

## Basic Experience Prior to Training - Personal Mountain Walking

Date	Mountain region	Status E/M/S	Description – weather, route, peaks, group details and notable events	Camps
23.10.90	South West South Dartmoor	M	Hameldown Tor & Grimspound Bronze Age Village from Widecombe in the Moor. Return by minor road. Sunshine & Showers. With my family.	
29.10.90	South Wales Brecon Beacons	M	<b>School Geography Trip, (29/10~01/11)</b> . Waterfall Walk from Clyngwyn, to Sgwd yr Eira, which we walked behind. Party of 15. Based out of the Hampshire Outdoor Centre at Heol Senni.	
30.10.90	South Wales Brecon Beacons	M	Pen y Fan from the Lower Neuadd Reservoir & along Craig Fan Ddu. Return by the Roman Road. Wet & windy.	
31.10.90	South West Brecon Beacons	M	Night navigation exercise on open moor around Traeth Mawr.	
26.03.91	Highlands Loch Lochy	M	Ben Tee from Kilfinnan, by way of Kilfinnan Burn. Return by the same route. Dry & sunny, with a little snow on the ground higher up. With my family.	
04.04.91	Highlands Ben Nevis	M	Attempted Ben Nevis from Achintee along the Old Pony Track. Turned back at the Red Burn due to poor weather & snow conditions under foot. With my father.	
16.04.91	South West Central Dartmoor	M	<b>School Geography Trip, (16~19/04)</b> . Laughter Tor & Bellever Tor from Bellever village. Party of 14 based out of Bellever Youth Hostel.	
17.04.91	South West Central Dartmoor	M	Point to point walk from Haytor Rocks to Hound Tor, including vegetation study & historical exploration.	
18.04.91	South West Central Dartmoor	M	Night navigation exercise in the forest & moor surrounding Bellever village.	
29.05.91	South West North Dartmoor	M	Yes Tor & High Willhays from Meldon Reservoir near Okehampton. Return by Black Tor. With my family.	4 nights. Campsite.

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31.05.91	South West Central Dartmoor	M	Sittaford Tor from Post Bridge, along the E Dart River. Return via Fernworthy Reservoir & Merripit Hill.	
29.06.91	South Wales Black Mountains	M	<b>5<sup>th</sup> Testwood VSU Weekend Camp, (28~30/06)</b> . Climbed the Sugar Loaf, from Crickhowell by its S slopes. Descended by the W ridge. Party of 10. Camped at Crickhowell.	2 nights. Campsite.
30.06.91	South Wales Black Mountains	M	Morning walk up to Table Mountain below Pen Cerrig-Calch.	
22.08.91	Snowdonia Moelwyns	M	Circular walk from Nantmor along Cwm Bychan & descending to Llyn Dinas. Return along dismantled railway via Beddgelert. With my family.	14 nights. Campsite.
24.08.91	Snowdonia Snowdon	M	Snowdon from Pen-y-pass by the miners track. Return on the PYG track. Poor visibility, & very busy.	
27.08.91	Snowdonia Glyders	M	A circuit of Y Garn from Nant Peris. Ascent by the Afon Gafr, & return by Llyn y Cwn & the Afon Las. Attacked by flying ants on Y Garn summit cairn, but on the plus side found Berghaus Lightning jacket on the hill.	
23.02.92	Lake District Derwent Water	E	Ashness Bridge, Ashness Wood & High Lodore from Calfclose Bay. Return by Derwent Water. With my family.	
24.02.92	Lake District Blencathra	E	Blencathra from the Blencathra Centre, low level along the base of the hill, then ascent by Scales Fell & return by Blease Fell. Continuously wet & windy, with poor visibility. With my father.	
25.02.92	Lake District Great Gable	E	Great Gable, from Honister Pass including Grey Knotts, Brandreth & Green Gable. Descent by Windy Gap & the Moses Trod path on the W flank of the peaks. Dry with low cloud. Hill treasure of Silva Type 7 compass on Grey Knotts! With my family.	
26.02.92	Lake District Helvellyn	E	Helvellyn from Thirlmere by Birk Side & Combe Crags. Headed N over Lower Man, & Whiteside Bank to Raise. Descent by Brund Gill. Dangerous road walk back as forest track was closed. High wind chill.	

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28.02.92	Lake District High Street	E	High Street & High Raise from Hartsop. Ascent along Hayeswater Gill & then The Knott & Rampsgill Head. Continuation over Thornthwaite Crag & Stony Cove Pike. Descent by Rough Edge.	
16.04.92	South West South Dartmoor	E	Three Barrows from Ugborough, by way of Ugborough Beacon & Piles Hill. Return along the Two Moors Way & over Butterdon Hill. With my family.	6 nights. Campsite.
17.04.92	South West South Dartmoor	E	Penn Beacon & Shell Top from Cadover Bridge. Ascent past historic hut settlement & stone rows to Great Trowlesworthy Tor. Descent was made to Shavercombe Head & Legistor Warren. Very poor visibility. Hill treasure of Silva Type 54 compass on Shell Top!	
18.04.92	South West South Dartmoor	E	Ryders Hill, Snowdon (previously called Fieldfare) & Pipers Hill from Holne. Return route by bridle path to Scorrion. Dense hill fog. Discovered a group of happy campers' right on the top of Ryders Hill.	
19.04.92	South West South Dartmoor	E	A trip to Quickbeam Hill by way of the Avon Dam from Shipley Bridge, to locate Petre's Cross on Western White Barrow. Returned along a dismantled tramway & over Brent Moor.	
20.04.92	South West Central Dartmoor	E	A long circular walk from Sharpitor, over Ingra Tor, King's Tor, to Little & Great Mis Tors & then a return via Rundlestone, N Hessary Tor, Princetown, & S Hessary Tor, sweeping round to Leather Tor to finish.	
24.05.92	South Wales Black Mountains	E	<b>6<sup>th</sup> Netley Marsh Scout Camp Preparation, (23-26/05).</b> Afternoon walk on to the Hatterall Ridge from Capel-y-ffin, to spot height 637. Party of 8. Camped at Capel-y-ffin.	3 nights. Campsite.
25.05.92	South Wales Black Mountains	E	Twmpa from Capel-y-ffin. Headed out across Ffwdog Ridge then reascended to Pen y Gadair Fawr, before heading NW to Waun Fach, Pen y Manllwyn & Rhos Dirion. Return by Darren Lwyd ridge.	
02.08.92	Snowdonia Arans	E	Aran ridge, S to N, from Coed-y-Brenin. Ascent alongside the Afon Harnog, then over Aran Fawddwy & Aran Benllyn before descent to Rhosdylluan & low level return. Poor visibility. With my family.	7 nights. Campsite.
04.08.92	Snowdonia Cadair Idris	E	Cadair Idris from Minifordd. Once out of the forest ascended E then N to Mynydd Moel, then headed W across Penygadair. Descent via Craig Cwm Amarch to Pentre Farm.	

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05.08.92	Snowdonia Arenigs	E	Attempted Arenig Fawr from the N. Turned back on Craig y Hyrddod as we were increasingly getting blown over by the wind.	
06.08.92	Snowdonia Rhinogs	E	Diffwys, Y Llethr & Rhinog Fawr from Cwm Nantcol. Headed S over E flank of Moelfre, to bridge at Pont Scenthin, before ascent. Steep final descent from Rhinog Fawr to gain Bwlch Drws-Ardudwy on return.	
07.08.92	Snowdonia Bala Area	E	Attempted Dduallt from Pont Fronwydd along the Afon Mynach. Turned back at Carreg Lusog due to stomach cramps.	
09.08.92	Snowdonia Moelwyns	E	Repeat reverse circular walk from Beddgelert to Llyn Dinas & along Grib Ddu. Descent to Nantmor by Cwm Bychan. Return along dismantled railway. With family, friends & a dog. Party of 8.	7 nights Campsite.
10.08.92	Snowdonia Snowdon	E	The Snowdon Horseshoe from Pen-y-pass. Ascent & crossing of Crib Goch (S1) before heading over Garnedd Ugain (S1), & Snowdon. Descent by Y Lliwedd (S1). Dry & calm conditions. Party of 5.	
12.08.92	Snowdonia Glyders	E	Tryfan N Ridge (S1) from Ogwen Valley. Due to heavy rain & poor conditions we cut short the intended route, & returned the same way. In hindsight a descent down the easier S ridge would have been safer.	
14.08.92	Snowdonia Carneddau	E	S Ridge of Pen yr Ole Wen from Ogwen Cottage. Cut short route to Carnedd Dafydd due to equipment failure (leaking jacket). Returned the same way.	
25.10.92	South Wales Brecon Beacons	E	Pen y Fan by the Roman Road & Cribyn, returning over Corn Du, the Craig Fan Ddu ridge, & descending to the Lower Neuadd Reservoir. With family, friends, & a dog. Party of 8.	4 nights. Campsite.
27.10.92	South Wales Brecon Beacons	E	Waun Rydd from Aber Village by Twyn Du. Return by same route. Poor visibility on the tops, with ½" of fresh snow on the ground.	
27.12.92	South Wales Brecon Beacons	E	Pen y Fan from the N, via Pen Milan, the Tommy Jones Obelisk & Corn Du. Descent via Bryn Teg on the steep side of Cribyn. Dry & sunny on the tops, with cloud in the valleys, freezing at all levels. With my family.	

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28.12.92	South Wales Brecon Beacons	E	Fan Frynych & Fan Fawr from the nature reserve car park on the A470, returning over Craig Cerrig-gleisiad. Extensive hill fog & freezing temperatures.	
11.04.93	South Wales Black Mountain	E	Fan Brycheiniog & Bannau Sir Gaer from Glyntawe. Ascended Fan Hir to 1 <sup>st</sup> top then headed to Fan Foel & Picws Du. Descended S to pick up indistinct track for return. With family, friends & a dog. Party of 8.	3 nights. Campsite.
12.04.93	South Wales Forest Fawr	E	Circular walk based around the Afon Llia. Ascent of Fan Dringarth from roadside picnic site, then W, across valley to Fan Nedd & Fan Gyhirych. Return to valley by same route, contouring N of Fan Nedd. Low cloud.	
29.05.93	South Wales Black Mountains	E	Hatterrall Hill from Pandy, by Old Castle. Headed N along Offa's Dyke Path, before descending to Llanthony for low level return along Vale of Ewyas. With my family.	4 nights. Campsite.
30.05.93	South Wales Black Mountains	E	Hay Bluff along Black Hill & The Cats Back (Crib y Garth) from Olchon Valley, return along the Offa's Dyke Path before descending NE. Very wet & windy.	
31.05.93	South Wales Black Mountains	E	Long horseshoe walk from Llanbedr, to Waun Fach. Ascent over Crug Mawr then N along ridge to Pen Twyn Mawr & Pen y Gadair Fawr. Return over Pen Truman, Pen Twyn Glas & Pen Cerrig-calch.	
03.08.93	Snowdonia Carneddau	E	Northern Carneddau from Aber. Ascent over Drum, & on to Foel Fras, Garnedd Uchaf & out to Foel Grach. Return over Bera Bach & Drosogl. Descent by Afon Garn & Aber Falls. With my family.	7 nights. Campsite.
05.08.93	Snowdonia Carneddau	E	Southern Carneddau from Ogwen Cottage. Ascent by Y Braich to reach Carnedd Llewelyn. Side trip to Yr Elen. Return over Carnedd Dafydd & Pen yr Ole Wen. Poor visibility & wet on the tops.	
09.08.93	Snowdonia Glyders	E	PtoP walk (using Sherpa bus up Llanberis Valley) on the Glyders from the S on Miners track from Pen-y-Gwryd. Descent by Glyder Fawr & the Afon Las. Heavy rain. With family, friends & a dog. Party of 8.	7 nights. Campsite.
10.08.93	Snowdonia Glyders	E	W end of the Glyders Ridge from Nant Peris. Ascent by the Afon Gafr to Foel Goch, Mynydd Perfedd, & on to Elidir Fawr, completing my Welsh 3000ers. Descent by Cwm Duddodyn.	

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12.08.93	Snowdonia Snowdon	E	Snowdon from the W by the crowded Ranger path. Descent by the Rhyd-Ddu path, & return low level, amongst the quarries.	
24.10.93	Snowdonia Moel Hebog	E	Moel Hebog from Beddgelert by the Cwm Llwy path. On to Moel Yr Ogof & Moel Lefn before descending by Cwm Meillionen. With family & friends. Party of 8.	
25.10.93	Snowdonia Nantlle	E	Nantlle Ridge walk, E to W, from Rhyd Ddu. Ascent to Y Garn, then Mynydd Drws-y-Coed, Trum y Ddysgl, Mynydd Tal-y-mignedd, & Garnedd Goch. Descent via Cwm Silyn.	
26.10.93	Snowdonia Moel Siabod	E	Carnedd Moel Siabod from Plas y Brenin. Straightforward ascent from the NE, & return by the same route. Extensive hill fog.	
27.10.93	Snowdonia Glyders	E	The Glyders from Ogwen Cottage, by the Devils Kitchen & Llyn y Cwn. Return down the Miners Track, & Cwm Bochlwyd, with a side trip to Tryfan, up & down the S Ridge (S1).	
28.10.93	Snowdonia Glyders	E	E Ridge of the Glyders from Capel Curig, ascent by Cefn y Capel, then Nameless Peak & Foel Goch. Descent in to Cwm Tryfan, & low level return along the Ogwen Valley.	
23.12.93	Lake District Illgill Head	E	Whinn Rigg & Illgill Head from Eskdale Green. Return above Burnmoor Tarn, & down Miterdale. Rain & then snow above 1500', with limited visibility. With my family.	
24.12.93	Lake District Harter Fell	E	Harter Fell from Eskdale, in deep soft snow. Descent to the top of Hardknott Pass, & down the (closed) road.	
25.12.93	Lake District Eskdale	E	Christmas Day walk from Boot, out on to Eskdale Moor. Return by Burnmoor Tarn, & Whillan Beck. Consolidating snow on ground.	
26.12.93	Lake District Sca Fell	E	Sca Fell from Eskdale, by Scale Gill, Slight Side & Long Green. Return by the same route. Deep consolidated snow on ground.	

