



2011/2012

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Front cover: some of the members of AMRT along with a member of SARDA, January 2012.

Chairperson's Report



I am nearing the end of my sixth year as Chair of the Aberdeen & St. John Mountain Rescue Association and I have found it a privilege to be associated with such admirable people.

Our main fundraiser of the year was held on 4th June, 2011. The walk this year started and finished at the Spittal of Glen Muick. It was a route which we had used a number of years ago and we decided to return to it for 2011, which incidentally was our 40th annual walk. We were blessed with good weather and although parts of the route were quite challenging for some, the walkers enjoyed the event. The Team, as ever provided first class marshalling of the route and encouragement to the walkers, along with juice and sweets and a dash of humour on the way round.

We are indebted to the walkers who take part each year and raise much needed money to enable us to continue with the financial support of the Team. Each year, myself along with a group of friends take part in the walk

under the team name of the Culter Crackers (we are all from Culter or thereabouts). I am indebted to my 'ladies' who each year support the Team by taking part in the walk and raising sponsorship. We have been participating in the walk collectively since 2000 and started out as a group of five and have now grown to sixteen. Like us, there are other walkers who come together to participate in the walk year after year and both the Association and the Team are grateful to them. We also welcome entrants, who hopefully will, once they have done the walk for the first time, return again the following year.

The walk this year will be on Saturday 9th June, 2012. We have had to deviate from our usual first Saturday of June in order not to clash with the Queen's Jubilee celebrations. Further details are available towards the end of the newsletter.

I cannot write my report this year without mentioning the fact that Mario DiMaio,

who has been in the Team for over 41 years has stepped down as Team Leader, at the recent AGM of the Team, a post he has held for the past 19 years. Whilst Mario held the post of Team Leader, he sat on the Association committee and his dedication has meant that the Team ran like clockwork whilst he has been at the helm. It will be a time of transition for the Team, but although Mario will be sorely missed in this role, he will continue to support Mike Riddell who has taken over



the position and we as an association will do everything we can to help Mike settle into his new role. I myself am on the Association committee because Mario asked me to help with fundraising over 14 years ago. Mario has been a great source of information and assistance to myself and the committee and his knowledge of the mountains is second to none and he has certainly left some big boots to fill when stepping down from being Team Leader.

Following the sad death of Nick Jack, which I mentioned in last years' newsletter, his widow donated a sum of money to the Association. We have decided to use this for something to remember Nick and stand as an ongoing memorial to his time with us on the Association. We hope to get this sorted soon and I will be writing about it in next year's publication.

I would like to take this opportunity to thank the members of the Association committee who, despite living busy lives willingly give their time to help support Aberdeen Mountain Rescue Team, by raising funds used to enable the Team to continue functioning in their exemplary manner. I would also like to thank the Order of St. John for their continued support, it is very much appreciated, by the Association and the Team.

Most of all, I would like to thank the Team, the guys and girls who turn out for training and operational duty, completely voluntarily, because they want to help people who may be in trouble in the hills or mountains or missing from home. They give their time and much more in their quest to be the best they can be and continue to provide a service which can and does ultimately save lives.

On reading this newsletter, I hope it gives you an insight into the work of the Team and the Association and if you feel you can support us by taking part in the sponsored walk, then we

would be very grateful. I hope you get out and are able to enjoy the beautiful countryside, hills and mountains which we have access to. Life is too short not to take advantage of them.

If there is anything you want to suggest for the walk or indeed any other ideas for our fundraising efforts you can contact me on **aberdeenmra@yahoo.com**.

