

FANTASTIC Fontainebleau

WINTER skills

HOT ROCKS Majorca

gripped?

BMC

in partnership with:



Issue #13 - Winter 2002

Hi! Well hasn't time gone by? Summer, although brilliant and full of loads of climbing, was nowhere near long enough!

I can't believe we've already prepared our Pumpkins, Halloween costumes and our Christmas stockings, maybe even our training strategies for Birmingham's round of the EYC and the annual BICC'S! It seems only seconds ago that we were floating in the sea in some far away sun drenched island, but now it's back to school and back to the adrenaline of competition climbing.

Although competitions at the moment seem nothing compared to the buzz of outdoors, traditional and sport climbs. The classics sadly are going to bed until the summer next year, unless we stumble across a dry weekend! Internationally we have had a superb summer, with another podium placement, this time coming from Adam Dewhurst who successfully achieved a third place in the Arco round of the EYC!

Well, hoping as always that you are happily cranking on the crags, and cruising on the walls.

Jemma

CYBER-STUDENT Jemma Powell



Britain's junior climbing comp champion Jemma Powell has signed a deal with **Planet Climbing's** trainer in residence, Neil Gresham for a training programme...

When asked how she was getting along with the structured program, Jemma had this to say:

"The program is really great. My fitness level is definitely improving already. My shoulders feel stronger for longer on my circuit and on the competition routes I climbed in Italy (where I was placed 7th).

"So far the program appears to be working brilliantly and it's an awesome idea for climbers looking to improve their climbing skills, endurance, stamina, etc.

"I am also feeling more confident in my climbing which is really good."

Courtesy of planet-climbing.com

Please send suggestions for content for the BMC website to anne@thebmc.co.uk

NOSE SPEED Record Smashed October 17 2001

Tim O'Neil and Dean Potter have just broken the speed record for **The Nose** on El Capitan, Yosemite. Taking 23 minutes off the previous record of 4 hours and 22 minutes held for almost ten years by **Hans Florine** and **Peter Croft**.

The new record is a mere 3 hours 59 minutes, for a route that regularly takes three days, and only last week saw an 'in a day' attempt by Brits **Ian Parnell** and **Arlie Anderson** end unsuccessfully just long of the golden 24 hours, which rather puts it into context.



Next Issue...

UIAA Youth Commission President Anne Arran experiences youth climbing in Russia. See next issue for training – Eastern European style.

Landscape painting by a young Russian climber Anne Arran

All Change

At the **BMC** we're having a major overhaul – we're re-organising the entire office. One of the things we're changing is our phone number. If you want to call our office after January you'll need to call: **0870 0104878**



watch out for...

Anne Arran's profile of the **Iranian Girls' Competition Climbing Team** – Next Issue...

Raheleh Althoe



BEST ROUTES of the SUMMER

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Join our competition to celebrate the launch of the Access and Conservation Trust – WIN GREAT GOODIES!

Risk and Responsibility

Parents and young participants should be aware that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Parents and participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement. The BMC publishes a wide range of publicity and good practice advice and provides training opportunities for members. Additional advice and events are available to young members and their parents. Details about the BMC's training and youth programmes are available from the BMC website and office.

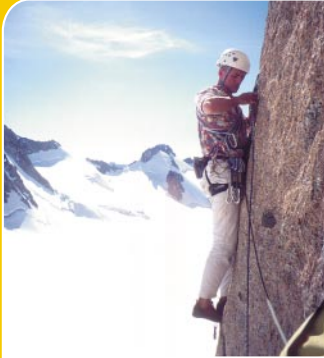
HEY!

We want your news, views and photos for the next issue. Please send articles on disk or by E-mail to:

anne@thebmc.co.uk

PASTURES NEW...

Roger Payne [right] the BMC's General Secretary is leaving the BMC to become the first ever development officer for the UIAA. Best wishes and good luck from all at the BMC.



Roger enjoying the alps 📷 Anne Arran



LAKES YOUTH MEET A Roaring Success

Once again we'd like to thank the Fell & Rock Club for yet another exceptional youth meet.

For a full report – check out the next issue.

Nathan Reece 📷 Ron Kenyon

Barbarian E1, Tremadoc

This top route was the first E1 that I ever led. **Barbarian** is a 2 pitch climb the first pitch being short and easy and the second pitch being long and hard. There are loads of different climbing styles on it 'cause it has a slab section, overhangs and a thin crack line.

Rosie Payne **Terracotta** HVS, Anglezark

This route is mostly in balance part of it being quite delicate finishing with an overhang at the end. The gear is really good (but being in a quarry the rock is quite likely to peel off!) – it's just such a good route.

Incursion HVS, Stange

This is a really delicate slab climb and being on Stange it just has to be a top route. The lack of gear adds interest. :)

Rosie Payne **Cheat** E3 5b, Wilton

Excellent route with an awkward move at the start if you are small. The top wall is easier than it looks with nice deep flat holds.

