

West Bromwich Mountaineering Club Newsletter



June 2017

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Hello readers,

The Hut exchange with the YMC was a great success, and the folks from Yorkshire said they loved our hut! This month it's their club's turn to host us, so get in touch with Graeme if you'd like to visit their hut in Coniston (more details on page 3). There's another outdoor evening meet coming up on the 6th July: a walk around Wrens nest, being led by Bob Duncan. More info on that to be sent out soon.

Huge thanks as always to this month's contributors: Dave Jones, Mel Evans, John Edwards, Ken Priest, Graeme Stanford, Nigel Tarr, and Sue Goddard.

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 newsletter@wbmc.org (or through our website if it's an article) before the 20th of the month.

Cheers,
Joe

The WBMC meeting place



Horse & Jockey
49 Stoney Ln,
West Bromwich
B71 4EZ

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

BMC
AFFILIATED CLUB

The BMC recognises that climbing and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions.

www.wbmc.org

Cotswold Discount Code: AF-WBMC -K3

Noticeboard

New Hut Secretary Number

The new number for the Hut Secretary is 07903 584450.

It might have been listed incorrectly in a previous edition of the newsletter, sorry Alison!

Club Climbing nights

Hopefully you will have noticed on the new meet card the return of regular club 'climbing nights'... with the demise of Portway we took a while to find another venue that offers a similar deal. High Sports Kidderminster have come to the rescue and we have a discounted price of £5 on any Monday night for club members. So, as before, if you fancy having a go at indoor climbing, bringing family members or guests along for a go, or just fancy joining us for a chat then the last Monday of every month is now a club night. Although Kidderminster is further out than places like Redpoint (Birmingham) it actually takes less time to get there as you're not battling city traffic... come and join us !!

For Sale

Men's large black Paramo Windsmock. Used but in great condition. £40

Contact Ken for more info: 07709 908708

Email newsletter@wbmc.org if you have something to sell

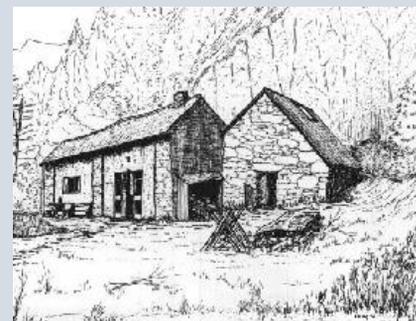
WBMC Apparel



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.

Hut donations



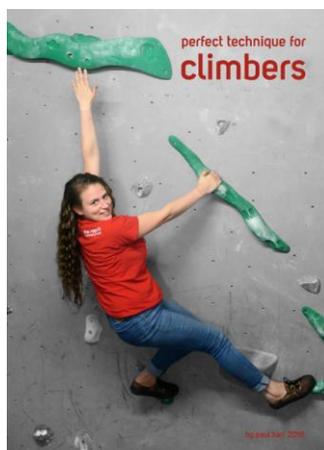
Members - £4.00
 Guests - £7.00
 (Max. two guests per member)
 16 & under - £1.50

Stamped addressed envelopes are provided in the hut for payment.

Climbing technique book

This brand new instructional book is perfect for beginners and improving climbers who want to have guided technique coaching in book form. Designed with climbers and coaches in mind, it not only illustrates the techniques required for efficient climbing, but also details how to evaluate other climbers performance. These sections are invaluable for friends, climbing partners and coaches and are designed to accompany the BMC fundamentals courses and the Mountain Training coaching courses. There are both photos and videos (via QR code links) contained within so climbers can have immediate confirmation of how to accomplish the techniques correctly.

The training plan at the end provides a clear set of exercises to improve each skill from good footwork, balance and straight arms for beginners all the way through to efficient outside edge, pivoting, hooks and dealing with psychological factors for more advanced climbers. Two climbers who trialled part of the training plan improved their grade from 6a to 6c in three months. The full contents page is included in the sample pages which are attached.



Perfect technique for climbers is currently available in selected shops and from Amazon in paperback. It is also in e-book form on Amazon Kindle.

Kind Regards,

Paul Barr
 07772303467

To book

Phone or email Alison Whitehead:

07903 584450

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

21st – 23rd July

Exchange with the YMC

The YMC has an old miners cottage overlooking the slate mine in Coniston, at the foot of Coniston Old Man.

We're hoping for a 50/50 split of members, so there's room for 14 of us. If you're interested in either please get in touch with me ASAP.