Dawn MacKinnon

Chair, Aberdeen & St. John
Mountain Rescue Association

Walkers heading up Glen Doll



Team Leader's Report 2011



Highlights of 2011

- 2011 proved to be another interesting year for the Team with a variety of callouts involving both mountain and non mountain incidents.
- Mountain related incidents have almost exclusively been in relation to individuals who have been reported overdue, or where the missing person themselves have contacted the Police requesting assistance. In many instances this continues to highlight issues related to poor navigation and planning skills - many people still lack the basic skills to navigate in the mountains safely in poor weather conditions.
- In the course of 2011 the Team undertook a number of lectures and talks designed to provide information and support for local hillwalking clubs and organisations on safe travel in the Scottish hills. These have been generally very well received and have helped to raise the profile of the Team in our local area.
- The prolonged and snowy winter of 2010-2011 saw some very significant snowfall in the Cairngorms and indeed there were many weeks at the beginning of the winter when access to the hills was a problem. This of course meant that many walkers were also denied access and this may have accounted for a lower than normal number of callouts over the winter.
- Team membership has stabilised at thirty-four and we are fortunate in that we have managed to attract to the Team a number of relatively young members who have brought with them considerable enthusiasm and energy.
- The Team continues to benefit from a good mix of experience, and we now have a number of Team members who have



completed in excess of twenty years in the Team. This combined with the influx of new Team members, places us in a very healthy position and bodes well for the future development of the Team.

- Throughout the year the Team has continued its programme of training and the combination of Thursday evening sessions and Team weekends has helped to provide the basis for a very productive year and one in which their overall skill level of the Team has been significantly enhanced. All Team members underwent a revalidation of their First Aid qualifications in October and we have also had running throughout the later part of the year a programme of driver training and assessment for all Team members who might be called upon to drive Team vehicles.

Mario Di Maio
Team Leader

Back in the Day



Well they do say that all good things must eventually come to an end and so it is with my tenure as Team Leader of Aberdeen Mountain Rescue Team. In Late January 2012 I will be stepping down from the post of

Team Leader - a post I have held for the last nineteen years; 2012 will also see me complete forty-two years of service with Aberdeen Mountain Rescue Team, an organisation I joined at the tender age of seventeen.

Forty plus years is a long time to do anything, but I can honestly say that it has been a blast, and in the course of my time in the Team I have had the privilege to get to know and work with many fine people.

The last forty years have seen huge changes in both the organisation and development of Scottish Mountain Rescue, however as I reflect back on my time in mountain rescue I think that the thing that strikes me most is the fact that we still have the capacity to deploy highly professional and dedicated teams of individuals in a search and rescue role utilising people's willingness to simply volunteer.

Like many things in life my introduction to mountain rescue was more by accident than design. In 1970 I found myself working for the Standard Life Insurance Company in Aberdeen and one of my work colleagues, who was a member of the Team, on hearing about my interest in the hills suggested that I come

along to one of Aberdeen Mountain Rescue Team's Thursday evening training sessions. Somewhat apprehensive I made my way on the following Thursday to the Team's base, which at that time was located in the garages at the back of St John's Hospital in Albyn Lane.

Now in those days one of the main sources of funding for the Team was the collection, bundling and selling on of newspapers for recycling. And so my first few Thursdays were spent in a very dusty garage tying up newspapers and listening quietly in the corner to the robust banter that passed between Team members – not for the faint hearted! My first real memory of anything that looked like proper mountain rescue training came when I was "invited" to put on a climbing waist belt, no fancy harnesses in those days, and try to arrest a falling leader. To be honest I wasn't quite sure what a "falling leader" was and to my surprise it turned out to be a fifty-six pound weight tied to one end of a climbing rope and thrown out of a tree over a branch – the idea being that this would simulate the effect of having to stop the fall of a fellow climber. Now by the time this fifty-six pound weight had fallen ten feet it exerted a significant upward force which in turn lifted me off the ground and left me

gasping for breath as the ill fitting climbing belt rose up round my chest and tried to squeeze my lungs up and out through my throat. It is worth pointing out that I was connected to the lower trunk of the tree by another length of climbing rope and so whilst slowing strangling, suspended between heaven and earth the then Team Leader, Bill Marshall, attempted to instruct me in the finer points of belaying! This introduction to one of the key skills of rock climbing did not, it would have to be said, leave me feeling confident, particularly when it was pointed out that the next stage in the training was to do the same thing again but this time with two fifty-six pound weights on the end of the rope – the argument being of course that in terms of stopping the fall of a climber from above you this was a more realistic weight to have to arrest.

