

West Bromwich Mountaineering Club Newsletter



June 2016

This month's photo: Dave Jones and Graeme Stanford at the BMC's *Training Novice Club Members Weekend*

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Hello all,

Hope you're all doing well, and enjoying what looks like the start of summer (or have I spoken too soon?)

This month: The Meet Card for this year can be found on page 4 – please forward to friends or family if they're interested in joining us; Dave Jones has written about the coach meet to the Brecon Beacons and the lead walk at Wren's Nest; and Graeme Stanford tells us about the BMC's *Training Novice Club Members Weekend*.

Huge thanks as always to this month's contributors:, Dave Jones, John Edwards, Nigel Tarr, Graeme Stanford, Jo Cheung, Alison Whitehead, and Pete Poultnay.

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 20th May.

Cheers,
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.



2016 Cotswold Discount Code:
AF-WBMC-M8



www.wbmc.org

Noticeboard

Bank Holiday Weekend at the Hut

This weekend (the 28th – 30th May) is a Bank Holiday, but there is currently only one member booked in on Sunday and Monday night, so there is plenty of space for last minute bookings! Contact Alison via email (hut-secretary@wbmc.org) or phone (07530644874) to book your place.

First Aid Box

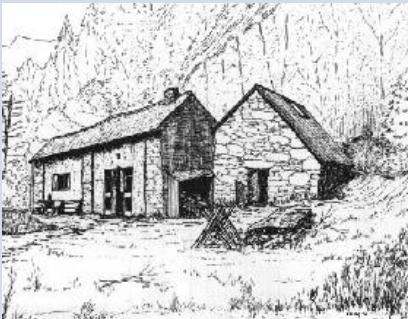
The committee would like to inform everyone that uses the club hut that First Aid supplies have been purchased and restocked for the First Aid Box located within the toilet block.

Hopefully no one will ever have to use them, but in case of an emergency these supplies are available.

If anyone removes any supplies, please sign the contents checklist so that we can replenish any stock.



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.

Newsletter postage

If you have access to an email address and don't need a posted copy of the newsletter, please email me (newsletter@wbmc.org) and ask for the posted one to be cancelled. Members who do this save the club a considerable sum and enable us to do more useful things with your subscriptions than paying Royal Mail.

Outdoor Evening Meet

Don't forget: this month's outdoor evening meet is taking place on Thursday 9th June. The menu for the pub is available at: <http://bit.ly/1TCNxR>. We'll be ordering on the evening (not in advance) but you may want to look prior.

Hut Drains

If you would like to be part of the next team needed to unblock the hut drains carry on putting oil grease etc. down the sink – a pleasant 2 hours was spent on Saturday doing the job!

OVMRO Book

Looking for a book to take on holiday? Try *Risking Life and Limb* by Judy Whiteside – it's the story of the first 50 years of Ogwen Valley Mountain Rescue Organisation. It tells of the early days of mountain rescue, the forming of the team, and how the methods, equipment and skills have progressed through the years, with tales of rescues, training, and the social side of the team. No you can't borrow it! Next time you're in Wales buy a copy and support the team.

Coat left on coach

A Mountain Hardware Conduit soft shell was left on the Braithwaite coach. Contact Nigel to get it back, but be quick – it fits me!

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

Coming up

17th – 19th June National 3 Peaks Challenge

The club challenge walk this year will be an attempt at climbing Ben Nevis, Scafell Pike and Snowdonia in 24 hours.

We will be leaving the Midlands area on Friday morning (8:00ish) to drive to Fort William in order to start the challenge at 6:00pm on Friday night. After doing Ben Nevis we will drive overnight to Seathwaite to climb Scafell Pike before driving to Pen Y Pass for the climb of Snowdon. Saturday night will be spent in the hut before driving back home on Sunday.

If you feel you would like to take up the challenge please speak to Andy Brown (07870145026) as soon as possible so all the logistics can be finalised.



Photo from threepeakschallenge.uk

10th – 17th September Croatia Trip

There's still one place left on the upcoming trip to Croatia. With walking, climbing, swimming, cycling and even sun bathing, there's something for everyone.

