



Blairgowrie & District Hillwalking Club

Web site: www.bdhc.org.uk

Glenshee

7th March 2010

O.S. Map No 43

Bus start: **Blairgowrie** (Wellmeadow): 8.00 am.

Alyth (Square): 7.45 am

A Walk – Glas Maol to Spittal of Glenshee.

Start at the Cairnwell car-park and climb east over Meall Odhar (T-922m), to the summit of Glas Maol (1068m.). Descend south-west to Creag Leacach (M-987m.), Carn Ait and Carn an Daimh to The Spittal of Glenshee.

Approx. distance: 12.5km

Total ascent: 680m.

Min. **walking** time: 5hrs.

B Walk – Carn Aosda.

Start approx 5km north of the Cairnwell car-park on the A93 at 139832. Cross over the Clunie Water and turn south ascending the North ridge to the summit of Carn Aosda (M-917m.). Descend south west then climb to the summit of The Cairnwell (M-933m.). Return to the coll at 128786 and drop down to the car-park.

Approx. distance: 9km.

Total ascent: 655m.

Min. **walking** time: 4½hrs.

C Walk – Ben Gulabin.

Start from the A93 about 1½km north of the Spittal at 114714 and follow the track to 107729. Climb to the summit of Ben Gulabin (C-806m.). Descend the south ridge to The Spittal of Glenshee.

Approx. distance: 6km.

Total ascent: 450m.

Min. **walking** time: 3½hrs.

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 28th March 2010 starting at 7.30am (Blairgowrie) and 7.15 am (Alyth). to Glen Feshie.
Other information/events: REMEMBER the Club AGM and Dinner on 26th March, at 7.00pm in the Strathmore Golf Club.

Please book NOW for the Dinner.

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.