Thursday evening “training” was an interesting introduction to the Team but did not in anyway prepare me for my first Team Weekend. The Team had, and indeed still has, two centres of operation in the Cairngorms – one at the Spittal of Muick and one at Derry. I went on my first Team weekend with little knowledge of what to expect, no induction programme in those days or information sheet detailing what gear to take. So I turned up on the Friday night at the garage ill equipped both mentally and physically for what turned into a very

demanding weekend. I was “taken” for a walk by a couple of Team members and within a very short distance I realised I was seriously out of my depth – the speed they moved at shocked me and the weekend was lost in a haze of sweat, fatigue and blisters. Going home on the Sunday night I vowed not to return – I struggled to see the fun in this. However, time is a great healer and two weekends later I was back, blisters almost healed and a bit better prepared for what was to come.

And so Team weekends became something of a challenge – physically in terms of getting fit and being able to equal the pace set by the established Team members on the hill, and also mentally in learning to deal with the endless banter and ribbing that was a very significant feature of every weekend. Looking back I am amazed that I kept coming back for more – a lack of imagination may have had something to do with it. As the youngest member of the Team at the time I was frequently the butt of jokes and japes and there was a tradition in the Team at the time of throwing folk in the Derry burn – something I experienced on numerous occasions. There was never any rhyme or reason to this – you would be sitting having a well earned cup of tea after a day on the hill when several Team members would grab arms and legs and you would be dragged from the bothy and tossed into the river.

In the early seventies there was no shortage of callouts and during my first few winters with the Team I found myself in the Corrie of Lochnagar and on the Ben Macdui plateau on a number of occasions. In those days the gear we used was quite primitive and a night spent in bad weather searching high in the Cairngorms was a significant challenge. Being cold and wet was, it seemed, part of the job and before the advent of breathable fabrics waterproofs were in reality little more than glorified plastic bags.

Following a particular chilly callout in January 1974 which had us hanging about Corie Sputan Dearg for most of the night, I was advised that I should purchase a down filled duvet jacket. In my somewhat impoverished state as a student at the time, this was a financial challenge too far. However, at that time Bill Marshall the Team Leader ran a climbing shop on George Street, in reality this consisted of several filing cabinets filled with various bits of equipment in the basement of his father in laws shop. I negotiated a deal with Bill which saw me as the proud owner of a bright red top of the range Gaston Rebuffat down filled duvet jacket costing £15 – Bill allowing me to pay it off at £5 a month. That jacket was a life saver and lived in my rucksack for the next twenty years. I still have it although it would be fair to say that the down has long since lost its loft.

The Team was, and indeed continues to be quite a competitive organisation, speed and endurance on the hill has always been something of a badge of honour, and I realised early in my mountain rescue career that getting fit was something to be taken seriously. So I started running and what began as a means of just improving my fitness for the hill quickly became something of an obsession. Now back in the early 1970's it was quite unusual to see people "out for a run", indeed people regularly stopped and stared as I ran past them on the North Deeside Road, and being chased and occasionally set upon by dogs became something of an occupational hazard. Running did however have the desired effect and slowly but surely I started to put pressure on my fellow Team members on the hill. Being able to do more than just hold my own on the hill physically, perhaps more than anything boosted both my standing in the organisation and my self confidence.

