

GLENROTHES HILLWALKERS CLUB

WALKS PROGRAMME JAN-JUNE 2025

BUS & TRAVEL ARRANGEMENTS

The bus departs from the car park at Glenrothes Town Centre behind Boots the chemist at 7.30am prompt. To guarantee a seat on the bus, it must be booked by the Wednesday & paid for (if possible) preceding the Sunday walk.

Please note that booking a seat results in an obligation to pay irrespective of whether the individual cancels. Refunds can only be given if you arrange for someone to take your place

Buses Lindsay Macdonald e-mail buses@glenrotheshillwalkers.co.uk mobile no. 07926162401
Walks George Walkingshaw e-mail walkingshawgeorge@gmail.com mobile no.07876381082
Chair Steve Thurgood e-mail ghcchair@gmail.com

NOTES ON CLUB WALKS

Safety & Good Practice

Members are responsible for their own safety & should contribute to a safe completion of the walk, within the estimated time. In the event of members being unable to complete the walk, then at least 2 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 & trousers, walking boots

Spare clothing in your rucksack/bus

Extra food & drink for unexpected delays/emergencies

A map & compass

Further advice & help can be found in our Information Pack or by talking to members of the committee

Description of Levels of Walks

- A) Means a challenging route for people with hillwalking experience & knowledge of how to navigate. Summits & ridges up to 1000mts in height "Munros". Winter will sometimes require ice axe & crampons
- B) Means a high level route similar to an "A" walk but at a slower pace, you should also know how to navigate & ice axe & crampons may be needed in winter
- C) A lower level walk mainly on paths/tracks but may also cover open countryside. The route could be steep in parts. In winter icy paths could be encountered but should not require an ice axe

Time estimator factors in this set of walks

Walk	Ave pace km/hr	Ascent factor
A	5.0	1hr per 450mts
B	4.5	1hr per 400mts
C	4.0	1hr per 350mts

In addition to this there will be approx. 40mins of stoppage time for every 6hrs

This has been added on to the walk times

Sun 12th Jan

WEST LINTON

Walk A & B

Circular walk above West Water Res

OS65

Start from the village & walk up the minor road NW to the golf club GR140522

Take the track on your left as it skirts the golf course heading for North Slipperfield.

At GR123518 the track turns N for a short distance before turning W & runs along the side of Slippery Mount until the junction at GR102518(1hr 30mins) where a track turns N heading for Catstone Hill, Fadden Hill

From Fadden Hill you are now walking over rough ground/heather bashing towards the cairn at GR095550, if you keep looking ahead you will see feint paths & also iron & wooden posts that are guiding you towards the cairn.

When you reach the cairn turn W for approx 0.5km to the top of Craigengar(GR090551)(1hr 40mins)

Return to the cairn then drop NE down to the bealach, climb over the fence & walk up towards a gate.

Don't go through the gate but keep on the right side of the fence, again looking for feint paths through the rough ground/heather as it makes it way E &SE climbing gradually to Byrehope Mount(1hr)

Keep walking over rough ground towards King Seat(GR116535) then continue walking SE to the Westwater Res(40mins)where you pick up the road that goes S & then E back along towards the golf course & your outward route back to West Linton(50mins)

Distance 18km & 500mts climbing Time 6hrs approx

This is timed at B pace

Walk C

Circular walk from West Linton

OS72

Start the same as the A & B group until fork in the track at GR124518(1hr) but continue SW heading for Fernihaugh GR100498(1hr)

Keep walking through Garvald & on to a minor road, after about 1km the road takes a sharp right, then left, then just before the main A702 take the track on your left GR110479(45mins)

This track now heads NE past Ingraston, then South Slipperfield & back to the golf club.

Walk back down the road & in to West Linton(2hrs)

Distance 15km & 300mts climbing Time approx 5hrs

Drop off altogether

Pick up altogether

There should be time for a wee refreshment in the Gordon Arms

Sun 9th Feb

Sma' Glen

Walk A & B

Sron Bealaidh & Beinn na Gainimh

OS52

Start at Newton Bridge GR887315, cross the bridge & follow the track on the right side of the river for approx 4km (1hr)

Turn right on a good track which climbs steeply to reach it's highest point at approx GR846330.(1hr 10mins)

Take the feint path off to the left going up to the ridgeline.

Turn right following a good path, the path splits several times but keep to the ridge, first going NW then N & finally NNE. Keep an eye to your left looking for a fence which is a guide almost to the top of your hill.

There is a feint path to follow to the final rise, look to your right for a slightly higher ground, then go E to reach the very small summit cairn.(1hr)

From the cairn go ESE to pick up an obvious path heading in the same direction, when this path fades look for a feint ATV track going SE, follow this down to where it joins the main track on the W side of the Henzie Burn.(1hr)

Turn R & follow the track back down to your outward track, turn left & follow the track back to the start(1hr)

16km & 600mts climbing Time approx 5.5hrs

This is timed at B pace

Walk C

Glen Almond/RobRoy Way

OS52

Start at Newton Bridge GR887315 & walk W on the track on the N side of the River Almond for approx 7km towards Achnafree Farm.

