

Glasgow Glenmore Club

Information for New Members



Welcome to the Glasgow Glenmore Club! We hope you will enjoy our wide range of activities, make new friends, and develop your skills and experience in the Great Outdoors.

This document explains how the club is organised, please also look at the latest newsletter to get an idea of our varied activities over a typical few months.

Background

The Club was formed in 1954 by a group who attended courses or instructed at Glenmore Lodge near Aviemore. Our logo is a twig of pine, with branches denoting the many activities enjoyed at Glenmore Lodge and continued within the Club. Nowadays our activities centre on hillwalking and mountaineering, embracing walking activities up to and including scrambling and winter hillwalking.

Some of our members have been in the club for many years, and others have joined more recently. Today the membership is approximately 75 with roughly half the membership being active and regular hill walkers. Average attendance at outdoor meets varies between 10 and 25, with up to 35 at some special meets. We are a friendly club and welcome all new members.

In 2004 the Club celebrated its 50th anniversary and published a commemorative book 'How You've Changed! 50 Years of the Glasgow Glenmore Club'. It charts the history of the Club through articles and photographs. It is included with club membership and is also available for members on the club website.

General Information

The main Club season runs from September to May with a reduced level of organised activity through the summer.

Indoor Club meets, often featuring a speaker, are held once a month on a Thursday evening from the middle of September to early May.

Day meets are normally held on the second Sunday and one weekday of each month. Once a forecast is available, the date of this meet may be altered slightly to avoid very poor weather conditions. Day meets are held within a suitable driving distance for the time of year.

Weekend meets are usually held on the fourth weekend of each month, although this may vary depending on the calendar or the availability of accommodation. Weekends are considered by most members to be our core activity and what the Club is all about. Most weekend meets are in Scotland, with occasional visits to other parts of the UK. Quite a few of the weekend meets are 'long' weekends, with accommodation booked from Friday night to Sunday night.

The Club does not organise 'led' meets on predefined routes, rather it facilitates the formation of small groups of members with a similar ambition on that day. However, sometimes everyone does decide to go on the same walk.

Prospective members should attend an outdoor meet before joining the Club to ensure they are comfortable with the level of activity expected. Attendance at a weekend is recommended for the opportunities they offer to visit remoter locations, do longer walks, get to know us better and to experience communal living in bunk houses and hostels.

A Newsletter is published about four times a year and gives details of meets and general Club news.

The administration of the Club is carried out by a committee of nine members. They are elected annually at the AGM, which is held in late April or early May. Any full Club member is eligible to vote and stand for Committee.

Booking for Outdoor Meets

Details of outdoor meets will be listed in the newsletter and publicised by email. Members should sign up for a day or weekend by contacting the meet co-ordinator. It is essential that the coordinator knows of everyone who is coming and can notify them of any subsequent change.

For weekends, the place will be held only if payment is made. The coordinator allocates accommodation, organises special activities (a communal meal for example), and manages a waiting list if the meet is oversubscribed.

Transport

Nearly all transport to meets is arranged using members' cars. Members are encouraged to share transport where possible. Travelling groups can organise themselves, or the coordinator will suggest possible lifts or car sharing arrangements if requested.

All those receiving lifts are expected to contribute to petrol and other costs (e.g. ferries).

Accommodation for weekend meets

Youth Hostels and similar commercial venues

Most of our weekend meets are based at hostels or bunkhouses, often sleeping in small dormitories and sharing the self-catering kitchen with other hostel users. Normally the Club reserves a 'block' of beds or books a special opening when we will be the only people using the hostel.

Bedding is provided at most hostels and if not, you need to bring your own sleeping bag.

Huts

A 'Hut' is a property owned or leased by a club and made available to other clubs. They vary widely in accessibility, comforts, and facilities. Huts usually have mattresses but sleeping bags are required.

Camping

Any Club camping meets are held at commercial camp sites and would typically allow members to stay in lodges, static caravans or their own campervan or tent. The Club no longer holds 'wild camping' meets in order to protect the environment.

Campervans

Quite a few members have their own campervans and use these to attend our weekend meets. The use of a campervan must be notified to the meet coordinator in advance who will advise on any conditions or costs imposed by the venue to ensure fairness to all Club members and the venue.

Group planning for the hills

Groups and routes usually are organised at the meet. Usually there are some people who come with definite ideas on what they want to do and others who see what outings are being proposed and join a suitable party.

Normally there will be routes which cater for a range of abilities. Members should be aware of their own limitations and choose a route accordingly. The meet coordinator will be pleased to advise anyone in doubt.

For all outdoor meets, route cards are provided and groups must leave a record of where they are going, times, equipment carried, the names in the party etc. This information is vital in the event of a late return or mishap for determining when and where to mount a rescue operation.

Meet co-ordinators have a full protocol to ensure and promote responsible hill access including what to do in the event of an emergency.

Groups should follow the guidance on access and responsibility explained at <https://www.mountaineering.scot/access/rights-and-responsibilities>.

