

Ramblers Association Lochaber and Lorn Group Walks Programme April to September 2014

Day	Date	Grade	Walk	Location	Leader
Thu	3 Apr	S	Beinn Fhionnlaidh	Loch Creran	Graham Innes
Sat	5 Apr	M+	Creag Bhàn and Creag Dubh	Lochailort	Gerry Gilbert
Thu	10 Apr	L 	Toad of Lorn	Kilninver	Kath Small
Sun	13 Apr	M	Monadh Gorm and Glen Dessary	Loch Arkaig	Gerry Gilbert
Thu	17 Apr	M+	Leum Uilleim (William's Leap)	Corrour	Marion Moir
Sat	19 Apr	L	South Lismore	Oban	Vic Royce
Thu	24 Apr	M	Sgorr Chalum by Dun Deardil	Fort William	Gerry Gilbert
Fri / Sun	25 - 27 Apr		ARRAN WEEKEND	Isle of Arran	Organiser: Sally Cameron
Sun	27 Apr	S	Beinn a' Bhuiridh	Stronmilchan	Graham Innes
Thu	1 May	L 	Lurga and Glen Dubh	Morvern	Kath Small
Sat	3 May	M	Meall an t-Slamain	Camasnagaul	Pat Lawson
Thu	8 May	S	Beinn Fhada and Stob Coire Sgreamhach	Glen Coe	Gerry Gilbert
Sun	11 May	M+	Beinn Chaorach	Tyndrum	Graham Innes
Thu	15 May	M	Beinn Leamhain	Glen Gour	Sally Cameron
Sat	17 May	S	Aonach Dubh and Stob Coire nan Lochan	Glen Coe	Andrew Gilbert
Thu	22 May	M+	Meall Corranaich and Meall a'Choire Léith	Loch Tay	Graham Innes
Sun	25 May	L	Kentra bay and the Singing Sands	Acharacle	Marion Moir
Thu	29 May	S	Beinn an Dòthaidh and Beinn Dòrain	Bridge of Orchy	Sally Cameron
Sat	31 May	M+	Sgurr an Eilean Ghiubhais	Mallaig	Dave Kime
Thu	5 Jun	L 	Altnafeadh to Kinlochleven	Glen Coe	Vic Royce
Sun	8 Jun	M	Beinn Duirinnis	Bonawe	Graham Innes
Thu	12 Jun	M+	Sgurr nan Eugallt	Kinloch Hourn	Ian Moir
Sat	14 Jun	L	Salachan Glen to Glen Stockdale	Appin	Kath Small
Thu	19 Jun	M	Meall an Damhain	Loch Sunart	Sally Cameron
Sun	22 Jun	S	Aonach Eagach Ridge	Glen Coe	Andrew Gilbert
Thu	26 Jun	L	Isle of Luing circuit	Isle of Luing	Kath Small
Fri / Sun	27 - 29 Jun		KINLOCHEWE WEEKEND	Kinlochewe	Organiser: Sally Cameron
Sat	28 Jun	M	Rannoch to Corrour	Bridge of Orchy	TBA
Thu	3 Jul	S	Sgurr nan Coireachan and Sgurr Thuilm	Glenfinnan	Ian Moir
Sun	6 Jul	M+ 	Sgor Gaoith and Mullach Clach à Bhlàir	Glen Feshie	Sarah Holroyd
Thu	10 Jul	M	Drimnin to Doirlinn	Lochaline	Vic Royce
Sat	12 Jul	S	Beinn a'Chùirn and Beinn Bhanach	Tyndrum	Sally Cameron
Thu	17 Jul	M+	Beinn Trilleachan	Glen Etive	Gerry Gilbert
Sun	20 Jul	L 	Peanmeanach Village and Beach	Lochailort	Kath Small
Thu	24 Jul	S	Ben Nevis by CMD Arête (From Glen Nevis)	Fort William	Andrew Gilbert

Day	Date	Grade	Walk	Location	Leader
Sat	26 Jul	M+	Beinn Iadain and Beinn na h-Uamha	Lochaline	Dave Kime
Thu	31 Jul	L	Sròn na Glaidh	Glen Gloy	Tony Laidler
Sun	3 Aug	M	Beinn nan Ord and Beinn na Seilg	Ardnamurchan	Dave Kime
Thu	7 Aug	M+	Ben Glas	Glen Falloch	Sally Cameron
Sat	9 Aug	L	Ardsheal Peninsular Circuit	Duror	Sally Cameron
Thu	14 Aug	M*	Altnafeadh to Blackwater Dam	Glen Coe	Sarah Holroyd
Sun	17 Aug	S	The Saddle and Sgurr na Sgine	Glen Shiel	Ian Moir
Thu	21 Aug	L	Arisaig Peninsular Circuit	Arisaig	Marion Moir
Sat	23 Aug	M	Corrour to Spean Bridge	Corrour	Pat Lawson
Thu	28 Aug	S	An Stac to Druim Fiaclach	Lochailort	Andrew Gilbert
Sun	31 Aug	M+	Am Meall and Meall Mòr	Ballachulish	Ian Moir
Thu	4 Sept	M	Binnein Shuas and Lochan na h-Earba	Loch Laggan	Gerry Gilbert
Sat	6 Sept	S	Sgorr Craobh a'Chaorainn	Glenfinnan	Sally Cameron
Thu	11 Sept	M+	Beinn Suidhe	Bridge of Orchy	Sally Cameron
Fri / Sun	12 - 14 Sept		BRAEMAR WEEKEND	Braemar	Organiser: Sally Cameron
Sun	14 Sept	L	Glean Suileag	Fassfern	TBA
Thu	18 Sept	S	Creise	Black Mount	Andrew Gilbert
Sat	20 Sept	M+	Druim Leathad nam Fias	Glen Scaddle	Pat Lawson
Thu	25 Sept	L	Gleann Meadail	Knoydart	Vic Royce
Sun	28 Sept	M	Gleann Màmà and Glen Beasdale	Beasdale	Pat Lawson

Selection of Walks

The policy is to avoid repeating walks done within the past two years. However, walks that appeared on programmes within the last two years but were cancelled, may be included in a subsequent programme at the earliest opportunity.

Grading of Walks

Walks in this programme are assigned a grade as follows:

L	Leisurely	For people with some country walking experience. Mostly on paths. Ascents generally less than 250m. Distance no more than 16Km
M	Moderate	Often on paths. Some steep or rough ground in open country. Ascents generally under 500m.
M+	Moderate Plus	Lower hills or passes between higher hills, often pathless on steep or rough ground. Ascents generally more than 500m.
S	Strenuous	Big hills with rough open terrain. Some steep and/or sustained climbs to high summits, ascents generally more than 800m.

The ascent limit may be exceeded if the route is shorter than normal or provides easier walking on good paths. The grade is only a guide and members should read the walk description and check the specified maps carefully before deciding whether a walk is suitable for them. Information about grading and walk procedures may be found at www.highlandramblers.org.uk. Certain winter conditions demand the use of ice axe and crampons.

Contacting the Leader

Please contact the leader if you decide to attend a walk. It is in your interests to do so. Transport needs to be co-ordinated and arrangements for the walk may have to be changed at short notice. If you are unsure about your fitness or equipment, the leader will provide more information.

If you are unable to contact the leader, please call, text or email the Walks Convenor, Andrew Gilbert: Tel: 01855 821279 Mob: 07808 924722 email: andrew.gilbert2009@btinternet.com


Packed lunches

A packed lunch and sufficient water or soft drink should be carried on all walks. On longer or more strenuous walks, a reserve of high-energy food should also be carried.

Car Sharing

As well as its obvious advantages for the environment, car sharing mitigates parking problems where space is restricted at the start of the walk. Members are expected to contribute 20p per mile, shared equally by the occupants, including the driver.

Dogs

Dogs are permitted on walks marked “”, normally one per month. Dogs must be kept on a short lead.

Committee 2013-2014

Chairman: Ian Moir 01855 811028

Hon. Secretary: Nic Welsh 01631 565058

Treasurer: Ron Campbell

Walks Convenor: Andrew Gilbert 01855 821279

Membership Secretary: Anne Beech

Member: Graham Innes

Member: Sally Cameron

Retail discounts:

Cotswold (Fort William) (15%), Ice Factor (Kinlochleven) (10%), Trespass (Fort William) (10%), Craigdon (Inverness) (10%).

DETAILS OF WALKS

Maps and Grid References

Map sheet numbers specified are Ordnance Survey 1:50,000 Landranger series and Ordnance Survey 1:25,000 Explorer series. Unique six-figure grid references (XX000000) are given to assist members using digital maps. Positions obtained by GPS are given the full ten-figure reference (XX000⁰⁰000⁰⁰).

