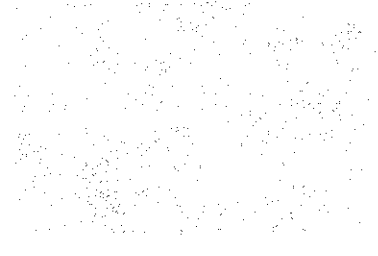
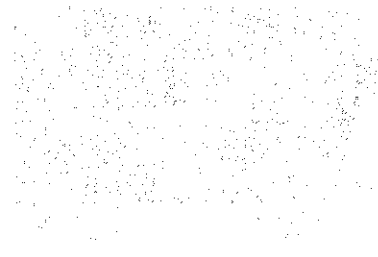
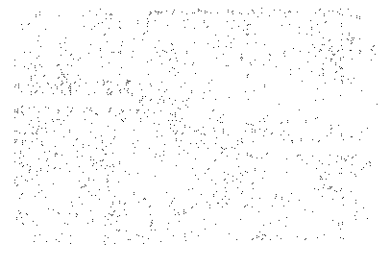
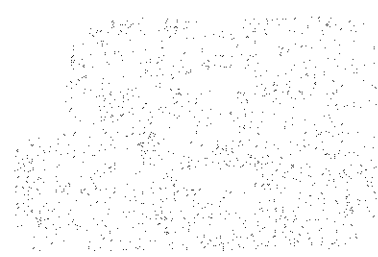
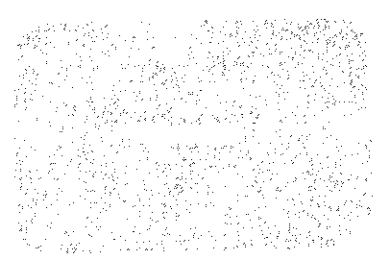
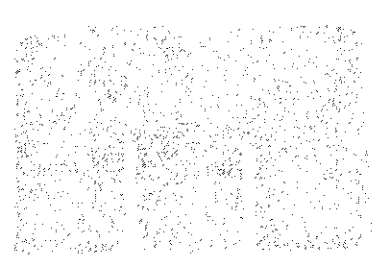


**MEMORANDUM**  
**NO. 7**





h  
h



h  
h

MOBSAC

JOURNAL OF THE  
MOUNTAINEERING & BUSHWALKING CLUBS  
UNIVERSITY OF NEW SOUTH WALES

OCTOBER

1973

CONTENTS

	Page
EDITORIAL	3
MT ERNSLAW	5
OUTWARD BOUND	7
SELECTING EQUIPMENT -- TENTS	10
AMEN. CORNER	13
WALKERS WONDERS	14
SNOW & ICE CLIMBING	16
THE OUTDOOR CHEF -- LIFE COMES LAST	20
CLIMBING NEWS	22

Editorial committee - Peter Tuft      Dave Saunders  
                                Ross Vining      Bill Blunt

Letters & enquires to :

MOBSAC  
BOX 12, THE UNION,  
UNIVERSITY OF N.S.W.  
KENSINGTON, 2033

MOBSAC  
c/o SPORTS ASSOCIATION  
UNIVERSITY OF N.S.W.  
KENSINGTON, 2033



## EDITORIAL

"Mobsac", as everyone who reads this probably knows, is an acronym for Mountaineering, Orienteering, Bushwalking, Skiing, Abseiling and Canoeing. Mountaineering (both rock and apline climbing) and Bushwalking of course occupy a large proportion of our activities, because that's what the clubs are all about. Canoeing fits in with the Mountaineering Club, and Skiing (cross country) and Absailing (or canyoning) belongs to the Bushwalking Club. So where does Orienteering go? Or more to the point, who goes orienteering?

Because of complex and confusing University politics, orienteering is nominally a Mountaineering Club activity. But how many climbers or canoeists are interested? None. That leaves at the very most a dozen walkers who on occasion become orienteers. This is a situation that has to change, as the powers that be in the Australian Universities' Sports Association have decreed that U.N.S.W. will in 1974 run the Intervarsity Orienteering i.e. U.N.S.W.M.C. will organise it.

The obvious difficulty is that almost no-one in that club is sufficiently interested. We need more orienteers! The clubs have between them probably about 100 members. Perhaps 15 of you have ever tried it. What about the other 85 or so? For those who don't even know what it's all about orienteering has been variously described as cunning running, the thought sport finding your own way in a cross country run, a motor rally without cars, and competitive bushwalking. There are so many variations on the general theme that any definitions more precise would probably exclude several other forms of the sport.

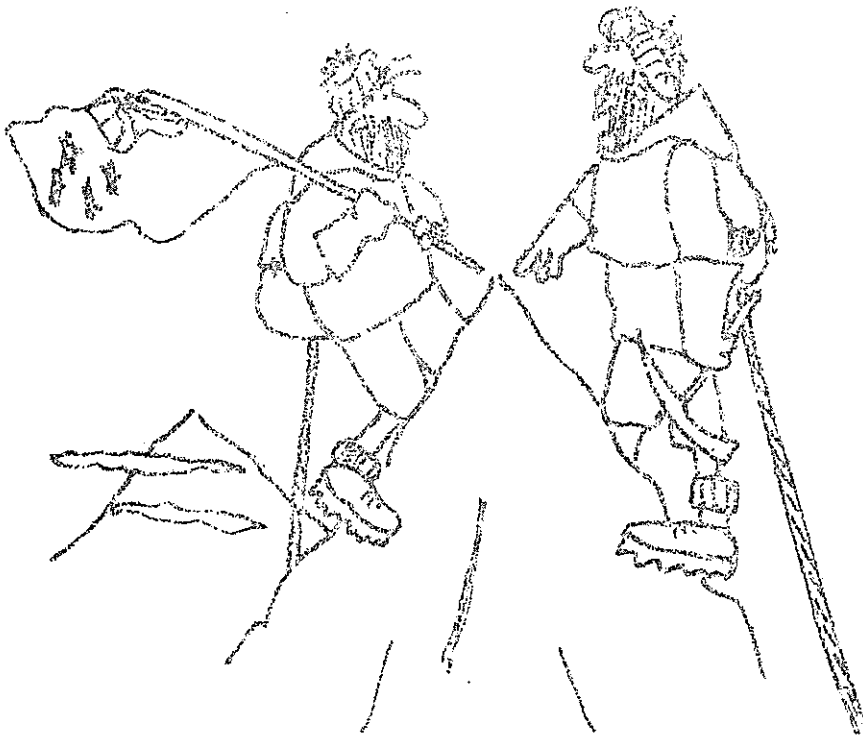
In many ways orienteering seems almost the ideal competitive activity. It combines mental and physical aspects to the extent that physical effort is only the means to an end, not an end in itself. The real object of the sport is the basically mental process of navigation. One of the major results of this is that relative importance of the two aspects of orienteering can be altered to suit people of every degree of fitness, from athletic champions to six year olds.

