1987

ARTO I

ARIO CAMP

Log Book

'An Evening Stroll to Ano'
or
"Dot to Dot."

Having spent the last four days cooped up inside the van, Jonathan & I decided to go up the mountain on the evening of Day 1 Wednesday 8th July 17 rucksacks full of gear had already gone up so we loaded our packs with a few essentials like gas bottles, tents, medical kits & washing up bowls & set off for Ano in the mist at half nine.

We went reasonably quickly almost making the Moraine by eleven. I say almost because we never actually found it but left followed a line of cairns from the top of scree to. Soon there were no yellow dots to be seen, only green glowing glow worms.

We decided we'd only get hopelessly lost if we tried to retrace our steps back to the path and so carried on taking compass bearings, through the mist.

Just as I was about to suggest stopping for the night Jonathan exclaimed: "Beep Beep Beep Beep Beep Beep Beep.

'What the hell's that noise" (not realising it was J)

"A yellow dot"

'Oh... Good!'"

We followed the dots past a rusting old sign & to a small headland with a 20' drop on 3 sides. At the top was a yellow dot which I sat on while Jonathan went to look for the next. After much scrambling about, Jonathan returned saying he'd found a path but it had

no yellow dots on it.

"Shit. Well we could follow the path, or have another look or just stay here 'til morning."

"We could see what the sign said."

This proved to be an excellent sign as it pointed to the refugio in the opposite direction to that we'd been walking. We were fast approaching Trea!

We spent the rest of the walk following dots. I would sit on one while Jonathan searched for the next. Finally we saw the Refugio lights & went & asked where the english tents were. We were pointed in the right direction & finally made camp at half past midnight, three hours after we'd set off!

Ian

Thurs 9th July

Condition of store tent a disgrace - jam pots thrown amongst axes & loo rolls, more loo rolls in mud, clean & dirty crockery all mixed up. 9/10 ("Disgusted")

Neil & Mel & Muriel 9/7/87

Walk up to Jultayu looking for caves:-

We started off heading directly towards Jultayu & trying to keep away from the main path (& hence find previously undiscovered caves). To the right of the main path, not far from Aria looked fairly promising. The first 'decent' entrance we found has been marked OUCC '87 X. It goes down approx 15m - free-climbable but there is no way on. Next, perhaps 100m more towards J., we found a small rift about 20ft deep. Can be walked in from the bottom & doesn't appear to go. Marked SIE X. We then crossed the path and carried on up to the left of it. Neil found Wolfs-Head Cave - which consists of a 45° slope for c 15ft which was choked at the end with a wolf's skull sitting at the end. Further up on the side of the path is a fairly promising piece of pavement with a few stakeholes - nothing seems to go here though. Also on the left of the path, visible from further down the slope is a large cave with snow in the bottom. The level of this cave is slightly higher than the refugio (which is clearly visible) & seems to correspond to the description of 7/7. It goes nowhere. After this, the area gets fairly grassy & doesn't look very promising. We walked up to the top of

[7/7 is marked and is to the right of the path - GN.]

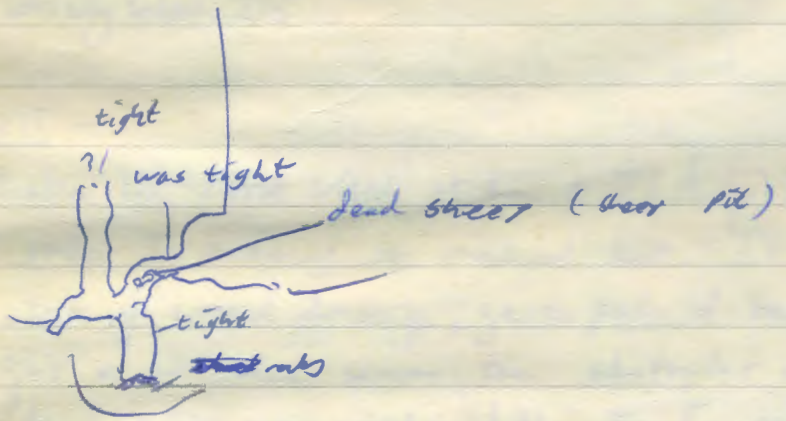
Tultayu just in case we would see anything, but all we spotted was the absolutely stupendous, magnificent view down toward the gorge. It's a ~~****~~ing high cliff dropping straight down for at least a Kilometre to a verdant valley. The peaks towards La Verdellueya are pretty impressive, as are the ones above the gorge. It looks like there are caves in the cliffs opposite, but they'd be impossible to reach!!!

N.B. For future short bashing in this area it is probably more efficient to just take one rope, a helmet & tape etc for belaying. Anything that looks like it goes can then be marked & suitable gear fetched from the cars.

Dan arrived, dumped down hundreds of metres of rope, ate a bit of scoff & then did a carry down of three ~~packs~~ bag-rolls. Apparently base has suffered from the over-enthusiasm of the carry-uppers to take the light bulky essentials from base to Aro!!!

Shaft bashing 10/7/87 (33/5)

found by Paul L. the previous day. Paul L J.C. and JT took rope and ladder to explore. Paul found a small squeeze so Jon and I hammered and dug till I got to the next chamber, two ways on, one led to a boulder floor ≈ 3m below the other to an aven digging in one corner showed nowy on and the roof was climbable for ≈ 7m before getting tight and seemed to be a higher entrance to the steep bit. Further hammering was needed so I could get out making the once tight entrance rather big.



Jon. T

Thursday 9th July 18:00 → 20:00

Philip Sargant solo aven 5 stroll. Identified (& ticked in the shaft kit 5 book) lots of entrances. Found 13/5 which is down and to the LEFT of 12/5, not right as in the book. Found an SIE'86 shaft which needs looking at (labelled SIE 86 ⊗) down below 12/5 & a long way further over left - away from Jaltayne. Also found two crawling entrances. Tentatively labelled the crawls ~~30/5~~ 34/5 & 32/5, the SIE shaft can be ~~31/5~~ 33/5. Entrance to Cistna 12/5 has a nest with 6 eggs in it.

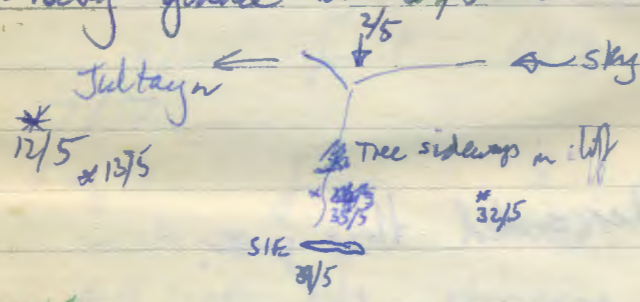
FRIDAY 10th July

Philip & Lynn shaft bashing aven 5. Labelled 32/5 with paint - a very tight T shaped passage which needs a smaller & more dedicated caver than I. I got in & looked round the ~~bend~~ bend to the right - it goes but doesn't get any bigger. Still got a draft.

6

Rigged a 35m rope on ~~31/5~~ 39/5 (SIE hole) but did not paint any new labels. Lynn went down to the end of the rope & said it was 20m deeper than the rope; a small plug may mean that there is a way on this year... Needs going back to with a longer rope. SIE bolt sticks out a bit but could be used as ½ a Y hang – take lots of tape.

Cursory glance at ~~39/5~~ 35/5 on the way back



side of the hillside in the gorge looking uphill

35/5 is a dig under a cliff.

~~31/5~~ 39/5 is vertically below 2/5.

MEDICAL KIT –

After Johnathan had a rock lobbed at him & I (Philip) tripped and lacerated myself on several rocks, I examined the medical kit. It has dozens of △ bandages but NO stock of wound dressings, gauze pads & bandages: the things you need for cuts just a bit more serious than elastoplast will cope with. Were we supposed to bring our own supplies of these? In the meantime I have sacrificed one of the triangular bandages for body-patching.

Shit it's hot. Graham arrived having carried a mega-pack up just after the heat of the day. After gasping a lot and expressing mild surprise at the concept of "choco-orange" he settled down to organising food for an estimated 10 people: Paul, Philip, Graham, Johnny, with Shelly + Margot + Dan expected from Lagos, & Mel, Johnathan & Neil still hooking 7/7 on ladder. (missed a line here through incompetence)

20:00 Still no return of 7/7 team or team from Lagos, looks as if we get a lot to eat.

8

note added 16/8/87

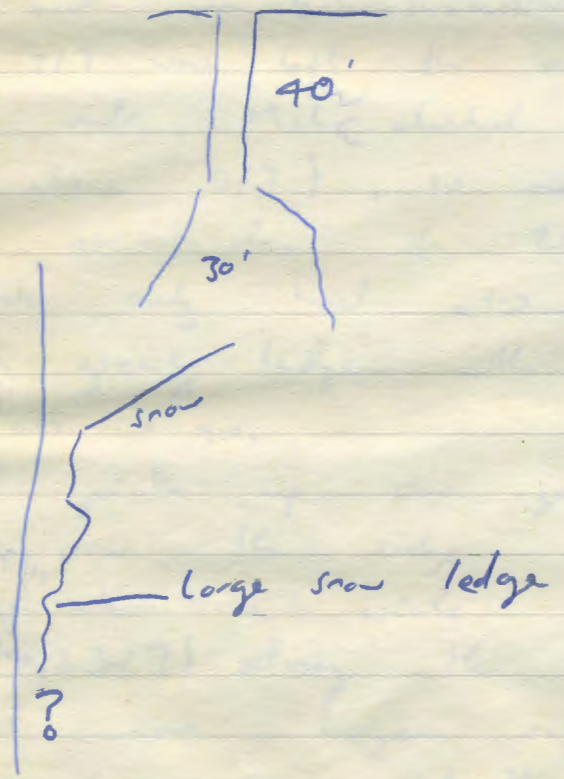
6/7 has never been descended this year.
In fact, never since it was noted and clearly marked with green paint back in '81.
The cave labelled "6/7" this year has nothing to do with it, is miles away, in fact not in area 7 (probably in '82-style area A) though area 7 has now been extended in this direction approaching area 9. It has been renumbered

46/7.

Gerhard.

Friday
Neil & Mel in Area 7
Found 7/7
descended shaft for 4 ladders, came back in afternoon for more gear & returned with Jonathan C.
Also found 6/7 and worked up 22/7 23/7 24/

7/7
Rig in from S. side of cross rifts others are blind.
40 feet ~~of~~ chimney to a 30' free hang onto snow slope, descended snow slope at left hand side and laddered down between plug and wall for a further 3 ladders - no sign of bottom, many snow ledges, overhangs etc, quite unpleasant!
Lifelining impossible past here.



Possibilities of other // shaft?

Neil

10

Why are we writing on alternate pages.

11/7/87 pm S

bottomed, small parallel slyt 6' deep.

Blocked with rubble.

OTHER Finds in Area (7) aka 3rd System.

When Neil and Mel came back to Ario at around midday, they were quite pleased with themselves, having used up all their ladder. Unlocking boulder chokes was not my idea of fun so I jugged out the idea of sitting around watching them thrash around, so we could bring down all the gear in one go, if no way on was found.

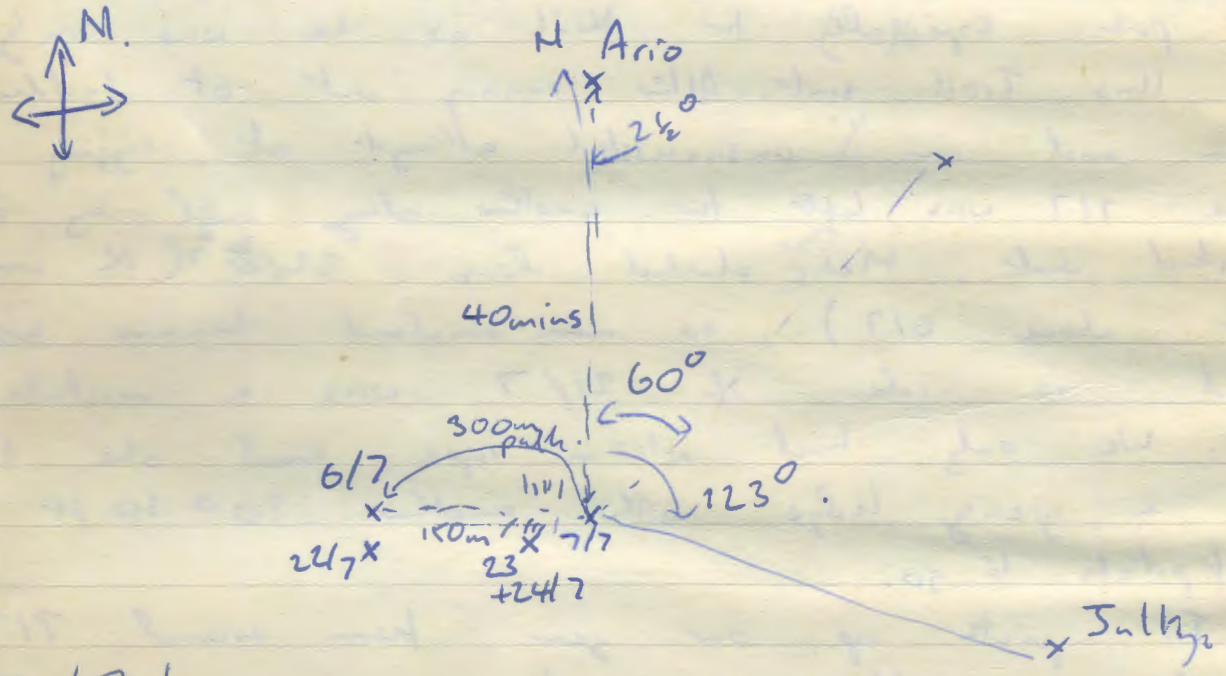
With not much else to do I hoggered off in search of 6/7 which turned out to be just as snow plugged. On the way back, I went up a gully where at the top there was a smallish hole which seemed to go.

Back at 7/7 the cave seemed to be opening out but the snow plug becoming more of a pain especially for Neil as he was only in this Troll suit. After running out of ladder again and an unsuccessful attempt at rigging a rope 7/7 was left for another day and my finds checked out. Mel climbed down 22/7 (the small hole above 6/7), so we unroped because we had no idea if 21/7 was a mistake or not. We only had a 10m rope and she landed on a greasy ledge with another 20 → 30 ft of pitch to go.

To pick up our gear from around 7/7 we hopped over the ridge whereupon we nearly fell into a wide rift with a 50 ft drop (23/7) along the ridge and further down several more larger rifts and of around 50ft and a large open shaft with a snow plug about 150 ft (though I saw it not myself) and stones which clattered down and various niches of it

for quite a distance. One of these 5+ shafts/rifts was numbered 24/5 the rest left for the moment. Compass bearings were taken to pinpoint these caves on several good routes to them thought of. We scuttled around for 10 more minutes though found nothing else in the near surroundings though several dolins in the direction of Jullungen looked promising. As it was the caves (23 + 24/7) turned out to be on the ridge just above 7/7 (or the next one along, I can't remember).

Anyway in the area there are lots of caves with good potential between about 1700 + 1800 m and with the possibility of more caves higher up along the "fault" line which passes between 7/7 and 23 + 24/7 ! We have found the caves for 1937 + beyond.



Extra into in S-B Nr No 5.

Sarah

Saturday 11 July

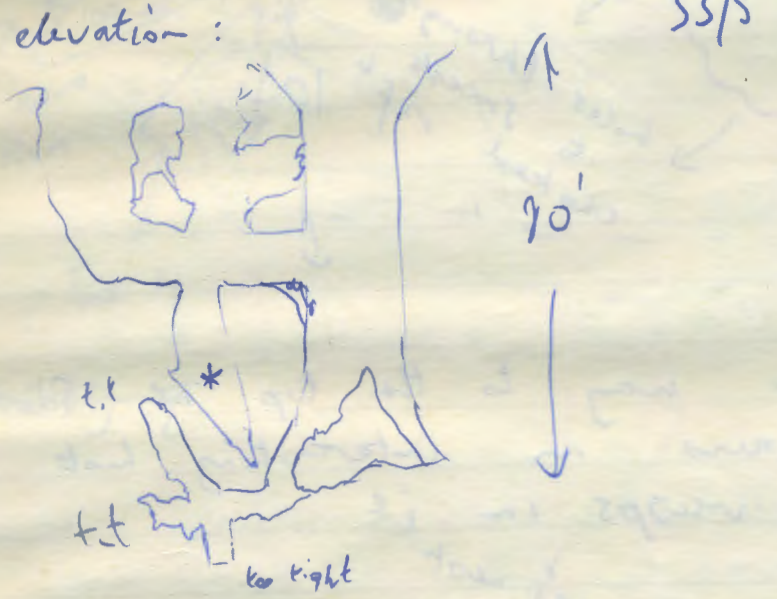
07:45 Philip S. goes off to dig ~~32/5~~ 39/5 – to the bottom this time.

Recap: Fri 10th July: Shaft bashing near Cabeza la Forma.

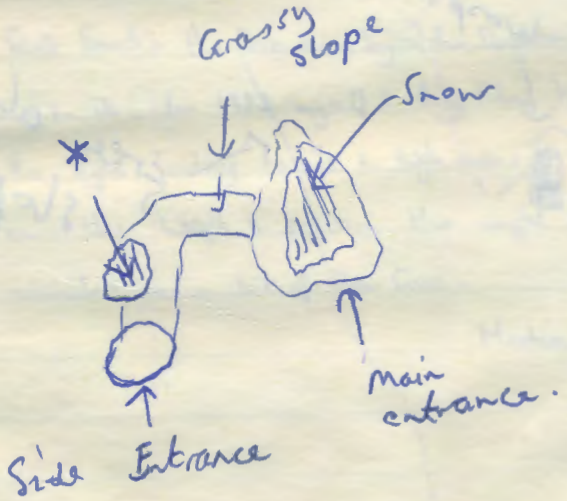
Objective: To investigate shaft found previous evening.

This was safely descend on ~90' of ladder. A small hole at the bottom of the main shaft was pushed for ~20' by JT, JC. It was marked 33/5

Extended elevation:



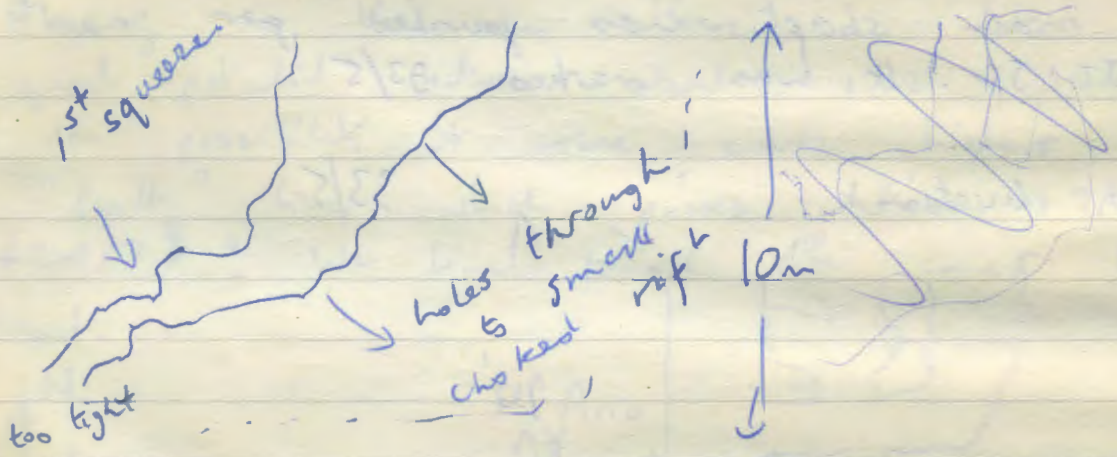
Plan.



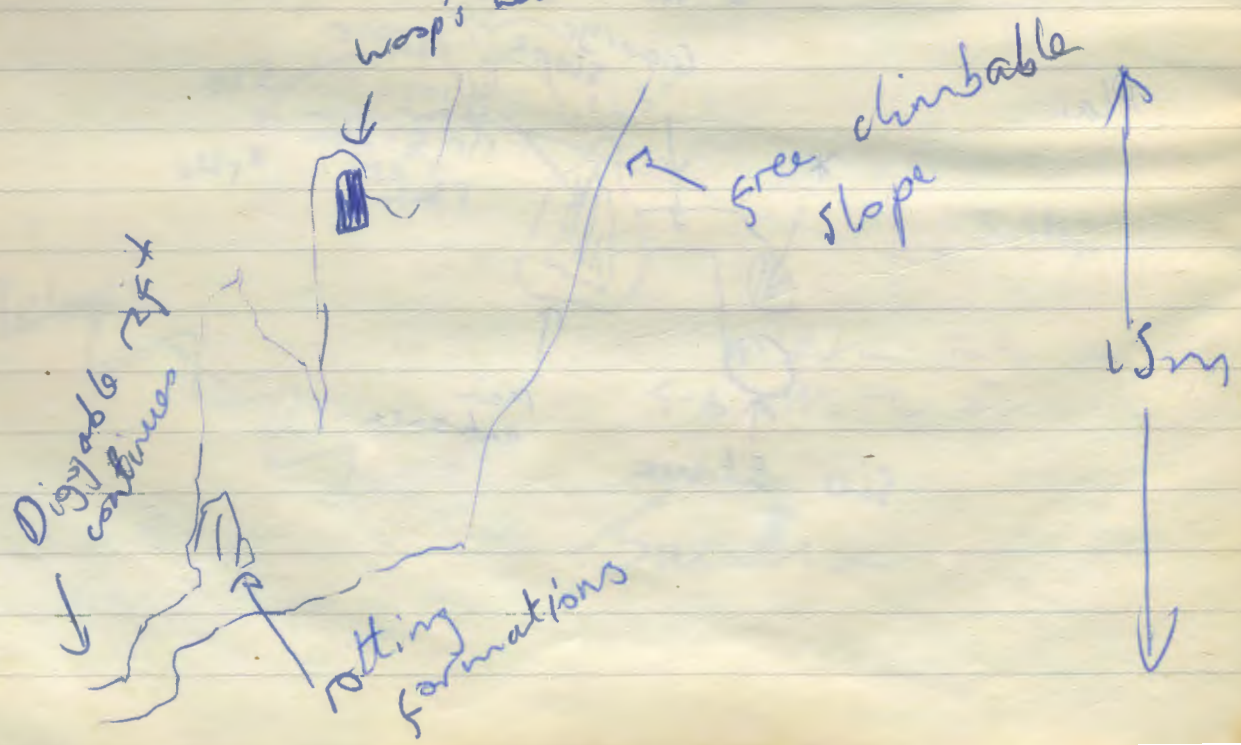
After this we looked around and found optimists ~100m away from 33/5. A further 100m away was a promising rift ~10m which we had a dig in. We got through one awkward squeeze and were stopped by another about 6' further on. This hole had an SIE mark and was left unmarked.

NEW CAVE →

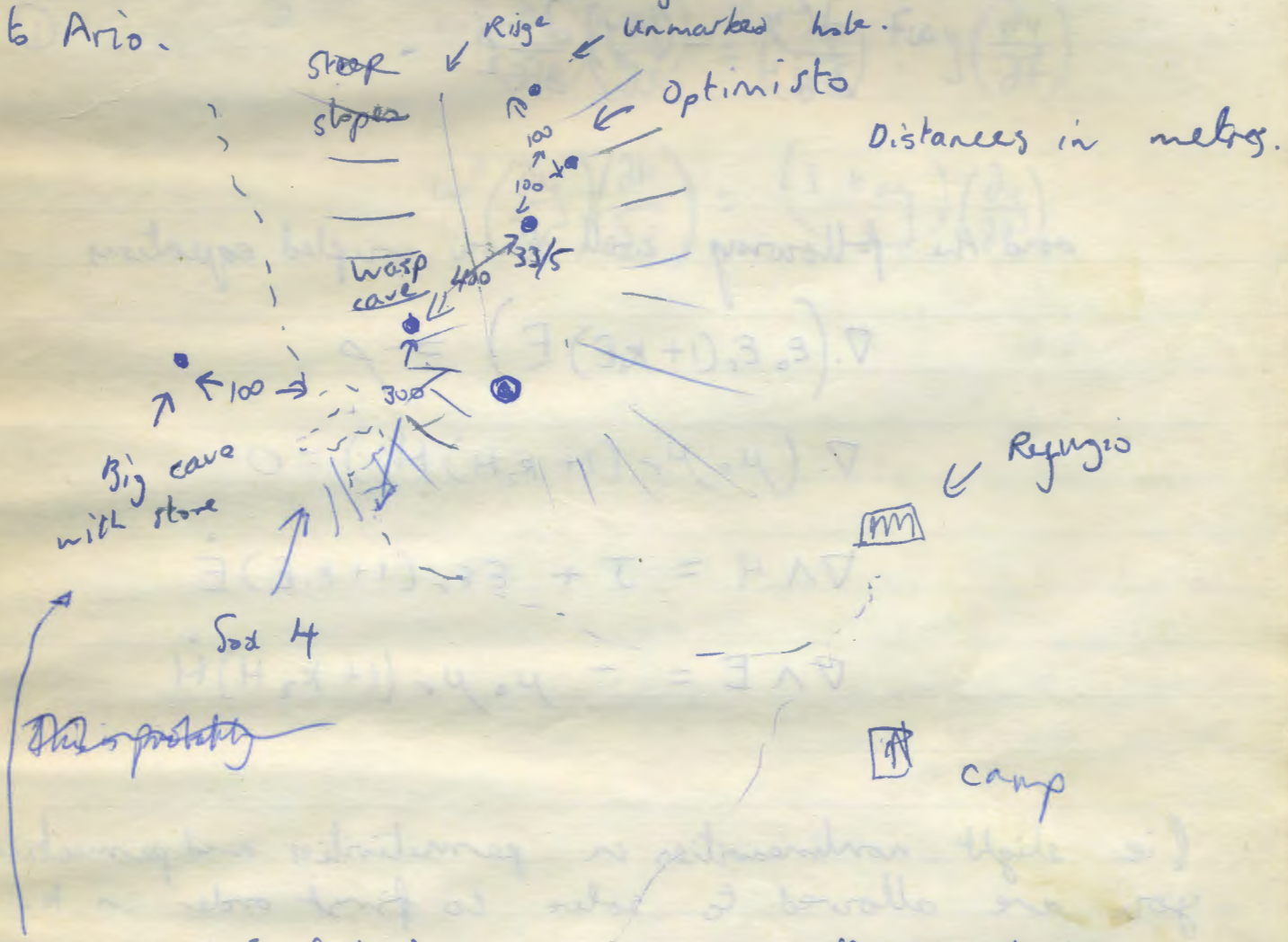
Elevation



On the way to the top of Sod 4 we found an interesting hole with lots of wasps in it



We carried on and dumped the gear at the top of Sod 4 and went down to a large cave visible from the path below Sod 4. This has a large entrance and chamber and to the left is a small store with a wooden door. After this we returned to Ario.



This cave was the first found in the Ario area by John Singleton & myself in 1979. It then had very impressive ice formations in it. In 1982 myself & Andy Riley had another look (no ice this time) & found a climb up to the right leading to rift & high avens. A very narrow streamway seems to go under the stone. From the height & position this might feed into the top end of the Xiter streamway. Entrance reminded me a bit of Dow Cave.

Martin L.

Paul wants something to do! :-

<u>Paul</u>

Solve the following for y as a function of x & t

$y \to 0$ at $x \to \pm\infty$. $\int_V y^2 dV$ = constant with time.

$$\omega^2 \frac{\partial^2 y}{\partial x^2} = (1+\alpha y)\frac{\partial^2 y}{\partial t^2} \qquad (1)$$

and the following well know coupled equations

$$\nabla.\left(\varepsilon_0 \varepsilon_r (1+k_1 E) E\right) = \rho$$

$$\nabla.\left(\mu_0 \mu_r (1+k_2 H) H\right) = 0$$

$$\nabla \wedge H = J + \varepsilon_0 \varepsilon_r (1+k_1 E)\dot{E}$$

$$\nabla \wedge E = -\mu_0 \mu_r (1+k_2 H)\dot{H}$$

(ie slight nonlinearities in permitivities and permeabilies
- you are allowed to solve to first order in k_2 & k_1
- for simplicity you may assume $\rho = J = 0$)

$$\omega^2 \frac{\partial^2 y}{\partial x^2} = \frac{\partial^2 y}{\partial t^2} + ay \frac{\partial^2 y}{\partial t^2}$$

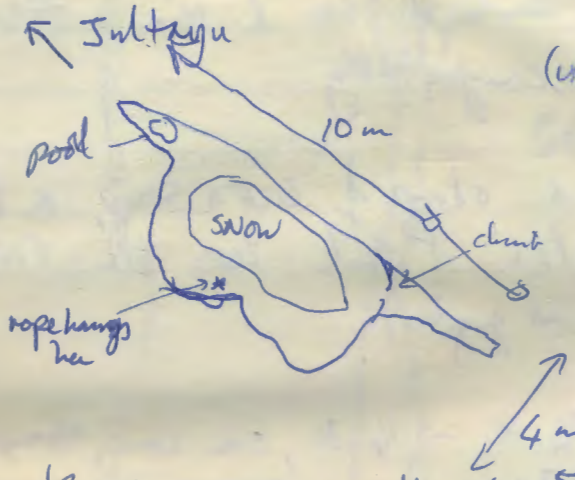
$$\cancel{\partial y} \times \frac{\partial t}{\partial y} \Rightarrow \quad \omega^2 \frac{\partial y}{\partial x} = \left(\frac{\partial x}{\partial t}\right)\left(\frac{\partial y}{\partial t}\right) + ay \frac{\partial x}{\partial t}\left(\frac{\partial y}{\partial t}\right)$$

$$\Rightarrow \quad \omega^2 \left(\frac{\partial y}{\partial x}\right)\left(\frac{\partial t}{\partial x}\right) = \left(\frac{\partial y}{\partial t}\right) + ay\left(\frac{\partial y}{\partial t}\right)$$

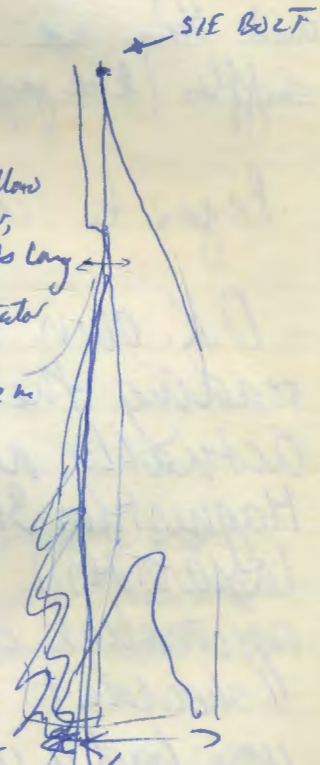
$$\omega^2 \left(\frac{\partial y}{\partial x}\right)\left(\frac{\partial t}{\partial x}\right) = \left(1 + ay\right)\left(\frac{\partial y}{\partial t}\right)$$

Sat 11 July (again)

39/5 OUCC ~~31/5~~ (UNLABELLED) (SIE '86) (LABELLED)



45 m deep



Knocked this off this morning with the 50m Marlow, only a couple of m left at the bottom.

