



GLENROTHES HILLWALKERS CLUB

WALKING PROGRAMME – July-December 2018

BUS AND TRAVEL ARRANGEMENTS

The bus departs from the car park at Glenrothes Town Centre outside Boots at 7.30am. To guarantee a seat on the bus it must be booked and paid for on the Tuesday Club Night preceding the Sunday walk.

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 Convenor June Smith

Telephone 01592 745613

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 400m
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

Members interested in developing their "skills for the hills" are encouraged to take advantage of the wide range of material and training opportunities provided by the club – see Information Pack.

Walk A**Braeriach 1296m (953999)****OS36**

Start on the Ski Centre road at a big bend (985074) and descend S along a good path to a footbridge over the Allt Mhor. Cross this and continue S then SW on a path leading to the Chalamain Gap. The Gap is full of boulders but after it the path improves down to the Lairig Ghru. After crossing the Lairig, the path now climbs steeply S towards the top of Sron na Lairige (964010). Descend slightly to a bealach then climb another 150m to the cliff top of Coire Brochain. The summit of Braeriach is approx. 800m W where the cairn is on the edge of large granite cliffs. Return by the outward route.

Distance: 21km Ascent: 1000m Time: 8.0h

Walk B**Cairngorm and Tops 1245m (005040)****OS36**

Start at the Ski Centre car park and ascend a path E leading to the Sron an Aonaich ridge. Continue SE, passing the Ptarmigan restaurant, but now head E to the top of Cnap Coire na Spreidhe. Return SW to the path leading to the summit of Cairngorm where there is a large cairn and an automatic weather station. Now descend W by a stony path to the head of the Coire Cas then follow the rim of the Coire an t-Sneachda S to the top of Stob Coire an t-Sneachda. Descend SW then climb again to Cairn Lochan (986026). Descend SW again then W to the 1083m point marked on the map at 975024. Now turn NW for 1.5km to the 1053m top of Creag an Leth-choin (Lurchers Crag). Descend N from here to meet the path running NE from the Chalamain Gap and meet the bus at the Walk A starting point.

Distance: 16km Ascent: 950m Time : 7.5h

Walk C**Abernethy Forest****OS36**

Start at the Reindeer Centre (978097) and follow the road E past Glenmore Lodge, then NE to 003111. Here the track splits. Take the R to Bynack Stable and cross the River Nethy. Once across the river, continue uphill for about 500m and meet a faint path coming in from the right. Follow this path N over heathery moorland, crossing two streams then enter the forest at 030124. The path becomes a track which you should follow downhill for approx. 3.5km in a N direction. At 025162 a junction is reached. Turn left here and after crossing a bridge, turn L again, heading SW past Forest Lodge, then on to a track passing Rynettin and on to more open moorland. Once again the track enters the forest for approx. 1km and is now heading S towards Ryvoan Bothy. Shortly after the track meets the outward route at 003111. Now spend some time at An Lochan Uaine. A lovely green Lochan, with a tiny beach on the left as you are walking back towards the Reindeer Centre.

Distance: 20km Ascent: 300m Time: 7.5h

Start: Walk C, then A, then B
Pick up A and B, then C

Walk A**Beinn Dorain 1076m (325378)****OS50****Beinn Dothaidh 1004m (332408)**

From Bridge of Orchy, walk up to the station and pass under the railway onto the open hillside. A well used path follows the S bank of the Allt Coire an Dothaidh in to Coire an Dothaidh. A line of old fenceposts is reached where the ground is much steeper and a rising traverse rightwards will take you to the col between the two mountains. Turn S at this point up the rocky ridge for approx 1.5Km to a cairn, which is not the summit. Continue for 300m, dropping slightly, then up to the highest point of Beinn Dorain. Return to the col then climb NNE up to the summit ridge of Beinn Dothaidh. There are three tops on the ridge approx. 500m apart, but the central one is the highest. Return to the col and the route of ascent for the walk to Bridge of Orchy.

Distance: 14km Ascent: 1300m Time: 6h 30min

Walk B -1**Beinn Dorain 1076m (325378)****OS50**

As the Walk A route to Beinn Dorain. Return to the col, where there is a cairn, then descend back to the outward track and Bridge of Orchy.

