

Ramblers Scotland – Lochaber and Lorn Group
Walk Programme Oct-Dec 2026

Day	Date	G r a d e	Walk	A r e a	Location	
Thu	1 Oct	S	Beinn a' Chaorainn & Beinn Teallach	N	Glen Spean	Raymond Howat
Sat	3 Oct	L	Dunollie Woods to Dunbeg	S	Oban	
Thu	8 Oct	M+	Beinn a' Chrulaiste & Meall Bhalach	M	Glen Coe	Raymond Howat
Sun	11 Oct	M	Smirisary Hill & Village	P	Glenug	
Thu	15 Oct	S	Ben More & Stob Binnein	S	Crianlarich	Raymond Howat
Sat	17 Oct	L	Gleann a' Chaolais Circuit	M	Ballachulish	Jane Munro
Thu	22 Oct	M+	Meall Cumhann	N	Glen Nevis	Raymond Howat
Sun	25 Oct	M	Meall Buidhe	S	Tyndrum	Alice Wilson
Thu	29 Oct	S	Sgor na h'Ulaidh & Stob an Fhuarain	M	Glencoe	Raymond Howat
Sat	31 Oct	L	River Garry & Loch Lundie	N	Invergarry	Jane Munro
Thu	5 Nov	M+	Beinn Bhreac	S	Barcaldine	Alice Wilson
Sun	8 Nov	M	Coire Gabhail	M	Glen Coe	
Thu	12 Nov	S	Gairich	N	Loch Quoich	Raymond Howat
Sat	14 Nov	L	Oban to Gallanach	S	Oban	Aeltsje Oosterhof
Thu	19 Nov	M+	Tom Meadhoin & Mam na Gualainn	M	Callert	Raymond Howat
Sun	22 Nov	S	Beinn Sgulaird	S	Glen Creran	Sally Cameron
Thu	26 Nov	M	Sron Ghlaoidh	N	Glen Gloy	Jane Munro
Sat	28 Nov	L	Mam Carraigh	M	Bridge of Orchy	Aeltsje Oosterhof
Thu	3 Dec	M+	Glen Mama & Druim Fiaclach	N	Arisaig	Raymond Howat
Sun	6 Dec	M	Ben Cruachan Reservoir	S	Loch Awe	Virginia Bird
Thu	10 Dec	S	Ben Challum	M	Tyndrum	Raymond Howat
Sat	12 Dec	L	Glenfinnan Circuit	N	Glenfinnan	Jane Munro
Thu	17 Dec	M+	Beinn a' Bhuiridh	S	Stronmilchan	Alice Wilson
Sun	20 Dec	L	Cona Glen to Corrlarach Bothy	P	Ardgour	
Thu	24 Dec	--	Christmas Eve – no walk	--		
Sat	26 Dec	--	Boxing Day – no walk	--		
Thu	31 Dec		NYE - walk if enough interest			

Grading of Walks is as follows

L	Leisurely	For people with some country walking experience. Mostly on paths. Ascents generally less than 250m. Distance no more than 16Km. Pace - Leisurely
M	Moderate	Often on paths. Some steep or rough ground in open country. Ascents generally under 500m. Pace - may be moderate
M+	Moderate Plus	Lower hills or passes between higher hills, often pathless on steep or rough ground. Ascents generally more than 500m. Pace – May be brisk
S	Strenuous	Big hills with rough open terrain. Some steep and/or sustained climbs to high summits, ascents generally more than 800m. Pace – May be brisk. Day likely to require strength and stamina

The ascent limit may be exceeded if the route is shorter than normal or provides easier walking on good paths. The grade is only a guide and members should read the walk description and check the specified maps carefully before deciding whether a walk is suitable for them. Information about grading and walk procedures may be found at www.ramblers.org.uk.

Area Legend - To distribute walks fairly we divide our Group's Area into North (N), Middle (M), South (S) and Peninsular (P) – using the Corran Ferry. Broadly N is north of Inchree, S is south of Appin/Bridge of Orchy and M is between Inchree & Appin/Bridge of Orchy.

Walks requiring a considerable drive time are flagged as Outside (O) our normal walking area before the Area subdivision. The number of O walks will be limited on each programme.

Selection of Walks We try to avoid repeating walks done within the past two years. However, walks that appeared on programmes within the last two years which were not done for any reason may be included in a subsequent programme.

Ramblers' walks are Group led with a high emphasis on social interaction. For social and safety reasons the group should stay together and, if necessary, a back marker will be appointed (this should be rotated during the walk).

