

# Nevis Hillwalking Club

*Our aim is to have  
someone hillwalking every  
week-end*

Affiliated to Mountaineering Scotland



**Website:** [nevishillwalking.club](http://nevishillwalking.club) and on facebook

**Contacts: email:** [enquiries@nevishillwalking.club](mailto:enquiries@nevishillwalking.club)

**Secretary:** 01397 701783

**Chairman:** 01397 701975

**John (Oban):** [j.burton789@btinternet.com](mailto:j.burton789@btinternet.com)

**Programme Convenor:**

[programme@nevishillwalking.club](mailto:programme@nevishillwalking.club) or 07808 924722

## Meeting Places/Times

Car park at the Woollen Mill (Ben Nevis Highland Centre), junction of Glen Nevis and A82 roads, Fort William – 0800 departure.

Alternatively, join at the following places when going:

beyond Spean Bridge – Spean Bridge Woollen Mill, 0820;

over the Corran Ferry – Corran Ferry slip, 0825;

to Glencoe or the A82 south – Glencoe Village car park (by mountain rescue post), 0830;

to Kinlochleven or the Oban Road (A828) – St Brides School, North Ballachulish, 0825.

If you want to join a walk, it is important to contact the coordinator.

## Programme Layout

The area we are going to is indicated opposite the date of the walk. The relevant OS Landranger (1:50K scale) and Explorer (1:25K scale) map sheet numbers are given, with the grid reference of the starting point of the walk. Walk distances and heights of ascent are estimates. *Gaelic translations are in italics.*

Route descriptions are designed to be read in conjunction with the map. Headings, bearings, aspects etc. are given simply as cardinal or inter-cardinal compass points unless greater precision is necessary for clarity. Features mentioned and place names used are those represented on the map. Some of these appear only on the larger scale maps. If necessary, positions are defined with a six-figure grid references (XX000000) accurate to 100m. Positions derived digitally or using a GPS receiver are given a more accurate ten-figure reference (XX000<sup>00</sup>000<sup>00</sup>). Bearings derived from the map are measured from the grid (000<sup>0</sup>G).

Each walk description is contained within a single page that can be printed and taken on the walk. However, the programmed walks and routes are flexible. Some or all of the members who attend may do other walks or routes in the same area. Suggestions are welcome. It is club policy that each walk will include an experienced member.

## Coordinators

For each outing, we have a “walk coordinator”. See the Walks Programme to find out who this is. The coordinator is not a leader, and members should not expect to be led on a club walk. We aim to encourage self-confidence and self-reliance on the hills, with experienced members helping those less experienced, if required. The onus is on members to provide relevant information to the coordinator. This will aid the organization and safety on the hill. There is a need by members for good communication (before the walk, on and off the hill and at the end of the walk), responsibility, duty of care and awareness of others.

**If you are unable to contact the coordinator, please call, text or email the Programme Convenor. See details above.**

## Checking Arrangements and Walk Details

Further information about the walks can be obtained by studying the map and referring to the many guidebooks available for our region. Information about routes, weather and avalanche conditions will be found on the web. See our website for links. To check arrangements and discuss details for any walk, please contact the coordinator. Let the coordinator know what you want to do, either before the day of the walk or at the meeting point. Members doing through routes must ensure they make their own arrangements for transport at the end of the day.

## Safety and Equipment

Remember that safety is your responsibility. Read the Code of Practice, found in the Club Handbook on our website. It contains a list of appropriate clothing and equipment that all members should have on the hill. Attention is drawn to the need for crampons and ice axe in winter. Please ensure you are fit enough on the day to complete the route you want to do, under the prevailing weather conditions.

## After the Walk

We aim to meet and socialise in a convenient inn or cafe in the area. If your day's schedule is time-constrained, please tell the coordinator, and be prepared to use your own transport.

Suggestions for walks in future programmes are welcome and original routes are much appreciated. However, routes gleaned from sources such as guide books and websites are perfectly acceptable and members should not hesitate to let the programme convenor know which walks they would like to see included.

## Abbreviations used in route descriptions

alt - altitude

arr – arrive/arrival

ATV – all terrain vehicle

Ch - Church

CP – car park

dep – depart/departure

FC – Forestry Commission

GGW – Great Glen Way

GPS – Global Positioning System

Ho – House

HW – High Water (Tide)

LW – Low Water (Tide)

NNR- National Nature Reserve

NP – National Park

NTL – Normal tidal limit

NTS – National Trust for Scotland

OS- Ordnance Survey

PO – Post Office

ret - return

SC – Ski Centre

Sch - School

Stn – Station

TBA – To be announced

TIC – Tourist Information Centre

VH – Village Hall

WHW – West Highland Way

WP – Waypoint

Term - Terminal

LR - Ordnance Survey Landranger Map

EX - Ordnance Survey Explorer Map

OL – Ordnance Survey Outdoor Leisure Map (an EX sub-series covering NPs etc.)

