



December 2015

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This month's photo: Ken Priest & Mel Evans climbing in Tremadog, by Pete Poultney

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Season's greetings

Hope you're all doing marvellously well.

Just a quick note from our membership secretary: you need to renew your annual subs for 2016. Membership is £27.50 and should either be given to Joanna Cheung, sent to 551a Walsall Road, Great Barr Birmingham B42 1LS or transferred via the HSBC bank - account number 41139827 sort code 40-23-03. If paying through the bank please let Joanna know by text: 07808030577.

My thanks to this month's contributors: Paul Brindley, Pete Poultney, Nigel Tarr, Geoff Brown, Mel Evans, John Edwards, Richard Cooksey and Alison Whitehead

If you have anything that you'd like to be featured in next month's newsletter - whether you're selling gear, looking for a climbing or walking partner, you've seen an event that members might be interested in, anything at all - send it to me at joe.priest@live.co.uk (or through our website if it's an article) before the end of the year.

Have an excellent Christmas and New Year!
Joe

The WBMC meeting place



The Wheatsheaf
379 High Street,
West Bromwich,
B70 9QW

Join us every Thursday
night from 9.00pm in
The Wheatsheaf for a
chat and a drink.



2015 Cotswold
Discount Code:
AF-WBMC-M8



www.wbmc.org

Noticeboard

WBMC at the BMC AGM

Lots of initials there, but the club is pleased to announce that Dave Jones was nominated as BMC Hill Walking Representative for the West Midlands and John Edwards was nominated as secretary for another consecutive year. Congratulations both!

New fire installed at the hut!

Thanks to all who worked so hard getting wood to be stored for future use at the hut: Mike T, Bob Duncan, Mike Smith, Andy Brown, Fred Hammond, Neil Easter, Oliver Stephenson. Also thanks to Jonathan Howells for his plumbing skills in fixing a new toilet!

Instructions for use

To ensure the fire burns properly please only use seasoned wood, dry kindling and paper to light the fire. Do not use cardboard, glossy magazines, etc.

There is a Moisture Meter to check the wood, this should be under 20% moisture for cleaner burning. Please do not overload the fire, it is best to use a small amount of wood and often rather than overloading as this will cause problems and reduce the life of the stove.

When Lighting the Fire:

Both levers should be to the far right of the fire. As the fire needs air to start you may need to keep the door slightly open until it is well lit. When the fire is well established the lever with the match/flame on should be moved to the left of the fire. The lever with flames on should be used to control the intensity/burn of the wood. Use the black glove provided as the door handle can get very hot.

Cleaning the Glass

If the glass blackens, this can be removed when the fire is cold, moisten newspaper/paper towel with

warm water and add some ash from the fire. Rub it over the glass, then clean the glass with clean water and dry well. If you need to clean the glass more thoroughly use the glass cleaner stored under the cupboard.

N.B. Manufacturer instructions are in the hut folder



Photo by Pete Poultney

New door

There has also been a new door fitted to the hut. *Members using the hut will need to buy a new key, cost £4 per key.* Please contact Alison in the usual way.

If your key still fits the toilet block you may want to keep it, otherwise there is a key on the red ball hanging on the wall inside the hut.

Hut donations

Members - £4.00
 Guests - £7.00
 (Max. two guests per member)
 16 & under - £1.50

Stamped addressed envelopes are provided in the hut for payment.

To book

Phone or email Alison Whitehead:
 07530644874
hut-secretary@wbmc.org

Please contact Alison *before* going to the hut.

WBMC members can purchase a hut key from Alison at a donation of £4.50

The Old Timers Weekend

A quick thanks, and some nostalgia

Word and pictures
By Geoff Brown

Just a quick note to say thanks to Mike for hosting the old timers weekend. It was great to catch up with a few folk despite the worst rain I have ever seen in Wales.

The new stove is impressive but I thought the photo below might be of interest. Christmas day in the club hut 1975 I think. Jake Shaw and Stan Cox (taking it in turns to wear the paper hat) and having a cuppa and a festive fag in front of the old fire place. We knew how to enjoy ourselves in the olden days...

The second photo records a bit of history and is of a coach meet to Brassington rocks in about 1974. The coach drove into a ditch and we had to get a tractor to pull us out. Everyone is looking down the road as the tractor arrived.

