

# WEST BROMWICH MOUNTAINEERING CLUB NEWSLETTER

Cotswold Discount Code AF-WBMC-K3

March 2015



As from the Honorary Secretary (Barbara Challinor)  
c/o 9 Holly Drive  
Walton-on-the-Hill  
Stafford  
ST17 0NH

Dear Member

**West Bromwich Mountaineering Club ('WBMC') Annual General Meeting  
Calling Notice - Thursday 19th March 2015  
Wheatsheaf Public House, 379 High Street, West Bromwich at 7.30 p.m.**

The 2015 AGM of the WBMC will be held at the Wheatsheaf Public House on Thursday 19th March 2015 at 7.30 p.m. prompt. Most officers of the Club are elected annually and nominations, in writing, should be with the Secretary at least 7 days before the AGM. Nominations should be proposed and seconded by a full club member and indicate the willingness of the person to serve, if elected. Please note that the President is elected for a 5 year term and is due for election this year.

The positions are:

- President
- Chair
- Vice Chair
- Honorary Treasurer
- Honorary Secretary
- Coach Secretary
- Hut Secretary
- Membership Secretary
- Newsletter Editor

Nominations for the 5 elected seats of the Management Committee may also be proposed in the same way, or may be proposed from the floor at the AGM. In the latter case the nominee must be present in person and express their willingness to serve, if elected. Alternatively, a written expression of such willingness may be produced to the Chair prior to the AGM.

All of the above positions are open to any full member.

The Malcolm Collins Award may be awarded each year for "outstanding endeavour in mountaineering or service to the club". Nominations for the Award should be in writing, and seconded, and forwarded to the Secretary prior to the AGM.

Honorary Secretary (Barbara Challinor)

Nomination form for the AGM – 19th March 2015

Nominee: \_\_\_\_\_  
Committee position: \_\_\_\_\_  
Proposed by: \_\_\_\_\_  
Seconded by: \_\_\_\_\_

Form to be with the Honorary Secretary (Barbara Challinor) before 12 March 2015

## WEST BROMWICH MOUNTAINEERING CLUB

**ANNUAL GENERAL MEETING TO BE HELD ON THURSDAY, 19th MARCH 2015  
AT 7.30pm AT THE WHEATSHEAF, 379 HIGH STREET, WEST BROMWICH**

### A G E N D A

1. Roll call (please sign the attendance register)
2. Apologies
3. Minutes of the 2014 AGM
4. Matters Arising (not on the agenda)
5. Chair's report
6. Treasurer's Report and Acceptance of Club Accounts
7. Hut Secretary's Report
8. Coach Secretary's Report
9. Election of Officers
  - a) President
  - b) Chair
  - c) Vice Chair
  - d) Honorary Treasurer
  - e) Honorary Secretary
  - f) Coach Secretary
  - g) Hut Secretary
  - h) Membership Secretary
  - i) Newsletter Editor
  - j) Committee (5 to be elected)
10. Malcolm Collins' Award
11. Any Other Business

## Patterdale - February Coach Meet

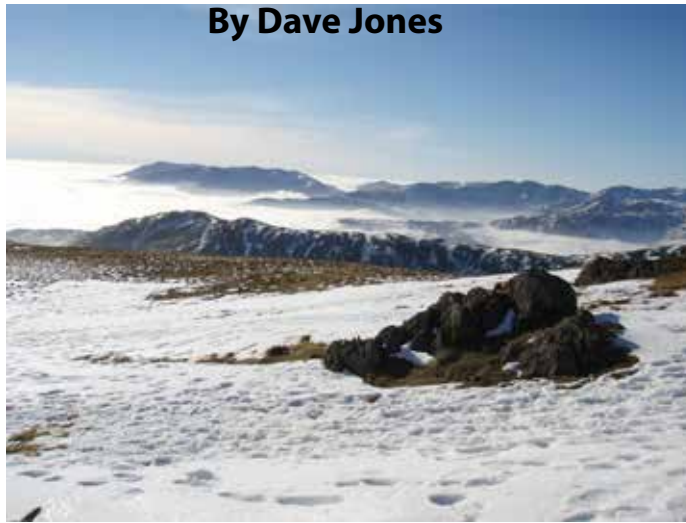
I had spoken with Nigel Tarr on the Thursday evening prior to this coach meet and he informed that he had requested a bigger coach due to fifty people already being booked. It was very good to have a good turnout of members as well as seeing two new guests; Neil Parsons and Stjean Cooper.

