



Cioch Mountaineering Club (Dunfermline)

Established 1988

Newsletter #36

May 2012

Published by Cioch Mountaineering Club (Dunfermline)
Unless indicated otherwise, Copyright Richard Christie



Meet Report: Inver Croft, Achnasheen 13th / 14th April

With contributions from Dave Paton, Jean Turner and Richard Christie

Dave reports on a good, but normal day on the hills:



I missed the Inver Meet last year and as a favourite of mine I was looking forward to this one. Stuart and I were last to arrive on the Friday night having driven through a blizzard coming over the Sloch Summit, the severity of which took me a bit by surprise. Friday was a quiet night for us, preferring to wait until Saturday to have more than a small libation. Perhaps I should say most of us. John W. was just too tempted by a bottle of malt which appeared - more of that later.

There was something a bit different about Saturday morning. The sun was out and it wasn't raining, more than that the forecast was good and it looked as if we would actually get views from the tops. I worked out later that the last time I had a view from any summit was on the Mill Cottage meet in November! The plan was to do Slioch. It turned out to be a bit of a mass assault being accompanied by John W, John R, Olly, Sharon, Jim, Brian and Stuart.

The weather was as excellent as we had hoped and we enjoyed a rather pleasant walk along Loch Maree before heading North and into the big corrie on Slioch. It was soon apparent that I'm not as fit as I used to be and as soon as it got steep I began to lag behind. At least I had company, John W. by this time was beginning to feel the effect of the 'malt' from the night before. However the weather was good so I don't think people minded waiting a bit (at least they never complained). From the top the views were brilliant, made quite dramatic by the showers which seemed to move around us to the North, giving contrastingly blue than black skies. All the while we were in sunshine!



Leaving the summit we made our way North then East to follow the ridge. I had forgotten how good the views were as it had been a while since I had been up there. We descended into the corrie again, on the way experiencing our only snow shower. John and I were by this time beginning to lag again because of the twin evils of Drink (John) and age (me). After a while we did make it back down to the loch side and make our way back to the car. Where we found that only Stuart had waited!

From there it was back to the hut and a good evening of the usual crap conversation and a wee bit too much

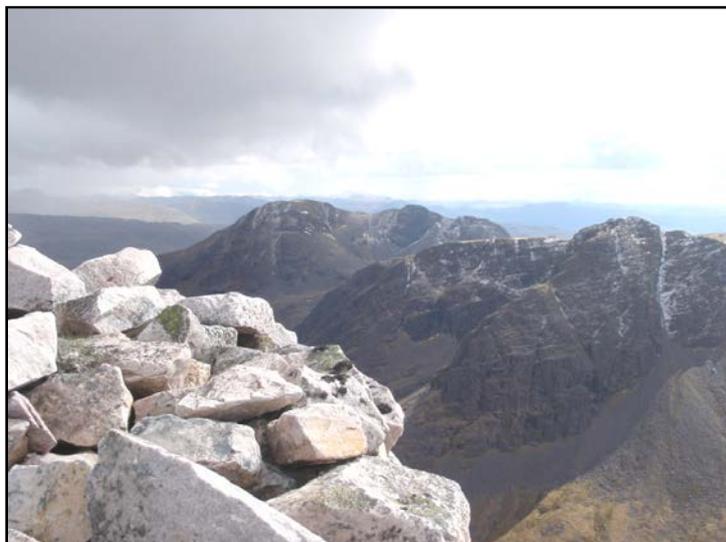
email contributions to newsletter@cioch.co.uk

to drink. There was a bit of concern for Jean and Ian as they were a bit late back and a helicopter had been spotted over their hill. It turned out that it was just Ian cashing in some of his air miles - I will let Jean tell that story.

The next day I headed home. Others did go out again, but that's for them to tell.

Jean describes a slightly more eventful day:

I chickened out of plans to accompany the Slioch group; feeling decidedly unfit (or at least un-fast) after a winter stuck at the computer, so I begged Ian Hay for an invitation to join his usually-solitary Munro-bagging at a more septuagenarian pace. Ian had the choice of where to go, since he has done many of the hills in the area before, and he chose Beinn Liath Mhor (*Big Grey Mountain*) with the option of its partner across Corrie Lair if we felt good and the weather was fine. Since it was wet when we set out, and the wind was pretty cold, we elected to go up the corrie path rather than along the ridge, and happily scrambled up the rough shoulder at the end.



On the topmost flat shelf of sandstone, Ian thought the summit cone looked a bit like hard work, but pressed on happily. Then about ten minutes from the summit, he said he was going to sit down in the shelter of a rock for five minutes and take his antacid tablets - he is on these



for similar previous chest pains which were investigated and found to be not due to his heart, and he looked fine and said he was warm enough, so we were neither of us worried at this stage, and he encouraged me to nip up to the top, and he would follow me in five minutes if okay. As I came back down, I saw him get up and start walking down - he was beginning to worry, and at that point I did, too.

He found a more sheltered spot slightly lower - a hail-shower was just approaching - and told me he didn't think he could manage the long walk back down. He readily accepted my suggestion that we should call Mountain rescue, so I knew he must be feeling really bad. Most of you know the rest: the Stornoway helicopter was already airborne on exercises so was with us very swiftly, and it was a good thing Ian hadn't

descended further, as we were still near enough to the flat area for it to land without difficulty, and send Mountain Rescue volunteers who, aided by four young climbers who were passing and stopped to help, easily carried Ian on a stretcher to the helicopter.