Place<sup>lr</sup> - Feature, name or value represented on LR maps but not on EX maps

Place<sup>ex</sup> - Feature, name or value represented on EX maps but not on LR maps

## Walks and Events Programme — January to March 2019

### **Sunday 6<sup>th</sup> January** **Maps LR40, 49 and EX383** **Glen Tarbert**

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**Creach Bheinn** (853m, Corbett) — *plunder hill*

**Maol Odhar** (794m, Corbett Top) — *Bald brown head*

*This route explores the possibility of access to and egress from these hills facilitated by the recently constructed hydro schemes in Coire Dubh and Coire nam Frithallt.*

Start from the lay-by on the A861 approximately mid-way between the two power stations at **NM873605**. Head W down the road on a wide verge to the hydro track at NM868605. Head S on the track, across the Carnoch River and up into Coire Dubh. Continue to follow the Allt a' Choire Dhuibh to a confluence at NM871595. Climb S up a ridge on the E side of the tributary to reach a gap in the steep corrie wall that gives access to the open hillside above. A fence-line may assist identification. Turn SE and climb up to Creach Bheinn following the edge of the rim of the corrie. When abreast of the Bealach Coire an Dubh-alltan at about NM874581, turn SW to the summit trig point. Return and descend E to the Bealach at 714m, continuing E up to the summit of Maol Odhar. Head SE, curving NE around the rim of Coire nam Frithallt, down to a col, then up to a small summit, 715m. Turn N and descend a broad ridge until it levels at about 500m alt, then descend NW, crossing the fence-line to reach the Allt Coire nam Frithallt. Follow it downstream to reach the hydro track and continue to the A861. Walk E along the verge back to the lay-by.

**13km, 950m ascent**

Suggested by Andrew Gilbert; coordinated by Toril Frantzen

### **Tuesday 8<sup>th</sup> January** **Maps LR41 and EX384,** **Glen Coe**

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**Buachaille Etive Beag** (*small herdsman of Etive*):-

**Stob Coire Raineach**(*peak of the corrie of bracken* (925m, Munro)

**Stob Dubh** (*dark peak*)(958m, Munro)

*Buachaille Etive Beag is a classic hill, its two Munros linked by a high-level ridge. Starting well up the Glen with quick and easy access, it is suitable for a short day, and an even shorter day if you do only one of its peaks. Great views around Glen Coe with an interesting way down. This area is a good place to practise the use of ice axe and crampons.*

Start from the CP off the A82 at the foot of the Lairig Eilde at **NN187562**. Head SW on the path up the Lairig for 0.5Km then take the left fork and climb the well-built path to the col at 748m, between the two Munros. Climb SW to a small summit, 902m, and continue along the crest of the undulating ridge to the summit of Stob Dubh, 958m. Retrace the route back to the col and climb steeply up NE to the summit of Stob Coire Raineach, 925m. Head NE down the spur of Stob nan Cabar for about 0.6Km, where it levels out. Descend steeply NW from WP NN194<sup>40</sup>553<sup>20</sup>, keeping to the crest of a rib forming the right bank of the Allt Coire Raineach<sup>ex</sup>. Cross the burn lower down where the angle eases and head directly for the CP.

**10km, ascent 885m**

Suggested by Andrew Gilbert, coordinated by .....TBA



**Saturday 26<sup>th</sup> January****Maps LR34 and EX400****Loch Oich****Carn Dearg** (815m, Corbett) – *Red stony hill***Glas Charn** (790m, Corbett Top) – *Hill of greenish grey stones**A different approach using a hill track that facilitates access from the N up to these remote hills, more often climbed from Glen Roy.*

Start from the A82 at the entrance to Aberchalder Farm at **NH342034**. Limited parking is available in the vicinity or at the car park next to the canal swing bridge. Follow the farm road SW, then cross the river. Turn sharply E and continue uphill S for about 4km on the track to Glenbuck. Leave the track and continue S uphill on rough ground to the summit of Carn na Larach, 745m. Turn SE down to a watershed then NE up to the summit of Carn Dearg, 815m. Descend NW, soon curving NE to a col, then continue up to the summit of Glas Charn, 790m. Descend NE at first, curving N to pass over two rocky prominences<sup>ex</sup>, 562m and 532m respectively. Continue N to converge with a footpath that descends gradually into Glen Buck, high above the Calder Burn. This becomes a track at a sheepfold<sup>ex</sup> and eventually turns NW along the edge of some deciduous woodland. At NH346<sup>55</sup>032<sup>34</sup>, take a footpath<sup>ex</sup> down through the woodland to reach Aberchalder Farm and return to the start.

