



# The Gwydyr Mountain Club Newsletter.

July 2022

Edited: Chris  
Harris

### **Coming soon: (details on meets list on GMC website)**

- 5-7 August Hut Weekend: 50 Year Hut Anniversary - Kevin MvEvoy  
6 August Saturday Walk: Nantlle Ridge - Steve Birch  
13 August Saturday Walk: Ladybower - Dave Edwards  
18 August Thursday Walk: Castle to Castle - Dave Edwards

### **Mountain First Aid Course**

In response to last year's training needs survey the club is running a mountain REC (Rescue Emergency Care) first aid course at the hut on the 8th and 9th of October. This is being led by Alan Shaw, an instructor with many years experience. Alan delivers this course Plas Y Brenin

The syllabus includes extensive practical instruction/assessment and covers:

- Casualty evaluation
- CPR
- Common medical conditions
- Hypothermia/frostbite
- Heat exhaustion

The course is being subsidised by the club and the cost to members is only £40.00 per person.

If you are interested in booking a place please contact Bill Morrison at [membership@gwydyrmc.org.uk](mailto:membership@gwydyrmc.org.uk)

### **Winter Skills**

Members are reminded that grants are available for those who intend to arrange their own skills training. Anybody thinking of booking a winter skills course in Q1 2023 should consider applying for a grant towards the cost. Details are on the website. Any queries contact Bill Morrison

Articles this month:

- 1) Gwydyr Mountain Club Scrambling Weekend - by Richard Smith**
- 2) Helen and Glenn's Haute Route adventure Chamonix to Zermatt July 2022**
- 3) 9 Edges Walk 9th July - Bill Morrison**
- 4) The Pennine Way - by Steve Birch**

## 1) Gwydyr Mountain Club Scrambling Weekend - by Richard Smith



The club held a scrambling weekend in May, based at the hut. Seeking to avoid the busy routes, we opted for ascending Tryfan via Little Gully and North Gully. This route starts from the Heather Terrace on the East side of Tryfan and threads its way at a comfortable grade 1 all the way to the summit.

In common with a lot of scrambling, the hardest part is often finding the start of the route and Heather Terrace is no exception. Starting from Tryfan Bach, we turned right at a dry stone wall and scrambled up a notch before turning left towards the terrace. With hindsight, we should have turned left sooner because it became apparent that we were too high and closer to the North Ridge route. After a slight adjustment involving descending some rough scree, we eventually found the start of the terrace. The next challenge was finding the correct gully, as there is a series of gullies cut deeply into the East face of Tryfan. Fortunately, the North Wales Scrambles book by Garry Smith gives good guidance, and we passed the bottom of Bastow Gully, Nor Nor Gully, Green Gully and the start of the Grooved Arete rock climb, before arriving at the foot of Little Gully.

The route climbs a series of short rocky steps before it joins North Gully at a notch. The bed of North Gully is followed until it opens out into an amphitheatre, with great views to the East. Here we stopped for a snack. From the amphitheatre, the route continued underneath a large chockstone, before popping out at the summit.



As anyone who has climbed Tryfan before will know, there is no easy descent. We headed off over the South Summit and down to Bwlch Tryfan, which involved good concentration and careful foot placements and was mentally quite tiring at the end of a day's scrambling.

Well done to Nicky Hickin and Dave Edwards who completed their first ascent of Tryfan.

## 2) Helen and Glenns Haute Route adventure Chamonix to Zermatt July 2022

We decided to drive over to Chamonix given the current airport overnight in Reims Ibis hotel where Helen managed to leave one sandal (collected on the return) Arrived in Chamonix Friday evening to stay on the friendly small Hotel des Lacs. Pleasant day acclimatising to the heat wave watching world outside climbing wall competitors in the centre of town before we met the rest of the group in evening. 9 of us on the trip plus 3 guides ( 2 French and one English guide).

