neil.

The rain had stopped. For the first time in four weeks, the rain which had dogged us continuously through the South West and Frenchman's Cap showed real signs of clearing. And not a moment too soon either, for that day was the day we had planned to commence our traverse of the Du Cane Range from Du Cane Gap with the view of getting through to Geryon for some climbing.

Jan 22nd. Leaving Windy Ridge Hut at 9.10, we made our way to Du Cane Gap from which we scrub-bashed and rock-scrambled around the south side of Falling Mt. to the top of the range. Dense ~~scree~~ and very loose scree made the going difficult in spots and it was a relief to drop packs on the top of the ridge and scramble to the summit of Falling for a superb view.

The rest of the day saw us rock-hopping along to Mt. Massif, skirting around the north and west of it to drop to Big Gun Pass, then climbing, in the early evening mist, up to Lake Helios where we pitched camp at 6.30.

Jan 23rd. The mountain mist was late in lifting, but once it had cleared, we climbed Mt. Hyperion to be rewarded with what is probably the best view in the whole Reserve. From the summit, we could see Cradle, Barn Bluff, Pelion West, Ossa, in fact every major peak in the Reserve with the exception of Oakleigh, not to mention the glorious view right down Lake St. Clair.

Returning to Lake Helios, we moved up to the saddle above it for lunch and, leaving our packs, set off from there to climb the North Peak of Geryon which was no more than a long scramble. Our day finished with an awkward scrub-bash down the Cephissus Creek to camp below the South Spur in preparation for further climbing.

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Jan 24th. Leaving our campsite, we headed up to the base of the cliffs and searched for a route up to the terrace between the South Peak and the South Spur. We decided on what looked like an easy gully, but later developed into the hardest part of the day's climb. (Standard IV+). From the terrace we scrambled up to the sloping slab below the South Peak, across the slab and up a well-defined gully to the top, no rope being necessary for this section.

Next we turned our attentions to the South Spur. The hour was becoming late, and climbing three on the rope, we were finding the going rather slow. We therefore made for the top by the quickest possible means, namely, by climbing around towards the east side where it was a scrubby scramble most of the way to the top. This was followed by a further scramble down the south end, around to the base of the cliffs and back to camp.

Jan 25th. Drizzling rain in the morning left some doubt as to whether we would be able to climb the Foresight, the fourth and most challenging peak of Geryon. The weather improved, however, and despite a late start, we eventually found ourselves at the foot of the climb below the northern trough of the Foresight. The climb started up directly below the Foresight, traversed across to where it joins the North Peak, up to the gap between the North Peak and the Foresight, then around to the east face of the Foresight and up to the top. This route would be of Standard IV+ in good conditions but was made more difficult by the cold, westerly wind from which we had no relief until we had reached the east face. Another interesting phenomenon (although we did not think of it from this angle at the time) was light snow, not falling, but rising, being blown up from below by the updraught on the west face.

We had timed our trip just nicely, for the next day was again wet. We walked down to Narcissus to farewell Rod and welcome four new members to our party for the last part of our trip, north through the Reserve to Waldheim in what turned out to be perfect weather.

D.H.

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Marysville - Mt. Kitchener - Mt. Strickland - Mt. Edgar - Marysville.

Three mountaineers left Melbourne at the reasonable hour of 8 p.m. in the latest of the Club's four wheel drive vehicles. After a long road test and a brief track test, camp was made on the Steavenson River just north of Marysville. The vehicle was parked the next morning on the Steavenson Falls Road and a visit was made to the falls which were quite impressive due to the heavy rains that had fallen in the week prior to the trip.

Oxless track was followed with stops at De La Rues and Oxless lookouts where good views of the Cathedrals can be had. A two hour scrub bash brought us to the northern slopes of Mt. Kitchener, where a jeep track leading up to the Great Divide was followed. This connected up with the M.M.B.W. road running along the Divide to Mt. Strickland. From here a foot track follows the general route of the old timber tramway down to Anderson's Mill. In many places, parts of this old tramway such as wheels, pulleys, winch foundations etc. were noticed. The road was followed from the Mill to Wilkes Creek where camp was made for the night.

