



GLENROTHES HILLWALKERS CLUB

WALKING PROGRAMME July-Dec 2020

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 12th July

Ben Lawers

OS51

Walk A

Meal Corranaich GR615410 & Meall a' Choire Leith GR612439

OS51

Starting from the NTS car park GR609379 take the path heading NE towards Bheinn Ghlas and just past the shielings where the path splits GR616393(1hr) turn N towards the bealach between Beinn Ghlass & Meall Corranaich(1hr) You now climb the E slopes of Meall Corranaich & your first Munro (50mins)

You now walk N down an easy angled ridge which after about 1km splits, go down the N ridge on the E side of Coire Gorm & on the W side of the Crags of Coire Liath, the path swings NW then N again to Meall a' Choire Leith(1hr 20mins)

To return to the starting point descend SW, cross the stream in Coire Gorm then the Allt Gleann Da-Eig, you are heading for the prominent cairn GR594417, this ground can be very boggy so pick the best possible route(1hr). You now have a 4.5km road walk along Lochan Na Lairige to the NTS car park(1hr)

15km & 900mts climbing Approx 6.5hrs

Walk B

Bheinn Ghlass GR626404 & Ben Lawers GR636414

OS51

Start from the NTS car park GR609379 taking the path heading NE towards the shielings (1hr), you now climb the SW slopes of Beinn Ghlass, a nice gradual easy climb(1hr 40 mins) it is now a lovely ridge walk along to Ben Lawers (1hr) This is the highest mountain in the Southern Highlands. To return to the starting point retrace your steps to the bealach and look for a narrow path on your right that leads in to Coire Odhar, on a good day this will give you fantastic views along Loch Tay towards Killin.(1hr 20mins)

10km & 900mts climbing Approx 6hrs

Walk C

Kenmore-Acharn-Aberfeldy via Rob Roy Way

OS52

From Kenmore walk along the road on the S side of Loch Tay to Acharn GR755438(45mins), cross the Acharn burn, turn left up to the falls of Acharn(40mins) a great place to stop for a break. You now pick up the RRW as it heads E towards Aberfeldy, when you reach Tombuie Cottage GR790447(1hr 40mins) there is now a high/low route towards the Birks of Aberfeldy, the paths converging at GR850475(3hrs), there is no significant diff in time/distance, a decision can be made on the day.

Cross the single track road to the Birks and follow the path down the side of the burn and in to Aberfeldy, the pick up at the Black watch pub

19km & 550mts climbing Approx 7.5hrs

Drop off C first then A&B
Pick up A&B then C

Mini Bus & Cars only

Sun 9th Aug

Cairngorms

OS36

Walk A

Bynack More GR042063

Start at the Reindeer Centre GR978098 and take the road heading E past Glenmore Lodge then swings NE to Lochan Uaine(The Green Lochan) 50mins. Just past the Lochan the path splits GR003111, take the right fork and on to the bridge over the River Nethy 1hr. The track now climbs steadily SE until GR039087 where the track splits again 1hr 30mins. You are now heading S and quite steeply for about 1km to the summit of Bynack More 1hr 20mins. Return by the outward route, Bynack More to bridge 1hr 10mins, then bridge to Reindeer Centre 1hr 30mins, take time to visit the Green Lochan a gorgeous spot.

22km & 950mts climbing Approx 8hrs

Walk B

Cairn Gorm GR005040 & Cairn Lochan GR985026

OS36

Start from the ski centre car park GR990060 take the path that heads SE to Sron an Aonaich then S to the Ptarmigan Restaurant 1hr 40mins & still heading S to Cairn Gorm 50mins Walking W follow the rim of Choire Chais & Coire an Sneachda, past spot height 1176 to Cairn Lochan 1hr 20mins. Keep following the rim of the coire before dropping down to spot height 1083 30mins. From here climb NW to Lurcher's Crag GR970034 40mins. After Lurchers Crag go down the ridge N and NE then pick up the path coming from the Chalamain Gap(do not go into the Gap) keep following this path back to the Sugar Bowl car park GR985074 and the pick up point 1hr 10mins

14km & 950mts climbing Approx 7hrs

Walk C

Loch an Eilein GR898088 to Loch Morlich GR955098

OS36

Start at minor road opposite the visitor centre at Inverdrue GR903108, walking SE towards Blackpark GR905099, keeping right at the junction past Croft and the car park for Loch an Eilein reaching the loch after approx 1hr.

