



Blairgowrie & District Hillwalking Club

Web site: www.bdhc.org.uk

Ben Lawers Area

13 March 2011

O.S. Map No. 51

Bus start: **Blairgowrie** (Wellmeadow): 8:00 am.

Alyth (Square): 7:45 am

A Walk – Ben Lawers Ridge (5 Munros)

Start at visitor centre 609379, Beinn Ghlas 625404 Ben Lawers 635414
Creag an Fhitnich 635422, An Stuc 639431, Meall Garbh 644437,
Meall Greigh 674438, Hotel in Lawers Village 677395

Big walk with some scrambling.

Approx. distance: 16 km

Total ascent: 1440 m

Min. **walking** time: 7 hrs

B Walk - Tarmachan Ridge

609379 Visitor Centre, NW along road to 605383. Climb to Meall nan Tarmachan 585390, Meall Garbh, Beinn Eachan, Creag na Caillich 562377. Backtrack to bealach at 565381 then SE to quarry and track to visitor centre/bus.

Approx. distance: 14 km

Total ascent: 920 m

Min. **walking** time: 5 hrs

C Walk – Lochan nan Car from Lawers Village

Leave bus at Lawers Hotel and walk up to Lochan nan Cat. Return to Lawers Hotel where bus will be waiting.

Approx. distance: 12.5 km

Total ascent: 590 m

Min. **walking** time: 5:30 hrs

Bus leaving at 1630

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.

25 March 2011 AGM in Royal Hotel

03 April 2011 Club walk to Arrochar 0715 (Alyth) 0730 (Blairgowrie)

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.