



## Forthcoming Meets

Don't forget to check [www.ulgmc.org](http://www.ulgmc.org) for the latest news on trips.

- Old Dungeon Ghyll, Lake District, Oct 18th - 10th, Linda Coombes
- The Roaches, Peak District, Nov 2nd – 4th, Linda Coombes
- UK somewhere in November with Bill Towlson
- Fallcliffe Cottage, Peak District, Nov 22nd – 24th, Neil Brindley
- Caseg Fraith, Snowdonia, Dec/Jan, TBC

## 2014 meets

### Land's End: Spring Bank Holiday 2014

As always, the meet will be held at Trevedra Farm, Sennen from Thursday 22 to Wednesday 28 May 2014. We already know that because of GCSEs and ALs some people will not be attending and so we have booked a smaller number of pitches with Wendy Nicholas. As usual she will require confirmation of our booking by 1 FEBRUARY 2014 and so we must ask EVERYONE (including 'regulars') who is planning to come to let us know before that date so that, if necessary, we can try to negotiate more space with Wendy.

Margaret and Geoffrey Batten, [grb@batten.eu.org](mailto:grb@batten.eu.org), 0121 475 6604

### Skiing 2014 (March?)

Neil Brindley and Mike Hale are looking at the feasibility of running a ULGMC ski trip next year. Date and location to be decided but we will be looking to do it reasonably cheaply so possibly France (ed: I'd prefer Voralberg (Silverretta) in Austria as it is close to Zurich).

### Caseg for ULMC 1990s (others welcome) 1-5 May

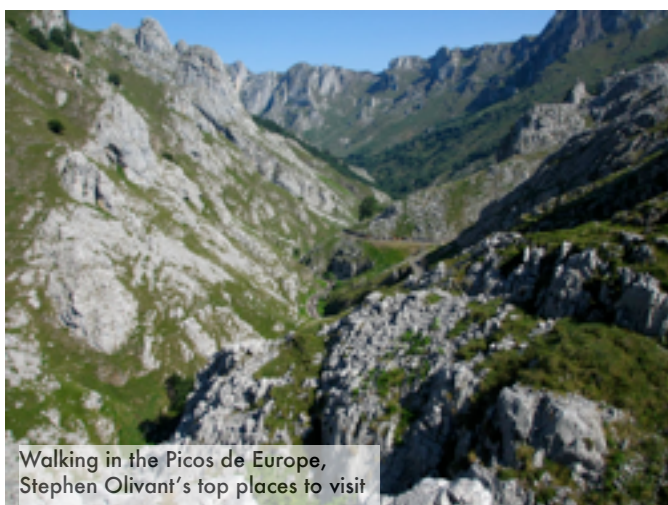
Trip to meet up with old friends (OK we are starting to go grey, losing hair etc). Perhaps take the bottle of bubbly that is on offer for the 12 hour challenge (read later).

Contact: [shaun.west@mailhec.net](mailto:shaun.west@mailhec.net)

### Alpine Summer 2014

Mike is also looking at planning another trip to the Alps for next summer. Again dates and location to be decided.

At the moment we are looking for ideas and initial expressions of interest, so if you are interested in either trip (even vaguely) then please get in touch with Mike Hale ([mikejhale+ulgmc@gmail.com](mailto:mikejhale+ulgmc@gmail.com)) and he will make contact with all the people who express interest.



Walking in the Picos de Europe, Stephen Olivand's top places to visit





























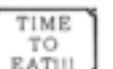


Want to submit a report?  
7 November latest

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# Meets List

Location	Date	Meet Leader	Notes
Caseg Fraith, Snowdonia	Dec 28th – 1st Jan	Heather Rumble	   
<i>Fallcliffe, Peak District</i>	<i>January 25<sup>th</sup>- 27<sup>th</sup></i>	<i>Keith Mott</i>	 
<i>Fallcliffe, Peak District</i>	<i>March</i>	<i>Mark Stitson</i>	<i>Joint with ULMC</i>
Caseg Fraith, Snowdonia	March 28 <sup>th</sup> – April 1 <sup>st</sup>	Heather Rumble	   
<i>Attadale Loch Carron</i>	<i>April 27<sup>th</sup> - 4<sup>th</sup> May</i>	<i>Willie Butler</i>	
Trevedra Farm, Lands End	May 23 <sup>rd</sup> – 29 <sup>th</sup>	The Battens	    
<i>Scotland, Skye or Cairngorms</i>	<i>May-ish</i>	<i>TBC</i>	<i>Express interest to Mike Hale, Mike Pollitt or Sam Hardman</i>
Brecon Beacons	June 14 <sup>th</sup> – 16 <sup>th</sup>	Mike Pollitt	
Lleyn Peninsula	July 1 <sup>st</sup> – 5 <sup>th</sup>	Sue Esten	
			<b>Contact asap</b>
Dolomites, Italy	<i>July 13<sup>th</sup>– 21<sup>st</sup></i>	Mike Hale	
Doward Park, Symonds Yat	July 26 <sup>th</sup> – Aug 2 <sup>nd</sup>	Keith Mott	<b>Book directly with campsite</b>    
Caseg Fraith, Snowdonia	Aug 23 <sup>rd</sup> – 26 <sup>th</sup>	Stephan Tietz	   
Old Dungeon Ghyll, Lake District	Oct 18 <sup>th</sup> - 10 <sup>th</sup>	Linda Coombes	<b>AGM</b>
The Roaches, Peak District	Nov 2 <sup>nd</sup> – 4 <sup>th</sup>	Linda Coombes	
Fallcliffe Cottage, Peak District	<i>Nov 22<sup>nd</sup> – 24<sup>th</sup></i>	Neil Brindley	   
TBC	Nov	Bill Towlson	
Caseg Fraith, Snowdonia	Dec/Jan	TBC	<b>New Year</b>

*Italics denote unconfirmed details*



Children welcome



Early booking required



Dogs welcome



Instruction for beginners/children available



Camping meet



Bank Holiday



Fire



Feast

Members: Contact meet leaders directly to attend meets

Non-members: Contact the meets secretary to attend meets: [meets.ulgmc@yahoo.com](mailto:meets.ulgmc@yahoo.com)

Thinking of running a meet? Contact the meets secretary (above)



# Meets and ad hoc trips

## Dolomites Alpine trip report

### Stephan Tietz writes:

At the last AGM Mike Hale convinced me and Heather that we should finally put the M back into ULGMC and go on a proper alpine trip. While some of the new recruits from the ULMC have been active in the Scottish Mountains and abroad, no such trip has appeared on the ULGMC meets list for quite some time. So, I am happy to report that four of us descended to the Dolomites this year to take some first baby steps. The posse consisted of "Chile veteran" Mike, "Chamonix explorer" Mark (Stitson) and two greenhorns: Heather and myself.



