



GLENROTHES HILLWALKERS CLUB

WALKING PROGRAMME – JAN- JUNE 2019

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 and B**Meikle Bin (667822)****OS57/64**

Start from a small car park at the W end of Carron Valley forest on the B818 road at 672859. Walk S on various forest tracks which leads to the short North West ridge of Meikle Bin (677822). Return NE on the forest tracks to the shore of the reservoir then continue in an easterly direction mostly on tracks near the shore, to the dam at the eastern end of the reservoir and a path which leads to the car park at 722838 where the bus will be.

Distance: 17km Ascent: 500 m Time: 5.5h

Walk C**Through the Forest****OS57/64**

Start at the same small car park as Walks A and B and follow the tracks and paths as close to the shore of the reservoir in an easterly direction, missing out Meikle Bin. Eventually arrive at the dam at the eastern end of the reservoir and the car park.

Distance: 10km Ascent: 180m Time : 4.5h

Start: Altogether

Pick up: Altogether

- Note – These are fairly short walks therefore the bus will leave Boots at **08.30, for this Sunday only!**

| | | |
|---------------|-------------------------------------|-------------|
| Walk A | East Wirren 634m (538732) | OS44 |
| | Hill of Wirren 678m (523739) | |

Start at Lochside, 1km N of Edzell. Follow a path NW past two woods to 590715. At this point turn W towards Little Tullo and skirt this farm to the south, but continuing W to a track leading on to the Hill of Corathro. The track continues to East Wirren then a broad ridge heads W for 1km, then NW for another 1km to Hill of Wirren. Now descend NE to Craigangower (539754). From this minor top descend E to the track heading SE to Cornescorn and continue SSE past Dalbog to Edzell. Make for the Edzell Hotel in the main street where the bus will be.

Distance: 21km Ascent: 700m Time: 6hrs

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|---------------|----------------------------------|-------------|
| Walk B | East Wirren 634m (538732) | OS44 |
|---------------|----------------------------------|-------------|

Start as the Walk A. Climb to East Wirren but descend quite steeply NE towards the track heading E to Cornescorn. Continue on this track past Dalbog and Lochside in to Edzell.

Distance: 17 km Ascent: 600m Time: 6hrs

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|---------------|---------------------------|-------------|
| Walk C | Tarfside to Edzell | OS44 |
|---------------|---------------------------|-------------|

Start at Tarfside near the phone box at 492796, then head S on a track towards Buskead. On crossing the River North Esk, turn E (left) and follow a path past Turnabrain, Corharncross and Skelly. At Keenie a track following the S side of the river is joined. Follow this track, passing Dalhastnie and Holmhead, all the way to Dalbog, then join a path towards Lochside and finally in to Edzell

Distance: 20km Ascent: 200m Time: 6hrs

Start: A and B first, then C

Pick-up: Everybody at the Edzell Hotel

Sunday 10th March**Hart Fell and Devils Beeftub****Walk A****Hart Fell and Swatte Fell****OS78**

Starting from the A701 road layby at 057126, take the forest track, then the ridge N to Annanhead Hill overlooking The Devils Beeftub. Now follow the ridge Eastwards over Chalk Rig Edge, Whitehope Heights, Whitehope Knowe to Hart Fell, 114135. Enjoy the extensive views assuming good conditions then continue SE towards Hartfell Craig, then the 724m point, then S to Swatte Fell at 118114, the summit of which is a debatable point near a stone dyke. Descend SW over Blue Cairn, Greygill Head then in to Moffat on a minor road. The bus should be at the large car park at Annan Brige.

Distance: 20km Ascent: 770m Time: 6h 30m

Walk B**Hart Fell 808m (114135)****OS78**

Same route as Walk A as far as Hart Fell but descend S then SW from the summit to Arthurs Seat. Continue in a SW direction, keeping to the right of a feature marked on the map as Hartfell Spa and join a path leading to the minor road heading S in to Moffat, however after 3.5km leave the road at 078070 and join a path beside the River Annan which leads to the car park at Annan Bridge.

Distance: 18km Ascent: 700m Time: 6h 30m

Walk C**Devils Beeftub to Moffat****OS78**

Same starting point as Walk A and B, same route as far as Spout Craig at 084138, but then turn S descending on the marked path to Ericstane. Now walk on the minor road leading to Moffat for 4km but at 078070 turn right on to the path beside the River Annan leading in to Moffat. There will now be some time to explore the lovely town of Moffat or have a short walk round Gallow Hill (see the map) to the north of the town.

Distance: 14km Ascent: 250m Time: 5h

Start: All together

Pick-up: All together

Sunday 7th April

Inveruglas

Walk A

Ben Vorlich 943m (295125)

OS56

Start from the car park opposite the power station at Inveruglas, cross the A82 road and walk SW on a path which leads to a bridge under the railway. Now follow the hydro road W for 1km then fork right on to a gravel road and ascend slightly before turning NW on to the undulating ridge over several tops before reaching the trig pillar, which is not the true summit. The actual summit of Ben Vorlich is 200m further N and 2m higher. Return by the same route.