Most courses run by the N.S.W. Orienteering Association clubs are from 3km to 7km long and may be completed in an hour or two. (Intervarsity type events, of 24 hours and up to 100km, are fortunately rare). By the time one has arrived at the start, registered, waited for one's starting time, run the course, and waited for results to go up, most of the day has mysteriously disappeared in a generally pleasant manner.

The obvious conclusion is that orienteering is a sport that all good mobsacers should try. What more pleasant way to fill in that odd day, when you couldn't go away for the whole weekend? If time is really short, no more than two or three hours are really necessary. Don't be scared off by the thought that you will have to "race" - one can stroll, walk, jog, run, or sprint.

Now that both clubs have become Associate Members of the N.S.W.O.A., we should be kept well informed of proposed events, and may even run one or two of our own. Watch the Bushwalker's program for details. Support your clubs in their urgent need for more good orienteers!

Peter Tuft



"ABOUT HERE SHOULD BE ALRIGHT."

### MT. ERNSLAW

Mt. Ernslaw is situated in the Sourther Alps of New Zealand within the Mt. Aspiring National Park. It is a very majestic mountain especially when viewed from Glenorchy at the head of lake Wakitipu. Mt. Ernslaw really consists of two peaks the East and West Peak, the east peak (9308') is only some 50' higher than the west peak.

Access to Mt. Ernslaw is relatively easy. From Queenstown a boat or bus trip up to Genorchy at the head of lake Wakatipu. Usually the garage owner can be persuaded to take you to the end of the good road up the Rees valley. Here a good four wheel drive road follows the river to 25 mile Hut. Just beyond the hut on the other side of the river a zig-zag track leads up through the beech forest to the old Ernslaw Hut, which is in rather bad shape. However not far beyond Ernslaw Hut the beech forest clears into Kea Basin a magnificent cirque where there is a well situated rock bivy.

The track then skirts Kea Basin and leads up to the Birley Glacier. The route then traverses across the Birley Glacier beneath Mt. Leary to Wrights Col and then it is only a hundred yards or so to Esquilent Bivy. Esquilent Bivy is a tiny one room hut which will accommodate seven with a squeeze. However it is well located at 7000' for easy access to the East Peak.

Climbing the East Peak is quite straight forward. A simple rock climb up the relatively good rock on the north face followed by a few hundred feet of simple snow work to the top. A more exciting route up the East peak is to traverse across the Birley Glacier to the very asthetic south east ridge which leads to the summit. A more wind blowing route is up the steep south ice face with its 5000' exposure onto the Ernslaw glacier. From the top of the East peak magnificent views may be had of Mts. Tutuko and Aspiring.

The West peak is a much more forminable problem and consequently is rarely climbed. Again the North face is a rock climb but on slightly inferior rock and much steeper angle than the East peak. However at least two routes exist up this face. Another route is to traverse over the East peak and along the ½ mile razor back ridge to the West peak - usually an epic with most parties needing to bivvy out. There are also routes up the steep south ice face and from the West.

Ernslaw is a very enjoyable mountain for both novices and experts. It is highly recommended for those wishing to escape the crowds about the Cook area. However before proceeding to Esquilent Bivy it is advisable to check with the Ranger at the Park Headquarters at Glenorchy as to the accommodation situation in the Bivy. Also an excellent booklet on Mt. Ernslaw may be obtained from the ranger describing history, geology etc., and the climbing routes.

Miko Swain

### Travel

if you must,  
leave your home  
and find your highway,  
ride the desert lands  
and mountain tops.  
Do what you want,  
but don't forget  
what you have been,  
because what you are  
and what you will be  
cannot be separated  
from what you were  
before your travels began.

The North Wall is a sheer glass-like face of ice broken only by rock, snowfields, ice-pinnacles, crevasses, bergschrunds, ridges, gulleys, scree, chimneys, cracks, slabs, gendarmes, Dames Anglaises, needles, strata, gneiss and gabbro. A formidable obstacle, and one to daunt the hearts of a disunited party supported by mediocre porters. Our plan was to establish Advanced Base on the South Col, which is immediately above the North Wall; but it was expected that one intermediate camp would be needed.



OUTWARD BOUND

Kurt Mahn and Lawrence Holt founded the first course in 1941 as the Outward Bound Sea School. Mahn was concerned with character development, Holt with the inexperience leading to loss of morale in young merchant navy lads forced to take to small boats on being torpedoed.

Courses continued after the war and other Outward Bound Schools were established in England and overseas. Since 1953, His Royal Highness, The Duke of Edinburgh has been Patron of the Outward Bound Trust.

The Australian Outward Bound Memorial Foundation had its beginnings in 1956, the first Boys Course being run at National Fitness Camp at Narrabeen. Then a permanent School was established at Fisherman's Point in the Hawkesbury. It was here that in 1961 the first Girl's Course in Australia was held. Fisherman's Point has served its purpose but another site is now being sought.

I attended Course G21 at Canberra from the 6th till the 27th January, 1973. This course was the biggest Girl's Course held in Australia, the first to be held in A.C.T. the first semi-mobile Course, and the first Course to take caving as an activity.

We were divided up into six groups of ten, with a leader and a co-leader. My group, Bullwinkle, represented four states - New South Wales, Queensland, Victoria, Western Australia - and various levels of education with ages ranging from 16 to 21.