The track splits at GR826331(2hrs)

Take the right hand track which heads NW, as it zig zags up the hillside look for a path on your L that takes you in to Glen Lochan, this path is steep in places so take great care, it eventually joins up with the RRW

Follow the path NE past Lochan Uaine(1hr 20mins) & Lochan na' Mhuilinn.

The path finally reaches a track & then finally finishes at a minor road & your pick up point.(50mins)

13km & 330mts climbing Time approx 5hrs

Drop off altogether

Pick up C first then A&B

Sun 9th March

Borders

Walk A&B

The John Buchan Way

OS72/73

Starting from the toilets in Broughton walk back up the main road to where a track goes off to your R at GR111369, heading for Broughton Place.

Follow the track as it swings N before skirting the S side of Broomy Side(1hr 40mins)

The track now heads SE before crossing the Hopehead Burn at GR145390, keep walking SE heading for the tiny village of Stobo GR184376(1hr 40mins)

When you reach the B712 road turn right for a short distance to where there's a bridge on your left over the River Tweed, cross the bridge & follow the track to Easter Dawyck Farm.

The track now twists & turns over the open ground to The Glack GR213379.(1hr 10mins)

Walk E along a minor road for a short distance before turning R on to another minor road.

Follow this road past Cademuir Farm & at GR230370 there's a path on your left that climbs NE to Cademuir Hill (1hr 20mins)

Now follow the rest of the JBW as it drops down through the outskirts of Peebles.

The pick up is at the large car park on the S side of the River Tweed(50mins)

21km & 700mts climbing Time approx 7hrs

West Linton-Peebles

Walk C

Cross Borders Drove Road

OS72 /73

Start from the B7059 from West Linton & at GR164365 take the track going NE towards the transmitter & trig point.

The route zig zags towards the A701 road, cross the road & head for Rommano House(1hr 20mins)

The track now turns SE & in to the forest at GR189461(1hr 10mins).

The route heads E through the forest passing Courhope & eventually joining a farm track at GR221459(1hr 15mins)

The route now turns S,E & S again to GR226438(1hr)

The track again turns E for a short distance before turning SE again & all the way to Peebles.

When you reach the main road turn L then R & over the bridge on the River Tweed, the large car park is on your L & the pick up point GR251402(1hr 20mins)

18km & 500mts climbing Time approx 7hrs

Start C first then A&B

Pick up altogether

Sun 6th April

Borders

Walk A&B

Southern Upland Way & The Three Brethren

OS73

Start at the bridge over the River Tweed at Farnielee farm GR458326, cross over the bridge, turn R & pick up the SUW.

It heads SW through the forest before eventually coming out the forest at GR438313 then turns NW to the Three Brethren(1hr 45mins)

You are now following the Old Drove Road W & NW past Broomy Law, Brown Knowe(1hr 30mins) & Hare Law before climbing Minch Moor GR358331(1hr 10mins)

Return to the track & follow it down to the B709(50mins) & at the Xroads turn right & walk down the road past Traquair & in to Innerleithen, before you come to the High St there's a pub/hotel on your right, this will be the pick up point.

18Km & 700mts climbing Time approx 6.5hrs

Walk C

Peebles-Innerleithen
Cross Borders Drove Road

OS73

Starting from the car park on the S side of the River Tweed GR251403 take the public road that goes SE through the suburbs of Peebles, heading for what's known as "Gypsy Glen"

After you leave the road the path heads through the trees(30mins) still climbing SE before starting to turn S at Kailzie Hill(1hr 45mins) passing Kirkhope Law(GR280352) before turning SW to the end of the tree line(45mins)

The route now turns SE,NE & SE again, skirting Birks Hill & Orchard's Rig.

The path eventually reaches a farm road that drops down to the B709 road(1hr 30mins)

Turn L & follow the road passing Traquair & in to Innerleithen.

Before you reach the main road there's a pub/hotel on your R, this is the pick up point

16km & 500mts climbing Time approx 6.5hrs

There should be time for a refreshment in the pub/hotel

Drop off C first then A & B

Pick up altogether

Sun 11th May

Drumochter

Walk A&B

Meall Chuaich GR716878

OS42

Starting from the track to Cuaich Farm GR655868 cross the busy A9 & follow the track SE to the aquaduct, a track runs NE along the side of the Allt Cuaich burn, pass the dam at GR674868 & towards Loch Cuaich but before reaching the loch turn right & reach an old bothy GR690870(1hr 20mins)

Follow this track for a further 300mts before crossing the Allt Coire Cuaich.

