



GLENROTHES HILLWALKERS CLUB

WALKING PROGRAMME JULY—DEC 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
Walks	George Walkingshaw	"	01592 744857

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

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 Cairn Gorm GR005040 & Bynack More GR 042063

Start at Ski Centre Car Park GR990060 take the path climbing E & SE towards the Ptarmigan Restaurant and then S on to Cairn Gorm, 2hrs. From the Munro walk SE down to the Saddle and spot height 807, now climbing the long SW ridge of A'Choinneach, Barns of Bynack and finally Bynack More 2hrs.15 mins. From the top of Bynack More head N and pick up the path at approx GR040086. This path heads NW and crosses the River Nethy at GR021105, turn left at the junction GR003111 and walk past Lochan Uaine (The Green Lochan) a lovely spot, 2hrs, follow the minor road past Glenmore Lodge to the Reindeer centre and the pick up point GR978098

Distance: 20km & 1100mts climbing

Time 8hrs approx

Walk B Cairn Gorm GR005040 & Cairn Lochan GR985026 OS36

Start as the A walk but take a small detour at approx GR008047 go E to top Cnap Coire na Spreidhe before climbing Cairn Gorm 3hrs. Walking W follow the rim of Coire Chais & Coire an Sneachda, past spot height 1176 to Cairn Lochan GR985027, keep following the rim of the coire, dropping down W to spot height 1083, from here climb NW to Lurcher's Crag 2hrs. Follow the NE ridge down to the path that heads in to the Chalamain Gap GR 975065. Now turn NE & follow the path to the Sugar Bowl car park GR 984076 & the pick up point.

Distance: 16km & 1000mts climbing

Time 7.5hrs approx

Walk C Loch an Eilein GR898088 to Loch Morlich GR 955098 OS36

Start at minor road opposite the visitor centre at Inverdrue GR903108, walking SE towards Blackpark GR905099, 1hr, keeping right at the junction, pass Croft & the car park for Loch an Eilein GR898088. Follow the path on the W side of the loch and continue around Loch Gamhna, leave the path on the east side of Loch an Eilein at GR905078. Walk E on the track to another junction GR916079, there's a signpost here for Loch Morlich, 2hrs.20mins. Follow this path E to the Cairngorm Club Footbridge GR928079. This path follows through the forest for just over 1km until it meets the path GR938075 coming from Rothiemurchus Lodge. This track heads NE to the W end of Loch Morlich, 1hr.40mins. Turn right and follow the path on the N side of Loch Morlich to the Reindeer Centre & the pick up point GR978098

Distance: 18km & 300mts climbing

Time 6.5hrs approx.

Start C then A & B

Pick up B then A & C

The C group will have loads of time so enjoy the scenery around the 3 lochs

Walk A & B**Dreish GR271736 & Mayar GR241738**

Starting from the forestry car park GR284762 take the track heading west past Glendoll Lodge, cross the bridge at GR276763 and head up the Kilbo Path that leads to Glen Prosen, this path heads SW across the Burn of Kilbo eventually coming out of the forest at a deer fence 1hr.45mins, follow the path along the Shank of Drumfellow, finally reaching the col between Dreish & Mayar, turn SE then E and reach the summit of Dreish 1hr.50mins. return to the col and follow the fence line W over grassy ground to reach Mayar 1.15mins. From the top of Mayar grassy slopes head N for approx 1km to the head of Corrie Fee GR243748. Descend NE on the path next to the Fee Burn and in to Glendoll Forest. You then meet the track next to the White Water, cross the bridge at GR267758 1hr, walk E back to starting point

Distance: 15km & 950mts climbing

Time 7hrs approx

Walk C**Bachnagairn & Jock's Road****OS44**

Start at forestry car park GR284762 walk back across the bridge over the River South Esk and take the track on the E side of the river heading N towards Moulzie. Keep following this track until the bridge GR277789 that now crosses to the W side of the river 1hr, Follow the track all the way to Bachnagairn GR254796 1hr.20mins, this is a lovely spot to have a break. From here a path heads NW then SW through the trees, passing Loch Esk on your right before meeting Jock's Road at approx GR230785 2hrs
You now follow the path/track in to Glendoll Forest and back to the car park and starting point

