

LMC MOUNTAINEERING CLUB

July 2024

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Next Newsletter: Please send copy for the next issue to both editors
 by midday on the 10th of the month.

LMC Meets & Events Programme 2024			
Date	Event	Meet Leader	Comments
Sun 4th August	Brookwood to Weybridge	Charles Harrison	Day walk
Fri 30 Aug / Sun 1 Sep	Ben Nevis	Marion Downie	Weekend
Thu 12/Mon 16 Sep	Lake District	Sarah Dixon	Long weekend
Wed 25 September	London Canal Walks: Limehouse Cut, Lea River, Hertford Union Canal loop	Hilary Pettit	Day walk
Fri 18/Sun 20 Oct	Herefordshire and NE Black Mountains	Andy & Kirsty Johns	Weekend
Sun 10 November	Teddington to Chiswick	Charles Harrison	Day walk
Sat 14 December	Londinium – history walk and Christmas social	Marion Downie	Day walk + social
2025			
Sat 18 January	AGM and Annual Dinner Cotswolds	Angela Leaman	Weekend
Mar/Apr tbc	Yorkshire Dales	Angela Leaman	Weekend self-catering
Fri 13 / Mon 16 June	Exmoor	Heather & Andrew McGinn	Weekend

Sat 25 October	LMC - 50th Anniversary Reunion Salisbury	Angela Leaman	Club social
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LMC Meets Details

Sun 04 August - Brookwood to Weybridge – Charles Harrison

This is a walk of 11 miles from Brookwood along the Basingstoke Canal to the junction with the River Wey & then on to Thames Lock at Weybridge (There is the option to join at Woking which would make it 7 miles). The day will finish a short distance away at our Chairman's house for tea & cake. Brookwood & Weybridge stations are on South Western Railway: David is happy for people to park at his house then catch the train to the start point. There are four so far so please let me know if you would like to join us.

Contact: Charles Harrison

Fri 30 August / Sun 1 September – Ben Nevis – Marion Downie

Way back in February 2020, I advertised my plan to have a weekend in Fort William to climb Ben Nevis and then Covid intervened. 2024 seems a good time to revive the plan and although I will plan it around the weekend of Saturday 31 August/Sunday 1 September to accommodate those who want to travel by sleeper, we can also extend the time either before or after. There are many other options for good walks in the area, particularly if we have enough cars.

Travel: train from London to Fort William, including a sleeper service from Euston, or fly to Inverness and hire a car (c. 70 miles) or take a train or bus. There is also a bus from Glasgow airport. Another option is to combine the weekend with a visit to Edinburgh for a bit of the Festival or Fringe.

Ben Nevis: Walk statistics for the Ben are 11 miles, 1,345m of ascent, taking 7 – 9 hours by the mountain path route (both up and down).

June Update : Five of us are now booked to go to Fort William in the hope that we will have one clear day's weather to climb Ben Nevis.

If anyone else is thinking of joining, please note that accommodation is expensive but there may be alternatives further afield or a friend recommends the camping pods.

Contact: Marion Downie;

Thu 12 / Mon 16 September – Lake District – Sarah Dixon

I have booked 2 next-door Airbnb [self catering cottages near Seathwaite](#), Broughton in Furness with 4 bedrooms and 8 beds, allowing 8 people to join the meet only if 2 couples are included for the 2 king sized rooms. There are two twins, so depending on gender mix we could fit in 6 non couples with 4 people sharing the twin rooms and 2 singles. The booking can be cancelled early September if no one is interested. The cost is £1,497 i.e. if 6 people come each pays £250 or £62/night.

It's in a great location with walks to Seathwaite Tarn, Coniston Old Man, Grey Friar, Harter Fell, Crinkle Crag and even Scafell perhaps, plus the choice of the lower fells to the south. There is a pub 1 mile away. We can get online shopping delivered.

In case the meet is oversubscribed, I can look for additional accommodation or find somewhere bigger. It's good to have a flexible cancellation policy, but this location looks great. Sadly no lake to swim in though..

Please let me know if you are interested.

Contact: Sarah Dixon;

Exploring the Regent's Canal and beyond – Day Walks – Hilary Pettit

The first of Marion's Elizabeth Line walks earlier in the year was a very interesting walk along the Regent's Canal from Paddington to King's Cross and following that I have been given a book on the whole of the canal which looks worth more exploration. As these are relatively short, I have included these as mid-week walks with apologies to those who are still working.

