

THE GWYDYR NO36 (APR / MAY 2013)

THE NEWSLETTER OF THE GWYDYR MOUNTAIN CLUB



Climbers on Souwester slabs, a uber classic V-Diff on the Rosa Pinnacle, Arran.

(PS. We took this after we had done the climb – it's brilliant ☺)

Hello all, welcome to the latest instalment of newsletters. Apologies to those concerned but we've not been down the Stork as often of late and so I don't really know what many of you have been up to. However, as always, please feel free to email me if you have anything to offer for the newsletter as it's good to see what people get up to in the hills and it's useful for prospective members to see how active we really are ☺

I've had a few great articles this month so thanks to those concerned, anyway here goes

First article this month is from Mike Gavin's trip to Pembrokeshire, thanks for the following Mike ☺

THE PEMBROKESHIRE COASTAL PATH 6TH-13TH APRIL 2013

Six club members, Mike Gavin, Linda Gavin, Linda Jensen, Paul Jensen, June Ewing and Maurice Ewing booked a cottage on the Coastal Path and did some fantastic walking during the week.

We arrived on the Saturday and were delighted to see the location of the cottage only a few yards from Parrog beach, Newport. We settled in on the Saturday and enjoyed a nice meal, with copious quantities of beer and wine, while planning our walks for the week.

Sunday 7th

We all drove to Moylegrove in two cars and parked close to the beach and walked back to Newport along the Coastal Path. It was a cold blustery day with some sunny intervals. The views were fantastic for most of the walk and we saw lots of different seabirds and a dolphin but not too many other walkers. The path was very steep in places and lots of signs telling us that 'cliffs are dangerous keep to the path' (Do they really have to tell us that?). We arrived at Newport Beach and June had some blisters on her heels and to avoid a 3km walk through the town, we paddled across the estuary to Parrog.

We had walked 7.5 miles with 1930 feet of ascent. We had all earned some more beer and a few glasses of wine.

Monday 8th

Maurice and June decided to go fishing while the Jensens and the Gavins did the crossing of the Preseli Hills or 'The Golden Road'. We parked a car at the eastern end and then drove to the western end to start the walk. It was another cold blustery day so coats, hats and gloves were the order of the day. We started doing an out and back up Foel Eryr (468m), then over the shoulder of Foel Cwmcwryn (the highest in this range of hills). About halfway across we looked for a sheltered place for lunch, but all the places seemed to be taken by a large group from Portsmouth. They were from the 'University of the Third Age' (U3A) and had 48 in their group, a full coach load. We had a chat with them and they seemed really nice. We then passed over two unnamed tops passing close to a very well preserved Hill Fort before dropping down to our car.

The walk was 7.5 miles long with 900 feet of ascent. Doing it the other way would have involved a lot more ascent. On finishing the crossing, we collected the second car and retired to Newport for an 'off the hill pint'.

Tuesday 9th

Maurice and June did some more fishing.

Linda and Mike G went off to St. Davids for a bit of sightseeing. We strolled around the town and then spent a good time in the Cathedral and its grounds. En-route back to the car Linda just had to patronize a local charity shop, she just loves them.

Then we stopped off in Fishguard to have a look around and see where we could start tomorrow's walk.

Both places are well worth a visit.

Linda and Paul drove to Poppit Sands and walked out and back to Cemaes Head, on the coastal path.

They did 4 miles with 540 feet of ascent.

Wednesday 10th

Maurice and June decided to go home as June's feet were not healing very quickly.

The Gavins and Jensens got a lift to Fishguard to start the Coastal Path near a Napoleonic coastal defensive fort with several old cannons. We then set off in a roughly easterly direction towards Parrog. It was a warmer more settled day and we did not need our hats, gloves and coats. We walked over headlands passing a first world war Coastal Look Out position, accessible from a caravan site. We descended to the start of Dinas Head taking the short cut to Cwm Eglwys. Here we stopped for lunch in the Churchyard of an ancient ruined Church, overlooking a fantastic beach. Then it was uphill again to a place where the path had collapsed and the National Park Staff were busy

creating a new path a few metres from the cliff edge. We went back to view the collapse and it was a very long way down. We then continued, dropping down to two beaches before arriving at Parrog. As we dropped down into Parrog, we passed a ruined stairway down to a small beach that was used by ladies who wanted to go swimming 100 or so years ago, away from the prying eyes of all the men. Then we were back to our cottage. We had covered 9 miles with 1650 feet of ascent.

Thursday 11th

Linda and Mike walked along the estuary to the bridge and then visited an ancient burial chamber (cromlech), before walking up to the church to have a good look round. They then drove to Moylegrove, parked in the village before walking through the woods to the beach on a permissive path. The beach had several caves and would have been fantastic on a hot summer's day. Then back to the car for a drive to another larger burial chamber, Pentre Ifan.

Paul and Linda went shopping, they were doing a roast chicken dinner that night (and it was lovely). They then visited the sites of the town and the burial chambers.

Friday 12th

The four of us took a car to Moylegrove and followed the coastal path towards Cardigan. We had a steep climb up from the beach, when it levelled out we passed a field with some ponies in it. Here to our amazement we saw a foal that was only a few hours old, wobbling about as it walked. A few minutes after this we were visited by a kestrel that hovered over us for a good few minutes looking for its lunch. A short time later we saw several seals swimming close to the base of the cliff. We continued on, passing over the highest point on the coastal path (575 ft.), till we reached the old coastguard station. From here we circled in land to return to our car. We had covered 8.5 miles with some 1620 feet of ascent.

