



Edinburgh Ski Touring Club

Newsletter: Spring/Summer 2009

Chairperson	Martin	✉ chair@estc.org.uk	
Secretary	Cathie	✉ secretary@estc.org.uk	
Treasurer	James	✉ treasurer@estc.org.uk	
Weekend & Social	Keith		
Newsletter	Guy	✉ news@estc.org.uk	
Membership Secretary	Caroline	✉ membership@estc.org.uk	
Ski Hire Co-ordinator	Helen	✉ skihire@estc.org.uk	
Web site	Sarah	✉ webmaestro@estc.org.uk	
Member Without Portfolio	Ross	✉	
Weekly email #	Tiana	✉ enews@estc.org.uk	

New member enquiries or change of address – contact Caroline membership@estc.org.uk
Not a committee member

Contents (full details inside)

Date	Event	Organiser
Sat-Sun 2-3 May	<i>MellowVelo: Carlisle to Cockermouth</i>	Sue L*
Fri-Mon 15-18 May	Glenfinnan Train/ Wild Camp/ Backpack	Pam
Fri-Mon 15-18 May	Coruisk Hut, Loch Coruisk, Skye	Jim
Wed 20 May	Pentlands Walk from Flotterstone	Pam
Wed 27 May	!!!AGM at the Grange Club!!!	Cathie
Fri-Sun 29-31 May	Cycling in Northumberland	Ross
Wed 10 June	Arniston Amble	Sarah
Sat-Sun 13-14 June	<i>MellowVelo: Wanlockhead Circuit</i>	Tiana*
Wed 17 June	Family friendly walk and picnic, Braid Hills	David B
Fri-Sun 19-22 June	Fisherfield Wild Camping	Keith
Sat 20 June	Fife cycle and barbeque	Caroline
Fri-Sun 26-28 June	Family friendly camping near North Berwick	Claire Ch
Sat-Sun 4-5 July	Long Green bonfire & BBQ	Mark
Sat-Sun 11-12 July	<i>MellowVelo: Dumfries and Galloway</i>	Harry*
Fri-Sun 17-19 July	Glen Dochart Camping Weekend	Pam
Sat-Sun 25-26 July	<i>MellowVelo: Lindisfarne and Wooler</i>	Barbara*
Wed 29 July	Evening walk – Hunter's Tryst and Allermuir	Pam
Sat-Sun 8-9 August	<i>MellowVelo: Four Abbeys</i>	Jan*
Sat 15 Aug	Walk: Mor Bheinn in Perthshire	Pam
Sat-Sun 22-23 Aug	Cycling weekend, Wheels Hostel, Loch Venachar	Neil S
Sat-Sat 19-26 Sept	Sallachy Lodge, Loch Shin, Sutherland	Chantal
Sat-Sun 26-27 Sept	<i>MellowVelo: Five Ferries</i>	Peter*
Sat-Sun 17-18 Oct	<i>MellowVelo: Dunkeld</i>	Tiana*
Sat 24 Oct	Loch Katrine Cycle Ride	Clare C*

*MellowVelo: see after main programme for details of these trips, organised by ESTC members.

First Tuesday	Meal + Pub	Meal then Cloisters Pub 9.30pm+	
All Thurs	Running night	Meadows	Pam

Many thanks to all those who have contributed to this issue. Contributions for the next Newsletter should be sent to Guy at news@estc.org.uk. Email notices to be sent anytime in advance to enews@estc.org.uk stating week(s) to be sent out.

Well it is safe to say that winter this year was *Winter*. The cold weather arrived at the end of October and continued through to the middle of February with a few splutters thereafter, and snow was in abundance for some of this period. I think that most of us got some skiing this season, even if it does appear to have ended prematurely.

But just now can we tempt you with a veritable cornucopia of spring and summer activities to keep you in trim for the next ski season (although I understand that for some of you, bizarrely, this will be the active time of year...).

But before all that...

