



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. Further information and our meet schedule is 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), usually on the first Thursday of the month after 8.00pm, often also on other Thursday evenings. Contact can also be made through email to:

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

Whilst the primary activity is hillwalking, the club encourages other activities such as 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 but 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 MS membership and insurance is:

- £25
- £9 for those who are members of MS through another club or as individual member.

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



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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 often 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

Members arrange regularly day walks and camping trips, and these are usually planned and discussed in club's WhatsApp group and via email.

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 £30 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.



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- Balance of meet is due within 8 days of booking. On popular meets failure to pay on time may result in losing your place. Prospective members are asked to pay within 48 hours of booking confirmation.
- 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.

Our current meet schedule is available on our website: www.cioch.co.uk/clubmeets/

Transport

The club doesn't offer transportation to the meets but members often arrange car sharing between themselves 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. Warm layers, hat, gloves
4. Map and compass
5. First aid kit
6. Rucksack
7. Water bottle or hydration system to take on the hills with you
8. Food for hill walking and meals at the meet
9. Sleeping bag – for accommodation where bedding is not supplied.

We hope that this leaflet has given you enough information to get started but if you have any questions, please do not hesitate to contact us: membership@cioch.co.uk

We hope to hear from you!