

West Bromwich Mountaineering Club Newsletter



October 2017

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Hi everyone

The clocks have gone back so the evenings are darker than ever, but there are always things happening in the club! Ann Parrot is giving a talk about her annual exchange to East Canada on 9th November, and there might still be places left on the Bunkhouse Weekend coming up soon – check with Su Goddard quickly!

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.

Huge thanks as always to this month's contributors: Dave Jones, Su Goddard, Jo Cheung, Guy Harris, Richard Cooksey, Pete Poultney, Nigel Tarr

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

Welcome new members!

Please welcome new WBMC members John Lee, Vivienne Barclay, Melanie Sutton, and Will Holmes. We look forward to seeing you on the Hills!

Canadian Canoe

The club have recently taken ownership of a Canadian Canoe that has been donated to WBMC. The canoe comes with 4 paddles, two life jackets, and one dry bag. It is currently being stored at the rear of the hut and we are looking at making a trailer so that it can be moved easily to Lake Gwynant.



Anyone using the Canoe does so at their own risk and it is advisable that everyone can swim in the event of an emergency, and that children under 16 are accompanied by an adult. Please enjoy and more importantly stay safe.

Please ensure that if you use the equipment that you report any defects and clean and store away properly after use.

For more information on canoeing the river Glaslyn see:

www.canoewales.com/ws-public/uploads/247_Glaslyn_Arrangement_leaflet.pdf

Membership Renewal

December is coming up and before we know it, Christmas and the New Year. Here is a new years resolution to keep in mind: 'Pay my WBMC membership on time!'

The membership fee is £27.50 and can be paid either by cheque or by bank. If by bank please let me know so I can sort out your membership card. Or if I see you on the coach please do not hesitate to come and get me to sort out your membership.

For more details, or to let Joanna know you've paid, email membership-secretary@wbmc.org.

Call for Plas Gwynant memories

Sandra Meredith, who gave a talk about the release of her book celebrating 60 years of Plas Gwynant on Thursday 5th October, is asking club members to put pen to paper and write about your experiences at Plas Gwynant!

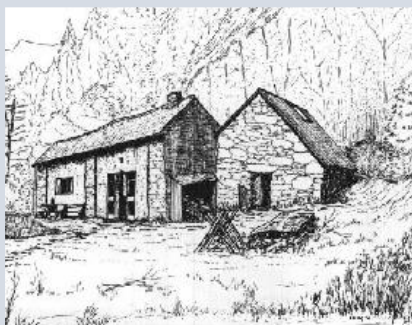
Please send any memories of stories of your experiences there to meredith.sandra@yahoo.co.uk. Sandra is really looking forward to your contributions.

Gear for sale

Nigel Tarr has a huge selection of gear for sale, including waterproofs, windproofs, fleeces and more. I've included the full list at the end of this newsletter.

If you'd like more information about anything Nigel is selling, give him a call on 07703 345729.

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



Photo from broughtonfarm-shropshire.co.uk

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.

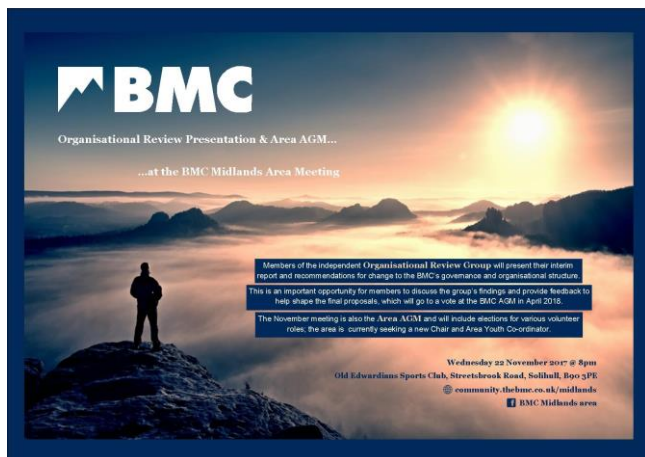
Please contact Su Goddard for reservations.

9th November 2017 – Indoor Meet Ann Parrot – East Canada

Ann escorted 12 Army Cadets on an annual exchange to East Canada during July & August. They took part in a 23-day expedition which included canoeing the St Croix river (which separates Canada and America) and hiking the Fundy Footpath which has been listed in the top 50 hikes in the world.

The Majority of the expedition was wild camped while living on American Army rations.

Come along and show your support to Ann, at the Moose Hall Club, Woodward Street, West Bromwich, B71 4AP



22nd November 2017

BMC AGM

The BMC are holding an organisational review presentation and area AGM towards the end of November.