Distance: 11km Ascend: 950m Time: 6h 30min

Walk B -2**Beinn Dothaidh 1004m (332408)****OS50**

As the Walk A route to the col, but turn N to the three tops of Beinn Dothaidh.

Distance: 10Km Ascend: 900m Time : 6h

C**Tyndrum to Bridge of Orchy****OS50**

Start at Tyndrum (The Green Welly Café), cross the bridge heading W, beside the main road, then turn R immediately on to the West Highland Way. Follow the way heading N all the way to Bridge of Orchy. Wait at the Bridge of Orchy Hotel for pick up and for the other groups to return, or continue on the Way for a few more km, but return to the Hotel in good time.

Distance: 12km Ascent: 170m Time: 5h

Start : C, then A and B together.

Pick up: All together

Walk A	Carn Dearg 945m (471781) A'Chailleach 930m (681042) Carn Sgulgain 920m 9684059)	OS35
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Start at the end of the public road 2km west of Newtonmore (693997). Walk up the track on the east side of Allt a'Chaorainn. At the end of the track, find a convenient place to cross the river and head NW towards the bothy and onto the broad south west ridge of A'Chailleach. Continue NE along this ridge to the summit of A'Chailleach.

Descend N into the AlltCuil na Cailleach and continue up the slopes to Carn Sgulgain.

Turn W following a line of fence posts over several minor tops all the way to Carn Ban, descend S to the bealach and climb steeply to the top of Carn Dearg. Continue S over the south top to the bealach and descend SE to the Allt Ballach and follow it past Dalballoch to pick up the path leading E beside the river Calder back to the starting point.

Distance: 25km Ascent: 1000m Time: 8h 20m

Walk B	Carn Sgulain 920m (684058) A'Chailleach 930m (681042)	OS35
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Start at the end of the public road 2km west of Newtonmore (693997). Walk up the track on the east side of Allt a'Chaorainn. At the end of the track, find a convenient place to cross the river and head NW towards the bothy and onto the broad south west ridge of A'Chailleach. Continue N along this ridge to the summit of A'Chailleach. Descend N into the AlltCuil na Cailleach and continue up the slopes to Carn Sgulgain. Now walk E to the lower top of Am Bodach, then SE for 0.5km and S for 1.5km to meet a track beside the Allt na Beinne which leads all the way in to Newtonmore. The Glen Hotel, at the junction of the A86 and B9150 will be the pick up point.

Distance: 16km Ascent: 630m Time: 7h 30m

Walk C	Glen Banchor to Loch Dubh	OS35
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Start at the end of the public road follow the track W to Glen Balloch and take the path on the N side of the River Calder. Ascend into Gleann Lochain and climb N to Loch Dubh. Return by your outward route, but if in good time, walk in to Newtonmore where there are shops and pubs a plenty.

Distance: 18km Ascent: 380m Time: 7h

Start: All together
Pick-up: A then B and C

Sunday 14th October

Ben More and Crianlarich

Walk A

Ben More (432244) and Stob Binnien (434227)

OS51

Start from the A85 road at a hydro access track (453276) which winds its way uphill through the trees and eventually comes out of the forest at approximately 455255. Now head west on a faint path which leads to the ridge and the final steep ascent to the summit of Ben More. Once a cup of tea and some rest has been taken, descend S to the Bealach-eadar-dha Beinn and climb steeply again to the summit of Stob Binnein. Descend N back to the bealach, then turn W to the track leading N to Benmore farm where the pick up will be made.

Distance: 12km Ascent: 1350m Time: 7.5h

Walk B

Ben More (432244)

OS51

Same route as Walk A, but do not ascend Stob Binnien. Descend to the bealach, then W to the track leading N to Benmore farm.

Distance: 10km Ascent: 1050m Time : 7.5h

Walk C

Kirkton Glen

OS51

Start at Ledcharrie (506282) on the A85, follow the old right of way path S which climbs to approx 600m at Lochan an Eireannaich. Continue on the path, now descending SE to the forest of Kirkton Glen where tracks lead to Rob Roys grave at Balquhidder. Now walk E for approx 3km along the minor road to the Kingshouse Hotel for the pick up.

