

February 2025



*The Cairngorm Club*

*Established 1887*

Registered Charity

Number - SC047567



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The Newsletter of the Cairngorm Club



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**Editor** Colin Brown

## **Club and Mountaineering Scotland AGMs**

The Club AGM held on 13 November attracted 36 members. Draft minutes (to be confirmed at the 2025 AGM) are available on the Club Forum. Normal business was transacted fairly rapidly, with detailed accounts showing a deficit for the year of £1529 (2022-23 deficit £5689) despite relatively large expenditures for Muir, projects (footpath appeal, and MTS bursaries), and the Journal. Club assets as at 30 September 2024 stood at £103,723 (2022-23 £105,252). Membership had risen from 359 to 373. Club subscriptions (for 2025-26) were left unchanged, but with higher Mountaineering Scotland affiliation fees (see below). Elections then took place for office-bearers and “ordinary” Committee members, with the results shown on the final page of this Newsletter. Ben Binnie CA was appointed as our new Independent Examiner. Under AOCB, the meat of the meeting was chewed, i.e. website revision, membership survey results, Muir improvements, new Journal editorship (Mark Norris), and possible Club incorporation.

The Mountaineering Scotland (MScot) AGM was held at Birnam on 23 November, Ken Thomson attending as (ex-)Secretary. As authorised by the Committee, he wielded the Club’s 305 votes in favour of (a) the MScot Board nominees and (b) the £5 increase in the MScot fee for club members. The latter was justified in terms of “catch-up”

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after two 3-year standstills in this fee (2016-19 and 2020-2023), in order to cope with rising staff salaries and rocketing insurance premiums. More detail in the MScot magazine *Scottish Mountaineer* or website.

## **Club Forum**

If you are not already a member, why don't you sign up for the Club Forum? The Forum is full of Meet reports containing some wonderful photography and other useful information such as approved Committee Minutes.

To sign up, please visit - <https://www.tapatalk.com/groups/cairngormclub/>

## **Organising Meets**

It is best if all Club events are known about well in advance, so that they can be included in the published Club calendar. Members can then organise their diaries, and clashes be avoided. Thus, all meets (except snowholing meets, which depend on short-term weather and snow conditions) should be brought for approval to the Committee before the start of the calendar year in the same way as other Club activities. Of course, the Club has no wish to discourage "ad hoc" activities – indeed, it encourages them - but these will have to be "unofficial" ones!

## **Muir Cottage**

No matter the month of the year, Muir always provides some memorable experiences, and May is one of the best months in Upper Deeside. Our new Huts Custodian, Eilidh Scobbie, is running a series of events there at the end of the month.

Starting on Thursday 29th May, there will be the usual Mid-Week Walk, based in the Inverey area. Meet at the Inverey carpark at 10.30 (Kingswells Park & Ride at 9.00am) for a walk ending up at Muir Cottage for afternoon tea and a "fine piece".

It is hoped that many of the mid-week walkers will stay on to help with the Work Weekend, scheduled for Friday, into Saturday, and will be joined by others too. On Friday, a light lunch and a healthy evening meal will be provided for the workers, as a reward for their efforts in chopping and stacking wood, cleaning the interior, painting, bed-cover-changing etc. With the hut booked by the Club for the whole weekend, it will also be open for Club members and their friends to book for the weekend, ending on Sunday with a Club BBQ. The aim of the BBQ is to raise some funds for the improvement works planned at Muir - and to showcase these works on an information board. There will still be time for Club members to influence these changes.

## Club Communications – Google Group

The Club uses a Google Group to distribute messages to members. These includes committee notifications about club activities. It also enables members to post group messages to other members. We are aware that a proportion of members have not signed up and are not receiving these messages. We encourage all members to join and note that it works best with a gmail/googlemail address. You may need to check your spam/trash folder. Please contact [membership@cairnformclub.org.uk](mailto:membership@cairnformclub.org.uk) to request addition to the group.

Once subscribed, members can post messages by emailing [cairnformclub@googlegroups.com](mailto:cairnformclub@googlegroups.com). Please include a “reply-to” address to discourage replies being sent to all members.

## Membership Survey

Results from the Cairngorm Club 2024 Membership Survey are now available to our members and anyone else who would like to take a look! There are four reports to look through: Day meets, Weekend meets, Muir Cottage, and Skills & Training. Find all four reports online at: <https://tinyurl.com/CairngormClub2024>, or scan the QR code.