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27.12.93	Lake District Middle Fell	E	Middle Fell from Wast Water, returning by Greendale Tarn & Gill. Limited visibility.	
30.03.94	South Wales Brecon Beacons	E	Pen y Fan from the N, from the army base at Cwm Gwdi, along Cefn Cwm Llwh. Return over Cribyn, Fan y Big & descent down Cefn Cyff. Very wet & windy. With my family.	6 nights. Campsite.
31.03.94	South Wales Brecon Beacons	E	Waun Rydd by Allt Lwyd from Aber, visiting the aircraft memorial below Cwar y Gigfran. Return by Carn Pica, & descent by Twyn Du.	
01.04.94	South Wales Brecon Beacons	E	Horseshoe Walk of main Brecon's ridge from Craig y Fan Ddu. Walk aborted at Pen y Fan due to dreadful conditions. Found exhausted soldier on S slopes of Pen y Fan, & assisted him back to army exercise at base of Cribyn & the Roman Road.	
02.04.94	South Wales Brecon Beacons	E	Corn Du from Cwm Llwh, by way of Llyn Cwm Llwh. Return over Y Gyrn to Storey Arms, & low level above Afon Tarell. With family & friends. Party of 8.	
03.04.94	South Wales Brecon Beacons	E	Cribyn from the Lower Neuadd Reservoir, along the Roman Road. Return over Pen y Fan & Corn Du along Craig Fan Ddu. Fresh snow on the ground.	
02.08.94	Highlands Grey Corries	E	Stob Choire Claurigh from Roybridge by way of the Afon Leachdach & The Larig. Return by the same route. Warm, & exceptionally humid, with cloud on the tops. With family & friends. Party of 8.	
04.08.94	Highlands Aonachs	E	Aonach Mór & Aonach Beag from the Gondola base station. Return by the same route. Poor visibility.	
05.08.94	Highlands Ben Nevis	E	Ben Nevis by the CMD (Carn Mór Dearg) Arête, from Achintee. Ascent to Red Burn, then across to Carn Beag Dearg, Carn Dearg Meadhonach, & Carn Mór Dearg. Descent by the Old Pony Track.	
07.08.94	Highlands Mamores	E	'Ring of Steall' horseshoe walk from Glen Nevis. Ascent of Sgurr a' Mhàim, over the Devils Ridge, & on to Am Bodach, Stob Coire a' Chairn, & An Garbhanach. Descent N on stalkers path. With my brother.	

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08.08.94	Highlands Grey Corries	E	PtoP walk from Corrour to Roybridge. Path by the Allt a' Charnabhreac, along the S of Loch Treig, then across the Lairig Leacach, & down by the Allt Leachdach. With family & friends. Party of 8.	
10.08.94	Highlands Mamores	E	Stob Ban, from Glen Nevis, ascent by the Allt Coire a' Mhusgain, then W to summit. Return across Mullach nan Coirean & descent in to Coire Riabhach.	
12.08.94	Highlands Grey Corries	E	Grey Corries from Corriechoille. Ascent to Stob Coire Easain, then W along the ridge, to Caisteil, Stob Coire na Sine, Stob a Choire Leith, Stob Choire Claurigh. Side trip to Stob Coire na Ceannain, & then descent N.	
30.12.94	Lake District Coniston Old Man	E	Circuit around Coppermines Valley. Ascent of Wetherlam from the S, by Hole Rake, on to Swirl Howl, returning over the Old Man of Coniston, & descent by the quarries route. Wet & windy. With my family.	
31.12.94	Lake District Bow Fell	E	Bow Fell by Oxendale, Hell Gill, & Three Tarns. Return by The Band. Dry & cold, with ice at all levels from the previous day's rain.	
01.01.95	Lake District Langdale Pikes	E	Langdale Pikes from the New Dungeon Ghyll by Stickle Tarn, Sergeant Man & Thunacar Knott. Return over Harrison Stickle & Loft Crag. Descent by Mark Gate. A walker injured himself slipping on ice on ascent to Stickle Tarn, when he tried to cross Mill (Stickle) Ghyll.	
02.01.95	Lake District Scafell Pike	E	Scafell Pike, from the Old Dungeon Ghyll, along Mickleden, up Rossett Gill, past Angle Tarn to Esk Hause, & on to summit. Return over Broad Crag, Ill Crag, & Great End, & then same as ascent. Walk out in dark.	
03.01.95	Lake District Coniston Old Man	E	Dow Fell from Coniston Village. Ascent past Goats Water. Return over Dow Crag & Buck Pike with descent by the Walna Scar Road.	
04.03.95	South Wales Brecon Beacons	E	Pen y Fan from the N, from the army base at Cwm Gwdi, along Cefn Cwm Llwh. Descent over Cribyn, & Bryn Teg. Snow on ground, freezing at all levels. Poor visibility. With my family.	
09.04.95	Highlands Mamores	E	N Ridge of Stob Ban from Glen Nevis. Descent to Lochan Coire nam Miseach & by the Allt Coire a' Mhusgain. Winter conditions & poor visibility. With my family.	

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11.04.95	Highlands Aonachs	E	Attempted Aonach Mór from Torlundy, but stopped at upper Gondola station due to poor weather conditions. With family & friends. Party of 6.	
13.04.95	Highlands Ben Nevis	E	Ben Nevis from Achintee, by the Old Pony Track. Return over the CMD Arête to Carn Dearg Meadhonach. Final descent to Achintee in dark. Winter conditions above the Red Burn. With my family.	
14.04.95	Highlands Creag Meagaidh	E	Creag Meagaidh from Aberarder, by the Allt Coire Ardair, & ascent of 'The Window'. Return by the same route. Winter conditions above 2000' with poor visibility on the summit.	
11.08.95	Lake District Helvellyn	E	<b>Queen Scout Expedition, (11-14/08), Backpacking.</b> Glenridding to Burns Farm, over Striding Edge (S1) to Helvellyn, then N over Lower Man, Whiteside Bank, Raise, Stybarrow Dodd, Watson's Dodd, Great Dodd, & Clough Head. Descent N then E from summit. Party of 4.	1 night. Campsite.
12.08.95	Lake District Skiddaw	E	Burns Farm to Hollows Farm, over Latrigg, then up Skiddaw, by Little Man. Descent by Slades Beck to Millbeck, & down Borrowdale to Grange. Wet & windy with poor visibility on the tops.	1 night. Campsite.
13.08.95	Lake District Sca Fell	E	Hollows Farm to Langdale, S to Seathwaite, then ascent to Styhead. Scafell Pike by the corridor route. Sca Fell by Foxes Tarn Path. Return to Scafell Pike & descent to Langdale via Esk Hause & Mickleden. Low cloud.	1 night. Campsite.
14.08.95	Lake District Langdale	E	Langdale to Windermere, over Lingmoor Fell, & on low / mid level paths through Hawkshead & Grizedale Forest Park to ferry for Windermere.	1 night. Campsite.
27.08.95	Snowdonia Glyders	E	NW ridge of Elidir Fawr, from Dinorwig. Return over Mynydd Perfedd & Carnedd y Filliast. Poor visibility. With my brother.	
28.08.95	Snowdonia Glyders	E	PtoP walk on the Glyders (using Sherpa bus up Llanberis Valley), from Pen-y-Pass, by way of Esgair Felen, on to Glyder Fawr. Descent by the Afon Las to Nant Peris.	
29.08.95	Snowdonia Snowdon	E	PtoP Snowdon traverse (using Sherpa bus service), from Nantgwynant. Ascent initially of Watkin Path, then over Yr Aran, before S ridge to Snowdon. Descent of top of Ranger Path, then over Moel Cynghorion, Foel Goch, Foel Gron, & Moel Eilio. Descent NE to Llanberis.	

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31.08.95	Snowdonia Carneddau	E	Llech Du scramble (S1) on Carnedd Dafydd, from Bethesda, by Cwm Pen llafar. Return over Pen yr Ole Wen & Braich Ty Du.	
01.09.95	Snowdonia Glyders	E	Glyder Fach, by Y Gribin Ridge (S1), from Ogwen Cottage. Descent by the Miners Track, to Bwlch Tryfan, then up Tryfan S Ridge (S1), & descent to Ogwen Valley before Tryfan Far S Peak.	
30.12.95	Lake District Coledale Fells	E	Part of the Coledale Round. Ascent of Grisedale Pike, & Hopegill Head. Descended via Coledale Hause & Coledale Beck, due to extreme cold. With my family.	
01.01.96	Lake District Dale Head	E	Dale Head & Hindscarth from Honister Pass. Return by same route. Extensive hill fog, cold, with ice on the ground.	
31.03.96	Highlands Cairngorms	E	Meall nan Sleac from Glen Feshie, returning over Móine Mhòr, & descent by W flank of Carn Bàn Mor, on stalkers path. Dry & sunny, with deep consolidated snow on the ground. With my family.	
02.04.96	Highlands Cairngorms	E	Croidh-ta from Drumguish. Descent E in to Gleann Chomhiaig. Winter conditions, snowing, with 6" fresh snow underfoot.	
03.04.96	Highlands Cairngorms	E	Ben Macdui from the Coire Cas car park, by way of the Fiacail a Choire Chais, Coire Domhain, & Lochan Buidhe. Return by same route. White out conditions caused by the fog, snow, & sun.	
05.04.96	Highlands Cairngorms	E	Cairngorm from the Coire Na Ciste car park, by Creagan Dudh. Return via Coire an t-Sneachda, & the Fiacail a Choire Chais, avoiding skiers on the Cairngorm slopes! Dry but very windy with blown snow.	
10.06.96	Snowdonia Snowdon	E	<b>3<sup>rd</sup> Colbury VSU Camp Preparation, (10-11/06).</b> Afternoon & evening walk to Moel Eilio. Return by same route.	2 nights. Campsite.
11.06.96	Snowdonia Glyders	E	Cwm Bochlywd horseshoe from Ogwen Valley. N Ridge of Tryfan (S1), S Ridge of Tryfan (S1), Bristly Ridge (S1) to Glyders Plateau & then descent down Y Gribin (S1). A fine day out.	

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25.08.96	Highlands Cairngorms	E	Cairn Lochan from the Sugar Bowl, by the Chalamain Gap, & the N end of the Lairig Ghru. Return by the Fiacail a' Choire Chais. Poor visibility on the plateau. With friends. Party of 4.	
27.08.96	Highlands Cairngorms	E	Mountain Bike (MTB) to Loch Einich from Lagganlia. Walk up Coire Dhondail on to plateau, then across to Cairn Toul, Sgòr An Lochan Uaine (The Angels Peak) & Braeriach. Descent over Einich Cairn.	
30.08.96	Highlands Creag Meagaidh	E	Creag Meagaidh from Aberarder. Ascent to Carn Liath, then W over Meall an t-Snaim, Stob Poite Coire Ardair, & on to summit. Return by 'The Window' & the Allt Coire Ardair. Poor visibility.	
22.12.96	Lake District St Sunday Crag	E	St Sunday Crag, from Toll Bar cottage on Dunmail Raise, by Raise Gill & Grisedale Tarn. Return by the same route. Cold & dry, with a small amount of fresh snow under foot. With my family.	
24.12.96	Lake District Crinkle Crag	E	Crinkle Crag from Langdale by way of Red Tarn, & Great Knott. Return by Hell Gill & Oxendale.	
25.12.96	Lake District Helm Crag	E	Christmas Day walk. Gibson Knott by Greenburn Bottom & Moment Crag, along to Helm Crag, with descent by Bracken Hause. A light covering of snow on the ground with some ice.	
26.12.96	Lake District Fairfield	E	PtoP walk, Ambleside to Toll Bar cottage. Ascent of Red Screens from the S, then on to Dove Crag & Fairfield, passing by some interesting rock art. Descent via Great Rigg & Tongue Gill Force. Low cloud, with fresh snow on the ground. With my brother.	
27.12.96	Lake District Helvellyn	E	Helvellyn, from Dunmail Raise, by Birk Side & Nethermost Pike. Return S over Dollywaggon Pike, before dropping to Grisedale Tarn, & down an icy Raise Beck. Dry & very cold. With my father & brother.	
30.03.97	Highlands Aonachs	E	Attempted Aonach Mór, took the Gondola to the top station, & ascended via Coire Choille-rais, to Stob Coire an Fhir Dhuibh & Stob an Cul Choire, turned back on E ridge of Aonach Mór due to snow conditions.	
01.04.97	Highlands Grey Corries	E	The Grey Corries from Corriechoille, up to Stob Coire Easain, then Sgùrr Chòinnich Mor, & Sgùrr Chòinnich Beag, before crossing to Aonach Beag & Aonach Mór. Horrific wind conditions once on Aonach Mór, we eventually made it down to ski centre. With my brother. An epic!	

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## Personal Mountain Walking

Date	Mountain region	Status E/M/S	Description – weather, route, peaks, group details and notable events	Camps
03.04.97	Highlands Mamores	E	Attempted circuit around An Garbhanach & Binnein Mór, but turned back at first summit due to continued strong wind.	
04.04.97	Highlands Mamores	E	Attempted same circuit as yesterday. Although wind had dropped off, unstable slippery snow now covered the route. We turned round at the same place. Didn't get much done this week!	
21.12.97	Lake District Ullswater	E	PtoP walk, Ullswater watershed skyline from Poole Bridge. Along 'High Street' Roman Road, before boot trouble forced us to descend to low level route, around edge of Ullswater after Loadpot Hill. With my brother.	
22.12.97	Lake District Fairfield	E	Deepdale round, from Patterdale. Ascent of Hartsop above How, & Fairfield, with extra section to Seat Sandal. Returned over St Sunday Crag. Heavy rain & poor visibility.	
23.12.97	Lake District High Street	E	PtoP walk, from Troutbeck to Glenridding. Ascent by Yoke & Ill Bell, then on to Thornthwaite Crag. Return over High Street, Rest Dodd, & descent via Chapel in the Hause. Wet & windy.	
24.12.97	Lake District Helvellyn	E	Helvellyn via Sheffield Pike & Stybarrow Dodd, S to Raise & Whiteside Bank. Descent was by Nethermost Pike, Dollywaggon Pike, & Grisedale Tarn & Beck. A man on Raise warned us not to go up Helvellyn because of '80mph gusts'. It wasn't that bad, but we had the place to ourselves!	
25.12.97	Lake District Place Fell	E	Christmas Day walk. Place Fell, by Chapel in the Hause. Return by Birk Fell path. Sunshine & showers. With my family.	
26.12.97	Lake District Helvellyn	E	Helvellyn, by Striding Edge (S1), from Glenridding. Return over Swirral Edge (S1), & Catstye Cam with descent by Glenridding Beck. Snow & horizontal hail. Slippery. Quiet for Boxing Day. With my brother.	
27.12.97	Lake District Ullswater.	E	PtoP walk, 2 <sup>nd</sup> attempt at Ullswater watershed skyline. From Poole Bridge, as before then S over Loadpot Hill, Wether Hill, High Raise & Rampsgill Head. Descent by Chapel in the Hause. A dry day.	
28.12.97	Lake District High Street Range	E	PtoP walk, from Kirkstone Pass to Glenridding. Ascent of Stony Cove Pike, by St Ravens Edge, then down to Hartsop Dodd. Low level return to Glenridding.	

