

MEETING POINT: Start time, OS sheet number and grid reference for the meeting point are given for each walk– other map references may be included in the text.

It is suggested that all passengers contribute towards the drivers' costs for walks outside the Strath. The suggested contribution is listed as SC where appropriate.

Some walks are not allocated a specific day to maximise the weather options. Ring the walk leader on the Thursday evening for more information

If you want to bring a dog please contact the walk leader beforehand

If you carry a mobile phone please give your number to the walk leader on the day

Walks Grading System

Our grading system is generally similar to that used by many walking clubs throughout the UK and beyond:

- A** Suitable for fit and experienced hill-walkers. Long mountain days with lots of ascent and descent over rough terrain, some of it steep.
- A+** indicates a grade at the top end of this category requiring scrambling experience, a good head for heights and the ability to cope with sustained traverses over very rugged and demanding terrain.
- B** Suitable for regular walkers, fit novices or anyone who takes regular aerobic exercise. Mixture of paths, tracks and rough terrain with some steeper gradients in places.
- B+** indicates a grade at the top end of this category because of longer sections of rough terrain and/or steeper gradients.
- C** Suitable for walkers with average fitness, limited experience, or anyone wanting to walk at an easy pace. Mainly on paths and tracks with easy gradients.
- C+** indicates a grade at the top end of this category because of some short sections of rougher terrain or steeper gradients (but not both together).
- WW** Short walks of 3 to 4 miles on good paths with little ascent for those who cannot do our other walks

Chairman/Walks Co-ordinator:

Graham Sage

<http://www.ammonadhruadh.btck.co.uk>

April 2019 - September 2019 Am Monadh Ruadh Walking Club Programme

<u>Date</u>	<u>Meet</u>	<u>Leader</u>	<u>Walk description</u>	<u>Length Ascent Grade</u>
13/14 Apr Sat/Sun <i>Sat preferred</i>	Burnfield CP Grantown 09.30 for 09.45 OS 36 NJ 035281	Johnny Petrolini 01479 872522 Mobile 07821 662127	<u>ACHNAHANNET to GRANTOWN</u> Condense cars and drive to start. Walk up good track to Easter Rynechkra. Continue east and south to Wester Gorton and then down to Grantown.	10km/ 6.5ml 200m C+
27 Apr Sat	Burnfield CP Grantown 09.00 for 09.15 OS 36 NJ 035281	Kath Bell 07779 038820 <i>ring for more information</i>	<u>LOCH MUICK CIRCULAR</u> Start Spittal of Glenmuick visitor centre walking anticlockwise. Good paths and tracks. Views of Lochnagar.	12.5km/ 8ml 100m C+ SC £3
12 May Sun	Burnfield CP Grantown 09.30 for 09.45 OS 36 NJ 035281	Duncan Grant Mobile 07511 684099	<u>ADVIE WALK</u> Condense cars at Burnfield carpark, Grantown and drive to Advie War Memorial. Walk up to and across A95 and follow the track onto the Speyside Way. Follow this behind Knockfrink and Garvault back to the A95. Descend through Achvochkie farm to the delightful Advie cemetery. Return to the cars via the old railway.	9.7km/ 6ml 276m C SC £2
25 May Sat	Carrbridge Car Park 09.15 for 09.30 OS 36 NH908228	Bill Steele 01479 870154 Mobile 07771772166 wmsteele33@aol.com Let Bill know if you are going straight to the start	<u>SOUTH LOCH NESS WALK</u> Condense cars - journey of 35 miles to start - plan to leave at 10.45. A circular walk from Inverfarigaig car park to Foyers through woodland and a lower walk back to the start (Map reference NH522)	10km/ 6.5ml 428m C+ SC £3
08 Jun Sat	Kincraig Community Hall 09.15 for 09.30 OS 35 NH 832059	Rosi Warner 01540 651233 Mobile 07817 260734	<u>ARGYLL STONE</u> Condense cars and drive to cattle grid near glider landing strip. Walk through forestry tracks for a couple of km before a steady climb to Creag Follais weather station. From there we continue up onto the ridge and the Argyll stone with great views down Glen Einich. Return the same way.	13km/ 8ml 560m B

