



GLENROTHES HILLWALKERS CLUB

WALKING PROGRAMME – JULY TO DECEMBER 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 at a slower pace, sometimes one 'Munro'
- 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

<u>Grade of Walk</u>	<u>Average Pace km/hr</u>	<u>Ascent Factor</u>
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.

High	Carn an Tuirc 1019m (174804) Tolmount 958m (210800) Tom Buidhe 957m (214788) Cairn of Claise 1064m (185789) Glas Maol 1068m (166765)	OS43/44
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Start from the A93 road, N of the Ski Centre at 148800 and descend a short way to cross the Cairnwell Burn by a bridge. Follow a path heading E, crossing a burn in approx. 1km then climb the steep heather and grassy hillside to the stony summit of Carn an Tuirc. Continue E for 800m, then SE for approx 500m and E again for 2.5km, skirting round the headwall of Glen Callater (tricky navigation in mist) to the slabby summit of Tolmount. Now go SW to Ca Whims, then E to Tom Buidhe. Return W over Ca Whims, then an easy slope in 2km leads to Cairn of Claise. From here a path goes SW to reach a watershed between Garbh Choire and Caenlochan Glen. Continue S to the summit of Glas Maol. Leave in a NW direction over Meall Odhar and down a track to the Ski Centre, which is the pick up point.

Distance: 20km Ascent: 1050m Time: 7hrs

Intermediate	Carn an Tuirc 1019m (174804) Tolmount 958m (210800) Tom Buidhe 957m (214788) Cairn of Claise 1064m (185789)	OS43/44
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Route as the High, but at the watershed between Garbh Choire and Caenlochan Glen (170778) go NW down the ridge towards Sron na Gaoithe and continue quite steeply downhill to the starting point.

Distance: 18km Ascent: 900m Time: 7 Hrs

Low	Braemar	OS43
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Start at Invercauld Bridge, 188910. Walk N past Keiloch and follow the estate road NW, passing Invercauld House to a junction at 172927. Fork L here then after 200m another L towards Balnagower Cottage. Continue on the forest track now heading SW, passing Allanmore to a fork in the track at 120914. Go R towards 'The Punch Bowl' and cross The Quoich water here. Follow the track SW, crossing the road from the Linn of Dee, continue on another forest track to Victoria Bridge. Now walk E on the road for approx 2km, then at a parking spot (119898) go uphill on another track, in the trees, towards a Nature reserve and a viewpoint over Braemar at (142904). Walk N in to Braemar and find the bus near 'The Fyfe Arms Hotel'.

Distance: 17km Ascent: 350m Time: 6.5h

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

High	Beinn a Chaorainn 1082m (045013) Beinn Bhreac 931m (058971)	OS36
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Start at the Linn of Dee car park (064898), head N through the trees to the main track to Derry Lodge. From there, take the restored path up the E side of Glen Derry for 7km to the summit of the Lairig an Laoigh. Now head steeply E for approx. 400m, then NE up the ridge to Beinn a' Chaorainn. Leave the summit due S for 1 km, then head SE to the Moine Bhealaidh. Sticking to the highest ground, continue S to Beinn Bhreac, a fairly rounded stony Munro. Now head SSW then W towards the trees and the path in Glen Derry. Return to Derry Lodge and the track back to the Linn of Dee.

Distance: 28km Ascent: 850m Time: 8h

Intermediate 1.	Beinn Bhreac 931m (058971)	OS36
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Start as the High but, once on the path up the E side of Glen Derry, approx. 2km from Derry Lodge head NE uphill through some trees and heather to the col between Meall an Lundain and Beinn Bhreac. Continue NNE on to a broad ridge leading to the summit. Return to the col at 055958, then climb SE to Meall an Lundain. Descend S to a path heading SW back to the track to Linn of Dee.

Distance: 19km Ascent: 700m Time: 7.5h

Intermediate 2.	Carn a' Mhaim 1037m (994952)	OS36
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Start as the High as far as Derry Lodge. Cross by the bridge to the N side of the Luibeg Burn and turn W along a path to join a track to Luibeg Bridge. Continue on the path for approx 0.5km then climb NW, quite steeply at first, and on to the summit. There are two tops, the NW one is the true summit. Return by the outward route.

