



SPINDRIFT

PERTH HILLWALKING CLUB NEWSLETTER

Issue 141 November 2012

Chairman's Message

Hello folks and whilst I normally complain about the summer weather at this time of year, we've not done so badly on our walks, with "reasonable to good" weather on many. May, June, September and October walks were fine, as well as our Arran trip in June. August wasn't too bad, although July was poor.

As mentioned last month, our `B` bus bookings are down again this year, requiring combined buses in May and June, along with the 3 we had already planned. However, apart from June, when we had a total of 22, all other months have had total bookings over 40.

Our recruitment continues to be good, and our total membership is now around 110. We're certainly not complacent however, and recruitment needs to be maintained at the current level, considering we lost around 15 members over the last year.

As winter approaches, as usual we've listed some clothing and equipment suggestions on the back page, which are particularly important for the Challenging walks. This will be the first winter with us for some of our new members, and we've listed below details of the Ancrum Centre Winter Skills courses, which have been found to be useful.

I look forward to seeing you at our Slides and Buffet Evening, on **Friday 16th November**. (Details on the back page)

In May I mentioned a possible **Train-Assisted Monthly Walk**, which was suggested at the AGM in March. The easiest way would be to have an outing on a Saturday when there are more trains, and I mentioned Tulloch to Corroul by train as an option, returning by various routes to be picked up by coach at Fersit. On a Sunday it should still be possible to have a good range of walks from the Rannoch Station area towards Corroul, where refreshments can be bought.

A train leaves at 18.25, due into Crianlarich at 19.25, where we could be picked up by coach. It's likely we would choose to do this next May or June, so please let me know if you would be interested.

With Xmas approaching fast, I'd like to pass on the usual compliments of the season, from the committee and myself.

Best Wishes, George

Winter Skills Courses

The Ancrum Centre at Dundee, is running winter skills days on Sat. 19th January, Sat. 2nd February and Fri. 22nd February, at a cost of £50 for the day including equipment and transport. Phone 01382 435911.

2013 Club AGM on Friday 8th March

Full details will be in the February Spindrift

Mountain Supplies Club Discount Night

Wednesday 14th November 6 pm onwards.

25% off everything.

Calendar 2012 – 2013

Date	Event
6th November	November Spindrift
16 th November	Slides & Buffet Evening
2 nd December	Monthly Walk
6 th January 2013	Monthly Walk
3 rd February	Monthly Walk
5th February	February Spindrift
22 nd , 23 rd February	Weekend Meet Loch Lochy
3 rd March	Monthly Walk
8th March	Club AGM
7 th April	Monthly Walk
5 th May	Monthly Walk
7th May	May Spindrift
10 th , 11 th , 12 th May	Weekend Meet Ullapool
6 th , 7 th , 8 th Sept	Weekend Meet Skye

Walk Programme December 2012, January, February 2013

Challenging Plus, Challenging, Less Challenging

Date / Grade of Walk	Time of Departure	O.S. Map	Starting Point	Finishing Point	Description of walk	Height m/feet	Distance Km/miles
2 nd Dec 2012 Chall Plus	0700hrs	51	448276	448276	As Challenging		
2 nd Dec 2012 Challenging	0700hrs	51	448276	448276	Auchessan – Past Farm – Track N (E of river) – NNW (Follow Stream) – 440316 – NW (Between Crags) – Meall Glas (M) – E – 908m – NE - Beinn Cheathaich – N, Descend ESE – Ascend E – Meall a Churain – Sgiath Chuil (M) – S, SW – Ascent Route @ 441302 - Start	1300m/4265ft	16km/10ml
2 nd Dec 2012 Less Challenging	0700hrs	51	448276	448276	As Challenging – Beinn Cheathaich – N, Descend ESE – Bealach @ 454324 – SSW, SW – Ascent Route @ 443298 - Auchessan	915m/3000ft	13.5km/8.4m
6 th Jan 2013 Challenging Plus	0700hrs	56	353882	359931	Junction A817 / A82 – W, NW – Balcnock, Beinn Tharsuinn, Beinn Chaorach – N, E – Old Shielings – Bridge 315933 – Track to farm & minor road to Luss car park	920m/3018ft	18km/11.2ml
6 th Jan 2013 Challenging	0700hrs	56	345980	359931	Inverbeg – Glen Douglas – Bridge 317982 – Doune Hill – Beinn Lochain – Beinn Eich – ESE – Edentaggart – Minor road to Luss car park	910m/2985ft	15km/9.4ml
6 th Jan 2013 Less Challenging	0700hrs	56	359931	359931	Luss car park – A82 footbridge – NW – Beinn Dubh – NW, WNW – Coire na h-Eanachan – Mid Hill – SE – Minor road to Luss car park	700m/2296ft	12km/7.5ml
3 rd February Challenging Plus	0700hrs	43	138832	110699	Baddoch – S – Carn Aosda – Cairnwell – Carn a Gheoidh – SW, SE – Carn Mor – S – Creagan Bheithe – S, SW - Ben Gulabin – SE, S – Spittal Hotel	1075m/3526ft	19km/11.9ml
3 rd February Challenging	0700hrs	43	138832	110699	As Challenging Plus – Creagan Bheithe – S, SE – Main road – Spittal Hotel	870m/2854ft	18km/11.2ml
3 rd February Less Challenging	0700hrs	43	138832	110699	As Challenging Plus – Carn Aosda – Bealach 127782 – Carn a Gheoidh – Spittal Hotel as Challenging	740m/2427ft	16km/10ml