**17km, 950 ascent**

Suggested by Gavin Theobald; coordinated by Kate Willis

**Tuesday 29<sup>th</sup> January****Maps LR50 and EX377****Bridge of Orchy****Beinn an Dothaidh** (1004m, Munro) *Hill of scorching***Beinn Dorain** (1076m, Munro) *Hill of the streamlet**These two well-known Munros are the centre-piece of the view from the A82 north of Tyndrum. Either of them, or both together make a fine winter expedition. This route traverses both of them before descending into an impressive corrie.*

Start from the CP on the estate road to Achallader Farm at **NN314438**. Follow a footpath E across moorland for about 900m to reach a farm track S of the farm buildings. Turn S and follow the track across the railway. Continue S up the grassy slopes of a spur. The ground steepens at the nose and the spur narrows to a fine ridge that curves E up around the headwall of the northern corrie of Beinn an Dothaidh. Pass over the W Top, 1000m<sup>lr</sup> and on to the summit, 1004m. Return to the W Top and descend its S ridge to the col at the head of Coire an Dòthaidh, 744m. Continue S up the long ridge to the summit of Beinn Dòrain, 1076m. A footpath<sup>ex</sup> may be found. Return to the col and descend on the path in Coire an Dòthaidh to the Bridge of Orchy Hotel. **Transport required** at the CP S of the Hotel at NN296395, 5 mins from start

**15km, 1200m ascent**

Suggested by Andrew Gilbert, coordinated by ..... TBA

**Sunday 3<sup>rd</sup> February****Maps LR41 and EX392****Glen Nevis****Sgurr a' Mhaim** (1099m, Munro) – *peak of the large rounded hill**An unconventional ascent of this prominent hill, which occupies a commanding position in Glen Nevis.*

Start from the Upper Falls car park at the end of the public road in Glen Nevis at **NN167691**. Head E on the footpath through the Nevis Gorge and continue to the Wire Bridge. Cross the bridge and head WNW up through deciduous woodland to reach a spur above the tree-line at NN174<sup>24</sup>685<sup>35</sup>. Head SW up the spur, turning S up steeper and rockier ground the summit of Creag nan Eun<sup>ex</sup>, 483m<sup>lr</sup>. Continue S up a steep rocky slope to the tip of a NE orientated spur at 740m alt, NN171<sup>93</sup>677<sup>56</sup>. Head SW along the spur, almost level at first, curving S and rising steeply on rocky ground between Coire Sgorach<sup>ex</sup> to the W and Coire nan Cnamh<sup>ex</sup> to the E. The spur terminates on a ring contour<sup>ex</sup>, 960m alt, NN167<sup>85</sup>670<sup>65</sup>, overlooking the vast expanse of the magnificent Coire a' Mhail. The summit of Sgurr a' Mhaim lies 450m SW of here, a climb of 150m up a steep rocky ridge. Descend W at first, soon curving N around the rim of Coire Sgorach. A rough path may be found, which facilitates a sustained, steep descent NW to Achriabhach.

**Transport required.** 6 mins from start.**8km, 1000m ascent**

Suggested by Gavin Theobald; coordinated by Andrew Gilbert

**Tuesday 5<sup>th</sup> February****Fort William****Antarctica Evening**

*Illustrated talk about Antarctica by Rick Atkinson at West Highland College, Carmichael Way, Fort William PH33 6FF at 1900. Refreshments available. Contact the coordinator for further information.*

The talk will cover my time working in Antarctica as a mountain guide and dog driver. It will then cover the time I was there restoring the historic British base at Port Lockroy and latterly, managing the base as a museum and tourist attraction. Finally, it will cover the time I was working on the cruise ships going to Antarctica, when I was employed as a lecturer and zodiac driver. The talk will be illustrated with my photos, which include lots of remarkable wild life photography as well as mountain landscapes.

