



NEWSLETTER  
*of the*  
KIRKINTILLOCH MOUNTAINEERING  
AND WALKING CLUB

January 2014 Edition

**WELCOME**

First of all a very warm welcome to our 3 new members to the club. Paul Brown, Dan Harley and Heather Sinclair.

**WINTER**

There has been some major snow falls in the Scottish hills in the last week so make sure you check out the avalanche and weather forecasts before you venture out [www.sais.gov.uk](http://www.sais.gov.uk) and [www.metoffice.gov.uk](http://www.metoffice.gov.uk) Please contact Donald if you would like to make use of the clubs crampons and Ice axes which are available for loan to members.

**EGM**

The Clubs E.G.M held on 7<sup>th</sup> November was a success and the change of the clubs name was approved without objection. After the business element of the evening was concluded renowned mountaineer Hamish Brown, gave an illustrated talk on his traverse of the Atlas Mountains in Morocco. Thanks go to Sue and Heather for organising refreshments.

**DINNER DATE**

The clubs bi-annual dinner has been booked for the 20<sup>th</sup> of February at the Kincaid House Hotel, in Milton of Campsie. There is a choice of 3 and 2 course menus. Further details will be sent out by email in due course. Guests are very welcome. Please email Donald [donaldstewart@talktalk.net](mailto:donaldstewart@talktalk.net) to indicate whether or not you are attending and to tell him how many places you want to reserve.

**AGM**

The Clubs AGM has been arranged to take place at the Kirkintilloch Camera Club on Thursday 20<sup>th</sup> March. Steve will have completed his 3 year term of office as the club chairperson. Nominations (volunteers) are required to fill this position.

As usual we are looking for those of you with pictures from their adventures recent and not so recent to bring them along and give us a slide show.

## **KIRKINTILLOCH HERALD**

In December The Kirkintilloch Herald ran a short piece ((a paragraph) announcing the clubs name change.

## **WEDNESDAY WALKS**

Keep an eye on your e-mails for the details of forthcoming Wednesday walks.

## **SUNDAY OUTINGS**

A few suggestions for hills to visit have been received and some dates have been set in the diary. Other suggestions will be very welcome. Making suggestions does not commit you to having to organise an outing but it would be good if we can vary the organisers.

We had stunning weather for our trip to the Ochils in November. Not so good for the Conic Hill day in December. Into the new year and we had a brilliant turnout for an ascent of Ben Vorlich from Loch Earn with lots of new faces. Barbara and Heather W opted for the low level alternative of a walk through Glen Ample.

The next pre advertised walk will take place on the 9<sup>th</sup> February and is to Ben Donich at the head of the Rest and be Thankful / Butterbridge area. A low level walk will be arranged.

In addition to the pre-advertised outing taking place on the 2<sup>nd</sup> Sunday of the month there will also be interim outings on the other Sundays with the arrangements discussed at the Rugby Club on a Thursday night.

## **RECENT ACTIVITY**



**Callander Craggs Walk 22<sup>nd</sup> January**



**The Wednesday outings have included Callander Crag, Cashell, Moodiesburn and Colzium**

**The Ochils was a fine location for a Sunday walk in November**





## Cashell

**Despite the horrendous weather club members have got together and have successfully bagged some bigger hills. These have included Garbh Bheinn, Ben Challum, and Ben Vorlich**

**Ben Vorlich in January : Gordon with a couple of interlopers on a snowy Ben Vorlich in January**



**Pre-Advertised planned walks for your diary are :**

<b>Date</b>	<b>Location</b>	<b>Organiser</b>
9 <sup>th</sup> February	Ben Donich, Butterbridge	Kate Robinson
9 <sup>th</sup> March	location to be announced	Peter Willimott
11 <sup>th</sup> -13 <sup>th</sup> April	Weekend trip to Linn of Dee , Muir Cottage	Tom Noon
11 <sup>th</sup> May	Location to be announced	Tom Noon
8 <sup>th</sup> June	Glen Lyon	Heather Willimott

**OVERNIGHT MEETS**

If you haven't given your name to Tom for the Muir Cottage, Linn of Dee, Inverey. Trip then there is no time like the present.

A booking is being made for a mid week trip on 17<sup>th</sup> to 19<sup>th</sup> June using The Alex McIntyre Memorial Hut in North Ballachullish. There is lots of scope for munros, corbetts and other hills in the area.

