

# GLENROTHES HILLWALKERS CLUB

## WALKS PROGRAMME JAN-JUNE 2024

### 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](mailto:buses@glenrotheshillwalkers.co.uk) mobile no. 07926162401  
Walks George Walkingshaw e-mail [walkingshawgeorge@gmail.com](mailto:walkingshawgeorge@gmail.com) mobile no.07876381082  
Chair Steve Thurgood e-mail [ghcchair@gmail.com](mailto: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**

**Sunday 14th 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 11th Feb**

**Melrose**

**Walk A & B**

**St Cuthbert's Way & Eildon Hills**

**OS73/74**

Starting from the village of Maxton GR614302 on the A699, walk W for approx 300mts then up a minor road to pick up The St Cuthbert's Way.

You follow the path beside the River Tweed N & W past the village of St Boswell(1hr 10mins), then skirting Newtown St Boswells with the route now turning SW beside the Bowden Burn, passing Whitelee GR568309 & Maxpoffe(1hr 20mins)

At GR554304 the path now turns NW where it emerges out the trees at GR551323, turn left then left again & climb the South Top, spot height .371 GR548316(1hr 20mins).

Return to the main path & walk NW for a short distance to the junction of paths at GR551325.

You now have Mid Hill on your left & North Hill on your right.

You can climb both hills & return to the junction of paths(1hr)

Follow the SCW as it drops steeply N down the hill & in to Melrose.

The pick up will be at the Melrose Abbey car park(30mins)

Distance 18km & 620mts climbing Time approx 6hrs

**This is timed at B pace**

**Walk C**

**St Cuthbert's Way(Maxton-Melrose)**

**OS73/74**

You follow the same route as the A & B walk except you can miss out the hills.

Start-St Boswells(1hr 20mins) St Boswells-Maxpoffe(1hr 40mins)

Maxpoffe-Junction of paths GR551325(1hr 20mins)

Walk down the hill & in to Melrose, pick up at Melrose Abbey car park(25mins)

Distance 15km & 300mts climbing Time approx 5.5hrs

Start altogether

Pick up altogether

There should be time for some sightseeing in Melrose

**Walk A&B**

**Carn an Fhreicheadain(Corbett) GR726061**

Start from Golf Course Rd just after you cross the Allt Mor burn GR756006

Walk N up the road past the golf course heading towards Pitmain Lodge GR749029(45mins)

Continue on a track as it heads N, climbing up the open hillside past Bad Each on your left then Beinn Bhreac on your right(2hrs)

The track now swings W for approx 2km & your summit cairn(30mins)

The track now swings SW then SE down the opposite side of the Allt Mor burn, again heading for Pitmain Lodge (1hr 10mins)

Now pick up the outward route & back to the starting point.

18km & 850mts climbing Time approx 5.5hrs

**Walk C**

**Speyside Way**

**OS35**

**Kincraig--Kingussie**

Starting from the minor road GR830059 follow the road towards Loch Insh Watersports Centre, then follow the "Way" through Inshriach forest past several lochans GR835022(1hr 30mins)

The track eventually comes out the forest at GR810018 then turns SW towards Inveruglas & Drumguish(2hrs)

When you reach a junction turn right N for a very short distance before turning L over Tromie Bridge & on to the B970 road

Follow the road past Ruthven Barracks & in to Kingussie & the pick up point(1hr 20mins)

16km & 250mts climbing Time approx 5.5hrs

Drop off A&B first then C

Pick up altogether

Sun 7th April

**BORDERS**

**Walk A**

**Broad Law GR146236-Dollar Law(Corbett) GR178279**

**OS72**

Starting from the A701 at GR109260 take the track heading to Hearthstane, continuing E & SE  
As the track emerges out the trees(1hr 20mins) the track climbs steadily, then turning E again to Broad Law  
(1hr 20mins)  
Continue E to the communications mast above Polmood Craig before dropping down to the bealach then climbing  
E to Cramalt Craig(1hr)  
From Cramalt Craig head N & NE to Dun Law, then N to Fifescar Knowe & Dollar Law(1hr)  
Return to Fifescar Knowe & descend NW over Lairdside Knowe to the track on the N side of the Stanhope Burn  
(50mins)  
Follow the track W all the way to Stanhope Farm & cross the bridge at GR120305 & the pick up on the A701(1hr  
10mins)