This was our last night, we were going out for a meal at the Royal Oak and having a few pints as well, we had earned them, after a great week.

The distances and heights were recorded by an app on Paul's mobile phone, 'strava'.



Monday – we start from Moylegrove



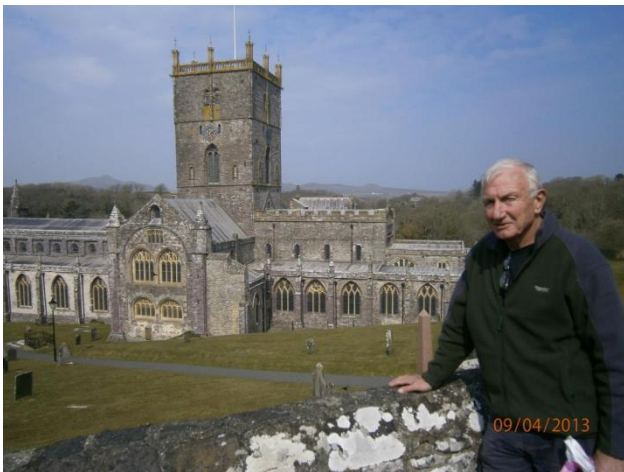
End of day 1 – Paddling across the Estuary



Foel Eryr 468m – Start of the Golden Road.



Resting ? NO ! Just enjoying the view ☺



St David's Cathedral



Napoleonic Coastal Defences @ Fishguard



Superb coastal scenery around Fishguard



Ancient Cromlech near Newport



A much larger Cromlech



looking towards highest point on Coastal Path

(Note the GMC tops ☺)



A Kestrel hovering below us !

I can vouch for what Mike says too, we had a great bank holiday weekend down Pembrokeshire last year and it's a beautiful place !

Lin Jensen also provided the following, thanks Lin ☺

May Bank Holiday 3-6 May cycle camp - 'Graham's Lancashire Loop'

It has become something of a tradition for Graham to plan a Bank Holiday cycling adventure and this year he certainly provided us with a challenge!

One of the main aims was to cycle 'unsupported' from the Wirral and explore some of the towns, villages and countryside of Lancashire. The starting point for this Lancashire Loop was Ormskirk. We cycled from our respective homes and used Merseyrail (with our passes of course!) to get us to our start point. There was much talk of tripe and black pudding as we set off at 4pm on Friday afternoon. We were soon cycling the quiet lanes of Lancashire and a short journey of 13 miles brought us to our first campsite at Charity Farm near the village of Wrightington. By early evening we had pitched our tents and were ready to cycle the 1 mile to 'The Corner House', an excellent hostelry in the village. We enjoyed 'proper posh nosh' to celebrate Margaret's birthday and finished the evening snuggled down in one tent with a bottle of red!

Saturday dawned rather overcast but remained dry. This turned out to be a very challenging day of mixed riding; quiet lanes, busy towns, huge hills and exhilarating descents. In all a distance of 40 miles and 2500' of ascent! Our route from Wrightington took us across the M6 to Rivington reservoir and the tough climb on the side of Winter Hill to Belmont. We dropped down into Bury for lunch which was followed by a very busy and unpleasant urban section to Hooley Bridge.

We managed to get out of the traffic using the Rochdale which was rather unkempt and unloved initially but as we countryside it dramatically improved and became a very route. We rode through to Smithy Bridge and up the hill Lake. A few minutes ride along the shore and we arrived We found an excellent private pitch, a small plateau just



Canal Cycleway moved into the pleasant scenic to Hollingworth at the campsite. big enough for and close to facilities. That rode the half The Wine Press, a nearby lakeside pub for a well earned meal.

our two tents good evening we mile back to



Sunday morning started damp and drizzly as we made our way down through Hollingworth village back to the canal. Suddenly my brakes started squealing on the first descent and on inspection we discovered one of the pads was down to the metal! Miraculously we found a Halfords within a couple of miles and the tour 'mechanics' sorted the problem in no time.



We managed to wiggle our way through the deserted town centre of Rochdale, blissfully traffic free due to major refurbishment of the tram lines. We stopped briefly to admire a



very impressive we climbed A680 to views, only swoop enjoyed Country

Town Hall. Onwards and upwards relentlessly out of town on the Edenfield with splendid open to be rewarded with a splendid down to Ramsbottom where we afternoon tea at The Chocolate another climb out to Jumbles

Park north of Bolton and our third campsite at Park Fold Farm. This is a new and developing

Camping and Caravanning Certified Site, also a B&B. We were made most welcome by the proprietors who charged a ridiculously small fee-£8 for the four of us! The weather had improved steadily throughout the day and we were able to 'cook in' on picnic benches and eat al fresco; a very enjoyable evening. Thanks to Paul for whizzing down the 2 miles to the village for extra supplies! We had enjoyed a shorter day with only 21 miles and 1000' of ascent, much needed after the previous day.



Monday morning was gloriously sunny. We made our way downhill into Bolton and with careful navigation through some alarmingly contrasting areas to Horwich. On through Aspull, north to Standish on 'B' roads picking 91 to Appley Bridge. By now it positively hot as we enjoyed a on the canal. Two lung busting to Roby Mill and Dalton put us A577 and back to Ormskirk so our Lancashire Loop. An day of 30 miles with 1700' of



up Route was pub lunch climbs up on the completing energetic ascent.

