



Blairgowrie & District Hillwalking Club

Web site: www.bdhc.org.uk

Crianlarich

11 July 2010

O.S. Map Nos. 51/57

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

Alyth (Square): 7.15 am

A Walk – Meall Glas/Ben Cheathaich/Sgiath Chuil

From A85 roadside 448276 go North to Meall Glas 431322 then East to Ben Cheathaich 444327 and Meall a Churain 463326 then South to Sgith Chuil and Sgiath Chrom. Final descent South to Innishewan and over bridge to Suie Lodge Hotel 485277.

Approx. distance: 15 km

Total ascent: 1264 m

Min. **walking** time: 7 hrs

B Walk – Ben More & Stob Binnein

From A85 at Ben More farm 414259 ascend Ben More by steep path and South to Stob Binnein. Descend NE to Suie Lodge Hotel 485277

Approx. distance: 12 km

Total ascent: 1409 m

Min. **walking** time: 6 hrs

C Walk – Tyndrum to Crianlarich

Start at Tyndrum and follow West Highland Way to Crianlarich - from where Bus will pick up and take group to Suie Lodge Hotel.

Approx. distance: 9.5 km

Total ascent: 305 m

Min. **walking** time: 4.5 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.

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.