Distance: 12km Ascent: 500m Time: 7.0h

Start: Walk C, then A and B

Pick up A and B, then C

Walk A**Hudderstone and Gathersnow****OS72**

Start just S of Lamington at 978307. Take a tarmac road heading towards Baitlaws and Bleakfield. Continue on a path heading SE, climbing to Easkgill Rig then Hardrig, then Whitelaw Brae. Continue SE for 0.5km, then at Duncangill Head, turn NE over Windgate Bank to Hudderstone (023272). Now walk in a SE direction for 4km to the col (052254) between Hillshaw Head and Gathersnow Hill, then turn NE to Gathersnow Hill (059257) Descend N to Holm Nick, then NW to the Culter Waterhead and finally the long walk out to Coulter on the minor road.

Distance: 23km Ascent: 950m Time: 7.30h

If time and energy allow, an ascent of Culter Fell could be made from Holm Nick and descend via Tippet Knowe to Coulter. This would add 300m of ascent, but would earn you an extra cake at the high tea!

Walk B**Hudderstone (052291)****OS72**

Same start as Walk A, but after Hudderstone is reached, walk initially NW for approx 0.6km then go NE to Woodycleuch Dod. Continue N to Ward Law and down to the road at Windgill. At this point, either walk back the road to Coulter or cross the Cow Gill burn and climb N to a path heading NE. Contour round to Snaip Hill then N to the minor road to Coulter. The pub near the phone box is the pick up point.

Distance 13Km Ascent: 600m Time: 6.0h

Walk C**Lamington to Coulter****OS72**

Start just S of Lamington at 978307. Take the tarmac road towards Baitlaws, but just before an ornate gateway there is another gate on the left to take you down to a footbridge over the Lamington Burn. Leave the track after approx 0.5km to ascend Lamington Hill (002305) and descend E to the road to Culter Allers Farm. Go through the farm yard heading NNE in to the trees then out to the site of an ancient fort at 035322. Continue NNE to Nisbet, then head E along a track to Cow Castle fort and settlement at 043332 and also White Hill at 055338, if time allows. Return to Nisbet then walk on the minor road to Coulter where the pub is open. This is the pick up point.

Distance: 15km Ascent: 530m Time: 6.0h

Start: Low and High, then Intermediate

Pick-up: Intermediate then Low and High.

Walk A and B**Ben Venue and Tops****OS57**

Start from the B829 at 459023 and walk N up the track towards Ledard, soon crossing to the W bank of the Ledard burn and after 2km crosses to the E making for the col between Beinn Bhreac and Craig a' Bhealaich. (In good conditions the more energetic could explore the tops of Beinn Bhreac, before heading for Ben Venue). The track continues in a NE direction passing a large cairn at the next col, then climbs to the summit of Ben Venue. The true summit is the point approx 200m NW of the trig pillar, but the trig has the best views.

Return SW to the cairn on the col, then descend S then E in to the forest and Gleann Riabach. Follow the waymarked path to the pick up point at the Loch Achray Hotel.

Distance: 11km Ascent: 800m Time: 5.5h

Walk C**Callander to Loch Achray Hotel****OS57**

Start in Callander (626080). Cross to the S bank of the River Teith, then continue W by the minor roads along the S bank of the Eas Gobhain to East Lodge. Follow the tracks and paths on the S side of Loch Venacher. The track eventually turns N to Brig o' Turk, but continue W past Loch Achray to the Hotel for refreshments.

Distance: 13km Ascent: 50m Time: 5.0h

Start: Walk C, then A and B
Pick up All together.

Poor Weather Alternatives**1. Coastal Walk – Gosford Bay to North Berwick****OS66**

The bus would drop us all off at 449790. Follow the coastal path via Aberlady point, Gullane point, and Broad Sands to North Berwick. The Seabird Centre at the Harbour will be the pick up point.

Distance : 19 Km

Preview for 2019

January – Carron Valley Forest and Meikle Bin

February – Edzell and Glen Esk

March – Hart Fell and Devils Beeftub

April – Ben Vorlich or Ben Vane from Inveruglas

May – Linn of Dee, Beinn Chaorain and Beinn Bhreac

June – Beinn a Clachair and Creag Pitridh, Loch Laggan.