You now climb the grassy slopes NE then E to reach the Munro summit(2hrs 20mins)

Return by the outward route as far as GR655865(2hrs) but now go SW on the track beside the aquaduct all the way to Dalwhinnie & the pick up at the hotel(50mins)

17km & 680mts climbing Time approx 7hrs

This is timed at B pace

Walk C

Etteridge to Dalwhinnie

OS35/42

Start at GR685928 next to the A9 & the road to Etteridge Farm.

Follow the track that goes NE to Phones GR705940(50mins)

You now take the track that goes S & SW to the track at the N end of Loch Cuaich GR701885(2hrs 30mins), follow the track on the W side of the loch to the bridge over the Allt Cuaich GR690873(40mins), turn SW along the track past the dam GR674868 to the track next to the aquaduct(ignore all other tracks)

This track will now take you in to Dalwhinnie & the pick up at the Hotel(2hrs)

17km & 400mts climbing Time approx 6.5hrs

Drop of A&B first then C

Pick up altogether

There should be time for a refreshment in the Hotel

Sun 8th June

Braemar

Walk A&B

Carn an T-Sagairt Mor GR208843 & Cairn Bannoch GR223826

OS43/44

Start from the car park opposite Achallater Farm on the A93 GR155883

Take the track heading SE & S as it criss crosses the Achallater burn heading for Lochcallater Lodge GR178884 (1hr30mins)

Just before you reach the Lodge there's a path on your left which goes NE,SE & NE again to gain the NW slopes of your first Munro where you have your final climb on to the top(2hrs 10mins)

To head for the 2nd Munro drop down SSE on to the plateau & then turn SE & an easy walk on to Carn Bannoch (40mins)

Return by your outward route but skirt the 1st Munro on the S & W side, following the path back down to Lochcallater Lodge(1hr 30mins)

It is now a long trudge back along the track to your start & pick up point(1hr 10mins)

A decision can be taken on the day if you want to do 1 or 2 Munros(only do the 2 if you feel you have sufficient time)

22km & 850mts climbing Time approx 8hrs

This is timed at B pace

Walk C

Creag nan Gabhar-Braemar

OS43

Same start point as A&B but only follow the track as far as the fork at GR163873 where you take the twisting track as it climbs towards spot height .584 Sron Dubh(1hr 15mins)

You now have a lovely ridge walk as it climbs steadily for approx 3km S before turning SW for a short distance to the summit cairn(1hr 40mins)

Return to the starting point(1hr 30mins)

From the car park take great care crossing the A93 where you turn L at the fence at Achallater Farm, then turn R at the end of the fence & cross the Clunie Water by the bridge GR154883, now turn right & walk along the minor road in to Braemar & the pick up point at the car park(1hr 10mins)

16km & 550mts climbing Time approx 6.5hrs

Start altogether

Pick up C then A&B

It's members own responsibility when booked on a club walk to continually check the weather forecast, club website, e-mails, txts for any changes/cancellations to the planned walk, the club will try and offer an alternative walk if possible.

Also they should check the route/map of the walk they intend doing, a more detailed description of some of the walks can be found on the Walk Highlands web page

They should also make themselves aware of the drop off points, pick up points of the bus

If in any doubt contact the following

Bus convenor	buses@glenrotheshillwalkers.co.uk	Mobile no. 07926162401
Walks	walkingshawgeorge@gmail.com	Mobile no. 07876381082
Chair	ghcchair@gmail.com	

If anybody would like to suggest a walk they would like to do then contact any of the above

Sun 9th June

Glencoe

Walk A & B

**Buachaille Etive Mor
Stob Dearg GR223543 & Stob na Broige GR191525**

OS41

Start from the car park on the A82 GR222563 & follow the path past Lagangarbh Hut, take the right path at the fork

& climb in to Coire Na Tulaich making your way slowly up to the bealach (2hrs) & following the path E on to Stob Dearg (35mins)
Return to the bealach then follow the ridge SW to Stob na Doire (1hr), W to Stob Coire Altium & finally SW on to Stob na Broige.(1hr)
Return back along the ridge to (GR201529) where the path drops steeply N to the Lairig Gartain (30mins)
Now follow the path NE as it follows the W side of the River Coupall & back to the car park (50mins)

Great care should be taken descending down to Lairig Gartain as it is steep & bouldery

Distance 13km & 1100mts climbing Time approx 6.5hrs

This is timed at B pace

Walk C

Tulla Cottage--Tyndrum

OS41

Start from Tulla Cottage on the A82 GR314446 & walk along the track SE on the N side of Loch Tulla to Victoria Bridge GR271423 (1hr 20mins)
Follow the WHW to Bridge of Orchy(1hr 50mins) Auch Farm(1hr 30mins) & then Tyndrum (1hr 50mins)

Distance 20km & 400mts climbing Time approx 7.5hrs

Drop off C first then A & B

Pick up A & B first then C