



GLENROTHES HILLWALKERS CLUB

WALKING PROGRAMME JAN-JUNE 2020

March Walk C amended 23/2/20

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
Walks George Walkingshaw " 01592 744857 or 07876381082

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	4.0	1hr per 300m

In addition to this there will usually be approximately 40 minutes of stoppage time for every 6 hours of walking. Stoppage times have been **included** in the overall walking time

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+B+C

Start at the road on the B818 GR672859 leading to Todholes farm and follow the track NE & N crossing the Ettrick Water. At approx GR678883 turn NW heading towards Burnfoot 1hr 10mins. Keep on the path then a track to the Spout of Ballochleam GR654900 1hr. You now follow the rim of the escarpment all the way to Stronend GR629895 1hr 45mins, this ground could be quite boggy in wet weather. Turn S until you pass the crags on your right and at approx GR632884, you now drop off the high ground and turn W and pick up the track that heads to the Culcleuch Castle Hotel GR620877. Take the road that heads S + SW in to Fintry and the pick up at the Fintry Inn 1hr 10mins

13km + 400mts climbing 6hrs approx(this is timed at C pace)

Drop off all together

Pick up all together at the Fintry Inn

Walk A + B Carlops-West Linton via East Cairn Hill GR122596, Wether Law etc

Start at road just S of Carlops on the A702 GR161558 follow the road NW to Fairliehope farm then track to North Esk reservoir 1hr, the track now turns NW between Wether Law & Cock Rig to the Bore Stane GR143599 50mins. Now take the path SW to spot height 567 then NW to East Cairn Hill 1hr 10mins. Return to spot height 567.

You now follow the high tops initially SE to Wether Law, The Mount 1hr 20mins, Grain Heads, Mount Maw & Faw Mount GR135545. 1hr 10 mins

Now drop down SW to pick up the Cross Borders Drove road & follow this all the way back to West Linton & the pick up at the pub 1hr

18km & 700mts climbing 7hrs approx(this is timed at B pace)

Walk C Carlops-West Linton via East Cairn Hill GR122596 & Thieves Road GR118588 OS65

Start the walk same as A & B as far as East Cairn Hill, North Esk reservoir 1hr 10mins, Bore Stane 50mins, East Cairn Hill 1hr 10mins.

Return to the fence line & drop down SW to the Cauldstane Slap 30mins & turn S on the Thieves Road/Cross Borders Road and follow this all the way to West Linton and the pick up at the pub 2hrs 30mins.

18km & 500mts climbing 6.5hrs approx

Drop off altogether

Pick up altogether at the Pub

Walk A & B**Meall Chuaich GR716878**

Starting from the track to Cuaich farm GR655868 cross the busy A9 and follow the track SE to the aqueduct, a track runs NE along the side of the Allt Cuaich, pass the dam GR674868 and towards Loch Cuaich, before reaching the loch turn right and reach an old bothy at GR690870 1hr 20mins

Follow this track for a further 300mts before crossing the Allt Coire Cuaich. You now climb the grassy slopes NE then E to reach the summit of Meall Chuaich 2hrs 20mins

Return by the outward route as far as GR655865 2hrs but now go SW on the track beside the viaduct all the way to Dalwhinnie and the pick up at the Hotel

17km & 680mts climbing 7hrs approx(this is timed at B pace)

Walk C**Loch Cuaich****OS42**

Same starting point as A&B GR655868 and following the same route as far as the bothy at GR690870(1hr 20mins) From the bothy pick up the track that heads up the W side of Loch Cuaich and follow it to the N end of the loch(45mins) Retrace your steps back to the bothy(45mins)

Now follow the tracks SW to the dam at GR673861(50mins) before walking to the dam at GR674868 and now following the track beside the aqueduct W & SW in to Dalwhinnie and the pick up at the Hotel(1hr 50mins)

17km & 280mts climbing Approx 6hrs

There should be plenty time on this walk to have a wander to the railway station, cross the track and have a view of Loch Ericht.

Drop off altogether

Pick up altogether at the Hotel

March Walk C amended 23/2/20

Sun 12th April

Bridge of Orchy

OS50

Walk A & B

Beinn an Dothaidh GR332408 & Beinn Dorain GR325379

Starting from the Bridge of Orchy Hotel cross the busy A82 towards the railway station, using the underpass pick up the path heading E along the side of the Allt Coire an Dothaidh as it gradually climbs up in to the Coire an Dothaidh and the bealach GR325398 2hrs 30mins.