Chequers Crack HVS 5b, Froggatt

A brilliant route that looks like it has got to be done. It has an unusually awkward start even though it looks easy; the top isn't hard if you can jam.

1an Hollows **Horror Arête** 6b, Bridestones

I did it in the rain with wet holds... Paul Smitton

Virgin F8a+, Majorca

Ground-up on the fourth attempt. Paul Smitton

Orphée au Nez Gros

F7c, Ceou, France

I did this onsight, placing the clips, massive, overhanging pitch in a huge cave called the **Cathedrale**. Paul Smitton

Hot Rockzzz

- Banish the winter blues and
- Climb, walk and swim

[by Paul Smitton]

We were off to Majorca with a flying start. We had booked our holiday at exactly the right time as the outbreak of foot and mouth would have prevented us from climbing in England. My family and I were going to have a fortnight of climbing and swimming in the sun.

We were getting closer and closer to the runway at Palma airport and the cliffs looked amazing. The sheer cliffs hung over the sea and looked soooo extreme and fantastic.

My Dad had arranged for us to rent a car. We got a Fiat Punto. You should have seen my Dad, speeding round the mountain bends at top speed. He surely can't have thought he was on the Fiat advert being chased by a runaway lava flow, could he?

The crags were a lot better than I had thought. They had great, massive tufas and fantastic caves. On the very first day of climbing we went to a crag above the sea called **Santanyi**. Paul and my Dad did some routes but me and my mum found it too difficult so we didn't go back. Our three main crags were called **Alaro**, **Port de Soller** and **Cala Magraner**. Alaro was above a very long path and took forever to get to the crag. It was based just below the ruins of an old castle. My mum and I walked up to the castle and found the smallest village I had ever seen – it only had one house, one church, a pub and two overnight stay rooms. **Port de Soller** was our favourite crag. It was just above the sea and had two awesome caves. I led a really nice 6a there. My brother led a great route in an immense tufa cave. It was called **The Virgin** and was graded 8a+. It went up and out of the cave. Our next favourite was the crag, **Cala Magraner**. It was by the beach and the ground was covered in weird fluffy brown balls that looked identical to kiwi fruits. We never found out what they were. I had a scare at **Cala Magraner** one day as I was up a route when my Mum shouted up to me "I didn't check your harness, is it alright?" I looked

down and saw that it wasn't even done up! My brother had to solo up to me, clip me into a bolt and then I had to do up my buckle and carry on climbing.

There was a brilliant bouldering crag called **Porto Pi**. The climbing was fab until we found out it was a nudist hangout. When we were walking down to the crag, a strange old man popped up. I could only see from his head to his hips and was expecting something on his bottom half but I'd forgotten that this was a **NUDIST** beach! It was so funny, I couldn't carry on walking as I was laughing so much.

On one day we decided to go on a gorge walk. We had to walk down into a gorge which took a good few hours and then had to walk along the bottom to get to our car. The walk took around 7 hours. When we were walking along the bottom, we barely walked, we bouldered. The size of the boulders was amazing. If you fell off some you could have died, they were so high. You wouldn't have been able to do it if you weren't a climber! Whilst we were walking along the bottom, we came across a party of Spaniards who were going up a very narrow side gorge. Suddenly, one of them dropped his rucksack and he tried to catch it but he lost his footing on the smooth rocks and slithered and crashed down into a deep, dark chasm. We thought he was dead but after a horrible silence, he shouted he was OK, his friends pulled him out and we carried on our way.

I can tell you a lot more. We went to loads of crags loads of walks, swimming and beaches – it is a brilliant island and I would recommend it to anyone on the look out for a great climbing holiday.

Did you know... ?

1. Majorca is the biggest of the Balearic islands – the other islands are Menorca, Ibiza and Formentera
2. Although part of Spain – the main language in the Balearics is not Spanish but Catalan
3. Majorca and Mallorca are different words for the same place! Both are pronounced 'ma-yor-ka'

dream of sun-drenched islands
in this limestone heaven

out & about in Majorca

Local accommodation

- ▶ Climbers often find unbelievably cheap package deals, search and you may be lucky – so long as you don't mind the risk of staying in tourist hot spot Magaluf...

Guidebooks

- ▶ **RockFax Costa Blanca, Mallorca, El Chorro.** This excellent guide has been republished (August 2001).
- ▶ **Rock Climbs in Mallorca** by Chris Craggs, published by Cicerone. A comprehensive guide which also covers the Canary Isles, and Ibiza.

Getting there

- ▶ There are a great number of flights to Palma airport, especially from the UK. Budget airlines such as EasyJet offer a 'no frills' low cost service.
- ▶ Once in Majorca, you will need a car as the crags are spread evenly around the island, and you might find yourself staying a reasonable drive away from any of them.