Many thanks to Graham and their mechanical expertise and navigation, Margie and I would have been truly lost them. Also a big thank you to Adele Blakeborough researched and booked our third campsite north of was great fun and certainly a great achievement, just miles with 5000'+ of climbing with fully laden bikes.

How about the Cheshire plains next year Graham?



Paul for without who Bolton. It over 100

And, Mark Barley kindly provided the following from his recent Chinley to Edale station Saturday walk, thanks Mark much appreciated ☺

On Saturday March 9th eight of us met up in the car park at Chinley station. The plan was to catch the train to Edale and then walk back to Chinley via Jacobs ladder and the outskirts of Hayfield (including a pub stop). Participants included myself, Dave Gray, Dave Antrobus, Dave Chadwick, Mike McEneaney, John Crosby, Chris Harris and his brother Roger.



It was wet in Edale and foggy ascending to the trig point at Kinder Low (see photo above) but the weather gradually improved- particularly when we dropped off the Kinder plateau (below shows the descent from Kinderlow End).



After a very pleasant stop at the Sportsman in Hayfield we crossed the main road and followed a well defined track along a scenic ridge back to Chinley passing extensive quarry workings (see two photos below).



Overall, despite the wet start, a very pleasant walk of about 11 miles with 3000 ft of ascent (data provided by John Crosby).

Jim Metcalfe has been busy also :-

I was in the Lake District staying in Millbeck near Keswick. at the beginning of May.

On 4 May walked up Skiddaw. Bitterly cold on the summit. Saw one guy in shorts on the summit who had got caught by the conditions and suffering quite a lot. Fortunately he had friends helping him out.

On 6 May traversed Blencathra east to west in very poor visibility.

Last Sunday 2 June did Moel Siabod in good weather, much improved on my previous trip up there earlier in the year and no lost walkers to cope with this time!!

Dave Gray has also been to Scotland (again), this time with David Lane Joynt and they had some great weather which proved perfect for walking and 'bagging' a few more peaks, Dave sent me the following :-

Hi there, here are some pics of my and David L-Js base pack to Altanour, which is S of Inverey near Braemar. Most of the shots are of the approach and then ascent of Beinn Iutharn Mor (Munro) with views to Carn an Righ; the distant snowy views are of the Cairngorms from Carn Bhac (Munro)



The first meet which I can write about was the St Georges day meet at the chapel organised and catered for by Geoff 'the chef' Brierley. It proved to be well attended and one hopes it becomes another great annual event.

Next meet up was Beth and I trip to the Rhinogs camping at Dinas Farm, a lovely place but a tad far from the pub !

We were joined by Hollie, Teresa Peddie, Bryn (prospective), Melanie (prospective), John Murphy, Christy Miles, Phil Don and his son, Pete Mann, Lindsey Foulkes and Ray Baines.

Beth has kindly provided the following account of the trip ☺

Rhinogion Bank Holiday weekend 3rd May

Last time I camped it was a wild camp on Moel Siabod when it was so cold we had to get into sleeping bags as soon as the sunset ! It was a brilliant experience and was followed by a very boggy walk to Moel Meirch with a heavy rucksack and then missing the bus and having to hitch-hike back to the tinny ☺

What a contrast to experience a `glamping` weekend at Dinas farm, near Llanbedr which is both close enough for beaches or walking in the wild Rhinogion range. See www.dinasfarm.co.uk or www.hideaway.in.the.hills.co.uk

We arrived (myself Al and Hollie) with just a bag of clothes and food and shown to our previous erected bell tent. It was carpeted, had a double bed, futons, cupboards, electricity, wi fi and a wood burning stove ☺ What more could a teenager want ?mobile phone signal which was non-existent !!!

Another great experience and one I would recommend particularly as we also had use of a log burning outdoor hot tub and cooking facilities in an old barn 100m away which also had a dining table and a sofa .Friday evening we were joined by Teresa and Bryn, Phil and his son Mark, Pete Mann and Ray. Jon and Christy arrived late after an eventful drive down. Lindsey opted to stay the night in her car!

I planned to spend Saturday with the other club members walking up to Rhinog Fach, Y Llethr and Diffwys but Saturday dawned very grey and misty so I opted for a day out with the McDonalds to Harlech and Criccieth . The sun came out at the coast and I now have an excuse to go back to do the hill bit !

The hot tub was brilliant and Hollie and I stayed there chatting long after Dad had got out to take care of the `man make fire ` bit and cook on the open fire. He was watched by one of the chickens and fortunately it didn't end up on our plate.

Sunday saw us visiting Barmouth and wandering round book and craft shops before a bit of people watching from the brilliant Eastern themed converted chapel cafe and Buddha shop. We also reccied Barmouth slabs in readiness for Al and Christy's planned climb.

We spent the evening eating, drinking and hot tubbing which ended up a little hot at 42 degrees F ! The situation was soon remedied with some cold water from the hosepipe so Jon and Christy could join us before we went over to their gaff to sit round a brilliant camp fire courtesy of Christy's skills acquired from a certain Mr Huxley ☺

Monday saw Al and Christy at Barmouth slabs which is apparently worth another visit (I walked up the very steep hill and left my rock shoes in the car) whilst Hollie and I pottered and drove down to Shell Island before stopping off to watch the climbers prior to our drive home. A great glamping weekend !



