



Welcome to November 2024 Newsletter

Editorial - Diane Jamal

I have volunteered to take over compiling the Eryri Ramblers' Newsletter from Jane Berry who has been gathering our news and writing it down here for many years now. Thank you Jane for your time and effort and for producing such interesting and informative issues during your time as Editor.

AGM

Just a brief word on our AGM held on Wednesday 20 November. All members will be receiving a copy of the Minutes by email and we have already been sent some of the presentations that were shown on the evening via email and our Facebook page. It was good news to hear that our Chairman, Dafydd, will continue in the role (we secretly think he enjoys the discussions/arguments at the regional meetings) but more seriously, he is a very important anchor for us and someone who understands the minutiae of The Ramblers committee business. A role which no-one at the present time is keen to take on, so we thank him for continuing and for the great job he is doing for us.

A few Committee Members have resigned; John Hammond, Wendy Pearson, and as previously mentioned, Jane Berry. The Chairman and members thank you all for your contributions. The Chairman and Committee also wanted to thank Guto Parry for continuing to produce our Accounts despite not being in such good health these days, but we are all very grateful to him and wish him well.

We must also thank Roy (Walks) and Jo-Anne (Committee Secretary) for putting the evening together for us and for producing some great presentations. They also look after our website, booking systems, and most of the administration, alongside Mieko who looks after our membership.

I'm sure there's more to say, but the Minutes and Facebook website will keep everyone updated as the months go by.

WALK LEADERS

We award a Walk Leader of the Year to one of our walk leaders at the yearly AGM, as a thank you for doing what Eryri Ramblers is here to do, organising walks so that members can enjoy the beauty of the mountains and coastline in our area. I was awarded it this year, as you might have seen on our Facebook page. However, a previous winner was Rachel Plaxton for her fabulous short walk series from which she has recently retired. Wonderfully conceived fortnightly walks from her home village Y Fron, covering seven different routes in rotation; they encouraged walkers who didn't want to, or couldn't, take on anything too challenging. The views were magnificent and the company delightful. Thank you, Rachel, for leading us on your beautiful walks, they will be missed.

The good news is that John and Ali will be continuing the theme, offering short walks that they are familiar with and that will offer an alternative to the all-day hikes.



SPECIAL INTERESTS

When Rachel is out walking she always points out some of the special flowers and plants that we pass, which led me to wonder what other members like to 'spot' when they are out walking. If you have any special interests (wildlife, historical sites, local legends, photography, rusting old machinery - it seems to interest some!) please tell me about it.

Here is Rachel's contribution about the plants/fungi that interest her:

'My favourite are the bright golden Tormentil, spangling short grass beside the paths all summer. My father-in-law named them for me. I remember his excitement walking round Llyn Ffonhonnau, spotting Water Lobelia in the shallows. He was photographing Wild flowers in their habitat. Water Lobelia was one of the rare ones he'd not until then found. He threw himself down on the turf, steadied his camera & recorded the tiny, pale blue flowers clinging to the reed-like stalks breaking the water.

I used to point them out when leading walkers around the lake, but fierce winds ripped them ashore a few winters ago. I tried to replant some, but clearly failed. I look out for them still, a casualty to climate change? As too seems to be sundew that used to thrive on the boggy edge of ponds by the main track to the information board with its romantic story of the hard, love-lorn young man who survived a freezing night, naked, thumping an iron pole, to win the hand of a local farmer's daughter... I do not know why sundew has disappeared here, as I am told it can still be found in other boggy places in our mountains.

There are areas of unimproved grass-land, so home to lots of rare wax-cap fungi in the autumn. I wish I had known that when Waxcaps, also thriving round Christchurch, Penygroes, were spotted, forfeiting Keep Wales Tidy's generous starter pack to create an organic community food-growing garden !! Church yards are unimproved grasslands, so often support rare species. Indeed there were also two really rare coral fungi, one flowering black, the other, purple, the only ones spotted that year in Europe !! (They typically flower about once in 10 years) That spot could have been left untouched, with plenty of other space to grow food.



OTHER NEWS:

A Day on the Mountain with Aberglaslyn Mountain Rescue Team

On Sunday 23 June six Ramblers Walk Leaders headed out for a misty walk up Moelwyn Mawr with Aberglaslyn Mountain Rescue Team (MRT).