This is a good opportunity for members to provide feedback and help shape the BMC's governance and organisational structure.

The AGM will be taking place at the Old Edwardians Sports Club, Streetsbrook Road, Solihull, B90 3PE

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



Photo from braemarlodge.co.uk



Photo from booking.com

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

Kalymnos Trip

September 2017

By Pete Poultney



Our Trip to Kalymnos started with an early flight from Manchester to Kos, we caught the ferry over to Kalymnos (the Isle of climbs).

We arrived around teatime, good timing for booking into our B&B digs, having a quick drink in the climbers' bar and discussing tomorrow's antics over a meal.

Our group was originally 13 but went down to 10 because of injury and illness.

While in Kalymnos one has the opportunity to climb via ferrata, cycle, go kayaking, running, scrambling, walking, caving, or snorkeling – so plenty to keep us occupied.



The idea was to spend the morning doing whatever then meeting on the beach to swim, snorkel and chill for the afternoon.

Before the holiday, I treated myself to a full-face mask for snorkelling from Decathlon. Visibility was superb and can highly recommend them.

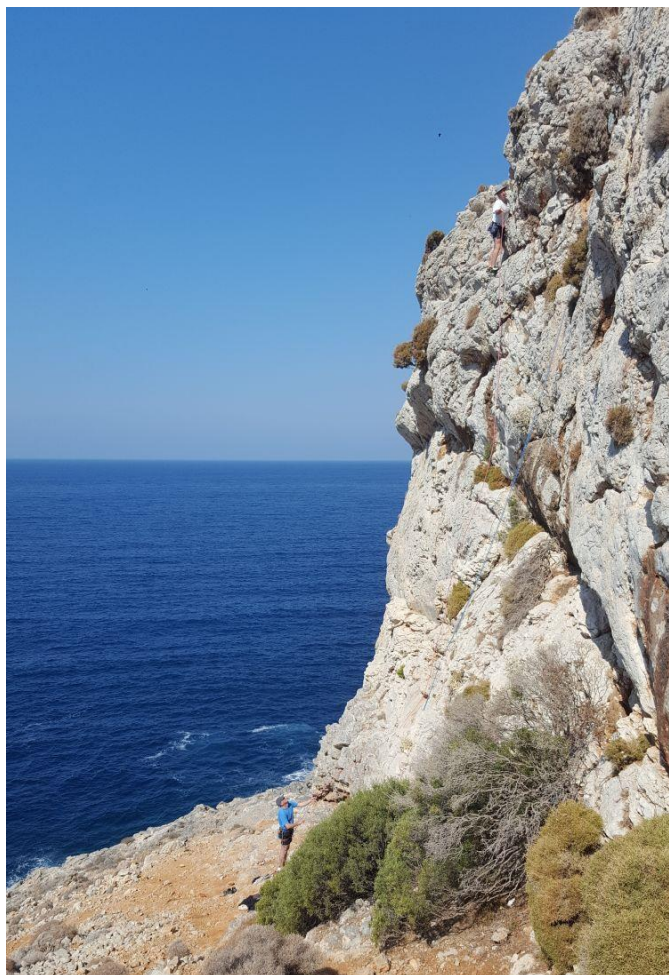
It had been a few years since our last visit to the island, with the last trip being a package holiday. This time round we decided to book our own flights (Jet2) and stayed in the same digs, with a taxi for transfers to and from the ferry port.

The climbing started with Chris, Mark, Ken, Dave (another ex-fireman) and myself down by the water's edge, on the grippy warm rock (sunshine being a bonus) approx. 20m climbs, graded 5b/c.

On the third morning, Mark took Gary and Ade to climb on a single pitch crag, while Ken and I climbed a multi-pitcher, with Dave and Chris climbing alongside. After abseiling down, we swapped climbs, both graded 5c and about 120m.



Kalymnos Trip (continued)



We would have had a day's biking but with 7 of us interested, we couldn't find a shop with enough bikes for hire.

On one of the days we caught the ferry across to Telendos, walked past the few bars & restaurants, and found a nice pebble beach, which just so happened to be not too far from the nudey beach! (And no, I didn't accidentally surface on the wrong beach while snorkelling!

With teatime approaching Chris decided to swim back toward the restaurants & ferry port, while the rest of us walked back, keeping an eye on him. Chris swam with an orange floatation bag with all his gear in, so we couldn't lose him.