Abbreviations

arr – arrival

CP – car park

dep – departure

EX – Ordnance Survey Explorer Map

FC – Forestry Commission

GPS – Global Positioning System

LR – Ordnance Survey Landranger Map

NTS – National Trust for Scotland property

Sch - School

Stn – railway station

TBA – to be announced


TIC – Tourist Information Centre

WHW – West Highland Way

WM – Woollen Mill

Thursday 3rd April		Beinn Fhionnlaidh
		Loch Creran (Munro)
<p><i>An isolated Munro with craggy aspects and a long spine that makes a fine traverse from W to E. Good views of the Glen Coe and Glen Etive hills.</i></p> <p>Park at Elleric, NN035488. Follow the estate road SW, cross the river Creran and fork left just before Glenure Lodge. Turn left on to the track heading N. After 300m, at the edge of some woodland at NN046484, take a path that climbs E. In open country head NE towards Leac Bharainn and follow the west ridge of Beinn Fhionnlaidh to its summit. Descend the east ridge to a col and on to a small summit, 841m. Turn S down to the spur of Meall nan Gobhar at 595m. Descend W into the long narrow glen enclosing the Allt Bealach na h-Innsig. Pick up the path on its north side and follow it back to Glenure Lodge, then back to Elleric.</p>		
Grade: S	LR50	Meet at:
Distance: 15km	EX384	Spean Bridge WM NN221816 at 0745
Height to climb: 1000m		Fort William WM NN112742 at 0805
		Ballachulish TIC NN083584 at 0830
		Longsdale CP Oban NM862307 at 0830
		Start of walk at 0915
		Leader: Graham Innes 01631 562290

Saturday 5th April		Creag Bhàn and Creag Dhubh
		Lochailort
<p><i>On the border between Morar and Moidart, these small but rough hills make an interesting walk with views across to the Small Isles.</i></p> <p>Start just W of Arieniskill on the A830 at NM785831. There is limited parking in the vicinity. Pass under the railway and follow the path NE along the Allt na Criche. Fork left where it splits and continue N up to its highest point at NM792849. Head W to the summit of Creag Bhàn, 510m. Continue W down to a col at the head of Loch an Iasgair and climb to the summit of Creag Dhubh. Cross the rocky undulating plateau on top of Arnabol Hill, passing several lochans, then descend NW to Gleann Màma at the foot of its twin lochs. Follow the river downstream to join the footpath leading S, then SE to Lochailort at NM770827. Transport required.</p>		
Grade: M+	LR40	Meet at:
Distance: 12Km	EX398	Longsdale CP Oban NM862307 at 0805
Height to climb: 724m		N. Ballachulish Primary Sch NN053603 at 0900
		Spean Bridge WM NN221816 at 0910
		Neptune's Staircase CP NN111769 at 0930
		Start of walk at 1000
		Leader: Gerry Gilbert 01855 821279

Thursday 10th April 		Toad of Lorn (Beinn Mhòr)
		Kilninver
<p><i>This little hill, which resembles a toad when seen from the sea, makes a short but interesting walk with views of an intricate coastline, and across the Firth of Lorn to Mull. Some parts of the walk are off track.</i></p> <p>Turn off the A816 south of Oban on to B844 to Kilninver, and drive W for about 1Km. Turn right on to the track leading to Barnacarry Bay and park by the barns at Barnacarry NM812223, (seek permission if the owners are in residence). Follow a track round Barnacarry Bay where there are millstones cut from the rock, some only partially worked. Follow the raised beach to the headland on the west side of the bay. At about NM805229, turn southwestwards and head up, through woodland at first, to the summit of Beinn Mhor, passing the remains of an old fort. Descend S to a track, turn left and follow it to the B844. There are standing stones on the way. Transport required from lay-by at NM799199</p>		
Grade: L Distance: 5Km Height to climb: 200m	LR49/55 EX359	Meet at: Spean Bridge WM NN221816 at 0855 Fort William WM NN112742 at 0915 Ballachulish TIC NN083584 at 0940 Longsdale CP Oban NM862307 at 1030 Start of walk at 1100 Leader: Kath Small 01855 811520

Sunday 13th April		Monadh Gorm and Glen Dessarry
		Loch Arkaig
<p><i>A small hill situated amongst rugged scenery and remote mountains with a grand view down Loch Arkaig.</i></p> <p>Limited parking available near end of public road at NM987916. Take the track W, past Strathan farm and follow the forest track leading to Glen Pean. Shortly after the junction at NM974912, head up through the trees on to open ground and ascend the steep east ridge of Monadh Gorm 478m. Continue W over open ground to the head of Coir a' Bhoganaich then descend northward to the bridge over the river Dessarry at NM 943929. A footpath to Upper Glendessarry, then a track following the river Dessarry, lead back to the start.</p>		
Grade: M Distance: 12Km Height to climb: 500m	LR40 EX398	Meet at: Longsdale CP Oban NM862307 at 0800 N. Ballachulish Primary Sch NN053603 at 0850 Fort William WM NN112742 at 0910 Spean Bridge WM NN221816 at 0930 Start of walk at 1030 Leader: Gerry Gilbert 01855 821279


Thursday 17th April		Leum Uilleim
		Corrour (Corbett)
<p><i>An interesting day by train to one of Britain's most remote stations and a walk up this isolated hill on the edge of Rannoch Moor. Great views under a wide open sky.</i></p> <p>Start from Corrour Station NN 355664. From the west side of the railway a path leads to the lower slopes of the hill and the ridge of An Diollaid. Follow the rim of Coire a'Bhric Beag up to Tom an Eòin. Continue to gain height gradually SW, past a cairn and on to the summit of Beinn a'Bhric, 876m. Turn E, descend slightly to a col then climb to the summit of Leum Uilleim, 909m. Descend steeply over Sron an Lagain Ghairbh and continue NE back to Corrour Stn for 1521 dep.</p>		
Grade: M+	LR41	Meet at:
Distance: 10Km	EX385	Longsdale CP Oban NM862307 at 0610
Height to climb: 580m		N. Ballachulish Primary Sch NN053603 at 0700
		Fort William Stn NN105742 for 0742 dep
		Spean Bridge Stn NN221814 for 0755 dep
		Leader: Marion Moir 01855 811028

Saturday 19th April		South Lismore
		Oban
<p><i>We shall be looking out for spring migrant birds on the southern part of the island.</i></p> <p>The walk will be 5 to 7 miles, the route depending on weather and likely good viewing points on the day. Those also interested in wild flowers should bring suitable guide books as well as binoculars. It is proposed to take the ferry from Oban at 10.45 and return to Oban at 16.35, but times need to be confirmed when the summer timetable is available. The leader will be at Lochavulin car park, near Tesco at 10.15, but intending participants should contact him beforehand.</p>		
Grade: L	LR49	Meet at:
Distance: 11Km	EX376	Spean Bridge WM NN221816 at 0840
Height to climb: 150m		Fort William WM NN112742 at 0900
		Ballachulish TIC NN083584 at 0930
		Oban Ferry Terminal NM855298 for 1045 sailing
		Leader: Vic Royce 01397 713889

Thursday 24th April		Sgorr Chalum by Dùn Deardail
		Fort William
<p><i>A walk to the well known site of an iron age vitrified fort, followed by a climb to a splendid but rarely visited viewpoint over Glen Nevis.</i></p> <p>Park at Glen Nevis Visitor Centre NN122729. Pick up the WHW and follow it up between the fields on to a forest track. Still on the WHW head S on the forest track, taking the right fork. The track rises gradually for about 1.5km, then zig-zags up steeply. At the high point where the WHW continues downhill, turn left and follow the path up to Dùn Deardail. From here head SE down over rough ground to a broad col at NN128698. Climb the N ridge of Sgorr Chalum to its summit at 556m. Continue S on the high ground for about 400m then descend into Coire Riabhach. Follow the main burn, Allt a'Choire Riabhach, down NE to reach the forest track at NN133684. Turn right and follow the track to rejoin the WHW and return to the start.</p>		
Grade: M	LR41	Meet at:
Distance: 14Km	EX392	Longsdale CP Oban NM862307 at 0845
Height to climb: 590m		N. Ballachulish Primary Sch NN053603 at 0935
		Spean Bridge WM NN221816 at 0935
		Start of walk at 1000
		Leader: Gerry Gilbert 01855 821279

Friday 25th to Sunday 27th April	ARRAN WEEKEND
	Isle of Arran
Contact the Organiser or Walks Convenor for information.	
Organiser: Sally Cameron 07810 464994	

Sunday 27th April	Beinn a' Bhuiridh
	Stronmilchan (Corbett)
<p><i>The approach to this hill climbs up a wild crag-lined coire, followed by a steep pull up to a summit, that gives a complete contrast, with wide and distant views to the S.</i></p> <p>Start near the junction of the A85 and B8077, where limited parking is available. Take the track N, then W to its end where it crosses the Allt Coire Ghlais. Follow this burn up the coire to the Larig Torran at NN095288 (not named on LR maps). Turn S and climb steeply on rocky ground to the summit of Beinn a' Bhuiridh, 897m. Descend E to Monadh Driseig, 641m. Continuing E, follow the ridge down to a small ring contour at NN124289. Head SE down steep tussocky slopes back to the start.</p>	
Grade: S Distance: 11Km Height to climb: 850m	LR50 EX377 Meet at: Spean Bridge WM NN221816 at 0750 Fort William WM NN112742 at 0810 Ballachulish TIC NN083584 at 0830 Longsdale CP Oban NM862307 at 0900 Start of walk at 0930 Leader: Graham Innes 01631 562290

