



# Blairgowrie & District Hillwalking Club

Web site: [www.bdhc.org.uk](http://www.bdhc.org.uk)

**Ben Lawers.**

**12<sup>th</sup> July 2009**

**O.S. Map No51**

Bus start: **Blairgowrie** (Wellmeadow): 7.30 am.

**Alyth** (Square): 7.15 am

## **A Walk – Ben Lawers through walk. (5 Munros)**

Starting at the Visitor centre and follow the path starting north east and follow the ridge over **Beinn Ghlas** (M-1103m), **Ben Lawers** (M-1214m), **Creag an Fhithich** (T-1047), **An Stuc** (M-1118m), **Meall Garbh** (M-1118m), and **Meall Greigh** (M-1001m). Descend the south ridge and finish at the Lawers Hotel.

Approx. distance: 16 km

Total ascent: 1653 m

Min. **walking** time: 7½ hrs

## **B Walk – Ben Lawers through walk. (3 Munros)**

As the 'A' walk to An Stuc then drop down to Lochan nan Cat, head to the Shielings and follow the track to Lawers Village and the Hotel.

Approx. distance: 14 km

Total ascent: 1135 m

Min. **walking** time: 6½ hrs

## **C Walk – Beinn Ghlas.**

Starting at the visitor centre follow the path heading north east to the summit of Beinn Ghlas and return to the starting point.

Approx. distance: 7 km

Total ascent: 773 m

Min. **walking** time: 5 hrs

## **D Walk – Lochan nan Cat.**

Start at Lawers village and follow the track north to the shielings and turn west to Lochan nan Cat. Return to the starting point and the Hotel.

Approx. distance: 10km

Total ascent: 540m

Min. walking time: 5hrs

**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 2<sup>nd</sup> August 2009 to Invercauld/Lochnagar starting at 7.00 am (Blairgowrie) and 6.45 am (Alyth). Other information/events: REMEMBER the afternoon/evening walk and BBQ at Glen Ogilvy on SATURDAY 8<sup>th</sup> AUGUST.

### **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.**