### Day 1 Chamonix to Albert Premier Hut 4.5 miles 2526ft ascent

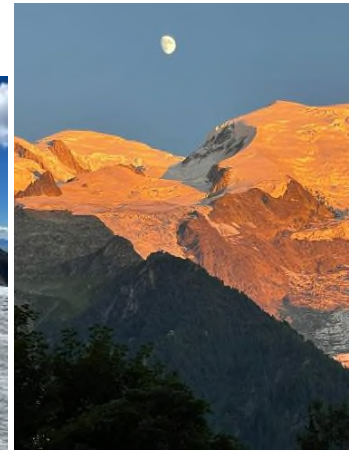
We caught the crowded train from Chamonix to the last stop at Vallorcine to pick up the cable car to start the walk up to the hut. Arrived at the hut for lunch and spent a few hours on the adjacent glacier practising crampon technique then back to the hut for a very nice meal and amazing sunset before early retire to our bunk room. No showers just toilets and sinks!



*Nearly at the Albert premier hut*



*View of the glacier from hut balcony*



*Sunset from the hut*

**Day 2 Albert Premier hut to Champex 8.11 miles 2079ft ascent**

Early start 5 am to get on the glacier before the snow started to melt to cross the Col du Tour(3282m) into Switzerland. Roped up to ascend to the col on mixed ice and rock we put the skills learnt previous day to good use on this section. We then descended on Trient glacier to reach Cabane du Trient (3170m) with a lunch stop at hut with most expensive bottle of water at 20 Swiss francs! The descent was long and traversed a balcony route round to the chairlift at Trient where we saw vultures circling ominously in the valley!

From Champex an hour minibus transfer took us to Auberge de Mauvoisin for our overnight stay in the Snow White and 8 dwarves style bunk room shared with another French group. Nice meal in the hotel and early to bed.



*View of the glacier ahead from the col*



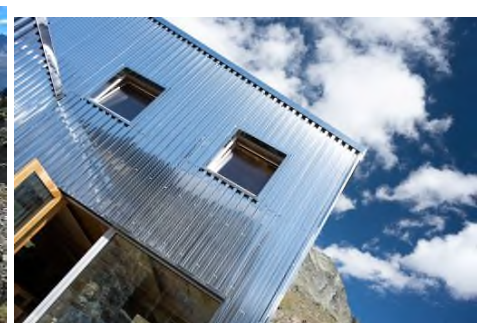
*Descending to hut for lunch*



*Lunch at the hut*

**Day 3 Mauvoisin to Cabane de Chanrion 7.14 miles 3015ft ascent**

Left hotel at 8 am for a pleasant walk uphill over the dam past Lake Mauvoisin with its waterfalls and up into alpine meadows with Edelweiss in flower. We arrived at the newly extended modern Eco Chanrion hut where marmots outside entertained us while eating dinner.



#### Day 4 Chanrion to Vignettes hut 8.6 miles 2920ft ascent

Early start 5.45am to tackle the melting glacier before the heat of the day Started with a rocky walk up the valley to join the glacier with its interesting sink holes to avoid. We reached the hut via a rocky scree scramble and then a short section of snow roped up. Vignettes hut definitely deserves the prize for the smelliest composting toilets of the trip but had the best Rosti.



*Walking on a melting glacier*



*Climbing up to Vignettes*



*Vignettes hut*

#### Day 5 Vignettes hut to Arolla plus ascent of Pigne d Arolla 7.38 miles 2074ft ascent

Early start 5.45am to climb the Pigne roped up all the way from the hut covering mixed rock and scree and even some ice climbing to get to the snow line then a plod to the summit avoiding crevasses. Amazing views from the summit then back down the same way to Vignettes hut with a quick lunch stop then long descent down a melting glacier and eventual alpine meadows to arrive at the pretty town of Arolla to our hotel for shower and proper bed bliss!



#### Day6 Arolla to Bertol hut 5.10 miles 4133ft ascent

8.30am start to walk uphill to the hut mostly good path until rock and scree appeared and then some fun via Ferrata style ladders to ascend to the hut perched in an amazing location.



