



Welcome to summer..

Anthony Knittel, pix Bob Groneman

Yep its definitely turning into a real summer now.. after a fairly uninspired spring that was too timid or too lazy to be any different from winter, the muggy days and dumping rain have left no doubt that its time to put away those ear muffs and trade in those ugg-boots for a pair of shorts and thongs¹.

And of course, where there is summer, there are canyons. Some people aren't bothered by the season and have been at it exploring the mysterious and inaccessible depths of the mountains all year. Considering how cold I was in the canyon last weekend wearing a pair of thermals inside a wetsuit on a hot muggy day, I would say these people are "well hard". Or just fat. There are many things that draw people to them, but for me canyons are a summer fun-park in the wild, and an oasis of cool beauty where you can escape the oppressive heat.

Canyoning involves exploring the narrow channels followed by a creek that are only accessible by starting upstream and following the course of the water as it flows its way down through the chasms. Unlike the ocean this water feels barely above 10 degrees, and creates a cool and moist environment protected from the outside.

Following the water in the canyon means you have to go where it goes and do what it does, ie slip down channels and over waterfalls, hopefully with some semblance of grace and control, especially considering the human body is not nearly as elegant as water when it is dropped onto rocks from a 20m height. *(continued page 2)*

¹ The Australian version that is. If you're getting strange kinky interpretations about thongs then you're probably misguided about what they are. Either that or you're just weird.



Quick News

- **UNSWOC Rogaining Winners!**
Great news from the world of Rogaining.
Former UNSWOC member and ex-Club

Table of Contents

Welcome to summer.....	1
Quick News.....	1
Bungles walk.....	4
"I mainly boulder".....	5
Book Reviews	8
Know your Inner Climber.....	9
Recipe: spaghetti with garlic, chilli and oil.....	10
Editors Notes.....	10



The Log

Newsletter of the UNSW Outdoor Club
November 2003

President, Emma Murray, has become the first female NSW Rogaining Champion since Dianne van Netten 15 years ago... congratulations Em! :-)

Together with her rogaining partner, Adrian Sheppard, they were the overall winners (with 2,490 points) at the recent NSW 2003 Rogaining Championships held in the south coast last October. Our very own Rogaining officer, Lisa Perret, came third in the women's division (with 1,020 points) together with her Rogaine partner Chritine Quigley.

Congratulations to you ladies, and let's keep this tradition of Rogaining champions alive!

More on what Rogaining is and further news on this unique outdoor sport can be found at <http://www.nswrogaining.org> CR

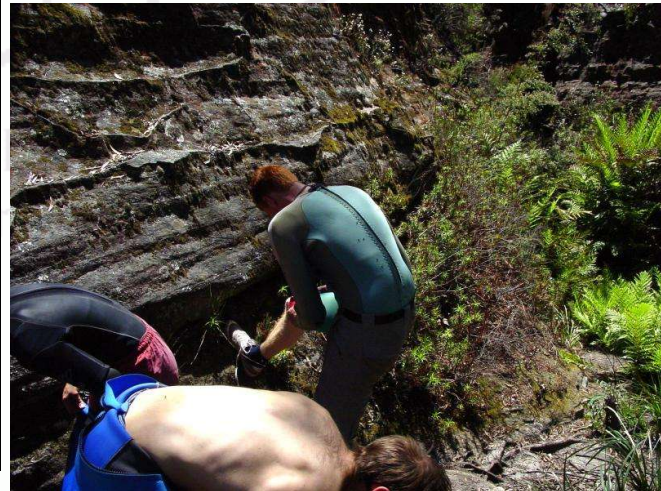
- **Upcoming trips:** (see the website for more details)

06/Dec	December Night Climbing - <i>Nathan Allen</i>
06/Dec	Coastal Walk - <i>Karl Umlauff</i>
06/Dec	Outdoor Magazine Walk Profile trip - <i>Carolina Roman</i>
08/Dec	Australian University Mountain Bike Championships - <i>Karl Umlauff</i>
13/Dec	Oaks Fire Trail - <i>Karl Umlauff</i>
13/Dec	Thailand climbing - <i>Keo Phetsaya</i>
31/Dec	New-Year on top of Oz! New Year w'end 2003/04 - <i>Carolina Roman, Stephan Adler</i>

Rocky Creek canyons. The beauty of these is that there's no rope work so we could take a pretty big group through, nine people ended up coming in the end, and some of us even managed to make it to the meeting place within an hour of the scheduled time.