We set our aim early this year: weather permitting we wanted to climb the Marmolada (well technically the Punta Penia on the Marmolada plateau, at 3343m the highest peak of the Dolomites) by the end of the week. Do read on to find out how our adventure ended!

Mark and Mike met up in London on the 30/06/2013, while Heather and myself were still recovering from the Welsh 3000s (report elsewhere in this newsletter). They added a couple of via ferratas to the existing plan.

We landed in Venice on Sunday the 14th July. We thought everything was good until we discovered that Heather's bag hadn't arrived. So, we went to the beach and had our first pizza of the holiday while we hoped that Heather's luggage would arrive with the next plane! Fortunately it did and we made our way to Cortina d'Ampezzo (hosted the Winter Olympics 1956) and

arrived before darkness on our campsite near to the Olympic ski jump.

The next day we went on Michielli Strobel leading up to the Punta Fiammes peak. This was a great introduction for me and Heather to the art of "walking over irons", roughly 1000m ascent with 600m via ferrata at grade 3B leading to an altitude of 2240m. Unfortunately, the descent via a scree run, which in itself was great fun, destroyed my boots with both the middle and the actual sole separating from it.

The next day we wanted to take the cable car up to Tofana di Mezzo (3244m) to do two small via ferratas: Punta Anna and Gianna Aglio. However, on arrival at the refugio Cima Tofana we learnt that both of them were snowed/frozen over and not safe to use. Nevertheless, Heather and I were the highest we had ever been and had our first experience of real altitude (we also learnt that we will have a similar problem with via ferrata leading up the Marmolada).

We hit over to Lagazuoi tunnels as the day was still young. These were dug by Italian forces during WWI and large parts of it were eventually blown up by the Austrians, camping on top of the mountain. They were successful at making a rather large crater but, as the Italians had been forewarned, they failed to gain any advantage against the Italians this way.

On Wednesday we took it a little bit easier and did two short via ferratas: Giovanni Barbara and Lucio Dalaiti. These are very easy and not very long, but include a traverse behind a waterfall, following a picturesque river gorge.

Thursday was a rest day for Mike, whilst the rest of us went off to climb the pioneer's path up to the Monte Piana, a large, flat-topped mountain. The plateau is littered with 100m metres of trenches and tunnels and this was yet another part of the front line between Italian and Austrian forces. While the entire area is an open air museum, we got more excited about the two marmots which crossed our path just as Heather shouted out: "Where are these stinking marmots then?".

Friday was a rest for all of us in order to prepare for the big climb the next day. We went to the Reinhold Messner Mountain Museum on Monte Rite (2181m). Turns out it is not really worth the visit, unless you only expected a gallery of about 20 oil

paintings (rather than the history of climbing in the Dolomites, as we had assumed).



We went to bed early-ish, after finishing of our plans (we would ascend and descend over the glacier, a PD+, to avoid the snowed over via ferrata) and preparing our gear (crampons, ices axes and sun cream) for the ascent of the Marmolada.

We arrived at the cabin lift just as it was opening at 8:30, which took us from the Fedaia-Pian at 2080m to Fiacconi at 2650m. From there we set off across the glacier. Heather and I got used to ices axes and crampons quickly so that we didn't hold up Mark and Mike, who formed the lead and end on our rope of four. The crevasses seem to all be well visible, which together with the 30 other climbers on the glacier, made it seem less daunting than it probably was. The large amount of snow which had caused the via ferrata to be snowed over also meant that there wasn't really a bergschrund and we easily crossed over to the rock section. After about 100m of climbing we got to the snow-covered shoulder (luckily without a treacherous cornice) which let up to the summit. We arrived at the summit cross three hours after we set off.

We decided that being roped up for the rocky bit was more dangerous than with and that it doesn't really provide protection so we went without. We managed the descent in less than two hours, though Mike, Heather and myself had gotten a good bit ahead of Mark while he was putting his crampons back on. In hindsight it was a bad choice to run ahead on the steepest bit of the glacier and a good lesson to learn for the future.

On Sunday, Mark had a rest day, while the three of us, plus my parents who had joined the night before, went to the Tri Cime/ Drei Zinnen for a small walk and via ferrata before returning to the camp site to get our



stuff ready for leaving the next day. We had enough time before our flight home the next day to go to the beach for a small swim and yet more pizza.

All in all, the trip was a fabulous meet and an excellent introduction to alpine climbing. Look out for Mike's request to announce interest in an alpine trip for 2014 at the end of this newsletter!!

## ULGMC Cairngorm trip: 17-20 May 2013, Blair Atholl to Aviemore

by Mike Hale

Thursday 16 May: 3 (Mark, Mike P and Mike H) of us met up on the Caledonian Sleeper at Euston. The beauty of using the sleeper is the chance to get a decent night's sleep, save a bit of leave and not forgetting the (busy) bar coach. After a few beers to celebrate the start of our mini-holiday we were joined at Crewe by part of our Northern contingent, Sam.

Friday 17 May - Blair Atholl to Glen Tilt: despite being weighed down by rather a lot of shortbread [Scotrail's solution to breakfast] we arrived at Blair Atholl at some ungodly hour of the morning to meet Andy and Kim who had driven up from Manchester the evening before. Eager to get on our way we set off out of Blair Atholl and following a brief stop for second breakfast near to Loch Moraig we were soon on the slopes of our first Munro - Carn Liath (975m). I'd love to say that the first of the three Beinn a' Ghlo hills was a splendid mountain, but with rucksacks full of camping gear and 4 days worth of food it was all a bit of a slog. Still, our first Munro of the trip knocked off and on to the second of the day - the unpronounceable - Braigh Coire Chruinn-Bhagain (1070m). En route we

saw (and heard) our first glimpses of pairs of Ptarmigan, which were perfectly camouflaged for the rocky, tundra-like environment and if you have never heard before make a strange croaking / cackling noise.

From the summit of Braigh Coire Chruinn-Bhagain we followed the summit plateau before dropping down to Bealach an Fhiodha where some of the group decided to take a short rest while the rest of us dumped our bags and made for the final Munro of the day - Carn nan Gabhar (1121m). The first large patches of snow of the trip with what looked at first glance to be a cornice, though closer inspection revealed little actual cornice. After several false summits and a misleadingly placed trig point we reached the true summit at the Northern end of the summit plateau.

From the col we dropped down Glas Leathad to eventually follow Allt Fheannach down to the River Tilt. In retrospect this last bit of route choice proved to be a bit tricky to follow along an increasingly steep-sided valley. We pitched our tents at a nice sheltered spot by the bridge over the River Tilt (956 763) and settled in for the evening.



