



# Cioch Mountaineering Club (Dunfermline)

Established 1988

## Newsletter #70

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### Meet Report #1: Lagangarbh, 4<sup>th</sup> & 5<sup>th</sup> March 2016.

Words and photos Contributed by Dave Paton

It's been a while since Richard had any meet reports for a newsletter, so here goes!

It used to be the case that if you didn't get your name down quickly for Lagangarbh you were out of luck. How times have changed! In the end only seven of us made it to the meet. These were Steve Gadd, Stuart, Jim and Janice, Neil and Sharon and myself (my apologies if I have missed anyone).



We were rewarded with a wonderful weekend of weather and everyone had a great day on the Saturday.

Jim and Janice got up late (in some ways we were surprised they got up at all) and walked out of the door and climbed the Buachaille at the back of the hut.

Neil and Sharon had a slightly longer trip down to the Ski Centre to climb Meall a'Bhuiridh.

Unfortunately, not being there, I can't really say any more about their days out, but they all had a great day.

Steve Gadd, Stuart and I headed down Glen Etive to do Meall nan Eun and Stob Coir an Albannaich. Halfway down the glen we changed our minds and decided on Ben Starav, it just looked so good!

After a bit of a wrong turn, on the walk to Ben Starav, the bridge was further down stream than I thought. We did manage to get over the river after some clever rock hopping. It would have been impossible if the river had been in spate.

My memory of Ben Starav was that it was a bit of a brute. My memory is better than I thought! It was hard going and we needed ice axe and crampons but it was worth it for the views back up Glen Etive and the surrounding tops.

At the top we were able to find some shelter and sit down for a well deserved rest and taking in the breathtaking views.



After a good stop we set off enthusiastically for Glas Bheinn Mhor. Unfortunately we never quite made it. On the way I took the most incredible cramp in my right leg. I honestly wondered if I would get down of the hill. After what seemed like a long wait I eventually made it down to the col and caught up with Steve and Stuart, who must have wondered what was going on. We were just about to set off again and the cramp stuck again! This time in my other leg!

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By this time I realised I was not going to make the next top, so I decided to head down from the col. Steve and Stuart decided to head down with me. It was a disappointing end to an otherwise brilliant day.



After that it was back to Lagangarbh for food, wine and good company.

The next day we decided to head for home, despite it being an absolute cracker of a day. Stuart and I did stop for a while to take photos of The Blackmount as we crossed Rannoch moor. The views were stunning.

Overall, a great weekend!

## Meet Report #2: Muir of Inverey, 8<sup>th</sup> & 9th April 2016

Words and photos Contributed by Dave Paton

This was the first fully booked meet for a while and it was good to see. It was a very social meet and everyone had a great weekend. Some of us even climbed some mountains!

Most people opted for low level stuff around Braemar or by the Linn of Dee, either by bike or by foot.

Steve and Chris had planned a fairly big day, cycling a few miles to the ruined Geldie Lodge to do Carn an Fhithleir (in past times an annual cattle market was held on this summit!) and An Sgarsoch.

Unfortunately I don't have any details of these outings, not being there. However, I can write a little bit more about the day Stuart and I had. We opted to do Beinn a'Bhuird and Ben Avon. Unfortunately we had to scale back on our plans and we only managed Beinn a'Bhuird.

It took us a while to cycle in (2.5 hours actually) to get to a point where we felt the bike would be a hindrance. From there we walked up towards 'The Sneck'. The weather at this time was not that promising and by now we were in cloud. We decided to start climbing well before we reached 'The Sneck' and stopped for food. While we were sitting we noticed that it seemed to be getting brighter. In fact we could see patches of sunlight in the distance. It actually felt like we were going to have some sunshine on the snow.

We were not to be disappointed as a short time later the mist did actually clear and we were rewarded with a brilliant day. There was still a lot of cloud but it was high and there were plenty of breaks in it to provide us with a lot of sunshine - and fantastic views!



The walk to the summit of Beinn a'Bhuird was great, giving us tremendous views across the Eastern Corries. It was hard going though as the snow wasn't completely solid, making each step a bit harder. At the summit we were able to take time to enjoy the views and it was pleasant enough to be able to sit down and relax.

By this time I had realised that perhaps Ben Avon was a bit beyond me today but I suggested that Stuart could go on and do it on his own. He decided that enough was enough and we both made our way back to the bikes. The cycle out was much quicker (only an hour as opposed to two and a half in!).



On reason for being back at the Muir early was that we had a big communal meal planned for everyone. Marion and I had made a spag 'bol' for everyone and Sharon had been baking! It was a great end to a great day. Everyone agrees that we should do more of these, where the facilities allow. So who's going to volunteer to do the next one?

And finally.....

I am sure that everyone agrees that Richard puts out an excellent newsletter. However, it does mean that he relies on articles and/or photos submitted by members. I would encourage anyone and everyone to submit something if and when they

can so that Richard can continue to publish our excellent newsletter [*aw spare my blushes - the money is in the post*].



### 2016 Meet Dates

January 8 <sup>th</sup> /9 <sup>th</sup>	Strathspey Mountain Hostel, Newtonmore
February 12 <sup>th</sup> /13 <sup>th</sup>	Tulloch Station (12 places)
March 4 <sup>th</sup> /5 <sup>th</sup>	Lagangarbh, Glencoe (14 places)
April 8 <sup>th</sup> /9 <sup>th</sup>	Muir of Inver, Braemar (18 places)
April / May 29 <sup>th</sup> /30 <sup>th</sup> /1 <sup>st</sup>	Inchnadamph (14 places)
June 17 <sup>th</sup> /18 <sup>th</sup>	Inver Croft, Achnasheen
July 8 <sup>th</sup> /9 <sup>th</sup>	Strawberry Cottage, Glen Affric (12 places)
August 5 <sup>th</sup> /6 <sup>th</sup>	Sail Mhor, Dundonnell (18 places)
September TBC	TBC
October TBC	TBC
November 4 <sup>th</sup> /5 <sup>th</sup>	Mill Cottage, Feshiebridge
December TBC	TBC

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Two photos contributed to the Newsletter by Cath Guest:  
Above: View West from Strawberry Cottage  
Below: Beinn Iuthairn Mhor

*Cath your enthusiasm, friendliness and indomitable spirit will be sorely missed*



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