*View from hotel in Arolla*



*Climbing up to Bertol*



*Bertol ladders*



*Bertol ladders*



*View from Bertol*

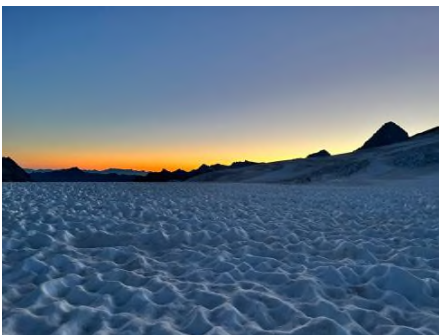


*Leave your hardware outside the hut*

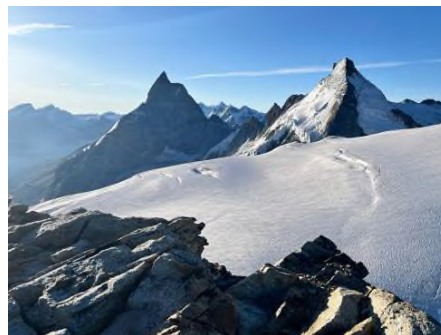
## **Day 7 Bertol to Tete Blanche the Arolla 14.5 miles 2482ft ascent**

A day to remember. Glenn and I left the Bertol in separate groups with 3 to 1 guide ratio at 3.32am to cross the glacier. Torchlight descent of ladders followed by a nice sunrise. 2 groups summited Tete Blanche after crossing lots of crevasses. Unfortunately I fell in one on the return and I had a bit of a surreal experience waiting for the guide to haul me out! Glenn unfortunately had started to feel unwell and had made it back to the base of the hut where he had a heli ride to the local hospital!

I descended the ladders and route back to Arolla with the rear of the group. Quite an epic day out! We later picked Glenn up from the Swiss hospital where he had a full mot on our way to Zermatt to the luxury of the Aristella hotel.



*Sunrise on the glacier*



*View of Matterhorn from summit of Tete Blanche*



*Summit of Tete Blanche*



*Walk back to Bertol after the crevasse fall*



*Moon still out at dawn*



*Glenn on his heli ride*

### **Day 8 Transfer by minibus to Chamonix**

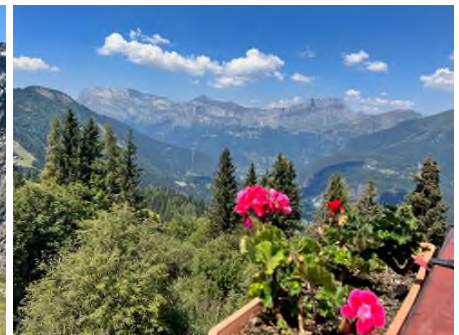
We checked into an Airbnb for a few days as our MB extension was cancelled due to rockfall on the grand couloir. Instead we had a few short walks above the valley taking the cable car up then train up to Nid d Aigle then walking back down to the cable car one day and along to Lac Blanc another day before the journey home via Annecy and Reims.



*Tramway to Nid d Aigle*



*Mont Blanc view*



*View from top of cable care from Les Houches*



*Top of Index chairlift climbing crags in the background*



*Lac Blanc*



*Lake Annecy*

### **3) Edges Walk 9th July - Bill Morrison**

The 9 Edges is a dramatic 35km linear walk along a series of escarpments in the Peak District. The route starts at Fairholmes car park just below the Derwent Dam on Ladybower Reservoir. It then runs southwards to finish at the Birchen Edge car park near Baslow.



I met up with Ray at our finish point at 8.00am and we headed off up to Fairholmes. The day was looking promising with the temperature already on the rise and the skies clear and blue. The drive to the start point roughly followed the line of edges, giving a preview of the day's walking to come. At Fairholmes we met up with Nicky and her friend Sally, Debbie, Dave Edwards and Dave Antrobus. The two Daves were joining us for the first of the edges then breaking off to make their way back around Ladybower to the car park.

