## West Bromwich Mountaineering Club Newsletter



This month's photo: Club members on the Kinder coach meet, by Oliver Stephenson

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#### Hello readers,

Huge thanks as always to this month's contributors: Oliver Stephenson, Nigel Tarr, John Edwards, Bill Douglas, Graeme Stanford, Ken Priest, Mike Smith, Phil Matthews, and Dave Jones.

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 6<sup>th</sup> of the month.

If you've never written an article before, why not give it a go?

Cheers, Joe

### The WBMC meeting place



Horse & Jockey 49 Stoney Ln, West Bromwich B71 4E7 Join us every Thursday night from 9pm for a chat and a drink.

Note that indoor meets are still at The Cricketer's Arms



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

## Noticeboard

#### Hut Hoover

Please don't use the Henry hoover for sweeping the stove out; the ash causes damage, and embers could start a fire.

## Climbing Nights

The club is still running regular indoor climbing nights at High Sports in Kidderminster (usually the last Tuesday of the month). Whatever your skill level, come along for an evening of climbing in a relaxed atmosphere.



Photo by Pete Poultney

### Hut donations



Note the new prices: Members - £6.00 Guests - £10.00 5-17 - £4.00 Under 5s - Free

Stamped addressed envelopes are provided in the hut for payment.

### Gower Weekend

For members who haven't been before, the address of the centre is: Rhossili Activity Centre, Middleton, Rhossili, Swansea, SA3 1PJ. The weekend is currently fully booked, but if you'd like to be put on a waiting list, please get in touch with Ken Priest on 07779 908708 or ken.priest@live.co.uk.

### Coach Pickups

Just a reminder to members that the coach will leave destination pick ups at the appointed time established by the coach secretary.

# Advertising Hints for Contributors & Event Organisers

By John Edwards

If you want to get maximum take-up for your events and make sure you don't incur a loss for the club, you should think about placing a brief note in the Newsletter 3 or 4 months before the event takes so that people can make a note of the dates in their diaries.

You should provide more details, especially about the cost and booking procedure, in the Newsletter that comes out 2 or 3 months before so that people can start to pay deposits and reserve places.

In the edition before your event you should try and place a half page description of the event, preferably with an illustration, map or photograph, to fill up the last of the spaces or, more likely if your previous notices have done the trick, start a waiting list in case someone has to drop out.

Please don't leave it until the last minute before suddenly remembering that you ought to tell people of your plans or you may find hardly anyone can join you!

Ed: If including photos, please let me know where they came from so I can attribute them properly.

### To book

Email our new Hut Secretary Pete Poultney:

hut-secretary@wbmc.org

Please contact Pete before going to the hut.

WBMC members can purchase a hut key from Pete at a donation of £4

## Coming up



Photo from shropshirehillsaonb.co.uk



Photo from theoldorleton.com

### Thursday 6<sup>th</sup> June 2019 Outdoor Evening Meet – The Wrekin

This week's walk will be over the Wrekin. Come off at J7 on the M54. Park on either side road or larger car park. Meet at 6:30 for a 6:45 pm start.

When returning to cars we will then drive just down the road to the old Orleton Inn for food. The pub is dog friendly.

If anyone wants to book in advance they can call and book there meal, alternatively we have tables booked from 8pm onwards and orders can be taken on the evening.

It's been some years since WBMC have done an outdoor meet to the Wrekin so please show your support.

You can find the menu for The Old Orleton Inn at: https://www.theoldorleton.com/our-menu/

### Friday 21<sup>st</sup> - 23<sup>rd</sup> June 2019 Cycling Meet

Based from the Club Hut. Road Meet currently with a long ride through stunning scenery with options for shorter rides (using a train one way) from 30 miles. Of course if you would like to plan a shorter road or off road ride (with more pubs (3)) then volunteers welcome!

If someone would like to organise mountain biking (Coed Y Brenin or Betws Y Coed) then please get in touch.

Please contact Phil Matthews on 07977 260028 or oilphiluk@yahoo.co.uk.



