

West Bromwich Mountaineering Club Newsletter



November 2017

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Dear Readers

Where has the year gone? Not to worry, there's plenty to look forward to with the WBMC in January, including Mitch's Meet, John's talk on his Arctic Wilderness Safari, the Scottish Weekend, and the Hostel Weekend!

Don't forget that subs will be due in the new year. The membership fee is £27.50 and can be paid either by cheque or by bank transfer.

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

Wishing you all a Merry Christmas and a Happy New Year!

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

BMC
AFFILIATED CLUB

The WBMC meeting place



Cricketers Arms
43 Trinity Way,
West Bromwich,
B70 6EA

Join us every Thursday
night from 9pm for a
chat and a drink.

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 premises

The club has moved its base to the Cricketers Arms, 43 Trinity Way, West Bromwich, B70 6EA. All Thursday evening meetings will be held there with immediate effect.



The pub's website is <https://thecricketersarms.pub>. It has a large room that we can use for indoor evening meets, discos, Christmas get togethers etc, is family friendly, and offers a full menu - see <https://thecricketersarms.pub/best-steakhouse>

Its owner is very friendly and welcoming. What's not to like? Please pass the message on...

Oggie 8 Challenge August '17

Thanks again to all those who supported us in any way and to all those, within the club and without, who contributed donations to Ogwen Valley Mountain Rescue CIO; the grand total was £500 © - WBMC Girls

Inspiration for the older members!

John Edwards has sent in the following article from the BMC website:

"At the tender age of 78, legendary Spanish mountaineer Carlos Soria is off to Nepal for his second attempt this year on Dhaulagiri. If he succeeds, it will be his 13th 8,000er, with only Shishapangma left to bag before taking the title of the oldest climber to join the 8,000 Club. We got Jules Stewart to catch Carlos for an interview.

"I could in fact make a case for already have been above 8,000m on Shishapangma," he says. "In 2005 I did the 8,008m central pillar, but I still need to reach the main summit at 8,027m to be able to say I climbed the mountain. I like to do things properly. If all goes well after Dhaulagiri, I'd like to attempt the British route on Shishapangma in the spring of next year, the one that Doug Scott and his team opened in 1982."

Soria spent 16 days training at Spain's Centro de Alto Rendimiento (High Performance Centre) in Sierra Nevada, the mountain range near Granada. He said "For me, it's the best place in the world to acquire the fitness you need for an expedition. My training included cycling up and down 2,300m on a mountain bike, trekking for eight hours between the summits of Veleta and Mulhacén, cold mountain baths, lots of stretching, working out with weights and spending the nights above 2,000m."

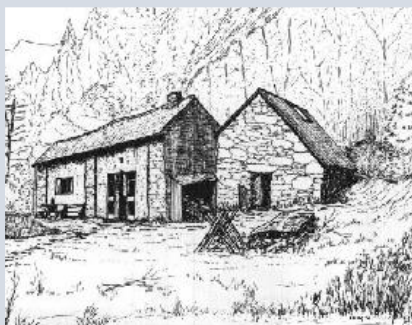
Soria confesses to having spent a total of some five years of his life sleeping at 5,000m! "Having summited on K2 at 65, I decided I'd like to get to know the rest of the big peaks," he says. "Of course I was concerned that at my age, there might not be time to complete all 14, but I thought it would be worth making the effort."

You can read the full story at <https://www.thebmc.co.uk/carlos-soria-spanish-mountaineer-14-8000ers>

Away Dinner Full

There are no spaces left on the Annual Away Dinner. If those who are going need more information contact Richard Cooksey on 07950 087911

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



19th – 21st January 2018
Scottish Weekend

12 places available for 3 nights 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. More information about the bunkhouse can be found at the lodge's website: www.braemarlodge.co.uk

Please contact Guy Harris on 07967 820002

11th January 2018

Indoor Meet: "Five Days Mushing in the High Arctic"

John Edwards will be recounting tales from North Finland, including his Arctic Wilderness Safari last February when his dog team pulled him 200km across the tundra in temperatures down to -30 degrees C. Copious slides of Huskies / Cabins / Snow-shoeing / Aurora / Skidoos etc



Photo from braemarlodge.co.uk

26th – 28th January 2018

January Hostel Weekend YHA Castleton Losehill Hall

After a few years in the Black Mountains this meet is moving to the Peak District as this hostel offers:

