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Editor's Note

Kia ora koutou. Welcome to the latest edition of our club's newsletter. It's been a while since the last edition came out and I'm sure club members have been busy with all types of adventures since then. Hopefully this edition can fill some of the gaps.

There is a bit in this edition. Our new president, David Soper, introduces himself, Sandra finds herself deep in South Westland exploring the rivers in her packraft, Ari discovers the joys of our indoor climbing wall and Kelly shares one of her favourite backcountry treats.

Thank you to all who have contributed. I wouldn't be able to put Boots together (or lace it up?) if it wasn't for each one of you. Future editions will need material and I'll be annoying people to share their adventures. Anyway, please enjoy what follows.

Presidents Introduction and Report



Hi everyone, I would like to welcome you all to the first issue of Boots for the 2021/22 year. Jase has so very kindly passed the torch of president of the West Coast Alpine Club to me for the year, relinquishing his hold on the title but not without a fight. The fight wasn't about anything in particular really, we just like to fight occasionally.

Anyway, enough time has passed that I am coming to terms with the size of boots I need to fill, and it is going to take a hefty pair of socks some getting used to and hopefully I can do it justice. I am however looking forward to the year ahead, already have a few ideas for courses,

trips and training that the club could run and starting to plan a few.

I also have it on good authority that it is going to be a fairly cold winter. We know this as Janny's chickens moulted early this year, which every good meteorologist knows points to a cold winter and excellent snow conditions for the months ahead.

I wish everyone a safe and enjoyable winter as they partake in their chosen pursuits and look forward to seeing everyone out there. When you're out there just remember; safety is no accident.

Join the Club!

Membership is important if you wish to join club activities.

Memberships are due for renewal in June. New memberships between January and May will be carried over to the following year at no additional cost.

2020/2021 fees: Adult – \$40, Family – \$45, Senior – \$20 and Student – \$20 (*FMC membership not included with student membership*)

If you would like to join the West Coast Alpine Club please fill out your details below and hit Submit:

- Payment can be made to our ASB account 12 3168 0044967 02, using your name as reference.
- Go to the Club website for the registration form:
<http://westcoastalpineclub.org.nz/membership/>

A Kayaker Enters the Brave New World of Packrafting

Whitewater kayaker extraordinaire Sandra Hyslop explores the rivers of South Westland through the new sport of packrafting.



Question: How do you convince a whitewater kayaker to start tramping? Answer: Get them in a packraft! That's exactly what happened to me four months ago when I first convinced Barney to lend me a couple of his packrafts, so Troy and I could head up the Waitatoto River over Waitangi weekend and see what they could do.

There were three reasons for choosing the Waitatoto River for popping the packrafting cherry; a) with a recently healed broken leg, the walk up the river seemed relatively flat and easy going; b) last time I went up the Waitatoto River (Christmas 2018), I was disappointed with how flat it looked from the chopper and may have over-indulged in Christmas drinks before hitting the rapids; and c) it's beautiful and has some fun, but not crazily hard, whitewater.

With the spraydeck and self-bailing versions of the Kokopelli Nirvana, I was keen to try both to ultimately decide what I wanted to purchase. The first lesson learned was that if I was going to make a habit of this, then I needed to buy a bigger pack! Since my first trip I've seen a number of different methods of attaching packrafts to tramping packs, but I still think the best option if you want to protect the material (particularly tramping through thick bush) is to have it inside the pack if possible. With my small pack it fell to Troy to carry most of the heavy stuff but, hey, his legs were relatively whole and unbroken compared to mine.

Day One involved packing up and hiking as far as Axis Flats. Our first chance to try out the rafts to avoid getting wet was on a relatively deep river crossing and again later crossing a (again deep) lagoon. We resisted the

temptation to commandeer a couple of quad bikes stashed by the farmer at Casey's Flat and were grateful for this when we hit the knee-deep mud of the quad bike track...they definitely would have become stuck! The Waitototo sandflies are vicious and our tent was a safe retreat...this is my excuse for the late get-up on Day Two, which was kind of embarrassing when two hundred metres from the tent we bumped into a group of Whitewater Club kayakers who had flown to Bonar Flats the day before. A quick chat with them gave us some beta on the rapids upstream and we were off again. Day Two's walking was harder work with the track becoming less obvious the further upriver we went and at one point after crossing the river it took us a good half hour or so to find it. I was getting nervous that our late start would mean we would miss the good whitewater higher up, but luckily we found the path and managed to get to a suitable put in just in time for the sun to disappear behind the peaks and the temperature to drop a good few degrees. Second lesson learned: packrafting is definitely more enjoyable when it is warm and sunny, so don't be lazy and get out of bed early!