The coach departed West Bromwich promptly at 07.00am and made its way to Penkrigde to pick up the remaining individuals. En route it was noted that it should be a relatively clear day with some good views. The coach made its routine stop at Charnock Richard services on the M6. Some opted to get a breakfast bap or a cup of tea or coffee and a quick change into walking gear.

I had decided to walk with David Hind (Geordie "I wonder why we call him that") and Phil Smith, our plan was to have a go at St Sunday Crag and en route take in Little Hart Crag and Dove Crag. We thought that if we got dropped off first at the Kirkstone Pass, we could make up time on the remaining members/guests. We worked our way from Kirkstone pass up to Red Screes; the sun was shining as we crossed over the road, through the gate and started to make our ascent. We quickly gained height and it was not long before all three of us had stopped to state that we were hot, so it was just down to our base layers and fleeces due to it actually being ten degrees Celsius.

On the way up we passed two others that stated they had come from St Sunday Crag and that conditions were relatively good except for one steep section that was a little icy due to being in the shade and not getting any sunlight.

### By Dave Jones



We zig-zagged our way up the loose scree and when looking back we had gained height relatively quickly. Before we knew it we had reached the top of the 776 metre peak (2,546 feet).

A few yards to the south is Red Screes tarn, a small permanent waterbody, which today looked like you could of walked over it due to it being completely frozen. A fellow walker arrived at the summit with his canine friend and they both walked over to investigate the tarn. The view was excellent in all directions; Helvellyn was seen in the near distance, beyond the crags of Dove Crag and Fairfield and over Deepdale Hause. To the west the skyline is formed by the distant Conistone, Bowfell and Scafell fells.

We carried on towards Scandale Pass and passing Little Hart Crag. Some of the views were spectacular; we were actually higher than the cloud cover which lay below to the west. Geordie took numerous photos en route (please see attached, thanks for permission rights).

We arrived at Dove Crag and decided to have a quick twenty minute break and take in some food and fluid, the wind had picked up and we dropped off a little to

try and take cover from the elements.

Our last peak was now in sight and we headed towards St Sunday Crag. We had to drop down the ridge where we had been informed about previously by fellow walkers and taking on board their comments, it was in the shade and relatively icy in places. We moved at a steady pace especially on the icy sections and got to the base.

By now time was getting on and I set off at a quick pace gaining some distance on Geordie & Phil – due to the call of nature. St Sunday Crag is a little deceiving because you think you can see the top, but there is a lot of "ups & downs" prior to getting to the top which is surprisingly level. Two cairns sit upon the highest area where rocks were protruding through various patches of snow and ice.

The view at the summit takes in Striding Edge and the crags

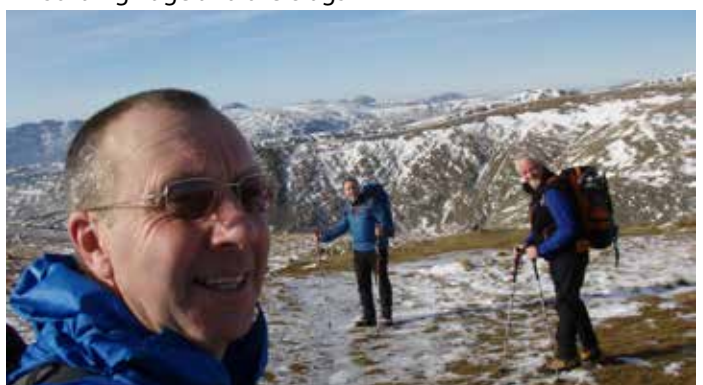
of Fairfield being particularly prominent. It was now time to get down quickly due to having just over an hour to get down, we had covered 1029 metres in ascent and the descent was 1325 metres.

We had missed the path coming off the crag, so we had to work our way down on a very steep section heading towards Glenridding in the distance, we eventually made it down but we were ten minutes late getting back to the coach, apologies to everyone that was already on the coach, but I can guarantee you it was like an army march trying to make it back to the coach on time.

We had covered 16.2km (10 Miles) the route guide states that this takes 6 hours, 12 minutes, we had covered it in 6 hours 30 minutes in winter conditions, and so upon reflection we were very happy with the outcome.

I spoke with Nigel Tarr (coach secretary) on my return to get an update on what other individuals had done on the day and it looks like the majority had done Helvellyn via Striding Edge & Swirral Edge. I hope everyone had enjoyed their day as much as we did.

We are now looking forward to the Scottish Week on Saturday 14th February.