Distance 16km & 650mts climbing

Time 6.5 hrs approx

Start All together

Pick up All together

Walk A Hart Fell GR114136 & Swatte Fell GR118114

Starting from the A701 road layby at 057126, take the forest track, then the ridge N to Annanhead Hill overlooking the devil's Beeftub. Now follow the route Eastwards over Chalk Rig Edge, Whitehope Heights, Whitehope Knowe to Hart Fell. Continue SE to Hartfell Craig, then the 724m spot height, then S to Swatte Fell which is near a stone dyke. Descend SW over Blue Cairn, Greygill Head then in to Moffat on a minor road. Pick up point at the car park at Annan Bridge

Distance 20km & 770mts climbing

Time 7hrs approx

Walk B Hart Fell GR114136

Same walk as group A as far as Hart Fell but descend S & SW to Arthur's Seat. Continue in a SW direction keeping to the right of a feature on the map as Hartfell Spa and join a path leading to the minor road heading S in to Moffat, however after about 3.5km leave the road at 078070, pick up a path(Annandale Way) beside the River Annan which leads to the car park at Annan Bridge

Distance 18km & 700mts climbing

Time 7hrs approx

Walk C Devil's Beef Tub to Moffat

Same starting point as A & B, same route as far as Spout Craig GR084138 but then turn S descending on the path to Ericstane. Now walk on the minor road S for approx 4km and at GR078070 turn right on to the path(Annandale Way) next to the River Annan, leading in to Moffat and the car park at Annan Bridge. There will be plenty time to explore Moffat which I think has the widest High St in Scotland, there may also be time for a walk around Gallow Hill just to the N of the town

Distance 14km & 250mts climbing

Time 5.5hrs approx

Start All together

Pick up All together

Walk A & B**Glenshee Hills Glas Maol GR167766
Creag Leacach GR155745****OS43**

Start at the first ski centre car park heading E past the ski lifts/runs to Meall Odhar GR156774, turn SE on a path to Glas Maol GR167766, 2hrs, retrace your route to the fence line GR164768, follow the fence line SW, S then SW again to reach the summit of Creag Leacach GR155745 1hr, now follow the ridge line to Carn Ait GR143734 and over several tops to Carn an Daimh GR135712, now take the easiest line down the W slopes to the track that leads to Tomb GR121701 and pick up the Cateran Trail that leads to the Spittal of Glenshee and the pick up point

Distance 15km & 650mts climbing

Time 6hrs app

Walk C**Cateran Trail to Spittal of Glenshee****OS43**

Start at GR140605 track to Glenkirie, follow the track past the farm turning N to Clach Sgorach and junction of path GR128629, turn right and follow path down to the A93 at Lair and junction with B951, 1hr 40mins, take care crossing the main road. Walk along the B951 for approx 1.5km past Cray until edge of forest GR150642, now walk N & NW following the Cateran Trail as it follows the Shee Water all the way to Spittal of Glenshee and the pick up point

Distance 15km & 400mts climbing

Time 6hrs approx.

Start C then A & B

Pick up all together at Spittal of Glenshee

High Tea will be in the Milton Royal Hotel Blairgowrie approx. 4.30-5.00pm

An alt walk due to bad weather:

OS 53 Ballintuim to Blairgowrie(Cateran Trail) 18km & 400mts climbing

Time 6.5hrs approx

Drop off altogether

Pick up altogether

A & B & C**Berwickshire Coastal Path**

Start at GR 828688 on the A1107 Coldingham road

Walk up the track past the radio mast towards Dowlaw. A detour can be taken here at GR 856702 that takes you down to Fast Castle ruins. From Dowlaw you pick up the Berwickshire Coastal Path, following the undulating route to St Abbs Head Lighthouse, St Abbs harbour & Coldingham Bay. At GR 915665 take the track heading W towards Coldingham. Walk a few hundred yards up the A1107 to the caravan park for refreshments & pick up.

Distance 17km & 500mts climbing

Approx 6.5hrs

Start all together

Pick up all together

Alternative Walks

Fintry Hills OS57(Todholes—Fintry) 13km & 500mts climbing 5.5hrs approx

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