

West Bromwich Mountaineering Club Newsletter



August 2019

This month's photo: WBMC members on the summit of Mt Olympus, by Fred Hammonds

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Hello readers,

Huge thanks as always to this month's contributors: Fred Hammonds, John Edwards, Andrew Brown, Nigel Tarr, Rob Cox, David Hind, and David 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 6th 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 4EZ

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

Cotswold Discount Code: AF-WBMC -K3

Noticeboard

Future Coach Meets

Firstly, thank you to all who responded to the recent coach meet questionnaire. The information received did not throw up any single reason why the coach meet attendance has dropped over the last year and we, the Committee, have to make some hard decisions regarding the viability and future of these meets, which we believe are an integral part of WBMC.

Regrettably, we agreed at the last committee meeting that future coach meets (dates will be announced in advance) with fewer than 25 seats booked by the Monday before the meet date will be cancelled by the Coach Secretary.

In addition, if people cancel after this Monday and the coach meet does go ahead then they will still be liable and required to pay £10. This latter point is because on the recent (and very enjoyable) coach meet to Stanage, eleven people cancelled at very short notice, possibly after hearing an unfavourable weather forecast.

Your Committee acts on behalf of you, the members, and this proposal is not what any of us want but we have to do something to limit the large losses that we have experienced this year.

Ideally we would like to see more of you on the coach meets so why not come along, especially if you have not been for a while, to enjoy the company of like-minded folk who love the hills. We have reintroduced the popular led walks and of course you are always free to follow your own path. No reason not to come is there?

If you have any comments to make on decision please email them to coach-secretary@wbmc.org and your views will be discussed by the Committee.

WBMC Committee

Membership Secretary Needed

Sadly our current Membership Secretary, Hazel Webb, has stepped down from her role. The committee would like to thank Hazel for her hard work, and ask any willing club members to contact the committee if they are able to take on the position.

Slideshow Hosts Needed

If any members are willing to put on a slideshow in the upcoming evening meets please contact the committee as soon as possible.

New Meet Card

The new meet card is in production and will reflect all 12 calendar months, to make it easier to plan for upcoming events.

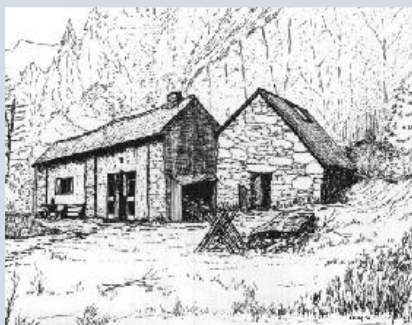
Live Weather for Snowdon

Live weather conditions are now being provided online for Snowdon! A simple weather station feeds 24-hour information, including wind speed & direction, humidity levels and temperature, direct from the summit.

One of the downsides of Snowdon's popularity is an increasing number of avoidable call outs to mountain rescue teams, often made by ill-prepared or inexperienced walkers who have underestimated the impact of the weather at height.

The [Snowdon Live](#) project has been funded by the BMC's Access and Conservation Trust, working in partnership with Snowdonia National Park Authority, Natural Resources Wales and the AdventureSmart project. It is hoped that the weather station will remain active all winter (dependent on solar power and battery life), but it's likely that the wind monitor will eventually seize up in a winter freeze, say the BMC. As well as being a service to walkers, the info should be useful to climbers heading to the high crags. However it's worth noting that the 'feels like' temperature provided up-front on the page is more nebulous and less useful to experienced walkers than the ambient temperature, which is only available after clicking the nearby arrow.

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.

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

20th – 22nd September 2019

Lake District Weekend – Chapel Stile

We have the TOC-H Weirside bunkhouse booked again this September. Last year's event was a great success and I expect this year to be at least as good.

For those that have not been before, the bunkhouse is the old chapel, in the village of Chapel Stile, in the Langdale valley. This is central to the Lake District with very easy access to some of the best walking, scrambling, climbing and mountain biking on offer. It is also within a few minutes' walk of two excellent pubs, both providing good food and a selection of ales. There are 2 bunkrooms for 8 people and a further 2 each for 2 people, fairly modern toilets and showers, good heating and plenty of hot water, though the drying room is a bit of a waste of time...