~~30/5~~ 35/5
Then went & struck my body in ~~30~~ 35/5 (unlabelled) just on the cliff 50m below the horizontal tree. This is a phreatic tube poking out of the hillside, floored with loose rocks and with a solid ceiling. I lay in it in my jeans & sweatshirt gardening it with my feet in the 5m still - nice & cool. It goes off to the left still promising but needs a lot of (small) rocks shifting. Note for gentlemen: do not dig this cave with a bust zip on your jeans & baggy knickers.

Shaft Basing Walk in ~~Area~~ 5

I walked back from ~~31/5~~ 39/5 ~~[illegible]~~ contouring round away from Jultayu, going up slightly until I got to the Valle Extranea which I followed up to Arno.

About 100m horizontally from the horizontal tree (away from Jultayu) & slightly up reached an area with a lot of shafts, nearly all ~~[illegible]~~ obviously blocked, one could vaguely a more determined dig down. Since the place was obscure, I was on my own & nobody knew where it was, I decided not to try it.

Coming up the Valle Extranea (which from down there looks as if it is the ~~[illegible]~~ last but one valley) came across a sheepfold cave. Big open gash going up inside at 45° about 20m ~~wide~~ wide and 3m high. Goes up into a ~~[illegible]~~ flat crawl at the top with a solid roof & chossy floor. Didn't push it. This cave is

easily distinguished by the 30m 'nettle slide' pouring out of the entrance down the hill. A fair number of flies & these nettles STING. Jeans required to reach entrance comfortably.

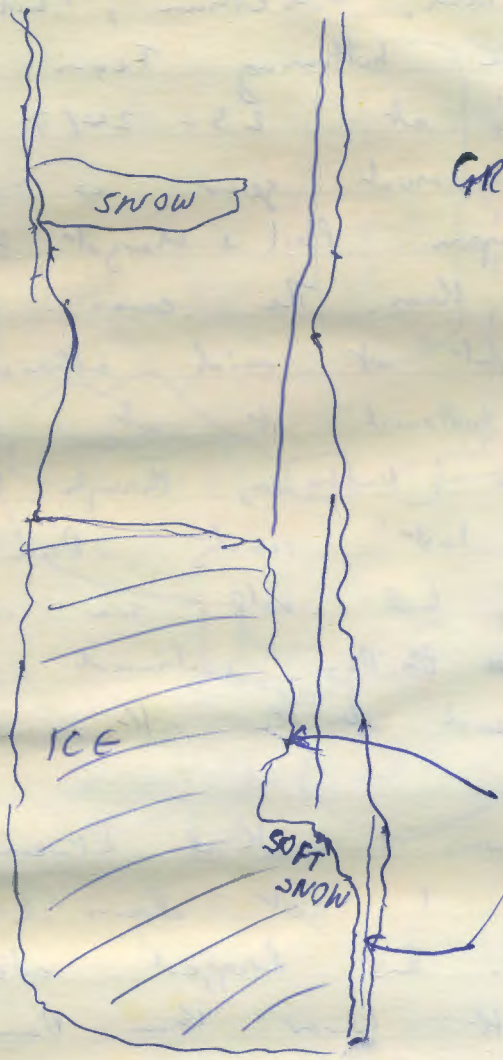
Margot arrived. We had a slurp of cup a soup, a bite of bread and then we got some water. Paul has the FIEBRE DEL HEND sniffles (& the gasps, wheezes, sneezes and gurgles).

Began to cloud over at 14:00 → 14:30, sun coming through cloud.

O.K. own up, who bought the 'Sal de Regimen', rumour has it, it was M.M.I. After reading the ingredient & discovering that there is actually no Sodium Chloride in it, but that there is Magnesium Sulphate & Calcium Stearate (well known laxatives) we have decided that it is the spanish equivalent of Andrews, or Epsom salts. Well done Martin! I shouldn't think it would have a laxative effect unless you had a whole jar full, but it certainly doesn't replenish your Sodium.

12th July. 7/7. Dan, Jonathan & Graham

Having heard great reports of this cave, we dashed up in the heat. Eventually found water & Graham went down while Jonathan & I bashed a couple of bolts in. I followed Graham down past icy shaft to slot between shaft wall & ice column. Went down between wall & ice & got VERY COLD indeed. This cave might be renamed FRIDGE CAVE. Graham went out while Jonathan discovered alternative ways on under the snow surface & ~~rerigged~~ derigged. Very cold indeed



GRADE - 1.

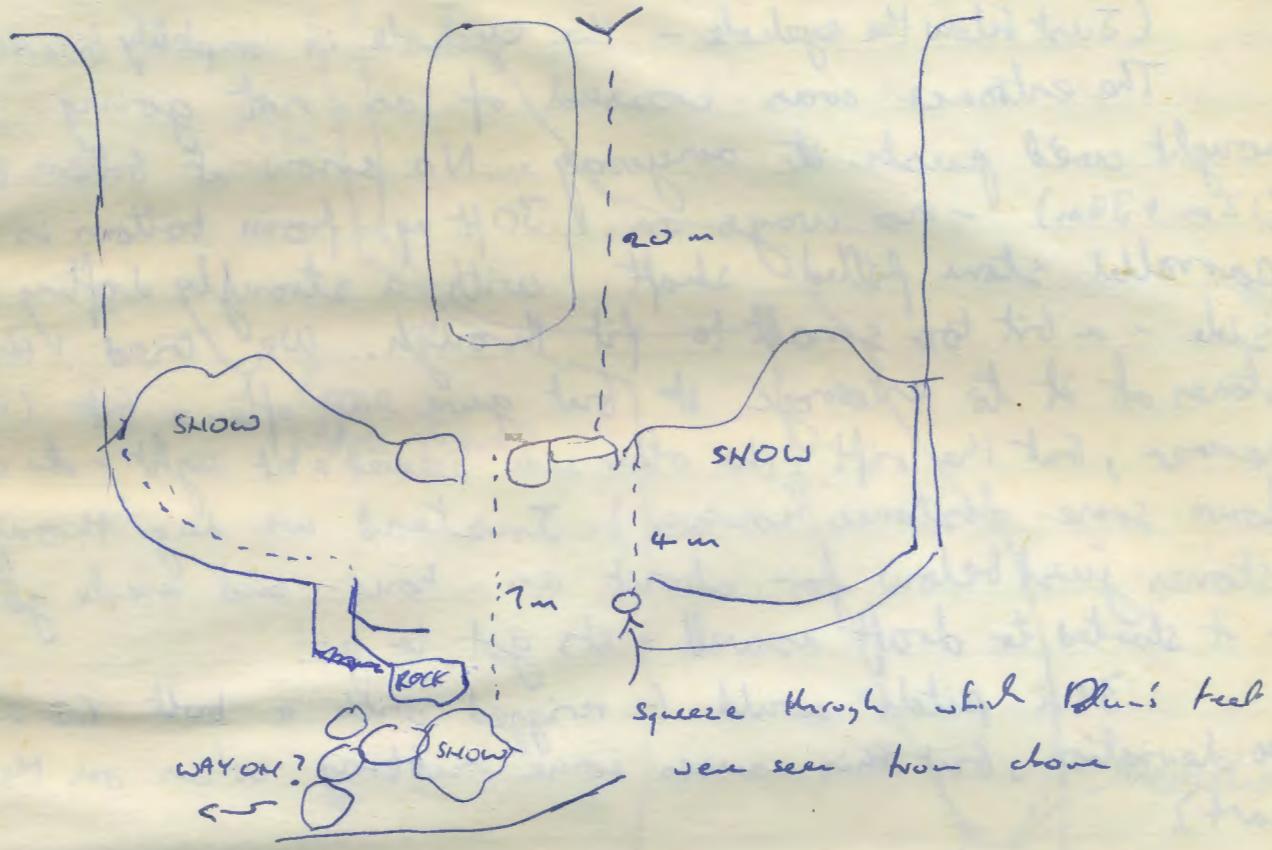
Desperate overhanging snow ledges you have to jump up and down to pass them.

22

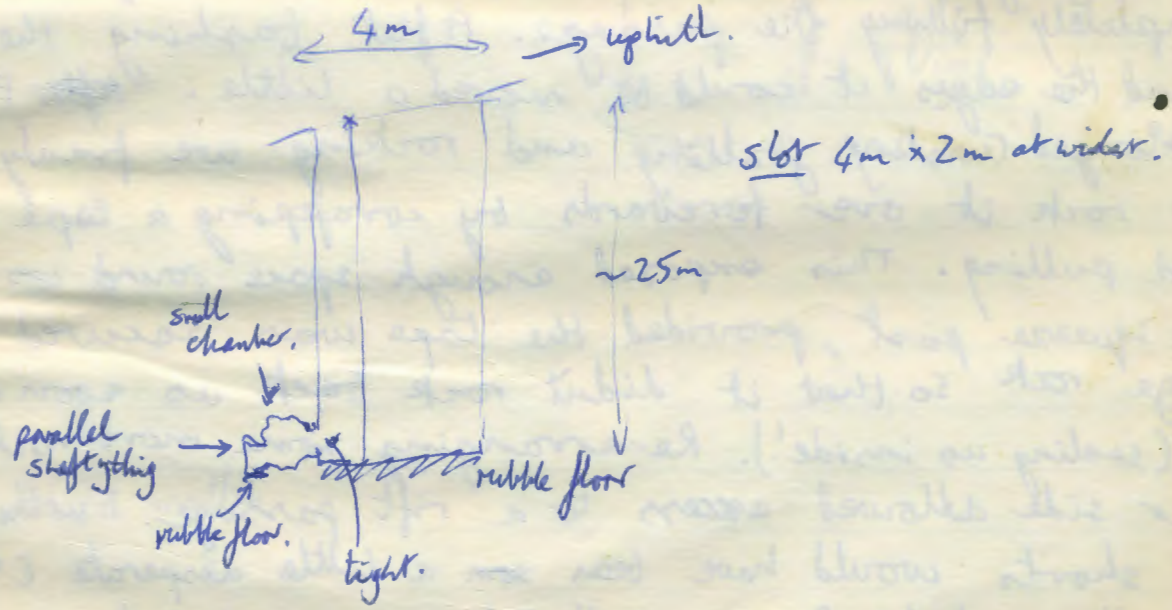
~~12th~~ July as well Dan, Jon Chan, Phil, Margot + Graham

With Fridge came bottoming Team 717 thought they'd have a look at 23 + 24(7 further up the hill. We shifted as much gear as we could into 3 rucsacs, whereupon Phil + Margot turned up so we loaded the rest onto them. The caves looked less deep in the better sunlight of mid afternoon. Phil rigged 23(7 off natural and bottomed it at around 25m. Meanwhile the bottom were half-way through the first hill. When the pitch was at last ready Dan descended, to a snow ledge which had also some rocks ~~in the~~ lodged in the rift. ~~The~~ ~~The~~ Dan continued down and investigated the up hill end of the rift while Phil followed all the boulders.

A better way on was spotted between two boulders, which I rigged when I got down (Note should take off) and descended. This dropped also a lump of snow ~~for~~ ~~the~~ about 10ft lower than Dan had got. The rift appeared to be choked by large boulders, though a way on could be seen through a welly sized hole (downhill). Needs looking at ~~with~~ by some one with better lights than mine. Sun 12th. Phil + Margot looked through & decided that the way was impassable, examined every possible hole, nearly free climbed out, then gave up & de-rigged.



23/7
grade 1
RTS



2/7 Neil and Graham 12/7/87

(Just below the eyehole – the eyehole is completely bizarre!)

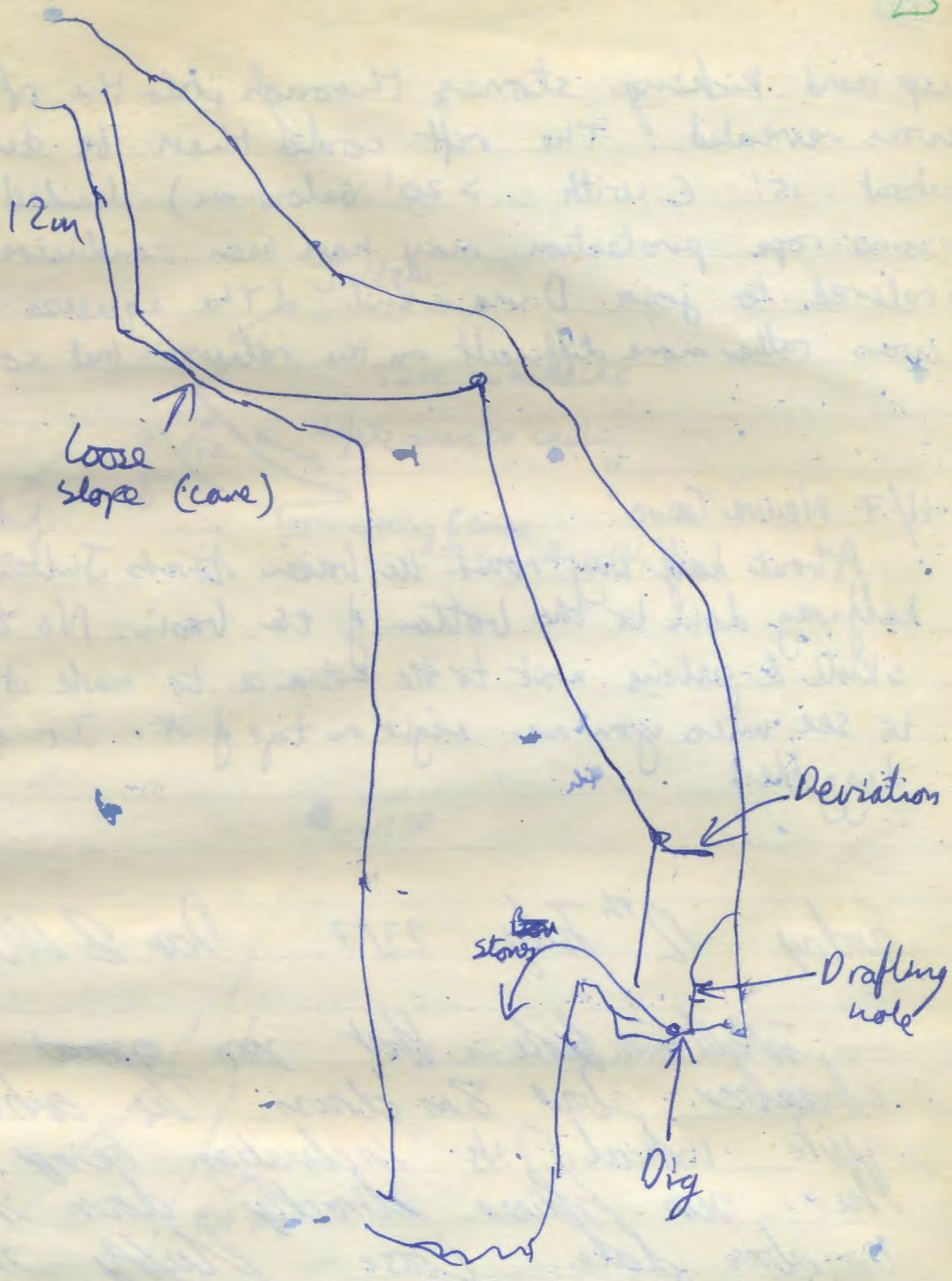
The entrance was crossed of as not going, but we thought we'd push it anyway. No snow at bottom of shaft (12m + 39m) – no ways on. 30ft up from bottom is small parralled stone filled shaft with a strongly drafting slot in side – a bit too small to fit through. We tried throwing stones at it to enlarge it but gave up after a bit (needs a lump hammer, but the rift the other side seemed a bit tight – stones dropped down some distance however). Instead we dug through the stones just below for about an hour and made good progress – it started to draft aswell – its got to go!

39m pitch could be rerigged with a bolt (I used a deviation, but this causes some rubbing when on the lower part).

10/7 Neil & Graham ¡Nuevo! cueva. 12/7/87

Near 4/7, entrance going horizontaly into the ridge. Way on was blocked after about 15' by a large boulder completely filling the passage. After bashing the choss away round the edges it could be moved a little. Following prolonged twisting jostling and rocking we finaly managed to rock it over forwards by wrapping a tape round and pulling. This exposed enough space round one side to squeeze past, provided the tape was secured to another large rock so that it didn't rock back as soon as we passed it (sealing us inside!). Re-arranging some more rocks on the far side allowed access to a rift passage. Further exploration in shorts would have been a little desperate (we were already pretty gashed). Donning full kit we pushed forward to a 50' free climb – ending with a few overhanging moves! Several ways on choke, but a climb down to a rift which also closes down with boulders after ~20'. But! by climbing

2/7



lots of silica needles

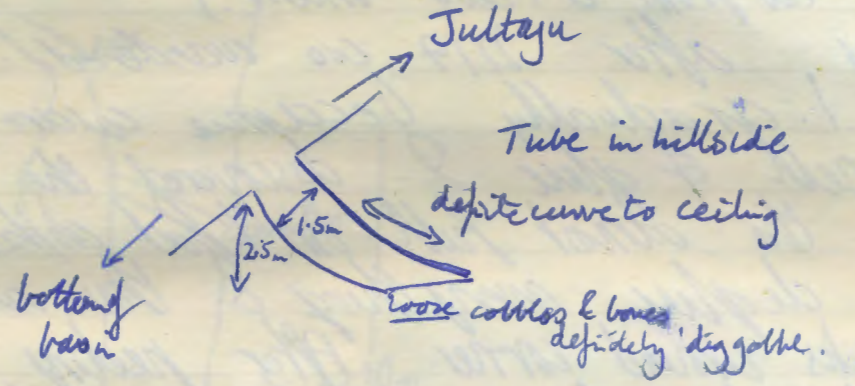
up and kicking stones through into the rift the way on was revealed! The rift could then be descended, after about 15' (with >20' below me) decided the use of some rope protection may have been conducive to longevity so retired to join Dana & Phil. (The squeeze up to the loose boulder was rather more difficult on the return - but could be enlarged)

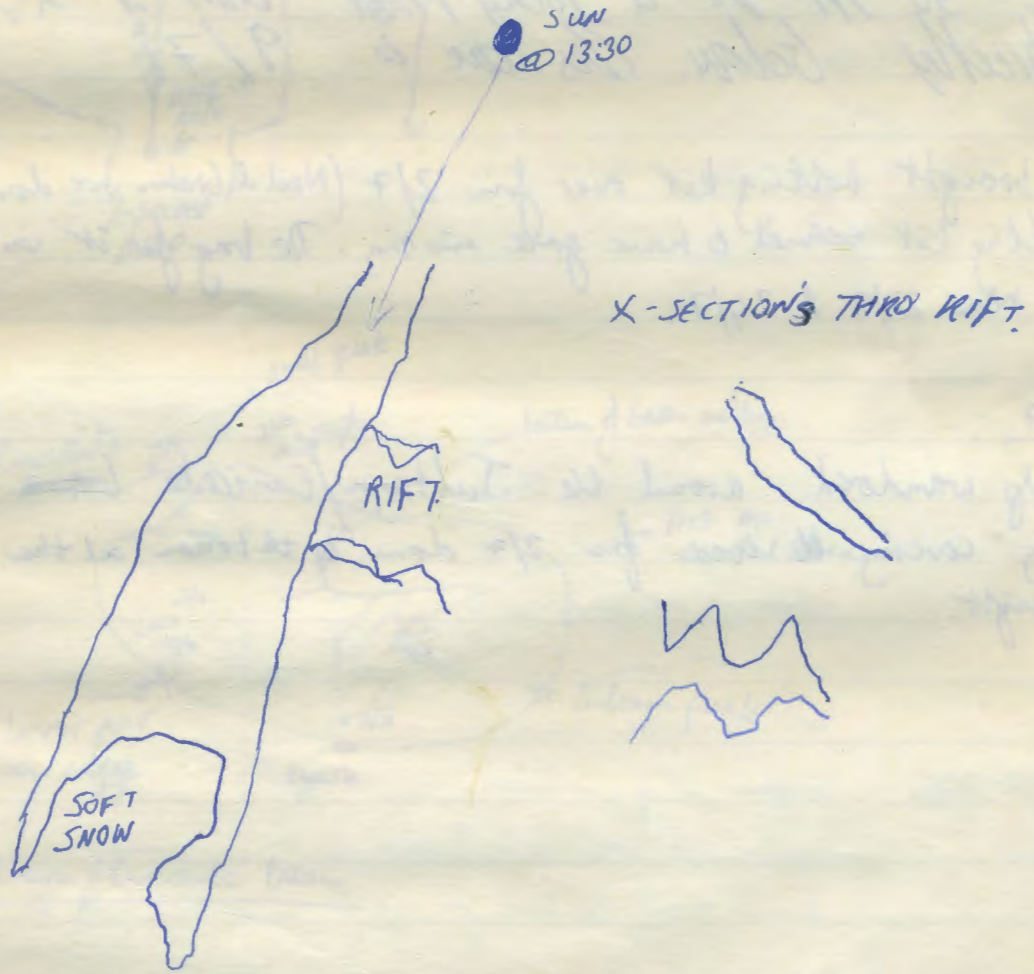
11/7 Neuva Cueva!

About half way round the basin towards Jultayu from 2/7, about halfway down to the bottom of the basin. No draft. I put a sheep's skull & pelvis next to the entrance to make it. It is very difficult to see unless you are right on top of it. It looks phreatic, and diggable.

Sunday 12th July. 22/7. Dan & Muriel.

Small hole that soon opened out into larger chamber about 8m down. The entrance is not quite vertical, its inclination being such that the sun shines directly down it at 13:30 on above date. Loose fluffy snow at bottom that I kept sinking into. Possible ways on under snow. Free climbable with line out. Then noticed horrible 45° rift that I crawled along 'til too tight. Very sharp spikes on roof & ceiling. Luckily it didn't go. Oh well, another cave to write off.


Jultayu
Tube in hillside
defite curve to ceiling
1.5m
2.5m
bottom basin
loose cobbles & bones
definitely 'dig-able'.


SUN
@ 13:30
X-SECTION'S THRO' RIFT
RIFT
SOFT SNOW

12/7/87. (Whose idea was it to have caves in areas 7 & 8 so that when people write the date without the year (eg 12/7) it is impossible to distinguish it between ~~a car~~ from a cave mark!)

Anyway after 22/7 we wandered on up the hill. I gradually became aware of a strong smell of glue & discovered the lid had come off the almost full jar I had with me. Sat down to deglue everything & then noticed small cleft in rocks around corner. After peeling off dried glue from the contents of my rucksack pocket we went over to investigate & found a very clay hole.

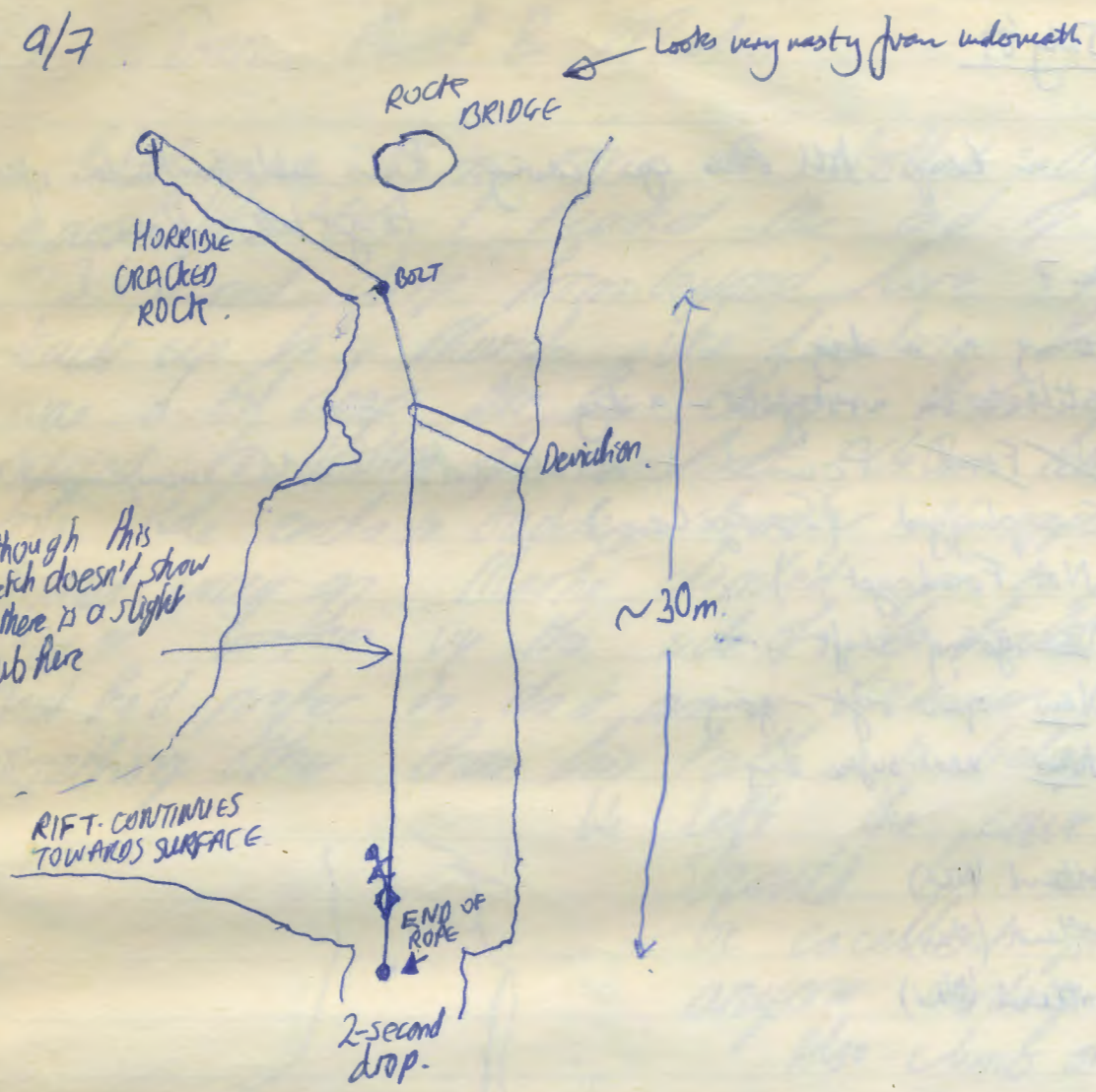
After calling Phil ass. we eventually rigged down ~30 m to a rocky floor with a 2-second drop directly below. This cave is 9/7

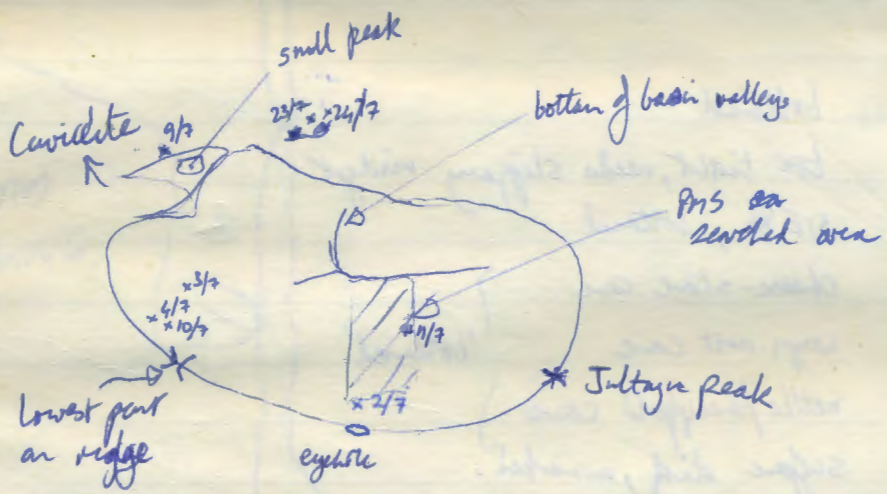
PMS brought bolting kit over from 2/7 (Neil & Graham were down) and the other bolting kit seemed to have gone missing. The bag for it was at the tackle dump near 23/7 & 24/7.

12 July 87

Phil wandered around the Jultayn/Curricete ~~basin~~ basin, pretty thoroughly covering the area from 2/7 down to the bottom and then up to a 100m to the right.

9/7





Jultayu / Cuvicente Basin

MONDAY 13 July '87

Neil + Phil stay in Camp. All others go caving. Phil's ankle bone/tendon refuses to get better. Rais.

Current Status Area 7

2/7 Going as a dig
4/7 still to be investigated – a dig
6/7 ~~Not Found~~. Found + Numbered. still snowplugged.
7/7 Snowplugged (Fridge Cave)
(21/7 Not Found yet?)
9/7 New going shaft
10/7 New open rift – going.
11/7 New near-surface dig

22/7 bottomed (New)
23/7 bottomed (New)
24/7 bottomed (New)

Area 5

33/5 bottomed
32/5 too tight, needs slippery midget
~~31/5~~ 39/5 S/E '86, bottomed
M280 — cheese-stove cave
— wasps-nest cave 'bottomed'
40/5 — nettle/sheepfold cave
35/5 ~~30/5~~ ~~34/5~~ surface dig, unmarked.
shafts unlocated, between Valle Extremo & 39/5 (not promising)
(34/5 Number reused by Paul for cave he hasn't found yet.)

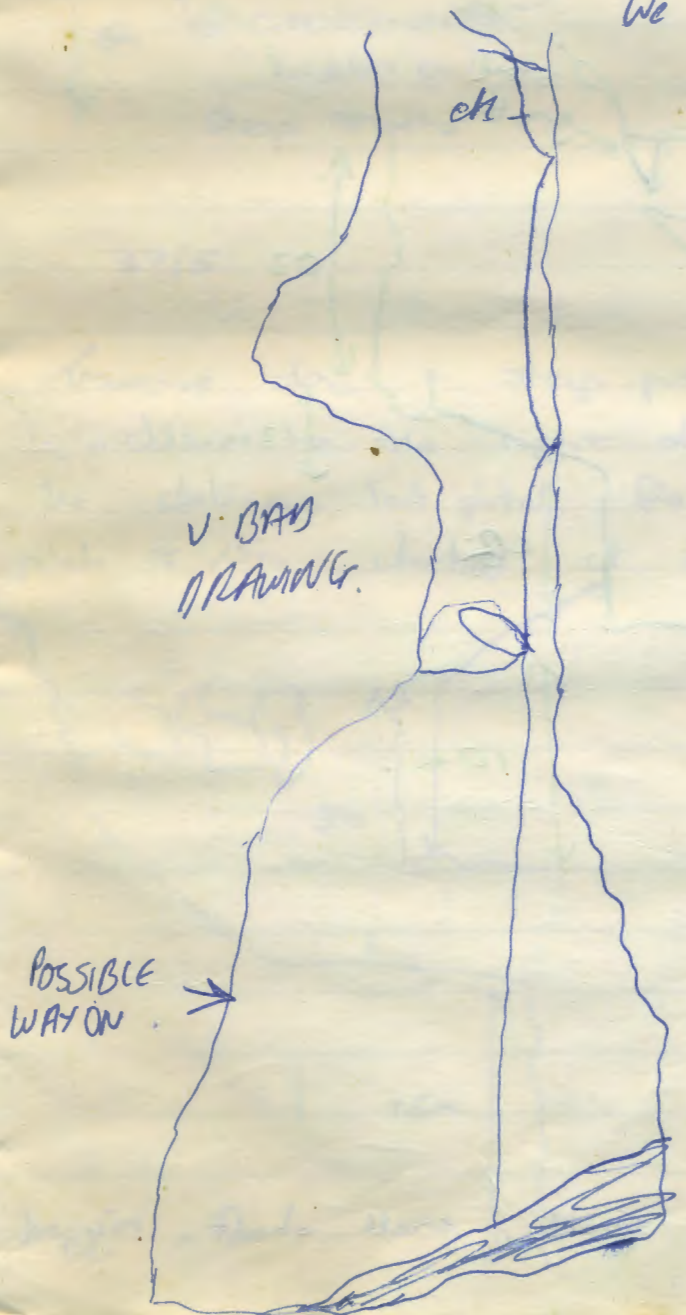
4/7 Mel & Margot

Went down this promising cave (ref. SGR) ready to dig our way through to the deepest cave in the Picos. Found a grotty hole "full of dead sheep & slime" (ref. R.G) & decided it wasn't diggable !!!