**Rick**

Coordinated by Suzanne Theobald

**Saturday 9<sup>th</sup> February****Maps LR26, 34 and EX416,****Loch Ness****Meall Fuar-mhonaidh** (699m, Graham) – *Rounded hill of the cold pasture***Glas-bhein Mhor** (651m, Graham) *Big green-grey hill*

*Two Grahams rising steeply up from Loch Ness. Visible from afar, they look grander than their modest height would suggest.*

Park just N of the Alltsigh Youth Hostel at a left hand forestry turning at **NH457191**. Parking is limited. Follow the GGW up NE to NH466207 and then turn L along track. Near the end of the track head up the hill. Note that forestry marked on the map above the track has been cleared. Head up Creag Dhearg (526m) for good views along Loch Ness. Head W then N to point NH450207 between two large lochs. Head NNE up minor ridge to Loch a' Chaise at approx 575m. Head N onto main ridge and up to 699m trig-point of Meall Fuar-mhonaidh. Head 300m ENE before heading N to col before minor summit of Nighean a Mhill. Care may be required during the last part of the descent. Head to N end of Loch nam Breac Dearga and then W to summit of Glas-bheinn Mhor. Head S to near end of track at NH437217. Descend the track turning left at the junction before the fence<sup>ex</sup> at NH433209. Cross the Allt Loch an t-Sionnaich on the bridge<sup>ex</sup> and continue S on the track<sup>ex</sup> parallel to the river through mixed woodland. The track turns E and enters a fenced conifer plantation just N of a bridge over the Allt Saigh at NH437192. Turn sharply right and follow the track over this bridge and E down through the plantation. Ignore the right turn at the junction at NH445193 and continue down to rejoin the GGW at NH454189. Turn sharply left, cross the Allt Saigh on the footbridge<sup>ex</sup> then fork right back to the start.

**19km, 900m ascent**

Suggested by Gavin Theobald, coordinated by Suzanne Theobald

**Wednesday 13<sup>th</sup> February****Fort William****Planning Meeting**

Programme Planning meeting at Gavin and Suzanne's house, **1930**. This is a regular quarterly meeting, open to all members, to discuss and plan the walks and social events for the next programme. Contact the coordinator for further information.

If you are unable to attend the meeting, please email your suggestions to the Programme Convenor in advance, at any time.

Coordinated by Suzanne Theobald

**Sunday 17<sup>th</sup> February****Maps LR41 and EX384****Glen Coe****Buachaille Etive Mor:****Stob Dearg** (1021m, Munro) – *Red Peak***Stob na Broige** (965m, Munro) – *Peak of the Shoe*

*An iconic mountain, famous for its striking and graceful appearance, makes a memorable winter expedition. The route below may be varied in response to weather and snow conditions.*

Start from the lay-by at Altnafeadh, **NN220563**. Head S over the river, past Lagangarbh and take the path towards Coire na Tulaich. Once across the stream, head up to the steep grassy slope to the W of the coire and follow the broad ridge up to a summit at 902m. Head E and climb the final slopes of Stob Dearg to its summit at 1022m. Retrace steps to the head of Coire na Tulaich, then turn SW and follow the crest of the ridge over Stob na Doire 1011m and Stob Coire Altruim 941m to reach Stob na Bròige. Return to Stob Coire Altruim and descend its SE ridge. At NN200<sup>78</sup>529<sup>47</sup>, just before the col, turn N and descend into Coire Altruim<sup>ex</sup> on a well-built path to reach the Lairig Gartain. Follow the path NE to the A82 and return to Altnafeadh.

**15km, 1160m ascent**

Suggested and coordinated by Gerry Gilbert

**Saturday 23<sup>rd</sup> February****Maps LR 40 and EX390, 391****Loch Sunart****Beinn Resipol** (845m, Corbett) - *from old Norse - Homestead.*

*Its isolated position makes Beinn Resipol a fine viewpoint for the W Highland coast and islands.*

*This route covers some more of the high ground to the S of the Corbett rather than taking the usual direct descent.*

Start opposite the Ben View Hotel on the public minor road at Ardnastang, **NM800615**. Head NE up the road, which soon becomes a track and then a footpath. Turn left onto the old miners' track at NM813633 and follow it up NW to its highest point at NM797652. Head W from here to gain the E ridge of Beinn Resipol and follow this to the summit, 845m. Descend SW to the outflow from Lochan Bac an Lochain and head south across undulating ground to Beinn an Albannaich, 572m. Descend SE to a col at 391m and then SW to Ardery. Follow the track to the main road. **Transport required** at NM754616, 7 mins from start

**14km, 911m ascent**

Suggested by Jane Ollerenshaw; coordinated by Chris Tracey

**Tuesday 26<sup>th</sup> February****Maps LR34, OL55 or EX401****Loch Laggan****Stob Coire Dubh** (916m, Munro Top) – *Peak of the black Corrie***Carn Liath** (1006m, Munro) – *Grey Hill*

*An unconventional approach by a direct ascent of the Munro Top leads to a fine walk over these two outliers of the Creag Meagaidh group.*

