



## GLENROTHES HILLWALKERS CLUB

**WALKING PROGRAMME: July - Dec 2017**

### **BUS AND TRAVEL ARRANGEMENTS**

Depending on number of members booked for the club walk then transport will be arranged accordingly, ie cars, mini bus, coach. If there are insufficient numbers then the walk will be cancelled. We leave from the car park behind Boots the chemist at Glenrothes Town Centre at 7.30 am prompt. Depending on the route of the bus we also can arrange to pick up at Falkland, Broxden or Halbeath. Please note that booking a seat results in an obligation to pay irrespective of whether the individual subsequently cancels. Refunds can only be given if you arrange for someone to take your place.

Bus & Walks Contact is Steve Telephone 01592 741156 walks@glenrotheshillwalkers.co.uk

### **NOTES ON CLUB WALKS**

#### **Safety and Good Practice**

Members are responsible for their own safety and should contribute to safe completion of the walk by all, within the estimated time. In the event of members being unable to complete the walk, at least two others, or the whole group, should accompany them off the hill.

You'll be out all day on most walks. Check that you have:

Waterproof jacket and trousers  
Spare clothing in your rucksack  
Extra food and drink for unexpected delays or emergencies  
+ A map and compass

Further advice and help can be found in the Information Pack and by talking to members of the committee.

#### **Description of Levels of Walks**

- A) Means a challenging route for people with hillwalking experience and knowledge of how to navigate in poor conditions. Summits and ridges, usually 1000 metres/3000ft plus 'Munros'. Winter will often require ice axe and crampons.  
B) Means a high level route at a slightly slower pace, often one Munro or a Corbett. You should also know how to navigate in poor conditions. An ice axe and crampons may still be required in winter.  
C) A lower level walk often on paths and tracks but may also cross open countryside. The route could be steep in parts. In winter icy paths may be encountered, but should not require an ice axe.

#### **Time estimator factors used in this set of walks**

<b>Grade of Walk</b>	<b>Average Pace km/hr.</b>	<b>Ascent Factor</b>
A	4.5	1hr per 500m
B	4.0	1hr per 350m
C	3.8	1hr per 300m

**\*This gives the walking time only\***

In addition to this there will usually be approximately 40 minutes of stoppage time for every 6 hours of walking, approximately 7 min per hour. **NOW ADDED ON.**

**Sunday 16<sup>th</sup> July 2017**

**Loch Laggan**

**Walk A Creag Meagaidh 1130,1053 & 1006m**

**OS34**

Start @ C/P for Creag Meagaidh (483873). Follow the new track in past the toilets to E of Aberader House. Follow path to a wall & style, cross & go R. Follow the well made path until you reach a small cairn on the R. Turn and follow this less distinct path NE toward Na Cnapanan where you follow the ridge N/NE to Carn Liath (472904). Leave SW then W to a col then W/NW to Meall nan t Snaim (459905). Continue SW over tops 963 & 991 then W to a col before turning SW to top 1051 (437892). Continue W/SW to the second munro Stob Poite Coire Ardair (429888). Carefully follow the path down SW then S to the col & continue up steeply SE and S to (428882). Here the ground becomes much flatter and in poor visibility it sensible to walk due S for 0.4k to (428878) before walking on a bearing of 254 for 1k to Creag Meagaidh (418876). In poor visibility retrace your steps to (428878) before following 125 for 1k to Puist Coire Ardair (437873). Follow the path SE then E then N to a col then to Sgor a Choire (449878). Take a line E/SE down steep ground to pick up a track close to the Allt Coire Ardair around (473875). Follow the track crossing the bridge then turning R back to the C/P.

**Distance: 20km**

**Ascent: 1120m**

**Time: 7.5hrs.**

**Walk B**

**Creag Meagaidh 1130m**

**OS34**

Start as A walk but follow the lower track into Coire Ardair after the toilets instead of taking the path. Closer to the col known as the window (425885) there are large boulders to negotiate. At the col go L & proceed as for the A walk.