After making our way past the throngs of 4WDers enjoying their version of seeing the outdoors, which generally involves taking as much of the city with them as will fit within their comfortable urban tanks, we arrived at the Rocky Creek carpark & sorted all our stuff out. The cicadas were pretty amazing, giving an almost piercing voice to fit such a hot dry day.

The walk in down the valley took us through low burnt out forest and past oddly contoured rock walls until we joined the small stream and the start of the canyon. Putting on a pair of thermals and a wetsuit hardly feels like the most tempting thing to do when you're all hot from walking through open scrub on a hot day, but it does make getting into the water feel nice.



welcome to summer (cont'd from page 1)

Last weekend we ran a trip out to Wollemi National Park west of Sydney to do Sheep Dip and

The creek cut its way through the rock into little pools that you have to jump into and swim through, and the occasional water-slide which is



The Log

Newsletter of the UNSW Outdoor Club
November 2003

generally negotiated on your bum, but can be fun to slide down face first too.

About halfway through the first canyon we came to a small waterfall running into a fairly large pool, it was enclosed in the rock so the gap at the top seemed a fair bit narrower than at the water level. After checking the depth, one by one we made it past this obstacle by the obvious (well, fun) way, by climbing up the wall beside the top of the fall to a small ledge over the pool, a good 5 or so meters over the water, and jumping in. A bit higher up from this ledge there is a small tree growing over the drop, and after a bit of cajoling there was enough boyishness in the group for some of us to want to give it a go- to climb up the wall, onto the tree and jump out into the pool. Its pretty funny when people jump off that high because there's so much more time before they hit the water- "ok here we go, AAAAAaahhhh... oh crap!.. *SPLASH*". So much fun :)

At the end of Sheep Dip we were happy to get out into a bit of sun and stop to enjoy some lunch, which for some brave adventurers involved a sandwich of mexican dip, cheese, tomato, avocado, tuna and prosciutto on fruit bread; a



bizarre (but strangely delicious) combination. We were also joined by a curious lizard that decided it would start eating Keo's tuna straight out of the tin before he'd finished with it.

We continued down the open fern-filled valley until the sides closed in again into a much narrower, deeper and more atmospheric canyon than the previous one. In several places there were long swims through the cold and fairly dark water, with the walls almost arms-length apart and the sky barely visible between the contours of the rock. Further down the valley opened up slightly into a wider stream that was choked in places by fallen trees and other debris.

Our exit trail headed steeply up to a second cliff line above the top of the canyon, and after a short rock climb and another fairly long hill it levelled out into the scrubby forest common to the area. Thankfully we found a path heading somewhere useful as it would be damn hard to navigate in such featureless terrain, but eventually we made it onto the road and back to the cars with all sorts of ideas about pizza and lasagna in Katoomba.AK



