



**K M C**

September, 2011

**2011-2012 Season**

**DAY TRIPS**

Numbers have been improving recently, it is hoped this encouraging trend will continue.

**WEEKEND TRIPS**

30 Sept. - 1<sup>st</sup> Oct. - **Raeburn Hut, Dalwhinnie** - Information has been circulated about this meet..

4<sup>th</sup>/5<sup>th</sup> or 11<sup>th</sup>/12<sup>th</sup> Nov. - **Strontian** - Peter is hoping to book a chalet for one of these week-ends.

20<sup>th</sup>/21<sup>st</sup> January 2012 - **Tranearth, Lake District** - Eunice has booked accommodation at this Venue.

Late March, 2012 - **Ingleton, North York Dales** - Steve is hoping to booking accommodation for a three night stay.

1<sup>st</sup> - 3<sup>rd</sup> June, 2012 - **Glenfinnan** - The sleeping carriage was not available. However, caravans will be available at Ian and Jean Keddie's camp site, and it will also be possible to camp there.

21<sup>st</sup>, 22<sup>nd</sup> & 23<sup>rd</sup> September, 2012 - **Forest Way Bunkhouse, Inverlael** - Eunice has booked accommodation.

**SOCIAL EVENTS**

**20<sup>th</sup> October - Curry Night** - A Curry Night will be held in the Ashoka Restaurant, Kirkintilloch.

**Christmas Meal** - Enquiries are being made regarding a venue for this function.

**17<sup>th</sup> February, 2012 - Bi-Annual Dinner** - Accommodation will be booked at the Kincaid Hotel, Milton of Campsie for this function.

**Last Munro** - Anne-Marie's last Munro will be on 15<sup>th</sup> October, 2011, information has already be circulated.

**LOMOND MOUNTAIN RESCUE TEAM**

For those of you that don't already know, Donald has been accepted as a trainee / probationary member of the Lomond Mountain Rescue Team.

During his induction day with the team Donald has become aware of what the team do and the commitment required of team members. (I think they were trying to put him off!)

With outdoor activities becoming ever more popular the team is being relied on more often than ever before. 10 years ago they had a total of 12 call outs. Last year they had 31 (more than one every fortnight) and this year, before the end of August, they have already had 25 call outs! 3 of which were on the one weekend! In addition to rescues they provide support cover at numerous events throughout the year, events like the Trossachs Plod and the Ben Venue Hill Race. The team members also have a commitment to attend training activities 3 times a month.

In the last week they trained on two occasions, had a night rescue and been on duty as a safety team at a mountain marathon!

### **Lomond MRT Appeal.**

Since becoming involved Donald has also found out about their current fund raising project.

The Lomond Mountain Rescue Team are in the process of trying to raise the massive sum of £30,000 pounds for a much needed new Landrover. As part of their fund raising activities they will be at Ibrox on Saturday 15<sup>th</sup> October with charity cans to relieve some cash from the football supporters during a 45 minute period prior to the game. To get the best results from the thousands of supporters attending that days match they need the help of as many volunteers as possible to shake cans.

As many of the club have benefited from the services of mountain rescue teams in the past I am sure you appreciate a little bit about how important it is to have volunteer members on call. Regular people who come out and assist hill goers, usually in the worst of weather and often at the most inconvenient time.

Donald appreciates that this event coincides with Anne-Marie's last Munro. If anybody is available and would like to volunteer an hour or so of their time they should contact Donald who can then provide them with details about the event. Your assistance would be very much appreciated.

Even if you cannot commit yourselves personally I am sure you will know somebody who has been relieved to know that a mountain rescue team has been available to help you if required.

To get a further insight of the activities of your local mountain rescue team visit their website [www.lomondmrt.org.uk](http://www.lomondmrt.org.uk)

For those of you who are up to speed with the cyber-age their website has links to facebook and twitter, but more importantly they have also got a 'just giving' donation section.

**If you want to donate a little bit of time and very little effort the date to mark in your diary is the 15<sup>th</sup> October.**

### **SIERRA LEONE - JULY, 2011- Report by Eunice**

I didn't have much knowledge of this area so didn't know what to expect. Sandra, Peter, Heather, Jean and Iain had all been in this area and had spoken highly of it so it had to be worth a visit. And so

it was - rocky mountains, green valleys, some snow in patches, beautiful flowers and all within easy reach of Malaga. Sandra had previous contacts, Mike and Jane, who had been in touch to say they had a new route worked out and "Was she interested?". Well she was and so were we plus two other friends of hers, Jim and Larry.

