



# Edinburgh Ski Touring Club

## Newsletter: Autumn/Winter 08-09

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**New member enquiries or change of address, or if you require contact details for anyone listed here – contact Caroline [membership@estc.org.uk](mailto:membership@estc.org.uk)**

**# Not a committee member**

### Contents (full details inside)

Date	Event	Organiser
Sat 25 Oct	Loch Katrine Cycle Ride	Clare C
Sun 26 - Fri 31 Oct	Scottish Storytelling Festival	Keith
Sun 2 Nov	SNO!zone ski session, Glasgow	Lynn
Tue 4 Nov	First Tuesday – Meal and Pub	Martin
Fri 14 –Sun 16 Nov	Gourmet Weekend, Glassie	David
Tue 2 Dec	First Tuesday – Meal and Pub	Helen
Fri 5 -Sun 7 Dec	Wanlockhead (Dave McArthur memorial meet)	Pam
Dec tbc	SNO!zone ski session, Glasgow	Lynn
Thurs 11 Dec	Opening Party at Keith & Tiana's	Keith
Sat 20 Dec	Borders Daywalk	Pam
30 Dec – 3 Jan 2009	<b>New Year</b> – Morvich, Kintail	Keith
<b>2009</b>		
Tue 13 Jan	<i>Second</i> Tuesday – Meal and Pub	Guy
Fri 16 - Sun 18 Jan	Glen Prosen Hostel	Ross
Thurs 22 Jan	Burns Supper,	Sarah
Sat 24 - Sat 31 Jan	Telemark Week, Trois Valees, France	David
Tue 3 Feb	First Tuesday - Meal and Pub	Sandie
Fri 6 - Sun 8 Feb	Meet TBA	Guy
Fri 13 - Sun 15 Feb	Slochd: Family (Ski) Instruction Weekend	Neil
Fri 20 - Sun 22 Feb	Ski Instruction Weekend, Roybridge	Martin
Tue 3 March	First Tuesday - Meal and Pub	Sarah
Fri 6 - Sun 8 March	Muir of Inverey, nr Braemar	Sarah
Thurs 12 - Sun 21 Mar	Ski Tour, Tafjordfjella, Norway	Keith
Fri 20 - Sun 22 March	Blackrock Cottage, Glencoe	Tracy
Tue 7 April	First Tuesday - Meal and Pub	Keith
Fri 10 – Mon 13 April	<b>Easter</b> - Strawberry Cottage, Glen Affric	Keith

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](mailto:news@estc.org.uk). Email notices to be sent any time in advance to [enews@estc.org.uk](mailto:enews@estc.org.uk) stating week(s) to be sent out.

After the memorable winter and early spring this year the fine weather continued into May and June, leading to water shortages in the northwest and all the boggy ground turning into a crunchy fire hazard. This of course prompted hopes of a classic summer of endless sunny horizons and evenings sitting outside sipping chilled wine and ice cold beer. Now we know it was not to be. Matching the downturn in the economy we saw the weather deteriorate in July and become apocalyptically wet in August. Nevertheless this did not deter bold ESTCers from indulging in outdoor activities and holding Bar-b-Qs, and at the end of it all a few memorable days were snatched here and there.

We now look forward to Autumn and the Winter of 2008/09. Will the chill economic winds be matched by air temperatures? Will the piles of debt be matched by drifts of snow? Will the plummeting share prices reflect the steepness of ski slopes? Whatever happens we know that ESTC has a full programme, so why not spend your ill-gotten gains on a trip or two before the bank loses it anyway!

## 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...

Nov	Martin
Dec	Helen
Jan	Guy
Feb	Sandie
Mar	Sarah
Apr	Keith

### 24 OCT – 2 NOV SCOTTISH STORYTELLING FESTIVAL

KEITH

This year's theme of Northlands and Sagalands means the festival has many events of interest to club members. I have chosen four from the programme as club social events, but there are plenty more - see the printed programme (available at the filmhouse) or at [www.scottishstorytellingcentre.co.uk](http://www.scottishstorytellingcentre.co.uk)

For the events below, buy your own tickets from the Netherbow, 43 High Street Edinburgh. Tel: 0131-556-9579 (bus to North Bridge then 100m down the Royal Mile).

