

Abbreviations on Program

H Height of the main peak on the walk
Early Start - one hour earlier than usual.

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 a walk coordinator .

Safety and Equipment

Remember that safety is your responsibility. Read the Code of Practice, found in the Club Handbook
The club has a list of appropriate clothing and The Club Yearbook contains a list of appropriate clothing and equipment that all members should have on the hill.

Alternative Walks

In addition to the Main Walk each weekend, we have proposed an Alternative walk. Grid references are for the start point of the walk, if different. These walks have the potential for a less strenuous day, but are not necessarily easier, shorter or quicker. Just different, and maybe new and interesting to experienced members who have already done the classic routes and Munros in the area. Look at the map and see what else is tempting.

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.

www.nevishillwalkers.org.uk

CONTACT POINTS

CHAIRMAN: Andrew Gilbert 01855 821279

SECRETARY: Sarah Holroyd 01855 821277

TREASURER Jean O'Brien 01397 701597

WALKS COORDINATORS

ANDREW GILBERT 01855 821279

JEAN O'BRIEN 01397 701597

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**Wet Weather Forecast for the West?
Why not try these east coast alternatives.**

Gael Charn and A'Mharconaich

Drumochter Map 42 NN 628792 H 975

Carn Dearg

MonadhLiath Map 35 NN 693997 H 945



Affiliated to the Mountaineering
Council of Scotland

**Nevis Hillwalking
Club**



Walking Program

**July 2009 /
September 2009**

Walking Program July 2009 to September 2009

July

Sun 5th July Carn Ghluasaid, Sgurr nan Conbhairean, Sail Chaorainn

Loch Cluanie **Map 33 NH144103 H 1109**

Main: Easy access to high peaks over grand corries
Alternative: (NH225106) Cycle to Coire Dho. Ascend Sail Chaorainn via An Reithe, or explore corries above

Sat 11th July Gulvain

Loch Eil **Map 40/41 NM960794 H987**

Main: Approach and return via Gleann Fionnlighe
Alternative: Na h-Uamhachan, Sron-Liath, Braigh nan Uamhachan. Approach from Gleann Dubh Lighe, return by Gleann Fionnlighe

Sun 19th July Aonach Beag, Aonach Mor Glen Nevis **Map 41 NN167691 H1221**

Main: Through route from Glen Nevis to ski centre (or vice versa) (transport required)
Alternative: Aonach Beag, returning via Meall Cumhann to upper car park

Sat 25th July Ben Vorlich

Loch Lomond **Map 56 NN322098 H943**

Main: Ascend from Inverglass, descend over Little Hills to Stuckindrain (transport required)
Alternative: Ben Vane.

August

Sun 2nd August The Five Sisters

Glen Sheil **Map 33 NH008135 H1067**

Main: Classic ridge walk from Bealach Lapain. Three Munros
Alternative: (NG946203) Sgurr na Moraich, Beinn Bhuidhe, Sgur an t-Searaich. Round of Coire na Criche at W end of Five Sisters.

Sat 8th August Ben Nevis

North Face Car Park **Map 41 NN144765 H1343**

Main: via Ledge Route and return via CMD arete

Alternative: From CIC Hut, gain summit via Coire Leis, or Pony Track from Half-Way Lochan.

Sun 16th August Ciste Dubh

Loch Cluanie **Map 33 NH 089120 H 979**

Main; Ciste Dubh over Am Bathach and return via An Caorann Beag
Alternative; Am Bathach only
CB

Sat 22nd August Sgurr Nan Coireachan

Garbh Chioch Mhor **Sgurr na Ciche**

Glen Dessary **Map 33&40 NM 988917 H 1040**

Main; From west end of Loch Arkaig. Three Munros
Alternative; Sgurr Mor
LS

There is an opportunity (weather permitting) to turn this walk into a camping / bothying trip. This could include Sgurr Mor (1033) and corbetts, or even into Knoydart. Please contact Ron if you are interested.

Sun 30th August Ben Cruachan

Falls of Cruachan **Map 50 NN 078268 H 1126**

Main; Do the horseshoe including Stob Diamh(998)
Alternative; As many tops you wish.
Easier day: Explore the the lochan and coire cruachan.
AMcG

September

Sat 5th September Beinn Fhada

Glen Shiel **Map 33 NG 980223 H 1032**

Steep ascent up Beinn Bhuidhe to Sgurr a Choire Ghairbh then along the ridge to the summit.
Alternative; Falls of Glomach
GG

Sun 13th September Buchaille Etive Beag

Glen Etive **Map 41 NN 172515 H 958**

Full traverse from Glen Etive to Glencoe
Descend into Lairig Eilde
Alternative; Buchaille Etive Beag South top only
GG

Sunday 13th September
Annual BBQ hosted by Andrew and Gerry Gilbert. All welcome. Bring your own drink. There will be a small charge to cover costs, any excess will go to club funds.

Sat 19th September Sgaithe Chuil & Meall Glass

Glen Dochart **Map 51 NN447275 H959**

Main; North to Creag nan Uar then a circular route over Meall Glass, Beinn Cheathaich and Sgiath Chull
Alternative; one or the other
AMcG

Sun 27th September Sgurr nan Gillean Sligachan **Map 32 NG 486298 H964**

Main; Approach by Coire Riabhach from Sligachan
Alternative; Plenty of choice! Coire a Bhasteir and Sgurr a Bhasteir or Marsco or Bruach na Frithe
GG

October

Sat 3rd October Creise and Clach Liathad

Glencoe **Map 41 and 50 NN 268530 H 1100m**

Main; Ascend Creise via Stob a' Glais Choire or Meall a' Bhuiridh. Traverse Clach Leathad, descend Sron nam Forsair to Ba bridge. Return by West highland Way.
Descend over Creag an Fhirich to Ba cottage.
Alternative; Meall a Bhuiridh
GG

Sun 11th October Ben More & Stob Binnein Crianlarich **Map 51 NN414259 H 1174**

Main; From Ben More Farm up to Ben More and Stob Binnein then back. Descend at the bealach and return via Benmore Glen
Alternative; just do Ben More, or walk up Benmore Glen
SH

Walks suggested by Andrew Baxter, Cris Bonomy, Sarah Holroyd, Les Stuart, Margaret Darby, Andrew Gilbert, Ron Campbell, Jean O'Brien, Alan McGaw