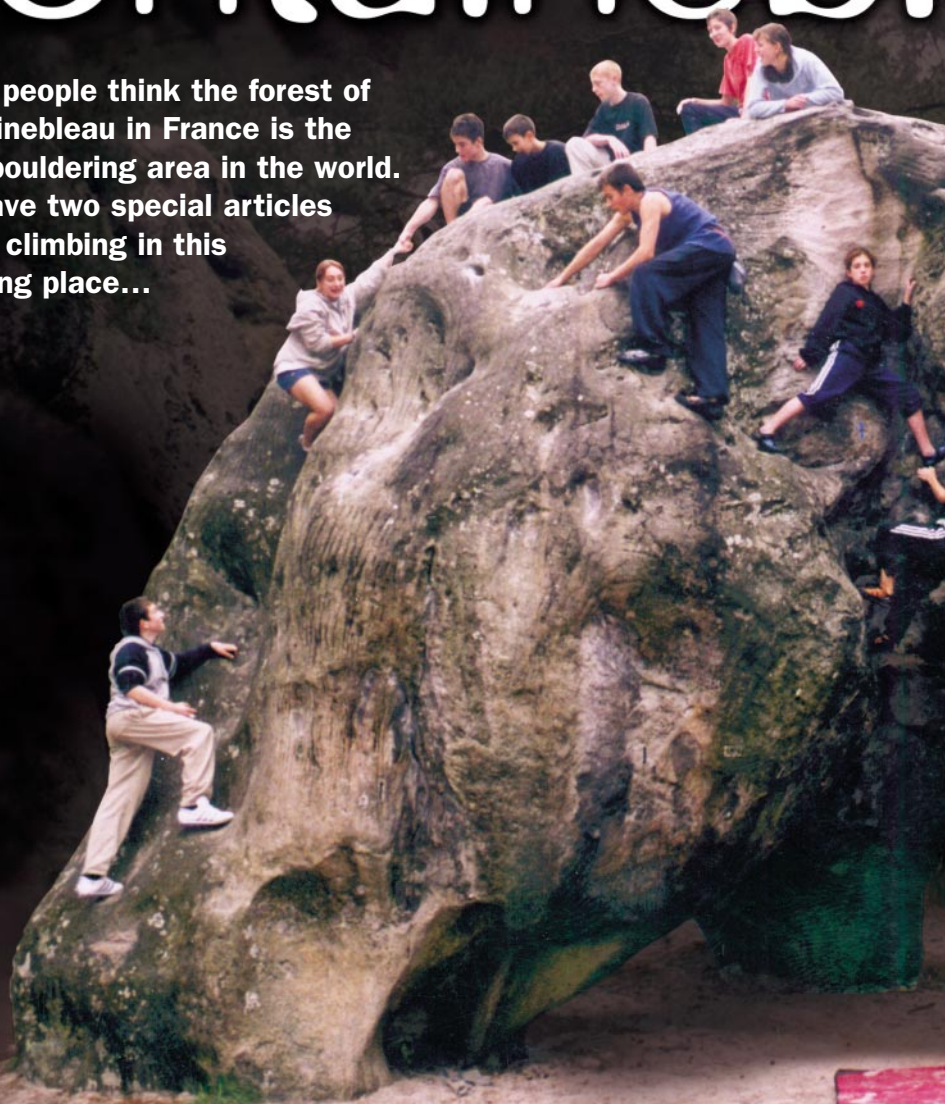
Travel information, courtesy of

 planetFear.com



fontainebl

Many people think the forest of Fontainebleau in France is the best bouldering area in the world. We have two special articles about climbing in this amazing place...



Top Performers' Youth Meet

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On the 26th October a group of twelve kids and five adults set out to Fontainebleau in France. This was the 2001 BMC Extreme Bloc 'Top Performers' Youth Meet and would involve four days climbing and two travelling. Fontainebleau is a well-known bouldering area to many climbers and is often mentioned in magazines for its problems on all shapes and sizes of boulders.

Seven girls and six boys were the lucky lot chosen to go and we were all excited, as many of us had never been there before. We set off early on the Friday in two separate groups. In the minibus were Leah Crane, Hazel Findley, Rosie Shaw, Lucy Griffiths, Jacob Cook, Richard Winters, Richard Sharpe, Cal Reddie and Jamie Cassidy, they were being driven by two of the adults Tom Briggs and Roger Barton. Their trip was crowded from the overflowing boulder mats and luggage in the minibus. In the car were Jemma's parents driving Katie Hill, Jemma Powell and T. Tom Bolger and his dad were to meet us at the place where we were staying.

It was a long and tedious drive though we did have some laughs as we tried to stand still and not be sick on the very rocky Hovercraft. At about 10.00pm we finally arrived at the gîte. This was a converted barn with two floors – the ground floor, which consisted of tables, chairs, toilets and a kitchen and the upstairs – four bedrooms each full of beds and equipped with a shower and toilet. The girls had one room and the boys another while the adults spread themselves between the other two.

