



Cioch Mountaineering Club (Dunfermline)

Established 1988 – 25th Anniversary year

Newsletter #50

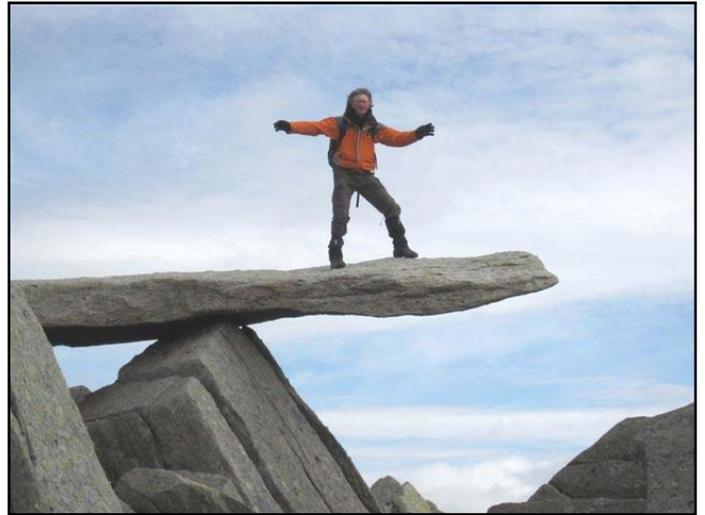
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Retro Meet Reports: #1 Welsh Meet May 2013, contributed by Olly Simpson

John R and I decided to leave earlyish on Friday for the meet to secure the pick of the accommodation at Yr Helfa. Whilst the bunkhouse was not quite as plush as promised at a tenner a night who's complaining? Well quite a few actually but I will try not to let it lose me any sleep, and no Brian I didn't check out Trip Advisor before booking. On Saturday JR and I decided to do Glyder Fawr, Glyder Fach and Tryfan. I'd done the first one in 1965 (my first ever ascent of a mountain) on a geology school trip so obviously no need to carry a map. The route was pretty much as I remembered it, we were hampered by low cloud at first but by the time we reached the first top the day had perked up considerably with good views all around and relatively few people. We pressed on to Glyder Fach taking the direct scrambly route where there were quite a large number of people. After the obligatory photo on the "Cantilever" rock there followed a very steep and not particularly pleasant descent to the Tryfan col followed by a lengthy easy scramble to the summit. We decided not to attempt to jump from the Adam to Eve summit rocks and headed down to the car. The weather on Sunday in contrast was a windy, wet and quite a cold day so we climbed the path beside the railway line to the summit of Snowdon where a lengthy queue had formed to touch the summit cairn. Two minutes in the cafe convinced us we were unlikely to be served before Monday so we sat on the railway platform for lunch before heading down this time following the railway track which always seems to be the shortest route between two points. I can honestly say I've never seen as many people on a hill as I saw that day.



Retro Meet Report #2 Kintail June 2013, contributed by Olly Simpson

We arrived late on Friday night. Saturday's weather didn't look too promising so JR and I decided on a lazy day on the Saddle. We left the (wife's) car and plodded off up to the col before the Forcan ridge. As we walked we were aware of someone alighting from a bus and loitering by the car. After an extended stop (well I did say lazy day) the person caught us up and it turned out to be a bloke from London with an impressive gameplan. He worked for Transport for London and had left London on the sleeper direct from his work to Inverness and had caught the bus to Kintail on Saturday morning. His intention was to do the Saddle and Sgurr na Sgine and bivvy overnight, then the South Shiel Ridge on the Sunday followed by bussing back to Inverness to get the sleeper to arrive in London on Monday morning and thence straight to work. He was blissfully unaware of the Corbett between the 2 days planned. As our new companion was not keen on scrambling the Forcan ridge alone and was contemplating the bypass route he joined us for the direct ascent. On reaching the summit we decided to have a snooze whilst our new friend set off. We later heard via Richard C that he abandoned the trek after the first day. Not surprising really as torrential rain for the last hour meant we arrived at the car like drowned rats. To round off a middling weekend a deer wiped out the front of the car on the Drumochter Pass. Still I was home in time to watch live coverage of the Grand Prix.....