Thursday 1st May 	Lurga and Glen Dubh
	Morvern
<p><i>A walk though a wild and remote glen alongside the meandering Black Water.</i></p> <p>Park near road junction at NM771569 Follow the track SW downhill to Achagavel. A path now heads W following the Black Water river to Lurga then on to Crosben. From here a track heads S, crossing the river (bridge) and through woodland to finish on the A884 at NM702504. Transport required.</p>	
Grade: L Distance: 12Km Descent: 200m	LR49 EX383 Meet at: Longsdale CP Oban NM862307 at 0830 Spean Bridge WM NN221816 at 0855 Fort William WM NN112742 at 0915 Corran Ferry slip NN021635 for 0945 sailing Start of walk at 1030 Leader: Kath Small 01855811520

Saturday 3rd May		Meall an t-Slamain
		Camasnagaul
<p><i>Like a sentinel above The Narrows between Loch Eil and Loch Aber, this hill offers great views of familiar places, from a different perspective.</i></p> <p>Start from ferry slip at NN094750. Follow a way-marked path up through the woodland to the viewpoint then continue up the hillside to the mast and trig point, 291m. Follow the ridge SW to the summit of Meall an t-Slamain, 467m. Continue SW, descending to Gleann Sròn a'Chreagain and follow the path down to the road at Stronchreggan. Return NE along the road to Camasnagaul. Return ferry to Fort William at 1635.</p>		
Grade: M	LR41	Meet at:
Distance: 10Km	EX392	Longsdale CP Oban NM862307 at 0840
Height to climb: 485m		N. Ballachulish Primary Sch NN053603 at 0930
		Spean Bridge WM NN221816 at 0930
		Fort William Ferry Slip NN099738 for 1000 sailing
		Start of walk at 1015
		Leader: Pat Lawson 07792 746770

Thursday 8th May		Beinn Fhada and Stob Coire Sgreamhach
		Glen Coe
<p><i>An interesting approach, up the nose and along the crest of the first of the “Three Sisters” of Glencoe, leads to a shapely Munro at the head of the Hidden Valley.</i></p> <p>Use the CP at NN187562. Take the path SW and cross the Allt Lairig Eilde (stepping stones). Head W up the slope towards the series of rock buttresses that form the flank of the nose of Beinn Fhada. Pass to the right of the first buttress, and climb steeply up leftwards on a ramp below the foot of the second buttress. At the top of the ramp, easier ground leads to the crest of the ridge. Follow it SW over the summits (811m and 931m respectively) to reach a narrow col at the foot of the NE ridge of Stob Coire Sgreamhach. Direct onward progress is obstructed by a vertical rock pillar. Pass to the left along the base of the pillar for a few metres to reach a groove slanting back rightwards up the rock. Climb the groove to reach easier ground on the crest of the ridge and scramble to the summit. There are two onward descent routes:-</p> <ol style="list-style-type: none"> 1. Descend the SE ridge to a col just before a small summit, 781m. Turn NE and descend steep slopes to the floor of the Lairig Eilde and follow the path back to the start. 2. Descend the NW ridge to the col at the head of Coire Gabhail. Turn NE down the badly eroded path on the steep headwall to reach the floor of the coire, and follow the path out to the Viewpoint CP on the A82 at NN170568. Transport required. 		
Grade: S	LR41	Meet at:
Distance: 10Km	EX384	Longsdale CP Oban NM862307 at 0820
Height to climb: 946m		Spean Bridge WM NN221816 at 0825
		Fort William WM NN112742 at 0845
		Glencoe Village CP NN098587 at 0915
		Start of walk at 0930
		Leader: Gerry Gilbert 01855 821279

Sunday 11th May	Beinn Chaorach	
	Tyndrum	(Corbett)
<p><i>This Corbett is one of a group of five, all achievable in one outing of 2000m ascent. Taking them one at a time gives more opportunity to enjoy the impressive views.</i></p> <p>Park on the track just before Auchtertyre farm at NN352290. Follow this track under the viaduct and up to the shielings, where the track splits. Take the right fork and shortly afterwards, where the track levels out, head N up the ridge to the summit of Beinn Chaorach, 818m. Descend the N ridge to the col at NN 362339 then descend SE to rejoin the track at NN 368331. Follow it back down the glen to the shielings and return to the start.</p>		
Grade: M+ Distance: 12Km Height to climb: 650 m	LR50 EX377	Meet at: Spean Bridge WM NN221816 at 0825 Fort William WM NN112742 at 0845 Longsdale CP Oban NM862307 at 0900 Glencoe Village CP NN098587 at 0915 Start of walk at 1000 Leader: Graham Innes 01631 562290


Thursday 15th May	Beinn Leamhain	
	Glen Gour	
<p><i>A short walk, but this craggy little hill has lots of interest and is a great viewpoint.</i></p> <p>Park near Sallachan at NM983627. Cross the A861 and take the loop road past Sallachan and across the bridge. Take the track westwards leading into Glen Gour, past Loch nan Gabhar and the ruins at Tigh Ghlinnegabhar. About 1km further at NM 950638, head SW steeply up a break in the trees and the open hillside to gain the crest of the ridge. Follow this SE to the summit of Beinn Leamhain, 508m. Head E, past the twin lochans and the old trig point, 502m. Descend E down the hillside, keeping above the crags on the SE aspects, to rejoin the outward track just before the bridge at Sallachan.</p>		
Grade: M Distance: 7Km Height to climb: 500m	LR40 EX391	Meet at: Longsdale CP Oban NM862307 at 0835 Spean Bridge WM NN221816 at 0845 Fort William WM NN112742 at 0915 Corran Ferry slip NN021635 for 0945 sailing Start of walk at 1010 Leader: Sally Cameron 07810 464994

Saturday 17th May		Aonach Dubh and Stob Coire nan Lochan
		Glen Coe
<p><i>A classic mountain walk up the W face of Aonach Dubh by Dinnertime Buttress and descending from Stob Coire nan Lochan down the nose of Garr Aonach.</i></p> <p>Use the CP near Achnambeithach NN138566. Follow the path by the Allt Coire nam Beithach. Cross the burn at approx. NN139560 and head E up the steep slope towards the buttress between the 1st and 2nd gullies on the W face of Aonach Dubh. A path, distinct on the crest of an eroded moraine, becomes fainter higher up on steeper vegetated ground. The rock quality improves at the rhyolite band, which provides a good scramble. Exposed scrambling may be avoided here by trending rightwards into the 2nd gulley, which is followed up into a small coire under the skyline. Climb out of the coire and visit the summit of Aonach Dubh, 892m, then head up the N ridge of Stob Coire nan Lochan to its summit, 1115m. Descend the steep E ridge then follow the crest of Garr Aonach to the cairn at the NE end. Find the path, marked by a further cairn, which zig-zags down the nose of Garr Aonach. At each bend is a short scramble. Below the nose, the path joins the Coire Gabhail path, which is followed to the Viewpoint CP on the A82 at NN170568. Transport required.</p>		
Grade: S	LR41	Meet at:
Distance: 7Km	EX384	Longsdale CP Oban NM862307 at 0825
Height to climb: 1080m		Spean Bridge WM NN221816 at 0825
		Fort William WM NN112742 at 0845
		Glencoe Village CP NN098587 at 0915
		Start of walk at 0930
		Leader: Andrew Gilbert 07808 024722

Thursday 22nd May		Meall Corranaich and Meall a'Choire Léith
		Loch Tay (Two Munros)
<p><i>Two easy Munros, rough or boggy in places at first, with the option of continuing a pleasant ridge walk to Bridge of Balgie in Glen Lyon.</i></p> <p>Start from the highest point of the public road at NN593416, where limited parking is available just W of the Cairn. Head SE across moorland, climbing the broad ridge that leads to the SW spur of Meall Corranaich. Turn NE and climb to its summit. Head along the N spur for 1Km where it splits into two ridges enclosing Coire Gorm. Keep to the N ridge, following the rim of Coire Liath, and climb to the summit of Meall a'Choire Léith. There is a choice of descent routes:-</p> <ol style="list-style-type: none"> 1. Descend SSW down the slope to reach the Allt Gleann Da-Eig and cross it N of the Shielings. to the col SE of Meall nan Eun and descend to the start at the Cairn. 2. Continue N down the ridge into Glen Lyon to reach Balmenoch. Follow the track W to Bridge of Balgie. Transport required. 		
Grade: M+	LR51	Meet at:
Distance: 10Km/12Km	EX 378	Spean Bridge WM NN221816 at 0740
Height to climb: 777m		Fort William WM NN112742 at 0800
		Longsdale CP Oban NM862307 at 0820
		Glencoe Village CP NN098587 at 0830
		Start of walk at 1000
		Leader: Graham Innes 01631 562290

