

West Bromwich Mountaineering Club Newsletter



This month's photos: Guy Harris and Tracey Cook on the summit of Mont Blanc – well done both!

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Hello readers,

Hope you're all doing well, and in reply to my own question in the introduction of last month's newsletter: yes, yes I have spoken too soon. It's nearly July – the weather had better pick up before too long!

Anyway, this month: Dave Jones has written about the outdoor evening meet along the Staffordshire & Worcestershire Canal, as well as the Yorkshire 3 Peaks Challenge, and Teresa Chilles has written about the skills weekend at the hut.

Huge thanks as always to this month's contributors: Dave Jones, Teresa Chilles, Nigel Tarr, Graeme Stanford, and Jason Jones.

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 20th of the month.

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.

BMC
AFFILIATED CLUB

2016 Cotswold
Discount Code:
AF-WBMC-M8

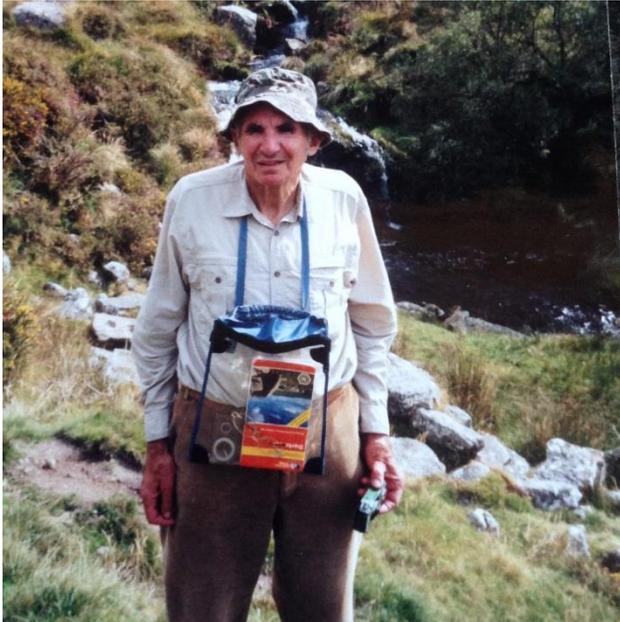


www.wbmc.org

Noticeboard

John Churchill

WBMC are saddened to hear that another of our longstanding members, John Churchill, passed away on 25th May. John was well known and liked by many members, and our thoughts go out to Janet and family.



Outdoor Evening Meet

Don't forget: this month's outdoor evening meet is taking place on Thursday 7th July. The menu for the pub is available at: *[awaiting pub menu]*

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.

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.

GPS For Sale

Jason Jones is selling his Garmin GPS 64s, which comes with the GB discoverer 1:50K full country bundle included, and it also comes with a screen protector to prevent scratches to the screen.



The unit is being sold for £200. If anyone is interested please call Jason on 07512 348617

Congratulations

I would like to congratulate Guy Harris and Tracey Cook on recently summiting Mont Blanc - 4810 metres. A fantastic achievement, and I'm sure that all members would like to pass on their congratulations.

A very monumental achievement and as chairman it makes me very proud to see you on the summit. From everyone connected with WBMC well done. I will buy you both a drink when I see you! - Dave Jones



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

Thursday 7th July

Outdoor Evening Meet

Bob Duncan will be leading us along the Netherton canal taking in the Netherton Tunnel which is 9,081 feet - 2,768 metres long.

We will be meeting at 18:30 at: Groveland Rd. Tipton DY4 7UD.

Park by the canal bridge in front of Conway Packing Services. After the walk we will head back to the Old Swan Inn (better known as Ma Pardoe's) for food. An area has been reserved for WBMC for eating. *I've attached the menu at the end of this newsletter - Joe.*

The first two outdoor meets have been very popular and we look forward to seeing you on the evening. Everyone is welcome. No excuses if it is raining - it is a tunnel! It can be wet underfoot though, so boots or Wellies are recommended.

