



# The Gwydyr Mountain Club Newsletter

June 2021

Edited: Chris Harris

With the hut still out of bounds to group occupation, Bill has added to the list of Thursday and Saturday walks. I personally am finding these very beneficial and feel my mountain legs returning. See the meets list on the club website for a full list of upcoming walks

### **Coming soon:**

- 10 July Saturday Walk: Ponderosa/World's End/ Cynr y Brain
- 17 July Saturday Walk: The Glyders from Pen y Gwyd
- 22 July Thursday Walk: Scramble up Carnedd Dafydd
- 23-25 July Hut Weekend - fingers crossed !
- 29 July Thursday Walk: Wrekin and The Ercall

### **Articles this month:**

- 1) Teresa and Bryn Scottish trips
- 2) Chris Ramsden, May/June 2021
- 3) Recent GMC walks

## **1) Bryn and Teresa, Tyndrum May 2021**

We finally got up to Scotland in May this year, it was 7 months since our last time, so we were having severe withdrawal symptoms!

We decided to do a couple of our favourite Munros, and a couple of Corbetts overlooking Tyndrum we've been curious about for a couple of years

The weather (as usual) was mixed. At the start of the week we were in snow and blizzards on the hill, and at the end of the week glorious sunshine and T shirts!



### **Ben More, Crianlarich (Munro)**

Ben More, at 1174m in 3.5km is always an unrelenting steep slog, usually rewarded by fantastic views far and wide.

However on this occasion, desperate to be out after months of lockdown, we decided to go out in a light drizzle and a strong breeze.

As we ascended the wind increased, visibility decreased, and the rain turned to snow, and for the top 200m we were in a blizzard

The going was fairly tricky, as the new lying snow was on top of big patches of old snow, which became quite treacherous underfoot... quite challenging on the ascent, and very challenging on the way down, adding a fair bit of excitement to the day!!

*Approaching the last 200m of Ben More*

## Beinn Udlaidh and Beinn Bhreac Liath, Glen Orchy (Corbetts)

We have stayed in Tyndrum many times, and have recently become curious about the 2 Corbett's that face you as you drive into Tyndrum, so we decided to try them.

The start was from Glen Orchy, and was a bit of a bog trot, a steep pathless ascent across wet and spongy terrain, a lot of which was newly planted. In all, the only positive about this hill was the superb views all around on the ascent and on the long flat summit which helped to mitigate the arduous ascent!



*Bhreac Liath*



*Beinn Udlaidh*

From the summit of Liath, there was a straightforward but pathless descent to then climb Udlaidh, another long flat summit, again with the same superb views.



*View over to Ben Starav hills and Stob Ghabar*



*Ben Lui, Oss and Dubhcraig above Tyndrum*



*Dothaidh and Dorain capped by clag*



*Ben Lui with its double peaks*



For the descent we followed a quartz Dyke, which it really is an impressive structure, with parts of it having been exposed by erosion so that it sometimes towers well above the grassy slopes at its flanks. It was a great handrail for the descent, before we finally crossed the river and hopped gratefully onto the newly created water-board track for the return to the car.

*Quartz Dike*

### **Stob Ghabar, Glen Orchy (Munro) 1090m**



Coire Lochain with Stob Ghabar in the background

This is one of my top 5 favourite munros, it's an excellent walk with outstanding views from the summit. It's absolutely stunning, and I never want to leave the summit once I get there, I could stay for hours soaking up those views.

This hill is normally climbed with its neighbour Stob Coire Odhair, but this time we decided to do it on its own, and tried a different route of ascent, something more suited to our post lockdown jelly legs!!

The weather today was ideal, warm with a light breeze, and excellent visibility.

We ascended gradually up the river valley between the 2 Munros, before coming to the rim of the huge Corrie Lochain.