Personal Responsibility

Climbing and mountaineering, including hill walking, involve exposure to inherent risks of accidents resulting in injury or death. You should be aware of and accept the risks involved and be responsible for your own actions

Club meets do not have formal 'leaders' and if you are not sure if you are sufficiently fit, equipped and experienced for any particular trip or activity you should consult other members, but finally make your own decision. However, all members must recognize a Duty of Care to people accompanying them.

That's the legal bit. In the present-day culture of liability and litigation, clubs cannot imply any responsibility or guarantee of safety. However, new members should not be put off by these warnings. Often, the route is straightforward. Members have gradually acquired the skills that enable them to minimize risks and enjoy the exhilaration of being able to make safe progress over hazardous ground in hostile conditions.

Equipment and experience

New members should already be, or be willing to become, competent in the use of a map and compass and, in winter conditions, ice axe and walking crampons. You can gain experience, get advice from other Club members while out on the hill and find valuable information in books or on websites. The Club does not offer formal training in hill walking, climbing, or mountaineering and ideally one should attend a training course such as those run by Glenmore Lodge or Mountaineering Scotland.

There is a comprehensive equipment list for summer hillwalking on the Mountaineering Scotland website at <https://www.mountaineering.scot/activities/hillwalking/getting-started/essential-kit>. You can follow links from there for winter hillwalking, when Club members usually carry ice axe and walking crampons for use in icy and snowy conditions.

It's always useful to have a change of clothes left at the car in case you come off the hill wet and cold.

Each member should have their own map, usually OS Landranger 1:50,000. Members often use digital mapping devices, but in case these fail, a paper map should also be carried.

The Club owns the following items of equipment for use by Club members at meetings:

2 personal locator beacons (PLBs) and 2 LED flares, taken to every meet, which members can borrow during outdoor meets to enhance safety.

2 ices axes, 2 sets of fully adjustable 'walking' crampons with anti-balling devices, and 2 helmets. Ice axes and crampons are regarded as being available only to tide new members over for their first season of winter hillwalking, after which they would be expected to purchase their own. These items should be collected before a meet from the equipment convener or by arrangement.

Crampons Before carrying the club crampons for the first time, the borrower should:

- watch a video about how to use them, e.g https://www.youtube.com/watch?v=NQ_WsqrP6us
- ensure that the crampons are adjusted to fit their boots prior to starting the walk
- practice attaching the crampons so that this can be done efficiently in adverse conditions on the hills

Ice axe Before carrying a club ice axe for the first time, the borrower should:

- watch a video about how to use one e.g. <https://www.youtube.com/watch?v=QN58FtFy7dU>
- on the meet, novices should not choose routes with steep snow slopes and should request an opportunity to practice an ice axe arrest if a suitable safe slope is found.

Activities undertaken while using club equipment are the responsibility of the individual member, who should assess the conditions, route and their own competence prior to setting out.

Members must give details of any incident which may have affected any item's reliability. The Club reserves the right to impose a charge for any loss or damage.

Children

Children (under 18) are welcome to attend Club meets when beds and transport are available, on the understanding that their parents or other responsible adults are responsible for them. From the age of 15, they can become Associate Members, entitling them to book beds at the same time as other Club members.

Logbook

After each weekend, day or indoor meet, a club member writes an entry for the logbook. Recent entries are displayed on the Club website. The archived copies of the logbook are available on request.

Club Website

The website at www.glasgowglenmore.org.uk/ is our main point of contact for potential new members. It provides details of the current programme and reports of recent meets and Club news.

There is also a section for members only which contains the logbook, Club documents, Munro, Corbett, Graham and Donald 'compleaters' and other useful information.

Suggestions

Please contact any Committee member with suggestions for meets including speakers and venues, also if you feel that some aspect of the Club's operations might be improved.

Affiliation to Other Bodies

Mountaineering Scotland - <https://www.mountaineering.scot/>

Mountaineering Scotland is the recognised representative body for Scottish mountaineers, with several thousand club and individual members. It is concerned with conservation issues, access problems, facilities, and training.

The Club membership subscription includes the individual's annual subscription to Mountaineering Scotland. The principal benefits are third party insurance cover, access to huts and training courses, price discounts and copies of the magazine 'Scottish Mountaineer'. It also permits members to use club huts belonging to clubs affiliated to Mountaineering Scotland, on a Club meet or for their own private trips.

Mountain Bothies Association - <http://www.mountainbothies.org.uk/>

The objective of the M.B.A. is to maintain simple unlocked accommodation for travellers in remote areas. The Club receives the regular newsletters of the MBA which are shared by email with members. The Club does not organise meets to stay in bothies though some members use them on private trips.

Scottish Rights of Way and Access Society (Scotways) - www.scotways.com

The Club is a corporate member of this society. Its objects are the preservation, defence, and acquisition of public rights of way in Scotland, and the erection of bridges, signposts, gates, stiles, etc. in connection with public rights of way. The Club receives the regular newsletters of the Scotways which are shared by email with members.

The John Muir Trust (JMT) - <https://www.johnmuirtrust.org/>

The JMT promotes the experiences of wild places and their protection. The Club receives the regular newsletters of the JMT which are shared by email with members.