Distance: 23km Ascent: 700m Time: 8h

Low	Linn of Dee Circular	OS36/43
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Start as the High as far as Derry Lodge. Cross by the bridge to the N side of the Luibeg Burn and turn W along a path to join a track to Luibeg Bridge. Continue on the path for approx 3km and at 992942 go W, downhill to join a path heading S to White Bridge. From here a track goes E to Linn of Dee.

Distance: 19km Ascent: 300m Time: 7.5h

Start: All together
Pick up: All together.

High

Ben Oss 1029m (288253)
Ben Dubhcraig 978m (308255)

OS50

From Dalrigh (just off the A82) take a track S, crossing the river Fillan, then W to a bridge over the railway. Just beyond this bridge, leave the track and cross a footbridge over the Allt Coire Dubhcraig. A rough path on the NW side of this burn goes through the trees and crosses three fences, but eventually reaches the open hillside. Continue into the grassy corrie, bearing S on to the steeper ground towards the summit of Ben Dubhcraig. Leave the summit on the NW ridge passing a small lochan and descend more steeply down to the col below Ben Oss. Climb SW on the ridge to Ben Oss. Return to the col, but do not descend from here. Climb back up to the small lochan at 303258 then descend more easily in to Coire Dubhcraig, where the outward route can be joined back to Dalrigh. If time allows, walk NW on the W. Highland Way to Tyndrum and 'The Real Food Café'.

Distance: 12km Ascent: 1150m Time: 6.5h

Intermediate

Beinn Chuirn 880m (281292)

OS 50

From Dalrigh (just off the A82) follow part of the W Highland Way on the N side of the river Cononish, but at 336290 head W in to the forest. Continue under the railway to 0.5Km past Cononish then keeping S of the Eas Anie waterfall, bear NW on the grassy hillside climbing steadily to the summit. Return by the same route as far as the forest junction at 315286 then walk NE to Tyndrum and 'The Real Food Café'.

Distance: 14km Ascent: 800m Time: 6h

Low

Auch Gleann to Tyndrum

OS50

Start on the A82 at 316355. Walk past Auch farm and under the railway in to the Auch Gleann as far as the ruin of Ais-an t-sidhean (the Gaelic poet, Duncan Ban MacIntyre lived here). Return SW down the glen to where the West Highland Way crosses the track at 327357. Now walk S on the WHW to Tyndrum where the bus will be.

Distance: 16km Ascent: 300m Time: 6h

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

High**Beinn Chabhair 933m (368179)****OS56**

Start at 319188 on the A82. Cross the bridge and follow the path past Beinglas Farm, climbing steeply above the falls of the Ben Glas Burn. Continue E on the N side of the burn until Lochan Beinn Chabhair. Now climb NE on to the ridge W of Meall nan Tarmachan, then follow an intermittent path ESE to the two tops of Beinn Chabair. Return by the outward route. If back in good time, a visit to 'The Drovers Inn', which is a few hundred metres S of the starting point, can be made.

Note- This hill can be quite challenging in poor weather.

Distance: 12km Ascent: 930m Time: 6 h

Intermediate**Meall an Fhudair 764m (271192)****OS56**

Start on the A82 road (319198) opposite Glen Falloch farm. Take the hydro road heading NW which crosses the railway then turns SW. At approx 308196, take to the hillside, heading W to Troisgeach. The summit of Meall an Fhudair is another 2km further W over quite rough ground. Return on the outward route to your starting and pick-up point.

Distance: 12km Ascent: 800m Time: 6.5h

Low**Gleann nan Caorann****OS 56**

Start as the intermediate group as far as the junction of tracks at 309196. At this point turn right and head initially NE then NW in to the Gleann. Walk on the track as far as time allows and return by the same route. If back in good time, walk S beside the main road to 'The Drovers Inn'. An interesting hostelry, not to be missed.

Distance: 14km Ascent: 280m Time: 6h

Start: Low and Intermediate together, then High

Pick up: Low and Intermediate, then High.