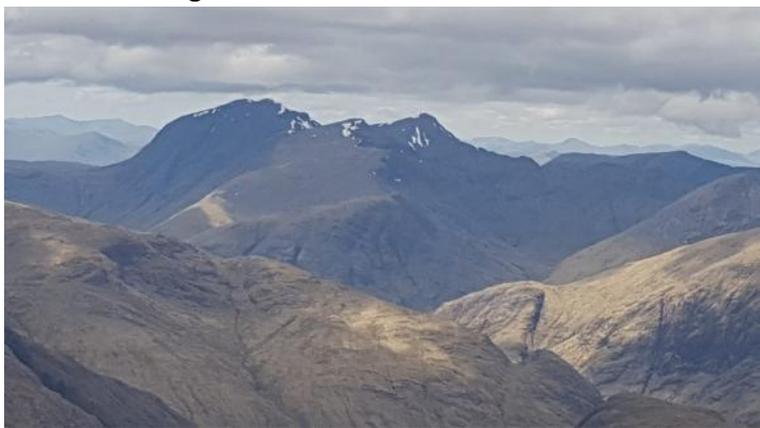


Next the steep bit, loose and rocky and slippy, and quite exposed...best not to slip or trip here!!

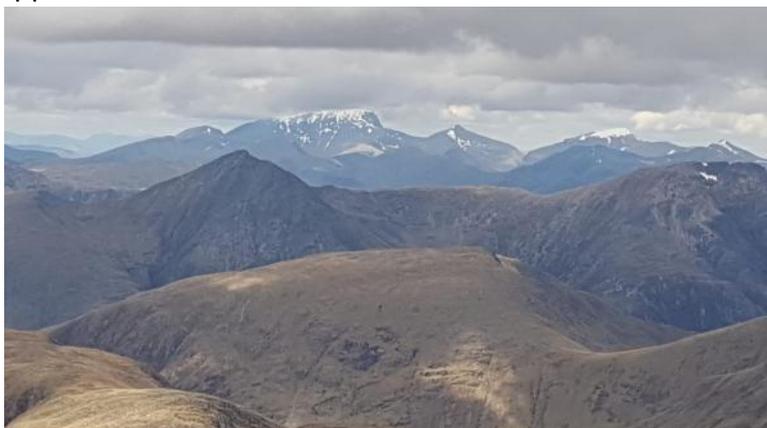
This brought us to the other Aonach Eagach, a less formidable rocky ridge than the Glencoe version, but added interest and fun to the route! This was followed with a short rocky climb to the summit

The other Aonach Eagach on the approach to Stob Ghabhar

The 360 degrees views from the summit did not fail to disappoint:



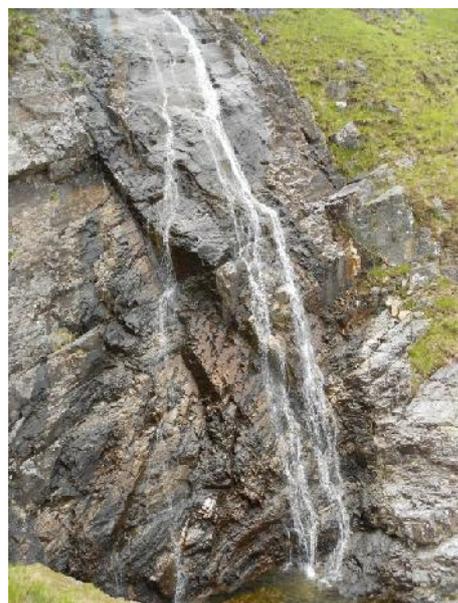
Bidean Nam Bian and Stob Coire an Lochain



The Buachaille in the foreground, Ben Nevis, CMD, and Aonachs behind



Cornice just before the summit of Ghabhar



Creag an Steallaire

The descent was straight forward and gradual, following an old fenceline, before descending down the side of a waterfall on a steep and eroded path back down to valley floor and joining the ascent path.

### **Oban Hostelries (Marathon!)**



This speaks for itself, a traditional Gwydyr midweek break, train journey to the hostelries of Oban!!

## 2) CHRIS RAMSDEN MAY/JUNE 2021

### **Keswick Adventures**

For a second time COVID disrupted my wedding plans forcing me to reschedule it until 2022. My fiancée Deb and I have been engaged 8 years so what's another 2 year delay. The postponement did, however, mean we had a free week so, whereas Deb used the opportunity to hack and train with her horse, I took a chance on the late May's fine weather and spent three glorious days in Keswick.

My original plan, to camp, had been thwarted by some heavy rain flooding the campsite so I opted to stay in the YHA Borrowdale. What a great place. Location, facilities and friendly staff made for a superb base. I stayed in one of their 2 bed camping pods (in essence glamping) which at £39 a night was a bargain. I also opted to have breakfast and evening meals in the YHA again good value and tasty.