- A wide variety of rooms including dorms around £18 a night, singles around £32.50 a night, twins around £39 a night or £49 a night ensuite and also 3, 4, 5 & 6 bed rooms (check exact prices when booking)
- Easily accessible by road and also by train to Hope via Manchester or Sheffield
- Lots of walking options around Castleton, off Snake Pass and around the nearby Derwent Dams taking in centuries of history from Robin Hood to the Dambusters
- Other options some of which can be combined with walks such as Peveril Castle and local caverns.
- Catered or self-catering options and is also licensed and lots of other great pubs around

There are so many different rooms options it is better if people book themselves booking using the club's YHA membership which should give discounted prices. Here are the hostel details:-

<http://www.yha.org.uk/hostel/castleton-losehill-hall>

If you require any further information contact Richard Cooksey on 07950 087911



Photo from booking.com

Obituaries, and other memories

A double-bill by John,

By John Edwards



On my return from holiday early in November, I was shocked to learn that two long-standing club members, Len York and Hugh Rothero, had passed away in the last couple of months. Checking the Newsletters back to April I can find no mention of their deaths, nor any memories or obituaries. Maybe there was an email that went out that I missed but, even if this was the case, I feel that some recognition of their lives and passing should be included in the main WBMC Newsletter so I will try and rectify this omission.

I suspect that many of the newer members of the Club, especially those that use the coach, will not know much about Len York. Equally many of the older members will know him personally much better than I did. In many ways he was a bit of a WBMC legend, summiting the Matterhorn twice and surviving a fall at 12,000 feet on the descent the second time. Despite crippling injuries and being largely wheelchair bound, Len remaining cheerful and ever ready to talk about his love of the mountains, his annual pilgrimages back to Zermatt (where the locals loved him) and his religious faith. I remember him giving a talk about his Matterhorn experiences to the now defunct West Birmingham YHA Local Group in Quinton many, many years ago and he was a frequent speaker on the West Midlands circuit, always maintaining that he had become grateful that his accident happened, for it gave him the opportunity to meet some famous people! It also enabled him go out and enthral people in his audiences with his determination & fortitude. He always maintained that anything inspirational he might pass on was a divine gift. If you don't know about Len then I suggest you go onto Amazon and see if you can get yourself a copy of "A Long Way

From Clent" by Brian W. Drew which was published in 2001. As Sir Chris Bonington CBE, who wrote the Forward, says on the back cover "this is not a book just about climbing but the story of the fortitude and determination of a very special person".

I'm afraid that I know even less about Hugh Rothero, except that he was always friendly and prepared to have a chat when we met at club nights or on the coach. I hadn't noticed but Hugh's only attendance on a coach this year was to the Malverns on Mitch's Meet, although also went on the December coach in 2016, a year when he travelled on roughly 40% of the monthly meets. I think I only ever walked with him on the hills a couple of times, but he always seemed a steady and competent walker. I also seem to remember he had a bit of a penchant for visiting unusual countries, particularly some of those in North Africa and the Middle East but I have no idea of the cause of either his nor Len's passing. If anyone else can add to (or correct) these impressions please feel free to write these for a future issue.

To finish with a personal wish, I would hope that the present committee, and any in the future, tries to ensure that the death of every person who has been a member of West Bromwich Mountaineering Club for more than just a year or so is mentioned in the Newsletter, however briefly. If I could stay a member of only one group out of all I'm currently associated with, it would be WBMC and I would hope that my passing would not go unnoticed or unmentioned by that club. I doubt that Len & Hugh felt much different but, regardless of this, I don't think it does anybody any harm to be reminded of their own mortality by reading another's obituary now and again!

Quite a week for a 12 year old!

Going through some old papers the other day I came across a sheet of A4 that was given to me by Carol Atkins from the days when I edited the newsletter. With Nev's Scottish Week imminent, I thought it was worth (re?)-printing to inspire members and show what can be accomplished during a week in Scotland.....if you get the weather! This is what Richard Atkins (age 12) managed to complete back in 1997:-

Sunday: Aonach Eagach (2 Munros & 5 Munro Tops)
Monday: Full length of Buchaille Etive Mor & return to Glencoe (2 Munros & 2 Munro tops)
Tuesday: Three Sisters of Glencoe (2 Munros & 3 Munro Tops) **Wednesday:** Ballachulish Horseshoe (2 Munros & 1 Munro Top) **Thursday:** Five Sisters of Kintail (3 Munros & 4 Munro Tops) **Friday:** Ben Nevis & the long Crib Goch style ridge to Carn Mor Dearg (2 Munros & 1 Munro Top)

A total of 13 Munros and 16 Munro Tops in 6 days!