The semi-mobile aspect meant covering a wide range of country. Basic training; map-reading; first-aid; bush safety; canoeing on Lake Burley Griffin and an introduction to rock climbing on Wickerslack Crags, were carried out from Canberra Grammar School, then eleven days were spent in the bush with breaks Uriarra and Brindabella Stations.

During these eleven days expeditions were made to Corce Mountains for climbs on the high cliffs and along the Goodradigbee

River to Wee Jasper for caving. Solo was done along the Murrumbidgee or on Coroe.

Solo, a solitary camp, lasted for two nights. This was a time for contemplation and relaxation. It was not a feeling of loneliness but of solitude.

The nature of the Course made a great deal of walking necessary; the longest being along the banks of the Goodradigbee from Wee Jasper to Brindebella. We reached our goal at 1.00 p.m. at a record pace along the moonlit tracks for a scrumptuous meal.

The hot weather was a tremendous handicap. We were unable to light fires at all which meant cold rations and a rather uninspiring diet. The consequent water shortage meant carrying extra water bottles and the organisation of water supply points.

The final scheme was held in the Black Range area where the country was rather less rugged. For two and a half days we had to reach goals and mark in paths, water and camp sites as a social service for the Duke of Edinburgh groups that use the area. Our group caused quite a commotion by being overdue.

The full impact of such an experience can not be put into words, for surpassing the price, both financial and physical, that had to be paid. I recommend it to anyone. There is a lesson to be learnt no matter how experienced one is.

If you are interested contact:

Executive Director,  
Box 4213, G.P.O.  
SYDNEY. N.S.W. 2001

29.7784.

or for friendly advise see Peggy Ashwell.

LOOKING FOR A BETTER BAG. . . ?

THE "PIBRAC SLEEPING BAG" incorporates the best of materials in a well-proven design to give an excellent bag for use under most conditions. We believe this bag to be just as warm, if not warmer, than other bags \$20 dearer.

Made from 2 oz. Ripstop nylon with a 40 oz. superdown fill. Box quilted chevron compartments throughout eliminate sewn-through seams and minimize down shifting. Drawstring hood, mummy shape and zippers, where fitted, are backed by a down-filled flap. Waterproof stuff sac included. Weight approx 4 lb. Colours: blue, red, and/or orange

<u>PRICES</u>	NO ZIPPER	\$51.00
	30" zipper	56.00
	FULL OPEN ENDED ZIPPER	58.50
	(Two may be joined to form a double bag)	

MAIL ORDERS are despatched promptly. FREE POSTAGE on orders over \$25. Australian bank and personal cheques are acceptable.

We also make a wide range of other gear including: climbing sacs, down clothing, cagoules, parkas, gaiters, belay seats, overtrousers, snow stakes etc.

WRITE FOR A FREE PRICELIST TO  
ALP SPORTS  
P.C. BOX 553  
CHRISTCHURCH N.Z.

THE NUTCRACKER SHOP

offers a wide range of modern climbing equipment for the rockclimber and alpinist. Stocks include:

Chouinard HEXENTRICS	Revolutionary design	Sizes 1-8	\$0.80-1.35
Chouinard STOPPERS	Sizes 1 - 4 wired		\$1.60 to \$1.90
	Sizes 5-8 unwired		\$0.80 to \$1.25
Chouinard krabs - the best available.			\$3.00
Cassin krabs 2500 kg.			\$2.50
Chouinard craghammer for freeclimbing			\$17.00
JUMARS per pair			\$22.00
Chouinard tubular webbing	½"; 9/16"; 1" per foot		\$0.07; \$0.12; \$0.14
WHILLANS SIT HARNESSES	S, M & L		\$12.00
POINT 5 DUVET JACKETS & SLEEPING BAGS			
Chouinard CLIMAXE			\$13.50
Chouinard ALPINE HAMMERS			\$17.50
Chouinard crampons			\$16.25
Salewa ICE SCREWS 17, 21, 25 and 35 cm.			\$3.90 to \$4.50

WRITE FOR FREE PRICELIST TO  
THE NUTCRACKER SHOP  
P.O. BOX 101  
ROSANNA, VICTORIA.

## T E N T S

Although caves and huts often make it possible to do without a tent, it is essential that a tent be reliable whenever one is necessary. Unfortunately, the apparent simplicity of a small tent is deceptive, as there are so many details in its construction that can make the difference between a dry comfortable night and wet miserable one. A number of tent manufacturers seem unaware of these details, at least with respect to walkers' tents.

A good tent should be weatherproof, light, roomy, and small when folded. With this in mind, a basic tent is made of japara with nylon guy ropes. The doors overlap, and are secured by tapes at 20 - 30 cm intervals. There will be two main guys and four corner guys, plus four side guys (assuming a wall tent). Corresponding to all guy attachment points, there should be holes in the lower edge of the tent so that it may be anchored to the ground by pegs. Guy ropes should be tied on, rather than integral with the tent. Reinforcing should be applied at all stress points (generally where guys are attached and pegs may be placed.

Actually, most if not all of the tents made by Paddy Pallin or Flinders Ranges will fulfil all these conditions. Others may or may not - tents made by companies which do not specialise in Mountaineering or bushwalking equipment generally will not.

The reasoning behind the less obvious of the above features is this: Japara (a light cotton material) is preferable as it breaths, whereas nylon is totally air and water-proof, and moisture condenses on the inside of a nylon tent. This is usually only a minor problem, but in some circumstances it can be as dampening as direct rain. A word of warning - tents of ultra lightweight japara can leak badly in heavy rain. Standards are improving, but check up on this if you want to buy an ultra lightweight tent.

Nylon guy ropes are used because they are strong, light and compact, do not tighten up when wet (thus straining the tent), and wet knots do not jam. Side guys, and pegs to anchor the edges provide strength in a wind, and can also create greater room inside by distorting the sides beyond the nominal size. Guys should be tied on partly because they are then easier to replace, and partly because it is a positive method of attachment (a tent strung on a continuous, integral guy can creep along it).