The third photo was taken on the day of the 'coach in a ditch' episode. Bob Duncan climbing on a route at Brassington (near Ashbourne) called Snuffer Chimney.



Coming up

10th December

Mountain Photography

Van Greaves presents his iconic mountains in a show that covers a worldwide scenario, from UK, The Alps, Norway, Spain, Mallorca, Crete, Morocco, Western USA, Peru and The Himalayas, in fact anything from Tryfan to K2!

13th – 20th February 2016

Scottish Week

The Scottish Week is just around the corner! This is a great week with great company, great walking and climbing, in a great hotel in a great location. No wonder it's a popular meet!

We're stopping at the Ben Nevis Hotel, a stone's throw away from the centre of Fort William, a great base centre for exploring the Ben and other mountains, lochs, castles, mountain bike routes, distilleries, Fort William and other attractions.



Photo from visitscotland.com

Yet again Jonathan Howells has cut a fantastic deal with the hotel - £33 per person per night, dinner, bed and breakfast if staying in a twin or double room; single supplement of £11 pppn; under 4s staying free, and 4-14 year olds half the adult price. If you fancy bagging a few Winter Munros or just chilling out in the pool or leisure centre free of charge, you will not find better value anywhere. Here's a link to the hotel website - The Ben Nevis Hotel.

Fancy staying on longer than the week, starting earlier or finishing later, or staying less than a week? No problem, just ask Jonathan!

To book, phone Jonathan on 01922 278973 (after 6pm) or email merapeak@talktalk.net

He will need a cheque, payable to West Bromwich Mountaineering Club, for one night's accommodation per person, as a (non-returnable) deposit to secure your booking - hand it to Jonathan or send it to:

37 Stafford Road,
Great Wyrley,
Walsall,
WS6 6AX.

Thanks,
Paul

28th February – 6th March 2016

European Winter Week

Zakopane, Poland

Zakopane is the ski capital of Poland and also an excellent base to climb in the Tatras mountains. Standing at 2503m, Rysy is the highest mountain in Poland and ideally climbed from Zakopane.

With cheap ski passes, equipment hire and instruction, this is an ideal area to learn to ski. However with a chair lift taking you up to nearly 2000m, there are still plenty of slopes to keep the more experienced skiers happy for a few days. There is also 50km of cross country pistes to enjoy and ski-mountaineering is also an option.

Accommodation, food and beer are also very reasonable so this maybe a good chance to have a cheap week away.

For more details call Andy Brown on 07870 145026 or catch him at the Wheatsheaf.

2016

St Kilda

Ian Merther is hoping to organise a trip to St Kilda in 2016. This is no ordinary day excursion, it is a week long trip of a lifetime, and does not come cheap, so I am putting out feelers to see if there would be any interest from club members.

Here's a link to give you an idea of what it's about. Have a look, and if you are interested, contact Ian. <http://clearwaterpaddling.com/trips/Tall-Ship-to-St-Kilda>

WBMC Apparel

Great branded clothing and merchandise available

Stuck for ideas on presents? Don't forget items with the WBMC logo can easily be bought online in time for Christmas.



Last year, Acorn Printing in Coventry set up a special mini-website for our club to provide members with an easy method for buying personalised items with the WBMC logo (& own initials if desired!) as and when they want them, rather than having to wait until someone from a club gets around to compiling a bulk order!

The items available can be seen (and ordered) by visiting our own WBMC special webshop at tshirtuk.com/?route=product/category&path=94



The company personalises a range of high quality items including fleeces (made by Regatta), sweatshirts, polo shirts, T shirts, scarves, mugs, sports holdalls or barrel bags, beanies, hoodies & rugby shirts and the colours red, green, Royal blue,

By John Edwards
With pictures from tshirtuk.com



cyan/turquoise, yellow, pink, purple, orange, grey, black & white are all available. Their prices are very competitive and you can add initials or name to right breast for £2 extra and other writing (such a team name or town) to the left sleeve for another £2.



If there is another product that is shown on the company's main website (acorn-printing.co.uk) but not on ours, it may well be possible to get that "logo'd" if you contact them at sales@acorn-printing.co.uk

Remember every purchase will not only help you look great but will also help to publicise the WBMC.