The 'Glamping' tent ☺



Clearly barbecued chicken for tea !!!!

Teresa kindly sent the following pictures as well, thanks Teresa ☺



The summit of Rhinog Fach



The top of Diffwys



On the way up Bwlch Drws Ardudwy

The next trip on the club calendar was Chris Harris, now seemingly annual, bike ride to the chapel event and he kindly wrote the following, thanks Chris.

Bike Ride to the Chapel 18-19th May 2013

The planning was relatively easy as we used the previously tried and tested route (thanks Graham). The Lunch stop was a little tricky. The pub at Trefnant had closed 2 years earlier and the replacement, the lovely thatched pub at Hellan had gone to auction 3 weeks before the ride so I moved the lunch stop forward to Tremerchion.

The early forecasts were for a cold and wet weekend but we arrived at The Eureka Cafe under grey cloud and the day gradually improved but it was still cold.

Ten of us started with a gentle descent to the River Dee which was soon followed by the long climb, first to Northop then on and up to Pentre Halkyn where we had to head West along the ridge into the biting NW wind. Then it was a rolling ride through quiet country lanes followed by a massive descent to the Salusbury Arms at Tremerchion. Most ate sandwiches by the church yard and then went inside for a warm drink or a drink in the warm. Those that had the burgers and baguettes were not disappointed by the portion size.



Heading out of the gloom into Wales



Map telling us where the map is !

After lunch we crossed the vale of Clwyd and “enjoyed” numerous hills to Llansannan and Llangernyw until we arrived at Llanrwyst where we had a welcome coffee break at the lovely Ti Hunt l’r Bont café.





The bath in the toilet upstairs is an architectural relic.

After this point the trio of mad mountain bikers took to the hills to do the MarinTrail before nightfall. The rest of us took the easier route into Betws-y-Coed and up the hill to the chapel.

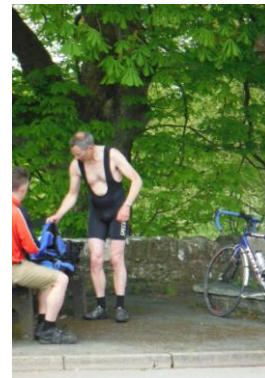
The Tyn-y-Coed was full to bursting when we arrived about 8pm. All rooms were full of diners; the only space was in the function room! In the tradition of the GMC we had a few drinks until tables came available. The staff coped admirably and I personally was very impressed.

Sunday was a bit brighter with a suggestion that the sun might actually make an appearance.

Phil Don and his sons Kristopher and Michael joined us for the hard section of the return journey, a 5 mile pedal uphill to Pentrefoelas and another climb onto Denbigh moors. It was made worthwhile by the long, fast descent down the B4501 into Denbigh where we lunched in style at Morrisons, some dined Al Fresco in the delightful carpark.



The start of a new day.



As the day got warmer I felt the need to don my mankini



Just follow the B4501 I said.



After 120 miles the Wirral came back into sight.

The climb from Tremerchion was tough but once that was over we soon gained sight of Wirral in the sunshine. Another big descent to Connah's Quay and we were soon back on familiar ground.

ARRAN SPECTACULAR

The next 'BIG' event was a wonderful club trip to the magical Isle of Arran. Now I'd never been to Arran before and save for Goat fell and a handful of interestingly sounding rock climbs had dismissed the Island as clearly nothing could compare to Skye and the Cuillin – how wrong I was.

All in all there were 24 members spread out in five cottages on the eastern side of the Isle in a little village called Corrie. The accommodation was excellent and enabled a relaxing evening to be had after a long day in the hills – simply perfect it was to prove.

Those present were, Myself, Bethan Hines, Dave Gray, Helen Avison, Carol Boothroyd, John Crosbie, Mike Gilbert, Mike McEneay, John Simpson, Pete Mann, David lane-Joynt, Geoff Brierley, Kevin McEvoy, Roger Hughes, Judy Hughes, Reg Cromer, Heather Bliss, Lyndsey Foulkes, Sue Taylor, Chris Harris, Janet Harris, Brian Gilbert, Helen Brady and Hew McDermott.

Beth and I caught the ferry from Ardrossan a day early than the rest and enjoyed a pleasant hour bouldering on the 'cat stone' near to the village before having our first 'off the hill' of the trip in the basic but quaint Corrie Hotel.

The following morning dawned warm, dry and with clear blue skies to greet us. An early start (8.30am) saw us walking up the beautiful Glen Sannox aiming for the saddle between our glen and Glen Rosa. The path followed the stream, past a couple of tents whose occupants were either still slumbering or had just woken up. As we walked deeper into the glen the path rose ever so gently before rearing up quite steeply with a simple scramble to find us abreast the saddle proper though bemoaning the weight of our packs given that we were carrying lots of heavy climbing gear as well as walking essentials.

A vague path led of rightwards, descending slightly to contour round the rocky hillside to deposit us beneath steep, scree and heather filled slope leading up to the imposing Rosa Pinnacle – our objective for the day. We espied a herd of red deer grazing on the rough ground but they seemed little interested in us and grazed happily while we sweated and toiled up the steep ground to find ourselves beneath a really impressive piece of rock of the roughest granite imaginable.