Follow the path on the W side of the loch reaching Loch Gamma 50mins. Follow the path around this loch then along the E side of Loch an Eilein to GR905078, turn right here and walk on the track to another junction GR916079, there's a signpost here for Loch Morlich 1hr 40mins. Follow this path E to the Cairngorm Footbridge GR928079 20mins. This path follows through the forest for approx 3km until it meets the path coming from Rothiemurchus Lodge GR938075 50mins. The track now heads NE to the W end of Loch Morlich 1hr 40mins. Turn right and follow the path at the side of the loch to the Reindeer Centre and the pick up point 1hr

18km & 300mts climbing Approx 6.5hrs

There's plenty of time on this walk to enjoy the scenery around the 3 lochs

Start C then A & B
Pick up B then A & C

Sunday 6th Sept

Glen Esk

OS44

Walk A & B

Mount Keen GR409869

From the car park GR448804 walk W along the road for a short distance and before crossing the bridge take the track on your right heading up Glen Mark and on to the Queen's Well GR420829(1hr 15mins) you now turn N passing Glenmark Cottage, climbing up the W side of the Ladder Burn to the High Point of Knowe of Crippely(1hr 50mins), take the path on the right and it is now a steady climb to the bouldery summit of Mount Keen, Scotland's most easterly Munro(1hr 10mins) hopefully fantastic views of Deeside
To return to the car park retrace your outward route, from the top to Glenmark Cottage(1hr 10mins), Cottage to car park(1hr 10mins)

18km & 720mts climbing Approx 7.5hrs

This walk is timed at B pace

Walk C

Falls of Unich GR387803 & Falls of Damff GR385792

OS44

Start from the car park GR448804 and walk along the minor road heading W past the castle and church and along the N side of Loch Lee to Glenlee GR411797(1hr 10mins) The track now swings around to the right heading in to Glen Lee, at GR395805 take the path going W across the Water of Lee and after approx 1km you will be at the gorgeous waterfall : Falls of Unich(1hr) There is now a steep rocky path up to the Falls of Damff(1hr 10mins)
You can return to the car park by the outward route or cross the burn by the bridge GR385790 then head SE to the gap between the crags and follow the track NE down the Shank of Ingrundle to Inchgrundle Farm, across the bridge to Glenlee and walk E along the N side of the loch and the car park.

The alternative route back adds about 30mins to the walk

15km & 450mts climbing Approx 6.5hrs

16km & 600mts climbing Approx 7hrs

Start and pick up altogether

Sunday 11th Oct

Moffat

OS78

Walk A

Hart Fell GR114136 & Swatte Fell GR118114

Starting from the A701 road layby at GR057126 take the forest track then the ridge path N to Annanhead Hill overlooking the Devil's Beef Tub. Now follow the route Eastwards over Chalk Rig Edge, Spout Craig(1hr 20mins), Whitehope Heights, Whitehope Knowe, the route now swinging SE, dropping height before the steep pull up the NW slopes to Hart Fell(2hrs) Continue SE to Hartfell Craig then the 724m spot height before turning S & SW to Swatte Fell(50mins) Descend SW over Blue Cairn & Greygill Head, passing Blaebeck(1hr 10mins) before picking up the minor road and approx 2km walk back to Moffat(35mins)

20km & 770mts climbing Approx 7hrs

Walk B

Hart Fell GR114136

OS78

Same route as walk A as far as Hart Fell, Spout Craig(1hr 30mins) Hart Fell(2hrs 15mins) but descend S & SW to Arthur's Seat, keeping to the right,N,of a feature on the map known as Hart Fell Spa, joining a path leading to a minor road which heads S to Moffat(1hr 20mins) However after approx 3.5km(50mins) leave the road at GR078070 and follow the Annandale Way beside the River Annan for the short walk in to Moffat(35mins) this leads to the car park at Annan Bridge

