

GLENROTHES HILLWALKERS CLUB

WALKING PROGRAMME – JANUARY to JUNE 2010



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 George Walkingshaw Telephone 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

Further advice and help can be found in the Information Pack and by talking to members of the committee.

Description of Levels of Walks

- HIGH means summits and ridges, usually 1000 metres/3000ft plus 'Munros'
- INTERMEDIATE means high level but mostly below 1000 metres/3000ft, sometimes 'Munros'
- LOW level walks are often on paths and tracks but may also cross open countryside. The route could be steep in parts.

Time estimator factors used in this set of walks

Grade of Walk	Average Pace km/hr	Ascent Factor
High	4.5	1hr per 500m
Intermediate	4.0	1hr per 350m
Low	3.8	1hr per 300m

This gives the walking time only. In addition to this there will usually be approximately 1 hour 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.

Sunday 10th January 2010	Glen Tarken
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High	Creag Each 672m (652264)	OS51
	Creag Ruadh 712m (674292)	

Start at 669246 on the A85 road W of St Fillans. Follow the track N, which doglegs past some old farm buildings, for approx 1Km. Now leave the track and head on to the broad S ridge of Creag Each. Continue NW on to the craggy summit, which is a good viewpoint over Loch Earn. Go N then NE to the track at 655275. Do not take the left track, but continue to the head of the glen where the track turns to head SE. Just E of the stream flowing down through a gorge, climb NE through heather for 2km (300m of ascent) to Creag Ruadh, which has a small cairn. Descend S to the track, then SE to St Fillans and the Achray House Hotel for a well earned drink.

Distance: 16km Ascent: 1000m Time: 7hrs

Note: These two hills are both listed Grahams (2000' – 2500')

Intermediate	Creag Each 672m (652264)	OS51
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Start as the High. Climb Creag Each, but do not climb Creag Ruadh, just continue on the track to St Fillans.

Distance: 14km Ascent: 700m Time: 6hrs

Low	Glen Tarken	OS51
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Start as the High and Intermediate, but do not climb the hills. Walk on a big loop round the head of the glen and back to St Fillans.

Distance: 13km Ascent: 400m Time: 6hrs

Start: Everybody off together
Pick-up: Everybody at the Achray House Hotel

Sunday 7th February 2010

Dalwhinnie

High

Dirc Mhor and The Fara 911m (598844)

OS42

Start on the A889 road at 636863, N of Dalwhinnie. Head W on a track past Allt-an-t-Sluic for approx 4Km then go SW following a stream to an unusual narrow defile 'Dirc Mhor'*. Go through this gorge, still heading SW and look for the exit to the left after approx 1.5Km. Turn SE on to Meall Liath and head directly for the summit of The Fara at 598844. Descend SE following an old drystone dyke to a fire break in the forest and the track beside Loch Ericht. Walk back to Dalwhinnie and make for 'The Inn on Loch Ericht' for refreshment.

Distance: 14km Ascent: 700m Time: 5h 30 min

Intermediate

Meall nan Eagan 658m (597875)

OS42

Start at 636876 on the A889 road and walk in to the forest on a track initially going NW, but turns W. On leaving the forest, turn SW to reach a col between Meall nan Eagan and Carn na Ceandich. Continue SW to a flat area at 607876 then ascend W up to the summit of Meall nan Eagan which has a small cairn and some old fence posts. Descend SW for 1Km then S to 'Dirc Mhor'*. Explore this gorge, then return to the entrance and head NE to meet the track which runs E beside the Allt-an-t-Sluic to the A889 road. Walk to Dalwhinnie beside the road to 'The Inn on Loch Ericht'.

Distance: 14km Ascent: 500m Time: 5h 30 min

Meall nan Eagan is also a listed Graham.

Low

Loch Ericht

OS42

From the road to the Railway Station in Dalwhinnie go S to the level crossing and cross the railway. Walk SW on the track beside Loch Ericht, possibly as far as Ben Alder Lodge. Return by the same route and make for 'The Inn'

Distance: 18km Ascent: 200m Time: 5h 30min

Start: Low then High, then Intermediate.

Pick-up: All together.

***Note** – At this time of year the 'Dirc Mhor' could be filled with snow. The high group should avoid it on the E side and the intermediate can just explore the entrance.

Sunday 7th March 2010

Crianlarich Area

High

Ben Challum 1025m (386322)

OS50

From the A82 road at 357281, walk NE to Kirkton Farm, then NW to the remains of St Fillans Priory. From the priory take the track uphill and cross the railway at a small level crossing. Now head NE towards flatter ground of Creag Loisgte. Continue NE over a slight knoll, then uphill towards the S top where there is a small cairn. From the cairn, descend steeply W to cross a little hollow and climb to the proper summit ridge. A slight descent N then a steeper climb leads to the large summit cairn. Descend by the outward route as far as Creag Loisgte, but then head SW for a track at 370286. Follow this track SE to Inverhaggernie and then back to the main A82 road for pick up. (If time allows, it may be possible to walk beside the main road to Crianlarich and collection at the 'Rod and Reel').