As the kitchen is small, there will be a full breakfast provided each morning and a group meal at the centre on Saturday evening. The cost of the 2 nights is £35, to cover bed and the 3 meals.

To book your place please e-mail me at rob.cox1@btinternet.com or phone me on 07847315302 PLUS make a £35 bank transfer to: Sort Code, 08-93-00 Account, 81120954. This will allow me to keep track of the places that have been booked. Your place is not reserved until payment has been received and based on last year's trip we are likely to be oversubscribed. Contact me if you want to pay by any other method.

22nd – 24th November 2019

Skills Weekend - Snowdonia



Extra Nights?

A couple of members have shown interest in extending the trip by another night. I'm happy to arrange this if enough people are interested, splitting the cost of the hut between those going. The cost of the hut is £150 per night and is not available on a per-bed basis, so to make it worthwhile we will need about 10 people. Please let me know if you are interested in an extra night, when booking, and I will look into the options available.

Venue: Club Hut, Nant Gwynant, Snowdonia

Course Aim: To equip club members and potential members with the skills, confidence and competence to walk in the British hills during summer conditions.

Course content:

- Clothing and equipment
- Navigation skills using map and compass
- Route planning
- Mountain Weather
- Mountain hazards and avoidance
- Dealing with Emergencies and Rescue Teams

So, if you would like to participate in the weekend, learn more and be independent on the mountains, or just want further information, please contact David (Geordie) Hind on either 07505364318 or geordiehind@gmail.com before 10th November 2019.

Who did what, when for WBMC? Part 2

An updated compilation of past WBMC Officers and committee members By John Edwards



Part 1 in last month's Newsletter featured the named positions: here are the names of those who filled the 5 places as 'ordinary' committee members.

COMMITTEE MEMBERS

Harry Barlow 1951 - 56 & 1957/58
 K. Treacher 1951 - 1954
 H. Young 1951 - 54 & 1956 - 58
 Mrs P. Woodward 1953/54
 Miss N. Knight 1954 - 1957
 Miss J. Spurr 1954 - 1956
 V. Evans 1954 - 1956
 W.H.P. Wright 1954 - 1959
 F.B. Purcell 1956/57 & 1958 - 61
 R. Oldroyd 1956/57
 E. Hutton 1957/58
 B. Phillips 1957/58
 G. Hughes 1958/59 & 1963 - 66
 T. Offer 1958/59
 M. Braden 1959 - 1961
 Ray Mullett 1959/60
 B. White 1959 - 1961
 Pete Henk 1960 - 63 & 1988 - 91
 Miss I. Baker 1961/62
 Frank Thompson 1961/62
 Wally Cheesebrough 1961 - 64 & 1986/87
 John Henk 1962 - 64, 65 - 68, 78 - 80 & 84 - 86
 Ray Hartshorne 1962/63
 R. Billingham 1963/64
 Ron Ralphs 1963 - 1965
 Jack Dodd 1964/65
 Baz Farmer 1964 - 69 & 1971 - 75
 Nigel Tarr 1965/66, 1993 - 2000 & 2003 - 07
 Geoff Robinson 1966/67
 J. Gordon 1967 - 1969
 R. Pinkney 1967 - 1970
 Keith Dawes 1968 - 1970
 G. Thackery 1969/70
 Pat Tweedale 1969/70 & 91 - 93
 Bob Duncan 1970 -73, 1978 - 81 & 2001 - 04
 M. Bamford 1970 - 72 & 1978/79
 S. Ward 1970/71
 G. Ball 1971/72
 B. Price 1972 - 1977
 P. Blakemore 1972/73
 D. Cope 1973/7
 A. Plant 1973 - 1975
 John Wagstaff 1974/75 & 1979/80
 G. Jones 1975 - 1978
 Les Elsmore 1975/76, 1981/82, 1984 - 86 & 1991 - 93
 Bob Franklin 1975 - 1979
 Hugh Rothero 1976 - 1977
 E. Statham 1977 - 1978