Wednesday 25 September – Limehouse Cut, Lea River, Hertford Union Canal loop 5.5 miles

Starting and ending on the Regent's Canal, the walk will take in Three Mills and the Olympic Park before ending in Victoria Park. Meet at Limehouse DLR station at 11.30am

Please let me know if you are intending to come.

Contact: Hilary Pettit :

Fri 18 / Sun 20 October - NE Black Mountains and Herefordshire hills – Andy & Kirsty Johns

With a further two sign-ups a couple of weeks ago, we now have 12 people for this weekend. All six rooms at The Firs B&B in Hay on Wye are reserved for us and fully taken up. Extras have booked their own accommodation at The Swan very close by. Others are most welcome to join us, but you will need to make your own accommodation reservations – if you do this, please let me know where you are staying and if you wish to be included in supper bookings on Fri/Sat nights.

Our intention is to explore this corner of the Black Mountains in the Hay-on-Wye area, and/or areas such as the lower hills along the Herefordshire/Wales border and the Golden Valley. Distances are likely to vary between 8-12 miles, height gain between 1000-2000 ft. There is beautiful scenery all around, and autumn is a great time to see it at its best.

Contact: Andy & Kirsty Johns:

Sun 10 November - Teddington to Chiswick – Charles Harrison

This is a walk of 7 miles from Teddington Lock along the River Thames to Strand-on-the-Green timed to coincide with the annual Draw-Off at Richmond Lock. This is when the weirs are left open to allow the river between Teddington and Richmond Locks to drain down at low water on each tide to allow for maintenance on riverside structures, providing a very different view of the river. The day will finish a short distance away at your Secretary's house for soup & bread. Teddington station is on South Western Railway; in Chiswick, the options are South Western Railway, London Overground and the District Line Please let me know nearer the time if you are interested.

Contact: Charles Harrison

Sat 14 December - Londinium – A Saturday Walk around Roman London – Marion Downie

This will be a stroll around the City, looking at some of the main Roman sites. The walk will be about 2.5/3 hours (allowing for lunch) but longer if we decide to stop at the Mithraeum or Amphitheatre (depending on demand). Meet at 11am outside the City Information Centre which is opposite St Paul's Cathedral on the route up from the Millenium Bridge.

Contact: Marion Downie;

Sat 18 January 2025 – Cotswolds LMC AGM and Annual Dinner – Angela Leaman

I am delighted to let you know that we will be returning to the Cotswolds for our AGM next



January. The venue will be the Hatton Court Hotel which is located near Painswick and 12 minutes' drive from Gloucester station. The Cotswold Way passes close by and there is good walking to explore. The AGM and private dinner will be held in the Cotswold Room.

I have a provisional booking for 14 rooms for Saturday night which will be held until the end of November. Bookings can be extended on request to Friday, for those who wish to arrive the night before. Walks will be arranged for mid-morning Saturday and on Sunday morning.

To book your place please call the hotel directly on 01452 617412 and quote my name to link into the LMC group booking and discount rate. Guests will be required to pay in full for Saturday dinner/accommodation at the time of booking, but Friday night can be paid for on arrival. Friday dinner can be at the hotel, or there is a cheap and cheerful pub 5 minutes' drive away at the Kings Head in Upton St Leonards.

The rates are as follows:

Saturday DB&B: Double £149 (total for 2 people); Single occupancy £129.

Friday B&B: Double £109; Single £99. Note there is no provisional booking held for Friday. The hotel is unlikely to be busy but advise booking earlier to ensure availability if staying two nights. All rooms will be Executive/Superior grade.

T&C: Bookings can be cancelled free of charge until 7th December. After 7th December we can cancel 2 rooms free of charge up to 48 hours prior to the event. Further cancellations will be charged in full.

Hope to see you then.

Contact: Angela Leaman;

www.hatton-court.co.uk; Hatton Court, Upton Hill, Upton St Leonards, GL4 8DE

March/April 2025 - Yorkshire Dales – Angela Leaman

Expressions of interest are sought for a self-catering trip to the Yorkshire Dales next spring. If you think you may be interested let me know, so I can get a feel for numbers to find a house to

rent for a long weekend.

Contact: Angela Leaman;

Fri 13 / Mon 16 June 2025 – Exmoor – Heather & Andrew McGinn

We are proposing to run another weekend meet at the Simonsbath House Hotel, Simonsbath, Exmoor next year. We have provisionally booked the hotel for the weekend and will get the prices for next year in September.