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22/23 Jun Sat/Sun Sat Preferred	Inverdrue Long Stay CP 09.00 for 09.15 OS 36 NH 901110	Graham Sage 01479 870080 Mobile 07927 059429	<u>BEN MACDUI</u> Condense cars and drive to Coire Cas CP. Take path below Northern Corries towards Lurcher's Crag. Continue on path to Macdui. Return on path towards Cairngorm. Take detour to see Hell's Lum and views down Loch Avon. Continue towards Cairngorm but make for 1141 point. Take path down to Coire Cas and cars. <i>Only if weather is suitable</i>	18km/ 11ml 850m A
06 Jul Sat	Kincraig Community Hall 09.45 for 10.00 OS 35 NH 832059	Jane Bache 01479 821262 Mobile 07763 103955	<u>CREAG FHIGEACHAIDH (Glen Feshie)</u> Condense cars at Kincraig and drive to Allt Ruadh car park in Glen Feshie. Follow the ridge up to the summit of Creag Mhigeachaidh with excellent views of Glen Feshie and then descend north-east across moorland to join a track which leads through forestry to the Gliding Club. Finally a 2k walk along the road back to Allt Ruadh. The descent from the summit is pathless, so poles recommended.	12km/ 7.5ml 450m B+
20 Jul Sat	Inverdrue Long Stay CP 09.00 for 09.15 OS 36 NH 901110 then to Burnfield CP Grantown 09.45 for 10.00 OS 36 NJ 035281	Ruth Hems 01479 811188 Moble 07941 597285 Map OS 27 or Explorer 418	<u>CARN NA GLAISNEACH & CARN BAD NA CAORACH from Dava Way</u> Condense cars and drive to 'Red Coat' parking area on Dava Way (015339). Limited parking here. Walk left along the Way for approx 1 mile then take right track up to Carn na Glaisneach (458m) then on to Carn Bad na Caorach (477m) about 1 mile . Return along the edge of Tombain plantation to a gate, go through then back via Tombain, Upper Derraid to cars. Terrain a mixture of wide rough tracks, narrow paths through heather, rough tussocky grass and short very quiet road walk from Tombain to Upper Derraid. Some lovely views if clear!	10km/ 6ml 157m B
03/04 Aug Sat/Sun Sat Preferred	Inverdrue Long Stay CP 09.15 for 09.30 OS 36 NH 901110	Raymond & Joan Jowett Mobile 07766 025575	<u>GEAL-CHARN MOR from LYNWILG</u> Condense cars and drive to the small car park at Lynwilg. Walk up the Burma Road, which is a very good track, to its high point. The path is steep at first but then tapers off to a nice gradual gradient. At the high point branch off onto a hill track leading in a south-westerly direction to the summit cairn of Geal-charn Mor at 824m. There are excellent views of the Cairngorms to the south and across the Monadhliath to the north. Return by the same route enjoying the very good southerly views.	12km/ 7.5ml 608m B+