ABERGLASLYN

As leaders, we have the necessary experience to lead and manage a group but there is always the possibility of an incident, which would put responsibility on the leader whether or not to contact Mountain Rescue.

The purpose was to have a day of informative training with scenarios to learn about their resources and how they deal with different types of rescue. With this information we may be able to manage an incident or get a casualty down safely ourselves.



Aberglaslyn MRT are based in Porthmadog and cover the western side of Snowdonia and Penllyn. They respond to a wide variety of emergencies which necessitate lifting and helping injured people.

The rescue vehicle was equipped with oxygen, mountain mono wheeled stretcher, a drone, radios, ropes, climbing gear, medicines and drugs including morphine, emergency tent, ground protection, drink and nutrition. The packs were heavy and had to be carried in addition to their personal mountain gear.

Preparation, planning, conditions, route, type of group were discussed.

The biggest surprise was that it's not people in trainers or poor clothing who incur the most call-outs but reasonably well equipped walkers who tackle things just above their capability.

Shirley, Ann, Nick, Hugh, Richard and myself set off with Stu, Steve and Owen from the MRT, in misty, damp conditions from Croesor up the west ridge to the summit of Moelwyn Mawr. We found shelter for a quick lunch and descended via the disused Fron-Boeth quarry down to the MRT rescue vehicle and a welcome panad.

"A huge thank you from Stu, Steve and Owen, we thoroughly enjoyed walking and talking with you on Sunday, and hope those who joined us found it interesting and beneficial too!

The support and donations from our local community is never taken for granted - diolch yn fawr!

Happy rambling to you all!

Tîm Achub Mynydd / Mountain Rescue Team Eryri, Llŷn, Eifionydd

Aberglaslyn Mountain Rescue Team are reliant on volunteers and entirely funded by donations to help keep people safer in the mountains of Eryri.



There's a donate link below - if you could spare them a few pounds it would be fantastic. It'll make a difference.

<https://donate.justgiving.com/charity/aberglaslyn-mrt>

Roy Milnes

October 2024

£160 RAISED FOR the WALES AIR AMBULANCE CHARITY

On Wednesday 6 November, our member, Kath Wood, organised a visit to see inside an Air Ambulance at Caernarfon Airport. The helicopter was on standby to leave whenever an emergency call came through but the crew were meantime happy to explain their roles and show us the amazing equipment and capabilities of these aircraft.

They are able to perform quite complex operations and procedures at the actual accident scene if required, as the crew consists of an A&E Specialist Doctor/Consultant, Medical Practitioner (Paramedic) and a Pilot experienced in handling all kinds of terrain.

The helicopter is equipped with miniature versions of what you might find in a hospital operating theatre.

It was quite awe-inspiring listening to stories of their experiences. A very worth Charity and one which we will also be supporting at our Christmas Lunch this year.



UPCOMING WALKS

01 Dec Sun Nefyn Coastal Circular C5.5 by Di Jamal

06 Dec Fri Pen Yr Helgi Ddu and Pen Lithrig Y Wrach B+8.5 by Hugh and Anthony

14 Dec Sat Yr Eifl B+6 by Richard

23 Dec Mon Into the Cwm of yr Eifl C4 by Di Jamal

11 Jan Sat Porth Towyn to Nefyn coastal path B7 by Di Jamal

CHRISTMAS LUNCH

Please remember to book on the website for our Christmas Lunch at The Royal Victoria Hotel, Llanberis on Sunday 15 DECEMBER at 12.30pm

(if you have a dietary requirement, please add this after your name e.g. gluten free etc).

The ROYAL VICTORIA HOTEL
Snowdonia

Festive Sunday Lunch Menu

Starters

Spiced Winter butternut squash veloute, herb oil
Chicken and ham hock terrine, toasted sourdough, piccalilli
Home-cured beetroot salmon, sourdough,
pineapple & chili salsa, tapioca crisp

Mains

Roast turkey, chipolata, roasted potatoes,
mashed potatoes, seasonal vegetables, cranberry gravy
Feather blade of beef, braised red cabbage,
seasonal greens, beef gravy
Nut roast, roasted potatoes, mashed potatoes,
seasonal vegetables, cranberry gravy
Steamed salmon, sauteed potatoes, seasonal greens, hollandaise

Desserts

Christmas pudding, brandy sauce
Chocolate mousse, chocolate shavings
Raspberry swirl cheesecake, compote

Allergen information available on request