9/7 Dan, Muriel & Martin.

Picked up a 65m rope & bolted down the mainshaft till I reached the end of the rope. ~3-4 second drop from beyond here. I rusticated back up to Muriel who decided that the cave was a bit deep for her liking. Martin appeared & rigged to bottom of mainshaft ~40m below 65m rope. Hole ends in boulder chamber. V. impressive but no obvious way on. Martin climbed up to possible way on ~~on the~~ up the side of the shaft but decided that he'd prefer to do it on a bouncier rope with something other than his teeth to belay to.

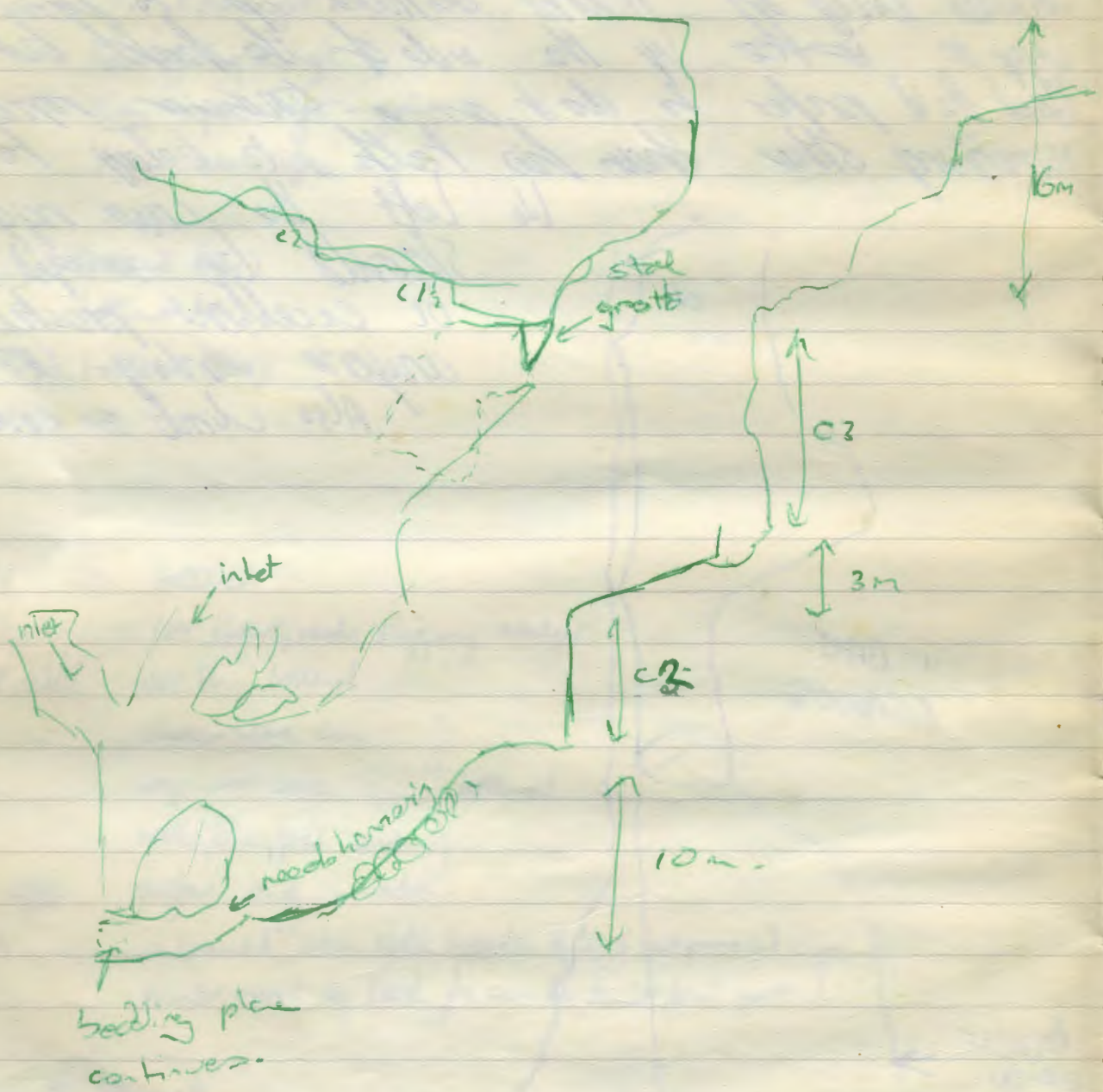
We left the cave rigged. Should be surveyed & would be excellent practice for anyone wanting SRT training. Also climb on could go!



14/7/87

Dave H. J.C. & J.T

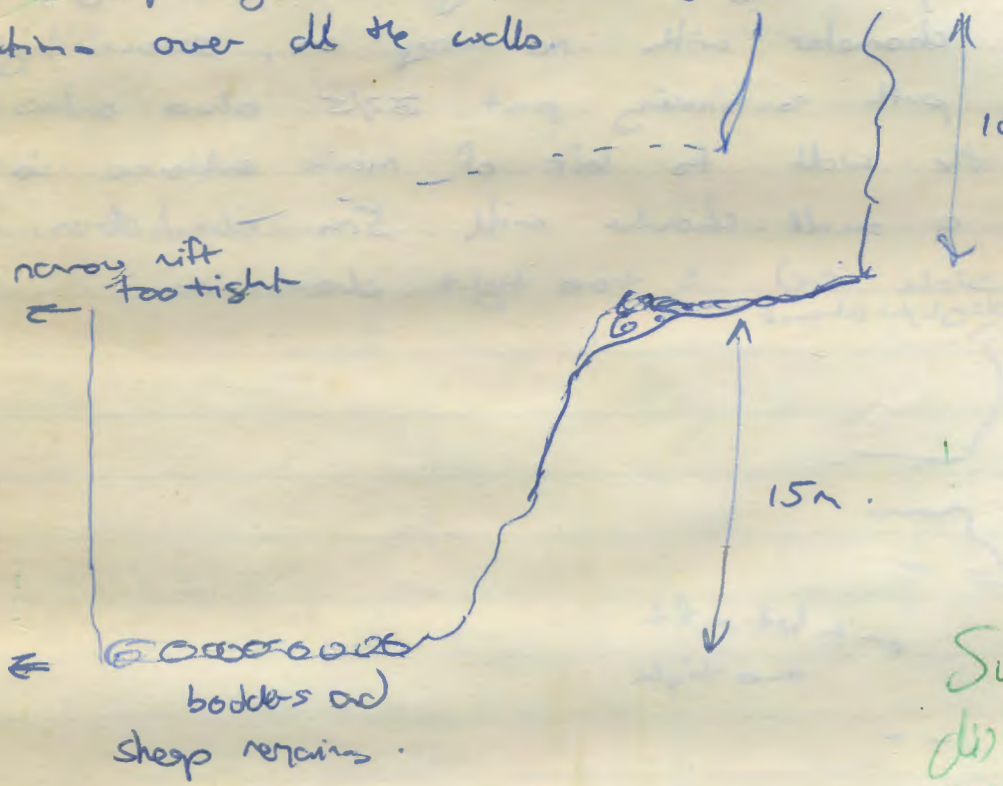
Found 5/5 explored down two short free climbs and a forty degree boulder slope to a chamber two obvious inlets with pretties and a rift in the floor too small and blocked with boulders. Removed the boulders, still a bit small, needs hammering. There is an obvious crawl, big enough for a person beyond the squeeze that needs hammering.



36/5 - John Cooper's Cave.

- location above 5/5 to the South, small shaft rigged

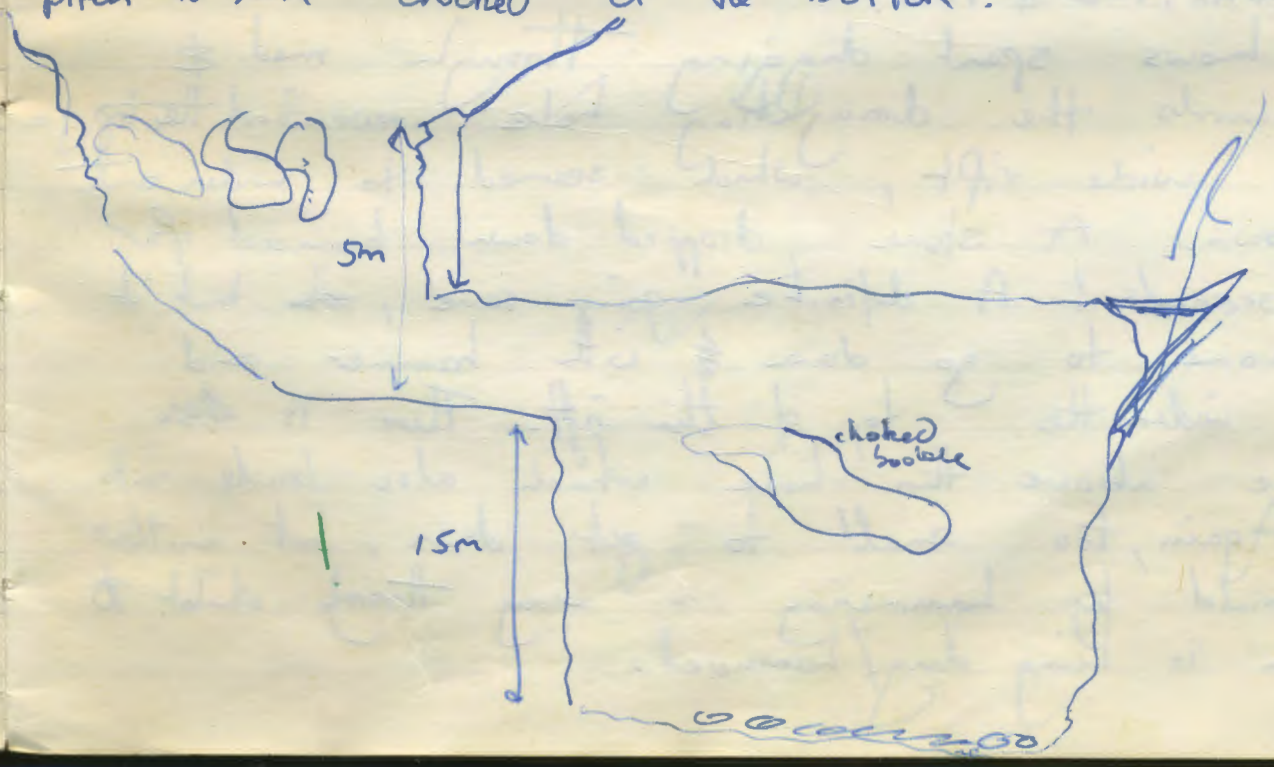
From two natural, drops 10m to the floor, followed by 15m at 60° passage choked permanently after ~ 10m - lots of pretty formations over all the walls.



Surely these distances are overestimated!!

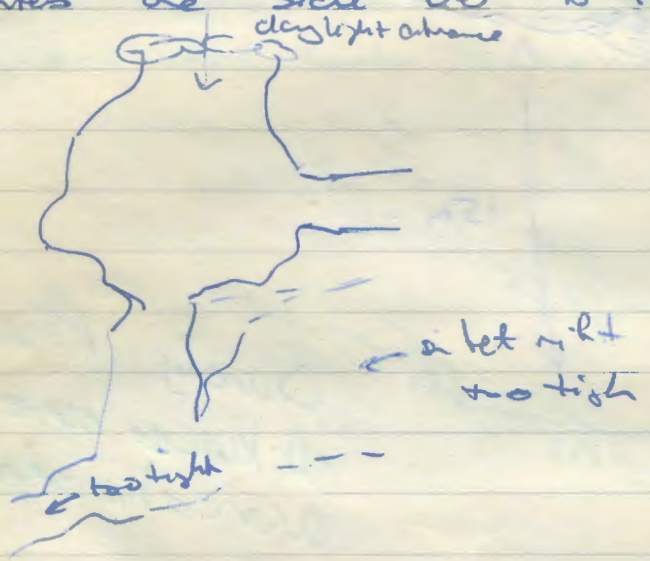
37/5.

Traverse down a sheep path to east (to the gorge) in a doline to the right of the path at the bottom of the doline. 1st pitch free climbable ≈ 4m, followed by pitch ≈ 15m choked at the bottom.



30/7

Continue past 37/5 large entrance just over the ridge, marked SIE enters large chamber with no way on, second tight entrance near the path continuing past 37/5 also enters this chamber. In the wall to left of main entrance is small hole enters a small chamber with 5m climb down. Inlet rifts enters one side and is too tight downstream.



+ numerous air holes over that dashed within 10m of the surface

2/7 Martin, Neil & Mel.

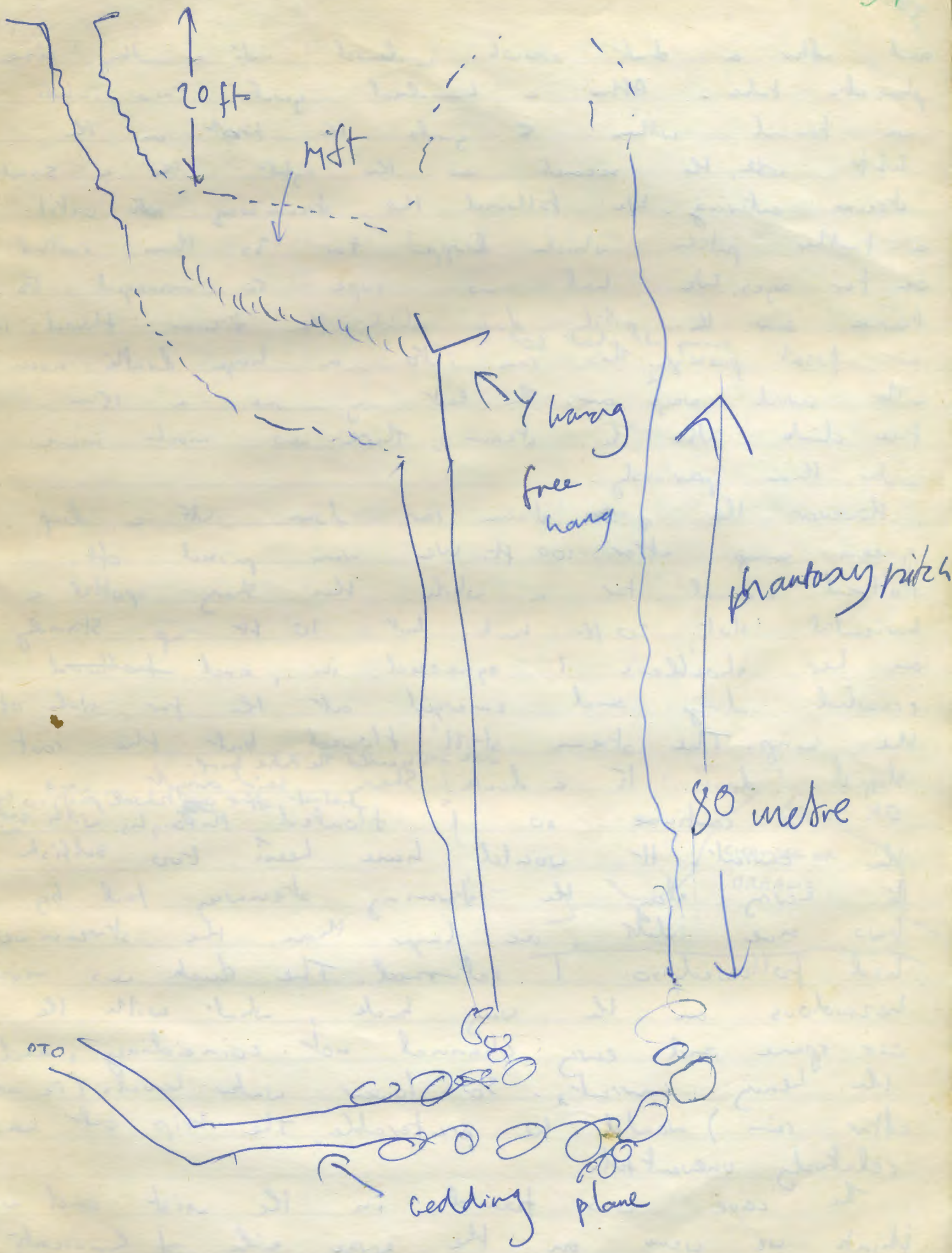
6ft & 5 hours spent digging through mud & rocks towards the draughting hole revealed the top of a four inch wide rift, which seemed to widen out further down. A stone dropped down bounced for 4-5 seconds! A definite going cave, but it needs someone to go down with hammer and chisel to widen the top of the rift. There is another hole above this hole which also leads into the rift. Again, too small to get down, but another party could try hammering a way through whilst the other hole is being dug/hammered.

Nuevo Cuevo. - 13/7

Whilst jumping from boulder to boulder on the side of Cuvicente with Sherry, a narrow slot appeared as if by magic. Strong rattled for a while so I had a look down. There was a free climb for 20ft, leading off into a rift along which it was possible to traverse around two corners to a opening of the rift and a pitch. A FIVE SECOND DROP. Climbed out and shouted out Sherry, then returned to 10/7 to check out the rope situation. Amongst the gear was a 40 m and a 65m, so we decided to haul these together for the pitch.

Back in the cave two natural provided a great free hange, which allowed us to descend the booming pitch. Although I managed to do several somersaults on the haul change over Sherry had no problems. The pitch landed in a largish chamber with no obvious way on, so we pondered our situation over a packet of peanuts and two jaffa bars. We turned over some a few boulders at the presumed continuation with no success, then after a half hours digging around the bottom of the pitch a massive hole amongst the boulders was produced. This led to a tight heading plane running back in the direction we had come from, and after 30 m of flat out crawling we emerged in a dry pebbly lake, dry which we had to swim but appeared to be heading upwards.

The crawl continued with a few tight squeezes into a round chamber with 3 ways on, one above a 3 m climb the other two started of in the same spot but soon split into a hole in the roof which I climbed to find a boulder choke stretching well above the limit of my light. The other led downwards


20 ft
Mft
Y hang
free hang
phantasy pitch
80 metre
OTO
bedding plane

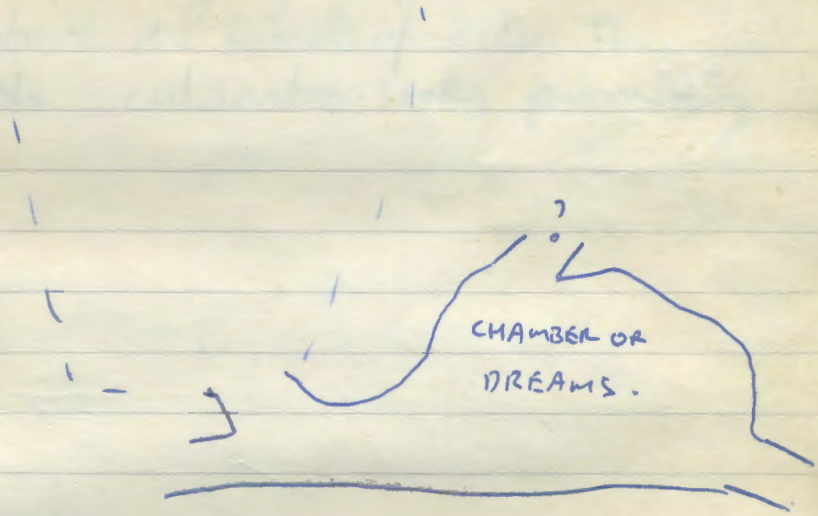
38

and after a short crawl widened into a walking size phreatic tube. After a hundred yards two inlets we found within 5 yards the first on the left ~~with~~, the second on the right with a small stream entering. We followed the stream way ~~into~~ until a further pitch which dropped for 3s then rattled on for ages. We had no rope so managed to traverse over the pitch down which the stream flowed, into a fossil running at about 60° passage. This ran into a huge death area with several ways on. The best way was a 15m free climb into the stream. There was much more water than previously.

However the ~~[illegible]~~ stream ran down into a deep green sump after 100 ft. We were pissed off. Pottered around for a while then Sherry spotted a horizontal slot 20 ft back, but 10 ft up. Standing on her shoulders I squeezed in, and ~~followed~~ crawled along and emerged at the far side of the sump. The stream still flowed but the roof sloped down to a duck. Sherry said it might which will be called the Fake Sump. OK to continue so I ~~[illegible]~~ helmet off & ~~[illegible]~~ wetsuit pushed it to the other side with self air-floated through, with the current. It would have been too selfish to carry along the streaming streamway fed by two more inlets, one larger than the stream we had followed, so I returned. The duck was more hazardous on the way back, what with the air space and easy channel not coinciding, and the heavy current. So lower water levels (ie not after rain) would be preferable. The trip out was relatively uneventful.

The cave was found in the mist and we think we were on the gorge side of Cuvicente so it may be hard to find

~~Sarathane~~ + Sherry

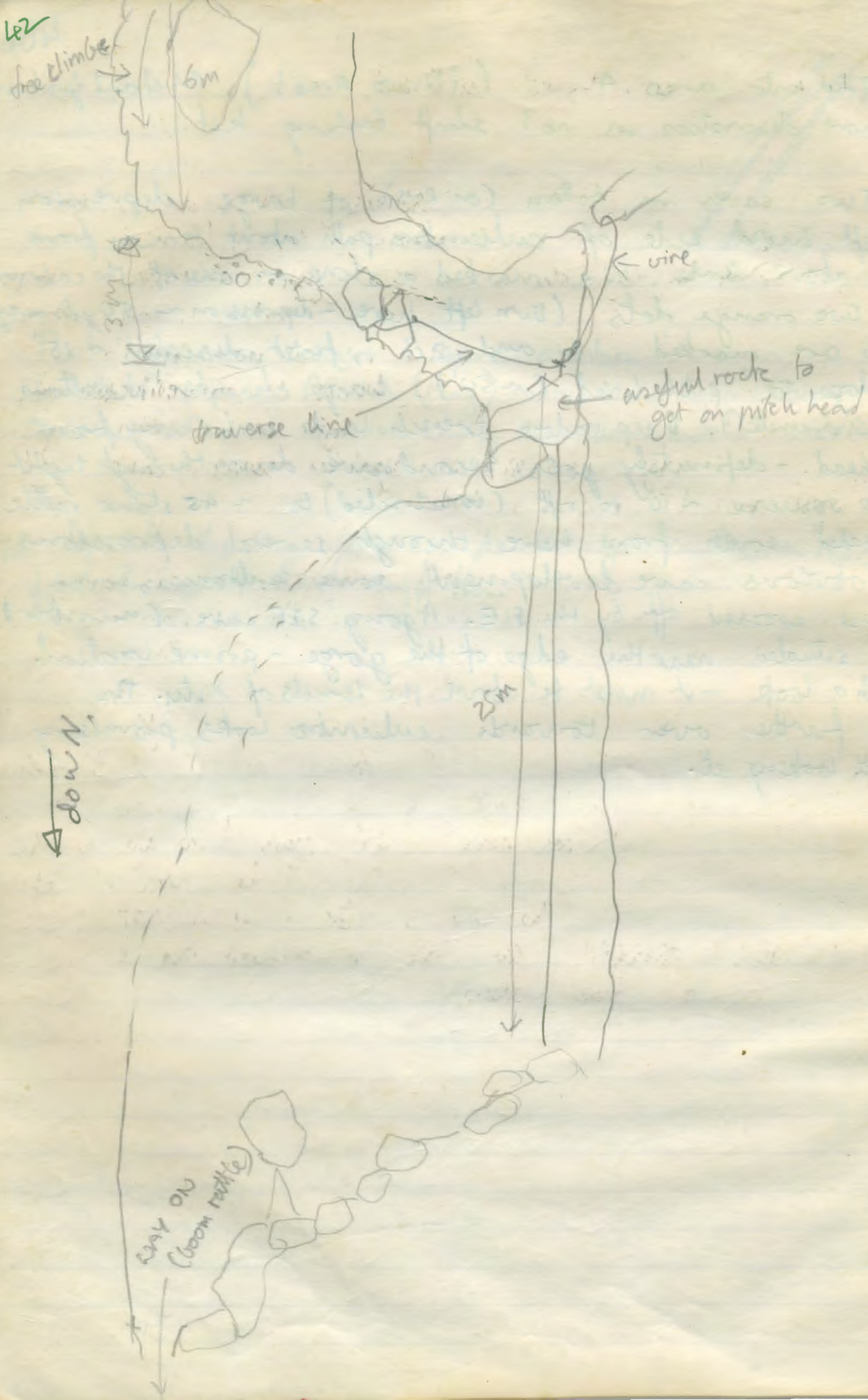

CHAMBER OF
DREAMS.

Paul "The nurse thought I was an athlete" Brennan
Jonathan "I fancy Martin (May) more than Lynn" Cooper
Jonathan "Martin is everything desirable I look for in a man" Cooper

Md: "Of all the things you can do that you can catch AIDS from: I haven't done any of them"

Trip into area 4 (¡Nuevo Area!) Mel and Graham
Short description in no 3 shaft bashing kit.

Two caves in bottom (on RHS) of large depression on left hand side of culiembro path about 15 mins from pass above tents. We marked a stone on one of the caves with two orange dots (turn left here - depression ~ 50 yds away) Caves are marked 1/ and 2/, first descends ~ 15' to slope to pitch head (~50'). Large chamber at bottom (~ 30' diameter). Deep vadose trench leads each way from pitch head. - definitely goes. Second cave down through tight-sharp squeeze ~ 10' to rift (constricted) to ~ 45 stone rattle. We headed south from here through several depressions with obvious cave development some entrances, some of these crossed off by the SIE. A going SIE cave (number 1) was situated near the edge of the gorge - prime location!! - worth a look - it must be above the limits of Xitu. The area further over towards culiembro looks promising - worth looking at.


free climbe
6m
3m
wire
traverse line
useful rocke to get on pitch head
25m
down
way on (boom rattle)

1/4 Sherry + Johnny (T)

Freeclimb down from upper slot down about 6m (easy hand/foot holds) onto soil/mud floor sloping down. Through hole (1m x 2m) onto downwards slope of mud & rocks leading to pitchhead. Put a back up around wedged large rock at top of slope & use as hand line down to pitchhead (no, you dont have to freeclimb the pitch!) Wire looped around natural to form almost free hang (needed a slightly longer wire (7ft?) or rope protector round knot)

Abbed down 25m pitch onto sloping false floor of boulders & mud. Small holes near landing place dont go. Way on is in far corner at the bottom of the boulder slope. There is a small hole leading into a rift, Boulders dropped down it rattle & then go ≡BOOM≡ after 5 secs (or a bit more?). We tried to rig a ladder & lifeline down the hole & Jonny tried to go down it but it was a bit tight so we decided to leave it 'till we could enlarge the hole a bit with a hammer also we would need a LOT of rope (& bolts) shouldn't be hard to make the hole bigger - we shall return!

An attempt to organise what has already happened.

2/7
4/7. Investigated - bottomed.
6/7 Found - Full of snow
7/7. Bottomed - may be worth looking at later.
8/7 SEE SBK
9/7. Going (sort of) p. 31
10/7 Bottomed - Too tight.
11/7 Near surface dig
12/7 Rabbit hole - a dig if we're desparate.
13/7 Cueva del previsto. (Piss pot) (Unfound)

22/7 - 24/7 Bottomed

AREA 5

5/5 Dig with possibilities. (Hammer)
11/5 To be found.
23/5 Horizontal cave. Bottomed.
26/5 Unmarked but has SK mark. Bottomed. (20m)
30/5 Near Tree Path. Red circle cave. No go
31/5 OPTIMISTO (marked 30/5 !!!)
32/5 SBK
33/5 Paul's 50m shaft. p15
34/5 Reserved for future expansion (by Paul)
35/5 Surface dig - unmarked.
36/5. 5 C's cave. Bottomed. p. 33
37/5 Bottomed. p 33
38/5 " p 34
39/5 SIE SHAFT (previously 31/5 in this book) unmarked by OUCC
40/5 SHEEPFOLD CAVE - Valle Extremeno
41/5 Phoenix entrance, above valle Extremeno

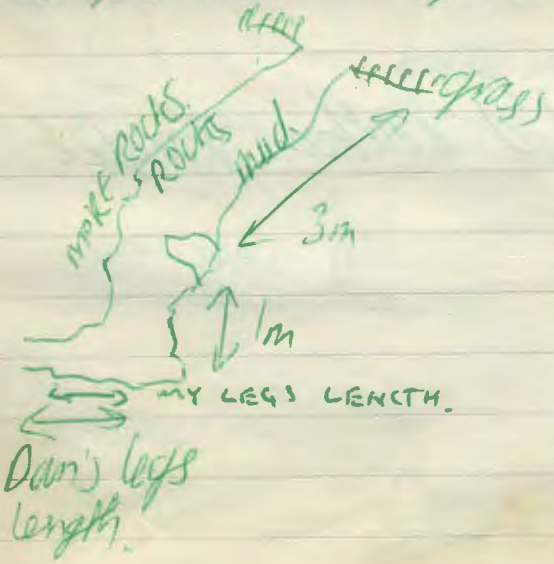
16th July 1987

Rained all day. 17:10 ML went off to look at area 4, PHS went off to look at a previously unnoticed part of Area 5: leave the Arico basin SE., 50 m or so up & to the left of the pastores huts/ruins. You come out into a little valley ABOVE the Vale Extremera. This contains a large rock slide/rockfall on the left & eventually drops down into the Valle Extremera. High up on the left side is a surface shaft with snow in it (unexamined closely) and a lot of surface shafts nearly all choke, one goes down quite a way - needs checking out. On the left hand wall is an obvious phreatic 41/5 entrance, I went in this until ~~only~~ it got too dark to see - it looks as if it continues but risky

16TH July 1987. A foul miserable day Dan & Jonathan Cooper set off in the rain & mist to find the cave that will keep the expedition occupied.

We climbed up towards Zidhayn, guided by the dull red light that was Graham's daypack cagoule shining through the mist.

At Rabbit hole, which is not labelled, Dan threw on an oversuit & scrambled down the muddy crawl to a short climb (1m) to a horizontal squeeze that he could just get his legs thro'. Jonathan had a quick look, and our two intrepid shaftbashers then decided to leave it for another, more desperate, day.