## Life

participant or spectator  
involvement is the difference

---

So far we have been referring to a basic tent. Common modifications are zip doors, sewn-in floor, a fly, and collapsible poles. I am inclined to regard all of these as expensive luxuries, except on certain limited occasions.

Zip doors are simply a convenience, and provide little if anything extra in the way of weather proofing.

A sewn-in floor would be convenient only if the tent was to be used mainly on snow (who in their right mind does that?) and would probably be a distinct disadvantage at other times. Two large ground-sheets form a perfectly adequate floor in almost all circumstances. A sewn-in floor prevents the tent from being abdulled (raising one side to form an open lean-to, on fine calm nights) and easily collects dirt and water which can be particularly difficult to remove once the tent is pitched. There is also the usual weight problem.

A fly (which is a sort of tent over a tent) can be very handy if considerable rain is anticipated, as in S.W. Tasmania. A fly of the lightest material, not necessarily waterproof, will absorb the force of the rain and keep the tent drier and more comfortable. However, the additional weight would not be worthwhile in N.S.W.

Collapsible aluminium tent poles also have their uses, such as in the totally barrer alpine regions of the Kosciusko area and parts of Tasmania. In all other areas however, poles may be found at the campsite with negligible effort.

One accessory that is essential is a set of tent pegs. These may be bought individually or in sets of a dozen, but I prefer to make my own from heavy duty fencing wire for nothing. In this way, I also get exactly the pegs that I want, which means that they are long enough to hold in sand (20cm + loop at top), and fine enough to be driven into stoney ground. They are a little heavy, but very effective. It makes sense to paint the tops in a distinguishing colour to help avoid losing them. A full set of pegs is 20 for a wall tent and 12 for an 'A' tent, but this can be reduced greatly by doubling up guys and improvising at the campsite.

Having mentioned wall and 'A' tents, I should point out that wall tents are preferable. Although a little more complicated, heavy and expensive, the disadvantages are more than offset by the extra room available. An 'A' tent that is say 1.6m has an effective width of only 1.2m or less, as the wedge shaped space at the edges is virtually unusable. All the floor of a wall tent, however, is directly useful.

Because space in a tent is at such premium, I am inclined to opt for the largest tent available, usually a 'four man' (1.8m wide) wall tent. This weighs very little more than a three or even two man tent, yet has that vital extra 30 or 60 cm in width. One doesn't realise the importance of this space until one has been in a party of three, cooking, eating and sleeping during heavy rain in a four man tent, because even a four man walkers' tent is only really comfortable for one person in bad conditions. A word about cost and weight - the larger tent may be a few dollars and grams extra (two man wall tent: \$31.60, 1.6 kg; four man wall tent: \$38.10, 2.0 kg), but compare that with the difference between 50 damp, sleepless nights and 50 warm restful ones.

In summary, the optimum tent is a large, well made, japara wall tent with overlapping doors and nylon guys. Pegs may be bought or home made. A sewn-in floor is not necessary. Collapsible poles and a fly may be desirable later. Be careful if you do not buy from a retailer recommended in the first article of this series.

Peter Tuft

"I think we've cracked it" (Quote-Joe Brown)-I am starting the last Grade VI pitch.

Overheard indistinctly: "Get stuffed..."-there is distortion in sound. Please do not adjust your set.

"Just look at our TV Cameraman John Cleare, showing these experts how to do a Fast Abseil-there is a temporary distortion in vision."  
(Splash)

We apologise for the loss of vision due to circumstances beyond our control.

"Whew! Oh! I see...how terribly unfortunate. Were we insured?"  
We are interrupting this programme to return you to the Studio....

## AMEN CORNER.

I'd been thinking about it all week, trying to psyche myself up to lead it. "Amen Corner" it was to be that weekend. Its a really beautiful climb, very enjoyable although the difficulties are quite sustained and its very tiring to lead. The climb is a classic corner crack of about 35 metres with a wide section, the "sentry box" at half height.

The moves up to the box involve technical and strenuous jamming, then there is the chimney struggle, up through the sentry box, but once out, there is some beaut climbing involving short technical moves from one resting place to another till one reaches that last 20 feet - the incredible - well you see its this very strenuous laybacking and well I got up as far as I could without laybacking and put in a runner, then started to layback but only struggled up for a couple of metres before I started to feel really weak. I hurriedly placed another runner. I looked for a place to rest - there was none - should I retreat to the last resting place - NO, I wouldn't have the strength to get back up here - I could rest on the runner - AID! - NO - NEVER - I MUST GO ON. Do several more layback moves - situation desperate - can't make it - hands starting to open out - can't hold on any longer - decide to try and reverse it - start moving down - hands too weak - think I'm going to fall and then nothing as you fly through the air - but your mind acts quickly and I grab the runner as I scream past it. Completely exhausted but safe, I feel defeated and guilty holding on to the runner - decide to let go and do it again - No, that's stupid, I am too weak, must rest - rest . . . . . beautiful rest - arms feel like jelly. It seems like an eternity before I launch myself at the beast again - tiring rapidly - haven't recovered as much as I thought - want to go back - cannot do that for I wouldn't have the strength for a third try. Struggle up, metres seem like centimetres, jugs feel like suicide holds, feet slip on the dust, bushes in the way, no protection but I reach that mighty handhold up there and I can rest on these footholds - I try to pull up - nothing happens - not strong enough - but I must - think I'm going to fall - try harder - HARDER - arms slowly and agonisingly bend - bloody rope drag - reach up and grab handhold, bring feet up - rest - at last - rest while I place a runner for the last section - remainder is fairly easy and I move up feeling relieved.

A mixture of emotions flooded through my body - relief - exhilaration incredible happiness - fulfillment - then I remember that runner and the rest - I feel disappointed, almost ashamed, but still it increases my respect for the climb.

ROSS VINING.

BUNDEENA - LITTLE MARLEYOctober 9th.

Am happy to report that the first walk led by a female club member for some time returned "in fine health" on the same day as it set out.

We, (all 18 of us) took the coastal track and walked amidst a glorious variety of wildflowers - a springtime special, which enhances the spectacular cliff scenery.