The Log

Newsletter of the UNSW Outdoor Club
November 2003

Bungles walk

Marton Hidas

23-25 August 2003

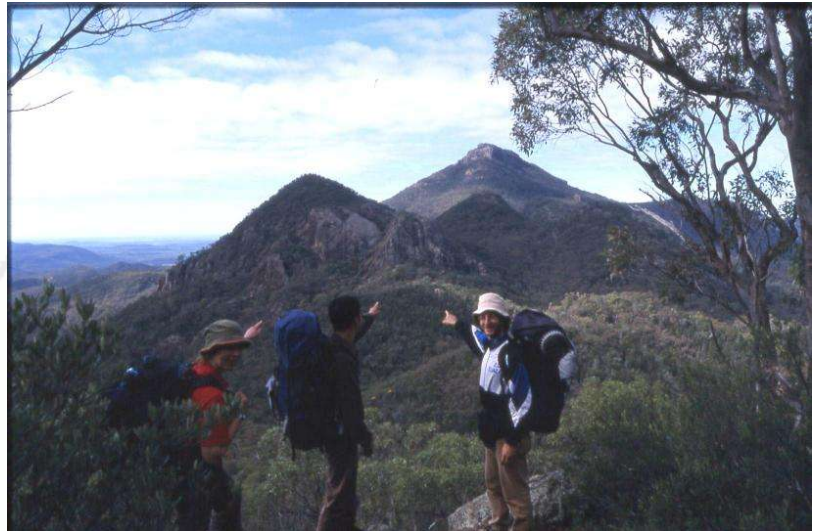
After having, at one point, a list of 17 people interested in coming on the trip, by the time the weekend came around, only 3 people were left. These brave 3, Tina, Keo & Antonio, drove up to meet me at Siding Spring Observatory on Friday night. My plan to give them a bit of a tour of the night sky and show them Mars through a telescope was thwarted by a thoroughly cloudy sky.

However, what we missed out on in astronomy, we made up for in gastronomy during the rest of the trip...

We spent the night at the observatory. There were enough spare beds for everyone at UNSW's cottage up there. The next morning we woke to a beautiful sight: clear, white fog! We started the day with leisurely visit to the visitor's centre and the Anglo-Australian Telescope. We figured this would give time for the fog to lift. However, the fog was there to stay and the initially light drizzle became heavy rain. The wind picked up too. So instead of hurrying down to the park, we cooked some generously sauced pasta, then spent the afternoon putting up the tent in the living room, playing cards, relaxing.

In the evening we drove down to Coonabarabran for a dose of "Flicks in the Sticks". This is a cinema run (in the Centerlink building) by a local astronomer and his wife. We saw the movie Alexandra's Project. Ratings:

Keo: 3 stars (and I'm being generous)



Tina: 2 1/2

Antonio: it's not a simple number for a movie,... many things to write... "some good mistakes"

Marty: 3 1/2

The rain was still going strong. For dinner we cooked up a three-course feast: cheese/crackers/dip/olives as "antipasto", more pasta for mains, and bread & butter pudding with dried fruit and sweetened condensed milk. Mmmm mmm. All that washed down with a couple of





The Log

Newsletter of the UNSW Outdoor Club
November 2003

bottles of red, including one from the local vineyards. Just to add a bit of the camping spirit, Tina and Keo slept in the tent, in the living room. I slept next to it "under the stars".

Sunday we finally woke to a bit of sunshine, got our day kick-started with pancakes for breakfast, and off we went to the park!

Despite the fact that we were only going to camp for one night, we managed to have pretty heavy packs. This is because we were carrying, as Keo put it "low joy-to-weight ratio" foods like potatoes.

We trekked up to the base of the park's most distinctive rock formation: a several-hundred-metre-long and in places a good 40m or so high blade of rock called the Breadknife. It was amazing to see all the flowing water in the park. On my previous visits to the Bungles, all the creekbeds had been dry. We set up camp behind Balor Hut and did a quick circuit around the Breadknife, heading up to the Grand High Tops and enjoying a magnificent view of the park all around. Dinner was, once again, a feast, and followed by a bit of a stargazing session.

The next morning we managed to get packed up, fed & ready to go reasonably early. Our ambitious plan was to continue around the main circuit walk,

drop packs at one point, climb Mt Exmouth & be back at the carpark by noonish. This we did, with only about two hours delay.

The walk up to the highest peak of the park was very pleasant and the 360-degree view from the top was fantastic. Except for some distant ranges off to the east, the surrounding countryside is completely flat. The



Warrumbungles stick out like a bunch of sore thumbs (some of the rock formations are shaped that way too). We saw some wedge-tailed eagles, who are often found soaring above the peaks of the park, and some feral goats, who unfortunately are also rather abundant (they can't quite soar, but they'll climb just about anything).

