

# GLENROTHES HILLWALKERS CLUB

## WALKS PROGRAMME JULY-DEC 2026

### BUS & TRAVEL ARRANGEMENTS

The bus departs from the car park at Glenrothes Town Centre behind Boots the chemist at 7.30am prompt. There will be an additional pick up at Halbeath P&R & also Kinross P&R depending on the direction of travel on the day, when booking your seat you must let the bus organiser know if you want picked up at any of these locations.

To guarantee a seat on the bus you must try & book by the Wed prior to the walk on the Sunday, you can either pay by Bank Transfer or pay on the bus, we encourage people to pay by BT as it makes it easier for our treasurer.

Please note that booking your seat results in an obligation to pay irrespective if the individual cancels or doesn't turn up.

Refunds can only be given if you get someone to take your place or under special circumstances.

### Contacts

Buses Carol McEneaney e-mail [buses@glenrotheshillwalkers.co.uk](mailto:buses@glenrotheshillwalkers.co.uk) mobile no.07366470949

Walks Kevin Murray e-mail [walks@glenrotheshillwalkers.co.uk](mailto:walks@glenrotheshillwalkers.co.uk)

### 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 any 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

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 ice axe & crampons.

#### Time estimator factors in this set of walks

Walk	Ave pace km/hr	Ascent factor
A	5.0	1hr per 400mts
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 12<sup>th</sup> July

Glen Esk

**Walk A&B**

**Mount Keen GR409869 & Tops**

**OS44**

From the car park GR448804 walk W along the road a short distance & before crossing the bridge, take the track on your R that heads up Glen Mark 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 R & it's a steady climb to the bouldery summit(1hr 10mins)

Mount Keen is Scotland's most easterly Munro, hopefully fantastic views of Deeside.

To carry on to the surrounding tops go E & SE to spot height .765 then NE & N to Braid Cairn GR426874, then on to spot height 698 & on to Naked Hill & Hill of Gairney GR426873(1hr 30mins)

Now drop down S & pick up the track that heads S & all the way back to the car park & pick up point(2hrs)

22km & 950mts climbing Time approx 8hrs

**This is timed at B pace**

A decision can be made on the day if you only want to do Mt Keen

18km & 720mts climbing Time approx 6.5hrs

**Walk C**

**Falls of Unich GR387803 & Falls of Damff GR385792**

**OS44**

Start from the car park GR448804 & walk along the minor road heading W past the castle & church, along the N side of Loch Lee to Glenlee GR411797(1hr 10mins)

The track now swings around to the R heading in to Glen Lee & at GR395805 take the path going W across the Water of Lee & 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)

Cross the burn by the bridge GR385790 & head SE to the gap between the crags & follow the track NE down the Shank of Ingrundle to Inchgrundle Farm(1hr 30mins) cross the bridge to Glen Lee, turn R & walk back along the side of the loch to the car park(1hr)

15km & 550mts climbing Time approx 6.5hrs

Drop off altogether

Pick up altogether



**Walk A            Carn Liath GR472903 Stob Poite Coire Ardair GR428888 Creag Meagaidh GR418875**

Start from the Scottish Natural Heritage car park GR483873 walk up the private road past Aberarder continuing up the path to scattered birches below Na Cnapanan, at a small cairn & old iron fence a path heads NE to a small knoll above Na Cnapanan(1hr 30mins) the path now climbs NW & NE to the first Munro, Carn Liath(1hr 20mins) this is probably the hardest climb of the day.

