

CCA

Christmas  
Party

Wednesday

8th December



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## Congratulations to CCA President Zac Zaharias and Chris Warner on reaching the Summit of Mt Everest



Zac Zaharias is one Australia's foremost high altitude mountaineers and leader of Everest Expeditions.

On his third attempt Zac achieved his goal of summiting Mt Everest at 10 am on 25 May 2010 after 11 hours of climbing "As I got near the summit, my climbing partner Chris Warner was on his way down. We saw each other and gave each other a big hug.

Zac had two previous attempts. One in 1988 as part of Australia's Bicentennial year to climb Everest from the Nepal side without Sherpa's and

came within 300m of the summit.

In 2001 as part of the Army Alpine Association team Zac again came within 100m from the summit.

"Having been so close twice before, I really wanted to succeed this time," Zac said.

In recognition of Zac's achievement the Army Alpine Association held a dinner to celebrate his ascent of Mt Everest.

The evening provided an opportunity for AAA members and other climbers from the Canberra climbing community to catch up and hear Zac to talk about his latest exploits on the world's highest mountain

**The CCA Committee**

<b>President</b> Zac Zaharias	<b>Social &amp; Club Activities</b> Fiona Hurley
<b>Vice President</b> Armando Corvini	<b>Newsletter</b> Dawn Roberts
<b>Secretary</b> John Wilson	<b>Webmaster</b> Mike Law-Smith
<b>Treasurer</b> Graham Franklin-Browne	<b>General Member</b> Chris Warner
<b>Public Officer</b> Justin Ryan	

**Contact the CCA**

**Email**    **The Committee**  
              committee@canberraclimbing.org.au

**Membership Enquiries**  
              join@canberraclimbing.org.au

**The President**  
              president@canberraclimbing.org.au

**The Webmaster**  
              webmaster@canberraclimbing.org.au

**Post**     **Canberra Climbers' Association**  
              **PO Box 972 Dickson, ACT 2602**

**JOIN THE CCA**

The annual membership fee is \$20

Please pay electronically via your bank's online facility, CCA account details as follows:

Service Credit Union  
BSB: 801 009  
Account No: 1064291

Note: If you pay online, remember to put your **FULL NAME and ADDRESS** in the comments or message box on your bank's online form. This will show up on the CCA bank statements and we can identify who has paid.

You can also pay by cheque, money order or cash.

Cheques and money orders should be made out to "Canberra Climbers Association"

**Alternatively you can attend on of the meetings or climbing days and pay your \$20 there. The membership form is now available on the CCA website.**

Members receive a membership card that entitles them to discounts at many of Canberra's outdoor shops and at Canberra Indoor Rock Climbing. Members also receive regular e-news bulletins and are entitled to participate in climbing days.

**How to send in your contributions to the Runout Newsletter**

**Articles should not be more than two pages in length and can include up to three photo's. Photo's should be sent separately as articles may need to be edited for length and style.**

**Members may submit articles by emailing:**

**committee@canberraclimbing.org.au**

## ABOUT THE CCA

The Canberra Climbers Association (CCA) was founded in 1998. Membership is steadily growing and is now a respected body representing climbers' interests. The CCA has a broad membership base and supports all types of climbing including: traditional, sport and aid climbing, mountaineering and bouldering.

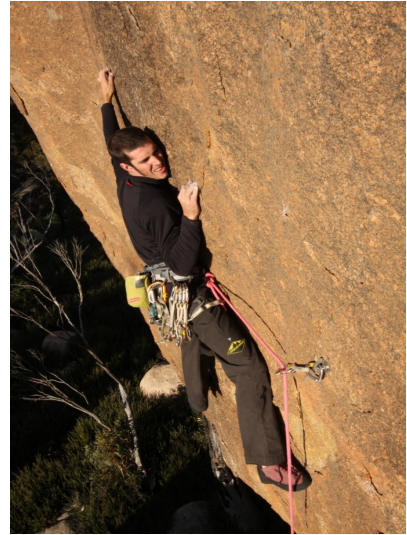
The Association aims to:

- Promote the image of climbing in the ACT
- Educate climbers and the public about climbing
- Foster local climbing areas
- Provide social activities for ACT climbers
- Maintain and ensure access to crags
- Keep climbing safe by maintaining fixed protection

The Association is involved in many consultations with Namadgi and Kosciuszko National Parks and Environment ACT about access to climbing areas. The CCA has worked closely with Parks ACT to repair and maintain access tracks to climbing areas since the 2003 bushfires.