***** **Wednesday 27 May 2009 Annual General Meeting** *****

The ESTC Annual General Meeting is being held at 8.00pm (following a 7pm dinner) at The **Grange Club, Portgower Place, Edinburgh EH4 1HQ**
(*Portgower Place is at the west end of Raeburn Place / east end of Comely Bank Road, opposite Dean Park Street in Stockbridge.*)

Attached are the agenda and the minutes from last year's AGM. Should anyone wish to propose any constitutional amendments, these must be forwarded to the secretary, Cathie M, at secretary@estc.org.uk by 4 May 2009. A copy of the constitution can be found on the club website: <http://www.estc.org.uk/handbook/constitution.htm>

The Club needs **your** input - the Club needs new committee members every year in order to sustain the level of activities that it promotes and that all members enjoy. All committee posts are vacant and members are invited to note interest in any of the posts listed below:

Posts required by Constitution (Officers of the Club):

- Chair
- Secretary
- Treasurer
- Events Convenor (includes booking weekend venues)
- Newsletter editor

Up to four members without specific portfolio to cover areas such as:

- Web site
- Ski hire
- Membership
- Social events

If more than one person is proposed for any post, a vote will be held - so make sure you are there - we may need your vote!

The current Chair, Treasurer and Secretary will be standing down at the AGM, however, members are encouraged to express an interest in any post irrespective of whether the current incumbent is standing down or not.

You don't have to necessarily stand for a committee post at the AGM, members can also be co-opted on to the committee later or help outside the committee, for example:

- Notices convener
- Marketing
- Training

If you would like to contribute to the running of the club please talk to, or contact by email, any committee member.

If you cannot attend but wish to express any views to the AGM please email Cathie on secretary@estc.org.uk

Members are invited to dinner. Food (full meal – come hungry!) will be served from 7pm followed by the AGM at 8.00pm. There will be no charge for this but in order to allow us to plan accordingly we would appreciate if you could indicate if you require food by emailing Caroline on membership@estc.org.uk by 22 May latest. If anyone is willing to help prepare the meal from 5.30/5.45 pm at the Grange Club, please **telephone** (not email) Keith by Wednesday 20 May.

The AGM will be followed by the annual Slideshow Competition.

Calling all slideshow aficionados...

The traditional ESTC “5 minute” slideshow will again feature highly at this year’s AGM. The format will be similar to last year’s slideshow but we will keep the overall time a little shorter. Please be warned that the official timekeeper will be given draconian powers to enforce a 5 minute limit (this usually equates to about 30 slides maximum).

A highly trained panel of photographic experts will judge the slideshows on technical quality, delivery and content. There will also be the popular vote. To remain eligible for one of the fabulous prizes, each slideshow must fit loosely into one of the categories of action, adventure/journey or landscape. Extra points will be given for accompanying music, dance, exotic costume, special effects etc. Note that the use of pyrotechnics and/or large exotic animals to support any slideshow will not be allowed on the grounds of health and safety.

We will use a digital projector so please bring your images on a USB memory card.

So, if you would like to give a slide show, and I encourage everyone to give it some thought, please let Andrew, or any member of the committee, know as soon as possible. Practically we need to limit this to 5 or 6 slideshows so we can wrap up at a reasonable time.

ESTC Talks/Social Events

FIRST TUESDAY MEALS & PUB NIGHT

The club meets monthly for pub nights on the first Tuesday of each month - from 9.30pm in Cloisters bar, Brougham Street, Tollcross. It is now also regular occurrence for some folks to meet beforehand to go for a meal in the locality of Cloisters. The forthcoming organisers are...

5 May	Guy
2 June	tbc
7 July	tbc
4 August	tbc

SAT 4 – SUN 5 JULY: LONG GREEN BARBEQUE

MARK S

BBQ party from 5.00 onwards, but come earlier if you would like to start gathering firewood on the beach.... First the food, and then the bonfire... the rain will then clear and we will have a splendid sunset!

Bring booze and your BBQ delicacies, but will provide salads, rolls etc. (Small contribution for this would be gratefully received).

If weather nice, I could lead a local 3 - 4 hour bike-ride, as per last year. That would leave Long Green at midday. Phone evening before to see if that is going ahead (see members list for details).

ESTC Full Outdoor Programme – Spring/Summer 2009

FRI 15 – MON 18 MAY: GLENFINNAN: TRAIN/ BACKPACK/ WILD CAMPING PAM

An alternative to those who are uncomfortable with the verticality of the Skye Cuillin. Includes a classic train journey through spectacular scenery unless anyone particularly desperate to take their car! Travel up Fri night (must be able to leave Edinburgh by about 4 for 4.45pm train) - 18.21 from Glasgow arrives Glenfinnan 22.42.