Hot and sweaty we donned our climbing attire and scrambled up the steep grassy gully to the foot of Souwester slabs (see picture of climb on first page !)

The climb went well enough though the first pitch gave pause for thought on a couple of occasions and made me wonder about the grade but one has to adapt ones technique when climbing on 'unknown' rock and this stuff was amazing once you had got used to it. Footholds and handholds seemed superfluous as the friction was incredible and almost, but not quite, made one embarrassed to wear modern sticky boots.

After the climb, or more correctly climbs as we had to do two to get off the crag, a tortuous descent down steep grassy and rock filled slopes brought us back to our sacks and the beginning of the long walk out down Glen Rosa to Brodick and a last bus back to Corrie to meet our fellow members and a much needed off the hill or three.

A brilliant though long (10hrs) day and a worthy introduction to Arran.



Beth scrambling up to the Saddle, some Red Deer grazing and the Rosa Pinnacle (if one zooms in one can see some climbers on Souwester slabs!)



Beth on the third pitch of Souwester slabs ☺



View down Glen Rosa towards Brodick – our walk out!

The following day saw two parties head to the hills in much cooler, cloudier weather. One party braved the Witches Step within the Sannox Horseshoe while the saner and majority headed for the highest peak on the island – Goat Fell.

The Sannox Horseshoe people (Geoff, Pete, Kev, John and David) had a long, interesting and at times scary day negotiating / avoiding some tricky sections of the Witches Step and only returning late in the day after ‘bailing’ out of the final section due to the lateness of the day.

The remainder had a great day on Goat Fell where the scrambling sections proved easily avoidable to those that wished to do so. The summit was very busy though thankfully the majority seemed to have head up from Brodick while we enjoyed much quieter paths heading up from Corrie village itself. Beth and I raced down from the summit ahead of the others as we wanted to make a Sunday dinner with all the trimmings so an urgent visit to the Co-Op was essential. We didn’t realise it at the time but Mike Mc & John Simpson were mightily grateful as there was enough left over for them to join us – they not being in the mood for cooking after such a long day ☺





The Gwydyr taking over Goat Fell ☺

Sadly the next day dawned grey, wet and windy so most opted for a 'tourist' day seeing the island and sampling the cafe's and gift shops etc. For Beth, John Simpson and I it proved a really interesting day out as the weather improved as the day wore on though the only down-side to all of this travelling around was the state of Arran's roads – shocking !!!!

We spent the morning at a cafe in Lamlash before heading to the southern part of the island to visit the beautifully situated village of Kildonnan. A lovely coffee in the bar watching the waves beat onto the shore and the rain patter onto the windows made one feel all snug. We had arranged to meet Carol Boothroyd, who was camping in Lochranza in the northern part of the island in the afternoon and so we headed up that way via Blackwaterfoot and we would have made good time save for an innocuous looking road sign pointing the way to a stone circle near Machrie. One could wax lyrical about it but see the photo's below to get an idea of this place – if you are ever in Arran then go as it is amazing and far far better than a little road sign could ever suggest.

We caught up with Carol and had a nice drink in the Lochranza hotel before examining the castle set in a prominent position at the head of the loch – best of all it was free (CADW et al please note !!)

The evening past, yet again, in a pleasant relaxing haze. The evening beer was to prove memorable for the Dolphin we saw swimming less than 100yds offshore and the weather forecast promised an improvement which was enough to secure an early night – well for our household at least.....