Mr. Gordon and Woods Lookout were climbed the next morning via the southern ridge which leads from the junction of the Marysville and Anderson Roads. The fire-spotter on Mt. Gordon was noticed to be at work although he could scarcely see us through the mist 80 feet below. Marysville was reached via the track through Gilbert's Gully.

As we still had half a day left (the presence of jeep tracks had made the going easier than expected) we returned to Melbourne via Echo Flat and Snobs Creek Road, catching occasional glimpses of the Federation Range and Mt. Torbeck on the way.

M.J.C.

* * * * *

Gentle Annie Gap - Mt. Typo - King River.

A notice in capital letters printed in a recent issue of "The Mountaineer" drew my attention that all participants in the open Reserve trip must have had at least a two day walking trip with packs before departure, so reluctantly I put my name down for a trip to the wilderness on the Australia Day weekend, as I had missed previous opportunities and this was the last chance to qualify for the trip to the Apple Orchard, sorry Apple Isle.

"I'm not sure where we are going" the leader had said when I booked, "but we will get somewhere." According to his instructions I duly arrived sharp at 6 p.m. at Batman Avenue with no mountaineers or vans in sight. I was to learn later that these trips never leave on time. Shortly a few of the motly mob turned up with all sorts of paraphernalia including those glorious things called 'Mountain Mules' but as the manufacturer neglected to supply legs with them, the owners had to use shank's pony instead.

Suddenly I caught sight of the leader in a new style of clothing for mountaineering trips. Absence of his pack pressed thoughts through my mind that he had discovered the ultra super light weight way of walking. "Oh. I'm not coming. I've got more urgent business to do" he explained as he ticked my name off the list with one hand and cuddled his oxo-woman, who had decided that she wouldn't go without her oxo-man with the other. "The Trips Secretary is now leading this trip. Serves him right, it was all his idea." I thought this sounds hopeful, he may have some idea of where we are going. But he was no-one to be seen. He eventually arrived at half past the hour and so the whole 25 of us piled on the van, which had also arrived and headed bush.

After two food stops and much card playing and singing, the van ground to a halt near Tolmie in the early hours of morning. I staggered out of the van to see rows of C.R.B. huts. Glorious I thought but also in the next breath, the leader forbade us to use them. "We are mountaineers, remember", he said, so I had to be content with a rather sleepless night due to rough ground, stampeding cattle and spot light shooters.

The sun rays had scarcely filtered through the trees, when we were dragged out of our sleeping bags by the leader. I finally managed to survive the ordeal, scratched up a bit of breakfast and boarded the dusty and bumpy van which then took us to Gentle Annie Gap some forty miles away.

At last we were on the trip proper and in Indian file we traversed a couple of spurs and crossed a dry watercourse, to the main ridge. Once on top the usual ritual was performed with weight added to the faster and fitter ones, in order to slow them down. Needless to say, I won't mention where these extra weights came from. We continued south along this narrow and rocky ridge which was alternatively scrubby and clear with many stops to admire the views of the Rose and King River Valleys. By mid-afternoon the leader decided that it would be quicker down in the Rose River Valley, so we bashed down to the road which eventually leads up to Mt. Cobbler. We reached a deserted shanty where a tank of the familiar hydrogen oxide was found. After the leader and one of his henchmen had been run off a farm a little further up the road by a gang of wild kids, we met the local version of the good Samaritan. Being true mountaineers we accepted a lift on their tractor and trailer for about a mile or so. We then enquired about the best place to camp and in true bush hospitality invited us to camp on the Rose River which ran through their property. And what a delightful camp site it turned out to be.