## Snowholing

Our annual snowholing trip will be happening on an ad-hoc date over winter. Please contact Mike Duguid on [vp2@cairnformclub.org.uk](mailto:vp2@cairnformclub.org.uk) if interested in participating. To get an idea of what's involved, watch the video from the 2024 trip: [bit.ly/snowholingvideo](https://bit.ly/snowholingvideo)

## Merchandise

There is still time to get your order in for the new Club merchandise. If you are interested please contact Helen Russell, indicating which garment, colour and size, and transfer funds to the Cairngorm Club account. Details of the items available can be found via a link on the Home page of the Club website at <https://www.cairngormclub.org.uk/index.htm>.

The items are sourced from Funky Panther which is a local firm that you can visit at <https://www.funkypanther.co.uk> if you wish to see the quality of the garments.

Note : check they are in stock before you visit but please **do not** order directly from them. Also if there is popular interest in other garments we will look to add more items to order.

Helen Russell, Club President

## **Mid-Week Walks**

2024 finished with a walk with a festive theme. The Mid-Week Walkers were joined by the Stravaigers to do a walk based in and around Ellon. Marj Ewan organised a lovely walk following paths through woodland and along the Ythan River for the midweek walkers. Gill Sheriffs planned a similar, but slightly shorter, walk for the Stravaigers.

Both groups met at the Station Hotel for a festive lunch of soup, sandwiches and mince pies. Thanks to Marj and Gill for their hard work in organising a joint Christmas event.

Up and coming Mid-Week Walks are :

- Hill of Foudland on 27 February
- Cults to Countesswells on 27 March
- Mormond Hill Strichen on 24 April

After several years of being the Mid-Week Walks Coordinator I would like to hand the job over to someone else. If you are interested and would like to find out more about what it involves, please contact me by email at [mww@cairngormclub.org.uk](mailto:mww@cairngormclub.org.uk).

Joyce Ritchie, Mid-Week Walk Coordinator

## **Club Secretary**

After failing to attract a new Secretary at the AGM the Club is still looking to fill the post. Ordinarily, the Secretary's only formal duties are to arrange the Committee meetings held every two months or so, and the annual AGM. Both involve agreeing the agenda with the President, and taking the minutes; group email addresses make it easy to notify all those involved. Otherwise, the Secretary simply acts as an occasional source of Club information for enquirers inside and outside the Club. Meets are handled by the relevant Meet Secretaries and Organisers, and all financial and membership matters by the Treasurer.

Please get in touch with Helen Russell (see back page) if you can see your way to filling the Secretarial role!

## **Cross-Country Skiing**

Some members have been out enjoying cross-country skiing in some of the spells of low-level snow cover this winter.

If interested in sharing a trip or learning this type of skiing, contact Mike Duguid on [vp2@cairngormclub.org.uk](mailto:vp2@cairngormclub.org.uk)

## Club Subscriptions

Despite two reminders, a small number of members have not paid the 2024-25 subscription and their membership will lapse in March 2025 unless paid soon.

## Payments to the Club

The Club's bank details are:

Name "Cairngorm Club" Sort Code 83-15-31; A/C 19165508.

Please use the purpose of the payment as the reference e.g., "Traverse" or "Membership". Your name is provided by the bank. The reference field may be limited to 18 characters, including blanks.

## Day Meet Diary

Since our previous newsletter, the last three day meets of 2024 and first one of 2025 have taken members to various fine locations.

An autumnal visit to Speyside in October had us hiking over the Conval hills (Meikle and Little) and enjoying the region's best views of Ben Rinnes.

We had a trip to Pitlochry in November to climb Scotland's most popular Corbett, Ben Vrackie, where a stunning cloud inversion over much of Perthshire was enjoyed from the summit.

December's meet was somewhat challenging as wild weather blew over Morven and prevented those attending from reaching the top.

Our annual January trip to Lochnagar provided winter walking for all. Conditions on the two previous January meets hadn't allowed us to reach the summit. but a President's Party of 13 managed this year, while the rest of the attendees did other walks in the area. Afterwards we made for the Boat Inn in Aboyne for a well earned high tea.

I'd like to welcome to the Club the new members who have attended these trips. It's great to see new people joining the day meets, and I hope the meets in 2025 will attract you back out.

In February we tackle a trio of Munros from the Glenshee ski centre: Glas Maol, Cairn of Claise and Carn an Tuirc.