WBMC Apparel

Visit www.tshirtuk.com and click 'West Bromwich MC' on the left.

Every purchase will not only help you look great but will also help to publicize the club.



Stranded at the Hut

A shameless rip-off of Desert Island Discs

Here goes with my eight books and the perfect mountain day.

Maurice Herzog's classic tale, 'Annapurna', is my first selection. A copy of this book was given to Geraldine and me at the end of our first visit to Nepal by 'George', a Scotsman, a real character and a fellow trekker. After almost a month on the trail his parting words were, "the best mountain adventure you will ever read" and, having now read and re-read, I'm inclined to agree. The story of how Herzog and his friends were the first to climb an 8000 metres peak at their first attempt is a real inspirational adventure. Getting to the top, their courage and determination, their suffering, etc., are, for me, secondary to their fantastic journey. Years later trekking the Annapurna Circuit with book in hand I was fortunate enough to experience many of the landscapes, villages and people so brilliantly described by Herzog and to marvel even more at this incredible adventure.

My second selection is 'Classic Rock', a compilation of eighty of the finest lower grade rock climbs of Britain put together by Ken Wilson in 1978. More than any other this book opened my eyes to what it is possible to climb with a little determination and commitment. The brilliant photography allows the reader to pick the classic climbing routes as they follow bold lines of weakness up what look to be impossible cliffs. It is a book I never get tired of dipping into and it would be ideal of those odd half hours between more sustained readings.

Number three is 'The Hard Years' by Joe Brown. In the late sixties I was lucky enough to spend some time at the Plas y Brenin Centre in Capel Curig where I first came across the name Joe Brown in connection with a basement room where a line of footprints crossed the floor, continued up a wall, traversed the ceiling and returned to the floor via the opposite wall. At that time the story was that this character, already a

Words by Mel Evans



legend, had climbed this route. True or not it certainly made an impression and as one reads his life story one is all too ready to believe such a feat may have been possible for this climbing genius.

These days I've a limited concentration span and so as a fourth title I'd be looking to actually do something while waiting for a break in the weather. Hence I've had to decide between a book on knots/rope techniques and a manual detailing the intricacies of GPS navigation. I've plumped for the latter, always assuming one is to hand, as I really ought to use one for other than simply confirming location. Other occupants of the hut might take pity, offer demonstrations and help me short circuit the manual's gobbledegook. It would be time well spent.

Fifth Book, 'Beyond the Mountain' by Steve House first published in 2010 details stories that took place between 1988 and 2008. It is a book by a modern mountaineer thought by many to be at the absolute top of the game. In his foreword to the book Reinhold Messner states; "He climbs the right routes for the right reasons", and for myself with very limited mountaineering experience his expeditions belong to another world but, as in other walks of life, it's always inspirational to read what the very best are achieving.

My next book would be a climbing guide covering North Wales. I could quite happily spend hours putting together different wish lists, searching crags I have already visited for hidden gems and looking at venues I have yet to discover. As I've not read the Rockfax climbing guidebook to North Wales this would provide something completely new to get stuck into.

Continued overleaf...

Seventh Book, 'Trekking in Nepal' by Stephen Bezruchka 1997 gives a extremely good overview of both the culture and trekking routes to be found in this fascinating country. Again this is one of those publications one can dip into with paper and pencil to hand and get lost on imaginary expeditions. If there are more recently written versions then all the better.

For my eighth and final book I revert to my initial thoughts and have selected another ripping yarn, 'The White Spider' by Heinrich Harrer. This book is such a classic no more needs to be said, I just hope the weather fails to improve before I'm once again gripped by the incidents outlined in this story.

My perfect mountain day was extremely difficult to select but, after long deliberation, I've finally returned to the year 2008 and one particular day on the John Muir Trail in California. We had been walking for about two weeks; our sacs were now like a second skin, we were thoroughly acclimatised, we had walked ourselves fit and then, very early in the morning, at almost 10000ft, we forded a river and entered, 'Evolution Valley', Kings Canyon National Park. Never have I experienced a more aptly named place; it was breathtaking, a wilderness in absolutely pristine condition. All day we wandered along the valley floor before finally making camp overlooking Evolution Lake. Encircled by high mountains we lay before the perfect camp fire listening to coyotes calling beneath an inky black sky. It had been a mountain day I shall never forget.