In July or August we are hoping to arrange a trip to Ullapool

A booking of the brand new Carn Dearg Mountaineering Club Hut in Glen Clova has been made for 20<sup>th</sup> September, I know its early but any names for those who are interested in attending would be welcome.

We are in the early stages of planning a trip during November to the Newtonmore area.

**SOCIAL EVENTS**

The Christmas Dinner at the Beech Tree was a resounding success. Thank you Tom for

organising this excellent event.

As mentioned above the bi annual **CLUB DINNER** is booked for the 20<sup>th</sup> of February at the Kincaid House Hotel, in Milton of Campsie.

For those looking for a good nights entertainment the Banff Mountain Film Festival is on in the City Halls Glasgow on the 14<sup>th</sup> February go to [www.banff-uk.com](http://www.banff-uk.com) It also coincides with the Edinburgh Mountain Film Festival 14<sup>th</sup> to 16<sup>th</sup> February [www.emff.co.uk](http://www.emff.co.uk) Neither of these events are official club outings but many members have enjoyed them in the past.

Another lecture worth going to is on Monday 3<sup>rd</sup> March at the Lyceum Theatre in Edinburgh by EMMY Award winning adventure camera man Keith Partridge. His films include the BAFTA award winners 'Touching The Void', 'Beckoning Silence' and 'Human Planet'. His work has taken him to the summit of Everest to film Kenton Kool and an Olympic gold medal.

## **BBQ**

We hope to hold the annual Club BBQ in June.

## **ROYAL APPROVAL**

## ***STOP THE PRESSES***

## ***News just in from Clarence House. BY OUR OVERSEAS CORRESPONDENT Charmian Heaton***

Just had the most amazing day in London with our friends Lakpa and Tashi Sherpa and their son Karma from the Everest region in Nepal. Lakpa was honoured to act as Prince Charles' guide in 1980 and was equally honoured today to be invited for Sherpa tea with His Royal Highness at Clarence House. Such an absolute pleasure to be allowed to join them for this momentous occasion and memories which will last for a lifetime.

***See the featured article by Charmian below for further enlightenment. She really is **LIVING THE DREAM** now.***

**WEBSITE** [www.kirkiemc.co.uk](http://www.kirkiemc.co.uk)

The clubs name change will not effect the website address which remains unchanged.

**FACEBOOK** <https://www.facebook.com/groups/159164424246437/>

Our facebook page is being updated regularly with news of both present and future activities. As well as valuable mountain safety information.

Like us on facebook and keep your finger on the KMWC pulse.

## **MISCELLANEOUS**

The Clubs exhibition panels will be on display in the Bishopbriggs Library over the Easter school

break. 7<sup>th</sup> to 21<sup>st</sup> April.

Many thanks to Charmian for contributing an excellent article about her trip to the Himalayas in this edition of the newsletter, which you can see below.

You can submit articles for use in the newsletter at any time, Just email Donald with a story , poem, pictures .....

### **Living the Dream by Charmian**

In April 2012 Steve and I decided to take full advantage of EDF's generosity (paying me to be a lady of leisure) and we ventured back to Nepal for my 4<sup>th</sup> visit and Steve's second. This time we decided to be independent and took advice from our good friend Tim Mosedale who put us in touch with the Kathmandu agent who arranges all the logistics for his Ama Dablam and Everest expeditions. Iswari Paudel is something of a legend in Nepal and we were to be very grateful for his help later in our trip.

From the moment we arrived at Kathmandu airport everything went like clockwork although Steve had to get used to the laid back way that Nepalis conduct business. The following day we visited Iswari's office in Thamel where he relieved us of the cash we had carried from London. Then we walked over the road to Shona's hire shop where Steve hired plastic boots, ice axe, crampons, harness, ascender and down sleeping bag for the next three weeks. After a little last minute shopping we returned to our hotel and got an early night as we were hoping to be on the first (6am) flight to Lukla the following morning.

Iswari's boys worked their magic and we soon cleared security and waited to be called for our exciting flight to the high mountain airstrip at Lukla – listed as one of the most dangerous airports in the world. The runway at Lukla is not much longer than a football pitch and is built on a steep angle to enable the little twin otter planes to brake before crashing into the high wall at the end of the runway. The turnaround time is then around 5 minutes and all the bags are flung onto the tarmac to make room for the departing climbers and their bags.

