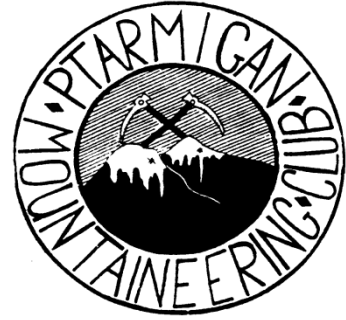


Ptarmigan Hillwalking & Mountaineering Club



Website: www.ptarmiganmc.org.uk

Monthly Newsletter

October 2024

The Meet on Sunday 6th October is to Tyndrum

DETAILS OF THE MEET

The bus will leave Waterloo Place at 07.30 and travel via Shandwick Place (bus stop opposite Boots), Haymarket, Roseburn, Currys PC World, comfort stop in Callander. The bus will park for the day at the Green Welly Stop in Tyndrum.

The bus will leave Tyndrum at 17.30

Bus convener: Douglas Tullis 07847254204

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

Main map required: OS sheet 50, Glen Orchy & Loch Etive (sheet 51, Loch Tay & Glen Dochart for Crianlarich hills).

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

Various choice of Munros and Corbetts along the way. In the first section to Killin there are Ben Ledi, Stuc a' Chroin and Ben Vorlich and the Lochearnhead Corbetts Meall an t-Seallaidh and Creag MacRanaich. On the next stretch to Crianlarich, there are Sgiath Chuil, Meall Glas, Beinn nan Imirean.

Munros

Ben Lui 1130m [266263]: access Dalrigh [344290] or Tyndrum Lower Railway Station

Ben Oss 1029m [287253] and Beinn Dubhcaig 978m [307254]: access Dalrigh [344290]

<https://www.walkhighlands.co.uk/argyll/ben-oss.shtml>

Ben Challum 1025m [387322]: access Kirkton Farm [359284]

<https://www.walkhighlands.co.uk/argyll/ben-challum.shtml>

Ben More 1174m NN432244 and **Stobinian** 1165m NN434227 could both be done from Ben More Farm NN413258 with a walk back along the road to Crianlarich at the end of the day.

<https://www.walkhighlands.co.uk/lochlomond/ben-more.shtml>

Corbetts

Beinn Chuirn access Dalrigh [344290]

<https://www.walkhighlands.co.uk/argyll/beinn-chuirn.shtml#>

Beinn Odhar 904m NN337338, **Beinn Chaorach** 818m NN358328 and **Cam Chreag** 884m NN358328 could be done from Tyndrum & from Auchtertyre, WHW south [375346]

<https://www.walkhighlands.co.uk/corbetts/beinn-odhar>

Beinn nam Fuaran 806m [361381] and **Beinn a Chaisteil** 886m [348364] from Auch Glen, WHW north

<https://www.walkhighlands.co.uk/argyll/chaisteil-fuaran.shtml>

Grahams

The possibilities include:

Fiarach

Meall Odhar

Through-Walks and Lower Level

West Highland Way from the south or to the north and return; Auch Glen from WHW

North; River Canonish and gold mine from Dalrigh then WHW to Tyndrum.

***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> "

AGM - A date for your diaries

Our AGM will take place at 7:30 on Tuesday 26 November at the Royal Navy & Royal Marines Club, 1 Broughton Road, Canonmills, Edinburgh EH7 4EW. The Committee will be meeting in October to come up with plans for our activities in 2025 which we will be discussing at the AGM. If you have any ideas of your own, please get in touch with Douglas (secretary@ptarmiganmc.org.uk) or any of the other Committee members or – better still – come along on 26th November.

The Club's Committee presently comprises:

Richard Love - Chairman
Douglas Tullis – Secretary
Justin Elliot - Treasurer
Christine Thompson – Membership Secretary
Kev Russell - Newsletter
Tim Featherstone – Webmaster & Bookings
Alistair Haig – Bus Convener
Alex Williamson – Bus Convener

Richard has indicated his intention to step down as our chairman at the AGM and Christine, who has not been well, is also stepping down after many years of much valued service to the Club as Secretary and, latterly, as membership secretary. The Committee plays a vital role in running the Club and we are looking for new Committee members. If you feel able to help in any of these capacities, please consider volunteering as a Committee member.

November outing – another date for your diaries

Our outing on 3 November will be to the Trossachs when we will end the day at the Lade Inn at Kilmahog near Callander where we will be having our customary November High Tea. Full details of the outing will be circulated in the November newsletter but if you are looking for “freshly-prepared, hearty meals with delicious real ales, including their own exclusive House Ales” don't miss this outing. See <https://www.theladeinn.com/>. Our “High Tea” outing is usually well attended and to enable us to finalise the booking with the Lade Inn please sign up early if you are coming.

Inchnadamph Bunkhouse weekend

We have had a tremendous response to the proposed visit to the Inchnadamph Explorers Lodge over the weekend 27 – 30 June 2025 with no fewer than 26 members and some guests having noted an interest. We have managed to reserve accommodation in a variety of rooms for exactly that number. It is always possible that one or two will drop out and we will be opening a waiting list for any vacancies that arise. Details of the Lodge and of the Assynt area in which we will be walking can be found at the website: <https://www.inchnadamph.com/>



What we did last month

We had a very successful outing to the Cairngorms on 1st September when a nearly full bus took us to the ski centre at Coire Cas in the Cairngorms. A range of different hills were done by different groups including Bynack More, Beinn Mheadhoinn, Carn Etchachan , Ben Macdui, Carn na Caim and A Bhuidheanach Beag. (Douglas Tullis)



Carn Etchachan Group: Pictures by Douglas Tullis

A hard, pleasant and scenic trek up Bynack More in the Cairngorms, yesterday, from Coire na Ciste with the Ptarmigan club. Some nice vistas; good company, a fair bit of wading through dense, heathered slopes and occasional boggy terrain. (Derek Devine)



The summit of Bynack More & the other Ptarmigan Group who took a different route up: Pics by Derek Devine

Other Ptarmigan Groups headed for Loch Avon/ the Shelter Stone & Ben Macdui



Ptarmigan group on Ben Macdui: pictures by Agnes Kupcsik

With Lynn & Justin.

Our walk began with a steady ascent from the ski centre, battling a strong southerly wind. Loch Avon soon came into view, its surface shimmering with ripples from swirling squalls. The route descended steeply then along the loch, crossing two sets of stepping stones. Along the way, we encountered a group of swimmers on a mission to swim high lochs across Scotland and we spotted them taking a brief plunge into the cold water. Next we ascended to Loch Etrachan, still in quite bright conditions and a gentler wind. Then east and up again toward Beinn Mhedhain, our target for the day with pretty good views of the surrounding summits and the ramparts north of the loch. Scaling the summit's tor made for some fun at the summit even with our heads in the clouds. On the return, we glimpsed the Shelter Stone and retraced our steps up Coire Raibach. Just over six hours for a longish walk and almost 1600 of ascent – another great day out. (Alistair Haig)



Ptarmigans on the Cairngorm Plateau & on the descent to Loch Avon: Pictures by Cherie Hamoudi



Lunch spot at Loch Avon & an extraordinary tubular cloud shape: Pictures by Cherie Hamoudi