



Cioch Mountaineering Club (Dunfermline)

Established 1988

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Meet Report: Inchnadamp Hostel - 29th, 30th & 31st July 2011

With contributions from Dave Paton and Scott Barry

Two views of Inchnadamp – Firstly from Dave:

Thursday: Taking advantage of our meagre allocation of holidays [*teachers - meagre holidays – I think not.....*], Marion and I were able to extend our weekend and travel on Thursday. As usual things happened so we didn't get there 'til teatime. After tea we headed for Lochinver, intending to walk to the Falls of Kirkaig, but after a short detour for some obligatory photos of Suilven we opted for a shorter walk in Culag Wood, just south of Lochinver. The walks here are designed for kids, with paths called "The Igglety Pigglety Path" and the "Are You Brave Enough Path", but it's worth a visit if you are short of time, as we were, for some excellent views from the viewpoint and a couple of beautiful isolated little bays, which were superb in the evening sun.



Friday: I had persuaded Marion to do Conival and Ben More Assynt (based on successfully completing a Munro on her last meet) and we duly set out at 9.15am. It was warm but with high cloud, which never lifted above the tops. However, at least it was bright and there was hardly any wind, so it made for pleasant walking. I won't mention how long it took us to get to the top of Conival, but we did eventually get there. Credit to Marion who was suffering a bit from cramp (a big bit actually). Still needing to build up a bit more fitness it

seems. At this point it seemed that we would be turning back but, after a rest at the top, Marion decided that she would carry on to Ben More Assynt (bless her!). After a short while she decided that this was a bad idea, she didn't enjoy the rocky terrain and it took a while to get to the next top, but get there we did (two Munros in one day for Marion!). Rather than re-ascend Conival we headed North West into the corrie from the coll, more stones! Once in the corrie it was fairly easy going (just the steep descent to the valley) and Marion with a determination that some will find hard to believe struck out for the hostel leaving me behind (in truth I thought she was in the huff, but she wasn't).



Saturday: Amazingly, after the hard day previously, Marion was up for another hill on the Saturday. This time Quinag, but just the South top. I was keen to do this as on my three previous times I had grotty weather and I was looking forward to a view this time. We started out with Olly, Jim and Kenny, but Kenny turned back (I'll leave this tale for Olly). Olly and Jim were kind enough to wait for us a couple of times (you would be surprised how patient Olly can be when he puts his mind to it) - for about 30 - 40 minute each time! Marion and I let Olly and Jim carry on to do the next two tops, while we sat at the summit enjoying the weather and the views for quite a while. We then headed along the narrow north ridge to the coll and then down.

(But - Two Munros and one Corbett in one weekend for Marion!)

Sunday: No danger of getting Marion up another hill today! Instead we headed for Clachtoll and a coastal walk. It was quite breezy but with the wind blowing out to sea the sea was actually quite calm and we had great views. We finished our day with a picnic on the beach at Clachtoll.

Monday: Headed for home, with just one stop. We sat outside the café in North Kessock having lunch and watching the wild Moray Firth dolphins leaping about in front of us. It was a good way to finish our weekend.

P.S. In case you were wondering Marion DID do the "Are You Brave Enough Path".

And the second from Scott:

I managed up to Inchnadamph for my second Cioch meet experience.

At the June Kintail meet a cunning plan was suggested to do Ben Hope and Ben Klibreck before I headed west to the meet in Assynt - sound advice, thanks Neil. A stay at the Crask Inn is highly recommended for those who haven't been to this area, nice wee bunkhouse at £11 per night.

I arrived at the Inchnadamph Hostel early around 5.00pm on the Friday, nice hostel but I thought the kitchen layout wasn't great for such a large building. After a quick shower I walked over the bridge to the hotel for a bar meal and a chat with some folks who were with 'Spice Yorkshire', an adventure social group who had booked out the place for the week.

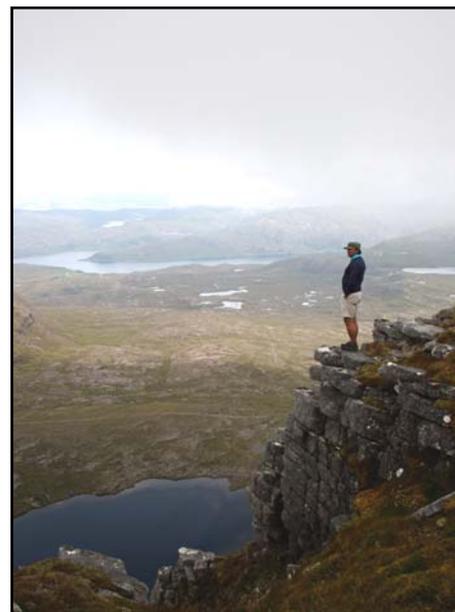
The other Cioch members began to arrive when I got back just after 7.00pm and it looked like this was going to be a "mini-meet" of just 9 folks, with a couple of familiar faces I recognised from Kintail.

Headed back to the hotel with the rest of the group but the food had just finished so it was crisps all round, this didn't work out well for Kenny who was desperate for a decent meal after a hectic day. A fairly quiet night burst into life when it was established that everyone in the group were keen Amy Winehouse fans - apart from Olly!!

Saturday morning arrived with some nice weather but it was clear Kenny was unwell and would not be doing Ben More Assynt and Conival with myself and John. A leisurely ascent was interrupted by the odd midge flurry and cleg attack with John having to patiently wait on me due to my poor hill fitness\dodgy knee. I thoroughly enjoyed the walk which was only hampered by mist blowing in and out when we reached the first summit. It turned out myself and John have similar views on politics and life in general so we had plenty to chat about.

Thankfully everyone managed to get fed and watered on Saturday night, Kenny and I watched a golden eagle swooping at some House Martins on our way back from the hotel. There was some lively banter to follow which was curtailed a little by someone (in another party) leaving the kitchen door open releasing a midge horde into the common room, not good. So to bed, I woke myself up at one point with my snoring due to the red wine so apologies to my room mates, if it happens again please feel free to give me a dunt :-)

There was a vague plan for everyone to do Stac pollaidh on the Sunday but the weather was horrible so most of the group decided to have a look at Eas a Chual Aluinn (UK's highest waterfall). I was feeling fairly tired after three days walking so headed home on Sunday morning after an enjoyable weekend.



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