For Beinn Dorain take the path from the bealach heading S, the path twists & turns then forks, keep to the left, you reach a cairn(this is not the top) the true summit is about another 200mts further on 1hr 30 mins. Return to the bealach 40mins

From the bealach a faint path traverses NE across the grassy slopes, this could be a bit boggy, try and avoid the steeper ground, head for spot height 993 GR333405, then follow the rim of the coire to spot height 1004 this is the true summit of Beinn Dothaidh 1hr10mins.

Keep following the rim of the coire to spot height 1000, on a good day you'll get luvly views of Loch Tulla & the surrounding hills.

You now descend S to the bealach 40mins, then descend Coire an Dothaidh on the outward route and back to the /Hotel 1hr

14km & 1250mts climbing 8hrs approx(this is timed at B pace)

Anyone who finds the 2 Munros too demanding need only do one of them

Walk C

**Auchallader to Bridge of Orchy
via Victoria Bridge**

OS50

Start at the car park on the road to Achallader Farm GR312438. Follow the track NE as it passes the farm and cross the Water of Tulla by the bridge at GR338453 1hr

Now turn left and follow the track on the N side of the river to the busy A82 at approx GR315445

Walk N along the side of the road towards Tulla Cottage 50mins

Now follow the track SW above Loch Tulla past Blackmount to Victoria Bridge GR271423 1hr 30mins.

Walk along the track W to the bothy at GR256425 & return back to Victoria Bridge 1hr, if time allows a circular walk can be added around Clashgour GR235426 this would add approx 1.5hrs to your walk.

From Victoria Bridge pick up the WHW and walk S & SE past the Inveroran Hotel & a wee steep climb up Mam Carraigh before dropping down through the trees and finishing up at the Bridge of Orchy Hotel & refreshments

20km & 350mts climbing 7hrs approx

Drop off A & B then C

Pick up altogether at the Hotel

Walk A Beinn Narnain GR271066 & Beinn Ime GR255084

Starting at the car park GR294048 cross the A83 to the new path which takes you through the trees as it winds up and on to the open hillside, the path swinging W towards the Allt a' Bhalachain then turning NW to the Narnain Boulders GR273057 2hrs, the path steadily climbs to the Bealach A' Mhaim GR262072 1hr

The path now turns N across some boggy ground before reaching the slopes of Beinn Ime & a steep pull to the summit 1hr 10mins

Retrace your steps to the bealach 20mins & climb the SE stony slopes to the top of Beinn Narnain 1hr

Again retrace your steps back to the bealach 20mins & follow the outward route back to the car park & pick up 1hr 10mins

16km & 100mts climbing 8hrs approx

Walk B Beinn Ime GR255084 or Beinn Narnain GR271066 OS56

Beinn Ime: Same route as group A, split times, start to Narnain Boulders 2hrs 20mins, Bealach A' Mhaim GR262072 1hr, summit 1hr 20mins, return to the bealach 30mins, Narnain Boulders 30mins and return to the car park 50mins

13km & 1000mts climbing 7hrs approx

Beinn Narnain: Same route as group A as far as the Bealach A Mhaim GR262072 with the split times the same as group B for Beinn Ime but from the bealach turn SE up the stony slopes to the top of Beinn Narnain 1hr 20mins, return to the bealach 30mins then follow the outward route back to the car park, bealach to Narnain Boulders 30 mins, then car park 50mins

12.5km & 1000mts climbing 7hrs approx

Walk C Inverbeg to Arrochar OS56

Start from Inverbeg on the shores of Loch Lomond GR345980 and take the road heading up Glen Douglas passing Tullich Farm GR305991 1hr 50mins, following the road W towards Creagan Sithe GR274003 above Loch Long 1hr 15mins.