Mrs S. Chew 1977 - 1978
 John A. Davies 1979 -1984
 T. Gurney 1980 - 1982
 Pete Goddard 1980 - 81 & 1989 - 90
 Nev Tandy 1981/82, 1986 - 92 & 93/94
 J. Shaw 1982 -1983
 Mike Nicholls 1982 - 1989
 Mike Smith 1982 - 85, 2002 - 03 & 2007 - 09
 Mrs Vilma Mitchell 1983 - 1989
 Malcolm Collins 1985 -1986
 Graham Clark 1987 - 1988
 Roy Lake 1988 - 1989
 N. Robinson 1989 - 90
 Gordon Judge 1990 - 1991
 Steve Bennett 1990 - 1991
 John Cracknell 1990 - 1992
 Iris Cooksey 1991 - 1999
 John Mitchell 1992 - 2002
 John Hipwood 1993 - 1999
 Mike Lay 1994/95
 Steve Barber 1995 - 98 & 2000/01
 Debbie Redding 1999/2000
 Steve Popple 1999 - 2001
 Bob Lister 1999 - 2002
 Jonathan Howells 2000 - 2003, 2013/14
 Andy Brown 2001 - 05, 2006 - 08 & 2011/12
 Malcolm Vaughan 2002 - 2004
 Nigel Kettle 2003 - 2006
 Oliver Stephenson 2004 - 11
 Alison Whitehead 2004 - 08, 2011/12 & 2019 →
 Lee Perry 2005 - 09
 Paul Brindley 2008/09
 Guy Harris 2008 - 10
 Richard Cooksey 2009 - 2019
 Mark Wood 2010/11
 Chris Dean 2010 - 13
 Graeme Stanford 2011/12 & 2015/16
 Mark Kynaston 2011/12
 Barbara Challinor 2012/13
 Hilary Jones 2012/13
 Nick Piotrowski 2012 - 2017
 Joanna Cheung 2013/14
 Dave Burnett 2013 /14
 Sue Goddard 2013 - 2016
 David Jones 2014 - 2016
 Sam Goddard 2016 - 2018
 Mike Thompson 1992/93 & 2014 →
 Andrew Mitchell 2009/10, 2014/15 & 2017 - 19
 David 'Geordie' Hind 2017 - 2019
 Rob Cox 2018/19
 Phil Matthews 2018 →
 Mary Duncan 2019 →
 John Edwards 2019 →

Hill Bagging: What's it all about?

Why bother? Is it for me?

By Andrew Brown

About 15 years ago and after being a regular coach user for 5 years, I was starting to get a bit bored of going to the same destinations, doing the same mountains and seeing the same views (If I got a view). A couple of stalwarts of the club (Mike Nicholls and John Hipwood) told me they were doing the Marilyn's and this was taking them to new areas of the country and taking in new hills regularly and in turn keeping them eager to go out walking.

After a bit of research to find out what Marilyn's were (hills in Great Britain with 150m of prominence) and talking with Darren Groutage, on the 13th March 2005 I did my first hill (Great Mell Fell) as a deliberate hill bag. This was done, along with Little Mell Fell, on a coach meet to Keswick. Since then I haven't stopped bagging. It became an objective (possibly obsession) to do all the Marilyn's in England, Wales and the Isle of Man, a total then of 340 but now only 338. After travelling all over England, Wales and the Isle of Man, including over to the Isle of Wight, Darren and I did our final English, Welsh and Isle of Man Marilyn on Bardsey Island on 6th June 2009.

Whilst working (or walking) towards this completion I came across a website called hill-bagging.co.uk which allows you to register (for free) and record all the hills you have climbed. It also opened my eyes to a lot of other hill lists. I was already trying to do all the Scottish Munros and they were the objective on every Scottish trip. But what was there to do on coach trips now? A look at hill-bagging showed the next group of hills based on prominence were the Humps (**H**undred **M**etre **P**rominence). A total of 820 hills (2986 if you include Scotland) and these hills became the next objective (probably obsession). On an Away Dinner Saturday, 23rd March 2013, Darren and I did our last English, Welsh and Isle of Man Hump and we could relax and not think about any more bagging.