"In fine health" could really be the key phrase of this walk as a rather unusual threat of poisoning faced us.

After carrying a metal grill all morning for a barbeque lunch, Peter T. informed me, when the heat of the fire began to turn it green, that the grill was coated with zinc oxide -- a poisonous chemical. Having cooked the grill for some time, rubbed it in the sand and washed it in the lagoon we encouraged two of the party to cook their steaks while the others sat round and waited for the results. No suspicious signs were observed, so we carried on as planned.

N.B. Peter T., ever dubious, cooked his sausage on a stick.

Linda.

The 1973 Paddy Pallin Cross Country Ski Classic  
Perisher Valley to Charlottes Pass Return

This year's race, on Saturday, 18th August, was held on an excellent track of 18 km. (11 miles) in cold, clear conditions with a gusty westerly breeze blowing. A great deal of snow shovelling had been done by a small party on the Friday, before new snow fell, enabling the race to be run. About ½ km. of track had to be constructed over Spencer's Creek bridge.

For the first time this year the race for all groups was over the same course. In previous years the men skied over 25 km. Due to the lack of snow the race started on the road opposite Perisher Chairlift instead of behind the Valley Inn, (2km. shorter).

Although only 85 competed (normally over 200) the race was very fast, the winner Ian Bradley, finishing in 1 hour 03m.43sec. with Ross Martin a close second in 1 hour 04m.34sec. Ernie Spielman and myself were the only two from the Club to compete, Ernie running a commendable time of 1 hour 42m.13sec., my time being 1 hour 30m.05sec.

PS Peter McTacket could only manage 1:28:32 after choosing the wrong wax - not bad for a junior though. (Editor)



Next year it would be good to see more club members entering; yes, it is a long, tiring race but it will improve your skiing overall and most important, give you a reason to get fit! There is no excuse if you are inexperienced, as there is a special novice group. Also women have their own group. The slowest time was 2 hours 41 minutes.

Ross Walker.

### TWO COMMON AND POPULAR BUSH RECIPES

#### 1. Scroggin

Ingredients:

1 lb. unsweetened cooking chocolate  
 2 ozs. unsalted peanuts  
 2 ozs. unsalted cashews  
 2 ozs. walnut pieces  
 2 ozs. raisins  
 anything else to taste

Melt the cooking chocolate over a low heat (avoid cooking it). Add the rest of the nuts, raisins and whatever, stir in, and leave to set in a suitably shaped container. Good food value, handy for short snacks.

#### 2. Bushwalker's Delight

Soak 4ozs. or ½lb. of your favourite dried fruit in a cupful or more of port, madeira, or other wine. Leave for several days. Works well with dried apple, apricot, peach, or mixed dry fruits. Serve straight or with custard. Delightful after a hard day's work.

*Nic B.*

### PERISHER TO KIANDRA ON FOOT

For all those interested this trip was first done in under 24 hours in March 1963 by Otto Pinkas and Ross Martin in a record time of 19 hours 40 minutes. Since then it has created a lot of interest with a further 12 attempts made, 6 of them records. The present record was set on 4th April, 1970 by Ray Jerrens in 9 hours 46 minutes! Note this is less than half the first attempt.

To give an idea of the pace required Barry Marshall and Denis Vanzella, two cross country skiers, did the P - K on foot in 10 hours 40 minutes on 24.3.72.

They had reached Cesjacks Hut in 4 hours 45 minutes and were 3½ to 4 miles out of Kiandra when the time of 9 hours 46 minutes (Ray Jerrens Record) ran out.

Ross Walker  
 By Courtesy of "Nordic News"

## HOW TO CLIMB

Most people would regard the Snowy as just a place for ski touring in winter and nothing else, but after several trips over a few years I have found a few places where an adventurous climber can find some tremendous short routes, that offer both slope and exposure. Paul Hinkley writes: "The top 500 - 700 metres of Watsons Crags, under suitable conditions offer snow and ice climbing comparable to that in New Zealand". This is definitely the place where a beginner can gain a tremendous insight into ice climbing without all the objective dangers that exist in other countries. There being no crevasse and very few avalanches the climber is free to roam where he pleases.

I have found that the best time for climbing is late in the season, around October when days are warm and the nights frosty, and in the morning an early start, you can have several hours of climbing before the sun melts the snow. In a bad ski season - lots of snow, plenty of rain and sun, large amounts of water ice boards, which become exposed on rocks. In a good fall season, the ice crags are covered with large drifts. In the best conditions, Blue Lake gives climbing up to 150m and Watsons Crags up to 300m.

It is unfortunately impossible to give a list of the actual climbing routes, even due to the changeable winters. From one winter to another, some routes may be done one year and here the party might find it impossible to do the same route in two consecutive years.

Following are a few suggestions on gear you may want to take and the best methods of access to the various areas.

### GEAR:

For most of the time, the only climbing gear you would probably need is some good boots and an ice axe. But if you're the climber who's going there expecting some really good climbing with some serious practice you'll need a rope, carabins and

and your protection gear. You'd be able to solo some of the routes but there are others where a rope would prevent a serious fall. All beginners should take one. A dead boy or snow take would be very useful and a few ice (tubes) screws and perhaps a bash-in ice piton, the old Shabai are O.K. - you could probably leave them in if you didn't feel like digging them out. If you want some more protection, a few assorted crackers and rock pegs, also a few slings can be used on the rocks which are usually fairly close, especially on the Craggs and in the gullies at Blue Lake.

Beside the climbing gear you'll need all the warm clothes you possess and don't forget your weather proofs. Believe me, you need them, especially when a blizzard blows in and they do blow in, sometimes very quickly. You'll also need your stove and fuel and a tent (good condition) if camping out is planned.

#### WHERE:

There are only two main places where good slopes can be found, Watsons Craggs and Blue Lake, but there are others that would be worthy of a visit sometime if time permits - Club Lake, Mt. Clark, Mt. Townsend.

Access in the winter has to be made by different methods and routes due to the accumulation of snow in most areas. The best way is to ski, or in good conditions, walk with snow shoes.