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!

Last Thursday of every month Club Climbing Night

For all those budding (and experienced) indoor climbers. Don't forget the club's climbing night, at the Portway Leisure Centre, Oldbury, B69 1HE. A chance for anyone who wants to have a go at indoor climbing to come and try it. We'd also be grateful if those club members who climb regularly can lend a hand belaying, giving advice and generally keeping an eye on novices.

The club gets a *discounted entry of £4 with free gear hire* (so if you don't have helmet, harness or climbing shoes you can still come and have a go.) Please support this if you can as not only is it a discounted night for regulars it's a great way to get family and friends involved in a very rewarding activity.



Photos from blackcountrybugle.co.uk

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

High Sports are also opening a new climbing wall in Silverwoods Way, Kidderminster on the 6th July! For more information visit their website at:

high-sports.co.uk/climbing-walls/kidderminster.html

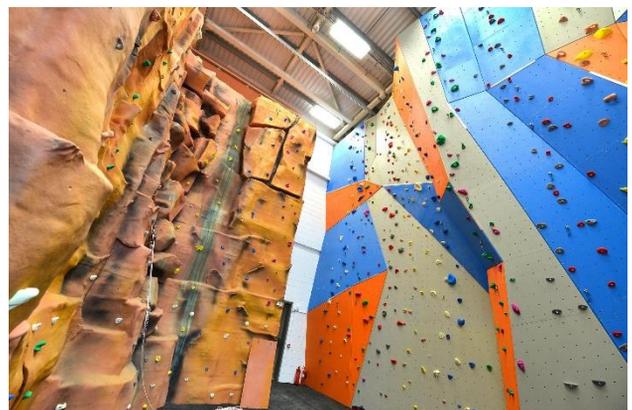


Photo from www.slt-leisure.co.uk

Outdoor Evening Meet

Thursday 9th June – Staffordshire & Worcestershire Canal

By Dave Jones



Some weeks prior to this outdoor meet myself, Nigel Tarr & Mike Smith went to prep this walk and I think we ended up being wetter than the ducks. So come the 9th June the weather was much better with the sun shining. We had opted to meet at the Oddfellows Hall on the Bridgenorth Road, Compton, it was good to see that we had 24 attendees plus numerous dogs in attendance.

The walk started promptly at 19:00 hours, we had lost one member who was at the wrong location. We crossed over the road from the Oddfellows and when on the towpath turning right onto the Staffordshire & Worcestershire canal, heading in a south westerly direction. The tow path leads along the back of private residences, I commented to one individual how nice it must be to have a well maintained canal at the bottom of your garden. We passed some canal barges that were moored; these always look very cosy with a relaxed lifestyle for the individuals that live on them.

This stretch of the canal is similar to a river and you often see anglers fishing for perch, roach, chub bream or carp. We carried on walking under bridge number 55 (Castlecroft Bridge) and along the tow path until we came to bridge 54 (Mops Farm Bridge)

We left the tow path and crossed the bridge, going past Pool Hall Cottages and started to pick up the waymarkers of the Monarch's Way heading in a south easterly direction. Some members were suffering with hay fever, myself included, and I remember walking past a very large field that was full of poppies, great to see and look at, but not so good for us pollen sufferers.



We came out of the field and onto the road, it appeared like two cars had a little shunt at the "T" junction, the owners of the vehicles where accessing the damage. We turned right through a small gateway which descended us onto the dismantled railway, you need to turn left to start heading back, but if anyone has not done this walk, look to your right and you will see some wonderful murals directly under the bridge. The further you stand back the better the effect becomes.



We then turned back on ourselves and started to follow the Kingswinford (South Staffordshire) railway walk, we walked along this route for two miles, and we passed the Wolverhampton Environment Centre for the short walk back into Compton.

The walk is an insight into the 18th & 19th centuries; a time when the canals and railways preceded our modern noisy road networks.