Carol ended by saying that she was very pleased with Richard's endurance and that he wanted to do the full Buchaille Etive Beag on the way back to get his total of Munros up to 15 but couldn't as her foot was a bit painful from overuse! She was "not sure whether this was a record for the club", and I don't know either but if my memory serves me right, I don't think this was enough for Richard to be awarded the Malcolm Collins Award! At the next AGM I recall there was quite a debate about whether someone who was not a Full (i.e. over 18) Club Member could be given the award. I think that Richard was given a special award or citation; at least I hope he was!

Lest those going to Fort William next February feel chastened by their failure to emulate Richard Atkins' achievements, I should just mention that his were completed during the Whitsun period.

November's Coach to Llanberis

November 2017

By John Edwards



This was the 2nd time we visited Llanberis in 2017 and the weather was a lot kinder than back in February, although there was still only a 30% change of cloud-free summits according www.mwis.org.uk

All seats on the coach had been booked by the end of Thursday night's slide show and David Jones met the coach at the Pen y Pass drop-off so there were 48 WBMC members and guests roaming Snowdon & the Glyders. Around 2/3rds of passengers, including Geordie Hind's "Led-Walk" contingent, headed up the PYG track to Snowdon but Oliver Stephenson tempted a sizable number of acolytes up the Miners' track on Glyder Fach & Fawr, although I think Tryfan was a peak too far, and Andy Brown went off to a slate mine to 'bag' a nearby Tump.



The morning conditions were cool & calm with very occasional drizzle showers but there was excellent grip on the PYG track rocks in spite of their wetness and the front walkers crested the col between Y Wyddfa & Crib-y-Ddysgl in around 1hr 50m. There were some comments that they'd never seen Snowdon so crowded and when I visited the toposcope it was rammed as a lady & 10 of her friends were celebrating her birthday (plus countless strangers like me who joined in the singing). Those who didn't bother to visit the summit as there wouldn't be views missed all this: alas there was no cake!

Most took the Snowdon Ranger path back to the coach and pubs in Llanberis but I thought there might be a chance of views from Crib Goch and so it proved, although it was a bit slippier than the PYG track had been. I was amused to be asked, at around 3pm, by 3 ill-shod, ill-equipped young men where the nearest flat path was! After letting out a laugh I tried to be as helpful as I could, but they didn't seem to follow my advice and I'd be amazed if they got down before dark. Back at Pen y Pass I bumped into David Jones who was just about to catch the bus back to the hut, so I joined him and, so gained extra drinking time at the Pen-y-Gwryd with the Glyders folk, at the expense of some loss-of-face!



Coach Meet – Castleton

Sunday 10th December 2017

Depart

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

07:20 – Penkridge

Please note earlier times than in previous newsletter, sorry!

Drop off

Fox House Inn (SK 266802)

Hope (SK 172835)

Castleton (SK 148829)

Pick up

Castleton (SK 148829)

Fox House Inn (SK 266802)

Required maps

OS 1: 25 000 OL1 The Peak District Dark Peak Area



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 (~13km – 8 miles)

From the car park turn left up the main road, first right by the Castle Inn then right again on a narrow lane past the Youth Hostel. Beyond a bridge the lane curves to the left then heads straight to become a stony path. Follow the path to cross a road and go through a gate. Follow the path that leads left parallel to the road. This joins a track leading to Treak Cliff Cavern. Take the steps beside the cavern and right along the hillside to Blue John Cavern Cross the car park and through a gate to follow a path uphill to a farm, turning right at a signpost. Follow the wall and through a gate at the corner of the field, then straight on across the next field. Cross a road through a gate to another road and another gate opposite and up the hill. Go through another gate and up some steps to the road. Go through a gate on the right and follow the stepped path to the summit of Mam Tor. From here follow the ridge taking in the tops of Hollin Cross, Back Tor and Lose Hill. From Lose Hill head South through the fields to Spring House Farm. If you have had enough the track West will take you back to Castleton but to continue via Hope, take the path due East across fields to find the sign for Hope and walk into the village. Take the road South out of Hope for 250 metres then take a signposted footpath leading due West crossing 4 stiles then the railway. Another 5 stiles will bring you to a track leading to the main road which you follow to Castleton.