Photo from coolplaces.co.uk

## Clent Evening Meet

May 2019

By John Edwards With Photos by John Edwards & Pete Poultney



An excellent turnout of 25 people and 3 dogs enjoyed a great little walk from the Hill Tavern on the 2nd Thursday in May. After our leader Ken Priest had confirmed the number of ham or cheese cobs that were needed at the pub, we set off on an anticlockwise circuit up the ridge towards The Four Stones. We soon lost our other leader Mike Smith, who had to veer off right to try and recover Ginny, who'd shot off into the scrubland chasing an animal and Emily S, Hilary J & Pete P took over in turns. Almost at the top we turned off right and dropped steeply down through Deep Wood to a boardwalk - part of the Clent Hills that was new to many of us but well known to the WBMC 'Clent Runners'. The swards of bluebells at the sides of the path that climbed back up to the 4 Stones were wonderful and we reached the iconic summit for a photoshoot without encountering any rain. However, a couple of umbrellas were raised as rain started to fall on our descent back to the Hill Tavern, which had opened especially for us.

We humans walked around 2 to 2.5 exciting miles and the dogs around 6, which was the reason ours were 'exciting', for we had to be careful not to be tripped up or knocked over as they enjoyed themselves playfully running back and forth amongst us. Enville Ale, beautifully kept in the Tavern's underground cellars, was the tipple of choice to go with the very tasty cobs and we all enjoyed a good natter before, just after 9pm, we all headed home through the, now fairly heavy, rain. We had been very lucky and enjoyed a lovely evening. Thanks to Ken & Mike for organising the 'meet', if the next 4 evening meets are half as good and well attended then everybody will be well pleased. John Edwards (accidentally left off the committee list in last newsletter along with Mary Duncan!)









## The Story Behind the Story

From the Mountain Writing Competition 2018

By David Syme Submitted by Bill Douglas



Bill Douglas: I found a copy of the Scottish Mountaineer issue 82 at the WBMC hut. In that magazine were published the results of their Mountain Writing Competition 2018. The second place for prose was awarded to David Syme for his piece entitled 'The Story behind the Story'. I thoroughly enjoyed his story, with its message about how seemingly trivial events can quickly lead to serious consequences. In my humble opinion all mountaineers could usefully draw their own conclusions from this article, and so I contacted David Syme who graciously gave permission for his story to be reproduced here.

David Syme taught in Edinburgh before tackling the Munro round on retirement.

#### Newspaper Friday 14th November

At 9 pm on Wednesday two climbers phoned the police to report that the third member of their party had gone missing. Despite a search of the area where he had been last seen they were unable to find him, and so they alerted the rescue services. Extreme weather ruled out the deployment of a helicopter or drone, but a rescue team from Lochaber Mountain Rescue Service with a search dog deployed at midnight. The search was called off in the early hours of yesterday, but further teams were expected to continue the search later in daylight. The missing climber became separated from his companions in the Grey Corries in poor conditions.

I suppose I was lagging behind Alan and Ken by a few metres. It had been a long, hard day, most of it buffeted by the wind. Now, as dusk was falling, we were trudging along a good path, hoods up, bent forward, Ken following closely behind Alan, our leader. We had two hours to walk before we reached the car, probably at about 8 pm. I stopped to blow my nose. No need to tell the others, it would only take a few seconds. I took off my left glove, tucked it between my knees and pulled out my handkerchief. A gust of wind blew stinging hail into my face, so instinctively I stepped to the right to avoid the worst. To my horror the black glove fell and moved rapidly over the stony ground. I raced after it. It tumbled, stopped briefly, set off again down a long slope. It seemed to be toying with me, pausing, darting forward, swooping over the mossy ground. When it reached a flattish patch of old snow it slid faster. I stopped at the edge of the snow and watched it slide and twist... And then it flew straight onto the side of a large boulder and stopped, pressed against the stone by the wind. I leapt onto the snow, relieved to see the glove motionless, and set off towards the boulder with a long stride. The old snow had an icy crust and was so firm you could skate on it, and it caught me unawares. I lost balance, lurched forward and landed heavily on my knee, then flopped forward onto my chest. I was badly winded but seemed to be otherwise uninjured. I looked up just in time to see the glove detach itself from the boulder and continue its passage downwind.

It took me some time to raise myself to a sitting position. I had broken the fall with my left knee; there was a long tear in my trouser leg, and I noticed that the kneecap had been lacerated by the coarse, icy snow. Ken was carrying a good First Aid kit, so that would be all right. I wrapped my

handkerchief round the knee, carefully stood up and looked around. It had turned quite dark, even on the snow, and I saw no sign of Alan and Ken. I shouted twice, but realised that the conditions would make this merely wasted effort.