With all our climbing gear both our kit bags weighed around 15kg and we also had our day packs which were pretty full. We walked around to Paradise Lodge where we met our Porter/Guide Laxman Rai. After a little chat about our proposed itinerary, Laxman tied our two kit bags together and hoisted them onto his back supported by a broad canvas strap over his forehead. We then set off on our trek with our destination for the night being the Top Hill Lodge at Monjo. Steve's heart decided to go into AF but he was able to just take it easy and we arrived at Monjo for a good night's sleep.

The following day we trekked up through Namche Bazaar (where we sampled the delights of the Everest Bakery) before carrying on to stay with our good friends Lakpa and Tashi Sherpa at Kyangjuma. As their tea house was full they allowed us to sleep in their beautiful prayer room. The next day we were due to take an acclimatisation day as the climb to Namche Bazaar is really too much for one day. We transferred all the climbing gear into one kit bag and persuaded Laxman to take it to Panboche from where it could be taken to Pokalde base camp 11 days later. This meant that Laxman only had one of our bags to carry for us whilst we were trekking and acclimatising.

Our itinerary for the next week and a half took us west to Maralung and Lengdeng from where we crossed the Renjo La (5435m) pass to Gokyo. When I went down for breakfast the following morning I was asked which way we had come to Gokyo and when I said over the Renjo La, the young Nepali looked incredulous and said "but you are very old"!! Later that day we took a nice

relaxed walk up to the 5<sup>th</sup> sacred lake from where there are stunning views of Everest. I was now on more familiar territory and the next day we had an easy day's walk down to Tagnag where we took the opportunity of the lovely weather to do some washing (bodies and clothes). We laughed at Laxman who was obviously a hit with the daughter of the proprietor and she chatted to him constantly.

The next day brought another high pass being the Cho La (5420m) which is glaciated over the summit. I was looking forward to dropping down to Dzongla where we would stay with Ang Nuru who had been one of the climbing Sherpas on my trip to Ama Dablam in 2005. The following year Camp 3 on Ama Dablam avalanched and his brother in law was killed and so despite being an incredibly strong climber (summitted Everest twice and once without oxygen) he had promised his wife he would no longer climb the big mountains.

The following day we descended to Lobuche and then climbed up to Gorak Shep which was the start of the Everest Marathon which Steve and I ran in 2007. With just light packs we continued up to Everest Base Camp the next day where we were treated to lunch by Karmi who is Laxman's boss. He was working as Sirdar for an Everest expedition led my British climber Kenton Cool and we sat in the sunshine on a pile of oxygen bottles which had just been carried up from Lukla. Karmi then confirmed with me the arrangements for the next part of our trip which were ascents of Pokalde and Island Peak after crossing the Kongma La pass.

On this part of the trip we were joined by a Climbing Sherpa, a cook and a yak man with three yaks (all just for us). It was absolutely amazing but Kumar the cook must have thought he was feeding at least six people and we just couldn't eat everything that he put in front of us. The campsites were in stunning locations and we were treated like royalty. After climbing Pokalde we continued to Island Peak base camp and our documents and climbing permits were checked by a Liaison Officer. Once again Laxman made our climb very easy by carrying our climbing gear up to crampon point so that we could make easy progress in lightweight approach boots. From crampon point we roped up and followed our climbing Sherpa up through the glaciers to the start of the fixed ropes. I was later to regret not stopping to put on sun cream which was in my pocket!!

Steve made fast progress up the fixed ropes and was waiting for me on the ridge when I heaved myself up the last few yards. Then it was a relatively easy climb up to the summit proper where we had our photo taken with Lohtse in the background.



We returned to Island Peak base camp to find that Kumar had baked us a celebration cake. The next day we said goodbye to our extended support crew and gave them their tips which they had earned before starting our walk out back through Namche Bazaar to Lukla.

On the way we again stayed with Lakpa and Tashi and this time we were given a luxury room with en suite toilet and shower. Before we left Tashi showed me a beautiful hardwood trinket box embossed with silver Prince of Wales feathers and told me that Lakpa had been one of Prince Charles' guides in 1980 and had been given the trinket box as a memento.

When we arrived back at Lukla we found that there was a backlog of people waiting to fly out as it had been too windy for the little planes to fly. We spent the next day waiting at the airport and I began to wonder if we would make it back to Kathmandu in time for our International flight. Then the legendary Iswari worked his magic again and we were approached by a gentleman who asked if we were with Himalayan Guides. When we said yes he asked us to follow him to the helicopter pad from where we were treated to a helicopter ride back to Kathmandu for no extra charge. Some people were paying \$500 each for this privilege.