Retro Meet Report #3 Strawberry Cottage Meet July 2013, contributed by Olly Simpson

As a marked contrast to the first weekend in July when the wife and I attended the Stones concert in Hyde Park the second weekend saw us in Glen Affric in a 4x4 specially purchased for the trip. It's for sale now so if you don't wish to be immobile this winter give me a call. Vicky, David Currie and I decided to do Carn Eighe, Mam Sodhail and Beinn Fhionnlaidh. It was decent weather with the tops clear and a bit of a chilly wind. We followed the track towards Alltbeithe for about a mile before turning right (ok north - pedants) and up to the col between Mam Sodhail and An Socach. We headed towards the summit of Mam Sodhail but I had the bright idea of contouring round the side and going straight for Beinn Fhionnlaidh. The others continued on the customary route. This proved to be a (very rare) mistake on my part as the "track" I followed lasted about 20 yards before degenerating into a nightmare of scree, rock bands and hidden gorges. On the plus side I did arrive at the summit first! When the others arrived we retraced our steps to the col and slogged up

email contributions to newsletter@cioch.co.uk

Carn Eighe and over Mam Sodhail. After studying the map I came up with the second bright idea of the day. I would continue on down the south ridge, after all the shortest route between 2 points is a straight line regardless of the terrain. The others decided on the longer route - a path. All went well for the first 40 minutes down quite an impressive ridge but

then came an almost vertical descent on steep grass which must have been close to 2000 feet. Not the most pleasant ground but I eventually reached a decent path. I was back to the bunkhouse first so still maintain my route was the correct one. I followed this with a quick dip in the River Affric as there are no showers at Strawberry Cottage. Home Sunday morning as per normal.



Retro Meet Report #4 Lake District Meet July 2013, contributed by Olly Simpson

It's becoming quite a popular and regular meet this and the weather didn't disappoint. JR, Shaz, Neil, Jim Donald and I set off from Seathwaite Farm to do Scafell Pike and Scafell from the North. Not easy to get parked here but just after 9 saw us walking up the track past the farm on a gently rising path to the north end of the Scafell Pike massif. Jim D had originally planned a scramble up the face of Great End - best of luck Jim - but he (coincidentally I'm sure) decided against this plan at more or less the same time as a breathless female caught us up and confessed she wasn't 100% certain of the route to Scafell Pike. As we were going that way, and having ascertained she wasn't solely responsible for the 2008 Global Financial crisis she was invited to tag along. It turned out she's a merchant banker from London (that's not Cockney rhyming slang by the way) and seemed keen to do Scafell as well. Strangely that's the third time I've done Scafell Pike and by far the best weather but the summit was fairly quiet. After a brief lunch break we continued on down to the face of Broad Stand. There is a direct ascent

up Scafell from here but ropes are advisable as there have been many fatalities. We branched off down to the right - itself quite a loose and tricky descent before contouring round to the bottom of Lord's Rake. Here JR and Shaz opted to drop down into the valley and wait for our return. Lord's Rake is now potentially quite dangerous because apart from the loose rock there is now a huge boulder (estimated at 50 to 100 tons) that's fallen into the top of the Rake (in 2000), it looks very precarious indeed and appears to be coming more unstable by the day. However we gained the summit without incident and collected the others before returning to the car via the Corridor Route. The extreme heat necessitated a swim in Styhead Tarn on the way back for yours truly. We've already booked the Lakes for next year.