Get in touch with Pete Poultney for more information on 07779 366905. Act quickly though – there's only one place remaining!

1st – 3rd July Gower Weekend

Come and explore the Gower Peninsula – a place of outstanding natural beauty. Enjoy the wonderful, award-winning beach, the bodyboarding that will blow away the cobwebs, walking along the dramatic coastline, or try your hand at climbing the rugged sea cliffs.

We're staying in a well-appointed hostel, and there's camping available too.

Contact Jo Cheung on 0121 3586836 or jo.cheung@hotmail.co.uk for more information and to book your place.

5th – 7th August Hostel Weekend – Buttermere

Hostel bed & breakfast is £26.95 per night. If you fancy a good day out why not try the Via Ferrata at Honister Slate Mines on the same weekend? £45 per person, with a 10% discount for a group of 12 or more.

Book through Nigel Tarr on 07703 345729



Photos by Joe Priest, from the trip last year

Meet card 2016 - 2017

Here are the dates from this year's meet card, which details the club's events up until the end of May 2017.

If you know someone who isn't currently a member, but has expressed an interest in any of these activities, then please give them a copy of this page or direct them to the club website.

June

Thurs 9th: Outdoor Evening Meet
 Sun 11th: Long Coach Meet – Yorkshire 3 Peaks
 17th - 19th: Challenge Weekend - 3 Peaks
 24th - 26th: Family Weekend
 Thurs 30th: Climbing Night at Portway

July

1st - 3rd: Gower Weekend
 Thurs 7th: Outdoor Evening Meet
 Sun 10th: Coach Meet – Patterdale/Glenridding
 15th - 17th: Family Weekend
 Thurs 28th: Climbing Night at Portway

August

5th - 7th: Youth Hostel Weekend – Buttermere
 Thurs 11th: Outdoor Evening Meet
 Sat 13th: Coach Meet – Cadair Idris/Barmouth
 19th - 21st: Family Weekend
 Thurs 25th: Climbing Night at Portway

September

Thurs 8th: Outdoor Evening Meet
 Sat 10th: Long Coach Meet – Aber/Ogwen
 16th - 18th: Women's Weekend
 23rd - 26th: Scottish Weekend
 Thurs 29th: Climbing Night at Portway

October

Thurs 6th: Indoor Evening Meet
 Sun 9th: Coach Meet – Coniston
 14th - 16th: Hut Biking Weekend
 21st - 23rd: Family Weekend
 Thurs 27th: Climbing Night at Portway

November

4th - 6th: Bunkhouse Weekend – Dovedale
 Thurs 10th: Indoor Evening Meet
 Sun 13th: Coach Meet – Moelwyns
 18th - 20th: Skills Weekend
 Thurs 24th: Climbing Night at Portway
 Fri 25th: Social Evening

December

Thurs 8th: Indoor Evening Meet
 Sun 11th: Coach Meet – Hayfield (Circuit)
 Thurs 15th: Christmas Social at The Wheatsheaf

January 2017

Sun 8th: Mitch's Meet & Social
 Thurs 12th: Indoor Evening Meet
 Sun 15th: Coach Meet – Langdale
 20th - 22nd: Scottish Weekend
 Thurs 26th: Climbing Night at Portway
 27th - 29th: Hostel Weekend

February

Thurs 9th: Indoor Evening Meet
 Sun 12th: Coach Meet – Llanberis
 18th - 25th: Nev's Scottish Week

March

Thurs 9th: Indoor Evening Meet
 Sun 12th: Coach Meet – Keswick
 17th - 19th: Away Dinner
 Thurs 23rd: AGM
 Thurs 30th: Climbing Night at Portway

April

Thurs 6th: Indoor Evening Meet
 Sun 9th: Coach Meet – Ogwen
 14th - 16th: Scottish Weekend
 Thurs 27th: Climbing Night at Portway

May

Thurs 11th: Outdoor Evening Meet
 Sun 14th: Coach Meet – Thirlmere/Grasmere
 19th - 21st: Family Weekend
 Thurs 25th: Climbing Night at Portway

Contact

Coach Secretary
coach-secretary@wbmc.org
 07703 345729

Hut Secretary
hut-secretary@wbmc.org
 07530644874

Brecon Beacons

Sunday 8th May

The weather forecast for this meet was predicted to be very good, with some south easterly winds in the afternoon. However, on the way down it looked very dark at the "back of bills" and we did have a good shower at one point. Perhaps putting on my shorts was not such a good idea after all.