*Derwent Reservoir*



From Fairholmes we set out, crossed the river and walked past the Derwent Dam. Up close this is an impressive piece of early 20th century civil engineering, famous for its association with the RAF Dam Buster raids. Our route then took us along the eastern shore of Ladybower for about a km or so before turning east and starting the ascent up to Derwent Edge. The climb was steep in places and the air temperature was rising but once up on the edge our efforts were rewarded with spectacular views and a cooling breeze.

*On Derwent Edge*

The path along the top is well defined and very easy to follow. It's mostly flat with some gentle undulations and, in places, paved with flagstones. The air was very clear that day and all along the ridge we had excellent views west over to Kinder Scout and to the east a panoramic vista of Yorkshire stretching out to the horizon. Reaching the middle of the edge we caught sight of our route, a series of cliffs stretching out into the distance. One interesting feature of Derwent Edge is the number of gritstone tors which have been carved and rounded by the wind to form curious and unusual shapes. They have been given names such as the 'Salt Cellar' and the 'Coach and Horses'.



*Curber Edge*

Coming down off Derwent Edge we descended a rough path down a heathland slope towards Moscar House where we parted company with the Daves who planned to cross over to the western side of Ladybower and complete a circular walk around the reservoir. That left 5 of us to complete the edges. We looped around by Moscar Lodge via bridleways to avoid the roads and crossed the A57 to begin the ascent up to High Neb (458m) and Stannage Edge. This was a fairly easy climb and with this behind us we had completed the main ascents of the day. We stopped for lunch halfway along the ridge where we sat and watched the various climbing parties on the cliffs and took in the views over Heathersage and the Hope Valley.

At one point we encountered a rather agitated walker who had lost his phone and wallet. Debbie managed to get a signal and rang his phone which was answered by another traveler who had found it on the path and arranged to leave it at the Ladybower Inn on the A57. The relief on his face was obvious, the poor lad was much more distressed at the thought of losing his phone than his wallet, a sign of the times!

From Stanage Edge our route ran along the Upper and Lower Burbage Edges. This part of the walk was busier than the earlier sections with more casual walkers out enjoying the day. These two edges are relatively



*Looking back Curber Edge*

short and are at right angles to each other, Lower Burbage Edge obscuring the onward view. By now the day had really warmed up and coming off Lower Burbage we lost the cooling breeze and were hit by a wall of heat. Crossing the Castleton road we followed a well marked path through a small wood of pine trees which did bring some welcome relief from the sun. Emerging from the copse we found ourselves opposite to the entrance of the Longshaw Estate, part of the larger National Trust Peak District Estate. Here we stopped at the cafe to refill our waterbottles and enjoy some very welcome cool drinks and ice creams.

Continuing through the estate we walked along well tended paths and across parkland. This brought us out onto the A625. Making our way downhill along the side of road for a couple of hundred yards we came to the Grouse Inn. The verge was wide and kept us away from the occasional car that passed. Passing the inn we turned into the fields and descended into and passed through a small wood. This brought us out onto Froggatt Edge. The escarpment was itself heavily wooded on the western side and the views were obscured by the foliage. The trees did however give us some relief from the late afternoon sun. The last three edges are fairly short. Froggatt edge leads straight on to Curbar Edge and then to the final edge, Baslow Edge.



*Nearly there.*

From Baslow Edge The descent back to the car part was through a patch of ancient woodland which I can only describe as atmospheric. The trees looked old and gnarled, moss covered everything and the air was cool, still and quiet. It was a good way to finish the day.

Arriving at the car park it was a short drive back to Fairholmes to collect our cars and then home.

It is a long walk, in all it took us around 10 hours to complete. However the paths are good, and the views are spectacular. There is much to recommend here. If you don't like the idea of tackling the 9 edges in one go there are several car parks along the route which allows the walk to be broken down into bit sized chunks. Definitely worth a visit.