Refreshed next morning, we struggled up the jeep track to a saddle on the Typo Range. Dropping our packs, we raced up to the summit of Mt. Typo, from where excellent views of Cobbler and the Rose River Valley were to be had. Reluctantly we returned to our packs which had been guarded from Yetis by a few of the mob and descended to a glorious creek for lunch. The afternoon saw us wending our way through light scrub in the headwaters of Stony Creek, although frequent stops were made due to the extreme heat during which the leader and henchman studied an outsize aerial photograph - our only reliable map. Eventually we reached a farm where we witnessed stampeding cattle and so on to our campsite in the Stony Creek gorge just at the base of the little falls. I could not get into the water quick enough for a swim, as was the case with most of the clan. Perhaps this explains the presence of the queer swimming attire. The usual campfire sing song eventuated after tea and continued into the early hours of the morning. Strange because we were supposed to be on the track at seven the next morning in order to catch up with our schedule. Believe it or not, we arose on time, beating the sun to rise. A road bash of a mile and a light scrub bash of similar distance up a spur brought us to the plateau on the King River - Stony Creek divide. This plateau provided some of the best bush walking that I have experienced.

Suddenly we reached the edge of the plateau and peered into the King River Valley below us. Then in single file we wound down a sharply dropping spur following the route that Bob and a few of the others had pioneered for us. When the King River was reached a large scale revolt occurred, resulting in an afternoon of swimming, eating, sun baking and more swimming instead of the climb up to Powers Lookout where we originally had planned to finish our trip. Two volunteers, hardier than the rest of us undertook the climb to inform the driver of our change of plans. Time dragged on and I began to worry that we would miss the pub at Whitfield. This was the case but we got a few appetizers at Mansfield for the fish and chips that followed.

An extremely tired clan (so tired that they could not muster up enough strength to even mumble the customary 'oxo' whenever a member departed) arrived back in town at the good time of 1 a.m.

'Pigeon Toes'

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'Food for Trampers and Mountaineers'

The Federated Mountain Clubs of N.Z. (Inc) have distributed a bulletin titled as above. It has been written by Murial E. Bell, Director of the Nutrition Research Unit of the N.Z. Medical Research Council, and D. U. Strang, Physician. Copies of the complete bulletin are held by the Secretary. For the present, however, we reprint a few portions, with acknowledgement to the F.M.C.

The person who enjoys climbing, tramping, deerstalking or any associated activity which forsakes the motorways and highways for the bush track and mountain range, has to give consideration to how he may best carry all his gear and reduce the weight of food in his pack without prejudicing his safety and/or his enjoyment.

Of food types, fat is by far the most efficient supplier of energy on a weight for calorie basis. But carbohydrates are needed also because (a) they provide a more immediately available source of energy; and (b) because they are necessary for the brain to function. Protein is another source of energy as well as being an essential structural component of the contractile mechanism of muscle.

The normal diet provides us with enough vitamins and minerals, which together with the body's store of these materials makes it unnecessary to worry about these items on trips of short duration.

The first principle in planning a restricted food supply is to have enough calories to permit the muscles to work and the body to keep warm. Protein has a special faculty for promoting warmth; it has been found that if the evening meal contains protein there is less restlessness during a cold night, and the body is consequently better refreshed by the sleep.

Taking enough calories for a long trek involves knowing what will give the best sense of satiety for the smallest weight. Not only has fat twice the caloric value of protein and carbohydrates, but it also has a special capacity for delaying the gnawing sensation of hunger. On the other hand, carbohydrate provides ready fuel for the muscles. Protein is needed for several reasons - it is the most interesting component of the meal and it is the chief constituent of muscle. Though the muscle derives its energy from carbohydrate it is the protein that does the actual contracting. The small inevitable loss of the protein from the body each day has to be replenished or else its efficiency may flag. The third attribute of protein has already been mentioned - that it stimulates the production of warmth.

Upon the consumption of calories, the amount of energy expended will vary according to the activities undertaken.

Actual measurements have been made on subjects under field conditions. The following will serve as contrasting examples of caloric expenditure.

1. lying down relaxed - about 1 kilocalorie/min.
2. driving a car - about 3 kilocalories/min.
3. climbing a slope of 1 in 4 and with an 11 lb pack - about 12.1 kilocalories/min.
4. climbing a slope of 1 in 4.7 with a 44 lb pack - about 13.2 kilocalories/min.