The duo then ascended to 1017, leaving Dans gear there so that he ~~could~~ ~~return to~~ could scramble about the scree slopes with ease. They ~~to~~ scrambled along a high level route between Curicante and the base of La Verdelluenga. However the gods of the caves were guarding their secrets well for only two small resurgence caves high in the side of Curicante. The first was large enough to stand in, very muddy & ended after 6-8m. The second was small, not so muddy & body lengthed.

The two, cold, wet, miserable, ~~[illegible]~~ knackered, mountaineers staggered on to the base of LV & then the elements finally beat out all enthousiasm the hikers may have had for shaft bashing and they returned on a lower route.

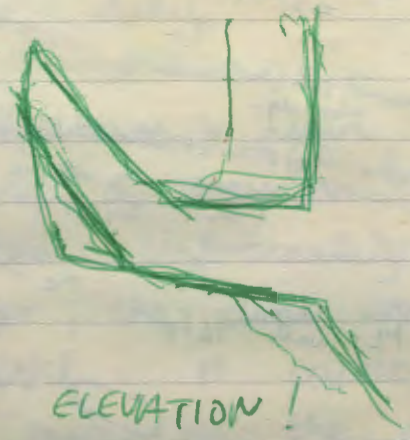
Again, two small pots were found, the first being a 2m climb into an impenetrable boulder choke, the second being somewhat smaller and more boulderey.

And so, downcast, the walkers staggered back to Aria, in the mist, soaked to the skin, dejected and depressed.

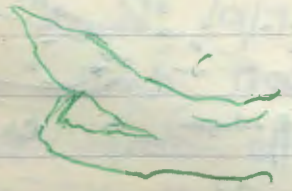
Oh well - A day I'd rather forget!

RESURGENCE I

BCRA GRADE -1

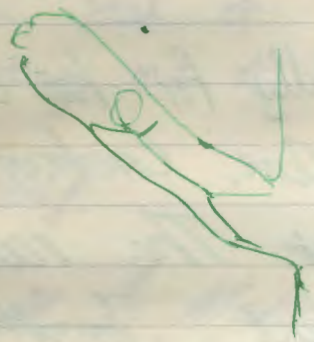


ELEVATION!

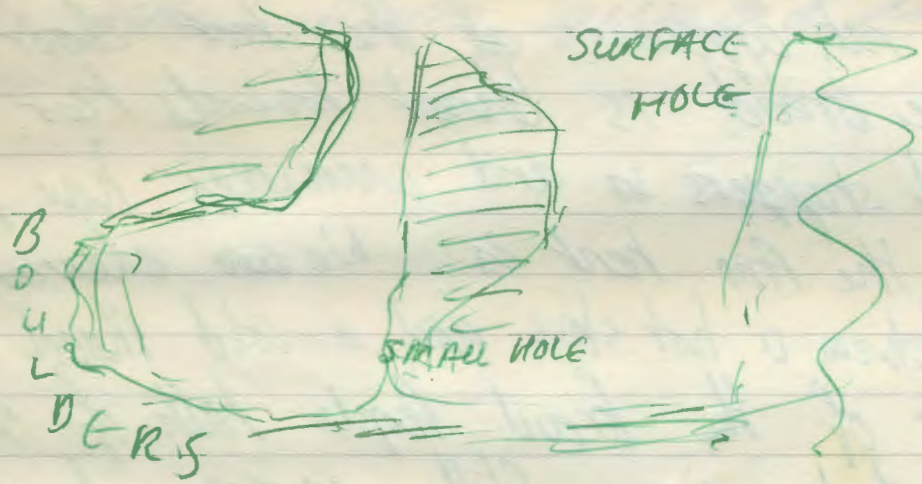


~~PLAN~~ PLAN

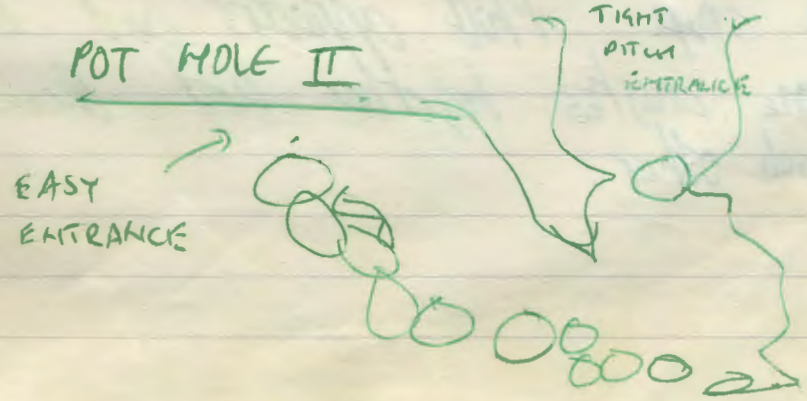
RESURGENCE CAVE II

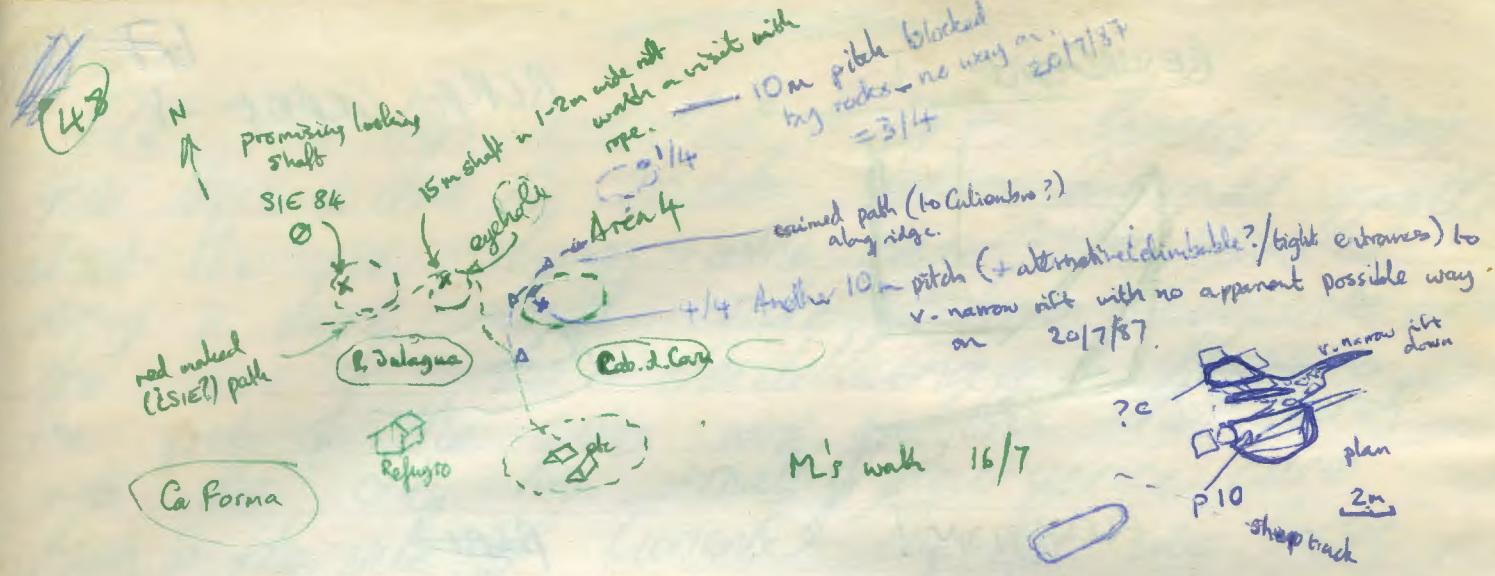


POT HOLE I



POT HOLE II





10:26 Friday 17th July

It has been raining solidly for two days. Dan, Jonny, Lynn, Martin, Jonathan, Dave, Graham, Martin, Martin & Sherry sit in the Aro tent. The rain beats solidly on the sides of the tent. Jonathan dons a wet suit and starts off on the long canoe back to a sodden base camp.

Muriel, doing an excellent impression of a drowned rat, appears at the tent door. A soggy sponge, ie bread, is thrust towards her.

Paul staggers in and announces how positively roomy the Aro tent is. We are eleven. I am crushed between a hot stove and a cold Muriel. We devour the last of the bread. People talk of oversuit shear and carbide soup. Phil appears and hovers in the doorway. Everyone crushes together and throws peanut butter at each other.

Thurs 16th July.

Martin, Graham & Lynn went down 9/7 with the hope of finding a way on via a climb that Martin had previously started. Unfortunately, despite heroic efforts to get past a boulder, the climb continued upwards past choss with no end in sight. A packet of peanuts was eaten and then devious tactics on the part of Graham & Lynn ensured that they were body lined past the boulder, but Martin then discovered he had to free climb it! Surveyed the cave (taking sum total of about 5 measurements!) & then on finally getting out of the cave it decided to rain.

Friday 17 July

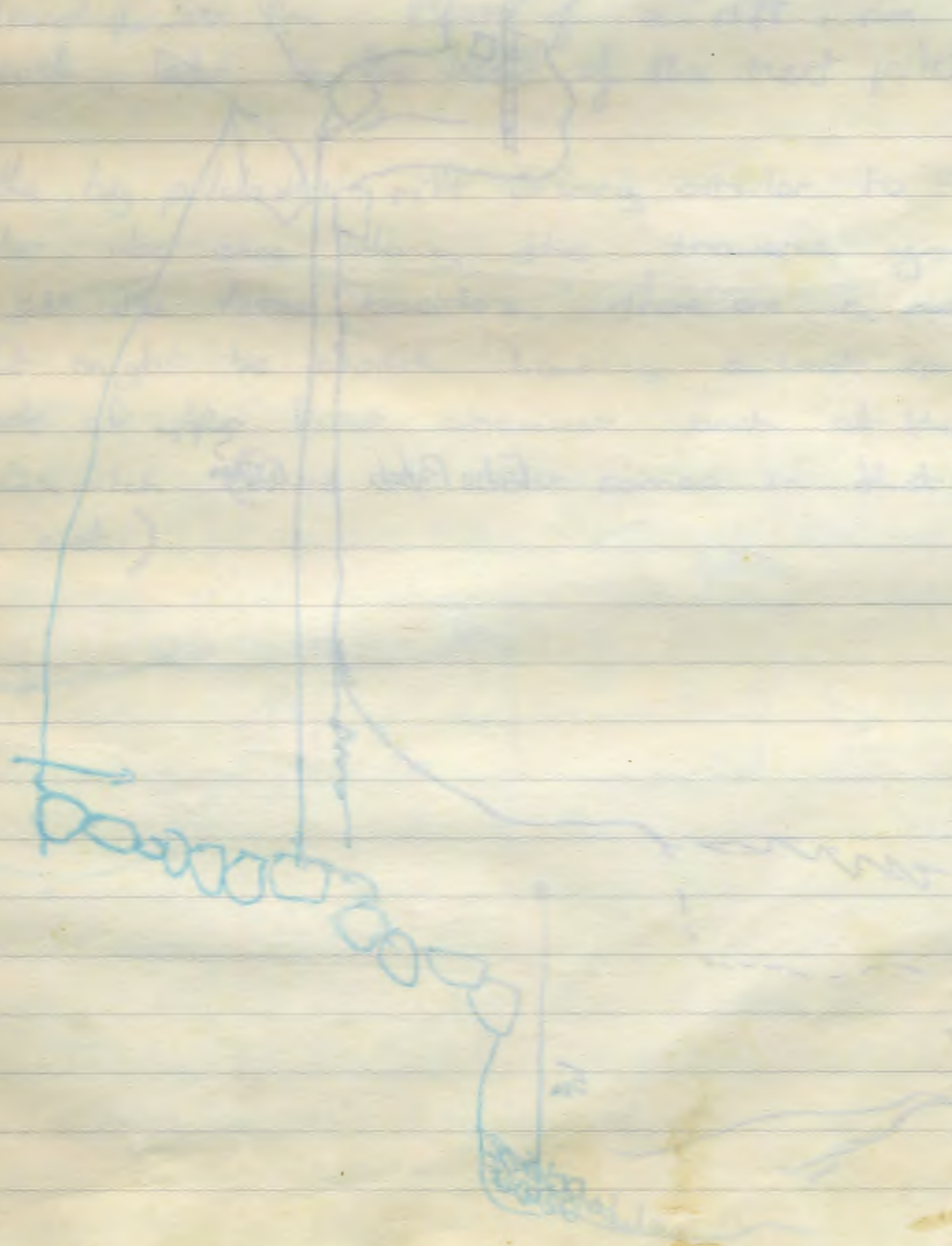
Dan, Martin M. & Martin L surveyed 2245 partly to get out of the rain & partly to see how long it was ~ 40m. Oh well, it'll amuse the BCRA if this is the longest cave we find. Smashed a wrench into another hole, near MC, & the wrench. Martin squeezed down. Didn't go.

SAT 18th July

Cold & overcast, sunny & windy in parts. Mostly Dry & Cold.

Team 2/7: Neil, Mel & Muriel
Team asleep recovering: Graham + Lynn (after overnight trip) also Sherry.
Team 1/4: Martin M., Dan & Philip
Team 1/4 Photographic: Martin H., Martin L. & Paul
Team gone to Lagos: John Tambs
Team going to go to Lagos: Dave H.

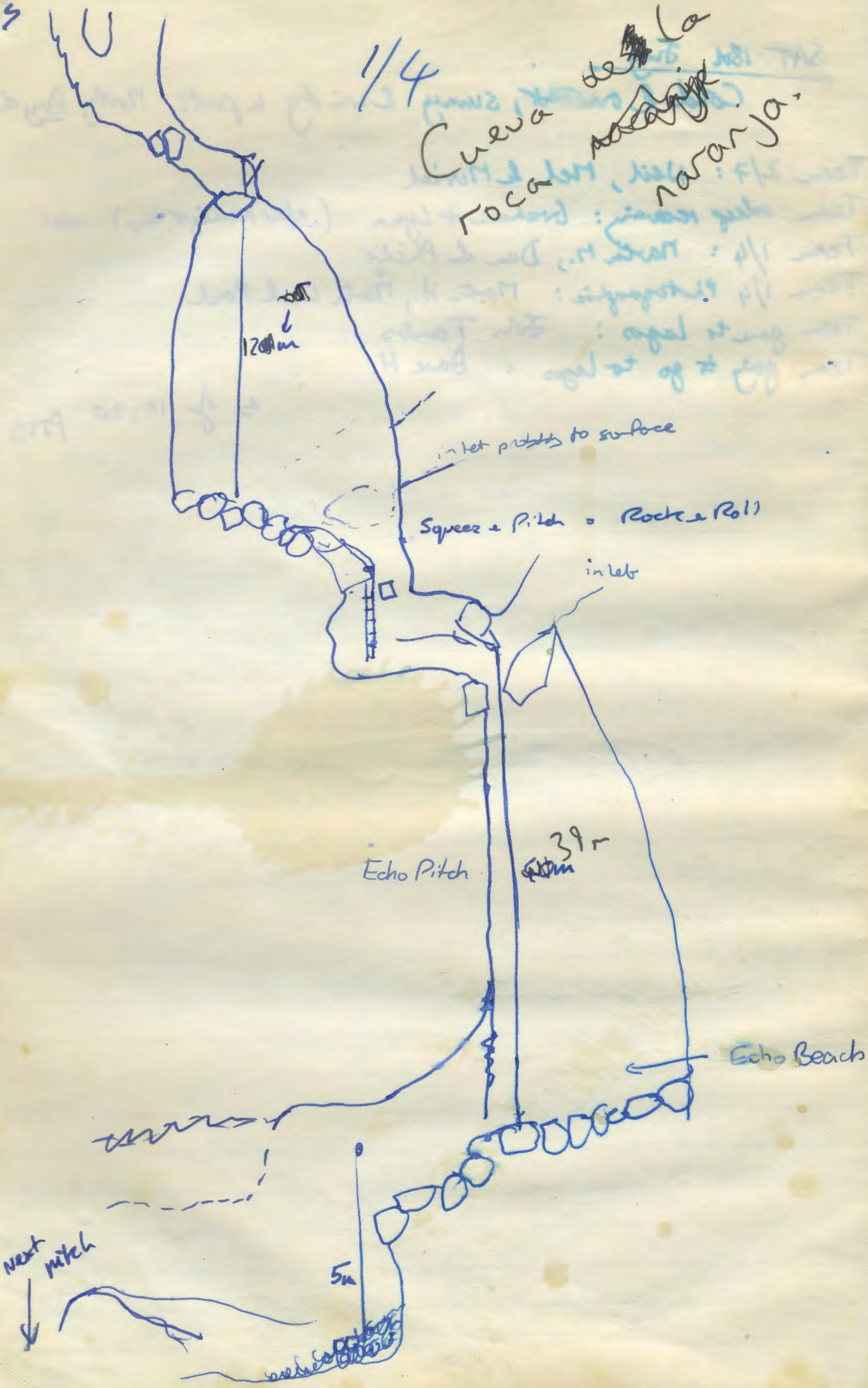
as of 10:20 PMS



52

1/4

Cueva de la roca naranja.

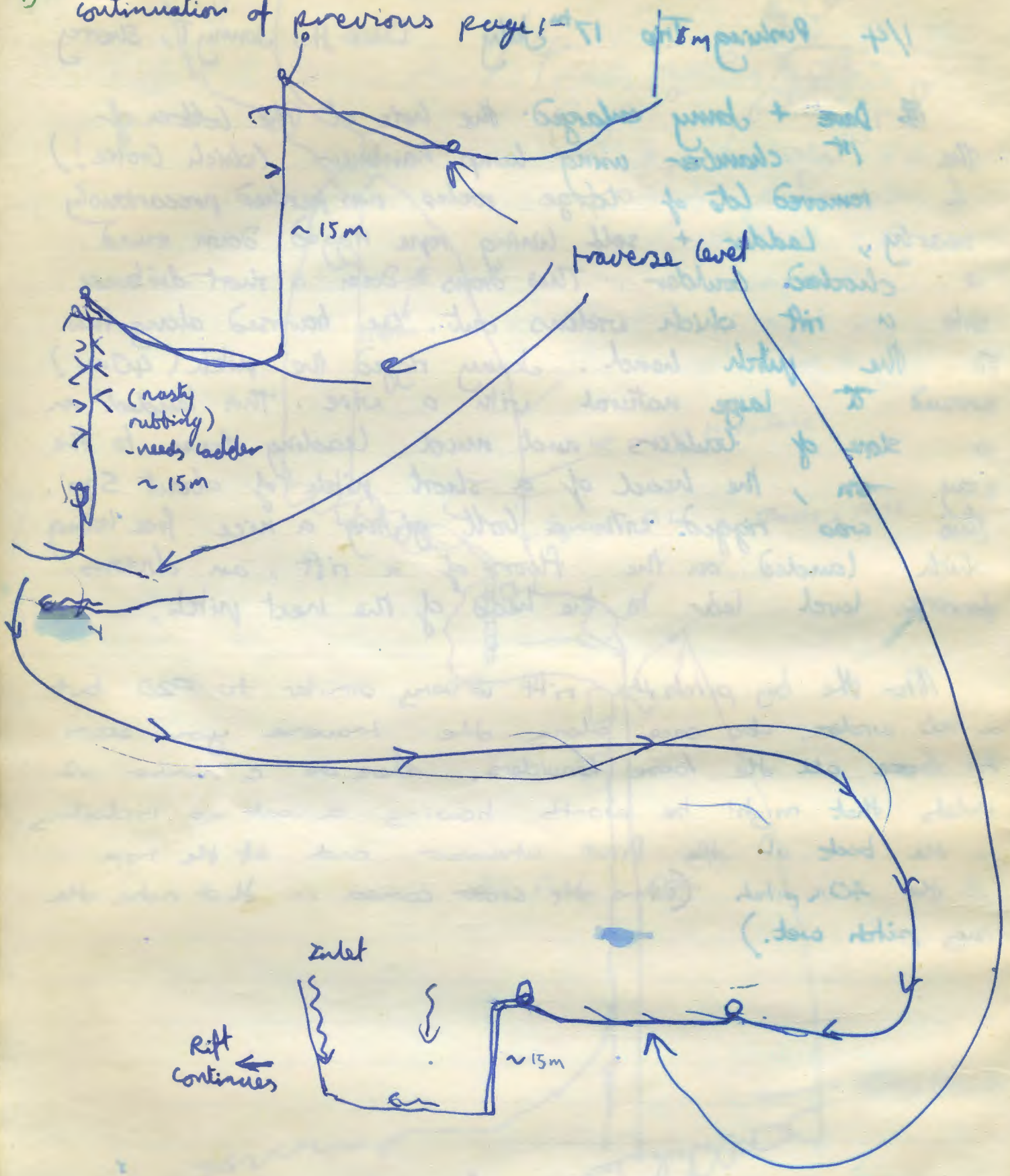


1/4 Pushing Trip 17th July Dave H, Jonny T, Sherry

Dave + Jonny enlarged the hole at the bottom of the 1st chamber using lump hammer (which broke!) & removed lots of large rocks now perched precariously nearby, Ladder + self lining rope rigged down round a chocked boulder. This drops down a short distance into a rift which widens out. We traversed along this to the pitch head. Jonny rigged the pitch (40m) around a large natural with a wire. This landed on a slope of boulders and mud leading down to the way on, the head of a short pitch of about 5m. This was rigged with a bolt giving a nice free hang which landed on the floor of a rift, an obvious traverse level leads to the head of the next pitch.

After the big pitch the rift is very similar to F20 but a bit wider, also once along the traverse you seem to loose all the loose boulders. There are a number of inlets that might be worth having a look up including in the back of the first chamber and at the top of the 40m pitch (where the water comes in that make the big pitch wet.)

continuation of previous page! –



1/4 Pushing trip 17-18th July Lynn & Graham.

Left camp ~ 9pm, ~~and~~ headed for entrance in thick mist - found the entrance with remarkably little trouble. Met the previous party at the entrance just coming out. Our mission was to rig as many ropes as possible and take long enough over it that it was light again to find our way back from the entrance. We rigged 3 ropes and took ~11 hours. After changing a wire on the 40m pitch the rigging proceeded methodically at the sharp end thus:- 20m rope along ascending traverse (greasy foot holds at start). Belay 45m rope to two naturals (rock too bad to bolt) not a free-hang but rub points not too serious. At traverse level with contorted drop below, ran up to further two belays down best? part of rift. Constricted space and many rub points. - Placed rebelay ~ 8ft above next traverse level to stop swinging about on lower part. A ladder on this lower section may be easier to climb and safer. Ran out rest of rope along traverse to a further pitch into large(ish) chamber with 2 inlets. Placed bolt, which spun round when tried to remove driver. Driver was removed by wiggling and shearing threads. Rigged off two naturals instead (unfortunately the secondary had to be lower than primary - but not seriously so - pedants may wish to change this rig). Large chamber quickly closes down to meandering (and sharp) vadose trench, probably most easily passed ~ 15ft above stream level. Apologies to Lynn for not being very enthusiastic when we got into new territory - was it the hassle of ~~the~~ rigging the tortuous rifts, was it that I was blasé about entering virgin territory, was it that it was too early in the morning, was it the book I was reading, was it the depressing effect of the two previous days rain, was the psychospeleogenesis failing, had I had too many lentils - who knows. Anyway objectively it was a very good trip and the ~~way is set for a new era in the ongoing saga of OUCC's exploration of the Spanish picos~~ BULLSHIT! - sorry I've been reading the Book too much.

Who said to whom ... "Have you ever had a long slow [redacted] screw against a wall"

and then replied "because I think I had one once and it was nice"

A Crisis of Conscience. ~ or example of pure logic.

I have not been caving,
i.e in my own gear beyond sunlight since bottoming 2417 on Sunday - 6 days ago.
I have sat at base camp for a day and just come up.
We have 2 going caves.
∴ I should don my gear and do an overnight pushing trip down 114 or hammering in 217.

However - It is raining + I am cold.
My gear is warm + dry in 1017
It is 9.30 ∴ It will be dark when I reach either 217 or 114 obviously.
My gear will end up wet + scratchous if I go caving ∴ I will be less keen on getting in it in the future.
+ I will catch a cold and/or rub my hands raw so be less able to cave later.

+ No One else fancies a overnight trip.

∴ I will not go caving
∴ I will go to Langas tomorrow for a meal

But I shall return (Hopefully) invigourated + full of vigour (same thing?) and with a big plastic bag to keep my gear unscratchous.

S.L.

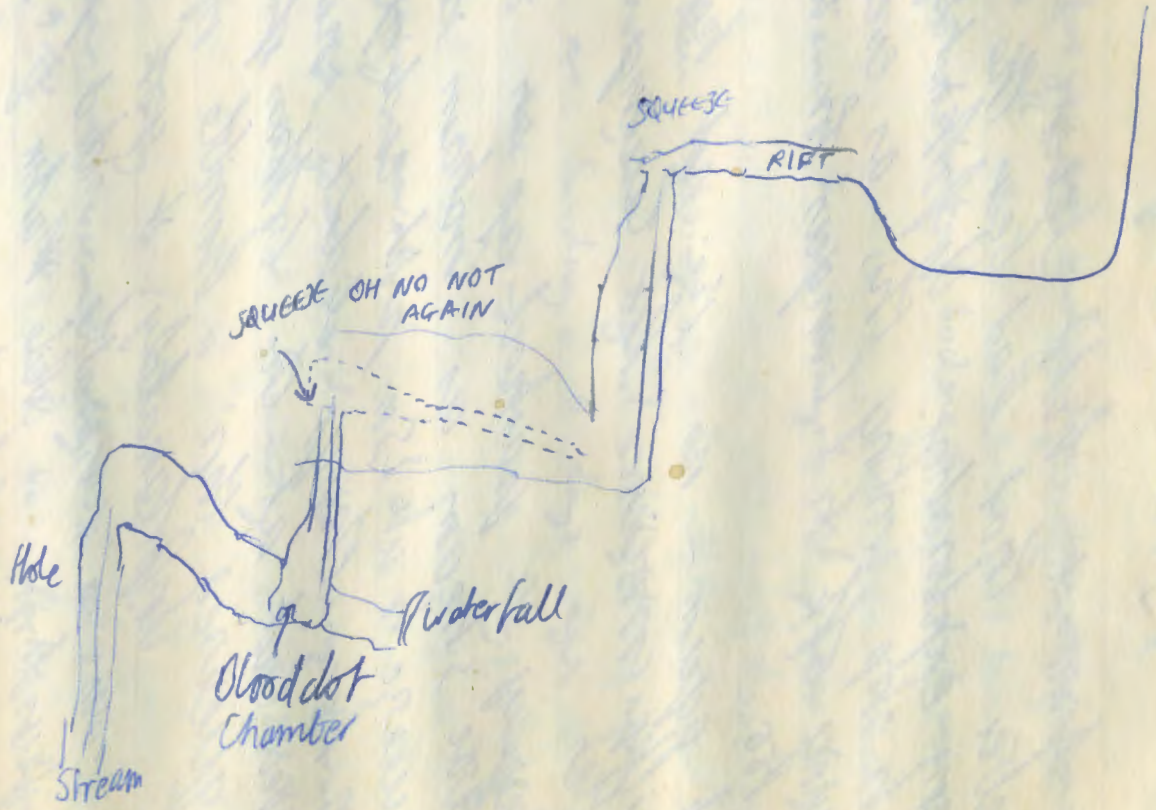
1/4 19th July 1987 Pukung trip. Dan, Martin M, Phil S.

Went down at half eleven & soon reached the chamber that had been the limit of Graham & Lynn's exploration. Unfortunately I'm going to have to stop writing this as everyone is tugging off to Cangas for lunch & I'd like to go too.

Back again - as we've not been to lunch, just a guilty conscience for leaving an account unwritten.

Anyway we pushed up an awkward rift, 15' above stream as Graham said, down thro' a squeeze to a 25m pitch ending on a muddy floor. Hmm. Here things didn't sound so hopeful. I arrived last at the bottom of the pitch and squeezed thro' a horrible rift - "Oh no not again." Unfortunately it got steadily colder until it was a reasonable sized passage that you could stand in. While Martin & Phil hammered at the next pitch, I went back thro' the rift (easy) & attempted to bring a buckle bag thro' (Hard!) Unfortunately got totally jammed, lost a welly and had to go back out, grovel about in the bottom to retrieve the welly, go back & get the buckle bag, ~~out~~ empty half its contents and then back thro' the rift. Nasty squeeze to head of next pitch, 'Petunia Pitch' which lands in large rift covered in bloodclot formations. Phil unfortunately got very lost & stuck & "Oh No not again" and retired early. We then rigged the next pitch, A sharp hole in the rift. No obvious way on at top or bottom

1/4


SQUEEZE
RIFT
SQUEEZE OH NO NOT AGAIN
Hole
Waterfall
Bloodclot Chamber
Stream

but very pretty.
Went out reasonably quickly apart from the fact that I had managed to bugger two batteries and get a hole in my Tubo de Plastico.
Pitches were wetter on the way out. An excellent pushing trip, we were never sure if we wanted the cave to go on past each squeeze or not. Good luck to the next pushers!

19/7/87

Everyone is going for a piss up in Congos and Neil, Neil and Jonathon ~~have~~ went down to 1/4 so I set out to retrieve my jumper from the 147 and pelch some carbide from top camp. Took a very zig-zaggy path from 10/7 looking for area E, stopped at 2/9' (La Dogodai) and climbed in over snow, way on my just to be possible but way down under the snow was sheer ice and unable to free climb. Sound of running water fairly loud.
Found approx location of area G and several comes fitting descriptions of E1, E2 but all unmarked, those I could free climb were blocked by snow, others show some promise - worth a look anyway (with gloves/oversuit as the snow freezes your extremities) on to top camp found a few unmarked shafts all boulder choked.
F38 is now completely dry, but if a manflake tin was put under every drip it could probably produce water faster than at Orio. Took one of the bottles of carbide and

Some of the nonpilots and returned in the mist getting slightly lost and ending up at the bottom of sod 4. Jon.

60

Sat 18th July. Muriel, Neil, Mel & Margot
Hammering trip in 2/7.

We hammered & hammered & hammered & drivelled & drivelled at the eyehole above the dig which we dug & dug & dug the other day. The dig had filled in with mud after the rain & we abandoned this as being less hopeful than the eyehole. It is now possible to get into the rift (which gives a 17 sec drop), but the hole should be made just that little bit wider (to be comfy). We left all the digging gear there, but the crowbar may or may not be metal. There's a very strong wind coming up through the hole which is intermittantly strong & weak – it must open up into the side of the gorge!! At least that bit won't be tight!!

1/4 'Pushing' trip. 19/7/87 Neil, J.C. & Mel

After hearing the wonderful description of 1/4 given by Dan, Martin & Phil from the previous day, we were full of enthusiasm to push 1/4 all the way down to Cuchembro!! However, we did wait until 2.00pm to set out, so that it would be light when we finally left the cave & ∴ not get lost on the way back to camp.