There is limited parking in a layby on the right about 50m beyond the start of the walk and at the beginning of the track which leaves the A86 at **NN531897**. Starting here, head up this track N which leads into Glen Shirra. After about 200m take the path off left, which leads anticlockwise around the hill of Meall Ghoirleig. Cross the Allt a'Choire Dhuibh and continue NW, steeply up the hillside and rocky ridge to the top of Stob Coire Dubh, 916m. A broad ridge leads SW, around the rim of Coire nan Gall, over A' Bhuidheanach, 966m, to the Munro Carn Liath, 1006m. Continue SW for about 500m to NN468900, then descend SE down the ridge to Na Cnapanan. A faint path may be found that continues down to the main Coire Ardair path at NN474882. Continue SE to the car park. **Transport required**, 5 mins from start.

**13km, 790m ascent**

Suggested by Andrew Gilbert, coordinated by ..... TBA

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**Sunday 3<sup>rd</sup> March**                      **Maps LR51 and OL46 or EX365**                      **Crianlarich**


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**Ben More** (1174m, Munro) – *Big Hill*

**Stob Binnein** (1165, Munro) – *Conical Peak*

*These two classic hills dominate the area. This route is slightly longer, but less steep than the more popular one from Benmore Farm, and makes a splendid winter expedition.*

Start at a small CP on the A85 just W of the bridge over the Allt Coire Chaorach at **NN454275**.

Take the path behind the CP and then the forest track heading SW. Turn left at the T-junction and follow the track SE to a large turning area. At WP NN456<sup>50</sup>260<sup>20</sup>, take the path on the right, waymarked, which leads up to emerge from the trees at WP NN457<sup>97</sup>254<sup>70</sup>. A faint path continues to a stile in the deer fence at WP NN458<sup>62</sup>251<sup>87</sup>. Follow the fence back NW to gain the NE ridge of Ben More. Continue up this ridge (rocky in places) to the summit, 1174m. Descend S to Bealach-eadar-dha Bheinn, 862m, and continue S up the long ridge to the summit of Stob Binnein, 1165m. Return to the Bealach, then W down into Benmore Glen and pick up the track to Benmore Farm.

**Transport required**, 5 mins from start.

**14km, 1297m ascent**

Suggested by Gerry Gilbert; coordinated by Ken Stevenson

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**Saturday 9<sup>th</sup> March**                      **Maps LR40, 41 and EX 398, 399**                      **Loch Eil**


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**Gaor Bheinn** (987m, Munro) – *noisy mountain*

*A long but easy approach through Gleann Fionnlighe leads to this twin-topped hill between Loch Eil and Loch Arkaig. Not readily spotted from most directions.*

Start from a section of old road off the A830 opposite its junction with the A861 at the foot of Gleann Fionnlighe at **NM960794**. Limited parking is available. Take the track N into Gleann Fionnlighe. After 2km it crosses the river on a bridge. After a further 1km, turn right on to a path to keep alongside the river. Cross the Allt a' Choire Reidh on a footbridge<sup>ex</sup> and after 500m, leave the path and climb NE up the steep ridge to a small summit at 855m. Turn N to continue up less steeply to the Munro top, 961m. Follow the ridge NNE for 1.3km descending to a col then climbing again to reach the summit of Gaor Bheinn, 987m. The return by the outward route is by far the easiest option.

**21km, 1150m ascent**

Suggested by Gavin Theobald; coordinated by Rick Atkinson

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**Sunday 17<sup>th</sup> March**                      **Maps LR41 and EX392**                      **Glen Nevis**


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**Binnein Beag** (943m, Munro) – *Small peak*

**Binnein Mor** (1130m, Munro) – *Big peak*

*An adventurous route, much of it well off the usual approaches to these fine hills, isolated at the eastern end of the Mamores. Binnein Mor is the highest in this range.*

Start from the CP at the end of the public road in Glen Nevis, **NN167691**. Follow path beside the Water of Nevis to safe place to cross the river at approximately NN230694. Climb Binnein Beag, 943m, then descend to saddle between Binnein Beag and Binnein Mor. Climb Binnein Mor by the fine north-east ridge or if conditions dictate climb the north ridge which is more straightforward. Descend the north ridge, find a safe crossing of the Water of Nevis, and return by the outgoing route.

**20km, 1230m ascent**

Suggested and coordinated by Rick Atkinson

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**Wednesday 20<sup>th</sup> March**                      **Fort William**


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**Himalaya Evening**

Trekking in the Himalayas – an illustrated talk by Stuart Moralee at Voluntary Action Lochaber, An Drochaid Centre, Claggan, Fort William. From **1900 to 2100**. Contact the coordinator for further information.

