



Gwydyr Mountain Club Newsletter.

August 2023

Edited:
Chris Harris

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

9 September	Three reservoirs and a small hill north of Bolton - Mark Barley
15-17 September	Sorbie Tower, Galloway - Christie Miles
22-24 September	Hut Weekend: Bronze National Navigation Award
23 September	Darwen Circular - Mark Barley
29 Sep-1 Oct	Hut Weekend: Work Weekend
6-8 October	Hut: Joint Meet with Dundee MC - Kev McEvoy
13-15 October	Camping Barn: St.John's in the Vale - Barb Reynolds

Training Courses - Contact Bill Morrison

There are still places available on the club's skills training programme. We have 4 courses scheduled, all are certified by professional bodies and delivered by experienced practitioners and educators. These are commercial courses offered to members at subsidised rates. We have run the Mountain Skills and REC courses in previous years and members' feedback has been very positive.

Rescue Emergency Care - 25th/26th November. Course accredited by Mountain Training
Foundational emergency first aid training for hill walkers and climbers

Bronze Navigation - 23rd/24th September. Course accredited by the National Navigation Award Scheme.
Introduction to mountain navigation using paths tracks and other linear features.

Silver Navigation - Q1 2024 date to be advised. Course accredited by the National Navigation Award Scheme.
Advanced navigation training focusing on compass work and open country navigation.

The cost of each course is £40 - a significant saving on the commercial prices. All courses are run at the club hut.

To book onto any of the above courses or get further information email the Membership Secretary - membership@gwydyrmc.org.uk
Bill Morrison, Membership Secretary

Articles this Month:

- 1) The Kentmere Horseshoe 22nd July - by Helen Grant
- 2) Barbeque at Nuala's, Weekend 4th- 6th August - by Chris Harris
- 3) Carrog to Frontcysyllte Saturday walk 12th August - by Chris Harris

1) The Kentmere Horseshoe 22nd July - by Helen Grant



I've been lucky enough to do the Kentmere horseshoe round a number of times in good weather when the views are amazing so decided to share this walk with the club. It is quite a remote place being 4 miles from Staveley the nearest village and civilisation. Parking is limited there so I found a camping barn at Maggs Howe in Kentmere for us to stay in.

It was in an ideal location in the Green quarter but when we got there we found the facilities somewhat basic. I was glad I had taken some cleaning materials with me .

Tea and cake in the sunshine outside the camping barn on Friday afternoon.



Kay and Jane cleaning up in the kitchen



Richard and Melinda bouldering on Badgers Rock



Waterproofs on ready to start the horseshoe

The kitchen was where we spent most of our time.

There were 8 members on the weekend. The ladies dorm was in a separate room but the gents bunk beds were in the lounge barn area with the sofas.

Some of us arrived Friday afternoon to sunshine and tea and cake on the patio and went off to explore as Richard was keen to find Badgers rock for a bit of bouldering.

It was found in a large field and Melinda in her socks together with Richard decided to climb it while the rest of us enjoyed the sun.



proved useful for lunch

We woke up on Saturday to rain but despite this some of us decided to walk up to the col and make a decision there as to whether to do the horseshoe or a smaller hill Green Quarter fell.

The rain had turned to drizzle so we decide to do the first Wainwright on the horseshoe Shipman's Knotts.

There was some rocky scrambling involved and we all thought we would be prefer to continue rather than retrace our steps so we continued over Kentmere Pike and Harter fell then descended the valley where the streams were beginning to overflow, 9.6 miles completed with 2457ft of ascent

Summit of Kentmere Pike where shelter behind the wall



weather.

Soggy descent down the valley

We arrived back at the barn completed soaked with some of us having kit failure. A trip to the pub in nearby Staveley was required where some had food but all welcomed the warmth of the real fire.

There were plenty of hangers to hang our wet kit up in the hallway in the barn but unfortunately no heat source so it didn't dry out overnight and everything was still soggy in the morning. The heavy rain was also set in for the next day.

A visit to Staveley cafe and huge bike warehouse was decided on before the trip home.

Well done to Gill, Glenn, Kay, Richard, Melinda and Jane for completing half the horseshoe in horrible

2) Barbeque at Nuala's, Weekend 4th - 6th August - by Chris Harris



Most arrivals were on the Friday afternoon/evening when the weather was fine. Nuala had prepared a veggie curry for all which was a great idea as it saved having too many cooks in the kitchen.

Well fed and "watered" we retired to our various sleeping units (tent/ car /campervan). I'm not sure that everyone slept particularly well as it was a night of torrential rain requiring a bit of bailing out the next day for some.

Saturday morning was rather drizzly so the chosen walk was relatively low level on the slopes of Foel Fach, taking in the old slate workings and some freshly filled waterfalls.



The afternoon was pleasantly sunny which allowed for preparation of the main event. Nuala had prepared a magnificent feast and Chris appeared to have slaughtered a herd of animals for the barbeque. There were contributions of food from attendees with the prize for innovation going to John Driver with his deep fat fryer to cook chips for all, accompanied by DJ JD Sound Machine.



As the sun set there was a move to the kitchen to sample various contributions of Whisky.



Obviously Sunday was going to start a bit late so most of us walked along the beach from the Cemetery car park just NW of Aberdyfi. a strong breeze whipped up the waves, the sun shone and many heads were refreshed.

3) Carrog to Froncysyllte Saturday walk 12th August - by Chris Harris

This is a section of the 34 mile Llangollen Round that some members did in 2018 as a single day walk. Since then we have done most of the route in sections as day walks.



This section was 15 miles with 2,500ft of ascent and followed the ridge above the Dee valley between Carrog and Froncysyllte.

We met at the Aqueduct car park, 8 walkers, 4 cars - perfect for an easy transfer to Carrog in 2 of the cars. The weather was rather cool a bit drizzly, tricky to know whether to wear waterproofs,

As we walked up to Moel Fferna amongst the breeding grouse we paused to release some from the chicken wire. Then we encountered/ignored a warning of a rope across the track and some shotgun cartridges on the floor - a warning that the glorious 15th was nearing so we kept going with our heads down and tried not to whistle.



The "summit" was distinctly breezy and misty, we had an early first lunch in the shelter wearing most of our summer kit.



Walking on the bridleway through the Ceiriog forest towards Vivod mountain we heard a rather ominous rumble of motorbikes. The riders turned out to be not only polite but also were careful not to damage the track. Second lunch on the edge of drizzly weeds was followed by a section of rather indistinct path (probably a victim of lockdown).



Then we had a section of about 4 miles of tarmac lane, normally this would be a bit of a chore but views to the south as far as the Wrekin and the North to Llantisilio mountain and the Limestone escarpment above Llangollen made up for this.

Descent to our destination was mostly through woodland with glimpses of the aqueduct and various viaducts for rail and road.

A quick 3rd lunch was taken on the vertiginous edge of a quarry, protected by a flimsy fence (although nobody managed to dislodge it while demonstrating its flimsiness), more descent, then finally we crossed the aqueduct to reach the cars.



Plenty of time for transfer back to the Grouse Inn at Carrog, which thankfully appears to be thriving, probably due to the adjacent campsite.