In November 1971 the Aberdeen Team was involved in a callout for a party of six school children and two instructors who went missing during a blizzard on the Cairngorm Plateau whilst trying to reach the Feith Buidhe Hut. This was my first really big callout and as we headed up towards Corrie Etchachan in deep snow and poor weather conditions I was more than a little apprehensive. Breaking trail

through thigh deep snow was a killer and by the time we got to the Hutchison Hut we were all feeling the strain. Radio communications back then were at best somewhat uncertain and as we prepared to head up towards Loch Etchachan we caught part of a transmission indicating that the party had been located. We realised that it would take many hours for us to gain the plateau given the weather conditions and we slowly made our way back towards Derry. What of course we did not know until much later was that although the party had indeed been located, five of the children and one of the instructors had died of exposure. This callout became known as the "Cairngorm Disaster" for that is what it was, and I very well remember the feelings of disbelief when we discovered later what the outcome had been. A week after the incident I along with several members of the Team visited the site of the incident on the plateau in what could only be described as benign conditions and retrieved some of the personal items left behind in the rush to evacuate the victims.

In 1976 I was elected to the post of Deputy Team Leader, I was twenty-three years old and was into my running and mountaineering with a vengeance. Although my early days in the Team had been challenging I was fortunate in that a number of seasoned Team members had been willing and able to give me the

time and help to develop my mountaineering and rescue skills. Leading parties on the hill during callouts was both a challenge and a thrill and I never lost the feeling of nervous excitement when heading out into the hills at night and in poor weather conditions to search for a missing walker or climber.

Through the seventies and eighties there were many memorable callouts and it seemed to be a time when more and more folk were getting interested in the hills and also getting into difficulty. This period also saw a change in the composition of the Team with an increasing number of Team members being drawn from the rapidly developing oil and oil service industry; we also had by the early eighties quite a few teachers within the ranks of the Team. Prior to this time and certainly when I joined the Team in 1970, the vast majority of Team members worked locally as tradesmen or in the numerous local paper mills that existed in and around the Aberdeen area at the time. It is probably fair to say that the change in employment opportunities that came with the oil industry also changed the nature of the Team to some extent and perhaps some of the "rough edges" were knocked off.

Some of the most memorable callouts in the Cairngorms took place in the nineties and indeed it was about this time that the media

began to take a very serious interest in the work of Scottish Mountain Rescue Teams. In February 1994 an extended search operation took place in the Cairngorms for a woman who went missing whilst out walking with some friends. The woman had become separated from the rest of the party and when she failed to turn up at the end of the day a massive search began covering a large area of the central Cairngorms and involving over one hundred and sixty team members from five different rescue Teams. Two days later she was found much to everyone's surprise safe and well having survived two nights out in the open. This particular episode ended with a bit of controversy when the woman sold her survival story to the press and claimed that she

would be donating some of the money to the Teams that had been involved in the search – the press followed this up only to discover that none of the Teams had received any money. Interestingly this incident was the forerunner to a number of extended searches which took place both in the Cairngorms and elsewhere for walkers who were “missing” for a number of days before turning up safe and well.

More recently the Team has been involved in a number of high profile incidents the most spectacular of which was almost certainly the search in late March 2001 for two USAF F15 fighter jets which went missing over the central Cairngorms. When the aircraft failed to return to their base and it became apparent that they

must have crashed somewhere in the Ben Macdui area, a huge search operation was launched. In poor and deteriorating weather conditions I led a party from the Aberdeen Team up from Loch Etchacan towards the summit of Macdui. Visibility was very limited but as we approached the summit the first thing we were aware of was the very strong smell of aviation fuel quickly followed by large amounts of small debris fragments spread out in all directions over the snow. In rapidly deteriorating weather conditions we began to find larger

parts of what was obviously the wreckage of at least one of the aircraft. As we were working our way through the wreckage one of the Team members spotted something billowing in the wind and when we went to investigate we found the body of one of the pilots. There was something very surreal about the whole experience, and as we made our way off the hill dragging the body of the pilot wrapped in what I think was part of a parachute a thoughtful silence settled on the group.