Coordinated by Suzanne Theobald



**Saturday 23<sup>rd</sup> March                      Map LR42 and OL50 or EX393                      Pass of Drumochter**

**Sgairneach Mhor** (991m, Munro) - *Big Stony Hillside*

**Beinn Udlamain** (1010m, Munro) - *Gloomy Mountain*

**A'Mharconaich** (975m), Munro) - *The Horse Place*

**Geal-charn** (917m, Munro) - *White Hill*

**Meall an Dobharchain** (803m, Corbett) – *Watercress Hill*. Also known as **The Sow of Atholl**

**An Torc** (739m, Graham Top) – *The Boar*. Also known as **The Boar of Badenoch**

*A choice of routes to suit everyone.*

**One Munro:** Start at Lay-by no. 79 on the A9, **NN632755**, where ample parking is available. Just N of it the old road may be accessed. Follow this S for a few hundred metres, taking the right fork, which leads down to a passage under the railway. Turn N, following the track near the Allt Coire Dhomhain to a junction, and turn left down to a bridge crossing the river at NN619<sup>80</sup>750<sup>46</sup>.

Continue up S into the narrow glen W of the Sow of Atholl. A faint path may be followed up to a narrow col at NN618<sup>61</sup>734<sup>64</sup>.

*(The Sow of Atholl summit may be included conveniently from this point, adding 1.8km and 163m ascent to the route).*

From the narrow col, turn WNW on to a rising traverse, soon finding an ATV track that leads to the broad col at NN613<sup>75</sup>736<sup>51</sup> at the foot of the NE ridge of Sgairneach Mhor. Follow a path up the ridge, around the rim of Coire Creagach to its summit. Return NE to the broad col and take a path heading NW at first down into Coire Dhomhain. This eventually improves to a track which crosses the Allt Coire Dhomhain on a bridge at NN608747. Head E along the main track back to the start. **(13Km, 550m ascent).**

**Two Munros:** From the summit of Sgairneach Mhor, descend gently SW for about 700m then head NW to a large cairn at NN589<sup>38</sup>731<sup>52</sup>. Turn down WSW and cross a burn just N of the watershed at NN581<sup>76</sup>729<sup>59</sup>. Follow a path NW up the flank to gain the S ridge of Beinn Udlamain at NN579<sup>14</sup>733<sup>55</sup>. Climb N to its summit, 1011m. Descend NE to a cairn on a ring contour, NN583746, then more steeply down E before heading NE, over a small summit, 902m<sup>ex</sup>. At about NN591750, descend SE to reach the track in Coire Dhomhain and follow it down E to rejoin the outward route back to the start **(15km, ascent 750m).**

**Three Munros:** From the summit of Beinn Udlamain descend NE to a cairn on a ring contour, NN583746, then more steeply down E before heading NE again to a watershed, altitude 861m<sup>ex</sup>, NN591752. From here, gentle slopes lead up NE for 2 km, over Bruach nan Ionairean to the summit of A'Mharconaich\*, 975m. Descend the N ridge, which turns sharply NE at the 810m contour, NN605770. Follow it down, crossing the Allt Coire Fhàr where convenient, to reach the path leading to Balsporran Cottages. Finish at the CP off the A9 at NN627791. **(18 km, 900m ascent). Transport required, 5 mins from start.**

*(\*Alternatively, The Boar of Badenoch may be conveniently included by back-tracking to Bruach nan Ionairean, descending E to a broad col, then climbing NE to the summit, 739m. Head N down the ridge to reach the track serving the mast. Follow it to the level-crossing<sup>tr</sup> over the railway and take the cycle track to Balsporran Cottages. This adds 100m to the ascent).*

**Four Munros:** From the summit of A' Mharconaich head W into Coire Fhar on a descending traverse to reach the col at NN592766, 739m<sup>ex</sup>. Head N up the broad ridge to the summit of Geal-charn, 917m. Descend NE to the track<sup>ex</sup> at NN607786 and follow it down to Balsporran Cottages. Finish at the CP off the A9 at NN627791. **(19km, 1078m ascent). Transport required, 5 mins from start.**

Suggested and coordinated by Andrew Gilbert

**Tuesday 26<sup>th</sup> March****Maps LR34 and EX400****Loch Lochy****Meall na Teanga** (917m, Munro) – *Hill of the tongue***Meall Coire Lochain** (906m, Corbett Top) – *Hill of the corrie with the lochans***Meall Odhar** (875m) - *dun-coloured round hill*