#### Blue Lake:

Perhaps the easiest way to reach Blue Lake in mid winter is from Guthega by ski-ing to Illawong Lodge where you can cross the Snowy River by the foot bridge. From here it is an up hill struggle to the Crummer Range just below Little Lwynam. It is only an easy saddle, then to the lake. This route takes about  $\frac{1}{2}$  day, but more should be allowed if heavy loads are carried.

Phrases which are frequently overheard on TV Mountaineering Broadcasts (now explained)

"He seems to be experiencing some difficulty"- "He is about to fall off".

"These chaps climb for Pleasure!"- "These men are very well paid."  
... "Working in... from... his camera."

"Master of the Ice Glazed Rock"- "Not very experienced on Welsh sea cliffs."

The other way is better later in the season - October, when you can walk up the road from Perisher to Charlottes Pass. From here its about 4 hours ski-ing to the Lake following the summer foot track or via Hedley Tarn which is a little easier in winter.

The only hut in the area is the Soil Conservation Hut which is locked permanently. This hut can only be opened in an emergency, by removing one of the windows. This privilege should not be abused by those too lazy to carry a tent or enough warm clothing.

The climbing is found in Glissade and Stag gullies with some snow routes going up through cornices on the Ampitheatre. Ice abounds (in the right conditions) on the rocks and small gullies of the Ampitheatre and on the boulders surrounding the lake.

#### Watsons Crag:

The best way to get to the crags till November 1973 was to drive to the tunnel entrance via Verandah Camp and then it was just a short walk to the climbing area thru the tunnel. But since the tunnel has now been closed the best way would be to drive to the northern tunnel entrance, and then either to walk around to the crags by the bridle track which would take  $2\frac{1}{2}$  hours to reach the southern exit of the tunnel, or by climbing to the top of the ridge by the north side of the crags. The alternative is a long struggle from Olsens lookout via the Geehi Gorge. This route takes a good 6 hours and is extremely strenuous.

The only hut in the area is a new one built by the S.M.A. and is located on the aqueduct about 200m on the south side of the tunnel. There is about 8 bunks and a large supply of wood for cooking and heating. It is available to all walkers and climbers, but it would be advisable to check with the S.M.A. to see if any maintenance men are using it. If you wish to camp, you can do this at the Southern tunnel entrance or about 1km up the Watsons Crag Creek, or actually on the crags. The later

Loneliness is the trip we take  
when we cannot risk involvement

is not recommended to the inexperienced, as the camp would receive all the bad weather from the South and South-west.

The climbing area is on the south side of the crags above 1400m. The best way to reach it is to follow up Watsons Crags Creek till one gets in amongst the snow and then just bomb off up the slopes as you will.

Other Areas:

Within the Kosciusko Park there are other areas where some practise could be gained: Club Lake, Mt. Clarke and Mt. Townsend. All these areas are within an hour from the Lake Albina Lodge, where one could establish a base camp. Day trips to each of these areas would possibly be a good basis of a trip to the snow.

The easiest way to reach Albina is to ski from Thredbo via Seamans Hut. This would take about 8 hours, depending on the amount of gear and experience of the skiers. Accommodation, can become a little difficult at the hut on weekends and holidays, gas is available in limited quantities, bunks are provided, along with water and emergency supplies. There is a day charge for accommodation which varies from year to year but is about \$1.00.

Well there it is, but before you go, make sure you know what you're doing.

Bill Blunt

---

All contributions for the Orientation week issue  
( we're expecting lots since it's holidays ) should  
be sent to- PETER TUFT  
14 KAROO AVE,  
EAST LINDFIELD  
2070.

---

## THE OUTDOOR CHEF

### LIFE COMES FIRST

In this issue, a discussion on proteins is considered. Protein comes from the Greek language, meaning "to come first". Hence they must be considered as one of the most essential parts of your diet.

Proteins are composed of groups of nucleic acids known as amino acids. The acids are arranged as a long chain, in a varying order. The permutations are endless and different proteins are characterized by their chain order. When the proteins are ingested, they are broken down into the amino acids groups, which are then absorbed through the intestinal walls.

Proteins may be classed into two divisions. Those that contain amino acids that are absolutely essential to the body (e.g. leucine, isoleucine, lysine); found in egg yolk, (some) cheese, milk, yogurt, meat, soybeans, nuts, wheat, yeast. And secondly into those that contain amino acids that may be synthesized by the organism, also found in beans, lentils, egg white. Second class proteins cannot maintain growth, although they are a valuable contribution to health. Of the twenty known amino acids, only eight are absolutely essential.

Why are proteins needed? Proteins are needed to build body tissues. Body tissues are continually destroyed and have to be replaced. Proteins keep muscles strong and firm, the body looking firm, erect and beautiful. Proteins are used in the synthesis of enzymes. Proteins aid the collection and removal of urine and waste products. They regulate the pH level of the blood. They prevent bacterial invasion and help blood clotting.

Authorities recommend the daily ingestion of approximately 60 gr. for women and 70-80 gr. for men; i.e. about 1 gr. for each kg of body weight. During periods of stress such as illness, surgery, injury, pregnancy, muscular effort, an increase to 100-125 gr/day is considered helpful, if not essential.

