

Abbreviations on Program

- GR Grid reference for expected start of walk.
 - H Approximate total ascent in metres.
 - Early Start - one hour earlier than usual.
- If in doubt, check with a coordinator.

Meeting Places/Times

Car park at the Woollen Mill (Ben Nevis Highland Centre), junction of Glen Nevis and A82 roads, Fort William – 08:00 departure.

Or join at the following places when going :

- beyond Spean Bridge - Spean Bridge Woollen Mill, 08:20 ;
- over the Corran Ferry - Corran Ferry slip, 08:25 ;
- to Glencoe or the A82 south - Glencoe Village carpark (by mountain rescue post), 08:30 ;
- to Kinlochleven or the Oban Road (A828) - St Brides School, North Ballachulish, 08:25 .

If in doubt, or if you want to join the group elsewhere, contact a coordinator.

Checking Arrangements.

- To check arrangements for any walk, please contact the Walk Co-ordinator (Andrew Gilbert) or the deputy coordinators (Jean O'Brien and Stuart Moralee). See 'Contact Points' for telephone numbers.

Safety and Equipment

- Remember that safety is your responsibility.
- The club has a list of appropriate clothing and equipment which all members should have on the hill.

Alternative Walks

- Normally there are alternatives to the programmed walks, dependent on the weather and people's wishes.
- We welcome suggestions for other walks in the same area. Please let a coordinator know what you want to do, either before the day of the walk or at the meeting point.
- It is club policy that any alternative walk will include an experienced member.

[Front picture: Looking towards Ben Nevis, the Mamores and the Aonach Eagach Ridge from Broad Gully on Stob Corrie nan Lochan Photo: Wesley]



www.nevishillwalkers.org.uk



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CONTACT POINTS

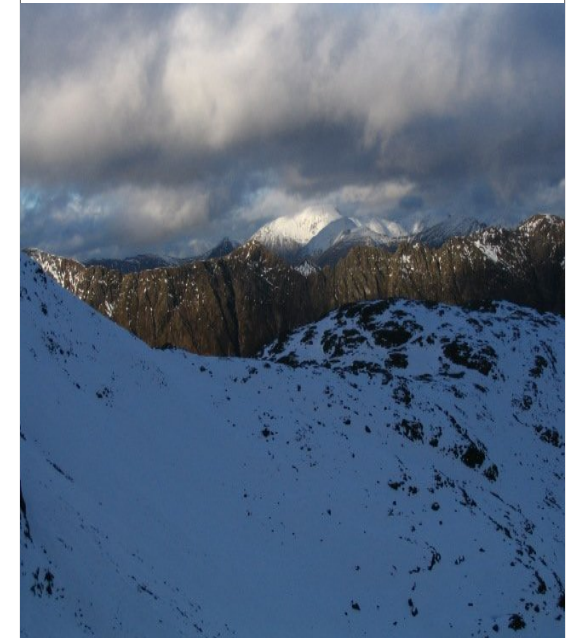
CHAIRMAN: Andrew Gilbert 01855 821279

WALKS COORDINATORS

ANDREW GILBERT Tel. as above

JEAN O'BRIEN 07732 026568

**Nevis Hillwalking
Club**



Walking Program

January 2009 /
April 2009

Walking Program January to April 2009

JANUARY

Sun 18th January Round of Moy Corrie

Loch Laggan Map 42 GR 446841 H 830

Main: A fine circuit with great views, passing over Puist Coire Ardair and Meall Coire Choille-fais.

Alternate: An easier day is to walk into the corrie

Half-Day: Walk up the river by the waterfall.

Sat 24th January Cruach Innse and Sgurr Innse

Glen Spean Map 41 GR 256788 H 750

Main: From the track above Corriechoille head South-East towards Cruach Innse

Alternate: Just climb one peak

Half-Day: Walk up to the bothy

FEBRUARY

Sun 1st February Beinn Trilleachan

Glen Etive Map 50 GR 111453 H 900

Main: Follow edge of forest NW to skyline then ascend shoulder to two summits. Descend to E, then take S ridge from main summit, and return by Loch side path to start

Alternate: Gain Lochside path by descending gully at 094444, between the two summits

Half-Day: Locate ancient charcoal platform at 104451, and walk along lochside

Sat 7th February Sron a Choire Ghairbh

Glen Albyn Map 34 GR 277958 H 885

Starting at Kilfinnan ascend via Cam Bealach, descent via east ridge. (Nose of the rough corrie)

Alternate: Just main summit

Half-Day: Up to Cam Bealach

Sun 15th February Sgor na h-Ulaidh

Glen Coe Map 41 GR 121564 H 1150

Main: Ascend nose of Aonach Dubh a' Ghlinne, traverse Stob an Fhurain to gain Sgor na h-Ulaidh. Descend either by returning to Stob an Fhurain, then east ridge to Bealach Fhionnghail, or descend west to Corr na Beinne, then to col at 104524, and follow Allt na Muidhe out.

