



Blairgowrie & District Hillwalking Club

Web site: www.bdhc.org.uk

Creag Meagaidh

01 August 2010

O.S. Map No. 42

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

Alyth (Square): 7.15 am

A Walk – Creag Meagaidh/ Sron a Ghoire

From the car park at the north side of Loch Laggan on the A86 (48340 87270) take the track via Aberarder to Lochan a Choire. Ascend eastwards to 42800 88600 then south and west to Creag Meagaidh. Thereafter walk east to Puist Coire Ardair then Sron a Ghoire before descending to the west side of Aberarder Forest then follow the river south eastwards to the bridge and the A86 at 48120 87060.

Approx. distance: 18 km

Total ascent: 1021 m

Min. **walking** time: 6 hrs

B Walk – Creag Meagaidh

Start as for 'A' walk but at 'The Window' turn north east and walk to Stob Poite Coire Ardair, Min Choire, Meall an t-Snairn, Cairn Liath and Na Crapanan to the start point and bus.

Approx. distance: 16 km

Total ascent: 997 m

Min. **walking** time: 6 hrs

C Walk – Loch Laggan-side, Lublea to Kinloch Laggan

Start at the car park at the south west corner of Loch Laggan (43275 83075) and follow the track south eastward towards Lubela then bear north east and follow the loch side to Kinloch Laggan via Ardverikie and Kinloch.

Approx. distance: 14 km

Total ascent: level 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.

The next club walk is in the Pentland Hills on the 22nd of August, 2010.).

Other information/events: The Club BBQ is on 07 August at Glenogilvy. Time 2.30pm. (Short walk prior to BBQ if required) Contact Neil or Alice on 01307840520 if you need further info.

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.