**Sun 26th Oct, 7.30pm, (60mins), £9/£6 at the Netherbow.**

Raven Returns - an epic traditional creation tale told by an Alaskan Yup'ik Inuit.

**Mon 27th Oct, 7.30pm, (1hr 45mins), £9/£6 at the Netherbow.**

Seaways and folkways from Iceland. Tales, stories and song from three western Icelandic storytellers.

**Wed 29th Oct, 7.30pm, (1h 45mins), £9/£6 at the Netherbow.**

Swans of Norway. Like the three Norns of present, past and future, evocative stories and songs are woven together.

**Fri 31st Oct, 9.30 for 10pm, (2hrs), donation £3-5 at the Waverley Bar, St Mary's Street Edinburgh.**

Just turn up early, get a pint and listen to dark tales for Hallowe'en.

**THURS 11 DEC**

**OPENING PARTY AT KEITH AND TIANA'S**

**KEITH**

A special welcome to new and prospective members and a chance to see photos of club activities and chat about the forthcoming season. 7.30 for 8.00pm. Full veggie meal provided (£4) with some homemade wine but BYOB if you wish. **Please book by Monday 8/12/08**

Come earlier and help set up if you work in Edinburgh and don't want to go home beforehand - please advise when booking.

**THURS 22 JAN**

**BURNS SUPPER, ST. COLUMBA'S BY THE CASTLE**

**SARAH**

Come and celebrate the birth of the Alloway Bard in traditional style with a meal of haggis, neeps and tatties at this now familiar venue opposite the castle! In addition to food, drink and speeches there will be poetry and music, with a live ceilidh at the end of it all. So whether you want to a mouthful of sheep gizzard or an earful of Scots dialect, why not come along to our celebration?

Price £15 including meal, glass of whisky and live ceilidh. Please bring your own drinks. Send a booking form to Sarah indicating numbers attending and whether you are veggie or not. **Please book by Monday 19 Jan.**

## **ESTC Full Outdoor Programme – Autumn/ Winter 2008/9**

**SAT 25 OCT**

**LOCH KATRINE CYCLE RIDE**

**CLARE C**

Enjoy this wonderful autumnal ride on the day before the clocks change. Approx 40-45 miles around Loch Katrine. **Meet at 10.00am at the wool/gift shop at the back of the car park in Aberfoyle.**

The first part of the ride is through the forest and involves a steepish climb .... perfectly permissible to walk (keep me company) on forest tracks. The rest of the route is on tarmac. Some people may prefer to stay on tarmac and do the first section via the Duke's pass. Bring lunch just in case the coffee house on the loch is closed...though we will have the option of coffee /lunch stop at either or indeed both cafes at either end of the loch.

**SUNS 2 NOV & 2ND DATE TBC**

**SNO!ZONE SKI SESSIONS**

**LYNN**

With the next ski season looming on the horizon, how about a chance to get some practice on real snow in Scotland?

SNO!zone Scotland at Xscape Braehead is a 200m long indoor ski slope (covered with over 1700 tonnes of fresh snow). It's located next to the M8 motorway on the west side of Glasgow. Lynn Grattage is organising two pre-Christmas trips - Sunday 2 November and 2<sup>nd</sup> date tbc via email. The idea is to go during the "brunch sessions" between 11am and 3pm, when a two hour session costs £21. Brunch can be obtained in the SNO!bar, and for those who have Christmas shopping to purchase, or who want to check out the latest outdoor gear, there are lots of shops in the Braehead centre!

Participants will need to have, or to hire ski equipment (though poles are available there), and must be able to use a pomma lift.

Contact Lynn for details

**FRI 14 –SUN 16 NOV**

**GOURMET WEEKEND, GLASSIE**

**DAVID B**

Time once more to indulge the *Bon Viveur* within you! Squeeze in a day of gentle Autumn drizzle walking or cycling (even possibly skiing) in the vicinity of Loch Tay. Then scramble back for a gentle alcoholic marinade before being stuffed with a multi-course culinary extravaganza, courtesy of our very own blend of Raymond Blanc and Anthony Warrel Thomson before resting on a bed of toast.

