

"Mountaín Thyme" Spríng 2024





Mountain Thyme is published by

Blairgowrie and District Hillwalking Club.

The editor welcomes comments and contributions from all members.

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Kerry Lindsay

For my last article for the September edition of Mountain Thyme, I reflected on how we were approaching our 45th anniversary as a club and that it was the responsibility of the committee to ensure that the club was still standing in another 45 years. By the AGM in March, it was looking as if we were going in the right direction as it was announced we had 55 members signed up for the year ahead – the most for a while. Alas, who would know that by May, some oars, competition, and coordination, or lack off, would nearly result in the death of the club as we knew it! Team building was more like team blaming!

When Jean Ruffhead suggested hiring rowing boats for our activity day in the Lake District, I don't think she envisaged quite how much chaos it would be! Not to mention the Past President rowing out to the Lake leaving the current President up to her thighs in water chasing after the boat!

Capers aside, I am absolutely thrilled that going into the 2024/25 year that the membership is looking strong, and it is wonderful to welcome so many new members and welcome back some past members.

We have a great programme of walks that I'm sure will delight everyone and there is something for everyone. Following on from the fantastic train trip last year we are once again going 'Choo Choo' and jumping on a train. This time from Crianlarich to Rannoch then walking through to Kingshouse. This will be followed by a meal in Tyndrum before getting bussed home! There are Munros and Corbetts to climb such as Bynack More, Carn Bhac and Ben Gulabin to name a few. Some old familiar walks too in Glen Shee and on the Sidlaws.

If you fancy joining one of our longer trips, our next weekend away is to Kelso on the 20th of September – where I promise there will be no boats. However, I can't promise the same for the trip to Rum this time next year!

I am delighted that as well as a full walk programme the club is also continuing to develop its social side. We enjoyed a climbing and curry night and a bowling and burger afternoon! A kayaking trip is being organised and there's demand for another climbing and curry night, therefore keep an eye on our website. We still have our traditional coastal walk and summer BBQ, which I'm delighted to be hosting in Dunkeld on the 17th of August.

Thank you to everyone for their continued support of the club and for making it thrive.

And a huge thank you to Jane Clark who continues to do an excellent job in not only producing Mountain Thyme but in gently nudging me in the right direction with deadlines for articles!

LAKE DISTRICT WEEKEND

Ian Richards

The club originally planned to travel to Harris again after a ten-year absence, but a lack of suitable accommodation meant that Harris's loss became the Lake District's gain.

No less than 25 members made the journey to Borrowdale on Friday the 10th of May for what was to be another very successful club 'weekend' (7 days for most). The most popular form of accommodation was self-catering when groups of up to 7 rented houses together others chose to camp (wheeled variety) or to stay in hotels and hostels.

The first evening of all the club's away weekends is always to meet to discuss and agree the 'groups and routes' for the following day(s). The groups took to the hills on the Saturday then gathered again for the traditional meal that evening.

Members were very lucky to have identified the Borrowdale Hotel for both initial social gatherings. Located in the heart of Borrowdale it proved to be an excellent choice, the owners were very accommodating, the food excellent and both the hotel and surrounding gardens proved to be an ideal meeting place for a group of hungry, thirsty, and sometimes noisy hillwalkers. Highly recommended. One member summarised the Lake District trip as follows: - 'The Lake District sparkled in the sunshine, and, while we were lucky to enjoy beautiful weather it may never recover from the group's laughter and antics!

'We conquered many Wainwrights, and, as usual, the older members of our group trail blazed and gave us all much to aspire to. The uphill climbs were steep and steady. The downhills were treacherous and long, but we did them! There were dinners in and out, rowing to remote islands, and a bottle or two of wine consumed! There were also buses taken and missed. Some of us camped, some used Airbnbs, some hotels, but all had a fantastic time and forged closer bonds coming away with stronger hearts and legs.'

An annual cycle event involving 2,500 pedallers passed through Borrowdale on the Sunday, part of a 100mile + route that involved all of the 6 major high road passes, everyone enjoyed seeing them pass by and felt more than a bit tired for them!

It would take far too much script to cover details of each and every route walked and activity enjoyed during the week's stay but here is a list that covers most of them: High Spy, Cat Bells, the beautiful hamlet of Watendlath, Glamamara, Ashness Bridge, Melbreck, various sections of the Cumbrian Way, Helvellyn from Thirlmere, Green Gable, Great Gable, Castle Crag, Honister Slate Mine, Buttermere,



Lakes Summit



Helvellyn



Lakes lower level walk



Descending on a well constructed path



Finally an unforgettable and fun packed excursion to an island on Derwent Water aboard rowing boats.