Could you face being stranded at the hut? Which books would you take? Send your answers ~~on the back of a postcard~~ via email to joe.priest@live.co.uk

Snowdon Marathon

Words and pictures
By Pete Poultney



Having had breakfast in bed (yes I live on my own!) and sort of packed the night before with last minute forgetfuls added to van, I journeyed once more up to Snowdonia towards the hut. I arrived about midday it was dull yet dry, so that was a bonus to start with. The power was turned on, the van unloaded, and a cuppa made. Following a couple of rounds of cheese on toast I decided on a walk up The Watkin Path to search for a pitch for tent to the rear and left of Gladstone rock, as Hazel fancied camping out one night perhaps over the new year. A spot was found and pics taken before my return towards hut and getting the fire going as drizzle had just started to fall from above.

This was the weekend of The Snowdon Marathon. Previous years have been run by myself, Jo Tansey, Jonathon Howells, Dave Nock, Paul Brindley (in an Albion top), Chris Dean and Guy Harris. Before we started running the Marathon about six or seven years ago there was a big break from members of the club running previously.

"...over the last five weeks or so little rain has fallen in Snowdonia with river levels being too low for canoeists. Yet here we are sat morn and its absolutely peeing down."

We shall always be envious and proud of what the previous members achieved. As in Waggy (John Wagstaff) being the most prolific achiever with running the first ever Snowdon Marathon, The Everest Mountain Marathon, The Welsh 1000m Peaks race and The triple Welsh 3,000s to name but a few. Other members who ran Snowdon Marathon were Nev Tandy, Tony Spuce, Dot Wagstaff and no doubt others, apologies for not naming all. Ben Nevis was also run by Waggy and our old favourite the one and only Mel Evans, both founder members of the world renowned Tipton Harriers. We also had Fell runners in the club with Pete Goddard making his stamp, sometimes being accompanied by Roger Boulton. We now have two Triathlon members who run that I know of, they are Chris Dean and Steve Bridgewater.

Back home (as in The Clent Hills) we have weekly meets for a run, usually sat morn. Sara Winton, Sue Goddard, Jo Tansey, Jess Priest, Ken Priest, Graeme Stanford, Sam Goddard, Chris Dean, Ted (The faithful hound) and myself. New members would be most welcome to join us.

Any road up, back to hut weekend. Other members started to arrive (always good to have people you know cheering you on when you cross the finish line), as in Sara n Gary, John n Alison, Phil Mathews n Billy, Chris Dean and friend and Tracey's mom n dad just for the day (Ken couldn't make it this year).

This year there was Guy and Tracey running the 33rd Snowdon Marathon, with myself running from start to hut to assist Tracey. Amazingly over the last five weeks or so little rain has fallen in Snowdonia with river levels being too low for canoeists. Yet here we are sat morn and its absolutely peeing down.

After a hearty breakfast Guy Tracey and myself headed for Llanberis before the car parks fill up with the 2,500 runners plus spectators expected. Thirty minutes before the start we decided to head towards the start, going past pub (handy for loos), in still heavy rain, making our way not too far back from the front and meeting a friend of Chris, Piers (who's also running).

The start was delayed by a couple of mins with people getting cold, but we were soon on our way with Guy going at his own pace and trying to beat his previous times.

The start of the race is the bottom of The Llanberis Pass, so quite a pull as you would all appreciate. After about 4 miles the drinks station at the top of the Pass was most welcome, where we made sure we actually stopped for a drink as opposed to drinking on the run.

Continued overleaf...

We were also welcomed by Sara, Gary, John and Chris who followed on their bikes to give support.

Meanwhile Alison, Phil and Tracey's mom n dad were walking down drive from hut with my gazebo (to keep rain off) when the postman drove up the lane, with no room to manoeuvre the only thing to do was lift the shelter up whereupon Postie drove straight underneath, would have made a good photo. Tracey was doing well, pacing herself and getting into a rhythm, yes it is exhausting and yes it does hurt towards the end but it is a Marathon, and one of the hardest in Europe. As we passed the Pen y gwryd pub and turned right to go off road, noticed yet again the council had been down with parking tickets, not good really with not enough parking the only place to park is on the side of the road, but yes every car below designated places had tickets, it was the same in Llanberris when we finished...hum bug !