**FRI 5 – SUN 7 DEC WANLOCKHEAD (DAVE MCARTHUR MEMORIAL WEEKEND) PAM**

Hillwalking, chilly cycling or maybe some very early season skiing!!! Staying at the highest village in Scotland gives quick access to the surrounding hills - ideal for short days. This weekend was originally set up to remember Dave McArthur, a co-founder of the Club, but all who enjoy the outdoors are welcome!!

Wanlockhead hostel booked for Fri and Sat night, pub meal planned for the Saturday with maybe a tippie of good malt later.

Contact Pam if interested and send booking form

**SAT 20 DEC**

**DAYWALK IN PEEBLES/ INNERLEITHEN**

**PAM**

Route tbd. Followed by sauna/ steam room in Peebles swim centre. Stuff the Christmas shopping and have a relaxing (and cheaper) Saturday!!

Contact Pam if interested

**TUE 30 DEC – SUN 4 JAN HOGMANAY AT MORVICH HOSTEL, KINTAIL**

**KEITH**

Bookings are now open for the yearly food and drink (with optional outdoor activity) festival. We have exclusive use of the NTS basecamp - a very comfortable and spacious hostel.

At the very foot of the five sisters the centre provides access to some of Scotland's most scenic mountains. Within half an hour's drive there are 28 Munros and 15 Corbetts. Notable summits include The Saddle and Ben Attow, both of which carry airy ridges for the intrepid. From the doorstep, stalkers paths lead toward local summits offering spectacular views. Coastal walks also provide a good outing for short days. In the area there are the fine old inns at Clunie and Glen Elg, Pictish Brochs, a castle built to defend against Vikings, an outdoor shop an artist's studio and horse riding at Ratagan. Only slightly further afield lies Skye.

<http://www.nts.org.uk/Property/40/> and <http://www.visitkintail.co.uk/>

Most of the beds are in 4 bedded rooms with one larger dorm of 6 beds. There is a fully equipped kitchen, large lounge, dining area, good drying area and central heating. This is far more spacious than your average hostel. Spend the evening around the wood burning stove sampling a whisky or three.

The accommodation cost is a bargain £10 on Tuesday night and £17/night subsequently. Please complete the attached booking form and send with your deposit of £10/night to Keith. Any night you are uncertain about please book as 'provisional'. Final decision of nights required and balance of payment (including £8/night food and wine) is required by 31/10/08.

Contact is Keith.

**FRI 16 - SUN 18 JAN**

**GLEN PROSEN HOSTEL**

**ROSS**

Glen Prosen is one of the Angus Glens; penetrating deep into the Mounth Highlands. This is ski touring territory *par excellence* and we will be staying in the well-appointed luxury hostel nestling above leafy Glenprosen Village. Ski touring up the road on Mayar and Driesh. Glens Isla and Clova are close by or you can go downhill skiing at nearby Glen Shee (fresh powder on this weekend last season!). Hill walking or cycling if the weather is mild. 4 beds booked so far – many more available.

Contact Ross

**FRI 13 – SUN 15 FEB**

**SLOCHD MHÒR LODGE -CARRBRIDGE  
FAMILY SKI WEEKEND**

**NEIL S**

This weekend is intended for those with children. The Lodge is modern and well appointed and hires children skis and for the very small they have a paulk. The terrain around the lodge is very easy. If the weather is unsuitable, it is beside the A9 within easy reach of all the facilities in Aviemore and Inverness. In addition there is the Landmark centre in Carrbridge only 3 miles away. Bike hire from the lodge is also possible. Visit the lodge's website. <http://www.slochd.co.uk/>

Anyone without children is also welcome to come. At 1400' this is one of the best spots in Scotland for track skiing and traditional Nordic. There is a fast circuit in the hill above the lodge and the possibility of a long tour along the "Burma Road". The easy terrain is also ideal for beginners.

If you are interested contact Neil.