With the noticeable exception of the Sunday, the weather was generally very good with suncream often applied! Sunday saw the arrival of a forecasted but very dramatic thunderstorm with heavy rain, it was particularly exciting for one couple who were in their campervan on a site in Stonethwaite, a lightning strike hit the adjacent field!

The final social event took place at one of the group's rented houses on the Wednesday when everyone enjoyed plenty of food, craic and liquid refreshment, there being a bus stop for the return journey just outside the house!

LAKE DISTRICT (PART 2) THE (MIS)ADVENTURES OF A YOUNG HILLWALKER

Tom and Megan Eggling

Mention "Helvellyn" and our normally reticent and silver-haired octogenarian C-walker becomes unusually animated, immediately launching into a chronicle of the (mis) adventures he encountered as a young man of which the mountain is the inspiration.

It's post final exams for the geography students at Edinburgh University. So, of course, the inevitable party – all appropriately dressed up suits, bowties, shiny shoes. Besides the lavish eating and drinking, plans are laid to holiday in Glen Ridding in the Lake District where a sister of one of the students has bought an old miner's cottage. From there to climb Helvellyn. All exciting stuff! Tom staggers back late from the party to his digs, throws off his shoes, flings himself onto his bed, falls instantly asleep. He wakes up late. He has overslept.

He will miss the train for the Lake District. He dons hushpuppies, grabs his rucksack packed (with fishing gear, even) before the party) and rushes to Waverley Station. He sees his train leave. Not another for hours. He races to Bus Station. Leaps on bus to Penrith.

For some reason he gets off at Carlisle (last night's revelry taking its toll, no doubt). Realises mistake. Takes next bus to Penrith and on to Ambleside. Glen Ridding not far off, he thinks. Decides to walk. Steep hill. Heavy rucksack. And still in posh suit and hushpuppies. Thumbs for lift. No-one stops. Rests by a bridge. Vehicle approaches from Ambleside. A policeman on a motorcycle. A nice policeman who pillion-passengers him to Glen Ridding and indicates the miners' cottages which have recently changed hands. Tom searches for his friends. No joy. He's tired and hungry. Decides to camp. Must fish for supper. Catches 2 trout.

Grills them over rigged-up fire. Sleeps in tent. Wakes up to drizzle but decides to climb Helvellyn in the hope his friends are doing the same. Stashes all his gear away under some heaven-sent corrugated-iron sheeting. Sets off up valley, unburdened by rucksack but still sporting smart (if crumpled, suit) and hushpuppies. No sign of friends. Crosses 'Striding Edge'. Good and there's the sun. Reaches the summit. So do 2 other people who say not a word to him.

(Wonder why!) Light-headed, he runs back down (so he says) to Glen Ridding. Last effort to find his friends. Knocks on door of one cottage. Students are just next door and just 100 metres away from where Tom spent the night! His friends had not climbed Helvellyn! Ah well...a good few days of holiday left to enjoy the countryside and the 4pm thunderstorms...

Then it's homeward bound. Tom has just money enough for fare to Carlisle. Nothing for it but to hitchhike rest of journey. Lorry carrying firebricks to Glasgow stops for him. The driver, it turns out, has never been north of the Border. He misses a turn onto the M6 after a stop for refreshments at a service-station. Instead, finds himself on the A90 to Lanark. Misses another turn. Finds himself on a narrow road with steep hills, zigzags, and no road-signs. All too much for a heavily loaded lorry. The driver brakes round one bend but loses control round the next. The lorry leaps over an embankment, bumps up and over hedgerows as tons of fire-bricks shift forward onto the wall of the driver's cab slowing the vehicle to a sudden stop. An avalanche of bricks crashes into the cab forcing open the driver's door. He tumbles out. Tom, in brace position somersaults out of his door with his gear. Goes to find driver. Has he survived?