The trip into 1/4 was fairly efficient. The only hold-up was an hour spent trying to find the way through the 2nd rift. We eventually found the way through, but by this time I was knackered & after ½hr trying to get through the crux I gave up!! We ate a bit of cave-food (peanuts, Yorkie bars, jump bars, peaches, & primula). We came out of the cave fairly steadily, leaving behind some food, 30m rope & rigging gear at the ~~top of~~ petunia shaft & more ropes (50 + 20) & two ladders before the rift. When we got out it was still light!! Obviously only about 9.00pm

Contd (62)

Great! hooks like we'll be back before bedtime!! Pity it was so misty though. Visibility was approx 15ft. We followed the ridge up to the top of the depression where we found the path. Unfortunately, we then lost the path & found ourselves on the top of another ridge. Was this the ridge around the Aro bowl? Better to be safe than sorry — so we followed the compass due west, down a nice grassy slope. At the bottom of the slope there were some limestone rocks — was this the toilet? We carried on west, but nothing looked familiar. We continued west, surely we must hit something soon!! Well, lets go North instead — that should bring us out onto a path! So we followed the compass North — down nice (steepish) grassy slopes which looked like sheer drops the following morning when we could see them!! Then we heard water running. Didn't Dan say that you can hear the Aro water running at night? It turned out to be a stream, but on the way to it we found a nice little cave which had been built up by sheperds (presumably for sheep!). Ideal for bivvying inside. We got the carbides going & settled down on the nice rocky floor. Neil & I shared the bivvy bag, while J.C. settled into his rucksack. I had stones in my back, my legs & my ankles. My feet wanted to sleep (as did Nail's) & we were all freezing!

However, it was a really good night's sleep (bit of exaggeration!) & I think everyone should try it!!!

Fortunately, when we woke up, the mist had cleared & it was sunny. Racing up to the top of the cliff we'd climbed down the previous night, we could see the Central Massif & work out where Aino was. Unfortunately, it clagged in again almost immediately & we eventually found ourselves at the bottom of SOD 4 – relief! It only took 12 hrs to get from 1/4 to camp.

Recipe of the Week – using no Bostick.

How to turn a pair of soft woolly socks into a handy pair of walking boots in 3 easy stages:-

① Spill half a can of bostick over the socks.

② Ensure they are soaking wet and go caving in 1/4 in them for 12 hours or so. Do not let them dry out at any stage.

③ Bake in direct sunlight for 2 days.

Your soft woolly socks will now be solid and quite suitable for ~~mount~~ walking over all terrain. They will, of course, not fit the original owner.

Jan. (who has tried & tested this recipe.)

64

Book of Jedda. Chaper 9.

The two lonely figures stood in the desolate white wasteland. All around the huge snow peaks of the Picosian Alps soared up into the misty sky. These two men had embarked on the most dangerous task imaginable, they were to ascend the highest and so far unconquered of the range Ben McJultayn, in search of the greatest wizard on the planet Cliveeon Westlarkend They purposed to ask him many questions concerning many of life's mysteries, in particular the nature of the vast abyss of McGill Gappin far away in the lowlands. Every night the vast horder of the Nort PenCub emerged from the hole to ravage the surrounding countryside Thousands of lowlanders had died or been captured and there was a real fear that the lowlanders would be wiped in a few short months.

The two men plodded slowly up the glacier towards the towering bulk of Ben McJultayn. In the lead was the cherismatic Sahib Hicks. His chiselled features stood out in this bleak landscape The bastard son of the Noble Lord Roterbon Evest he had a lot to prove and this was the surest way of lifting this great blight on his life and prospects. Toiling slowly behind was the most famous guide in the Picosian Alps. Sherpa Tenzing Norgay Brennan. This old man of the Alps was a sprightly

forty years old but he still managed to keep up with the much younger Sahib. The well known guide commanded the highest prices known in the Alps. A bowl of rice a day and a furry jacket of Ultamotion design on completion of the quest. Sahib Hicks could afford the bowls of rice but the jacket was way above the poor young man's means. He would hope to acquire one quickly when the Noble Lord rewarded him for removing the menace of the Nort Pen Cub from the lowlands. If the reward was slow in coming then he would be summoned before the Sherpa's Guild and then executed for non-payment of a Guild member's wages. It was a dangerous gamble that the young Sahib was taking but it was one he was prepared to take for the possible rewards were enormous however failure would bring only a miserable death.

The Sahib's mind was on fire, the cold bitter winds tore through the many layers of clothing and chilled the consciousness of his sharp mind. It was the twelfth day of the trek. More than half their rations had gone but there was no point in turning back. They made camp on the lowest slopes of Ben MaTultaqua. It was the forbidden mountain. Access to the mountain is denied in one of the ancient laws of the kingdom, otherwise known as the laws of physics. These great laws were made by the guist

sherpa prophet Scotty McScrotum who utter the immortal words "Ye canna change the laws of physics, boyo" at the first meeting of the sherpa council, three hundred years ago. Sherpa Tenzing had lapsed from the faith many years previously as the missionaries did not readily ascend into the highlands, and so the trek up the mountains held no special terrors for him.

The following morning dawned crisp clear and cold. Their target was the gaping mouth of the huge cave of Uxed-pest in which the great wizard lived. For six hours they crawled up the terrifyingly steep snow slopes liable to avalanche at the slightest provocation, till they stood in awe at the entrance to the large cave. Their sweat crackled and fell to the floor, frozen in a split second. A cool wind beckoned them on into the mountain and into the realm of Cliveeon Westlarkud. The brightly lit halls were a scene of devastation. Fittings torn from the walls and burnt out areas greeted the eye as they traversed from room to room. After 20 or so rooms they finally entered the largest chamber so far. It was eerily silent. Behind a desk in one corner a man appeared to be sleeping slumped forward onto the desk. Sahib Hicks motioned the sherpa to stay at the entrance to the chamber. The Sahib moved slowly towards the sleeping figure. As he approaches

he became aware of a cruel smell in the air. It was the stench of decomposition and he knew the wizard was dead. He lifted the head of the ~~dead~~ mage to see the face of a tortured man. Across the forehead was branded " C.D WOZ" 'ERE".

Oh damn said the sahib. The sherpa rushes forward to aid his master but all he could do was to stare at the mutilated face of Cliveson. " That bastard Kis Daniwicz beat me to it " ~~[illegible]~~ cried Sahib Hicks. The leader of the Nort Pen Club had beaten him to the only possible salvation for the lowlanders " Oh shit oh shit, oh shit, oh shit" A mad rage affected the sahib's mind, life was not worth living anymore, he could not pay the sherpa and death would result if he returned to the highlands. He dashed through the chambers and ~~[illegible]~~ threw himself from the cave to his death. The sherpa walked slowly back to the cave entrance and there just below he saw the bloodied body of sahib Hicks. His mind was filled with many ~~thoughts~~ images but the overwhelming thought was " what a stupid prat".

Tuesday 21st July.

Martin M, Martin L, Mel R.

This was the trip to end all the exaggeration of pitch lengths down 114. A team (the above) of sobre officials set out to survey the cave to the nth decimal place.

Okay let's get to the point, MEL DROPPED THE TAPE DOWN THE RIFT !! but we got it back. Let me state in my defence that it was attached to me. This was actually a very fortunate incident since all discovered that you can quite easily crawl ~~between~~ along the bottom of the first rift. Probably much easier than hurtling through the rift & then going down the pitch. You can also discover x many other hazerdous routes through the rift at the same time whilst mel is shouting encouragements like "I can't help you because my bum is too big to fit through that squeeze" etc etc. Meanwhile in a comfortable spot somewhere in the middle of the rift there were not many notes taken, so the veracity of the above must be judged in the light of the characters of the aforesaid characters.

Some time later..... Martin beat me to the top of one of the pitches & I started pissiting before he ever appeared!!! Very unsporting.

21st July

Camp Gardening, cleaning up & washing up by Dave H washing by Dave H & Steve ~~[illegible]~~ away for one, need lots of bodies and tanned in the sun yes the sun

Not the sun. Oh No! We will fry.

Wednesday 22nd July

Out of 217 to find 1/4 bottomed & about to be derigged. Oh dear - I am sorry, well fairly sorry. I'll never go down there again.
Finished off a rather nice, [illegible] few & then discover that the "[illegible]" are simply burnt pepper.

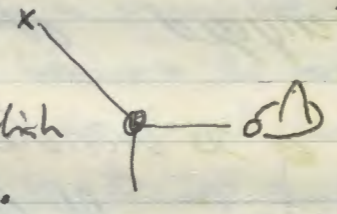
Tuesday 21st July. 217 Pushing Trip. Lynn, Jonathan, Dan.

After a slightly later (than expected 9ish. 11:30pm). we zoomed down to the hammer with only a slight pause while Jonathan rerigged his ~~[illegible]~~ suicide rigged rack 3m below the top of the pitchhead.
Dashed about a bit at the eyehole and then I (Dan) tried to get thro' & became psychologically fat halfway thro'. Jonathan was feeling thinner & squeezed thro' with no problems.
We rigged a 50m pitch off a lump of choss, & then I rerigged altho' probably off equally unstable rigs.
This pitch is so wonderful we called it "Seventh Heaven." At the bottom is a chamber with a boulder stream sloping floor. A further down is an almost unnoticeable squeeze to a rift: "Paradise Rift." The best way thro' this (Jonathan will almost certainly disagree with me) is to head up to the ceiling & then descend vertically about a metre from a fixed rope. Unfortunately we didn't notice this way down at first and I spent ages nattering on one of those

awkward bolts. Jamming myself in the rift, putting a bolt in a hole above my head with 3 inches backing space is tedious in the extreme. What is more tedious is having rigged the pitch, put on harness etc in the light rift, finding that you can't actually sit down the pitch.

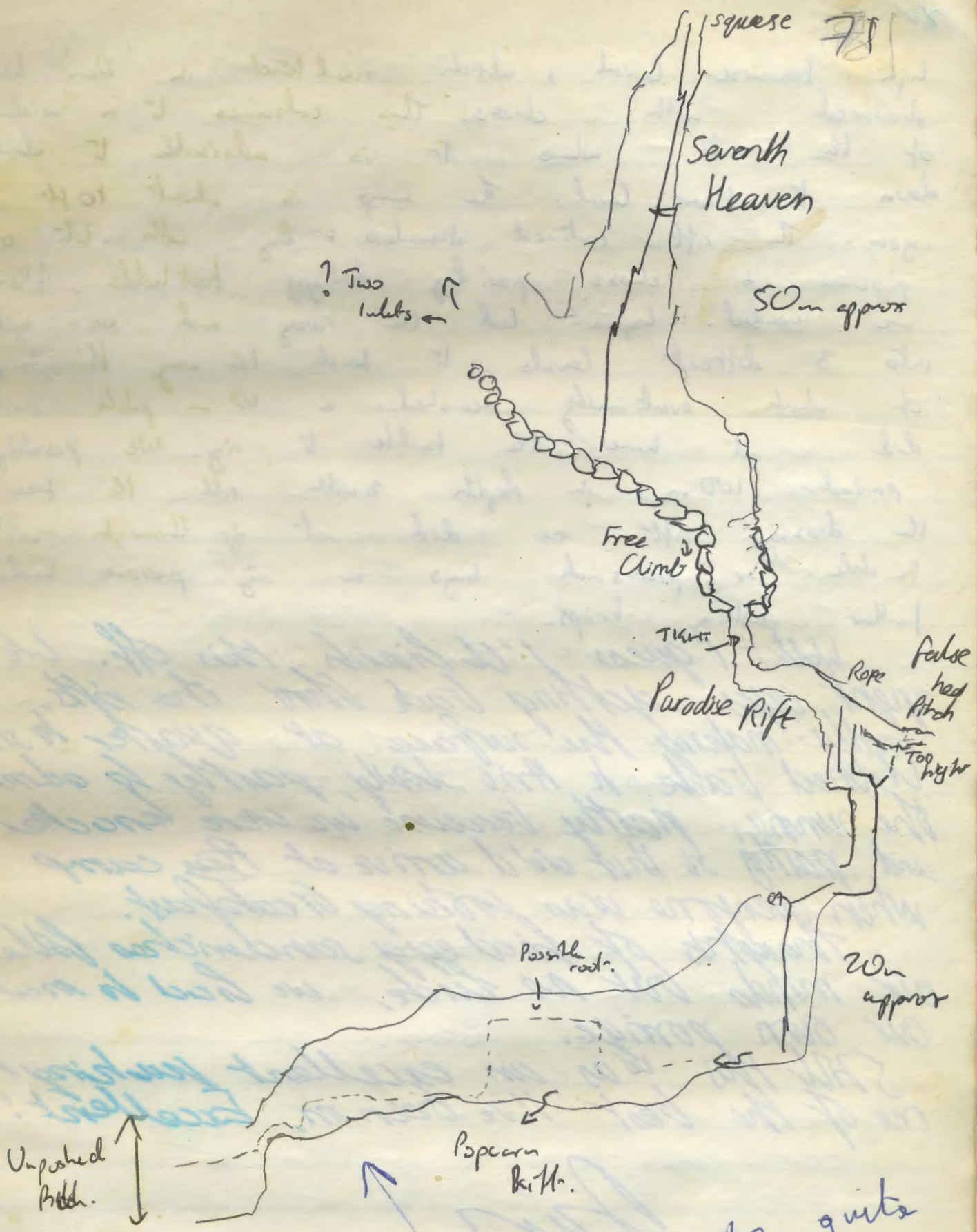
Jonathan, ~~eventually descended~~ in a desperate bid to prevent premature death from boredom, free climbed further down the pitch. The way on had been rediscovered.

Having done every ~~thing~~ time consuming thing including coiling + uncoiling a rope, finding a perfect sized rope for a second for Dan's pets bolt and moving a stuffed full tackle bag through the rift at various levels, I was a little pissed off when the pitch turned out to be too tight. There was nothing for it but to squeeze straight down the rift until I was sitting on a drippy ledge with a 15 → 20 m pitch below. This was I thought a perfect place for a ✓ hang off a large natural and an easily put in bolt, however since the angle between them turned out to be above 180° rather than less than 90° so had to be reduce as two figure of eight knots.



The pitch dropped to a smallish chamber with yet another rift leading off.

As I waited for Lynn + Dan a strange gurgling broke the quiet which seemed to be advancing along the rift towards me so I cowered at the end of the rope - expecting a goblin or similar cave beastie to devour me. This turned out to be a sump - like tight dive down which the stream sank. Whilst Dan found out how tight + wet it was I investigated holes over the tight bit. The way through is to climb up about 20 ft to a



This descends quite steeply.

high traverse level, which resulted in Dave being showered with choss. This continues to a widening of the rift where it is advisable to climb down to floor level. The sump is about 10 ft behind you. The rift continued streamless & dry with lots of popcorn & choss providing dodgy footholds. Gloves were needed. Lynn led the way and we split into 3 different levels to find the way through, all of which eventually reached a 10 m pitch which we did not have the tackle to rig. We possibly pushed 100 m in depth & with all the free climbs the chossy rift we did not go through with bivi kit or pressure bags so rig pressure barrier to further pushing trips.

Well, I guess I'll finish this off. We spent ages getting back thro' the rifts, finally making the surface at quarter to six. Walked back to Aric slowly, partly to admire the sunrise, partly because we were knackered and partly so that we'd arrive at Base camp when everyone was cooking breakfast.

Thoughts of fried egg sandwiches filled our minds but no luck, we had to make our own porridge.

Still this was an excellent pushing trip one of the best I've been on. Excellent!!

Dave

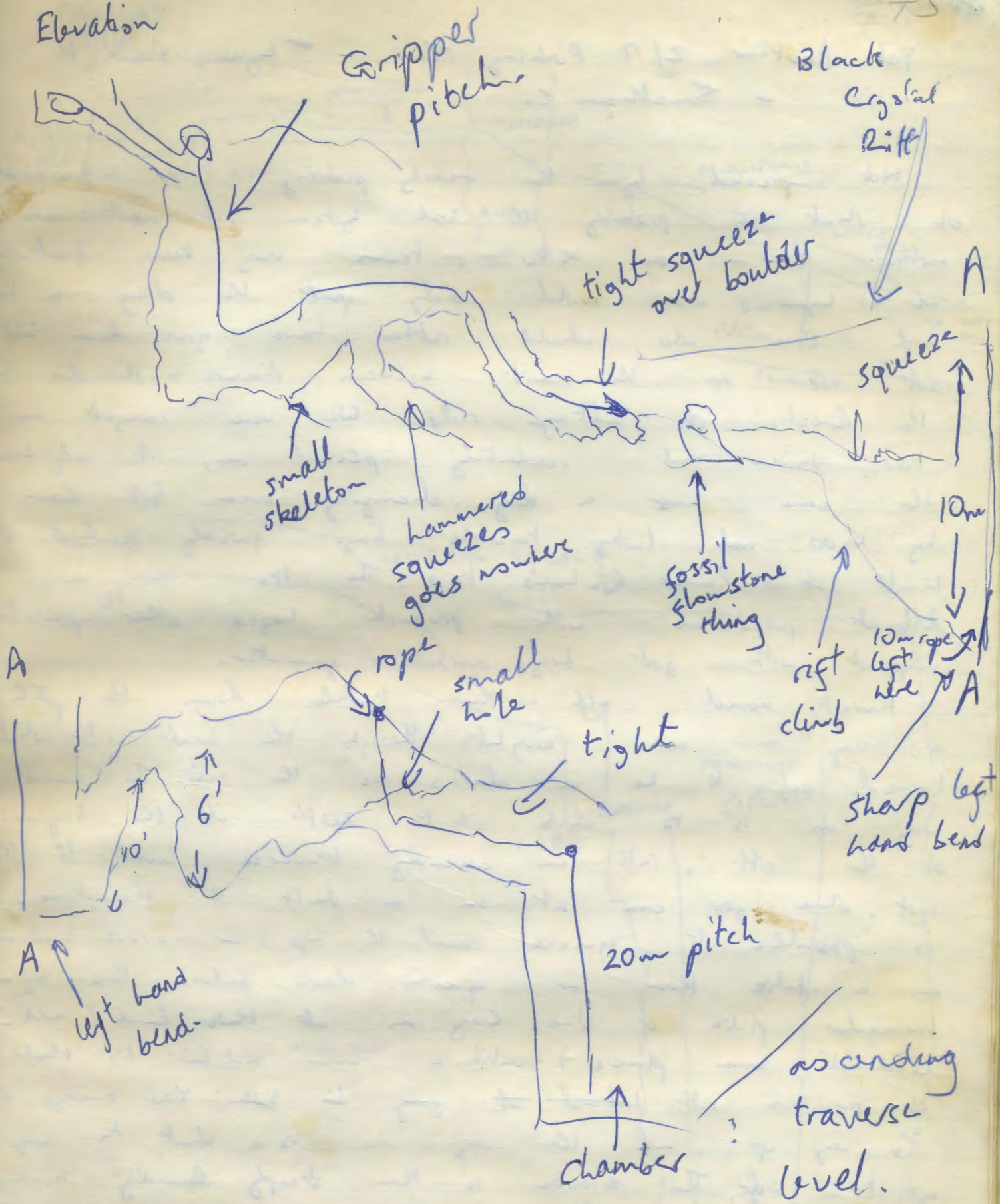
74

Pushing trip 22/7/87 Graham & Paul.

2/7 – 12 hours

Armed with 3 tackle bags we descended slowly to the previous team's limit. The pitch was rigged by sliding at 45° for ~3m and then swinging down onto the rope which is belayed over a small protrusion. This pitch is free hanging and ~8m long. This lands in a large chamber with a small pool for washing, getting etc. Climb up the slope to the highest point where the rift leads off. The end of the rope is stuffed in at the start of the crawl. A couple of hammered squeezes lead to a piece of fossil flowstone? which one climbs over or around. One then climbs down through a squeeze and down the rift to emerge in an aven at a sharp left hand bend. The continuing rift is climbed up for 10', and then immediately after down 6'. Traversing forwards and upward to a comfortable level. At the top of which is the pitch rigged through a small hole and crawl. This is about 20m and leads to a largish chamber and continuing narrow rift.

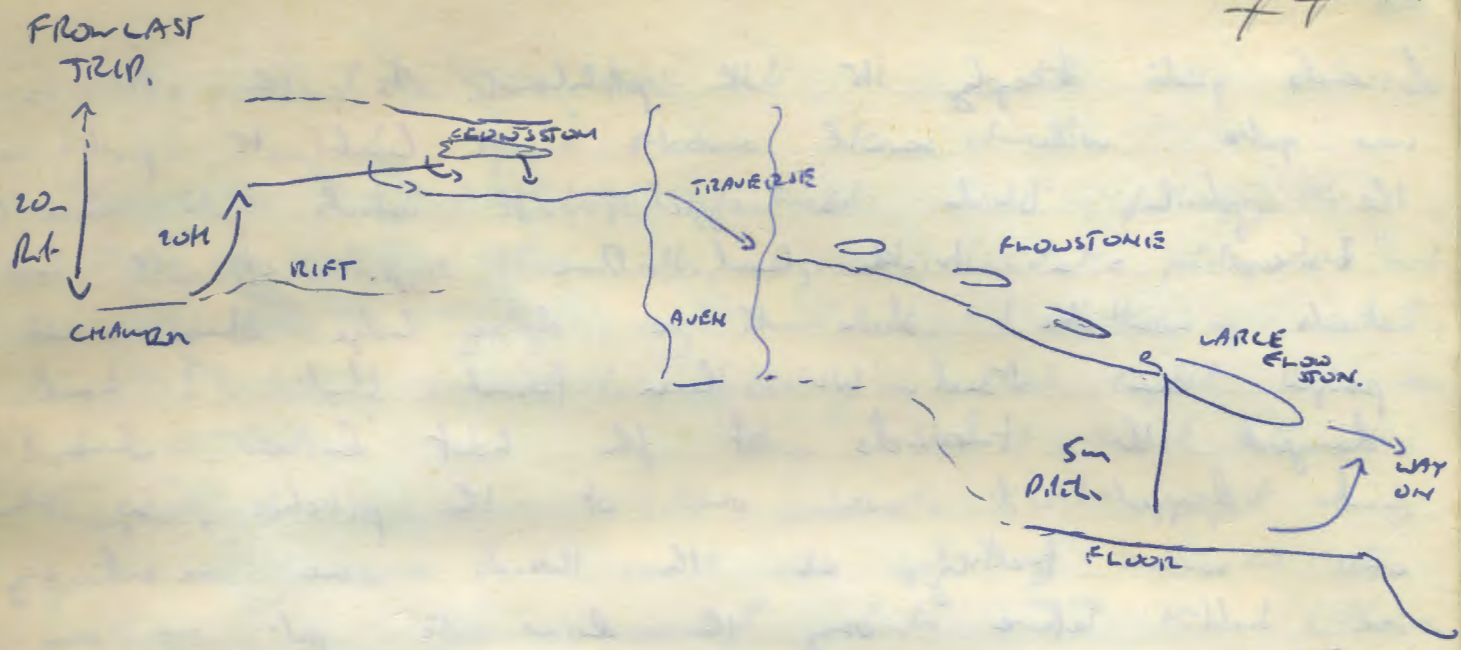
Out at 11.30 after some trouble with squeezes. Back at camp at 1.30 after a trip into the Jou de la Cistra.

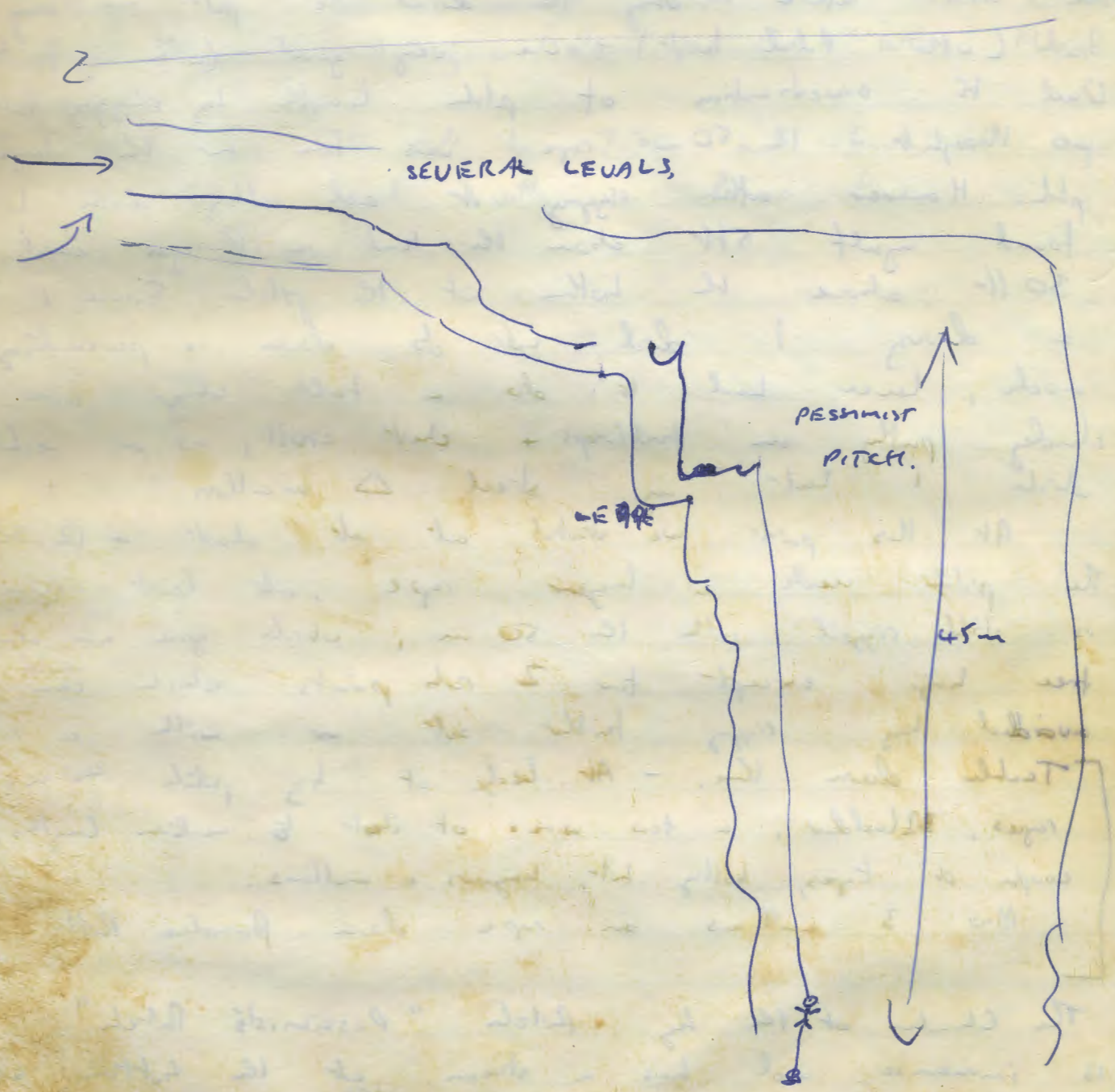

Elevation
Gripper pitch
Black Crystal Rift
tight squeeze over boulder
A
squeeze
small skeleton
hammered squeezes goes nowhere
fossil flowstone thing
10m
rift climb
10m rope left wire
A
sharp left hand bend
A
rope
small hole
tight
6'
10'
A
left hand bend
20m pitch
ascending traverse level.
chamber

Yet Another 2/7 Pushing Trip. – Lynn, Dave H + Jonathan C.

Not impressed by the measly pushing trips beforehand at what is probably the 3rd system, it was an extra 250 m on X.10; team very keen featuring me + Lynn who could easily spend the day in bed and Dave who would rather have gone down 2/7, set off in the mist between showers + thunder in the direction of Iultaya ridge. We were caught by two showers but resolutely pressed on, it only became the cave has a dry changing area. Got down by 4.00 and looking terrible bags quickly reached the limits of Paul + Graham's trip. The cliffs are a different proportion with pressure bags + other paraphernalia compared with just lung, oversuit + generator.

Having moved all their tackle down the pitch a way on was sought through the nearer cliffs which turned out to be as obvious as the rest. The easiest way on is to climb about 20ft at the beginning of the cliff, into an ascending traverse level to the root, where you can sit on a shelf of flowstone. It is possible to squeeze round the lip, or crawl underneath on a false floor or squeeze down further this by a triangular plate of stone. Carry on at this level (alt 3 level to some places) until a "aven" similar to that of previous cliff. ~~Instead of going to bottom~~ You emerge about 2/3 way up, and the way on is about 1/3 way up the side. The circuit is then steeply descending beneath clumps of fossil flowstone before emerging on a rope rigged to drop to the bottom of the cliff over a large flowstone. Either abs down the rope the ascend to roughly the same height or slide down the flowstone for a not very dodgy traverse. The route now


FROM LAST TRIP.
20m Pitch
20m
CHAMBER
RIFT
FLOWSTONE
TRAVERSE
AVEN
FLOWSTONE
LARGE FLOWSTON.
5m Pitch
WAY ON
FLOOR


SEVERAL LEVELS
PESSIMIST PITCH.
45m
BOTTOM ARROW 30ft down

descends quite steeply to the pitchhead. As the cliff is now quite wide several routes will lead to pitches over the pitches which is rigged off naturals quite near the "3 stream" = a trickle level. Dave rigged off the best naturals avoid the down to a dripping ledge where several people can stand. We then found that I had damaged the bitterends of the bolt driver when I had dropped it over one of the pitches, so there was some fretting as the threads were recut using one bolt before using the driver to put one very hard (with Petzl hand) + one very good (with rig) bolts. Used to overestimation of pitch length by dropping rocks we thought - the 50m rope was free for the longish pitch. However after rigging it and abbing down I found myself 5ft above the bottom of the rope and 30ft above the bottom of the pitch. Since I am a diving I don't like to do down is pressuring much, hence had to do - full chage over in-climbing pulley on footloops + chest croll, as a result of which I lost my steel △ mallon.

At this point we started out at about 12.30. The pitch needs a longer rope, at least 70m. It is still rigged with the 50m, which gives an almost free hang except for 2 rub points which could be avoided by rigging further out or with a rubber.

[Tackle down line. - At ledge of big pitch 40m + 50m ropes, 3 ladders, a few wires of short to medium lengths, couple of tapes, bolling bolts, hangers + mallons.
Also 3 mallons on rope down Riverbed Pitch.]

The chamber of the big pitch "Pessimist's Pitch" is immense and has a stream at the bottom, below which I would expect the rope pitch to end. The origin of the water is not from the cliffs we

have pushed so far but I could not work out the actual place where it ahead.

The only wind trip featured, not following the best ways through the reef, Lynns leadsh party in and all 3 of us so gally very bruised. I lost my contact down a hole near the spear in Black Crystal Reef, so had to halter my way down to it, but to get through the numerous lots squeezeds with aspect of my gear on some I could not get my bottle off, + dropping a spare wrenchel down 7th Heaven (Plane reduced). Might have gone down another WOW. Need Surveying.

We were all out by 7.30 and back at camp by 9, to be met with a delicious stew.

Samantha.

Thursday 23rd July 1/4 Surveying & Detackling Trip
S.T., Martin M, Dan.

After several ~~of~~ other survey trips had struggled thro' "Oh No Not Again", we were now in with a chance of getting to the bottom of the cave. The survey went pretty well, apart from almost losing the survey notes down a pit. Jonny valiantly recovered them after I'd foolishly forgotten that they aren't actually clipped to the captain's log.