Always contact the walk leader a few days prior to the walk date if you wish to attend a walk (details listed in the programme description). Transport may need to be coordinated, and arrangements for the walk may have to be changed at short notice.

If you are unsure about your fitness or equipment, the leader will provide more information.

If no leader is listed, or you are unable to contact them, please call, text or email the Walk Coordinator for the latest information: - Jennifer Hillen jenniferhillen@yahoo.co.uk or 07833895565.

New leaders are accompanied by an experienced leader on their first few walks. The buddy's name appears in the walk description.

Packed Lunches A packed lunch and sufficient water or soft drink should be carried on all walks. On longer or more strenuous walks, a reserve of high-energy food should also be carried.

Navigation All Ramblers' walks have a leader who is responsible for the navigation. Walkers do not need to have any navigational skills or equipment. However, members are encouraged to improve their map-reading and compass skills over time, particularly as they graduate to harder walks. The programme facilitates this, and members are encouraged to take advantage of training opportunities offered by the Group.

Equipment All walkers are expected to be equipped with suitable boots, waterproofs and rucksack, etc. If in doubt, please call the leader beforehand. Certain winter conditions demand the use of ice axe and crampons. A head torch should be carried on all winter hill walks. All members must carry their own bivvy/survival bag.

Route Descriptions are concise and factual, and designed to be read in conjunction with the map. Headings, bearings, aspects etc. are given simply as cardinal or inter-cardinal compass points unless greater precision is necessary for clarity. The descriptive terms used give an idea of the terrain and help the navigator confirm his/her position. Features mentioned and place names used are those represented on the map. Some of these appear only on larger scale maps. The heights and distances quoted are estimated using the information available from the map. Each description is contained within a single page that can be printed and taken on the walk. **Walks may be altered at the discretion of the leader to suit the conditions on the day.**

Maps, Grid References and Bearings Map sheet numbers specified are Ordnance Survey 1:50,000 Landranger and 1:25,000 Explorer /Outdoor Leisure. Unique six-figure grid references (XX000000) are used. Positions derived digitally or using a GPS receiver are given a ten-figure reference (XX0000000000). Bearings derived from the map are measured from the grid (0000G).

Abbreviations

alt - altitude	Ho – House
arr – arrive/arrival	HW – High Water (Tide)
ATV – all terrain vehicle	LW – Low Water (Tide)
Ch - Church	NNR- National Nature Reserve
CP – car park	NP – National Park
Dep – depart/departure	NTL – Normal tidal limit
FC – Forestry Commission	NTS – National Trust for Scotland
Fm - Farm	OS – Ordnance Survey
GGW – Great Glen Way	PO – Post Office
GPS – Global Positioning System	ret – return
SC – Ski Centre	VH – Village Hall
Sch - School	WHW – West Highland Way
Stn – railway station	WM – Woolen Mill
TBA – to be announced	WP – Waypoint
TIC – Tourist Information Centre	Term - Terminal
LR - Ordnance Survey Landranger Map	EX - Ordnance Survey Explorer Map
OL – Ordnance Survey Outdoor Leisure Map (an EX sub-series covering NPs etc.)	
PlaceLR - Feature, name or value represented on LR maps but not on EX maps	

PlaceEX - Feature, name or value represented on EX maps but not on LR maps

First Aid Kit - The walk leader should bring a first aid kit, but for minor incidents it is advisable to use your own.

Dogs - Assistance dogs handled by their registered disabled owners are allowed on any walk. Other dogs are allowed only on walks marked ** 🐕 where the leader has agreed to accept them. These are published in the programme in advance. At all times, dogs **must** be kept under control by their owners, and some leaders may insist that dogs remain on leads. It is recommended that there should be a maximum of 3 dogs on any walk.

Meeting Places and Driving Times Meeting places used by the Group are listed in the table below, with map references and approximate driving times. Walk descriptions specify the time of departure from a convenient meeting place in the nearest population centre, and the location and time of the start of the walk. Members should inform the leader if they intend to use a different meeting place or need transport.