The West Bromwich crew that normally depart at 07.00am probably had an extra 30 minutes in bed due to not been picked up until 07.20am, so roles were reversed and Penkridge members were picked up first due to going M5 southbound and then onto the M50 for Brecon.

We picked two other members up near to Lickey, David Hind & Phil Smith to eliminate them travelling northbound to come back south.

It was very rewarding to see the coach relatively full and also it was good to see Jason Jones back on the coach after a long spell away. (Perhaps this was me texting him.)

An hour in so into the journey we stopped off at the services for a twenty-minute stop for changing footwear or a quick cup of tea or coffee, I opted for the MacDonald's counter for a Bacon & Egg McMuffin, my excuse was I should be able to burn that off later.

Over the last couple of meets, the committee have felt that it is a good idea to put on a lead walk due to the fact that if anyone is new on the coach they can come along and learn from fellow members and by doing this it shows that we want to promote the club and hopefully get them to come back on future coach meets.

On this particular meet we had arranged for Route 1 to be the lead walk which takes in Fan y Big and Pen y Fan, the route is (18km - 11 miles) The coach was dropping off at Pencelli & Storey Arms and picking back up ay Storey Arms & Tair Bull.

Nigel Tarr informed everyone on the coach that there was going to be a lead walk and informed to meet at the back of the coach so we could identify who we had on the walk. David Hind and myself agreed to lead with Nick Piotrowski supporting at the rear.

We had around seventeen individuals on the walk, plus other individuals where doing the same route but they opted to walk with fellow colleagues.

Words by Dave Jones
with pictures by club members



Throughout the day we kept coming across each other at stop off points.

By now the sun had come out and the forecast was doing as predicted. The majority of the coach got off at Pencelli and other members remained on the coach to be dropped off at Storey Arms.

We started the walk just after 10.30am following the road west then turning left at the second road junction; we followed the road for a short while and then started the steady climb south west up Gist Wen, some individuals not in the lead walk stopped off to take clothing layers off due to the weather getting nice and warm.

As we got higher up there was some fantastic panoramic views and the route ahead was clearly visible, one individual was having some issues due to medication that they were taking, and David Hind called me to inform me of this, hence the reason on a lead walk it is beneficial to have support at the front and rear. I caught up with the rest of the group to inform them, we carried on to Bwch Ddwyallt, stopping off for a sandwich/drink following the cliff edge path and then onto Fan y Big, from here our target was to the highest summit in the national park Pen Y Fan, this is quite a large summit plateau, prior to this one of our members slipped and cut their elbow, Emily Smith was quickly on the scene and carried some First Aid skills.

On the way back down we came to the Tommy Jones Obelisk. If anyone does not know the story here is a quick bit of information.

A visit to relatives

On 4 August 1900 a miner from Maerdy, at the head of the Rhondda Fach valley, decided to take his five-year-old son Tommy to visit his grandparents who still farmed near Brecon. They'd travelled by train and planned to walk the four miles to Cwmllwch, the farmhouse in the valley just below Pen y Fan.

Continued overleaf...

Brecon Beacons

continued...

A long journey

By 8pm they'd reached the Login - now in ruins - where soldiers were encamped for training at the rifle range further up the valley at Cwm Gwdi. The father and son had stopped for refreshment when they met Tommy's grandfather and cousin William, who was 13. William was asked to go back to the farm and tell his grandmother to expect Tommy and his dad, and Tommy ran off up the valley with him.

When the two boys were halfway, Tommy who was frightened by the dark perhaps started to cry and wanted to return to his father at the Login. So the two boys parted. William completed his errand and returned to the Login within a quarter of an hour - but Tommy hadn't returned.