**Camp 1: looking up Glen Tilt**

Saturday 18 May - Glen Tilt to Geldie Lodge: in contrast to the weather of the previous day we woke to grey skies and set off up Glen Tilt to the Falls of Tarf. Initial thoughts had been to do the two remote Munros of An Sgarsoch and Carn An

Fidhleir, however the weather was to intervene. Having left Glen Tilt and followed Tarf Water upstream the weather continued to deteriorate and by the time we were on the slopes of Carn Greannach and heading up to An Sgarsoch it was becoming ever more miserable. By the time we reached the top of An Sgarsoch (1006m) we were in thick cloud and well on our way to being soaked through, so all thoughts of carrying on to the potential second Munro of the day [Carn an Fhidhleir] were abandoned as we sought to get down out of the clouds and hopefully out of the rain.



**Probably the summit of An Sgarsoch!**

After crossing a small snowfield we followed a series of streams down to the Geldie Burn. The original intention had been to cross the ford near to the ruins of Geldie Lodge and camp on the other side of the burn, however the ruins of the Lodge had a small, draughty lean-to shelter with enough of a roof to give us some cover so we made the decision to cook in the shelter and try to dry as much of our (now-soaked) clothing as possible.



**Happy, dry-ish (well slightly less damp!) people in the lean-to shack.**

Sunday 19 May - Geldie Lodge to Corroir Bothy:

The next morning saw more grey skies but crucially it had stopped raining overnight. The crossing of Geldie Burn was rumoured to be a bit dicey so we stripped down to the bare essentials and waded through. It turned out not to be as bad as initially feared and we crossed with little mishap - even if the picture of Mark does look as though he has a map case strategically placed to protect his modesty!



**Crossing the Geldie Burn - Mark (in red) with strategically placed map case.**

**The start - Blair Atholl station: (L to R) Sam, Kim, Andy, Mike P and Mike H**





We reached the Bynack Burn and the first of several "dangerous" ruined lodges and proceeded to watch a group demonstrate precisely how not to cross a river ie ignoring the ford and proceeding to get more and more of their kit wet.



**One of several "dangerous" buildings...more luxurious than our lean-to shack!**

Reaching the Chest of Dee and crossing the White Bridge lead us to start heading up Glen Dee towards our destination of Corroul Bothy. The walking was much easier than the previous couple of days though at times quite boggy and by mid-afternoon the sun was out in full force.



**Walking up Glen Dee towards the Devil's Point and Corroul Bothy**

We made it to the bothy in time to bag the best spots (there are only a handful of beds and it gets incredibly busy) before settling down for a lovely evening meal in the sunshine overlooking the slopes of Ben Macdui (on the opposite side of the valley).

Monday 20 May - Corroul Bothy to Aviemore: the final day of the trip saw a split in the group with Andy and Mike H deciding to make an early start and head for the four Munros of the Devil's Point, Cairn Toul, Sgor an Lochain Uaine and Braeriach, whilst the rest of the group (Mike P, Mark, Sam and Kim) made their way North through the Lairig Ghru with the hope that the two parties would meet up around lunchtime.

Andy and I set off in glorious sunshine up the headwall of Coire Odhar, sadly the fine weather and views were not to last long! We stashed our packs at the top of the headwall and headed SE to the summit of the Devil's Point where we were rewarded with some fine views across the Cairngorms, sadly to be our last views for some considerable time. By the time we picked up our bags and set off up the shoulder to Cairn Toul the weather had started to close in and the temperature had

really dropped.



**Looking up Coire Odhar from Corroul Bothy (Andy and Mike are on their way up).**

Cairn Toul (1291m) and Sgor an Lochain Uaine (1258m) were safely traversed and then we made our mistake. Navigating in the mist we had been following an edge which became less distinct and meant we started to drop too far to the SW. We quickly realised our mistake but re-tracing our steps and finding the correct route had probably cost us the best part of an hour - jeopardising our chances of meeting up with the other group.

Visibility was now down to 5-15 metres at times and a combination of light grey skies, pale landscapes and large amounts of snow meant navigation was becoming increasingly tricky. Nevertheless we ploughed on across the plateau on a bearing towards Braeriach. We had made good time when we hit a river above the Falls of Dee, which had a lot of water running through it and to make matters worse had steep 2-3m snow banks either side which looked "interesting". Fortunately Andy spotted a bridge, unfortunately it was a very weak looking snow bridge - Andy being the smaller and lighter of the two of us went across first, I then followed (Andy's comment being that he had never seen me run so fast!). Again following a bearing got us near to the summit of Braeriach (1296m) but visibility was so poor we walked slightly past. At times we were resorting to throwing pebbles towards the plateau edge to work out exactly where it was. Eventually we doubled back by 100m and found the summit (I say found, but the summit is right up against the edge and Andy found it by nearly walking off the plateau).



**Mark crossing a (much smaller!) snow bridge in the Lairig Ghru**

Grateful to be heading down along Sron na Lairig and eventually dropping down to the Lairig Ghru, we eventually got out of the cloud and got to the spot where we had hoped to meet the others. Unfortunately we were still about 30-45 minutes behind them and despite running

for periods down the path and through Rothiemurchus Forest we weren't to meet up until the outskirts of Aviemore. It turned out that the other group hadn't been that far in front of us but had taken a different route through the forest.

With the group reunited we went for a slap up tea at Mrs Miggins pie shop (actually the Cairngorm Hotel - conveniently opposite the railway station) followed by a few well-deserved drinks before taking the sleeper back South.

All in a thoroughly enjoyable 4 days walking with great route choices and more importantly great company. Hopefully we will do something similar next year and I thoroughly recommend it!

(Thanks to Mark and Sam for the photos.)

## August Bank Holiday 2013

### Meets report by Stephan Tietz:

This August bank holiday we managed to attract more than 20 people. Some of them (Andy and a lot from the ULMC) arrived on Tuesday. They spent the days until we arrived climbing a variety of easy-ish routes. Mark and George joined on Thursday, though the latter was unlucky enough to hurt his ankle on the first day while walking up to Crib Goch for some climbing.

So, finally on Friday, the rest of us turned up. While Heather and I attempted the Oggy 8 (we stopped on Pen yr Ole Wen while having missed Tryfan in the fog - I insisted that it is impossible to miss and that we don't need to take out a map or compass). The rest of the group (including George) went up Y Braich to summit Carnedd Llewelyn.



No one of us managed to go particularly far or high this day, but we did manage to collect enough bilberries for a Crumble prepared by Kim, Andy and Katie. A great dessert to follow France's excellent stir fry.

On Sunday me and Heather took two climbing newbies, Tina and Chloe, climbing at Tremadog. They both seem to enjoy it, though Tina insisted on using her knees which caused a couple of hefty bruises the



day afterwards. The rest used the excellent weather for some multi-pitch climbing and bouldering. Gareth and Andy climbed Cenotaph Corner (E1 5c) and Left Wall (E2 5c). Well done to them both!

This year's adventure event was "canyoning", which involves squeezing into a wet suit before walking along a gorge and jumping down waterfalls. Our guide Glyn met us near Ffestiniog at 9:30am on Monday. After a short talk we were off to slide down a 100m long slab culminating in jumping off a waterfall. For the latter we were protected by a zip wire, which helped me to adopt the nick name "bouncing bomb". How ironic.