Status: E=equals, M=member, S=solo

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## Personal Mountain Walking

Date	Mountain region	Status E/M/S	Description – weather, route, peaks, group details and notable events	Camps
29.12.97	Lake District Ullswater	E	Gowbarrow Park & Green Hill from Aira Force Waterfall. With my family.	
15.02.98	Highlands Aonachs	M	<b>Scottish Winter Mountaineering Course, Alltshellach, (14-20/02).</b> Winter skills practice on Aonach Mór. Ascent from the top gondola station. Group of 12 with 3 instructors.	
16.02.98	Highlands Ben Nevis	M	Further winter skills practice in Coire Leis, approached from forest roads above Torlundy. Poor visibility & drifting snow.	
17.02.98	Highlands Aonachs	M	Winter skills practice on Aonach Mór. Lemming Ridge (I) from the upper Gondola station. Return via the ski centre. Winter conditions. Group of 4 with instructor.	
18.02.98	Highlands Ben Nevis	M	No. 4 Gully (I) on Ben Nevis, from Torlundy via the CIC hut. Gully complete. Dry & sunny. Return by same route.	
19.02.98	Highlands Glencoe	M	Stob Coire nan Lochan from Alt-na reigh, Glencoe, by the Allt Coire Gabhail, Geàrr Aonach, & the Zigzags (S1). Return by Aonach Dubh & Coire nan Lochan. Wet & very windy.	
21.03.98	South Wales Black Mountains	S	PtoP walk, Bwlch to Crickhowell, by Mynydd Llangorse, Mynydd Troed, & Pen y Manllwyn to Waun Fach. Descent by Pen Trumau, Pen Twyn Glas, Pen Allt-mawr & Pen Cerrig-calch.	
29.03.98	Highlands Loch Treig	E	Stob Coire Sgrìodain & Chno Dearg from Fersit. Ascent by Allt Chaorach Beag, & easy gully climb (I) to first summit. Out to Meall Garbh, & return on N slopes on Chno Dearg. Poor visibility & windy on the tops. Lost map on first summit but had spare. With my brother.	
31.03.98	Highlands Loch Treig	E	Stob Coire Easain & Stob a' Choire Mheadhoin ('This Yin & That Yan'). Ascent via Coire Làire, & easy gully climb (I) to first summit. Final descent N over Meall Cian Dearg.	
01.04.98	Highlands Loch Treig	E	MTB from Fersit, through the forests to just above Strathossian House. Bikes left here. Ascent by Beinn na Lap by its NE ridge, & return by the same route.	

Status: E=equals, M=member, S=solo

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## Personal Mountain Walking

Date	Mountain region	Status E/M/S	Description – weather, route, peaks, group details and notable events	Camps
02.04.98	Highlands Loch Laggan	E	Beinn a Chaorainn & Beinn Teallach from Fersit. Ascent up S flank of Beinn a Chaorainn, & descent to Tom Mór. E ridge of Beinn Teallach, & descent to the S.	
03.04.98	Highlands Loch Treig	E	Beinn Chlianaig from Fersit, by the Coire Làire. Deep drifting snow on ground, snowing, with very poor visibility. Lots of chance for navigation practice!	
19.04.98	South Wales Brecon Beacons	S	PtoP walk. Pen y Fan from Bailea by Cwm Sere, & then back across Cribyn, Fan Y Big & Waun Rydd. Descent to Aber & Talybont-on-Usk. Snow on the ground. Poor visibility, wet & windy.	
02.05.98	South West North Dartmoor	S	<b>Dartmoor Traverse, (02-03/05), Backpacking.</b> Okehampton to Beardown Tors, by E Mill Tor, Oke Tor, Hangingstone Hill, Black Hill & Rough Tor.	1 night. Wild Camp.
03.05.98	South West South Dartmoor	S	Beardown Tors to Ivybridge, by Two Bridges, Nun's Cross Farm, Plym Ford, Erme Plains, Ugborough Moor & Western Beacon. Final descent along the Two Moors Way to Ivybridge.	
12.07.98	Highlands Grey Corries	S	Stob Ban, from Roybridge, by way of Afon Leachdach & The Larig. Ascent from bothy by E flank. Cut short route over Stob Coire Claurigh & returned by same route due to horizontal rain & high winds.	2 nights. Campsite.
14.07.98	Highlands The Saddle	S	The Forcan Ridge (S2) & Saddle horseshoe from Shiel Bridge. Ascent via Coire Caol & Meallan Odhar. Descent over Sgurr Leac nan Each & Loch Coire nan Crogachan. Poor visibility on the higher tops.	5 nights. Campsite.
15.07.98	Highlands South Glen Shiel	S	PtoP walk, The S Glen Shiel Ridge, from Cluaine Inn to Shiel Bridge. Ascent by Creag a' Mhiam then along to Druim Shionnach, Aonach air Chrith, Maol Chinn-dearg, Sgùrr an Doire Leathain, Sgùrr an Lochan & Creag na Damh. Descent N from Bealach Duibh Leac.	
16.07.98	Highlands Five Sisters	S	Five Sisters of Kintail from Shiel Bridge. Ascent by Sgurr an t-Searraich, then Sgurr nan Saighead, Sgùrr Fhuaran, Sgùrr na Carnach & Sgùrr na Ciste Duibhe. Descent by Bealach an Làpan, & Glenlicht House.	

Status: E=equals, M=member, S=solo

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## Basic Experience Prior to Training – Leading Mountain Groups

Date	Mountain region	Status L/A	Type of group & for whom	Route description	Comments
30.11.91	South Wales Brecon Beacons	A	3 Adults & 1 Child. Family.	Pen y Fan from the Lower Neuadd Reservoir & along Craig Fan Ddu, then all the peaks from Corn Du to Fan y Big. Descent to Tor Glas & Roman Road	Wet and windy with poor visibility. Planned & navigated route.
01.12.91	South Wales Brecon Beacons	A	3 Adults & 1 Child. Family.	Anti clockwise route around the Fan Frynych & Craig Cerrig-gleisiad nature reserve, from car park on A470.	Very low visibility with extensive hill fog. Planned & navigated route.
26.07.92	South Wales Black Mountains	L	6 Young People. Netley Marsh Scouts	<b>6<sup>th</sup> Netley Marsh Scout Camp, (25/07–01/08).</b> Half day hike on to Hatterall Ridge from Capel-y-ffin.	7 nights camp at Capel-y-ffin. Led group on previously walked route.
29.07.92	South Wales Black Mountains	A	12 Young People. 3 Leaders. Netley Marsh Scouts	Horseshoe walk from Capel-y-ffin, ascended Fwddog Ridge then NW to Twyn Talycefn & Rhos Dirion. Return by Darren Lwyd ridge.	Helped developed Scouts navigation skills.
31.07.92	South Wales Black Mountains	L	4 Young People. Netley Marsh Scouts	PtoP walk. Ascended Fwddog Ridge from Llanthony Priory & headed N over Bal Mawr & Chwarel y Fan before descending E to Capel-y-ffin	Shadowed Scouts on navigation exercise.
10.09.92	South West Central Dartmoor	L	4 Young People 2 Adults Netley Marsh VSU	<b>6<sup>th</sup> Netley Marsh VSU Camp, (09–11/09).</b> PtoP walk, Combestone Tor to Prince Town, by Ryders Hill, Pupers Hill, Two Moors & Abbots Way.	Planned & led weekend as part of Scout Award scheme.
11.09.92	South West Central Dartmoor	L	4 Young People 2 Leaders Netley Marsh VSU	Exploration of the E Dart river from Newbridge Hill to investigate mans impact on the environment.	Part of the Scout Award scheme.

Status: L = leader, A = assistant

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## Leading or Assisting with the Leading of Mountain Walking Groups

Date	Mountain region	Status L/A	Type of group & for whom	Route description	Comments
27.07.93	South Wales Brecon Beacons	L	6 Young People. Netley Marsh Scouts	<b>6<sup>th</sup> Netley Marsh Scout Camp, (24–31/07).</b> PtoP walk, Cwm Llwhch to Talybont, by Corn Du, Pen y Fan, contour S of Cribyn, & Waun Rydd.	7 nights camp near Brecon.
30.07.93	South Wales Brecon Beacons	L	12 Young People. 2 Leaders. Netley Marsh Scouts	Anti clockwise route around the Fan Frynych & Craig Cerrig-gleisiad nature reserve, from car park on A470.	Previously walked & led route.
22.02.94	South Wales Brecon Beacons	L	10 Young People. 3 Leaders. Colbury VSU.	<b>3<sup>rd</sup> Colbury VSU Trip, (21–25/02).</b> Waterfall 'roundabout' from Gwaun Hepste, by Sgwd yr Elra, Sgwd y Pannwr, & Sgwd Clun-gwyn.	Based out of Hampshire Outdoor Centre at Argoed-Lwyd
23.02.94	South Wales Brecon Beacons	L	10 Young People. 3 Leaders. Colbury VSU.	Anti clockwise route around the Fan Frynych & Craig Cerrig-gleisiad nature reserve, from car park on A470.	Fresh snow on ground. Conditions unsuitable for higher tops.
24.02.94	South Wales Brecon Beacons	L	10 Young People. 3 Leaders. Colbury VSU.	Exploration of Mynydd Lllyud & Twyn y Gaer hill fort, including navigation practice.	More fresh snow than you can shake a stick at.
25.07.94	South Wales Brecon Beacons	L	5 Young People. Netley Marsh Scouts	<b>6<sup>th</sup> Netley Marsh Scout Camp, (22–29/07).</b> PtoP walk, up Corn Du & Pen y Fan from Storey Arms, contour Cribyn. Descent N on Roman Road.	7 nights camp at base of Pen y Fan.
26.07.94	South Wales Brecon Beacons	L	5 Young People. Netley Marsh Scouts	Pen y Fan from Cwm Gwdi, & Cefn Cwm Llwhch. Return across Goat Track on N side of Cribyn, & descent by Bryn Teg.	Older Scouts hill day. Wet & windy on the tops.

Status: L = leader, A = assistant

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## Leading or Assisting with the Leading of Mountain Walking Groups

Date	Mountain region	Status L/A	Type of group & for whom	Route description	Comments
28.07.94	South Wales Brecon Beacons	L	10 Young People. 3 Leaders. Netley Marsh Scouts	Waterfall walk from Gwaun Hepste to Sgwd yr Elra. Return by the same route.	Scouts planned & navigated route under supervision.
18.03.95	South Wales Brecon Beacons	L	3 Adults. Informal.	<b>Weekend Camp, (17-19/03).</b> Corn Du from Cwm Llwh, along to Pen y Fan & Cribyn. Descent by Bryn Teg & low level return via Cwm Gwdi.	2 nights camp near Brecon.
19.03.95	South Wales Brecon Beacons	L	3 Adults. Informal.	Morning Walk. Pant y Creigiau from Taf Fechan Forest car park. Return by the same route.	
06.08.95	Lake District Coniston Old Man	L	10 Young People. 2 Leaders. Colbury VSU.	<b>3<sup>rd</sup> Colbury VSU Trip, (05-10/08).</b> Old Man of Coniston, from Coniston, by Goats Water & Goats Hawse. Return by the quarries.	Based out of Great Towers Scout Centre. Exceptionally hot day on the hills.
08.08.95	Lake District Scafell Pike.	L	10 Young People. 2 Leaders. Colbury VSU.	Scafell Pike, from the Old Dungeon Ghyll, along Mickleden, up Rossett Gill, past Angle Tarn to Esk Hause, & on to summit. Return by same route.	Perfect summer walking conditions.
10.08.95	Lake District Helvellyn	L	10 Young People. 2 Leaders. Colbury VSU.	Helvellyn, by Striding Edge (S1), from Glenridding. Return over Swirral Edge (S1), & Catstye Cam with descent by Birkhouse Moor.	Perfect summer walking conditions.
06.08.96	Snowdonia Snowdon	L	6 Young People. Colbury VSU.	<b>3<sup>rd</sup> Colbury VSU Camp, (02-09/08).</b> Snowdon half horseshoe from Pen-y-pass, up to & across Crib Goch (S1) & over Garnedd Ugain (S1), to Snowdon. Descent by Miners Track.	7 nights camp at Llanberis.

Status: L = leader, A = assistant

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## Leading or Assisting with the Leading of Mountain Walking Groups

Date	Mountain region	Status L/A	Type of group & for whom	Route description	Comments
08.08.96	Snowdonia Glyders	L	12 Young People. 2 Leaders. Colbury VSU.	Y Garn, from Ogwen Cottage, by the Devils Kitchen path, & Llyn y Cw n. Return by the same route.	Wet & windy conditions with low cloud clearing briefly on the summit.
10.04.98	Snowdonia Carneddau	L	3 Adults. Informal.	<b>Easter Expedition (09-13/04), Backpacking.</b> Llyn Eigiau Reservoir to Ogwen Valley, by Foel Grach, Carnedd Llewelyn & The Afon Lloer.	Deep drifting snow. Virtually no visibility. 2 nights camp in the Ogwen Valley.
11.04.98	Snowdonia Glyders	L	3 Adults. Informal.	Glyders day hike. Ascent via Tryfan N Ridge (S1), then S Ridge (S1) to col. Avoided Bristly Ridge on E side. Return by Glyders & down Devils Kitchen	6" snow overnight, but ridges were ok. Mountain Rescue in action in Cwm Tryfan.
12.04.98	Snowdonia Glyders	L	3 Adults. Informal.	Ogwen Valley to Llyn Cowlyd Reservoir. Ascent of Cwm Tryfan, E to Foel Goch, & Nameless Peak then down to Capel Curig, & N to reservoir.	Fresh snow overnight. 1 night wild camp SW of Llyn Cowlyd Reservoir
13.04.98	Snowdonia Carneddau	L	3 Adults. Informal.	Llyn Cowlyd Reservoir to Llyn Eigiau Reservoir by Pen Llithrig y Wrach, & descent NE to car park.	Waist deep snow on Pen Llithrig y Wrach. Snowing all morning.
29.08.98	Lake District Great Gable	L	3 Adults. Informal.	Great Gable & Kirk Fell from Wasdale Head, by Sty Head, The Climbers Traverse, Threading Napes Needle (S2), Eagles Nest Gully & Arrowhead Ridge (S2). Descent by Black Sail Pass.	3 nights camping at Eskdale. A dry, sunny & warm weekend.
30.08.98	Lake District Pillar	L	3 Adults. Informal.	Yewbarrow, Red Pillar, and Pillar from Wasdale Head. Ascent of Pillar Rock by Slab & Notch (S3s). Return by High Level Traverse & Looking Stead.	Some queuing required on Pillar Rock!

Status: L = leader, A = assistant

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## Leading or Assisting with the Leading of Mountain Walking Groups

Date	Mountain region	Status L/A	Type of group & for whom	Route description	Comments
31.08.98	Lake District Eskdale	L	3 Adults. Informal.	Morning scrambling (S1), & easy walk, around Border End & Hardknott.	Great views of the Sca Fell range from Border End.

