

GLENROTHES HILLWALKERS CLUB

WALKING PROGRAMME JULY-DEC 2023

BUS AND TRAVEL ARRANGEMENTS

The bus departs from the car park at Glenrothes Town Centre behind boots at 7.30am prompt. To guarantee a seat on the bus, it must be booked and 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 subsequently cancels. Refunds can only be given if you arrange for someone else to take your place

Buses Lindsay Macdonald e-mail buses@glenrotheshillwalkers.co.uk mobile no. 07926162401

Chair Steve Thurgood e-mail ghcchair@gmail.com

Walks George Walkingshaw e-mail walkingshawgeorge@gmail.com mobile no. 07876381082

NOTES ON CLUB WALKS

Safety and Good Practice

Members are responsible for their own safety and should contribute to a 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 1000mts/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

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 usually be approx. 40mins of stoppage time for every 6h walking
This has been added on to the walk times

Sun 9th July

NEWTONMORE

Walk A & B

A'Chailleach GR681042 & Carn Sgulain GR684059

OS35

Start from the Newtonmore Grill car park and walk to Calder Bridge GR706987 on the Laggan Rd, follow the Wild Cat Trail N along the River Calder, then W on Glen Rd towards a car park in Glen Banchor.(1hr) Just before the car park, walk up the path heading N to ford the Allt. a'Chaorainn at GR692018.

The path now goes NW past the Wee Bothy(1hr 10mins) to the ridge of A'Chailleach, then bear NE to the summit cairn.(1hr 40mins)

Descend NNE to cross the Allt Cuil na Caillich, then climb N and follow old fence posts to Carn Sgulain.(45mins)

Descend SE to Am Bodach & SE to Geal Charn(45mins) then descend S to a track that takes you S to Newtonmore.(45mins)

At GR707016 take a footpath S past a plantation to Glen Rd, walk through the town to the pick up at the Glen Hotel.(45mins)

Distance 20km & 950mts climbing Time 7.5hrs approx

This is timed at B pace

This area could be quite boggy, if needed you can return after the first Munro by the outward route and walk to the Glen Hotel for the pick up

Walk C

Wild Cat Trail & East Highland Way

OS35

Start from the Newtonmore Grill car park & walk SW to the Spey Bridge on the B9150.

Take Wild Cat Trail E on a path along the north bank of the river, under the railway, past the golf course until you reach a footbridge over the railway & past the Folk Museum on the A86.(1hr)

Turn right & take the W.C. trail to Bridge of Aultlarie GR730999 on the N side of the main road.

Follow Alt Laraidh NW on the W.C. trail until GR721004.

Now follow the East Highland Way on a path between two burns to a plantation.(1hr) The path goes E across the moor towards Creag Bheag. At the junction of paths GR736014 take the left fork to Loch Gynack & walk along the south side to cross the Gynack Burn by a wooden bridge GR756023.(1hr)

Walk S until the track enters the forest at Tom Baraidh GR756019

Proceed through the forest by green waymarkers to Kerrow Cottage to join General Wade's Military road & the A86.(40mins)

Turn right to walk through Kingussie & join the cycle path parallel to the A86 back to Newtonmore & the pick up at the Glen Hotel(2hrs)

Distance 20km & 350mts climbing Time 6.5hrs approx

Drop off altogether

Pick up altogether

Sun 6th Aug

GLENCOE

Aonach Eagach Ridge

OS41

Meall Dearg GR162584 & Sgurr nam Fiannaidh GR14158

Start from the small car park on the A82 300mts W of Allt-na-reigh GR174568, follow the path up & on to Am Bodach GR168580, there is some easy scrambling.

There is now a steep downclimb followed by variable scrambling to the 1st Munro Meall Dearg GR162584. Between here & Stob Coire Leith is the main part of the ridge with it being a grade 2/3 scramble & the hardest part of the route.

Once this is completed it is a straightforward walk on to the 2nd Munro Sgurr nam Fiannaidh.

The route goes W then NW towards the Pap of Glencoe before dropping down to the minor road & in to Glencoe Village & the pick up

The descent route will depend on the size of the bus & where the pick up will be, this will be decided on the day.

Distance 11km & 1100mts climbing Time 8hrs approx

Ballachulish Horseshoe

Walk A & B

Sgorr Dhearg GR057558 & Sgorr Dhonuill GR040555

OS41

Start from the tarred road next to the A828, there's a signpost pointing to Glenachulish.