General plan (but can be adapted!!)- Walk in about 3km to camp near Corryhully bothy Fri night. Sat walk (about 6km) to camp in quiet Glean a' Chaorainn on Sat and Sun night. Sat pm / Sunday- access to range of hills, eg. Munros: Sgurr Thuilim/ Sgurr nan Correachan (or even Gulvain as a very long hike!); and Corbetts such as Streat which we camp below. Can also walk into Glen Pean with possible ascent of Cam Mor, or just look at the waterfalls!. Map OS 40. Monday- walk out to get 16.51 train (arrives Edin 22.50 via Glasgow) and I'll try and find out if café is open!.

Contact Pam if interested ASAP.

FRI 15 – MON 18 MAY: THE CORUIK HUT, ISLE OF SKYE JIM

The [Coruisk Memorial Hut](#) lies at the very foot of Skye's Black Cuillin next to the sea and surrounded by stunning scenery. It is an ideal base for climbers. Its remote location allows exploration of the hidden side of these serious mountains.

To make best use of our time we have arranged a boat charter to take us in first thing Friday morning, returning to collect us Monday afternoon, allowing four days climbing.

For maximum flexibility members can make their own arrangements for Thursday night. Nine places plus camping. Basic facilities. The non-returnable deposit of £47 covers boat charter (30 mins each way) and accommodation costs. Boat departs Elgol 08:30 on 15th, returns 18:00 on 18th.

Contact [James](#) to enquire, or to send your [booking form](#).

WED 20 MAY: PENTLANDS EVENING WALK AND MEAL PAM

Turnhouse Hill or Black Hill depending on preference of party! Meet at Flotterstone Inn 6.15 to depart by 6.30, back by about 8.30-8.45 to eat at the Flotterstone. Served by McEwans 101 bus (see Traveline on <http://www.travelinescotland.com/welcome.do>) or phone 01236-634-361.

Contact Pam if interested or for further information.

FRI 29 – SUN 31 MAY: NORTHUMBERLAND CYCLING WEEKEND

Cycling the stunning Northumberland coast and spectacular [Alnwick Gardens](#). Staying at the Joiners Shop Bunkhouse (Website). Friday and Saturday night. OS MAP . Contact Ross if interested or for further information.

WED 10 JUNE: ARNISTON AMBLE SARAH

Enjoy a tranquil summer evening on the Arniston Circular Walk. Have a quick bite to eat at Sarah and Jim's cottage before we set off on a wander through ancient beeches, oaks and limes, skirt past historic [Arniston House](#), tramp through meadows and go past bridges and weirs along the River Esk. Estimated time 2 hours. Walking boots recommended in case it's muddy. Arrive 6.30pm for 7pm start. 30-40 mins drive from Edinburgh. Please let Sarah know if you're coming by emailing webmaestro@estc.org.uk by Mon 8 June and she will email directions.

WED 17 JUNE:

FAMILY FRIENDLY WALK AND PICNIC

DAVID B

Family friendly evening walk, with picnic, Hermiston of Braids and Braid Hills. 6.30 start at entrance to Hermiston of Braids

Contact David B if interested or for info.

FRI 19–SUN/MON 21/22 JUNE: FISHERFIELD MIDSUMMER CAMPING

KEITH

Six glorious West Coast Munros in a long weekend – wild camp 2km upriver from Shenavall Bothy. This allows access to Beinn A Chlaidheimh, Beinn Tarsuinn, Mullach Coire Mhic Fhearchair and Sgurr Ban on Saturday with Sunday's slightly shorter walk being to A'Mhaighdean and Ruadh Stac Mor. These West Coast Munros are something special, particularly given their remoteness. The long hours of daylight even offer the possibility of completing all six hills in one day without having to use a head torch.

To allow time to walk in to the camping spot, I'm hoping to arrange transport from Edinburgh between 1 and 2 pm Friday with return early Monday evening (after a shortish day on the hills for those still feeling fit). Other transport options, including Sunday evening return may be possible. Further information / bookings, contact Keith Tel: 0131-220-4371 if interested.

SAT 20 JUNE:

FIFE CYCLE AND BBQ, DURA DEN

CAROLINE

Meet at Caroline's house (approx 10.30 - to be confirmed). Day cycle around East Fife, stopping off either at a cafe or cheesery or take sandwiches for lunch (to be confirmed, depending on route). Back to Caroline's and Paul's for a BBQ in the evening. People are welcome to stay over if they wish. 2 double beds, 2 single beds and 2 sofas are up for grabs. First come, first served. Space available for several tents.