We returned to the pub for a well-earned meal and drink, for anyone that likes their stats for the walk, they are as follows:

Distance: 4.5 Miles (7.2km) Ascent: 59ft (18m)

Minimum Time 1 hour 30 mins

Paths: Canal tow path, disused railway track & field paths

Details of the next outdoor meet are attached in this newsletter; we look forward to seeing you on this meet. We have also prepped the August outdoor meet which will be on 11th August in Pelsall. More details to follow in the August newsletter.

Thanks to Nigel Tarr & Mike Smith for helping out with this event.

If you have a good day at work or even a bad day then why not join us for a good walk and well-priced food over the forthcoming months.

Skills Weekend

Saturday 11th June

By Teresa Chilles

Just back from the skills weekend and while it is fresh in my head, I would like to say a big thank-you to Oliver and Paul and a very domesticated Leon for making the weekend such a hit! NO I am NOT still under the influence..... however, it is amazing how much alcohol some people can drink and appear to function with such a degree of normality.

"I would recommend this weekend to anyone wanting to improve their skills."

On a more serious note, Andy, Hazel and I found the weekend incredibly useful. Oliver planned the weekend around our requests, which were based on map reading skills. On Saturday morning we set off from the hut with the intention of picking up the Watkin Path and then heading in the direction of Gallt y Wenallt. We used the maps to orientate ourselves with features on the ground, starting with some of the more obvious ones.

Our first little dilemma was arriving at Clogwyn Melyn, what we found on the ground did not quite tally with what was on the map. What should we do? After a brief discussion we decided to follow the map, even though the other path was signed for the Watkin Path and many walkers were going in that direction. Oliver showed us how to thumb the map so that you remember where you were last located and how to look ahead for land marks, that you could use as a handrail.

Another little tip I learned this weekend, courtesy of Paul, was to unfasten my pack when crossing a bridge. It is a lot easier to swim to safety without a heavy pack on. Our next map reading quandary was to find a stile in a field, it looked obvious initially, but once over the stile it did not read the same as the map. We needed to find some high ground to work out our error. Another stile was now visible, there were landmarks on the map that indicated that this was the route and our handrails on the other side of the stile confirmed we were right. We also looked at walking speed as another way of checking you have reached a destination point. By the end of the day I was hugely impressed with the amount of detail on the OS map, just a pity I didn't always manage to notice it!

We stopped for lunch at a disused mine. The next stage of our map reading was to take a bearing from the map and follow it to find a sheep fold; this was

relatively easy, as the sheepfolds were visible. The next bearing was trickier to find because the features were not visible and you had to trust in your compass. We all finally managed it and then went on to take our third bearing, to a catching point to the left of our path. Although we had not walked far, we had learned loads and decided to head down the mountain back to the hut.

We had a cosy evening with plenty of food, wine, beer, a Jenga championship, Leon's version of 'Cheat' and of course some good humoured banter.

On Sunday we planned to do some scrambling, but the weather turned foul and we looked at taking grid references and using a GPS. We discussed emergencies in the mountains having the right equipment including survival bags, shelters, first aid kits, torches and being organised on the mountain.

I would recommend this weekend to anyone wanting to improve their skills. Where else could you get a skills course tailored to your needs, with excellent company for £4.00 a night!

Why don't you come and join Hazel, Andy and I for a 'Night Navigation Course' in November?

Teresa Chilles.

Yorkshire 3 Peaks

Saturday 11th June

Words by Dave Jones
with pictures by Adrian Shaw



The Yorkshire 3 peaks is always an enjoyable meet for many members, however it was very disappointing to see that coach numbers were very low this time around. Not sure if this had anything to do with England playing Russia in the European Championships. If anyone has any reasons or suggestions as to why coach numbers were low please do not hesitate to contact me.

It was one of those mornings where you get up and think "*I wonder what the weather is going to do today, do I go with walking trousers or go with shorts?*" Oh well, on went the shorts and due to it being very humid if the day turns wet, just throw waterproofs on top.