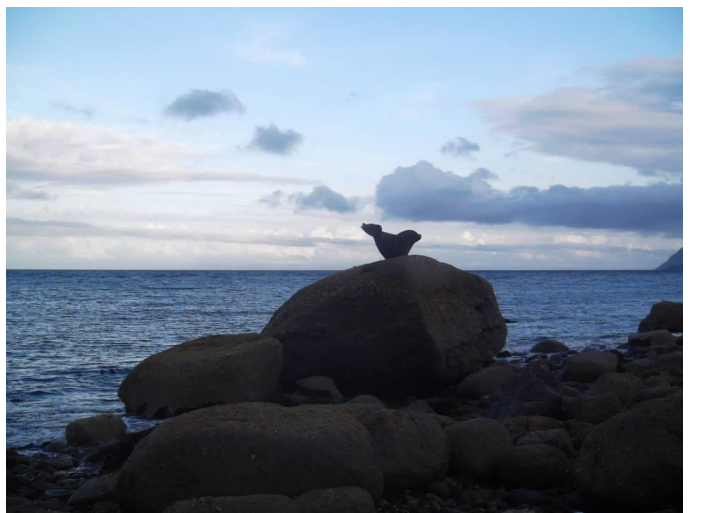
Kildonnan



Blackwaterfoot

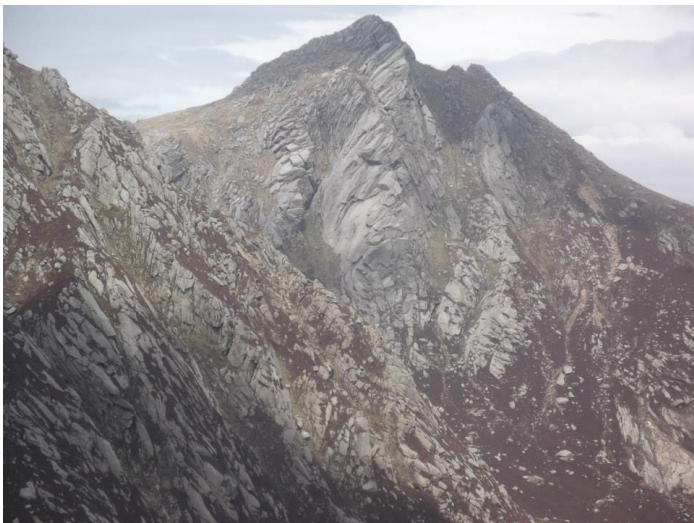


Stone circles @ Machrie



The stone circles and monoliths at Machrie, Lochranza castle and a wooden seal ☺

As promised the next day dawned dry but the forecast had changed in that showers were forecast but thankfully they never really materialised and a good day out was had by all. Mike Mc, David L J, John Crosbie, John Simpson, Kevin McEvoy, Bethan and myself headed up for the three 'Beinns'. Beinn Nuis, Beinn Tarsuinn & Beinn Chliabhain (Chilblain !!). It was a great circular walk and somewhat tiring but we were afforded some fantastic views and had a good opportunity to have a good look at the formidable A'Chir ridge – our target for the next day.



The walk was so good that most of the other who this day had elected to do walk's from Pirnmill eventually 'saw the light' and did this walk as well 😊

Beth and I were now over half way through the trip (the others had another day after us) so we were keen, well perhaps I am speaking for myself here, to do the A Chir ridge which promised a Cuillinesque day out on a ridge which, according to the guidebook, was as good as anything Skye has to offer. We will soon find out.....

Mike Mc & John Crosbie declined to come with us this day, Mike having done it many years before and after the Witches Step incident

Anyway, it was to be another beautiful day weather wise only marred by the need to drag ourselves up Glen Rosa once again though this time to Fionn Choire where our path broke left at the col to descend slightly and at times tortuously before rising to join the col where we turned right the day before for Beinn Chliabhain. This path is often used by walkers wishing to avoid the difficulties / pleasures of the A Chir ridge itself. It would perhaps be wrong to state that this ridge is a walk, it is listed in the rock climbing guide as a 'Moderate' of some 1.5km length though the actual climbing sections / abseils are rather short and there is much walking / easy scrambling to be done as well.

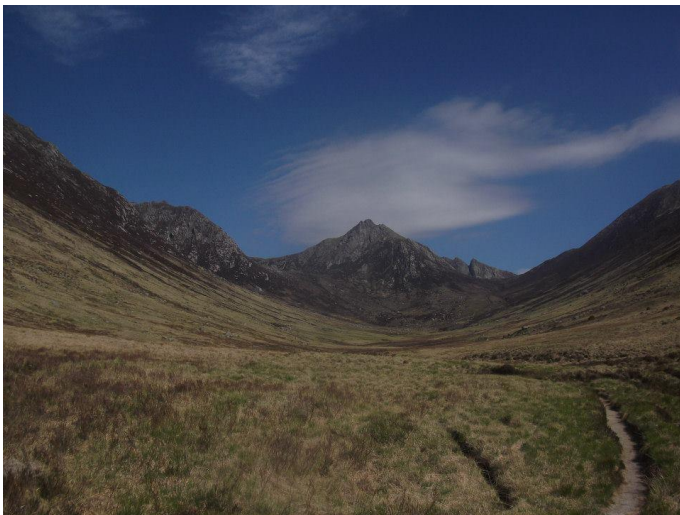
The scrambling was, at first, pretty easy and a good path showed the way but there are plenty of opportunities for the more adventurous.....

We moved pretty quickly but seeing as there were five of us we were not as fast as a small party of two, evidenced by a couple of Germans who overtook us –keen to bomb some chippy no doubt ;-). Soon we came to a steepening where I decided an abseil was probably best even if it took more time and soon we were on our way again creeping along steep ledges where the rough granite facilitated easy progress. If it had been any other type of rock interest, to say nothing of fear, would have contributed greatly to our slow progression along the way.

A couple of shorter abseils and more airy scrambling brought us to the stretch aptly named ‘Le Mauvais Pas’.

After an aborted abseil which led nowhere we scrambled back onto the ridge and found the right way. Another abseil dropped us onto a steeply sloping ledge which terminated in an awkward steepening, infuriating in its shortness and complexity in setting up a 10ft abseil !!!!!!!

Thus completed with much mirth we knew the difficulties were over and little remained but some delightfully airy scrambling over more rough granite slabs along the true crest of the ridge which shortly dropped us at the col at which we had arrived some three hours earlier. It was a brilliant day out and one that not even the long and seemingly eternal path down Glen Rosa could spoil.