This will be a non standard weekend (hence no booking form) so it is important that you contact me to discuss things and let me know your particular needs. There are a variety of rooms in the lodge: a twin room, 2 en-suite family rooms as well as dormitories. There is also a large and attractive lounge with a television. As it is the midterm break, the lodge will be busy. If you want to book extra nights you should contact the Lodge as soon as possible.

**FRI 20 – SUN 22 FEB**

**ÀITE CRUINNICHIDH HOSTEL, NEAR ROYBRIDGE  
SKI INSTRUCTION WEEKEND**

**MARTIN**

Àite Cruinnichidh is set in stunning mountainous surroundings east of Roybridge, beneath the Grey Corries (see <http://www.highland-hostel.co.uk/index.html>). It is in a very attractive location next to the river and is very well located for excellent ski touring or walking trips on the Grey Corries, Creag Meagaidh and other nearby hills. For piste skiing, Nevis Range at Aonach Mor is only 30 minutes drive and has a wide range of runs, including the Back Corries if the conditions are good. Instruction will be arranged for beginners and/ or intermediates at Nevis Range on one or both days as required.

This is a very popular meet so get your booking form and deposit to Martin ASAP (see booking form for address). Please indicate on the form if you require instruction and at what level.

**FRI 6 - SUN 8 MARCH**

**MUIR OF INVEREY**

**SARAH**

Spacious and well appointed Muir Cottage is the closest thing we have to a Norwegian hut in Scotland. It is set amid beautiful Caledonian pines on the banks of the river Dee a few miles from Braemar. Above the deep green canopy of the old forest lie the snowy plateaux of the Cairngorms. Last time as logs crackled on the fire the snow was gently falling above Glen Shee to give us a day on snow.

With a bicycle to help it may be possible to carve the snows of Allt an t-Sneachda, Beinn a Bhuird. Alternatively Glenshee offers easy access to ski lifts and big touring days of up to five Munros.

Contact Sarah

**FRI 20 - SUN 22 MARCH BLACKROCK COTTAGE, GLENCOE****TRACY**

We are returning to this popular cottage (the most photographed in Scotland!) based at the foot of the Glen Coe ski slopes and surrounded by impressive mountains. Practice your techniques on the slopes or tackle a more challenging tour .... and put your feet up at the end of the day in front of the open fire. This cosy cottage only sleeps 10 so get your booking in early.

Forward your booking form and deposit to Tracy.

**FRI 10 - MON 13 APRIL STRAWBERRY COTTAGE, GLEN AFFRIC****KEITH**

A definite club favourite, this mountaineering hut is located in the beautiful highland scenery of Glen Affric. Located at the head of Loch Affric on a track it is accessible by car but situated in the heart of the mountains where you can get a head start on other walkers. Nearby Munros include the magnificent but unpronounceable Sgurr nan Ceathreamhnan; the two highest peaks north of the Great Glen, Mam Sodhail and Carn Eighe, and at the head of the glen, Ben Attow and the Five Sisters. For poor weather there is mountain biking along the tracks and paths and for more gentle exploration the extensive Caledonian pine forests of the lower glen will be flushing out with the first signs of spring.

Spend Easter skiing on the spring snows of Affric and returning to sit in the sun on the lawn of Strawberry Cottage!

For more information contact Keith.

## Other News

**SKI & EQUIPMENT HIRE****HELEN**

The club has a stock of ski equipment available for hire stored in Clare's garage. We plan to have a dedicated evening each week during the winter when the garage will be manned for an hour or so for equipment return and collection, subject to agreement with the organisers on that particular night. As a consequence it will be necessary for a deposit to be paid for equipment and a commitment made to prompt return, just so that if there is a rush on the next week, we can make sure that skis are available.

As ever, we need **people willing to volunteer** to spend one evening each this winter manning the garage. Volunteers can attend an evening session on ski maintenance (likely to be in December) prior to garage duty. This could prove useful on a personal basis.

