

Ptarmigan Hillwalking & Mountaineering Club



Website: www.ptarmiganmc.org.uk

Monthly Newsletter

March 2024

The Meet on Sunday 3rd March is to Forest Lodge (Bridge of Orchy)

DETAILS OF THE MEET

The bus will leave Waterloo Place at 07.30 going via Shandwick Place (bus stop opposite Boots), Haymarket, Roseburn, PC World, M9, Callander (short stop with facilities), Crianlarich, Bridge of Orchy & Forest Lodge [NN271423] where the bus will park for the day.

The bus will leave Forest Lodge at 17:30 Bus convener: Douglas Tullis 07847 254204 (Be sure to have that number with you on the hill)

Bookings and cancellations: Email bookings@ptarmiganmc.org.uk

Main map required: Map required: OS 1:50 000 Sheet 50 Glen Orchy & Loch Etive

The fare will be £25 and, while cash can be taken in the bus, it would be preferred if you could pay by bank transfer IN ADVANCE of the outing. The day before is fine. Please pay to:
PTARMIGAN MOUNTAINEERING CLUB (note name is not yet changed); 80-17-68; 00248765

At the time of going to press we have 29 members and guests signed up. Jim's bus seats 30 including the courier seat at the front. So we may have a waiting list. If you have signed up and decide to cancel please let us know as soon as possible.

Subscriptions

The subscription is unchanged for the coming year and payment is now due. The subscription is £30 for an individual or £50 for two members at the same address which includes membership of Mountaineering Scotland, to which we are affiliated. For those who already have membership of Mountaineering Scotland there is a reduced subscription of £17.50. For non-walking associate members the annual subscription is £10 with no membership of MS. Payment should be made by bank transfer to our bank account 00248765 and sort code 80-17-68 giving the reference SUBS SURNAME. It would be helpful if, when paying a subscription by bank transfer, you could at the same time email secretary@ptarmiganmc.org.uk to confirm. Payment of subscriptions can also be made in cash on the bus and, for any who want to pay by cheque, please contact secretary@ptarmiganmc.org.uk and we will confirm the address to which a cheque can be posted.

Members are reminded that the mountains are now in full winter mode. Ice-axe and crampons must be carried if you're walking above the snow-line.

Route Options

Munros

From Forest Lodge

Stob a'Choire Odhair, 945m [257460] and Stob Ghabhar, 1090m [230455]: follow the Allt Toaig path until it crosses a burn at [252446]. Go up heathery slopes on the NW side of the burn to reach the ridge just S of the summit of the former. Descend and climb Stob Ghabhar by Aonach Eagach. Return via either the Allt Toaig or Clashgour Farm track.

For fast parties: Stob Coir' an Albannaich, 1044m [169443] or Meall nan Eun, 928m [192449].

Both involve a lengthy walk-in along the Linne nam Beathach track (bridge at [233418]) to the W end of Loch Dochard.

Some of the options on the way north

Meal Glas, 959m [431322] and Sgiath Chuil, 921m [463318]: access Auchessan [447275]

Ben More, 1174m [432244] and Stob Binnein, 1165m [434227]: access [414257] east of Benmore Farm

Cruach Ardrain, 1046m [409212]: access [383245], 1km south of Crianlarich

Ben Challum, 1025m [387323]: access [357280] Kirkton Farm in Strathfillan

Ben Oss, 1029m [287253] and Ben Dubhchraig, 978m [306254]: access [344290] in Strathfillan

Ben Lui, 1130m [266263]: access [344290] or Tyndrum Lower station

Beinn Manach, 953m [373412]: access Auch [317353] or Achallader [311437]

Beinn Achaladair, 1038m [344432] and Beinn a Chreachain, 1081m [373440]: access from Achallader [311437]

Ben Dorain, 1076m [325378] and Ben an Dothaidh, 1004m [331408]: access from Bridge of Orchy station

Corbetts

On the way north

Ben Ledi, 879m [562097] and Benvane, 821m [535137]: access car park near Coirieachrombie bridge [586092]

Beinn Each, 813m [601158]: access Ardchullarie More [584136]

Meall an t-Seallaidh, 852m [542234] and Creag Mac Ranaich, 809m [545255]: access Lochearnhead or the head of Glen Ogle

Beinn Chuirn, 880m [280292]: access Tyndrum Lower station

Beinn Odhar, 901m [337338], Beinn Chaorach, 818m [358328], Cam Chreag, 884m [375346]: access [329331]

Beinn nam Fuaran, 806m [361381] and Beinn a' Chaisteil, 886m [347364]: access [329331] or Auch [317353]

Beinn Udlaidh, 840m [280332] and Beinn Bhreac-Liath, 802m [302339] : access B8074 1km S of Bridge of Orchy

Grahams

From Forest Lodge

Meall Tairbh, 665m [251375] combined with Ben Inverveigh, 636m [271382] for a circuit of Coir Orain: access Inveroran Hotel

Beinn Suidhe, 676m [212400]: access via the Linne nam Beathach track (bridge at [233418])

Through-Walks and Lower Level

1. West Highland Way sections between Crianlarich, Tyndrum and Bridge of Orchy
2. The track from Forest Lodge along the Linne nam Beathach towards Glen Kinglass

The Club's Code of Good Practice notes that parties should comprise two, preferably three, people and those members must have a map of the area and compass and know how to use them. A first aid kit, survival bag, whistle and torch should also be carried. The group should stick together and be alert for signs of anyone feeling unwell or getting into difficulties. For those members who have one it does no harm to carry a mobile phone, though it is important to understand that there is no guarantee of signal availability and this should never be relied upon.

