



GLENROTHES HILLWALKERS CLUB

WALKING PROGRAMME: January to June 2018

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

Grade of Walk	Average Pace km/hr.	Ascent Factor
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 21st Jan 2018

Dunkeld

Walk A/B Loch Ordie & Deuchary Hill 509m

OS52

Start @ The Cally C/P (024438). Go N then NE up the track to The Glack. Just before Mill Dam (031462) take the path to the R going NE then N. After crossing a burn @ (031473) go R again heading NE. After 1k the path crosses the burn again @ (036479). Shortly after take a path L up onto Deuchary Hill (Trig Point). Return by the outward route to the main path turning L continuing to a path junction @ (049486). Go L (NW) to another path junction @ (042500). Go L round the S side of Loch Ordie to another path junction @ (028499). Follow the track back past Dowally & Rotmell Lochs to The Glack and the C/P. Follow the track S to the A923. Turn L & follow into Dunkeld to the pick up point @ The Perth Arms Hotel.

Distance: 20km

Ascent: 550m

Time: 6.5hrs.

Walk C

Loch Ordie

OS52

As for the A/B walk but exclude the walk out onto Deuchary Hill

Distance: 18km

Ascent: 350m

Time: 6.5hrs.

From: Boots – 7.30 am Falkland 7.40am & Broxden 8am

Drive Time: 1hr there and 1 back

Start: All together.

Pick up: Everybody at the Perth Arms Hotel

Sunday 18th Feb 2018

Peebles

Walk A

Dun Rig Horseshoe 744m

OS73

Start @ the end of a minor road (260392).Go SE on a good path over a bridge onto open moorland.At (269380) take the R path over the hill.Continue to Kirkhope Law,Birkscairn Hill & Stake Law onto Dun Rig.After the col care needed to navigate peat hags.From Dun Rig go SW toward point 713m but cut R on a boggy track to (244313).Go N then N/NW toward Middle Hill.You can go over Middle Hill,Broom Hill & drop down to Hundleshope Heights but the ridge is very boggy.There is a track to the R before Middle Hill that may be better that joins the path coming off Broom Hill.From Hundleshope Heights continue on a path NE then N/NE to a wood @ (270361).Go R down a steep slope to pick up a good track then tarmac road to the start.

Distance: 21.5km

Ascent: 850m

Time: 6.5hrs.

Walk B

Dun Rig 744m

OS73

As for Walk A to Dun Rig then head NW to pick up a track @ (250326).Follow the track NE/N that becomes a tarmac road back to the start.

Distance: 19km

Ascent: 7000m

Time: 6.5hrs.

Walk C

Kirkhope Law & Birrkscairn Hill

OS73

As for Walk A to Birkscairn Hill except @ (269380) continue on the main path,dont go over the first hill.From Birkscairn Hill go SW and @ the col go R (NW) to join the main track @ (263337).Turn right and follow back to the start.

Distance: 16km

Ascent: 500m

Time: 6.5hrs.

From: Boots – 7.30 am, then Halbeath 7.50 am.

Drive Time: 2hrs there and 2hrs back

Start: All together.

Pick up: All together.

Sunday 18th Mar 2018

Blair Atholl

Walk A

Carn A Chlamain 963m

OS43

Start part way up the minor road from Blair Atholl (876664) @ junction. Follow the road W and after crossing over River Tilt go R along a path to join the main Glen Tilt track. Follow the track N to Marble Lodge. Cross the bridge (901708) and follow the track/path E to pick up an obvious track NE then N then NW onto Carn a Chlamain. Return by the outward route and continue down the minor road to the pick up point @ The Atholl Arms Hotel.

Distance: 27km Ascent: 1000m Time: 7.5hrs.

Walk B

Beinn Mheadhonach 901m

OS43

Start as the A group but @ Gilberts Bridge (881701) cross and proceed on W bank NE to cross a second bridge @ (888712). Take the L/H track N to cross a third bridge @ (884725) and go roughly N on the ridge to Beinn Mheadhonach. Return by the outward route and continue down the minor road to the pick up point @ The Atholl Arms Hotel.

Distance: 21km Ascent: 850m Time: 7.5hrs.

Walk C

Exploring Glen Tilt

OS43

Start as the A group but @ (878683) leave the track to take a path going SW then NW uphill to join another track @ (877685). Turn R and follow to Gilberts Bridge (881701) (Note – Where track splits before the bridge take R/H fork). Cross to the E side of the river and turn L. Follow the track to Marble Lodge noting the interesting rock formations in The River Tilt. Cross the bridge and turn R to reach Clachghlais (916727). Return by the outward route BUT DONT CROSS GILBERTS BRIDGE but follow the main track and continue down the minor road to the pick up point @ The Atholl Arms Hotel.

Distance: 19km Ascent: 450m Time: 7hrs.

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

Drive Time: 1.5hrs there and 1.5hrs back

Start: All together.

Pick up: All together @ The Atholl Arms Hotel.

Sunday 15th April 2018

Loch Tay

Walk A

Carn Mairg 1042m & Creag Mhor 981m

OS51

Start @ Fortingall (735469) & follow the path from Glen Lyon House into Gleann Muilinn until (704503). Follow the burn N to the col then NW over Meall Liath (693513) 1012m then W to Carn Mairg (684513) 1042m..Return to Meall Liath & go S on a broad grassy ridge & ascend onto Creag Mhor (Meall na Aighean) (695497) 981m.Go E/SE over top 904 then SE to top 822.Follow the ridge SE then E & around (725487) go NE to rejoin the path back to the pick up point @ The Fortingall Hotel.

Distance: 18km

Ascent: 1100m

Time: 7hrs.