JANUARY  
OGWEN on a Saturday (28)

NOVEMBER  
ARENIGS (41)

MAY  
SEATOLLER (39) (Saturday)

### COACH KINGS AND QUEEN 2014

- the names in the coach book analysed by "statsman"

For the first time ever, I've decided to include Mitch's Meet in the analysis so the stats below are for 10 Sunday coaches and 3 Saturday meets, one of which was long; thus they're not strictly comparable to previous years (*in brackets*). In 2014 the WBMC coach programme got 140 (131) different people out onto the hills and seems to have turned a corner with regards to passenger numbers as 495 (417) seats were occupied, with an average of 38 people per coach (78% occupancy)

Last year's Coach King & Queen, **Hilary Jones & Mike Smith** only missed a single coach in 2014 so **Hilary Jones retains her "Coach Queen" title** but there were 2 male ever-presents: Coach Sec. Nigel Tarr & **Phil Williams**, so it's **Phil Williams who celebrates his first year as "Coach King"**. Well done and thanks to all 4 of them!

Nobody did 11 coaches but 4 people went on 10, namely David Doherty, Emily Smith, Oliver Stephenson & Colin Talbot. A similar number went on 9 meets (Paul Brindley, David Jones, Mark Stevens & Rob Thomas) and the following 10 people attended 8 meets: Andrew Brown, Joanna Cheung, John Dale, David Hellyar, Jason Jones, Pat Potter, Hugh Rothero, Dee Sendeva, Adrian Shaw & Graeme Stanford.

12 members went on approx. half the meets, with Janet Dawes, John Harris & Angie Murdoch going on 7 coaches and Nick Akers, John Edwards, Mel Evans, Claire Hammonds, Linda Howells, Bob Jackson, Nick Pietrowski, Chris Scrivens & Andy Wright managing 6 meets.

Another 9 members went on 5 coaches, namely Richard Cooksey, Tony Emms, Simon Grove, Fred Hammonds, John Howells, Wendy Morris, Liz Perks & Ken Priest, while Stuart Fellows, Ann Parrot, Goske Popiel, Pete Poultney & Stu Shaw were the 5 who went on 4 coach meets.

16 people managed to make 3 coach meets including Martin Conway, Ray Cooksey, Chris Dean, Dave Elliott, Geraldine Evans, Sue Goddard, Lee Grainger, David Hough, Amanda Jervis, Wesley Marks, Magda Murray, Mark Smith, Phil Smith, Phil Stevens, Darren Tarry & Kevin Webster.

A total of 24 passengers, Ronnie Antony, Alex Bassett, Adrian Bates, Leon Brindley, Sarah Campbell, Sanjay Choughan, Matt Coleman-Hamilton, Noah & Phil Cox, John Eadon, Lesley & Neil Easter, Bob Franklin, Van Greaves, Darren Groutage, David Hinds, Andy Jones, John Moore, Jessica Priest, Nika Sarenko, Tracey Skidmore, John Taylor, Sara Winton & Joe Wood were attracted by a couple of the coach destinations.

The 'single attendees' this year were 52 in number – partly the result of including Mitch's Meet! Can you guess who they were?.....

In alphabetical order:- Vanessa Biddulph, Jeanette Breckles, Simon Broadhead, Amar Choughan, John Churchill, John & Liz Cook, Iris Cooksey, Ester Costa, James & Paul Davies, Bob & Mary Duncan, Carol, Mark & Stephen Edwards (all unrelated), Gary & Jack Elliott, Helen Fisher, Margaret George, Pauline Greaves, Janet Hastings, Geoff Hill, Jonathan Howells, Bob & Mark Jones, Shirley Lloyd, Ben Mellor, Ian Merther, Keith Mickelwright, Andrew Mitchell, Loguay Morris, Pat Mullett, Elana Norman, Richard Owen, Puja Panchaili, Dominic & Oliver Pietrowski, Joe & Mollie Priest, Paul Read, Liz & Mike Reynolds, Peter Rogers, Rebecca Sargent, Daniel Shaw, Annette & Phil Smith, Margaret & Rachel Ward, T. Webster & Gary Winton.

We hope that everyone enjoyed their days out on the hills with the WBMC coach. Remember that if you know someone who works or lives in West Bromwich, they could be eligible for a free coach seat! The Committee would like to thank everyone who supported the coach meet programme last year and we hope that next year will see the same familiar, friendly faces, plus a few who maybe haven't tried a coach meet for a few years. Aren't you missing those wonderful views (& the early Sunday starts) !? However, you spend 2015, we hope you enjoy yourselves.