I stood up cautiously and turned to walk back to the path, but at the first step my left knee buckled and I was shocked to realise that it was seriously damaged. I was in trouble. I sat down and reviewed my situation. Alan had all the navigation kit; GPS, map, compass; Ken carried torch, whistle, First Aid and emergency blanket, and what had I been carrying? Lunch for all three of us. All consumed hours ago apart from one Snickers bar. I had no trekking poles, no phone, no torch, no whistle or flare. We had not expected one of us to leave the group. I was relying entirely on Alan and Ken to find and rescue me, and they were a long way back up the hill. My knee started throbbing. It felt twice its normal size. If I couldn't put weight on it, could I crawl? No. The pain was excruciating, and I couldn't crawl on one leg only. I decided to pull myself, sitting backwards, down the slope to gain shelter behind the boulder. I was at least out of the wind. I had a mat to sit on, a spare pullover and one of those flimsy, silver survival blankets. I emptied my daysack and, to give it weight, filled it with snow, which I had hacked off with my right heel, then I placed the daysack prominently on top of the boulder and prepared to wait for the others, ready to ask sarcastically "What took you so long?" when they found me.

But they didn't find me. I sat with my back to the boulder, legs extended in front of me. I had wrapped the pullover round the injured knee, but it became hard and numb, and I lost feeling in both feet. After an hour I started shivering, really shivering. Why was my phone back in the car? Because I felt that a day in the hills should be a day without interruption from others. I did not want to answer some mundane call in the grandeur of the mountains. We had a safety phone, of course, or rather Alan had one. What would I have given to have my phone with me now!

I ate the Snickers bar, its chocolate coating stiffened by the cold. It helped. I imagined what the others were up to. Why had they not found me yet? It was past midnight, the wind was as strong as ever, so I did not waste energy on shouting. My gloveless hand was my watch hand, so it was easy to keep track of the time. At 2 am I stopped shivering. I gave up the attempt to keep myself warm by rubbing and stamping my good foot. A warm glow crept slowly over my body and I drifted off into sleep, a deep, deep sleep...

#### Newspaper Saturday 15th November

Late on Friday morning the Lochaber Mountain Rescue team recovered the body of a climber from the Grey Corries, believed to be 36 year old James Locke from Edinburgh who went missing on Wednesday. His companions, also from Edinburgh, were at a loss to explain what had happened to their friend. Alan Nash (38) shook his head in disbelief: "One minute he was walking behind us, the next minute he was gone."

## Kinder Transport of Sorts

Kinder coach meet report

By John Edwards With Photo by Oliver Stephenson



What a fabulous day out on Kinder most WBMC members missed in May!

It was clear to the passengers waiting for the coach at Edward St that they were going to enjoy exceptional weather that Sunday and, in the event, everyone enjoyed 8 hours of extensive views & warm sunshine on the hills and a couple more hours of vistas from the coach as it headed to & from the area.

The 52-seater coach was only half full so we were all able to spread out more than usual and revel in the luxury of extra leg-room & comfort during the journey north. All bar two alighted at Hayfield and set off up the Snake Path to the north of Kinder Reservoir, heading up onto the plateau. One party was then going to head east along the northern edges while another was heading south to Kinder Downfall, all intending to pick up the coach at Edale at 6pm. Yours truly diverted off to investigate the Mermaid's Pool, before climbing steeply up to the plateau just north of the Downfall, where I was re-united with the main WBMC group.

It was about then that we started to pick up messages from the Coach Sec, saying that we'd have to make our way to Castleton rather than Edale. It transpired that as the coach wended its way across the Peak District towards Edale - a route that had been followed several times on previous coach meets - it got stuck on a bridge with sharp corners at both entrance and exit, slightly scratching the paintwork in places. Our two stalwarts still on board, Nigel Tarr & John Harris, had to help the driver reverse a considerable distance against the flow of traffic until it reached a spot where it could be turned around. Apparently the day's coach was around 1.5 m longer than the ones we usually have! As it couldn't get to Edale an alternative pick-up had to be chosen and fortunately the village of Castleton is only 2 - 3 miles farther on, if one follows the footpaths up to Hollins Cross. Equally fortuitously, Nigel was able to get a text or message to everyone during the day, although this meant him not being able to enjoy a walk in case he lost his phone signal.

And so people started changing their routes. The 'north edge' party had to give up any plans of reaching The Snake Inn and instead made a beeline (or as near as possible with the infamous peat groughs) across the Kinder plateau. I cut short my attempt to cross eastwards to Madwoman's Stones and diverted down Crowdon Brook but the Downfall group didn't have to make any great diversions and some managed a quick 'refreshment stop' in Edale before continuing south east to the pick-up.