*A fresh approach to this Munro avoids the usual bagging route, and includes some other worthy hills and three fine corries that would otherwise be neglected. For a shorter but nonetheless interesting day, miss out the Munro altogether, saving 1.4km and 200m ascent.*

Start from the CP at Clunes on the NW bank of Lochy at **NN204886**. Head E on the forest track, soon forking left and climbing gradually NE to reach the upper track. Continue NE for 3Km to the Allt na Faing. Follow the burn up NW through the forested area to reach Coire Lochain. From the shore of the lochan, climb S up the ridge to Sron Bhreac, turning W, and gaining height, follow the rim of Coire Lochain, which curves N to reach the summit of Meall Coire Lochain, 906m. Descend steeply NE on the narrow ridge, across the col and climb to the summit of Meall na Teanga, 918m. Return to the col and climb back up to Meall Coire Lochain, turning W around the rim of Coire Odhar Beag to the summit of Meall Odhar, 875m. Continue W around the rim of Coire Odhar Mor to the next summit, 871m. Turn SW and head down over the spur of Meall Breac, curving S to a dip then up to the summit of Ruighe na Beinne, 645m, overlooking the Allt Bhan. Continue S down to a small summit, Creag Dhonn<sup>ex</sup>, 493m. Head SSE down the slope to a corner of the forest at WP NN196<sup>13</sup>891<sup>64</sup>. A further 200m S of here a forest track will be found after a descent of 80m through conifer trees. Head W a short distance on the track until it widens at a passing place. Here turn S again down through mixed woodland, curving SE to reach the road bridge over the Allt Bhan. Follow the road back to the start.

**14km, 1169m ascent**

Suggested by Andrew Gilbert, coordinated by ..... TBA

**Sunday 31<sup>st</sup> March****Maps LR 51 and OL48 or EX378****Glen Lochay****Meall Glas** (959m, Munro) — *grey-green hill***Sgiath Chuil** (920m, Munro) — *back wing, or sheltering spot*

*An opportunity to climb one or both of these Munros by a less frequented but more interesting route.*

Park at the end of the public road in Glen Lochay at **NN465364**. Follow the track W as far as Batavaime. Cross the river Lochay on a bridge and climb the N ridge of Meall Glas to its summit. Head E on the summit ridge over the 908m spot height and NE to Beinn Cheathaich, 937m.

*(An easy descent can be made from here down the N ridge to pick up a track down to Lubchurran. Cross the Lubchurran Burn just E of here on stepping stones<sup>ex</sup>, and across the river Lochay on a footbridge to rejoin the outward route.)*

To continue to Sgiath Chuil, descend E down to a bealach, Lairg a' Churain<sup>ex</sup>, 609m<sup>ex</sup>. Head NE on a rising traverse across the steep grassy slopes to reach the N spur of Meall a' Churain, then turn S up to its summit, 917m. Continue S along the ridge to the summit of Sgiath Chuil, 921m. Return along the summit ridge and descend the N spur to a small summit, 577m<sup>ex</sup> on a ring contour at NN461346. Turn NNE and make for the pumping house<sup>ex</sup> at NN466354. Follow its access track down to the end of the public road.

**15km, 850m ascent** or

Suggested by Toril Frantzen; coordinated by Gerry Gilbert

**18km, 1200m ascent**

**Saturday 6<sup>th</sup> April****Maps LR33 and EX413****Arnisdale****Beinn na h-Eaglaise** (805m, Corbett) – *Hill of the church***Beinn Sgritheall** (974m, Munro) – *Hill of scree***Beinn Sgritheall NW Top** (928m, Munro Top)**Beinn a' Chapuill** (759m, Graham) – *Hill of the small horse*

*From Gavin: These are my last hills for a second round of Munros, Corbetts and Grahams, and a first round of Munro Tops. Please join me for one or more of these. I finished my first round of Munros, Corbetts and Grahams on the same three hills with the club in 2009 (and failed to do the Munro Top). On that occasion we had a turnout of 20 people and some magnificent weather for a fabulous day.*

Start from the CP at Corran, **NG849094**. Head N along road for 400m and turn right along track to Glenfield. From here head N up Beinn Bhuidhe, 639m<sup>ex</sup> and then NW to Beinn na h-Eaglaise, 805m. From summit descend 200m WNW to Bealach Arnasdail. Go a short distance N and follow the line of a stream W up to a summit at 906m. Descend 70m W before ascending NW to summit of Beinn Sgritheall, 974m. For those not continuing to the Graham, head W down ridge to Lochan Bhealach Rarsaidh<sup>ex</sup> at 365m. Just beyond is a path<sup>ex</sup> descending first S then SE down to road.