## Norwegian Adventures of a Pensioner

### Michael Hetherton

It has long been one of my ambitions to explore and climb some of the thousands of peaks in Norway so when my long time sailing pal Charles Wood announced that he was off on a three month sailing adventure well into the Arctic Circle on his 44 feet sailing yacht I jumped at the chance to sign on as crew in the hope that from time to time I could hop off the boat and up into the hills in the Lofoten Islands and elsewhere.

I managed two or three peaks in the Lofoten Islands sometimes being able to start off at 8pm or later when the yacht reached land, summiting in sunshine after midnight and getting back to the boat before breakfast before it was heading off to the next destination. My first real chance for a

significant peak over 1000 metres came in early July when we were storm bound in Bodo 67 degrees North and I managed to team up with 30 or so members of the local trekking club on an 8 hour ascent of Midtindén: 1058 metres of fairly easy walking with some rock scrambling near the top. This contact led me to being able to tag on to a 5 day trek over the Jotunheimen organised by the Norwegian trekking association and taking in the two highest peaks on the Norwegian mainland. They even gave me a special rate as the start of the trip coincided with my 67th Birthday and all travel in Norway becomes half price at

this age. Never the less, because of a train derailment on the main line between Trondheim and Oslo, I had to mainly rely on hitch hiking several hundred kilometres South to Lom to meet up with the other 9 members of my trek. Fortunately the Norwegians are a very generous nation of lift givers even to a scruffy looking pensioner that had not had a decent wash for a week or two; during my time in Norway I actually got more lifts from lady drivers than men.

Due to my unconventional mode of transport I reached our agreed meeting point 12 hours early at 4am so spent what was left of that night sleeping under the stars on a comfy bench outside the famous Lom bakery and coffee shop, and so was first in the breakfast queue when they opened at 8.30am. I filled in my day making some new Norwegian friends in the bakery, admiring the stave church in the village and being first of the day on the 100 metre plus zip wire which skimmed me across a raging torrent of glacier melt water hurtling through the village—more about glaciers later.

When my companions of the next 5 days turned up at 4pm from the bus from Oslo, our first item in the agenda was to look around the very interesting Lom museum whilst waiting for our mini bus to take us to our start point the Juvasshytta lodge. There we could admire the view up our first objective Galdhopiggen whilst eating an excellent three course meal including Reindeer meat. The four mountain huts we stayed in were all to a higher standard than my alpine experiences with one even having the luxury of a sauna and swimming pool attached. The four ladies and six males of our group were called by our 64 year old Danish leader into a brief meeting after dinner for formal introductions, each of us outlining our mountain





experience and he went through our next days agenda.

After a superb breakfast when we were able to make up our own packed lunches for the 9 hour day ahead of us we set off at 9pm up a marked rocky trail for 90 minutes when we came to the Styggghobreen glacier. Here we fortunately roped us as nearing the end of the easy 2 km plod across the glacier I became complacent stepping on a snow bridge which promptly collapsed leaving me dangling over a somewhat deep crevasse. I managed with the help of the rope to quickly scramble out with no damage done and was rather more careful with where I put my feet till we unroped on a rocky ridge leading us the last kilometre up to 2469 summit reached in bright sunshine before 1pm.

After 50 mins or so of photo taking and admiring the superb views from the top off Norway we set of a different way down the mountain on a mixed snow and rock route to reach our second lodge Spiterstulen in about 5 hours. Unfortunately one of our lady companions Marion suffered serious foot wear malfunction during a steep part of our descent so missed possibly the best mountain of our trek—Glittertind (2452m)—whilst she got a lift down to the boot shop in Lom. She managed to re-join us for dinner at Glitterheim lodge complete with new boots.

Our third days trek south to Memurubu lodge was much the longest in distance but due to easy going and only one serious climb we could afford the luxury during a late lunch stop to swim in a beautiful turquoise glacier lake—well, three of the group went in with me ensuring to my new found Norwegian friends that "the English always swim with socks on as the 'beach' had sharp pebbles on it." It was rather cool in the water but not nearly as much as when I toppled off the boat at 70 degrees north into the Arctic Sea a month before.

The best climbing day was saved 'til last with the ascent of the Besseggen ridge: more like Crib Goch on Snowden than Striding Edge on Helvellan with Sea Eagles soaring overhead and a dozen or so large Reindeer nonchalantly trotting across our path as we descended towards our final destination Gjendesheim. This day was made all the more enjoyable as we were able to offload weight from our heavy rucksacks onto a boat sailing the length of

lake Gjende.



My experience of the Norwegian highlands, and the camaraderie of our group accepting me readily, make me want to return for further exploration in the future.

## Welsh 3000s (circular) attempt

### Report by Stephan Tietz:

The Welsh 3000s has been a popular route for a lot of Snowdonia fans and is regaining attention due to the revival of fell running. The challenge is to climb all 15 Welsh peaks higher than 3000 feet (914 metres in metric units) in under 24 hours. The most common route is to start at Pen-y-pass to climb Crib Goch, Garnedd Ugain and Snowdon (i.e. half the Snowdon horse shoe) then drop down to Nant Peris before summiting again on Elidir Fawr, Y Garn, Glyder Fawr, Glyder Fach, (Castell y Gwynt)

and Tryfan. After dropping down to Ogwen valley one has the Carneddau left: Pen yr Ole Wen, Carnedd Dafydd, Carnedd Llewelyn, Yr Elen, Foel Grach, Carnedd Uchaf and Foel Fras. After descending towards Abergwyngregyn someone hopefully picks you up. Gross total: 42km and 3100m ascent.

Some of our friends from London Mountaineering Club (LMC) invited us to their Champagne challenge. This is the Welsh 3000s with a small twist: start and finish at their hut near Nant Peris. The aim is still to have completed the 15 peaks before 24 hours have past. The circular aspect of this route bumps up the total distance and ascent by a wee bit. The raw numbers are: 53km and 4300m ascent.

I asked Jill Bennett (ULGMC Archivist) if the Welsh 3000s have been "a thing" in the ULGMC. She told me that the peak-to-peak has been walked many times:

"I imagine that many members have independently done the Welsh 3000ers over the years, but this was never a Club thing [as] I've never seen anything in the Club papers about it. [...]"

"Mike Bennett has done it, also his friend Peter Squires. In fact for a number of years we organised a 3000ers weekend from our cottage near Bangor. This was run annually in June - for obvious reasons. Peter and various friends came on Friday night, had sleeping bags on the floor, the most we ever had was 11. They got up at 3am so they could start Snowdon from Pen-y-Pass by 4am, leaving cars in the car park. Two of us did the support, bringing our car back ready for the first stop from 10am at Nant Peris. We took water and a stove for tea, food & anything else the walkers needed. Some gave up at that point ... We did another stop in the afternoon in the



Ogwen Valley - the layby at the foot of Tryfan. Those who continued found their own way back to our cottage at Llanllechid where I'd cooked supper. The first ones used to arrive back between 6-7pm and late arrivals by 10ish. So it was almost all done in daylight - apart from retrieving cars.