We have also asked that they include transport as well as dinner, bed, breakfast and a picnic lunch each day, because we felt that not needing to use cars on linear walks was a huge advantage giving us more time to enjoy cafe stops on the walk and a later start to the day. Again, it would be 2 days of walking plus a shorter walk on Monday before travelling back. Please let me know if you are interested in joining us for this meet so that we can gauge whether it is viable. Then in September after we know prices and date for deposit, we will ask for a commitment. At present we have the whole hotel, but numbers will depend on rooms and the capacity of the minibus.

Bookings will be on a first come first served basis. We look forward to you joining us.

Contact: Heather & Andrew McGinn

Sat 25 October 2025 – Salisbury LMC - 50th Anniversary Reunion

Those that were there will remember the fantastic evening we had in 2015 to celebrate the 40th anniversary of LMC Mountaineering Club. Around 80 current and former members came together for dinner and a hugely sociable evening at Lensbury Club in Teddington.

Therefore we plan to do it again for our 50th! Yes, it all began in 1975.

Kirsty has been in touch with a long roll call of past members and we have had a very enthusiastic response. Therefore, I'm delighted to let you know that the LMC 50th Reunion dinner will take place on **Saturday 25 October 2025** at the White Hart Hotel in Salisbury. Further details will be released as plans progress, but in the meantime – **SAVE THE DATE!**

Contact: Angela Leaman;

Photo - The 1970s – the decade of happy campers and plaid shirts

Meet Reports

Regent's Canal: King's Cross to Limehouse – Wednesday 29 May

Meeting at Kings Cross (where the first Regent's Canal walk in late 2023 had ended) Alyson, Marion, Paul and I set off to complete the canal to its end at Limehouse, having arranged to meet David Abbott along the way. Following the towpath, we passed the King's Place and the London Canal Museum before arriving at the entrance to the Islington Tunnel which is nearly 1km long. Our detour through Islington over the tunnel rejoined the canal near City Road Basin

and Lock where there was a towpath café too tempting to ignore, and we enjoyed a leisurely coffee stop in the sunshine.

Tearing ourselves away from the café, our walk continued past the many developments along the canal including the flats built on the site of the Gainsborough Film Studios where Alfred Hitchcock produced his early films before emigrating to Hollywood in 1939. We met up with David A at Acton Lock near Haggerston where he was patiently waiting in the sun.

By this time the towpath had become crowded with lunchtime runners and cyclists, so we were relieved to take refuge in Victoria Park before a lunch stop at another towpath café next to the end of the Hertford Canal. The rest of the walk was very different as the development has not reached that far east, except at the end of the canal at Limehouse Basin where the next walk in September will start.

It was another fascinating day exploring how the canal has changed over the years as well as sampling the delights of its cafes.

Photo at Victoria Park pagoda

Hilary Pettit

Dolgellau Meet 13-16 June

Seven of us gathered in Dolgellau for the Club's first visit to Mid-Wales in a very long time.

Charles was joined by (wife) Clare, Andy & Kirsty, David, John and Brian (who has rejoined after an absence of c40 years). Unfortunately, the weather forecast was not promising so we decided on more modest plans with two separate groups.

Fortunately, Friday turned into a glorious day with Andy, Kirsty and Clare visiting Bodnant Garden (a National Trust property near Colwyn Bay) and Conwy Castle while David, John and Charles headed out along the Mawddach Trail (an old railway line) to Penmaenpool, over the toll bridge and up onto the New Precipice Walk for fantastic views of the Mawddach Estuary, then dropping down to find a sunny spot by the river to have lunch. John then headed to Bodnant Garden and David and Charles for the (old) Precipice Walk – fortuitously discovering a new signposted route linking Dolgellau to this circular trail so making navigation much more straightforward.

Photo at Bodnant Garden

On Saturday, showers arrived at irregular intervals so we all got wet at some point. The sightseeing group of Andy & Kirsty, Clare, John and (newly arrived) Brian headed to Tywyn for a trip on the Talylyn Railway up to Abergynolwyn then a walk to Castel-y-Bere. On the return journey, a short, sharp shower forced them into a café in Abergynolwyn (where the proprietor provided bin bags to protect his chairs!) before catching the train back. The walking duo planned something a bit more (in David's parlance) 'hardcore' so headed up Cadair Idris which was by turns glorious (when the sun was out) and forbidding (when it wasn't). It was an

interesting and demanding circuit: spectacular views from the top and a lesser used path down the mountain and back to Dogellau.