Missing

His father and grandfather started the search immediately, joined by soldiers from the camp. The search was halted at midnight and resumed at 3pm the following day. The search continued for weeks. Every day, parties of police, soldiers, farmers and other volunteers systematically combed the area with no luck.

The dream

After reading accounts of the search, a gardener's wife living just north of Brecon is said to have dreamed of the very spot where Tommy was found. She had a few restless days before persuading her husband to borrow a pony and trap on Sunday 2 September to take her and some relatives to Brecon Beacons, which they'd never climbed before.

They reached the ridge below Pen y Fan and were making their way towards the summit over open ground when Mr Hammer, who was a few yards in front, started back with an exclamation of horror. He had found the body of little Tommy Jones.

Memorial

No one could explain how the five-year-old had managed to reach the spot where his body was found. He'd climbed 1,300ft from the Login. Today the spot where Tommy's body was found is marked with an obelisk. The jurors at the inquest donated their fees after determining that he had died from exhaustion and exposure.

It was more than 60 years later when the first Mountain Rescue team was set up in the Brecon Beacons.

I'm sure everyone that reads this will feel a little sad.



Photo from Wikipedia

The group followed the bowl shaped path skirting around the lake and arrived back at 17:00 hours to meet with others at the Tair Bull.

There were some lovely shades of red and perhaps soreness on the journey back. We hope that you all had a great day out on the hills and we look forward to seeing you on the next coach meet (a Long Coach Meet to the Yorkshire 3 Peaks) on the 11th June.

David Jones.

Training Novice Club Members Weekend

Plas Y Brenin, 14th - 15th May

Words and pictures
by Graeme Stanford



Organised by Jane Thompson, Clubs and Partnership rep, from the BMC, the aim of the weekend was to give clubs support with the niceties of introducing novice members to the hills. Answering questions such as "what support and advice is available from the BMC?", "What do other clubs do?", and the obvious question "where do I stand legally if leading novices in the UK's hills?" Not to mention all the 'soft skills' of dealing with a group of beginners.



The weekend was held at Plas Y Brenin, the national mountain sports centre, and all the physical outdoor activities were run by Plas Y Brenin instructors. The BMC heavily subsidised the event as the cost was only £50 per person, full board. We were housed on site in Moelwyn Cottage, which is normally £16 p.p.p.n. Hiring an instructor for the day at PYB is around £250 and we had five of them. Not to mention the food which is always top notch at PYB. All in all, fantastic value. Dave Jones and I were representing WBMC.

Saturday morning began as it should... with a hearty breakfast and collection of packed lunches. Food first is always a good drill. Once the vittles were consumed it was into the lecture room for everyone. PYB always begin the training week with a briefing about the centre and then various courses are introduced to their instructors who then lead them off to their respective locations for their courses.

We were handed over to Kath James who was taking the lead in our small team of instructors. We headed off to the Gwynant room for introductions etc. The day began with talks about case studies and support from the BMC. Reviewing the experiences of other clubs regarding training, the benefits and the challenges they face. We then had a very informative presentation from Andy Colbourne from Perkins Slade, the company providing insurance services to the BMC. This session dispelled many of the myths surrounding experienced but unqualified walkers /

climbers passing on their knowledge to novices. How many of you, for instance, are familiar with the term 'Volenti non fit injuria'? I certainly wasn't. Translated from Latin "to one who volunteers no harm is done". For this to apply you must ensure that the 'trainee' 'freely and voluntarily enters into an agreement to undertake training' and does so 'in the full knowledge of and understanding of the risk'. As long as you are appropriately experienced in the subject you are teaching (and you're not being paid to teach it) you are fully covered by the BMC's £10m liability insurance. There was a great deal more about informal risk assessment, Participation statements etc.

Once we'd had a break for coffee we split into smaller groups. Some went off to do single pitch climbing and the rest of us were off to do navigation. Those of us on 'nav' split into two syndicates, with an instructor each, and headed off towards Moel Siabod. The afternoon that followed saw us meandering across the terrain around Capel Curig (we walked a massive 3.5 miles) running through various scenarios and methods of teaching novices the basics of navigation using a process of progression through the skills. We absorbed some very useful tips on how to structure training so that the information goes in and more importantly sticks. The afternoon passed at a steady pace and at 5pm we found ourselves back at the centre for the customary 'tea and cakes'.