**Distance: 17km**

**Ascent: 900m**

**Time: 7.5hrs.**

**Walk C**

**Loch Pattack & Loch Ericht**

**OS42**

Start on A86 @ (555898) and go S over the bridge. Turn R @ track junction and after 0.3k L heading S. Keep on the track passing Falls of Pattack. At Linn of Pattack cross the bridge and continue S to another bridge. The track now goes SW on the W side of the River Pattack. At (544812) you cross a bridge to the E side of the river. Follow the track S past Loch Pattack then E & NE along the shore of Loch Ericht to Dalwhinnie and the cafe opposite the petrol station.

**Distance: 24km**

**Ascent: 250m**

**Time: 8hrs.**

**From:** Boots – 7.30 am Falkland – 7.40am and Broxden P & R – 8.00 am

**Drive Time:** 2.3hrs there and 2.3 back

**Start:** C then A / B

**Pick up:** A/B @ C/P then C @ Dalwhinnie

**Sunday 13<sup>th</sup> Aug 2017**

**Lochearnhead**

**Walk A Stuc a Chroin 975m & Ben Vorlich 985m**

**OS51/57**

Start @ Ardchullaire Mor (584136) on the A84. Take the path NW and @ (590151) after crossing a burn, leave the path and climb up by the burn to its source around (601153). Go N looking for a line of fence posts leading to Beinn Each (602158). Descend N steeply to Bealach nan Cabar & turn going N/NE to top 735. Descend N then NE ascending E, NE, N and finally E again to the summit of Stuc a Chroin (617175). Go N/NE for about 0.5k to the lower top (618179) and look carefully for the start of a very steep zig zag path. Descend to Bealach an dubh Choirein and follow the line of fence posts NE then E to Ben Vorlich (628189). Descend on the NW ridge to the col (618196). Go SW to pick up the path to Glen Ample. Cross the bridge and proceed to the pick up point @ the Falls of Edinample

**Distance: 15.5km**

**Ascent: 1280m**

**Time: 7.25hrs.**

**Walk B**

**Stuc a Chroin 975m**

**OS51/7**

Start as the A walk until reaching the lower top of Stuc a Chroin (618179) then follow the ridge NW to (610186) and look for the best decent route into Coire Fuadarch. Go NE to cross the burn then NW to pick up the path to Glen Ample and the same pick up point as the A group.

**Distance: 12.3km**

**Ascent: 1020m**

**Time: 7hrs.**

**Walk C**

**Edinchip to Luib Hotel**

**OS51**

Start on A85 2k S of Lochearnhead. Walk up the road past the church to Edinchip until you meet the disused railway. Walk NE and at the bridge across the track go up onto the estate track going NW into Glen Kendrum. Follow the track over the col and into Glen Dubh. Entering the forest take the L track to meeting the disused railway line at (528283). Go L Following the old railway until you see the Luib Hotel below on your right. Descend the rough ground crossing the road to the hotel.

**Distance: 14km**

**Ascent: 400m**

**Time: 6hrs.**

**From:** Boots – 7.30 am, then Halbeath P & R – 7.50 am

**Drive Time:** 1.5hrs there and 1.5hrs back

**Start:** A/B then C

**Pick up:** A/B @ Falls Edinample then C Luib Hotel

**Sunday 17<sup>th</sup> Sept 2017**

**Bridge of Orchy Hills**

**Walk A**

**Stob Ghabhar 1090m**

**OS50**

Start @ Victoria Bridge (271422). Follow track W and @ (255425) take path N then NW to the col @ (243458). Go W along an obvious path to a prominent rock outcrop (239458) and take the steep stony path SW onto Anoch Eagach. Follow the obvious path round onto Stob Ghabhar (230445). Go N/NW then N to a col then N/NE to Sron nan Guibhas (231463). Continue on the ridge N/NE to a gap in the cliffs on your L (242465). Go down SW to cross the burn turning SE to contour your way back to the col @ (243458). Return by the outward route & continue S down the tarmac road to the pick up point @ the Inveranon Hotel.