Car Sharing Driving and meeting times are calculated using: www.m.rac.co.uk/route-planner

Minimum driving time in minutes	Longsdale CP Oban	Oban Ferry Term.	Bridge of Orchy Stn	Tyndrum Srvcs. CP	Ballachulish TIC	Glencoe Village CP	N. Ballachulish Sch	Corran Ferry Slip	Fort William WM	Fort William Stn	Banavie CP	Spean Bridge WM	Spean Bridge Stn
Longsdale CP Oban NM862307	0	7	65	54	53	55	50	60	75	71	80	85	85
Oban Ferry Term. NM855298	7	0	70	61	60	62	57	67	80	77	85	88	89
Bridge of Orchy Stn NN299394	65	70	0	9	33	31	34	44	58	55	61	70	71
Tyndrum Srvcs. CP NN329306	54	61	9	0	41	40	44	59	70	67	77	80	81
Ballachulish TIC NN083584	53	60	33	4	0	4	5	15	29	26	32	42	43
Glencoe Village CP NN098587	55	62	31	40	41	0	6	17	30	27	35	44	45
N. Ballachulish Sch NN053603	50	57	34	44	5	6	0	9	23	20	28	36	37
Corran Ferry Slip NN021635	60	67	44	59	15	17	9	0	19	16	22	31	32
Fort William WM NN112742	75	80	58	70	29	30	23	19	0	3	8	15	16
Fort William Stn NN105741	71	77	55	67	26	27	20	16	3	0	10	17	18
Banavie CP NN11176	80	85	61	77	32	35	28	22	8	10	0	16	17
Spean Bridge WM NN22181	85	88	70	80	42	44	36	31	15	17	16	0	1
Spean Bridge Stn NN221814	85	85	71	81	43	45	37	32	16	18	17	1	0

Committee 2026

Chair: Alice Wilson 07770365807

Hon. Secretary: Catrina MacDonald 07748513120

Hon. Treasurer: Maxine Hickson 07877197567

Membership Secretary: Jennifer Hillen 07833895565

Walks Programme Co-ordinator: Jennifer Hillen 07833895565

Training Coordinator: Jane Munro 07767351922

Local Access Officer: Michael Foxley 07768145486

Ordinary Members:

Alison Guest

Rob Hickson

Raymond Howat

Steve Mardon

Clare McCabe

DETAILS OF WALK

Thursday 1st October	Beinn a' Chaorainn & Beinn Teallach	
Last done 22.8.19	Glen Spean	2 Munros + 2 MTops
<i>The route up the first Munro includes a grade 1, two-star scramble. The second sneaks in as the lowest of all of them.</i>		
Start from the A86 just E of the bridge over the Allt na h-Uamha at NN400818, where parking is available. Follow the W bank of the river N up through the conifer plantation to its boundary fence. Turn W for 200m to reach a track and follow it N to emerge onto the open hillside at NN398850. Turn W and head for the toe of the E Ridge at altitude 695m, on the N side of the Allt Ban where it issues from a rocky corrie. Scramble up the ridge, which leads directly to the summit of Beinn a'Chaorainn, 1052m. Visit S top 1049. Then head north to the N Top, 1043m, descend north down ridge to bealach at 614. Climb the northeast ridge of Beinn Teallach to reach summit 915m. Descend S and cross burn at edge of wood. Cross foot bridge and follow track through wood to reach road A86 at NN377 813. Transport required, 5 minutes from start.		
Grade: S Distance: 17 km Height to climb: 1300m Map(s): LR41/42, EX400/401	Meet at: start of walk Start time: 09:30 Leader: Raymond Howat 07469953319	

Saturday 3rd October Last done 22.12.22	Dunollie Woods to Dunbeg	
	Oban	
<i>A figure of 8 walk between Oban and Dunbeg passing through Dunollie Woods and Ganavan Sands.</i> Start from CP and walk to the Corran Halls, NM857306. Take the avenue behind the Halls, crossing Corran Brae behind the Cathedral, and head for the bridge over the burn at NM855308. Head NW through Dunollie Woods (Barra MorEX), staying close to cliffs. When above the Dog StoneEX, descend back to the Avenue and go N to the gate close to Dunollie House. Pass through the gate and turn right, then go N across a field, Cnoc MoineEX, to reach the track behind the houses at Little Ganavan. Fork right and head NE. At NM856319 go E for 600m to join farm track at a building, NM862320. Take this track N to join main Ganavan road at NM860323, pass between new houses and along the beach to join a path on far side of the CP. When the path ends, go NE to Ganavan Hill above the sea and, keeping to the high ground, head for the Marine Science CentreEX at Dunstaffnage at NM880341. Turn SW on to the public road, follow it to Dunbeg village and follow the signs to the cycle track at NM875333. Follow the cycle track to the CP at Ganavan. Turn back on to farm track at NM860323. Follow it SE, past Dunolliebeg Farm to join A85 at Pennyfuir Cemetery, then follow A85 back to Longsdale CP.		
Grade: L Distance: 11 km Height to climb: 150m Map(s): LR49, EX359	Meet at: start of walk Start time: 10:00 Leader:	