Members meet regularly to discuss local issues as well as see and hear from a range of speakers about their climbing experiences in Australia and overseas. Members represent a diversity of climbing beliefs, styles and techniques, keeping the club lively. The club provides an opportunity for local climbers to network, organise private trips and find new partners..

The club's introductory climbing days at crags such as Booroomba expose new members to the traditional climbing style of the local granite.







## **Exploring NT – A Tale of Many Projects to Come**

**By David Nott**

I recently went to the NT for a holiday with my wife. While the main purpose of the trip was sightseeing, I did manage to find some time to check out a few rocks and do some bouldering. I can't tell you the grades of anything I climbed as I'm rubbish at grades – perhaps once I go back!

### **Northern Australia:**

We landed in Darwin and spend a pleasant evening on a harbour cruise before heading out to Kakadu.



The whole area is a bit of a surprise – my expectation from having seen endless tourist brochures was that the area would be filled with billabongs, valleys and mountains. Rather, it is a massive expanse of savannah with occasional and *very* well hidden mountains, billabongs and valleys.

On the way in, a stretch of roadside is littered with reasonable-sized boulders and I rub my hands with glee. Little did I know... (more on this later).

Through the course of a few walks I found out that while well-populated with cliffs, climbing is fairly well off-limits (in respect for the traditional owners) except if you're willing to do some overnight hiking to get to cliffs that are not considered sacred. What you can do at the various waterfalls is some deep water soloing. The one we went to, Motor Car Falls, is not marked on a map but can be accessed via the road to Gunlom.

When we arrived, I gave a few of the obvious lines a go; getting started up the wall seems to be the crux. Like many areas with flowing water, the rock is greasy and even large holds feel extremely insecure (and they're slopers to boot).

20 minutes, a sidepull, heel hook and deadpoint later, I'm out of the water. From there, I'm stumped. The rock is less than vertical and I didn't want to take a painful slide if I grease off a hold. I played around with another variation in the water but it feels way harder – a nasty compression problem starting off one arm with no feet to support the move. Giving up, I decide to just swim instead!

Leaving Kakadu and with around 40 km to go to Pine Creek, again boulders start to litter the side of the road. Those who haven't been to the NT might not realise just how much of a feature fire is in managing the land. Fires during the early dry season (June) are small little grass blazes; they generally go out by themselves, with no need for any active management by rangers; and are used to manage spear grass and encourage biodiversity. As a result, many of the boulders are



blackened from recent and previous fires. Picking a spot at Edith Falls to finally give them a try, I manage to tear off five holds in as many minutes.

The fires effectively denude the boulders of anything climbable. Disappointment

### **Central Australia:**

My wife and I arrived in Alice Springs, picked up a hire car and started driving off towards Glen Helen.

I was awed and shocked by how much rock there is around Alice – a few kilometres outside of Alice a line of cliffs starts and continues for something like 40km.

They're not massive – mostly single pitch territory, but they could keep even the most obsessive climber occupied for a lifetime

As an added bonus, the cliffs follow the road pretty closely, so it looks like (distances can be deceiving) they'd only be 30-60 minutes to walk up to.

Arriving at Glen Helen, we came face to face with a gorge sitting 100 metres behind our hotel (the only hotel around). This is listed in the Red Centre rock climbing guide (<http://www.redcentrerock.info/>) with climbs between grade 8 and 24 and what looks like some first ascent potential. The rock looks great, with overhung sections, cracks from fingers to nasty offwidths, face climbs and chimneys galore.

My wife heard those fateful words: “I need to come back with my rack and at least a week to spend”... (by the way, bolting is not allowed). Much of the next day was spent bouldering at the bottom of the cliffs and a few people come out to watch. It seems climbing here is quite rare – to the point that a hotel employee told me that the cliffs “can’t” be climbed as the rock is too soft.

The nearby Ormiston gorge is similarly spectacular and unfortunately closed, however there are some bolted routes set up nearby (and also listed in the Red Centre guide) as well as some lovely bouldering opportunities over sand a few hundred metres away from the main carpark.