After dinner, at 8pm, there was a lecture at the centre. This is very common at Plas Y Brenin. The bar is public and the lectures are also open to the public so if you're down at the hut on a Saturday evening with nothing to do give reception a ring and find out what lecture is on. In this case it was our own instructor, Kath James, doing a talk about her climbing adventures on big walls in Yosemite and her ascent of the north face of the Eiger. Very impressive stuff. After a couple of beers, it was 'up the stairs to Bedfordshire' ready for the next day.

Training Novice Club Members Weekend

A hearty breakfast (again) and a short minibus journey saw my small group to the foot of Tryfan preparing for a day scrambling. Another group had gone to tackle multi-pitch climbing and Dave's group had gone to do hillwalking skills on Moel Siabod. Back on Tryfan our instructor was a lass called Sabrina (Sabby as she preferred) and we had brought helmets and a rope to practice low level rope skills. Once again the emphasis was on the scenario of leading a group of novices on a grade 1 scramble. Route and kit choice, fitness and health issues, route finding etc. etc. We progressed up the familiar North Ridge assessing each leg with lots of discussion about what would or would not be appropriate to teach novices accepting the premise that, although safety is paramount, you are trying to give an interesting, enjoyable and challenging day.



We stopped at 'the canon' for the ubiquitous photo session and then continued upwards to the north tower. Once there we went through basic rope skills. This was at ML summer level and mainly to show how confidence can be given to a nervous novice with the use of a rope. No slings, karabiners, harnesses or any other kit just a rope. The emphasis is on simplicity as it's not a pre-requisite to be an ML or a climber to guide novices up a scramble so the only knot used was an overhand knot. Simply put you secure the rope to an anchor (spike, thread whatever) and create a loop for yourself to step in to. Make sure your loop means you're tight on the rope when sitting in your chosen belay stance then tie another loop in the end of the rope for the novice and throw the rope down to them. Then you use the 'body belay' technique to bring them up. For nervous descents we practiced the 'South African Abseil' which is a very stable high friction method. I wouldn't want to do it on a vertical cliff but on a scramble its safe and effective. Once we'd touched the summit we headed back down the West Gully and so back to the road.

Back at the centre it was more tea and cakes, of course, before a course de-brief. Jane asked for our opinion on whether a similar course but aimed at winter skills would be welcomed. We all said yes.

Paul Brindley and Oliver Stephenson have also been on this course and it makes sense for the club to send more members on it in the future. With that in mind if you are fairly experienced in either hillwalking, scrambling or climbing but have little experience of imparting that knowledge to others and would like to pass on your experience to newer or novice club members please let me know so I can be ahead of the game the next time one of these courses comes up. As you can imagine they sell out fast. In our case and possibly in future cases the money can be found from the clubs training budget so all you'd need is petrol and beer money. Obviously we'd like you to use the skills you learn for the benefit of the club. We have a huge amount of experience throughout the club and we could be tapping in to that experience to give essential skills to new and novice members. It's often said that one of the best ways to get in to climbing / mountaineering is by joining a club and it's certainly an enticement to get potential new members 'through the door'.



Wren's Nest Outdoor Meet

5th May



The first outdoor evening meet of 2016 took place on Thursday 5th May with a guided walk around Wren's Nest Dudley. Bob Duncan kindly offered his services and had prepared a route prior to the event taking place.

Over 400 million years ago, the area where Dudley now stands was covered by coral reefs and tropical seas providing an environment for the famous fossils we find there today. Over 700 types of fossil are known to have come from Wren's Nest. 186 of which were first discovered and described here and 86 are found nowhere else on Earth.



Wren's Nest National Nature Reserve is a classic geological site of exceptional importance.

It is one of the most notable geological locations in the British Isles and visited and studied by geologists from all over the world.