High**Hudderstone****OS72**

Start just S of Lamington at 978307. Take a tarmac road heading towards Baitlaws and Bleakfield. Continue on a path heading SE, climbing to Easkgill Rig then Hardrig, then Whitelaw Brae. Continue SE for 0.5km, then at Duncangill Head turn NE over Windgate Bank to Hudderstone, the highest point of the walk. Now walk initially NW for approx 0.6km then go NE to Woodycleuch Dod. Continue N to Ward Law and down to the road at Windgill. At this point, either walk back the road to Coulter or cross the Cow Gill burn and climb N to a path heading NE. Contour round to Snaip Hill then N to the minor road to Coulter. The pub near the phone box is the pick up point.

Distance: 13km Ascent: 850m Time: 5h

Intermediate**Tinto Hill 748m (052291)****OS72**

From Castledykes (964316) on the A73 walk on the minor roads to Wiston. From there, a path beside some trees heads N towards Pap Craig then zig-zags to the summit of Tinto. This is a very fine viewpoint on a clear day. If the weather is poor, continue N over Totherin Hill, then NW towards the minor road. Cross the road on to a track in the woods to Eastend. Follow the track N past Bowhouse to the Carmichael Estate visitor centre at 948388. The bus will be here at the pick up point. (only 9km, 550m ascent). If good weather, go W to Lochlylock Hill, then at Howgate Mouth, turn N to a track to Lochlylock Reservoir. From there the minor road can take you to the track in the woods to Eastend, then the visitor centre.

Distance: 14km Ascent 600m Time: 5h

Note – another option for leaving Tinto is to head E over Scaut Hill then make for Coulter via minor roads or the old railway track at Symington Mill. However, be aware that the River Clyde can only be crossed at road bridges.

Low**Lamington to Coulter****OS72**

Start just S of Lamington at 978307. Take the tarmac road towards Baitlaws, but just before an ornate gateway there is another gate on the left to take you down to a footbridge over the Lamington Burn. Now continue on the road to Culter Allers Farm. Go through the farm yard heading NNE in to the trees then out to the site of an ancient fort at 035322. Continue NNE to Nisbet, then head E along a track to Cow Castle fort and settlement at 043332 and also White Hill at 055338, if time allows. Return to Nisbet then walk on the minor road to Coulter where the pub is open. This is the pick up point.

Distance: 13km Ascent: 400m Time: 5.5h

Start: Low, then Intermediate and High.

Pick-up: All together.

High**Meall an t-Seallaidh 852m (542234)
Creag MacRanaich 809m (546256)****OS51**

Start on the A85 2km south of Lochearnhead. Walk up the road to Edinchip until you meet the disused railway track. Continue NE and at the bridge across the track climb up the embankment and follow the estate track in to Glen Kendrum. At approx 555243 (track not shown on the map) head SW directly up the slopes to the summit of Meall an t-Seallaidh. Leave the summit in a NNW direction to Cam Chreag then just beyond this, go NE to the bealach below Creag MacRanaich. Now climb steeply NE between some crags to the summit. Descend N for 2.5km then turn E, following the edge of the forest to the Glenogle cottages. The pick up point is across the road at the car park.

Distance: 13km Ascent: 900m Time: 6h

Intermediate**Creag MacRanaich 809m (546256)****OS51**

Start on the A85 2km south of Lochearnhead. Walk up the road to Edinchip until you meet the disused railway track. Continue NE and at the bridge across the track climb up the embankment and follow the estate track in to Glen Kendrum. Follow this to the bealach below Creag MacRanaich. Now climb steeply NE between some crags to the summit. Descend N for 2.5km then turn E, following the edge of the forest to the Glenogle cottages. The pick up point is across the road at the car park.

Distance: 10.5km Ascent: 700m Time: 5h 30min

Low**Edinchip to Glenogle****OS51**

Start on the A85 2km south of Lochearnhead. Walk up the road to Edinchip until you meet the disused railway track. Continue NE and at the bridge across the track climb up the embankment and follow the estate track in to Glen Kendrum. Follow this to the bealach below Creag MacRanaich. Continue in to Glean Dubh and on entering the forest, take the right hand track and follow it to Glenogle cottages. Pick up point as above.

Distance: 14km Ascent: 450m Time: 6h

Start: All together
Pick up: All together.

Preview for Jan 11 to June 11

January – Open to suggestions

February – Hill of Wirren, Edzell area

March – An Socach up the Baddoch Burn

April – Meall Ghlas, Sgiath Chuill

May – Creag Pitridh, Geal Charn

June – Braeriach, Cairngorm and tops.