Exact details re: route and timings to be confirmed nearer the time. Watch "enews" for details. Contact Caroline at membership@estc.org.uk to let her know you wish to come to either or both.

FRI 26 – SUN 28 JUNE:

**FAMILY FRIENDLY CAMPING WEEKEND NEAR NORTH
BERWICK**

CLAIRE CH

Camping at Tantallon Caravan and Camping Park, North Berwick
<http://www.ukcampsite.co.uk/sites/details.asp?revid=2990>

Bookings organised by Claire. Having small children is not compulsory. Bring beach gear, snorkelling stuff and bikes. Cost £22/ night for large family tent, and I need one night's deposit with the booking.

WED 29 JULY:

EVENING HILL WALK FROM HUNTER'S TRYST AND MEAL. PAM

Allermuir Hill round-trip via pretty Swanston Village with (hopefully) pleasant evening views across Edinburgh. Meet at Hunter's Tryst Inn by about 6pm for 6.15pm departure. Back by 8.30/8.45 for food. Hunters Tryst is on a number of Lothian bus routes including Nos 4, 16, 27. (see Traveline on <http://www.travelinescotland.com/welcome.do>) or phone 01236-634-361. Contact organiser if interested or for further information.

Contact Pam if interested or for further information.

FRI 17 – SUN 19 JULY: CRIANLARICH HILLWALKING WEEKEND, GLEN DOCHART CAMPSITE. PAM

Leave Friday evening. Quiet campsite with good showers and adjacent hotel for Sat night food to escape from midges! Good access to Crianlarich and Bridge of Orchy hills for Sat and Sunday walks. Contact Pam if interested (email preferred if possible) giving contact details and whether can offer or need a lift - normal car pool arrangements.

Contact Pam if interested or for further information.

SAT 15 AUGUST: DAYWALK- MOR BHEINN VIA BEN HALTON, PERTHIRE PAM

A small (640m) but very rugged hill between Comrie and St Fillans (A "Graham" apparently, whatever that is, anyone bagging these yet??)

See <http://www.walkhighlands.co.uk/grahams/mor-bheinn> OS map 52 (Comrie). Contact Pam if interested (email preferred if possible) giving contact details and whether can offer or need a lift-normal car pool arrangements.

Contact Pam if interested or for further information.

SAT 22 – SUN 23 AUG: SUMMER FAMILY CYCLING WEEKEND NEIL S

It is hoped to repeat the success of the Carrbridge Family skiing weekend this time in the Wheels Hostel in Loch Venachar, near Callander. This is a comfortable, modern hostel beside Loch Venachar, 1 ½ miles from Callander. It has a wide range of family cycle hire equipment – trailer bikes, tandems, trikes and child trailers. There are some very safe and easy routes for children such as the one on the south of the loch. Callander and Loch Katrine provide a number of Plan B options in case of inclement weather.

If you think you might be interested contact Neil S for further information (see Membership List for contact details).

SAT 19- SAT 26 SEPT. SALLACHY LODGE, SUTHERLAND CHANTAL

The club has booked Sallachy, a fine-looking lodge overlooking Loch Shin, near Lairg, from Saturday 19 September to Saturday 26 September.

<http://www.scottscastles.com/scotland/highlands-and-islands/shooting-lodge-50.html>

Lairg is about an hour north of Inverness and gives easy access to the most northerly Corbetts and Munros and some very wild countryside. Its central location (for the northern Highlands) means there's the potential to explore the north, east and west coasts easily. Good weather is predicted, however there is provision for wet weather at the Glenmorangie Distillery at nearby Tain.

The lodge sleeps 16. The week is fully booked but there is a waiting list.

Other News

SKI & EQUIPMENT HIRE

A big thanks to all those involved in ski hire this season. Not least for Helen S our very co-ordinated co-ordinator and Clare C, owner of the garage.

JOGGING NIGHTS, THURSDAYS, MEADOWS, 7PM

PAM

Make the most of the light evenings! Venues for running include the Braids, Blackford Hill, Holyrood Park, the Canal, the Meadows. Usually run for about 1 hour (at variable rates!) and sometimes go to eat/ socialise somewhere after. Contact Pam to be added to the weekly (mostly) mailing list.

