



Cioch Mountaineering Club Dunfermline New Members Information



As a potential new member this pack is designed to give you some initial information about the Cioch Mountaineering Club and the meet schedule for 2019 -2020

Further information is also available on our website: www.cioch.co.uk

The Cioch Club

The Cioch Mountaineering Club was formed in 1988 and based in Dunfermline, Fife, Scotland. We are affiliated to the Mountaineering Scotland (MS) and Friends of the Ochils. The club makes donations regularly to charities such as mountain rescue organisations, Search and Rescue Dog Association, National Trust for Scotland and the John Muir Trust

The Cioch meets in the lounge at the [Glen Tavern](#) Pittencrieff Street, in Dunfermline every Thursday evening after 8.30pm. Contact can also be made through email to:

- membership@cioch.co.uk
- Chairman@cioch.co.uk

As much as hill walking is the primary activity the club encourages other activities and a number of members participate, these include: indoor and outdoor climbing; canoeing, cycling, running and winter skiing. We are also very sociable and enjoy a number of events throughout the year including BBQ and annual Christmas party.

Potential new members do not need to join the club on their first visit and you have the opportunity to attend two weekend meets before committing to the club, in effect 'try before you buy'. These two meets are covered by the third party insurance that comes from the affiliation to the MS. This gives you the opportunity to see if this is the club for you.

Benefits of Membership

The membership year starts at the end of May with the Annual General Meeting taking place on the last Thursday of May. The current cost of membership, which includes insurance from MS is:

- Full - £25
- Have MS insurance in place - £9

Details of the insurance can be found on the MS website www.mountaineering.scot

Other benefits include:

- Regular monthly Club weekend meets to various locations across Scotland
- Arrange day trips with other club members
- Monthly club newsletter
- Occasional Discount nights at reputable outdoor shops
- MS magazine – Scottish Mountaineering



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Experience

All experience levels are welcome - we have a number of members who have climbed all of Scotland's Munro's, some more than once, as well as members who are just starting their hill walking experience and have climbed only a handful.

Hill-walking can be a strenuous activity and you should always consider your level of fitness when planning your day.

Meet routes are usually arranged on the Friday night of a Meet and like minded groups then form - inexperienced members can seek advice on the best group to accompany according to their fitness and experience level.

The main element is that all individuals are responsible for their own safety.

Club Meets

These are arranged for every month of the year and in the main these are in Scotland and take us to some of the most beautiful locations. There are also special meets which are in addition to the monthly meet and these often take us to places that we may not go to regularly for example: Wales; the Scottish islands and the Lake District.

Accommodation is normally in bunkhouses or independent hostels and costs range from £10 to £22.50 per night. The accommodation can be variable in terms of facilities:

- All have **cooking facilities** but these can be equipped to varying degrees in the main hobs, ovens and microwaves are available to cook meals. Members generally take food to the venues and cook for themselves. Occasionally there are restaurants/hotels in the area and a few may choose to go out for a meal, attendees at the meet make their intention known for others to go along if they wish.
- **Sleeping accommodation** can be alpine platforms (where everyone just bunks down in their sleeping bags) and dormitories that accommodate 4 to 10. The club generally has mixed sex rooms but if you have concerns then please speak with the Chairperson; Meet secretary or membership secretary.
- **Toilet facilities** are available in all accommodation though some may be a composting or chemical toilet and we are asked to follow the required instructions at these locations.
- **Showers** a minor number of bunkhouses do not have showers and you need to consider taking alternatives with you.

Booking Arrangements

As a potential new member, spaces (New Member Spaces) are held for up to one month before the meet is due to occur to enable you to get on a meets at the earliest opportunity.

- The Club books accommodation up to 18 months in advance.
- Members then can sign up for any meet at any time. Once signed up for meet you are totally committed and are liable to pay the full amount.



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- Balance of meet is due Six Weeks before meet. On popular meets failure to pay on time may result in losing you place.
- A refund will only be given if that place is back-filled by someone else. (a part refund may be offered if club can re-negotiate the original booking).
- If all places have not been taken with less than one month before meet, these places will be open to non-members and friends, noting that there will be no MC insurance cover.

Below is a table of Meets arranged for **2019-2020**:

Date	Location
December 30 th (Nov) / 1 st	Inchree Chalets, Inchree nr Fort William
January 11 th / 12 th	Newtonmore
February 8 th / 9 th	Invergarry
March 8 th / 9 th	Braemar
April 5 th / 6 th	Skye
May 3 rd / 5 th	Keswick
June 7 th / 8 th	Tyndrum
July 12 th / 13 th	Achnashellach
August 2 nd / 4 th	Knyodart
September 6 th / 7 th	Glenceo
October 11 th / 12 th	Loch Ness
November 1 st / 2 nd	Mill Cottage, Feshiebridge
December TBC	Inchree Chalets, Inchree nr Fort William

Transport

Transportation is arranged between club members usually on the Thursday night before a meet. Car sharing is usually arranged between members to help share the cost of petrol, ease parking at accommodation and help out those that are unable to drive themselves.

Equipment

The absolute basic items that are required for walking and attending a club meet are:

1. Comfortable hill walking boots
2. Waterproof jacket and trousers
3. Rucksack
4. Sleeping bag – for accommodation where bedding is not supplied.
5. Water bottle or hydration system to take on the hills with you
6. Food for hill walking and meals at the meet

Finally we hope that this leaflet has given you enough information to get started with and we hope you will give the Cioch Club a try.

If you require any more information please contact: - membership@cioch.co.uk