We head to Sgor Gaoith on the west side of the Cairngorms in March, and in April there's a traverse of the Angus hills from Glen Esk to Glen Clova.

Beinn a' Bhuid is the destination for the May meet, and by the time of the next newsletter we'll be getting ready to set off on our June trip to climb the Beinn a' Ghlo hills from north Perthshire.

The dates for all these day meets are on page 6.

As always, thanks to all who have volunteered to organise and drive on these trips, you're doing a great job!

Craig Thomson, Day Meets Secretary.

## Day Meets

Further to the meets mentioned elsewhere in the Newsletter, here are the rest of the Day meets for 2025:

Jul 19 (Sat)	Tarf Hotel overnight	Car	Ivan Hiscox
Aug 9 (Sat)	Ben Macdui indicator revisit (with possible overnight Cairngorm 4000'ers)	Minibus	Ken Thomson
Sept 7 (Sun)	Lairig Ghru, south to north	Coach	Craig Thomson
Oct 18 (Sat)	Ben Chonzie	Minibus	Guy Bromby
Nov 16 (Sun)	Mount Battock	Minibus	Kolbjorn Akselvoll
Dec 14 (Sun)	The 'coloured' hills of Alford	Minibus	Tom Litterick

## Weekend Meets

As above, here are the rest of the Weekend meets for 2025:

Jul 11 (2 nights)	Jura Camping	Tom Litterick
Aug 15 (2 nights)	Knoydart Bunkhouse	Caroline Watt
Sept 12 (2 nights)	Galloway Activity Centre	Mark Norris
Oct 10 (2 nights)	Mol Mor, Torridon	Sue Miller
Nov 7 (2 nights)	Muir Cottage	Marj Ewan
Nov 21 (2 nights)	Inverardran, Crianlarich	Tony Jack
Dec 5 (2 nights)	Corran Hostel	Esperanza Martin

## Midweek Walks

As above, here are the rest of the Midweek Walks for 2025:

Jun 26	Clachnaben	Brian Purves
Jul 31	Gelder Shiel	Joyce Ritchie
Aug 28	Ben Tirran	Helen Russell
Sept 25	Bennachie	Marj Ewan
Oct 30	Scolty Hill and Goauch	Judy Middleton
Nov 27	Barmekin Hill and Dunecht Estate	David Christie
Dec 11	Sgor na h'Iolaire	Richard Frimson

## Huts

Our own Hut Custodian Eilidh Scobbie has taken on the role of convenor of the revitalised Mountaineering Scotland Huts Advisory Group, within which custodians exchange information and views on hut maintenance, usage, etc.

Day Meets take place once a month and can be by coach, mini-bus, car, or service bus. Meets are generally on Sundays but occasionally on Saturdays. Members should contact the Meet Organiser to book a place. The organiser or Day Meets Secretary can be contacted if any additional information is sought.

Meets generally leave Aberdeen at St. Margaret's School, Albyn Place, at 7am, with pick-ups possible on the route out (which may vary with meet location). Departure times and cost are listed on pages 8 and 9 of this Newsletter. On all Meets, an organised "President's Party" walk will be available for those new to the Club or for members who simply want a day out without the challenge of route-finding or navigation. The following Day meets are offered for Spring 2025.

## **February 8, Glas Maol Trio (Saturday)**

The minibus will depart from St. Margaret's at 7am and head towards Glenshee Ski Centre. The current plan is to approach to the hills from the south, going over Glas Maol, Cairn of Claise, then onto Carn an Tuirc. More details via Google Group nearer the time. To book, please contact Garry Wardrope by email at [training@cairngormclub.org.uk](mailto:training@cairngormclub.org.uk).

## **March 30, Sgor Gaoith (Sunday)**

The minibus will depart from St. Margaret's at 7am. The President's Party will approach Sgòr Gaoith from the Allt Ruadh (south of Feshiebridge). Time allowing, a brief stop for refreshments will be possible in Aviemore. To book, contact Vay Mutch by email at [ctte5@cairngormclub.org.uk](mailto:ctte5@cairngormclub.org.uk).

## **April 27, Glen Esk to Glen Clova (Sunday)**

The minibus will depart from St. Margaret's at 7am. The walk begins in Glen Esk and follows good paths past Loch Lee. The route then either ascends beside the Falls of Damff, or takes a shorter (and drier) option via Shank of Inchgrundle, then on to Muckle Cairn. There will be a short diversion to the wreckage of a Wellington bomber. Another 2km takes you to the summit of the Corbett Ben Tirran and the path down to Glen Clova. To book, contact David Dunlop by email at [meetorganiser34@cairngormclub.org.uk](mailto:meetorganiser34@cairngormclub.org.uk).