VEGETARIAN MEALS ON MEETS.

The committee have decided that there will no longer automatically be a vegetarian option for the evening meal on club meets. Therefore if you do not wish to eat meat or fish you must state this in the appropriate section on the booking form. The meet coordinator needs this information as early as possible – at least a week in advance of the meet. Do not assume the meet co-ordinators will remember your preferences – put it on each and every form.

(Of course this does not mean that the cooks will be forced into cooking a meat meal if they don't want to).

Future Holidays 2010 onwards

If you like to keep your diary full well into the future then here are a few dates to note.

NEW YEAR 2009/2010

There are ideas afoot for Eastern Europe – Keith has been checking out Czech Republic – Sumava National Park – estimating approx £200 for transport plus £10 per person per night for food and drink (no expensive Euros here!). Contact Keith (phone 0131-220-4371, not email) if interested.

SUN 6 JUNE - SUN 13 JUNE 2010 THE CLUB HAS BOOKED KINLOCHEWE LODGE, A SPLENDIDLY-LOCATED LODGE NEAR KINLOCHEWE.

<http://www.cottages-and-castles.co.uk/property/view/accomodation-castles-mansions-kinlochewe-lodgep013.html>

This lodge looks very comfortably-appointed, so it's not for club members who are looking for a roughy-toughty holiday near midsummer. It is, however, for members who want to spend a comfortable week in the summer taking advantage of long hours of daylight to do some of the big hills close by, and there are many to choose from, or paddle off the West Coast, or swim in Loch Maree (swim in Loch Maree? –*much easier just to overturn your canoe - Ed*) or organise the BBQ.

Notes of interest in the first instance should be sent to Chantal

NEW YEAR 2011

Nothing to do in 2011/12? The club has booked Mar Lodge bunkhouse, near Braemar! 12 places – 5 nights - £15pp per night

If you have any good ideas for future trips why not let a member of the committee know about it?

Other Trips/ Organisations

MELLOW VELO CYCLE TRIPS

Mellow Velo is an informal web-based organisation that organises a number of not-too-demanding weekend and day cycle rides. A number of club members are involved in the organisation and other club members are welcome to book onto these trips. Ask Keith or Tiana. Below is a programme for the remainder of 2009. Information is also on www.mellowvelo.org.uk

Carlisle to Cockermouth

Sat 2nd - Sun 3rd May

Train from Edinburgh to and from Carlisle. Saturday: NCN72 west along the Solway Firth via Silloth, circling back inland to stay at Cockermouth.

Sunday: either north Lakes or Penrith area then to Carlisle for the evening train back. 30-40 miles per day, with plenty pub and cafe stops anticipated.

Coordinator: Sue L

Wanlockhead Circuit

Sat 13th - Sun 14th June

Saturday, Train to Carstairs and cycle to Wanlockhead via Carmichael, Uddington, Crawfordjohn and Sanquhar (c. 55miles)

Sunday, cycle back to Edinburgh via Leadhills, Abington, Biggar, and the Meldons.

Stay Saturday night at either a B&B in Wanlockhead or in Leadhills.

Contact Tiana on Tiana@mellowvelo.org.uk

Dumfries and Galloway

Sat 11th - Sun 12th July

Saturday: Drive to Dunscore (south of Thornhill). Cycle to Brochloch - Kirkpatrick Durham - Mochrum Forest - (off road section, but it can be avoided) - Balmaclennan - Dalry -

Kendoon - Dundee. Stay in former Forestry Commission cottage. Sunday, cycle: Dundee - Moniaive - Tynron - Penpont - then via Cairn Water to Dunscore. Return to Edinburgh.