The drive home was interesting, as our navigator, Keo, took us on a route I'd never taken before. We drove through some beautiful countryside, lit up by the perfect light of the late afternoon sun. *MH*

"I mainly boulder"

Duncan MacInnis

This is perhaps the phrase I most often use when climbers and non-climbers alike ask me about climbing. I certainly said it a number of times on my first big trip with the club, to Mt Arapiles in



The Log

Newsletter of the UNSW Outdoor Club
November 2003

Victoria, earlier this year. Mentioning bouldering seems to get mixed reactions. The most memorable was Ari's: "You're a boulderer, aren't you?" delivered in the same tone of voice as you might say, "you're a mass-murdering psychopath, aren't you?" Some climbers see bouldering as merely training for "real" climbing, or worse, as a pointless activity. In some ways it is understandable – a five metre traverse one metre above the ground or a three move problem that tops out at five feet doesn't actually achieve anything, but the beauty of bouldering is that sending the problem, or actually going somewhere, are not the most important part. The aim of bouldering is to push your own personal limits and to have fun, to climb lines that inspire you and to climb at crags with even shorter approaches than the sport crags! In this short piece, I'm going to try and explain what bouldering means to me, and why I enjoy it so much.



The initial reason I was drawn to bouldering was the ease with which it could be done. All it requires is shoes and chalk. A bouldering mat is

very useful, and if you intend to get into bouldering on a regular basis then I highly recommend purchasing one. The club also owns a good mat that seems to rarely get used. The other thing that makes bouldering easy is the sheer volume to be done in Sydney. The Sydney Bouldering Guide (an invaluable resource for the Sydney boulderer) lists almost 40 major areas and a quick look at www.sydneyclimbing.com will verify that it is very hard to live further than 10 minutes from a bouldering crag in Sydney. Exploring is a great rest day activity, even, as the Guide says, if only to "see how many of the caves are full of bongs."

Warwick Baird describes bouldering as "a subculture based on the sequence...asking obscure questions of the stones and wondering what the answers might be..." While the path taken in roped climbing is referred to as a "route", in bouldering, they are "problems". Often, they must be solved, perhaps by using a heel hook, a drop knee or a subtle change in the hand or foot sequence. This problem solving can give rise to what I've heard Marc Chee call "rock Zen", a term that I've adopted. Perhaps the best session I've had was at the Pipe Dreams boulder at Lindfield, on my own, working the namesake problem on the boulder. The problem is a low traverse, and success is very heavily based on the sequence. I was falling off at a particular spot every time – I just didn't have enough body tension to hold a drop-down move. I sat back from the problem, propped my mat against a tree and looked at the

AK



The Log

Newsletter of the UNSW Outdoor Club
November 2003

problem. The magical answer presented itself about ten minutes later; a toe hook that stopped me from cutting loose. I swear I've never concentrated so hard as I did for those ten minutes, and getting the send two tries later was the most amazing feeling – all on my own with the sun shining, everything was right with the world. (As an aside, I would suggest not working that problem on your own – it has a heinous landing that even a pad can't help. It is an excellent problem that is described in the guide as "one of the best problems for its type and grade in the world". Enough said).

The short nature of bouldering tends to turn many people off. I read a quote from James Scarborough, one of Australia's best climber's and a converted sport climber, that said something along the lines of "I'm sick of climbing 20 meters of choss to get to 3 meters of good climbing". It is the "compressed" nature of bouldering that appeals to me. Bouldering problems are inherently hard, short easy boulder problems are worthwhile as warm-ups, but even the most committed boulderer could not claim to enjoy 10 feet worth of climbing grade 10. Bouldering requires you to constantly use slopers, tiny crimps and obscure footwork such as the drop-knee, back stepping and heel/toe cams. It is for this reason that bouldering is one of the best ways to train technique, not to mention power. It must be noted however, that one thing that all boulderers tend to lack is endurance!