In spite of the extra miles, everyone made it down to Castleton by the 6pm deadline, but the coach's departure back to Brum was delayed for 20 minutes by a small group who sat in the pub taking their time drinking. What is the club coming to!? It used to be taken as read that if

the coach was due to leave at 5pm, or whatever time the Coach Sec decreed, you would "bust a gut" to make sure you were back in time and didn't hold everybody else up. If that meant cutting your planned walk short or missing a drink at the end of the day, tough! Why not plan ahead for such an eventuality and stash a bottle of beer, or two, in your coach bag like several of the other regulars?



Be that as it may I thought it was very good to see the Dark Peak at a time other than Christmas: just a shame there were not more people there to enjoy the meet and to congratulate me on my "Full House of Forgetfulness" Yes, this meet was significant on a personal level as it was the 5th occasion I'd forgotten something important on a Club coach meet. A long time ago I somehow managed to bring the wrong map and in April 2010 I forgot to get my boots out of the car boot and so had to do the day's snowy walk from Dufton in trainers. Last November it was my waterproofs that I forgot about, leaving them on the back seat in West Brom and the very next month I forgot to pack the sandwiches I'd carefully made the night before. This time I completely forgot to put any water in my rucksack before I left home and had to survive in the heat with 2 pints of milk & a can of beer! Has anyone else managed to forget the "Full House" I wonder?

Dare they own up to something worse?!

## A Promise Kept and Nev's Wishes Fulfilled

Kinder coach meet report

By John Edwards



On Saturday 11<sup>th</sup> May I deposited 3 boxes of WBMC archive material (total weight around 40kg) at Sandwell Library Community History & Archives Service on the High Street in Smethwick, thus fulfilling a duty I felt had been placed on me by Nev Tandy back in 2005 or so. Shortly after me taking over from him as Chairman, he handed me a suitcase that belonged to John Henk, plus several WBMC volumes that he had arranged to be properly bound. His, and the committee at the time, intention was to get these safely lodged in the Sandwell Library Archives. I made the mistake of taking them along to the Old Timers' at the Hut the following weekend and they proved so interesting to some of the club's long term members that they disappeared all over the place, with the takers asking if they could keep them a little while to rekindle memories etc.

2 boxes ended up in Mike Smith's loft when he was President and I had a couple of filing cabinet drawers full of minutes and other material that needed to be sorted through. What has finally been deposited in the Sandwell archives is:

Blue (A4) Ring File of AGM Minutes: 1985 – 1988, 1990 – 2008 (some with Agendas, attendance sheets & accounts)

Black (A4) Ring File of AGM Minutes: 1997 - 2011, 2013 - 2015, 2018.

Bound (Quarto) Volume of Committee Minutes: Dec 1952 – Oct 1963

Bound (Quarto) Volume of Committee Minutes: Nov 1963 – June 1970

Bound (Foolscap) Volume of Committee Minutes: July 1970 – Jan 1983

Bound (A4) Volume of Committee Minutes: Feb 1983 - Dec 1992

Large Blue (A4) Ring File of Committee Minutes: Jan 1993 – Dec 2001

Large Grey (A4) Ring File of Committee Minutes: Jan 2002 - Feb 2011

Foolscap Envelopes with Committee Meeting Minutes: 1995 – 1998, 2000 – 2009

Card folder with 7 Secretary's Annual Reports for 1963/4, 1964/5 and 1968/9 to 1973/4

Black (A4) Ring File of names of WBMC Officers & Committee: 1951/52 to 2019/20 (started by John Henk who hoped to print a small book to mark the occasion of the Club's  $25^{th}$  Anniversary in 1977)

Monthly Newsletters: 2013 (12 issues), 2014 (12 issues), 2015 (12 issues), 2016 (12 issues), 2017 (10 issues Jan to Oct), 2018 (10 issues: no April or Dec), 2019 (4 issues to date) [N.B. 1985 & 1989 - 2012 Newsletters are already there]

Yellow Plastic Folder and 3 envelopes of Hut & Triangle of Land Documents. Includes first 3 leases, plans, wood-burning stove, discussions re purchase of land from Pat Tweedale and other details

