



GLENROTHES HILLWALKERS CLUB

WALKING PROGRAMME JAN—JUNE 2021

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

Sunday 10th Jan

Broughton

OS72

Walk A&B Broughton Heights GR123411 Wether Law GR125416 Brown Dod GR134414

Starting in the village of Broughton walk N up the A701 for approx 1km to a track on your right GR112369 which runs NE to Broughton Place & then on to a car park GR120374 40mins
Now follow the John Buchan Way as it winds between the hills heading for a junction of paths at GR124394 1hr

You leave the JBW here & climb NE to Broomy Side, Green Law & then to the cairn at spot height .571 GR123411 1hr

Now a lovely level walk along the ridge to Wether Law before turning SE & E following the tree line to Brown Dod 40mins

Still following the tree line down & over Flint Hill to meet the path coming out of the forest at GR143406 25mins

This path heads SW where it meets the JBW GR128393 coming from Stobo 50mins, this section could be boggy after heavy rain.

You now follow the JBW back to the car park then down the track/road and in to Broughton village 1hr 20mins

15km & 650mts climbing approx 6hrs(**this is timed at B pace**)

Walk C

Broughton Heights GR123411

OS72

Same route as A & B as far as Wether Law but return by outward route.

Split times start to car park 45mins, junction of paths 1hr 10mins, Cairn 1hr 10mins

Back to car park 1hr 40mins, car park to Broughton Village 30mins

13km & 500mts climbing approx 5.5hrs

Drop off altogether

Pick up altogether

Walk A & B Carlops—West Linton via East Cairn Hill GR122596, Weather Law etc

Start at road just south of Carlops on the A702 GR161558 follow the road NW to Fairlope farm then track to North Esk Res 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 10 mins

Return to spot height 567 & now follow the high tops initially SE to Wether Law, The Mount 1hr 20mins, Grain Heads, Mount Maw & Faw Mount GR135545 1hr10mins.

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

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

**Walk C Carlops-West Linton via East Cairn Hill GR 122596 & Thieves Road GR118588
OS65**

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

Return to the fence line and drop down SW to the Cauldstane Slap 30mins & turn S on the Thieves Road/Cross Border Road & follow this all the way in to West Linton & the pick up at the pub 2hrs 10mins

18km & 500mts climbing approx 6.5hrs

Drop off altogether

Pick up altogether at the Pub

Sunday 7th March

Callander

OS57

Walk A

Ben Vane GR535137 -- Kingshouse

Starting from Brig O'Turk GR535066 take the road that heads past the school and on to a track that runs above the Power Station heading for Glen Finglas Res

Just before you cross the bridge at GR531090 1hr take the track on the right that heads up in to Gleann Casaig to Stuc Dubh GR553125 2hrs 15min.

Now follow the boundary line over Creag Chaorinneach to spot height 753 & the final climb on to Ben Vane 1hr 15min

From Ben Vane turn NW towards Lianach then down the NE slopes towards Ballimore farm GR530175 1hr

Follow the road N towards Balquidder 50mins

The final stretch is E along the minor road, taking great care watching for traffic & on to the pickup at the Kinshouse Hotel and a wee refreshment 50mins

20km & 900mts climbing approx 7.5hrs

Walk B

Ben Ledi GR563098

OS57

From the A821 just outside Callander at GR608082 follow the Rob Roy Way towards the Falls of Leny as far as the bridge at GR586093(car park here) 1hr

Take the path that climbs W through the trees & on to the open hillside below the crags to the E of Ben Ledi 1hr 20min

The path now turns sharply S & then climbs N & up the steep slopes to Ben Ledi 1hr 40mins

Return by the outward route to the starting point and then follow the Rob Roy Way in to Callander and the pick up at the car park 2hrs 20mins

15km & 900mts climbing approx 6.5hrs

Walk C

Rob Roy Way Callander—Kings House

OS57

This is a reasonably level route all the way to the wee village of Strathyre passing the Falls of Leny then the car park for the route to Ben Ledi GR586093 1hr

You are now walking along the shore of Loch Lubnaig past Laggan Cottage 2hrs & crossing the bridge at GR560173, turning right & in to the village of Strathyre 1hr, a nice spot for a break

To pick up the RRW you must cross the A84 taking great care watching for traffic

The path now climbs through the trees and then heads N to the Kings House Hotel GR564205 & the pick up 2hrs

18km & 500mts climbing approx 7hrs

Drop off B & C then A

Pick up B then A & C

Sun 11th April

Crianlarich

Walk A An Caisteall GR378193 & Beinn a' Chroin GR388186 OS51/56

Start from the car park just off the A82 GR368238 follow the track under the railway line & over the River Falloch by the bridge & up the W side of the river.