Relief to see he's by the other side of vehicle trying to light a cigarette. The cab suddenly catches fire. They retreat. Local farmworkers rush down with buckets of water. Copious refreshments at farmhouse with police in attendance. The chief (seemingly in true Hamish Macbeth mode) says he'll turn a blind eye to Tom's hitch-hiking odyssey and even offers him a B&B. He does – in a cell at the police station. The bed is hardly comfortable, and it smells of rotten potatoes (he uses it as a store for such) but the Scottish breakfast is most satisfying. Thus, it is that Tom somehow finds his way back to his parents' home in Anstruther, Fife. It all goes to show that the most placid of old men can have their cache of youthful excitement just waiting to be revealed.



Tom on the old military road above Blairgowrie

TACKLING FEAR HEAD ON AND WINNING

<u>Alistair Tait</u>

I emptied my bladder at the top of the Great Stone Chute.

No, not that bladder: the hydraulic water bladder that fits neatly into my rucksack.

Thankfully I was descending the Chute. I figured I could make it down to Glen Brittle campsite without water. Not sure I could have circuited the three Munros I'd just climbed – Sgurr Alasdair, Sgurr Dubh Mor and Sgurr nan Eag – without H2O. That's one thing the guidebooks don't tell you: tackling the Cuillin Ridge is thirsty work. Who knew adrenaline dehydrates the body?

Adrenaline? Yes. Adrenaline caused by fear.

I consider myself a seasoned hill walker. Before taking on the Cuillin Ridge I'd scaled 130 Munros, quite a few Corbetts and various other beautiful bumps on the Scottish landscape. But the thought of climbing the jagged peaks the Norsemen christened the Cuillin filled me with apprehension.

I did sleep in my wee tent the evening before the Sgurr Alasdair trio, but it took me a while to nod off. Words and phrases like exposure, bad step, grade 3 scrambling, tricky sections, dangly bits etc don't make for nice soothing thoughts to send you into dreamland.

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Alistair on Sgurr Alasdair

Nodding off was worse 10 days later as I lay in my tent at Sligachan campsite contemplating Sgurr nan Gillean, Am Basteir and Bruach na Frithe.

Nodding off was worse 10 days later as I lay in my tent at Sligachan campsite contemplating Sgurr nan Gillean...Am Basteir and Bruach na Frithe.

Alistair on Sgurr nan Gillean



I ruminated over reading the Gaelic meaning of Sgurr nan Gillean in Peter Drummond's excellent book <u>Scottish Hill Names</u>. Drummond says it translates as "peak of the young men, allegedly from the number of them perishing in its attempt." There was no solace in discovering the translation is completely erroneous. Drummond writes "it is a hybrid Gaelic sgurr with the Norse word gil, a ghyll or gully ... so in Gaelic it is simply peak of the gullies."

Once a thought is inlaid in the psyche it's hard to dislodge. I reasoned that if young men had perished on Sgurr nan Gillean, then what hope for an old hill bagger like me?

As for "bad step", I asked my guide to promise not to mention the phrase after he'd uttered it a second time on the way up Sgurr Alasdair. He broke his promise: he said it again, immediately after we'd done the bad step. To which I replied: "That was it?!"

As for "dangly bits", he was referring to three abseils between Gillean and Am Basteir. When someone tells you just relax into your harness and lower yourself down into the 25 metre drop that is the King's Cave Chimney you know you've heard the ultimate oxymoron!

But here's the thing: the fear that came with expectation was worse than reality. Sgurr nan Gillean was the peak that psyched me out the most, yet there was much less adrenaline than I experienced on Sgurr Alasdair. No butterflies, no nerves. I felt calm and assured, even as I backed into King's Cave Chimney for that final abseil.

Oh, and I still had water in my bladder when I returned to Sligachan campsite. If that's not a sign of tackling fear head on and winning, then I don't know what is.

P.S. I did fill the hydraulic bladder all the way to the top for the Gillean trio. No flies on me...

TREASURER'S REPORT

Richard Townsend

A steady pattern of decline in our funds over several years led me to compare my Treasurer's Report to the film Groundhog Day at the 2023 AGM. So, a large funds surplus in 2023/24 of nearly £1,900 was a surprise, contrasting with a c£500 deficit in 2022/23!

This substantial change in financial fortunes was partly brought about by an increase in income generated of around £1,300, with our 45°

Anniversary meal raising £940, Berrypicking £482 (compared with £137 in 2022/23) and the sale of Merchandise a £180 profit. These in addition to our regular sources of income, the NTS Raffle, Quiz Night, Calendar Sales, Slide Night, BBQ and Club Draw. I add my thanks to everyone who organises and enables these fundraisers and to all of you for your support.