We all celebrated with a cuppa (of beer) at one of the bars. Chris then decided he would swim back to Kalymnos (approx. 1km). The skipper of the ferry found out what was happening and decided to follow Chris for the last bit of the crossing. Well done Deano, great achievement!

By mid-week the wind picked up, making it rather cool to climb in the shade. Mark and myself did 2 single-pitch climbs (4c 18m and 4b 30m) while Chris and Gary decided to swim back to our beach - well done both.

The following morning Ken and Dave left the digs to catch the 7am ferry across to Telendos to tackle a 10-pitch climb. On reaching the ferry in drizzle the captain said he couldn't take them because he wouldn't be able to dock with the high winds and swell of the sea. So it was back to the beach for an hour or so. With the island being covered in hundreds of climbs, and constantly being added to, they found another crag to play on.



Jo Cheung, following her hip operation, treated it as a relaxation week with possible climbing next time around.

Our digs were just outside the main village so after drinking & eating on a night the walk back was most welcome, and warm enough without coats.

Kalymnos is a climbers' paradise, with bolted routes to suit all grades of climber. Hopefully this will be an annual event, so if there's anyone interested then please get in touch.

Pete Poultney



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 by 11th November 2017 so please book ASAP - only a few rooms left!*

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. The cheque is payable to West Bromwich Mountaineering Club.

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 – 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 Ogof 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 Lliwedd

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 Bwlch Brwynog (591558) A steep grassy climb then leads to Moel Cynglorioion (586564) descend to Bwlch 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.

Coach Meet – Castleton

Sunday 10th December 2017

Depart

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

09:20 – M54 Junction 2

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

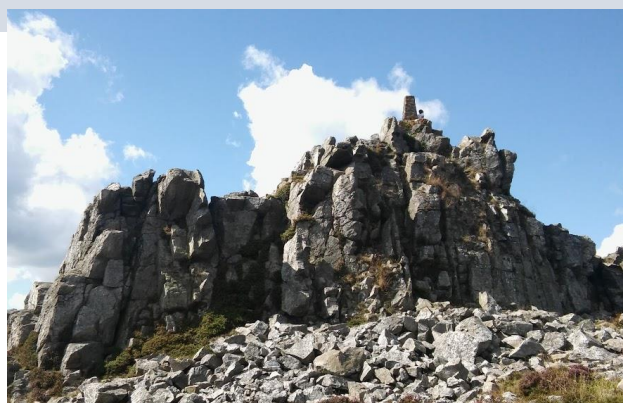
Approx. 4 miles (short), 7 miles (long)

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.

Salads

Small	Large
Traditional Ploughman's (G* V)	£6.75
Cheddar and Double Gloucester Cheeses.	
Stiperstones Ploughman's (G* V)	£7.25
Brie, Stilton & Fruity Wensleydale Cheeses.	
Prawn Salad (G* D)	£7.25
Cold Meat Salad (G* D)	£7.25

Sandwiches & Toasties

Sandwiches	Toasties
Monterey Jack Cheese (V)	£3.25
Ham	£3.25
Tuna Mayonnaise	£3.25
Prawn	£3.25
Sausage	£3.75
Brie & Mushroom (V)	£3.25
Cheese Ham & Pineapple	£3.25
Baked Beans (V)	£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

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

Desserts

Whinberry Crumble	£4.85
This season's Whinberries hand picked from our local hills, baked with a rich sweet crumble topping.	
Crumble of the Day!	£4.50
Locally sourced hand picked fruit from our local hills, baked with a rich sweet crumble topping.	

Sticky Toffee Pudding	£4.50
This rich, sweet sponge pudding contains chopped dates and is smothered in home-made toffee sauce.	
Grand Marnier Meringue Gâteaux (G)	£4.50
Layers of home-made meringue sandwiched together with a blend of whipped cream, flaked chocolate and Grand Marnier Liqueur.	
Chocolate Roulade (G)	£4.85
This delicious and decadent roulade is made without flour so it's light as a feather.	
Affogato (G)	£4.85
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.	

Cake of the Day!	£2.95
This cake varies from day to day, ask at the bar for details.	
Sorbet (G* D V)	£2.95
3 scoops of our delicious fruit sorbet.	
Ice Creams (G*)	£2.95
3 scoops of either Luxury Vanilla, Double Chocolate Chip or Whinberry Ice Cream	
Ice Cream Sundae (G*)	£3.95
These vary from day to day, ask at the bar for details.	
Cheese & Biscuits	£4.85

Hot Beverages

Teas & Fruit Infusions	£1.85
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	

The Stiperstones Inn

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!

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!

For Sale

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

Contact Nigel Tarr on 07703 345729