



# Blairgowrie & District Hillwalking Club

Web site: [www.bdhc.org.uk](http://www.bdhc.org.uk)

**Arrochar**

**03 April 2011**

**O.S. Map No. 56**

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

**Alyth** (Square): 7.15 am

## A Walk - Beinn I'me

Start from Rest and be Thankful (230074) and climb Beinn Liubhean (858m). From there walk north east and climb Beinn I'me (1011m). Next walk south east to Beinn Narnain via Bealach a' Mahim. From there walk south westwards and ascend The Cobbler (884m). Thereafter descend via the track to the weir at 280051 then on to Arrochar.

Approx. distance: 20 km

Total ascent: 1650 m

Min. **walking** time: 7 hrs

## B Walk – Beinn Donich and The Brack

Start from Rest and be Thankful and follow the cycle track south westwards to a point about 228067. From there take a route through the wood to the shoulder of Ben Donich about 230064. Thereafter ascend to the summit (847m). Next walk eastwards to the spot height (516m) 237043 then continue south east to The Brack (787m). Descend eastwards via Cruach Fhiarach (643m) to Ardgarten then follow the lochside to Arrochar. (Walk time lengthened as there is a lack of tracks to use on this walk)

Approx. distance: 16 km

Total ascent: 1140 m

Min. **walking** time: 6.5 hrs

## C Walk – Rest and be Thankful - Arrochar

Start at Rest and be Thankful and follow the Old Military Road and the cycle tracks along Glee Croe to Ardgarten then Arrochar.

Approx. distance: 12 km

Total ascent: level

Min. **walking** time: 4 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 will be Aboyne to Tarfside on 24 April 2011.

Other information/events:

### **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.**