Thursday 8th October Part done 8.12.24	Beinn a' Chrulaiste & Meall Bhalach	
	Glencoe	Corbett
<i>This popular hill is isolated from, but affords remarkable views of its neighbours, especially of Buachaille Etive Mor. On this occasion, the ascent is by its E ridge.</i> Park at Kinghouse Hotel (make sure you register your vehicle details within the hotel prior to walk). Head north then east at junction. At the first bridge, leave the track and head north on the west side of the Allt a' Bhalaich and follow this burn on its W side up to the 400m contour. Turn W and climb the rough and rocky ridge to the summit of Beinn a' Chrulaiste, 857m. Turn N and follow the ridge, curving E down to a broad col at 629mEX, then continue E up to the twin peaks of Meall Bhalach, 708m and 705m. Descend NE to approx 600m contour line then SE to the dam then follow the Allt Chailleach on its west side to pick up the track leading to Black Corries Lodge and head westwards back to Kingshouse Hotel. Refreshments at the hotel. Remember to check with hotel to use their car park.		
Grade: M+ Distance: 13 km Height to climb: 750m Map(s): LR41, EX384	Meet at: start of walk Start time: 09:00 Leader: Raymond Howat 07469953319	

Sunday 11th October Last done 12.10.23	Smirisary Hill & Village	
	Moidart	
Park near end of the road from Glenuig to Smirisary at NM656774. Follow a good track to Loch na Bairness then, on rough grass, climb Smirisary Hill. Descending the N ridge, pass the old village of Smirisary and walk round the coast to join the road just past Samalaman House. Return along the road to the cars.		
Grade: M Distance: 8 km Height to climb: 310m Map(s): LR40, EX390	Meet at: start of walk Start time: 10:00 Leader:	

Thursday 15th October Last done with Stob Ban in 2018	Ben More & Stob Binnein Crianlarich 2 Munros
<i>These two classic hills dominate the area. This route is slightly longer, but less steep than the more popular one.</i> Park in layby just east of Benmore Farm NN414259 – look out for small wooden sign beside A85 marked ‘Ben More’. Join track just above farm, turn left and track winds to and fro uphill to reach gate at 300m. Go through gate and take stepped path to being steep ascent. Keep left of Sloc Curraidh! From about 800m there is a drystone dyke, keep left of this and continue to reach the steepest section, gaining the rocky shoulder of Cuidhe Chrom. Once atop this the going becomes a little easier. Ben More summit, 1174m, is marked by a large cairn and a trig point a short distance beyond this. The descent to Stob Binnein is considerable, but there is a clear path. The route down from Ben More is rocky at first with one short wall requires a move of scrambling, can be avoided by diverting to the left. Further down the slopes are grassier but a little eroded, and the Bealach Eadar da-Bheinn is reached at 862m, marked by an enormous boulder. The ascent up Stob Binnein is clear, and it sig-zags to ease the long climb to reach the flat summit, 1165m. Descent the north ridge back to Bealach Eadar da-Bheinn. The descent path begins gently at first across the slopes below Ben More, becoming steeper and more direct by a burn which leads down to the glen, boggy and eroded in places. Once in the glen pick up the track and follow it back to the gate where the track was left earlier; pass through and return down zig-zags back to the start.	
Grade: S Distance: 10.5 km Height to climb: 1335m Map(s): LR51, EX365	Meet at: start of walk Start time: 09:00 Leader: Raymond Howat 07469953319

Saturday 17th October Last done 15.8.24	Gleann a’ Chaolais circuit Ballachulish
<i>A walk along forestry tracks with good views across Loch Leven and of the Beinn a’ Bheithir horseshoe.</i> Start from the Gleann a’ Chaolais car park, signposted ¼ mile off the A828 at NN047589. Pass through the forestry gate and follow track taking the left turn at NN046582, cross bridge, take left track and walk up to and take right turn at junction. Continue on this track to the head of the glen NN037567. The track now turns northeast and heads down hill, crossing a previous landslide (well-worn track through it) and continue downhill taking the right turn at the junction shortly followed by a right again. Track becomes more overgrown, slightly boggy in places and less obvious. Cross the river at NN043574 and carry on till picking up the forestry track at the disused pit. Head northwards, turning back on a track at NN047575, follow this back to the bridge, cross it and return back to the car park.	
Grade: L Distance: 10 km Height to climb: 340m Map(s): LR41, EX384	Meet at: start of walk Start time: 10:00 Leader: Jane Munro 07767351922