## The Pennine Way by Steve Birch ~ 14 days 17days 4hrs

**Day 0 Train over to Edale for a late pitch at Fieldhead Campsite (10£ per night) ....**

Last supper (to die for!) Sausage and Mash mixed combo at the Old Nags Head .... worth the trip just for this ....and a couple of pints of 1577 Ale.



**Day 1 Edale to Crowden 16miles Kinder and Bleaklow.**

Edale to Crowden Campsite (Camping and Caravan Club site) special walk in price to PW's (10£ per night) ...no places on route to re-fuel or buy snacks.

Kinder was at her best .... rain, wind coming in sideways and 'clag' down over the peak so needed to be on point for navigation...bumped into...literally! 3 other PW's going in the wrong direction.



Full waterproofs weather. Bleaklow was relatively clear by the afternoon, and almost balmy heatwave early evening following the valley down into Torside. Poor first night no sleep ...

**Day 2 Crowden to Black Moss 11miles (let's see how far we get on no sleep)**

Weather fine ...long pull up to Soldier Lump and Black Hill.



Some beautiful views over Wessenden Moor



Wild pitched early before the weather came in and got a decent night's sleep.



Gear failure crash mat deflating after about 4hrs!

**Day 3 Black Moss to Colden (New Delight Inn) 19miles**

Blackstone Edge wonderful views of Littleborough and Oldham in the distance,

lunch at the White House



Stoodley Pike, a landmark visible for miles.



Then onto Colden ...sparse campsites in Hebden Bridge but choice of two in Colden, Mays Emporium or New Delight Inn (Beer / Pub no choice 5£ to PW's)



#### Day 4 Colden to Bare Hill 11miles

The beauty of Top Withins! Probably meant that I had an extended rest and lunch ...extremely hot day, very few places to filter and get water so literally the last house before stepping back out onto the moors ...knocked on and asked for refill



Bare hill lovely place to wild camp...although very little flat ground ....and seems to be on some Helicopter flight path ...saw 6!

### Day 5 Bare Hill to Gargrave 15miles

Refuel in Cowling, bad Nav Cowling didn't seem to want to let me leave ...approx. 4miles of mistakes! (Strangely spoke with other PW's same experience! Spooky!)

Lunch at the Hare and Hounds in Lothersdale .... worth a visit (Landlord is the ex-landlord of the Lister Arms Malham)



Late pull in at Gargrave campsite (9squid to PW's)

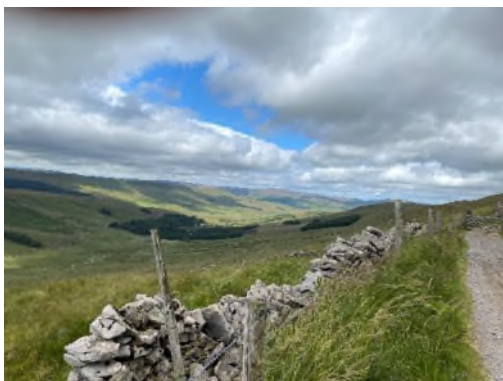
### Day 6 Gargrave to Malham 8miles

Malham was holding a walking weekend for McMillian, beautiful weather surprisingly un busy in both campsite and pub decided to have a half daybreak .... spent most of the afternoon drying gear and talking to fellow PW's (oh and drinking beer!)



### Day 7 Malham to Horton in Ribblesdale 15miles

Rained all morning and well into the afternoon, I will have to go back, and re-walk Fountain Fell...didn't see it! full waterproofs and head down day...but rewarded by a beautiful site of Pen y Ghent ...camped at Holm Farm (been here several times!) perfectly placed for the three peaks.



### Day 8 Horton to Harddraw 16miles

The Cam Road .... goes on and on .... joined up with a Lejog'er (Jay) awe inspiring crossed paths with several people either doing Jogle or Lejog on foot by various routes during my little walk. Hospitality of the Green Dragon free plate of Chips and Curry Sauce and two rounds of beer purchased by a couple we got talking to .... made this a 6 pinter to celebrate Jay crossing the 600-mile mark that day.



