



Blairgowrie & District Hillwalking Club

Web site: www.bdhc.org.uk

Cairngorms (Including Winter Skills refresher)

20 February 2011

O.S. Map No. 36

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

Alyth (Square): 7.15 am

A & B Walk - Bynack More

Start from the Glenmore Camp Site, pass Glenmore Lodge and follow the path to Bynack Stable (021105). Follow the track southwards on the east side of the river in Strath Nethy to a point opposite the lochan at 024080. Thereafter, climb the shoulder (SE) to Bynack Beg then on to Bynock More (1090m). Descend northwards to the spot height (818m) at 039081 and join the path at 042082. Return to Glenmore Camp Site via Bynack Stables.

Approx. distance: 22 km

Total ascent: 750 m

Min. walking time: 6.5 hrs

Winter Skills Refresher

This will take place close to the ski road and should last about 7 hours including walking to and from the training site. Those taking part should wear old waterproofs and have with them all their winter gear including ice-axe, crampons, helmet (if you have one), slings, snow shovel etc.

Approx. distance: Short

Total ascent: ??? m

Min. **training** time: 6.5 hrs

C Walk – Lochan na Beinne

Start from the Glenmore Camp Site and pass the Glenmore Lodge and follow the track to a point opposite Creag nan Gall (002100). Thereafter follow the track first SE then S (around the edge of the wood) and walk to Lochan na Beinne. Continue to the south end of the lochan then return to the start via the track that runs westwards then NW through the forest.

Approx. distance: 10 km

Total ascent: 150 m

Min. walking time: 3 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 13 March 2011 to Ben Lawers

Other information/events: 26 February 2011 - Ceilidh at the Royal Hotel in Blairgowrie 7.30pm. 25 March 2011 - AGM and Dinner at the Royal Hotel, Blairgowrie 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.