Walk Programme December 2012, January & February 2013

Moderate, Moderate/Easy, Easy

Date / Grade of Walk	Time of Departure	O.S. Map	Starting Point	Finishing Point	Description of walk	Height m/feet	Distance Km/miles
2 nd December Moderate	0800hrs	66	430760	515855	Seaton Sands – Aberlady Point – Gullane Point – Black Rocks – Longskelly Rocks – Yellow Craig car park.	Minimal	18.5km/11.6ml
2 nd December Moderate/Easy	0800hrs	66	450790	515855	As Moderate Walk but starting from Gosford Sands.	Minimal	14km/8.7ml
2 nd December Easy	0800hrs	66	515855	515855	Walks to North Berwick or Dirleton		
6 th January 2013 Moderate	0800hrs	52	887315	900367	Newton Bridge – Track W (Glen Almond) – Auchnafree (825331) – Track, Path N, NE (Glen Lochan) – Minor Road @ 863369 – E - Amulree	410m/1345ft	18km/11.2ml
6 th January 2013 Moderate/Easy	0800hrs	52	885450	900367	Glen Cochill (A826) by Loch na Craige – Track SSW, W Thru Forest – 866433 – Track S – 870397 – Track & Path E, S – Wester Kinloch – Minor Road E - Amulree	440m/1440ft	14km/8.7ml
6 th January 2013 Easy	0800hrs	52	968297	900367	W of Harrietfield (B8063) – Track WNW, NW – Girron – A822 – N - Amulree	395m/1295ft	11km/6.9ml
5 th February Moderate	0800hrs	42/43	747603	871653	Forest track East off minor road – 799603 – track North East to Loch Bhac – East to Edintian – Tomanraid – North to Blair Atholl	250m/820ft	18.5km/11.6ml
5 th February Moderate/Easy	0800hrs	42/43	803653	871653	Struan – Old Struan – Track & path South to Loch Bhac then as Moderate walk.	270m/885ft	15km/9.4ml
5 th February Easy	0800hrs	42/43	871653	871653	Walks around Blair Atholl		

Monthly Walks

Please send the booking fee (**£12**) and form at least 10 days in advance and only book for 1 walk at a time to:-

Elsie Wilke, 18 Fairhill Crescent, Perth PH1 1RR Tel. 01738 631811

Weekend Meets

The Secretary books dormitory beds at the hostel, and if you would like one of these places please send your booking and payment to:-

**Fiona Stewart, 7 Craigend Cottages
Craigend, Perth PH2 8PX
Tel. 01738 812899**

For those booking through the club, the only line of communication should be with the Weekend Meet Secretary, and not directly with the hostel. ALL CHEQUES PAYABLE TO PERTH AND DISTRICT HILLWALKING CLUB

The next weekend meet is at **The Great Glen Hostel, Loch Lochy**, 22nd and 23rd February 2013, and will cost £16 per night. Please book before 31st January.

Burning the Calories - Stewart Herring

How much energy do we use when hill walking? Experiments on a treadmill and online research reveals the formula for walking, based on American College of Sports Medicine data, is $E=(1+0.5v+9Gv)Mt$ where E is energy in Kcals, v is speed in km/hr, G the gradient, M mass in kg and t time in hours. Replacing 0.5 by 1 and 9 by 4.5 gives the formula when running. Splitting the October Less Chall route into two sections:

A) M=70, v=1.65, G=0.25 (rise of 1000m in 4km) for 2.5 hrs (=970Kcals)

B) M=70, v=5, G=0 (flat or downhill) for 2.0 hrs (=490Kcals),

giving a total of 1460 Kcals for a 70kg walker doing that 14km, 1000m high route.

More sophisticated equations exist taking terrain and load into account (google 'Pandolf marching' and see section 3.4). Pandolf gives similar results when the terrain variable is 1 corresponding to a metalled road, and in soft, deep snow about three times the energy is required.

Equations and calories can be confusing so it helps to translate results into everyday language - seven pints of Guinness or four pieces of carrot cake for the October walk.

September Weekend – Inchnadamph

Our booking for 28 places was oversubscribed by members, but we ended up with 25 staying as there were 3 late cancellations. This independent hostel provided good accommodation including breakfast in the price, and was generally popular. The weekend weather was better than forecast although particularly windy on the Saturday, but heavy rain arrived on the Monday. Most people climbed Corbetts in the area while a few people climbed Ben More Assynt and Conival, and some went on a lower level walk on Sunday. Tom Doig kindly organised a quiz on the Saturday night which everyone enjoyed and this raised some money for the winning team and the club. An excellent centre which we hope to revisit soon.

Slides and Buffet Night

If you haven't already bought a ticket for the Slides night on Friday **16th November**, book now, as final numbers for the buffet must be confirmed by 9th. The venue is Craigie Hill Golf Club at **7.30pm** and there will be plenty of photos to enjoy as well as the food. Members and guests are all welcome to attend, and **tickets are £11**.

Please send a cheque and an SAE to Elsie Wilke (Contact details on this page)

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If you have any articles that you would like to submit, please send them to:-

Kirsten Paterson, 33 Glengarry Road, Perth PH2 0AQ Tel. 01738 638282

kirsten.p@bluevonder.co.uk

FOR WINTER MONTHS we recommend you have with you:-

1. Map, Compass, Head Torch & Whistle
2. Boots, warm & waterproof. Stiff enough for Crampons on Challenging walks
3. Hat, Gaiters, Gloves & Overgloves
4. Plastic Survival Bag & First Aid Kit
5. Ice Axe & Crampons, if required for the grade of walk and conditions
6. Suitable Windproof and Waterproof outer and mid layers of clothing