## **May 25, Beinn a'Bhuird (Sunday)**

The minibus will depart from St. Margaret's at 7am. We will start from Keiloch via Glen Slugain, past the secret howff and back by Carn na Drochaide, or onwards deep into the corrie to explore remote howffs and lochans or a scramble to the plateau, returning by the waterfall route. There are options for shorter/easier walks. To book, contact Mike Duguid by email at [vps@cairngormclub.org.uk](mailto:vps@cairngormclub.org.uk).

## **June 22 Ben a'Ghlo (Sunday)**

A minibus day trip, starting from the Loch Moraig car park. The main party will walk the three Munros of Beinn a' Ghlo, starting with Carn Liath before crossing over to Bràigh Coire Chruinn-bhalgain and, finally, Càrn nan Gabhar. There are other options nearby which can be arranged with the driver. To book, contact Will Ellwood by email at [ctte7@cairngormclub.org.uk](mailto:ctte7@cairngormclub.org.uk).

**February 2025**

- |    |              |  |
|----|--------------|--|
| 5  | Wed Climbing | Indoor Climbing at TX (Stuart Dick; climb@cairngormclub.org.uk)  |
| 5  | Wed Indoor   | Graham Wyllie - "His Journey through the MCI Scheme"; Garden Room at Fountainhall Church at the Cross (formerly Queens Cross) (Tom Litterick; social@cairngormclub.org.uk)                 |
| 8  | Sat Day      | Glas Maol Trio (7am; 43; 140781-145806; 7hrs; £15; minibus; Garry Wardrope; training@cairngormclub.org.uk)   |
| 12 | Wed Climbing | Indoor Climbing at TX (Stuart Dick; climb@cairngormclub.org.uk)  |
| 14 | Fri Stravaig | Girdleness (Judy Middleton; honpresident@cairngormclub.org.uk)   |
| 19 | Wed Climbing | Indoor Climbing at TX (Stuart Dick; climb@cairngormclub.org.uk)  |
| 21 | Fri Weekend  | Lagangarbh - including winter skills training, booking essential. (Ivan Hiscox; meetorganiser14@cairngormclub.org.uk or for winter skills - Garry Wardrope; training@cairngormclub.org.uk) |
| 26 | Wed Climbing | Indoor Climbing at TX (Stuart Dick; climb@cairngormclub.org.uk)  |
| 27 | Thur MWW     | Hill of Foudland (Donald Thomas; membership@cairngormclub.org.uk)  |

**March**

- |    |              |  |
|----|--------------|--|
| 5  | Wed Climbing | Indoor Climbing at TX (Stuart Dick; climb@cairngormclub.org.uk)  |
| 5  | Wed Indoor   | Members' Night. Garden Room at Fountainhall Church at the Cross (formerly Queens Cross) (Tom Litterick; social@cairngormclub.org.uk) |
| 12 | Wed Climbing | Indoor Climbing at TX (Stuart Dick; climb@cairngormclub.org.uk)  |
| 14 | Fri Stravaig | Keithhall (Henry Webb; ctte6@cairngormclub.org.uk)   |
| 14 | Fri Weekend  | Raeburn Hut, Laggan (Helen Russell; weekend@cairngormclub.org.uk)  |
| 19 | Wed Climbing | Indoor Climbing at TX (Stuart Dick; climb@cairngormclub.org.uk)  |
| 26 | Wed Climbing | Indoor Climbing at TX (Stuart Dick; climb@cairngormclub.org.uk)  |
| 27 | Thur MWW     | Cults to Countesswells (Tom Litterick; social@cairngormclub.org.uk)  |
| 30 | Sun Day      | Sgor Gaoith (7am; 36; 852013; 7hrs; £15; minibus; Vay Mutch; ctte5@cairngormclub.org.uk)   |



