



# **Blairgowrie & District Hillwalking Club**

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

**Glen Shee / Deeside**

**17<sup>th</sup> July 2011**

**O.S. Map No 43 / 44**

**Bus strt: Blairgowrie (Wellmeadow): 07:30 Alyth (Square): 07:15**

## **A Walk – Lochnagar from Glenshee through walk to Loch Muick**

Start at footpath beside Creag nan Gabhar ( 138/8340), follow path to Lochallater Lodge. Take path west of the lodge skirting Creag an Loch and Carn Sagairt Mor and on between The Stuic and Coire Boidheach. The path rises to Cac Carn Mor and on to Cac Carn Beag (the summit of Lochnagar). Descend by path down the Glas Alt to Loch Muick and along the west shore to the Spittal of Glenmuick.

Approx. distance: 26k

Total ascent: 1100m

Min. **walking** time: 9hrs

## **B Walk – Meikle Pap**

Start at the Spittal of Glenmuick turning right along the plantation to Alt-na-giubhsaich burn. Continue west to the head of Glen Kelder. Go Southwest along path to Fox Cairn Well and a steep ascent to the Col below Meikle Pap. From there follow the path, ignoring the branch off to the right before Cac Carn Mor, and on the Cac Carn Beag. Return by same route or by Glas Alt as for A walk.

Approx. distance: 18km

Total ascent: 800m

Min. **walking** time: 5 1/2hrs

## **C Walk – Loch Muick circuit**

Circuit of Loch Muick from Spittal of Glenmuick 11k, with option to add Loch Dubh (extra 8k)

Approx. distance: 11/19k

Total ascent: negligible

Min. **walking** time: 3-5hrs

**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 the 7<sup>th</sup> August 2011 to Glen Lyon **BY CAR 7:30 WELLMEADOW.**

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.**