We made our way now on flat ground towards hut and the Gazebo appeared with shouts of encouragement from supporters. Tracey carried on with her run towards Bedgelert (which is just before half way), whilst I christened the wall! We watched a few more runners whilst sheltering from rain before I decided to go get warm and make myself a cuppa.

After an hour or so we made our way down to Llanberris for the finish, where the rain stopped and the odd bit of blue sky appeared. A few runners were coming in with blooded knees and elbows after slipping on the muddy descent. Guy appeared finishing in 4hrs 56 mins, (unfortunately not beating prev time) with Tracey following with 5 hrs 27 mins. A great effort from both of them especially Tracey being her first one. We ended up in the Vaynal Arms for a celebratory beer n a lovely meal returning to hut to continue the celebrations.

So it's a big thank you to supporters and a well done to Guy n Tracey in completing The Snowdon Marathon.

Pete Poultney.

WBMC Annual Away Dinner

Friday 18th-Sunday 20th March 2016

By Richard Cooksey



Following very positive feedback from this year's event we are returning to Briery Wood with a similar package. To get the prices we have agreed deposits must be paid in November 2015 and so please book ASAP.

Moments from the eastern shores of Lake Windermere and set in seven acres of beautiful secluded gardens and woodland lies Briery Wood Country House Hotel. Briery Wood was built at the end of the 19th century and housed the Earl of Lonsdale's Estates main gardener who developed the stunning grounds that we still enjoy today.



Photo from TripAdvisor

Briery Wood is within easy reach of the popular villages of Ambleside, Bowness and Windermere, so it's a great base for exploring the Lake District. Walking options directly from the hotel include Wansfell, Baystones and Troutbeck. Being close to the A591 also opens up many other walking options and the nearby Brockhole, The Lake District Visitor Centre also offers a wide variety of options for all ages including taking a boat on Windermere giving other options including different walks.

As in previous years the weekend therefore offers the opportunity to climb different peaks that you would not be able to do on coach meets.

We have a similar deal to previous years – Bed and Breakfast on the Friday night; Dinner, Bed and Breakfast on the Saturday night.

- The price is £125 plus disco contribution (see below) per adult for the weekend in a twin or double room.
- The hotel has 43 twin or double rooms including some which can also accommodate families. Children in a room with adults would be charged £20 per night Bed and Breakfast and £15 for a half portion of the Saturday meal or £7.50 for a children's meal.
- Dinner only price £30 plus share of the disco cost.
- The hotel will give 2 single rooms for £125 for the weekend and 3 single rooms for £145 for the weekend. Any further singles would be £195 for the weekend. If people could share where possible that would allow the maximum amount of people to go.

We have to pay for the disco ourselves and this cost would just be divided between everyone who attends the meal.

Here's a link to their brochure:
lakedistrictcountryhotels.co.uk/briery-wood-hotel
 and it has a rating of 4.5 out of 5 on Trip Advisor:
tripadvisor.co.uk/Hotel_Review-g186330-d574824

Thanks for everyone who paid deposits to guarantee sole usage of the hotel and the weekend deal. Only two rooms left – please contact Richard Cooksey on 07950 087911.

Booking form

Send the following booking form with a deposit cheque to: Richard Cooksey, 24 Lydford Road, Bloxwich, Walsall, West Midlands, WS3 3NT.

Party leader's name: _____

Telephone number: _____

Email address: _____

Type of room: single / twin / double / family

Any special requests (e.g. vegetarian meals):

Guest Names	Adult/Child	£
Total		

Black Mountains Weekend

Friday 22nd - Sunday 24th January 2016

By Richard Cooksey



We are returning to the Bunkhouse in the Town Hotel, Talgarth (towerhoteltalgarth.co.uk). Talgarth is a very friendly town offering opportunities for high and low level walks in the Black Mountains and Brecon Beacons and the hotel also caters for Mountain Bikes (bikesbunksbeer.co.uk).

