

Walk Programme Challenging, Less Challenging, Moderate, Moderate/Easy
 1st September 2024 (FINAL 7th May 2024)

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	0700hrs	36	978097 989061	Glenmore Lodge – NE – 003110 – ESE – Bynack Stable – X Br. – SE, S – 818m – S – Bynack More(M) – S, E, S – A'Choinneach – SW – The Saddle – NW – Cairn Gorm(M) – N - Ptarmigan - Track NW - Coire Cas Car Park (Ski Centre)	1305m 4280ft	20km 12.5ml
1 st September Less Challenging 1	0700hrs	36	978097 989061	Glenmore Lodge – NE – 003110 – ESE – Bynack Stable – Stac na h-lolaire – 1028m Top (016060) – Cnap Coire na Spreidhe – Cairn Gorm(M) – N - Ptarmigan - Track NW - Coire Cas Car Park (Ski Centre)	1090m 3570ft	16.5km 9.7ml
1 st September Less Challenging 2	0700hrs	36	985074 989061	Sugar Bowl Car Park - S - Bridge - Path S, W - Approx 976065 - SSW, S - Lurcher's Crag - SE - 1083m - Cairn Lochan - Stob Coire an t-Sneachda - N, E - Cairn Gorm(M) - N - Ptarmigan - Track NW - Coire Cas Car Park (Ski Centre)	1090m 3575ft	13.5km 8.4ml
1 st September Moderate	0700hrs	36	978097 002207	Glenmore - Track & Path NNE – 985116 – E – Meall a Bhuachaille(C) – E – Ryvoan – NNE – 016144 – E, N – 018160 – W – 012161 – N - 014182 – N – Nethy Bridge - 001206 - X Bridge - Hotel Parking	560m 1840ft	16km 10ml
1 st September Moderate/Easy	0700hrs	36	978097 002207	Glenmore - E - Glenmore Lodge – NE – Ryvoan – NNE – 016144 – E, N – 018160 – W – 012161 – N - 014182 – N – Nethy Bridge - 001206 - X Bridge - Hotel Parking	210m 690ft	15.5km 9.7ml
				<u>NOTE:- COMBINED COACH 1st SEPTEMBER</u>		