**April**

1	Tue	Climbing	Outdoor Climbing - Pass of Ballater West (Stuart Dick; climb@cairngormclub.org.uk)
8	Tue	Climbing	Outdoor Climbing - Deceptive Wall (Stuart Dick; climb@cairngormclub.org.uk)
11	Fri	Stravaig	Huntly/River Deveron (Bill Reith)
11	Fri	Weekend	Morvich NTS, Kintail (David Dunlop; meetorganiser34@cairngormclub.org.uk)
15	Tue	Climbing	Outdoor Climbing - Greymare Slabs (Stuart Dick; climb@cairngormclub.org.uk)
17	Thur	Camping	Wild Camping Taster (Mike Duguid; vp2@cairngormclub.org.uk)
22	Tue	Climbing	Outdoor Climbing –Souter Head (Stuart Dick; climb@cairngormclub.org.uk)
24	Thur	MWW	Mormond Hill, Strichen (Tom Baird)
27	Sun	Day	Glen Esk to Glen Clova (7am; 44; 448804-327731; 7hrs; £15; minibus; David Dunlop; meetorganiser34@cairngormclub.org.uk)
29	Tue	Climbing	Outdoor Climbing - Burn o’Vat (Stuart Dick; climb@cairngormclub.org.uk)

**May**

1	Thur	Multi-day	Loch Hourn Area (Guy Bromby; meetorganiser18@cairngormclub.org.uk)
6	Tue	Climbing	Outdoor Climbing - Blackrock Gulch (Stuart Dick; climb@cairngormclub.org.uk)
9	Fri	Weekend	Glen Brittle, Skye (Joyce Ritchie; mww@cairngormclub.org.uk)
13	Tue	Climbing	Outdoor Climbing - Meikle Partans (Stuart Dick; climb@cairngormclub.org.uk)
16	Fri	Stravaig	Aboyne/Finzean area (Eilidh Scobbie; huts@cairngormclub.org.uk)
20	Tue	Climbing	Outdoor Climbing - Pass of Ballater East (Stuart Dick; climb@cairngormclub.org.uk)
25	Sun	Day	Beinn a’Bhuird (7am; 189913; 7hrs; £15; minibus; Mike Duguid; vp2@cairngormclub.org.uk)
27	Tue	Climbing	Outdoor Climbing - Cairnrobin Point (Stuart Dick; climb@cairngormclub.org.uk)
29	Thur	MWW	Inverey Area (Eilidh Scobbie; huts@cairngormclub.org.uk)
29	Thur	Work Weekend	Muir Cottage Work Weekend - BBQ to be held on Saturday afternoon (Eilidh Scobbie; huts@cairngormclub.org.uk)

**Please note: bookings not confirmed until payment is made.**

**February 21, Lagangarbh (2 nights)**

Situated just off the A82, lying north of Buachaille Etive Mor, Lagangarbh is an excellent location for climbers and walkers offering a range of hills within easy striking distance. We have reserved 14 beds. There is electric heating, cooking facilities and lighting. The hut has a drying room, toilets and shower. To book, contact Ivan Hiscox by email at [meetorganiser14@cairnngormclub.org.uk](mailto:meetorganiser14@cairnngormclub.org.uk). This meet will also have an optional Winter Skills Training element (there is a cost to this, 50% funded by the Club). To book training, please contact Garry Wardrope by email at [training@cairnngormclub.org.uk](mailto:training@cairnngormclub.org.uk).

**March 14, Raeburn Hut, Laggan (2 nights)**

The Club has exclusive use of this well-situated SMC cottage on the A889. The Monadhliaths, Western Cairngorms and Loch Ericht hills are only a short drive away, with Creag Meagaidh, the Grey Corries and others not much further. Rock climbing at Creag Dubh just across the Spey. To book, contact Helen Russell by email at [weekend@cairnngormclub.org.uk](mailto:weekend@cairnngormclub.org.uk).

**April 11, Morvich NTS, Kintail (2 nights)**

This meet is to the National Trust Hostel at Morvich. With the Munros and Corbetts of Glen Shiel and Glen Affric and Glen Lichd nearby, and only a short drive from Skye, this meet offers plenty of options. To book, please contact David Dunlop by email at [meetorganiser34@cairnngormclub.org.uk](mailto:meetorganiser34@cairnngormclub.org.uk).

**May 9, Glen Brittle, Skye (2 nights)**

This meet offers as much walking and climbing as you can possibly pack into a weekend. Walk or climb on the Black Cuillin, the Red Cuillin or the sea cliffs, there's so much to choose from. Set in Glen Brittle the BMC Hut is in an ideal location, and you can set off the Black Cuillin summits from paths leading almost from the door. To book, please contact Joyce Ritchie on email at [mww@cairnngormclub.org.uk](mailto:mww@cairnngormclub.org.uk).