Cir Mhor



Beinn Tarsuinn from start of A Chir ridge



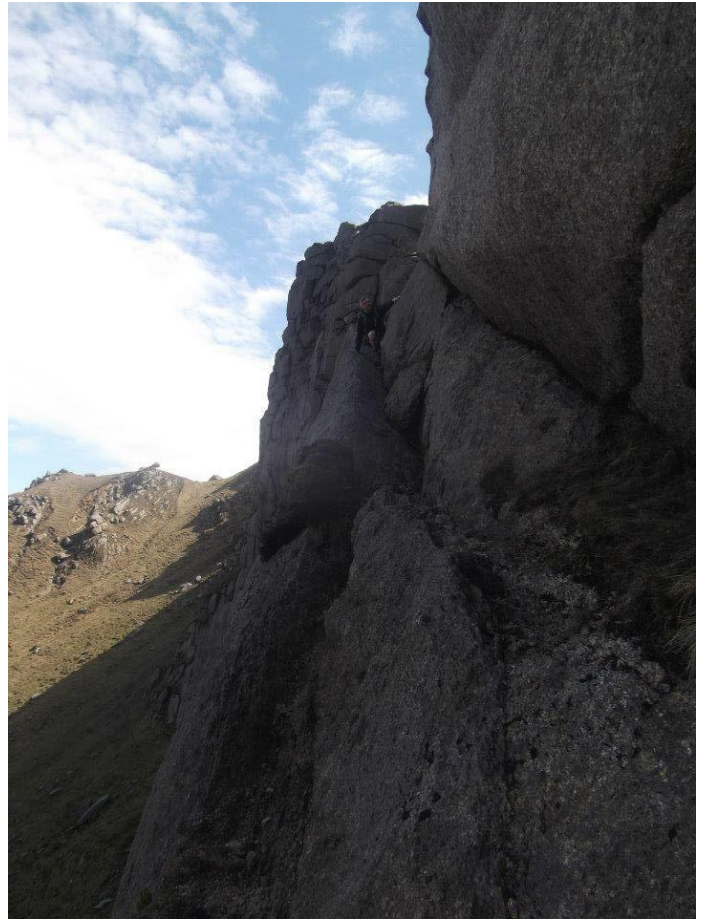
Kev McEvoy on the first abseil



An easier section of the A Chir ridge



The 'damned' abortive abseil !!!!



The sloping ledge of death on Le Mauvais Pas



DLJ, Beth, Kev and I on the A Chir ridge



DLJ & John Simpson on a narrower bit

No apologies for the number of photo's in this newsletter ☺



Beth on some of the exciting bits of the ridge ☺



Beth and Kev 'coming through'



John Simpson with Goat Fell in the background



Beth on another abseil



Kev and John figuring things out.....



Some of David LJ's photo's of the A Chir ridge 😊



Nearly there now 😊

That night was to be our last and so a big communal barbecue was held, much food was cooked and most of it eaten while the booze evaporated at an alarming rate. A funny incident, though Geoff may not think so, was the Viking Burial for Geoff's freshly baked cheese loaf.....

I will protect the names of the protagonists, except Kev because it was all his idea and I was just coerced into it 😊

Anyway, Geoff had made a delicious looking (and actually quite tasty!) cheese loaf but seeing as he was in the house universally acknowledged as 'THE BOYS HOUSE' it was deemed unbecoming for someone in the house to make bread while on holiday. This was not Geoff's first misdemeanour as he had baked and eaten a loaf earlier in the week and his house mates were clearly the forgiving type – at that time

This final loaf was the straw that broke the camel's back, so to speak, and thus it was agreed by all concerned that something should be done.

Arran has a long history of Viking invasion and occupation and so it was only fitting that a full Viking burial should be given to this most delicious of loaves. Candles were acquired and a large piece of driftwood was found upon which to lay the hallowed bread. It proved quite difficult to 'acquire' the bread and set everything up but with the patience

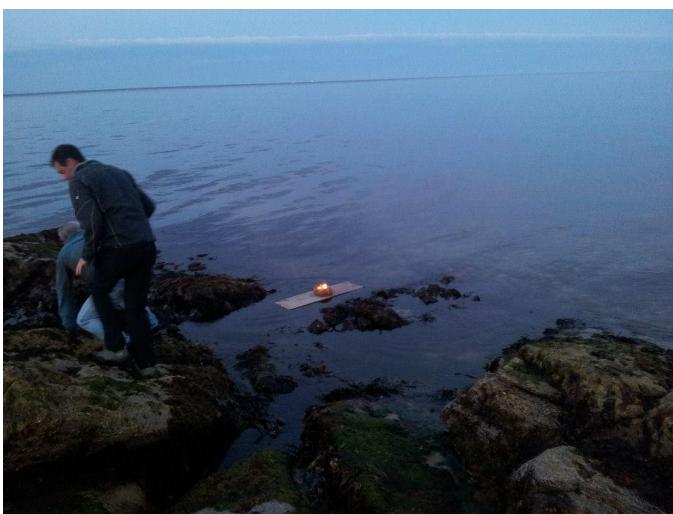
of Job being stretched to breaking point the protagonists made preparations in other people's houses and climbed walls they shouldn't have to make their way to the small pier away from Geoff's prying eyes.

The candles were inserted into the bread (did we tell you how nice it was Geoff ?) and said bread was laid to rest on an admirable piece of driftwood, set free onto the Firth of Clyde and Geoff called over to witness the full spectacle. It was a beautiful setting for such a momentous ceremony and they sky filling up with the night becoming a deep blue only matched by the expletives coming out of Geoff's mouth.

I am sure the sound of laughter would have been heard in Ardrossan 😊

Amends were made though around midnight when we had all retired to the pub as yours truly displayed immense bravery in managing to 'fish' out the loaf, which had stayed largely dry, and we presented it to Geoff with all candles ablazing to the tune of 'for he's a jolly good baker'

A truly great day and night !



Sadly the next day we had to return home and it was with a heavy heart that we had to leave Arran but there is so much still to do I am hoping we get a chance to go again sometime soon 😊

Pete Mann sent me these pics too :-



The last of the three pics is of the infamous 'Witches step'.....