Thursday 22nd October Last done 3.11.22	Meall Cumhann	
	Glen Nevis	
A short but steep little hill set in spectacular scenery at the foot of Ben Nevis. Park at Upper Falls CP NN167691. Walk through the Nevis Gorge on a good path to a junction just NE of the Wire Bridge. Leave the path and ascend N up steep grassy slopes towards a band of crags above. A gap in the crags slanting rightwards gives access to the broad shoulder of Meall Cumhann. Head N to the summit over more rock bands, which can be circumvented with little or no scrambling. From the summit, descend N to reach a narrow col, then turn E and descend into the hanging valley of Coire Giubhsachan. Follow the burn to the lip of the coire where a footpath becomes more distinct as it descends to the Steall Ruin. Return through Nevis Gorge.		
Grade: M+ Distance: 8.5 km Height to climb: 550m Map(s): LR41, EX392	Meet at: start of walk Start time: 10:00 Leader: Raymond Howat 07469953319	

Sunday 25th October last done 16.7.22	Meall Buidhe	
	Tyndrum	
<i>A small hill with great views above the well-known village of Tyndrum and its junction of centuries old highland travelling routes.</i> Start from the CPEX on the WHW just before Auchtertyre Farm, NN352289. Head N up the track and pass under the railway. Leave the track and climb NW up rough slopes to a small summit at 534m. Continue NNW to the summit of Meall Buidhe, 653m. Descend steeply W, passing N of the forest and cross the Crom Allt. Continue W to the bridge over the railway and join the WHW on a track. Follow the WHW S to cross the A82 and continue on a path to Tyndrum Lower Stn. Follow the WHW SE along the course of the Crom AlltEX and cross it on a bridge at Dalrigh. Remain on the WHW, heading E under the A82 back to Auchtertyre. The remains of St. Fillan's Priory lie a few hundred metres SE along the farm track.		
Grade: M+ Distance: 11 km Height: 475m Map(s): LR50, EX377	Meet at: start of walk Start time: 10:00 Leader: Alice Wilson 07770365807	

Thursday 29th October last done 6.8.23	Sgor na h'Ulaidh & Stob an Fhuarain	
	Glencoe	Munro + MT
<i>One of the hidden hills of Glen Coe, this Munro has fine rocky ridges and great scenery.</i> Start from CP on the bend of the A82, 350m SE of Achnacon at NN119563. Cross stile opposite and head S across fairly flat and usually boggy ground to a bridge hidden in the trees at NN1190955791. Continue S to reach the foot of the steep N ridge of Aonach Dubh a'Ghlinne to the E of the rocky crags forming its spine, at WP NN1216054824. Climb the grassy slope, trending right towards the crest of the ridge until the way is barred by rocky slab-sided rib. Pass below this and continue climbing up the steep grass on its W side to reach a prominent ledge at NN1197754733. Follow ledge rightwards a short distance to reach more grassy slopes leading up to the crest of the ridge. Follow ridge, zig zagging as necessary to avoid rocky outcrops, to the summit of Aonach Dubh a'Ghlinne, 845m. Still going S, descend a short drop and climb the slope to the summit of Stob an Fhuarain, 968m. From here, a ridge leads SW to the summit of Sgurr na h'Ulaidh, 994m. From here continue W to the spur Corre na Beinne and descend the steep N slope. Below the outcrops head NE crossing to the E side of Allt na Muidhe. Follow the river N and pick up the footpath, then the track leading to the main road. Turn R over bridge and cross road to CP.		
Grade: S Distance: 12 km Height: 1250m Map(s): LR41, EX384	Meet at: start of walk Start time: 09:00 Leader: Raymond Howat 07469953319	