Hold on, looking at hill-bagging.co.uk, they had just put on a new hill category called the Tumps, Thirty and Upwards Metres of prominence. Only 6194 in England, Wales and IoM. Won't take that long... 6 years later I'm at 3018 Tumps, nearly halfway, but I AM NOT OBSESSIVE in any way. Fortunately, some of the Tumps are sea stacks and only been climbed by Mick Fowler and people of his climbing ability so I know I will never finish them all.

So that's what it is all about. Why bother? Is it for me? I've gone to some great islands, had some cracking views from small hills and also do a lot of walks where I see nobody. Some hill lists may not be for everybody, but I recommend looking on hill-bagging and if you think there's no point doing the next coach meet because you've done it before, there may be some hills you can link up that you haven't done before. Better than gardening.

Just so as you don't think I am the only obsessive one in the club who is a mad bagger, here is a list of people in the club who are registered on hill-bagging and their usernames:

| | |
|------------------|-------------------|
| DARRENG | Darren Groutage |
| nocksta | Dave Nock |
| andrew brown | Andrew Brown |
| whiteuss | Wayne Whitehouse |
| signyred | John Edwards |
| OLIVERS | Oliver Stephenson |
| simon shrewsbury | Simon Shrewsbury |
| Baggieboy | Dave Jones |
| Clairey | Claire Venables |
| david doherty | David Doherty |

Just as a footnote to all this bagging malarkey, on the next coach meet to Braithwaite (Saturday 7th September) I hope to do my final Nuttall, Hewitt, Wainwright, Simm, Fellranger, Bridge and Buxton & Lewis on Causey Pike. Have a look on hill-bagging to learn what they are. A led walk will take anybody who wants to come along, over Crag Hill and along to Causey Pike. All more than welcome to come along and celebrate with a bit of cake and maybe a wee dram.



Photo the party who came to my final Munro – Ben Lomond
27/09/14

Possibly the Hottest GR 20 on Record

Part 2

By John Edwards



Continued from Part 1...

This was a long, tough day for us with the heat. I set off carrying 4 litres of water & a litre of Orezza mineral water to try and replace some of the salts I'd lose in sweat. After 3 hours of rocky slabs we emerged into the sunshine at 9am. Martin our guide had heard there were 6 groups coming in the opposite direction so shortly after this he took us on a slight short cut to avoid having loose rocks dislodged down on us. This took us up to a peak, Punta Crucetta (2499m), and saved us 100m of ascent and 2 hrs of time, which is just as well as we were going slowly as another of our party was not feeling well.

We ate our lunches on the summit where we were amazed by the number of butterflies flitting around at this barren altitude. We were soon discovered by a couple of Alpine Choughs and enjoyed their antics and calls. The descent took ages and we didn't reach the Bergerie de Ballone until 4.30pm – a 10.5 hr day. After a beer and a swim in some nearby pools I felt refreshed and enjoyed the excellent 3 course meal they gave us before chatting over a coffee and then turning in. I had a tent to myself so slept with the door wide open so I could look up at the stars.

Friday (28/6): Bergeries de Vallone to Castell di Verghio
A Day of Drama – We Lose Our Second Victim to the Heat.

Awoke twice during the night to slake a raging thirst and each time saw the space station passing serenely overhead! We hit the GR20 at 7:15am and for once the path was level or downward through trees. Normal "walking" for once!! Again we were going really slowly because of Pesh and it took us 4.5 hrs to reach the Bocca di Foggiale (1962m) which KE Adventure reckoned we should hit in 2 hrs. At the col Martin called in the rescue services and soon a helicopter was landing some medics, circling around for 5 minutes or so before returning to whisk Pesh off to Ajaccio hospital. Drama indeed!