My first day's walk had me follow the path alongside the river leading to Derwent Water then along the Allerdale Ramble to Keswick; a pleasant and picturesque walk. At the foot of Cat Bells I started on the return leg which included the climb over Cat Bells, Maiden Moore and High Step with a final steep descent through an old slate mine to the YHA. After a fine evening meal and a few Cumbrian ales I settled down for the night.

*Derwent Water from Cat Bells*

Next day brought a little drizzle but after a hearty breakfast it had soon cleared up and the sun shone through. I set off for another long day out this time investigating the Eastern side of the water. I took in Watendlath, High Trove, High Step, Beadymere Fell and Wagg Cragg dropping into Keswick for a well-earned pasty and ice cream. The return journey was along the Western edge of Derwent Water to the YHA; another rewarding day.



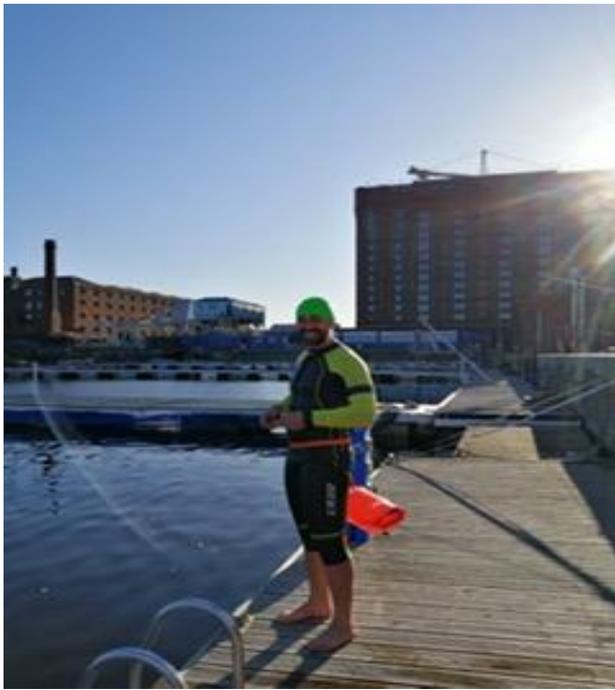
I decided, for my last day, to try something different so booked a place on a Ghyll Scrambling with [Keswick Adventures](#). Trussed up in full wet suit, helmet and life vest we had a 40 minute

hike/waddle up the hill before descending by sliding, climbing, jumping and diving in the clear icy waters. It was great fun; exhilarating with so many laughs.

No trip to Keswick would be complete without popping into the plethora of outdoor shop and treating yourself. I was no different and having had my fill and spent up I set off home having had a fantastic, funfilled few days. and enjoying Ghyll scrambling.

### **Open water Swimming**

Just before the first lock down I decided to try open water swimming and am now hooked. I train in Collingwood Docks run by a company called [WeSwimRun](#). The dock is fed by the canals so 60% fresh water and 40% salt water which is manageable especially the amount I seem to swallow when swimming.



Mid-January the water was 7 degrees and so 500m swim was all that I, or many could manage even with wet suits, yet in recent weeks it has been a tropical 15 degrees. I train 2-3 times a week and recently took part in my first 2km race. It was tough but rewarding and has given me a baseline for my development. A lot has been written about the mental and physical benefits of open/cold water swimming. I'm no doctor but I am now an advocate for those benefits having experienced them first hand.

### Welsh 10 Peaks

WeSwimRun also run events on trails and in the mountains. Having a free weekend, and nothing in the GMC diary, I decided to participate in one of the events; the Welsh 10 Peaks. Now I know that many of you reading this may be tutting now as I should be doing the full welsh 3000s. I agree and I will, eventually! So it was I found myself at 0700 in Ogwen car park with 10 other walkers, many of whom had travelled from the South to enjoy the challenging but beautiful Snowdonia landscape. It was a long and hard day but hugely enjoyable. The sky was cloud free and the sun shone brightly. The conversation and laughs were plentiful, well that was until started up Pen-y-Olwen. Now I know the North/South divide is just good natured banter but many of those from the south really suffered at this point having little more than a few undulations to walk locally. Once at the top all was good and, after a rest and stretch, the chat and banter was back all the way to the finish. Another long day but with great company and fantastic weather it was a perfect day out. It also made me realise how fortunate we are to have such an amazing playground on our doorstep.