"I don't know how many times we ran it now, nor how many people succeeded, but many did. But we gave up doing it around the millennium I think as few were still interested. [...] Some have tried it since, from Caseg, but found it harder without support, which made a lot of difference. Hence, they have changed to tackling the three 1000 metre peaks instead!

"I'm afraid our generation have given it up now ..."

So, there is a history of ULGMC members attempting the Welsh 3000s and it sounds like it is our turn to pick up a great tradition. Having spoken to Colin Grime last August, he thinks that the Welsh 3000s circular is probably 12 hour round trip, but for us office warriors it promised to be a 24 hour adventure.

We (myself and Heather Rumble) had already attempted it in 2012, but only finished all the peaks along the Llanberis pass (6 peaks). By the time we made it back to hut our muscles and bones had given up.

Our second attempt started at 3:45am on 29th July this year, as close as possible to the longest day of the year. We had a great start flying up Snowdon on the western flank of the Llanberis pass and then along the railway track. Then we descended via Crib Goch. By 9am we were 3 peaks down having a rest at Pen-y-pas, still more or less on schedule. The day became less foggy and almost cleared by the time we got to the second Glyder. We had a truly marvellous view after struggling to climb Tryfan. When we arrived at Caseg both of us felt like we probably should have a nap, but managed to fight it off and only have a longer break. We were 10 hours and 7 peaks in.

We had a second wind going up Carnedd Llewelyn passing multiple groups who had just come off a bus. We topped Llewelyn with slightly more than 12 hours left, having less than half the peaks to go and only one big ascent. Good news indeed. The bad news was that the clouds had descended again. Nevertheless the navigation proved no issue (we heard later that one of our friends managed to use his GPS so effectively that he had walked over Llewelyn 5 times before getting back on the path down to Ogwen valley!). Three and a bit hours later we were on the ridge towards Pen-yr-Ole Wen.

And that is when I realised that having run out of Snickers was having profound consequences, i.e. I finally started hurting and getting really, really slow. Nevertheless,

we arrived at Pen yr Ole Wen just as the sun was setting and the sky was clearing up at 9pm. So, we decided to carry on as there were "only" two peaks left. One hour later, while we were only just passing Idwal slabs, I had to admit defeat – thinking that "if only we get to the top of Idwal then I can have a good nap in a emergency bag ...". At 11:10pm we were picked up at Ogwen cottage and people have told me that I was very green and refused food when I arrived in Nant Peris.

All in all, we failed again. We got closer but still not close enough. Hence, I want to set a challenge to encourage some more of our generation to give it a go!

### **Snowdonia fell running challenge**

I bought two bottles of "finest" Freixenet Vintage Special (i.e. bubbley). The first will go to the person completing the Oggy 8 (Tryfan, Glyders, Y Garn, Pen yr Ole Wen, Dafydd, Llewelyn and Yr Elen) in a round trip from Caseg in less than 12 hours. The second will go to anyone completing the Welsh 3000s (either peak-to-peak or as a round trip) in under 24 hours. To be able to provide some support and so that it can be ratified, it should happen during the Easter, August or New Year's meet. However, give me a shout if you want to attempt it any other time!

## **Land's End meet: 23-29 May 2013**

### **Margaret and Geoffrey Batten write:**

A somewhat smaller group of 17 (plus two more in a nearby cottage) gathered yet again at Trevedra Farm. GCSE exams meant that the Charalambouses were not able to come and ALs caused the Motts to leave early. Mary and Geoff Williams were with us for one night but had to depart after one of their tent poles split- be sure that the ever-present wind on the campsite will find out any weaknesses! One of the joints of the frame of Rosemary and Les Bailey's tent cracked but the problem was solved by holding it up with a spare pole of ours. There were two days of good sunshine- which left some of the group noticeably red- but also some very heavy rain and high wind.



**Sunset from the campsite.**

All the usual activities were followed: walking on the coast path, paddling in the sea, visiting the local pubs and eating pasties and ice cream. President Heather Rumble and Stephan Tietz went surfing in the rain and, after their disappointment of last year, completed their first ascent of Commando Ridge accompanied by Keith Mott. The Sunday evening communal 'feast' was enjoyed by all- many thanks to Wendy Nicholas for allowing us to use the caravan store once again and to her and her staff for producing another excellent meal. There was a splendid cake to celebrate two Mott birthdays: Elanor's 21st and Rachael's 18th. We sang 'Happy Birthday' down the phone to Rachael who was at home doing AL revision.



**Cape Cornwall from Sennen Cove.**

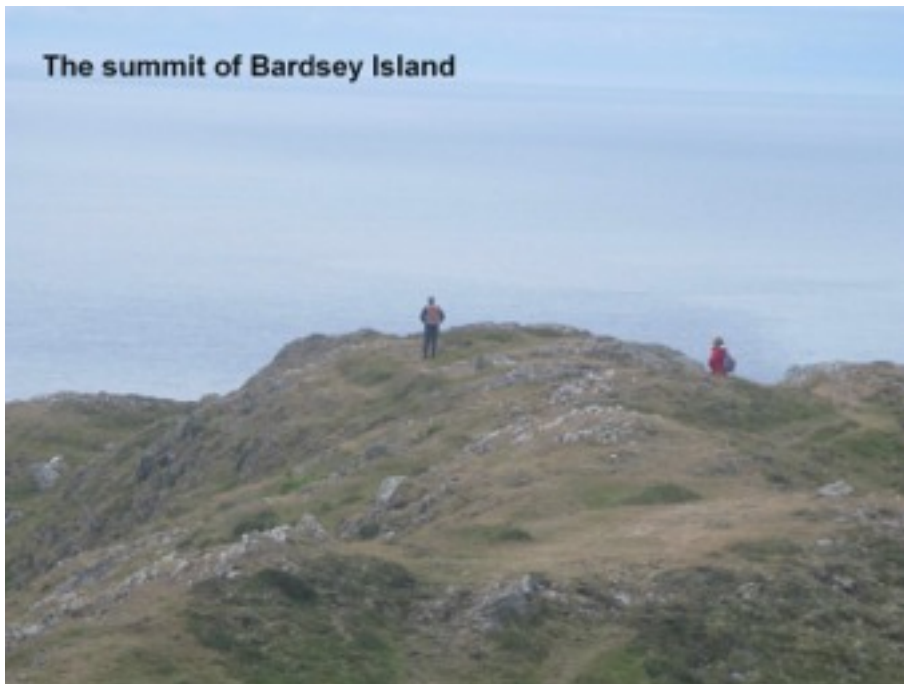
## **Welsh Coastal Path Meet Monday 1st July - Friday 5th July 2013**

### **Sue Esten writes**

Ten stalwarts – of a certain age – (wonder how much longer we are going to go on with this camping lark!) assembled at a very nice campsite in Aberdaron towards the westerly end of the Lleyn peninsula. Chosen so that we were near the village shops, pubs and other desirable amenities, even if getting back did entail a 10 minute slog up a very steep hill! Our first full day there was quite wet, never drenching at any one moment, but being Welsh rain quite persistent and wetting! Nevertheless, undaunted, we set off westwards from Aberdaron to walk the coastal path round the tip of the peninsula – which goal was achieved. A good walk despite the conditions.