Sunday 25th May		Kentra Bay and the Singing Sands
		Acharacle
<p><i>A walk to explore the sands at Gortenfern, the mixed woodland and the wildlife at Kentra Bay.</i> Park at Arivegaig NM651678. Follow the track westwards along the S shore of Kentra Bay to Gorteneorn. Continue along the shore to the forest boundary then take the track up through the trees. After about 2km a sign points right, down to the beach at Gortenfern. To return, retrace steps to the forest track and after a few hundred metres at NM616688 take the right fork heading for Torr a Chuilinn. Keep left at the next junction and descend to Gorteneorn and the outward path.</p>		
Grade: L	LR40	Meet at: Longsdale CP Oban NM862307 at 0830 Spean Bridge WM NN221816 at 0855 Fort William WM NN112742 at 0915 Corran Ferry slip NN021635 for 0945 sailing Start of walk at 1100 Leader: Marion Moir 01855 811028
Distance: 10Km	EX390	
Height to climb: 250m		

Thursday 29th May		Beinn an Dòthaidh and Beinn Dòrain
		Bridge of Orchy (Two Munros)
<p><i>These two well-known Munros are the centre-piece of the view from the A82 north of Tyndrum. This route traverses both of them before descending into an impressive coire.</i> Park near the start of the estate road opposite the head of Loch Tulla, at NN313438. Follow the track E to Achallader farm, turn S and cross the railway. Continue S up the grassy slopes on the W side of the burn to reach the foot of the ridge enclosing Coire Achaladair on its W side. Climb the ridge to reach a summit of Beinn an Dòthaidh, 1000m. The main summit is 500m further E, altitude 1004m. Return to the first summit and descend S to the col at the head of Coire an Dòthaidh, 744m, and continue S up the long ridge to the summit of Beinn Dòrain, 1076m. Return to the col and descend on a path in Coire an Dòthaidh to the Bridge of Orchy Hotel. Transport required at the CP S of the Hotel at NN296395.</p>		
Grade: S	LR50	Meet at: Longsdale CP Oban NM862307 at 0810 Fort William WM NN112742 at 0830 Spean Bridge WM NN221816 at 0810 Glencoe Village CP NN098587 at 0900 Start of walk at 0930 Leader: Sally Cameron 07810 464994
Distance: 15Km	EX377	
Height to climb: 1200m		

Saturday 31st May		Sgurr an Eilean Ghiubhais
		Mallaig
<p><i>A walk in wild country with superb views of Loch Nevis and Knoydart, then a descent to the port of Mallaig at the end of the Road to the Isles.</i></p> <p>Start at Glasnacardoch where parking is available at the start of the old Mallaig Road at NM675955. Follow a good track E to Loch an Nostarie and then the line of the old water pipe to Loch Eireagoraidh. A steady climb NE over rough ground leads to the rocky summit of Sgurr an Eilean Ghiubhais, 552m. Return SW to the wide col, passing several small lochans, then head W to gain the N ridge of Sgurr Eireagoraidh, and climb to the summit, 548m. Descend again to Loch Eireagoraidh and follow the outward path, turning northwards at a signpost to Mallaig. Transport required from the public CP in Mallaig NM674969.</p>		
Grade: M+	LR40	Meet at:
Distance: 14 Km	EX398	Longsdale CP Oban NM862307 at 0750
Height to climb: 710m		N. Ballachulish Primary Sch NN053603 at 0840
		Spean Bridge Woollen Mill NN221816 at 0850
		Neptune's Staircase CP NN111769 at 0910
		Start of walk at 1015
		Leader: Dave Kime 01972 500272
Thursday 5th June		Altnafeadh to Kinlochleven
		Glen Coe
<p><i>An easy climb to quite a high altitude. Great views and good paths and tracks throughout.</i></p> <p>Limited parking is available at Altnafeadh NN220563. Head north up the WHW. The path zigzags up the Devil's Staircase to a col at 550m, with a large cairn and good views of the Mamores, Rannoch Moor and Buachaille Etive Mòr. Continue northwards, descending the old military road to the top of the pipelines and follow the track down to Kinlochleven. Transport required at end of walk at The Ice Factor NN187619. Bus service to Glencoe.</p>		
Grade: L	LR41	Meet at:
Distance: 9Km	EX384	Longsdale CP Oban NM862307 at 0920
Height to climb: 250m		Spean Bridge WM NN221816 at 0925
		Fort William WM NN112742 at 0945
		Glencoe Village CP NN098587 at 1015
		Start of walk at 1030
		Leader: Vic Royce 01397 713889
Sunday 8th June		Beinn Duirinnis
		Bonawe
<p><i>This small hill is well placed for views of Loch Etive and the mighty Ben Cruachan opposite.</i></p> <p>Start at the junction of the B845 and the "C" class road to Connel, NM986355, where limited parking is available. Follow the B845 across the River Esragan and the Blarcreen Burn. Just past this latter bridge, take a faint footpath E up a ramp to a gate at NM996⁷⁸353³². Climb the ridge to the summit of Ceann Creige, 478m, and continue to the summit of Beinn Duirinnis, 555m. Descend the ridge to the E to reach the track at Rubha na Creige. Follow the track SW along shore of Loch Etive, passing through Bonawe Quarry. Return to the start on the B845.</p>		
Grade: M	LR49/50	Meet at:
Distance: 13Km	EX377	Spean Bridge WM NN221816 at 0825
Height to climb: 577m		Fort William WM NN112742 at 0845
		Ballachulish TIC NN083584 at 0910
		Longsdale CP Oban NM862307 at 0930
		Start of walk at 1000
		Leader: Graham Innes 01631 562290

Thursday 12th June		Sgurr nan Eugallt
		Kinloch Hourn (Corbett)
<p><i>In this wild area, a good stalkers' path provides easy access to an interesting hill on the edge of the "rough bounds of Knoydart".</i></p> <p>Start from the ruin at Coireshubh, NG958054. Limited parking is available in the vicinity. Take the stalkers' path W and follow it up to the col S of Sgurr Dubh, NG935051. Turn SW and climb the ridge to the summit of Sgurr nan Eugallt, 894m. Follow the main ridge SE along the rim of Coire Shubh, which rises to a summit (not named on LR maps) at NG941035. Descend NE down the ridge to the road just S of the start. (An extension to Sgurr a'Chlaidheimh and descent ENE to the road adds a further 90m of ascent and 4Km to the walk. Many small crags and rough ground could make this descent confusing in bad visibility.)</p>		
Grade: M+	LR33	Meet at:
Distance: 9Km	EX414	Longsdale CP Oban NM862307 at 0800
Height to climb: 863m		N. Ballachulish Primary Sch NN053603 at 0850
		Fort William WM NN112742 at 0910
		Spean Bridge WM NN221816 at 0930
		Start of walk at 1050
		Leader: Ian Moir 07973 836498

Saturday 14th June		Salachan Glen to Glen Stockdale
		Duror / Appin
<p><i>A pleasant cross-country walk through glens, forest and natural woodland.</i></p> <p>Park at the forest track entrance off the A828 southwest of Dalnatrat, NM967530. Follow the track in to Salachan Glen for about 1½Km, take the right fork and climb to a sharp left bend. The start of the footpath here has been obliterated by felling operations. Stay on the track for a further 250m until it bends right, then take the waymarked footpath which crosses a burn on a footbridge, eventually joining the original route leading southwestwards. It emerges in open country at NM 972506. The path continues over the watershed and then follows the stream down Glen Stockdale. The path becomes a pleasant track through the trees down to Kinlochlaich Farm and the road at NM 936466. Turn left along the road, over the bridge and take the cycle track to the CP opposite Appin Village Hall, NM938459. Transport required.</p>		
Grade: L	LR49	Meet at:
Distance: 11Km	EX376	Spean Bridge WM NN221816 at 0920
Height to climb: 250m		Fort William WM NN112742 at 0940
		Longsdale CP Oban NM862307 at 0950
		Ballachulish TIC NN083584 at 1010
		Start of walk at 1030
		Leader: Kath Small 01855811520

Thursday 19th June		Meall an Damhain
		Loch Sunart
<p><i>A pleasant walk along the shore of Loch Sunart with a climb up to one of its best viewpoints. Return by a remote glen.</i></p> <p>Park at the end of the public road at NM756599. Follow the track along the shore, cross the bridge over the Laudale River and fork left on to a footpath at NM733603. Follow this up through the forest to a bend where it crosses the Allt Camas na h-Airbhe NM725¹¹605³¹. Follow the burn SW uphill until clear of the trees, then head S to the summit of Meall an Damhain. Descend SW to Bac an Lochain. From its S side descend SE at first, gradually curving NE into Glen Laudale, following a faint path. Join a more obvious path alongside the Laudale River and follow it to rejoin the outward track at NM738602. Retrace steps back to the start.</p>		
Grade: M+	LR40/49	Meet at:
Distance: 13Km	EX 383	Longsdale CP Oban NM862307 at 0800
Height to Climb: 532m		Spean Bridge WM NN221816 at 0825
		Fort William WM NN112742 at 0845
		Corran Ferry slip NN021635 for 0915 sailing
		Start of walk at 1000.
		Leader: Sally Cameron 07810 464994