Route 2

Climbers get off the coach at the Fox House Inn and walk North to Burbage Edge where there is a wide range of routes to play with. Get picked up at the Fox House Inn

Route 3 (10 miles)

From Hope follow the Edale road North for 400 metres before taking the track to the right going North under the railway line to the summit of Win Hill. From the trig point the views about 100 metres to the East are best. Walk from the trig point West and then North North West to Hope Cross at {161874} before descending South West to Nether Booth and along the road to the track at {137855} Take this track East and then South past Backtor Farm and ascend to Hollins Cross. From there choose your path South East back to Castleton.

Route 4 (7 miles)

Leave Castleton and go South along the Limestone Way as far as the track at { 135813 } before turning right and following the track North West to { 125834 }. Head North East up to Mam Tor and then to Hollins Cross before choosing a path South East to Castleton Distance 7 miles

Mitch's Meet – The Stiperstones

Sunday 7th January 2018

A return to an old club & favourite of Mitch's The Stiperstones, taking advantage of the coach to do linear walks along the ridge and different bagging options (research relevant websites). The Stiperstones area has Tors (large rocky outcrops), heathland including Whinberries (Bilberry) which can often be sampled in The Stiperstones Inn. There is also the remains of lead mining in the area and so it is an interesting landscape to walk in.

Depart

09:00 – West Brom. Edward St Car Park (B70 8HU)

09:20 – M54 Junction 2

Drop off

Snailbeach (SJ 373022)

The Stiperstones Inn (SJ 363004)

The Bog (SO 356979)

Others on request

Pick up

The Stiperstones Inn (SJ 363004), leaving by 7pm –

Please back at the pub to eat at 4:30pm

Required maps

Explorer 216 Welshpool and Montgomery (1:25k) or

Landranger 126 & Landranger 137 (1:50k)

The Stiperstones Inn; Menu overleaf with smaller/children's portions & a Sunday Roast (Beef or Pork £6.50/£4.50 Adults/Children) and please order meals in advance when booking the coach. To cater for the numbers on the coach the inn wants to serve people on the coach first at 4:30pm and anyone not on the coach will have to arrange food with the inn themselves on 01743 791327

Suggested routes

1 or 2 will be the main walk

Route 1 The Bog and Stiperstones Ridge

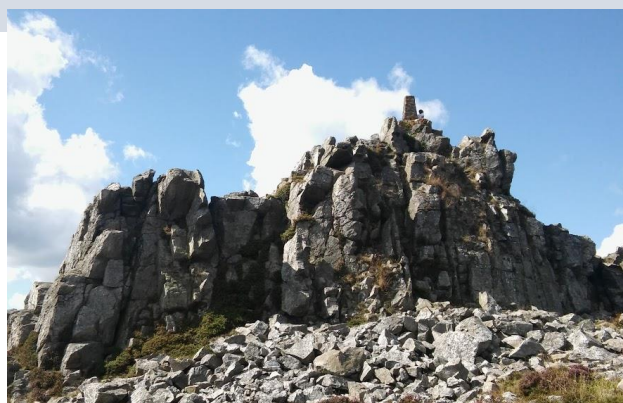
Approx. 4 miles (short), 7 miles (long)

From The Bog take the path parallel to the minor road. Take path which crosses the road onto the Stiperstones Ridge. Head along the ridge passing Cranberry Rock, Stiperstones (537 metres- Marilyn), Devils Chair along to the path (SJ 375007) to Mytton Dingle. Dependent on time you can either head back down to the Stiperstones Inn via Mytton Dingle or carry on along the ridge to Lords Hill (364 Metres: SJ 382025) which has nice views and return via path going past Lordshill Farm up to the path (SJ 375007) leading from Mytton Dingle to The Stiperstones Inn.

Route 2 - Snailbeach, Lordshill, Stiperstones Ridge

Approx. 4-6.5 miles (shorter versions), 7 miles (long)

From Snailbeach head up minor road (be careful of the traffic) past ruined mines and to bend in the road (SJ 380022) go into field and head up to Lordshill (364 Metres: SJ 382025) which has nice views. Return to the bend in the



Fares

Photo from wikipedia.org

Members £14.00

Guests £16.00

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

To secure your place, please contact Richard Cooksey on 07950 087911 (evenings 8-10pm and weekends) or via bookwbmc@gmail.com - please include give food choices including choice of vegetables with main meals (detailed in box under the Main Meals in the menu).