During the weekend I stayed at the Chapel on my own. Now I have never stayed there alone before and I have to admit it is a little spooky. I mean it's an old chapel in the woods; Stephen King material or what! It wasn't helped when reading the noticeboard, just to check what do in the Chapel, I noticed the black and white photo of what appears to be a ghostly figure of a mountaineer at the entrance to the Chapel. Well that helped me sleep immensely☺. That said I had a great sleep both nights and although I never met the mysterious Mountaineer I would like to know a little more about that photo; or was it really ever there!!



Almost home and panoramic of Snowdonia.

### **3) RECENT DAY WALKS :**

#### **22 May          Saturday Walk: Goyt Valley and Buxton - Led by Mark Barley**

Starting at the large car park in the Goyt valley the route was to Buxton and then looping back into the valley following the Midshires Way.

Total distance about 7 miles.



#### **3 June          Thursday Walk: Moel Hebog Ridge - Led by Bill Morrison:**

Meeting at the Mountain Railway Station car park the route followed the direct ascent of Moel Hebog. Many will have done this before but not noticed the Lava bombs encapsulated in what was molten lava. The following the ridge from the summit of Moel Hebog 2569ft (783m) to Moel yr Ogof 2149ft(655m) and Moel Lefn 2093ft (638 m). We had had a rather claggy first summit but as the day progressed the views walking towards the Nantlle Ridge and the much of south Snowdonia were magnificent. Descending through the occasional booby trap ( boggy trap ?) in the forest we arrived back at the car park just short of 9 miles.



The off the hill pint was very much enjoyed in the Tyn y Coed

#### **6 June          Sunday Walk: Little Neston Circular - Led by Nicky Hickin**

Meeting at the bottom of Marshlands Road at 10.30am for a flat but interesting figure of 8 walk, starting and finishing close to The Harp Pub.

The walk went through Neston, circled Heswall golf course, along Parkgate front, joined the Wirral Way at Neston and then followed Cuckoo Lane, returning to the marshes at Little Neston.

## **12 June Saturday Walk: Carneddau - Led by Richard Smith**

This meet was aimed at anyone wishing to learn or improve their navigation skills to cover some of the basics of navigation and at the same time have an enjoyable walk out in the Carneddau range.

Starting at the layby near the reservoir on the A5 the walk went up towards Cwm Loer and on to Pen yr Ole Wen. Then following the ridge to Carnedd Dafydd and Carnedd Llewelyn, before descending the, challenging in places downward scramble, to Ffynnon Llugwy reservoir and back to the start point.

Followed by a pint in the Tyn y Coed.

## **17 June Thursday Walk: Sychnant Pass and the Jubilee Walk - - Led by Nicky Hickin**

A more leisurely 10am start from Sychnant pass car park on a fine day, it was a fairly easy walk through the high pastures above the Sychnant Pass sampling one of the finest sections of the North Wales Path. The latter half of the walk offered dramatic views down onto the coast and out towards Anglesey and the Great Orme.

There was an option of 5 1/2 miles or 6 1/4 miles if a longer finish is preferred - to be decided on the day. As seems to be the norm. on GMC walks, the group agreed to do the longer option which had the benefit of making the re-ascent to the Sychnant pass car park less steep and more scenic. The off the hill pint was partaken in the Fairy Glen pub at the bottom of the pass in glorious sunshine.



## **26 June Saturday Walk: Marchlyn Reservoir Circuit - Led by Teresa Pedie**



It was very leisurely 11am start from the road leading to the Marchlyn reservoir, above Deinolen where there is plenty of safe parking.

The walk started up the road below the reservoir dam then turning onto more familiar rough ground to a rather windy Carnedd y Filiast with superb views over Ogwen, Snowdon, and the Carneddau.

We then traversed the plateau to a gentle ascent to Mynedd Perfedd with its summit cairn and newly rebuilt shelter and then took the gently descending grassy slope to Bwlch Marchlyn looking at a rather severe cliff face

on the Northern face of Elidir Fawr (not the usually grassy mound from this side !)

The ascent to Elidir Fawr is more familiar to many as the rocky descent on the Welsh 3000. Another beautifully rebuilt shelter greeted us on the bouldery peak of Elidir Fawr. After a short lunch we descended to Elidir Fach and then downward to the reservoir road by a long gentle grassy path.

6.5 miles and 2400ft of ascent.

