



GLENROTHES HILLWALKERS CLUB

WALKING PROGRAMME – JANUARY to JUNE 2012

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
- 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 500m
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.



Sunday January 15th 2012

Borders St.Cuthberts Way



A Eildon Mid Hill 422m Maps OS 73 and 74

Eildon North Hill 404m

Eildon South Top 371m

Start at Maxton 613301 on A699. Walk 300m up minor road then pick up St Cuthberts Way and follow path with River Tweed to right. Continue crossing B6404 turning left at church and walking through St Boswells before picking up riverside path again which continues on to Newtown of St Boswells. Walk west with Bowden Burn on right passing Whitelee, Maxpoffle, and Bowden now travelling North to pick up hill path at 554314. Climb through woodland taking first path left then left again for South Top. Retrace route to main path then walk North for 200m taking path right at V junction then on right again to visit Fort on Eildon North Hill. Again retrace route to main path continue for 70m then take path on left for Eildon Mid Hill. Rejoin path and retrace back to v junction taking path north down steps to Melrose.

Distance 18km Ascent 670m Time 6hrs Main route all follows St Cuthberts Way with detours to access hills.

B Eildon Mid Hill 422m Maps OS 73 and 74

Start at Maxton 613301 on A699. Walk 300m up minor road then pick up St Cuthberts Way and follow path with River Tweed to right. Continue crossing B6404 turning left at church and walking through St Boswells before picking up riverside path again which continues on to Newtown of St Boswells. Walk west with Bowden Burn on right passing Whitelee, Maxpoffle, and Bowden now travelling North to pick up hill path at 554314. Climb through woodland taking path left at junction then left again to Eildon Mid Hill. Retrace route to path junction then head North downhill to steps leading down to Melrose.

Distance 15km Ascent 550m Time 5hr 30min

C St Cuthberts Way Maps OS 73 and 74

Start at Maxton 613301 on A699. Walk 300m up minor road then pick up St Cuthberts Way and follow path with River Tweed to right. Continue crossing B6404 turning left at church and walking through St Boswells before picking up riverside path again which continues on to Newtown of St Boswells. Walk west with Bowden Burn on right passing Whitelee, Maxpoffle, and Bowden now travelling North to pick up hill path at 554314. Climb through woodland and follow St Cuthberts Way path north through hills towards Dingleton to meet with B6359 at 547338 and continue into Melrose.

Distance 15km Ascent 380m Time 6hrs

Travel Arrangements all together Pick up all together

All will finish in Melrose with opportunities for refreshments.



Sunday 12th February 2012



Ochils

A Ochils Traverse Ben Cleuch Maps OS 58

Harveys Ochil Hills

Start at Myretoun taking zig zag path N then E onto Myretoun hill. Continue E to pick up ridge leading N to Colsanaur hill and Blairdenon Hill. Walk E then SE to top of track 889010 then E to Ben Cleuch and Andrew Gannel Hill. Follow ridge descending E then ascending NW ridge of Kings Seat. Follow path down over Bank Hill 346 down to Castle Campbell and walk down Dollar Glen to town Centre pick up.

Distance 17.5km Ascent 1000m Time 7hrs

B Shorter Traverse Ben Ever 622m Ben Cleuch 721m Maps OS 58

Harveys Ochil Hills

Start at Alva taking path E from Alva Glen to link up with zig zag path heading due N. At junction 889979 take right path leading up to Ben Ever. From there follow path descending then climbing onto Ben Cleuch. From Ben Cleuch continue E over Andrew Gannel Hill. Follow ridge descending E then ascending NW ridge of Kings Seat. Follow path down over Bank Hill 346 down to Castle Campbell and walk down Dollar Glen to town Centre pick up.

Distance 14km Ascent 770mm Time 6hrs 30min

C Myretoun to Dollar OS 58

Start at Myretoun and follow minor road E to Alva. At Burnside take path NE leading to Woodland park and follow Hillfoots trail along to Tillicoultry. At end of town take road S then pick up paths and minor roads leading you along past Harviestoun Home Farm and Dollarbank. Continue to Dollar arriving at foot of Dollar Glen. If time allows walk up Glen to Castle Campbell. (all others descending this way)

Distance 13km Ascent 340m Time 6hrs

Travel Arrangements A and C then B Pick up all in Dollar.

All refreshments in Dollar??? All groups if weather conditions difficult or time short groups can descend to Tillicoultry



Sunday 11th March 2012



Drumochter

A Geal Charn 917m A Mharconaich Maps OS 42
Beinn Udlamain 1011m Sgairneach Mhor 991m

Start at Balsporran Cottages off A9. Follow track to cross burn then head WSW up ridge of Geal Charn to summit. Descend S to head of Coire Fhar at 740m. From there ascend SSE then E to flat plateau of A Mharconaich then NE to summit. Descend back down from plateau then follow ridge S to head of Fraoch Coire. Follow ridge up first S then W and S again to summit of Udlamain. Descend S for 1km to bealach at head of Coire Dhomhain then climb E up broad ridge to Sgairneach Mhor. Descend NE to bealach 730m then head N crossing Allt Coire Dhomhain to reach track leading E to A9 and pick up.

Distance 19km Ascent 1110m Time 7hrs

B Beinn Udlamain 1011m Maps OS 42
Sgairneach Mhor 991m

Start at 632755 from where you can access track leading up Coire Dhomhain. Walk W up track to 600747 and keeping stream on right climb to bealach at head of Fraoch Coire. Follow ridge up first S then W and S again to summit of Udlamain. Descend S for 1km to bealach at head of Coire Dhomhain then climb E up broad ridge to Sgairneach Mhor. Descend NE to bealach 730m then head N crossing Allt Coire Dhomhain to reach track leading E to A9 and pick up.