Distance 20km & 900mts climbing Time approx 7hrs

**This walk can be shortened by dropping down NW to the track at the Stanhope Burn**

**Walk B**

**Broad Law GR146236 & Cramalt Craig GR168248**

**OS72**

Same route as the A walk to Cramalt Craig...from the start to tree line(1hr 30mins) then Broad Law(1hr)...  
Cramalt Craig(1hr 10mins) but then drop down NW over Sherraside Rig & Hunt Law to the track on the N side  
of the Stanhope Burn(1hr 10mins)  
Follow the track to Stanhope Farm & cross over the bridge at GR120305 & the pick up on the A701(1hr 10mins)

16km & 800mts climbing Time approx 7hrs

**Walk C**

**Circular Walk Cocklie Rig Head GR093288**

**OS72**

Starting from the road end at GR115343 just past the turning off for the B712 road, walk SW along the minor road  
track past Glenholm & all the way to Glencotho(1hr 45mins)  
Look for a path on the left that climbs SE to the bealach between Benshaw Hill & Cocklie Rig Head(Wind farm)1hr  
Take the track as it loops around Glenlood Hill, Broomy Law & Kingle Rig, these hills can be climbed also.  
The track eventually makes it's way down to where it meets the Glenkerie Burn GR093274(2hrs)  
From here turn left NE & walk up the track towards Kingledores, cross the main A701 road towards Patervan Farm,  
looking for the track at GR113290.  
Follow this track to Stanhope Farm & out to the main A701 road & the pick up point.

Distance 17km & 550mtrs climbing Time approx 6.5hrs

Drop off C first then A & B  
Pick up altogether

Sun 12<sup>h</sup> May

**Loch Laggan**

**Walk A                      Beinn a'Chlachair GR471781 Geal Charn GR505812 Creag Pitridh GR488814                      OS42**

Start at the bridge over the River Spean GR433830. Ignoring all other tracks, follow the track as it winds its way to the SW end of Lochan na h-Earba(1hr 20mins) Follow the path/track as it climbs beside the Allt Coire Pitridh SE to approx GR492796 where you leave the path & climb the steep slope S on to the plateau(2hrs)  
Walk SW following the rim of the coire & on to the summit(1hr)  
Return to where you left the path & at approx GR489800 walk N on the path to approx GR492810(1hr) turn E then NE up the slopes to your 2<sup>nd</sup> Munro(45mins)  
Return to the bealach GR492810 & make the short climb NW to your final Munro(40mins)  
Descend SW to meet the path next to the Allt Coire Pitridh & follow the outward route back to the starting point (approx 1hr 45mins)

27km & 1300mts climbing    Time approx 8.5hrs

**This is a tough & demanding walk**

**Walk B                                      Geal Charn GR505812 & Creag Pitridh GR488814                                      OS42**

Follow the A route, Lochan na h-Earba(1hr 30mins) junction at GR489800(1hr 40mins) walk N to GR492810 then E & NE on to Geal Charn(1hr 20mins)  
Return to the bealach at GR492810 & then climb NW to Creag Pitridh(45mins)  
Descend SW to the path next to the Allt Coire Pitridh & follow the outward route back to the starting point & the pick up(1hr 50mins)

21km & 950mts climbing    Time approx 7.5hrs

**Walk C                                      Linear walk Loch Laggan-Aberarder                                      OS42**

Starting from the car park at GR432830 cross the bridge over the River Spean & follow the track to the sands at the W end of Lochan na Earba(1hr 35mins)  
Take the track heading NE on the E side of the loch to the bridge at GR504860(1hr 40mins)  
take the track heading for Adverikie House(25mins)  
Now take the forest track, still heading NE along the shores of Loch Laggan, past Kinloch to the bridge over the River Pattack & the pick up point(1hr 20mins)

Distance 18km & 250mts climbing    Time approx 6hrs

**This walk can be extended to include the Falls of Pattack**

Drop off altogether  
Pick up A&B first then C

**Sun 9<sup>th</sup> June**

**Glencoe**

**Walk A & B**

**Buachaille Etive Mor**

**OS41**

**Stob Dearg GR223543 & Stob na Broige GR191525**

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 7hrs

**This is timed at B pace**

**Walk C**

**Tulla Cottage--Tyndrum**

**OS50**

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

**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**

<b>Bus convenor</b>	<b><a href="mailto:buses@glenrotheshillwalkers.co.uk">buses@glenrotheshillwalkers.co.uk</a></b>	<b>Mobile no. 07926162401</b>
<b>Walks</b>	<b><a href="mailto:walkingshawgeorge@gmail.com">walkingshawgeorge@gmail.com</a></b>	<b>Mobile no. 07876381082</b>
<b>Chair</b>	<b><a href="mailto:ghcchair@gmail.com">ghcchair@gmail.com</a></b>	

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



**Sun 9<sup>th</sup> June**

**Glencoe**

**Walk A & B**

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

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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**

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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