



Cioch Mountaineering Club (Dunfermline)

Established 1988

Newsletter #41

November 2012

Published by Cioch Mountaineering Club (Dunfermline)
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Meet Report – Sail Mhor Hostel 5th / 6th October

The Sail Mhor meet took place as planned and it is understood that, although the weather was mixed, everyone was able to get out and do the things they planned – what they actually did will have to be left to your imagination...

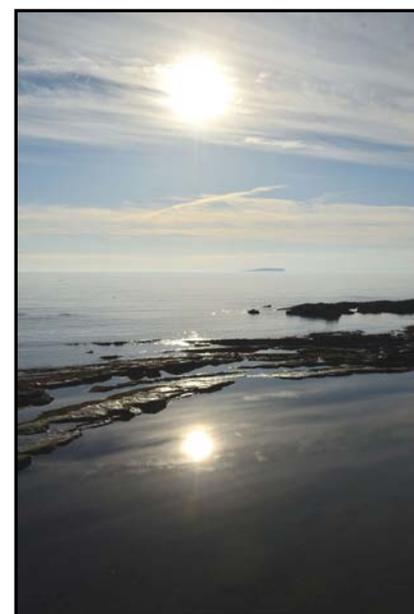
In lieu of a full meet report a couple of other things Club members have been up to over the last month:

Slip sliding along the Fife Coastal Path by Richard Christie

Something a bit different from climbing hills and a great alternative for when the cloud is down on the tops – and it's here on our doorstep. The Fife Coastal Path has a total length of 117 miles but it can easily be split up into day walkable sections making use of either two cars or public transport. Having previously walked the section from St Monan's to Crail with Steve and Mags; Richard, Wattie and Maureen decided to tackle the next section from Crail to St Andrews on a recent Sunday.



Much to Wattie's consternation Richard unusually arrived 15 minutes early ready for Wattie to drive the three of them through to St Andrews. They arrived and parked for free beside the bus station and had a few minutes to wait for the No.95, 10:13 bus which efficiently carried them past sun lit fields and delivered them to Crail for 10:35. A couple of minutes walk down through the village soon saw them on the costal path and looking out across the calm sea to the Isle of May and beyond to the bass Rock.



After walking through the static caravan site, the first 2 km of the walk eastwards to Fife Ness was straight forward with great views over the sparkling blue sea. Straight forward it may have been - but Richard still managed to fall flat on his face when he stepped into a hole at the edge of the path – fortunately he picked a bit that was not too wet and no harm was done apart to his pride.

Just after rounding Fife Ness a fellow walker pointed out some dolphins leaping out of the water 300m off shore which was great to see and then it was on to Cambo Sands beside Kingsbarns. The beach was a popular spot with families and dog walkers and the car park was almost full. A kilometer or so past the sands they reached the approximate halfway point at Airbow Point which was a good spot to stop for lunch. After another kilometer the Kenly Water forced a detour inland to the foot bridge at Burnside Farm. Just after starting to walk up beside the river a couple coming the other way advised some 'hellish mud' lay ahead. It turned out not to be the worst mud ever seen but it was certainly slippery and clung to the boots. Slipperyness turned out to be the common theme for the second half of the day – if it was not slippery, slimy mud it was extremely slippery sandstone stepping stones laid along some sections of the path. The inland detour added a bit of distance but was worth it for the extended view which came with gaining some height.



Back on the coast proper the next noteworthy sight was the colourful Buddo Rock sandstone outcrop. From there on the path meandered up and down sometime on the beach and sometime along the cliff edge.



On one of the traversing descents it was Wattie's turn to come a cropper as his feet suddenly slipped to the right and he was instantly upended hitting the ground with some force. It was fortunate it was just grass at that point with no rocks otherwise some sort of injury would have been guaranteed. The going then became a bit slower as the slippery path / stepping stones demanded even more care. The end was in sight but St Andrews was still a few kilometers ahead and the sun was starting its slow descent into the west. After more roller coaster path the going finally improved along Kinkell Braes and the caravan park on the south side of St Andrews was finally reached.

There were no volunteers to re-enact the Chariots of Fire run along the sand as they walked on the sea front footpath beside the East Sands [ok I know the scene was shot on the West Sands but allow me some poetic license]. Then all that was left to do was an amble through the historic streets back to the waiting car. The view was enhanced for Wattie and Richard as they passed a young lady sashaying down the street - presumably on her way to an evening out. The slight turn of heads was noted and commented upon by Maureen..... The car was thankfully reached at 17:20 which meant the walk took just under 7 hours. The sun was setting picturesquely as they drove back through east Fife and Richard was doing his best nodding dog impression on the back seat. First stop was The Brig where Maureen nipped in to buy tea for her and Wattie, Richard did likewise when he reached Mo's in Dollar. All in all a worthwhile excursion for the spring or autumn but if you fancy doing it yourselves then make sure you pick a sunny day after a bit of dry weather.