**Distance: 18.5km**

**Ascent: 1000m**

**Time: 6.5hrs**

**Walk B**

**Stob a Choire Odhair 945m**

**OS50**

Start as the A walk but @ (252447) after crossing a burn go NE up an obvious path onto Stob a Choire Odhair (257460). As the path becomes less steep higher up it becomes much fainter. Leave W/SW then W on a good path (the start of this path can be hard to find) to the col (243458). Decend SE to pick up the main path and out the Inveranan Hotel

**Distance: 14.5km**

**Ascent: 750m**

**Time: 6hrs**

**Walk C**

**Blackrock cottage - Inveranan**

**OS41/50**

Start @ Blackrock cottage @ the Ski Centre and follow the West Highland Way S to Victoria Bridge and on to the Inveranan Hotel.

**Distance: 14km**

**Ascent: 250m**

**Time: 5hrs**

**From:** Boots – 7.30 am, Falkland – 7.40am then Broxden P & R – 8.00 am

**Drive Time:** 2.5hrs there and 2.5hrs back

**Start:** A/B then C

**Pick up:** Everybody at the Inveranan Hotel

**Sunday 14<sup>th</sup> Oct 2017**

**Luss Hills**

**Walk A**

**Beinn Eich 702m & Doune Hill 734m**

**OS56**

Start @ Luss and cross the A82 by the footbridge following the minor road to Glenmollochan. Cross the river shortly after and go W/NW up the ridge onto Beinn Eich (302947). Follow the ridge NW over Beinn Lochain then N & NE to Doune Hill (290972). Follow the ridge SE making sure you get on the N side of the main burn to pick up a path back to Glenmollachan & return to Luss.

**Distance: 18km**

**Ascent: 900m**

**Time: 6.5hrs**

**Walk B**

**Creag an Leinibh 658m & Beinn Ruisg**

**OS56**

Start @ the private road for Auchengavin Farm on the A82 (358923). Follow the road nearly to the farm, cross a bridge then go SW to (342925) to pick up a ridge going W/NW to Coillie – Eughain Hill (330929). Follow the ridge W then SW & W again onto Creagan an Leinibh (312920). Go SW to top 693 (302915). Retrace your steps to Creag an Leinibh & go SE then E to a col & onto Beinn Ruisg (325915). Take the NE/E ridge down back to Auchengavin Farm & the A82. Cross the A82 to the verge heading N to Luss. A possible nicer route is when you reach the bridge over the river look carefully for a path on the S side of the river. This joins the old road for a more peaceful return to Luss.

**Distance: 14km**

**Ascent: 840m**

**Time: 6.5hrs**

**Walk C**

**Beinn Dubh 643m & Mid Hill 655m**

**OS56**

***Start @ Luss and cross the A82 by the footbridge & head NW up the ridge to Beinn Dubh (336954) with its fine viewpoint over Loch Lomond. Follow the ridge NW then W/NW over a couple of minor tops to Mid Hill (322963). Go SW to top 623 (320958) before turning SE to descend on the ridge to Glenmollachan & return to Luss.***

**Distance: 11km**

**Ascent: 700m**

**Time: 6.5hrs.**

**From:** Boots – 7.30 am

**Drive Time:** 2hrs there and 2hrs back

**Start:** All

**Pick up:** All at Luss C/P.

**Sunday 19<sup>th</sup> Nov 2017**

**A9 Corbetts**

**Walk A**

**An Dun 827m**

**OS42**

Start @ the turning for Trinafour on the A9 (723703). Carefully cross the A9 to the track on the other side and follow the track N to the point where it splits about 08k past Sronphadruig Lodge (717789). Continue N up steep ground onto An Dun (716802). Return by the outward route and wait either at the track end or the first layby south on the A9 your collection point.

**Distance: 20km   Ascent: 500m   Time: 6hrs.**

**Walk B**

**Maell na Leitreach 775m & Sow of Atholl 803m**

**OS42**

Start @ Dalnaspidal on the A9 (645733). Follow the track S/SW over the 1<sup>st</sup> bridge then go SE over a 2<sup>nd</sup> bridge to follow a track SE then S then S/SW onto Maell na Leitreach (639703). Return by the outward route to the 1<sup>st</sup> bridge crossed and go NW onto The Sow of Atholl (625742). Return by the outward route to Dalnaspidal by the A9 for collection.

