



Cioch Mountaineering Club (Dunfermline)

Established 1988

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Meet Report: Àite Cruinnichidh Hostel, Roy Bridge, 9th / 10th September 2016

Contributed by #1 Dave Paton #2 David Currie

First the Meet from Dave P's point of view:

Unfortunately this was another rather poorly attended meet. Only four people attended. Although any loss to the club was kept to a minimum as the bunkhouse was able to sell some of the places we booked at the last minute (thankfully there was a kayaking event in the area and there was a high demand for places).

On a more positive note, one of the places was taken up by our newest member Tristan. The others on the meet were myself, David Currie and Jeff.



I, being a man of leisure, was able to travel early on the Friday and was able to take advantage of a weather window promised for the morning. My aim was to head to Fersit at the North end of Loch Treig and do Stob Coire Sgriodain and Gno Dearg to the East of it.

Arriving at Fersit the weather did not look promising but I decided to go anyway and turn back if the weather deteriorated too much. I didn't fancy plodding up a hill in mist and rain (yes I'm getting soft!).

Once I left the farm track there was a bit of a path. Unfortunately this did not go very far and I was forced to

trudge over heather long grass and a lot of boggy ground. Once I started to climb it was, at least, less boggy.

Then as luck [?] would have it, it started to rain heavily. At that point I considered turning back but decided to press on to see if it would eventually clear and as luck would have it, it did and apart from a little mist on my way up to the summit of Stob Coire Sgriodain it remained clear for the rest of the day.

The way down from the summit of Gno Dearg is straight forward, if a bit of a trudge and the rain held off until I got back to the car and head off to the bunkhouse where I was able to get my pick of the bunks.

The forecast for Saturday, after the heavy rain of the previous evening, was promising. David decided to head up Glen Roy with the intention of doing a couple of Corbetts [more about this from David himself] and Jeff and Tristan decided drive North to Kintail and do the 'Brothers'. I myself headed for Kinlochleven and the Mamores.

The forecast proved to be correct and we all had an excellent day's weather with some pleasant sunshine and great views.



David did only the one Corbett in the long run, Beinn Iarunn (I think that was the one he did), and not one of the three Carn Deargs up Glen Roy. David said that he had had a great day out.

email contributions to newsletter@cioch.co.uk

Meanwhile Jeff and Tristan did Saileag and Sgurr a'Bhealaich Dheirg. Once again they had a great day out in great weather, although their chosen descent route gave them a few problems as they headed straight down and were blocked by dense forest which blocked their way and they found it difficult to get through.

Obviously I can say more about my day, since I was there. My plan was for a fairly easy day as I only planned to do Sgurr Eilde Mor in the Mamores.



The plan was to drive up to the old Mamore Lodge Hotel and give myself a bit of a head start. Unfortunately there is now a gate on the main road blocking your path, so I had to start at sea level from Kinlochleven. As I made my way up I made a slight detour to see the Grey Mare Waterfall. It's only a short detour and well worth it. There are a number of paths up through the woodland and it's not clear which is the best one to take. Fortunately luck was on my side and I chose the quickest way up to the main track. From there I followed the track until the path branched off and contoured round the hill to reach the loch at the foot of Sgurr Eilde Mor. This seemed longer than I remembered it, it's about 3km

with about 350m of climbing. Once I reached the lochan, for a change I climbed to the top from the South rather than from the West as I had done previously.

It didn't take all that long before I was sitting by the summit cairn enjoying the sunshine and the views. I sat by the cairn for sometime just enjoying being able to lie back and relax, I was even tempted to go on and do another couple of tops but though 'sod it' they can wait for another day.

So - another very enjoyable meet. Just see what everyone is missing out on by not signing up.

And now David C gives his version of events:

I drove up to the hostel at Aite Cruinnichidh on the Friday afternoon arriving not long after Dave P who had done some hills on his way up that day. With only four club members attending the meet we piled into one of the little dorms downstairs, allowing the hostel to fill at least some of the other beds that the club had booked. Tristan and Jeff arrived later in the evening and we all hummed and hawed about what hills to do the next day.

My original intention was to do the three Munros in Glen Dessary, but the combination of the tedious drive along Loch Arkaig, a somewhat iffy weather forecast and not feeling 100% edged me towards having an easier day.



Dave P headed east to do couple of hills from the Laggan road, whilst Jeff and Tristan went west to do a couple of the Brothers in Glen Shiel. I ventured north into Glen Roy to admire the parallel roads - and they are worth a look (for those unfamiliar with them, they are the results of shoreline erosion by glacial lakes).

Further up the glen I took to the hillside to climb the Corbett of Beinn Iaruinn. The steep slope with initially long bracken and heather followed by some loose rock and scree made for a tougher than expected 600m ascent onto the summit plateau. The weather was much better

than expected and there were fine views all round - even Ben Nevis cleared by lunchtime. Another Corbett - Carn Dearg - sits across the glen from Iaruinn, but after an equally rough and steep descent back to the car I opted out and ended up snoozing in the back of the car for nearly an hour! So I really did have an easy day...

Once everyone was back at the hostel and fed and watered, we retired to the little lounge for some of Dave's whisky (thanks Dave) and some good banter.

Next day everyone headed off home fairly early. A good week-end - a shame more members couldn't make it.

2016 Meet Dates			
January 8 th /9 th	Strathspey Mountain Hostel	July 8 th /9 th	Strawberry Cottage, Glen Affric
February 12 th /13 th	Tulloch Station	August 5 th /6 th	Sail Mhor, Dundonnell
March 4 th /5 th	Lagangarbh, Glencoe	September 9 th /10 th	Àite Cruinnichidh Hostel, Roy Bridge
April 8 th /9 th	Muir of Inver, Braemar	October 7 th /8 th	Glenfinnan Railway Carriage
April / May 29 th /30 th /1 st	Inchnadamph	November 4 th /5 th	Mill Cottage, Feshiebridge
June 17 th /18 th	Inver Croft, Achnasheen	December 2 nd /3 rd	Inchree, Onich