SEPTEMBER  
THRELKELD (28)

JUNE  
PEN Y PASS (32)

MARCH  
CADER IDRIS (51)

OCTOBER  
MALHAM (52)

FEBRUARY  
THIRLMERE (40)

JULY  
LANGDALE LONG MEET  
(28) (Saturday)

APRIL  
NANTLE RIDGE (42)

AUGUST  
MOELWYNS (34)

JANUARY  
Mitch's Meet  
CLWYDIAN HILLS (39)

DECEMBER  
HAYFIELD (42)



**“Helping cancer patients have morale-boosting breaks”**

**Registered Charity No: 1143886**

**[Ian Edwards Cancer Break Trust on facebook & Virgin Money Giving](#)**

This is a letter on behalf of all the Trustees of the IECBT to thank all those members of WBMC who gave to the ‘collection in lieu of Christmas Cards’ organised by Richard Cooksey on the December coach to Hayfield to support the trust which aims to help cancer in-patients from all over the country who are being treated in the West Midlands. On Mitch’s Meet, Richard was able to hand over a cheque for over £72 to me, which Carol & I will match £4£ so that the fund should benefit to a total of around £180, when one includes gift aid from the Inland Revenue.

Since Ian died at the end of 2010 the IECBT has helped over 140 families with a member suffering from cancer and given almost £50,000 in grants for morale-boosting breaks. We do not know about individual cases in great detail but get regular reports from social workers as to how much help was given to enable a patient to have a holiday break or visit which attraction or theme park. One told us *“This is a wonderful resource to have, and is proving to be a real ‘life saver’ for our patients. I wish I could capture the pleasure and enthusiasm on their faces for you to see - particularly as this offer is often given at a time of despair and depression.”*

The generosity of West Brom Mountaineering Club members will enable us to continue to help patients that little bit longer and is most welcome. Funds are finally starting to run low and it is likely that the Trust will come to a natural end and close sometime in late 2015 or early 2016 having given away every penny of the funds it has received to patients, often young or teenage, thanks to the help of social workers at the Children’s, Heartlands, QE & Royal Orthopaedic Hospitals. So we are very grateful to WBMC & to Richard Cooksey for helping it to keep going that little bit longer.

John Edwards : Secretary IECBT







## THE WBMC MEETING PLACE

The Wheatsheaf - 379 High Street, West Bromwich, B70 9QW Join us every Thursday night from 9.00pm in The Wheatsheaf, High Street, West Bromwich for an informal chat and a drink!

### CLUB MEMBERSHIP FOR 2015

Membership - £26.00, Students - £11.50, Junior members ages 16 – 18 years - £9.00

Young members (under 16 years) - £2.50

Subscriptions should be paid to the Membership Secretary, Joanna Cheung by cash or cheque.

Cheques should be made payable to: “West Bromwich mountaineering Club” and should be given to Jo on Thursday evening at the Wheatsheaf or posted to:

J Cheung, 551a Walsall Road, Great Barr, Birmingham B42 1LS

For anybody interested in joining the West Bromwich Mountaineering Club please contact Jo and she can provide you with an information pack which details the requirements for membership. [jo.cheung@hotmail.co.uk](mailto:jo.cheung@hotmail.co.uk) or telephone 07808 030577

PAYMENT IS NOW OVERDUE. YOU CAN PAY ONLINE USING THE FOLLOWING INFORMATION: NAME: WBMC, SORT CODE: 40 23 03, A/C NO: 4113 9827 . PLEASE LET JO CHEUNG KNOW IF YOU DO THIS.

SEE HER AT THE WHEATSHEAF OR POST AS ABOVE.



### HUT DONATIONS

Members - £4.00 per night Guests - £7.00 per night

(Maximum two guests per member)

16 yrs & under - £1.50 per night

Stamped addressed envelopes are provided in the hut for payment

To book ring or text Alison Whitehead: 07530644874 or email: [wbmchutbooking@gmail.com](mailto:wbmchutbooking@gmail.com)

(When you are a fully fledged WBMC member you can purchase a hut key from Alison at a donation of £4.50)

PLEASE NOTE - Please phone or email Alison BEFORE travelling to the hut.

### MARCH HUT AVAILABILITY

(Please ring Alison to check availability. Below is just an indication.)