After a night spent at Glen Helen, we moved on to Kings Canyon. What can I say about Kings Canyon that the picture does not? Suffice to say, my wife heard the fateful words again

The main canyon itself cannot/should not be climbed, but there are a number of cliffs split off the main canyon that are climbable and some routes await first ascents. Sadly, I've since been told rangers have cracked down on climbing any of the nearby canyons.



While the area near Uluru and Kata Tjuta (Ayers Rock and the Olgas) does not hold much in the way of climbable rock (again for cultural reasons), the estimable Mount Connor looms nearby, offering a massive amount of climbable rock. A discussion with a worker at the resort suggests the Mount is on private land and climbing is not currently allowed, however, who knows what a persuasive argument might accomplish? Uluru is eerily smooth sandstone with almost no features whereas Kata Tjuta presents pocketed stone that looks perfect for climbing - alas, it is not to be.

Returning to Alice Springs, I finished out my final day bouldering at Honeymoon Gap, as suggested to me by a resident. Again, the rock is river rock so it's not only very steep in sections but slick. No pictures unfortunately, but a nice little spot strong climbers (V5+ I'd guess) should consider for a boulder or climb. After flailing my way up 2-3 easier problems, I also had my one fall of the trip. Luckily it was onto sand, where I spent some minutes flat on my back, staring up the rock that spat me off.

For those who want to climb in NT:

- Pick your time carefully – April to July are the best months, otherwise you face monsoonal rains or deadly heat (45 degrees celsius)
- Consider basing yourself in or around Alice Springs (heaps of rock around) and avoid the Mereenie Loop 4WD track if possible (I found out the hard way that hired 4WD vehicles fairly often limp out of the 190km stretch with busted tyres or worse, engines)
- It's worth talking to a ranger or resident to scope out whether the particular area you wish to climb in is culturally sensitive or a sacred site
- Take a rack – in many places bolting is not allowed.



## Update from Peter and Acacia – K7Adventures

Just a short note to let you know that Peter and I are well - very well and enjoying the spring in the Snowy Mountains. Dr Forbes's hut pictured below was burnt during the 2003 bushfires and recently rebuilt! Just gorgeous and we have it earmarked as our new home (just kidding). Speaking of which we enjoy our tiny space in Thredbo, which will ultimately remain as a family space in the mountains if we decamp at any time to a permanent place on the end of a rope on some or another rock or mountain!



Apart from Chris and Jennifer's amazing bush bash up Hannel's Spur, we were inspired by the challenge of climbing the western face a few years ago with the inevitable 'work' commitments pretty well taking up the oxygen. Now, with a short scoping walk behind us (plus a copperhead snake on the track to keep us focussed) we are planning the walk for early next week when the weather clears.

The rivers are up and running and one of the most stunning sights in a long time was the Swampy Plains River (rises under Mt Kosciuszko) cascading past Dr Forbes Hut - the water as pure and clean as anywhere on the planet. We decided not to brave the more than waist deep fast flowing water at Swampy Plains and opted instead for the Geehi River crossing which was pretty good fun (see our photo links page <http://www.flickr.com/photos/29201643@N08/>). Speaking of photos - Richard and Anneabelle are producing some stunning underwater images. We have a shared associate and advocate in Senator Rachel Siewert who will assist us on the Snowy River. She vividly remembers the helicopter ride with Richard to look at the oil spill off the Kimberly Coast! I found myself sitting at the same table with her during a lunch stop skiing Thredbo and today - I must put forwards the concept to her colleague Sarah Hanson-Brown to further a "Snowy River Act".

The Snowy River had a fantastic burst of water - the best in 40 years! We both work hard along with the Snowy River Alliance (SRA) members and will eventually see a full flow from Mt Kosciuszko all the way to the sea. If any of you and your friends would like to join the SRA (<http://www.snowyriveralliance.com.au/>) we need to build the membership and advocacy. Thank you! Family membership pretty good value

If you would like to be a honorary Alpine Riverkeeper, that too would be excellent as it adds weight and validity to our advocacy. The Waterkeepers Group is fighting water privatisation around the world ..... no membership fee required .... just your support! Thank you.

What's next .... summer coming up. Peter off to lodge our 'ECO PASS' with the NPWS and then do some training on his 'passing the knot' whilst abseiling. He will then achieve his SINGLE PITCH GUIDE quals and off and running to the next stage, MULTI PITCH GUIDE. My day is cut out writing articles on the Snowy River for submission to a range of publications. That's about it.