The next day saw us taking the boat trip across to Bardsey island, Ynys Enlli, from Porth Meudwy. I had imagined a neat little harbour with maybe a café/booking office, but no the cove at Porth Meudwy is no more than that. Our boat was launched with the help of a tractor and off we went. Bardsey, a National Nature Reserve and SSI, is well worth a visit. At the far side of the beach there (again a tractor job to land) was a significant population of Atlantic grey seals singing noisily. We walked the path going down the centre of the island (apart for a small breakaway group who sampled





the coffee at the island's café first) and then ascended Mynydd Enlli, the island's highest point with a wonderful view from its top. On the way back to the mainland the boatman took us alongside the sheer cliffs where many seabirds were nesting – including puffins, guillemots and razor bills.

Our third day's walking in ever-improving weather, took us Abersoch where we endeavoured (unsuccessfully) to follow the coastal path round the peninsula south of the village. It was a memorable day for poor navigation both on foot and on the roads! We packed up on Friday in glorious sunshine and with promises to return next year. All are welcome if this account tempts you!

## Scotland meet and Switzerland

### John Coote writes

This year I do not have much of note to report although the Scottish meet was a success with the oldies getting up several Munros and Corbetts despite mixed weather. I managed to bag another Corbett Beinn Dronaig (797m) by tagging on to the indefatigable Jerry Wright. I found it hard with a 12km walk in, 2km summit ridge but with fine weather could not but claim that I did not enjoy the day. Jerry seemed to recover quickly because he sped off alone the following day to complete 2 more quite testing Corbetts. At the end of the week Jerry proceeded to the Carngorms and managed another 6 Corbetts so he is now



on the way to completing all 221 of them. So much for enthusiasm even when your nearing the end of your 7th decade. My summer has consisted of a few tourist routes on peaks in Switzerland with my family to be completed by some more testing walking in the Galloway hills in late September.

## Few days out in the Alps in July

### Shaun West writes

The kids are now old enough to climb (at last)! So we did some in the Voralberg and in the Südtirol. It was really great fun and we even managed to find a via fraetta with a BBQ (with coal), WC and kids play area! Amazing. Between some great walking and climbing I managed to get to the summit of the Suldenspitz on a day trip.



### Which rope is the live one?

I have started to complain that it takes too long to get to the hills. 4 hours in a train from home to Disentis was a long time for me (anyway). It did mean however that I got to climb the Oberalpstock in great weather and with plenty of snow hanging around (it should have been dry by the end of July). For me it makes a great weekend outing at 3,328m. The climb to the hut was a slog - protected by the clouds.

The walk and the climb to the top was rather easy, we were more worried about the family group who had no idea at all ahead of us. The view from the top was virtually cloud free, giving one of the best views of the Alps I have had. The 1800m down hill was a killer! Next time I go north and overnight one more night.



The top of the Oberalpstock (following a walk up from the Winterthur SAC hütte)

## News from Members

### Simon Thompson publishes a new book

ULGMC member Simon Thompson has published another book on a climbing theme. *A Long Walk with Lord Conway* is the story of Martin Conway (1856-1933), who became the first man to walk the Alps 'from end to end' when he completed a 1,000 mile journey from the Col de Tende in Italy, over Mont Blanc, Monte Rosa, the Jungfrau, the Grossglockner and 17 other major peaks, to the Ankogel in Austria in 1894. On a midsummer's morning, nearly 120 years later, Simon followed in his footsteps, setting out to explore both the mountains and the man.

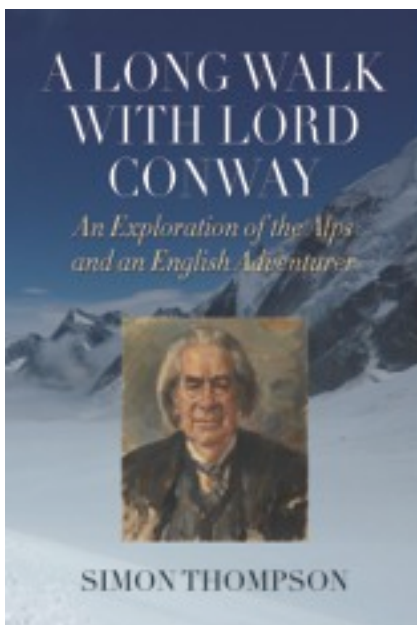
A charming rogue who led a 'fantastically eventful' life, according to *The Times*, Conway was a climber and pioneering explorer of the Himalaya, Spitsbergen, the Andes and Patagonia who claimed the world altitude record in 1892; President of the Alpine Club and first President of the Alpine Skiing Club; a serial pursuer of American heiresses; an historian, collector and Slade Professor of Fine Art at Cambridge; a company director and stock market promoter of dubious gold mines and non-existent rubber forests who nearly cornered the Bolivian rubber market with King Leopold II of Belgium; the founder of the Imperial War Museum; the first foreigner to see the Russian crown jewels after the revolution; a successful journalist and author of over 30 books; a liberal politician; and a conservative MP. Shortly before he died, he was created 1st Baron Conway of Allington.

Conway was a clubbable man who counted Winston Churchill, David Lloyd George, Henry James, Rudyard Kipling, J. P. Morgan, John Ruskin, Mark Twain and Edward Whymper amongst his many friends and acquaintances. An imperialist, a dreamer, a philanderer and a cheat, Conway 'walked in sunshine all his life', according to contemporaries, but he was also a restless, discontented man, constantly searching for meaning and

purpose in his life. And that search that led him back, time and time again, to the Alps.

In *A Long Walk with Lord Conway*, Simon retraces Conway's journey over the peaks, passes and glaciers of the Alps and rediscovers the life of a complex and remarkable English adventurer.

Simon's previous book, *Unjustifiable Risk? The Story of British Climbing*, was shortlisted for the Boardman Tasker Prize in Britain and the Banff Prize for Mountain Literature in Canada.



## Club News



### Presidents report

#### Heather Rumble:

After the AGM last year I was determined that the committee's aims over the coming year would be dominated by two main aims: Improving the intake of the club and overhauling the website. Both these goals are challenging, difficult tasks, but we have made good progress this year that we hope to build on over the coming year.