Status: L = leader, A = assistant

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## Leading or Assisting with the Leading of Mountain Walking Groups

Date	Mountain region	Status L/A	Type of group & for whom	Route description	Comments

Status: L = leader, A = assistant

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## Logged Experience - Personal Mountain Walking

Date	Mountain region	Status E/M/S	Description – weather, route, peaks, group details and notable events	Camps
22.12.98	Lake District Glaramara	E	Glaramara from Rosthwaite, by Langstrath & Cam Crag Ridge (S2). Continuation over the Allen Craggs, & descent down Grains Gill, return by the Allerdale Ramble. Extensive hill fog. With my brother.	
23.12.98	Lake District Ullscarf	E	Central Lakeland Ridge, from Rosthwaite to the Langdale Pikes, over Ullscarf & High Raise. Return over Thunacar Knott, Harrison Stickle, & Pike of Stickle, with a long walk out down Stake Pass & Langstrath.	
24.12.98	Lake District Dale Head	E	Dale Head from Rosthwaite, by Tongue Gill & the quarries. Side trip to High Spy. Descent to Honister Hause, & walk out down the pass. Very wet & windy.	
25.12.98	Lake District Borrowdale	E	Christmas Day Walk. Castle Crag from Rosthwaite, through High Hows Wood. Visited the cave where Millican Dalton lived during summer months. With my family.	
27.12.98	Lake District Great Gable	E	The Gables by Seathwaite & Base Brown, from Rosthwaite. Continuation to Sty Head, Esk Hause, & Esk Pike. Descent to Ore Gap, & return via Langstrath. Fresh snow on ground, snowing & windy. With my brother.	
23.02.99	Ireland Wicklows	E	Attempted Lungnaquilla from Glenmalur, by way of Clohernagh. Turned back due to illness. With friends. Party of 4.	
26.02.99	Ireland Wicklows	E	The Devil's Glen & Ballymaghroe from Nun's Cross. Interesting rock sculptures. An afternoon walk.	
21.03.99	Highlands Cairngorms	E	Attempted Beinn a' Bhuid, from Braemar. MTB down Glen Quioch, to ford across Quioch Water. Walk up S flank of Beinn a' Bhuid. Turned back due to horizontal hail & no visibility. With my brother.	
22.03.99	Highlands Cairngorms	E	Carn Adosa & The Cairnwell, from Glenshee ski centre. Blizzard conditions throughout, with fresh snow on the ground.	
23.03.99	Highlands Lochnagar	E	Lochnagar from Braemar. MTB up Glen Callater, to Lochcallater Lodge. Ascent around S flank of Carn t-Sagairt Mór, & Carn t-Sagairt Beag, before heading S of cliffs above Loch nan Eun. Winter conditions. Return by same route.	

Status: E=equals, M=member, S=solo

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## Personal Mountain Walking

Date	Mountain region	Status E/M/S	Description – weather, route, peaks, group details and notable events	Camps
25.03.99	Highlands Cairngorms	E	Ben Macdui circuit from Derry Lodge. MTB to lodge, from Braemar, then ascent via Luibeg Bridge & Carn a' Mhaim. Return over Derry Cairngorm & Carn Crom. A beautiful day, walking in perfect snow.	
26.03.99	Highlands Cairngorms	E	PtoP walk. Glenshee Ski Centre to Braemar. Ascent via Glas Maol & Cairn of Claise. Descent N over Carn an Tuirc to road near Baddoch. Picked up bikes, left earlier, MTB back to Braemar.	
09.07.99	Lake District Coledale Fells	S	<b>Backpacking Expedition, (09-16/07).</b> Keswick to Braithwaite, & set up camp. Evening walk up Grisedale Peak, to Hopegill Head. Side trips to Ladyside Pike, & Whiteside. Return over Crag Hill, Sail & Outerside.	1 night. Campsite.
10.07.99	Lake District Coledale Fells	S	Braithwaite to Buttermere. Ascent over Causey Pike & Crag Hill. Side trip to Grasmoor. Descent over Wandope, Whiteless Pike & Low Bank. Warm & humid, with poor visibility.	2 nights. Campsite.
11.07.99	Lake District High Stile	S	Day walk. Great Bourne & Starling Dodd by Floutern Tarn. Continuation over Red Pike, High Stile, High Crag, Seat, Hay Stacks, & Brandreth. Return over Grey Knotts & Fleetwith Pike. Dry & sunny.	
12.07.99	Lake District Dale Head	S	Buttermere to Wasdale, via Rosthwaite. Ascent of Robinson, Hindscarth & Dale Head, before descending to Rosthwaite. Then S to Seathwaite, before crossing Styhead to reach Wasdale. Very hot.	3 nights. Campsite.
13.07.99	Lake District Sca Fell	S	Day walk. Scafell Pike from Wasdale, by Lingmell. Descent to Mickledore, then Sca Fell by Lords Rake (S1), - very loose. Return by Slight Side, Great How & Burnmoor Tarn.	
14.07.99	Lake District Haycock	S	Haycock from Wasdale, by Nether Beck & Scoat Fell. Side trip to Steeple. Continuation to Ennerdale Fell & Caw Fell. Return by S ridge of Haycock, Seatallan & Middle Fell.	
15.07.98	Lake District High Raise	S	Wasdale to Castlerigg Farm. Ascent to Styhead, then Seathwaite Fell, Angle Tarn & across to Stake Pass. Climb back to High Raise, then N past Ullscarf & High Seat. A long day.	1 night. Campsite.
16.07.99	Lake District Derwent Water	S	Castlerigg Farm to Keswick by low level footpaths.	

Status: E=equals, M=member, S=solo

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## Personal Mountain Walking

Date	Mountain region	Status E/M/S	Description – weather, route, peaks, group details and notable events	Camps
01.09.99	Skye Cuillin Hills	E	Walk in to Glen Brittle from Sligachan, across Bealach a' Mhàim. Camp at Glen Brittle campsite, practically on the beach. Feels like one of the remotest places I have ever been. With my brother.	5 nights. Campsite.
02.09.99	Skye Black Cuillin	E	Attempted Sgurr nan Eag, from Glen Brittle, by Coir' a' Ghunnda. The rain caused huge waterfalls on the boiler plates during ascent. We called it a day the Loch & turned round.	
03.09.99	Skye Cuillin Hills	E	An Cruachan from Glen Brittle, by Bealach na h-Airigh Mhùrain, & the sea stack of Stac an Tuill. Halfway round the sun came out over the Black Cuillin. The only dry day, & we were in the wrong place!	
04.09.99	Skye Black Cuillin	E	Sgurr nan Eag (S1), Sgurr Dubh an Da Bheinn & Sgurr Dubh Mor (S2) by Coir' a' Ghunnda, from Glen Brittle. Return by same route. Poor conditions later on led to wind & rain on the final top.	
05.09.99	Skye Black Cuillin	E	Attempted the Great Stone Shoot from Glen Brittle by Coire Laggan. Couldn't see more than 50m. Navigated to the bottom of it, & then thought better of the ascent as the conditions were appalling.	
06.09.99	Skye Cuillin Hills	E	Walk out to Sligachan from Glen Brittle, across Bealach a' Mhàim, wet & bedraggled. Bar staff at Sligachan took pity on us & gave us extra dinner whilst we waited for the bus. All in all, a fascinating week.	
23.12.99	Lake District Pike Of Blisco	E	Pike of Blisco from Side House, Langdale, by way of Wrynose Fell. Return by Red Tarn & Oxendale. Extensive hill fog, with melting ice on restored path descending to Langdale. With my brother.	
29.12.99	Lake District Langdale	E	After suffering with flu for Christmas, I managed to make it up to Stickle Tarn by Mill Gill. Descent by Mark Gate. With my family.	
09.04.00	Highlands Cairngorms	E	Ben a' Bhuird (N Top) from Inverey, by the Victoria Bridge, Mar Lodge, Glen Quoich & An Diollaaid. Return over S Top. Winter conditions. With my brother.	
10.04.00	Highlands Cairngorms	E	Beinn Lutharn Mhór, from Inverey, by Glen Ey & Altanour Lodge. Ascent over Beinn lutharn Beag & Màm nan Carn. Poor visibility. With my brother & father.	

Status: E=equals, M=member, S=solo

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## Personal Mountain Walking

Date	Mountain region	Status E/M/S	Description – weather, route, peaks, group details and notable events	Camps
12.04.00	Highlands Cairngorms	E	Beinn Bhreac from Inverey, via Derry Lodge & Glen Derry. Return over Meall an Lundain. Fresh snow & poor visibility. With my brother.	
13.04.00	Highlands Cairngorms	E	Circuit to Corrou from Inverey, by Derry Lodge, with return via White Bridge. Deep drifting fresh snow made for hard work. An extremely strenuous day.	
14.04.00	Highlands Cairngorms	E	An Socach from Inverey by Glen Ey. Descent to Altanour Lodge. A fantastically clear crisp day, much of the snow had been wind scoured making walking easy. Fantastic views. With my family.	
10.06.00	Skye Red Cuillin	E	Marsco from Sligachan, by Glen Sligachan. Return by Coire nan Laogh, & Coire Dubh Measarroch. Rain & driving wind later. With my brother.	7 nights. Campsite.
11.06.00	Skye Black Cuillin	E	Bruach na Frithe, by Bealach a' Mhaim, & Fionn Choire, from Sligachan. On via W Ridge of Sgurr a' Fionn Choire (S2). Return via Sgurr a' Bhàsteir (S1), & Meall Odhar. Cloud cleared later to give fine views.	
13.06.00	Skye Red Cuillin	E	After a 24 hour storm with an 80mph recorded gust in which we nearly lost the tent, we climbed Glamaig from Sligachan (the route of a famous hill race each year). Returned by the same route. Still very windy.	
14.06.00	Skye Black Cuillin	E	Am Bàsteir E Ridge (Diff), by the Bhàsteir Gorge & Coire Bhàsteir, from Sligachan. Return by Bealach nan Lice, & Bealach a' Mhàim. Dry & sunny.	
15.06.00	Skye Black Cuillin	E	Sgurr nan Gilleán, by the SE Ridge (S3), from Sligachan. (The inappropriately named 'tourist route'). Return down ridge, then over Sgùrr Beag & Sgùrr na h-Uamha (Mod), before descent to Glen Sligachan.	
22.12.00	Lake District Scafell Pike	E	Great End from Rosthwaite, by Seathwaite, & Styhead Tarn. Ascent direct from Styhead (S1). Continuation to Scafell Pike, & return by The Corridor Route. With my brother & farther.	
23.12.00	Lake District Buttermere	E	PtoP walk. High Stile from Honister Hause, by Grey Knotts, Hay Stacks, Seat & High Crag. Descent to Buttermere & then return over Robinson, Hindscarth & Dale Head. Final descent to Rosthwaite in dark. Hill treasure of Karabiners on Grey Knotts! With my brother.	

Status: E=equals, M=member, S=solo

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## Personal Mountain Walking

Date	Mountain region	Status E/M/S	Description – weather, route, peaks, group details and notable events	Camps
24.12.00	Lake District Glaramara	E	Glaramara from Rosthwaite, by Thornythwaite Fell. Continuation over the Allen Crags & Esk Pike, with side trip to Bow Fell. Return down Langstrath.	
25.12.00	Lake District Borrowdale	E	Christmas Day Walk. Circuit around Jopplety How & Dock Tarn from Rosthwaite. Dry & sunny, but very cold, with lots of ice. With my family.	
26.12.00	Lake District Great Gable	E	The Gables from Rosthwaite, by Seathwaite, & Base Brown. Return via the Moses Trod path on the W flank of the peaks, & down Honister Pass. Fresh snow & ice on the ground. With my brother.	
27.12.00	Lake District Dale Head	E	A different slant on the Newlands round. Ascent to High Spy from Rosthwaite by the quarries, then N to Maiden Moor. Side trip to Cat Bells. Climb back over Scope End, Hindscarth & Dale Head.	
03.06.01	Stirling Tyndrum	E	Beinn Chaorach from Tyndrum, by Auchtertyre. Return by same route. Planned day to climb Ben Lui had to be changed as mountain was still closed due to Foot & Mouth. With my brother.	2 nights. Campsite.
04.06.01	Highlands Ben Nevis	E	Ben Nevis from Glen Nevis campsite. Ascent to Lochan Meall an t-Suidhe by the Old Pony Track, then to Carn Dearg direct. Return by the Old Pony Track. 2' of wet snow on the summit plateau.	1 night. Campsite.
06.06.01	Highlands Glencoe	E	Bidean nam Bian, from NTS (National Trust for Scotland) campsite in Glencoe. Ascent via Achnambeithach & the waterfalls. E to Stob Coire Sgreabhach. Return by the same route.	3 nights. Campsite.
07.06.01	Highlands Glencoe	E	Sgor na h-Ulaidh from Glencoe, by the Allt na Muidhe, & its steep N flanks. Return over Meall Lighiche & Creag Bhàn.	
08.06.01	Highlands Black Mount	E	PtoP walk, full kit. Kings House to Tyndrum along the WHW (West Highland Way), via Victoria Bridge & Bridge of Orchy.	1 night. Campsite.
23.12.01	Lake District Crinkle Crags	E	The Crinkle Crags, from 'Long House' Langdale. Ascent by Hell Gill & Three Tarns, returning by Red Tarn. Poor visibility, with high winds & deep snow on the tops. With my brother.	

Status: E=equals, M=member, S=solo

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## Personal Mountain Walking

Date	Mountain region	Status E/M/S	Description – weather, route, peaks, group details and notable events	Camps
24.12.01	Lake District Langdale	E	An afternoon walk on Christmas Eve, after the morning weather had improved. A quick ascent to Stickle Tarn by Mill Gill & a return by Dungeon Gill. Moderate wind, with light rain. With my brother & father.	
29.12.01	Lake District Langdale	E	A short walk whilst we recovered from bad colds. Ascent of the Langdale Pikes, via Blea Rigg & Stickle Tarn. Decent route was by Mark Gate. A clear sunny day, with snow & ice on the tops. With my brother.	
09.03.02	Stirling Ben Lomond	S	PtoP walk. Ben Lomond from Balmaha. Walked along WHW on shores on Loch Lomond to Rowardennan. Ascent by the normal route. Returned over Ptarmigan to stay at Youth Hostel. Snow showers.	
10.03.02	Stirling Ben Lomond	S	Headed back out along WHW to Balmaha, & then travelled N to camp at Tyndrum. 4" fresh snow on ground. Snowing all day.	6 nights. Campsite.
11.03.02	Stirling Tyndrum	S	Tyndrum to Crianlarich along WHW to buy supplies for rest of week. Return by same route. Poor weather conditions prevented walking on the higher tops. More fresh snow.	
12.03.02	Stirling Ben Lui	S	Ben Lui from Tyndrum via Cononish, by way of Stob Garbh, a steep snow covered ridge (I). Side trip to Ben a' Chleibh, then returned over Ben Oss & Ben Dubhcraig. A sunny day, with a mix of consolidated snow & deep drifts.	
13.03.02	Stirling Ben Challum	S	Ben Challum from Tyndrum, by Kirkton Farm, up the long S Ridge. Return over Càrn Chreag & Beinn Chaorach. Deep snow with drifting above 1500'.	
14.03.02	Stirling Crianlarich Group	S	Cruach Ardtrain from Crianlarich, by Inverardran Forest, Grey Height & Meall Dhamh. Side trip to Beinn Tulaichean. Return by the same route. Very windy with snow showers, & poor visibility.	
05.07.02	Highlands Cairngorms	E	<b>Summer Expedition – The Scottish 4000ers, (05–14/07).</b> Aviemore to Loch Morlich. After arriving mid afternoon & collecting final supplies, we walked in to Glenmore. With my brother.	1 night. Campsite.
06.07.02	Highlands Cairngorms	E	Glenmore to Corroul. Ascent of the Coire na Ciste ridge to Cairngorm. Across the plateau to Ben Macdui, & decent in to the Lairig Ghru, by the Allt Clach nan Taillear. Cloudy on the summits, with light rain.	1 night. Wild Camp.

