

Walk Programme Challenging Plus, Challenging, Less Challenging June, July, August 2017

Date / Grade of Walk	Time of Departure	O.S. Map	Start/Finish Point	Description of walk	Height m/feet	Distance Km/miles
4 th June Chall Plus	0700hrs	56	230074 269037	As Challenging Walk		
4 th June Challenging	0700hrs	56	230074 269037	Rest and be Thankful – SW, S, SW – Ben Donich(C) – ESE – Bealach@241040 – S – The Brack(C) – SW – Bealach@232019 – Cnoc Coinnich(C) – Bealach@232019 – Path&Track E – 250017 – SE – 257009 – NE, NNE – Ardgarten Visitor’s Centre	1340m 4395ft	17.5km 10.9ml
4 th June Less Chall	0700hrs	56	230074 269037	Rest and be Thankful – SW, S, SW – Ben Donich(C) – ESE – Bealach@241040 – S – The Brack(C) – SW – Bealach@232019 – Path&Track E – 250017 – SE – 257009 – NE, NNE – Ardgarten Visitor’s Centre NOTE:- COMBINED COACH OUTING JUNE	1090m 3575ft	15.5km 9.7ml
2 nd July Chall Plus	0700hrs	34	377814 273812	As Challenging Walk		
2 nd July Challenging	0700hrs	34	377814 273812	Roughburn – Track NW – 371821 – WNW – Forest Edge@364822 – NE – 1049m – N – Beinn a Chaorainn(M) – 1044m – NNW, W – Bealach@372871 – SW – Beinn Teallach(M) – W, SW – 443m – SW – Track – W, SW – Bohenie, Roybridge	1310m 4300ft	21.5km 13.4ml
2 nd July Less Chall	0700hrs	34	377814 273812	Roughburn – Track NW – 371821 – WNW – Forest Edge@36482 – NNE(Forest Edge) – N – Beinn Teallach(M) – W, SW – 443m – SW – Track – W, SW – Bohenie, Roybridge NOTE:- COMBINED COACH OUTING JULY	755m 2480ft	17km 10.6ml
6 th August Chall Plus	0700hrs	35	694998 754005	As Challenging Walk		
6 th August Challenging	0700hrs	35	694998 754005	Glen Banchor – Track N – Bridge at 691014 – NW - A’ Chailleach (M) - Carn Sgulain (M) - Carn a’ Bhothain Mholaich - Carn an Fhreicheadain (C) - Pitmain Lodge - Kingussie	1015m 3335ft	20km 12.5ml
6 th August Less Chall	0700hrs	35	708993 754005	Newtonmore – Path & Track N by Allt na Bheinne – NNE - Geal Charn - NE to Carn an Fhreicheadain (C) - Beinn Bhreac – Track SE, S – Pitman Lodge – Kingussie NOTE:- COMBINED COACH OUTING AUGUST	785m 2575ft	18.5km 11.6ml

Walk Programme Moderate, Moderate/Easy June, July, August 2017

Date / Grade of Walk	Time of Departure	O.S. Map	Start/Finish Point	Description of walk	Height m/feet	Distance Km/miles
4 th June Moderate	0700hrs	56	230074 269037	Rest & Be Thankful – B828 – 227070 – Forest Tracks SW, W, SW, S – Pole Fm – Track SE – Path@213019 – S - X Br@213018 – Cowal Way E – 242019 – SE – 257008 – NE, N – Ardgarten Visitor Centre@269037	700m 2295ft	18km 11.2ml
4 th June Moderate/Easy	0700hrs	56	230074 269037	Rest & Be Thankful – B828 – 228067 – Track SE – 234063 – West Track – SE – 253040 – South Track – E, S – 262013 – NE, N - Ardgarten Visitor Centre	255m 835ft	11km 6.9ml
				<u>NOTE:- COMBINED COACH OUTING JUNE</u>		
2 nd July Moderate	0700hrs	34	341809 222816	Minor Rd (to Fersit) – SW, S – 339798 – Track S – 340790 – NW, WNW, N (East Highland Way) – X Allt nam Bruach – W by River Spean – Monessie – Track W – Insh – Corriechoille – Minor Rd – Spean Bridge	265m 870ft	16km 10ml
2 nd July Moderate/Easy	0700hrs	34	302810 222816	Nr Glen Spean Hotel – X Rail Br – River Spean Br@299810 – Path & Track – Monessie – Track W – Insh – Corriechoille – Minor Rd – 227815 - (Rail Br) Killiechonate Forest Loop - (Walk Highlands) Spean Bridge	150m 490ft	12km 7.5ml
				<u>NOTE:- COMBINED COACH OUTING JULY</u>		
6 th August Moderate	0700hrs	35	859084 754005	B9152 – Follow Badenoch Way SW – Speybank – Kinraig – Badenoch Way – Loch Insh – Insh – Drumguish – Tromie Br – Invertromie Reserve Car Park – Minor Road - Kingussie	300m 985ft	20.5km 12.8ml
6 th August Moderate/Easy	0700hrs	35	830058 754005	Kinraig – Badenoch Way – Loch Insh – Insh – Drumguish – Tromie Br – Invertromie Reserve Car Park – Minor Road - Kingussie	210m 690ft	15km 9.4ml
				<u>NOTE:- COMBINED COACH OUTING AUGUST</u>		