A recent trip to Nowra confirmed to me that I'll always be a boulderer at heart, which is not to say that bouldering does not have drawbacks, or that roped climbing is without its advantages. The thing that appeals to me most about roped climbing, and that is always lacking in bouldering, is exposure. The feeling of climbing above the trees and looking down to see the ground spread out beneath you is one that can't be matched, even on the highest of boulders. Roped climbing also has a much lower potential for ground falls. In bouldering, all falls are ground falls, and I'm sure many of us have heard horror stories about bad falls. Perhaps the most important facet of climbing that is lacking in bouldering is the potential for gear freakery. Once you have a mat, chalkbag (extra large, of course!) and shoes, the necessity for buying gear is pretty much over. Although



DM

there is still some scope for buying brushes on sticks for cleaning holds.

I don't believe that any one form of climbing is better - I climb sport, hope to learn trad and the lure of big walls may prove too great one day, but



The Log

Newsletter of the UNSW Outdoor Club
November 2003

for me, bouldering is something different. It's about solving a particular problem that the rock throws at you, overcoming the fear of a crimpy 20 foot highball or climbing something you know you could never do on a rope. There are only three people in the club (that I know of) who would call themselves "boulderers". I'm always keen to get outside, and if we can get more people bouldering on a regular basis then I'll be able to justify buying one of the really huge bouldering mats!

Some useful links for bouldering in and around Sydney:

www.australianbouldering.com/guides.html

www.sydneyclimbing.com

www.vi-bouldering.com

Global online bouldering image repository:

www.0friction.com

DM

Book Reviews



Life at the Extremes *The Science of Survival*

By Frances Ashcroft

Publisher: Flamingo

Published date: October 2000

Reviewed by Carolina Roman.

Ever wanted to know what really happens to your body at high altitude and why? Why divers get the 'bends' but sperm whales do not? How do muscle cramps happen after long and exhausting exercise? ... Well, I have read this book several times now, and it still remains one of my all time favourites in adventure literature. Not only because it answers these and the many other physiology questions posed, but the way it does so! The contents engage the reader in a

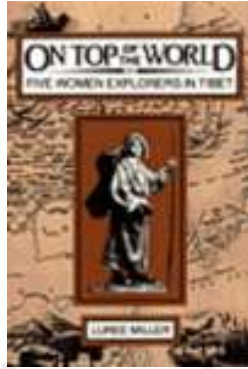
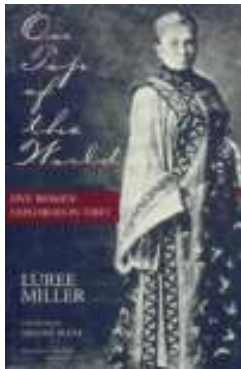
fascinating raft of scientific facts that explain the way in which our physiology, the human body, reacts and adapts to factors of environmental extremes such as altitude (climbing the highest mountains), cold (swimming in near-freezing water), heat (crossing the Sahara), and many more. It gives a sobering insight into our own human fragility and physical vulnerabilities and limits as well as an empowering reassurance of our amazing resilient capacities. The science behind these factors is narrated and explained in very colourful language with an engrossing and didactic historical twist from characters such as notable scientists and explorers alike... do you know who Torricelli was and what his contribution to how we now measure barometric pressure was? What does barometric pressure have to do with us anyway? You'll be amazed. CR.

On Top of the World: *Five Women Explorers in Tibet*

by Luree Miller

Publisher: The Mountaineers

Published Date: January 1984



Reviewed by **Carolina Roman**.

I don't consider myself that much of a feminist, but I must admit the title really caught my attention as I stood there at the bookstore contemplating its purchase. At first I thought it would dwell too much on factual history of exploration in the 1800s in the typical fashion of Victorian paradigms of the time. However, I was very pleasantly surprised to find the narration and historical facts very engaging and indeed hugely inspirational. I particularly found very interesting how Tibetan culture was perceived and described in the eyes of 19th century

female explorers. Not to mention how engrossing were those outdoor adventures they got themselves into...to think of the awesome fates accomplished by the five amazing women portrayed in this book... in those dresses? WOW! One of the ladies portrayed in the book first trekked the Himalayas well into her 50s, and another said (after she ploughed her way up Himalayan and Karakoram mountains) that any woman could do so...well, ladies (and lads alike!) of the 21st century, there are many (personal) boundaries yet to be explored.... a little lady in a long 19th century dress told me so. *CR*

Know your Inner Climber

Ever feel like you've missed your true calling with climbing? Do your dreadlock-clad climbing buddies not appreciate your latest spandex outfits? Do you feel let down when you finish a climb and your heels are still barely off the deck, or do you think that the 10m before the crux is a waste of time? We've put together a simple quiz to help you find deep down what your true calling is. Simply answer these easy questions and you'll better understand whether heading to Moonarie on your next trip is a good idea, or if you'd be better off sticking to the suburbs of Nowra instead.