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## Personal Mountain Walking

Date	Mountain region	Status E/M/S	Description – weather, route, peaks, group details and notable events	Camps
07.07.02	Highlands Cairngorms	E	Corrour to Glen Feshie. Climbed the Coire Odhar path, with a short side trip to the Devil's Point. Headed round the cliffs to Cairn Toul & Braeriach, then out across Móine Mhór, eventually descending to Glen Feshie, Windy with showers. Stayed at Ruigh-aitechain.	1 night. Bothy.
08.07.02	Highlands Gaick Forest	E	Glen Feshie to Dalwhinnie. Headed out across the glens, to Glen Tromie, by the Allt Bhran, before climbing Meall Chuaich. Descent by its SW ridge to Loch Cuiach. Wet & Windy.	1 night. Wild Camp.
09.07.02	Highlands Ben Alder	E	Dalwhinnie to Ben Alder. Followed estate path by Loch Ericht, before heading out past Culra to camp at Loch a Bhealaich Bheithe. A dry & warm day with some sun.	1 night. Wild Camp.
10.07.02	Highlands Rannoch Moor	E	Ben Alder to Lairig Leacach. Climbed Ben Alder then headed NW from the summit, & descended towards Corrour, then around Loch Ossian to pick up path to Lairig Leacach. Camp below Meall Mor. Dry & Sunny.	1 night. Wild Camp.
11.07.02	Highlands Grey Corries	E	Lairig Leacach to col before Aonach Beag. Ascent by Stob Ban, from the bothy. Continuation on to the main Grey Corries Ridge, & all the way along to the bealach after Sgùrr Chòinnich Beag. Wet & Windy.	1 night. Wild Camp.
12.07.02	Highlands Ben Nevis	E	Aonach Beag to Fort William. Ascent of Aonach Beag, & Aonach Mór then down to the top of the Allt Dam, before climbing to Carn Mór Dearg, The Arête & Ben Nevis. Snow on the summit, & a thunderstorm. Descent by The Old Pony Track.	2 nights. Campsite.
13.07.02	Stirling Ben Lui	E	Warm down walk, in the forest around Tyndrum, to the bottom of Ben Lui. Warm & sunny, with lots of time for sun bathing.	
07.09.02	South West South Dartmoor	S	<b>Dartmoor Traverse, (07~08/09), Backpacking.</b> S to N from Ivy Bridge, by Butterdon Hill, Ugborough Moor, Green Hill, Ter Hill, & Swincombe. Then on to the N Moor to camp at Sandy Hole Pass. Sun & Showers.	1 night. Wild Camp.
08.09.02	South West North Dartmoor	S	Sandy Hole Pass to Okehampton, by Sittaford Tor, Hangingstone Hill, Steeperton Tor, & Oke Tor. Descent by the E Oakmount River.	
22.12.02	Lake District Helvellyn	E	Helvellyn from Patterdale by Swirral Edge (S1), then S over Dollywaggon Pike to Grisedale Tarn. Return over St Sunday Crag. Some old snow remaining on the summits. Low cloud, clearing later. With my brother.	

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## Personal Mountain Walking

Date	Mountain region	Status E/M/S	Description – weather, route, peaks, group details and notable events	Camps
23.12.02	Lake District Patterdale	E	Afternoon walk up in to Keppel Cove from Patterdale. Wet & windy with low cloud.	
24.12.02	Lake District Fairfield	E	Fairfield by Deepdale Beck & Cofa Pike. Return by Grisedale Tarn & Beck. Continuous rain all day made exit to Grisedale Tarn unfordable, so we had to descend on the other side of the Beck. With my father.	
25.12.02	Lake District Raise	E	Christmas Day Walk. Raise from Patterdale by the disused Grisedale Lead Mine. Return by bridleway N of Raise. With my family.	
26.12.02	Lake District High Street	E	High Street from Patterdale, by Chapel Hause & Angle Tarn. Return by Thornthwaite Crag & Pasture Beck. Serious erosion on High Street near the Knott. Poor visibility with low cloud & rain all day. With my brother.	
27.12.02	Lake District Helvellyn	S	Striding Edge (S1) & Swirral Edge (S1) from Patterdale. Return over Catstye Cam & descent via Keppel Cove dam to Greenside. Dry but some low cloud.	
22.02.03	Highland Coulin	E	Afternoon & Evening walk around the Abhainn Thràil, from Torrìdon. Ascent to Lochan Domhain. Return by same route. Party of 3.	
23.02.03	Highlands Coulin	S	Sgorr Ruadh & Beinn Liath Mhòr from Torrìdon, by Loch an Eion, Bealach na Lice, & Bealach Bàn on stalkers path. Return by same route. Sunny initially but some wind & snow later. Snow on the ground.	
25.02.03	Highlands Torrìdon	S	Beinn Alligin from Coire Mhic Nòbuil. Ascent by Na Fasreidhnean direct (S2), then across Tom na Gruagaich & Sgùrr Mòr. Return over the pinnacles (S1), with descent to the Allt à Bhealaich. Dry but windy.	
26.02.03	Highlands Coulin	S	Maol Chean Dearg from Torrìdon, by Loch an Eion. Descent to the SE Bealach, & return over An Ruadh Stac Bheag (S1). Dry & sunny, with high cloud. Windy.	
28.02.03	Highlands Coulin	S	Ben Damh E Ridge (S1) from Torrìdon. Initial ascent of Beinn Na h-Eaglaise, by snow gully (I). Return on stalkers path towards Glen Torrìdon, by the Allt Coire Roill. Dry but very windy.	

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## Personal Mountain Walking

Date	Mountain region	Status E/M/S	Description – weather, route, peaks, group details and notable events	Camps
17.05.03	South Wales Black Mountains	E	Waun Fach & Pen y Gadair Fawr from Pengenffordd. Wet & windy. Return over Pen Trumau. With friends. Based out of bunk house at Pengenffordd.	
07.06.03	Highlands Ben Alder	S	<b>Backpacking Expedition, (07–12/06).</b> Dalwhinnie to Loch Pattack. Ascent by The Fara, & descent by the Allt Choire na Longairt.	1 night. Wild Camp.
08.06.03	Highlands Ben Alder	S	Loch Pattack to The Allt Cam, by way of Geal Charn, Creag Pitridh & Beinn a Chlachair, with descent down its SW ridge. Wet & Windy.	1 night. Wild Camp.
09.06.03	Highlands Ben Alder	S	The Allt Cam to Bealach Beithe. Ascent by Coire na Còsaig to Aonach Beag then E to Carn Dearg. Direct descent to Bealach Dubh, before climbing over Beinn Bheòil. Descent W to the bealach.	1 night. Wild Camp.
10.06.03	Highlands Ben Alder	S	Bealach Beithe to Uisge Labhair. Ascent of Ben Alder, before a descent W to Bealach Cumhann & The Bealach Dubh. Headed towards Corrou for a few kms before finding a camp spot. Wet & windy.	1 night. Wild Camp.
11.06.03	Highlands Rannoch Moor	S	Walk out to Roybridge from The Uisge Labhair. Descent to Corrou, then along Loch Ossian, around Loch Treig, & over The Lairig Leacach. Showers early on, but then warm & sunny. A long day.	1 night. Campsite.
10.08.03	Snowdonia Snowdon	S	<b>Weekend Camp, (08~10/08).</b> Snowdon from Pen-y-pass by Crib Goch (S1) & Garnedd Ugain (S1). Return by the PYG & Miners tracks. Some low cloud. Solo hike as part of a weekend camping trip in the Ogwen Valley.	2 nights. Campsite.
25.10.03	Arran Glen Rosa	E	Evening walk up Glen Rosa, as far as the Garbh Allt. Return by the same route in the dark. Party of 3.	
26.10.03	Arran Goat Fell	S	Cir Mhór & Goatfell from Glen Rosa. Ascent by SW flank of Cir Mhór, before descent to the saddle & ascent of Pinnacle Ridge to Goatfell, with side trip to Mullach Buidhe. Return by the 'tourist' route, & Brodick Castle. Dry & Sunny.	
08.11.03	Peak District High Peak	E	<b>Backpacking Expedition, (07–09/11).</b> Kinder Scout from Edale, by way of Grindsbrook Clough, on to Crowden Tower, Kinder Low & Kinder Downfall. Continuation to Mill Hill & the A57, before climbing Bleaklow. Wild Camp by River Alport. Wet & incredibly cold. With my brother.	1 night. Campsite. 1 night. Wild Camp.

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## Personal Mountain Walking

Date	Mountain region	Status E/M/S	Description – weather, route, peaks, group details and notable events	Camps
09.11.03	Peak District High Peak	E	Alport Dale to Edale, by Alport Bridge, (descent by Alport Castles), then back up on Kinder, past the Mad Woman's Stones, & spot height 590. Descent to Edale by Golden Clough for dinner at the Old Nags Head. Time to have a quick stroll at Stanage Edge on the way back.	
21.12.03	Perth & Kinross Lawers Group	E	Attempted Meall Greigh from Fearnan. Turned back on NE shoulder due to gale force winds & deep drifting snow. Returned via Lochan Creag a' Mhadaidh & went sledging instead! With my brother.	
22.12.03	Perth & Kinross Lawers Group	E	Meall nan Tarmachan from Loch Tay (road to Visitor Centre was closed). Walked to end of Lochan na Lairig, with ascent by N Ridge to summit. Return over Meall Garbh & descent by S ridge. Heavy drifting snow.	
24.12.03	Perth & Kinross Lawers Group	E	Beinn Ghlas & Ben Lawers from the Visitors Centre. Returned on N side of Beinn Ghlas. Mountain deserted. Wet & exceptionally windy, most snow now melted. Very poor visibility.	
25.12.03	Perth & Kinross Schiehallion	E	Christmas Day Walk. Schiehallion, from Braes of Foss. Path has been restored by work from John Muir Trust. Return by the same route. Snow on the summit. With my family.	
26.12.03	Perth & Kinross Glen Lyon	E	Carn Gorm group from Invervar. Ascent of Carn Gorm, & then across the tops to Meall na Aighean. Descent by W Ridge. Fresh snow on the summit making conditions slippery. Low Cloud. With my brother.	
24.01.04	The Dales How Gill Fells.	E	<b>Backpacking Expedition, (23–26/01).</b> Crooks Beck to Carlin Gill. Ascent by The Knott & Randygill Top to Yarlside & the Calf. Drop NW off of the Calf over Bush Howe & Wind Scarth to camp near Black Force. Some hill fog, rain & hail. Strong winds. With my brother.	1 night. Campsite. 1 night. Wild Camp.
25.01.04	The Dales How Gill Fells	E	Carlin Gill to Crooks Beck. Returned over The Calf via Fell Head, Calder & down Cautley Spout. Long return walk taking in Wild Boar Fell. The weather, initially wet, cleared beautifully later.	1 night. Campsite.
13.03.04	Argyll Arrochar Alps	E	Ben Vorlich from Ardlui, by way of Stob nan Coinnich. Return over the Little Hills. Some fresh snow above 850m. Weather cleared late in the day to give views towards Glen Fyne. With a friend.	2 nights. Campsite.
14.03.04	Argyll Ben Bhuidhe	E	Ben Bhuidhe from Loch Fyne. Long walk up Glen Fyne, followed by a steep climb from Inverchorachan, much more scenic than reports suggested. Fresh snow on the summit & a long walk out in the rain!	

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## Personal Mountain Walking

Date	Mountain region	Status E/M/S	Description – weather, route, peaks, group details and notable events	Camps
16.03.04	Argyll Arrochar Alps	E	The Cobbler from Succoth. Decided against the final few steps on the central peak of the mountain! Return by same route, & headed to Crianlarich hostel to dry out. Very poor visibility with high winds on top.	
17.03.04	Argyll Arrochar Alps	E	The Arrochar Alps from Inveruglas. Steep climb up Ben Vane, followed by fantastic walking across Ben lme & Ben Narnain. Returned by way of the Allt Coiregrogain. Dry & almost sunny, best weather day of the week.	
18.03.04	Stirling Crianlarich Group	E	Beinn a' Chroin & An Caisteal, by way of the River Falloch & Coire Earb. Side trip to Ben Chabhair. A strenuous excursion. Cut short route over Twisting Hill, as the weather deteriorated. Heavy snow, driving winds.	
19.03.04	Stirling Ben More	E	Ben More by Srón nam Fòrsairean in typical winter conditions. Cut short the walk at the col before Stob Binnein, & walked out to Benmore Farm to avoid wind slab that had formed on E slopes. Lots of snow & wind!	
02.04.04	Argyll Bridge of Orchy Hills	S	<b>Backpacking Expedition, (01–06/04).</b> Bridge of Orchy Bunk House to Beinn Achaladair. Ascent of Beinn Dorain, Beinn an Dòthaidh & Beinn Achaladair. High level camp in Coire nan Clach. Wet & windy initially, but conditions cleared later to give views over Rannoch Moor.	1 night. Wild Camp.
03.04.04	Perth & Kinross Glen Lyon	S	Beinn Achaladair to Loch Lyon. Ascent of Bèinn a Chreachain, then headed NE, before descending to Glenn Cailliche. River crossing. Climbed Ben Mhanach, & descended slippery slopes to Loch Lyon.	1 night. Wild Camp.
04.04.04	Perth & Kinross Glen Lyon	S	Loch Lyon to Creag Mhór. Headed up Beinn Heasgarnich, Headed S from the summit, to drop down to the col before Creag Mhór. Camped by the Allt Batavaim. Lots of snow, with poor visibility.	2 nights. Wild Camp.
06.04.04	Stirling Creag Mhór	S	Creag Mhór to Crianlarich, after being tent bound for 24 hours. Ascent by its SE ridge, then descent over Stob nan Clach to Auchtertyre. Followed the WHW to Crianlarich Youth Hostel. Dry & sunny, with deep snow.	
08.04.04	Argyll Glen Kinglass	S	Walk in to Glen Kinglass from Bridge of Orchy, to Loch Dochard, the start of a 7 day trip, camping wild in & around Glen Kinglass.	1 night. Wild Camp.
09.04.04	Argyll Glen Kinglass	S	Meall nan Eun to Ben Starav traverse, with a side trip to Beinn nan Aighenan. Scramble (S1) on the final ascent to Ben Starav. Descent by the Allt Hallater. A long & strenuous day out, with 12 hours walking & some intricate route finding in low cloud.	1 night. Wild Camp.