Cancel no later than 2nd January – any later a charge of £5.00 will be made. Fail to turn up and the full coach fare will be expected.

road and head up the road for a short time before taking farm track which becomes a path going past Lordshill Farm and continue on this path up to the Stiperstones Ridge. Dependent on time you can carry on up to the end of the ridge taking the path down Cranberry Rock. Take path along Black Ditch (SO 362977) follow the path down to the road at (SO 361002) and then walk a small distance to The Stiperstones Inn. If short on time there are numerous ways to come off the ridge earlier and return to The Stiperstones Inn.

Route 3 - Tankerville Loop

Approx. 5 miles

From The Stiperstones Inn follow a Bridleway/minor footpath initially North West, before heading South alongside Buxton Wood to Tankerville, where you cross the road and head East onto Stiperstones Ridge. Pick up Route 1 at (SJ 375007) and end back at The Stiperstones Inn.

Traditional Ploughman's (G* V)
Cheddar and Double Gloucester Cheeses.
Stiperstones Ploughman's (G* V)
Brie, Stilton & Fruity Wensleydale Cheeses.
Prawn Salad (G* D)
Cold Meat Salad (G* D)

Small £5.75
Large £6.75
£6.25
£6.25
£6.25

Whinberry Crumble
This season's Whinberries hand picked from our local hills, baked with a rich sweet crumble topping.
Crumble of the Day!
Locally sourced hand picked fruit from our local hills, baked with a rich sweet crumble topping.

£4.85
£4.50

Sandwiches & Toasties

Sandwiches
Monterey Jack Cheese (V) £3.00
Ham £3.00
Tuna Mayonnaise £3.00
Prawn £3.00
Sausage £3.50
Brie & Mushroom (V) £3.25
Cheese Ham & Pineapple £3.25
Baked Beans (V) £3.25

Toasties
£3.25
£3.25
£3.25
£3.25
£3.75
£3.25
£3.25
£3.25

Add extra fillings of Monterey Jack cheese, Stilton, Brie, onion, pineapple, baked beans, red grapes, tomato, chutney/pickle, coleslaw, mushrooms or jalapeños etc. for just 25p per portion.

Extras

Chips (G D V) £1.95
Chips & Cheese (G V) £2.20
Curly Fries (D V) £1.95
Roast Potatoes (D V) £1.95
Side Salad (G D V) £1.95
Coleslaw (G D V) £1.50
Beer Battered Onion Rings (D V) £1.95
Garlic Bread (V) £2.50

Desserts

Sticky Toffee Pudding
This rich, sweet sponge pudding contains chopped dates and is smothered in home-made toffee sauce.
Grand Marnier Meringue Gâteaux (G)
Layers of home-made meringue sandwiched together with a blend of whipped cream, flaked chocolate and Grand Marnier Liqueur.
Chocolate Roulade (G)
This delicious and decadent roulade is made without flour so it's light as a feather.
Affogato (G)
An Italian classic, farm made vanilla ice cream topped with Amaretto and served with one of our lily espressos for you to pour over the top.

£4.50
£4.50
£4.85
£4.85

Cake of the Day!
This cake varies from day to day, ask at the bar for details.
Sorbet (G* D V)
3 scoops of our delicious fruit sorbet.

£2.95
£2.95

Ice Creams (G*)
3 scoops of either Luxury Vanilla, Double Chocolate Chip or Whinberry Ice Cream
Ice Cream Sundae (G*)
These vary from day to day, ask at the bar for details.

£2.95
£3.95

Cheese & Biscuits

£4.85

Hot Beverages

Teas & Fruit Infusions
Loose Leaf Teas £1.95
Liqueur Coffee from £2.95
Espresso £1.60
Americano £2.00
Cappuccino £2.25
Café Latte £2.50
Flavoured Syrup £0.30
Hot Chocolate £2.50
Quite simply this is Belgian chocolate melted into hot milk. Add Marsh Mallows or Whipped Cream for £0.10 each

Menu

Tasty Bites

Mixed Olives (G D V) £2.50
Hummus & Toasted Flatbread (D V) £2.95
Nachos and Dips (G V) £2.95
Add a portion of Jalapeños for an extra 50p.
Combo Platter (V) £6.95
Hummus & Flatbread, Nachos & Dips and Mixed Olives.
Garlic Bread (V) £2.50