We want to see more of you all and although the last couple of years have been a bit frantic putting the business together (mostly climbing and X Country Ski School) we are settling into a routine of sorts ..... you are always welcome in our neck of the woods. The best part is having fun in the mountains doing what we do and Peter seems to be a bit of a hit with our clients!

From  
Peter Cocker and Acacia Rose – K7 Adventures



## **A LITTLE STORY FROM PETER - FOR THE THREDBO HISTORICAL SOCIETY NEWSLETTER**

In 1962 in August the Kosciuszko Chair was at the time the only chairlift in Thredbo, and had been extended. The new cable was 'dripping' with a preservative tar. I was working at Kareela Station when a brother and sister from Minter family arrived at Kareela.

The girl dismounted from the chairlift, but her brother was unable to free the safety chain hook from the fly of his trousers! I instructed him to stay on the chair and continue to the top. His reply was "my mother told me to get off at Kareela for lunch". I was unable to rip the hook free from his grazier-tough pants, so I shouted again "stay on the chair". I went back to see who was coming up the lift, glanced over my shoulder and to my horror, the boy was dangling from the safety chain, hook still firmly embedded in the fly from his trousers.

The height of the chair from the ground, was rapidly increasing to a potentially lethal height. I hit the stop button, grabbed the phone and spoke to 'control' at the bottom station. "I have a boy dangling under the chair and I am going to have to climb up the cable to rescue him.

Do not start the chair!" I repeat (quite loudly by this time) "Do not start the chair I am climbing up the cable." At this point, quite a large crowd had assembled beneath the dangling boy and were forming a pyramid to catch him should he fall. Hand over hand up the cable was quite easy as the thick tar enhanced my grip.

By the time I swung onto the chair, a light-framed skier had been pushed up to support the boy. I locked my legs through the chair frame and reached down and grabbed him. As I did so, his shirt came moved up his body and my black tarry hands stuck to his back and with this additional adhesion I easily lifted him back into the chair. I freed the culprit hook from his fly, looked him in the eye, and said "Don't get off until you go to the top!" I then down climbed along the cable to Kareela Station and restarted the lift.

The only further comment to be made is that my beautiful red, staff jumper had a tar skid mark right across the front and next day, Mrs Minter said that it took her half an hour to get those tar marks off her son's back!

Just out of interest, the staff jumpers cost us 12 pounds and we were paid 24 pound per week and that included full board! Yeah, things were pretty good in those days! The super sixties.

## Freda Du Faur Centenary



Freda Du Faur in 1910

**Emmeline Freda Du Faur (16 September 1882—11 September 1935) was the first female mountaineer to climb New Zealand's, Mount Cook, or Aoraki, as it is known in Maori**

This year on the 3rd December marks the 100th anniversary of Freda's first ascent of Aoraki/Mt Cook

Freda was born in Croydon, Sydney, Australia. Due to her financial independence provided by an inheritance from an aunt, enabled Freda to travel and climb. Her first visit to the South Island occurred in 1906 when she had the opportunity to see photographs of Mount Cook at the New Zealand International Exhibition in Christchurch. The photographs so inspired her that she decided she wanted to climb the Southern Alps. During 1908 on her second visit she met the chief guide at the Hermitage, Peter Graham.

Freda was an Edwardian woman climbing in the early 20th century when mountaineering itself was a rare pastime

Over four climbing seasons Freda made many first ascents and notable climbs and included:

**Second ascent of Mount Tasman**

**First ascent of Mount Damper**

**First Traverse of Mount Sefton as well as other 300m peaks**

**Freda make the first Grand Traverse of all three peaks of Mount Cook on 3 January 1913 with Peter Graham and David (Darby) Thompson**