Expenditure of over 15 kilocalories per minute is apt to be accompanied by fatigue and exhaustion if prolonged.

Energy expenditure is proportional to body weight and speed of walking, thus:-

| | <u>10 stone Man</u> | <u>13 Stone Man</u> |
|----------|---------------------|---------------------|
| At 2 mph | 2.9 K Cals / min | 3.5 K Cals / min |
| 3 mph | 4.0 K Cals / min | 5.3 K Cals / min |
| 4 mph | 5.2 K Cals / min | 6.4 K Cals / min |

Individual variations in the caloric cost of running are great and depend on the degree of training and muscular efficiency.

The total caloric cost of mountaineering per day thus depends on many conditions. The day's expenditure for a man aged 25 weighing 10 stone might be set out in the following manner.

| | |
|--|-------------------|
| 8 hrs rest in bed (about 1 k cal/min) | 500 k cal |
| 8 hrs at maximum overall rate of 5 k calories/min | 2400 k cal |
| 1 hr personal necessities at 3 K cal/min | 180 k cal |
| 1½ hrs walking at 3.5 mph at 4.6 k cal/min | 420 k cal |
| 4 hrs sitting and standing at 2 k cal/min | 480 k cal |
| 1½ hrs activities, preparation of meals etc.
at 4.7 k cal/min | 420 k cal |
| Total | <u>4400 k cal</u> |

Those who take minimal rations are going to live on their own stores of body fat. The caloric value of 1 lb of adipose tissue is over 3000 calories. If the deficit of calories is 1500 per day, then the rate weight loss will be about one pound in two days. It is worth weighing yourself before and after your trip and recording this.

Caloric Values of various foods carried by Mountaineers:

For the guidance of those making a choice to suit their own particular preferences, and for varying the type of food according to the length and difficulty of the expedition, the calories per pound of food are set out below.

| | | | |
|---------------------|------|------------------------|------|
| Cooking Fat | 4013 | Dried bread snippets | 1610 |
| Butter | 3251 | Ryvita | 1565 |
| Margarine | 3251 | Bread | 1157 |
| Peanut Butter | 2615 | Bacon (canned) | 3144 |
| Walnuts (shelled) | 2972 | Eggs, dried, whole | 2631 |
| Roasted peanuts | 2540 | Meat bar (if 40% fat) | 2560 |
| Scroggin approx | 2341 | Meat bar (pork & beef) | 2432 |
| Chocolate | 2141 | Bacon, raw | 2122 |
| Sweet biscuits | 2522 | Salami | 2048 |
| Short Pastry, baked | 2485 | Cheese | 1928 |
| Cabin Lunch | 2363 | Sardines | 1333 |
| Shortbread | 2013 | Meat, cooked | 1324 |
| Coconut Cakes | 2013 | Meat, tinned | 1047 |
| Plain Biscuits | 1973 | Meat, raw | 685 |

| | | | |
|------------------------------|------|---------------------|------|
| Venison-roast | 894 | Sugar | 1748 |
| Tinned salmon | 621 | Barley Sugar | 1738 |
| eggs in shell | 655 | Jam | 1263 |
| milk, dried whole | 2404 | Golden Syrup | 1142 |
| milk, malted | 1810 | Treacle | 1054 |
| milk, consensed, unsweetened | 1606 | Honey | 1333 |
| milk, dried, skim | 1478 | Dehydrated Potatoes | 1619 |
| flour, cornflour | 1656 | Dehydrated Carrots | 1578 |
| rice, sago) | | Lentils | 1347 |
| Macaroni Noodles) | 1644 | Peameal | 1247 |
| Noodle soups (packets) | | Dehydrated Onions | 1574 |
| Oatmeal, creamota,) | | Raisins, Dates | 1218 |
| Oaties, Vimax, Spaghetti) | 1770 | Apricots, Dried | 1188 |
| Various instant puddings | 1644 | Apples, dried | 1256 |
| custard Powder | 1656 | Fruit bar about | 1200 |
| Jelly Crystals | 1145 | | |

We are indebted to our latest European emigrant, Fred Mitchell, for this article. As well as the above, the article contains comments about certain foodstuffs. It also contains food lists with weight per day, calories and protein content of foods in these lists.