18km & 700mts climbing Approx 7.5hrs

Walk C

Devil's Beef Tub & Annandale Way to Moffat

OS78

Same starting point as A&B and walking as far as Spout Craig GR084138(1hr 40mins) but now follow the path S descending towards Ericstane GR072110(1hr). Now walk on the minor road towards Moffat but after approx 4.5km just past Reddings, at GR078070(1hr 10mins) leave the minor road and turn right and follow the Annandale Way next to the river and to the car park at Annan Bridge(40mins)

14km & 250mts climbing Approx 5hrs

There's loads of time for the C walk to have a wander around Moffat or go just N outside Moffat for a walk around Gallow Hill

Start altogether & pick up altogether

Sun 8th Nov

Spittal of Glenshee

Walk A&B

Ghlas Tulachain GR051760

OS43

Start from the car park at the Dalmunzie Hotel 091713 take the path heading NW past Glenochsie Farm then following the old railway line to the ruins of Glenochsie Lodge GR063727(1hr 20mins) The track now heads NW & N up the broad ridge to GR048760 and as the path turns W you take the path going E to the trig point(2hrs 40mins) Return to the car park by the outward route, trig point to Glenochsie Lodge(1hr 10mins) Lodge to car park(1hr)

16km & 750mts climbing Approx 7hrs

This walk is timed at B pace

Walk C

Cateran Trail

Spittal of Glenshee-Enochdhu-Kirkmichael

OS43

From the Spittal we follow the Cateran Trail SW to Enochdhu then SE to Kirkmichael, I think this is one of the best sections of the Trail. This is an easy going walk with most of the climbing done at the beginning.

From the Spittal climb over the stile and take the path heading SW up towards An Lairig GR095685(1hr 40mins) You now descend towards the bothy GR083674(30mins) a lovely spot to have a break. Still heading SW you enter Calamanach Wood(30mins) ignoring all tracks heading right and left keep walking until you reach the village of Enochdhu(1hr) Just after the bothy there's a track which goes off to the left which loops around and meets up with the trail again at GR073644, this adds about 30mins to the walk, a decision can be made on the day. From Enochdhu take the minor road over the River Ardle turn left and follow the Trail SE to Kirkmichael approx 4.5km (1hr 20mins) The pick up will be at the Hotel.

14km & 400mts climbing Approx 5.5hrs

As there is plenty time on this walk, after crossing the bridge at Enochdhu you can make a small detour and head NW and visit the Standing Stone Field Centre

Start A&B then C
Pick up A&B then C

Due to the Covid restrictions, there will be no High Tea at the end of the November walk this year. The walk itself will hopefully go ahead.

Sun 6th Dec

John Muir Way

Altogether A&B&C

Barns Ness-Pease Bay

OS 67

Start from the car park at White Sands GR713773 you are following the coastal path past Barns Ness Lighthouse GR723773 and on to Skateraw Harbour and Torness Power Station GR745754(1hr 20mins) Keep to the coastline through Thornton Loch Caravan Park. At GR772723 you now take the minor road to the wee fishing village of Cove(1hr 50mins) It is worth making the small detour down to Cove Harbour and go through the tunnel to a very secluded beach. Return to the trail and it's a very short distance along the clifftop path before dropping down to the minor road that will take you to Pease Bay Caravan site and the pick up point.(40mins) This a typical coastal path and with weather permitting you'll get fantastic sea, beach and rugged cliff scenery.

14km & 250mts scenery Approx 5hrs

This walk is timed at C pace

Start altogether
Finish altogether

Sun 27th Dec

Xmas Walk

Findatie-Benarty Hill-Sleeping Giant

OS59

Starting at the Findatie café car park GR172992 walk along to Vane Farm and take the track behind the buildings and signposted Benarty Hill and Lochore Meadows, when you get to the highest point on the path take the faint path up a grassy slope, over a small fence, then turn right and follow the path along the ridge line known locally as the "Jackdaw Cliffs" to the trig point. The path continues WSW along to the furthest point on the ridge, spot height 327 GR143977 (this section is known as the "Sleeping Giant")
Return to Findatie Car Park by the outward route and a wee refreshment.

10km & 400mts climbing Approx 4hrs

This walk is timed at C pace

Alternative Walks

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

Broughton Heights & Tops OS72 15km & 650mts climbing 6.5hrs approx

Pentlands February Club walk that was cancelled Carlops-East Cairn Hill-West Linton

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