

West Bromwich Mountaineering Club Newsletter



September 2017

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Hello readers

The nights are drawing in, but there's still lots to look forward to: Sandra Meredith will be giving a talk about the release of her book celebrating 60 years of Plas Gwynant on Thursday 5th October, and Mitch's Meet is coming up on Sunday 7th January - the club will be doing a recce for a walk soon, so we'll share the details in the next newsletter.

Huge thanks as always to this month's contributors: Dave Jones, Nigel Tarr, Ken Priest, Geordie Hind, John Edwards, Tony Emms, Guy Harris, and Richard Cooksey.

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

10 Techniques for Moving Faster in the Mountains

Jonathan Edwards has sent in a useful article for walkers and fell runners alike: *Whether you're a runner trying to race the clock, or a walker who'd just like to fit more mountains into the day, these top tips from Claire Maxted should help you up the pace on rough ground or steep slopes.*

You can read the article at:

<https://ukhillwalking.com/articles/page.php?id=9602>

Braithwaite Coach Meet

On the last coach meet two members went up on Sharp Edge on Blencathra, and Tony Emms sent in the two photos below. Of the meet, John Edwards writes:

It's as pity there were not another 10-15 booked as it was turned into a 'normal' meet and because of that those who went on it didn't have enough time to complete the Coledale Round, although the weather was good and the views fantastic. We had torrential rain as we headed north and there was cloud down to 1,500ft as we entered the Lakes. However, the mountain weather forecast was saying 90% chance of cloud-free summits and that's exactly what we got.



Paul took the led walk group up the valley and on to Eel Crag before returning back down the valley, John Bastable & I took the ridge onto Grisedale Pike (from which there were great views across the Solway Firth to the Dumfries & Galloway hills) before coming down past the Force Crag Mine while others did Catbells and some of the Allendale Ramble. Most met up at the pub in Braithwaite for up to an hour's drinking and chat. A good meet, which could have been even better with an extra couple of hours on the hills.



Make winter count: with a BMC skills lecture

The BMC and Lowe Alpine are teaming up again to teach you the skills you need to get out more this winter. It includes route planning, avalanche awareness, equipment, clothing. Plus free prize draws.

The lectures start in November, with tickets for the various dates on sale at the beginning of October, available at: <https://www.thebmc.co.uk/make-winter-count-with-a-bmc-skills-lecture>

I have been on this on two occasions and it's great experience for the money plus providing you with knowledge that you require in winter conditions.

– Dave Jones

Hut donations

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

Stamped addressed envelopes are provided in the hut for payment.

To book

Phone or email Alison Whitehead:

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

Thursday 5th October – 8pm Indoor Evening Meet

At the first indoor meet of the year, Sandra Meredith will meet up again with members of the West Bromwich Mountaineering Club to chat about the progress of her latest book. Sandra adds:

The book will celebrate 60 years of the Outdoor Education Centre at Plas Gwynant. The historic links with the mountaineering club is significant to the ground-breaking decisions taken in the 1950s to introduce outward bound experiences to the children of Sandwell.

The history of the House, its tenants and guests were surprisingly notable writers, poets and playwrights of the early 19th century as well as the owners (the Vawdrey family of Cheshire), who cultivated the land, turning it into viable farmlands and laying roads in the area to promote the sale of their produce. Today the modernised house – and indeed the Hut, are central to the pursuit of outdoor activities for those who wish to explore their spirit of adventure.



Photo from broughtonfarm-shropshire.co.uk

19th – 21st January 2018 Scottish Weekend

12 places available in self catering bunkhouse in the grounds of the Braemar Lodge Hotel.

£17.00 per person per night. One night's payment required as deposit to secure place.

Please contact Guy Harris on 07967 820002

There are many contributors (some, I'm hoping, from the members of WBMC), who will share their experiences of Plas Gwynant and keep the ethos of 'the great outdoors' alive, and to make sure that Sandwell continues to promote and develop this inspirational centre for generations to come.

Please note we have a change of venue due to the Horse and Jockey not being fit for purpose to put on an indoor slideshow. Therefore the club have decided to use The Moose Hall, just up the road from the Horse & Jockey. For more information take a look at <https://www.moosehall.co.uk/>. It will only be used for indoor meets until we find a suitable venue

Please come and support the club and also show support for Sandra. Can members please let us know which drinks are required, as we have to notify Moose Hall.

The address of the new venue is: The Moose Hall Club, Woodward Street, West Bromwich, B71 4AP.

3rd – 5th 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.