After grabbing a bed and trying to unpack we settled down and eventually fell asleep eager for the next day to come.

We woke in the morning and after breakfast we began the journey to a place called 95.2. It was foggy and everything was damp when we got there but after exploring we found several overhanging problems which had escaped the damp so we started on them. After an hour or two everything had dried off and we had loads to choose from. Our first day bouldering was great fun as we tried many problems and I began to get to grips with moving boulder mats and spotting people.

The next day we set out again this time to a place called Isatis. It was sunny and we were all looking forward to climbing. When we got there a few of us went for a run led by Roger who got us a bit lost in the undergrowth but we found the others after some searching. Now that we had experienced outdoor bouldering we were much more prepared and got straight to searching some good problems. There was one route on a slab with crimps so small you seemed to hold them by your finger nails but after a few goes we got to the top. The older boys started to try running up to rocks and jumping for jugs at the top. We had a good laugh when Rosie attempted but forgot ▶



BMC Extreme Bloc

Top Performers' Youth Meet

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to jump and splatted into the boulder. But she didn't give up and managed it – to her surprise! Often, once you had completed a problem, you had to work out how to get down without falling. To my embarrassment, I once slid down a whole rock on my bum. Other more adventurous people jumped down onto bouldering mats.

In the afternoon we went to another place known as Cuisiniere. This had some nice traverse problems which we did while the older boys attempted a slopey problem that looked pretty nasty. We climbed until we could no longer see the holds and then headed back.

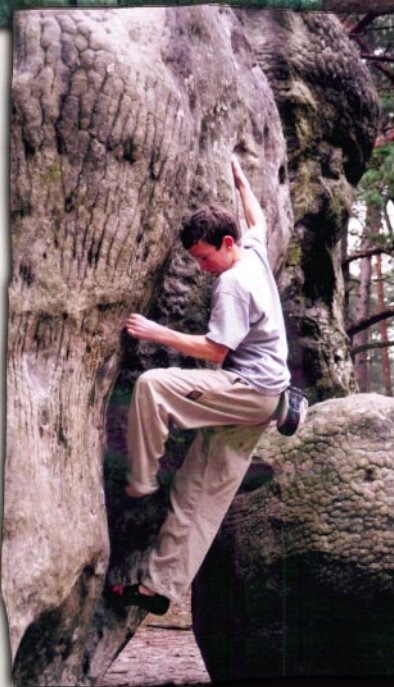
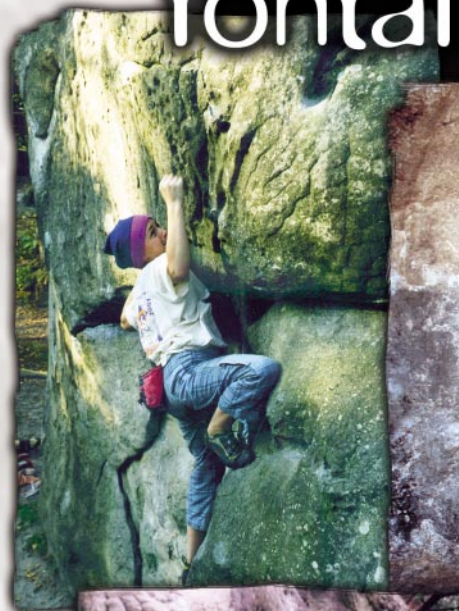
The third day consisted of a really long car journey to a place called L'Elephant. It is called this because there is a huge boulder the shape of an elephant with an enormous trunk. We had been told that this was one of the best places in Fontainebleau and it was true. We quickly spread out in groups and began climbing easy juggy problems and then going onto more tricky stuff. After lunch a group photo was taken of us all on the elephant boulder. It took ages for us to get organised but once it was done we set off again. We did problems that just involved one big rockover and others that were so high up (to us anyway) that we needed two spotters and a sea of bouldering mats before we would try them. Once again we kept climbing until it got dark and we were all really tired.

Tuesday was our last climbing day and, even though we were stiff and had sore fingers, we still wanted to climb. We went to

Bas Cuvier, which was yet another great place. It had lots of slabs and Lucy managed to get up most of them really easily to my envy while Katie and Hazel F. climbed another slab where the holds were microscopic to me. Jamie tried a problem he had done before called Helicopter this is because the last move is a dyno to a sloper. If you don't get it you fall spinning like a helicopter. After a few attempts he managed to do it gripping tight to the hold. Everyone got involved in a tricky traverse found by some of the girls. Only Rosie and Richard S. managed to complete this, as it was really reachy. After loads of tries we gave up, as we knew we could get no further and found another problem to try.

At the end of the day we went to a restaurant for our last supper together. After a very sleepless night we travelled back to England. We all wished we were still in Fontainebleau and not in the car or minibus. We all really enjoyed the trip and it was a great experience.