Starters

Duck & Orange Paté & Toast (D) £4.25
A smooth rich duck paté served with warm wholemeal toast.
Garlic Mushrooms (V) £4.25
Crispy coated garlic mushrooms served with salad garnish and garlic mayonnaise.
Soup of the Day £4.25
Delicious homemade soup served with a warm bread roll.
Prawn Cocktail (G D) £4.75
Succulent prawns served with salad and Marie Rose Sauce.
Mississippi Chicken Goujons £4.75
Chicken breast fillets in a mild spiced batter served with sweet chilli dipping sauce.
Black Pudding & Bramley Apple Fritters £4.75
Breaded black pudding and Bramley apple bites served with chutney and a salad garnish.
Baked Camembert (V) £4.95
An individual Camembert served with a warm baguette, spiced fruit chutney and a salad garnish.

Please order at the bar!

All menu items are subject to availability.
Meals may not be prepared in a nut and dairy/gluten free environment. Please advise us if you have any special dietary requirements or allergies.
KEY
V - Vegetarian
V - Vegan
G - Gluten Free
D - Dairy Free
* - Option Available upon request

Main Meals

All meals served with a Full Salad or your choice of:
Chips, Curly Fries, Jacket Potato, Roast Potatoes, Mashed Potatoes or Rice, together with Side Salad, Seasonal Vegetables, Peas, Mushy Peas or Baked Beans.

If you are very hungry,
ask for a larger meal at no extra cost!

	Small	Large
T-Bone Steak (G D*) A 16-20oz steak cooked to your liking and served with fried mushrooms and onions.		£17.95
8oz Fillet Steak (G D*) Cooked to your liking and served with fried mushrooms and onions.		£16.95
Gammon Steak (G D) Horseshoe gammon steak served with your choice of egg and or pineapple.	£6.95	£9.25
Half Chicken (G D) Crispy Deep Fried 1/2 Chicken.		£8.50
Bangers & Mash Locally sourced sausages with a rich onion gravy.	£5.95	£7.95
Barbecue Ribs (D): Succulent pork ribs in a sweet and tangy barbecue sauce.		£7.25 £9.50
Single Rack - 3-4 Ribs Double Rack - 6-8 Ribs		
Lamb Shank A tender slow cooked shank of lamb served in your choice of sauces.		
Mint & Rosemary Sauce (D) Red Wine & Rosemary Sauce (D)		£10.50 £10.50
Steak & Kidney Pudding (D) A delicious suet pudding filled with steak and kidney in a rich gravy.		£7.50
Chicken & Leek Suet Pudding A tasty suet pudding filled with tender chicken in a creamy leek sauce.		£7.50

	Small	Large
Mozzarella & Spinach Pudding (V) Packed with pine nuts, cherry tomatoes spinach and mozzarella a hearty vegetarian version of the classic suet pudding.		£7.50
Vegetarian Wellington (V) Brie Mushroom Spinach Cranberry & Hazelnuts encased in crisp puff pastry.		£7.95
Broccoli, Potato & Cream Cheese Bake (V) Potato slices and broccoli florets in a creamy cheese sauce.		£7.50
Battered Cod (D) A large fillet of prime cod in a crispy batter.		£7.50
Breaded Plaice (D) A tender fillet of plaice in a crisp breadcrumb coating.		£7.50
Breaded Scampi (D) Wholemeal Whitby scampi served in crisp golden bread crumbs.	£6.50	£8.25
Salmon & Dill Fishcakes (G) Salmon, dill and potato patties in a crisp gluten free coating.		£5.95
Chicken Korma (G) A creamy mild curry dish with tender chicken pieces.		£7.50
Chicken Tikka Masala (G D) A rich medium dish with tender chicken pieces.		£7.50
Chicken Jalfrezi (G D) A rich medium hot dish with tender chicken pieces and red peppers.		£7.50
Vegetable Balti (G D V) A medium spiced vegetable curry dish.		£7.50
Chilli con Carne (G D) A medium hot Mexican dish made with lean minced beef.		£7.25
Smokey Three Bean Chilli (G D V) A medium spiced dish made with smoked beans.		£7.25
Risotto (G V) Creamy rice with champagne and rich oyster mushrooms.		£7.50
Beef Lasagne A traditional Italian dish made with lean minced beef.		£7.95
Vegetable Lasagne (V) Butternut Squash & Goat's Cheese in a rich tomato sauce layered with pasta.		£7.95