Bound (A4) Hut Journal: July 1981 - April 1988

Blue (Foolscap) Hut Journal: 1992 - 2008

Meet Cards: 2006/7, 2007/8, 2009/10, 2010/11, 2011/12, 2012/13, 2013/14, 2016/17, 2017/18, 2018/19 (Dec - Aug) 2018/19 (June - May) [N.B. 23 Meet/Programme cards 1989/90 to 2005/06 are already there]

3 Grey Coach Meet Books for 1993, 1994 & 1995

6 Black Coach Meets Books for 1996 - 1999, 1999 - 2001,

2002 - 2004, 2004 - 2007, 2007 - 2009 & 2008 - 2012

Card & Plastic Membership Cards: 1992/93, 1995/96, 1997/98, 1998/99, 1999/2000, 2001/02, 2003/04, 2005/06, 2007/08, 2007/08, 2010/11, 2012/13, 2014/15, 2015/16, 2016/17 & 2017/18.

5 Ring-bound volumes of National Trust Archaeological Survey by Salvatore Garfi:-

Gelli Iago (North Wales) Part One; Gelli Iago (Nanmor & Cnicht) Part Two; Hafod Y Llan (South Snowdon) Part One; Hafod Y Llan Part 2 Vol 1; Hafod Y Llan Part Two Vol 2. (Garfi stayed at the Club Hut during the summer, autumn & winter of 1999 to make these surveys of the land nearby)

2 Green Pocket File Folders of material collected for the Club 50th Anniversary book & preliminary drafts of some of the chapters. (Includes some material not used in the finished book)

West Bromwich Mountaineering Club "The First 50 Years" (2002) compiled by Nev Tandy, Geoff Hill & Bob Lister. Paper copy & CD-ROM (? openable)

"A Long Way From Clent" (2001) by Brian W. Drew (A Biography of WBMC member Len York who survived a crippling fall from the Matterhorn in 1972 – signed by both men)

"Safety on the Mountains" (1968) by John Jackson & other staff at Plas y Brenin

"Nylon Rope and Climbing Safety" (year unknown) by Ken Tarbuck & British Ropes Ltd

Black Exacompta Folder of Miscellaneous Items of Interest: Newspaper articles on WBMC, Dinner & Dance menu cards from 1960's, Len York's Matterhorn accident account and subsequent trips to Zermatt, Joining WBMC & info given to prospective members, Coach rules & destinations summary, Club adverts, How & Why Plas Gwynant Came into Being, CASC Scheme registration & example forms, BMC affiliated clubs, Constitutions at various dates and other items.

The Archives Deposit Form asks for information which puts the records into context & for this I wrote "WBMC is one of the most active mountaineering clubs in the West Midlands, currently has around 250 members & is one of the few in the UK to have a Wikipedia entry. These documents are of historical importance in relation to its formation & evolution."

The archivists are very pleased to receive this material. A previous letter from them states "Thank you for depositing with Sandwell Community History & Archives Service. We are very grateful for your assistance in helping us preserve the history of the people and places of Sandwell; these records will be a valued addition to our archives."

Apart from safe storage, another advantage in having Club history at Sandwell Library is that these documents now become available for any Club member to view in the future on production of a current WBMC membership card. However, members of the public and researchers will only be able to view material if they get permission from the club committee, to whom they will have to describe their intentions.

If you log on to <a href="http://blackcountryhistory.org">http://blackcountryhistory.org</a> and search for West Bromwich Mountaineering Club you can find all the past newsletters and meet cards that were deposited with the Sandwell Community History & Archives Service back in 2010 & 2012.

# Long Coach Meet – Nantlle Ridge

Saturday 8<sup>th</sup> June 2019

#### Depart

07:00 – West Brom. Edward St Car Park (B70 8NL) 07:20 – Service Road Junc 2 M 54 (Short stop at Welshpool)

#### Drop off

A487 Nebo (467508) Rhyd Ddu (571526) Beddgelert (591481)

#### Pick up

Rhyd Ddu (571526) Beddgelert (591481)

#### Required maps

OS 1:25.000 Outdoor Leisure Map 17 Snowdon OS 1:50.000 Landranger No 115 (For Nesbo Drop Off)



#### Photo from visitpeakdistrict.com

#### **Fares**

Members - £20.00 Guests - £22.00 Under 16's and full-time students - £8.00

To book contact Nigel Tarr on 07703 345729.

Should you need to cancel do so no later than the Wednesday prior to the coach date or a  $\pm 5.00$  fee will be charged. Fail to turn up and the full coach fare will be expected.