And so ended what was a wonderful trip. We spent the next day wandering around the crazy city of Kathmandu which is just sensory overload after the peace and quiet of the high mountains. Anyone who has a love of the mountains should visit this remarkable country at least once in their lifetime.

## Postscript

When I returned to the UK I wrote to Clarence House and explained about Lakpa's trinket box and that our friends were hoping to visit the UK. I was thrilled to get a very personal letter back saying that HRH would like to meet Lakpa and Tashi again and to cut a long story short they have been invited for Sherpa Tea with Prince Charles on 27<sup>th</sup> January and I shall be accompanying them to Clarence House which is all very exciting.

1	Fr	06-Apr	Depart UK
2	Sa	07-Apr	Arrive KTM Tfr to hotel
3	Su	08-Apr	Sightseeing
4	Mo	09-Apr	Fly KTM to Lukla. Trek to Monjo (Top Hill Lodge)
5	Tu	10-Apr	Trek through Namche Bazaar to Kyanjuma
6	We	11-Apr	Acclimatisation day. Stay at Kyanjuma
7	Th	12-Apr	Trek to Thame via Khumjung and Kunde
8	Fr	13-Apr	Trek to Maralung
9	Sa	14-Apr	Trek to Lengdeng (teahouse on the W side of the Renjo La)
10	Su	15-Apr	Cross the Renjo La (5,435m) to Gokyo
11	Mo	16-Apr	Rest day - Trek to 5th Lake
12	Tu	17-Apr	Descend to Tagnag
13	We	18-Apr	Cross the Cho La pass (5,420m) to Dzongla
14	Th	19-Apr	Trek to Gorak Shep
15	Fr	20-Apr	Visit base camp and return to Gorak Shep
16	Sa	21-Apr	Trek to Lobuche
17	Su	22-Apr	Cross Kongma La pass to Pokalde base camp
18	Mo	23-Apr	Climb Pokalde and stay at Pokalde base camp
19	Tu	24-Apr	Descend to Chukkung valley (Big Rock campsite)
20	We	25-Apr	Rest day
21	Th	26-Apr	Trek to Island Peak Base Camp
22	Fr	27-Apr	Summit Day
23	Sa	28-Apr	Descend to Dingboche
24	Su	29-Apr	Descend to Tyangboche
25	Mo	30-Apr	Descend to Kyanjuma
26	Tu	01-May	Descend to Monjo (Top Hill Lodge)
27	We	02-May	Trek to Lukla
28	Th	03-May	Flight cancelled - stay at Lukla
29	Fr	04-May	Helicopter to KTM – shopping
30	Sa	05-May	Meet Ang Yeshe. Depart KTM
31	Su	06-May	Arrive UK

✂..... *Print off  
and pin up*

## ROUND UP OF EVENTS FOR YOUR DIARY

As you will see some events are still in the early planning stages and further information will follow in due course. Suggestions for other events are always welcome.

<b>Date</b>	<b>Location</b>	<b>Organiser</b>
30 <sup>th</sup> January	Rugby Club	
6 <sup>th</sup> February	Rugby Club, Meet and Greet evening	
9 <sup>th</sup> February	Ben Donich	Kate Townsend
13 <sup>th</sup> February	Rugby Club	
14 <sup>th</sup> February	Banff Mountain Film Festival	
14 <sup>th</sup> – 16 <sup>th</sup> February	Edinburgh Mountain Film Festival	
20 <sup>th</sup> February 2014	Bi Annual Club Dinner	Donald Stewart
27 <sup>th</sup> February	Rugby Club	
3 <sup>rd</sup> March	Keith Partridge Lecture	
6 <sup>th</sup> March	Rugby Club, Meet and Greet evening	
9 <sup>th</sup> March	Hill Day	Peter Willimott
13 <sup>th</sup> March	Rugby Club	
20 <sup>th</sup> March 2014	AGM	Committee
27 <sup>th</sup> March	Rugby Club	
31 <sup>st</sup> March	Committee meeting	
11 <sup>th</sup> – 12 <sup>th</sup> April 2014	Inverey, Linn of Dee Muir Cottage	Tom Noon
11 <sup>th</sup> May	Hill Day	Tom Noon
8 <sup>th</sup> June	Glen Lyon Hill Day	Heather Willimott
Summer 2014	Alex McIntyre Memorial Hut	Tom Noon
July / August 2014	Ullapool	Steve Turnbull
20 <sup>th</sup> September 2014	Glen Clova, Carn Dearg Club Hut	Donald Stewart