Protein contents per 4 oz. of various foods:-

meat and poultry	20-30 gr.
dairy-products	4-6
fish	20-30
nuts	10-30
vegetables	negligible
soybeans	13
chickpeas	23
grains (rice, barley, etc.)	3-10

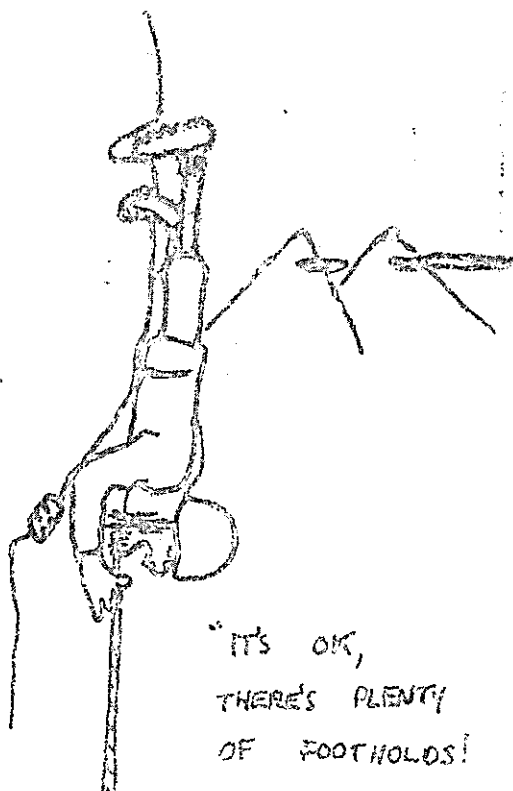
### IDEA CORNER:

For those that do not like cleaning greasy billies and fatty mess plates have you ever considered alfoil cooking? A suitable sheet of alfoil is unobtrusive and packs easily, yet easily obtained when required. May be used to cook potatoes, carrots, onions, steaks, sausages, fish, poultry. Just wrap the alfoil two or three times and place in the fire, piling coals all round; then "leave" package, turning over occasionally, until "cooked". Experience will let you know when it is fit for human consumption. When ready, unwrap, eat, and watch the others scour THEIR billies and plates. When finished, throw the foil away.....right into your pack to be taken back! If it's good enough to be brought in, it's good enough to be brought out!



HOT PIES

NICK BENDELI



"IT'S OK,  
THERE'S PLENTY  
OF FOOTHOLES!"

CLIMBING NEWS

Since the last magazine and the exams there seems to have been a large number of people climbing. Trips have been made to places away from the popular areas, where new routes have been put up and classics repeated. There are still a lot of trips that have gone to the older areas with some of the harder routes being repeated, and some of the longer ones that offer something different having ascents. Below is a summary of what has been happening on the climbing scene.

**MT. BOYCE:** Shortly after the exams Bill Blunt, Al Ross and Bob Blackwell spent a few cold days on the crags. Their best ascents were GRASPER (16), SNOOPY (14) and BONNIE SCOTLAND (13). Later Bill and Al attempted WIZARD of ID (15) but found it too difficult for their liking. There wasn't much activity for a while until John Gallagher and Anne Blackwell spent a weekend there. Being quite an eventful weekend with Anne having a leader fall on SWEET IRISH before completing the climb, They also made ascents of several easier climbs.

**NARROW NECK:** Here the best ascents have been TOLL (16) by Bill Blent and Ross Vining, EN PASSENT (13) by Al Ross and Ron. Also Bill and Ross did the first pitches (crux's) of KATCHENDANGLE (M3) and MICKKEY MOUSE (M3). Besides these ascents were made of 100' SLAB and UN-NAMED. Cheryle Lange, on a trip to the area fractured her leg when she took a short cut over a small cliff on the way to the climbs.

**DOGFACE:** Ross Vining and Bryden Allen made the sixth ascent of GIGANTOR (M5), while Warwick William sustained a fall when a peg popped on CYCLOPS. A few months later Ross Vining and Bill Blent made an ascent of LANDSLIDE CHIMNEY (18) They recommend it to all spelios who would like a 100 metre vertical squeeze. Also in the same area Bill and John Gallagher climbed MOLITA POINT (12) in the wet. Ross and Bryden Allen failed in their second attempt at GONE WITH THE WIND due to poor weather conditions.

**WARRUMBUNGLES:** There have been 3 trips to this area, the best routes being CORNERSTONE RIB (13) by Warwick, Anne Blackwell, Ross Vining and Brian Luxford and also by Bill Blent, Al Ross and Ross Vining. Ross, Bill and Al also made ascents of IF THE SPIRIT MOVETH (10) BASTION BUTTRESS (13) and south ramp of the BREADKNIFE. Al and Ross made an ascent of the EAST FACE (17 and M2) of the BREADKNIFE. Besides these VERTIGO (13), DR. DARKES CHIMNEY (8) and NORTH ANETE of the Breadknife (13) were also climbed by various parties.

**WOLGAN.** Was the venue for the SRC Bar-b-que and this session's instructional. On that weekend only a few minor routes were ascended, mostly only the first pitches. A month earlier Warwick, Paul Marc and Andrew



Stewart took a landrover down the valley, reporting many cliffs with great potential. In particular they mentioned a pinnacle, as yet unclimbed offering some superb artificial routes.

WIRINDI: There has been a lot of activity at this crag. The best ascents were AMEN CORNER (18), FLAKE CRACK (17), THE SPARTAN (17), CURTAIN CALL (17) by Bill Blunt and Ross Vining, PSYCOPATH (18) by Paul Mara and Ross Vining, PHARAOH (15) by Bill and Ross, JOSEPH (14) by Bill and Al Ross and GENESIS (16) by Bill, Ross and Al Ross.

The loser of the month must go to Paul Mora, when after saying that he'd never fall because he had a different attitude towards climbing, sustained a leader fall from the traverse on PHANTOM.

On a second ascent of AMEN CORNER by Bill and Ross, Noie Silveston climbed to the sentry box (above the crux) before being lowered back to the ground.

KEDUMBA PASS: With several trips to the area a lot of new climbs have been started. The best are CUTTERBALANCE (17), BID (14) and BUD (15), PIPIN (12), TOYMAKER (12) and PINOCCHIO (13 and M1). These were put up by a large number of club members. Also in the same area, Warwick, Al Nutley and Anne Blackwell visited the THREE BROTHERS where they have reported some hard routes will be needed to gain the top of the bigger one.

GENERAL: Ross and Bill visited Sublime Point, making an ascent of OEDIPUS (14) which as described in the guide stands as a fire route. They also on the same day climbed WEST WALL (13) in 2/ hours and at night, just for something to do.

In the August break Paul Mara, Ross and Bill made a trip into Blue Lake. There they spent several days snow and ice climbing, with some skiing (see the article "Winter climbing in the Snowy") Bill and Ross made a quick winter ascent of MT. FEATHERTOP in Victoria. They also went to Buffalo reporting some magnificent climbing in the Gorge and on Cathedral Rock.

