

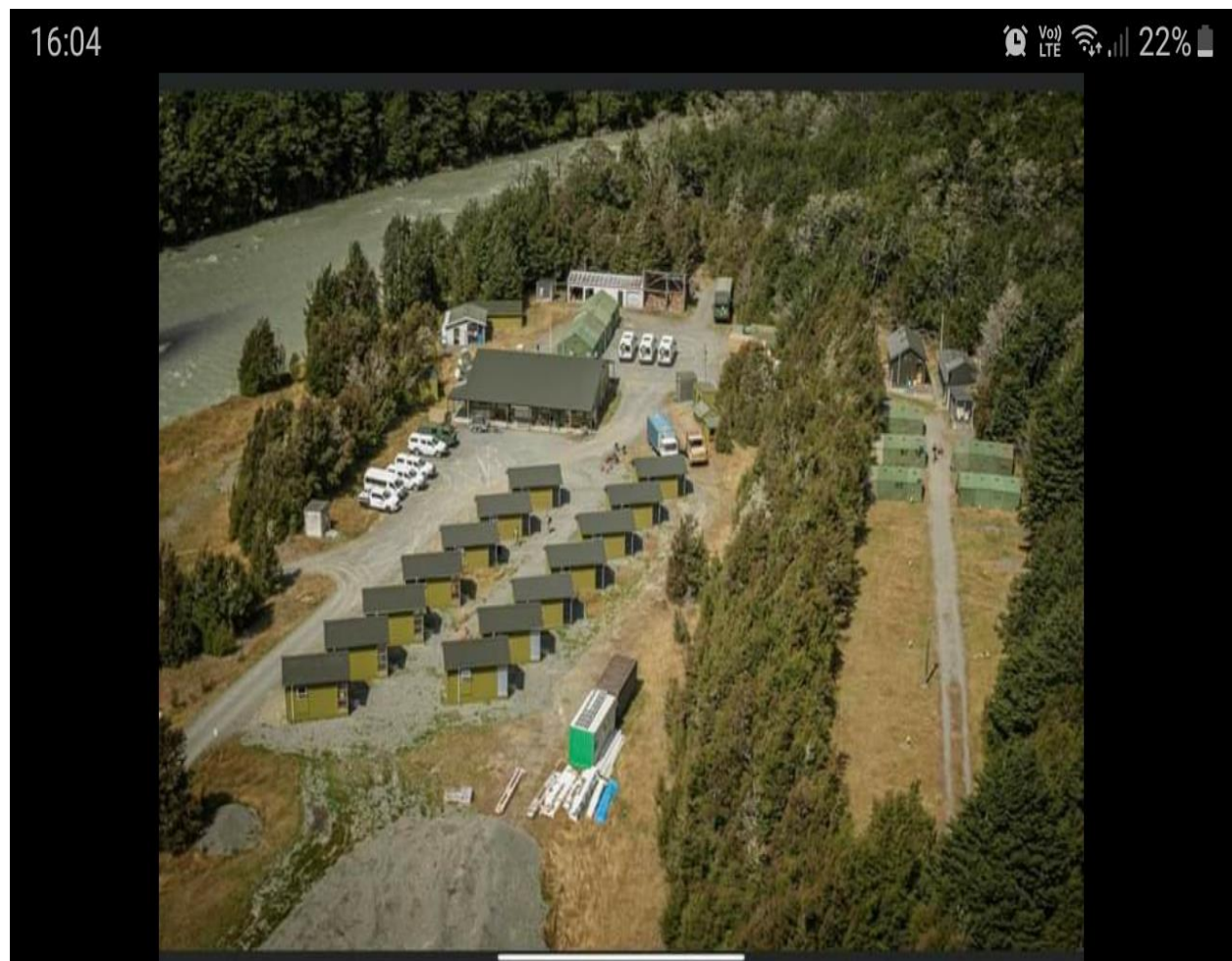
DIP FLAT WEEKEND 5/6 August 2023

Woodbourne ASC & Marlborough Harrier Club

Dip Flat is located approx. 2km 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 may be open so take care on the roads.





Saturday

The plan for Saturday is for everyone to meet at the Rainbow Ski Field turnoff at 11.00am. We will then carpool and travel to the Howard Valley/Porika Track start point. The walk/run/MTB is approx. 9km and finishes at Lake Rotoroa which is renowned for the dreaded mosquito. For those wanting to run/MTB further they can be dropped off at the Howard Valley/SH63 intersection making the run approx. 15km. Vehicles will then travel around to Lake Rotoroa to uplift everyone. It takes approx. 1.5 hrs drive from Blenheim to the Ski Field turnoff so leave about 9.30am.

Once everyone has completed the walk/run/MTB to Lake Rotoroa and is accounted for, we will make our way back to the vehicles at the Ski Field turnoff and then proceed 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

In Planning at this stage.

A run/walk/MTB from Dip Flat to the Rainbow Station Toll Gate and return, approx. 12.5km From Dip Flat. The Rainbow Road is currently closed with a locked gate at 6 Mile Creek, but permission is being sought from the farm manager for us to run the road while it is closed to the public.

We will use 4x4 to transport walkers/runners out to the toll gate if they prefer a shorter distance.

For those wishing to stay closer to Dip Flat there are two circuits available to run/walk/MTB, short 4.2km or the longer 6.9km. To the ski field car park add another 3km return. Remember, the ski field may be open so watch for traffic.

We will all depart Dip Flat at approx. 1.00pm and travel back to Blenheim.

What you need to bring

Running/walking/cycling gear (suitable for alpine tracks)

Drinking bottle

Toiletries and 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