Fri. 6th March – places

Fri. 13th March – places

Fri. 20th March – places

Fri. 27th March - places

**Photo of the Month**  
**Graeme Stanford on the Patterdale**  
**Coach Meet**  
**by**  
**Ian Merther**



# WHAT'S ON IN MARCH

## Indoor Evening Meet

5th  
The Wheatsheaf  
20.00



## Toubcal (and other trips)

Sue Perks presents

## Coach Meet

Saturday  
7th



## Cadair Idris and The Tarrens

Popular Welsh Destination  
see back page

## AGM

Thursday 19th  
The Wheatsheaf  
19.30

# AGM 2015

Come and tell the committee what you think of them and vote in a new one

European Winter  
Week  
20th - 22nd



## Polish Tatras

Andy Brown's next European  
Tour

Away Dinner

20th - 22nd



Briery Wood Country House Hotel  
and Restaurant, Windermere,  
Cumbria LA 23 1ES

Telephone: 015394 33316

e-mail: [info@brierywood.co.uk](mailto:info@brierywood.co.uk)

**There may be one room left- contact the hotel directly and explain you are with WBMC.**

Travel Details (For sat navs please use postcode LA23 1LN and see the hotel website)

Leave M6 at junction 36 (Kendal South Lakes). Follow A591 for 15 miles, passing Kendal and Windermere. Briery Wood is situated half a mile past the National Park Visitor Centre at Brockhole which is well sign-posted. Have a wonderful weekend

Thank you to those of you that have contributed to this newsletter. Keep up the good work!

Closing date for copy for the April newsletter will be Wednesday 12th March 2014

All contributions gratefully received!

Send to the editor Mark Wood

63 Douglas Road, Handsworth, Birmingham, B21 9HG

Tel: 07828 099127 e-mail: [mark.c.f.wood@blueyonder.co.uk](mailto:mark.c.f.wood@blueyonder.co.uk)

# COMING UP

## Lundy Trip

Sat 16th- Tue 19th May 2015



About 4 years ago some members of the club had another trip to Lundy Island just off the Devon coast. A further trip is being organised. The Barn is already full but places are available for camping. Last time some people travelled down on the Friday night and stayed in a Bunkhouse on road out from Ilfracombe to Woolacombe, while others drove down on the Sat morning, catching the ferry from the harbour at Ilfracombe to Lundy (approx 1 1/2 hrs trip). If too rough a helicopter is provided at an extra cost of about £20 (which we have had to use before).

The main theme on Lundy is climbing, but you don't have to be a climber to enjoy the island. Lundy is a protected nature reserve with a host of different birds to view, so come on you twitchers (Ade), Or just come for a break and walk/run around the island which is about half mile wide and 3 miles long. Another incentive on the island is a pub, which if I remember right do breakfasts and evening meals, so no need to cook if you don't want to.

Any interest then please get in touch with myself although you can now book camping yourselves via website on [www.landmarktrust.org.uk](http://www.landmarktrust.org.uk). I will book Fri night bunkhouse in a block so would anyone who books camping please let me know as well then I can book it for those who want to travel down on the Friday night and add extras as and when.

The ferry trip was an experience especially following a full English down in the harbour area. PS The Ferry has a bar!

This is a not to be missed trip which was enjoyed by all previous visitors. Further info can be obtained via internet or Pete Poultney [peterpoultney@hotmail.co.uk](mailto:peterpoultney@hotmail.co.uk) or phone 07779366905

## Club Challenge Weekend 2015 - National 3 Peaks Challenge

June 19th – 21st

The club challenge walk this year will be an attempt at climbing Ben Nevis, Scafell Pike and Snowdon 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 (07870 145026) as soon as possible so all the logistics can be finalised.



## Kalymnos

September 2015



A further trip is being considered for Sept 2015 following our first trip last year to "Kalymnos" Greece.

This is in the early stages so could interested parties please say what weeks you could be available as a majority vote may well decide what week we go out. Again the main interest on the island is climbing, but none climbers went last year and enjoyed the trip.

