



Blairgowrie & District Hillwalking Club

Web site: www.bdhc.org.uk

Glen Ample

4th October 2009

O.S. Map No. 57

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

Alyth (Square): 7.15am

A Walk – Stuc a’ Chroin and Ben Vorlich. (Through walk)

Start at Ardchullarie More at grid ref 583136 on the A84 in Strathyre. Follow track north for 2km then ascend east to the coll at 604154, Coire nan Saighead. Continue north along the ridge crossing over Beinn Each to **Stuc a’ Chroin** (M-975m). Continue on the ridge over Beallach an Dubh Choirein to **Ben Vorlich** (M-985m). Descend northwest down the ridge to the coll at 618196 and drop down to the path leading to Glen Ample. Follow the path north to finish at Edinample.

Approx. distance: 15½km

Total ascent: 1345m

Min. **walking** time: 7hrs

B Walk – Stuc a’ Chroin. (Through walk)

Start as the ‘A’ walk and continue to the summit of **Stuc a’ Chroin** (M-975m.) Descend on the west ridge to Creag Dubh and join the path on the north side of the Allt a’ Fhuadaraich to Glen Ample. Head north to Edinample.

Approx. distance: 13km

Total ascent: 1075m

Min. **walking** time: 6hrs

C Walk – Glen Ample. (Through walk)

Start as the ‘A’ and ‘B’ walks but follow the path and tracks north through Glen ample to Edinample.

Approx. distance: 10km

Total ascent: 230m

Min. **walking** time: 4½hrs

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 25th October 2009 to Ben Vrackie starting at 8.00 am (Blairgowrie) and 7.45 am (Alyth).
Other information/events: Remember the Slide show and Calendar competition at the Altamount House Hotel on 13th November at 7.30pm.

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.