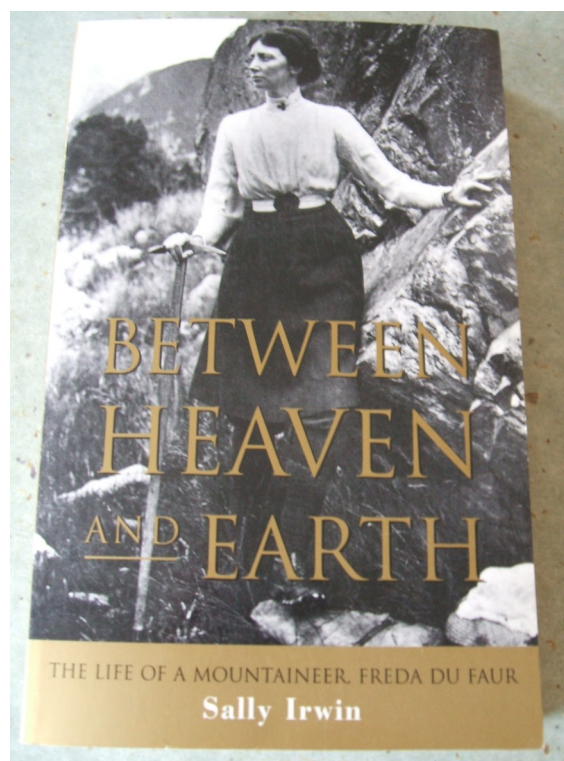
In 1913 Freda moved to England. In London her book ***The Conquest of Mount Cook*** was published in 1915. An important book for its record of her mountaineering feats.

Freda du Faur was the leading amateur woman climber of her day. She is recognized as the first active female high mountaineer in New Zealand.

Freda's unmarked grave in Manly cemetery was finally recognized during a ceremony on the 3rd December 2006 with the placement of a memorial stone (of NZ greywacke) and plaque outlining her alpine achievements by a group of New Zealanders. The photo below was taken by Armando Corvini on a visit to Freda's grave site in Sydney



Currently anyone wanting to buy a 1915 First Edition of *The Conquest of Mount Cook and other Climbs: An Account of Four Seasons Mountaineering on the Southern Alps of New Zealand* will pay between \$300—\$1000. For those wanting to read more about Freda Du Faur I recommend Sally Irwin's book ***Between Heaven and Earth: The Life of Mountaineer Freda du Faur 1882 –1935***, White Crane Press, Hawthorn Victoria, 2000.





## **Himalayan Dreaming, Australian mountaineering in the great ranges of Asia 1922-1990 by Will Steffen**

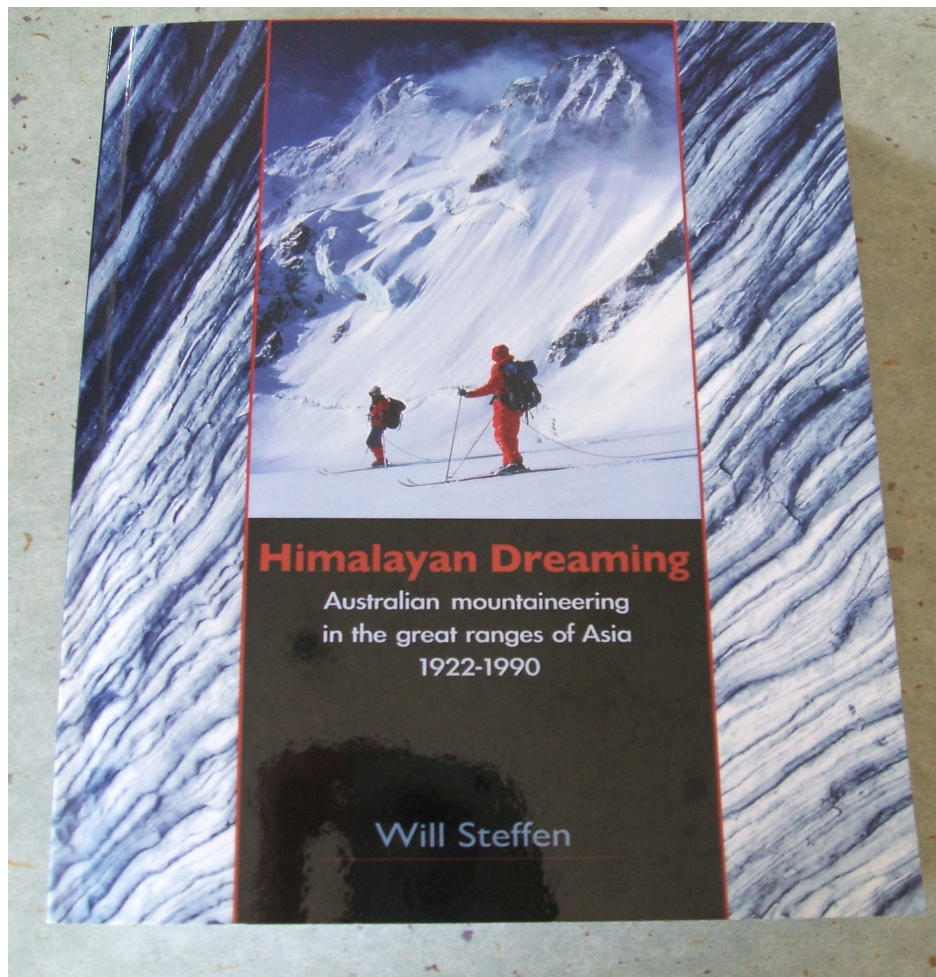
In conjunction with the CCA, Army Alpine Association and the ANU Mountaineering Club a book launch was held on 17 August at the Coombs Lecture Theatre ANU for the book *Himalayan Dreaming* by Dr Will Steffen. The event was well attended and included a number of notable speakers that included: Will Steffen, Ken Baldwin, Zac Zaharias, Tim Macartney-Snape and Pat Cullinan.