Some of these funding sources are one offs as I assume we are not planning a 46° Anniversary event! However, there is a prospect of greater financial stability going forward given the other striking development in the latest accounts, the reduction from a record breaking £1,860 transport subsidy in 2022/23 to £814 in 2023/24.

Last year the committee agreed to "pull two levers" to reduce the transport subsidy, limiting the number of planned coach trips in 2023/24 to 12 (12 coach trips did run in 2022/23). We also increased the threshold for cancelling the bus to a minimum of 16 passengers booked (from 12). Together these changes have had an impact: In the event we ran less coaches than planned, only 9 in the year. In one case we had significantly less than 16 members booked (Rannoch) another a misunderstanding with our coach company meant no bus was available (Bynack More) and in the third outrageous weather led to a wise decision to cancel (Farragon).

The positive trend is an increase in the average number of members on each coach trip. For years this has been near the 20 but in 2023/24 rose to around 24. An average of nearly £50 extra fare income for each trip potentially means a near £600 reduction in our annual Transport Subsidy, a welcome development as bus hire costs rise to £440 per trip this year.

Considering the positive developments in our level of funds and reduced subsidy, the committee agreed that we would not contemplate "pulling the third lever" and our fare per trip remains set at £12. A reminder: For coach trips members are asked to please pay the £12 fare when you book the bus. For car meets please pay the £12 in cash to the driver on the day. The driver is not required to pay, retains their fuel costs from fares received and pays any balance to the club.

If a coach is cancelled (due to a lack of numbers) the car meet rules for paying fares apply if the destination is unchanged. If the destination changes, then any arrangement is between members and no payment is due to the club.

At the AGM the BDHC fees for 2023/24 were set at £17.25 Adult, £9.25 Concession and £6.25 Youth. Mountaineering Scotland fees are Adult

£21.75, Youth £12.50. In response to a question at the AGM, there was a discussion about whether the Concession Fee level should be abolished, and one adult fee set, as with Mountaineering Scotland. The committee would be interested to hear further views about this proposal.

We have a new special raffle prize this year, an opportunity to go on a safari virtually on your own doorstep! This has been generously offered by Danielle Muir of Perthshire Wildlife with the chance to see a beaver family in the wild and maybe even an otter as well, on the evening of Wednesday 5th June in the Blairgowrie area. The winning number for the Safari was drawn at Borrowdale. Congratulations Dunc Menzies.

I am aiming to ensure that the Treasurer role works as reasonably efficiently as I can as I look to the future and the time when I will pass on the baton. Bank transfers continue to work well, but please do use the reference facility to clarify what a payment is for (e.g. bus fare, calendar, merchandise etc). The identity of the paying bank account (invariably your name) is confirmed by the Co Op Bank so that is not required in the reference information. I am not issuing receipts for the payment of bus fares as this is working smoothly. I am more likely to seek to refund fares if a bus is cancelled going forward unless the credit is expected to be used for the next bus (tracking bus credits proved an unexpected and enduring challenge in the last year!)

Once again, many thanks for your ongoing support. We are already at 54 members this year, matching the highest level of membership we have had since 2018.

PROGRAMME FOR 2024-25

Bruce Henderson

Using suggestions provided by members, and walks which have been rescheduled from recent years, the committee devised a walks and social programme for the coming year taking us up to June 2025.

After the success of last year's walk at Corrour, we will again be having a "train walk" this time from Crianlarich to Rannoch Station, where the A&B walks will head west to Kingshouse hotel and meet up with the C party who will be taking advantage of the uplifts at the Glencoe ski centre to the plateau and then walk down and finish at the Kingshouse hotel. A meal is being organised at Tyndrum on the journey home.

Another long walk, and one not tackled by the Club for some time, will be the Lairig Ghru from north to south, which is scheduled for June 2025.

Other day walks scheduled include Glen Dochart; Ben Lomond; The Pentlands; South Loch Tay; Glenshee (of course) and a special request is for a full day walk along part of the Fife Coastal Path.

Social events include the Slide Night and Calendar competition; Speaker night (suggestions welcome); Quiz Night and the BBQ which this year will be hosted by Chez Lindsay.

Overnight Meets include Kelso – September 2024; Twixt Meet – December 2024 (venue tbc); Isle of Rum – May 2025 Beauly (a new destination for the Club) – September 2025

If you have not already arranged accommodation for these events please do so early, as we have found in recent years last-minute accommodation is not always easy to find.