Alternate: Meall na Lighiche and Meall an Aodain

Half-Day: Meall Mor

Sat 21st February Ciste Dhubh

Glen Shiel Map 33 GR 080116 H 729

Main: Ascend over Am Bathach

Alternate: Circuit of Am Bathach

Half-Day: Walk up An Caorann Beag

MARCH

Sun 1st March Creise & Meall a'Bhuiridh

Glencoe Map 41 GR 268530 H 1000

Main: From Blackrock Cottage, head west to Cam Ghleann and scramble up Sron na Creise. Difficulties avoided on the west. Traverse the summits of Stob a' Glais Choire and Creise. Visit Meall a' Bhuiridh and Clach Leathad. Descend by Creag Dhubh, or, to Glen Etive at Alltchaorunn (car(s) required).

Alternate: Meall a' Bhuiridh via Creag Dhubh. Descent routes as above.

Half-Day: Ba Bridge circuit

Fri-Sun 6th-8th March Torridon Weekend

A variety of Munros, Corbetts and Grahams to choose from, etc

Contact Wesley for further information

Sun 15th March Sgorr Dearg & Sgorr Dhonuill

(Beinn a'Bheithir)

Ballachulish Map 41 GR 038584 H 1420

Main: Ascend NE ridge from primary school, Traverse two Munros then descend by any ridge or corrie. Or continue to Creag Ghorm and descend to forest track in Glenachulish via corrie to east of 758 spot height. (car(s) required).

Alternate: Park at Glenachulish. Take new path to corrie east of Dragon's Tooth. Climb one or two Munros. Descent as above.

Half-Day: Explore Glenachulish tracks, paths and corries.

Sat 21st March Stob Coire Easain

Fersit Map 41 GR 350781 H 1020

Main: Ascend long NNE ridge over Stob a' Choire Mheadhoin to Stob Coire Easain. Descend by NW ridge. Return by descending traverse above Allt Laire to reach puggy line and Fersit.

Alternate: Ascend NNE ridge as far as desired, then return to Fersit.

Half-Day: Laggan Dam Circuit from Fersit

Sun 29th March Cruach Ardrain & Beinn Tulaichean

Crianlarich Map 50/51 GR 381245 H 1046

Main: Follow the path over railway bridge and through forest to Grey Height and Meall Damh. Cross col and ascend ridge to Cruach Ardrain. Ben Tulaichean can be reached from here. Return by ascent route.

Alternate: Cruach Ardrain only

Half-Day: Crianlarich forest paths and West Highland Way.

APRIL

Sat 4th April Chno Dearg & Stob Coire Sgriodain

Fersit/Loch Treig Map 41 GR 664357 H 646

Main: From Corrou Station ascend ENE ridge of Garbh bheinn to Chno Dearg via Meall Garbh. Retrace steps to bealach between Chno Dearg and Meall Garbh and head in a NNW direction to Stob Coire Sgriodain

Alternate: Just climb one summit

Half-Day: Beinn na Lap or walk on forest tracks alongside Loch Ossian

NOTE: Access to Corrou Station by train from Tulloch Station leaving at 0813 hrs

Sun 12th April An Stac & Rois-bheinn

Lochailort Map 40 GR 765815 H 800

Main: The complete horseshoe

Alternate: An Stac only

Half-Day: Footpath North of A830 starting at 772828

Sat 18th April Gleouraich & Spidean Mialach

Glen Garry Map 33 GR 031029 H 850

Main: Follow the stalkers' path then a ridge in a NE direction to the Summit of Gleouraich to the roadside. Traverse ridge to Spidean Mialach.

Alternate: Do 1 summit

Half-Day: Walk through the Lairig from Glen Etive

Walks suggested by Andrew Gilbert, Wesley, Stuart and Sarah

NOTE:- In addition to the main club walk, we have also provided two additional suggestions per walk—

The 'Alternative' is a shorter/ less strenuous walk with the same start and (normally) finishing point, for anyone who just wants an easier day.

The 'Half-Day' walk is a suggestion to tempt people who don't feel like a full days outing.