### Suggested routes

#### Route 1 (~13.5km / 8.5 miles)

The feature walk of this meet is a linear traverse of the Nantlle Ridge. From the drop off walk through Nebo and head for Garnedd Goch (512495), This is the start of an interesting ridge offering a variety of terrains (quite narrow and impressive in places) leading NE over Craig Cmw Silyn (526503) Mynydd Taly - Mynydd (536514) and ending up on Y Garn (552526). Descend to Rhyd Ddu.

#### Route 2 (~11.5km / 7 miles)

Leave the coach in Beddgelert and follow the footpath to some old building (578480) and ascend a good path, steep in places, to the summit of Moel Hebog (565469). Descend very steeply NW to Bwlch Meillion (560475) and then climb to Moel Yr Ogof (556478) and continue to Moel Lefn (554485). Follow the ridge on a good path (not marked on most maps) to a disused tip (553495) and into a disused quarry (551500). Climb over Bwlch-Y-Ddwy-Elor and descend through the forest to Rhyd Ddu.

#### Route 3 (~10.3km / 6.5 miles)

Leave the coach at Rhyd Ddu and walk up the road to a sharp right hand bend (567527) then follow a climb steeply to the summit of Y Garn (552526). The fun now begins via the grade 1 scramble to Mynydd Drws-Coed (549518) then continue along the narrow grassy ridge to Trum Y Ddysgl (545516). Descend from the summit to a narrow rocky section with a few exposed steps before a grassy ascent of Mtnydd Tal-Y-Mignedd (535515). Retrace your steps back along the ridge to grid ref (543515) then descend the south ridge to Bwlch-Y-Ddwy-Elor (553504). Follow a good path through the forest to Rhyd Ddu.

#### Route 4 (~10.6km / 6.6 miles)

From Rhyd Ddu follow a track through the forest to Bwlch-Y-Moch (561540) Then follow the ridge E to Foel Rudd (549544) continuing along the narrow ridge above Craig-Y-Bera to the summit of Mynydd Mawr (540546). Retrace your steps back to Rhyd Ddu.

## Coach Meet - Patterdale

Sunday 7<sup>th</sup> July 2019

#### Depart

07:00 – West Brom. Edward St Car Park (B70 8NL) 07:20 – Penkridge

(Short stop at Charnock Richard Services)

#### Drop off

Kirkstone Pass (401081) Patterdale (391161) Glenridding (386169)

#### Pick up

Glenridding (386169)

#### Required maps

OS 1:25 000 Outdoor Leisure Map No 5 – The English Lakes NE No 7 – The English Lakes SE

## Suggested routes

#### Route 1 (~14km / 9 miles)

First breach the summit of Red Screes (396087) via the steep climb from Kirkstone Pass. Leave the summit NW and follow the wall past Little Hart Crag (387101) and onto Dove Crag (3375104). Continue on the path over Hart Crag onto the high point of Fairfield (359117). Leave the summit N down a very short but steep ridge to Cofa Pike. The ridge continues NE over St Sunday Crag (369135) all the way to Patterdale (391162) a short road walk takes you to the coach in Glenridding.

#### Route 2 (~14km - 9 miles)

From Kirkstone Pass follow St Ravens Edge (405085) to Stoney Cove Pike (417100). Descend to Threshwaite Mouth and ascend Thornthwaite Crag (432101) on your way to High Street (441111). Follow the ridge N to The Knott (437127) and descend to tranquil Angle Tarn (417145). A good path takes you into Patterdale (395161) where a short stroll along the road leads back to the coach.



### Photo from visitpeakdistrict.com

Members – £20.00 Guests – £22.00 Under 16's and full-time students – £8.00

**Fares** 

To book contact Nigel Tarr on 07703 345729.

Should you need to cancel do so no later than the Wednesday prior to the coach date or a  $\pm 5.00$  fee will be charged. Fail to turn up and the full coach fare will be expected.

#### ROUTF 3 (~14km - 9 miles)

From Patterdale follow a track to where it turns right over Grisedale Beck (383157). Climb steeply to the Hole In The Wall (359155) and traverse the grade 1 ridge of Striding Edge to the summit of Helvellyn (342152). Descend via Lower Man (337155) to Whiteside Bank (338166) and then take the lower path down Glenridding Common (352166) a good track leads past the Youth Hostel (366174) back to the coach in Glenridding.