Photo: Supper at The George III at Penmaenpool

On Sunday, some pressing chores meant that Kirsty and Andy needed to return home while the remainder drove to Arthog. Clare headed seaward along the Mawddach Trail and over the



The Mawddach Estuary and Barmouth

recently rebuilt railway bridge into Barmouth; while John, David, Brian and Charles headed inland along the estuary, then followed the Afon Gwynant up into the hills to return via Cregennen Lakes (a glorious spot where we stopped for lunch) then down by the Arthog waterfalls to where we had parked. We all headed for home apart from John who had a short drive to Aberystwyth for the following LMC meet: the Wales Coast Path.

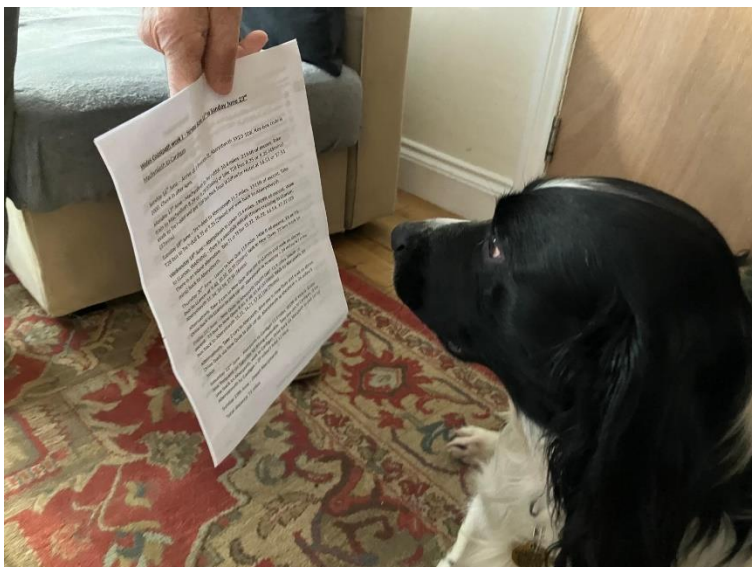
Charles Harrison

Wales Coast Path meet report 16-23 June

The South West Coast Path seems a distant memory. Seven hardy souls (including three guests) embarked on sections of the Welsh Coast Path, which officially opened in May 2012. From our base in Aberystwyth, we walked a 75 mile stretch from Machynlleth to Cardigan with 12,844 feet of ascent. We decided to follow the official advice and walk the route North to South, which gave us an easier start, leaving the more challenging sections to the end of the week when, hopefully, we would be a bit fitter (Ha-Ha).

Photo of reduced-size Stephen

The plan worked for Stephen, as he appears to have lost a lot of weight!



Like any expedition, planning is the key. Before we set out, Buster cast his beady eye over my itinerary just in case I'd missed something important.



This area of west Wales is a hidden gem, a lot less well known than the Pembrokeshire coast path to the South. Most days we had this spectacular scenery to ourselves. Don't tell anyone!



Thanks to everyone for making it a superb week. A special thanks to Angela for taking charge of the catering.

John Blight

Out Walking Reports & / or Photos . . . *None this time*

Other Events / Items

Sylvia Haxell

Sylvia's son Paul has contacted us to say that his Mum Sylvia passed away on Friday 5th July, a few days from her 95th birthday. She had a couple of long stays in hospital but was receiving 'hospice in the home' support for the last week or so. Sylvia and husband Dennis were members of LMC in the 1970s and 1980s (sometimes joined by their young son Paul) and we shared many good times with them. All three of them made it to the LMC 40th Reunion Dinner at Lensbury in Teddington in 2015, and we may even see Paul next year at the 50th Reunion.

Photo N. Yorkshire 1986

Here we are with Sylvia (third from right at back) and Dennis (far right), and other now-departed friends in N. Yorkshire in May 1986

Kirsty

Extra Elements: Books, DVDs, Films, other Walks / Climbs – views & comments . . .
If you've read any walking / mountaineering / travel books which you've enjoyed, please share.

LMC Newsletter link to send to interest future possible members:

<https://www.hillsandvalleys.co.uk/LMC/LMCdownloads.htm>

BMC: <https://www.thebmc.co.uk/> Newsletter at: <https://www.thebmc.co.uk/newsletters>

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