The normally departure times are 07:00am West Brom & 07:20am Penkridge, however at 07:00am the coach had not arrived at West Brom. I spoke with Nigel Tarr who was soon on the phone and informing that the coach was around the corner.

It was good to see member Martin Conway back on the coach after a long period of being away due to work commitments. There was a little joke that went on throughout the day, but I only found out towards the end, I kept calling Martin "Mark" oh well, at least I got the first letter right ☺

There were three drop off destinations on the meet, these being Ingleton, Ribblesdale Viaduct & Horton in Ribblesdale. When we approached the viaduct there seemed to be considerably more people than normal coming off the Pennine Way and back towards the viaduct, it then became apparent that there were lots of individuals competing in the Three Peak Challenge for registered charities.

Such charities raise money for very good causes, but I do think that people that participate are not always aware of the challenge ahead and the distance that they have to cover, but these events are very well organised and there was various check points and marshalling on route.

There was a team of six from WBMC that decided to attempt the 3 peaks consisting of Adrian Shaw, Phil Smith, and Alan Godden who came along with Phil on his first meet (*We hope you enjoyed your first WBMC meet and look forward to seeing you again soon!*) Martin Conway, Dee Sehdeva and myself.

Mike Smith was also attempting the three peaks but was doing them in reverse to the more traditional route.

We started just after 11:00am. The weather was dry with a low-level cloud on the higher peaks.

The coach had to drop us off further down the road, due to the car park being full and there was a notice informing that later on in the evening the road would be closed, due to us being the last drop off we were informed that the coach would be somewhere along that road on our return.

We departed and started to make our way on the (40km - 25 mile) route, quickly passing others on various charity walks, speaking to some individuals that stated they had started at around 07:30am, as we got towards the winding path onto the top of Pen-y-Ghent we had started to pass individuals who looked like they was struggling, we tried our best to keep motivating by stating "keep going".

At the top we kindly asked someone to take a photo of the group at the first summit, I had stated that I would like a photo at the top of each summit so we could add into the newsletter.



As soon as we had the photo taken we were heading down via the Pennine Way, this year myself and Adrian knew that we were going to keep to the path, previous year we took a slightly different route which lead us through boggy ground creating wet feet for the remainder of the day.

We could see the road from the distance and we knew that the road walk back towards Ribblesdale Viaduct is a bit of a slog on tarmac, we kept our spirits going by stating that we would have a coffee at the "chuck wagon" by the viaduct, at this stage Adrian dropped to the back thinking he had to buy the drinks (only joking Ade) Arriving at the refreshment stop, it was a quick drink and get the waterproofs on because the rain had started. Heading past the viaduct to our left we passed two groups of children that were going potholing/caving in their safety helmets and red overalls.

Yorkshire 3 Peaks

continued...

We followed the long path past the railway track heading north and just prior to our ascent onto Whernside we lost our first member of the party, who had decided to head back towards Ribbleshead. We were now down to five taking a northwest path to a wall which we followed west and then south arriving at the summit of Whernside, again a quick summit photo in very low cloud and rain and we were off again, there was a large tent at the top which had been erected by BT for their team that were doing the challenge.

We descended down continuing south and heading towards Philpin Farm, I had forgot this from the previous year and Adrian Shaw stated we can pick up refreshments if we require, we declined and walked straight past the farm. As we got to the roadside just before the Old Hill Inn we lost another member of the team, so that left four of us, we stated that we would pick them up from the pub on the way back.

We came off the path just past the pub and started to head up to our final summit Ingleborough. By now we were all starting to feel tired, credit to Martin who had not walked for a long time, he was looking in relatively good shape. This part of the walk I always feel is the most tiring, it gently rises, you have to walk over wooden platform paths and then you get to the end of the path, then you are greeted with a slog up to the final summit.