Loch Sionascaig by Kayak by Dave Paton



A year ago Olly and I had the idea of Kayaking on Loch Sionascaig. Where's this? It's the large loch in the middle of Inverpolly National Nature Reserve and is therefore pretty remote. The plan was to kayak out to the large island in the middle of it, which we thought would be a place where few people actually set foot on.

The trouble with this idea is that there isn't a road that goes near it. So we needed a plan. If we couldn't get close to it we needed a loch we could get close to and kayak over to get us closer and then drag the kayaks over land until we could launch them on Loch Sionascaig.

We had scouted a possible launch site last year but never got the chance to do the trip. This year we were a bit more determined, so we drove down the Lochinver to Stac Polly road to a point near the shore of Loch Buine Moire. As we were about to launch, I had a thought. That thought was that I had left my lifejacket back in the house. So back we went for it. About 45 minutes later we set off across the loch at last. Just as we almost reached the far shore I



heard Olly shout one of his customary oaths (I won't repeat it here [thanks]). Guess what? He had left his life jacket in the car! back we went.



The **third** attempt went smoothly, with us getting across the loch. Now to haul the kayaks across a narrow strip of land to Boat Bay; which is not quite a loch on its own, but connected to Loch Sionascaig by a narrow channel. I had made a bit of a harness from some webbing straps, looking a bit like 'Scott of the Antarctic', to make this easier. Olly was less subtle [surely not?], he simply hauled his by rope. Soon we were able to re-launch.

So far so good we were now paddling on Boat Bay on absolutely calm water with things looking good for the trip. We had a short stop on an island at the opening of Boat Bay and could see our objective. However, we could now see that the main loch was a lot rougher, being much more exposed to the wind.

The loch indeed proved to be quite rough and with neither of us being particularly experienced we decided to head for an island a bit closer to the shore. Here we had lunch and, although disappointed, were able to enjoy being in such a remote spot.

Afterwards we headed back to calmer waters and did a bit of exploring on Boat Bay and Loch Buine Moire. Despite our hiccups at the start and our disappointment in not reaching our objective we were still had a great day out.

Winter Slide Show Programme 2013 - 2013

Date	Show	Date	Show	Date	Show
18/10/12	Richard Christie Corsica GR20	15/11/12	Bill Gray Round the World	22/11/12	Chris Butcher Spanish Picos
17/01/13	Cioch 25 Pub Quiz Night	24/01/13	John Warnock Cioch Musical	21/02/13	Wattie Ramage The Last Year & 20 years ago
14/03/13	Available	21/03/13	Available		

2012 Meet Dates

Nov	2 nd / 3 rd	Mill Cottage, Feshiebridge	Full
Dec	7 th / 8 th	Onich (Christmas Meet)	15+ Places available

2013 Meet Dates

Jan	4 th / 5 th	Ochils Hut, Crianlarich
Feb	8 th / 9 th	Strathspey Mountain Hostel, Newtonmore
Mar	1 st / 2 nd	Lagangarbh, Glencoe
Mar	15 th / 17 th	Clan Cioch Gathering, Blair Atholl – see Flyer for details
Apr	5 th / 6 th	Sail Mhor, Dundonnell
May	3 rd / 4 th / 5 th	Llanberis, North Wales
June	14 th / 15 th	Morvich Outdoor Centre, Kintail
July	12 th / 13 th	Strawberry Cottage, Glen Affric
July	TBC	Lake District (extra meet)
Aug	9 th / 10 th	Inver Croft, Achnasheen
Sept	TBC	Glenbrittle Memorial Hut, Skye
Oct	4 th / 5 th	Muir of Inverey, Braemar
Nov	1 st / 2 nd	Mill Cottage, Feshiebridge
Dec	TBC	Christmas Meet, Inchree tbc

email contributions to newsletter@cioch.co.uk

Annual Photo Competition

It is time once more to start looking out your entries for the annual photo competition.

As per last year, all photos have to have been taken either after or during the weekend of the 2011 Christmas meet.