**Distance: 13km   Ascent: 770m   Time: 6hrs.**

**Walk C**

**Sow of Atholl 803m & Loch Garry**

**OS42**

Start @ Dalnaspidal on the A9 (645733). Follow the track S/SW over the 1<sup>st</sup> bridge then go NW onto The Sow of Atholl (625742). Return by the outward route but at the track by the bridge go R over a 2<sup>nd</sup> bridge to explore along the side of Loch Garry. If time permits follow the track SW to its end @ a waterfall (623686) & return by the outward route to Dalnaspidal for collection with the B walkers.

**Distance: 15km   Ascent: 400m   Time: 6hrs.**

**From:** Boots – 7.30 am, Falkland 7.40am then Broxden P & R – 8.00 am

**Drive Time:** 2hrs there and 2hrs back

**Start:** A then B/C

**Pick up:** B/C Dalnaspidal then A A9 layby

**Sunday 10<sup>th</sup> Dec 2017**

**Ochil Hill Pub walk**

**Walk A**

**Ben Cleuch 721m & other tops**

**OS58**

Start @ the C/P in Tillicoultry (914974). Take path through Tillicoultry Glen starting on the E side of the burn. At the 5<sup>th</sup> bridge after crossing, the path splits. Take L path S/SE which turns near a quarry to go N/NE joining a wider track. Follow this to (910983) and go left following a path W then NW to Ben Ever (893001). Continue N to a col and style following the path NE then E to Ben Cleuch (902006). Cross the fence to the N to pick up a path, faint @ first going SE. Follow to a col where your path goes E/NE over the shoulder of Andrew Gannel Hill then down to a col and fence junction (922009). Cross the fence and continue on the path N/NE & where the path splits go R NE then E to a gate (937014). Go through the gate on the path to Tarmangie Hill (943015). Follow the path E to a col and go through the gate. Continue E to Whitewisp Hill (955014). Leave Whitewisp on a bearing of 120 down rough ground keeping the burn to your L you will find lower down. At (966007) you meet a path, turn L following the path to (971014) just clear of forest on your right. Cross the burn & go SE up the hillside to a faint path @ (975010). Follow the path NE over Commonedge Hill (981015) then E toward Seanab Hill. At the col (989016) turn R SE down the hill to join the A91 close to the W end of Pool o Muckhart. Turn L and walk the 100m to the pub.

**Distance: 17.3km**

**Ascent: 980m**

**Time: 6.5hrs.**

**Walk B**

**Ben Cleuch 721m & other tops**

**OS58**

See Walk A

**Distance: 17.3km**

**Ascent: 980m**

**Time: 6.5hrs.**

**Walk C**

**Ochil Hill Stroll**

**OS58**

Start in Dollar @ (963978) by the space age toilet. Walk S a short distance and turn L to cross the footbridge. Follow the path S by the burn before turning R and crossing another bridge to a tarmac cycleway going W. Follow to the W end of Tillicoultry looking out for a footpath on your R. Follow to the A91 where you go R then L up a track toward Harviston House/Farm. Follow the track uphill ignoring two tracks on the left marked private. At the next junction go R then L @ the next junction marked farm deliveries. At the next junction go R E past a number of estate houses. At the next junction (942979) go L uphill & over a gate onto a grass track. Go over a 2<sup>nd</sup> gate & follow track down to a T junction go L on tarmac road into Dollar. Cross the bridge over the burn and go L on a path on the E side of the burn. Follow the path to Castle Campbell to meet a tarmac road. Turn R to a white cottage and take the track N then NE to (971014) just clear of forest on your right. Cross the burn & go SE up the hillside to a faint path @ (975010). Follow the path NE over Commonedge Hill (981015) then E toward Seanab Hill. At the col (989016) turn R SE down the hill to

join the A91 close to the W end of Pool o Muckhart. Turn L and walk the 100m to the pub.

**Distance: 15.7km**      **Ascent: 470m**      **Time: 6.25hrs.**

**From:**      Boots – 8.30 am

**Drive Time:** 0.75hrs there and 0.75hrs back

**Start:**      C then A/B

**Pick up:**      Everybody at the Devon Inn