**June 13, Northern Ireland (3 nights)**

The group will be staying at the Belfast Climbing Club hut in the heart of the Mourne. Several fine walks and peaks close by for hiking and trad climbing. An ambition may be to attempt the Seven Sevens....? To book, please contact Martina Rooney on email at [meetorganiser26@cairnngormclub.org.uk](mailto:meetorganiser26@cairnngormclub.org.uk).

**Day Meets** - where appropriate for some meets - departure time; map sheet(s); grid reference(s) of drop-off and pick-up points; walking time; cost; means of transport; organiser contact details)

**Mid-Week Walks** (organiser; contact details, if available)

**Weekend Meets** (organiser; contact details)

**Climbing (Summer)** (organiser; contact details)

## Membership News

The following Associate Member has been transferred to an Ordinary Member:

David Dunlop (Aberdeen)

The following Associate Members have been admitted since the last Newsletter:

Peter Stephen (Aberdeen)

Annie Ives (Aboyne)

Imogene Newland (Aberdeen)

Robert Turnbull (Newmachar)

Joelle Bugeia (Tarland)

Philip Conquest (Kirkton of Skene)

Jonathan Ashdown (Aberdeen)

Sam Forbes (Aberdeen)

Lauren Anderson (Lumphanan)

Milo McColl (Kilmarnock)

Robbie Pineda (Aboyne)

Evelyn Batchen (Kingswells)

Will Mills (Aberdeen)

The following Ordinary Members have been admitted since the last Newsletter:

Heather Strathie (Aberdeen)

The Club is sorry to hear of the death of the following member:

Dr John Douglas Orr (Associate) (Life member since 1975, Dyce)

The Club has also attracted 7 new Interim Members since the last Newsletter.

## Transfer to Ordinary Membership

The Club aims to “promote competence, safety, knowledge and responsibility of attitude amongst persons who engage in mountaineering”. Our membership structure reflects this, with “Ordinary” and “Associate” memberships. Ordinary Membership (OM) recognises a basic level of experience and competence, “to look after yourself and to lead one or two others in all conditions normally encountered on the Scottish hills, without expecting any proficiency in the use of ropes”. We hope most members will become OMs, but many join as Associates and never consider progressing to become an OM.

If you are an Associate Member with appropriate experience, why not apply now? We ask for a brief written declaration of experience and the support of two Ordinary Members - just send a completed Application Form (see website) to the Membership Secretary. If you wish to improve your skills first, please let our Training Officer know. We run various subsidised courses, including navigation and winter skills, and also offer financial support to attend some external courses, including at Glenmore Lodge.

## **Clachnaben Pathwork**

In 2019-2020 the Club supplemented a £10,000 Heritage Lottery award with nearly £3000 of its own funds to arrange contractor repair of the popular “tourist” path up this hill, both alongside the wood, and above it. Last autumn, some Club members and others, organised and equipped by Eva Kupska of Outdoor Access Trust Scotland, undertook further small-scale repair work on the stretch above the wood, on land now owned by Aviva and managed by Scottish Woodlands, primarily clearing cross-drains and pulling out encroaching heather. Further information at <https://glendyemoor.com/>.

## **Outdoor Access Trust for Scotland (OATS) Impact Review**

This – the fancy new name for the OATS Annual Report – records work around Scotland, including the John o’Groats Trail, the car parks at Fairy Pools on Skye (177 vehicle spaces!) and at Stac Pollaidh, and the major An Tealleach path project. The several OATS projects in the Cairngorms include the new Invercauld-Braemar path, car parks at Dinnet and Beinn a’Ghlo, and pathwork on Meall a’Bhuachaille above Glenmore. Eva Kupska has taken over as the OATS Volunteer Coordinator (see Clachnaben item elsewhere), with over 250km of pathwork worth around £35,000 carried out by 55 volunteers. The It’s Up to Us campaign has raised nearly £230,000 (but only 4% from clubs?!).

## **Lyme Disease**

A short and readable article\* on the above – primarily as it affects occupations such as forestry, but of interest to walkers – has been written by Dr James Douglas (based in Fort William, and a leading UK researcher into Lyme disease) and a FLS H&S manager. It reviews the disease’s changing prevalence, and its prevention – primarily long trousers, and correct tick removal by twister or card. Mobile phones can be used to record skin rash etc. – and to look for ticks in those awkward-to-see places! A vaccine is projected for launch in 2027, and meanwhile there “remains much more benefit to health and well-being from life, work and recreation in green spaces than the small but important risks of tick-borne disease”.