The evening started by meeting at the Park Inn Woodsetton which is in fact a vibrant suburban brewery tap, held by the Holden family since 1915. Radiating out from the spacious main bar are a small games room, raised dining area and a separate conservatory. Functions are catered for and reasonably priced food is served 12-8pm (4:30 Sun). The pub adjoins the brewery which has been extended and refurbished over the previous year. Anyone wishing to attend the new brewery centre is on the right of the car park.

I was the first to arrive at the pub, some regulars were inside and out due to the weather being perfect for a late evening walk. I had spoken with the landlady via e-mail some days prior due to submitting meal orders for the event, she was very welcoming to have WBMC present.



We started the walk just after 18:30 hours, Bob had kindly submitted maps and an information guide for everyone, along the walk there are information signs as you walk around the site and by looking at the guide it gives you information at what stage of the walk you are at.



On some of the higher rock formations there is limestone debris & erosion, protected areas around the Seven Sisters caverns had to be filled in after a major roof collapse and mine cave-in occurred in 2001, to prevent further collapse. More recent work had also begun on infilling the huge Cathedral Gallery with loose sand. The former limestone mine and adjacent vast underground canal basin, which leads to a now blocked off passage to Dudley Tunnel, contain some of what local historians claimed to be some of the world's most important geology and mining heritage.

Wren's Nest Outdoor Meet

The group consisting of 27 people & 2 dogs (yes this was a great number for our first outdoor meet) started to gain a little height and there was great views stretching vastly across the Black Country and you could see as far as the post office Tower in Birmingham, and I pointed out another heritage Centre to Mike Smith (The Hawthorns) ☺

Some of the caves around the site are home to various species of bats, one of the members heard a distinctive bird call on route and they mentioned that it was the call of a Green Woodpecker.

Bob Duncan had suggested that the walk would take just over one hour, right on cue we arrived back at the Park Inn just before 20.00 hours, this was perfect timing because the landlady had specifically stated that we must be back for this time.



Food was very reasonably priced, and for the members that had taken the time to e-mail me their order, pre-ordered food came out first.

I opted for the Holden's Steak & Ale Pie which was very well priced at £4.75 followed by chocolate fudge cake and custard.

Speaking to attendees after the event it seemed that everyone was happy with the food, and I have contacted the landlady and thanked them for making WBMC very welcome. If anyone is in the area and would like a local walk, this site is well worth visiting.



Thank you to everyone that attended and we look forward to seeing you on further meets, also a special thanks to Bob Duncan for leading the walk and taking the time to print maps and guide books.

David Jones.

Outdoor Evening Meet - Compton

Thursday 9th June

Meet at: Oddfellows, Compton, Wolverhampton, West Midlands, WV6 8AA (large car park)

Time: 18:45pm for a 19:00 start

Distance: 7.3 Km - 4.53 miles

Walking Time: ~1 hour 30 minutes

Level of Difficulty: Easy

Paths: Canal Tow Path, disused railway track, and field paths

Landscape: Open countryside near urban residences

Dog Friendliness: Off lead along tow path and disused railway, otherwise under control

Public Toilets: None on route - please use Oddfellows



Photo by Roger Kidd, from geograph.org.uk

If you're interested on coming on this walk, please contact David Jones

Mobile: 0775 925 9163

e-mail: davidjones840@gmail.com

Nigel Tarr, Mike Smith and I did this walk on Tuesday 10th May and I think we became wetter than the local ducks due to torrential rain!

However, this is a very enjoyable route and we hope that as many of you will join us for this evening meet. Please bring along anyone that would like a nice evening walk with the option to eat afterwards or opt for takeaway.

We will start and finish at the Oddfellows, an area has been reserved for WBMC to eat afterwards, the food is very reasonably priced, please see attached menu. Anyone not wanting to eat can opt for Fish & Chips just across the road (Pep's Plaice) or there is a Chinese restaurant House of Canton.

Food can be ordered on the evening for the Oddfellows, alternatively if anyone would like to order prior please let me know by Monday 6th June.

The walk is a journey into the 18th & 19th centuries; a time when the canals and railways preceded our modern, noisy road network. The walk follows the tow path of the Staffordshire & Worcestershire Canal and a stretch of disused railway line to Compton.

Various wildlife and some very interesting Murals on route.

We look forward to seeing everyone.