Rescue Teams train for callouts and in many ways they are the glue that holds the Team together. When the conditions are bad and the outcome unknown there is no doubt that the senses are sharpened and the challenge of undertaking a successful search or evacuation of a casualty can for a short period of time become all consuming and maybe even put one's life into perspective. Over my years in the Team the adventures have been many, the laughs frequent and through it all has been the friendship and camaraderie of the guys in the Team. This is the sort of life experience that money can't buy! I have enjoyed pretty much every minute of it and I regard it as having been both an honour and a privilege to have been a member of the Team and to have led it for the last nineteen years.

Mario Di Maio



One of the Lads



When I was asked to write a short piece for this newsletter about a female perspective on life in a mountain rescue team, I agreed to do it without really having a clue what I was going to pen. As I write this now I still don't really know where I'm going with it!

For me, being a woman in the Aberdeen team is a lot like being a man. For as long as I've been in the team I've felt like one of the guys and am treated as such, which is something I really like. It's a demanding use of my time, physically not least of all. I'm expected to carry my share of the load, to maintain my fitness to an acceptable level, to keep technical and medical skills up to date and to look after myself in extreme conditions, and rightly so.

Of course, it is a sad fact that my physical limitations are not going to be the same as those of my male counterparts, but really this just means that I might carry a 50m rope instead of the 100m one and probably need to do more weights at the gym! My sex is certainly not an excuse I would use if I felt my abilities were not up to scratch.

Through the Team as well, I have been given the opportunity to meet other women interested in the service – either directly as members of my own team or those involved in mountain rescue in other parts of Scotland, and I am always pleased to meet other fearless females with whom I can share stories and experiences. But, like me, they don't seem bothered about being in the huge minority that is female mountain rescue – it's not something that surfaces and it's certainly not something that's important to those of us involved.

Amongst my family and friends I have a huge level of support for what I do in AMRT but I have come across people who think it's not a woman's place to be involved, and I've been told stories by women in other teams of callouts where the intended rescuees have

suddenly decided they can manage just fine when they see a female rescuer coming to their aid. To me, women in mountain rescue can only be a good thing – if we're fit enough and tough enough we're as good as any man and I for one would like to see some more oestrogen in the team.

Okay, now for the girly bit...The guys in the Team are some of my best friends and I count them as kind of another family. These are people that I see every week and spend one weekend a month with; it would be impossible not to grow close. Besides the support offered me during training and my limited experience of call outs I can rely on them to see me through tough times in my personal life too – sometimes it feels as though I have 30 older brothers, and I love it! Joining AMRT is one of the best things I have ever done. Yes it's mentally and physically challenging and demands a lot of time but no more so for me than for anybody else on the Team. Being female has nothing to do with it, it's the mentality that goes with such an enterprise, and if you've got the balls who's to say you're not man enough?

Claire Ellis

Treasurer's Report

2011 Financial Year



Well, after a couple of years in which our Income exceeded our Expenditure, this year has seen a reversal of fortune! The main reason was the purchase of a new Land Rover at a cost of £33k. Currently, there are 34 guys in the team. New Land Rovers only seat 7 people (previously 12) as regulations now state that vehicles can only have forward-facing seats. Long wheel base Land Rovers used to seat 6 people facing forward and 6 in the rear facing into the centre of the vehicle (albeit with no degree of comfort for those in the rear!) Because of this, we decided not to sell the 04-Reg vehicle when we took delivery of the new one. There are still insufficient seats if the whole team turned up for a call-out but some team members kindly take their own vehicles if required. The figures for the 2011 year are as follows, subject to minor amendments when the year-end accounts are produced - 2010 figs in parenthesis:-

2011 Income:

• Scottish Government	£8.0k	(£10k)
• Investment income	£6.4k	(£4.6k)
• Gift Aid/Tax claims	£2.1k	(£3.1k)
• Donations	£0.6k	(£0.6k)
• Bequests	£19.9k	(£1.2k)
• Sponsored Walk (net)	£19.7k	(£15.6k)

2011 Expenditure:

• AMRT Support	£9.0k	(£12.0k)
• Equipment	£20.4k	(£12.0k)
• HQ Expenses	£2.8k	(£2k)
• Insurance exc Vehicles	£1.3k	(£1.0k)
• Vehicle Ins/Expenses	£5.1k	(£3.0k)
• Postages/Printing	£1.0k	(£1.0k)
• Land Rover	£33.0k	Nil

Malcolm Lamont

Hon Treasurer, Aberdeen & St. John Mountain Rescue Association.