\* [www.academic.oup.com/occmmed/advance-article/doi/10.1093/occmmed/kqae090/7815837](http://www.academic.oup.com/occmmed/advance-article/doi/10.1093/occmmed/kqae090/7815837)

## **No Legs, No Limits talk, 17 April 2025**

A talk, organised by well-known fund-raiser Catherine Robertson Ross, is to be given by ex-Gurkha Harri Budha Magar MBE at the International School, Pitfodels, North Deeside Road, AB15 9PN at 7.30pm on Thursday 17 April. After losing both legs above the knee in 2010, Harri battled depression and discrimination to ascend mountains again, culminating in reaching the summit of Mount Everest in 2023. Tickets (£20) from [ccrossevents@gmail.com](mailto:ccrossevents@gmail.com) or mobile 07879 854 927.

## Invitation to Contribute to the next Cairngorm Journal - don't be shy!

As the new editor of our Club Journal I was delighted to have a few minutes to share my thoughts on future Journals at the Club's AGM in November. Everyone has a story to tell and this especially applies to us as enthusiasts of the hills, mountains and the natural environment.

The Journal generally comes out every 2 years (which would mean the next issue would be in 2026) but I would ideally like to make it an annual publication (i.e. 2025 for the next one) if possible. But this of course depends on article contributions (i.e. you!).

Topics and ideas for you to consider could include:

- Hillwalking - following the 'old ways'
- Mountaineering - epics, new routes, 'climbing in the footholds' of the early pioneers, overseas adventures
- Stravaigs and low-level walks, featuring historical local interest
- The natural environment of the Cairngorms - flora and fauna, geology, geography
- Current affairs - the 'rewilding' debate (competing perspectives - see 'The Last Keeper' vs 'Why Not Scotland' documentaries), rights of access, wellbeing/mental health, land ownership and estate management, community engagement
- The life of the Cairngorms - what's happening, people and characters, life/event stories.
- Mountain learning and safety, including 'Near Miss' tales
- Personal stories - e.g. my favourite mountain
- Artistic - drawings, poems, stories (including 'bothy tales')
- Book reviews
- External contributors and personalities from the wider mountaineering/hillwalking community

We already have the first article 'in the can' which is an interview I did at the end of 2024 with David (Heavy) Whalley. You may know of David - who has spent his life in the mountains and RAF Mountain Rescue in particular, responding to air crashes and other incidents. He also has known many of Scotland's mountaineering characters. It was a privilege to meet and speak with him, and hear his tales - watch this space!



So if you have a subject or story you would like to write about (or be interviewed on), please jot down a few paragraphs of a precis and email it to me, at [journal@cairngormclub.org.uk](mailto:journal@cairngormclub.org.uk). We can then flesh out what your article could look like.

In anticipation....!

Mark Norris, Journal Editor

## Articles You May Have Missed

Pavier, M., Experimental and theoretical simulations of climbing falls, *Sports Engineering*, 1999-02, Vol.1(2), p.79-91.

Harutyunyan, D. *et al.*, On ideal dynamic climbing ropes, in Proc. Inst. Mech. Eng., Part P, *J. Sports Engin. & Tech.*, 2017-06, Vol.231(2), p.136-143

Hollis, C. W., Virginia Woolf as Mountaineer, in *Virginia Woolf and the Natural World*, 2017, p.184-190.

Langseth, T. & Salvesen, Ø., Rock climbing, risk, and recognition, *Frontiers in Psychology*, 2018-09, Vol.9, p.1793.

Lockwood, N. & Sparks, P., When is risk relevant? An assessment of the characteristics mountain climbers associate with eight types of climbing, *J. Appl. Soc. Psych.*, 2013-05, Vol.43(5), p.992-1001.

## Stravaigs

Further to the Stravaigs mentioned in the Calendar, here are the rest that have been organised, so far, for 2025.

June 13	Aboyne/Finzean area	Eilidh Scobbie
July 18	Still to be arranged	Richard and Gill Shirreffs
August 15	East of Huntly	Jay Turner

## Climbing

During the winter period indoor climbing has been taking place at Transition and Alford. This is being arranged via Climbers' WhatsApp group. If you are not on the group and would like to join the climbing meets please contact Stuart Dick by email at [climb@cairngormclub.org.uk](mailto:climb@cairngormclub.org.uk).