New Meet Report: Inver Meet August 2013, contributed by Olly Simpson

Last to turn up at the meet as usual. A sledge is certainly useful at Inver especially when you arrive in the dark. We awoke on Saturday morning to indifferent weather. We had originally intended to do Beinn Liath Mhor and Sgorr Ruadh until JR remembered he'd done them before so we plumped for Maol Chean Dearg. We set off from the car, me rather unenthusiastically, and within 40 minutes arrived at surely one of the best bothies in the Highlands where we stopped for 20 minutes for a bite to eat. Setting off again we toiled up to the col between Maol and the excellent Corbett An Ruadhstac. It was a jackets on, jackets off day and very misty once we left the col and increasingly windy as we got higher. Eventually it started raining quite hard and the boulder field below the summit was extremely slippery - real potentially ankle snapping stuff. The top couldn't come quickly enough for me so after a brief lunch stop we headed back down, stopping on the way back at the bothy again. I could have cheerfully spent the rest of the day there but the warmth of Inver beckoned so off we went... my sixth ascent of Maol Chean Dearg and probably the least pleasant.

25th Anniversary BBQ, Watering Hole, Dunfermline 24th August 2013

Contributed by Richard Christie, photos by Brian Mitchell

The 25th Anniversary subcommittee decided from the start of planning events to mark Cioch 25 that it was important to hold an event in Dunfermline to which past members could be invited. Various ideas were considered but these were whittled down to a BBQ at the Watering Hole Pub. The location was good and central at the bottom of the New Row with a good garden area for the BBQ if the sun was shining and enough space inside if it was not. Maureen and Mags took the lead role in the organization and set about sending invitations out to all the past members who's addresses were known. The response to all this hard work was excellent with 25 past members, 34 current members and some 14 guests attending.

The Saturday started early for Maureen and Mags with a trip to Costco to stock up on burgers etc., whilst Steve picked up trays of rolls from Simpson's the bakers. Alison and Bruce then had to pay for their weekend accommodation in Gowkhal by cutting all the said rolls open. All that was needed now was for the sun to shine which thankfully it started to do just as

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the event got underway at 3pm. Everyone was given the option of either a 'welcome' glass of wine or beer / soft drink from the bar. Bruce took first turn as cook wielding the tongs at the gas BBQ. The good work was then continued by Bill who just managed not to set the gazebo on fire when the BBQ got a bit too enthusiastic. Finally Richard just managed to avoid poisoning anyone with under cooked burgers, although Olly later confided that the final one he ate was a touch red in the middle – that's what happens when you hurry the chef! The outdoor part of the event ran into mid-evening with a number of people then retiring inside until sometime later....

As the photos below show everyone enjoyed the event and it was great to see so many familiar faces from the past. Thanks to Maureen and Mags for all the organization and to those who helped out on the day.





Cioch 25: The Tales

To mark the 25th anniversary we are keen to put together a selection of tales and anecdotes (factual and not so factual!) from down the years. If you have any such stories we'd love to hear them, be they in prose or poetry. Entries should be no longer than 1000 words. All stories submit will be published in a one-off special edition newsletter in Dec.

All entrants should be submitted, electronically if possible please, to Richard Christie between now and 31st October 2013, a small prize will be available for the best overall tale.

2013 Meet Dates	2014 Meet Dates
<p>Sept 6th/7th Glenbrittle Memorial Hut, Skye Oct 4th / 5th Muir of Inverey, Braemar Nov 1st / 2nd Mill Cottage, Feshiebridge Dec 6th / 7th Christmas Meet, Onich</p>	<p>Meets booked for 2014 so far</p> <p>Jan 10th/11th Strathspey Hostel, Newtonmore Feb TBA March 7th/8th Ochils MC hut, Crianlarich April 3rd/4th Ariundle Centre, Strontian May 2nd/3rd/4th Gwern Gof Isaf, Capel Curig, N Wales June 6th/7th Skywalker Bunkhouse, Portnalong July TBA August 8th/9th Sail Mhor, Dundonnel September 5th/6th Invergarry Lodge October TBA November 7th/8th Mill Cottage, Feshiebridge Decmber TBC Christmas Meet Inchree, tbc</p>