Driver Training



Since the last newsletter the one area that has been lacking in the Team's training manual has been addressed, that is, of driver training. This was vital because of legislation and the Team's responsibility to ensure all its members are fully trained.

We have now set up a driver and vehicle database with all the relevant licences and details which marries up with the personnel database.

In the last year all drivers have had an on road driving and training assessment; they all have undergone and passed a Land Rover Level 2 course which was carried out at Fetteresso Forest, with the kind help of the Forestry

Commission. The site that was used was originally used by Land Rover and was purpose built for this sort of training. Judging by the very large smiles on the faces of all those who took part, they really enjoyed the experience of being able to drive our vehicles safely and in a controlled manner to extreme but safe limits.

"It's amazing what these vehicles can actually do and given where we go and what we do, it's essential that each Team member knows what is possible and that they are trained to do it as safely as they can. The training course, on road and off road, challenges both the driver and the vehicle and brings all the team to a minimum safe standard for all eventualities. Training 30+ individuals to this exacting standard in readiness for this winter's deployment represents a tremendous personal effort on the part of Alan Rae and our thanks go to him, and to the Association for providing the vehicles over the years"
Gary Drummond

We have also been training every Team member in the safe and competent use of the winch that is fitted to each vehicle, no point in having it if you don't know how to use it! This is necessary in order

to comply with the current regulations.

This year the training will be focused on the towing of trailers for all members. The older ones, them with grey or little hair will receive training and assessment, but the younger team members, those with a lot of hair, will have to sit a driving test which will be carried out by the Driving Standards Agency and this training will be carried out externally.

It has been a very large undertaking by the Team to get this level of training completed, but in the future it should only involve new recruits as they start to complete there training to be a competent mountain rescue member.

Alan Rae



AMRT Flying Hellfish ride again!



Whilst most folk were recovering from their festive hangovers, AMRTs' Mountain biking Team (the Flying Hellfish) were competing in the Strathpuffer 24hr Mountain Bike Marathon. Based in and around the Torachilty forest near Contin the Strathpuffer attracts competitors from all over the world and is billed in the US Bike magazines as one of the "top 10 toughest Mountain Bike events on the planet". With only 7 hours of daylight, the majority of the 11km technical course circuits are raced over 24hrs in the dark, in freezing temperatures (this year was mild, in previous years we have seen -10c) through mud and ice. The "puffer" event presents a rather unique challenge to rider, machine and team. This is the 4th consecutive year that AMRT has competed. Overall they finished 20th in the quad category (racking up a muddy 27 laps in 24 hours) and a stunning 24th overall out of 150 teams.

**This year's Flying Hellfish are pictured receiving their prize for winning the Mountain Rescue Category.
(right to left : Roland Jones, Damon Powell, Chris Hind, Gary Drummond ; Picture taken by our support crew Ian Herd)**

2011 Sponsored Walk

The 2011 sponsored walk on 4th June was based on the Balmoral Estate, starting at the Spittal of Muick and going up over the Capel Mounth before turning right into Glen Clova. There was then a steady climb to Bachnagairn and Sandy Hillocks before dropping down to Loch Muick and the finish marquee back at the Spittal. It was a very scenic route with marvellous views to the hills surrounding Glen Clova and Loch Muick.

It was probably quite a tough walk for some of our regular supporters whose only major walk each year is the MR walk - there were two very definite uphill stretches! Despite that, most folk managed to complete the route and partake in the sandwiches and fine cakes at journey's end.