Walk S past several houses to a rough car park in the trees & head directly uphill on the track, past a small hydro building. You'll meet a bridge off left, cross this, then turn right & head up the track for a further 1km. The track turns & comes to another junction, on the other side of the track a sign points the direction for hillwalkers, aim directly uphill on a path through the forest.

Another track is met & crossed, then the path becomes steeper climbing through a gap in the trees, then in to dark dense forest.

Well constructed with boulders & log edges, the path emerges from the forest, heads through a gate, then follows an old fence line above the tree line. The path continues up a gentle incline to the foot of the bealach before the final climb to spot height .757(3hrs)

Sgorr Dhearg is the easier of the 2 Munros so I would suggest doing this first, so from the bealach turn left, E & follow an obvious path uphill over grassy ground but as you climb higher it gets more bouldery/scree but there is a zig zag path all the way to the summit, with hopefully wonderful views of Loch Leven & the Pap of Glencoe.(1hr)

Return to the bealach & continue W steeply uphill over grass before coming a bit more bouldery. The path follows a narrow ridge with sharp drops into the northern coire, there is some easy scrambling involved so care must be taken before you reach the summit of Sgorr Dhonuill.(1hr)

Walk west a little from the cairn to get beautiful views(hopefully) of Loch Linnhe & the islands beyond.

If anybody doesn't want to do the 2nd Munro then they can just wait at the bealach.

From Sgorr Dhonuill carefully go back down the ridge to the bealach & follow the outward route back down the glen & the pick up at the Ballachulish Hotel(2hrs)

Distance 13km & 1300mts climbing Time approx 7.5hrs

Great care should be taken in bad visibility and the exposure on Sgor Dhonuill, only do this route if you're confident in your abilities.

This is timed at B pace

Start from minor road next to the A828 GR988547 & walk along the road towards Cuil & the headland of Rubha Mor, return to the start point(2hrs), then take care crossing the A828 & a 5mins walk to Duror.

Walk along the cycle path & minor road to Achad nan Darroch.(40mins)

Enter the forest at GR 004552 & follow the forest track through Glen Duror till it emerges out of the forest at GR057546.(2.5hrs) Now follow the path up Gleann an Fhiodh as it goes E then N to Ballachulish & the pick up at the Café next to the visitor centre.(1.5hrs)

Distance 20km & 450mts climbing Time approx 6.5hrs

Drop off Self Led first...then A&B...then C

Pick up A&B&C...then Self Led

Sun 10th Sept

LOCH LOMOND

Walk A&B

Beinn Chabhair GR368180

OS50

The walk starts from Inverarnan on the A82(GR318184), walk N for a short distance and cross over the bridge on the River Falloch heading for Beinglas Farm, then following the path that climbs steeply SE on the north bank of the Beinglas Burn until just before Lochan Beinn Chabhair(GR351181), this ground could be quite boggy.(2hr 20mins)

Now climb NE towards the minor top of Meall nan Tarmachan(GR358185)(40mins) and follow the undulating ridge with a few false summits to the summit of Beinn Chabhair.(50 mins)

Return to Inverarnan by the outward route(1hr 30mins)

Take time on this walk to see the wonderful waterfall, I think it's another Grey Mare's Tail

Distance 13km & 1000mts climbing Time approx 6hrs

This is timed at B pace

Walk C

WHW Crianlarich-Loch Lomond(Cnap Mor)

OS50

From the drop off point in Crianlarich, walk W to the WHW crossing the A82 and in to the forest, follow the track SW and using the underpass at GR359228(1hr 10mins) walking in to Glen Falloch and on to Derrydaroch(GR351218) and the Falls of Falloch(GR338208)(1hr)

Walking on to Beinglas Farm(GR322187)(50mins) follow the WHW until just past Dubh Lochan(GR325167) Climb WSW to Cnap Mor for a view of Loch Lomond.(1hr)

Return to Beinglas Farm and take the path/bridge over the River Falloch, turn left and walk the short distance to the Inverarnan Inn and the pick up.(50mins)