Disclaimer: The routes outlined above are merely descriptions of walks in the area; they do not represent invitations or recommendations by the Club or any of its Officers to members to go on these routes. It is the individual and sole responsibility of each club member to choose a route that is within their capability taking due account of the timings given and the weather conditions prevailing.

'Everyone should be aware that the Scottish hills can provide more challenging days than the height and distance alone may indicate. Preferably robust boots should be worn and clothing worn or carried suitable to deal with wet, windy and cold weather at any season. A change of clothing in the bus is also advisable too. See additional advice for winter conditions.'

WhatsApp Group

You are reminded that we have now set up a WhatsApp group to enable members to exchange plans for the day in advance which may take some pressure off the bus convener. If you have not already joined and would like to do so, please email this link will allow you to join: <https://chat.whatsapp.com/G1wg91LQctt7M5X46SN0Q7>

A couple of safety points

Two things for everyone's attention. Firstly, with the likelihood of a full bus, a request for people to put their backpacks in the boot rather than in the body of the bus. Jim is pretty relaxed about such matters but, in the unlikely event of an accident, it would not be good to have backpacks, ice axes etc flying around and/or blocking the aisle. Secondly, the Bus Convener for the day has details of everyone's emergency contacts which are kept on the clipboard which remains on the bus. It's still important to have your emergency contact readily accessible when you are out walking. Many of us carry an ICE (In Case of Emergency) card in the top pocket of our backpacks. There are some good ICE apps to put on your phone which are accessible even when it is locked and which enable the listing of medications etc. And it has been suggested, if you have one, that a Parkrun bracelet is ideal.

What we did last month

Loch Brandy, The Goet and Ben Tirran

Ptarmigans about to set off: Picture by Douglas Tullis



Douglas Tullis writes: Earlier in the week the forecast for our February outing to Glen Clova looked pretty abysmal with widespread whiteout and gale force westerly winds predicted. By the Saturday things looked slightly brighter – still to be blowing a gale but merely some rain and/or snow. Against that background I had proposed going up Green Hill via Loch Brandy starting and ending at the Glen Clova Hotel – forward planning for the eventuality that much of the day could, if necessary, be happily passed in the hotel. Whether it can be attributed to remarkable prescience on the part of the committee when planning this year's programme or to a piece of good luck I

can't say – although I think the former - but Glen Clova, being well towards the east of Scotland, probably had the



best weather hillwalking available anywhere in Scotland that day. It was dry and the summits were clear but it was certainly windy. Snow was not much in evidence and the axes and crampons that most of us had brought along stayed on the bus. Ten of us, Harriet (on her first outing as a Ptarmigan), Colin, Elsa, Emma, Fiona, Lesley, Viktoria, Wendy, Emily, Alex and I duly set off on the path up to Loch Brandy.

Ptarmigans at Loch Brandy: Pic by Douglas Tullis.

For those that don't know it Loch Brandy is described by Walkhighlands as "a superb example of a mountain corrie, backed by craggy slopes and cradling a perfect loch". With the benefit of a well made up path we were there in no time and decided to extend the planned walk by taking in the ascent of The Snub, the ridge between Loch Brandy and the Corrie of Clova, and circling round the top of the corrie. Okay, it was quite hard to keep your feet against the wind at some points on the way up and Elsa and Lesley wisely decided to head for Green Hill as per my original plan.



Loch Brandy: Pic by Emily Russell

The rest of us carried on and as we rounded to top of the corrie the wind gradually came behind us speeding us on our way to The Goet (a Corbett at 896m) and Ben Tirran. Too windy for lunching at the summit we headed down to Loch Tirran and lunched in the shelter of the lochside bothy. Energised we headed down the track and hoofed it along to the road, arriving back at the hotel in just enough time for a quick refreshment before the bus came along. It's so often the way that the days about which you have prior misgivings turn out to be some of the best and I hope the others enjoyed the day as much as I did. It was great to have 25 of us on the bus which I think is our best turnout since before Covid and, if we are getting that sort of number in February, bodes well for the rest of the season.

Here are a few pictures of the other group who climbed Mayar & Driesh.



Corrie Fee: Pictures by Peter Clark & Alistair Haig



Topping out of Corrie Fee: Pic by Lewis Tattersall



Ptarmigans heading for Mayar: Pic by Viktoria Nemeth



Ptarmigans heading for Driesh: Picture by Viktoria Nemeth