There were slightly more participants than in 2010 and everyone enjoyed themselves despite the rather cool, but dry, weather. As an aside, I walked the route with three friends the following day and had a great walk in very pleasant, sunny conditions – sorry about that!

With another substantial donation from **Nexen Petroleum UK**, the walk to date has raised more than £20,000 and there will be further money to come from HMRC in the form of Gift



Walkers heading towards Loch Muick

Aid Relief – many thanks if you persuaded your sponsors to tick the relevant Gift Aid box on the Sponsorship Form – for taxpayers, it increases their donation by 20% at no additional cost.

Thanks are due to the following:-

- **Shell UK** for First Aid Kits
- **Craigdon Mountain Sports** - Gifts
- **Braemar Mountain Sports** - Gifts
- **Cotswold Outdoor** - Gifts
- **Hilltrek Aboyne** for Gift voucher
- **Nevisport** – Gifts
- **Tiso** - Gifts
- **First Bus** – Discounted Coaches
- **UK HSE Support Ltd** – Sponsor of a Coach
- **Newburgh Roofing & Slating Co** - Donation

- **Town & County Landrover**
– Use of a Vehicle
- **Balmoral Estate**
- **AMRT** for Marshalling the Route
- **Fiona Irwin** for the Fine Pieces
- And lastly, everyone who participated and raised lots of cash for mountain rescue.
Your support is very much appreciated.

So who raised the most money?

**Over 18yrs category - Colin Morsley
with a marvellous £816.40**

**Up to 14 yrs category - Corvette
Gillon-Ferguson raised £126.50**

**Team category - Culter Crackers
raised £1372 (£765 for the best
five members) in the Team.**

Sadly, no one in class 2 raised any sponsorship. As a small thank you, suitable gifts will be winging their way to Colin and Corvette shortly.

Take a look at <http://www.youtube.com/watch?v=dydnGZegi1c> recorded during last year's walk, courtesy of **Garry Wardrope**.

Sponsored Walk 2012



This year's sponsored walk will take place on Saturday 9th June and we are delighted to be going back to one of our favourite stomping grounds in upper Deeside, namely Invercauld Estate. This year's walk follows a similar route to the one that we did in 2005; however we have changed the last section of the route slightly to provide a more scenic and interesting end to the day.

The walk will start and finish at the Keiloch and will initially follow the track that heads up past Felagie and north east towards Balmore. At this point the route will go up and over the shoulder of Leac Ghorm and on to the summit of Carn Moine an Tighearn. From this high point there are great views to the south across the Dee valley towards Ballochbuie Forest and Lochnagar.

The route then runs north west for approximately three kilometres along a largely flat track offering some interesting views down into the valley of the Gairn, before turning south west under the shadow of Culardoch and heading back towards the main track leading to Invercauld House. The route will then take you up between Meall Gorm and Craig Leek before dropping down to Felagie and back to the Keiloch where a welcome cup of tea and something fine to eat will await you. This last part of the route offers superb views of upper Deeside and of Lochnagar and the surrounding hills.

This year we will also be offering a slightly shorter version of the route which instead of climbing up to the high point at Carn Moine an Tighearn will take walkers past the abandoned township of Auchtavan before rejoining the main route at the head of the Feardar Burn.

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We have now been holding our annual sponsored walk for over forty years and it continues to be a very significant fund raising event for the Team and we hope that you will be able to join us on the 9th June.

Just Giving

We have established a Just Giving page for the walk, so if you would like to use it as a means to obtain sponsorship, please log onto this link: www.justgiving.com/aberdeenmountainrescue/raisemoney
This is a specialised page where you can build online fundraising pages to raise money for the walk.

If anyone would like to send a one-off donation to the Association, you can do this by logging on to:
www.justgiving.com/aberdeenmountainrescue/donate

We would like to thank everyone who supports the Association and the Team by sponsoring walkers or by donating to our charity.