We usually climbed to mid afternoon and then met the rest on the beach to chill. We also hired bikes the one day and had ride to the end of the island, there's plenty to do.

further info can be obtained from Pete Poultney [peterpoultney@hotmail.co.uk](mailto:peterpoultney@hotmail.co.uk) or phone 07779366905



# Yorkshire 3 Peaks (Long) Coach Meet

## Saturday 11th April 2015

Depart:

West Brom. Edward St Car Park (B70 8HU) 07.00  
Penkridge 07.20

**Brief Toilet Stop:** M6

Dropping off at:

Ingleton (695730)  
Ribblehead Viaduct (765793)  
Horton in Ribblesdale (807726)

Picking up at:

Horton in Ribblesdale (807726)

Required Map:

OS 1:25 000 OL 2 Yorkshire Dales Southern & Western Areas



### SUGGESTED ROUTES:

#### From Ingleton

**Route 1:** Head east on the Crina Bottom and climb Ingleborough. Descend eastward to Sulber Nick and Horton in Ribblesdale. **Distance 9.5 km (6 miles)**. Can also combine routes 1 and 4 **Distance 20 km (13 miles)**

#### From Ribblehead Viaduct

**Route 2:** Less classic 3 peaks route - Follow route 3 from the viaduct, then route 4 from Horton. **Distance 32.5 km (20 miles)**

#### From Horton in Ribblesdale

**Route 3:** Classic 3 Peaks challenge route - Clock in at the Penyghent 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 stroll to Horton. Don't forget to clock off! **Distance 40 km (25 miles)**

**Route 4:** If you fancy a shorter day head for Brackenbottom and pick up the path through Brackenbottom Scar to the ridge which leads to Pen-y-Ghent. Return to Horton by heading north and picking up the Pennine Way path. **Distance 10.5 km (7 miles)**

**Route 5:** 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. **Distance 15.5 km (9.5 miles)**

To book on the coach please ring Nigel Tarr on Tel: 07703 345729 after 18.00 on 9th March.  
Fares: Members £20.00, Guests £22.00, under 16's and full time students £8.00  
Please put the coach mobile in your phone before you go out on the hills 07724 316311  
£5.00 pp cancellation charges apply: You must cancel by 7 p.m. on the 9th May.

# Cadar Idris and The Tarrens Coach Meet

## Saturday 7th March 2015

Depart: West Brom. Edward St Car Park (B70 8HU) 07.00  
Service road just off M54 Junct. 2 island 07.20

**Brief** Toilet Stop: Welshpool

Dropping off at: Dinas Mawddwy (856150)  
Minfford (729113)  
Abergynolwyn (678069)

Picking up at: Abergynolwyn  
Minfford  
Dolgellau

Required Map(s): OS 1:25 000 OL 23 Snowdonia (Cadar)

### SUGGESTED ROUTES

#### Route 1 - From Dinas Mawddwy:

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 5 km north of the village.

#### Route 2 – From Dinas Mawddwy :

Try a large chunk of the Mid Wales Marathon. Walk up to Bwlch Siglen (837137) from Dinas Mawddwy and then head west and north to Maesglase (whose top has recently moved from 823152 to 817150!!). Then turn SW to the narrow ridge of Craig Portas (802141) and then north to the flat tops of Cribin Fach & Cribin Fawr (795153). SW again to col at 790150 and then to Waun-oer (786148). Then drop down NW to Cross Foxes to await coach at hotel or use minor road to reach Dolgellau. **About 19 km / 12 miles**

#### Route 3 - From Minffordd

The Cader via Cwm Cau classic. Follow the path through the gateposts 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 sizeable descent before rising to Pen Y Gadair (711130) – the highest point of “Idris’s Chair”. Then head W then NW to Cyfrwy (704134) & descend to Pony Path to the col at 691135, then head NE to Dolgellau. **About 14 km / 8½ miles**

#### Route 4 - From Minffordd

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 Fairbourne. **About 18½ km / 11½ miles**

#### Route 5 - From Minffordd

Start at lay by on A 487 (753135) and head for white post at 755151 and then turn west to climb up onto Gau Graig (744141), the easternmost peak on the Cader 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. **About 15 km / 9 miles**

#### Route 6 - From Abergynolwyn

Up the steep path opposite the Railway pub, then right on footpath signed “Nant Gwernol Station”. Follow path to station. A zig-zag path goes to the top of the incline. Follow the line of the old railway above the river. Turn right through the forest as you reach the gorge and continue to the summit of Tarrenhendre (683042). Follow the fence down East skirting the forest. The path proceeds ENE to a Col and the turn Left and head steeply NNW. The summit is marked by a trig point and a small shelter (711130). Return SW to the forest then West and North West to Bryn Eglwys quarry. Continue NW to Abergynolwyn and the coach. **About 14km/ 9 miles**



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Fares: Members £20.00, Guests £22.00, under 16's and full time students £8.00  
Please put the coach mobile in your phone before you go out on the hills 07724 316311  
£5.00 pp cancellation charges apply: You must cancel by 7 pm on the 3rd March.