Long Coach Meet – Yorkshire 3 Peaks

Saturday 11th June

Depart

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

07:20 – Penkridge

Drop off

Ingleton (695730)

Ribblehead Viaduct (765793)

Horton in Ribblesdale (807726)

Pick up

Horton in Ribblesdale (807726)

Ribblehead Viaduct (765793)

Ingleton (695730)

Required maps

OS 1:25000 Outdoor Leisure

No2 Yorkshire Dales Southern and Western Areas



Photo from threepeakschallenge.uk

Fares

Members £22.00 Guests £24.00

Under 16's and full-time students – £10.00

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 (9.5km – 6 miles)

Head east on the Crina Bottom and climb Ingleborough. Descend to Sulber Nick and Horton.

You can also combine routes 1 and 4 – Distance 20km (13 miles)

Route 2 (32.5km – 20 miles)

Less classic 3 Peaks route from Ribblehead Viaduct

Follow route 3 from the viaduct, then follow route 4 from Horton.

Route 3 (40km – 25miles)

Classic 3 Peaks route from Horton

Clock in at the Pen-y-ghent cafe to register your time, climb up to Pen-y-ghent (838734) via Brackenbottom then down via the Pennine Way before, near Hull Pot, heading West over boggy ground to rejoin the Pennine Way at Sell Gill Holes (813744). Choose the Pennine or Ribble Way to reach the Blea Moor Road then take the tarmac to the Ribblehead Viaduct (765793). Follow the track North before crossing it, heading NW to a wall which you follow West then South to the summit of Whernside (738814).

Continue South to Philpin Farm. Head up the road past The Hill Inn and take the path South to Ingleborough (741746) from where you have a simple 6 miles eastwards to Horton. *Don't forget to clock off!*

Route 4 (10.5km – 7 miles)

If you fancy a shorter day head for Brackenbottom and pick up the path through Brackehbottom Scar to the ridge which leads to Pen-y-Ghent. Return to Horton by heading north and picking up the Pennine Way.

Route 5 (15.5km – 9.5miles)

Head South out of Horton along the Ribble Way to Helwith Bridge (812695). Cross over the river using the road then take a left. When the road turns North go straight on at a track signposted Dale Head. At a path junction take the left path which climbs to the summit of Pen-y-Ghent (838734). Head North then West off the summit on the Pennine Way. A short diversion will take you to impressive Hull Pot (824745) before heading South on the Pennine Way to Horton.

Coach Meet – Patterdale

Sunday 10th July

Depart

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

07:20 – Service road just off M54 Junct. 2 island

(Brief toilet stop at the M6 Services)

Drop off

Kirkstone Pass (401081)

Patterdale (391161)

Glenridding (386189)

Pick up

Glenridding (386189)

Patterdale (391161)

Kirkstone Pass (401081)

Required maps

OS. 1:25000 Outdoor Leisure Maps Nos. 5 & 7

(The English Lakes NE & SE)



Photo by Ericoides on Wikipedia

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 (14km - 9miles)

Try climbing north-west from Kirkstone Pass to Red Scree. Continue north-west, descend to Scandale Pass and go past Little Hart Crag and onto Dove Crag. From here follow the ridge over Hart Crag and onto Fairfield. Leave the summit northwards and descend via Cofa Pike and St Sunday Crag down into Patterdale and a short walk into Glenridding and the coach.

Route 2 (15km – 9.5 miles)

Staying east of the Kirkstone Pass, go via St Ravens Edge to Stony Cove Pile. Descend to Threshthwaite Mouth and ascend Thorntwaite Crag then High Street. Go north to the Knott and descend past Angle Tarn into Patterdale and a short walk into Glenridding and the coach.

Route 3 (14km - 9miles)

For Patterdale to St Sunday Crag then onto Helvellyn, descend Striding Edge and then over Birks down into Glenridding.

Route 4 (~9km – 5.6miles)

For a not so high route: Patterdale Common, possibly taking in Place Fell and/or High Dodd. If fit enough you could get to Sandwick Bay, returning via Boredale or the path that skirts Ullswater. Approx. 9km, depending on route taken.