My contact details are grim830@virginmedia.com or 07846 281878



Photo from yha.org.uk



Photo from yha.org.uk

22nd – 24th September

Hostel weekend at Keswick

Youth hostel B/B - £30.25 per person per night. Why not try Ghyll Scrambling with Chase Adventure - £35.00 per person £20.00 deposit (non-refundable)

If interested please contact Nigel Tarr 07703 345 739

Friday 29th September

Women's Weekend

Book with Vanessa on 07709 514 180



Photo from broughtonfarm-shropshire.co.uk

3rd – 25th November

November bunkhouse weekend

Broughton Farm bunkhouse, near Bishops Castle, sleeps 12 in two dormitories. Walks, cycling and I am led to believe a decent pub are amongst the highlights of this area.

Cost is £24 per person for the two nights. Deposit of £5 secures your place.

Please contact Su Goddard for reservations.

Update from Nepal

Pemba the Sherpa

By Mel Evans



Mel wrote to Pemba the Sherpa to ask how things were going for him and his village. Below is Pemba's reply:

Dear Mel & Jel

Namaste !

I'm glad to received your email. I'm very very happy to you kindly to sending money sponsorship for Lakpas bright educations.

Thankyou very much for kindly to continue and want to some more sponsorship.

Now she is continuing schooling. But now she is 1 day for from junbesi secondary school going to for taking annual examination of school leaving certificate at janajagriti high secondary school for 11 days There is centre of between 4th secondary schools for exam.

They're now 153 students taking S.LC examination Lakpas says.

545000 students taking S.L.C. examination from the all secondary school hold in Nepal. I heard by news. This S.L.C. exam every year take by Headquarters of education deployment management community's. So Mostly student say it is iron get examination.

S.L.C. result out of after 3 month.

We hope lakpa dikees doing good examination and will be good progress Result.

When S.L.C . results out I will Send she's progress Mark set to you.

She is will be playing to nurse, or teacher. She will do fixed planning after S.LC Result and join High secondary school.

After exam Lakpas coming to home. 2-3month she is gaps of school (holidays wanting for S.LC results)

I'm very very happy to hear your health continue to be good and planning to visit Nepal 2018 again.

I'm very happy to see you again and Lucky to go to trek with you.

Last time than some changes Nepal now mostly eveyway arrived jeeps roads.

After earthquake everywhere slowly slowly recovering rebuild house here at my village also slowly going to recovering.

You and your mountaineering club kindly to great support to money for my village . that money is very very helpful for that situation. used for make temporary house. now here village 10% family rebuild house. I'm thinking my house also possible to rebuild the house next year. Now my family still at temporary house.

One again Thankyou very much you and your mountaineering club friends for kindly to great support money for my village. It is really to very very helpful for us.

Congratulations to your youngest Daughter's successfully to second baby's. And your very lucky to excited at the prospect of a second grandchild. I'm happy to hear your grandson Reuben getting 7 years old he loves natural mountain views and want to do be anything and everything.

Now I'm at village here is morning and evening could every day raining from the last week around my village Hillside more snow fall this year.

I'm going to trek for 1 week lower solukhul.

Thankyou very much for everything

Have a good luck

Sincerely Yours

Pemba Sherpa.

January & February Coach Meets

A recap from the start of the year

by
John Edwards



The first two trips of the year to the big hills produced contrasting weather conditions - but fortunately no more punctures! We arrived in Langdale around 10:45 with a drizzly sort of rain off and on and the clouds down hiding the tops. Graeme, Adrian, Hillary & her NZ guest, Brett, plus Dee & Jo and a few others climbed Bowfell via the Band, Climber's Traverse & Great Slab but some followed Nick P and got off at Elterwater to do Lingmoor, Blea Tarn & Pike O'Blisco. The largest party fell for Oliver, Mark, Paul & Fred's suggestion of Pavey Ark by Jack's Rake. "Should be fun even though there won't be any views!" I thought ... and it kind of was. I've never seen so much water coming down it; it was almost a ghyll scramble with water running into our sleeves as we pulled up on the rocks. It was quite a challenge for some of the members not used to scrambling but Dave Doherty, Anthenia & Liz made it successfully to the top and rightfully felt chuffed with their efforts. Alas there was not enough time to make our way over to the Langdale Pikes so we turned east and missed the top of Easy Gully, descending into the valley about half a mile up from where it runs into Stickle Tarn. Most were back just as darkness descended with time for at least 30 minutes in the pub before the coach left for home.



there was a lot of snow on the Welsh hills. High winds were also forecast, so nobody put Crib Goch or the Snowdon Horseshoe down as their route, although most got off at Pen y Pass.