Sunday 22nd June		Aonach Eagach Ridge
		Glen Coe
<p><i>The most famous scramble in Glencoe makes a memorable day out. The walk is exposed in places but not difficult and the views are superb.</i></p> <p>Start from a small lay-by on the A82 at NN174566 where limited parking is available. Climb steeply, on a good path, up the SE ridge of Am Bodach (943m) From the summit, descend W to a sudden and exposed drop of about 20m. Scramble down this on good holds. A path continues along the narrow crest and a rocky slope leads to Meall Dearg (953m). Continue westwards keeping mainly to the crest. The route is obvious. Most of this section involves scrambling on sound rock, not technically difficult, but exposed in places, where some people may appreciate the use of a rope. The scrambling ends at the col east of Stob Coire Leith (940m). Ascend to its summit and continue to Sgorr nam Fiannaidh (967m) To descend, head westwards over the relatively flat summit to NN 134582. Descend the rocky slopes of the NW ridge and pick up a path which continues down to meet the well-worn path up the Pap of Glencoe. Turn left and follow this down to the old road. Transport required at end of walk on the old Glencoe Road at NN108587.</p>		
Grade: S	LR41	Meet at:
Distance: 9Km	EX384	Longsdale CP Oban NM862307 at 0800
Height to climb: 1140m		Spean Bridge WM NN221816 at 0800
		Fort William WM NN112742 at 0820
		Glencoe Village CP NN098587 at 0850
		Start of walk at 0900
		Leader: Andrew Gilbert 07808 924722

Thursday 26th June		Isle of Luing circuit
		Isle of Luing
<p><i>A chance to explore the old slate mining area and lovely coastal scenery of Luing.</i> Limited parking is available near the ferry slip at Cuan at NM753143. After the short but interesting ferry crossing, take the path N to Cuan Point and then follow the coast S along the W side of Luing down to Cullipool. From here follow the road to Bardrishaig and then take the track heading S. After about 3km the track turns east. Turn right at a junction and shortly afterwards meet the road at NM738091 and follow it E to the village at Toberonochy. Retrace steps to the church and grave yard. Follow the road N back the ferry slip. Note: ferry fare is £1.80 return. Ferries run every half hour.</p>		
Grade: L Distance: 15Km Height to climb: 200m	LR49/55 EX359	Meet at: Longsdale CP Oban NM862307 at 0945 Fort William WM NN112742 at 0810 Spean Bridge WM NN221816 at 0750 Ballachulish TIC NN083584 at 0840 Cuan Ferry slip NM753143 for 1030 sailing Leader: Kath Small 01855 811520

Friday 27th to Sunday 29th June		KINLOCHEWE WEEKEND
		Kinlochewe
Contact the Organiser or Walks Convenor for information.		
		Organiser: Sally Cameron 07810 464994

Saturday 28th June		Rannoch to Corroul
		Bridge of Orchy
<p><i>Train to Rannoch, walk to Corroul, return by train to Bridge of Orchy.</i> Limited parking available at Bridge of Orchy Stn. Alternatively, use the large CP S of Bridge of Orchy Hotel at NN29739. From Rannoch station head east along the B846 for about 2Km. At NN458575 turn left on to a track. 600m after crossing a bridge at NN 435603 the track becomes a path and shortly afterwards splits. Take the left fork, leaving the river, and head up the lower slopes of Sron Leachd a'Chaorainn. The path continues to the ruins of Corroul old lodge under the flank of Carn Dearg, and round to Peter's rock. Head west from here down to the end of Loch Ossian and the track to Corroul station. Return train to Bridge of Orchy is at 1825.</p>		
Grade: M Distance: 17Km Height to climb: 380m	LR50/42/41 EX385	Meet at: Longsdale CP Oban NM862307 at 0930 Fort William WM NN112742 at 0930 Spean Bridge WM NN221816 at 0910 Glencoe Village CP NN098587 at 1000 Bridge of Orchy Stn NN300394 for 1048 dep Leader: TBA


Thursday 3rd July		Sgurr nan Coireachan and Sgurr Thuilm
		Glenfinnan (Two Munros)
<p><i>A classic mountain walk taking in the Coire Thollaidh Horseshoe.</i> Parking is available at the start of the estate road at NM905808. Follow the estate road up Glen Finnan to the bridge over the Allt a Chaol-ghinne and right to Corryhully bothy. The track continues and crosses the Allt a'Choire Chàrnaig. The bridge is no longer usable and this crossing can be difficult if the rivers are in spate. Shortly after this crossing, a stalkers' path climbs N up the slope, giving access to the SE ridge of Sgurr a' Choire Riabhaich. Climb this to its summit at 852m. Continue to the Munro summit of Sgurr nan Coireachan, 956m. Descend its NE ridge and follow the rim of the huge Coire Thollaidh over Meall an Tàrmachain, 826m and Beinn Gharbh, 825m to reach the second Munro of Sgurr Thuilm, 963m. Descend S to a shoulder, then SE down Druim Coire a'Bheithe to the bridge over the River Finnan. Follow the estate road back to the start.</p>		
Grade: S	LR40	Meet at:
Distance: 20Km	EX398	Longsdale CP Oban NM862307 at 0740
Height to climb: 1400m		N. Ballachulish Primary Sch NN053603 at 0830
		Spean Bridge WM NN221816 at 0845
		Neptune's Staircase CP NN111769 at 0900
		Start of walk at 0930
		Leader: Ian Moir 07973 836498

Sunday 6th July		Sgor Gaoith and Mullach Clach à Bhlàir
		Glen Feshie (Two Munros)
<p><i>Two easy peaks on the Cairngorm plateau with wide open views.</i> Use the CP 1Km N of Auchlean in Glen Feshie, NN 850985. Follow the road S to Auchlean, then take the path E that climbs through a patch of forest and out on to the open hillside. Take the left fork at the junction to stay on the higher, N path. At a high point on the shoulder SW of Carn Bàn Mòr, turn NE, heading over this hill and continue to the summit of Sgor Gaoith, 1118m. Follow the rim of the huge Coire Odhar for the best views in to Gleann Einich. Retrace steps back to Carn Bàn Mòr. Keeping to the highest ground, head S across the plateau to reach the spot height 953m just E of Coire Garbhlach at NN891944. Join the track nearby and follow it SW for 1.5Km to a junction. The summit of the second Munro is 1Km S of here. Return to the junction and descend W to the River Feshie at Carnachuin. Unless sure that the bridge at NN850964 is usable, follow the path N on the E side of the River Feshie, back to Auchlean.</p>		
Grade: M+	LR35/36	Meet at:
Distance: 24Km	EX403	Longsdale CP Oban NM862307 at 0700
Height to climb: 940m		N. Ballachulish Primary Sch NN053603 at 0750
		Fort William WM NN112742 at 0810
		Spean Bridge WM NN221816 at 0830
		Start of walk at 1000
		Leader: Sarah Holroyd 01855 821277

Thursday 10th July		Drimnin to Doirlinn
		Lochaline
<p><i>This is a there-and-back walk along a good track, with extensive views of the mouth of Loch Sunart and across Loch na Droma Buidhe to Oronsay.</i></p> <p>The walk starts at the end of the B849 at Port nam-Freumh (NM 557539) where there is limited parking space. The route follows a path going N, then E after 200m and then N again. It continues to NM 555547 before diverting E and N round Drimnin House. The track then continues N and E above Auliston Point and eastwards to Doirlinn, passing the deserted villages of Portabhatu and Sornagan.</p> <p>Please contact the leader beforehand to arrange transport.</p>		
Grade: M	LR47/49	Meet at:
Distance: 19Km	EX383	Longsdale CP Oban NM862307 at 0800
Height to climb: 400m		Spean Bridge WM NN221816 at 0825
		Fort William WM NN112742 at 0845
		Corran Ferry slip NN021635 for 0915 sailing
		Start of walk at 1030
		Leader: Vic Royce 01397 713889

Saturday 12th July		Beinn a'Chùirn and Beinn Mhanach
		Tyndrum (Munro + Top)
<p><i>A remote and isolated hill at the head of Loch Lyon.</i></p> <p>Start down the Auch estate road at NN316354. Limited parking is available off the A82 in the vicinity. Follow the track NE through Gleann Achadh'–innis Chailein along the Allt Kinglass to a junction at NN357395. Turn left and follow the track NW and continue to the watershed at the head of Gleann Cailliche. Climb E up the slopes, aiming for the col between Beinn a'Chùirn, and Beinn Mhanach. This affords easy access to both summits. From Beinn Mhanach, make a descending traverse SW on steep grassy slopes to the junction of the track and return to Auch.</p>		
Grade: S	LR50	Meet at:
Distance: 20Km	EX377	Spean Bridge WM NN221816 at 0800
Height to climb: 871m		Fort William WM NN112742 at 0820
		Longsdale CP Oban NM862307 at 0825
		Glencoe Village CP NN098587 at 0855
		Start of walk at 0930
		Leader: Sally Cameron 07810 464994