Photo from braemarlodge.co.uk

Clent Runners at Trailffest

Saturday 23rd September 2017

By Ken Priest



Trailffest is in its 4th year and our very own Chris Dean has competed in this race every year from its inception; it's becoming something of a tradition among the West Bromwich Mountaineering Club.

The reason behind this is due in part to its beautiful route from Tanygrisiau to Porthmadog, covering 13.5 miles in undulating mountain scenery with an ascent of 1,500ft in total along its length.

In its second year Pete Poultney, Sam Grosvenor and I joined Chris, whilst last year Sara Winton, Jess Priest and Pete again teamed up with Chris.

This year Graeme Stanford joined us and I had recovered from injury but Jess was still recovering from her ACL operation.

The day started with a hearty breakfast at the hut and registering at the train station at Porthmadog in time to join the idyllic train journey through the estuary up into the Moelwyn mountains, catching glimpses of the running route through the trees and where it runs alongside the railway track. The train journey takes over an hour and it is only then that you appreciate the scale and distance involved in running back to Porthmadog.

The event is really well managed and there are drink stations along the route and plenty of local support so the atmosphere is really friendly, which makes up for the tough terrain.

The reception at the finishing line was great and we all received a bag of goodies including a bottle of beer and a t-shirt.

Needless to say that wasn't the only pint we had that evening as we dined in Beddgelert massaging our stiff joints

If you fancy joining us next year best get training as we meet over Clent most Saturdays.



Skills Weekend

15th – 17th October 2017

by
Geordie Hind

No matter what your skill level is, it is often good to go “Back to Basics” and as a result WBMC offered a Skills Weekend to members new and old. This was attended by nine people (Pete P, Mike T, Vivienne B, Dee B, Will H, Paul R, Rabia K, Teresa L and Gosia P).

Although the course got off to a slow start on the Friday evening due to people being stuck in traffic and the inclement Welsh weather. The following morning everyone was up bright and breezy and raring to go by 8:20 with pens poised. After a PowerPoint presentation on mountain hazards, equipment and basic map and compass use, we went off to put it all into practice.



Graeme, Jonathon and I were hoping for a little low cloud to test the student's skills however, un-characteristically the weather was fine with the odd light shower. The three groups worked well and after miles of walking ticking off checkpoints around the Watkin Path/Cwm Tregalan area we headed back to the hut for tea and cake then later we had Spag Bol cooked by Graeme and his wife Tracy (a BIG thanks to both).



There was another evening of planning by the studious participants and hilarious banter.



The following morning everyone was ready to go early for another exciting day around Cnicht area. With little guidance, they navigated using pacing, timing and compass bearings. On the descent they even had to contend with a mountain accident, a lower leg injury acted out by Jonathon (he won't be receiving an Oscar).



The course finished on a high note with very positive feedback. So perhaps in the future if there is sufficient interest and numbers there may be further courses. Watch this space!

I would like to thank all the participants for attending and making the course a success and to Dave Jones, Paul Brindley for assisting in the preparation and especially to Graeme Stanford and Jonathon Howells for their assistance in the preparation and delivery of the weekend.

See you all on the next coach meet with your maps poised.
Geordie

WBMC Annual Away Dinner

Friday 16th – Sunday 18th March 2018

Following very positive feedback from this year's event we are returning to Briery Wood with a similar package. *To get the prices we have agreed deposits must be paid in November 2017 so please book ASAP.*

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

Briery Wood is within easy reach of the popular villages of Ambleside, Bowness and Windermere, so it's a great base for exploring the Lake District. Walking options directly from the hotel include Wansfell, Baystones and Troutbeck. Being close to the A591 also opens up many other walking options and the nearby Brockhole, The Lake District Visitor Centre also offers a wide variety of options for all ages including taking a boat on Windermere giving other options including different walks. As in previous years the weekend therefore offers the opportunity to climb different peaks that you would not be able to do on coach meets.

Here's a link to the hotel's brochure:

lakedistrictcountryhotels.co.uk/briery-wood-hotel
and it has a rating of 4.5 out of 5 on Trip Advisor:
tripadvisor.co.uk/Hotel_Review-g186330-d574824

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

- The price is £130.50 plus disco contribution (see below) per adult for the weekend in a twin or double room.
- The hotel has 23 twin or double rooms including some which can also accommodate families. Children sharing a family room £20.00 per child per night B&B Children in a room with adults would be charged £20 per night Bed and Breakfast and £15 for a half portion of the Saturday meal or £7.50 for a children's meal.
- Dinner only price on application plus share of the disco cost.
- The hotel will give 2 single rooms for £130.50 for the weekend and 3 single rooms for £151 for the weekend. Any further singles would be £199 for the weekend. If people could share where possible that would allow the maximum amount of people to go.