Sauces

Peppercorn Sauce	£1.50
Diane Sauce	£1.50
Cheese Sauce (G)	£1.50

Light Meals & Snacks

Jacket Potatoes

Your choice of fillings from the following:-

Grated Monterey Jack Cheese (V G)	£4.95
Baked Beans (V G D)	£4.95
Coleslaw (V G D)	£4.95
Tuna (or Tuna Mayonnaise) (G D)	£6.25
Prawn (G D)	£6.25
Chilli con Carne (G D)	£6.75
Smokey Three Bean Chilli (V G D)	£6.75

Add extra fillings of cheese, onion, baked beans, coleslaw mushrooms or jalapeños etc. for just 50p per portion.

Please order at the bar!

<u>Trousers</u>				<u>Smock</u>		
Rohan Bags - Blue	Blue	32" Reg	£15.00	Buffalo Windshirt	Olive	40"
Paramo	Grey	Medium	£15.00	Paramo Velez	Black	Medium
Berghaus Soft Shell	Grey	30"	£15.00			
Rab - Fleece Lined	Black	30"	£15.00	<u>Windproof</u>		
Paramo Windproof	Black	Small	£20.00	Paramo	Olive	Medium
Paramo Windproof	Grey	Medium	£20.00			
Haglofs	Olive	Small	£15.00	<u>Over Trousers</u>		
Montane	Black	Medium	£15.00	Berghaus	Black	Medium
						£20.00
<u>Coat</u>				<u>Gilet</u>		
Paramo Cascada	Black	Medium	£30.00	Rohan	Olive	Medium
Marmot	Black	Medium	£20.00			
Mountain Hardware	Black	Medium	£20.00	North Face Gloves	Black	Medium
Rab Insulated	Black	Medium	£30.00	Tilley Sun Hat	Fawn	7.25"
Snugpak Insulated	Olive	Medium	£30.00			£10.00
				<u>Compasses</u>		
<u>Fleece</u>				Silva Type 4/54		£10.00
Paramo	Grey	Medium	£20.00	Suunto		£10.00
Mountain Equipment	Grey	Medium	£20.00	Silva		£5.00
North Face	Grey	Large	£20.00			
				<u>Torches</u>		
				Petzl Tikka XP		£10.00
				Petzl Tikka		£5.00

Contact Nigel Tarr on 07703 345729

Outdoor Clothing for Sale

Berghaus Pullover	softshell	blue	large	£15
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Patagonia jacket	dark brown		medium	£20
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Fleeces

Katmandu	half zip	blue	medium	£10
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Kathmandu	full zip	blue/grey	medium	£10
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Lowe Alpine	full zip	fawn	medium	£10
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Lowe Alpine	full zip	thick woolly black	medium	£15
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North Face	half zip	orange	medium	£10
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North Face	full zip	grey	medium	£10
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Karrimor	half zip	black	medium	£5
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Karrimor	half zip	blue	medium	£5
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Mountain Equipment	half zip	black	medium	£10
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ACG	full zip	black	medium	£10
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Waterproofs

Low alpine	green		medium	£20
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Mountain Equipment	Lovat green		medium	£20
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Berghaus	blue		large	£20
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ACG Gore-Tex	black		medium	£25
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Sprayway	black		large	£15
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Berghaus	blue		large	£20
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Shirts

Craghopper	Solardry	fawn	medium/large	£8
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Craghopper	Euro50	fawn	medium	£5
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Stormlite		blue	medium	£5
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Lowe Alpine		blue	medium	£5
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Rucksacks

Karrimor Jura	Red	25 litres	£10
Lowe Alpine Attack	black	20 litres	£20
Craghoppers Dri-Pac	red	75 litres	£20
Craghoppers Dri-Pac	blue	75 litres	£20
Craghoppers Dri-Pac	black	100 litres	£20
Victorinox covertable			£40

Miscellaneous

Craghopper Dri-pac	Bumbag	7 litres	£10
Eurohike	Washbag		£5
Lifeventure	Bumbag		£5
Kathmandu	small shoulder bag		£5
Trek mates	pak pillow		£3

Contact: Phil Wood

Mobile: 07850 024475