If anyone would like to volunteer or has any further helpful suggestions, do please send an email to Helen on [skihire@estc.org.uk](mailto:skihire@estc.org.uk)

**Please look out for further details about hire arrangements on the club e-news or website**

**JOGGING NIGHTS, THURSDAYS, MEADOWS, 7PM****PAM**

Contact Pam to be added to the mailing list. Sometimes go to eat/ socialise somewhere after.

**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 form.

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

## Ski Holidays 2009

The following holidays are being organised by the club. This is the state of play at early Oct. Keep an eye out for further developments.

### **SAT 24-SAT 31 JAN                      PRARANGER, LES MENUIRES, TROIS VALLEES    DAVID BROWN TELEMARK WEEK**

**Deposit £150** to David

This year we are taking a break from the formula of the last few years and moving to a chalet in one of the major French mega areas. The idea is to allow people to practice and enhance the skills they have been taught in recent years in an environment that offers the best chances of reasonably challenging on and off piste, lift borne, telemarking. Ski mountaineers are also welcome.

#### **Tuition**

In resort lessons can be arranged for intermediates and we can arrange to tailor these to the needs of the party.

#### **Flights**

The costs of flights to Geneva are considerably cheaper than flights to Chambéry and I will organise transfers from Geneva.

The chalet has space for 14/16 but the intention is to hold the numbers to 14.

#### **Indicative Costs:**

Accommodation £100

Food £100 (Including picnic lunch, and evening meals with wine, beer and gin!)

Transfer £70

Lift pass £180

Flights, Insurances etc individuals to book. Lesson costs likely to be £25 per 2hour session. Chalet details:

[http://www.abritel.fr/annonces-detail/france\\_rhone-alpes\\_73/maison\\_st%20martin%20de%20belleville\\_608010.php](http://www.abritel.fr/annonces-detail/france_rhone-alpes_73/maison_st%20martin%20de%20belleville_608010.php)

The Chalet booking is confirmed. I am afraid the prices reflect the current weakness of the £ against the euro and are based on 1.22 Euros to the £

### **THUR 12 - SUN 22 MARCH                      NORWEGIAN SKI TOUR, TAFJORDFJELL                      KEITH**

We will ski the valleys of the Tafjordfjella from the train halt at Bjorli (on the line to Andalsnes) through to Grotli on the Sognefjord road. The route has relatively easy hut to hut days (10-20km) with most stays being 2 nights to allow either a rest or an opportunity to ski local summits. Traditional metal edged touring skis (with climbing skins if you want to visit the summits) are recommended.

The self service huts are reported to be comfortable and fully equipped, so no need to carry food or a down sleeping bag – travel light for comfort!

The area is surrounded by mountains but despite being a good touring area is much less well known even among Norwegians, than where we usually visit.

Flights will be direct Edinburgh – Oslo Gardermoen with onward travel mostly by train.

I intend limiting the group to 6-8, and, given the nature of the touring, it is not suitable for beginners. If you have not already done so, please contact me (Keith) soon by phone and I'll send you further details including a planning map with the suggested route.

## 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. See [www.mellowvelo.org.uk](http://www.mellowvelo.org.uk)

### TRIP TO MONTENEGRO, SUMMER 2009 – A NOTE FROM BARRY W

Is anyone interested in a walking holiday in Montenegro next summer?

I have just bought the new Cicerone guidebook and the mountains look rather fine. I thought it worth going there before everyone else discovers it. The mountains go up to about 2,500 metres, although the starting points are already quite high so the ascents are comparable to those in Scotland and include both walking and scrambling routes.

Cheapest travel is probably flying to Dubrovnik and then bus into Montenegro.

Contact Barry W

## Reports

### Eigg 6th -9th June 2008

Five of us (Keith, Karin, Russell and two friends - Steve and Karen) spent 3 days exploring the island. Great to have good weather from Friday through to Sunday - between us we covered almost every point on the island and learnt a lot about the new electricity supply. A great place to chill out. Keith.

### Glencanisp Lodge Sept 2008

For the third year running we have stayed for a week at this wonderful venue under the shadow of Suilven. This is the old hunting lodge of the Assynt Estate, now owned by the Assynt Trust.....

Everyone had a wonderful time; pity there is no report. Come on; take this opportunity to write about your adventures this winter.