Passed the burglar alarm without breaking it and then began the detackle. Again we were pretty efficient. "Oh No Not Again" proved easier than expected and ~~again~~ only ~~took~~ required 5 trips thro' it. (It would have been 4 if I hadn't forgotten the used carbide container).

Hauled bags up pitches, ended up with six bags & a couple of ropes. Arrived at top at 3am (13:30 start) & carried half the tackle bags back to camp. ~~[illegible]~~ We've left the cave rigged to large pitch for dye detecting.

EXPEDITION RAFFLE (DRAWN 14:50 FRI 24 JULY 1987)

1ST PRIZE. GUIARD ARIO SAT 25 JULY: DAN M.

2ND PRIZE GUIARD ARIO SUN 26 JULY: MARTIN M

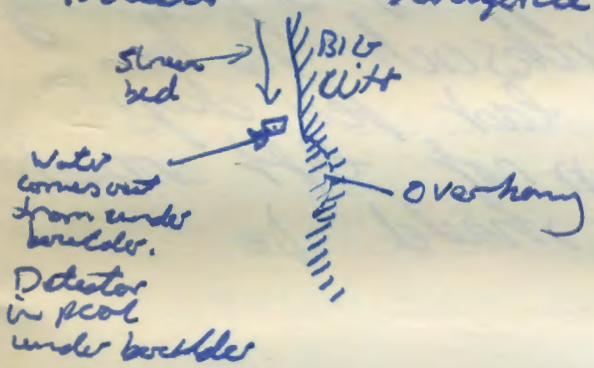
3RD PRIZE GUIARD BASE SUN 26 JULY: MIKE BL.

Placing Dye Detectors Mike BL 21.7

1st attempt at the Trou resurgence. Loaded up completely and ended up in the Val Extremeur. I put in 3 detectors

① 1st resurgence. Water comes out from under boulder. Detector in small pool under rock.

② Stream disappears and reappears several times. Detector in resurgence just before overhang



③ Thrown from bridge on Lain path into pool below obvious waterfall. Detector attached to a rock. Landed left to left of the falling water.

I was very surprised and dead chuffed to bump into the Lain path.

2nd Attempt. 24.7

Found the Canal de Trou. Much better!

Detector in left pool under BIG boulder at resurgence.

82

25 July 1987.

Sat in the tent guarding camp when Blas appeared & started to talk about ~~gp~~ drinks that had been nicked from the Refugio.
Went up there with Martin Lavety & found that £150 of drink had gone. He suspected some Spanish cavers that were here this morning, altho' I think it may have been some long haired youths I met ~~gp~~ at bottom of "Sal 3" ~~at~~ at 10pm last night. Am going to walk down with Blas tomorrow for an identity parade.
The moral of this story is that things can be nicked from here. Blas says its a particularly bad year, ~~[illegible]~~ a rucksack has been nicked from the Refugio in the last few days so it is vital that gear is not left around. Also, whoever is guarding camp should be particularly diligent.

Surveying 2/7 Entrance William Tom 25 July

Decided, mad as we were that we wanted to go caving. Tom had just walked up from Los Lagos & we set off in the mist up Jultayu. Tom had never been up there before & thus saw precisely zilch from the top. (The mist almost cleared). Just as well we couldn't see the drop as we walked along the ridge & located P.02 del 30m below Eyehole with not much difficulty. Started surveying at 3:20pm: The Entrance is so large that it was a good hour before we needed our lights. Surveyed down to the squeeze in the stations

NB. Station 1 at top end of doline.
Station 2 on strategically placed rock at bottom end of doline
Station 4 in centre of ⊗ mark
Station 14 (last) at top of squeeze.

Decided to jack at 6:30pm before squeeze as we wanted to get back while it

was still light. Came down gingerly in yet thicker mist & reached camp without getting lost (!) at 9 pm. Not much of a trip, but it's a start.

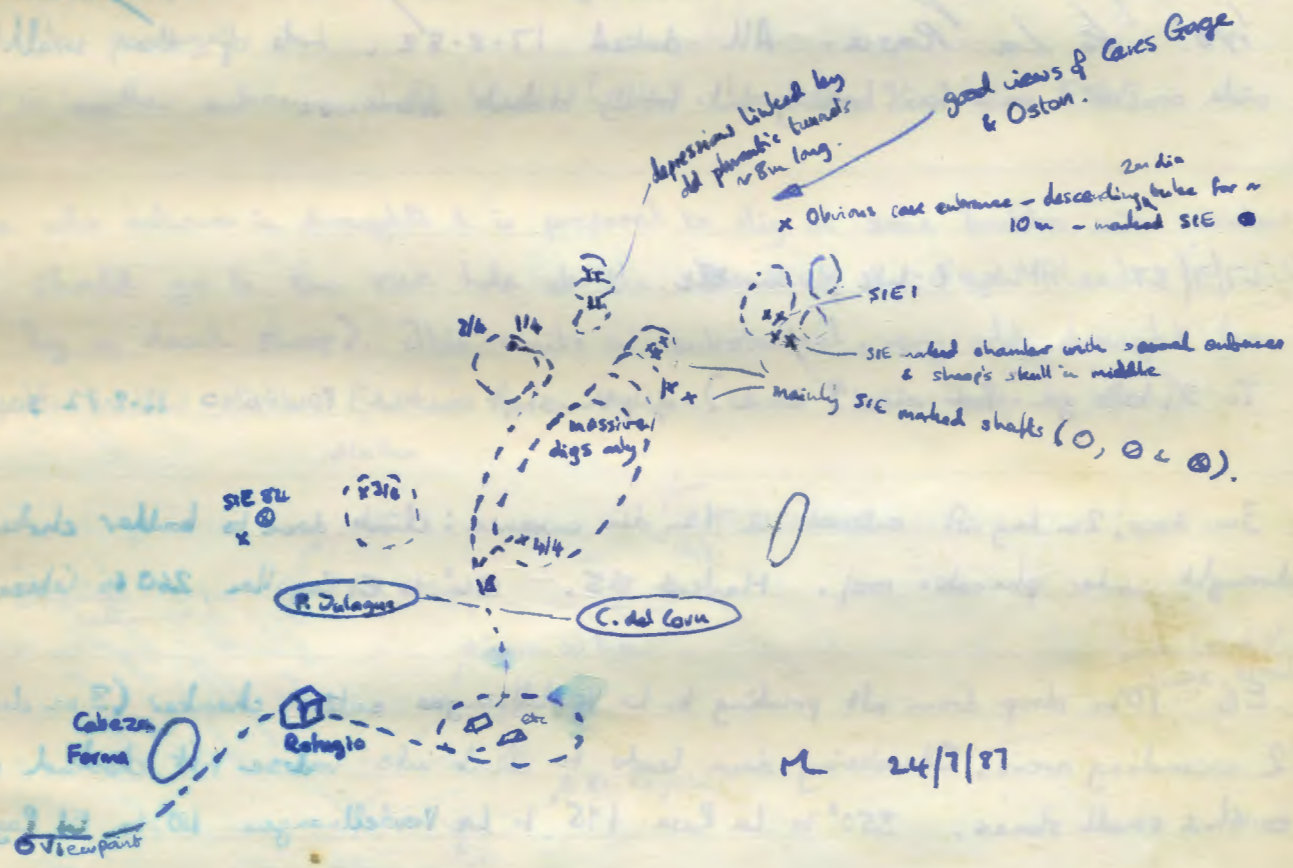
P.S. The entrance position on the map is inaccurate + must be refixed on a good fine day.

William

Dr. Tom "That'll be ten guineas" Houghton (who thought he'd come to Spain to take a break from medicine)

N.B. Penultimate station is marked ↘ (no. 13)

Last station is marked ⊙ (no. 14) • being the station in each cave.



M 24/7/87

94

26/7/87 Harry & Martin L.

5/8. 230° from view point. No snow. worth another look.

SEE ∅ To left of path of top camp just below P. Gustufaro. Arched entrance, 2 shafts. separated by rock bridges + arched 'walk in' entrance. Snow visible

1M wide 3m long shaft. 5 second bounce 75° to P. Gustufaro, to L of route to top camp above grassy depression. 315° to La Rasa. 235° to J Blanca col. (Juan Gonzalez). In 'Los Cartiles area'. Marked as 12/8 in red.

Clutch of POLIFEMO shafts. To left of path to top camp on fluted limestone adjacent to grass. 190° to La Rasa. All dated 17.8.82. Lots of other small shafts, wide cracks & some fine looking but totally choked entrances.

27/7/87 Mike B-L & Martin L.

To S (left going from area 9 to E) of path shaft marked POLIFEMO 16.8.82 SIMA ESTRECHA

3m deep; 2m long rift entered via 1m dia entrance: climb down to boulder choke with slight draught under phreatic roof. Marked E5. 134° to El Ragallar, 260 to Cabeza del Burro (?)

E6 10m drop down rift pointing to La Verdelluenguna enters chamber (3m dia) with 2 ascending avens. Clambering down leads to climb into vadose rift choked with earth & small stones. 350° to La Rasa 195° to La Verdelluenguna 110° to El Ragallar.

E7 Body size entrance in dolomite/grassy area with old light blue paint markings which may well have said X SCROT HOLE. Descends two body lengths & closes. 90° to El Ragallar 180 to La Verdelluenguna.

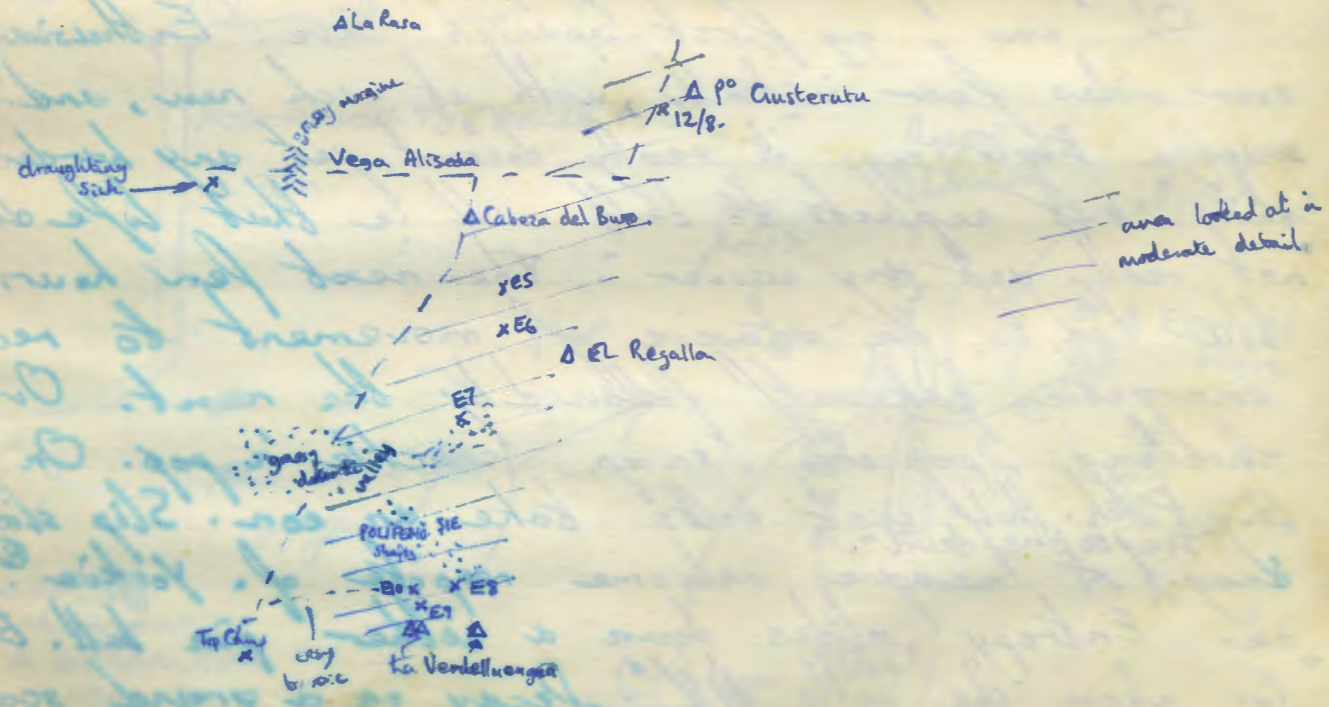
Most promising area is up S edge of grass/dolomite band ascending towards La Verdelhuangua past the POLIFEMO 17.8.92 holes on right & SIE O opposite (3m climb down into descending rift for ~12m to pair of large old animal horns & faintly draughting body size crawl with soil floor & odd rocks – ? dig), towards a yellowish nobble.

Just before the nobble & to right is E8, a 9m long, 3m wide rocky floored phreatic tube remnant from 1/3 (at entrance) to 1m high. No prospects, but a superb view. 297° to P° Conjuntero, 165° to La Verdelhuangua.

Traversing to right & ascending slightly for ~50(?)m leads via a long narrow rift with snow ~20m down to two imposing entrances below subsidiary summit to W of La Verdelhuangua. 1st is a shaft (10–15 onto snow with possible way on at back & probable connection to next entrance, marked E9. This has a ~10m drop to snow from base of boulder slope onto a steeply descending snow slope down an imposing 3m wide 10m high passage.

E10 is another entrance shaft to snow (~15m). Located ~30m below E9.

Anyone who believes in draughts & is prepared to dig at some boulders with crowbar & hammer should go to the sink hole at the W end of the Vega Aliseda (currently marked by a dead sheep). This emits a substantial, very cold draught from a diggable boulder choke. Entrance is a ~4m climb (ladder helps at bottom)



Unless more fresh veg. is stashed somewhere other than the fridge we need more potatoes, tomatoes, peppers & onions.

Dave H. 28/7/87

P.S. we also need more gaz for the stoves and 2 star petrol as soon as possible.

28/7 4.30 pm. JT + Paul leave to join Martin at La Jayada. We are bivvying somewhere around Top Camp expect us back tomorrow evening or the following day.
P.S. I have borrowed DH's stuff sack

28/7/87

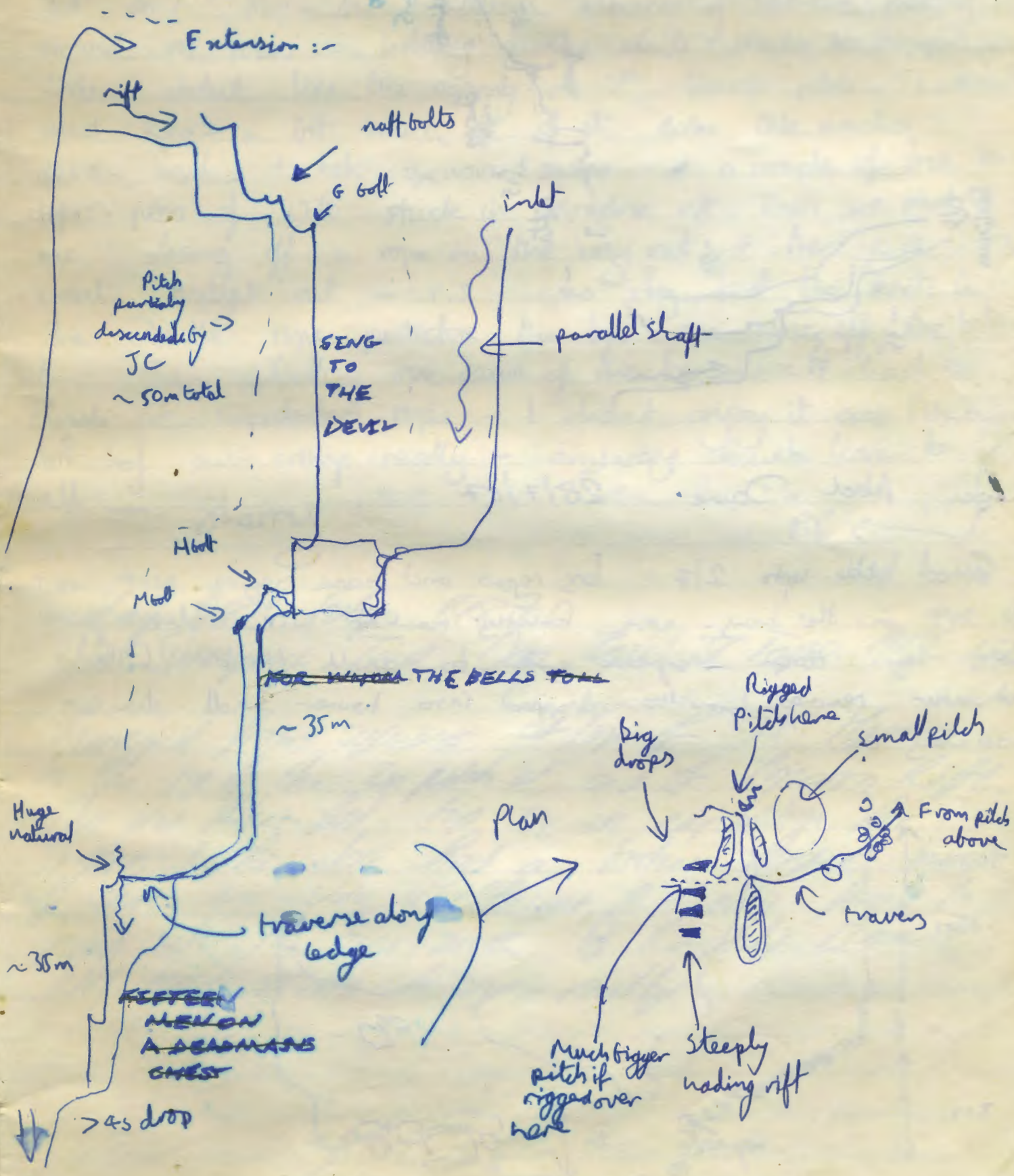
Hello from SGR!

27/-28/7/87

A long trip. 16hrs. 2/7 is going!! Mike M, Graham N, Harry M.
Oh wow, my first Spanish cave. Enthusiasm overrides fear initially, with at each new, and tighter squeeze. BigG says "it really doesn't get any harder than this" but neglects to tell all in that life does "not really get any easier". The next few hours blur in to an ataxia of movement to reach one energetic take off followed by the next. Oversuit shredding popcorn, snap, crackle & pop. On to the Big Pitch. Half cast bolts take an eon. Slip sliding away. A meagre welcome respite of Yorkie® and on. Entropy slides down a rather pin ball. Boom. "For whom the bells toll". Decay on a grand scale. Another spider and we're all out. Quzat! A somber place this "fifteen men on a dead mans chest".

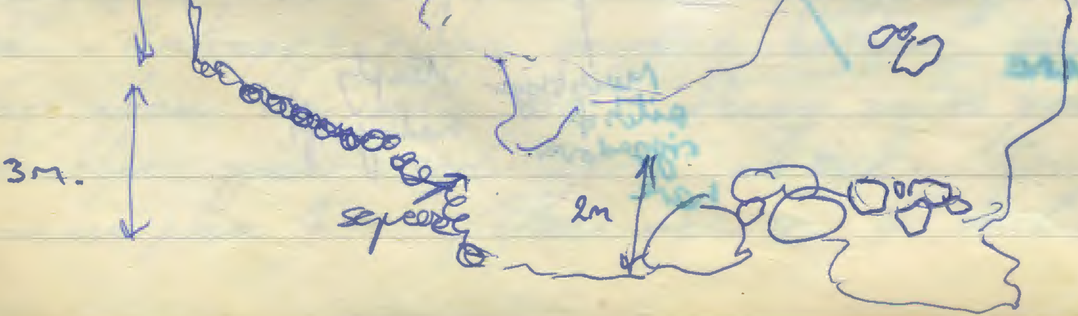
Paul

Dave ; Quote :- "I can't do it in the dark....."
followed by :- "its not fair, everyone takes advantage of me when I'm asleep."



Lynn, Ned & Dave 28/7/87

Carried tackle upto 2/7 long ropes and some rigging gear, went to 21/7 on the way - very faintly marked with blue paint. Sent Lynn down squeeze goes to small boulder filled chamber removed boulders dropped into lower small chamber - no way on.



2/7 Photo trip Sherry Martin H. & William.

After a slow start (Martin H's generator didn't work + tourist trip up ridge) got down cave - only 50 snaps to take cos not enough film. Me + William alternating between posing around on ropes + holding flashes while Martin H. snapped away. William didn't like the rigging on 7th Heaven pitch - I wasn't mad keen - a bit much of it. Ate nacho cave food + took sponsor snaps & a couple of true to life pics of Will stuck in paradise rift. Then we photo'd me hang off a rope on the way out + then just went straight out - P.S. who tied the knots in the double rope protector the top one came off the belay & the bottom one came of the top one - I had to climb a unprotected rope - I didn't enjoy it cos I'm a bit of a wimp really - anyway much love to all — Sherry

P.S.

Tuesday 28th July 1987.
2/7 Surveying Trip. Dan Inst. JC Tape. MSC Book.

Surveyed from squeeze at top of 7th Heaven to the top of the 8m pitch at end of 'Popcorn Rift'. This was Mikes first trip on an expedition for 3 years & he also had a broken finger. Inspite of this we were v efficient & only forgot to hang each the tape once. Roughly 3 hours. Not much more to say really.

Wednesday 29th July.

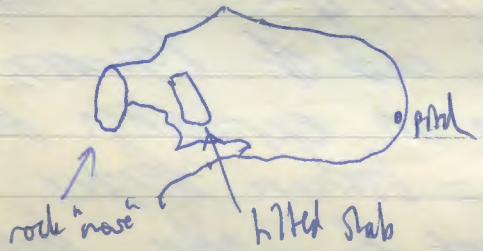
6:30pm. Sitting Alone guarding Arie Camp. Better cook a meal for all those hungry caves. Look in the fridge. No potatoes. No tomatoes. Just pounds and pounds of carrots. Carrot stew? Hmmm. Hope somebody brings some veg up with them. Oh well, I'll just have to use my imagination. Carrots.....

Sherry "We english have to keep it up"
Mayo.

29/7/87.

Pushing down 2/7 - Steve Roberts Neil McHugh, Tom Hughes

Down to the limit of exploration carrying some rigging gear and a short and long rope, throwing only to shout at the survey party about the belays. At the ledge at the limit SGR put in a bolt which the rest of us were then forced to admire for a few minutes. Short pitch down to a ledge, belayed off a dubious-looking thread with a rebelay half-way down. The ledge is large, with a buttress out over the main shaft viz.-



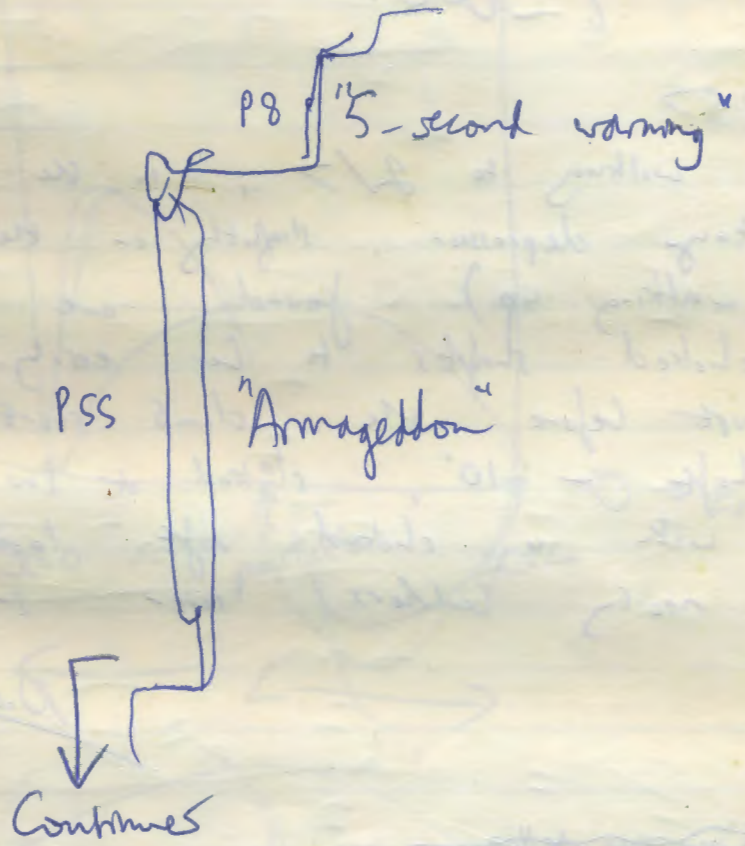
Belay for the next pitch was off the rock "nose" by a wire - a flying rebelay backed up from the tilted slab.

Clear hang but for a rebelay and rope-protector near the a ledge. The (70m) rope ran out at the ledge... The rebelay is a funny little

number, looking like a cow's head sticking out of the wall - could do with ~~[illegible]~~ replacement. Only the last 8-10 m. of the pitch needs ~~[illegible]~~ protection anyway.

Lands on small ledge (parking space for 2 cars). Off the ledge - a 4-second stonefall.

Diag. -



29/7/87

Surveying down 2/7 William, Dave, Lynn

A short surveying trip down 2/7. Set off at about 12.30 to begin the survey at the top of the pitch into a small chamber at the end of popcorn rift. Surveyed down this day Grahams rift and down the pitch to leading to the lost rift. At this point we were feeling pissed off (me & Lynn) and William was feeling ill so we came out slowly. Surfaced at 17.30 arrived back at camp at 18.45

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Arrived back to an empty camp which was then invaded by a group of pissed English (Welsh) speleos. A bit then ate the stew leaving (so we thought) enough ~~[illegible]~~ for the pushing party.

The last survey station is at the bottom of the pitch marked with a carbide dot & S, the tape is nearby.

Dave.

29-7-87

While walking to 2/7, in the bottom of the voltage depression, slightly on the left hand side (walking up) found one of the obviously choked shafts to be easily diggable.
Just before the climb starts, large diameter shaft - 10', choked at ~15', free climbable with a choked rift leading off, nearby boulders cover small chambers.

Neil

~~Dave "I'm not telling you~~

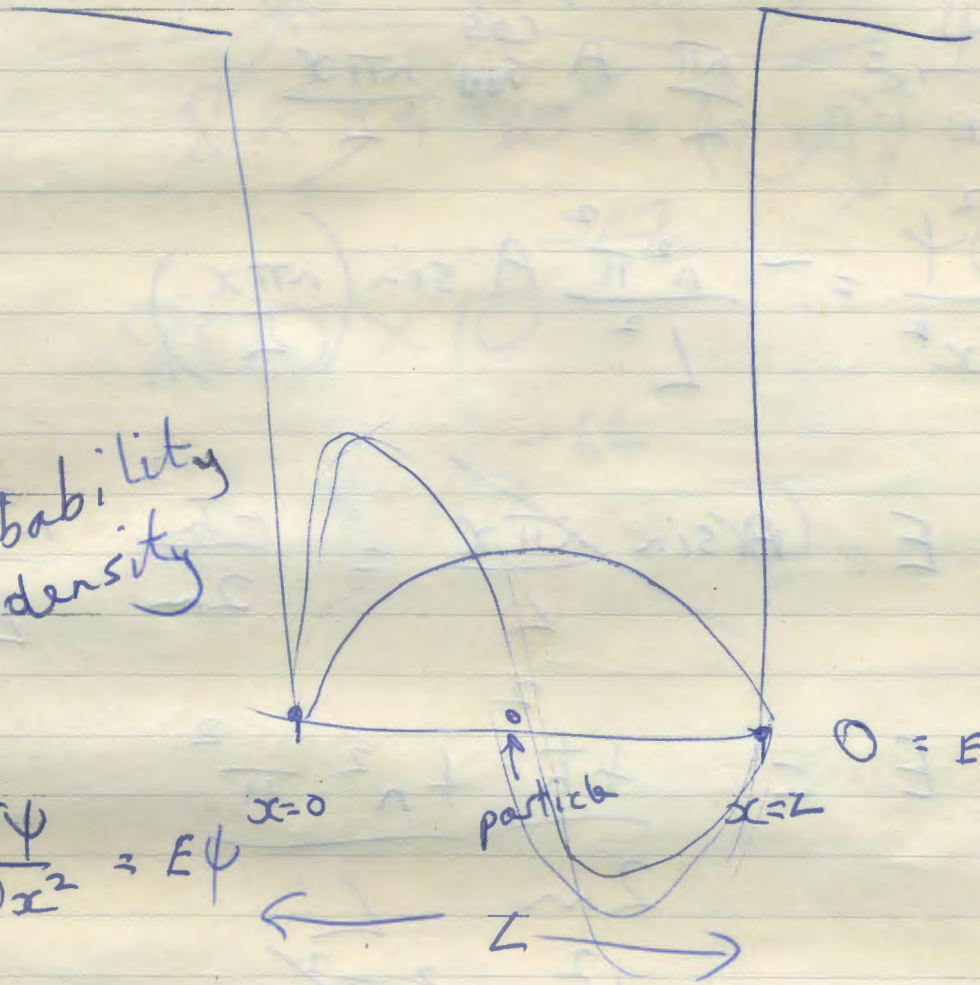
Dave "I aren't ~~telling you~~ ordering you to make porridge, I'm ordering you not to make f**ing porridge"

Did you know Dave has "lots of photos of Lynn doing all sorts of things."

Paul "I just enjoy not going caving" Brennan

$E = \frac{n^2 h^2}{8mL^2}$

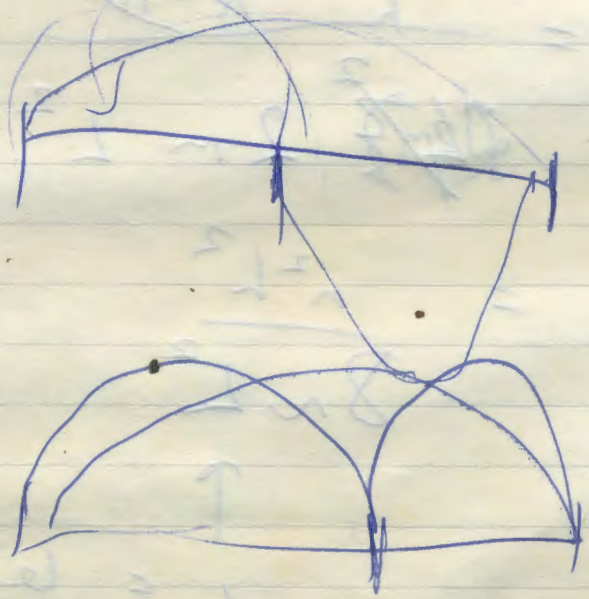
Paul "It's just like coming back from a 6 weeks Mendip trip" Bremner.