1. The food you're most likely to take out climbing is:
 - a) coffee or guarana/sugar-filled buzz drinks, and cigarettes
 - b) a pecan croissant and a skim-soy lattecino
 - c) last week's lentil & turnip stew on a wholemeal roll
2. The music you're most likely to have in your head while climbing is:
 - a) Napalm Death
 - b) The Locomotion
 - c) Feeling Groovy
3. Your favourite gear is:
 - a) the fruity smelling stuff with the little white hairs all over it
 - b) your set of ultralite quickdraws that matches your rope & harness
 - c) your collection of retro cast-iron hexes
4. The phrase you're most likely to quote is:
 - a) Pain is Only Weakness Leaving the Body
 - b) Friends Don't Let Friends Climb Slabs
 - c) Are You Throwing That Away?
5. When you go climbing you like to wear:
 - a) a down jacket & beanie
 - b) lycra. you worked hard to look like that so dammit people are going to see.
 - c) rainbow thermals, shorts & your favourite "save the spotted mud leech of squeeble island" t-shirt



6. Nothing makes you happier than:
- the feeling of tendon grinding against bone as your body springs from one contorted position to another, pulling you up over a featureless rock your mate can see over without standing up
 - basking in the glare of a wall grid-bolted with hundreds of shiny ring-bolts
 - hauling 5 kilos of random pieces of metal on string up a glorified staircase
7. Your favourite climbs include:
- polishing some vaguely identifiable contour with a toothbrush to give it enough friction to hold you up by your chaffed & bleeding palms
 - anything, as long as its overhung, easy for the grade and there's people watching
 - wedging various body-parts in dirty overgrown fissures in what can only loosely be described as 'rock'.

Add up your scores and see how well you rate as an a) boulderer, b) sport climber or c) trad climber. AK

Recipe: spaghetti with garlic, chilli and oil

Johanna May

Ingredients (for 1 person):

- 100 g dried spaghetti
- 1/8 cup olive oil
- 1 clove garlic, finely chopped
- 1/2 large red chilli (or equivalently the spice stuff from the glass)
- 1/2-1 tablespoon chopped flat-leaf parsley
- salt and pepper

Preparation (before the trip): put oil, garlic and chilli in a small bottle or similar that doesn't leak. The parsley can be bought dry as well and be transported in a small plastic bag, e.g. same with salt and pepper.

Cooking: bring salted water to the boil and add the spaghetti. stir well and boil rapidly for 8 min. or until al dente. get rid of the water (e. g. using the lid for preventing the spaghetti from falling out of the pan) when done, use another saucepan to heat up the oil over very low heat for a few minutes to allow the oil to absorb the chilli and garlic flavours. the oil should barely simmer. the garlic should colour slightly, but don't allow it to burn. put the cooked pasta back on the stove over moderate heat. pour over oil mixture and add the parsley. toss thoroughly with two forks (or whatever you have) to coat the pasta with the oil. season with salt and pepper. eat ;-). JM

Editors Notes

A bit of a 'slow news' month this month, not surprising considering exams and all (what you mean you came to uni for a reason? not just to have fun?). We could do with some more pix & articles, especially from the "other side" of the club (ie non-climbers). ok i know, i'm a climber so i'm biased ;). Anyway.. your mission (should you choose to accept it) is to get out and take some cool pictures and write up something about the amazing trips you get up to over the break. Even if you don't get around to putting anything together make sure you get out and enjoy the summer. There's millions of awesome things to do, remember all those things you wished you could be doing when you were busy with uni work? Now's your chance..

what, you're still here? go!