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

Please call me to ask for details about the cost of extra nights on 07950 087911. A non-refundable deposit is required (£25 per person) by 11th November, payable to West Bromwich Mountaineering Club, the balance is payable by you before leaving the hotel.

Send the booking form (on the next page) with a deposit cheque to:

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

To make things easier please could you put menu choices (also on the next page) in the booking form too.

WBMC Annual Away Dinner

Friday 16th – Sunday 18th March 2018

Menu

Starters

- Veloute Of Wild Mushroom (Soup) - White truffle oil
- Mackerel - Cured tomato, Caramelised olive gel, Tomato essence
- Venison Carpaccio (Sliced Cured Venison) - Goats cheese, beetroot, Smoke oil

Main Courses

- Daube Of Beef (Slow Cooked Braised Beef) - Creamed potato, Balsamic baby onions, Red wine jus
- Roast Loin Of Cod - Wild mushroom, Mussels, tomato coulis
- Homemade Gnocchi - Tomato sauce and pesto

Desserts

- Sticky Toffee Pudding - Butterscotch, Vanilla ice cream.
- Selection Of Cheese & Biscuits
- Lemon Tart - Raspberries and clotted cream



Photos from TripAdvisor

Booking form

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

Party leader's name: _____
 Telephone number: _____

Email address: _____
 Type of room: single / twin / double / family

Guest Names	Adult/Child	£	Starter	Main	Dessert
Total					
Deposit (£25 pp)*					

*WBMC takes no financial responsibility for this event

Coach Meet – Howgills

Sunday 8th October 2017

Depart

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

07:20 – Penkrige

(Short stop at Charnock Richard M6)

Drop off

Wath (684051)

Sedberg (657922)

Pick up

Sedberg (657922)

Required maps

Outdoor Leisure 19 - Howgill Fells & Upper Eden Valley



Photo from visitcumbria.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

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

Suggested routes

From Wath

Route 1

Follow lane turn left at junction to fork, take l/h to path (676046) continue to path junction (669035) follow l/h path along Bowderdale Beck past sheepfold (675018) continue on to more sheepfolds on l/h/s (678002) continue to junction (672975) continue South to join path (668967) bear left to Calders path junction (672961) turn right follow path to sharp left turn at cairns, continue past Swere Gill (664946) at (658937) follow path into Sedberg.

1b Alternative

At (669035) take r/h path over West Fell (669018) Hazel Gill Knot (672996) and The Calf (676970) Bram Rigg top (668964) at Calders (672961) continue as route 1

From Sedberg

Route 2

Leave Lockbank Farm (651924) up Settle Beck Gill (659928) across the southeast flank of Arant Haw (662946) continue to Calders (672961) turn Northwest to Bram Rigg Top (668964) continue to The Calf (667970) descend Northeast to small tarn, turn East via Bowderdale head and track east of Cautley Spout and onto the foot bridge (693968) going South to Beck Side (690955) Fawcett Bank (684939) under bank (668925) and on into Sedberg.

Coach Meet – Llanberis

Saturday 11th November 2017

Depart

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

07:20 – Service Road Junc 2 M54

(Short stop at Corwen)

Drop off

Capel Curig (721582)

Pen Y Pass (647556)

Llanberis (583598)

Pick up

Llanberis (583598)

Pen Y Pass (647556)

Pen Y Gwryd (660558)

Required maps

OS 1:25 000 Outdoor Leisure

No 17: Snowdonia



Photo from coolplaces.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 (~15km - 10miles)

From Capel Curig head west and follow the ridge to Gallt y Ogorf (685586) Continue over Y Foel Goch (678582) and past Llyn Y Caseg - Fraith (670584). After the view that this ridge affords of Tryfan (hopefully) ascend Glyder Fach (656583) followed by Glyder Fawr (642579). Descend south to Pen Y Pass.

Route 2 (~13km - 8miles)

The "Classic Snowdon Horseshoe" from Pen Y Pass via Crib Goch or Lliewedd

Route 3 (~17km - 11miles)

From Pen Y Pass ascend Snowdon via the Pyg Track. Leave NW and descend via the Snowdon Ranger Path as far as Bwch Brwynog (591558) A steep grassy climb then leads to Moel Cynghoroion (586564) descend to Bwch Measgwm (573559) then follow the easy path N to Llanberis and the coach at the coach park at the side of Electric Mountain

Route 4 (~17km - 11miles)

From Pen Y Pass ascend Glyder Fawr and then drop NW to climb Y Garn, before continuing along the grassy plateau to Foel Goch Mynydd Perfedd Carnedd Y Filiast & Elidir Fawr before dropping down to Llanberis.