



# Cioch Mountaineering Club (Dunfermline)

Established 1988

## Newsletter #72

### August 2016



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### Meet Report #1: Strawberry Cottage 8-10<sup>th</sup> July 2016

Words contributed by David Currie, Photo R Christie, not taken on the meet!

Friday afternoon I picked Stuart up and headed to Dave P's where we loaded his car with our gear and set off north. We stopped in Inverness for some dinner before heading over to Cannich where we met the others at the Slater's Arms. Steve and Mags had brought their very fine trailer, so everyone's gear was neatly packed into it and we set off for the car park. With our little convoy no quarter was given on the single track road, so progress was rather steady. With only 8 of us on the meet we managed to get everyone into the two 4x4s for the slow drive along to the cottage.



On arrival we discovered that a couple of cans of cider that were in the trailer had succumbed to the relentless shoogle factor of the track and had dispersed their contents onto the trailer floor resulting in several soggy bags and 'sacks. Pear cider flavoured pants anyone?! The cans were mine (sorry!) and the remaining two had to be left outside as they looked ready to let go as well.

A lesson for all: never put fizzy things in a bouncy trailer!

A pleasant and relaxing evening ensued, followed by an early departure the next day. Myself, Steve G, Stuart, Dave T, Steve & Mags all headed west to the youth hostel

with the intention of doing Mullach na Dheiragain, Sgurr nan Ceathreamhnan and perhaps An Socach. Dave P ventured south and Vicky opted for a more relaxing day. The weather was a bit claggy and drizzly - and it was to remain like this all day.

An easy 6km walk along to the hostel (facilities utilised) then north up the path to the col from where we descended roughly NW into the 'basin', across the outflows of the lochans then up to Bealach nan Doine. Everyone was in good spirits despite the rubbish weather, so we all turned NE for the bumpy tramp along to MnD, which seemed to take an age. Summit gained about 12.30, so about 5 hours walking so far....

Some lunch was had then it was off back to the bealach. At this point Steve & Mags decided to head back down to the basin and go and do An Socach. The rest of us set off up the ridge to Sgurr nan Ceathreamhnan.

The pace was now understandably slowing by now, but spirits were still good and we had some fun estimating how far, how high we still had to go and pestering Dave T (sorry Dave!) to check his GPS to see how right (or wrong) we were. We made the summit of SnC about 15.00, some more food was taken, then off again, heading eastwards for the col above the hostel. This ridge is quite lumpy and the looming outline of Stob Coire na Cloiche though the mist was momentarily a bit disheartening... but on we plodded, through increasing rain and wind, until at last the relative sanctuary of the col was reached.

Stuart and I were slightly ahead of Dave and Steve and we very briefly discussed the option of An Socach. "No (expletive deleted) way" was the unanimous consensus and we set off down the path for the hostel. With some relief we saw Dave and Steve following us down. A painful descent ensued and once back on the track it was head down and engage trudge mode for the walk back out. It was a very weary and very wet group that arrived at the cottage exactly 12 hours after leaving. (This was my first Munro of the year and the longest walking day for a few years - and I felt it!)

email contributions to [newsletter@cioch.co.uk](mailto:newsletter@cioch.co.uk)

We were literally soaked to the skin, but my feet were amazingly dry... which was nice. Vicky made us a much-appreciated cup of tea once we'd peeled our soggy things off and everyone settled in for a warm and cosy evening. The weather the next day wasn't much better and we all headed off for home. Despite the weather I enjoyed the trip - a couple of remote hills done in good company, and Strawberry Cottage is a great wee place.