I would like to thank all the adults that came with us for all their support and hard work it was very much appreciated. And I also want to thank all those who helped organise it, it was a real success and I would go anytime it was ever offered to me again.



nebleau

5 go MAD in France

[by Neil Pearsons]

the Kent-Pearsons in Fontainebleau

"Fall off, fall off, fall off? hurray!" I put my arm around Josh's mum's shoulders as she recovers from another heavy fall from, ooh, about two foot up: "Kids can be so cruel," I sympathise. On cue, Josh's face lights up: "We can? Fatty fatty fat fat" and "you're going bald, big ears."

It's just another typical day at the crag for the Kent-Pearsons family - Josh is burning his mum off, Simpsons quotes are flying thick and fast and Josh's sister Bethan is shouting "Shape yourself, Neil!" everytime I touch rock in a gleeful bid to put me off. Sadly it usually works.

The venue is Fontainebleau, possibly the best family friendly quality climbing spot in the world - it's like being at the beach but without the sea - beautiful soft sand to keep younger brothers and sisters happy and cushion the blows of past-their-prime mum's failures and encourage the increasingly highball antics of the Josh and his sister.

Josh is 12 now and he's been coming to Fontainebleau virtually every year since he

was two. It was here that he first burned his mum off, doing an Orange problem at the area called 91.1 that she couldn't do. That was a few years ago now and it's such a regular occurrence that it hardly warrants mentioning, apart from the immediate jeering.

It's his mum I feel sorry for, it's not as if she's one of those mums who has a go because her kids are into climbing. Josh's mum is Gill Kent, one of the best women climbers in the country in her day, unfortunately today isn't her day, her week, her month or even her year (yes, we even quote Friends in this family, we're not proud).

Gill lived the life of a full time climber with her then partner, rock-god **Ron Fawcett**. Together they travelled the world, climbing everywhere and everything, all day and every day. Even if Ron did the lion's share of the leading, it still meant that Gill was getting a lot of mileage in, and often lead up to E5 herself. Her best achievement was redpointing **Indecent Exposure** at **Raven Tor**, becoming the first British woman to climb E6 (F7b+). So Josh's mum was certainly no slouch and she's still crafty, in a "Josh, come and try this one... Oh, it's got a long reach, ah that's a shame, keep trying" kind of way.

Josh's dad is a talented climber too, and on their weekends together when they go climbing it's usually in the company of some top climbers like his dad's friends **Andy Cave** and **Simon Nadin**. So Josh has climbing in his blood, but he also gets lots of opportunity to improve on nature. Virtually every family holiday is spent in a climbing area somewhere. We go to Fontainebleau at least once a year, sometimes more, which suits Josh as bouldering is his favourite type of climbing. And there are miles of lovely tracks through the magical forest, mainly flat or gently undulating, so we have a laugh cycling in the dappled sunlight to the crag. And there's an outdoor swimming pool nearby with enormous diving boards to jump off, perfect apres-crag fun in the summer. Josh is even in ▶



Top Left - Leah Crane & Jemma Powell
Top Right - Neil Pearsons spotting Josh at Fontainebleau & Gill Kent
Left - Climbing at Fontainebleau & Jemma Powell

fantasy fontaine

5 go MAD in France

the Kent-Pearsons in Fontainebleau

one of the guidebook photos, tearing up one of the childrens' circuits

Last year we went to the States for six weeks, initially inspired by the bouldering video

Rampage. Josh's idea and mine was to retrace **Chris Sharma's** bouldering road trip but this was subverted into a house swap in Oregon with an old ex-pat pal of Gill's, but we still got a bit of climbing in. There happened to be a hillside of granite boulders above Ashland, the 'Home of Shakespeare' (that's what they call it, and you thought it was Stratford Upon Avon!)

This turned out to be the scene of my first ever 'headpoint', (36 years ancient and 1'm still having new climbing experiences - either 1've lead a sheltered life or this is the best sport in the world). We strolled up the path, Josh, Bethan and 1 throwing my climbing shoes to each other, American football style, with many a forage into the bushes for their retrieval. 1 top-roped a stunning arête whilst Josh, Bethan and Jack shouted encouragement, advice and abuse in equal measure, the latter being more equal than the others. After hours and hours of patient attention (or was it five minutes of barely suppressed boredom) they demanded ice cream so we ran down the hill like lunatics - only Strawberry Smoothies could save us now.

1 got up obscenely early the next morning to beat the heat, cycling through wonderfully stereotypical American cityscape - sprinklers irrigating immaculate lawns, mile wide roads with inch slow speed limits, bright red fire hydrants, The Fonz on his motorbike? singing "It's a Family Affair."

After about three seconds warming up excitement got the better of me, 1 soloed the arête and flew back to the house in time to take Josh to the skate park for his morning appointment of woodie thrashing.

