# **DIP FLAT WEEKEND 6/7 August 2022**

## **Woodbourne ASC & Marlborough Harrier Club**

Dip Flat is located approx. 2 km before the Rainbow ski field car park hidden away in the bush down by the river. This camp belongs to the Defence Force and is used primarily for training purposes. A 'Harrier' sign will be placed on the roadside to indicate the turnoff to the camp.

Check with fellow club members and carpool where possible.

Remember, the ski field is open so take care on the roads.









#### **Saturday**

The plan for Saturday is for everyone to meet at the Red Hills Walkway at 12.00 for a run/walk/cycle to the hut and return (7km each way). It takes approx. 1.5 hrs drive from Blenheim so leave about 10.00. Once everyone has completed the walkway and is accounted for, make your way to Dip Flat.

Once everyone is at Dip Flat they will be briefed on the protocols of the camp.

Accommodation will be in 6 person huts (3 sets of bunks in each but no toilet). Bring your own pillow case or your favourite pillow plus sheets or a sleeping bag. There are plenty of blankets supplied in each hut and the two wall heaters are more than adequate to make sure everyone is kept warm at all times.

The main complex has a lounge for watching TV or playing games, ablution facilities which include three toilets and three showers, a large commercial kitchen (for limited use), hot water zip for drinks, telephone (03 9299899), two large aircon units plus a log fire.

There are large fridges in the kitchen for food storage plus a commercial toaster for cooking toast for breakfast.

#### Sunday

From Dip Flat there are two circuits if anyone would like an early run/walk/cycle, short 4.2km or the longer 6.9km. To the ski field car park add another 3km return. Remember, the ski field is open so watch for traffic.

We will all depart Dip Flat at approx. 10am and travel to St Arnard where we can walk/run/cycle around the lake or traverse the many trails available. E.g. Honey Dew track 45min, Loop Track 1.5 hr, Brunner Peninsula Track 2 hr, Parachute Rock  $5 \frac{3}{4}$  hr - 10.9km.

Everyone is then free to stay for a coffee in St Arnard or travel back to Blenheim.

### What you need to bring

Running/walking/cycling Gear (suitable for Alpine Tracks)

**Drinking Bottle** 

Toiletries & towel

Torch

Warm clothes

Sleeping gear

Food for Saturday evening meal (shared pot luck meal to heat)

Food for Sunday breakfast and lunch

Snacks for supper

Refreshments to your liking

Swimming Togs (optional)

#### What I will take

Coffee, Tea, Sugar, Milk.

Defibrillator

Sat Phone

Personnel Locator Beacon (PLB)

**Rubbish Bags**