Again there are five categories for 2012:

Scottish Winter [has to have snow in it]
Scottish Summer [must not have snow in it!]
Cioch People
Nature
Open

Prints of your entries, up to A4 in size, should be given to Richard C either before or by 21:15, at the latest, on the Friday evening of the Christmas Meet. Mark your name, the category entered and either 'Y' or 'N' on the back of your entry.

The judging of the five category winners will be on the Friday evening and then the overall winner will be judged during the Saturday evening meal along with entries for the Web Banner Competition (see reminder below).

As previously announced the plan for the 2013 Cioch Calendar is to use a selection of photos from the Club's history, however depending on the number of photos 'unearthed' these may be augmented by the best of the entries in the photo competition – hence the 'Y' or 'N' is to indicate whether you agree to your photo being considered for inclusion in the 2013 calendar. The hope is to have the Calendar printed in time for Christmas so it would help greatly if you could also either supply a CD with your photo(s) on or email them to Dennis.

WEB BANNER COMPETITION !!!

As it's our Clubs 25th Anniversary Next year our web supremo Sam thought it would be nice to change the banner at the top of our website for the year 2013 to reflect the club being 25 years old, and to make this a competition - the winner getting their banner on the website!!

Just a couple of conditions: the design/sizing has to be suitable to fit at the top of the website as a banner and it has to reflect the club being 25 years old.

Submissions to be handed in before the Christmas meet as we will print them out for them to be voted on along with the photo competition.

So get Creative and let's celebrate 25 year's of the Cioch Mountaineering Club.

The current banner is below... note your new banner doesn't need to contain photos it can have script, drawings, photos or a combination of all.

Cioch Mountaineering Club



TISO DISCOUNT NIGHTS:

Rose Street -
Ratho -

Tuesday 6th November, 18:00 to 20:30.
Thursday 15th November, 18:00 to 22:00.

Visit www.cioch.co.uk for the newsletter online



ATHOLL ARMS HOTEL, BLAIR ATHOLL, PITLOCHRY, PERTSHIRE, SCOTLAND, TEL : 01796 481205



A Traditional Highland Hotel

There are few more imposing sights in the Scottish Highlands than the superb façade and highland grandeur of the Atholl Arms Hotel in Blair Atholl, standing proudly at the northern end of this delightful highland village, right next to the little railway station, and almost adjacent to the entrance to famous Blair Castle.



A really traditional Scottish highland hotel, big on heritage and on hospitality. We offer some thirty-one bedrooms – each one elegantly decorated in its own unique tartan. Choose from an excellent range of comfortable double, single and large family rooms all with en-suite facilities. We also welcome guests with well behaved pets in some of our rooms.



A wonderful base too for short breaks, weekend leisure breaks – and activity and adventure breaks in Scotland too. The hotel's 'hinterland' is liberally sprinkled with some of the best of tourist attractions and outdoor activity opportunities in Scotland – from sensational highland shopping at nearby House of Bruar – to excellent River Tay and Tummel salmon fishing, Highland Adventure Safaris and wonderful rafting and kayaking.



Superb for corporate events, meetings and teambuilding events in Scotland, and a venue of real atmosphere for that authentic traditional Scottish wedding.

We look forward to welcoming you soon!

Email us at info@athollarms.co.uk
Visit our website for further details www.athollarms.co.uk

The Clan Cioch Gathering

15th to 17th March 2013

A weekend of Luxury, one of the main events to celebrate our 25th anniversary will be at the 'Atholl Arms Hotel, Blair Atholl. An additional meet close to home provides a great opportunity for some pampering and a chance to enjoy the nearby hills and mountains. Open to all members and their guests, including past members. The weekend will include 2 nights B&B and evening meal on the Saturday night followed by some entertainment;

On Friday night we will gather in the bar for drinks and planning the next days walking.

Saturday will start with a full Scottish breakfast (you'll not need any lunch) before heading off to the hills.

On your return late in the afternoon tea and scones will be served.

We will then gather on Saturday evening for aperitif drinks before sitting down in the Baronial dining room to a 3 course dinner followed by coffee before the evening's entertainment.

Entertainment: Local Ceilidh Band 'Scotch in a Box' 8.30 till 12.00

Sunday, after breakfast we can head for the hills or just home.

Cost: Members £65 / Guests £85

Booking opens 15th November 2012;
@ 8.30 Members and one proxy for partner or other member,
@ 9.30 Proxy for other members.

22nd November 2012 @ 8.30 for past members and guests.

We have booked all their Superior Rooms, which will be allocated on first come basis. Deposit £10 per head, balance to be paid by 28th Feb 13, (which can be paid up in instalments, see Jim D)