The third lesson was learnt shortly after; if you have a spraydeck packraft then learn how to put the cockpit together before you leave and are thirty kilometres up a river with approaching darkness. Finally, I figured it out (or thought I did) and we were off! The section of whitewater down from Drake Flats was a great introduction to the surprising maneuverability and responsiveness of the packrafts. I was glad to be in the spraydeck boat as it kept me nice and warm, but I found when I got out to scout a rapid I had taken on quite a bit of water that needed emptying. I also wasn't fully convinced of the spraydeck's power to stay attached if taking bigger hits on the whitewater. After about one and a half hours of entertaining class two to four whitewater that was all paddleable, we were

back at our camp spot hoping the sandflies had gone to bed... but they hadn't.



Day Three was a bit mellower on the whitewater front but was still beautiful. After packing up camp we swapped boats and headed off to the last couple of exciting rapids. The self-bailing boat handled a little differently as it would fill up mid-rapid, but would also drain quickly in an eddy. In addition, the thigh-braces were welcome for increased edge-control. Lesson number four, tightening your thigh-braces properly, was discovered after I popped half out of the boat on a ledge drop at the top of a longer rapid. Luckily I managed to stay in the boat and

didn't have to practice a flip and re-entry (another big advantage of self-bailers is you can hop right back in after capsizing and don't need to go to shore to empty them).

After this bit of excitement, we cruised at a relaxed pace back to the car, waving at a jetboat and passengers on their way past us. And again on their return, as they zipped past us leaving some fun wake to play in. Then we were off to the Hard Antler Pub for food and a beer, before back up the Coast to return one packraft to Barny and to keep the other as my new toy!

Since this trip my trusty new yellow hopefully-not-a-submarine has been up to the Wanganui River hot springs (highly

recommended with a chill grade two paddle out), the Lower Hokitika River (Kakariki Canyon is stunning), the Whataroa River from Barrowman's Flat (a little harder on the whitewater front, but has some epic gorges) and back up the Wanganui River from a few kilometres above Hunter's Hut (stunning scenery and some testing whitewater). I love the freedom the packraft gives me to explore rivers without the cost or environmental impact of helicopters, and it definitely adds a bit of spice to a tramping expedition.

(Photos are from the above-mentioned trips, not just the Waiatoto River).



Unearthing the Blue Blaze

Ari Basevi moves to the West Coast and finds tackling our climbing wall is unlike anything he has ever experienced before.

Far from the Uprising Mothership and past the sacred grove of Castle Hill, the East Coast boulderer finds himself going bush. The whispers of a wall at the mouth of the Grey River caught his ears and had him hooked to the Civic Centre. 'Civic' would imply order but once past the threshold there is chaos. Countless vines sprawling from ear to sky, people clustered around the forest floor all shouting 'good job' and 'yeah, then left hand' to their bold peers above. The sight of vines sets in a deep panic as the boulderer's feet touched down on the undergrowth. Where is the moss-laden mattress that will mitigate his highball falls? In that moment of compounding despair, he saw a glimmer of hope break through the foliage. A far-off

clearing nestled in the nook of the forest with a few routes too short to be accidental. After a desperate scamper he finds the first boulder, a blue traverse sit start streaking under a lip then skirting around an edge to finish. Not a high climb but longer than the usual 1-3 move problems, enough to make the boulderer think he is training endurance. A slip into slippers and a colour spray traverse later, the city cat is ready to pounce. Tucking the legs in for a nice drop knee to start he repositions to commence the swings and twists to the right. A few sneaky foot swaps and backsteps later both hands meet on the final jug. Brimming with stoke he lets loose to the floor and finds a moment of solace. Dave gives him a safety consent form to sign.

- The Venturous Easterly

The WCAC Indoor Climbing Wall

Feeling inspired by Ari's story? Want to keep your climbing fitness through winter? Or just want to meet heaps of awesome people and have fun? Then you should come along to the indoor climbing sessions.

Kids climbing: Tuesday 5pm to 6.30pm/ \$5 per kid

Top rope climbing for all ages: Tuesday 6.30pm to 8.30pm/\$8 per person

Lead climbing: Thursday 6.30pm to 8.30pm/\$5 per person

You must be a Club member. You can sign up on the night. Temporary membership is available. All gear is provided.

If climbing is a new sport to you please let the front desk know and they can organise instruction. You must have a lead license to lead climb.

Located at Civic Centre, 12 Puketahi Street, Greymouth.

<http://westcoastpineclub.org.nz/greymouth-indoor-climbing-wall/>

NGAIRE'S UDON 4 ANYWHERE

Kelly Davensport shares a delicious recipe for your next backcountry epic.