### Day 9 Harddraw to Tan Hill 16miles

Up and at em! Harddraw to Tan Hill via Keld .... worth the push



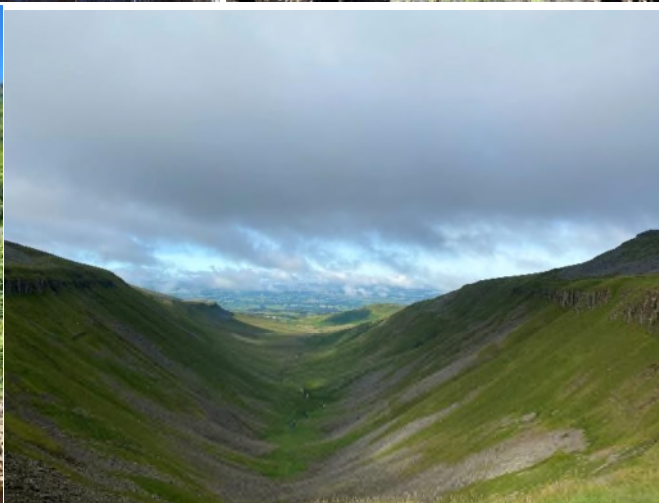
**Day 10 Tan Hill to Middleton in Tees 17miles**



Best fish and chips in the country! x

**Day 11 Middleton-in-Teesdale to High Cup Nick 16miles**

by far the most beautiful valley on the walk, with both Cauldron Snout and High Force and then High Cup Nick to finish the day.



**Day 12 High Cup Nick to Dufton and half day rest (6 Miles)**

Strange the people you meet in the hills!



**Day 13 Dufton to Garrigill via Cross Fell 16 miles**



Cross Fell on a beautiful sunny day!

**Day 14 Garrigill to Blenkinsopp Common (Wild Camp) 19 miles**





**Day 15 Blenkinsopp to Windy Edge via Hadrians Wall (Wild Camp) 19miles**

By far the busiest day of the walk .... slightly unnerving being in amongst tourists!



**Day 16 Windy Edge via the wonderful Pit Stop to Byrness 21 miles**



Day 17 Byrness up into the beautiful Cheviots and Auchope Refuge 20 miles



Day 18 Auchope to Kirk Yetholm 8miles



## Celebration Curry to finish



Day	Place Start	Days End	Miles	Acco'n	Comments	Campsite
1	Edale	Crowden Campsite	16	CS	NFS	Crowden
2	Crowden	Black Moss Wild camp	11	WC	NFS	
3	Black Moss	Colden 'New Delight Inn'	19	Pub CS	Lunch @ White House	New Delight
4	Colden	Bare Hill Wild camp	11	WC		
5	Bare Hill	Gargrave	15	CS	Lunch Lothersdale @ Hare & Hounds	Eshton Road
6	Gargrave	Malham	8	CS	Dinner @ Lister Arms	Riverside
7	Malham	Horton in Ribblesdale	15	CS	Dinner @ Golden Lion	Holm Farm
8	Horton	Hardraw	16	CS	Dinner @ Green Dragon 'Buck Shee'	The Cart Tea Shop
9	Hardraw	Tan Hill	16	Pub CS	Dinner @ Tan Hill	Tan Hill
10	Tan Hill	Middleton in Tees	17	CS	Dinner @ Chipshop	Daleview
11	Middleton in Tees	High Cup Nick (Maze Beck)	16	WC		
12	High Cup Nick	Duften	6	CS	Dinner @ Stag Inn	Grandie
13	Duften	Garrigill	16	CS		Village Hall
14	Garrigill	Blenkinsopp Common	19	WC		
15	Blenkinsopp Common	Above Horneystead	19	WC		
16	Horneystead	Bryness	21	CS	Refuel 'Pitstop' and Bellingham	Border Forest
17	Bryness	Auchope Refuge	20	Refuge		
	Auchope	Kirk Yetholm	8		Dinner @ William Rufus ~ Carlisle	