Well that seems to be all that's been happening lately, as if that isn't enough. It is really tremendous to see so much climbing of all grades and types of climbs taking place in the club. I hope the standards of the climbers continues to rise, especially after the exams during the Christmas break.

Bill Blunt

---

Many thanks to everyone who contributed and helped with this MOBSAC. See you next year.

---

STOP PRESS STOP PRESS STOP PRESS

SEARCH AND RESCUE, WITH A DIFFERENCE

Monday Night: There had been news reports of two missing parties of bushwalker in the Springwood area. One later emerged from the Erskine Ck area unaided. The other, a party of 15 schoolboys and one teacher, from Shore school, were overdue in the Grose Valley. Federation Search and Rescue Section was alerted, and a number of people from U.N.S.W.E.W. were contacted.

Tuesday, 5.00 - 7.30 am: Nick Bendeli, Greg Cave, Reddal Leslie, Peter Meyer, Charlie Morris, Peter Pavlov, Dave Sanders, Peter Tuft and Ross Vining left Sydney about 5.00 a.m. for Springwood Police Station, where we arrived at 6.45. There were seven other walkers from various clubs, a total of sixteen. At 7.15 Bill Smith (S & R organiser) arrived, and soon afterwards Reddal, Peter M., Peter P., and Charlie with three other people from S.U.B.W., were on their way to Yarramundi, to search up the Grose as far as possible from the Nepean. Meanwhile the remainder of the UNSWBW party was to drive out to Faulconbridge Point, on the rim of the Grose Valley and in the centre of the search area, where the S & R radio base would be set up. Everyone else went with Bill Smith to S & R Headquarters on the Faulconbridge Point Road.

Tuesday, 7.45 - 10.15 am: Nick, Greg, Dave, Peter T. and Ross arrived at the Point at about 7.45, without the radio car. While waiting we looked at the view, practiced abseiling, threw rocks, and worried about the whereabouts of the radio. It arrived at about 8.15, and we were soon busy suspending the aerial between two trees on top of the cliff, and other duties associated with setting up the radio base. Contact was established with Reddal in the party coming up from Yarramundi, and with the S & R HQ. There was a further long period of waiting, during which the NPWS helicopter could be seen searching the valley below. At 9.30 word came through that the helicopter had found the party - we felt disappointed, not having moved more than 50 yards from the car.

The helicopter apparently landed, and soon sent word again that the teacher and one pupil were still missing - our hopes rose at the renewed prospect of some action. The airborne searchers took off again and rapidly had more success. The remaining two were walking down the valley directly below us. Bill Smith requested that a party be sent down immediately, to intercept them before they passed out of such convenient range.

Tuesday, 10.15 - 11.15 am: Ross and Greg took a walkie talkie and plunged down the steep slope (cliff?) directly under the Point, believing that route to be quicker than the track which left the road 3/4 mile back. The rest of us waited, and posed for a Channel 10 cameraman. It was not long before it was decided to send us down the track as a back up. We leapt in to the car, appreciating the urgency of reaching the two walkers before they went on downstream, and were soon running and jumping quickly down the broad but rough track.

Between the speed of our descent, the shouts and whistles, and the noise of the circling helicopter overhead, it was a very rapid and exhilarating trip down. We were at the bottom in 15 minutes, having already passed two police. We had just reached the river bank when more shouts came from the hill behind us. It was probably the police, but we checked anyway, and lo and behold a moment later two tired and scruffy people came back down the track we had just descended - we had passed each other where the track divided.

We asked if they were the lost two (just to be sure) and the reply was, "I'm terribly embarrassed about all this, I'm terribly embarrassed". Everyone sat down, police too, and supplied them with fruit, scroggin, etc. while they told their story: They had apparently taken the wrong track in the mist and rain on Saturday. Spent Sunday lost and on Monday made camp on top of the Linden Ridge, still not knowing where they were. Monday evening the teacher and one boy went back down to the river for water (which was scarce) and continued downstream, having warned the party of this possibility. They had just started up the Faulconbridge Point track, after spending the night out in the open, when we arrived.

Tuesday, 11.15 - 1.30 pm: The climb back up was slow but uneventful, and we were met at the top by an A.B.C. camera crew who expended considerable film on the two who had been missing. We all returned to S & R HQ, where lunch, debriefing, much filming of the teacher, and general discussion took place. Ross and Greg, who had been recalled when we reported success, had fought their way back up to the top, and arrived some time later. However the action was over, and we rapidly grew bored.

Peter Tuft

Nick takes up the story (in a lighter vein):

It was hot and dry. The merciless sun was pouring its fiery rays through a cloudless sky. The excitement had ended. The search was finished. The time? About two o'clock. The problem? What do we do now?

A quick drive to Sydney would bring us to hot, boring lectures, evil-smelling laboratories and casualty-wards full of casualties. What a prospect. It was too nice a day to spoil by returning to the ratrace. But what was there to do? A quick inventory revealed: five able-bodied intrepid, dauntless walkers ready to tackle the easiest of tasks; a car ready to transport passengers through the roughest of roads - given some coaxing, pulling, shoving and a grader; maps galore; three packs; four sleeping bags; an EXTREMELY comprehensive first-aid kit; a leading rope; an abseiling rope; and a pack full of climbing gear.

The idea gathered momentum. A canyon, a c a n y o n, A CANYON. But not any ordinary canyon. THE exciting, challenging and redoubtable Grand Canyon; renowned for its accessibility and its inherent dangers.

We arrived at Nellies Glen at 2.45 p.m.; stripped to working costumes, sorted gear and started the journey.

3.15: second man down the dangerous abseil. 3.25: the chilly and murky waters fraught with dangers were entered. 3.45: yet another swim. 3.50: the end! Already? 4.20: return to the cars. 4.50: sipping (slurping?) the nectar of the Gods, at the old, ever faithful A.B. What a pleasure to the palate. Thence a quick trip to Sydney brought us back just in time to watch the news, through from 6 to 7.30 p.m.; thus ending another S & R.

Nick B.  
Tartines Chaudes!!

