



Cioch Mountaineering Club (Dunfermline)

Established 1988 – 25th Anniversary year

Newsletter #47

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Many thanks to Cath Guest for the following reports and photos

Meet Report #1 – Sail Mhor, Dundonnell, 5th & 6th April

The weather forecast for the Sail Mhor meet deteriorated from a very good to quite poor. Kenny and I decided to do Am Faochagach. We set off early to get parked and encounter the boggy ground. The river crossing proved not to be too challenging near the outflow of the loch. Kenny strode on ahead with myself following in slow pursuit. Ollie & John caught us up as the temperature dropped to a unseasonable chill. Just before the final summit two ptarmigan nearly landed on Kenny & I. I have no idea if the Ptarmigan or we were more surprised. As per usual I managed to persuade someone to take a team photo!



Meet Report #2 - Llanberis, North Wales, 3rd, 4th & 5th May



Kenny and I arrived at Llanberis late on the Friday evening. There was walk into the bunkhouse using headtorches. Big John came out to greet us and sank into some mud waiting for any willing victim.

On the Saturday Brian & Jane Mitchell, Iain Hay, Kenny & I elected to climb Snowdon. It would have been quieter in a night club rather than the path up from Llanberis. The choice of some people's attire did prove to be 'interesting' since the cloud was down for much of the way. Shortly before Kenny & I reached the overcrowded summit the cloud lifted to give some lovely views. We ignored the protocol of queuing up for the actual summit and dived into a small gap. We decided that we would visit the nearby top of Crib y Ddysgl – a very refreshing choice as the slopes and summit were

virtually devoid of people.

[Cioch 25: The Darwins](#)

Nominations are now being accepted for Cioch's 1st Darwin awards.

Entries are invited in the following categories:

- Most geographically challenged award
- Most politically incorrect
- Worse for wear
- Most fashionable faux pas
- Most disastrous meal

Both photographs and stories will be considered for each category and entries should be submit between now and 31st October 2013 to Sharon Rankin. Winners will be announced at the Christmas meet.

email contributions to newsletter@cioch.co.uk

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 submitted 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

June	14 th / 15 th	Morvich Outdoor Centre, Kintail
July	12 th / 13 th	Strawberry Cottage, Glen Affric
July	26 th / 27 th	Lake District (extra meet)
Aug	9 th / 10 th	Inver Croft, Achnasheen
Aug	24 th	BBQ, Dunfermline
Sept	6 th / 7 th	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, tbc

Tibetan highs – Everest North Col



Self-publicity I know but that the Editor's privilege:

My trip to Tibet was amazing and hard in equal measures. A drive across the vastness of the Tibetan Plateau eventually revealing distant views of Everest. Walking from Rongbuk Monastery to the organised peace of Everest North Base Camp. Struggling to walk and breathe at the same time as we made our way up the 'magic highway' past vast shark fins of ice. Arriving at Advance Base Camp under the shadow of Everest itself. Practicing using a jumar, front pointing up rock hard blue ice and crossing ladders wearing crampons. Losing my appetite big time as the 6400m altitude of ABC took its toll and trying to ignore the bloody 'gunk' that came out every time I blew my nose.

Wondering how on earth I was going to manage the climb up to the North Col – the photo above shows the snake of load carrying porters taking equipment up for the Everest summit expeditions. After a couple of worryingly windy days the weather on the 8th of May was perfect for the first of our possible climb days. We set off at 8:20 for the two and a half hour walk across moraine and then glacier ice to reach the base of the climb. We had the climb to ourselves and followed the instructions of our climbing sherpas to clip into the fixed rope and start up the steep snow and ice slope. Once started, concentrating on the process of working my way safely from one section of rope to the other took over and progress was steadily made. Then all of a sudden the tents on the North Col came into view and we were there! Six of us made it to the 7066m col and a seventh made it as far as 7000m. The other photo shows me, our leader Valerie and two of our climbing sherpas, Gyamjo and Gyalpo on the North Col with Everest summit in the background. By the time we were ready to descend there was a train of sherpas on the up rope so, rather than work our way down the rope past them, we descended on a series of more direct abseil ropes – what a buzz. Looking back now it was a fantastic trip.