## Fell and Rock Climbing Club Huts

After the intimation in the October Newsletter of the availability of FRCC Huts to Club members, one of our members tried to book via the new online booking system, for kindred clubs, in October last year. He was unsuccessful and followed this up and received a response which indicated that the best way to contact for booking, while the online booking system 'beds in', is via email to the hut required.

The two Scottish huts can be contacted for Karn (Aviemore) at [karn@frcc.co.uk](mailto:karn@frcc.co.uk) or Waters Cottage (Kinlochleven) at [waters@frcc.co.uk](mailto:waters@frcc.co.uk). If there are any issues with these emails please contact Humph Johnson at [huts@frcc.co.uk](mailto:huts@frcc.co.uk).

## Electronic Membership Cards

Electronic membership cards for 2025 have been sent out.

If you haven't received yours please contact Donald Thomas by email at [membership@cairngormclub.org.uk](mailto:membership@cairngormclub.org.uk).

## Glen Prosen

At a cost of around £20 million, this glen came into Forestry & Land Scotland (FLS) ownership in 2022, since when a Land Management Plan has been drafted and will go out for final consultation in spring 2025. About 14km of deer fencing around 8.7 hectares have been erected for river restoration, and tree planting in those enclosures will take place in 2025. However, deer management by shooting on the FLS estate remains limited (see Parkswatch ‘Disaster’ posting of 20 December 2024). Buildings in Glen Prosen are being leased, e.g. to a firm (Gin Bothy) and to a family. More at: <https://forestryandland.gov.scot/angusglens>. In October, timber harvesting started in neighbouring Glen Doll to clear windblow from the public trails around the White Water.

## Cairngorms Nature Action Plan 2019-2024: Final Report

According to this report, highlights achieved by the Cairngorms Nature partnership were:

- Over 5,000 hectares (ha) of peatland restored
- Native woodland cover increased over 6,000 ha - against target of 6000 ha
- Over 750 ha of plantations on ancient woodland sites enhanced
- Over 1,000 ha of habitat proactively managed for farmland waders
- Woodlands and grasslands enhanced on 27 farms
- A network of over 50 wetlands created – but wader populations down by 25%
- Over 100 kilometres of river and riparian habitats restored (though target was 150 km) via 97 large wood structures, 24 wader scrapes, 60 debris dams, two bridge piers removed, 0.59 ha of riparian woodland restructured, and 10,000 native trees planted along the River Dee

“Amber” (or red\*) status was recorded for wildcats, capercaillie, raptors, rare invertebrates (pinewood mason bee\*), freshwater pearl mussel, woolly willow, *Hertelidea botrvosa* and *Alectoria ochroleuca*\* (both rare lichens). For more, see the National Park website.

## The Monega Bothy

Richard Genner, a “bothy historian”, is looking for information on the above bothy, which was located on the Monega Pass about a mile SE of the Glas Maol summit. A small wooden hut with a corrugated roof, it was described as “new” in 1958 but has since disappeared. If anyone used or has knowledge of this bothy, please contact Ken Thomson by email at [librarian@cairngormclub.org.uk](mailto:librarian@cairngormclub.org.uk), and he will pass on the information.

# Club Office-Bearers and Other Positions

<b>Hon. President</b>	Judy Middleton (honpresident@cairngormclub.org.uk)
<b>President</b>	Helen Russell (ccpresident@cairngormclub.org.uk)
<b>Vice-President</b>	Brian Purves (vp@cairngormclub.org.uk)
<b>Vice-President</b>	Mike Duguid (vp2@cairngormclub.org.uk)
<b>Club Secretary</b>	Vacant
<b>Treasurer &amp; Membership Secretary</b>	Donald Thomas (treasurer@cairngormclub.org.uk)
<b>Communications Secretary</b>	Colin Brown (newsletter@cairngormclub.org.uk)
<b>Huts Custodian</b>	Eilidh Scobbie (huts@cairngormclub.org.uk)
<b>Muir Booking Secretary</b>	Forbes McPherson (muir-booking@cairngormclub.org.uk)
<b>Day Meets Secretary</b>	Craig Thomson (day@cairngormclub.org.uk)
<b>Weekend Meets Secretary</b>	Helen Russell (weekend@cairngormclub.org.uk)
<b>Climbing Secretary</b>	Stuart Dick (climb@cairngormclub.org.uk)
<b>Social Activities Secretary</b>	Tom Litterick (social@cairngormclub.org.uk)
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