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## Personal Mountain Walking

Date	Mountain region	Status E/M/S	Description – weather, route, peaks, group details and notable events	Camps
10.04.04	Argyll Glen Kinglass	S	Stob Ghabhar & Stob a' Choire Odhair from Glen Kinglass. Ascent by the Allt Dochard, & walked out along the Allt Toaig (past Glasgow Uni hut). This was the best weather of the Easter weekend, with fine views.	1 night. Wild Camp.
11.04.04	Argyll Glen Kinglass	S	Beinn a' Chochuill & Beinn Eunaich from Glenkinglass Lodge. Descent E down steep slopes off of Meall Copagach & by the Allt Dhoireann.	3 nights. Wild Camp.
14.04.04	Argyll Glen Kinglass	S	Walk out to Bridge of Orchy. After a 24 hour storm, route back to main Glen Kinglass path was flooded & needed an hours detour.	
23.04.04	Ireland Macgillcuddy's Reeks	S	<b>Ireland Backpack, (23–26/04).</b> Killarney to Black Valley. Headed out on the Kerry Way, by Lough Leane, & the Torc Waterfall. Continued on the Old Kentmare Road, before dropping down past the Upper Lake to Black Valley Youth Hostel.	
24.04.04	Ireland Macgillcuddy's Reeks	S	Black Valley to Glencar. Ascent by Derrycarna River, then ridge traverse (S1) over Cruach Mhor, The Big Gun, Cnoc na Peiste, & Maolan Bui to Carrauntoohil. Descent over Caher to Climbers Inn at Glencar.	
25.04.04	Ireland Macgillcuddy's Reeks	S	Glencar to Coomnacronia Lake. Ascent by Colly then continuation to Meenteog & Coomacarra, before heading N over Teermoyle Mountain, & Mullaghnarakill. Descent NE to camp near lake. Low cloud.	1 night. Wild Camp.
26.04.04	Ireland Macgillcuddy's Reeks	S	Coomnacronia Lake to Cahersiveen, by Drung Hill, before descent on to the Kerry Way, & walk out to Hostel at Cahersiveen. Poor visibility.	
28.04.04	Ireland Dingle Peninsula	S	<b>Ireland Backpack, (28–03/05).</b> Dingle to Cloghane. Ascent to Connor Pass, then continuation over Ballysitteragh, before descent by The Pilgrims' Route, to stay at Hostel at Cloghane. Very windy.	
29.04.04	Ireland Dingle Peninsula	S	Day walk from Cloghane. Ascent of Brandon Mountain, by The Pilgrims' Route & Lough Nalacken. Descent S over Brandon Peak. Hill fog.	
30.04.04	Ireland Dingle Peninsula	S	Cloghane to Dunquin. Route climbs to Masatiompan, before descending on The Dingle Way then costal walking past deserted bays & small villages to Youth Hostel at Dunquin.	

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## Personal Mountain Walking

Date	Mountain region	Status E/M/S	Description – weather, route, peaks, group details and notable events	Camps
01.05.04	Ireland Dingle Peninsula	S	Dunquin to Loch Larthair. Ascent of Mount Eagle, then more costal walking to Dingle. Resupply & climb back to Connor Pass, before heading E over Slievanea to camp.	2 nights. Wild Camp.
03.05.04	Ireland Dingle Peninsula	S	Loch Larthair to Dingle. Sickness bug prevented walking yesterday. Route cut short with return to Dingle down Connor Pass.	
10.05.04	Highlands Knoydart	E	<b>Knoydart Backpacking Expedition, (10~19/05)</b> . Kinloch Hourn to Runival. Walk in along the side of Loch Hourn. Warm & sunny. With a friend.	1 night. Wild Camp.
11.05.04	Highlands Knoydart	E	Runival to Coire na Diollaide. Continue walk in to Barrisdale, then ascent of Ladhar Bheinn by Druim a' Choire Odhair. Drop NE off the top by Am Diollaid. Above the clouds on the summit.	1 night. Wild Camp.
12.05.04	Highlands Knoydart	E	Coire na Diollaide to Inverguseran. Ascent over Mullach Li to Beinn na Caillich. Descent by Meall Coire an t-Searraich, to the Abhainn Inbhir Ghuiserein.	1 night. Wild Camp.
13.05.04	Highlands Knoydart	E	Inverguseran to Coire an Lochain, via Inverie. Ascent of Druim na Cluain-airighe before descending to Inverie Bay. Lunch at the Old Forge. Ascent around S flank of Sgurr Coire nan Gobhar & then camped. Extensive hill fog & very wet.	1 night. Wild Camp.
14.05.04	Highlands Knoydart	E	Coire an Lochain to Sgurr Sgeithe. Ascent over Sgurr Coire nan Gobhar, then ridge walk E over Beinn Bhuidhe, & Meall Bhasiter, before camp at bealach before Sgurr Sgeithe. Wet & windy.	1 night. Wild Camp.
15.05.04	Highlands Knoydart	E	Sgurr Sgeithe to Coire Gall. Mid level route, due to poor weather conditions by way of Glen Carnoch, before climbing the end of the glen to Loch Quioch path & heading E. River crossing near Lochan nam Breac. Ascent S in to Coire Gall to camp.	1 night. Wild Camp.
16.05.04	Highlands Knoydart	E	Coire Gall to An Eag. Ascent of NE ridge of Sgurr na Ciche, then continuation to Garbh Chioch Mhór & Sgurr nan Coireachan. Camp in Corrie SW on An Eag. Cloudy but dry.	1 night. Wild Camp.
17.05.04	Highlands Knoydart	E	An Eag to Garich. Ascent of An Eag, then E along ridge to Sgurr Beag, Sgurr Mór & Sgurr an Fhuarain. Descent N then E to A' Mhaingir, before ascent to Gairich. Headed N in to Coire Thollaidh to camp.	1 night. Wild Camp.

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## Personal Mountain Walking

Date	Mountain region	Status E/M/S	Description – weather, route, peaks, group details and notable events	Camps
18.05.04	Highlands Knoydart	E	Walk out to Kinloch Hourn. Descent E to cross dam at end of Loch Quioch, then road walk back to Kinloch Hourn.	1 night. Campsite.
21.05.04	Skye Cuillin Hills	E	Evening walk in to Coire Riabhach from Sligachan, as far as Loch a' Choire Riabhach. Return by same route. Beautiful views. With a friend.	2 nights. Campsite.
24.05.04	Skye Black Cuillin	S	Sgùrr na Banachdich from Glen Brittle by Coire Banachdich, & its S Ridge (S2). Continuation over its N Ridge (S1), Sgùrr a' Ghreadaidh S Ridge (S3), & NNE Ridge via An Dorus (S3), then Sgùrr a' Mhadaidh from An Dorus (S2), with descent via Sgùrr Thuilm (S3). Low cloud.	
26.05.04	Skye Black Cuillin	S	PtoP walk, Bealach a' Mhàim to Glen Brittle Youth Hostel. Ascent by Bruach na Frithe, NW Ridge (S2), then S Ridge (S2), An Caisteal N Ridge (Mod), S Ridge (S2), traverse of Bidein Druim Nan Ramh (Diff), & traverse of the 4 tops of Sgùrr a' Mhadaidh (Diff). Descent by SW Ridge (S2) & An Dorus.	
02.06.04	Highlands Achnasheen	S	<b>Backpacking Expedition, (01~16/06)</b> . Achnasheen to Srath Chrombuill. Ascent of Fionn Bheinn from the station by the Alt Achadh na Sine. Descent N, to camp on S slopes of Beinn nan Ramh.	1 night. Wild Camp.
03.06.04	Highlands Fannichs	S	Srath Chrombuill to A' Chailleach. Climb over Beinn nan Ramh, then descent to Abhainn a' Chadh' Bhuidhe. Ascent N to Groban, then back E over Meallan Chuaich to high level camp on A' Chailleach. Low cloud.	1 night. Wild Camp.
04.06.04	Highlands Fannichs	S	A' Chailleach to Loch Li. E over Sgurr Breac, before descent to nameless bealach. Climb over Sgurr nan Each, Sgurr nan Clach Geala, Sgurr Mór, Meall Gorm & An Coileachan. Descent N, via Loch Gorm to camp above Loch Li. A strenuous day.	1 night. Wild Camp.
05.06.04	Highlands Fannichs	S	Loch Li to Loch an Nid. Ascent of Beinn Liath Mhór Fannaich, then back over Sgurr Mór to Meall a' Chrasgaidh. Descent to Loch a' Bhraoin, then long walk W to Loch an Nid. Wet, with low cloud.	1 night. Wild Camp.
06.06.04	Highlands Fisherfield	S	Loch an Nid to A' Mhaighdean. Ascent of Beinn a' Chlaidheimh by its E flank, then S over Sgùrr Bàn, & Mullach Coire Mhic Fhearchair. Side trip to Sgurr Dubh. Continuation over Beinn Tarsuinn to bealach below SE slopes of A' Mhaighdean. Dry & cold.	1 night. Wild Camp.

Status: E=equals, M=member, S=solo

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## Personal Mountain Walking

Date	Mountain region	Status E/M/S	Description – weather, route, peaks, group details and notable events	Camps
07.06.04	Highlands Fisherfield	S	A' Mhaighdean to Beinn Dearg Beag. Ascent of A' Mhaighdean, then E to Ruadh Stac Mòr. Descent by Lochan a' Bhràghad then NW over Beinn à Chàisgein Mòr, before descent to Loch Ghuibhsachain. Camp below summit of Beinn Dearg Beag.	1 night. Wild Camp.
08.06.04	Highlands Fisherfield	S	Beinn Dearg Beag to back of An Teallach. E from summit, over Beinn Dearg Mòr, before difficult descent to Shenavall, with 2 river crossings. Ascent to Sàil Liath, then over all the tops of An Teallach (S3), with side trips to Sgùrr Creag an Eich, Glas Mheall Liath, & Glas Mheall Mòr. Camp in Coire Mòr an Teallaich.	1 night. Wild Camp.
09.06.04	Highlands Fisherfield	S	Back of An Teallach to Carnmore. Ascent to Sàil Mhòr, then S to Loch an Eich Dubh, to river crossing at exit of Loch na Selga. Climb SW to pick up path to Carnmore with side trip to Beinn a' Chàisgein Beag.	1 night. Bothy.
10.06.04	Highlands Letterewe	S	Carnmore to Kinlochewe, via Beinn Airgh Charr. After ascent, headed E over Meall Mhèinnidh. Side trip to Beinn Làir. Descent to Letterewe & walk to Kinlochewe along Loch Maree. Stayed at bunkhouse in village.	4 nights. Bunkhouse.
11.06.04	Highlands Torridon	S	Day Hike. Meall a' Ghiuthais from Kinlochewe, in the Beinn Eighe Nature Reserve. Return over Ruadh Stac Beag (S1). Wet & windy.	
12.06.04	Highlands Letterewe	S	Day Hike. Slioch from Kinlochewe, by the Kinlochewe river. Return over Sgùrr an Tuill Bhàin, & by the Abhainn an Fhasaigh. Dry with some hill fog.	
13.06.04	Highlands Kinlochewe	S	Day Hike. Beinn Bheag from Kinlochewe by the Heights of Kinlochewe, Gleann na Muice, & Bealach Gorm. Return over Beinn a' Mhuinidh, by Lochan Fada, with a difficult descent to the Abhainn an Fhasaigh. Extensive hill fog.	
14.06.04	Highlands Torridon	S	Kinlochewe to Ling Hut. Though the Beinn Eighe nature reserve, then around the N flank of Ruadh - stac Mòr. Walk out of Torridon along Coire Dubh Mòr. Camp S of Ling Hut. Very wet & windy.	1 night. Wild Camp.
15.06.04	Highland Coulin	S	Ling Hut to Fuar Tholl. Ascent of Sgurr Dubh, then S to Sgorr nan Lochan Uaine, Beinn Liath Mhòr & Sgorr Ruadh. Descent to bealach & camp before Fuar Tholl.	1 night. Wild Camp.
16.06.04	Highland Coulin	S	Fuar Tholl to Achnashellach Station. Ascent of Fuar Tholl, then descent W & S to station, by Coire Earba, with a river crossing. Wet & windy.	

Status: E=equals, M=member, S=solo

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## Personal Mountain Walking

Date	Mountain region	Status E/M/S	Description – weather, route, peaks, group details and notable events	Camps
10.10.04	Lake District Crinkle Craggs	S	Crinkle Craggs from Side House Farm, Langdale, by way of Bleaberry Knott, Pike of Blisco, Cold Pike & Little Stand. Continuation over Bow Fell, with descent by Ore Gap, Angle Tarn & Mickleden.	
13.10.04	Lake District Wetherlam	S	Wetherlam from Side House Farm, by way of Blea Tarn & Greenburn Beck. Ascent by Long Crag (S2). Return by Swirl How with side trip to Grey Friars, & then back across Wrynose Fell. Wet & windy later.	
15.10.04	Peak District Dark Peak	E	Burbage Moor by Over Owlter Tor, & Mother Cap from Hathersage. Objective for day was Bouldering on Burbage Rocks. Dry initially, but wet later. With my brother.	
17.10.04	Peak District Dark Peak	E	Stanage Edge from Hathersage, by way of Stanage Plantation. A morning walk. With my family. Would have been nice to go climbing!	
07.11.04	Snowdonia Moelwyns	E	Pre ML practice afternoon. Carnedd y Cribau Area, ascending from the Gwynant Valley. Micro Navigation, Night Navigation & emergency leader descents of steep ground assisted by the rope were practiced.	