The full programme is on the website.

CELEBRATING BDHC 45 ANNIVERSARY:

Jane Clark

Lunch at Littles restaurant

This event had been a long time planning so when the news that storm Babet was heading Blairgowrie's way there were more than a few anxious moments regarding likely numbers. In the event, whilst a small number were, unfortunately, unable to attend, sixty-two members and guests did make it.

James Tweedie, the club's Vice President, welcomed everyone to this special celebration event at Little's Restaurant. The club had the exclusive use of the premises for the afternoon and did a good job of almost filling the space. Kerry Lindsay, president, gave a short speech recognising the values of the club and its members giving support and encouragement as well sharing a of a love of the Scottish countryside. Kerry mentioned some of her experiences on club walks from a rookie novice to present day adventurer. Amusing to note that Kerry was not born when the club was founded! Thanks to a generous deal with Willie Little the event served both as a wonderful celebration occasion and a fund-raising event – a double win!

Graham Smith, founder member and first president, thanked everyone for attending, and a special mention to Willie Little and his excellent staff for a great meal and a most enjoyable experience.



Former presidents



Founding members

Coffee morning

We enjoyed lunch at Little's but did not have time to look at albums of old photos so, as a follow up, we had a coffee morning at Blairgowrie golf Club where we could pour over old photos and remember "the old days". It was good to see many former members some of whom had not be able to attend the lunch at Little's because of Storm Babet.



Merchandise

We prepared new polo shirts, beanie hats and fleeces with the club logo. Jane and Evelyn sporting shirts!



BDHC HOSTS MOUNTAIN MIND QUIZ

Bruce Henderson

For many years, our Club has provided teams to compete in the Mountain Mind Quiz (MMQ), with varying degrees of success.

This year, on March 12th, it was our turn to host the event and a number of Mountaineering and Hillwalking Clubs from all over Tayside and Fife attended at the golf club, for questions ranging from fairly easy to "insanely hard" (quote by Leith Hill).

The winners on the night were Forfar & District Hillwalking Club, who, as chance would have it, are due to host the event next year, and they walked away with the ceremonial ice-axe, with the booby prize "The Auld Boot" being presented to a team from Perth Mountaineering Club.



Forfar and district hillwalking club winning team



Leith presenting the auld boot to Perth mountaineering club

BDHC Magazine, Spring 2024 Issue

On the evening, we held a raffle, accepted donations, and raised £250 which was split equally between two nominated charities: Outdoor Access Trust for Scotland and The Little Sherpa Foundation

e to herpa

Evelyn handing over cheque to James Lamb of the Little Sherpa Foundation

Jane Clark raised further funds for the "It's up to us" campaign promoted by Mountaineering Scotland to repair upland paths, by selling specially commissioned greeting cards (£366 raised at the quiz and selling to club members and friends).

Thanks to everyone who helped make the event such a success on the night, but particularly to Norman Smith for putting together the Powerpoint presentation.

SOCIAL EVENTS:

Climbing wall

Douglas Rae

After a brief tour of the UHI campus we made our way to the hall with the climbing wall. Following registration, we were introduced to our instructor for the evening who took us through the safety basics and then showed us how to put on our harness and shoes before we split into 2 groups of 3. This worked out well for our allocated functions – the first one climbed, the second held anchor at the base and managed the rope tension, while the third was responsible for controlling the rate of descent with the belay. Sounds simple? Well, I suppose it is when you have done it a number of times – but we were all first-time beginners – what could possibly go wrong? Thankfully not a lot. Our instructor made sure we were all properly harnessed, the belay and carabiners were secure and each of us knew how to manage the rope.

So off we went. We started off on one of the easier climbs and were told to use whichever hand and foot holds we wanted. The climb was the difficult part. Coming down was a breeze! It wasn't a race, so we took our time to get to the top which, once there, looked an awful way down, which we were expected to abseil. No problem then if you've done it before but for your first time you are putting you trust in someone who hasn't belayed before either! So, you do as the instructor tells you – "Lie back and let go of the rope!" - OK!? You've seen them do it on the telly and now it's for real. You reach the bottom, that was fun, and you want another go! So, we did, several times, on different difficulty of climbs.