Kevin McEvoy sent me these :-



The mean mountaineers of A Chir ridge ☺



Looking back along the latter part of the A Chir ridge after a great day out ☺

I've been sent the following by Dave Gray of a couple of walks he did with Carol Boothroyd, Helen Avison & Lindsey Foulkes. Thanks Dave 😊



Dave, Lindsey and Carol on Bhein Bharran





Dave, Helen and Carol on Suidhe Fearghas circuit. Looking mainly to Cioche na Oigne and Ceum na Caillich

Apologies to all whose photographs I have not been able to include but as you can see it's quite a large newsletter this month. Maybe I might get away with not having to do one for a couple of months !!!!!

Just a few more things to make you aware of before I wrap this all up.....

FACEBOOK

Gail Smith has set up a Facebook account for our club which one hopes will appeal and encourage more, and perhaps younger, members to join. I know that not everyone bothers with Facebook, Twitter et al but it is a good medium for letting people know what we do. I will ask Gail to provide us with the details and then anyone who is registered with Facebook (It's free BTW) can upload pictures once you've 'joined' the page.

Adele Blakeborough:-

For those who don't know – please see the leaflet I've scanned (see last page of newsletter !) from Margaret which is self explanatory. It is one hell of a tough event so well done to Adele (and Jean). If you wish to send a donation to Mental Health Research UK I am sure Adele and Jean will be happy to pass it on even though they have finished.

FORTHCOMING MEETS:

MEETS PROGRAMME	
JUNE 2013	
07-08	Nuala's Birthday BBQ Brynecrug (Nuala Dunn)
28-29	HUT Weekend Welsh 3000s (TBA)
JULY 2013	
05-06	Dinas Mawddwy Camping + Backpack (Doug Florence)
12-13	Patterdale Hut Meet (Kev McEvoy)
19-20	Hut Weekend
27	Saturday Walk: Buckden Pike (ChrisHarris)

WELSH 3000'S

So far we have half a dozen participants but we are looking for more and we DO need more help with the support teams so if anyone can help please contact Chris Harris as soon as you can. It has always been a great weekend and one hopes that it continues to be so 😊

IMPORTANT NEWS ON PARKING AT CHAPEL AND COTTAGE

We have recently had a polite email from the farmer who owns the land adjacent to the track leading to Dolwyddelan. He has asked us to no longer use the small car park at the bottom of the track.

We are unsure as to the reasons behind his request though it may be one of a fear of litigation should anyone hurt themselves or damage their property. Historically we have used it over a period of many years as have the general public.

Beth and I are meeting him this coming weekend to discuss the matter and assuage any fears he may have.

We will ask him, if appropriate, if we may continue to use it on club weekends where there is an expected high turn-out (Annual Dinner etc) and we will ask his permission first. We do not know how he will react so please accept this as a notification that NO members can park there until we know otherwise. Also, could any members visiting the chapel when we have guests advise them that they must not park there.

We hope to be able to clarify the situation over the coming weeks and will advise the membership accordingly should permission be granted.

Well, that's me done !

I hope to get the next newsletter out at the end of July / early August so if you have anything for inclusion please email me.



Jean and Adele's DW 2013 Journey!

22hs 19mins 23 secs

**22nd Overall - 160 Starters
2nd Ladies Overall**

1st LADIES VETS CREW

Jean and Adele battled against sub-zero conditions after leaving Devizes at 11.20am on Saturday. They faced strong Easterly winds, -4 temperatures which iced up their kayak, drinks systems, life jackets and pogies! It was strong determination that got them to Westminster Bridge on Sunday at 9.35am. They came 22nd out of 160 starters, they finished in an incredible 22 hours, 19 minutes, placed 2nd Ladies team and Winning the Ladies Veteran's Trophy!

Jean says "It was certainly an amazing journey, with good times and dark times along the way. You push yourself to the limit and find your personal strengths, no matter how fit you are its your mental strength that drives you on. Its paramount having a very trusting kayak partner, from whom you have no secrets, along with a positive support crew who never stop believing in your strengths!

We had the coldest Easter on record with 45% retirement rate due to the harsh conditions, we certainly had highs and lows, but knowing we had so many followers back home and lots of sponsors helped drive us on. We had tears of elation in our eyes, coming into Westminster knowing we had held onto our dream, we had a very emotional 'Team Hug' and we have a memory that will stay with us both for ever. A huge thanks to our support crew, Dave, Kate, Adrian and Margaret without them none of this would be possible they were truly amazing!

The Families of Mark and Ray especially Louise and Judy our good friends, have much more pain in their life than we could ever imagine. A frozen cold bottom, icy fingers and a few blisters during our 22 hour challenge have all gone now, ... their pain hasn't healed so easily. But thanks to you all we now have a huge donation to give to MHRUK, its standing at **£2000** at the moment but its still keeps coming in THANK-YOU all so much!

Mental Health Research UK - the first UK charity dedicated to funding research into the causes of and cures for mental illness.
Transforming lives - making a difference in the long-term www.mhruk.org



**All this just made us dig a bit deeper knowing we weren't out there on our own,
and YOU were willing us to get to the finish line to!
Once again Thank you all Love Jean and Adele XX**

<http://www.justgiving.com/Jean-Adele-DW>