In California we hit the X-Games in San Francisco for a couple of days, watching young men and women do completely impossible, (but only just) things on Skateboards, motor bikes and BMX bikes. Then we hired a huge RV, a house on wheels basically, and headed for the Valley. Yosemite is a climbing mecca, a fascinating, terrifying, jaw-droppingly gorgeous place, with more rock than you shake a stick at. We hired bikes and cycled round for a bit, swam in the river Merced to cool off and then went bouldering.

Camp 4 is home to the most famous boulder problem in the world - **Midnight Lightning**. 1 had a brief go one afternoon but we soon bailed and went swimming in the Yosemite Lodge outdoor pool, where you can float around staring up at the huge walls towering around you, thinking of the epics they've seen or dreaming of the epics you'll have. The next day Josh and 1 returned and spent a very pleasant morning warming up on the innumerable brilliant boulders before trying the big one. Sadly it wasn't to be and we left unsuccessful (well 1 did). Never mind, Josh has his whole life ahead of him, and when he returns to Yosemite (as 1'm sure he will) 1



Top - Jack 'flashes' Midnight Lightning, Yosemite
Above - Josh climbing in Fontainebleau
All photos, Neil Pearsons & Gill Kent

bleau

don't doubt he'll climb it with ease. His little brother did it though, well, the lightning bit anyway (see photo).

This Easter we went to the Ardeche, in the south of France. The Ardeche is a beautiful river running through a steep sided gorge, with crags everywhere and easy rapids to paddle and cool bouldering in the trees. It was here that Josh burnt me off for the first time, years ahead of schedule, when I was still complacently willing him to succeed on a beautiful sunny morning on a splendid green circuit of rounded limestone in a corner of some foreign boulder field. I had a couple of goes at this problem, a bit much footwork and not enough pulling on big holds for my liking. Josh came along and seemed to climb it by intuition, using his feet in ways not invented when I were a lad. Scrambling over the top, his flashed ascent was announced loudly and proudly and found an echo in his sister.

Soon my humiliation was being broadcast in stereo to a wider audience. Fortunately the immediate population only spoke French. I managed it straight after but that cut no ice, I had been burnt off and was not allowed to forget it for the rest of the holiday. Three feet high and rising, how long will it be before Jack delivers the same blow? I take solace in Bethan, thank god she's more into football than climbing. Back home Josh is embroiled in school work again and the build up to his favourite part of climbing - the BRYCS. Although at the moment he enjoys climbing indoors more than outdoors, I don't doubt these early experiences of climbing in some of the most beautiful parts of the world will stay with him and will inspire him to revisit them, and others, under his own steam.

[Neil Pearsons and Gill Kent are editors of *On The Edge* magazine]

The swimming pool at Fontainebleau



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INVESTOR IN PEOPLE



turning thoughts winter

[Winter Skills advice from Pete Hill MIC]

There can be little doubt that winter climbing or mountaineering is one of the toughest disciplines around, relying as it does on all of your skills from navigation through to a working knowledge of weather systems. Although stretching it out on a

desperate buttress route may seem like the meaty part of the day, a route that takes four hours to complete may have taken a couple of hours to approach and longer to get back from, so a number of other factors must be taken into consideration.

Navigation is a prime example of a skill that often does not figure too highly in summer climbing – Malham, for example, does not hold many navigational nightmares on its approach – so if you come from a purely cragging background, consider getting some pretty radical practice in navigation across featureless territory with a good deal of accuracy. Finding yourself on the Cairngorm plateau in the grip of a blizzard is no place to realise that you have forgotten how to walk on a bearing!

Equipment needs to be a little different to that used on the crags. Clothing can often be adapted, with the addition of a number of extra items. These will be things such as fleeces, salopettes, hats and gloves with spares, etc. There is a lot written about clothing, so I'll leave you to find out a bit more about this for yourself. One golden rule though is that cotton is to be avoided at all costs as it gets wet quickly, retains moisture and is thermally very inefficient.

