



Kev's Photo - winner of 2023 GMC competition

The Gwydyr Mountain Club Newsletter.

March
2023

Edited: Chris Harris

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

2023

4 April	Tuesday Evening: Awesome Walls
7 April (Good Friday)	Traverse of Carneddau - Richard Smith
8 April	Nantlle Ridge- Steve Birch
7-10 April	Hut Weekend: Easter Meet
21-23 April	Hut Weekend: St George's Meet
2 May	Tuesday Evening: Awesome Walls indoor climbing
23rd June	Welsh 3000's Saturday

Articles this Month:

- 1) Sunday Walk, 12th March: Wenlock Edge - Bill Morrison
- 2) Thursday Walk, 16th March: Castle to castle - Dave Edwards
- 3) Annual General Meeting Tuesday 21st March
- 4) Annual Dinner - at Moel Siabod Cafe 25th March- Sue Taylor
- 5) New Bathroom in the cottage -Nicky Hickin
- 6) Welsh 3000s 2023

1) Sunday Walk, 12th March: Wenlock Edge - Led by Bill Morrison

It was an early start, 8am at the NT carpark at Much Wenlock. Leaving one car at this car park we all travelled to the car park with free parking and toilets in Craven Arms .

Wenlock Edge runs from Much Wenlock to Craven Arms to in the Shropshire Hills AONB. It was a reef was formed in a tropical sea some 425 million years ago during the Silurian period – apparently you can still find pieces of coral as you walk along it.



The walk followed the 15 mile limestone escarpment along the footpaths of the Shropshire Way and the Jack Mytton Way long distance routes.

We needed to be at Much Wenlock before the car park was locked at dusk - about 6.30pm.

Our route took us up onto the Edge with an ascent of around 150m then it headed north along the escarpment and through the forest. The walking was relatively easy along well marked trails with no significant ascents but the distance was 18 miles with a total ascent of 1740ft. A few days earlier there had been a significant dump of snow in Shropshire



followed by a rapid thaw and as we were walking on wet, mud covered limestone so there was not a lot of traction. The initial section gave us glimpses of the snow covered Long Mynd on the Westerly horizon. Most of the views on route were glimpses as Wenlock Edge is basically a tree covered ridge. Definitely a walk to be done before the leaves are on the trees.

About 5 miles from Much Wenlock the section of the route (a disused railway line) was blocked by a well fenced tunnel. Fortunately there was a wooden ladder up the steep embankment, unfortunately some of the steps were missing and others a bit wobbly. Once at the top we had a steep slippery bank to descend onto the road.

As we approached Much Wenlock there was a massive quarry on the Eastern side which enhanced the "ridge experience".

Arriving back at the car park in plenty of time Bill shuttled the drivers back to Craven Arms while the rest of the group waited patiently for an hour in a cosy pub in Much Wenlock.

2) Thursday Walk, 16th March: Castle to castle - Led by Dave Edwards



Allegedly the last of the Castle to Castle walks for GMC, taken from Mike Stephens in his book "The North Wales Castles Trail" and adjusted by Dave Edwards to avoid some road walking. The distance of 8 miles and 2000ft ascent was a bit optimistic unless you were a crow. As with all these castle walks there was plenty of mud and blocked paths but not a lot of barbed wire this time.

Starting in Chirk town car park we walked to the Castle gates. From here we descended to walk beneath the Chirk aquaduct (canal) and viaduct (rail) to join the riverside (Ceiriog) path to Bron y Garth then up the hill to the entrance to Chirk Castle - 2 hours after leaving the gates!



After a drizzly lunch on excellent picnic benches a short descent through the castle grounds took us to a longer ascent to cross the ridge above Llangollen with fine views of the mist.

Descending gently to Llangollen, the final destination of Castell Dinas Bran loomed 700ft above us. Fortunately the path zig zags and is well made so not too bad. It was worth it as the mist and rain had cleared giving good views over Llangollen and across to the Llantisilio ridge that we had walked the previous month.



A quick descent to the cars and a drive back along the A5 to Chirk saw us in a warm, cosy hotel bar with excellent beer after a walk of 12.4mls 2732 ft ascent

3) Annual General Meeting Tuesday 21st March

A pretty uneventful meeting this year with much business completed in a timely manner. I expect you have all read the pre-meeting notes and the minutes so there's not much I can add apart from the location of the meeting.

The meeting was held in the garden room of Gallagher's pub. There were 23 members in attendance and "room" was comfortable and warm, in fact somewhat more pleasant than the upstairs room that we used pre-Covid. If you haven't been there yet, it's worth a visit on the Tuesday evening pub meets.