After the helicopter evacuation our guide told us we'd have to get a move on but we still made a quick stop at Ciottolu di Mori – the highest refuge on the route – to refill our water bottles. From here the route lost height rapidly until, just before the Radule waterfall, we arrived at a deep pool where we had a quick swim. This spot was often used as a 1pm lunch stop by Martin but it was 4pm when we got there. There was still another 90 minutes of hot, undulating descent until we unexpectedly emerged onto a tarmac road, a hundred metres from a wonderful hotel. Our 2nd 10 hr+ day on the trot in sweltering conditions so I rewarded myself with a large cold blonde beer straight away: b****r it's dehydrating effect, it was much needed!



Saturday (29/6): Castell di Verghio to Refuge de Manganu
"Easy" Saturday

After a fabulous breakfast we started walking at 8am and the first hour was actually flat through woodland! Then came a gradual climb in the open to the Bocca San Pedro (1452m) where there was a shrine which made it look like St Peter had been sent to prison, as the small statue/icon was behind bars! A further ascent brought us to the Lac du Nino and some wonderful, green upland pastures at noon, totally different to anything else on the route. Martin then asked if was fancied a slightly more adventurous variant for the descent. 5 males said yes, 3 females no, so we boulder-hopped down by the river to a pool where we had lunch and cooled our feet.



Possibly the Hottest GR 20 on Record (continued)

Continuing we turned a corner and were surprised to find a Bergerie selling drinks & cheese right in front of us. While sipping and photographing the horned sheep, Martin pointed out our night's accommodation just a mile or so across an upland plateau. At the stated 7½ hours it was our shortest day's walking of the trip so far. After a cold shower, I decided I'd rather bivvi than share a hot tent.

Sunday (30/6): Manganu to Refuge de L'Onda

A Tough but Wonderful Walk: Best Day of the Trek maybe

This was the first of the 2 'double stage' days, necessary to fit the 15 stage route that Michel Fabrikant devised in the 1970's into the fortnight dictated by the weekly UK flight schedules. So it was up at 4:30 for a 5am start using head torches. Immediately to route turned steeply uphill and we rock-hopped & slab-climbed through spectacular rocky scenery, hitting the narrow Breche de Capitello (2225m) after 2¼ hours of walking on the shaded side of the ridge.



Suddenly we were looking out over a wonderful array of lakes, crags & peaks bathed in sunshine. After 2 hrs, much of it wonderful slab-walking, we arrived at a col, Bocca a Soglia (2052m), where guide Martin recounted his 'Richard Branson experience'. Some years before Branson was in the GR20 group he was leading, along with a lady who was doing the walk for a charity. Richard said he'd add £10,000 to her pot if she climbed up the rock naked. He meant the one nearby but she thought he meant the nearby peak and so continued, going off route,

resulting in Martin having to chase after her like a horned Satyr before she got into difficulty, nude on some slabs! A tricky traverse over 2 more high cols left us looking up at the summit of Monte Rotondo (Corsica's 2nd highest peak) and down on the Refuge de Petra Piana, neither of which we visited. Our route kept us high climbing & walking along the crest of a superb UK-type ridge to the peak of Pinzi Corbini (2021m) where I told the group about a charismatic Corsican friend we had in the Dordogne, Daniel Jacques Rigato, and offered them a chance to toast his memory with a small tot of Jack Daniels. Shortly after this, at 3.15pm we were looking down on the night's refuge but it took another 90 minutes to reach so long was the descent. On the way we passed 2 groups of French Foreign Legion recruits making their way uphill, clutching automatic weapons and carrying large packs on their backs. For once, at the refuge our tents were not already erected and we had to demonstrate that we could correctly collapse the Quechua pop-up tents before we were allocated them – a bit of a pain after 11¾ hrs walking! I again forsook my allocated space in one of them for a nice bivvi in the fresh air!