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17 Aug Sat	Burnfield CP Grantown 09.00 for 09.15 OS 36 NJ 035281	Shena Leal 07926 195958 Irene Farquhar 07902 291080	<u>DARNAWAY FOREST & FINDHORN RIVER</u> Condense cars and drive to parking near Relugas. Walk of 2 halves through mature conifers and then stunning views along Findhorn river,	13.5km/ 8.35ml 180m C+ SC £2
31 Aug Sat	Ardvonie CP Kingussie 09.45 for 10.00 OS 35 NH 755006	John Brownlie Mobile 07949 472875	<u>CORRIEYAIRACK PASS</u> Condense cars and drive up through Laggan and Glen Shirra to Garvamore which is the start of walk Rough hill track with fairly steep uphill zigzag track to summit. Return same way. One steam to cross - may need Feetz	13.4km/ 8.8ml 500m B+ SC £2
07 Sep Sat	<u>JOINT</u>	<u>WALK</u>	<u>WITH RAMBLERS</u> details to follow	
14 Sep Sat	Inverdrue Long Stay CP 09.15 for 09.30 OS 36 NH 901110	Audrey Turner 07450 548862	<u>GLEN EINICH</u> Condense cars and drive to Whitewell. Walk into Glen Einich to where the path is crossed by the Beanaidh Bheag, then return. The return leg is mostly on the same route, but we'll head up an estate track which gives great views in all directions. It's quite steep at the start, but short, and we'll take it slowly. That track then heads downhill again to re-join the original path. Apart from the start of the estate track on the return leg, most of the height gain is gradual.	14.75km/ 8.8ml 250m C+
28 Sep Sat	Nethybridge Community Hall CP 9:45 for 10:00 OS 35 NJ002205	Sandra and Colin Dougall 01479 821462 Mobile 07724 055474	<u>BRIDGE OF BROWN TO DORBACK</u> Condense cars and drive to Bridge of Brown, leaving at least one car at Dorback. Walk along Glen Brown then follow the track to Letteraitten, Fae and on to Dorback Lodge.	8.1km/ 5ml 100m C
<u>BELOW</u>	<u>ARE</u>	<u>WW WALKS</u>	<u>WEEKDAY ONCE A MONTH DETAILS TO</u>	<u>FOLLOW</u>
03 April Wed	Nethybridge Community Hall CP 10:30 for 10.45 OS 35 NJ002205	Pam Boxx 01479 841545	<u>NETHYBRIDGE TRAIL</u> Blue trail King's Rd orbital. Riverside and woodland paths, no styles. Bring picnic, Nethy House closed so no cafe	5km/ 3ml negligible WW

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06 May Mon	Badaguish Outdoor Centre CP 10.00 for 10.15 OS 36 NH 956115	Mary Walker 01479 810519	<u>BADAGUISH-GLENMORE</u> Walk down to Glenmore then on to all abilities path to go up through caravan site then back on to lower track to Badaguish Will stop for coffee beside the loch	5.3km/ 3.3ml negligible WW
27 May Mon	Nethybridge Community Hall CP 10.15 for 10.30 OS 35 NJ002205	Anne Goodall 01479 831562 Nethy House afterwards. let Anne know for booking lunch	<u>TULLOCH MOOR CIRCULAR</u> Condense cars and drive to Tulloch Moor road. Walk south on track to ruin at Delbog, then east on minor track across fields. Optional visit to an old laundry at Allt Ruigh Chaillich (this would involve climbing a fence and crossing the burn). Return North on track to moor road. The last section is on tarmac but the road is seldom used.	5.5km/ 3.4ml negligible WW
11 June Tue	Carrbridge Car Park 09.45 for 10.00 OS 36 NH908228	Bill Steele 01479 870154 Mobile 07771772166 wmsteele33@aol.com	<u>CARRBRIDGE</u> A relatively flat woodland walk around Carrbridge through woodland, with one road crossing	4.5km/ 3ml 100m WW
15 July Mon		Shena Leal 07926 195958 Irene Farquhar 07902 291080	<u>MYSTERY WALK</u>	5-6km/ 3-4ml negligible WW
6 August Tue	Burnfield CP Grantown 09.30 for 09.45 OS 36 NJ 035281	Graham Sage 01479 870080 Mobile 07927 059429	<u>SPEYSIDE WAY - DAILUAINE HOUSE TO ABERLOUR</u> Drive to start and walk on good tracks to Aberlour and coffee shop!	5km/ 3ml negligible WW
2/3 Sep Tue/Wed <i>ring for details</i>	Carrbridge Car Park 09.45 for 10.00 OS 36 NH908228	Andrew Ker 01479 812066 Mobile 07884 341482	<u>RIVER DULNAIN</u> Condense cars and drive to car park at NH 866209. Cross bridge and walk up north side of river to Archer's Monument. Return by same route.	5.5km/ 3.5ml negligible WW
MORE	DETAILS	WILL BE SENT	TO THOSE WHO HAVE EXPRESSED AN	INTEREST