Thursday 17th July		Beinn Trilleachan
		Glen Etive (Corbett)
<p><i>An isolated hill giving spectacular views down Loch Etive and back to the peaks of Glen Coe, Glen Etive and Black Mount.</i></p> <p>Limited parking is available near the end of the public road at NN111453. Head N up the well-worn and often boggy path following the forestry boundary. As this levels off at about 220m, turn SW and ascend the broken ridge over Meall nan Gobhar. Continue up the increasingly rocky ridge to the first summit, 767m. This is in a dramatic position overlooking the Etive Slabs. A short steep drop and a gradual ascent lead to the main summit of Beinn Trilleachan. Return by the same route.</p>		
Grade: M+	LR50	Meet at:
Distance: 9Km	EX377/384	Longsdale CP Oban NM862307 at 0830
Height to climb: 850m		Spean Bridge WM NN221816 at 0830
		Fort William WM NN112742 at 0850
		Glencoe Village CP NN098587 at 0920
		Head of Glen Etive NN246549 at 0940
		Leader: Gerry Gilbert 01855 821279

Sunday 20th July 		Peameanach Village and Beach
		Lochailort
<p><i>This is a straightforward walk following a well-defined path across the Ardnish peninsula. A wild setting with splendid views.</i></p> <p>Start from Polnish (NM742835) on the A830, where parking is available. Follow the path SW. It crosses the Mallaig railway line by a bridge at the end of Loch Dubh, then climbs in a WSW direction above the south shore of Loch Nam Uamh giving excellent views of the small islets and rocks at its landward end. The path flattens at the north end of Loch Doir a' Ghearran, then falls to cross a ford before a final short uphill stretch and then down to Peameanach near the shore at the mouth of Loch Ailort. The return is by the same path.</p>		
Grade :M Distance: 10Km Total height gained: 370m	LR40 EX398	Meet at: Longsdale CP Oban NM862307 at 0900 N. Ballachulish Primary Sch NN053603 at 0950 Spean Bridge WM NN221816 at 1005 Neptune's Staircase CP NN111769 at 1020 Start of walk at 1100 Leader: Kath Small 01855 811520

Thursday 24th July		Ben Nevis by CMD Arête (From Glen Nevis)
		Fort William (Two Munros)
<p><i>A classic walk among Scotland's highest hills with superb views of the North Face of Ben Nevis before climbing its summit.</i></p> <p>Start from the Upper Falls CP at NN167691. Take the path E through the gorge to the Steall ruin, turn left before the bridge and follow the path N steeply up to reach the hanging valley of Coire Giubhsachan. Follow the Allt Coire Giubhsachan N, then NE, climbing to reach the col at NN186722. Climb W up the steep E ridge of Carn Mòr Dearg to its summit at 1220m. Turning S, follow the Arête around the rim of Coire Leis. Climb over boulders and up steep stony ground to the summit of Ben Nevis, 1343m. Descend by the tourist route to the Ben Nevis Inn at NN125729. Transport required.</p>		
Grade: S Distance: 17Km Height to climb: 1400m	LR41 EX392	Meet at: Longsdale CP Oban NM862307 at 0735 N. Ballachulish Primary Sch NN053603 at 0825 Spean Bridge WM NN221816 at 0825 Fort William WM NN112742 at 0845 Start of walk at 0900 Leader: Andrew Gilbert 07808 924722

Saturday 26th July		Beinn Iadain and Beinn na h-Uamha
		Lochaline
<p><i>Two interesting hills with craggy aspects, affording fine views of this wild and remote area.</i> Start from the end of the public road at NM656541, where limited parking is available. Follow the road N, across the Kinloch River, and take the track NE uphill to Coire an Tuim. Continue NE to a broad col at NM684567, then turn SE and climb the ridge to the summit of Beinn Iadain, 571m. Avoiding crags, descend to the S to reach a watershed at NM689545, then climb up the N spur of Beinn na h-Uamha to its summit, 465m. Turning W, then NW, follow the long curving ridge downwards* to about 300m at NM670540, then W directly back to the start. *(A detour can be made to a cave at NM671535 during this descent).</p>		
Grade: M+ Distance: 12Km Height to climb: 800m	LR49 EX 383	Meet at: Longsdale CP Oban NM862307 at 0800 Spean Bridge WM NN221816 at 0820 Fort William WM NN112742 at 0840 Corran Ferry slip NN021635 for 0915 sailing Start of walk at 1000 Leader: Dave Kime 01972 500272

Thursday 31st July		Sròn na Glaoidh
		Glen Gloy
<p><i>This small hill is not named on the LR map. It affords a good view into Glen Gloy and across Loch Lochy to the big hills beyond.</i> Limited parking is available at the sharp bend in the road at NN224866. Walk a few metres up the road, then head NE up the hillside to meet a path at NN 228869. Follow this path NE as it rises along the flank of the hill. Once the path levels out, head W over a large flat area directly for the summit of Sron na Glaoidh. (449m) From here descend NE to pick up the path again as it follows a stream down to some trees. Continue on the path as it contours around the hill to join the line of an old military road, leading back to the start. (The summit of Sron na Glaoidh may be reached directly on rough ground by climbing up the nose instead of using the path).</p>		
Grade: L Distance: 8Km Height to climb: 325m	LR41 EX400	Meet at: Longsdale CP Oban NM862307 at 0945 N. Ballachulish Primary Sch NN053603 at 1005 Fort William WM NN112742 at 1025 Spean Bridge WM NN221816 at 1045 Start of walk at 1100 Leader: Tony Laidler 07717 341610

Sunday 3rd August		Beinn nan Ord and Beinn na Seilg
		Ardnamurchan
<p><i>A volcanic peak offering very extensive views of the west coast from Mull to Skye.</i> Start at Grigadale NM429671. Cross fields and open rough grassland to climb SSE up the ridge to the summit of Beinn nan Ord, 215m. Descend ESE, cross the Allt Garbh-dhalach and continue steeply up to the summit of Beinn na Seilg, 344m. Turn N and descend to the Sonnachan Hotel.</p>		
Grade: M Distance: 7Km Height to climb: 470m	LR47 EX390	Meet at: Longsdale CP Oban NM862307 at 0805 Spean Bridge Woollen Mill NN221816 at 0820 Fort William Woollen Mill NN112742 at 0840 Corran Ferry slip NN021635 for 0915 sailing Opposite Sonnachan Hotel NM453665 at 1045 Leader: Dave Kime 01972 500272

Thursday 7th August		Ben Glas
		Glen Falloch
<p><i>Ben Glas is situated between the foot of Glen Falloch and the head of Loch Lomond, affording good views of both, and some well known Munros in the vicinity.</i></p> <p>Park at the Drovers' Inn at NN318184. Take the footpath N alongside the A82 and cross the River Falloch and pass through Beinglas farm. Climb the path steeply E towards the waterfall on the Ben Glas Burn. Follow the path along the burn to about NN344181 at an altitude of 450m, then climb the slope N to Lochan a'Chaisteil. Ben Glas is the steep rocky prominence glowering over the lochan. Climb to its summit, then turn E and make for the slightly higher summit of Stob Creag an Fhithich, 715m. Descend N to reach the WHW at the Falls of Falloch and follow it NE to cross the river on the bridge at Derrydaroch. Transport required from lay-by on A82 at NN350⁸¹219⁸³.</p>		
Grade: M+	LR50	Meet at:
Distance: 10Km	EX364	Spean Bridge WM NN221816 at 0830
Height to climb: 730m		Longsdale CP Oban NM862307 at 0845
		Fort William WM NN112742 at 0845
		Glencoe Village CP NN098587 at 0905
		Start of walk at 1000
		Leader: Sally Cameron 07810 464994

Saturday 9th August		Ardsheal Peninsular Circuit
		Duror
<p><i>A quiet walk away from the main road that offers wide open views of the spectacular landscape around Loch Linnhe.</i></p> <p>Park at Duror Village Hall NN002563. Cross the A828 and take the cycle track a short distance SE to its junction and turn left. The cycle track soon ends but the route continues NE following the line of the former railway to a point nearly opposite the church at Kentallen. Step over the fence, cross the A828 and take the estate road around the NE end of the peninsular until it diverges from the coast. Step over the fence and descend to the beach. Follow the coast WSW on an indistinct path for about 5Km to reach Cuil Bay. Take the public road to its junction with the A828, cross the road on to the cycle track and follow its route back to the start.</p>		
Grade: L	LR41/40	Meet at:
Distance: 11Km	EX376	Spean Bridge WM NN221816 at 1000
Height to climb: 50m		Longsdale CP Oban NM862307 at 1015
		Fort William WM NN112742 at 1020
		Ballachulish TIC NN083584 at 1050
		Start of walk at 1100
		Leader: Sally Cameron 07810 464994