Just before getting to the top, one individual was carrying a knee injury so they waited by the path that we had to head back down, three of us headed up in very low cloud and visibility was poor, we were trying to locate the trig point, it lay just to the left as we approached, again another summit photo and then we headed back down to meet our injured colleague.

The last section heading back to Horton is a nice six miles, after completing 19 miles we still had another six to go.



On the way back we were passing individuals that were struggling and some people were heading back up to bring supplies. We had only stopped for around 15 minutes for a quick coffee and by now we were "clock watching" thinking will we get back to Horton in time, Adrian's timing had been spot on throughout the day, and he stated that we should just make it back. We got back to the coach at 20:50 hours, we had ten minutes to spare prior to departure.

Massive thanks to everyone in the group, great company and good conversation, Alan we would like to see you on future meets, we hope you had an enjoyable day even though you were probably very tired. Also well done to Martin who had not walked for a long time, we also look forward to seeing you on forthcoming meets.

The only disappointment of the day was England conceding a late goal in their opening game of the euros.

Looking ahead we hope to see many of you on the next coach meet which is Patterdale on Sunday 10th July.

David Jones

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 Screes. 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 Thornthwaite 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 Sandwich Bay, returning via Boredale or the path that skirts Ullswater. Approx. 9km, depending on route taken.

Coach Meet – Cadair Idris

Saturday 13th August

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

Dinas Mawddy (856150)

Minfford (729113)

A470/A493 (714182)

Barmouth (610158)

Pick up

Barmouth (610158)

Dolgellau (728180)

Cross Foxes (766166)

Required maps

Cadair Idris OL23 Outdoor Leisure OS 1:25000

Dolgellau Sheet 124 1:50:000

Suggested routes

From Dinas Mawddy

A chance for the rock climbers to get an early drop off and late pick up, which should give a chance to tackle routes on Craig Cywarch about 5km north of the village. For details of routes see "Rock Climbing i Snowdonia" by Paul Williams or Steve Redding's article reprinted in 2003 Newsletter

To try a large chunk of the Mid Wales Marathon

Walk up to Bwlch Siglen (837137) from Dinas Mawddy and then head west and north to Maesglase (whose top has been moved from 823152 to 817150 !!). Then turn SW to the narrow ridge of Craig Forlas (802141) and then north to the flat tops of Cribin Fach & Cribin Fawr (795153). SW again to col at (790130) and then to Waun-oer (786148). Then drop down to NW to Cross Foxes and await coach at hotel or use minor road to reach Dolgellau About 19km/12miles

From Minfford

The Cadair Via Cwm Cau Classic

Follow the path through the gate into woodland. On emerging it curves left to Lyn Cau but just before the lake (721124) take the left fork up a stoney track to the rim of the cwm. Turn W and onto the summit of Craig Cwm Amarch (711121), curving N with one



Photo from www.trekkingbritain.com

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.

sizeable descent before rising to Pen Y Gadair (711130) - the highest point of "Idriss Chair" Then head W then NW to Cyfwy (704134) & descend Pony Path to the col at (691135) then head NE to Dolgellau About 14km/8.5miles

As route 3 but from Pen Y Gadair (711130) continue W along the grassy ridge over Tyrrau Mawr (677136) and Craig Y Llyn (660115) from where you drop down using rights of way and roads to Barmouth About 18.5km/11.5 miles

Start at a layby on A87 (753135) and head for the white post at (755151) and then turn West to climb up onto Gau Craig (744141), the easternmost peak on the Cadair plateau. Then head SW & W to Mynydd Moel (728137) and reach Pen Y Gadair (711130) from the East. Nearest pickup is then Dolgellau via Pony Path (or Foxes Path if you like denuded scree- runs!) About 15km / 9miles

Mawddach Trail

Leave carpark at junction of A493 (713183) along old railway to road toll bridge and pub (694184) continue along estuary to Atrhog (640148) continue on to Morfa Mawddach Station (628141) cross the footbridge into Barmouth through the town to coach park near the Fun Fair (610158)

Omelette

A 3 egg omelette served with salad and chips choose from:

Plain £5.95

Cheese and red onion (V) £6.45

Bacon and mushroom £6.95

Chorizo and red pepper £6.95

Ciabatta

BLT with mayonnaise

Sautéed mushrooms and melted Shropshire blue cheese (V)

Cajun chicken breast, iceberg lettuce and mayonnaise

All served with salad £4.25

Light bites

Pardoe's ploughman's.