The cost is £23 bed in the bunkhouse or £30 per person in a twin or double room, all bed and breakfast per night. The bunkhouse and other rooms are upstairs in the hotel and so ideal for a winter meet with heating and drinks making facilities. The hotel also serves evening meals and real ale and the town also has a working water mill with its own bakery and café (talgarthmill.com).

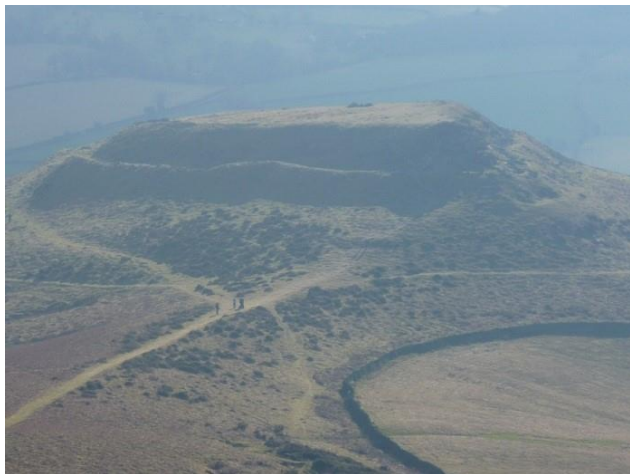


Photo from visittalgarth.co.uk

There are lots of other things to do in the town (visittalgarth.co.uk/item/talgarth_.html) and other pubs and eating options include real ale pubs and an excellent fish and chip takeaway and restaurant.

The hotel requires a deposit of £10 non-refundable deposit before Christmas which can be made payable to the West Bromwich Mountaineering Club, the balance is payable by you before leaving the hotel. I am happy to talk to anyone about this meet on including discussing other rooms which would suit couples, children and families.



Photo from visittalgarth.co.uk

For more information about the weekend, give Richard a call on 07950 087911, or to book, send the form below (along with a deposit cheque) to:

Richard Cooksey,
24 Lydford Road,
Bloxwich,
Walsall,
West Midlands,
WS3 3NT.

Booking form

Party leader's name: _____

Telephone number: _____

Email address: _____

Any special requests (e.g. vegetarian meals): _____

Guest Names	Room Type	£
Total		
Deposit (£10 per person)		

Coach Meet – Edale

Sunday 13th December

Depart

07:00 - West Brom. Edward St Car Park (B70 8HU)

07:20 - Penkridge

Drop off

Hope (172835)

Edale (125853)

Pick up

Edale (125853)

Required maps

OS 1:25.000 Outdoor Leisure No18 Snowdonia - Harlech & Bala Areas

Routes 1.2 & 3

No. 23 Snowdonia-Cader Idris Area

Route 4



Photo by thomagazine.co.uk

Fares

Members £20.00

Guests £22.00

Under 16's and full-time students – £8.00

To book ring Nigel Tarr on 07703 345729

£5.00 pp cancellation charges apply: you must cancel at least 7 days in advance.

Suggested routes

Route 1 (9km - 5.5miles)

From Hope follow a field leading in a NW direction up to the summit of Loose Hill (112853). You're now on the Eastern end of an impressive (if sometimes busy) ridge. Follow the ridge to Hollins Cross (136945) to Mam Tor (128836). Continue along the path up to the road (125834) then head North for a leisurely walk down into Edale.

Route 2

As route 1 over Mam Tor but then continue West over Lords Seat (112834) and along the top of Rushop

Edge. A less crowded but often less boggy area follows where minor paths can be taken North over Brown Knoll (084851) and around the western edge of Edale as far as Jacobs Ladder (088862) then down to Edale and the coach.

Route 3 (12km - 7.5miles)

For those with internet access the following 7.5 mile walk can be downloaded starting from Edale: http://walkingbritain.co.uk/walks/walks/walk_a/1159

Coach Rule 7 applies: "Do not go above the snowline without ice-axe and crampons." Please stow your ice-axes and crampons in the side compartment of the coach. Don't leave them in the boot where they could damage rucksacks.