Contact Harry on Harry@mellowvelo.org.uk (numbers limited)

Lindisfarne & Wooler

Fri 25th - Sun 26th July

Train to Berwick, take NCN Route 1, to Lindisfarne for an early lunch. Tea in Bamburgh and then cross Chatton Moor to Wooler hostel for the night (c. 57 miles)

Sunday, visit the honey farm or Paxton House, returning to Berwick for a train (33 miles) Contact Barbara on Barbara@mellowvelo.org.uk

Four Abbeys

Sat 8th - Sun 9th August

Follow the 4 abbeys route to Melrose, Dryburgh, Jedburgh and Kelso Abbeys.

http://cycling.visitscotland.com/find_route/south/four_abbeyes

Contact Jan on Jan@mellowvelo.org.uk

Five Ferries

Sat 26th – Sun 27th September

Saturday: Train to Ardrossan, ferry Ardrossan to Brodick. Choice of routes across Arran, converge at Lochranza where stay overnight. (14miles+)

Sunday: Ferry Lochranza - Claonaig, cycle Claonaig to Tarbert, ferry Tarbert – Portavadie. Cycle Portavadie to Colintrave via Tighnabruaich, ferry Colintrave to Rhubodach cycle Rhubodach to Rothesay, ferry Rothesay to Wemyss Bay. Train to Glasgow (35miles).

Contact Peter on Peter@mellowvelo.org.uk

Dunkeld

Sat 17th - Sun 18th October

Cycling through the Perthshire countryside. Appreciate the autumn colours.

Stay in Dunkeld. Hope to enjoy a musical evening at the Taybank

Contact Keith on Tiana@mellowvelo.org.uk

Loch Katrine

Sat 24th October

Autumnal cycle ride around Loch Katrine on the day before the clocks change. The colours are magnificent. Meet in Aberfoyle at 10.00am.

Contact Clare on Clare@mellowvelo.org.uk

Autumn/ Winter Trip Reports etc.

Ken the dog: a happy ending by Sandie

This year's (2008) Canispers (*Those fortunate enough to attend the Glencanisp Lodge Meet – Ed*) may remember me exhibiting doggy teeth marks on my right calf (plus many other large bruises) half way through that happy week, having been chased and nipped by a collie while cycling back from Achmelvich, and consequently falling off. Ken the collie later also had a go at Mark MacMillan, so cries of "Report it to the police" resounded.

Well I did write to Highland Constabulary, and got a call from Constable John Murray. Over a one-hour conversation (!) he recounted his detailed investigation (and that Ken had a third victim), and his remonstrations with Ken's owner Mr McCrae the crofter. He invited me to consider prosecution. I said that the cost of a new helmet would do instead, so John promised to break the news in person to Mr M.

Shortly thereafter two crisp £20 notes arrived Recorded Delivery with a letter of eloquent apology in a lovely copperplate hand. Ken it seems is bored and being a sheepdog gets mischievous.

I have now learned: a dog can outrun a bike; if chased stop and scold loudly; always wear a helmet- I felt nothing but my hat was destroyed!

Recipe Corner by Beverly

Several of you have asked for my marmalade recipe but as I can't remember who asked, I am sending it to everyone I can think of!

FIRST..making marmalade is not a science it's an art so don't even think of starting to make the stuff unless you are in a great mood and it will taste even better if you INVITE a few friends to help you. This is so you can argue about things like just how many cranberries should be added or how thin the peel should be chopped....and of course drink some wine, play some music, talk about really important stuff like hills climbed and tea shops

visited...the chances are you will actually all be talking about different expeditions without realising it, which always gives any conversation an edge! You may also wish to consider your attire before starting...it gets pretty steamy whilst making marmalade so a bikini and sturdy apron are a good combination...and of course wellies (forget flip-flops you do NOT want to drop any boiling marmalade on your toes!). Sunglasses are a bad plan for any activity involving sharp knives!

Once the music is on, the wine is poured and you are suitably attired you will most probably find that you have forgotten a vital ingredient so actually just end up getting drunk wearing wellies, a pinny and a bikini... (*I didn't know making jam was so much fun - Ed*) at this point the neighbours usually come round to complain about the heavy metal or opera music that you are of course playing and probably attempting to sing-a-long with at top volume...

Unfortunately the VERY first thing you must do is go shopping for the ingredients, and as the ingredients are rather heavy you may find it best to contact your local boy scout brigade and hire a scout or two to assist you – the great thing about scouts is that they can be paid in doughnuts and this means you can legitimately eat one yourself!

Here are the basic ingredients:
FRUIT, SUGAR, WATER

Once home from doing the shopping you will need a back, foot and head massage (it is illegal to hire a scout for this by the way). After this perhaps you might like to take a long hot candlelit bath with a nicely chilled glass of white wine and some soothing music. Make sure the towels are warmed nicely and your dressing gown and slippers are pre-fluffed. It will by now be too late to make any marmalade so you could watch a video or read a book or even re-read your Munro notes and re-live one or two of those nasty cold wet hill climbs in the comfort of your own home (this activity has a very high "smug" factor) and is a very good way to wind down before bed.