The issue of the clubs intake is a complex one and the committee have spent much of the year debating what actually makes people want to join clubs and our club in particular. With the advent of more accessible transport and a society where holidaying as a group becomes ever rarer, what motivates a person to join a club?

One of the biggest draws is the members themselves. Long standing meets, such as Cornwall and Scotland, continue to

welcome new members and it is on these meets that a younger generation of climbers get to experience, what I think, is the clubs greatest asset: its diversity of members. This social aspect of the club is a big attraction, but we face a challenge few other clubs do in that our member base is separated by large distances. This means that with a meet only once a month or so, it can be difficult to encourage the new friendships that are key to keeping a stable member base. To counteract this, we have been running monthly socials in London to try to limit this for those of us that live in the South East and it seems to be working, with a good diversity of members turning up. If there are pools of members in other parts of the country that would be interested in doing this, we'd be really pleased to advertise it.

The small but steady intake of members from ULMC and MACS (Royal Holloway) has also had a great impact on the club. This year we've seen recent recruits running new meets, becoming more involved in existing meets and increasing numbers on meets by inviting their friends and colleagues. We've struggled in the past few years to get new members to come on meets, let alone start running them, so this is a really encouraging sign.

We've also diversified the range of activities we do in the club in order to attract a wider member base. As well as the ever popular walks across the hills that had become the club staple by the time I joined, we now have a range of climbing abilities and tastes, from scaling 9 pitch cliffs to tackling E numbers. We have people interested in fell running and taking on challenges such as the Welsh 3000's. This year has also seen wild camping returning to the club with the Cairngorms trip and alpinism with the Dolomites trip. We've also furnished the August Bank Holiday meet with an "adventure activity"; this year it was canyoning. This tactic seems to be working and this year we've seen a range of serious climbers and mountaineers interested in the club, as well as those who are just interested in enjoying the outdoors.

Marketing the club is also something we've worked hard on this year. Looking at other mountaineering clubs aimed at non-undergraduates, we realised that the types of meets we offer aren't necessarily competitive with other clubs. Many other clubs run meets to learn and share skills, such as winter mountaineering, and run meets abroad. The Cairngorms meet and Dolomites meet in particular could help address this problem and though they attracted modest numbers this year, publicising these types of trips will make our club more attractive to a wider audience.

Efforts to advertise the club to undergraduate clubs is something we have done over the last few years, but would like to ramp up. Mark Stitson continues to help



with the BMC undergraduate training seminar, offering spaces in Caseg and ultimately producing publicity for both the huts and the club. It is this kind of model that we could expand upon in the future, providing both expertise and resources to undergraduate clubs to raise our profile.

The huts also continue to be a draw for new members. They are invaluable in creating a sense of ownership for club members and this year has seen the return of working weekends to Caseg, which was extremely welcome. Feedback from the event suggested that not only was this a good chance to get to know each other better, but it was something easy that allowed members to take on some responsibility for the club and feel more included. As a committee, we're keen to learn from this and involve other members of the club more in projects we may like to undertake, such as running the website or organising events.

More traditional publicity has also been a part of attracting a new member base this year. We've had enquiries about the club thanks to the ULGMC T-Shirts we've been sporting in climbing walls and pubs across Britain and we hope to produce a more technical version next year. Thanks to one of our keen new members we have also been mentioned in a BMC article this year (<https://thebmc.co.uk/club-training-course-hits-the-heights>), so thanks to Craig Rice for that.

However, one of the biggest "marketing" strategies that could really improve intake, and the second challenge I outlined earlier, is improving the website. In today's internet based age, most of the points outlined above can be helped along by having a good website, whether it's in the guise of being able to share photos from recent meets (free advertising!) or in enabling groups of friends to create their own meets at short notice.

Our provisional plans for the website are ambitious, including a forum for easier communication, a hut booking system and a blog for more instant feedback after meets. Essentially, we want to make the website a more user contributed platform, exactly for the reasons outlined earlier, giving members more ownership over the club, and enabling the committee to spend less time on admin and more time running events.

Before all these revolutionary changes can happen though, a lot of preparatory work needs to be done in the background. Stephan Tietz, Shaun West, Mike Hale and Mark Stitson have been working hard to iron out current bugs in the website before any great changes can be made, testing the feasibility of some of our great plans and working out the logistics of how to achieve them. Several ULGMC members have commented that the website seems to be working much more smoothly and we've

had positive feedback about the new "next trip" and "next social" boxes.

Over the next few months you may notice new pages and features being added to the website in preparation for its big makeover. We'd love to hear your feedback, as it's all supposed to be designed to help to represent our members. The makeover itself is very much in the initial stages but watch the newsletter for updates.

In general, the developments that are progressing within the club have had to be a team effort involving a huge amount of self(club)-awareness, post-match analysis and a miraculous effort from the committee (thank you!). They're really motivated and really want to make the club work better for its members.

After a year of much discussion and trialling of new ideas, we are starting to work out what works and what doesn't but achieving this wouldn't be possible without constant feedback from members both spontaneously and in response to the club questionnaire so please do keep it coming. The next year should see some of the changes we've made so far gaining momentum, with the aim of allowing this great historical club to continue into a sustainable future!

## Club Secretary report

### Mark Stitson:

The secretary continued sending out an ever smaller number of paper newsletters as well as being meet leader for a few successful meets. With Mike Pollitt we have been keeping up good relations with ULMC.

## Meets Secretary report

### Linda Coombs:

We have had lots of successful meets this year, in all corners of the country. Come rain or shine us ULGMCers have been out there walking, climbing, running, drinking beer etc etc. Thanks to all those who have organised or attended meets this year.

#### Call for Meets!

I will be building the meets list from scratch this year, taking suggestions of dates and locations from anyone who wishes to be a meets leader over the next 12 months. By signing up to lead a meet, there is no obligation to volunteer again next year, similarly those who have held meets in the past should not feel obliged to continue, unless they wish to. I would like everyone to see this as an opportunity to put their mark on the meets list, with all of us coming together to create a fresh new calendar for the club.

SO, if you want to lead a meet, email me with a rough idea of the location and date you fancy.

## Membership/Treasurer report

### Keith Mott:

#### Seeking a new treasurer/ membership

Unique and rare opportunity for the right applicant. Flexible hours, extremely poor pay, no line manager. Would suit any age or gender with no outside interests apart from climbing. Working to deadlines and good with numbers would be definite drawback. Please apply, please. No references required.

More info contact Keith Mott.

## Caseg Fraith - new warden/booking secretary required

Elsbeth Howell, the Warden and Hut Booking Secretary of Caseg Fraith for the last 15 years, has decided to stand down from her position. The Trustees of Caseg Fraith wish to thank Elsbeth for all her hard work and dedication, which she has carried out so effectively and efficiently.