$|\psi|^2$ = probability density

0 = Energy

$$-\frac{\hbar^2}{2m}\frac{\partial^2\psi}{\partial x^2} = E\psi$$



$$\psi = A \sin \frac{(n\pi)x}{L} \qquad n = 1, 2$$

a4

$$E\psi = \frac{-\hbar^2}{2m}\frac{\partial^2\psi}{\partial x^2}$$

$$\psi = A \sin \frac{n\pi x}{L}$$

$$\frac{\partial \psi}{\partial x} = \frac{n\pi}{L} A \cos \frac{n\pi x}{L}$$

$$\frac{\partial^2 \psi}{\partial x^2} = -\frac{n^2\pi^2}{L^2} A \sin\left(\frac{n\pi x}{L}\right)$$

$$E \cdot \cancel{A \sin \frac{n\pi x}{L}} = \frac{-\hbar^2}{2m}\frac{n^2\pi^2}{L^2}\cancel{A \sin \frac{n\pi x}{L}}$$

$$E = \frac{+\hbar^2}{2m}\frac{+n^2\pi^2}{L} \qquad \frac{h}{2\pi}$$

$$E = \frac{h^2 n^2 \cancel{\pi^2}}{2mL^2}$$

$$E = \frac{n^2h^2}{8mL^2}$$

L = length of box
n = whole no. 1, 2, 3,
h = Planck's constant
m = mass

$L = 0.02\ m$

$n = 16$

$m = 14{,}000\ kg.$

$$E = \frac{\cancel{8} \times \cancel{1.4} \times \cancel{10^{4}} \times (0.02)^{2}\ \cancel{4 \times 10^{-4}}}{\cancel{80} \times (6.6 \times 10^{-34})^{2}}$$

-67

800×10

$2 \times 10^{-66}\ J$

$6.6 \times 10^{-34}\ Js$

Shaft Bashing - La Mayada (Area 9.)

In a sudden burst of enthusiasm, whilst sitting in Arriondas eating cheese and drinking milk, paul suddenly suggested that a team should head off to Top camp via La Mayada, to do a trifle of shaft bashing. Keenness could not be maintained long enough to leave that night so an early start was called for the next day.

Tuesday 28th

The team was paul, Jonny and me (M Hay). At 6.30 Dave alarm went off so soon Dan, Dave, Lyn and I were up and ready to go up to ario. At this stage I noticed that there was something wrong, despite subtle attempts at waking team top camp all that could be attained was a few groans and deeper entrenchment into their pits. Once at ario they would catch me up (or so I thought). I left for La Mayada with no sign of them, they'll catch me up soon. I went down La Mayada, rigged into a new chamber and ran around a lot thinking yeah great they'll catch me up soon. I legged it round to 2/7 to catch M Hicks to tell him to photo the chamber before he leaves. His generator was dicky so it was back to La Mayada pick up the generator. By now I was thinking 'where the hell are those lazy buggers?'. Back to 2/7 for the ceremonious handing over of the generator but

98 unfortunately couldn't scrounge any food off them. M Lavorty turned up and enthusiastically offered to help survey La Hayada with me. Surveyed the main entrance to La Hayada and then the most exciting point of the day, amidst triumphal cheers and fanfares Paul and Sonny turned up. How much caving gear have you brought I asked? "Oh a 15m rope, a couple of tapes and a few rope protectors". On seeing my looks of disbelief they mentioned the mounds of food they brought. We may not be able to get down the caves but we are not sure we won't starve whilst ~~[illegible]~~ we're not doing it!! After the survey of La Hayada chamber M Lavorty left and we all went off to do "the Wiggly one". After having rigged to the first swallow then across the top and down the second one we called it a day. I left Paul & Sonny lying in their bags munching their well earned cave food waving and sending their love to the rest of the expd.

Day 2.

I returned with more rope, I wondered why my rucsac was so heavy. Finally sweating & puffing I arrived at La Hayuela, Paul & Sonny where still eating and lying in their pitts. Sonny being more observant noticed my 70m rope was really 115, oops I thought. This was a bit of an easier day with a jolly nice photo trip down in La Hayuela then after that I went on down "The wiggly one" again. There was a nice ice hole the sound of dropping stones never returned from. Down this ice hole I went, yeah great I thought, this is going. It got tighter but still went, I started thinking of the clever ways flowers caught flies, down the tube then stick its got you. Down the tube I went, then stick, I was got. Squidged down this hole I had to reverse and climb out again. Would I have to melt myself out again. By the time I got out Sonny was at the top about to don his ego to come and rescue me. I should have stayed longer. He might have actually had to do something. It was foggying heavily, Paul had abandoned camp and headed for aro but Jonny had found cueva del sheep shit in which we was to spend 13 hours. The entrance was too soft to sleep on, the thought of settling into the shit during the night was a bit off putting so we climbed the back of the cave to a nice rocky platform

DAY 3

Next morning after a good sleep we arose to find or not find my shorts. I redefined Murphys law. What can pass through jonnys carbide flame will pass through jonnys carbide flame. Having no shorts on my bum became prime target speeding up my escit from the cave. Wandering around a sheep cave in wellies and a hat I hoped the spanish police didn't turn up, it would take a lot of explaining. We bimbled off to 3/9, I had found my shorts but it was still fogging heavily. Sonny disappeared underground Paul turned up with more food then left again. Sonny resurfaced and despite my pleas of mercy forced me into that cave 3/9. My carbide wouldn't work so off I went on electric. It went down basically. Then it hit snow, then down again to more snow, across a bit down again to more snow. It had taken about 100m of rope. It was finished, so was my battery, I couldn't see my feet but I knew they were there. It was fun scrambling in the dark

but I knew I could return to the delights of avio as soon as I got out. To finish the fun I carried the US to 247 then back to avio for a wash & shave. A great three days, shame it wasn't sunny though!

Martin.

Paul "No way out animal sex for me" Brennan. (? only straight)

Sylvia to Paul - "You are an apprentice ill tempered Lecherous bastard"

Paul to "Yes"

Paul "shave your head up a bed" Brennan

A candidate for the Lemming Award by J.C. who suicide missed his rock - proceeded to depend the pitch. Lost off rock removed 5th bar, 4th bar pinged off - quickly crashed himself in with his cowstails. Not the first time he's suicided missed his rock as I (Dave H) have seen have do it cometh.

Apologies to those I kept awake last night, especially to Sherry who in the next tent to me must have been subject to the full rendition with all its subtleties and resonances, (not to mention the harmonics). Now I leave to pebbledash the path down to los Lagos

Martin

P.S. no wine passed my lips last night (in either direction).

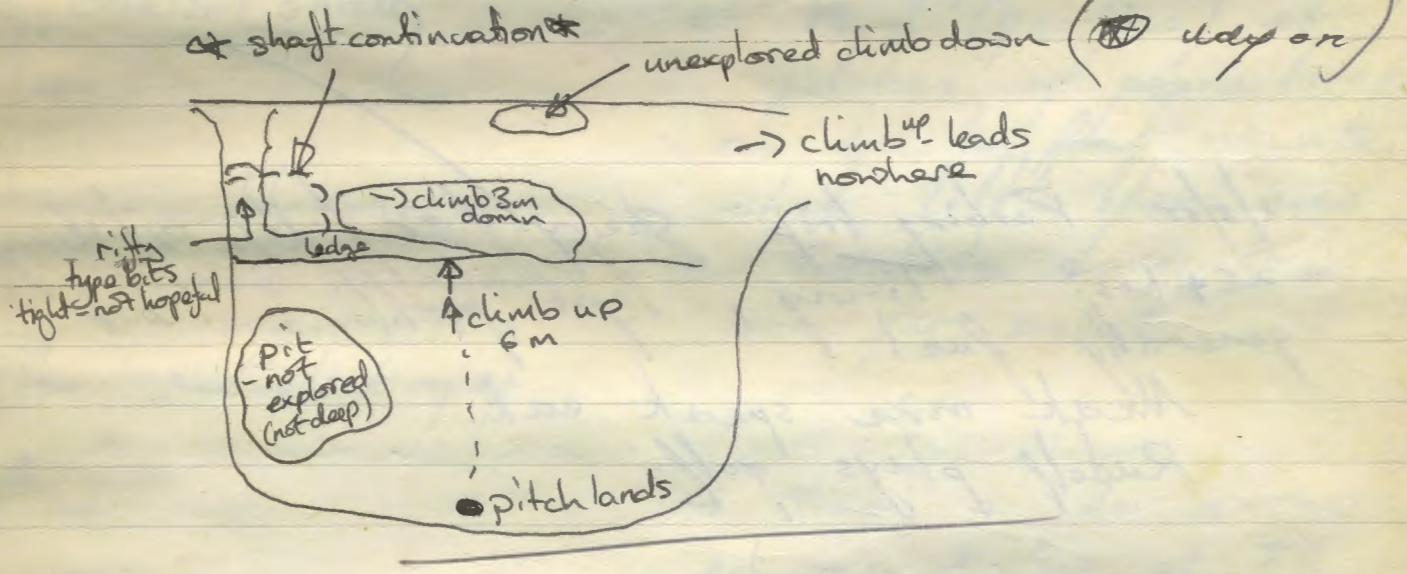
102

30-31st Pushing 2/7 - Mike Mead + Dan Mace
(nobody else would come)

Took a while getting there with 140m rope, but worth the effort, once the shafts were reached. At the previous limit we spent some time throwing rocks over the edge and saying "Oh fuck" to each other. Exciting stuff this - big shafts going down, get the picture? Right. So Dan places a bolt, very well, in a jolly useful place and goes down, pulling the rope after him, for reasons that will be explained later. The pitch is hard to rig in perfect style, as the wall is off-vertical by about 5°, the wrong way. He stops at a ledge due to complaints from above about low body temperatures (mine). So the meeting reconvenes at the ledge and the shaft goes on. Mike descends, putting a tape rebelay at this ledge and one further down. We reach another large ledge, the shaft is bigger than ever, and more water is entering from above. (These ledges are by now getting very drippy, cold places to be.) There is some length left of the 95m rope and a good hang available to the next ledge visible below. A traverse across the ledge and out a bit belayed from tapes around projections in the wall (who needs bolts?) gives a drop, away from the wall to - 10m above the ledge. So Mike ascends, Dan (cold by now) descends, ties off the rope to, you guessed it, another tape on a projection, and fixes the 35 (40?, 45?) metre rope to get down. This 'next ledge' in fact turns out to be a fairly convincing floor, with a hole to the left, and a climb in front. We climb up about 6-7m and look over the edge - what should by rights be another huge gaping shaft is a mass of boulders + rocks of all sizes forming what looks like, at first inspection, a terminal choke/floor. (See picture). There is a climb down to the left which leads to tight probably nowhere. To the far right a climb up mud leads to definitely nowhere,

there is a climb (rope) descent near the far wall which was not attempted (no rope) - BUT - the main hole in the floor, best reached by abbing down the other side of the climb up leads to a hole into a continuation of the shaft, a 3 second drop clear, without significant rattles beyond. At this point we had used all our rope, so didn't go on, but another factor is that while dropping stones down this shaft, the roof above your head is the same boulders you where just stomping around on, and the floor you are standing on is, presumbably, perched above a 45m drop. TREAD CAREFULLY! A slow + steady exit was made, Mike being knakkered. 18½ hrs. It's still going!

The bit at the bottom(ish)



1ST AUGUST 1987

Bright sunny morning, all are festering at 9am inside hot sleeping bags in hot tents. Eventually we are all forced out by a sheep attack.

One sheep is now wily enough to nudge open zips on the food tent. We surrounded it + kicked shit out of it.

Vicious bastards

104

rerigging 7th Heaven

Dan is to do some mysterious solo trip

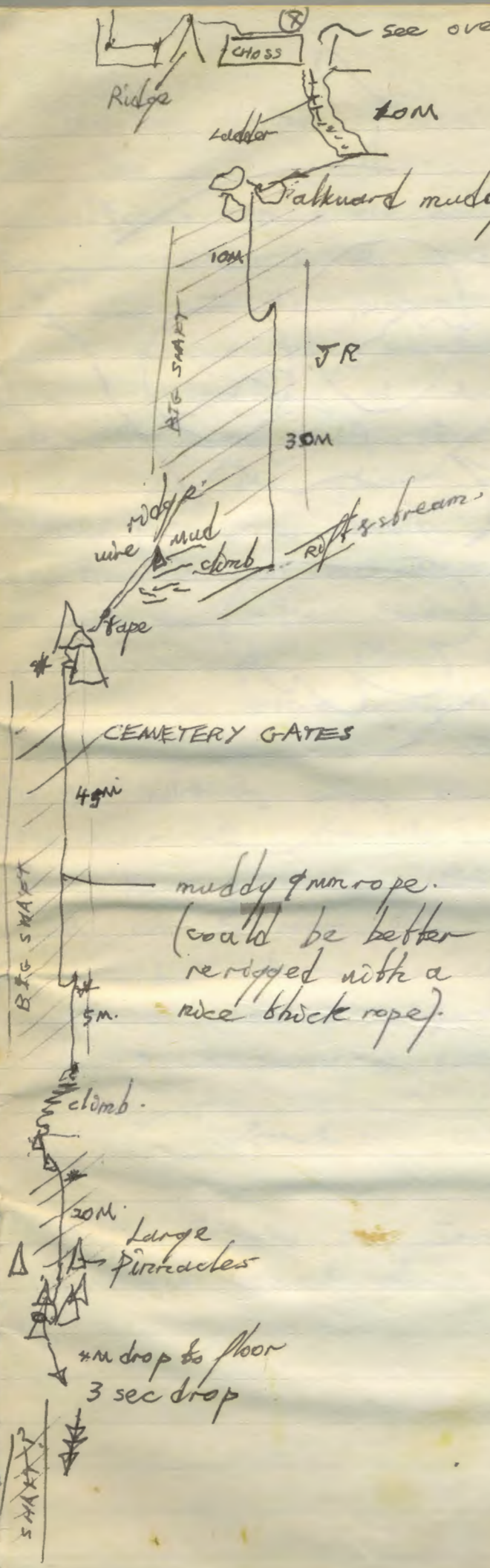
William Dave & Steve to survey. hopefully to start of the shafts.

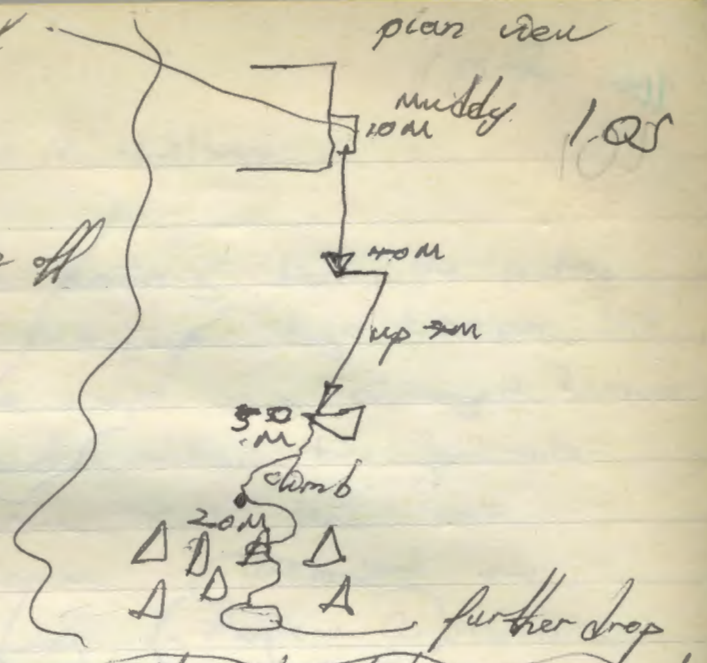
Previous pushing team of MBl, J.C, Harry + Sherry still not back at ¼ to 12.

Maybe "Don't look at the cave" fell in on them. ??

S

1/8/80. Pushing trip Sherry / JC / Mike Bl / Harry
~ 26½ hrs. Tiring, tight problems. but generally fun!
Meak mike speak eak.
Rudolf plays golf.





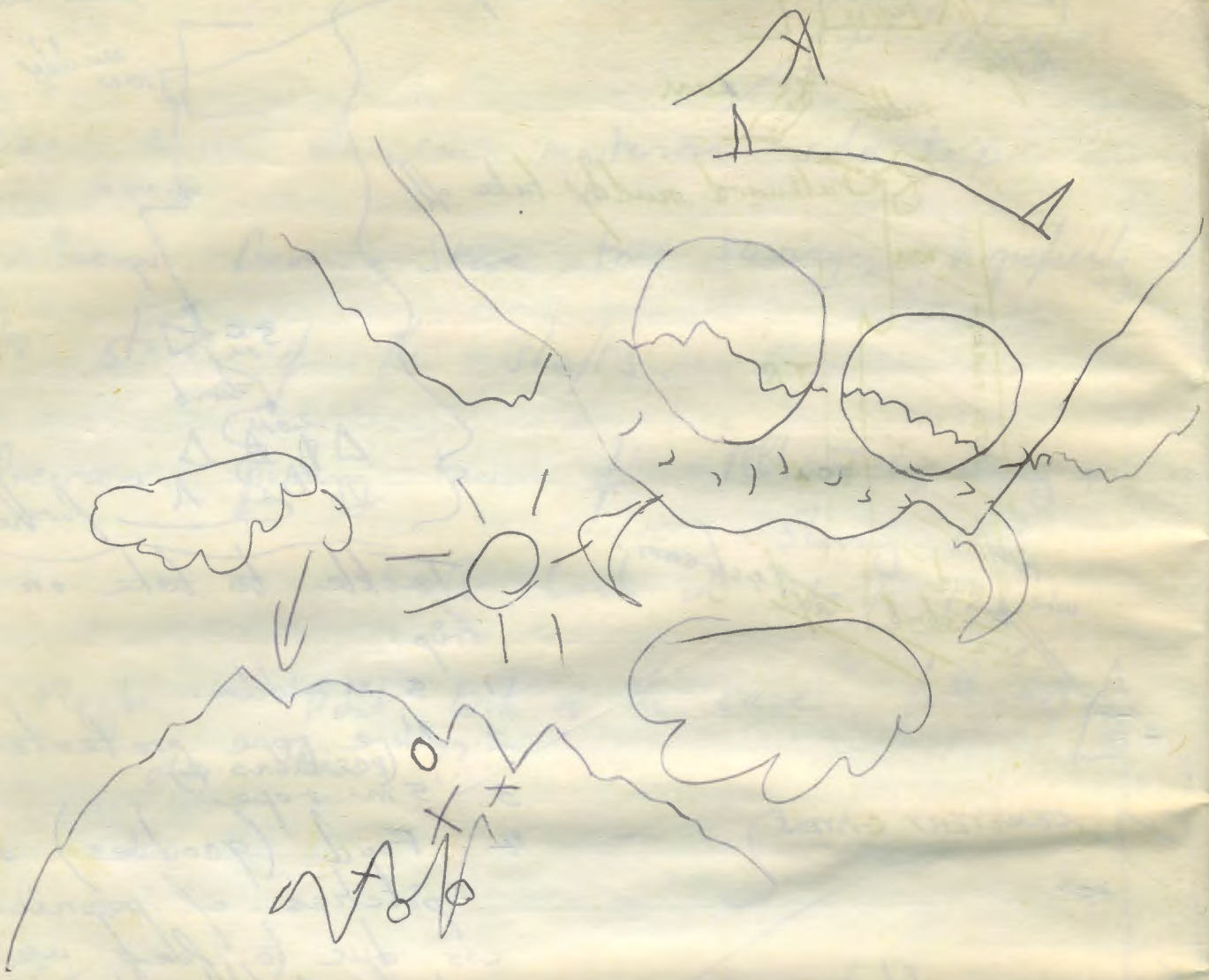
Tackle to take on next trip.

1. 5 M ladder.
2. More rope protectors. (positions ✱)
3. 5m rope
4. Food (goodies) at patches of peanuts etc. cos due to flood we ate what little there was
5. Carbide down to the far point.

NB. There is also a hole pit in at top of JR may well give better hang but not yet attached to rope.

P.S. Can someone pick up my Zoom which is at spot marked ⊗ on top of choss.

106



Survey trip 1/8/87 Dave, Steve R. William.

Dan missing

Left camp at a late hour after waiting for the pushing party. Walked to the cave & changed by 2-30 pm Still no sign of the pushers. Steve was very annoyed because some inconsiderate bastards had nicked his pressie bag. Met Harry at the squeeze and the rest at the bottom of Seventh Heaven. Proceeded on down to the limit of survey. Note Cathars Lodge pitch is badly rubbed at the top. This was knotted out and attached to the belay. Note this is due to the rope protector being muddy & not doing up. Please change this next trip. On the way down Steve was very unenthusiastic but soon improved when we started surveying. This proved to be relatively easy and went very quickly. Surveyed the chute of Traveller's Sorbitol rift and the first big pitch. Last survey station is marked with an S near the tape at the bottom of the pitch. Both tapes are near it.

Way out went very quickly, the rifts posing no problems. We emerged at 6am to a starlit night - 13½ hrs.

Dave.

PS Rigging on Seventh Heaven is much improved. Well done Dan.

108

Jonathan goes for lemming award yet again.
This time in my own words.

Standard practise for attaching rack on trip of pitches / rebelays
i) put rope around rack.
ii) Check not suicide rigged
iii) Check ∆ maillon
iv) Check knots on rack done up.
v) Then + only then undo cows tails.

On Armaggeddon rebelay where rope is set up to stand up on to undo cows tails, I am the wrong side to do so. Having done steps i → iv) step v) would not occur. So tried another knot in rope + had 2 → 3 more goes. At 3rd attempt achieved step v) but found during ensuing struggle knots of rack had become undone so found myself looking at this.

Stowed in distributed, then restart attachment to both sides of rebelay with cowstails. Took ½ an hour to sort myself out, doing each stage of recovery very slowly, then carried on down cave. Could this pitch or some other nearby be renamed "Meet thy Maker"
Is this man safe? Dare you go on his next trip?

110

SUTWO SURACAO

A trip down 2/7 - a novice-eye-view
Pushing team: Harry, J.C., M.B.L., Sherry (team wimp)
Down to 1st rift - abseil - squeeze - abseil - clamber
Then the rift - squeeze - ~~gur~~ grunt - swear
oversuit - ~~rr~~ RRIP! swear some more, then the
pitches - abseil - abseil rebelay ~~[illegible]~~
on and on and on and - ah - the bottom - false
boulder floor down the side on ladder - squalid
mud ~~too~~ passage squelch slither squalid pitch
more mud wearing thru' rack bars down-down
another pitch - meet others at bottom Harry + J.C.
went a little further - then the deepest bit.
Then back out prusik-prusik-prusik on and on
and on - oh bugger - mike has no light
~~sto~~ slow prusik - light up mike slow prusik
on and on - into rifts - Harry getting cccold
~~c~~ up pitches slow more rift more RRRIPP! of
oversuits I get stuck in squeezes & stand on
Mike to get out - meet survey party - very
slow up 3rd ~~pu~~ pitch from end - my light goes
too but I got it ~~on~~ going - wait for ages
for mike to get past rebelay on 2nd to last
pitch worry - worry - worry - fret - fret - fret & try
to light him from above with ever fading
carbide then out of cave - WHOOPEE sunshine
story. William's water bottle + digestive biscies!
You too can have aching bones - festerous hands
blistered feet & a generally fucked body if you go
down 2/7 - try it some time. Much love Sherry

Very Bogscum

2nd August 1/4 Paul - all on his lonesome.
~1½ hrs.

Solo derig from Echo pitch - out.
Lobbed ~ 1.2 kg of Flavine FF stuff (yellow) down Echo pitch as no water in inlet ~ lower down.
P.S. Complete light failure at top of the ladder led to a certain amount of fretting as my electric could not be made to work and so I had to ~~[illegible]~~ suck out the water dripper in the pitch ~~dark~~ black, and be very careful not to drop the generator bottom down the derigged pitch below

Jonathan "Lynn was on top of my back" Cooper.
Dave "the Anti Christ" Horsley
Paul "I've got the body of a fifty year old" Brennan

2/8/87

Steve, William, Sherry, Dave, T.C. FESTER at Arid.

Too hot to do anything but doze fitfully + feel wiped out.

Strange thoughts flit through my mind - reliving weird persistent ~~[illegible]~~ tracing of mind while in the 'Wotg' squeeze

112

yesterday – "Una Helidor" – someone who torments + kills bulls by throwing ice cream at them." This trivium could not be shifted from my consciousness for a 24 hours!

S

3rd August

Paul et William do la surface survey entre 12/5 y 2/7
2/7 et a l'altitude de +286 m uber la cistra y est 960 m von cistra horizontallement.

4 hrs.

3rd August

Paul H, Steve R + Martin + his camera go down 2/7 – a PHOTO TRIP!
We (DH + SCR) didn't want a lay trip
Martin wanted to photo the whole cave in one mega trip, and took 3 films to make sure. However we:
(a) Made him take surface shots all the way up to the eyehole (WOW!) (which I've seen it – Cain 1000m below!)

JONATHON – "Newspapers have two functions – one is for mending overcoats and the other is for pressing flowers" 113

to Saxon off the first ½ film.

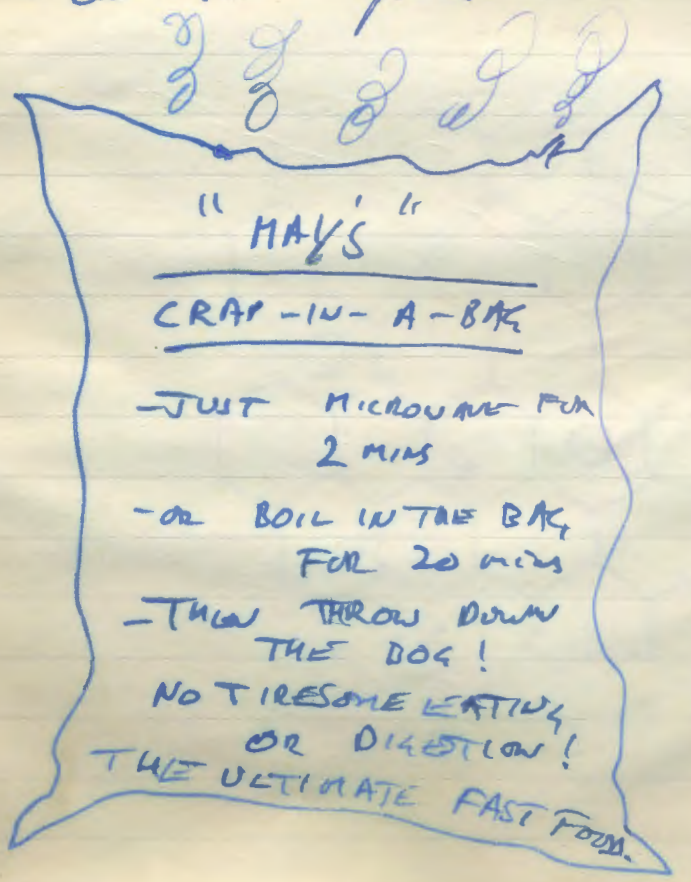
(b) Telling him lots of the cave in the crypts is really interesting and doing silly poses & nearly falling off

c) looking on trying funny back-lit pics, etc

By these means, @ 3 exposures per shot, and with lots of duds (no flash!) (no stage!) we managed to use up 108 exposures by Cambrian lodge pitch and were out by 10.00, having gone under at 2.
– Wonderful walk round over the hills ("another Lord of the Rings job" quoth Martin)

S

New instant food –



Sun on the horizon,
The cup of tea.
Another day at Arvo.
by. Paul (aged 2½)

Off to Los Lagos!
L+T for me!!

SCR 8.30 am.