Before we knew it our 90 minutes were over and we were all thanking our instructor with silly grins on our faces and wanting to do it all over again, but a curry beckoned at the Everest Inn.



The parking was brilliant as it was possible to park right in front of the restaurant. They were expecting us and made us feel very welcome. The menu and food were excellent, as was the service. Over the meal we all exchanged our individual experiences of the wall climb and agreed we would love to do it again, and another is planned!

Quiz night.

Members' little grey cells and abilities to recall general knowledge facts and figures were certainly tested at the club's annual quiz night held in March at the Golf Club. Editor greatly surprised to find herself in the winning team. Many thanks to quiz master Roddy Cameron who prepared and delivered the quiz.



Winners and Roddy Cameron, quiz master

Bowling

19 club members took a Sunday off walking in the hills to take part in ten-pin bowling in Dundee. While there was no clear winner, they all had a good time. Thanks to James Tweedie who organised the event.



Good shot Nina

SNIPPETS

Heading for Everest

James Lamb (Little Sherpa Foundation)

A group of people from Scotland have decided to challenge themselves by attempting to trek to Everest Base Camp, sitting at 17,598 feet (or 5364 metres) in the Nepal Himalaya in November 2024. This has become a must on some people's "bucket lists" and is a very serious undertaking. This group, however, have additional challenges as it is made up of people who have very serious acquired brain injuries. Some were told by medical experts they would never again walk, talk, or have a "normal" life. The possibility of trekking to Everest Base Camp was viewed as simply impossible. And yet this is exactly the dream that one of the team, Colin Robertson, has had for many years but feared may never happen. Colin's brain injury was so bad he required around the clock care for many years to assist with every aspect of daily life, essentially re-learning everyday skills which most take for granted. He was basically a danger to himself and others, especially at home in the kitchen. His short-term memory was so bad he would instantly forget what he had said or what people said to him and struggled to remember anything, even where he lived or his children's names.

To give the group a fighting chance of success it will be vital to meet, bond and prepare prior to the trek. James Lamb has accepted that responsibility. James is the co-founder of a charity, The Little Sherpa Foundation (www.littlesherpafoundation.com) based in Dunkeld, Scotland & Phortse, Nepal Himalaya. The charity has a trekking agency which will be responsible for all the logistics involved in Nepal.

Cameron McNeish & Fiona Valpy are patrons of the charity. Cameron is an award-winning writer and television presenter. Fiona is an acclaimed bestselling author, with over two million readers world-wide. Fiona's next book is set in Kathmandu & the Nepal Himalaya.

James has also been involved with Richard Else, BBC film producer and double BAFTA winner, by participating in, and making various documentaries in Nepal. This included the award-winning "Sherpas Speak" with the soundtrack by Dougie MacLean & his son Jamie. It is anticipated that a documentary film of this expedition would be hugely popular and the cost to make this would be approximately £28,000.

At present the group is comprised of eight people linked to various Headway groups in Scotland, who support people with brain injuries, plus four guides. Most have never met before this venture materialised. The total cost for the trip is $\pounds 25,000$ for the whole team.

This undertaking will involve massive personal challenges outwith the brain injury, plus requiring the group to bond together as an extraordinary team. We hope this will put a spotlight on individuals dealing with life changing difficulties and hidden disabilities, as well as their families. Our aim is to inspire people all over the world that there is life and support after brain injury.

If you are interested in becoming a donor or sponsor or would like more information, please contact **James Lamb** at **<u>littlesherpascotland@gmail.com</u> or Colin Robertson** at <u>colinrobertsons@hotmail.co.uk</u>.

We wish all team members every success tackling this arduous challenge especially Niall Menzies and his mother, Evelyn, our secretary who is supporting the group and taking part in the challenge- come back safely with lots of stories.

CLOSING REMARKS

As ever, I appreciate everyone's contributions and responding to my requests for a "wee bit for Mountain Thyme" by sending them to me with lots of photos. I hope you enjoy this bumper edition showing the variety of activities and social events enjoyed in early 2024. These lively ventures help build lasting friendships and a strong club.

At the AGM, we thanked Anne Crombie for her work on the committee, especially fund raising, and welcomed two new committee members, Sandra Cannon and Madeleine McDonald who I am sure, will bring many new ideas, to encourage new people to join and how to use social media to raise the profile of the club.

On that note, I encourage readers to check our website regularly as the blog section reports day walks throughout the year.

Jane Clark editor