Distance 14.5km Ascent 770m Time 6hrs.30min

C Along Loch Garry to Duinish Maps OS 42

Start off A9 at Dalnaspidal. Take track SW along Loch Garry passing waterfall at loch head. Continue on smaller path crossing Allt Shallain and walk to Duinish. If time allows, you can continue further. Return by outward route.

Distance 16km Ascent 280m Time 6.30hrs

Travel Arrangements First off C then B and A . Pick up A and B then C



Sunday 8th April 2012



Arrochar

A Stob Coire Creagach (Binnein an Fhidhleir) 817m Maps OS 56

Start at Butterbridge on A83 and follow track NNE up Glen Kinglas for 4.5km then ascend end of ridge up to top at 596m. Follow ridge SW over top at 748m then 817m and continue W over Binnein an Fhidhleir 811m. Descend down W ridge to mast path and then pick up at Cairndow Hotel.

Distance 14km Ascent 830m Time 5hrs 30min

B Stob Coire Creagach (Binnein an Fhidhleir) 817m Maps OS 56

Start near Cairndow hotel on A83 at approx 181106. Take to ridge of hill travelling E to summit of Binnein an Fhidhleir. Continue to Creag Bhrosgan 771m and top at 817m then return by same route to Cairndow Hotel.

Distance 10km Ascent 990m Time 6hrs 30min

C Glen Fyne to waterfalls OS 56

Start off A83 at bend in road 195126. Take minor road NW past Achadunan to weir. Continue to Glenfyne Lodge crossing river at next weirs to gain track leading to waterfalls. Return by same route. If making good time could extend walk to reservoir or could return down other side of river after first weir passing gravel pit and power station.

Distance 14km Ascent 300m Time 6hrs

Travel Arrangements First off C then A and B . Pick up C and A then B

Refreshments at Cairndow Hotel if time allows.



*****NB***** Sunday 13th May 2012 *****NB*****



Glen Orchy

A Beinn Mhanach 953 Maps OS 50

Beinn Achaladair 1038

Start at Achallader off A82 322442. Head S on track crossing West highland Railway by footbridge then follow path up Coire Achladair to bealach at its head. Contour round foot of Beinn Achaladair heading NE for bealach at 354418. Now continue SE aiming for bealach between Beinn Mhanach and Beinn Chuirn. Climb E for Beinn Mhanach returning to bealach then head N and climb to Bealach Aoghlain at 813m. Head W over first top 1036m to Beinn Achaladair summit then follow curving ridge S to bealach at head of Coire Achaladair and return by outward route.

Distance 19km Ascent 1515m Time 7hrs 30min

B Achaladair 1038m Maps OS 50

Start at Achallader off A82 322442. Head S on track crossing West highland Railway by footbridge then follow path up Coire Achladair to bealach at its head. Then follow ridge curving N to summit of Beinn Achaladair returning by same route.

Distance 13.5km Ascent 1105m Time 7hrs.30min

C Crianlarich to Bridge of Orchy Maps OS 50

Start at Crianlarich. Walk S up A82 to find path opposite station leading into woods. Walk 800m along this path to meet West Highland Way. Continue on WH Way through woodland crossing A82 to Kirkton Farm before recrossing road to Dalrigh. Follow WHWay to Tyndrum then cross A82 again and follow old military road passing through Auch to Bridge of Orchy.

Distance 20km Ascent 500m Time 7.30hrs

Travel Arrangements First off C then B and A . Pick up A and B then C



*****NB***** **SATURDAY 9th June 2012** *****NB*****



Glen Coe

A + Buachaille Etive Mor by Curved Ridge **Maps OS 41**

If dry

Stob Dearg 1022m (223543)

Harveys Glencoe

Competent scramblers

Stob Na Broige 955m (191525)

Start at (222563) on A82 and follow path past Lagangarbh Hut. Take left path at fork travelling SE and contouring round hill base to reach Curved Ridge access point at (238546) Turn S/SW until track splits. Turn right for Curved Ridge. Scramble on to the start of the ridge (228540) approx. Follow the line of the ridge NW to top out with Crowberry Tower on the right. Take path that goes behind Crowberry Tower and from there scramble to summit. From Stob Dearg go SW to Stob Na Doire 1011m, W to Stob Coire Altium and SW onto second Munro Stob Na Broige. Turn back NE past Stob Coire Alrium to pick up path down at (201529) and follow path N to Lairig Gartain and then NE to pick up point at (213560)

Distance 12k Ascent 950m Time 7.30hrs

A / B Buachaille Etive Mor **Maps OS 41**

Stob Dearg 1022m (223543)

Stob Na Broige 955 (191525)

Start at (222563) on A82 and follow path past Lagangarbh Hut. Take right path at fork up to Coire Na Tulaich onto Bealach (216542) then walk E onto Stob Dearg. Thereafter follow same route as A.

To avoid scramble walkers could follow low path up Lairig Gartain to access Stob Na Broige missing out the steep terrain of Buichaille Etive Mor.

Distance 12.5k Ascent 960m Time 7.30hrs

C Loch Tulla to Kingshouse

Start Tulla Cottage (314447) and take path SW along N side of Loch Tulla to Victoria Bridge. Turn right onto West Highland Way and walk through Blackmount past Blackrock Cottage across A82 to Kingshouse Hotel for pick up.

Distance 18k Ascent 960m Time 7.30hrs

Travel Arrangements First off C then A and B . Pick up A and B then C