Distance 16km & 450mts climbing Time approx 5.5hrs

Drop off C first then A&B

Pick up altogether

There should be time for refreshments in the pub

Sun 8th Oct

LAGGAN

Walk A & B

Geal Charn GR561988

OS35

Start from Achduchil GR594925 & walk NW through the forest & on to a track to Spey Dam, turn right on the minor road,(general wade's Military Road) over the bridge then left to the dam.(35mins)
Walk up Glen Markie on the track/path as far as GR588983 & cross the Red Burn to the W side.(1hr 40mins)
Now climb up the ridge Bruach nam Biodag NW & continue around the rim of Lochan a' Choire to the summit cairn of Geal Charn(2hrs)
Walk S & SE to Beinn Sgiath GR567981 then head SW down the long ridge heading for the track to Sherramore Farm GR553938 (1hr 30mins)
Walk past the farm to the minor road, turn left & walk towards the Spey Dam & your outward route back to Achduchil, your pick up point (1hr 30mins)

Distance 22km & 850mts climbing Time approx 7.5hrs

This is timed at B pace

Walk C

Circular walk around the River Spey

OS35

Start as A & B as far as the minor road but turn left & walk W past Sherrabeg,(1hr 10mins) Glenshero Lodge & keep heading for Garva Bridge GR522948(1hr 40mins)
Cross the bridge & turn NE for a short distance, cross over another bridge, where you turn right E heading on the track towards Garvabeg & continue on to the Xroads at GR553943.(1hr)
Turn S & cross another bridge then past Sherramore Farm & back on to Wade's road again.
Now follow your outward route back to Achduchil & the pick up point.(1hr 40mins)
This walk can be extended by a few km by walking out to the Spey Dam on your return journey

Distance 18km & 300mts climbing Time approx 6.5hrs

Drop off altogether

Pick up altogether

HIGH TEA

Sun 12th Nov

GLENSHEE

Walk A & B

An Socach GR080800

OS43

Start from GR138332 on the A93 & the track leading to Baddoch Farm, keep following the track for approx 3km until you cross the Fhearneasc burn at GR123812(45mins)
Now follow the SW ridge of Socach Mor before heading for spot height .938 on the east end of the long An Socach ridge, taking the more gradual route that you see(1hr 45mins)
Now walk SW & W along the ridge to the summit cairn(35mins).
Return to the starting point by the outward route.(1hr 50mins)

Distance 15km & 650mts climbing Time approx 5.5hrs

This is timed at B pace

Walk C

Loch Callater

OS43

Start at Achallater Bridge on the A93 GR156883 & follow the track towards Loch Callater.
Cross the bridge GR164863(55mins), continue walking to Loch Callater Lodge(45mins) & follow the path around the loch & back to the Lodge.(1hr)
From here take the path that heads SW over Bealach Buidhe which then turns W to meet the A93.
You now turn left on to the main road for approx 300mts & the pick up point(1hr 40mins)

Distance 13km & 400mts climbing Time approx 5hrs

Drop off A first...then B...then C
Pick up altogether

SUN 10th DEC

DUNBAR-NORTH BERWICK

John Muir Way

OS66/67

Walk A&B&C

Starting from the swimming pool car park at the N end of Dunbar High St, GR690792, follow the signs for the John Muir Way as it makes it's way along the clifftops, past the golf course & towards Belhaven Bay. Just past the caravan park(on your left) the path now turns inland(W) where it reaches the A198(2hrs) The path goes up the side of a field for approx 0.5km, cross over the road at the bridge over the River Tyne & follow the path as it makes it's way in to East Linton(1hr)
Follow the B1377 road out of the village until GR584779 where the JMW now heads NW & N to the minor road at GR578805(1hr)
Keep following the JMW as it twists & turns through farmland before reaching the foot of Berwick Law GR556842(1hr 30mins...there is an option to climb the hill)
It is now an approx 20min walk in to North Berwick

There will be time for a refreshment in the Ship Inn next to the car park

Distance 22km & 200mts climbing Time approx 6hrs

This is timed at C pace

Drop off altogether

Pick up altogether

Members booked on a club walk should 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.

If in any doubt contact the following:

Bus convenor buses@glenrotheshillwalkers.co.uk

Walks walks@glenrotheshillwalkers.co.uk

Chair chair@glenrotheshillwalkers.co.uk

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

The annual High Tea will take place again at the Red House Hotel, Coupar Angus.

It will cost £14.95 each

There will be further information/menu at a later date