



# Hill-walking Dates **World Challenge** January – June 2010



Throughout this session, Colin Watson from World Challenge has been working with pupils on outdoor and leadership activities. After a very successful November day spent walking up Ben Ledi with S3 pupils, Colin has put together the following schedule of hill walks.

Full details will be advertised in school as each event approaches.

It may be possible for parents to join these hill walks; please contact Mr Brown if you are interested in taking part.

Date	Plan A	Plan B
24/1/10	Ben Venue (Trossachs)	Loch Katrine walk
14/2/10	Ben Donich (Rest and be Thankful)	Ardgartan Forrest Walk
14/3/10	Cairnsmore of Carsphairn (Galloway)	Loch Bradan (Galloway)
24/4/10	Ben Ime (Arrochar)	Glen Kinglass and Loch Sloy
9/5/10	Ben Lui (Tyndrum)	West Highland Way (Tyndrum - Bridge of Orchy)
13/6/10	An Caisteal (Crianlarich)	West Highland Way (Crianlarich - Inverarnan)



**Ben Venue:****7 miles walking, 2,500 feet of ascent.**

If you have been for a sail on the "Sir Walter Scott" on Loch Katrine, then Ben Venue is the large hill immediately to the south of Trossachs Pier. It is a typical Trossachs hill - full of character and gives excellent views of Loch Katrine and the Arrochar Alps beyond. The route we will use follows a footpath the whole way, but has several wet, peaty sections to negotiate, so boots are essential!

**Ben Donich:****5 miles, 1,800 feet of ascent.**

Ben Donich is a Corbett (a Scottish mountain between 2,500 feet - 2,999 feet, with a minimum reascent of 500 feet on all sides. There are 217 Corbetts in total). The good news is that we start our ascent at the Rest and be Thankful car park, which gives us a start of 750 feet. The views to the south are particularly fine - if we have a clear day, then Ailsa Craig will be in sight.

**Cairnsmore of Carsphairn:****7 miles, 2,000 feet of ascent**

For this trip we head south to a much neglected walking area - Galloway. Cairnsmore of Carsphairn is another Corbett, standing at 2,614 feet. We will start the ascent at the Green Well of Scotland, just to the north of Carsphairn village. There are great views of the Galloway hills from the summit (I think...last time I climbed it the summit was in cloud!)



### **Ben Ime:**

**4 miles walking, 2,750 feet of ascent**

Ben Ime is a Munro and is the highest summit in the group of mountains called the "Arrochar Alps". We will start the climb from Butterbridge, which gives us a start of 600 feet. Our route will climb to the pass between Ben Ime and Beinn Chorrnach, before we turn to ascend the north ridge of our mountain.



### **Ben Lui:**

**12 miles walking, 3,000 feet of ascent**

Almost all Scottish mountaineers would argue that Ben Lui is the finest mountain in the southern highlands. This is a longer walk than the others as we have a 4 mile walk from Tyndrum where we leave the bus, to Coronish at the foot of the mountain. We will climb by the east ridge to the summit, before returning to Coronish for the 4 mile walk out (The walk in and out is included in the total 12 miles walking).



### **An Caisteal:**

**7 miles walking, 3,000 feet of ascent**

The session's walks will finish with another Munro just south of Crianlarich. The name An Caisteal translates to "the castle" as there is a small rocky turret just below the summit (the path contours round and behind this, rather than over it!). An Caisteal is a great walk, starting in Glen Falloch and ascending the north ridge. It will be possible to have a circular walk as we will descend to Derrydaroch and return to the bus by a short section of the West Highland Way.

