

Tramping

Bookings Day trips—by the preceding Thursday Weekend trips—by two Thursdays beforehand, or the date specified in the Club Newsletter

Please book your trip with the trip leader as advised in the Club Programme. If the trip is cancelled, you may be required to pay a share of any expenses incurred (e.g. Vehicle hire/purchase of supplies). Member's bookings have priority. Members may invite one or two visitors but this is strictly subject to places being available on the trip and the trip leaders must be advised. Trip leaders may decline any booking and any visitors if the trip is fully booked and there are no spaces available. Payment is required on the first day for weekend trips. Sometimes a deposit is required to be paid in advance.

Cancellations If booked, you must commit yourself to going on the tramp. A late cancellation or failure to turn up will incur costs for transport, accommodation and food. It is not fair for other participants on the tramp, nor the Club, to bear your costs.

Departure time Please be punctual. Trips leave at 10 Bracken Avenue, Epsom at the following time unless otherwise advised: Afternoon trips 1:30pm Sunday, Day trips 8:00am Saturday, Weekend trips 6:15pm Friday.

Transport Generally car-pooling is encouraged and available from Bracken Avenue, Epsom for all tramps. Weekend trips include transport costs (minivan/cars). If carpooling is needed, liaise with the trip leader.

Equipment The Club provides tents, stoves, billies, cooking utensils, first aid, toilet paper, candles and matches. For any overnight tramp, there is an Equipment Levy of \$2.50 per person per day for replacement of gear, first aid and fuel.

Food Please bring lunch for each day of the tramp and drinks (or as advised by the trip leader). The trip leader will purchase supplies and organize other meals from the first evening. Food is included in the trip costs.

Risk Those participating in tramps do so at their own risk. All participants agree to follow all reasonable instructions of the trip leader. The trip leader may exclude people from tramps, whether before or during the tramp.



Welcome

About the Club

The Auckland Baptist Tramping Club is a Christian Tramping Club with over 100 individual members from all walks of life and locations within NZ.

The Club's main objectives are to encourage and foster tramping and other outdoor pursuits, and to promote Christian fellowship and social interaction among trampers.

The Club is a member of the Federated Mountain Clubs of NZ and is involved in protecting and conserving native fauna and flora. The Club is often described as friendly, warm and inclusive. Visitors are welcome to enjoy our wide range of trips

Who to contact

Murray Black	President	09- 817-2577
Barbara Langridge	Vice President	09 576 1144
John McCarthy	Publicity/Internet	09 630 4073
Marian Kilgour	Club Newsletter	09 627 4378
David Walker	Programme & Equipment	09 - 630 0094

Website: www.abtc.net.nz

Email: info@abtc.net.nz

Programmes

Sunday Afternoon Trips Easy walks and tramps are offered on a monthly basis around Auckland.

Saturday Day Trips Regular trips are organized each month to such places as Waitakere, Hunua, Kaimai and Coromandel Ranges.

Weekend Trips Multi-day trips are organized for weekends, as well as longer holiday weekends during the year. Places visited included Tongariro National Park, Urewera National Park, Taranaki area, Kaimai-Mamaku Forest Park etc. Often these are pack-carrying trips.

Summer Tramps Extended holiday tramps in December/January, often in the South Island.

Social Events A varied programme includes BBQs, Armchair Travel Photo viewing nights, AGM Dinner, Quiz nights and evening outings.

Safety and Leadership Training Events and Courses The Club is committed to an on-going programme of safety and leadership training throughout the year. See Club Newsletter for details.

ABTC Community/Home Group Meets monthly for fellowship, prayer and support.

Safety The Club reserves the right to decline any applicant for a weekend, extended or alpine trip if they are unfit or poorly equipped. Before being accepted on these trips, newcomers (or any person not known to the trip leaders) are required to first satisfy the trip leader that they are reasonably fit and properly equipped by completing a questionnaire assessing fitness and readiness to participate. Medical conditions need to be declared.

Compassion Fund Folk who are struggling financially and cannot afford the cost of a tramp please be encouraged to speak with the tramp leader about it. You might be eligible to be subsidized by the club Compassion Fund.

Tramp Grades

Easy These generally follow tracks with boardwalks over most wet areas and bridges over major streams. They may have a few steep ascents or descents. A reasonable standard of fitness is necessary. They typically involve up to 4 hours walking.

Medium These are more strenuous than easy tracks and can have numerous stream crossings, other obstacles and changes in elevation. They require a good standard of fitness and physical stamina. They could involve about 6 hours of walking.

Hard Often only routes marked by cairns and snow poles or unmarked routes such as along a river valley. A high level of fitness and stamina is required with the ability to cope with long days or continuous walking for long periods is required (possibly around 8 hours walking).

Rugged Difficult terrain or demanding routes, sometimes alpine, requiring a very high level of fitness and stamina. Confidence is necessary for harsh conditions and the ability to cope with long days when required.

NOTE: Some tramps have a range of conditions. These are indicated by a composite grade such as easy/medium. Trip grades are a guide only. Weather and track conditions can make the tramp harder. Carrying a full pack requires much greater stamina and effort than carrying a day pack. All new trampers are urged to begin with an easier trip to assess their own level of fitness. If unsure, check with the trip leader.

Gear requirements (basic)

Day trips/Sunday afternoon trips Day pack, Sun protection (hat, glasses, sunscreen), raincoat, shorts (not jeans), boots, snacks, change of clothes

Weekend trips /Extended trips Large pack, sleeping bag, groundsheet, utensils, change of clothes, small towel, raincoat, over-trousers, boots, torch with spare batteries, own toiletries, emergency blanket, Woollen/poly prop tops and leggings, warm hat scarf and gloves, etc. Refer to the Club website for full gear list.