

Walk Programme Challenging Plus, Challenging, Less Challenging March, April, May 2019

Date / Grade of Walk	Time of Departure	O.S. Map	Start/Finish Point	Description of walk	Height m/feet	Distance Km/miles
3 rd March Challenging	0700hrs	50	343292 343292	Dalrigh – Track SE – Br – WSW – Rail Br – WSW – New Br@333283 – Rough Path SW Thru Forest (by Allt Coire Dubhchraig) – Coire Dubhchraig – Approx 305258 – SE – Beinn Dubhchraig(M) – NW, W – Bealach@298259 – W, SW – 941m – Ben Oss(M) – Retrace to 302259 – N, NE – 309277 – NNW – Br@304283 (Cononish) – Track E - Start	1250m 4100ft	18km 11.2ml
3 rd March Less Challenging	0700hrs	50	343292 343292	Dalrigh – Track SE – Br – WSW – Rail Br – WSW – New Br@333283 – Rough Path SW Thru Forest (by Allt Coire Dubhchraig) – Coire Dubhchraig – Lochans@Approx 304258 – SE – Beinn Dubhchraig(M) – Retrace to Lochans – 302259 - N, NE – 309277 – NNW – Br@304283 (Cononish) – Track E - Start	830m 2725ft	13km 8.1ml
7 th April Challenging Plus	0700hrs	42	430830 430830	Track by Luiblea SE, NE – Lochan na H-Earba – Path ESE – Approx 476803 – S – Beinn a Chlachair NNW Ridge – Beinn a Chlachair(M) – NE – 972m – NE, N – 489800 – N, NE – Geal Charn(M) – Retrace – Join Path@Approx 489800 – Start	1216m 3990ft	25km 15.6ml
7 th April Challenging	0700hrs	42	430830 430830	Track by Luiblea SE, NE – Lochan na H-Earba – Path ESE – Approx 476803 – S – Beinn a Chlachair NNW Ridge – Beinn a Chlachair(M) – NE – 972m – NE, N – 489800 – Path N – 490810 – NW – Creag Pitridh(M) – S, WSW – Path@Approx 474805 - Start	1080m 3545ft	23km 14.4ml
7 th April Less Chall	0700hrs	42	430830 430830	Track by Luiblea SE, NE – Lochan na H-Earba – Path ESE – Approx 474804 – ESE – Approx 489800 – Path N – Approx 490806 – NE – Geal Charn(M) – Retrace to Start	840m 2755ft	20.5km 12.8ml
				NOTE:- COMBINED COACH OUTING APRIL		
5 th May Challenging	0700hrs	51/57	589228 583137	Minor Road E – 601224 (Falls of Edinample) – S – Glenample – Track & Path SE, ENE – Bealach@618196 – Ben Vorlich(M) – SW, S – Stuc a'Chroin(M) – SW, W, SSW – 735m – SSW – Bealach nan Cabar – S – Beinn Each(C) – WSW, SW – 590150 – SSW – Ardchullarie More	1395m 4575ft	16km 10ml
5 th May Less Challenging	0700hrs	51/57	589228 583137	Minor Road E – 601224 (Falls of Edinample) – S – Glenample – Track & Path SE – (Choire Fhuadaraich) Approx. 617190 – SW, SSE – 618179 – S – Stuc a'Chroin(M) - SW, W, SSW – 735m – SSW – Bealach nan Cabar – S – Beinn Each(C) – WSW, SW – 590150 – SSW – Ardchullarie More	1140m 3740ft	14.5km 9.1ml
				NOTE:- COMBINED COACH OUTING MAY		

Walk Programme Moderate, Moderate/Easy March, April, May 2019

Date / Grade of Walk	Time of Departure	O.S. Map	Start/Finish Point	Description of walk	Height m/feet	Distance Km/miles
3 rd March Moderate	0800hrs	OS 70 Explorer 326/333	346263 310380	Car Park nr Prestwick Station – Ayrshire Coastal Path N, NW – Troon (via Port Ronnald, Troon Marina) – N, NNW via Barassie – Irvine Beach Park – Magnum Leisure Centre	55m 180ft	17.5km 10.9ml
3 rd March Moderate/Easy	0800hrs	OS 70 Explorer 326/333	319308 310380	South Troon – Port Ronnald – Troon Marina - N, NNW via Barassie – Irvine Beach Park – Magnum Leisure Centre	30m 100ft	11.5km 7.2ml
7 th April Moderate 1	0700hrs	35/42	554898 430830	0.5km Beyond Inverpattack Lodge – X Br @ 554896 – Track S – Gallovie – X Br @ 553868 – SW – X Br @ 545859 – S – 546852 – NW, W, SW – 505863 – SW – Lochan na h-Earba – 452808 – NW - Luiblea	330m 1085ft	23km 14.4ml
7 th April Moderate 2	0700hrs	35/42	554898 637842	0.5km Beyond Inverpattack Lodge – X Br @ 554896 – Track S – Gallovie – X Br @ 553868 – SW – X Br @ 545859 – S – 546852 – S by R Pattack – Loch Pattack – E – Ben Alder Lodge – Track NE - Dalwhinnie	475m 1560ft	24km 15ml
7 th April Moderate/Easy	0700hrs	35/42	539897 430830	Kinloch Laggan – X Br – Kinloch – Tracks SW Along Loch Laggan – Past Ardverikie – 443822 – N - Luiblea	335m 2000ft	15.5km 9.7ml
				NOTE:- COMBINED COACH OUTING APRIL		
5 th May Moderate	0700hrs	51/57	535208 593238	Balquhidder – Path NW – Track@534214 – NNW (Kirkton Glen) – Path@523238 – NW, N – 508275 – (Can Use Hydro Access Track by Ledcharrie Burn, from Reservoir to Approx. 509275) Old Rail Track – NE – Junction@533290 – E, SSE – (Glen Ogle) Path@584240 – E - Lochearnhead	705m 2315ft	20km 12.5ml
5 th May Moderate/Easy	0700hrs	51/57	583137 593238	Ardchullarie More – Path & Track N (Glen Ample) – Glenample Farm@597203 (Follow Diversion Round Farm) – X Br@596203 – Path – Track@596208 – Minor Road @601225 – W – A84 - Lochearnhead	335m 1100ft	13km 8.1ml
				NOTE:- COMBINED COACH OUTING MAY		