Mike, Emily, Hillary, John H, Rob T and I decided to try and climb Snowdon by the PYG track. Most of the Pavey Ark group again followed Oliver up onto the Glyders to practise mountain skills. They hoped to get up onto Y Garn but the conditions were such I'm not sure they did. Mel E, Pete P, Paul B, Mark S, Ian M & Paul R got off part way down the pass to get into Cwm Glas and climbed Parsley Fern Gully on Parsley Fern Gully on Clogwyn y Ddysgl which they knew was in good condition thanks to a website post the previous day.

With the high winds a large group followed Nick P's suggestion and stayed on the coach to Llanberis so they could take the east ridge up Moel Elio. The idea was to do a circuit over Foel Gron & Foel Goch to Moel Cynghorion and back to Llanberis but I think they had to miss the last summit out. Others tried Snowdon by the Llanberis Path but, in common with most of the people we saw not wearing proper boots or warm trousers, they retreated once they hit the ice and high winds on the higher slopes. In fact I think I might have been the only one on the coach who was mad enough to continue to the summit of Snowdon, as once we got to the top of the PYG track my companions decided to turn right and head down alongside the railway, having passed someone who told them that even though he was 17 stone he'd been blown off his feet. I decided to give it a go and, although it was a battle to get going, once I'd got off the top of the ridge things were much calmer. At times it seemed a crazy maelstrom but sometimes all was absolutely calm, although you could hear the wind roaring on the other side of a bluff. There were a surprising number of ill equipped people in the truly Arctic conditions - I think with the wind chill it must have been -20 degrees and there were a few people in jogging pants or jeans, with around half not wearing crampons.

January & February Coach Meets (continued)

A few other hardy souls reaching the panorama plate on the very top but none of us hung around much.



Descending around 300ft from the top I came across a guy lying down on the snow with his mate alongside him so I stopped, thinking he'd been blown over into rocks but no - he was wearing jeans and had got cramp in both thighs. We got him going again but progress was very slow. His mate seemed to think he'd be OK and, as they'd got the railway tracks to follow as a safe way off the summit area

I had to go get going otherwise I'd have been back late for the coach.

Below the clouds and the fierce winds I bumped into well-equipped Ben & Brad from Essex who were completing their winter attempt on the "Three Peaks". They were the surviving 2 of a party of 9 who had driven up to Fort William on the Friday, set off up Ben Nevis at 10am Saturday, down 7.5 hrs later to drive back south. Scafell Pike would have to be done totally in the dark and they didn't quite make the summit as conditions were so bad. They 'd set off up Snowdon from Llanberis around the same time I'd left the Pass so they'd done very well in the rather epic Arctic conditions. As Nev would have said "An 'interesting' day out on normally easy routes!"



Climbing weekend

May 2017

by
Ken Priest



Mel Evans organised a climbing weekend last month and it was attended by 9 members, keen to get out on the proper stuff after numerous sessions on the indoor walls.

Mel, Pete, Fred and Bill went early Friday morning and enjoyed a pleasant day on Idwal Slabs climbing Hope and Faith, two multi pitch routes steeped in history and giving a good day out.

The weather changed our plans immediately on Saturday morning as we approached the Ogwen Valley, the cloud was extremely low and a slow and steady constant drizzle was evident. We had hoped to get on some of the classic routes on the east face of Tryfan, but with the weather looking set in for the day, the decision was made to retreat to the old reliable Tremadoc cliffs. The obligatory visit to Eric's ensued where we split up into climbing pairs with different objectives:

Mel, Bill, Pete, Jo Tansey, Neil, Fred, and John Taylor headed off for Bramble Buttress, a great multi-pitch on the farthest away Tremadoc cliff, Craig y Castell. This climb lends itself to short pitches each with a testing short section but a tremendous stance and belay giving great views over the Porthmadoc bay and Borth y Gest estuary.

Joe, Ken, and Stumpy were joined by an old mate, Mark Hellewell from Llanberis and we set off for the ever-reliable Yogi, a two-pitch route with a committing start on Bwch y Moch but most importantly a handy abseil station for a quick descent back to the café. The route was being used by a local instructor to teach lead climbing but they made quick work of it and left an abseil rope in place which we could use.

After Yogi we walked over to Rio a delightful slab route which again we did in two pitches leading to yet another BMC abseil station saving the slippy, muddy walk down.

All in all, a great day was had by everyone. The evening saw us all at the Saracens for a couple of drinks and a meal talking over the day's events and plans for Sunday. Well the lure of the demon drink was too much for some members and they ended up staying up till around 4 am talking jibberish! Most of it was recorded for future leverage!

