



Blairgowrie & District Hillwalking Club

Web site: www.bdhc.org.uk

Invercauld/Lochnagar/Glen Muick.

2nd August 2009

O.S. Map No. 43/44

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

Alyth (Square): 6.45 am

A Walk – Lochnagar. (Through Walk)

Start at Invercauld Bridge and follow any one of numerous tracks to reach grid ref. 216895 and climb to the summit of Cnapan Nathraicrean. Continue east over Meall na Saobhaidhe to the summit of Lochnagar, Cac Carn Beag (M-1155m). Traverse around the great cliffs above the Loch Lochnagar and descend via Meikle Pap to the Spittal of Glen Muick.

Approx. distance: 18 km

Total ascent: 1100 m

Min. **walking** time: 7 hrs

B Walk – Lochnagar. (From Loch Muick.)

Start at the car-park at Loch Muick and follow the Track to Allt na-Guibhsaich Lodge and continue on to Meikle Pap. Traverse around the cliff tops to the Summit of Lochnagar, Cac Carn Beag (M-1155m). Return by the route of ascent.

Approx. distance: 17½ km

Total ascent: 780 m

Min. **walking** time: 6½ hrs

C Walk – Circuit of Loch Muick.

Start at the Loch Muick car-park and follow the track along the south side of Loch Muick to a point at 288821 where the track starts to leave the Loch side. Branch off on a path which leads back to the loch and follow this around the west end of the Loch. Follow the track past the Lodge at Glas-Allt Shiel back to the starting point.

Approx. distance: 12 km

Total ascent: 70 m

Min. **walking** time: 5 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 23rd August 2009 to Blair Atholl/Bruar starting at 7.30 am (Blairgowrie) and 7.15 am (Alyth).

Other information/events: Remember the AFTERNOON/EVENING walk and BBQ at GLENOGILVY, SAT. 8th 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.