The book describes how climbers from the world's flattest, hottest continent became world-class Himalayan mountaineers, the equal of any elite mountaineer from countries with long climbing traditions and home ranges that make Australia's highest summit look like a suburban hill?

Through out the books 593 pages readers are taken on a journey of Australia Mountaineering history from 1922 to 1990. The book is beautifully illustrated throughout with black and white and colour photographs. An Appendix provides a comprehensive record of Australian mountaineering in the Himalaya from 1922—2009 (based on surveys in the *Wild Magazine*) and compiled by Zac Zaharias.

### **How to obtain a copy of Himalayan Dreaming**

**The book is available electronically (free of charge) or as a hard copy, printed on demand only, by direct order from the ANUE E Press**





## **INVITATION**

# **Canberra Climbers' Association CHRISTMAS PARTY**

**When:** 8th December 2010  
**Time:** 7.00 pm onwards  
**Where:** Kingston Pub  
Upstairs outside BBQ area





VISIT OUR PHOTO GALLERY!

<http://www.k7adventures.com/photos.htm>

O C T / N O V 2 0 1 0

## N E W S L E T T E R

Subscribe to K7 online newsletter / blog: <http://k7adventures.blogspot.com/>

UPDATE KOSCIUSZKO CROSS COUNTRY SKI SCHOOL	<i>Thredbo SUMMER FITNESS CAMP Dec 17-20 2010</i>	K7 SUMMER WALK CLIMB ABSEIL CAVE	JANUARY 2012 NORDIC SKI DEVELOPMENT PROGRAM FRANCE
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UPDATE - SKI  
SCHOOL

2010 saw an increase in the number of skiers & instructors at the KCCSS. Thank you to the Perisher Nordic Shelter and Peter Ward and Leslie Ludwig for their support. This year the Ski School part funded training of six elite athletes all whom successfully achieved their Level 1 Nordic Ski Instructor qualifications!

*Congratulations to all skiers who successfully competed at the State and National Interschools Championships.*

K7 SUMMER  
WALK CLIMB ABSEIL CAVE

*Come on a K7 Adventure this summer*  
Canberra: Caving - Wee Jasper

*Climbing & Abseiling - White Rocks*

**Contact:** Armando 0419 693 493

Snowy Mountains: Climbing & Abseiling,  
Mountain Adventure Walks, Ecology Walks and  
*new this summer, X Country Biking.*

*We specialise in Family Adventures,  
individuals and small groups!*

**Contact:** Peter 0421 86 23 54

K7 Adventures &  
Kosciuszko Cross Country  
Ski School

would like to say *thank you* to our supporters and clients for your patronage during 2010. We are refining our skills, updating our equipment, improving our service delivery to make your experience even better. We welcome your feedback and suggestions.  
[contact@k7adventures.com](mailto:contact@k7adventures.com)

## 2012 FRANCE

## NORDIC SKI PROGRAM

The Kosciuszko Cross Country Ski School (KCCSS) invites Interschools Nordic Skiers and their families to enrol in the Les Saisies Nordic Ski Development Program. Ski alpine at whilst the KCCSS trains Interschools Nordic Ski competitors!