*Boiled ham, cheese, porkpie, apple, celery, pickled shallots, fresh salad with chutney, a warm petit pan and butter
£5.95*

Double egg & chips £2.95

Hot pork sandwich £2.60

Chip butty (V) £1.60

Soup of the day (V) £2.55

Portion of chips (V) £1.60

Jacket Potatoes

Served with various fillings

Tuna mayonnaise

Chilli

Beans & cheese

£4.45

Olde Swan Inn Menu

Served

Monday

12-2pm 6pm-9pm

Tuesday-Saturday

12-9pm

Sunday 2-9pm

The Olde Swan Inn***Grain Loft Restaurant******Menu is available from***

6.30 p.m - 9.00p.m

Tuesday - Saturday

Sunday Lunch time

12.30p.m - 2.00p.m

Our Full Homemade Dessert Menu Is Available on Request

In response to popular demand our home-made faggots are now available to take out.

Two faggots, peas and gravy can be purchased ready cooked and then frozen needing only to be thawed and reheated.£2.50

*Cobs prepared to order
Cheese, Honey roast ham,
Beef, Roast pork,
Cajun or lemon chicken.
£1.60 with fresh salad £1.90*

From the grill

Prime Scottish beef cooked to your liking in a searing hot griddle pan, served with freshly sautéed mushrooms, onion rings and tomato.

8oz pan griddled sirloin £12.50

8oz pan griddled rump steak £11.85

8oz pan griddled rib-eye steak £12.50

Pardoe's Texan Steak a long time Olde Swan Favourite, an 8oz rump topped with our own chilli con carne and plenty of melted mozzarella cheese £13.25

Pan fried gammon served with either fried egg or pineapple slice.

6oz £5.50 12oz £6.75

Main meals

*6oz battered haddock and chips with peas
£6.10*

*Wholetail scampi served with chips and peas
or salad £6.25*

*Sautéed lamb's liver and smoked streaky
bacon, mash or chips with onion gravy £6.25*

*Homemade faggots and peas served with
creamy mash potato or chips.
One faggot £5.35, two faggots £6.25.*

*Lasagne, prime minced beef, peppers, onions
and garlic layered with pasta and a cheese
sauce served with chips and salad £7.25*

*Warm black pudding and Shropshire blue
salad, sautéed black pudding, crispy bacon
lardons, cherry tomatoes and Shropshire blue
cheese on balsamic glazed leaves £6.25*

*Butterflied chicken breast coated with golden
bread crumbs and deep fried served with
chips and salad and a choice of a sweet chilli
dip or garlic mayonnaise £6.95*

*Warm Goat's cheese salad (V), with blistered
red peppers and cherry tomatoes served on
pesto dressed leaves and crisp croutons £6.25*

*Steak and ale pie served with mash or chips,
peas and gravy £6.50*

*Chicken curry, yellow rice or chips and
homemade garlic flat bread £6.00*

Gourmet Burgers £6.25

*Our burgers are 6oz and homemade with
prime cut minced beef, infused with red wine,
onions, fresh herbs and light spices. They are
pan seared and served on warm ciabatta
bread and comes with a large pickled gherkin,
onion rings, chips and salad.*

Choose from extra toppings @ 40p each:

Shropshire blue cheese

Melted cheddar

Smoked streaky bacon

Chilli con carne

Sliced black pudding

A fried egg

An open cap mushroom

half a breaded chicken breast £2.00

*New to our selection of burgers is a whole
breaded breast of chicken £6.25*