



Blairgowrie & District Hillwalking Club

Web site: www.bdhc.org.uk

Creag Meagaidh from Moy

28 August 2011

O.S. Map No. 34 & 42

Bus start: Blairgowrie (Wellmeadow): 7.00 am Alyth (Square): 6.45 am

A Walk – Creag Meagaidh

Start at Moy (422827) ascend to Creag Mhor then via west side of Lochan na Cailliche to Creag na Cailliche following the wall on the ridge to Creag Meagaidh (1130m). Walk eastwards to Puist Coire Ardair then north west to The Window and descend to Lochan a Choire then follow the path to Aberarder and the car park.

Approx. distance: 17 km

Total ascent: 1100 m

Min. **walking** time: 6 hrs

B Walk – Beinn Chaorain

Start at Roughburn (376813) and follow the forest track north west to the fire break (365823). Ascend to Meall Clachaig then follow the shoulder to spot height (386845) 1048m. Walk northwards to Beinn a' Chaorainn 1052m then descend to the cairn at Tom Mor (371868). Thereafter follow the track southwards to the start point.

Approx. distance: 16 km

Total ascent: 900 m

Min. **walking** time: 6 hrs

C Walk – Lochan na Earba

Start at car park (433831) mid way between Moy and Moy Lodge. Walk south eastwards following the track to the bridge at the south west end of Lochan na Earba (463813). Thereafter follow the track along the easterly side of the lochan to Ardverikie then on to Kinloch Laggan

Approx. distance: 17 km

Total ascent: Level

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 03 September from Newtyle to Glenogilvy followed by a Fund Raising BBQ (5.00pm). Minibus leaves 12.15pm (Blairgowrie) and 12.30pm (Alyth).

Other information/events: Club Autumn Weekend Skye 16 - 18 September 2011.

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.