Distance: 14km Ascent: 900m Time: 6hrs

Intermediate

Ben Challum 1025m (386322)

OS50

Same route as the high to Ben Challum. On descent, return directly to Kirkton Farm then across the bridge to the pick up point beside the A82

Distance: 11km Ascent: 900m Time: 6hrs

Low

Tyndrum to Crianlarich

OS50

Start at Tyndrum, at the road signposted for Lower Tyndrum Station. Just before the Station the West Highland Way crosses the road. Head SE on the WHW to Crianlarich. This passes Dalrigh, Kirkton Farm, Ewich and through the woods to Crianlarich. Leave the WHW in Crianlarich and walk a short way on the A85 to the 'Rod and Reel' which is the pick up point.

Distance: 11Km Ascent: 300m Time: 6hrs

Start: High and Intermediate, then Low

Pick-up: Intermediate, then High and Low

Sunday 11th April 2010	Bridge of Orchy	OS50
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High	Beinn Dorain 1076m (325378) Beinn Dothaidh 1004m (332408)	OS50
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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

Intermediate	Beinn Dorain 1076m (325378)	OS50
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As the High 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

Low	Tyndrum to Bridge of Orchy	OS50
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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: 5hrs

Start: Low, then Intermediate and High together.
Pick up: All together

Sunday 9th May 2010

Loch Laggan

High

**Beinn a' Chaorainn 1052m (386851)
Beinn Teallach 915m (362860)**

OS41

Start at Roughburn on the A86. Take the forest road going NW to a junction with another road. Turn W for approx. 200m then go N up a firebreak to a gate in the fence. Continue N until clear of Meall Clachaig, then climb more steeply NE to the S top of Beinn a' Chaorainn. Now head N along the ridge to the true summit. To continue to Beinn Teallach, follow the ridge to the N top then Descend NNW to the head of the glen where there is a cairn marked on the map. Climb W to reach the ridge leading to Beinn Teallach. From the summit go down the S ridge and cross the Allt a' Chaorainn to the forest track and the outward route.

Distance: 16km Ascent: 1150m Time: 6h 30m

Intermediate

**1. Beinn a' Chaorainn 1052m (386851)
Or 2. Beinn Teallach 915m (362860)**

OS41

1. Same as the High to Beinn a' Chaorainn and return by the outward route.
Or
2. Start as the High, but continue W on the forest track to cross the Allt a' Chaorainn and take the path on the W side of the river to the S ridge of Beinn Teallach. Climb N on this ridge, enjoy the views from the summit then return by the route of ascent.

Distance: 12km Ascent: 800m/700m Time: 6hrs

Low

Loch Laggan

OS42

Start on the A86 at 539897 and follow a track towards the beach at the NE end of Loch Laggan. Continue on the track on the S side of Loch Laggan, passing close to Ardverikie. At the SW end of the Loch the track heads in to a small wood, then on exit from the wood take the R fork towards the main road at 433830. Wait here for the bus.

Distance: 17km Ascent: 320m Time: 6hrs

Start: Low then Intermediate and High.
Pick-up: Intermediate and High then Low

Note: Saturday Walk & 2nd Saturday after Club Meet (8th June)

Saturday 19th June 2010

Glen Coe

High

**Meall Dearg 953m (161584)
Sgorr nam Fiannaidh 967m (141583)**

OS41

Start on the A82 at 175566, the normal starting point for 'The Aonach Eagach'. Climb steeply N, then W up to the first top of Am Bodach. Continue W along the ridge to Meall Dearg and Sgorr nam Fiannaidh. Note – in places this is a difficult scramble and very exposed with no escape route off the ridge. Once at the final Munro of Sgorr nam Fiannaidh descend WSW, then NW towards the col below the Pap of Glencoe. If time allows, climb the Pap, but return to the col and descend SW to the minor road which leads to Glencoe village.

Distance: 8km Ascent: 1000m Time: 7h 30min

Intermediate

**The Pap of Glencoe 742m (125594)
Sgorr nam Fiannaidh 967m (141583)**

OS41

Start in Glencoe village and walk SE along the minor road for approx. 1km to a farm track at 111586. Climb this track and take the R fork across a burn, which subsequently crosses another burn before reducing to a path going up the SE side of the obvious gully leading to the col between the Pap of Glencoe and Sgorr nam Fiannaidh. Now head SE for approx 1km, then ENE up the ridge to Sgorr nam Fiannaidh. Return to the col then climb up some rough blocks to the summit of The Pap. Again, return to the col and descend by the route of ascent. (This will also be the high group's descent route).

Distance: 10km Ascent: 1150m Time: 7h 30min

Low

Kingshouse Hotel to Kinlochleven

OS41

Start on the A82 road near the Kingshouse Hotel. Follow the West Highland Way, climbing 'The Devil's Staircase', en-route to Kinlochleven. Make for 'The Ice Factory' where you should have time for a drink before the bus picks you up.

Distance: 15km Ascent: 450m Time: 6hrs

Start: Low, then High, then Intermediate.

Pick-up: Low then High and Intermediate.

Note: This is a long day and we will be stopping at Tyndrum for 1 hour for refreshments, arriving back in Glenrothes at 10.30pm approx.

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

Ascent 150m

2. Part of the Southern Upland Way OS73

The bus would drop us off from the A708, just N of St Marys Loch at 273244. Follow the Southern Upland Way (which goes to a maximum height of 476m) all the way to Innerleithen. There is a pub close to the junction with the A72 at 330365. That will be the pick up point.

Distance: 16Km

Ascent: 450m