OK so are you ready to make that marmalade yet?

The following ingredients are approximate...just vary them according to what you like best – more limes/less lemons etc etc.

3 lb of pink grapefruit
3-4 lemons
3-6 limes
1 sweet Orange
One or two smallish packets of dried cranberries
6 lb preserving sugar (or any white sugar)
6 pints water

- 1) Wash the fruit & put in a large pan and cover with a lid (don't cut the fruit up at this stage)
- 2) Boil and cook over low heat for 1.5 hours (plenty of time to learn a new skill, train your hamster to snowboard OR if you haven't yet checked that you have any empty jam jars then now is the time to phone a friend!)
- 3) The fruit will go flabby and will be easily pierced with a fork...lift it out of the water and leave till cool (unless you are wearing asbestos gloves in which case go right ahead to the next point)
- 4) Cut fruit in half and scrape pips and juicy bits back into the water (but not the pith)
- 5) Scrape pith out of skins and throw away (you can alternatively mix this with a small amount of polyfilla and use it to create an artex effect for your ceilings)
- 6) Boil fruit juices and pips for 15 mins or till reduced by half then strain the liquid into a preserving pan.
- 7) Throw pips and bits away or mix with resin to create individual jewellery pieces or perhaps a lampshade.
- 8) Chop the skins to nice little shreddy bits and put back into the preserving pan along with the sugar and cranberries
- 9) Boil till set and pour into lovely sparkly clean jam jars (sterilise the jars in the oven by heating to 100 degrees)
- 10) Fiddle about with posh labels and frilly jam pot covers and feel awfully pleased with yourself!

It's essential to give some of your marmalade away....

I'll miss you all but look forward to some great marmalade when I get back

Northern Lights and Salmon Sauce by Guy

I think we knew that we really were going to be sailing in the Arctic winter as we dug 3 feet of snow off the boat. Still, otherwise, just the same as summer really: except 3 more clothing layers, ski goggles for the helmsman and regular clearing the decks of snow and ice. Scottish sailors don't know they're born!



Anyone for yachting...?

The whole purpose of this (Martin, take note...) was of course to sail into the islands and fjords off the north coast of Norway and enjoy top notch skiing from summit to beach.

So on our first night, with our friendly Norwegian skipper, Arne, we sailed out of Tromso, under the soaring road bridge and past the Arctic Cathedral and on between snowy slopes, most of which appeared to have streetlights at the bottom. This notwithstanding we were treated to our first and best display of the northern lights, streaking across the sky and vaguely shimmering between the clouds: a good compensation for cold feet!

The next day we sailed north to our first island, Vanoya, and in doing so crossed the 70th parallel. We disembarked in warm sunshine onto powder snow on the jetty and continued on this marvellous substance for the rest of the day. We didn't quite get to the top as we were concerned about avalanche danger, but the descent was on superb powder.

The next two days saw us skiing on two other islands, with the weather being somewhat variable (occasional blizzards and high winds). Nevertheless, we did bag our first summit, Trolltind, even if NATO had been

there first with its huge concrete communications tower. The snow was nearly always good, especially in the *trees...*



Sun, sea, snow.

On the Wednesday morning we set off for the mainland and after that the weather just got better and better. Our second peak was Storehaugen (ca. 1200m), which was a straight up and down, but had superb views north and just *the most wonderful snow, all the way down*; and views of the Lyngen peninsular and Fjord shimmering in the low afternoon sun.

Meanwhile, back in the boat, Arne was keeping us well fed... every night was a new culinary delight including smoked salmon and special sauce, freshly baked cod and (unexpected in Norway) Chicken Tikka Masala. Thursday was our biggest day – an ascent of Sorbmegeiser (ca. 1300m). The weather was even better than the day before and the snow lay before us like a huge, rolling, down duvet (Tog 1000).



Heaven - Fluffy white stuff!

After cresting a minor ridge we were able to descend slightly and follow another up trail (always reassuring and definitely saves work) and topped out at 3.00pm. The descent was

mixed to start with, but lower down a quick traverse to the left took us to several hundred metres of steeply rolling powder slopes with the westerling sun shimmering in the fjord below us. Back in the boat at nightfall we decided not to move on that night and to put all our sea miles in the next day.