<http://www.lesaisies.com/resort-village-snow-ski-france.html>

More information next newsletter.

SUMMER  
FITNESS CAMP  
17 - 20  
DECEMBER 2010

*Join former  
Olympian Carla  
Zijstra-Evans and  
KCCSS Nordic Ski  
Instructors at the*

THREDBO  
Summer Fitness  
Camp

☒ PERSONAL 'TAKE  
HOME' FITNESS  
PROGRAM

☒ BUILD CORE  
STRENGTH

☒ INCREASE  
ENDURANCE

☒ HILL BOUNDING /  
NORDIC WALKING

☒ ROLLER SKIING

## BOOKINGS ESSENTIAL

[contact@k7adventures.com](mailto:contact@k7adventures.com)

Ph: (02) 6457 7404

SMS/MOB: 0402 298 821





## LAUREL HILL FOREST LODGE

Owen and Cathy Fitzgerald  
1670 Batlow Road Tumbarumba NSW 2653  
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Email [admin@laurelhillforestlodge.com.au](mailto:admin@laurelhillforestlodge.com.au)  
Web page [www.laurelhillforestlodge.com.au](http://www.laurelhillforestlodge.com.au)



## LifeStraw Water Filter Now Available

### The FACTS:

- will filter a minimum of **1000 litres of water**
- removes a minimum of **99.9999% of waterborne viruses**
- removes minimum **99.9% of waterborne protozoan cysts**
- **removes Giardia** (important in Australia & New Zealand)
- filter is a microfiltration membrane shaped in a bundle of hollow fibres (proprietary technology)
- contains no chemicals
- requires no electrical or spare parts for the lifetime of the straw
- very easy to use and can be cleaned by blowing out



216mm

**Price: \$25.00** (inc GST) **+ postage**



Weight: 54grams



### Accolades:

Europe's Best innovation - Readers Digest

Invention of the century - Gizmag

A water Purifier of the masses - Popular Science Magazine

A water Purifier that could save lives - New York Times

"One of the Ten things that will Change the way we live" - Forbes Magazine

### To place an order

Owen and Cathy Fitzgerald

1670 Batlow Road Tumbarumba NSW 2653

Phone 02 69488669 Fax 0269488665

Email: [admin@laurelhillforestlodge.com.au](mailto:admin@laurelhillforestlodge.com.au)

**LifeStraw**

## Upcoming Events Calendar

Date/Time	Event	Venue	Cost
Wednesday 17 November 2010	CCA General Meeting	Henderson Conference Room, Eggleston Road ANU	Tea and Coffee Free Soft drink \$2
Sunday 21 November 2010	Introduction Climbing Day	Meet at Tharwa shops at 8.00 am. (Weather permitting)	Need to be a member of CCA cost \$20
Wednesday 8 December 2010 from 7.00pm	CCA Christmas Party	Kingston Pub. Upstairs, outdoor BBQ area. Follow signs	Wine & beer bought from pub.
<b>2011</b> 29-30 January	Club trip to Blue Lake	TBA	TBA
Wednesday 16 March	CCA General Meeting First meeting for 2011	Henderson Conference Room, Eggleston Road ANU	Tea and Coffee Free Soft drink \$2
Sunday 29 March	Introduction to Climbing Day	Meet at Tharwa shops at 8.00 am. (Weather permitting)	Need to be a member of CCA cost \$20
Saturday 30 April	Weekend Club trip to the Blue Mountains	TBA	TBA
Wednesday 25 May	CCA General Meeting	Henderson Conference Room, Eggleston Road ANU	Tea and Coffee Free Soft drink \$2
Wednesday 20 July	CCA General Meeting	Henderson Conference Room, Eggleston Road ANU	Tea and Coffee Free Soft drink \$2
Wednesday 14 September	CCA General Meeting	Henderson Conference Room, Eggleston Road ANU	Tea and Coffee Free Soft drink \$2
Wednesday 16 November	CCA General Meeting	Henderson Conference Room, Eggleston Road ANU	Tea and Coffee Free Soft drink \$2

Updated information on meeting and events can also be found on the Canberra Climbers' Association website at [www.canberraclimbing.org.au](http://www.canberraclimbing.org.au)