Walk B

Schiehallion Traverse 1083m

OS51

Start @ (690575) @ the track end on the minor road.Follow the track S until about (697558) then go SE picking up a path onto Schiehallion (715548) 1083m.From the rocky summit head E keeping to the S side of the ridge at first on a faint path until you see a clearer path to the L.Join it and follow to a path junction @ (748548).Turn R S for about a 1k to a burn @ (746540).Follow the burn S then SE for about 0.5K to cross a second burn and join a faint path.Continue SE to the Allt Mor following the path on its N side to the pick up point on the B846 @ (766521).

Distance: 12km

Ascent: 850m

Time: 6hrs.

Walk C

Kinloch Rannoch to Fortingall

OS51

Start as the B group but follow the track to its end @ (698546).Contour round SE to the Shielings @ (709534).Cross the Allt Mor to pick up a path to the Glenmore Bothy.Continue S on the now track to Fortingall and your pick up point at The Fortingall Hotel.

Distance: 13.5km

Ascent: 600m

Time: 6hrs.

From: Boots – 7.30 am,Falkland 7.40am and Broxden @ 8am

Drive Time: 2hrs there and 2hrs back

Start: A then B/C

Pick up: B then A/C

Sunday 13th May 2018

Loch Muick

Walk A

Linear Lochnagar 1155m

OS44

Start @ C/P @ Spittal of Glenmuick (309850). Follow the track NW over a bridge & continue W to (273862). Take the path SW/W round the coire to Lochnagar 1155m. Return to the cairn @ (245857) and take the path SE to Loch Muick. Turn R and follow the path over two branches of the Allt an Dubh Loch to the path junction @ (273818). Ascend SW to join a track. Turn R to reach the old pony hut @ (257808) then L on a path going S down into the glen. Cross the bridge and turn L and follow the track E then S to you pick up point @ the C/P in Glen Doll (762283).

Distance: 25km Ascent: 1100m Time: 8hrs.

Walk B

Linear Broad Cairn 998m

OS44

Start as A group but follow the track SW by the shore of Loch Muick and ascend to the old pony hut @ (257808). Continue on the track until it becomes less distinct in the rockier slopes of Broad Cairn to reach the summit @ 998m. Return to the pony hut and take the path S into the glen. Finish as the A walk.

Distance: 19km Ascent: 650m Time: 7.5hrs.

Walk C

Loch Muick Stroll

OS44

Start as the A group going NW over the bridge but @ the path junction (300859) turn L and follow the track SW round Loch Muick. Cross the two branches of the Allt an Dubh Loch to the path Junction @ (273818). Go SW to join a track and turn right to the old pony hut @ (257808). Turn L onto the path going S and finish as the A walk.

Distance: 17km Ascent: 400m Time: 7.5hrs.

From: Boots – 7.30 am, Freuchie 7.35am then Tay Bridge C/P 8.00 am

Drive Time: 3hrs there and 2hrs back

Start: All together @ Loch Muick

Pick up: All together @ Glen Doll

Sunday 17th June 2018

Glen Coe

Walk A

Aonach Eagach 953m & 967m

OS41

Start @ C/P on the A82 @ (174567). Follow the obvious path E then N and @ (175573) take the L path up some minor scrambles onto Am Bodach 943m. Follow the path NW to reach a scramble down of about 20m. Follow the path, indistinct at times with some scrambling onto Meall Dearg 953m. Follow the ridge to the col and the steep ascent onto Stob Coire Leith 940m. Continue via another col onto Sgorr nam Flannaidh 967m. Continue W to the next top (133582) then SW to a path by The Clachaig Gully and down to your pick up point at The Clachaig Inn. Note this path is only to be used in good dry conditions otherwise go NW from (133582) to pick up a path going W/NW then W to a C/P @ (113584). Turn L and walk back down the narrow road to the Clachaig.

Distance: 9/12km

Ascent: 1200m

Time: 7.5hrs.

Walk B

Sgor na h Ulaidh 994m

OS41

Start @ the C/P on the A82 @ (120563). Go NW along the A 82 for a short distance before taking an obvious track S then S/SW round a farm and alongside the Allt na Muidhe. Follow the path to around (100531) where a path goes E/SE up onto the ridge. On the ridge turn R going S over Stob an Fhuarain and onto Sgor na h Ulaidh 994m. Return by the outward to the C/P. Continue down the A82 to a second C/P. Drop down N to a bridge, cross and continue to your pick up point at The Clachaig Inn.

Distance: 15.5km

Ascent: 1000m

Time: 7hrs.

Walk C

Kentallan Penninsular

OS41/49

Start @ (988547) @ Cuil road end. Follow the road SW with the burn on your L. At the road end continue on a path then track through trees to emerge by the loch. Follow the faint path to (967559) then go L on a path to the end of Rubha Mor looking out for the many wild flowers. Return to (957559) and follow the faint path E/NE on the crest of a wide ridge. After about 600m go L on another faint path that becomes stoney descending to the loch shoreline. Continue along the shore looking out for a path entering trees. Continue on this path boggy at times and when it emerges from the trees go L down to regain the shore @ a pebble beach (982571). Climb the fence/wall and continue by the shore until close to a tarmac road @ (004578). Climb the fence to reach the road and go left to eventually meet the main road A828. Turn R and after about 100m or so cross and ascend a steep bank onto a tarmac cycleway. Turn L and follow into Kentallan. Once in the houses take a path L to the main road and your pick up point The Holly Tree Hotel. DONT RUSH THIS WALK YOU HAVE LOTS OF TIME YOU DONT WANT TO SIT ABOUT FOR 2hrs.

Distance: 13km

Ascent: 150m

Time: 5.5hrs.

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

Drive Time: 2.5hrs there and 2.5hrs back

Start: A then B then C

Pick up: C then A&B @ The Clachaig