The track now swings NE above the railway line as it makes it's way above the loch and on towards Tarbet, there should be lovely views of the Arrochar Hills. Before it reaches Tarbet at Stuckiedhu GR316043 2hrs, turn N down the track to the main A83 road, cross here and walk up to the railway station, a path here goes W then N towards Stronafyne in Glen Loin GR 301053, take the track here going SW to the A83. Walk along to the car park where the A & B group will get picked up 1hr 20mins

18km & 550mts climbing 7hrs approx

Drop off C then A & B

Pick up Altogether at the car park

A Carn Liath GR472903 Sob Poite Coire Ardair GR428888 Creag Meagaidh GR418875

Start from the Scottish Natural Heritage car park GR483873 walk up the private road past Aberarder continuing up the path to scattered birches below Na Cnapanan, at a small cairn and old iron fence a path heads NE to a small coll above Na Cnapanan 1hr 30 mins, the path now climbs NW then NE to the first Munro, Carn Liath 1hr 20mins

Turn W and follow the broad ridge towards Meall an t-Snaim, continuing WSW to the next top Sron Coire a' Chriochairin then around the edge of the coire to the 2nd Munro Stob Poite Coire Ardair, the summit cairn is at the W end 1hr 40 mins

Continue SW down the ridge for approx 0.5km then S more steeply to the bealach known as the "Window"

To continue to Creag Meagaidh climb up the steep S slopes to the plateau, then walking S then SW to the last Munro 50mins.

If you don't want to do Creag Meagaidh then you can drop down E from the "Window" down the bouldery path and pick up the path at Lochan a' Choire and follow this all the way back to the starting point at the car park 1hr 40mins

From Creag Meagaidh you can go E across the plateau to Puist Coire Ardair GR436874 then along the narrower ridge, then go NE to the dome of Sron a, Choire, now descend E down the grassy slopes to the bridge over the Allt Coire Ardair GR475875 and follow the track past Aberarder to the car park and pick up 2hrs

In bad visibility great care should be taken crossing the Creag Meagaidh plateau

18km & 1200mts climbing 8hrs approx

B Walk**Creag Meagaidh GR418875****OS34**

Start from the same car park as A walking up the road to Aberarder and along the path behind the farm heading NW high above the Allt Coire Ardair through scattered birches, after about 3km the path swings W and then you see the massive cliffs of Coire Ardair, the path eventually reaching the outlet of Lochan a' Choire, a lovely spot to have a break 2hrs 40mins

You now walk and climb NW up the grassy, scree and bouldery path up to the bealach known as the "Window" GR427886 1hr 20mins

Climb S up steep slopes to reach the grassy plateau, cross this S and SW to reach the summit of Creag Meagaidh 1hr

To return to the car park go E across the plateau to Puist Coire Ardair GR436873, follow the rim of the Coire to spot height 1001 1hr 10mins, care should be taken crossing the plateau in bad visibility.

Now go E down the grassy slopes and cross the Allt Coire Ardair at a bridge GR475875 and follow the track past Aberarder and back to the car park 1hr

16km & 1050mts climbing 7.5hrs approx

Start at the car park GR433831 crossing the bridge over the River Spean the path twists and turns for approx 5.5km until it reaches the SW end of Lochan na h-Earba GR464814 1hr 40mins, a lovely sandy beach to have a break with views right down the loch.

The track now runs NE along the full length of the loch but cross the river to the W side of the 2nd loch at the bridge GR488842 1hr 20mins, follow this track still heading NE to the head of the loch. After a short distance the track takes a sharp turn left then zig zags down to a junction at GR498871 (Do not cross the bridge at GR500868) 1hr 10mins

Now turn left and follow the track SW along the side of Loch Laggan to where it exits on to open ground GR449830 2hrs 10mins

Now follow the track to the junction at 444822 turn right and follow the track back to the car park and pick up 1hr

24km & 400mts climbing 7.5hrs approx

Drop off A & B then C

Pick up C then A & B

Alternative Walks

Pentlands OS66 (Nine Mile Burn—Flotterstone) 11km & 650mts climbing 5hrs approx

Broughton Heights & Tops OS72 15km & 650mts climbing 6.5hrs approx

John Muir Way(Barns Ness-Pease Bay) OS67 13km & 250mts climbing 4.5hrs approx

These walks can all be done together

Members booked on a club walk should continually check the weather forecast/club website for any changes to the planned walk, the club will try to offer an alternative walk if possible.

If in any doubt contact the bus/walks convenor