Leave this track after approx 1km & climb S up the grassy slopes of Sron Garbh 2hrs, following the path along the ridge(Twisting Hill) this is quite level for a good bit before the final rise over a rocky knoll to the summit of An Caisteall 1hr 10mins

Descend the S ridge which is grassy at first but it gets steeper & rockier lower down towards the bealach 30mins, where you now climb the zig zag path on the craggy NW ridge of Beinn a' Chroin 45mins.

For the return route you now drop down E towards the col between the 2 tops .942 & .940 & then turn NE down the grassy ridge heading for the stream junction in the Coire Earb GR390207 50mins

Continue down the Coire on the W side of the River Falloch to meet the track back to the starting point 1hr

14km & 1000mts climbing approx 7hrs

Walk B An Caisteall GR378193 OS51/56

Same route as group A but returning to the start point by the outward route

Start to approx GR375230 30mins, Sron Garbh 1hr 40mins, An Caisteall 1hr 30mins

Return to start 1hr 30mins.

10km & 850mts climbing approx 6hrs

Walk C Glen Ogle, Gleann Dubh & Glen Kendrum Circular OS51

Start from the car park at the top of Glen Ogle GR560280 & follow the minor road to Glenogle Cottages then in to the forest as far as GR543293, taking the track on your left, this track exits the forest and in to Gleann Dubh at GR531281 1hr 20mins.

The track climbs gradually S as it passes between the 2 corbetts of Creag MacRanaich & Meall an t-Seallaidh, luvly open country 2hrs.

The track now descends in to Glen Kendrum where it reaches the old railway line at GR578227 1hr 20mins

Follow the path just NE of Edinchip as it drops down to the Rob Roy Way then past Craggan then a walk along the pavement & in to Lochearnhead & pick up at the pub 1hr

16km & 450mts climbing approx 6.5hrs

Drop of C then A & B

Pick up A & B then C

Sun 9th May

Arrochar

Walk A

Beinn Narnain GR271066 & Beinn Ime GR255084

OS56

Starting at the car park GR294048 cross the A83 to the new path which takes you through the trees as it winds up 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 climbing to the Bhealach a' Mhaim GR262072 1hr

The path now turns N across some boggy ground before reaching reaching the S 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 30mins & follow the outward route back to the car park & pick up point 1hr 10mins.

16km & 1200mts climbing approx 7.5hrs

Walk B

Beinn Ime GR255084 or Beinn Narnain GR271066

OS56

Beinn Ime: Same route as walk A, split times start to Narnain Boulders 2hrs 20mins, Bealach a' Mhaim 1hr, Beinn Ime 1hr 20mins

Return to bealach 30mins, Narnain Boulders 30mins & car park 50mins

13km & 1000mts climbing approx 7hrs

Beinn Narnain: Again same route as A to the Bealach a' Mhaim with the split times the same as for Beinn Ime but from the bealach climb the SE stony slopes of Beinn Narnain 1hr 20mins Return to the bealach 40mins then follow the outward route back to the car park, bealach to Narnain Boulders 30mins then to the car park 50mins

13km & 1000 climbing approx 7hrs

Walk C

Inverbeg to Arrochar

OS56

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

That should be most of the road walking done as you now take the track NE above the railway line as it makes it way above the loch & on towards Tarbet, hopefully there will be lovely views of the Arrochar Hills.

Before the track reaches Tarbet at Stuckiedhu GR316043 2hrs, turn N down the track to the main A83 road, cross the road and head for the Railway Station, there's a path here that goes W & then N towards Stronafyne in Glen Loin GR301053, take the track here going SW to the A83, walk along the pavement to the car park GR294048 & the pick up 1hr 20mins

18km & 500mts climbing approx 7hrs

Drop off C then A & B
Pick up altogether

Start at the car park at GR433831 crossing the bridge over the River Spean, the path twists & turns for approx 5.5km until it reaches the SW end of Lochan na h-Earba GR464814 1hr 40mins, a lovely sandy beach 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 1hr 10mins (do not cross the bridge at GR500868)

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

Follow the track to the junction at GR444822 turn right & follow the track back to the start point & the pick up 1hr

24km & 400mts climbing approx 7.5hrs

Drop off A & B then C

Pick up C then A & B

All these walks can be done using a 33/49 seater bus

Alternative Walks

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

Kenmore-Acharn-Aberfeldy Rob Roy Way 18km & 500mts climbing approx 7hrs OS52

Innerleithen—Peebles, Cross Border Drivers Road, 14km & 450mts climbing approx 5.5hrs OS73

Braemar: Walk A&B Carn Bhac 18km & 870mts climbing approx 8hrs OS43

Walk C A93—Loch Callater—Braemar 18km & 500mts climbing approx 7hrs OS43

Cairngorms (Aug 2020 walk)

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