Distance: 12km Ascent: 1050m Time: 6.0h

Walk B

Ben Vane 916m (278098)

OS56

Same starting point as Walk A, but do not fork right, continue on the hydro road for 2km and turn left across the Inveruglas Water, then after approx 250m look for the path on to the SE ridge. This weaves in and out on ledges and gullies, avoiding any crags, and leads directly to the summit of Ben Vane. Return by the same route.

Distance: 11km Ascent: 920m Time : 6.0h

Walk C

Inveruglas to Arrochar

OS56

Same starting point as Walk A and B. Same route to the foot of Ben Vane, but continue past on a stony track now heading W for 1.5km to 279090. The track now goes SW through the trees for approx 0.5km then takes a sharp left to now head E but eventually turns S to Succoth. This track meets the path coming down from The Cobbler and zig-zags down to the main road. Cross the road to the car park and another path leads round to The Arrochar Hotel which will be the pick up point.

Distance: 12km Ascent: 500m Time: 6.5h

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

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|-----------------------------------|---------------------------------------------------------|
| Sunday 12th May | Linn of Dee, Beinn a Chaorain & Beinn Bhreac |
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| Walk A | Beinn a Chaorainn 1082m (045013) Beinn Bhreac 931m (058971) | OS36 |
|---------------|------------------------------------------------------------------------|-------------|

Start at the Linn of Dee car park (064898), head N through the trees to the main track to Derry Lodge. From there, take the restored path up the E side of Glen Derry for 7km to the summit of the Lairig an Laoigh. Now head steeply E for approx. 400m, then NE up the ridge to Beinn a' Chaorainn. Leave the summit due S for 1 km, then head SE to the Moine Bhealaidh. Sticking to the highest ground, continue S to Beinn Bhreac, a fairly rounded stony Munro. Now head SSW then W towards the trees and the path in Glen Derry. Return to Derry Lodge and the track back to the Linn of Dee.

Distance: 28km Ascent: 850m Time: 8h

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| Walk B 1. | Beinn Bhreac 931m (058971) | OS36 |
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Start as the Walk A, but once on the path up the E side of Glen Derry, approx. 2km from Derry Lodge head NE uphill through some trees and heather to the col between Meall an Lundain and Beinn Bhreac. Continue NNE on to a broad ridge leading to the summit. Return to the col at 055958, then climb SE to Meall an Lundain. Descend S to a path heading SW back to the track to Linn of Dee.

Distance: 19km Ascent: 700m Time: 7.5h

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| Walk B 2. | Carn a' Mhaim 1037m (994952) | OS36 |
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Start as the Walk A as far as Derry Lodge. Cross by the bridge to the N side of the Luibeg Burn and turn W along a path to join a track to Luibeg Bridge. Continue on the path for approx 0.5km then climb NW, quite steeply at first, and on to the summit. There are two tops, the NW one is the true summit. Return by the outward route.

Distance: 23km Ascent: 700m Time: 8h

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| Walk C | Linn of Dee Circular | OS36/43 |
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Start as the Walk A as far as Derry Lodge. Cross by the bridge to the N side of the Luibeg Burn and turn W along a path to join a track to Luibeg Bridge. Continue on the path for approx 3km and at 992942 go W, downhill to join a path heading S to White Bridge. From here a track goes E to Linn of Dee.

Distance: 19km Ascent: 300m Time: 7.5h

Start: All together
Pick up : All together

Sunday 9th June**Loch Laggan****Walk A****Beinn a'Chlachair 1088m (471781)****OS42****Geal Charn 1049m (505812)****Creag Pitridh 924m (488814)**

Start at the bridge over the River Spean at 433830 on the A86. Follow the good track SE towards the south-west end of Lochan na-h Earba then join a path up the Allt Coire Pitridh for approx 2km. Now head S on to the wide NE ridge of Beinn a'Chlachair. Once above 950m, follow the rim of the coire, on large boulders, west to the summit. Return initially E then NE on the broad ridge for approx 2km and descend N to the path at 489800. Continue N to the col between Geal Charn and Creag Pitridh then turn E and climb the easy slope to Geal Charn. Return W to the col and make the short ascent NW to Creag Pitridh. Descend SW to meet the path of the outward route and return to the starting point.

Distance: 25km Ascent: 1300m Time: 8h.45m

Walk B**Geal Charn 1049m (505812)****OS42****Creag Pitridh 924m (488814)**

Follow the Walk A route, but continue on the path beside the Allt Coire Pitridh to a junction at 489800. Now turn N to the col between Geal Charn and Creag Pitridh then turn E and climb the easy slope to Geal Charn. Return W to the col and make the short ascent NW to Creag Pitridh. Descend SW to meet the path of the outward route and return to the starting point.

Distance: 21km Ascent: 950m Time: 8h

Walk C**Laggan to Dalwhinnie****OS42**

Start on the A86 at 555898 where there is a bridge over the River Pattack. Turn R after the bridge and follow the track S past Gallovie Cottages to the Falls of Pattack. Continue S on the track past more waterfalls to Loch Pattack, but now turning E towards Ben Alder Lodge. The track bypasses the lodge and now parallels Loch Ericht all the way to Dalwhinnie where there is a tearoom to wait on Station Road at 636848.

Distance: 24km Ascent: 450m Time: 7h 30m

Start: C then A and B together

Pick-up: A and B then C

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.