Monday (1/7): L'Onda to Col de Vizzavona

A Hard, Short Day to End the North Section

Another raging thirst at 2am but otherwise a good night's sleep. The route climbed from the off and was tough in full sunshine for once but we crested the Muratello Pass in 2hrs with just 2 stops. Lots of slabs and fantastic views on the descent to some rock pools for lunch and on to the Cascade des Anglais – a very crowded spot as it wasn't far from the road.



Possibly the Hottest GR 20 on Record (continued)

We then took a slight variant to come out onto the Col de Vizzavona, rather than the village. This gave us a 10 minute descent, rather than an hour's climb, to our small dormitory rooms at the Hotel Monte d'Oro, which was my favourite overnight stop of the walk – lovely food at night & breakfast, pleasant atmosphere plus a few beers and a pichet of red wine in the shade.



Tuesday (2/7): Vizzavona to Col de Verde
A Long 'Normal' Walk in the Woods – Light packs at Last!



Because we were meeting up with our luggage again tonight this meant we didn't have to carry our sleeping & washing gear, so it was a day of fairly light loads as Glenn rejoined us and we started on the Southern Section of the GR20. It was a 28km long 'double' stage, however, and I had developed a blister on my right sole the previous day so was rather concerned. I had pricked it the night before and Jon offered to put some Friar's Balsam on it to 'weld it together', saying it's what folk do on the Marathon des Sables. That settled it: if it's good enough for them I'd give it a try. Stings like hell but it worked!

16 km of undulating woodland walking brought us out into blazing sunshine at the Refuge de Capanelle in just over 4 hours. I bought my first ice cream of the trip plus a bottle of Oreza mineral water. It might have been more spectacular to take the high-level variante over Monte

Renoso but we had to gain time if we were to finish in 13 days so we took the flatter, lower, shorter route. After an hour we stopped by a shaded stream to eat our lunch and cool our feet. Afterwards I lay down on the rocks with one of my boots for a pillow – and fell asleep for 15 minutes!



Another 3+ hours of in-&-out-of-shade walking brought us to the last road we would encounter before the finish, where there was a private gite & restaurant. It seems we were all expected to crowd into one wooden cabin with bunk beds, so Ramiz decided to join me and sleep outside under the stars. By my calculations we had climbed the equivalent of Everest from sea level since the start at Calenzana... and we still had the southern section of the GR to come.



Final Part next month...

Coach Meet – Braithwaite

Saturday 7th September 2019

Please note this is now a normal meet not a long meet

Depart

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

07:20 – Penkridge

(Short stop at Charnock Richard Services)

Drop off

Scales 340268

Keswick Junc (A66/A591) 264244

Braithwaite 236236

Pick up

Braithwaite 236236

Keswick Coach Station 264234

Scales 340268

Required maps

OS 1:25 000 Outdoor Leisure

No 4 – The Lakes NW Ennerdale & Derwent

No 5 – The English Lakes NE

Suggested routes

Route 1 (~15km / 9.5 miles)

From Scales Farm (340268) follow the path past Moushwaite Comb (344275) and then turn NE to Scales Tarn (329281). As you arrive Sharp Edge is the obvious on the skyline - this is your next destination. A GRADE 1 SCRAMBLE. At the top an easy walk takes you to the top of Blencathra (322275) then continue along the grassy ridge to Knowe Crag (321270). Finally head NW to footbridge over Glenderaterra Beck (296278) then climb to the path junction of the Cumbria Way (293279) Follow this S past Loonscale Crag (293265) and eventually in to Keswick.

Route 2 (~16km / 10 miles)

Follow the road from the roundabout (264244) to Briar Rigg (267241) and follow the Cumbria Way past a car park (283255) Start climbing steeply to the summit of Little Man (266278) continue on a good path to Skidaw (261291) Descend the very steep West Face of Skidaw to Carlside Tarn (256283) and if time allows walk out to Ullock Pike (245287) Retracing your steps climb to the summit of Carlside (254281) and descend S to Millbeck (256262) Follow the road into Applethwaite and follow the Allerdale Ramble (265255) back into Keswick.