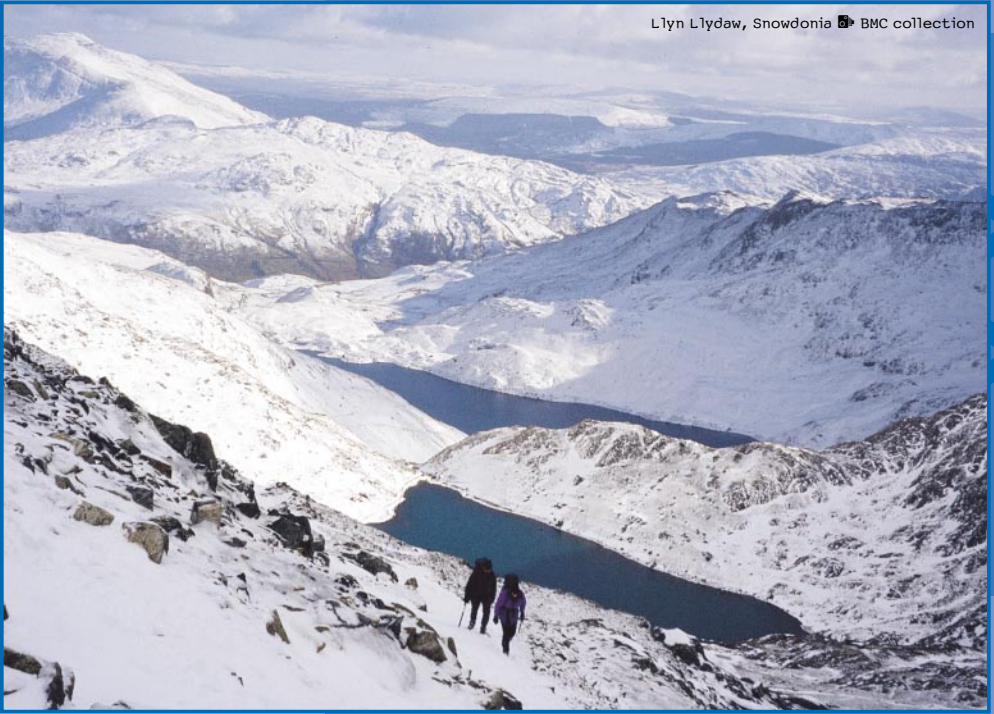
Feet need protecting and warm socks inside plastic or substantially soled and stiff leather boots will be needed. The boot sole is important and, as a guideline, if you can bend the sole of the boot easily by hand, then it is too soft for winter use. Also, the cut-away heels so in vogue a few years ago should be avoided like the plague, as they can contribute to a slip when walking on snowy or icy ground.

A major difference for a lot of people (although it shouldn't be) is that a helmet becomes essential when moving on steep winter terrain. While some may choose to climb in summer without one, in winter the chance of head injury is many times higher. To paraphrase an old saying, "A fool and their head are soon parted". Get a good quality helmet, and get it on!

Leaving aside any technical discussion about axes, crampons etc, what other differences will there be in winter? Well, the days are often remarkably short, and the well prepared will not only

have a headtorch and spare battery with them, but they will use it for the walk-in. To start in the dark is far preferable to finishing in it, and in the months of December and January a dingy start is almost obligatory should you wish to get a full day in on a mountain crag.

Food is also obviously important. Some of us tend to trough all day, summer or winter, but others eat little during the summer months on the crag. However, climbing in cold weather is hard work, and the body burns up a lot of fuel. A good breakfast, with the ability to munch a slow release, high energy food at frequent intervals during the day is important. Liquid, too, is vital. We tend to carry a good deal more equipment in the winter, with heavier rucksacks and more clothing, thus we not only sweat more than normal, but we also lose a lot of moisture from breathing hard. This mounts up to a huge quantity of liquid, and it is important to not only slow the pace so that we are not losing so much, but also to make



Parents' Bit

sure that we take on board enough water, juice or whatever to replace that which has been lost. Dehydration is surprisingly common in winter, with the muscles being one of the first areas of the body to feel the effect.

Finally, carrying some form of shelter is essential. Although a large bright orange poly bag is better than nothing, a purpose designed "group shelter" is invaluable, not only to make wet and windy lunch breaks more pleasant, but also as an emergency shelter. It should be remembered that younger folk are particularly susceptible to the cold, and in an emergency (including times of low morale), all measures should be taken to ensure that the effects of cold, and in particular the wind, are removed as far as possible.

For those whose younger family members may be venturing out next season in the company of a qualified instructor, there are a couple of factors that are important to consider. Firstly, make sure that the person doing the teaching is qualified. This may seem obvious, but there is no legal requirement for people who call themselves 'instructors' or 'guides' to hold any formal qualification at all. Those that do will usually be displaying the [AM1](#) (Association of Mountaineering Instructors) logo or the [BMG](#) (British Mountain Guide) logo. Ask about their qualifications, and pass on anyone who is not keen to supply you with proof.

Secondly, it is now a criminal offence to supply a range of outdoor activities to the under 18s without being in possession of an [AALA](#) (Adventure Activities Licensing Authority) license.

There are a number of exceptions to this rule, such as when those taking part are accompanied by their parents, but it is worth checking. AALA can be contacted on 029 20755715 for further details about how the regulations work.

Pete Hill is a fully qualified Mountain Instructor, running courses in the Cairngorm Mountains, and is currently the Chairman of the **Association of Mountaineering Instructors**. He is also co-author of the Mountain Skills Training Handbook, which is receiving rave reviews in the press. Copies of the book are available to **Gripped?** readers direct from Pete at a special price of £15.00 (rrp £18.99) plus £2.50 recorded postage. Full details of the book and courses can be found at www.highlander-mountaineering.co.uk

Access News

The BMC and the Mountaineering Councils of Scotland and Ireland are launching a new Access and Conservation Trust – ACT. The purpose of ACT is to provide a focus for access with out damage to cliffs, mountains and open countryside.