Thursday 14th August 🐾		Altnafeadh to Blackwater Dam
		Glen Coe
<p><i>A high cross-country walk to the longest dam in the highlands and a century-old hydro scheme. Grand views all round. Finish at the indoor ice- and rock-climbing centre.</i></p> <p>Limited parking is available at Altnafeadh NN220563. Follow the WHW N up the Devil's Staircase to the bealach and a large cairn at NN 215576. Follow a path heading NE up to the summit of Beinn Bheag (616m). Continue NE, passing to the right of the crags, and descend to a watershed at NN 229591. Now go N to the flat summit of Meall Bad a'Bheithe (428m). Descend NE to the track and follow it E to the graveyard and the Blackwater dam. Return along the track and continue W to rejoin the WHW at the penstocks. Descend on the track to Kinlochleven. Transport required at end of walk at The Ice Factor NN187619.</p>		
Grade: M Distance: 15Km Height to climb: 500m	LR41 EX384	Meet at: Longsdale CP Oban NM862307 at 0850 Spean Bridge WM NN221816 at 0855 Fort William WM NN112742 at 0915 Glencoe Village CP NN098587 at 0945 Start of walk at 1000 Leader: Sarah Holroyd 01855 821277

Sunday 17th August		The Saddle and Sgurr na Sgine
		Glen Shiel (Two Munros)
<p><i>A classic hill walk in splendid scenery.</i></p> <p>Park in the lay-by off the A87 at NG971138. Follow the A87 NW for 500m, then take the stalkers' path up to the col between Biod an Fhithich and Meallan Odhar. Climb S to Meallan Odhar, 610m, then continue SW to the foot of the Forcan Ridge*. Scramble to the summit of Sgurr na Forcan. Descend a short tricky scramble to reach easier ground and continue along the ridge to the summit of The Saddle, 1011m. (* <u>To avoid scrambling</u>, after leaving Meallan Odhar traverse below the south flank of the Forcan Ridge, going SW to Bealach Coire Mhalagain. Climb NW to the summit of The Saddle). Return by this latter route, unless continuing to Sgurr na Sgine.</p> <p>To include Sgurr na Sgine, descend SE from the trig point to the lochan on the Bealach Coire Mhalagain. Climb S to reach the crest of the ridge forming the rim of Coire Toteil and follow it S over the NW top to the summit of Sgurr na Sgine, 964m. Return around the rim of the Coire and continue E to Faochag 909m. Descend its steep NE ridge back to the main road.</p>		
Grade: S Distance: 13Km Height to climb: 1490m	LR33 EX414	Meet at: Longsdale CP Oban NM862307 at 0725 N. Ballachulish Primary Sch NN053603 at 0815 Fort William WM NN112742 at 0835 Spean Bridge WM NN221816 at 0855 Start of walk at 1000 Leader: Ian Moir 07973 836498

Thursday 21st August		Arisaig Peninsular Circuit
		Arisaig
<p><i>A walk to the Cup-marked stone and a circuit of the peninsular with seaward views to the Small Isles and Skye.</i></p> <p>Park opposite the post office in Arisaig Village NM659863. Head S taking the minor road to Rhu. After crossing the canal, turn left and follow the track by the canal to Mains farm. Continue S to the junction at Glen Cottage and turn left to follow the track by the wooded stream. A gate on the right gives access to the footpath up to Loch Dubh and although indistinct in places leads up to the cup-marked stone at NM 6686 8446. The faint path continues S to the lovely shingle beach at Camas Ghaoideil. Return up the path and head W to spot height 126m on Doire Fhada, giving great views. Descend NW over rough ground to pick up the road on the shores of Loch nan Ceall. Return to Arisaig along the road.</p> <p>Arisaig train leaves Fort William at 0830, arriving at 0938. Return train leaves Arisaig at 1621, arriving Fort William at 1728</p>		
Grade: L Distance: 10Km Height to climb: 250m	LR40 EX398	<p>Meet at: Longsdale CP Oban NM862307 at 0740 N. Ballachulish Primary Sch NN053603 at 0830 Spean Bridge WM NN221816 at 0840 Neptune's Staircase CP NN111769 at 0900 Start of walk at 1000 Leader: Marion Moir 01855 811028</p>

Saturday 23rd August		Corroul to Spean Bridge
		Corroul
<p><i>A cross-country walk in a remote area with impressive scenery. Mainly downhill on paths or tracks, some boggy. Height to climb from Loch Treig to watershed in the Lairig Leacach is 258m. Other ascents are not sustained.</i></p> <p>From Corroul station take the path heading NW, down to Loch Treig. Follow the S edge of the loch to cross the bridge at Creaguaineach Lodge. Keeping on the west side of the Allt na Lairige, continue on the path to the bothy at NN282736. If necessary, the stream can be crossed on a bridge west of the bothy. The track from here goes up to the watershed and down to the minor road leading to Spean Bridge. Transport may be left at the Scout Hut at NN253806.</p>		
Grade: M Distance: 20km Height to climb: 400m	LR 41 EX 385/392	<p>Meet at: Longsdale CP Oban NM862307 at 0610 N. Ballachulish Primary Sch NN053603 at 0700 Fort William Stn NN105742 for 0742 dep Spean Bridge Stn NN221814 for 0755 dep Leader: Pat Lawson 07792 746770</p>

Thursday 28th August		An Stac to Druim Fiaclach	
		Lochailort	(Two Corbetts)
<p><i>This rugged circuit of Coire a' Bhuiridh, over fine ridges with splendid seaward views, is one of the best on the W coast.</i></p> <p>Park at Inverailort NM766816. Follow the track E, then a path through a little col below Tom Odhar. Before reaching the Allt a' Bhuiridh head SW up the hill to spot height 322m then the broad ridge to Seann Chruach, 521m. A slight drop is followed by a steep craggy ascent to the Corbett, An Stac, 814m. Descend S down the steep rocky slopes to a col at NM761785, then climb the buttress on a narrow path to reach the Bealach an Fhiona*. Head SE and climb to the summit of the second Corbett, Sgurr na Ba Glaise, 874m. Follow the ridge E over An-t-Slat-Bheinn, N down to Bealach an Fhaliasg, then up NE to the summit of Druim Fiaclach, 869m. Descend N to the small lochan on the col below Beinn Coire nan Gall, then head NW to a bridge over the Allt a' Bhuiridh at approximately NM778813. Return to the start by the outward route.</p> <p>*The fit and fast may also wish to climb the twin peaks of Rois-Bheinn, then return to the Bealach an Fhiona, an additional 3Km and 220m ascent.</p>			
Grade: S	LR40	Meet at:	
Distance: 14Km	EX390/398	Longsdale CP Oban NM862307 at 0715	
Height to climb: 1365m		N. Ballachulish Primary Sch NN053603 at 0805	
		Spean Bridge WM NN221816 at 0830	
		Neptune's Staircase CP NN111769 at 0845	
		Start of walk at 0930	
		Leader: Andrew Gilbert 07808 924722	

Sunday 31st August		Am Meall and Meall Mòr	
		Ballachulish	
<p><i>A shapely hill of intermediate height that gives a grandstand view of the big peaks of Glen Coe.</i></p> <p>Park at Ballachulish TIC NN083584. Cross the road in to the quarry and turn immediately right up the path. Before the gate in the forest fence, turn left and follow the rather muddy path up to the corner of the plantation. Turn right and climb the open hillside on a poor path to the mast at the summit of Am Meall. Descend on an eroded track to meet a forest road at a col. Turn right along this for a short distance, then head S through a clear felled area to reach the open hillside on the NW spur of Meall Mòr. Climb this to its summit at 676m. Descend NE steeply down an ill-defined ridge, keeping outside the trees, to reach the NTS Visitor Centre CP. Follow the path NW, through woodland and alongside the A82 to NN104586. Cross the road and take the path past the Henderson Stone and up to the massacre monument. Continue through Glencoe village and return to Ballachulish on the old road and cycle track.</p>			
Grade: M+	LR41	Meet at:	
Distance: 10Km	EX384	Longsdale CP Oban NM862307 at 0910	
Height to climb: 750m		Spean Bridge WM NN221816 at 0915	
		Fort William WM NN112742 at 0935	
		Ballachulish TIC NN083584 at 1000	
		Leader: Ian Moir 07973 836498	