Alternatively: From summit of Carlside (254281) follow Allerdale Ramble S to path junction (253276) take RH fork to wood (250273) follow path S (248269) then E (243269) heading S to Dancing Gate and the road A591 go left a short distance along the road path continuing on opposite side of the road to footbridge (243260) follow path to junction (245251) bear R to footbridge (241248) continue to road A66 short walk to Braithwaite.



Photo from visitcumbria.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 £5.00 fee will be charged. Fail to turn up and the full coach fare will be expected.

Route 3 (16-17.5km / 10-11 miles)

The Coledale Horseshoe

From Braithwaite follow the road N to car park (225241) ascend steps on R onto the long ridge to Grisdale Pike (199226). Descend the ridge to Hobcarton Crag, following the edge to Hopegill Head (186222). Descend S and then climb over Sand Hill to Coledale Hause (189211) from here walk SW to the top of Grassmore (175204). Leave the summit and continue E over Crag Hill (193203) down the Scar and over Sail. At the col (205205) you have two choices depending on the time available:

17.5km / 11 miles: Ascend Causey Pike (219209) then descend to Stineycroft (233213) this leaves a short walk to Braithwaite.

16km / 11 miles: From the col descend via Stile End (221219) back into Braithwaite.

Led Walk (~16.5km / 10 miles)

Join Andrew Brown on his final Nuttall, Hewitt, Wainwright, Simm, Fellranger, Bridge and Buxton & Lewis on Causey Pike! Leave Braithwaite on the B5292 towards Whinlatter and turn left to follow the footpath along Coledale Beck gradually rising to Force Crag. Continue on and climb steeply to Coledale Hause, turn south and climb even steeper to Crag Hill before swinging east and descend to Sail. Descending east, the route then follows footpaths to Scar Crag and Causey Pike. The onward path is scrambly but not hard enough to be classed as a Grade 1 scramble and drops steeply to Stair. The footpath alongside Newlands Beck provides the route back to Braithwaite. Ascent: 3000' (900m). Some easy scrambling.

Coach Meet – Howgills

Sunday 13th October 2019

Depart

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

07:20 – Penkridge

Drop off

Wath (684051)

Sedberg (657922)

Pick up

Sedberg (657922)

The coach will leave Sedberg at 17:30

Required maps

OS 1: 25 000 Outdoor Leisure No 1 – Dark Peak

OS 1: 50 000 Landranger 110 – Sheffield



Photo from visitcumbria.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 £5.00 fee will be charged. Fail to turn up and the full coach fare will be expected.

Suggested routes

Route 1 from Wath (~17km / 10.6 miles)

Follow lane turn left at junction to fork Take left hand to path (676046) continue to path junction (669035) follow left hand path along Bowderdale Beck past sheepfold (675018) continue on to more sheepfolds on left hand side (678002) continue to junction (672975) continue S to join path (668967) Bear left to Calders path junction (672961) turn right follow path to sharp left at cairns continue past Swere Gill (664946) then at (658937) follow path to Sedberg.

Route 1 alternative

At (669035) take the right hand path over West Fell (669018) Hazel Gill Knot (672996) and the Calf (676970) Bran Rigg Top (668964) at Calders (672961) then continue as Route 1.

Route 2 From Sedberg (17km / 10.6 miles)

Leave Lockbank Farm (651924) up Settle Beck Gill (659928) across the flank of Arant Haw (662946) Continue to Calders (672961) turn NW to Bram Rigg Top (668964) continue to The Calf (667970) Descend NE to small tarn turn E via Bowderdale Head and track E of Cautley Spout and onto the foot bridge (693968) going Sto Beck Side (690955) Fawcett Bank (684939) Under Bank (668925) and onto Sedberg.

Route 3 From Cross Keys (~7km / 4 miles)

Leave road at Footbridge (698969) and turn left on A Pennine Journey to footbridge (693967) Head NW along a path to Cautley Spout (681976) From here head to Dales High Way (671975) then go S to the Calf (667970) going S over Bram Rigg Top (668964) and continue on to Calders (672961) following Dales High Way back to Sedberg.