Status: E=equals, M=member, S=solo

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## Logged Experience - Leading Mountain Walking Groups

Date	Mountain region	Status L/A	Type of group & for whom	Route description	Comments
22.05.99	Snowdonia Glyders	L	2 Adults. Informal.	<b>Weekend Camp, (21-23/05).</b> Tryfan by Little & N Gullies (S1), then continuation over S Ridge (S1), & Bristly Ridge (S1). Return over The Glyders & Y Garn, with descent by the NE ridge.	2 nights camping in Ogwen Valley. Dry & clear conditions.
23.05.99	Snowdonia Glyders	L	2 Adults. Informal.	Tryfan N Ridge (S1), & return by Tryfan S Ridge (S1), Bwlch Tryfan, & Cwm Tryfan.	Misty conditions on the summit.
22.10.99	Snowdonia Glyders	L	3 Adults. Informal.	<b>Weekend Camp, (22-24/10).</b> Cneifion Arête (S3) & Upper Y Gribin (S1), from Ogwen Cottage. Return by Llyn y Cwn & The Devils Kitchen.	2 nights camping at Nant Peris.
23.10.99	Snowdonia Carneddau	L	3 Adults. Informal.	Pen Yr Ole Wen E Ridge from Ogwen Valley, by way of the Afon Lloe. Return by the S ridge.	Wet & windy. Cut short intended route over S Carneddau.
29.07.00	Snowdonia Glyders	L	2 Adults. Informal.	<b>Weekend Camp, (28-30/07).</b> Tryfan N Ridge (S1) & S Ridge (S1). Continuation over Bristly Ridge (S1) to Glyders & Y Garn. Descent by NE Ridge.	2 nights camping in the Ogwen Valley.
30.07.00	Snowdonia Glyders	L	2 Adults. Informal.	Attempted Little & N Gullies (S1), on Tryfan, before heading up Heather Terrace to Far S Peak. Return by Cwm Tryfan.	Warm & sunny.
19.08.00	Lake District Great Gable	L	2 Adults. Informal.	<b>Weekend Camp, (18-21/08).</b> Great Gable from Wasdale, by Styhead, The Climbers Traverse & Sphinx Ridge (S2). Return by Beck Head.	3 nights camping in Wasdale. Dinner on Great Gable.

Status: L = leader, A = assistant

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## Leading or Assisting with the Leading of Mountain Walking Groups

Date	Mountain region	Status L/A	Type of group & for whom	Route description	Comments
20.08.00	Lake District Wasdale	L	2 Adults. Informal.	Most of the West Water round from Wasdale Head. Sca Fell & Scafell Pike (via Foxes Tarn), Great End, Styhead & Great Gable. Return over Kirk Fell & Black Sail Pass.	Hot & sunny. Too hot for continuation over Pillar & Red Pike.
21.09.01	Highlands Glencoe	L	2 Adults. Informal.	<b>Weekend Camp, (20-23/09).</b> Aonach Eagach Ridge (S2), from Glencoe. Ascent via Am Bodach. Descent by Allt a' Mhuillinn.	3 nights camping at NTS site in Glencoe.
22.09.01	Highlands Glencoe	L	2 Adults. Informal.	Bidean nam Bian from Glencoe, by Achnambeithach & the waterfalls. Return over Stob Coire nan Lochan, with side trip to Stob Coire Sgreamhach.	Spotted Pine Martin on Stob Corrie nan Lochan.
01.12.01	Snowdonia Glyders	L	4 Adults. Informal.	S ridge of Glyder Fawr, then descent to Llyn Idwal by the Devils Kitchen. Across to Bwlch Tryfan, & side trip up Tryfan S Ridge (S1). Return over Glyder Fach	Based out of Pen-y-Pass Youth Hostel. Wet & windy.
02.12.01	Snowdonia Snowdon	L	4 Adults. Informal.	The Snowdon Horseshoe. Crossing of Crib Goch (S1) before heading over Garnedd Ugain (S1), & Snowdon. Descent by Y Lliwedd (S1).	Clear & sunny. Thin covering of snow & ice above 3000'.
09.02.02	Snowdonia Glyders	L	3 Adults. Informal.	<b>Weekend Camp, (08-10/02).</b> Foel Goch & Y Garn by the Afon Gafr, from Nant Peris. Descended the NE ridge of Y Garn, to Llyn Idwal. Returned by the Devils Kitchen, & by the Afon Las.	2 nights camping at Nant Peris. A very windy hill day, estimate 50mph gusts.
10.02.02	Snowdonia Glyders	L	3 Adults. Informal.	N Ridge of Tryfan (S1) from Llyn Ogwen. Return by S Ridge (S1) & descent to Cwm Tryfan before Far South Peak. A morning walk.	Started off dry, but heavy rain later.

Status: L = leader, A = assistant

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## Leading or Assisting with the Leading of Mountain Walking Groups

Date	Mountain region	Status L/A	Type of group & for whom	Route description	Comments
29.03.02	Lake District Glaramara	L	2 Adults. Informal.	<b>Easter Camp, (28/03-01/04).</b> Esk Pike & Bow Fell from Stonethwaite. Ascent by Glaramara on Intake Ridge (S3) & Bessy Boot. Continuation over the Allen Crags to Esk Hause. Return by Langstrath.	4 nights camping at Stonethwaite. Dry & sunny conditions.
30.03.02	Lake District Scafell Pike	L	2 Adults. Informal.	Scafell Pike by Taylor Gill Force, Sty Head & Great End Direct (S1). Return by Lingmell Col, & The Corridor.	Piccadilly Circus on top of Scafell Pike.
15.06.02	Snowdonia Glyders	L	Scout Support Team 5 Adults.	<b>NFSS Weekend Camp, (14-16/06).</b> Cwm Bochlywd horseshoe. Tryfan N Ridge (S1), S Ridge (S1), Bristly Ridge (S1), returning by Gribin Ridge (S1).	2 nights camping in the Ogwen Valley. Low cloud, with some rain. Drier later.
20.09.02	Highlands Cairngorms	L	2 Adults. Informal.	<b>Cairngorms Backpack, (19-22/09).</b> Glenmore to Loch Avon. Ascent by Bynack Stable, & Bynack Mor. Descent via The Saddle.	1 night camp at Glenmore. Wild camp near Loch Avon.
21.09.02	Highlands Cairngorms	L	2 Adults. Informal.	Loch Avon to An Garbh Coire. Ascent past the Shelter Stone, & on to Beinn Mhedhoin. Across Ben Macdui & decent to the Lairig Ghru. Evening walk up Sgòr An Lochan Uaine by its NE Ridge (S1).	Wild camp in An Garbh Coire. Wet early on, but cleared later.
22.09.02	Highlands Cairngorms	L	2 Adults. Informal.	An Garbh Coire to Glenmore by the Lairig Ghru, then out across the Chalamain Gap to the Sugar Bowl.	Wet & windy.
20.10.02	South Wales Brecon Beacons	L	3 Adults. Informal.	<b>Weekend Camp, (19-21/10).</b> Beacons Circuit from Talybont Reservoir. Over as far as Corn Du, Return by Neuadd Reservoir & The Taff Trial.	2 nights camping at Talybont-on-Usk. Crowded on main ridge.

Status: L = leader, A = assistant

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## Leading or Assisting with the Leading of Mountain Walking Groups

Date	Mountain region	Status L/A	Type of group & for whom	Route description	Comments
21.10.02	South Wales Black Mountain	L	3 Adults. Informal.	Fan Brycheiniog from Glyntawe. Ascent over long ridge to Fan Hir. Descended N around base of Llyn y Fan Fawr, before returning via Bwlch y Giedd.	Rescued a lost walker on Fan Hir. Very wet & windy, with poor visibility.
24.02.03	Highlands Torridon	L	2 Adults. Informal.	Traverse of Liathach, E to W. Ascent E of Glen Cottage to Spidean Choire Lèith, then the Am Fasarin Pinnacles (S2), & Mullach an Rathain. Descent by the Allt an Tuill Bhain.	Dry and sunny. Some snow on tops.
27.02.03	Highlands Torridon	L	2 Adults. Informal.	Traverse of Beinn Eighe. Ascent from Cromasaig, by the Black Carl Pinnacles (S1), then across all the tops including Sàil Mhór (Diff) & Ruadh - stac Mór. Descent by Coire Mhic Fhearchair.	Lots of loose rock on the Black Carls.
16.03.03	South Wales Brecon Beacons	L	5 Adults. Informal.	<b>Weekend Camp, (15-17/03).</b> Brecon's Ridge from Talybont-on-Usk. All the tops along as far as Corn Du. Return by Neuadd Reservoir & Talybont Forest.	2 nights camping at Talybont on Usk. Sunny, with cold wind.
17.03.03	South Wales Brecon Beacons	L	5 Adults. Informal.	Part of the Waterfall Walk from Clyngwyn, including Sgwd Yr Elra.	River 'walk' in the Afon Melte.
09.08.03	Snowdonia Glyders	L	6 Adults. Informal.	<b>Weekend Camp, (08-10/08).</b> N Ridge of Tryfan (S1), S Ridge of Tryfan (S1) & Bristly Ridge (S1) from Ogwen Valley. Return by way of Cwm Tryfan.	2 nights camping in the Ogwen Valley. Swimming in Llyn y Caseg-Fraith.
12.09.03	Highlands Cairngorms	L	3 Adults. Informal.	<b>Cairngorms Backpack, (12-15/09).</b> Linn of Dee to Dubh Lochan, by way of Clais Fhearnaig and Quioch Water.	Wild camp at Dubh Lochan E of Beinn a' Bhuid.

Status: L = leader, A = assistant

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## Leading or Assisting with the Leading of Mountain Walking Groups

Date	Mountain region	Status L/A	Type of group & for whom	Route description	Comments
13.09.03	Highlands Cairngorms	L	3 Adults. Informal.	Attempted Ben Avon by the Sneck, then headed S & E to the head of the River Gairn and camped by the Allt an Eas Mhóir.	Turned back on the Sneck due to high winds. Wild Camp.
14.09.03	Highlands Cairngorms	L	3 Adults. Informal.	Ben Avon from the Allt an Eas Mhóir Headed across Beinn a' Bhuird, & then on to Beinn a' Chaorainn. Descended & camped in the Lairig an Laoigh.	Very poor visibility. Wet and Windy. Wild Camp.
15.09.03	Highlands Cairngorms	L	3 Adults. Informal.	Derry Cairngorm from the Lairig an Laoigh by the Hutchinson Memorial Hut & Loch Etchachan. Walk out by Carn Crom & Derry Lodge.	A dry & sunny final day.
11.10.03	Snowdonia Glyders	L	3 Adults. Informal.	<b>Weekend Camp, (10-12/10).</b> Tryfan N Ridge (S1), descent by the S Ridge (S1), then Bristly Ridge (S1) & The Glyders. Return over Y Garn & down its NE ridge.	2 nights camping in the Ogwen Valley. A dry day with some hill fog.
12.10.03	Snowdonia Glyders	L	2 Adults. Informal.	A short scramble up Little and N Gullies (S1) on Tryfan, from the Ogwen Valley, by the Heather Terrace. Descent by S Ridge (S1) & Cwm Tryfan.	Dry and sunny but a bit breezy.
27.10.03	Arran Cir Mhór	L	2 Adults. Informal.	PtoP walk. N Glen Sannox to Glen Rosa. Ascent by Caisteal Abhail (S2), avoiding Witches Step. Over Cir Mhór, before turning round on A Chir & descending to Glen Rosa.	Very wet & windy later on.
28.10.03	Arran Beinn Tarsuinn	L	3 Adults. Informal.	Beinn Tarsuinn from Glen Rosa. Ascent by the Garbh Allt, & Beinn a' Chliabhain. Descent by Ben Nuis, & Coire nam Meann.	Cloud on the summits that lifted later, but otherwise dry.

Status: L = leader, A = assistant

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## Leading or Assisting with the Leading of Mountain Walking Groups

Date	Mountain region	Status L/A	Type of group & for whom	Route description	Comments
22.05.04	Skye Black Cuillin	L	2 Adults. Informal.	Sgùrr nan Gilleán by the SE Ridge (S3), from Sligachan. Descent by the W Ridge (S3 with Abseil). Side trip to Am Bàsteir (Diff) & return by The Bhàsteir Gorge.	2 nights camping at Sligachan. Dry & sunny.
23.05.04	Skye Cuillin Hills	L	2 Adults. Informal.	Walk in to Glen Brittle from Sligachan, across Bealach a' Mhàim.	Headed to Glen Brittle Youth Hostel for 4 nights.
25.05.04	Skye Black Cuillin	L	2 Adults. Informal.	The Inaccessible Pinnacle from Glen Brittle. Ascent via Coire Banachdich, & Sgùrr Dearg (S1). Side trip to Sgùrr Mhic Coinnich, by its N Ridge (S2), descent to Coire Lagan, then Sgùrr Alasdair by Stone Shoot & SE Ridge (S2).	Ascent of InPinn by E Ridge (Mod). Abseil off InPinn W Ridge. A beautiful afternoon in Coire Lagan.
27.05.04	Skye Black Cuillin	L	2 Adults. Informal.	Knights Peak & Sgùrr nan Gilleán by The Pinnacle Ridge (Mod). from Sligachan. Return by SE Ridge (S3).	1 nights camping at Sligachan.
11.10.04	Lake District Langdale	L	2 Adults. Informal.	Langdale Pikes, from Side House Farm, Langdale. Ascent to Loft Crag & Pike of Stickle. Return by Stickle Tarn to ascend Jacks Rake (S1), & descent via Harrison Stickle.	Objective for day was VDiff rock climb on Pike of Stickle.
12.10.04	Lake District Langdale	L	2 Adults. Informal.	Langdale Pikes from Side House Farm, via Raven Crag (S2) & Thorn Crag (S2). Return over SW Face of Harrison Stickle (S2). Descent by Mill Gill.	Cloud descended later, with some rain.
14.10.04	Lake District Langdale	L	2 Adults. Informal.	Lingmoor Fell from Side House Farm, via Side Pike (S1) & Lingmoor Tarn. Return via Blea Tarn.	Navigation Exercise. Poor visibility on the top.

Status: L = leader, A = assistant

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## Logged Experience - Additional Experience

Dates	Relevant Comments
03.99	Mountain Biking, Cairngorms :- 23.03 – Braemar & Glen Callater before walk on Lochnagar. 25.03 – Braemar & Derry Lodge before walk up Ben Macdui. 26.03 – Baddoch to Braemar after walk up Glas Maol.
24.03.99	Introduction to Skiing at the Lecht Ski Centre, Scotland.
SUMMER '99	Rock Climbing :- 22.05 & 23.05 – Tryfan Bach, Snowdonia.
02.02	Membership of the Calshot climbing wall. Regular sessions down there since then.
01.04.02	Visit to National Mountaineering Exhibition at Rheged.
SUMMER '02	Rock Climbing :- 31.03 – Keswick Climbing Wall. 15.06 – Tryfan Bach. 16.06 – Llanberis Pass.
12.02	Membership of Wimbourne climbing wall.
05.03	Mountain Biking, Black Mountains :- Pengenffordd to Brecon (via Llangorse) and return, mainly off road.
SUMMER '03	Rock Climbing :- 17.04 – Cattle Troughs. 03.05 – Cattle Troughs. 21.09 – Cattle Troughs.
07.03	<b>Pacific Crest Trail, Backpacking Expedition.</b> Part of the Washington State section, Steven's Pass to High Bridge in the Northern Cascades. Mainly in the Henry M. Jackson & Glacier Peak Wilderness Areas, wild camping each night. With my brother.