4) Annual Dinner - at Moel Siabod Cafe 25th March- organised by Sue Taylor

Sue did a great job this year in actually finding a venue and arranging food and entertainment. The Tyn y Coed is still dysfunctional. The manager resigned and the chef walked out a couple of days previous to the club dinner. Hopefully they get their act together soon.

The Siabod Cafe was the venue of choice (Sue sent out a survey earlier in the year).

A hot buffet was on offer, beer and wine was readily available and John Driver did a great job supplying danceable music and bright lights.

Simon Clark organised the photo competition, Kev supplied the winning photo - see picture at the head of the newsletter.

Hew, assisted by his able assistant Tom provided us with an entertaining round of sit down bingo.

Glenn and Roger supplied the speeches.

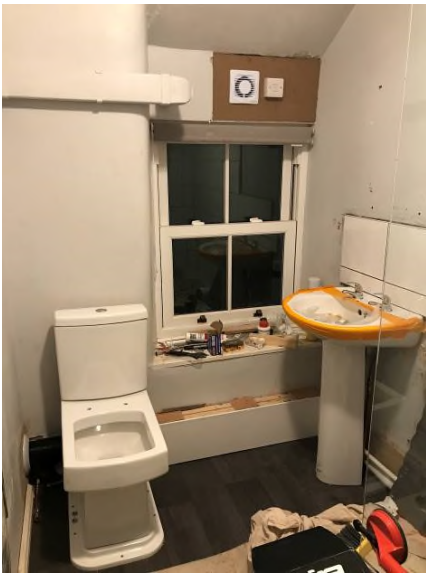
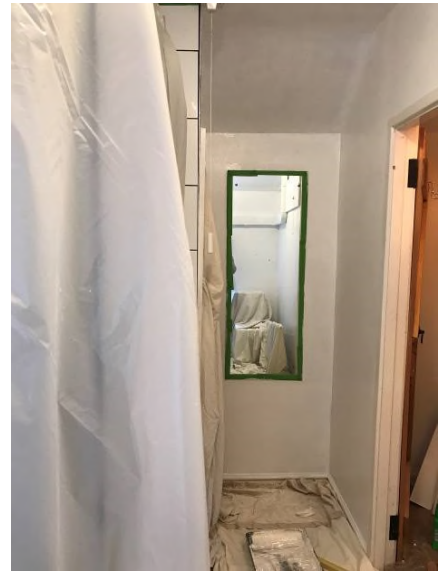
Unfortunately the Cafe closed at 10pm but this left plenty of time for the party to continue back at the chapel.

5) New Bathroom in the cottage -Nicky Hickin



I'm sorry these are a long time after the event, I found them in my old email address.

I think they are self explanatory. An amazing transformation.



6) Welsh 3000's Saturday 23rd June 2023

If you are hoping to do the Welsh 3000's this year then by now you should be doing plenty of hill training.

The committee will be looking for an organiser and people to supply lifts, food support at Nant Peris and Ogwen so if you are available let the committee know.

The Welsh 3000's is an annual GMC event open to club members and prospective members, first organized as a club event in 1968. The event is usually held on the Saturday after the longest day in June – the 21st.

The club records currently stands at 6 hours 53 minutes, achieved by Peter Chreseson (Cress) in 1991.

In order to complete the Welsh 3000s Challenge you are required to have been at the top of all 15 of the mountains over 3000 ft in Wales within the space of 24 hours, without using any form of transport.

Knowledge of the route is advisable but some have done it without having walked all sections prior to the event. You cannot count on being with a group, some do the route solo.

Visibility can be poor but it will be light between 4am and 10.30pm. If you have a GPS it is well worth putting in the peaks as waypoints as they are quite difficult to locate in mist. When you reach the last peak it is another 4 miles to the pickup point at The Pass of Two Stones.

My personal tips: -

- 1) Have a change of socks available at Nant Peris and Ogwen Cottage. It's worth it, if your feet feel refreshed then you will.
- 2) Drink plenty of liquid and make sure you have had plenty too eat and drink before you start from Pen y Pass, Nant Peris and Ogwen - you will soon burn it off but you will need to carry less water and food (weight) on your back. It's not a good plan to carry a load of food and water to the top of the mountain and get cold eating it.
- 3) Travel light but be prepared for the worst weather conditions whatever the forecast. 1kg carried up 12000 ft is the equivalent effort of 1 tonne lifted 12ft ! (sorry about the Imperial and metric mix). I've always done it in shorts and thin shirt, carrying a light fleece and lightweight waterproofs. Rarely have I ever added a layer after the start - if you're cool, move a bit faster.
- 4) If you want to make good time don't spend too much time celebrating each peak, 14 peaks x 5 minutes = 70 minutes. Just take a photo (records your time) and move on.
- 5) Don't faff - keep moving. (probably should be no.1 tip)