For those going on, head NNE from summit of Beinn Sgritheall to about 910m alt before heading NW to the Munro Top, 928m. For those doing the final hill return SE for distance of 450m before heading ENE down a ridge. Soon the ridge curves NNE over 845m<sup>ex</sup> top. Continue NNE for another 200m before turning NW down the ridge to the 501m<sup>ex</sup> col of Bealach na h-Oidhche<sup>ex</sup>. Head steeply up NW to find Beinn a' Chapuill summit. This is **not** where implied on both maps at 742m. It is 0.775km SE of there at spot height 759m<sup>ex</sup> at NG835<sup>06</sup>148<sup>56</sup> within the 750m ring contour on the LR map, just SE of a small lochan. Return S to Bealach na h-Oidhche<sup>ex</sup> and head SW cross-country for 2.3km to the path<sup>ex</sup> at Lochan Bhealach Rarsaidh<sup>ex</sup>.

It is also possible to skip Beinn na h-Eaglaise. At the E end of the village is a sign marking the start of a path to Bealach Arnasdail. There is another CP nearby that might be more convenient (grid ref unknown). Hopefully we can all meet at the summit of Beinn Sgritheall.

**Beinn Sgritheall only: distance: 10km, ascent 1050m****+ Beinn na h-Eaglaise: distance: 13km, ascent 1250m****+ Beinn a' Chapuill: distance: 20km, ascent 1550m**

Suggested by Gavin Theobald  
Coordinated by Suzanne Theobald

## Nevis Hillwalking Club -1st Quarter 2019 Programme

M — Munro    C — Corbett    G — Graham    T — Top

Date	Hills	Category	Area	Map <sup>lr</sup>	Coordinator
Sun 6 Jan	<b>Creach Bheinn Meall Odhar</b>	C CT	Glen Tarbert	40 49	Toril Frantzen
Tue 8 Jan	<b>Buachaille Etive Beag</b>	2M	Glen Coe	42	TBA
Sat 12 Jan	<b>Fraoch Bheinn Sgurr Mhurlagain</b>	C C	Loch Arkaig	33	Jane Ollerenshaw
Sun 20 Jan	<b>Creach Bheinn</b>	C	Loch Creran	50	John Burton
Thu 24 Jan	<b>Bouldering Evening</b>		Fort William	41	Suzanne Theobald
Sat 26 Jan	<b>Carn Dearg Glas Charn</b>	C CT	Loch Oich	34	Kate Willis
Tue 29 Jan	<b>Beinn an Dothaidh Beinn Dorain</b>	M M	Bridge of Orchy	50	TBA
Sun 3 Feb	<b>Sgurr a' Mhaim</b>	M	Glen Nevis	41	Andrew Gilbert
Tue 5 Feb	<b>Antarctica Evening</b>		Fort William	41	Suzanne Theobald
Sat 9 Feb	<b>Meall Fuar-mhonaidh Glas-bhein Mhor</b>	G G	Loch Ness	26 34	Suzanne Theobald
Wed 13 Feb	<b>Planning Meeting</b>		Fort William	41	Suzanne Theobald
Sun 17 Feb	<b>Buachaille Etive Mor</b>	2M	Glen Coe	41	Gerry Gilbert
Sat 23 Feb	<b>Beinn Resipol</b>	C	Loch Sunart	40	Christina Tracey
Tue 26 Feb	<b>Stob Coire Dubh Carn Liath</b>	MT M	Loch Laggan	34	TBA
Sun 3 Mar	<b>Ben More Stob Binnein</b>	M M	Crianlarich	51	Ken Stevenson
Sat 9 Mar	<b>Gaor Bheinn</b>	M	Loch Eil	40/41	Rick Atkinson
Sun 17 Mar	<b>Binnein Mor</b>	M	Glen Nevis	41	Rick Atkinson
Wed 20 Mar	<b>Himalaya Evening</b>		Fort William	41	Suzanne Theobald
Sat 23 Mar	<b>Sgairneach Mhor Beinn Udmain A'Mharconaich Geal-charn</b>	M M M M	Drumochter	42	Andrew Gilbert
Tue 26 Mar	<b>Meall na Teanga</b>	M	Loch Lochy	34	TBA
Sun 31 Mar	<b>Meall Glas Sgiath Chuil</b>	M M	Glen Lochay	51	Gerry Gilbert
Sat 6 Apr	<b>Beinn Sgritheall Beinn na h-Eaglaise Beinn a' Chapuill</b>	M C G	Arnisdale	33	Suzanne Theobald

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