ACT will be bigger than previous mountain access funds, it will cover England, Wales, Scotland and Ireland and have charitable status – enabling it to receive more money. The money raised will be spent in the areas that are most in need, making it easier to protect the environment and our freedom to enjoy it.

ACT was launched at the BMC and Entreprises Festival of Climbing in December and will focus on a celebration of the natural environment.

Celebrate the mountain environment – enter the **ACT Art and Photography Competition**

If you didn't make it to the Festival of Climbing send in your art work, photographs and comments on how you see the environment of England, Wales, Scotland and Ireland and the enjoyment you get from it.

The work that you send into the office will be entered into the **ACT Art and Photography Competition**, with gear and cash to be won, can you afford not to enter?

To enter the Junior competition you must be 16 or under on the closing date 10 February 2002. The best of your work will feature in a special **ACT and United Nations** International Year of the Mountains 2002 book 'Freedom Tomorrow'.

'Freedom Tomorrow' will highlight the importance of protecting and enjoying the mountain environment.



Rules of Entry

1. Entry is open to all members of the BMC, the Mountaineering Council of Scotland and the Mountaineering Council of Ireland. Only one entry to each category of the competition per member. An entry to a category comprises of one photograph or piece of art, art can be up to A2 in size, photographs can be slides, prints, or digital images, but digital images must be entered on CD and accompanied by a print out.
2. Entries must be posted to The BMC, Art and Photography Competition, 177-179 Burton Road, Manchester, M20 2BB – no E-mail entries accepted.
3. Only entries with a stamp addressed envelope will be returned. All entries (including slides) must be marked with your name and postcode.
4. The BMC and ACT reserve the right to use entries in publications and on the www. Entrants to the junior competition must be 16 or under on the last day of entry.
5. Every care will be taken with entries, but the BMC and ACT cannot accept liability for any loss or damage to entries.
6. Any entries received after the closing date will not be accepted.
7. The prizes are as stated and no cash or alternative prizes can be offered.
8. The editor's decision is final and no correspondence will be entered into.

Great Gear to be won!



BMC Youth Membership

What you get...

- **gripped? magazine** All the news, information and gossip from the world of young climbers including up and coming competitions, approximately 4 times per year. **gripped?** magazine is supported by **adventure works** and **Jagged globe**, **HB climbing equipment** and www.planetfear.com
- **Exclusive gripped? members' events** - Last year saw gripped? members explore **Snowdonia**, **Fontainebleau**, the **Lakes** and **Peak District** on youth meets. In 2002 UN International Year of the Mountains (IYM) we will be running a series of **BMC youth meets** in the UK and also an expedition further afield. **Plas y Brenin** and the **Mountain Training Trust** will be involved in hosting a series of **BMC gripped?** short drop-in skills and multi-activity sessions on a variety of climbing and mountaineering related topics. **The Andy Fanshaw Memorial Trust** are supporting some of these events.
- **Discounts on BMC Publications** Discounts on BMC publications visit our new online shop at www.thebmc.co.uk
- **Discounts on BMC Events** Including competitions like the **2002 URBAN ROCK British Regional Youth Competition Climbing Series** and festivals.
- **Insurance** - Up to £10,000 personal accident and up to £3,000,000 personal liability insurance.
- **Access to BMC information service** and specialist travel insurance cover. The most comprehensive travel and activity insurance around - at the lowest prices. Check out the Web site on www.thebmc.co.uk Useful information on places for young people to climb around the country, advice on training, buying climbing equipment and climbing outside can all be found here.
- **BMC Summit magazine** Summit contains comprehensive quarterly coverage of climbing and mountain activities issues.

All for only £9.75 !!!

How to Join...

To become a member of **gripped?** you should be under 18 and have a keen interest in climbing, mountaineering or hillwalking. Just fill in the slip below and send a cheque, payable to **British Mountaineering Council** to this address ▶

British Mountaineering Council
177-179 Burton Road,
Manchester M20 2BB

About you

Name

Address

.....

.....

Post Code

Telephone (.....)

E-mail

Date of Birth / /

Parent/Guardian's Permission

I confirm that I am the parent/guardian of the named person and consent for them to become a junior member of the **British Mountaineering Council**.
I also confirm that I am aware that climbing and mountaineering are activities with a danger of personal injury or death.

Signature:

Name:

Date of Birth / /



ADRENALIN TESTED



THE SPIRIT OF CLIMBING

HB CLIMBING EQUIPMENT BANGOR GWYNEDD WALES LL57 4YH
TELEPHONE 01248 370813 FAX 01248 371150
E-MAIL: post@hb.wales.com INTERNET: <http://www.hb.wales.com>