

Ptarmigan Hillwalking & Mountaineering Club



Website: www.ptarmiganmc.org.uk

Monthly Newsletter

September 2024

The Meet on Sunday 1st Sept is to Coire Cas

DETAILS OF THE MEET

The bus will leave Waterloo Place at 07.30 going via Shandwick Place (bus stop opposite Boots), Haymarket, Roseburn, Drum Brae, Forth Road Bridge, M90, Pitlochry (short stop), A9 north to Aviemore and Loch Morlich. The bus will park for the day at the Ski Centre Car Park at Coire Cas. Estimated time of arrival at Coire Cas: approx. 10.45.

The bus will leave Coire Cas at 17.30 prompt and stop for 30 min in Pitlochry on the way back.

Departure times:	Coire Cas	17.30	Coylumbridge	17.45
	Aviemore road end	17.50	Dalwhinnie	18.15
	Bruar	18.30	Blair Atholl	18.35

Bus convener: Alistair Haig

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

Main map required: OS Landranger 36: Grantown, Aviemore & Cairngorm

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

Bus departure times - a reminder

We always aim for our buses to leave Waterloo Place promptly at 07:30 am on the day of an outing. It is difficult to predict the times at which the bus will arrive at other pick up points which will depend on traffic, any roadworks etc but the roads are usually very quiet at that time of day. We have a note of who is due to be joining the bus at Waterloo Place and the other pick up points. If anyone is missing, the bus will usually wait for two minutes at any pick up point but will not normally wait for any longer than that."

Route Options

Munros

The Coire Cas car park (NH985074) offers access to several good high-level walks. The most obvious is over **Cairn Gorm** itself (1244m; NJ005040) and along the Northern Corries to **Ben Macdui** (1309m; NN989989).

Another possibility is to climb Cairn Gorm, then descend south-east to The Saddle and climb over A' Choinneach to **Bynack More** (1090m; NJ042063). From here there is a good path leading north past Bynack stable (now demolished) and An Lochan Uaine to Loch Morlich. Bynack More can also be reached from Glen More Lodge via the reverse of the last part of this route, perhaps returning down the soggy Strath Nethy.

Beinn Mheadhoin (1182m; NJ024017) can be done direct via Loch Avon, which involves a punishing descent and re-ascent in both directions. This route is recommended for faster parties only.

Braeriach (1296m; NN953999) is another possibility but a very steady pace will be required to climb this hill in the available time. It is probably best to leave the bus a mile or so before the Coire Cas car park and take the path through the Chalamain gap, down to the Lairig Ghru and up the Sron na Lairige ridge. To vary the return, fast parties can stroll over to Einich Cairn, make the long descent into Glen Einich and walk out to Coylumbridge.

Possible Munros en route include **Beinn Dearg** (1008m; NN853778), **Carn a' Chlamain** (NN963m; 916758) or one or more of the three **Beinn a Ghlo** Munros from Blair Atholl.

A round of the four Drumochter Munros **Geal Charn** (917m; NN597783), **A'Mharconaich** (975m; NN604764) **Beinn Udlamain** (1010M; NN579740) and **Sgairnech Mhor** (991m; NN599732) to the west of the A9 might be possible but there is nowhere suitable other than the A9 roadside to wait for the returning bus.

A' Bhuidheanach Beag (936m; NN661776), **Carn na Caim** (941m; NN677822) and **Meall Chuaich** (951m; NN716879) on the east of the A9 are further possibilities but also lack anywhere obvious to await the bus at the end of the day.

Corbetts

Meall a'Bhuachaille (810m; NH990115) can be accessed from Loch Morlich Visitor Centre. Take the track ENE to Ryvoan bothy, then the path west to the summit. Continue over Creagan Gorm and Craiggowrie and return via Badaguish or carry on along the ridge before descending to Coylumbridge.

Creag Mhor (895m;) lies to the east of Bynack More and can be climbed in an out-and-back route from Loch Morlich via Lochain Uaine and Bynack Stable but this is a long route and a close eye will need to be kept on time. Very fast parties could combine Creag Mhor with either Cairn Gorm or Bynack More.

The Fara (911m; NN598842) makes a good day out from Dalwhinnie

Lower level

There are good low-level walks in the Rothiemurchus Forest and The Queen's Forest. Various approaches from Inverdrue and Coylumbridge will take you to circular walks around Loch Morlich, Loch Gamhna and Loch an Eilein, the latter containing the ruins of Inshriach Castle.

The Loch Morlich walk could be extended to take in the beautiful An Lochan Uaine by passing Glenmore Lodge on the road towards Ryvoan Bothy.

A track leads south from Coylumbridge via Whitewell into Gleann Einich.

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 secretary@ptarmiganmc.org.uk

Highways Hillwalking Club

For many years we have had an informal association with the Highways Hillwalking Club in terms of which our members are welcome as guests on their outings and vice versa without restriction of the number of such outings that can be attended. The HHC operates a programme very similar to ours, also using MacLeod Coaches, but usually on the second Sunday of the month. The combined programme for both clubs can be found in the Meets section of our website and full details of the HHC including how to sign up for their outings are available at their website: <https://sites.google.com/site/highways3102/home> "

What we did last month

A much better day yesterday for the [Ptarmigan Hillwalking & Mountaineering Club](#) outing than most of us had



anticipated, although the Met Office forecast was accurate in suggesting there would be a weather window, which more or less coincided with our time in Glencoe. There was very little rain for most of the day and the cloud level progressively lifted, at least until the late afternoon when the next weather front began to make its presence felt. It got pretty windy on the tops though!

I did an interesting through route from Achnacon in Glencoe up Gleann-leac-na-muidhe then across to Sgorr a'Choise, a superb little summit, virtually a mirror image of the Pap of Glencoe, giving stunning views of Ballachulish to the north and Loch Creran towards the south.

View of Sgorr a'Choise from Meall Mór with Beinn a' Bheithir beyond: Pic by Colin Shepherd

I then retraced my steps to the bealach and climbed up over Meall Mor and An Meall before dropping steeply down to Ballachulish. Almost the whole route was on National Trust for Scotland land.



Ballachulish from Sgorr a'Choise & Loch Leven and Ballachulish from Meall Mór: Pics by Colin Shepherd

Wildlife seen included Red Deer, Ravens, and Scotch Argus butterflies. Orchids and Scottish Bluebells in full bloom, with Scabious just coming into flower. Excellent new cycle path and walking route being constructed in the lower part of Glencoe, running parallel to but separate from the main road. (Colin Shepherd)

A Ptarmigan group got off the bus early to head up Buachaille Etive Beag.



Taking a well earned break: Picture by Justin Elliot



Heading back to the Bealach: Picture by Sara Knight

Meanwhile Derek Devine writes. A steep climb up Meall a' Bhuiridh with Jo. It was a misty, wet & windy day. We intended on doing Cries too but turned back on the ridge due to strong winds. A good trip despite the lack of views.



Joanne on the ascent & Derek at the summit of Meall a' Bhuiridh: Pictures by Derek Devine