The tale had a happy ending, as Bradford hospital reassured Ian that there wasn't anything seriously wrong, and they allowed me to drive him home in his own car on the Sunday. Good thing I'd used my free bus pass & oldies' railcard to get to Achnasheen this time! They have even advised him to keep climbing - although perhaps not so ambitiously, and preferably not alone. Now we have a lovely excuse to have a more leisurely day if we don't feel like tackling the hardest hills.



Ian is very appreciative of the help Jean gave him when he felt unwell and is full of praise for the mountain rescue team members and helicopter personnel – although he would rather not now be the first Club member to be helicoptered off a hill. Ian also reports that the care given in Broadford Hospital was excellent as was the Hospital food. After the initial tests showed that there was nothing to be too concerned about Ian was given his own room complete with brand new ensuite, wet room style shower. He was glad to get out of his walking gear and take a shower – although he thought there was a bit more water collecting on the floor than he would have expected he assumed everything was as it should be. It was only when he emerged from the en-suite that he realized his room and the corridor outside were also now part of the ‘wet room’. It transpired that he was the first person to use the shower and that the shower drain pipe had not been installed properly!

Steve and Mags also attended the Inver meet. It was their second weekend in a row in that area having stayed in a cottage in Kinlochewe the previous weekend. They had attempted Beinn Alligin on that occasion but were rained off after reaching Tom na Gruagaich. Since the weather was much better on the Inver meet they headed back and climbed Sgurr Mhor as well, enjoying the views they had missed seven days earlier. The day was made even better when they discovered a free shower in Torridon village on their way back to the hut – so at least two people did not smell on the Saturday night! On the Sunday they were joined by Stuart and climbed Moruisg which had 3 to 4” of snow on its summit ridge.

The committee has decided to donate £500 to the Torridon Mountain Rescue Team on behalf of the Club

“Unmeet” report: Beinn Dearg Bheag & Mor by Richard Christie



Wattie and Richard had opted out of the Inver meet leaving options for the weekend open depending on what the weather had to offer. With a reasonable forecast they headed off up the A9 on Friday afternoon reaching Gruniard Bay at around 19:30 after a quick stop at the ‘Happy Haggis’ in Aviemore. The tent was quickly pitched on a good grass area behind the Gruniard Bay beach car park and a couple of beers were enjoyed watching the sun going down. Target for Saturday were the Corbetts; Beinn Dearg Bheag and Beinn Dearg Mor on the south side of An Teallach.

There was a bit more cloud than expected hanging over the hills as they had an alfresco breakfast and filled flasks before setting off to cycle the six miles in to the west end of Loch na Sealga. The Landrover track was rougher and a bit more undulating than expected and it took an hour to reach the end of the loch where the bikes were abandoned. Open hill side was traversed and then there was a steep, wet clamber up the initial section of Beinn Dearg Bheag. There was a slight snow shower as the

main part of the ridge was reached and then the views started to open out as the ridge was traversed and various rocky obstacles were tackled en-route to the summit. They pushed on over the summit only stopping to take various photos of An Teallach and across towards Fisherfield.



Richard managed one better than Olly had on the Roy Bridge meet: Richard did not have to avoid spending £1 on a car park, or indeed cough up for any campsite fees, he instead found a £1 coin lying in the middle of the col between the two Corbetts. A zig zag path helped ease the pain of the steep ascent up to the top of Beinn Dearg Mor where it was time to take more photos before descending back to the shelter of the col for a quick lunch. The showers, which had been passing by on either side, finally homed in on them as they made their way down into the corrie between the summits. There was then a fairly long cross country tramp until the path along the side of the loch was reached and followed to eventually reach the bicycles once more. The cycle out was only 5 minutes shorter than the inward journey and then it was time to jump in the car and head back to Dunfermline after a tiring, but well worth the effort, 8.5 hour day.

email contributions to newsletter@cioch.co.uk

Caption competition!

From the drought of entries it appears that the Newsletter readers are not great fans of competitions!

However there is a winning caption submitted by Jean Turner who has won herself a bottle of red wine:

“Next time I’ll pay for a private obstetrician.....”

The actual poster in full is on the right and explains how bear’s bodies handle pee and poo whilst they hibernate during the winter.

Roy Bridge meet update: John Warnock has now supplied photographic evidence that he, Steve and Nancy did reach the summit of Craig Meagaidh:



2012 Meet Dates

4 th / 5 th / 6 th May	Strontian, Ardgour	Full
8 th / 9 th June	Sligachan Bunkhouse, Skye	One place available
13 th / 14 th July	Ling Hut, Torridon	Three places available
10 th / 11 th August	Causewayfoot Farm, Keswick	Booking opens: 10 th May
7 th / 8 th September	Invergarry Bunkhouse	Booking opens: 14 th June
5 th / 6 th October	Sail Mhor, Dundonnell	Booking opens: 12 th July
2 nd / 3 rd November	Mill Cottage, Feshiebridge	Booking opens: 15 th Aug
7 th / 8 th December	Onich (Christmas Meet)	Booking opens: 13 th Sept



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