The Trustees need to appoint a replacement Warden as soon as possible. In the first instance we are looking for a member of ULGMC to consider volunteering for the post of Warden and Hut Booking Secretary of Caseg Fraith - this involves looking after the bookings for the hut, oversight of safety and maintenance, and co-ordination with the deputy hut warden. Any members interested in taking on the role should contact Mike Warden to discuss the role: [mike.a.warden@gmail.com](mailto:mike.a.warden@gmail.com) or phone 01969 623789.

## Other News

### BMC news from Fiona Sanders

It has been a while since I have been able to attend a meeting of the clubs committee and been in touch with all of you. So here is a reminder.

The Clubs committee is set up to represent the interests of clubs within the BMC. As a committee we deal with a range of issues from various grievances against the BMC and also more useful stuff like the Club training programme, guidance notes and recommendations to National Council about how we can support clubs and help them survive and prosper.

Please find attached the last meetings minutes. Let me know if you want me to

raise any issues on your behalf or have any views on the items mentioned.

Further we have set up a BMC seminar on the 12th October with a great set of sessions to choose from. Please come along and introduce yourself to me. Its free to all club members. [www.thebmc.co.uk/bmc-clubs-seminar](http://www.thebmc.co.uk/bmc-clubs-seminar)

Finally a few places are left on the First aid course 14-15 September, based in the Ogwen Valley, please let your members know. Price £75 including accommodation and certification. contact [jane@thebmc.co.uk](mailto:jane@thebmc.co.uk) for more information

## More BMC news

### BMC Club Seminar

Places on the BMC Clubs Seminar in Castleton on Saturday 12th October are filling fast. To ensure that you don't miss out register through the BMC website at [thebmc.co.uk/bmc-clubs-seminar](http://thebmc.co.uk/bmc-clubs-seminar). Workshops include top tips for club officials, insurance, maintaining equipment and funding grants.

### BMC Club Member Workshops

There are very few places left on the club workshops in autumn 2013. We still have some spaces on the Outdoor First Aid courses in Brecon on 7-8 September and Ogwen Valley on 14-15 September and on the Navigation course in the Peak District on 14-15 September. All other courses are now full. [thebmc.co.uk/club-training-courses-2013](http://thebmc.co.uk/club-training-courses-2013)

### Governance Guidance

The BMC Clubs Committee has produced useful governance information for clubs in the form of a check list. For more information go to [thebmc.co.uk/club-governance-guidance](http://thebmc.co.uk/club-governance-guidance). If you feel that there are areas where you would like guidance notes produced to support your club please get in touch with me.

### SPOGO – SPORt on the GO

The BMC has recently started to work with spogo ([spogo.co.uk](http://spogo.co.uk)). The attached document will give you lots more information about how your club could benefit from signing up to appear on their website. It is completely free to sign up and you may get new members in the process!



# ULGMC AGM Agenda 2013

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The 63rd Annual General Meeting of the University of London Mountaineering Club (ULGMC) will take place at 6 pm on Saturday 19th of October 2013 at the Old Dungeon Ghyll, Ambleside

## **1. Apologies for absence**

## **2. \*Adoption of the agenda**

## **3. Minutes of the 2012 AGM**

- a) \*Adoption of the draft minutes
- b) Matters arising

## **4. Finance**

- a) Treasurer's report and presentation of accounts 2012/2013
- b) \*Adoption of the accounts
- c) \*Agreement on membership subscription rates for 2014
- d) \*Authorisation for expenditure of funds 2014

## **5. Other reports**

- a) President
- b) Secretary
- c) Membership Sec
- d) Meets Sec
- e) Hut wardens/trustees
- f) BMC area meetings

## **6. Programme for 2014**

- a) 2014 meets programme
- b) \*Date of next AGM

## **7. \*Election of new committee**

- a) President
- b) Vice-President
- c) Hon Secretary
- d) Hon Treasurer/Membership Sec
- e) Hon Meets Sec
- f) Committee members

## **8. \*Other elections**

- a) Hon scrutineer of ULGMC accounts
- b) BMC representatives
- c) ULMC representative

## **9. Review of constitution**

## **10. Any other business**

*\* means a decision is required by the AGM*

**ULGMC AGM 2013**

**Saturday, October the 19th**

**The Old Dungeon Ghyll,  
Great Langdale.  
LA22 9JY**

Dear ULGMC members,

It is my pleasure to invite you to the ULGMC AGM and Dinner 2013, taking place at  
**The Old Dungeon Ghyll from 6pm. Dinner will be at 8pm.**

**Three courses with coffee will cost £25.**

If you would like to attend the dinner, please do **one** of the following, **by the 1st of October**:

1. Fill out and print the form below detailing your **three** choices (one from each section) and return to me (address below) along with a cheque made payable to **Linda Coombs**.
2. Email me your **three** choices and I will send you my bank details for transfer of your payment. My email address is [meets.ulgmc@yahoo.com](mailto:meets.ulgmc@yahoo.com)

There will be limited accommodation available at the Rawhead hut for the nights of the 18<sup>th</sup> and 19<sup>th</sup>. This is a short distance from the hotel, and costs £8 per person per night. If you would like to reserve any spaces in the hut, please specify in the form below, payment arrangements and deadline are the same as for the meal.

I hope to see you all in October!

*Linda Coombs*, Meets Secretary

**07731518452 – [meets.ulgmc@yahoo.com](mailto:meets.ulgmc@yahoo.com) – 24 Acre Court, Kettering, NN16 0HX**

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**ULGMC AGM and Dinner 2013, Saturday, October the 19th, at The Old Dungeon Ghyll, Great Langdale**

Please select **one choice** for each of the **three courses**  
If multiple people are answering on one sheet, please enter a number

---

**Name(s):**

	Yes	No
I/we would like to attend the 2013 ULGMC AGM dinner at The Old Dungeon Ghyll	<input type="checkbox"/>	<input type="checkbox"/>
	18th	19th
I/we would like to reserve space in the MALE bunkroom	<input type="checkbox"/>	<input type="checkbox"/>
	18th	19th
I/we would like to reserve space in the FEMALE bunkroom	<input type="checkbox"/>	<input type="checkbox"/>

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**Starter**

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Carrot and Coriander Soup	<input type="checkbox"/>
Potted Shrimp	<input type="checkbox"/>
Melon and air dried ham	<input type="checkbox"/>

**Main**

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Lamb Henry	<input type="checkbox"/>
Haddock	<input type="checkbox"/>
Veggie Goulash	<input type="checkbox"/>

**Pudding**

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Lime Cheesecake	<input type="checkbox"/>
Chocolate and stawberry roulade	<input type="checkbox"/>
Cheese and biscuits	<input type="checkbox"/>

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Coffee and homemade fudge

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I enclose a cheque for \_\_\_\_\_ or  
I will arrange a payment for \_\_\_\_\_ by email  
Linda Coombs - 07731518452 – [meets.ulgmc@yahoo.com](mailto:meets.ulgmc@yahoo.com) – 24 Acre Court, Kettering, NN16 0HX.