Turn W & follow the broad ridge towards Meall an t-Snaim, continuing WSW to the next top then around the edge of the coire to the 2<sup>nd</sup> Munro, the summit cairn is at the W end(1hr 40mins)

Continue SW down the ridge for approx 0.5km then S more steeply to the bealach known as the “Window” To continue to Creag Meagaidh climb up the steep slopes to the plateau & walking S & SW past Mad Meg's Cairn until reaching your final summit(50mins)

If you don't want to do Creag Meagaidh you can return to the “Window” & drop down E to the steep bouldery, stony path(**take great care**) & pick up the path at Lochan a' Choire & follow this all the way back to the start point

(1hr 40mins)

From Creag Meagaidh you can go E across the plateau to Puist Coire Ardair then along the narrower ridge then NE to the dome of Sron a' Choire, now descend E down the steep, grassy, heathery slopes where you eventually pick up an ATV track, follow the track to the bridge over the Allt Coire Ardair GR475875 & follow the track past Aberarder to the car park & pick up(2hrs)

**In bad visibility great care should be taken crossing the plateau**

18km & 1200mts climbing time approx 8hrs

**This is a tough & demanding walk****Walk B****Creag Meagaidh GR418875****OS34**

Start from the same car park as A, walking up the road to Aberarder & along the path behind the farm heading NW high above the Allt Coire Ardair through scattered birches & after about 3km the path turns W & you see the massive cliffs of Coire Ardair, the path eventually reaching the outlet of Lochan a' Choire, a lovely spot to have a break(2hrs 40mins)

You now climb NW up the steep, bouldery, stony path to the bealach known as the “Window“ you will need a breather here (1hr 20mins)

Climb S up steep slopes to reach the plateau, cross this S & SW passing Mad Megs Cairn to reach the summit of Creag Meagaidh(1hr)

To return to the car park go E across the plateau to Puist Coire Ardair then NE to the dome of Sron a'Choire

**In bad visibility care should be taken crossing the plateau**

Now go SE down the steep grassy, heathery slops where you eventually pick up an ATV track & cross the bridge at GR475875 & follow the track past Aberarder & back to the car park & pick up

16km & 1050mts climbing time approx 7.5hrs

Sun 6th Sept

## Loch Laggan

Walk C

Lochan na h-Earba & Loch Laggan

OS42

Start at the car park GR433831 crossing the bridge over the River Spean, the track twists & turns for about 5.5km until it reaches the SW end of Lochan na h-Earba(1hr 40mins) there's a lovely sandy beach with views right down the loch. A nice spot to have a tea break

The track now runs NE along the full length of the loch but cross to the W side of the 2<sup>nd</sup> loch at GR488842(1hr 20mins) follow this track still heading NE to the head of the loch.

After a short distance the track takes a sharp turn L then zig zags down to a junction at GR498871(1hr 10mins)

**Do not cross the bridge at GR500868**

Now turn L & follow the track SW along the side of Loch Laggan to where it exits on to open ground GR449830(2hrs 10mins)

Now follow the track to the junction at GR444822, turn R & follow the track back to the car park & pick up point.

24km & 400mts climbing Time approx 7.5hrs

Drop off A&B then C

Pick up C then A&B

Sun 11<sup>th</sup> Oct

Loch Lomond

Walk A&B

Ben Vorlich GR295124

OS56

From the coach/car park at Inveruglas GR323099 cross the busy A82 & turn SW on the walkway next to the road until the track for Loch Sloy Dam

Climb the track W under the viaduct, past the substation on your L to a junction of tracks at GR299095

Go NW on the track until you see a small cairn GR295103.(1hr 30mins)

It is now a steep & relentless climb up to the bealach & the ridge(take plenty of stops to look back & hopefully see splendid views of the surrounding hills & Loch Sloy Dam)

Climb NW along the ridge to the trig point, the summit of Ben Vorlich is a few hundred yards further on.(1hr 50mins)

Return by your outward route, taking great care crossing the busy A82

14km & 1000mts climbing Time approx 7.5hrs

**This is timed at B pace**

**If anybody has climbed Ben Vorlich before then it's nearby neighbour Ben Vane can be climbed instead.**

**It is slightly easier with times/distances quite similar**

**A route description can be found on Walk Highlands**

Walk C

Cruach Tairbeirt GR313059  
"Three Lochs Way to Inveruglas"

OS56

Start from the Tarbet Hotel on the A82 & walk along the road to Tarbet Railway station. Use the underpass to start the Cruach Tairbeirt circular walk.