To book on the coach please ring Nigel Tarr on 07703 345729

Mitch's Meet – Breidden Hills

Sunday 3rd January 2016

Depart

08:50 – Scott Arms (if there is a demand for this)
 09:00 – West Brom. Edward St Car Park (B70 8HU)
 09:20 – M54 Junction 2 Service Road

Drop off

“The Breidden”, Middletown, on the A458 (302125)
 “The Admiral Rodney”, Criggion (294149)

Pick up

“The Admiral Rodney”, Criggion (294149)

Required maps

OS 1:25,000 Outdoor Leisure 240: Oswestry or
 OS 1:50,000 Landranger 126: Shrewsbury &
 Surrounding Area

After last year's rather tame Cheshire Hills, it's time for something with a bit more kurtosis! Food will be available in the afternoon and evening at “The Admiral Rodney”, Criggion (tel 01938 570313) and the menu has choices to suit all tastes and pockets. *You'll find the full menu on the next page; please give your choice when you book.*

The coach will set off back to the Midlands between 6 and 7.00pm. Come and enjoy this great social event made popular by our fondly remembered President, John Mitchell.

Suggested routes

From Middletown (10km - 6miles)
Hopefully the led walk unless the weather is foul

Moel y Golfa (404m - a Marilyn) with its fine summit monument (290124) to a Romany leader. Then faint tracks through the woods to the grassy open slopes of Middletown Hill (298128) and further east to the twin tops of Buith y Hill. Finally N and W and E a bit to climb Breidden Hill (365m) (295144) for fine views over the River Severn and a quick circumnavigation of the erection dedicated to George Brydges Rodney,

Coach Rule 7 applies: “Do not go above the snowline without ice-axe and crampons.” Please stow your ice-axes and crampons in the side compartment of the coach. Don't leave them in the boot where they could damage rucksacks.



Photo by Dave Croker, Wikimedia Commons

Fares

Note: the low fares for this meet
 Adult Members & Guests £18.50
 Under 16's & full time students £9.00

To book ring Nigel Tarr on 07703 345729
N.B. Seats sell quickly for this meet!

£5.00 pp cancellation charges apply: you must cancel at least 7 days in advance.

Admiral of the White! Only 6 miles (10 km) or so but around 1,800 ft of ascent and descent so it should shift the Christmas pud!

From “The Admiral Rodney”
4 miles or 2.5 miles (6.5 or 4 km) depending on route.

Short circular walk up Breidden Hill to see Rodney's Pillar and back to the pub. Or continue to explore the paths in Breidden Forest & New Pieces.

Mitch's Meet Menu

Sunday 3rd January 2016 – The Admiral Rodney, Criggion (tel 01938 570313)

12 oz Gammon, eggs peas & chips for £10.50 (or 6oz one with a single egg for £7.50)

Steak & Kidney Pie, peas, carrots & chips £10.50

Lamb Rogan Josh, rice & chips £9.50

Chicken Breast on the Bone, peas & chips £8.25

Breaded Chicken Kiev, peas & chips £8.50

Chicken Tikka Masala, Chicken Korma Curry or Chilli con Carne with Rice & Chips £9.50

8oz Aberdeen Angus Beef burger, onion rings & chips £7.50

Egg & Chips with bread & butter £3.95

8oz Sirloin, peas, onion rings, tomato & chips £14.50

Fish pie & King Prawns, peas & chips £11.50

Lasagne Verdi, side salad & chips (or Vegetable Lasagne) £9.50

Breaded plaice or cod, peas & chips £7.50

Baguettes: Bacon & Egg, Sausage & Egg, Bacon & Cheese or Bacon, sausage & Egg £3.50

Breakfast Baguette i.e Bacon, Sausage, Black Pudding, Hash brown & Egg £4.00

Various Paninis: Cheese & Tomato, Ham & Cheese, Tuna & Cheese, Mushroom & Cheese £4.25 or £4.50

Jacket Potatoes: filled with Prawns, Cheese, Tuna Mayo or Baked Beans PLUS GARNISH £3.95 - £4.95

Various Basket Meals: Breaded Plaice, Battered Cod, 3 Sausages, 6 Salmon goujons, 6 Plaice goujons, 6 Breaded Scampi, Chicken breast on the bone or 4oz Angus burger ALL WITH CHIPS & GARNISH £3.95

A choice of 8 different desserts, all served with cream, custard or ice cream £3.75

Apple pie served with cream, custard or ice cream £2.95