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Extract from the 'Yeti Times' 1964 (It's published once a century if they get enough copy). (and I thought we were hard up - Ed).

Tasmania Conquered After Twenty Years War

It has been reported that Tasmania has finally been conquered. As this conflict started after the previous issue was published we here tell the full story of this world shaking event (we won't say whose world).

In 1944, a small band of wayfaring wayfarers assembled in Melbourne; this group called themselves the M.U.M.C. (Marauding Ugly Murderous Coves). Under the tuter-ship of one T. M. Cherry, a long term plan for the invasion and taking of the Apple Isle was instituted.

For training grounds these coves used Sugarloaf, Hanging Rock, and the Grampians. Reports were made that these people were seen several times actually hammering big hunks of metal into living rock.

It was not long before the M.U.M.C. sent reconnaissance scouts to Tasmania to collect information about the lie of the land, and also to cause a little bit of trouble.

These raids were made mostly by bands of 3-8 members. As time went on, their function became more aggressive and less reconnoitring.

It was noted by the inhabitants that the forays usually occurred in the summer, so that the bands met with increasing resistance to subsequent invasions. There are two notable exceptions to this, when two attacks called operation Pinefreeze I & II occurred without the Taswegians being prepared for them. Since then there have been several winter intrusions.

In 1963, one such winter band, led by Doug Hatt carried out another sorty; little did the locals realize that this was the beginning of the final invasion. A few months later, the usual small guerrilla groups rampaged the island again. They were the worst for some time and the locals had a hard time restraining them. Then, with all their forces nearly spent, the Taswegians were overwhelmed by a whole battalion which quickly overtook the Cradle Mt. Lake St. Claire region. At present the M.U.M.C. is still m pping up small pockets of resistance in the South-West, but the campaign is now virtually concluded.

Our correspondent says that although M.U.M.C. spokesmen say that the Apple Isle is all they wanted, he suspects they have further aims. For some time now, small groups have been reported in New Zealand, and our reporter suspects that they are the forerunners of an attempt to gain further territory. As yet, the occasional one to visit Europe doesn't have any martial significance.

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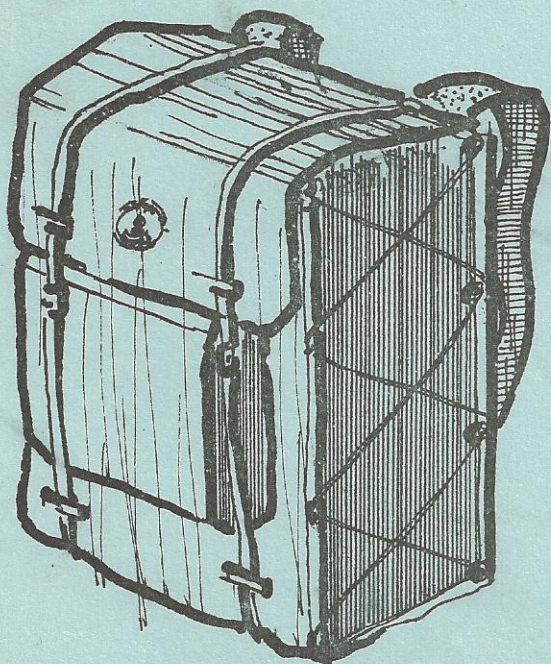
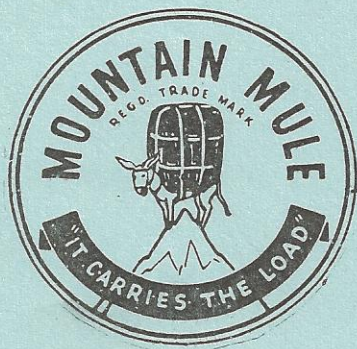
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