With Jo having returned home on Saturday night, Bill tired from two days of exertions, and Mark otherwise engaged, Pete, Mel, Joe and Ken went round to the Moelwyns in the hope of doing Ashael a classic route high up on Clipau, but the piles of slate defeated us as we could not locate a suitable path so the decision was made to walk up the dam road and climb on Craig y Oen.

Whilst most of the others slept or walked off their hang overs we climbed in baking sunshine and warm rock, completing Slack and Bent both in 3-4 pitches on delightful slabby rock with plentiful runners. The day was rounded off with a visit to the lakeside café, at Tan y Grisau, highly recommended puddings, ask Bill for details.

A cracking weekend thanks to Mel for organising.

With the abundance of indoor walls there are ample opportunities to learn some of the basics of rock climbing, but it is getting out on the real stuff, making route choices, route finding, building belays and decision making which gives the real thrill of climbing – along with the great company of course.



Mel in his new trousers!

Coach Meet – Black Mountains

Sunday 9th July 2017

Depart

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

07:20 – Penkridge

Drop off

Crickhowell (215190)

Castle Inn (174296)

Pick up

Castle Inn (174296)

Crickhowell (215190)

Required maps

Outdoor Leisure 2 – Brecon Beacons Eastern Area



Photo from breconbeacons.org

Fares

Members £20.00

Guests £22.00

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

To book ring Nigel Tarr on 07703 345729

Cancel no later than Wednesday prior to the coach meet – any later a charge of £5.00 will be made. Fail to turn up and the full coach fare will be expected.

Suggested routes

Route 1 (20.5km / 13miles)

Crick howells to Table Mountain (225207) path to Pen Cerrig Calch (217224) NW to Pen Alt- Mawr (206224) Descending steeply N follow ridge over Pen Twyn Glas (213257) and Mynnd Llyiau (202278) and the col (205286) Descend to Cwm Forest (183392) and the Castle Inn (174296).

Route 2 (12.7km / 8 miles)

From Pengefford (173301) climb ridge over Y Grib (192320) to Pen y Manllwyn (208312) Follow ridge SE to summit of Waun Fach (215299) Descend over Pen Trumau (204294) to col at (205286) Return as route1 via Cwm Forest to Castle Inn.

Route 3 (8.5km / 5.5 miles)

From Castle Inn follow footpath past Heollgoden and climb to summit trig of Mynydd Troed (166293) Follow ridge SE descend to A479 and the footbridge over Rhiangoll (185271) From here follow path back to Castle Inn.

Coach Meet – Berwyns

Sunday 13th August 2017

Depart

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

07:20 – Service Road Junc2 M54

Drop off

Llangynog (054261)

Milltir Gerrig (019301)

Pick up

Llangynog (054261)

Required maps

OS 1:50.000 Landranger Map 125 Bala and Lake Vernwy

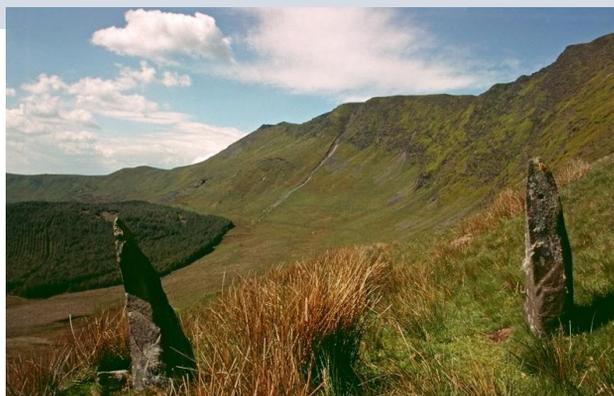


Photo from megalithic.co.uk

Fares

Members £20.00

Guests £22.00

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

To book ring Nigel Tarr on 07703 345729

Cancel no later than Wednesday prior to the coach meet – any later a charge of £5.00 will be made. Fail to turn up and the full coach fare will be expected.

Suggested routes

Route 1 (~6 miles)

Alight Milltir Gerrig (029301) and ascend Moel Sych (066328) and then return to coach as per Route 2.

Route 2 (~11 miles)

Start Llangynog (054261). Walk W along the road to a quarry. Turn right (North) at 048258. Make your way up on to Y Gribin Walk NW over Pen Cerrig. Carry on N to Milltir Cerrig (019301). Turn E towards Moel Sych (066318). From Moel Sych drop down SE towards Llyn Lluncaws. Follow the path S and take a look at the highest waterfall in Wales, Pistyll Rhaedr (075295). Continue SW back towards Llangynog and the coach.

Cadair Berwyn and Cadair Bronwen can be bagged by this route – this will add another 5 miles.

The area around Llangynog also offers good scope for lower level walks exploring the local valleys – take your pick.