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## Additional Experience

Dates	Relevant Comments
07.03	07.07 – Stevens Pass to Lake Janus. 08.07 – Lake Janus to Pear Lake. 09.07 – Pear Lake to Lake Sally Ann, with side trip to Bench Mark Mountain. 10.07 – Lake Sally Ann to White Pass, with side trip to White Mountain. 11.07 – White Pass to Kennedy Ridge, via Kennedy Hot Springs. 12.07 – Kennedy Ridge to Dolly Vista. 13.07 – Dolly Vista to Miners Creek Camp. 14.07 – Miners Creek Camp to Hemlock Camp with Side Trip to Lyman Glacier. 15.07 – Hemlock Camp to High Bridge. 16.07 – Boat out to Chelan, from Stehekin.
WINTER '03	Skiing :- 23.12 – Glenshee Ski Centre.
17.04.04 ~ 18.04.04	Two day Rock Climbing Conversion course in Snowdonia, covering multi pitch climbs, gear placement, belay set-up and stance management. Run by Dragon Mountain Skills.
SUMMER '04	Rock Climbing :- 15.03 – Kinlochleven Indoor wall. 17.04 – Llanberis Slate Quarries. 18.04 – Tryfan Bach. 09.05 – Cattle Troughs. 25.05 – Skye, Inaccessible Pinnacle. 27.05 – Skye, Pinnacle Ridge. 03.07 – Cattle Troughs. 11.10 – Grey Band Route, Pike of Stickle. 15.10 – Bouldering at Owlter Tor & Burbage, Peak District. 08.11 – PYB Indoor Wall. 12.11 – PYB Indoor Wall.
06.04	<b>Picos de Europa, Backpacking Expedition.</b> A 7 day expedition visiting the three regions of the National Park. A mixture of hostelling & high level bivouacs. Solo. 23.06 – Arenas De Cabrales - Sotres. 24.06 – Day Hike, Maczio Oriental, to Morra de Lechugales, 8020'. 25.06 – Sotres to Tiro Navarro. Bivi at 8200'. 26.06 – Tiro Navarro to Hoyo Grande Cimero, with side trip to La Torre Cerréu, 8688'. 27.06 – Hoyo Grande Cimero to Cain. Afternoon walk up the Cares Gorge. 28.06 – Cain to Jou Santu. Attempted Torre Santa de Castilla. 29.06 – Jou Santu to Covadonga. Side trip to Pico Cotalba.

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## Further Experience - Summer Mountain Walking

Date	Mountain region	Status E/M/S	Description – weather, route, peaks, group details and notable events	Camps
03.12.04	Lake District Coniston Fells	E	<b>Backpacking Expedition, (03–06/12).</b> From Coniston headed up along the Walna Scar Road, to Blind Tarn, where we camped, as Alan wasn't feeling well. Very wet & windy. With my brother.	1 night. Wild Camp.
04.12.04	Lake District Ulpha Fells	S	Alan wasn't feeling better so he returned to Coniston. Headed out over White Maiden & Caw, before descending to Seathwaite. Climbed back over Harter Fell, to camp just below Hard Knott Pass.	1 night. Wild Camp.
05.12.04	Lake District Sca Fell	S	Hard Knott Pass to Blind Tarn. Ascended Sca Fell, by way of Great Moss & Cam Spout Crag. Returned by Mosedale to Cockley Beck, before crossing the Coniston Fells. Descended Dow Crag in the dark.	1 night. Wild Camp
06.12.04	Lake District Coniston Fells	S	Someone pressed the wind switch during the night and the tent got pummelled. Eventually managed to take it down at 5:00am & sat under bridge on Walna Scar Road till it got light. Walked out to Coniston.	
10.04.05	Snowdonia Snowdon	S	Snowdon from Llanberis & return by same route. Preparation for possible 3 Peaks Route. Extensive hill fog with snow above 2000', but not requiring ice axe or crampons.	1 night. YHA
30.04.05	Snowdonia Cadair Idris	E	Penygadair from Minifordd, by way of Mynydd Moel. Return over Craig Cwm Amarch. Dry & sunny after a misty start. With friends. Party of 3.	2 nights. Campsite.
01.05.05	Snowdonia Glyders	E	Tryfan by Little & North Gullies (S1), & continuation over S Ridge (S1) to Bwlch Tryfan, then Main Gully (S1) to Glyder Fach. Descent by cliffs above Seniors Ridge & Devils Kitchen. Windy with low cloud.	
02.05.05	Snowdonia Carneddau	E	Pen yr Ole Wen, by its E Ridge & The Afon Lloer. Descent by the S ridge to Ogwen Cottage. Some rain, but drier later.	
07.05.05	Lake District Coledale Fells	E	<b>Backpacking Expedition, (07–09/05).</b> From Braithwaite, ascent by Grisedale Pike to Hopegill Head & Crag Hill, then descent to Addacomb Hole. Sun mixed with hail showers & blustery. With my brother.	1 night. Wild Camp.
08.05.05	Lake District Buttermere	E	Sail Beck to Buttermere, for a brief tea & cake stop. Ascent to Red Pike by Bleaberry Tarn, then E over High Crag & Haystacks to Honister Pass. Traverse SE of Dale Head to Dale Head Tarn. Snow Showers.	1 night. Wild Camp.

Status: E=equals, M=member, S=solo

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## Summer Mountain Walking

Date	Mountain region	Status E/M/S	Description – weather, route, peaks, group details and notable events	Camps
09.05.05	Lake District Dale Head	E	Ascent of High Spy, then N to Maiden Moor & Haystacks. Return to Braithwaite along minor roads. Mainly dry & sunny.	
22.06.05	Highlands Gleann Lichd	S	<b>Backpacking Expedition, (21/06–07/07).</b> Walk in to Fionn Gleann from Shiel Bridge, by Morvich & the Allt Grannda gorge. Low cloud but mostly dry.	1 nt Campsite. 1 nt Wild Camp.
23.06.05	Highlands North Glen Shiel	S	Ciste Dhubh, & Sàileag group from Fionn Gleann, with side trip to Am Bàthach. Descent to the Allt Grannda. Mainly wet & windy, with poor visibility.	1 night. Wild Camp.
24.06.05	Highlands Cluanie Horseshoe	S	Mullach Fraoch-Choire & A' Chràlaig from Glen Affric, ascent from Alltbeithe Youth Hostel. High level camp SE of A' Chràlaig. Dry with some cloud.	1 night. Wild Camp.
25.06.05	Highlands Cluanie Horseshoe	S	Sgurr nan Conbhairean & Sàil Chaorainn, continuing the horseshoe from Bealach Choire a' Chait. Side trips to Carn Ghluasaid & Aonach Shasuinn. Camp below Carn a' Choire Ghairbh. Dry & sunny.	1 night. Wild Camp.
26.06.05	Highlands North Glen Affric	S	Ascent of Carn a' Choire Ghairbh, then descent to Glen Affric & E to Loch Beinn a' Mheadhoin. Climb to Toll Creagach, then W along ridge over Tom a' Chòinich. Camp in Garth-bealach. Very hot.	1 night. Wild Camp.
27.06.05	Highlands North Glen Affric	S	Emergency move of tent during night due to high wind. W over Carn Eige & Màrn Sodhail. Side trips to Beinn Fhionnlaidh & all other tops. Camp S of Bealach Coire Ghàidheil. Hot & sunny once wind dropped.	1 night. Wild Camp.
28.06.05	Highlands Sgurr nan Ceathreamhnan	S	Continuation over An Socach to Mùllach na Dheiragain, before returning to Sgurr nan Ceathreamhnan. Descent N over Stuc Bheag to Loch Sgurr na h-Eige. Very hot, sunburnt.	1 night. Wild Camp.
29.06.05	Highlands North Glen Cannich	S	Descent to W end of Loch Mullardoch, then climb to An Socach. Ridge E over An Riabhachan, Sgurr na Lapaich & Carn nan Gobhar. Camp just off summit Creag Dubh. Dry & mainly sunny.	1 night. Wild Camp.
30.06.05	Highlands Glen Strathfarrar	S	Down to glen near Inchvuilt, E to Allt Coire Mhuilidh then climb to Sgurr na Ruaidhe, W over group to Sgurr na Fearstaig. Continuation W to loch E of Maoile Lunndaigh. A long & strenuous day. Thunder in the evening.	1 night. Wild Camp.

Status: E=equals, M=member, S=solo

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## Summer Mountain Walking

Date	Mountain region	Status E/M/S	Description – weather, route, peaks, group details and notable events	Camps
01.07.05	Highlands South Glen Carron	S	Ascent of Maoile Lunndaigh, then W to camp below Sgurr a Chaorachain. Afternoon ascent to peak & Sgurr Choinnich. Dry but windy.	1 night. Wild Camp.
02.07.05	Highlands South Glen Carron	S	Moruig & Sgurr nan Ceannaichean from Glenuaig Lodge. Continuation over Bealach Bearneas to camp in Coire Seasgach. Strong winds, with rain later.	1 night. Wild Camp.
03.07.05	Highlands Lurg Mhor	S	Ascent of Bidein a' Choire Sheasgaich & Lurg Mhor. Descent to Loch Calvie then W past Bendronaig Lodge to camp above Strathcarron. Very windy, but sunny later.	1 night. Wild Camp.
04.07.05	Highlands Glen Carron	S	Walk out to Strathcarron, to get train to Kyle & some real food! Return to Shiel Bridge by bus.	3 nights. Campsite.
05.07.05	Highlands Ben Attow	S	A' Ghlas Bheinn & Ben Attow from Shiel Bridge, by way of Morvich & the Bealach na Sròine. Descent to Gleann Lichd. Dry but overcast.	
06.07.07	Highlands The Saddle	S	Forcan Ridge (S1) from Shiel Bridge. Descent to Bealach Coire Mhàlagain, then ascent of Sgurr na Sgine & Faochag (The Whelk). Return to the bealach & climb back to The Saddle, then descent W & N.	
01.09.05	Snowdonia Snowdon	E	Garneidd Ugain & Snowdon from Blaen-y-nant. Ascent via Llyn Glas & Cwm Glas headwall. Return by PYG, The Horns & Pen-y-Pass. Misty & showery at first, but cleared later, giving fine views. With a friend.	1 night. Campsite.
02.09.05	Snowdonia Snowdon	E	Snowdon Horseshoe from Pen-y-Pass. Ascent by Crib Goch (S1), & Crib y Ddysgl (S1). Descent over Lliwedd (S1). Fine & clear with light winds.	1 night. Campsite.
03.09.05	Snowdonia Glyders	E	<b>Backpacking Expedition, (03/09–04/09).</b> Glyders ridge traverse from Nant Peris, by Elidir Fawr, Y Garn, Glyder Fawr & Glyder Fach. Camp above Llyn Cwmffynnon. Dry & sunny.	1 night. Wild Camp.
04.09.05	Snowdonia Glyders	E	Walk out to Pen-y-Pass to catch Sherpa bus back to Nant Peris. A fine & dry morning.	

Status: E=equals, M=member, S=solo

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## Summer Mountain Walking

Date	Mountain region	Status E/M/S	Description – weather, route, peaks, group details and notable events	Camps
21.10.05	Peak District Dark Peak	E	Mam Tor & Lose Hill from Trek Cliff Cavern, by the old (landslipped) road. Return by Mam Farm. Heavy showers. With my brother. Visit to Treak Cliff Cavern on return.	
23.10.05	Peak District Dark Peak	E	Kinder Plateau from Snake Plantations. Ascent by scrambling up Fair Brook then along The Edge to Kinder Downfall & Kinder Low. Return via Crowden Head. Mainly dry weather, mainly boggy ground.	
17.11.05	South Wales Brecon Beacons	E	Night ascent of Pen-y-Fan from the Storey Arms & return by the same route. Beautiful moonlit night. Cold and frosty. With a friend.	
03.12.05	South Wales Black Mountains	E	Waun Fach from Llangors via Pengenffordd. Return over Pen Trumau & Mynydd Troed. Wet & miserable early in the day, conditions improved later. With a friend.	
04.12.05	South Wales Brecon Beacons	E	Corn Du from Cwm Llwhc via Llyn Cwm Llwhc. Descent via Pen-y-Fan, Cribyn & Bryn Teg. Cloudy with a cold wind & some views.	
23.12.05	Argyll Bridge of Orchy Hills	E	Beinn Achaladair from Achaladair Farm. Return over Meall Buidhe & descent to railway through bog. Mainly dry with some cloud. Very windy. With my brother.	
29.12.05	Peak District Dark Peak	E	PtoP walk. Edale to Hathersage via Grindsbrook, Kinder Plateau, Win Hill & Bamford Edge. Very cold, with some fresh snow on Win Hill. With my brother.	
21.01.06	Grampians Tarf & Tilt Hills	S	<b>Backpacking Expedition, (21–25/01).</b> Cairn Liath from Blair Atholl. Ascent via Loch Moraig & the Shinagag track. Dropped NE off the summit to camp. A fine day, with light snow underfoot above 3000'.	1 night. Wild Camp.
22.01.06	Grampians Tarf & Tilt Hills	S	Beinn A'Ghlo to Falls of Tarf. Ascent over Bràigh Coire Chruinn-bhagain & continuation to Carn nan Gabhar. Descent to Glen Tilt. Low cloud & hill fog. Snow on the summits.	2 nights. Wild Camp.
23.01.06	Grampians Tarf & Tilt Hills	S	Day Hike. Carn an Rìgh & Glas Tulaichean from Falls of Tarf via Fealar Lodge. Return through Gleann Mòr. Low cloud & windy.	

Status: E=equals, M=member, S=solo

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## Further Experience - Leading of Summer Mountain Walking Groups

Date	Mountain region	Status L/A	Type of group & for whom	Route description	Comments
14.04.05	Snowdonia Glyders	A	10 Young People. 2 Adults. Manshead School.	PtoP walk. Elidir Fawr from Dinorwic. Ascent via Carnedd y Ffilliast & Mynydd Perfedd. Descent by SW ridge to quarries & outdoor centre.	Assisting with Manshead School whilst they were based out of Blue Peris.
22.12.05	Argyll Bridge of Orchy Hills	L	2 Adults. Informal.	Beinn Mhic – Mhonaith from Glen Orchy via the Eas Urchaidh Waterfall and Forestry Commission tracks.	Wet throughout requiring two river fordings.
22.12.06	Perth & Kinross Lawers Group	L	2 Adults. Informal.	Meall nan Tarmachan from the Ben Lawers Visitors Centre. Return over the Meall Garbh to Creag na Caillich ridge and the hills S flanks.	Poor visibility requiring some accurate navigation.
23.12.06	Perth & Kinross Lawers Group	L	2 Adults. Informal.	PtoP walk. Ben Lawers Visitors Centre to Fearnan via Beinn Ghlas, Ben Lawers, An Stuc, Meall Garbh and Meall Greigh.	Difficult descent from An Stuc on frozen turf.
27.12.06	Stirling Auchessan Hills	L	2 Adults. Informal.	Sgiath Chùil from Kenknock in Glen Lochay, Return by same route.	Poor visibility with light snow later.

Status: L = leader, A = assistant

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## Leading or Assisting with the Leading of Mountain Walking Groups

Date	Mountain region	Status L/A	Type of group & for whom	Route description	Comments

Status: L = leader, A = assistant

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