Thursday 4th September		Binnein Shuas and Lochan na h-Earba
		Loch Laggan
<p><i>A delightful craggy hill with some route finding needed on the summit crags. Grand views of Creag Meagaidh and the Ardverikie hills</i></p> <p>Park at Moy Bridge NN433831. Cross the river Spean and follow the track SE for about 2km then turn right at the junction. After about a further 1Km at NN447812, head NE up the hillside to reach the summit of Binnein Shuas, 746m. The summit slopes of this hill are quite craggy. To descend, negotiate the crags to reach the NE spur then walk down the more open slopes to the bridge at Lochan na h-Earba NN 487841. Cross the bridge to the E side, then follow the track SW to the head of the lochan. Continue on the track back to the start.</p>		
Grade: M	LR42	Meet at:
Distance: 18Km	EX401	Longsdale CP Oban NM862307 at 0800
Height to climb: 500m		N. Ballachulish Primary Sch NN053603 at 0850
		Fort William WM NN112742 at 0920
		Spean Bridge WM NN221816 at 0940
		Start of walk at 1000
		Leader: Gerry Gilbert 01855 821279

Saturday 6th September		Sgorr Craobh a'Chaorainn
		Glenfinnan (Corbett)
<p><i>An interesting Corbett with the option to do another, for the keen baggers.</i></p> <p>Park by the Callop River at NM923792. Take the track S to Callop farm and follow the path by the Allt na Cruaiche to the foot of the NE ridge of Sgorr Craobh a'Chaorainn at NM915765. Climb the ridge, over the small summit of Meall na Cuartaige, 566m, to reach the main summit at 775m*. Descend N and follow the undulating ridge to Meall Doire na Mnatha, then NE to Sgorr nan Ceàrc, 668m. Descend to the N then follow the NW ridge down to Loch Shiel and return to the start on the track.</p> <p>*An alternative route from Sgorr Craobh a'Chaorainn heads W over the Corbett of Sgurr Ghiubhsachain, N to Meall a' Choire-Chruinn, then descends to the track down the NNE ridge. This adds 4Km and 298m ascent.</p>		
Grade: S	LR40	Meet at:
Distance: 14Km / 18Km	EX391	Longsdale CP Oban NM862307 at 0820
Height to climb: 897m / 1195m		N. Ballachulish Primary Sch NN053603 at 0910
		Neptune's Staircase CP NN111769 at 0940
		Spean Bridge WM NN221816 at 0920
		Start of walk at 1000
		Leader: Sally Cameron 07810 464994

Thursday 11th September		Beinn Suidhe
		Bridge of Orchy
<p><i>A remote and isolated hill with views of its bigger neighbours from an unusual perspective.</i> Use the CP just south of Victoria Bridge, NN270418. Head W on the forest track, past the monument, to its end at Doire nan Taghan. Continue W in a ride to the forest boundary and reach the Allt Sùil na Curra. Head upstream until it is possible to cross the burn and climb the spur of Tom Liath. Continue W up rough and rocky ground to reach a top, 636m, then turn SW to the main summit of Beinn Suidhe, 676m. Return by the same route, or descend N to Loch Dochard and follow the path E to the bridge at NN232417. Cross the river and follow its left bank E to Victoria Bridge.</p>		
Grade: M+ Distance: 17Km Height to climb: 600m	LR50 EX377	Meet at: Spean Bridge WM NN221816 at 0800 Fort William WM NN112742 at 0820 Longsdale CP Oban NM862307 at 0830 Glencoe Village CP NN098587 at 0850 Start of walk at 0930 Leader: Sally Cameron 07810 464994

Friday 12th to Sunday 14th September		BRAEMAR WEEKEND
		Braemar
Contact the Organiser or Walks Convenor for information.		
		Organiser: Sally Cameron 07810 464994

Sunday 14th September		Gleann Sùileag
		Fassfern
<p><i>A pleasant walk following the river up to Glensulaig Bothy, through natural woodland, a conifer plantation and a wide open glen.</i> Start from the CP at NN020790 and take the track on the E side of the river, heading N. After about 2Km, at NN021808, the route diverges from the river and climbs NE through the plantation to a higher track. Turn left and continue N on the track. About 1Km after leaving the forest, cross the river by a bridge to reach the bothy. Return by the same route.</p>		
Grade: L Distance: 10Km Height to climb: 200m	LR41 EX399	Meet at: Longsdale CP Oban NM862307 at 0840 N. Ballachulish Primary Sch NN053603 at 0930 Neptune's Staircase CP NN111769 at 1015 Spean Bridge WM NN221816 at 1000 Start of walk at 1030 Leader: TBA

Thursday 18th September		Creise
		Black Mount (Munro + Two Tops)
<p><i>A fine high level traverse taking in Sròn na Creise, Stob a'Ghlais Choire, Creise and Clach Leathad.</i></p> <p>Park at the Ski Centre NN266525. Head WNW across the moor below Creag Dhubh for 2Km to the Allt Cam Ghlinne. Cross the burn and head SW to reach the N ridge of Sròn na Creise. Climb the ridge and continue to the summit of Stob a'Ghlais Choire, 996m. Continue S over Creise, 1100m and Clach Leathad, 1099m. Descend E down Sròn nam Forsair to the 900m contour at NN249490, and head N down steep slopes, avoiding crags, to reach Loch an Easain. Traverse E to reach the wide col NW of Creag an Fhirich, then NE across the moor to join the WHW where it crests a rise at about NN281511. Follow the track NW back to the Ski Centre CP.</p>		
Grade: S	LR41/50	Meet at:
Distance: 16Km	EX384	Longsdale CP Oban NM862307 at 0820
Height to climb: 900m		Spean Bridge WM NN221816 at 0825
		Fort William WM NN112742 at 0845
		Glencoe Village CP NN098587 at 0915
		Start of walk at 0930
		Leader: Andrew Gilbert 07808 024722

Saturday 20th September		Druim Leathad nam Fias
		Glen Scaddle
<p><i>A high level traverse between two large glens with fine views of the rough Ardgour hills.</i></p> <p>Park at the start of the estate road at Inbhir Scaddail, NN021686. Walk back along the A861 across the two bridges and turn right on to the track past Aryhoulan. Cross the bridge at NN006688 and climb the E ridge of Druim Leathad nam Fias to its first summit, 567m. Head W along the summit plateau over two more tops, 576m and 559m, and descend to a watershed at altitude 389m. Contour SW for 800m to reach the spur at NM929703. Turn SE and descend the slope between two streams to Tighnacomaire bothy. Follow the River Scaddle downstream, crossing to its S side on the bridge at NM945679. Continue downstream back to the start.</p>		
Grade: M+	LR41/40	Meet at:
Distance: 24Km	EX391	Longsdale CP Oban NM862307 at 0805
Height to climb: 633m		Fort William WM NN112742 at 0845
		Spean Bridge WM NN221816 at 0825
		Corran Ferry slip NN021635 for 0915 sailing
		Start of walk at 0930
		Leader: Pat Lawson 07792 746770

Thursday 25th September		Gleann Meadail
		Knoydart
<p><i>A fine day out combining ferry passages across Loch Nevis with a walk in a remote glen in Knoydart.</i></p> <p>We take the 10.30 ferry from Mallaig to Inverie , arriving at 11.00. The walk follows a track through the village going eastwards and following the Inverie River to a junction at NM797991. The right hand track leads to a footbridge across the river to a footpath continuing eastwards along Gleann Meadail as far as a waterfall at NM827982, with impressive heights on both sides. The return is back to the footbridge, then continues along a path on the south side of the Inverie River and on to the ferry pier. We catch the 17.00 ferry, arriving in Mallaig at 17.30.</p> <p>Contact the leader beforehand concerning travel to Mallaig.</p>		
Grade: L	LR33	Meet at:
Distance: 14Km	EX413	Longsdale CP Oban NM862307 at 0740
Height to climb: 250m		N. Ballachulish Primary Sch NN053603 at 0830
		Spean Bridge Woollen Mill NN221816 at 0840
		Neptune's Staircase CP NN111769 at 0900
		Mallaig Ferry Terminal at 1015
		Leader: Vic Royce 01397 713889

Sunday 28th September		Gleann Màmà and Glen Beasdale
		Beasdale
<p><i>A walk visiting two quiet glens with native woodland and rugged scenery.</i></p> <p>Start 300m E of the railway viaduct at NM731840 where limited parking is available. Take the track NE past Glen Mama farm. Turn right on to the footpath and follow it up Gleann Màmà through deciduous woodland. In this section, some diversions may be required if the river is in flood. The path continues to the twin lochs then alongside them for about 2Km. Return to the foot of the lochs and climb NNW up the slope on rough ground to reach the Bealach a' Màmà at NM747858. There is a choice of routes from here:</p> <ol style="list-style-type: none"> 1. Take the footpath, which follows the ridge for a short distance before descending into Glen Beasdale, past some waterfalls, to reach the A830 ½Km E of Beasdale Stn. 2. Stay on the ridge and follow it SW, then W over Druim Fiaclach. Pass over the railway tunnel to reach the A830 at NM714848. <p>Return to the start along the A830.</p>		
Grade: M	LR40	Meet at:
Distance: 11Km	EX398	Longsdale CP Oban NM862307 at 0840
Height to climb: 350m		N. Ballachulish Primary Sch NN053603 at 0950
		Spean Bridge WM NN221816 at 1000
		Neptune's Staircase CP NN111769 at 1020
		Start of walk at 1100
		Leader: Pat Lawson 07792 746770