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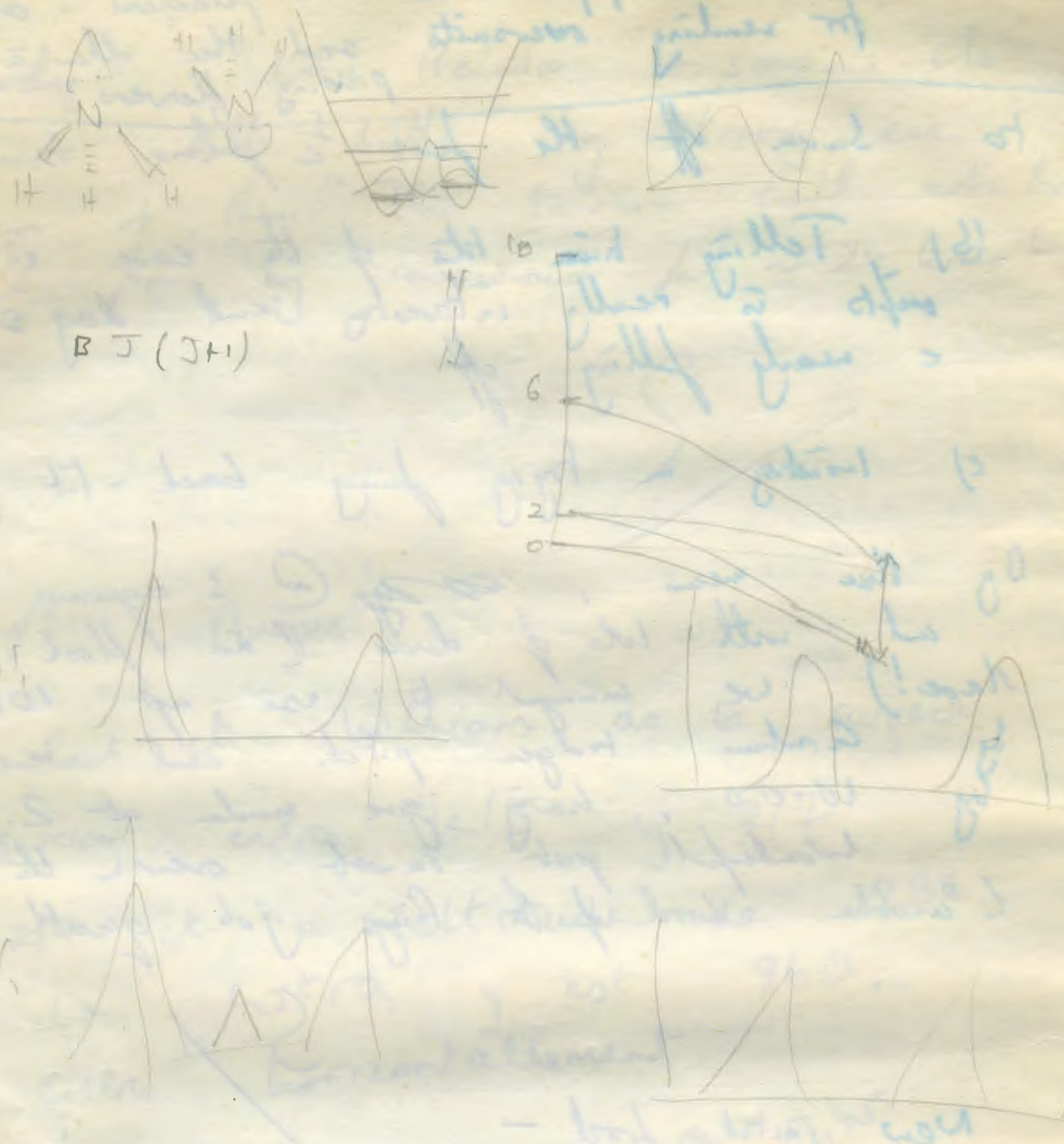
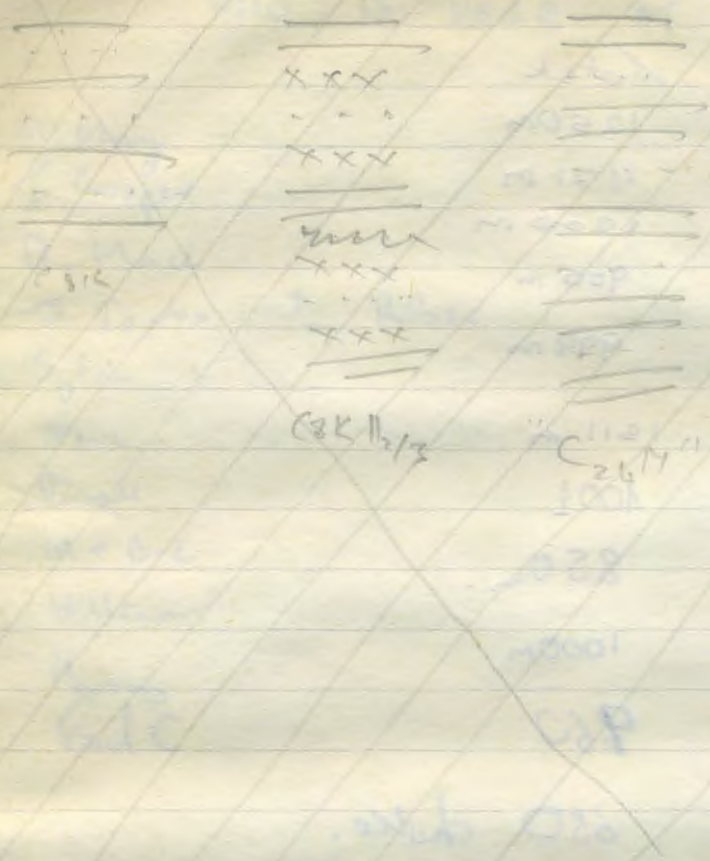


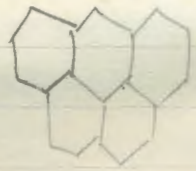


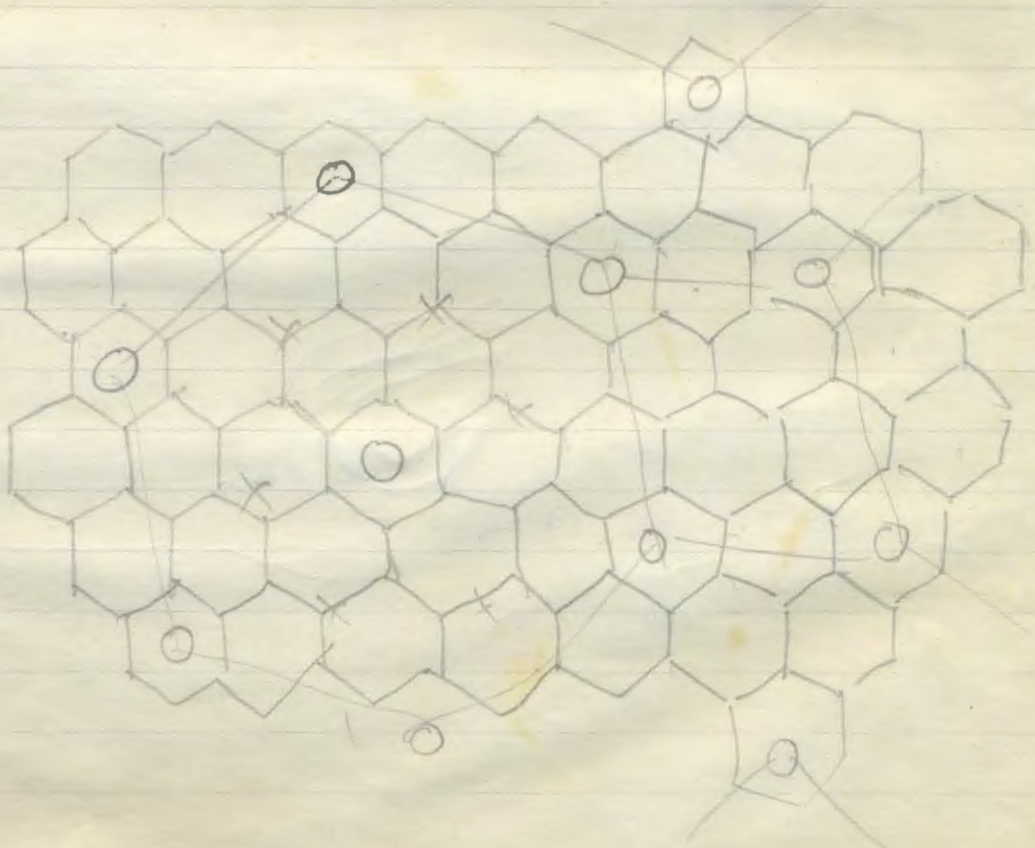
$C_{8K}H_{2/3}$ $C_{24}M$ $C_{24}M(H_2)_2$

$Cs\ Co_{4.}N_{2.1.3}$

$Ar_{1.0}$

$CH_{4.0.2}$





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A Book on the surveyed depth of 2/7 at end of Expedition

	This Year	Total
SGR	680m	1250m
William	750m	1171m
S.C.	600m	1200m
Sherry	660m	900m
Martin	666m	999m
Dave H	723m	1311m
Wladek	750m	1001
Paul B	650m	850m.
~~Steve~~ Lynn	800m	1000m
Dan	605	960
Graham P.	650	650 choke.
Silvia	670	870
Mike B	701	1140
Jon T.	751	1251
Paul C	710	980

117

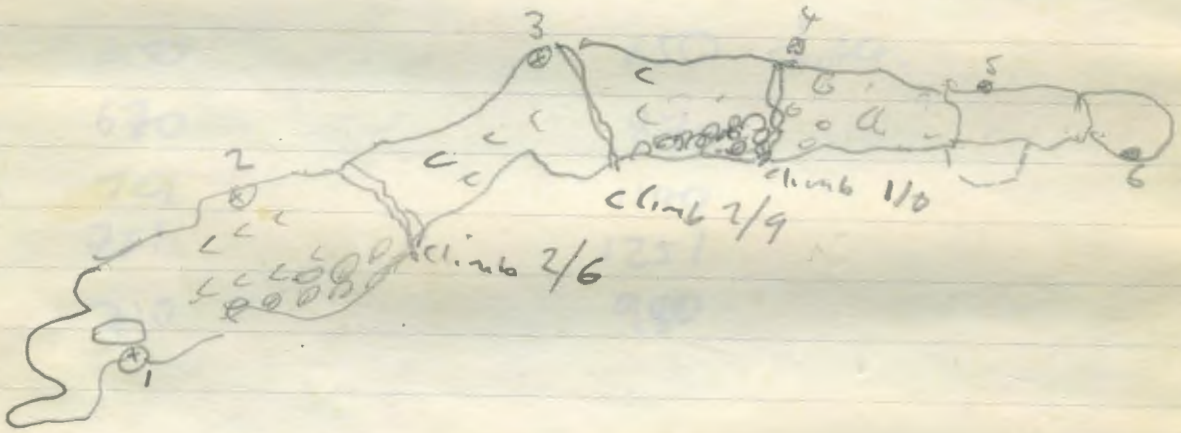
WHO IS HERE AT END.

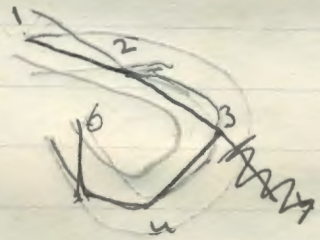
M. May
S. Cooper
D. Mace
J. Toms ? Ribs.
Sylvia
Steve
~~Daniel~~
M + B-L
William
Hastings.
Paul C

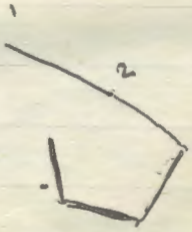
118

5/5 survey

	Tape	compass	dino	st. Height	width	height	stations
#12	6m	286	-14	st1 1/6			
				st2 1/1	3m	15m	2→1
3-6	7/9	117	46	st3 1/3	2m	9m	2→3
3-4	5/8	040	-50	st4 0	2m	5m	4→3
3	4/0	290	48	st5 1/1	2m	6m	4→5
6	6/9	177	-61	–	0/7m	2m	6-5



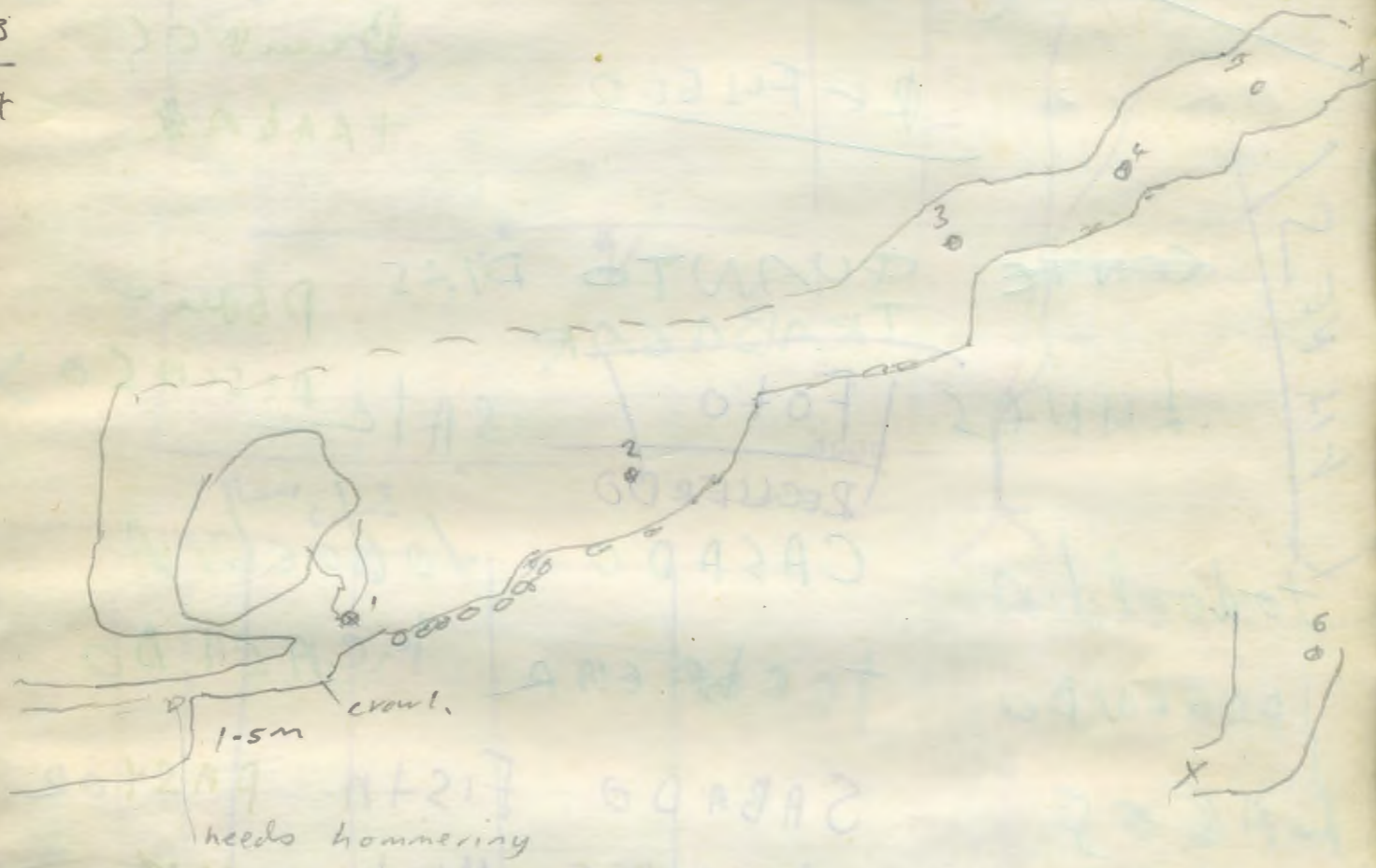




Δz

+1.45
+5.88
+4.44
+2.92
+6.03

20.57



$\Rightarrow z = y \sin\theta$

$\frac{z}{y} = \sin\theta$

120 ½ MANOLI ✓ VEGABREZONZA

MAMOS TEBAO

3 AÑOS TRABAGAR PUERTAS

(AGOTO) NARAGCO

BUENCS

REFUGCO TRABA

5 MESES

~~CONTE~~ QUANTO DIAS TRABAGAR POMU DESCASO

LUNES Foto SAL

RECUERDO

CASADO todoeldia

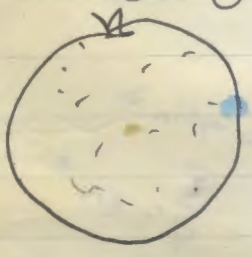
todoeldia TRABAGAR TRASADO

TRAGANDO

LAGOS SABADO FISTA PASTOR

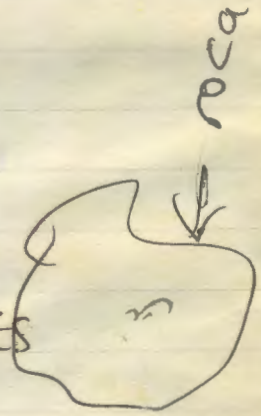
NOCE VIERNES MUCO VIRO

PROSIMA GUEVA



NARANJA

Viene SABADO FISTA



SABADO ? LUNES

FISTA → DOMINGO LUNES - . . . . . DOMINGO

MANOLO ~~TANC~~

VAMOS

CUEVA

DEL OSU

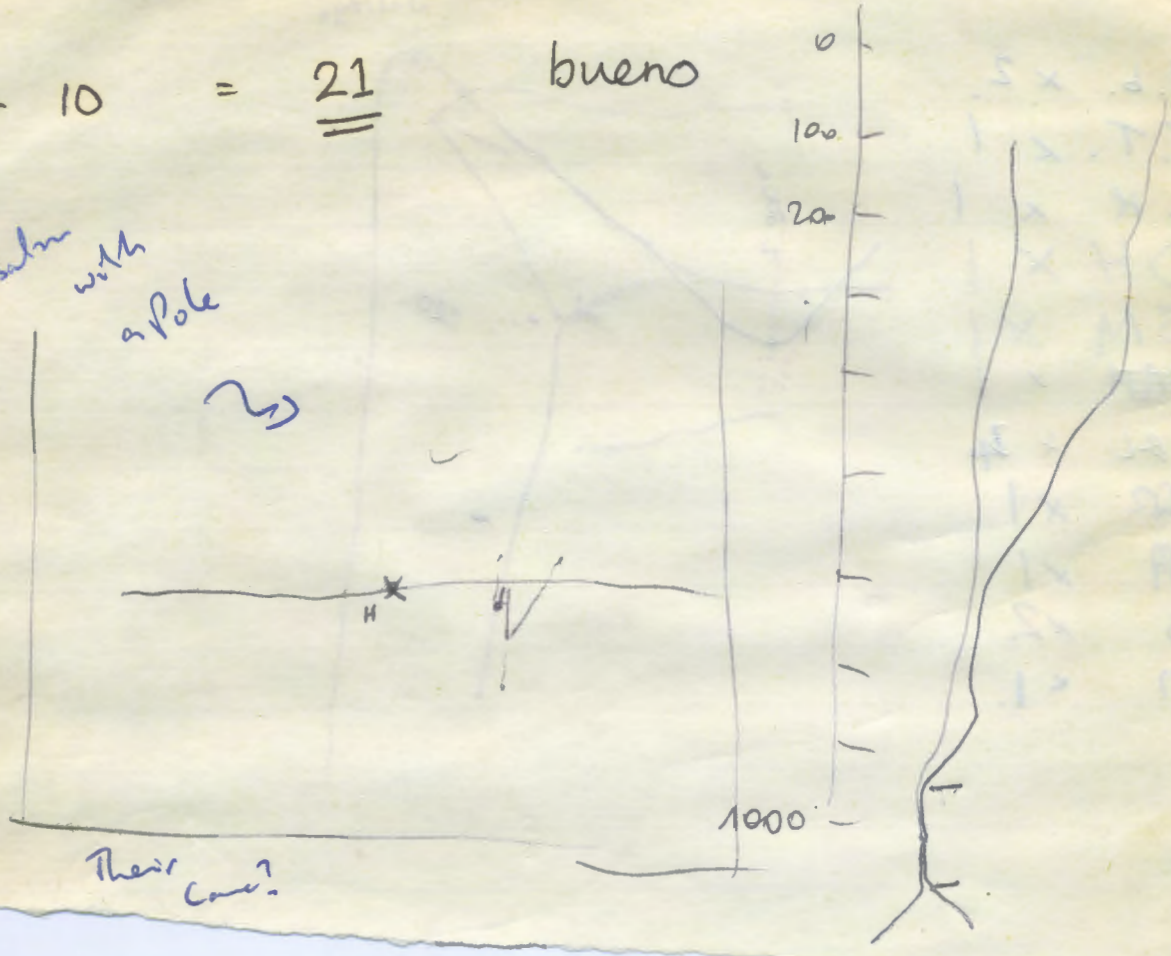
CON NOSTRO

1 o 11

121

11 + 10 = 21 bueno

Conversation with a Pole

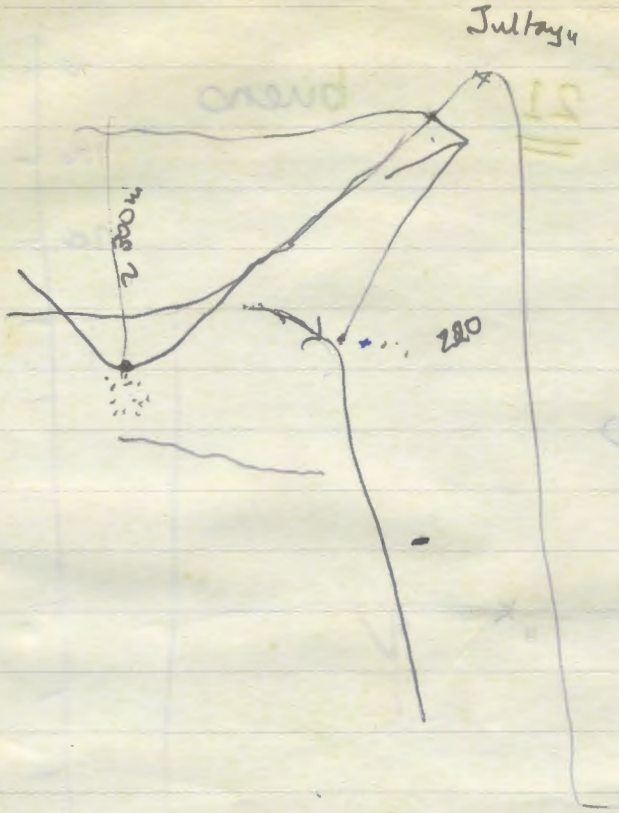


Their Cave?

122

Duracells

P.b. x 2.
J.T. x 1
D.H x 1
DH x 1
SM x 1
SM x 1
MBL x 4
SGR x 1
MA x 1
LS x 2
SM x 1.



123

Th
F — PM — Carmarari
S
S
M
T
W
Th
F

Narranjo

Travel

G	P	JC.	E.	JT.
—	~~500~~	—	—	~~1100~~
—	~~801~~	—	—	—
—	~~901~~	~~1000~~	~~700~~	~~1100~~
~~1000~~	~~1601~~	1800	~~1200~~	~~1100~~
1700		2750	~~1700~~	~~1800~~
2800	2001	6500	~~2200~~	2150
			2650	

Mouse meekly squeaks eak.
This cowboy loan rangers
golf Rudolf?

Freak
Squeak Leak
Speak Leak Meak

golf. Randolf
Waldolf.

Oxford University Cave Club
Cuvicente Expedition 1987

CAVER - HEAL THYSELF !

A guide to the medicines herein

WARNING - A lot of the stuff in this box is powerful juju indeed. Refer to the "Drugs - how to use them" sheet **Before** taking anything other than aspirin! Items marked ** are quite drastic and should only be taken in dire emergency, after consulting a doctor. If it's that bad, maybe you should be in hospital.

AILMENT	DRUG
SHITS	Codeine Phosphate Lomotil Rehidrat (replaces lost fluid)
PAIN	Aspirin Paracetemol (Panadol)

Watch it ! Aspirin causes gut bleeding and overdose of Paracetemol is **very nasty** indeed.

	Codeine Phosphate (?) Feldene **
FESTERS	Try Savlon FIRST Daktarin **
RASHES	Try Savlon FIRST Eurax
BURNS	Cold water, use burn bags, or leave exposed to harden. Keep clean (Savlon).
NASTY EYES	Polyfax
HAY FEVER	Piriton Phenergan
ANTIBIOTICS	**None of these to be used trivially.** Bactrim Dalacin ** Flagyl ** Floaxapen ** Hismanal **
ECZEMA	Betnovate ** (see Dan if no Doc.)
CAN'T SLEEP	Alcohol ? Oh, all right, try Mogadon

Oxford University Cave Club
Cuvicente Expedition 1987

DRUGS - HOW TO USE THEM

BACTRIM For Cystitis. One tablet twice daily, for five to seven days. Two tabs for bad goes. Especially useful for deflowered virgins!

BETNOVATE, BETNOVATE-C Powerful steroid ointment. **Do not use** except under qualfied supervision. Do not use for rashes. Do not use for burns. (Great for sunburn - but don't tell the doctor!

CODEINE PHOSPHATE For shits. As Lomotil.
Also - it's a good painkiller - better than aspirin / paracetemol (but it bungs you up !). Ideal for 20hr pushing trips

DAKTARIN For athletes foot. Wash ~~feet~~ socks thorougly and dust with powder or cream with cream. Then burn socks

REHIDRAT For the shits. Make up and drink to replace lost fluid.
If you run out, make your own: Also great for hangovers
1 litre boiled water
1 tablespoon sugar
1 teaspoon salt
Cheers !

ERYTHROMYCIN For **really** bad sore throats. One tablet 3x /day for five days.

EURAX Use for itchy rashes, **NOT** if they're oozing or blistered.

FELDENE For **severe** pain. Take one per day.

FLOXAPEN Anti-microbial. For infected wounds and boils. One capsule 4x /day.
If infection is not better after three days go onto Bactrim.

FLAGYL Specialised antibiotic, qualified use only. One tablet 3x /day, for 7-10 days. **NO ALCOHOL.**
For:- certain types of diarrhoea or vaginitis (thrush). - see under Bactrim.

HISMANAL An antihistamine. One tablet /day.

LOMOTIL For shits, if it's **really** inconvenient. If you've got the shits, something in there wants to come out. Use with caution and not for long periods (ie. more than a few days).

PIRITON, PHENERGAN Antihistamines (for hay fever).
Use piriton first, then (if it doesn't work) phenergan.
Phenergan is also good for a night's sleep, if you don't mind sleeping the day after as well.
DO NOT MIX WITH DRINKING OR DRIVING

POLYFAX Eye ointment. Apply to inside of eyelids 3x /day. {If you're really desperate apply to inside of eyes.

POLYCROL FORTE For indigestion. Take one. Then throw up. {Ask Gregson for advice

MOGADON Sleeping pills. Take a half or one and not before driving!
Alternatively need logbook.

OXFORD UNIVERSITY EXPEDITIONS

IMPORTANT INSTRUCTIONS

DIARRHOEA. Much of the diarrhoea encountered in foreign parts is due to change of diet. Some is due to infection. Prevention is important and half the battle is won by taking simple precautions. Travellers often show a remarkable lack of common sense. Spanish pears may be luscious, but if a Spaniard eats 8 large Spanish pears he will get diarrhoea, so eat fruit in moderation. If you do eat fresh vegetables or fruit make sure that these are washed in water purified with Sterotabs (or Puritabs). Salads that include green lettuce are particularly hazardous. Vegetables are often manured with human dung, and those with a large surface (such as lettuce) are particularly dangerous. You have a little free acid in your stomach, it will cope with a few nasty germs, but not with a lot. Cucumber and tomato salads are relatively safe. If you get diarrhoea, take codeine phosphate, two 30 mg tablets every 4 hours until the diarrhoea has stopped, or take Lomotil, 4 tablets at once, and then 2 tablets four hourly until the diarrhoea has stopped. You may have been given Imodium (loperamide): take two capsules at once, and then one every time you have a motion until you seize up. If none of these stop the diarrhoea and you are feeling ill, and particularly if you are passing stools with blood and mucus, take Septrin or Bactrim (cotrimoxazole) two tablets twice a day for five days. You may have been given trimethoprim instead of cotrimoxazole. You should take 200 mg twice a day. You may have been given Amoxil (amoxycillin) 250 mg capsules. Take two, four times a day for five days. If this does not clear the diarrhoea you must seek medical help. Septrin or Bactrim should not be taken by people that are hypersensitive to sulphonamide. Amoxil should not be taken by people who are hypersensitive to penicillin.

OTHER INFECTIONS. Do not use antimicrobials recklessly. If you have boils and a raised temperature, or infected wounds, or you think you have pneumonia or bronchitis it is reasonable to take a drug. For boils and infected wounds use first clindamycin. The capsules are 150 mg. Take one capsule four times a day. If you are no better at the end of 72 hours, take Septrin (or Bactrim) two tablets (or capsules) twice a day for five days. (Remember that the latter must not be given to people who are hypersensitive to sulpha drugs). Do not give both drugs at once. If you are in doubt you must seek medical advice.

Some of you may be given flucloxacillin (Floxapen). This is also useful for infected wounds and boils. Take one capsule (250 mg) four times a day. If the infection is not better after three days go on to Septrin or Bactrim as above.

HEAT EXHAUSTION AND SUNSTROKE. Keep your water and salt requirements in balance (see other sheet).

ANTIHISTAMINES. These drugs suppress allergic reactions of various sorts and are useful in suppressing nettle-rash, itchy skin conditions, hay fever, and to some extent mild asthmatic wheeze. Remember that they all, but to a varying extent, tend to make you sleepy. Do not drive if you are at all drowsy. You may have two drugs, Pro-Actadil and Phenergan. Each tablet of the former is of 10 mg, the latter 10 mg or 25 mg. Some may be given Piriton., Rismanal 1/day
1 - 4 times/day

PRO-ACTADIL is suitable for use in the day time. One once a day may be adequate but one may be taken at night and morning if necessary.

PHENERGAN the most powerful antihistamine, is likely to make you sleepy, so take preferably at night. Do not take if you are driving. The 25 mg tablet is very potent. 1 per time.

PIRITON 4 mg tablets. A useful drug for moderate allergy. Take one every four to six hours.

ECZEMA. With irritating skin conditions, use Betnovate cream locally or Eurax, Vioform and hydrocortisone cream. Both contain steroid and an antiseptic.

DISINFECTANTS. For cuts and scratches use tincture of iodine unless you are hypersensitive to iodine. Bigger cuts may be washed out with Savlon. A sachet of Savlon concentrate will make a pint of disinfectant ready for use.

MOTION SICKNESS. Marzine tablets, 1 every two to four hours, or Dramamine tablets, 1 every two to four hours, help most people.

SORE THROATS. Most are not due to bacteria and a soothing gargle with some soluble Aspirin (Disprin) usually takes the worst agony away. If the throat is dark red and very sore it is possible you may have a bacterial infection and if you have a fever, take clindamycin (150 mg capsule) or erythromycin 1 3 times a day for five days.

SLEEPING TABLETS. You have been given Mogadon (nitrazepan) 5 mg or Rohypnol (flunitrazepam) 1 mg. (½) One will send the average adult off to sleep. If one does not work you can safely take two or even three.

N.B. Keep these tablets safely and ensure that they do not fall into the hands of children or irresponsible people.

HEADACHES AND OTHER PAINS AND ACHES. You have been given paracetamol tablets. Take one or two tablets every four hours.

As an alternative use soluble aspirin, 2 tablets, which may be taken every four hours. Cut the dose if you get ringing in the ears.

For severe pain: take Feldene (piroxicam) one a day.

INDIGESTION. Use Gaviscon tablets, chew or suck one or two as often as necessary. Polycrol Forte (one)

SUNBURN. Avoid going into blazing sunshine or working by the sea unless you have used Uvistat ointment on the exposed part of your body, and pomade (lipscreen) on your lips.

MOSQUITOES AND FLIES. If you are in an area where there are tsetse flies, black flies (simulium damnosum), or a lot of anopheles or aedes, you must use a mosquito net. Both in the Tropics and Arctic and Antarctic mosquitoes can be a nuisance. They will descend in their millions from nowhere and you should have a good mosquito repellent. The best is a mixture of 2-ethyl-1-3-hexandiol (94 G/l), 56.4 ml and N, N-diethyl-m-tolumide (99.7 G/l) 6.3 ml and industrial methylated spirit 66 O.P. to 1 litres. It can be bought in America and Sweden. The Swedish variety is known as Djungel Olja 3 x 6. Do not put it in the eyes or in the mouth.

In some parts of the Arctic tiny flies can be a great nuisance, crawling into the ears, eyes, mouth and nose. Insect repellent does not work on them, but the local population usually will be able to advise you. In Greenland you should go to the Royal Greenland Trading Company (KGH) and buy a very fine mesh shopping bag, put it over your head and wear mittens. This works. Do not put a polythene bag over your head: you stand a reasonable chance of asphyxiating very rapidly.

TYPHUS. If you are going to areas where you are likely to encounter rickettsial disease (epidemic typhus, tick typhus, scrub typhus, Rocky Mountain spotted fever) you may be given a supply of tetracycline. If you get a fever (particularly following a tick bite) take two, 4 times a day for a week, and then one, 4 times a day for a further week.

INFECTED OR RED EYES are usually due to a conjunctivitis caused by a bacterium. Optrex is not very useful. Use Polyfax or tetracycline eye ointment 3 or 4 times a day. Put a little snake of cream on the turned down lower eyelid. Put the upper eyelid over it and massage gently. This should clear the infection in the course of a couple of days.

ATHLETES FOOT. This can be particularly tiresome if you have sweaty feet. Wash your feet thoroughly and dust the feet and socks with Mycil or Daktarin or some similar antifungal dusting powder.

FLEAS AND LICE. Dust your clothes and sleeping bag with flea powder (kills pests on pets and undergraduates!). Go to the nearest pet shop and ask for dog flea powder. Hunt for fleas and lice on you. If badly bitten use Betnovate or Synalar cream or Eurax cream.

TAPEWORMS AND ROUNDWORMS. For tapeworm take Yomesan (niclomaside ~~500 mg)~~ four tablets, chew well and wash down with ~~water. A cascara~~ tablet should be taken as a purgative. ~~For~~ roundworm take Vermox (mebendazole 100 mg) one night and morning for three days.

AMOEBIASIS. If you think you have got amoebiasis (bloody diarrhoea) take ~~tinidazole 2 gms (four tablets) every morning for three days and then Furamide,~~ one tablet (of 500 mgs) three times a day for five days, or Flagyl (metronidazole) (ONE) 800 mg three times a day for four days instead of tinidazole. AVOID MILK AND MILK PRODUCTS FOR SIX WEEKS. No alcohol whilst you are taking tinidazole or metronidazole ie Flagyl

HIGH ALTITUDE. Note that above 8-10,000 feet the contents of full tubes of ointment will shoot out under pressure. Unscrew cap with care. You may be given Diamox 500 mg twice a day to counteract mountain sickness.

GENERAL NOTE.

It is important that drugs not used are handed in to me for use of future expeditions, or burnt. They could be dangerous particularly for children and in foreign parts any expedition refuse is often avidly collected by the locals. If you have a deserving local medical centre, by all means give remaining drugs to them. We want the drug cases back.

Bent Juel-Jensen.
University of Oxford.
Trinity 1986.