The final day dawned bluer than ever and we set off up the fjord in full sail with a cracking wind behind, surfing the waves under the 1000m mountain wall.



Lyngen Fjord

Rounding the peninsula the wind evaporated and we motored across glassy seas to the gentler island of Reinoya. Here we skied through a ghost village in dazzling sun and skied through the woods to a viewpoint overlooking Lyngen. There we decided to call it a week as we basked in the sun and watched the eagles circle overhead. A quick ski through the trees and fields took us back to the boat and we pattered back to Tromsø with the alpenglow illuminating the mountains and even a brief display of the northern lights as we entered the home straits.

Photographs

Many thanks for those who gave photographs for this issue:

Me! (Ed)

Edinburgh Ski Touring Club

Annual General Meeting

To be held at The Grange Club, Portgower Place, Edinburgh EH4 1HQ
At 8.00pm on Wednesday 27 May 2009

AGENDA

1. **Apologies for absence**
2. **Minutes of AGM held on 22 May 2008**
 - (i) for approval
 - (ii) matters arising (not listed as agenda items) – including actions
3. **Reports on the year 2008/09 from:**
 - Chair
 - Ski Hire Report
 - Membership Report
4. **Financial matters**
 - Report from Treasurer
 - Approval of annual accounts for 2008/09
 - Membership fees for 2009/10.
 - Report from Auditor
 - Appointment of Auditors for 2009/10
5. **Elections to the Committee**
 - Officers of the Club: Chair, Secretary, Treasurer, Newsletter Editor and Events Convenor
 - Up to 4 members without specific portfolio
6. **Any other competent business**

Coruisk Memorial Hut, Skye

14/15-18 May 2009

Please send this booking form to the weekend organiser: **James** (see members list for contact details, or contact membership@estc.org.uk for advice)

I enclose a non-refundable deposit of £47 per person (payable to ESTC).

Name.....

Address.....

.....

Phone No (home)..... (mob).....

(work)Email

Yes / No Willing to shop for and cook one course of a communal meal?

Yes / No Vegetarian Meal required? (State if fish is OK:)

Yes / No Car owner and willing to drive?

If yes: No. of people you can comfortably take? (inc driver & rucksacks)

Any other details -eg Do you wish transport from other than above address? Special Diet?

Are you properly prepared to go out on the hills? Ask for advice if uncertain.

Northumbrian Cycling Weekend

29-31 May 2009

Please send this booking form to the weekend organiser: **Ross (see members list for contact details, or contact membership@estc.org.uk for advice)**

I enclose a non-refundable deposit of £15 per person (payable to ESTC).

Name.....

Address.....

.....

Phone No (home)..... (mob).....

(work)Email

TRANSPORT

Yes / No Car owner and willing to drive?

If driver: No. of people you can comfortably take? (inc driver, bikes & luggage)

If driver: Do you have a car bike rack?

Earliest time you can leave on Friday:

Please let Ross know if making private transport arrangements with anyone else.

SATURDAY NIGHT MEAL

Yes/No Willing to shop for and cook one course of a communal meal?

Yes/No Vegetarian Meal required? (State if fish is OK:)

Red/white Wine type?

Full/semi-skim Milk type?

ANY OTHER DETAILS? - eg Do you wish transport from other than above address? Special Diet?

Tantallon Family Camping Weekend

26-28 June 2009

Please send this booking form to the weekend organiser: **Claire Ch.** (see members list for contact details, or contact membership@estc.org.uk for advice)

I enclose a non-refundable deposit payable to ESTC equivalent to one night's pitch fee (£22 for a large tent for two adults + any under 5s. For other sizes of tent/other nos./ages of children see www.meadowhead.co.uk/TantallonHome/Tariff.aspx).

Name.....

Address.....

.....

Phone No (home)..... (mob).....

(work)Email

Give details of people in your party:

Adults (names) -

Children (names and ages) -

What size of tent do you plan to bring?

Due to the problems of trying to mass-cater over camp pots, we will not be doing a communal meal, but aim to barbeque on the Saturday night, if you would like to bring a disposable BBQ, and join in the fun.

Yes / No Car owner and willing to drive?

If yes: No. of people you can comfortably give a lift to?

Any other details -eg Do you wish transport from other than above address?