Serves 4

I'm a sucker for good recipes, especially for meals at that primo camping spot in the tops, (where you wish you were right now but instead you're procrastinating (usefully) reading this recipe and gazing at topo maps for your next trip). This recipe has a lot of bits, but I think it's worth it. Notes for the backcountry version are at the bottom.

Shout out to Ngaire for this recipe. I'm obsessed and want to share it with everyone so UDON can take over the world (or the WCAC).

Ingredients

- 2 cloves of garlic
- 1 onion
- 400 grams of Mushrooms
- 1.25 litres beef stock (or veg stock for the vegos)
- 1 carrot
- 1 zucchini
- 2 bunches of Pok choy
- 1 kumara

- Oil
- 4 Eggs
- Dried udon noodles
- Bread crumbs
- Coriander for garnish (if you're into it)
- Spring onions for garnish

1. Chop onions, garlic and mushrooms, keeping the mushroom stems separate. Fry onion, garlic and mushroom stems then add stock and simmer for 20 minutes.

2. Chop carrot, zucchini and pok choy. Stir fry these ingredients along with the mushrooms. Keep aside.

3. Chop the kumara into 2 centimetre thick slabs. If you have a microwave available, nuke them for 3 minutes, if not it's fine to do this with raw kumara, it still turns out legit. Crumb the kumara by dipping the slabs into beaten egg then the breadcrumbs. Then, shallow fry, taking care when turning the kumara over to not displace the breadcrumbs.

4. While the kumara is cooking, add the dried udon noodles to the broth and simmer for 7-8 minutes.

5. Scramble the rest of the eggs.

6. Assemble in a bowl: Udon broth first, then stir-fried veg, then kumara and lastly egg. Top with a garnish of coriander.

Variations and backcountry tips:

- For the backcountry, I use oxo cubes and instead pre-boil an egg to add on top! The kumara is a bit of an extra for the front country. Any dried veg and mushrooms are a good substitute for those long-distance trips. Fried onions are an excellent backcountry garnish!
- Other good garnishes for the coriander haters include spring onions and nuts.

Have you been on an adventure recently? We want to hear about it!

Send your article and photos to boots@westcoastalpineclub.org.nz

West Coast Alpine Club Information

Communication

Website	http://westcoastalpineclub.org.nz/
Email	admin@westcoastalpineclub.org.nz
Facebook Group	https://www.facebook.com/groups/249895021785547/
Club E-Group	If you wish to send a message to other members via the Clubs Email Group List, please email your message to admin@westcoastalpineclub.org.nz and put 'Circulate WCAC' in the Subject Line. Messages can include letting others know you intend to use the Club Hut, trip details, changes to trips, news items, etc.

Calendar

Club Snow Weekend at a field - estimated July-September

There were several votes for a club weekend up at a field, and Sara Gillies has kindly offered to help and give tips when we're up there. Mount Cheeseman might be a good place as several members have bought cheap day passes through their GrabOne deal and it's nice and family-friendly. It's likely that some will stay at the club hut in Arthurs Pass whilst others will just do a day trip, but ride-shares will be encouraged. If you're interested in this please email or preferably indicate on the Facebook poll, we'll sort a date and venue based on the weather once the season gets going. Possibly we'll have a couple if it's popular! Check the Club's Facebook page for updates.

Temple Basin Weekend - estimated September

A large number of people voted for this on the Facebook group, so we're in communication with Temple Basin to get some beds booked in. If you're interested in this then email me, or preferably indicate on the Facebook poll and we'll include you in a group message when we know more details. Check the Club's Facebook page for updates.

The New Zealand Mountain Film Festival- Friday 17th September 7pm at Hokitika's Regent Theatre

<https://www.facebook.com/events/262373082011430/?ref=newsfeed>

It's that time again! The biggest (indoor) event on the West Coast outdoor adventure calendar - the Hokitika screening of the New Zealand Mountain Film Festival!

This year we have another great selection of films, plus a slideshow presentation from guest speaker and West Coast adventure legend Paul Caffyn about his new book, co-written with Van Watson.

Come on down to Hokitika's Regent Theatre for a night of great outdoor cinema and good times. Everyone will be there!

- Mail your payment to the WCAC Treasurer at PO Box 136 Greymouth, 7840
- Pay by direct credit to the Club Account at ASB Greymouth. Account No. 12 3168 0044967 02

Club Hire Gear

Hire equipment includes ice axes, crampons, harnesses, helmets at great prices. Good value for beginners. Adequate notice is appreciated but last minute gear hiring is fine, anytime, providing you can track him down. Contact Jase Blair vp@westcoastalpineclub.org.nz or 021 2455 240.