We were picked up at the airport by Mike and Jane and Dom and Rick two young men who had come out to help carry all the gear. They all proved to be very friendly and helpful. We were taken to Mike and Jane's house about 45 minutes up a track above Lanjaron in the Aljupara – the lower reaches of the Sierra Nevada. After a wonderful lunch and beer and wine we spent the afternoon in their garden studying maps, drinking beer, chatting and making plans before the 45 minute drive back down to Lanjaron and our hotel for the night. This was our last touch of luxury for a week.

We were collected early the following morning and driven to Treveley (1476m) where our walk would begin. This proved to be a lovely walk gaining height gradually to Lagunillo (lochán) del Puerto for our first night's camp. We were even able to pick and eat cherries in the early part of the day before leaving civilisation behind. Above the rocky hill tops towered as we had our first camp meal.

At this point I should tell you of the amazing organising skills of Mike and Jane. Every meal had been thought through to minimise weight, maintain an appetising diet and supply required calories. Each evening meal, breakfast, lunch and snack had been packed into "Tupperware" boxes and we were all given a lunch or an evening meal or breakfast box to carry. Jane assisted by Mike, Dom and Rick ably cooked the meals on two little "gaz" cookers. What an able woman! What delightful meals she provided accompanied often by cake she had baked before we set off.

Anyway, perhaps you would like to know about the hills. The next day was bright and sunny (they all were!). We climbed from camp to Cerro Pelado and Puntal de Junitallas(3174m) and round a rocky ridge to Les Cervatillas (3113m) and lastly Pico del Cuevo (3145m) before dropping to a lochan to camp for the night. This was a high camp and no soft ground was to be found so the tents were pitched using stones and boulders to keep them up.

The following day we had planned to do a mountain called Alcazaba. We climbed steeply from the campsite and then had to drop into another glen from where we would ascend Alcazaba.

Unfortunately, Sandra slipped on loose rock and badly sprained her ankle. Plans were changed and we set off straight to our appointed campsite for that night. Sandra was some kind of heroine and managed to hobble there albeit a little slower than the rest of us. This was a lovely grassy site beside a stream with Mulhacen and Alcazabo way up above us. This was our last night in tents and Rick and Dom would leave the following morning to descend back to Trevelez to bring the cars round to journeys end.

Day 5 and Sandra stayed in camp while the rest of us climbed Alcazaba and returned to camp for lunch. Then Sandra accompanied by Jane went round the mountain (there's a song about that – but she was not wearing silk pyjamas) and we set off for Mulhacen the highest mountain in Spain. It's the Ben Nevis of Spain covered in people with fabulous views. We could even just see Africa. From there it was a long drop down to a refuge Poqueira Glad and our first shower and beer in 4 days. We were all glad to see Sandra had made it to there. She did remarkably well for her ankle was badly swollen and black, blue and a few other colours thrown in for good measure.

Day 6 took us to Carihuela, climbing steeply at first then joining a track. This refuge was of the most basic kind consisting of a Nissan hut built over with stone. Inside were 4 benches, 1 table and a bunk bed type sleeping platform. Valetta is a short climb above the refuge and again is very popular because it is near a ski resort served by public transport and then higher by a chair lift. This I would call the Ben Lomond of Spain – lots of people too. Dom and Rick joined us again that evening bringing in the meal but more importantly, wine! That was a night to remember – John snored, one of two children also staying there had a nightmare and goats trotted all over the roof, a sound which echoed round the hut. Also it was incredibly hot – by this stage we were inured to the cold overnight. Mike got up at some point in the middle of the night and slept outside in his sleeping bag.

Day 7 was our last day on the hills. This entailed another drop down into a valley and climbing back up again to reach another ridge with stunning views. At one point on this ridge we came to a disused and very dilapidated TB hospital built into and around the rock. Apparently TB sufferers recover more quickly at high altitudes in the rarefied air. Our route now took us down into another valley and along a mountain side using chains at one point. We gained our last peak of the holiday, Pico del Caballo about 2.00pm and from there commenced a very long descent to a road end where we were met by Dom who arrived bearing very cold beer for us. From there it was back to Jane and Mike's garden for more beer and chat. Once more we went down the long track by car to Lanjaron to meet up with everyone later that evening for a meal and to go over all our happy memories of the holiday.

Spent the journey home the next day wishing I was still there it was over too soon.  
My lasting thoughts are: I would wholeheartedly recommend the Sierra Nevada for a strenuous walking holiday made even better if you go with Mike and Jane. They are very friendly, very welcoming, very knowledgeable and very interesting.