To gain the summit(2hrs) climb on the track from GR313059, this is a steep climb but is rewarded with hopefully stunning views above Loch Lomond.

Retrace your route to Tarbet station & pick up the "Three Lochs Way" which runs WSW then N in to Glen Loin(1hr)

At the end of the flat section in Glen Loin the path crosses a small wooden footbridge & begins to climb the broken

slopes, still beneath the pylons.

Pass through a gate to reach the highest point beside some outcropping rocks. The path now runs beside the trees on the left before curving into & running along a firebreak. Soon follow the main path to the right to reach & cross a bridge over the Inveruglas water GR303092(1hr 45mins)

Turn R & descend towards the substation then follow the track to the A82 & turn left & walk to the car park at Inveruglas & your pick up point(50mins)

15km & 400mts climbing Time approx 6hrs

**If you find the climb to Cruach Tairbeirt is too steep/tough then just return to the main path**

Drop off C first then A&B

Pick up altogether

Sun 8<sup>th</sup> Nov

## HIGH TEA

**Walk A&B**      **Carn an Tuirc GR174805 Cairn of Claise GR185789 Glas Maol GR167767**      **OS43**

Start from the car park at GR145807 & cross the A93 to pick up the distinct path that runs SE & NE along the unnamed burn

At approx GR160803(50mins) the path starts to climb more steeply towards the old shieling at GR172810(1hr 10mins), you now climb the steep N slopes of Carn an Tuirc on to the plateau, the cairn is at the W end of the plateau(45mins) first Munro of the day.

**In bad visibility careful navigation is required to cross the featureless ground to your 2<sup>nd</sup> Munro**

From Carn an Tuirc head E for approx 900mts(15mins) before turning SSE over slightly rising ground to the summit of Cairn of Claise(45mins), you won't feel as if you've done any climbing at all.

You now follow the path in a SW direction above Garbh Choire on your right, passing a small lochan & Craigie Glasalt on your left until you reach the N slopes of Glas Maol & is now just a small climb to the summit(1hr 10mins) your 3<sup>rd</sup> & last Munro.

From Glas Maol follow the path NW where it drops down a steep slope towards Meall Odhar & keep following the well worn track as it follows the ski tow down to the main road to the large car park & your pick up.

14km & 800mts climbing    Time approx 6.5hrs

**This is timed at B pace**

**Walk C**      **Carn a Gheoidh GR107767 & The Cairnwell GR134773**      **OS43**

Start from the car park at the Glenshee Ski Centre & take the track at the R of the cafe/toilets which heads NW up

the gully passing the building on your R, past the ski runs & heading for the ridge at GR127787(50mins)

A diagonal path now runs across the open hillside where it turns SW high above Loch Vrotachan before turning W

to Carn a Gheoidh(1hr 40mins)

Retrace your steps to the Cairnwell path at GR130780(1hr 30mins)

Walk SE for the short distance to The Cairnwell(35mins)

Turn back down the track to where you first met the ridge & then back down the gully to the car park & pick up(50mins)

**Depending on what the weather has been like the paths could be very boggy**

12km & 600mts climbing    Time approx 5.5hrs

Drop off C first then A&B

Pick up altogether

**St Abbs & Coldingham**

**WALK ALTOGETHER**

Start at GR 828688 on the A1107 Coldingham road.

Walk up the track past the radio mast towards Dowlaw

From Dowlaw you pick up the Berwickshire Coastal Path, following the undulating route to St Abbs Head Lighthouse, St Abbs harbour & Coldingham Bay

At GR 915665 take the track heading W towards Coldingham

Walk a few hundred yds up the main road to the caravan park for refreshments & pick up

You should see plenty of seals that have just given birth to their young ones.

17km & 500mts climbing Time approx 6.5hrs

Start altogether

Pick up altogether

**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 & offer an alternative if possible.**

**They should also check the route/map of the walk they intend doing, a more detailed description of some of the walks can be found on the Walks Highland website**

**They should also make themselves aware of the drop off/pick up points**

**If anybody would like to suggest a walk they would like to do then just contact the walks organiser**