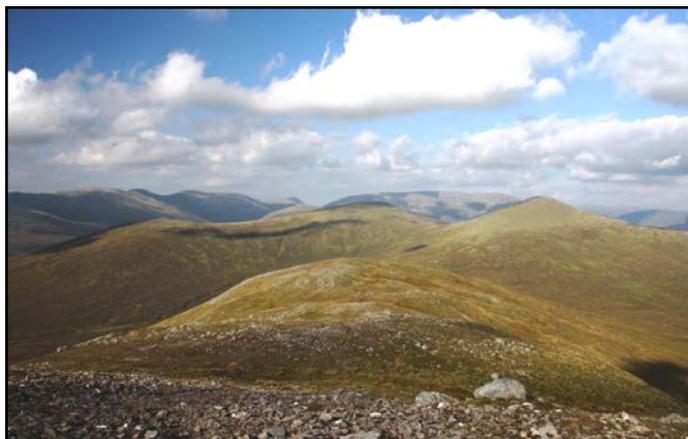
Thanks to Steve & Mags for providing the trailer & 4x4, to Dave T for the other 4X4 and to Dave P for transporting myself and Stuart.

## Meet Report #2: Loch Ossian 18-19<sup>th</sup> August 2016

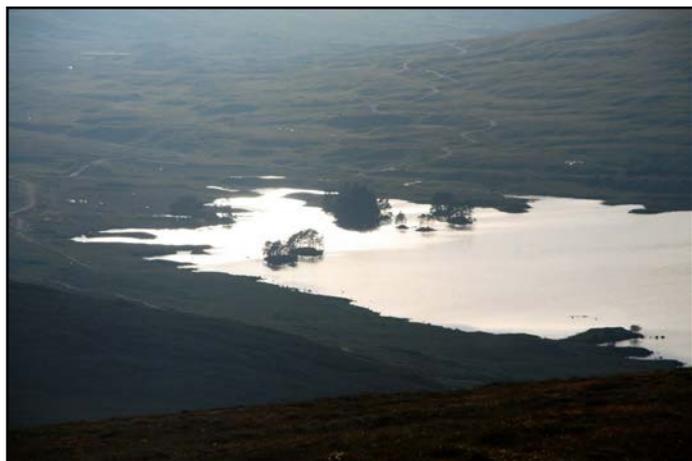
Words contributed by David Currie, Photos Dave Paton.

A few 'retired' members of the club had expressed an interest in doing a mid-week meet and a trip to Loch Ossian YH was proposed for July, but the rail strikes meant getting the train to Corroul Halt was a tad risky. August saw the dispute at least put on hold so myself, Dave P and Bob C decided to have another go. Bob unfortunately wasn't too well just before we were due to go, so it was just Dave and I that travelled up to Tyndrum to catch the mid-morning train.

We arrived at the hostel before noon and the warden kindly showed us around, we bagged our bunks and then set off for the hills. It was an easy walk along the loch-side to the far end where we struck out across the rough, pathless lower slopes of Meal Nathrach Mor. The weather was very pleasant - dry, not too warm and enough of a breeze to keep the bugs at bay. Once up on the ridge proper the going was much easier and it was a straightforward climb over Sgor Choinnich (a Top) then onto Sgor Gaibhre with fine views all round.



Although a relatively remote hill, the tracks around and through the Corroul estate are rather obvious - more so due to their expansion to accommodate the various micro hydro schemes in the area. The newer tracks are apparently constructed so that they will degrade fairly quickly and disappear from sight more easily.



After some lunch we headed down the easy slope to Mam Ban then the final climb up to Carn Dearg for the second Munro of the day, reaching the summit about 17.40. The descent NW was easy at first, but then turned into rough ground as we headed west to gain the track (known as 'The Road to the Isles') near Peter's Rock... which we didn't see.

Back at the hostel the newly installed shower was much appreciated, although you did need a mate on standby to go and reset the pump system which kept tripping. Teething problems apparently, but still much better than going for a dook in the loch!

Next day saw an early rise to catch the 8.30 train back to Tyndrum. The weather had deteriorated by now, so score one on the weather aspect of what was a good wee outing. It might be a relatively expensive to get the train there, but the hostel is a fine place - cosy, well-maintained, very green (dry-composting toilets, solar panels, micro hydro power) - worth a visit if you've never been.

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

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