



Blairgowrie & District Hillwalking Club

Web site: www.bdhc.org.uk

Glen Coe/Glen Etive

21st June 2009

O.S. Map No. 50/41

Bus start: **Blairgowrie** (Wellmeadow): 7.00 am.

Alyth (Square): 6.45 am

A Walk – Buachaille Etive Mor

Start at Altnafeadh 222563 at the east end of Glen Coe and head south to Lagangarbh. Continue on the path into Coire na Tulaich and to the summit of Stob Dearg (M-1022m). Retrace steps back to the coll and continue southwest along the ridge crossing over Stob na Doire (T-941m), and Stob Coire Altruim (T-941m) to Stob na Broige (M-956m). Descend south to Dalness 166510.

Approx. distance: 10.5 km

Total ascent: 1075 m

Min. **walking** time: 5½ hrs

B Walk – Buachaille Etive Beag.

Start 1km west of Altnafeadh 213560 and follow the path southwest. Climb the steep north face of Stob nan Cabar to the summit of Stob Coire Raineach (T-925m). Continue south along the ridge to Stob Dubh (M-958m). Descend south to Dalness, 166510.

Approx. distance: 8 km

Total ascent: 815 m

Min. **walking** time: 4½ hrs

C Walk – Lairig Eilde

Start at the same point as the 'B' walk and head west following a track on the north side of the A82 for 3km. Cross the road and follow the track through the Lairig Eilde heading south to Dalness, 166510.

Approx. distance: 9½ km

Total ascent: 250 m

Min. **walking** time: 4 hrs

Please note that the Minimum walking times are based on reasonably fast walkers and assuming good conditions. The times do not include stops or breaks.

In poor weather conditions or if members are not comfortable walking at 4km/hour then alternative or shorter routes should be considered.

The next club walk is on the 12th July 2009 to Ben Lawers starting at 7.30 am (Blairgowrie) and 7.15 am (Alyth).

IMPORTANT: YOUR SAFETY IN THE HILLS

The Committee reminds members and guests of the following important points:

- You are responsible for your own safety
- Club officials are not trained mountain leaders
- Are you fit enough to complete your chosen walk in the available time?
- Know where you are going on the walk and follow the route on your map.
- Know how many are in your party and stay together
- Ensure you have enough food plus emergency rations
- Carry a map & compass, survival bag, torch, whistle and small first aid kit. Know how to use them.
- In winter conditions you must carry an ice axe on high level walks (club rule). You are also recommended to carry crampons.
- **Learn** how to use your equipment.

Club officials will be happy to give advice on any of these points if requested.