

Walk Programme Challenging Plus, Challenging, Less Challenging: September, October, November 2019

Date / Grade of Walk	Time of Departure	O.S. Map	Start/ Finish Point	Description of walk	Height m/feet	Distance Km/miles
1 st September Challenging Plus	0700hrs	41	145684 188623	Polldubh - Minor Rd. E, NE - Car Park - Path E, SE - <u>WIRE BRIDGE@178685</u> - E, S - An Gearanach(M) - An Garbanach - Stob Coire a'Chairn(M) - SE - Na Gruagaichean(M) - S, SW - Path@192635 - S, SW, S - Kinlochmore	1535m 5035ft	15km 9.4ml
1 st September Challenging	0700hrs	41	145684 188623	Polldubh - Minor Rd. E, NE - Car Park - Path E, SE - <u>WIRE BRIDGE@178685</u> - E, S - An Gearanach(M) - An Garbanach - Stob Coire a'Chairn(M) - SE - 783m Bealach - Path SE, W, S - Path@192635 - S, SW, S - Kinlochmore	1250m 4100ft	15km 9.3ml
1 st September Less Challenging	0700hrs	41	145684 188623	Path SSE - Bealach@157654 - Path E, ESE (S of Sgurr an Iubhair) - Bealach@169652 - Am Bodach(M) - Retrace to Bealach@169652 - Path S, SE, SSW - WHW - ESE - Kinlochmore	1150m 3775ft	12km 7.5ml
6 th October Challenging	0700hrs	43/44	188910 263949	Bridge of Dee - Track SE - 198896 - SW, SE, S (by Feindallacher Burn) - SSE, SSW - Carn an t-Sagairt Mor(M) - NE, E - Path@Approx 220845 - NE, E, N - Lochnagar(M) - NW, NNE - Meall Coire na Saobhaidhe - NNE - Creag Liath - ENE - Track@Approx. 254885 - N - Gelder Shiel - N - 255906 - E - 258908 - N - Forest - 255935 - NE - Easter Balmoral - B976 - N - Car Park	1215m 3985ft	24.5km 15.3ml
6 th October Less Challenging	0700hrs	44	310851 263949	Spittal of Glenmuick - NW - 300858 - W, N - (Clais Rathadan) - 274861 - Path W - (by Meikle Pap) - SW, W, N - Lochnagar(M) - NW, NNE - Meall Coire na Saobhaidhe - NNE - Creag Liath - ENE - Track@Approx. 254885 - N - Gelder Shiel - N - 255906 - E - 258908 - N - Forest - 255935 - NE - Easter Balmoral - B976 - N - Car Park Easter Balmoral - B976 - N - Car Park NOTE:- COMBINED COACH OUTING OCTOBER	1055m 3460ft	19.5km 12.2ml
3 rd November Challenging	<u>0700hrs</u>	51	466365 447276	Car Park@475368 - Kenknock - X Br@467364 - Zig-Zag Track S - X Allt Innis-Daimh@Approx 465354 - SW - 461346 - S - Meall a Churain - Sgiath Chuil(M) - N - 463321 - Descend NW - Bealach@455325 - NW - Approx 443329 - S - Beinn Cheathaich - SW, W - Meall Glas(M) - SE (Between Crags) - Approx 441315 - S - X Allt Glas - Approx 441303 - Follow Stream SSE, S (E of Creag nan Uan) - Track to Farm & Main Rd - E - Coach@452276	1270m 4165ft	17km 10.6ml
3 rd November Less Challenging	<u>0700hrs</u>	51	466365 447276	Car Park@475368 - Kenknock - X Br@467364 - Zig-Zag Track S - X Allt Innis-Daimh@Approx 465354 - SW - 461346 - S - Meall a Churain - Sgiath Chuil(M) - S - 463314 - SW - X Allt Glas - Approx 442301 - Follow Stream SSE, S (E of Creag nan Uan) - Track to Farm & Main Rd - E - Coach@452276	880m 2890ft	13.5km 8.4ml

Walk Programme Moderate, Moderate/Easy
September, October, November 2019

Date / Grade of Walk	Time of Departure	O.S. Map	Start/ Finish Point	Description of walk	Height m/ feet	Distance Km/ miles
1 st September Moderate	0700hrs	51	549565 587475	Camghouran (S Loch Rannoch) - Track SW - Bridge@534544 - Track E, NE - 581551 - Bridge@583548 - NE - 588552 - Track SE, S, SSW (by Lairig Ghallabhaich) - 582485 - SSE - Innerwick (Glen Lyon)	450m 1475ft	18km 11.3ml
1 st September Moderate/ Easy	0700hrs	51	617572 587475	Carie (S Loch Rannoch) - Track SW - 594543 - S, SSW (by Lairig Ghallabhaich) - 582485 - SSE - Innerwick (Glen Lyon)	385m 1255ft	12km 7.5ml
6 th October Moderate	0700hrs	44	310851 263949	Spittal of Glenmuick - Track SW - Loch Muick - WNW, NNE - 298856 - NW, W - Clais Rathadan) - NE - Conachcraig(C) - NW - Track@274882 - NW, N - Forest - 255935 - NE - Easter Balmoral - B976 - N - Car Park	600m 1970ft	18km 11.2ml
6 th October Moderate/ Easy	0700hrs	44	310851 263949	Spittal of Glenmuick - Track SW - Loch Muick - WNW, NNE - 298856 - NW, W - Clais Rathadan) - Track N, NW, N - Forest - 255935 - NE - Easter Balmoral - B976 - N - Car Park <u>NOTE:- COMBINED COACH OUTING OCTOBER</u>	395m 1295ft	16.5km 10.3ml
3 rd November Moderate	<u>0800hrs</u>	36	027253 895124	Track off B970, South of Grantown on Spey - Nethy Bridge via Speyside Way - Boat of Garten - Aviemore	200m 655ft	23km 14.4ml
3 rd November Moderate/ Easy	<u>0800hrs</u>	36	000205 895124	Nethy Bridge - Boat of Garten via Speyside Way - Aviemore	140m 460ft	17km 10.6ml