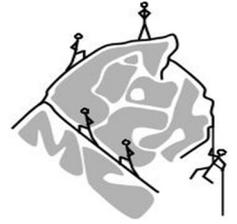




Cioch Mountaineering Club Dunfermline New Members Information



As a potential new member this pack is designed to give you some initial information about Cioch Mountaineering Club and the meet schedule for 2021 - 2022. Further information is also available on our website: www.cioch.co.uk

Cioch Club

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

The club meets in the lounge at the [Glen Tavern](#) Pittencrieff Street, Dunfermline on Thursday evenings after 8.30pm (suspended at present). Contact can also be made through email to:

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

Whilst 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 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

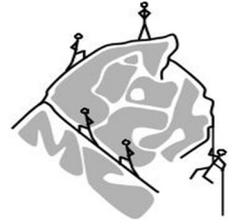
Details of the insurance can be found on the MS website www.mountaineering.scot

Other benefits include:

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



Cioch Mountaineering Club Dunfermline New Members Information



Experience

All experience levels are welcome - we have a number of members who have climbed all of Scotland's Munros, some more than once, as well as members who are just starting their hill walking experience and have climbed only a handful. Hillwalking 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 walkers then form groups. Inexperienced members can seek advice on the best group to accompany according to their fitness and experience level.

NB All individuals are personally responsible for their own safety.

Club Meets & Day Walks

Day walks are now been regularly arranged.

Meets 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 £23 per night. The accommodation can be variable in terms of facilities:

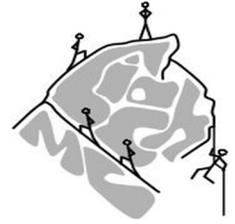
- All have **cooking facilities** but these can be equipped to varying degrees in the main hobs, ovens and microwaves are available to cook meals. Members generally take food to the venues and cook for themselves. Occasionally there are restaurants/hotels in the area and a few may choose to go out for 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 composting or chemical toilets 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

- The Club books accommodation up to 18 months in advance.
- Members then can sign up for any meet 3 months in advance. Once signed up for meet you are totally committed and are liable to pay the full amount.
- Balance of meet is due 6 weeks before the meet. On popular meets failure to pay on time may result in losing your place.



Cioch Mountaineering Club Dunfermline New Members Information



- 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 **2021-2022**:

Date	Location	Accom. Type
21 st / 23 rd May	Glen Shiel	Camping
28 th / 29 th May	Glen Shiel	Camping
Early June	Ullapool	Camping
Late June	Glen Dessary	Wild Camping
2 nd / 3 rd July	Ullapool, Forest Way	Bunkhouse
Late July	Glen Affric, Cannich	Camping
6 th / 8 th August	Rum	Bunkhouse
20 th / 21 st August	Invergarry, Saddle Mountain	Bunkhouse
3 rd / 4 th September	McIntyre Hut, Ballachulish	Bunkhouse
8 th / 9 th October	Braemar, Rucksacks	Bunkhouse
November 13 th / 14 th	Mill Cottage, Feshiebridge	Bunkhouse
December 2021	Xmas Meet	TBA
April 2 nd / 3 rd 2022	Ochils Hut, Crianlarich	Bunkhouse
June 3 th / 4 th 2022	Inver Croft	Basic Bunkhouse

Transport (sharing when allowed)

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 hillwalking 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