Saturday 31st October last done 17.10.21	River Garry & Loch Lundie	
	Invergarry	
<i>A circular walk with a great variety of scenery including mixed woodland, open moorland, lochs with a backdrop of some well-known hills, and the tumbling River Garry.</i> Start from the CP at Invergarry Community Hall, NH295010. Cross the A87, pass between some houses and pick up the path leading N on the W side of the Aldernaig Burn. This soon joins a track. Follow it N on the E side of Loch Lundie to a junction at NH299046. Turn left and follow the path past some ruins then SW for 2Km to reach the Allt a'Bhainne at the forest boundary. Continue SE, join a track for 300m, then fork right on to a path at NH284022, which leads to the A87. Turn right along the main road for 200m then left on to a track that leads to the foot of Loch Garry. Retrace steps and cross the River Garry on the bridge at NH276018. Take the path along the right bank and re-cross the river at White Bridge. Continue downstream on the left bank to the confluence with the Aldernaig Burn. Follow the burn back to the Community Hall CP.		
Grade: L Distance: 13 km Height to climb: 190m Map(s): LR34, EX400	Meet at: start of walk Start time: 10:00 Leader: Jane Munro 07767351922	

Thursday 5th November Last done 6.3.22	Beinn Bhreac Barcaldine
<i>A hard walk for its grade over some rough terrain but fairly short and a walk out on forest tracks. A small peak but great views on the watershed between Loch Creran and Loch Etive.</i> Start from the B845 road at the forest entrance NM980382, where limited parking is available. Walk S up the road for approx 200m, cross the burn and pick up an ATV track which heads up the SW flank of Beinn Bhreac. When the route flattens off, aim for the ring contour at NM989388, just S of a small lochan. Follow the vague ridge NNE to gain the summit Beinn Bhreac, 708m. Extensive views in all direction from the top. Descend NNE, gently at first then more steeply into the wide corrie at the head of Gleann Dubh, E of the forest boundary. Cross the Abhainn Teithil, then the deer fence to locate a rough harvester track, which follows the river downstream to the head of the forest track at NN000424. Follow this W then S to re-cross the Abhainn Teithil. Turn W at the next junction and continue W for 2Km to the junction at NM971421. Turn N over the river and immediately W on a path that follows the river down to the CP at Sutherland's Grove. Transport required.	
Grade: M Distance: 10 km Height to climb: 570m Map(s): LR49, EX376	Meet at: start of walk Start time: 09.30 Leader: Alice Wilson 07770365807

Sunday 8th November Last on prog 10.3.22	Coire Gabhail Glen Coe
Park at 3 Sisters CP NN170568. Take the path heading southeast and cross the River Coe on the bridge just downstream from the Meeting of Three Waters. Follow the path up through some woodland, through a gate and on to the open hillside. The path splits into two roughly parallel routes. The lower one leads through the gorge and the upper along its rim. The paths rejoin each other where the valley is blocked by a landslide of huge boulders. The easiest route onwards avoids the boulders by crossing the burn and following the path upwards below the cliffs of Beinn Fhada. The route includes a short easy scramble and leads to a high point before descending to the flat valley floor. The path continues through the Coire, rising gradually. Return by the outward route.	
Grade: M Distance: 5 km Height to climb: 250m Map(s): LR41, EX384	Meet at: start of walk Start time: 10:00 Leader:

Thursday 12th November Last done 3.9.23	Gairich	
	Loch Quoich	Munro
<i>This is a relatively easy hill in a wild and isolated setting. The splendid E facing headwall above Coire Thollaidh is visible from afar and remains a fine sight throughout the approach.</i> Start at the dam at the E end of Loch Quoich, NH069024. There is limited parking space here. Cross the dam and follow the boggy path S for about 3Km, to the edge of a conifer plantation. Turn W and follow the path, indistinct or eroded in places, up the shoulder of Druim na Geid Salaich to the summit of Bac nam Foid, 584m. Ignoring an old stalkers' path that leads to the S face, keep to the crest of the E ridge where a hillwalkers' path may be found, and ascend steeply to the summit of Gairich, 919m. There are a few rocky steps to negotiate. The easiest descent is made by reversing the outward route. An alternative return route adds 6Km to the day: Head SW over easy ground as far as Gairich Beag at 730m. Locate the head of a stalkers' path at NN010988 and follow it down W, zig zagging on steep ground. It joins another path at the watershed in the glen. Turn SE and head down through Glen Kingie into the forest. Continue E, curving N to emerge from the forest at NN066996 and rejoin the outward route back to the dam.		
Grade: M+ Distance: 15.5 km Height to climb: 850m Map(s): LR33, EX399	Meet at: start of walk Start time: 09:00 Leader: Raymond Howat 07469953319	

Saturday 14th November Last done 12.1.20	Oban to Gallanach	
	Oban	
<i>A pleasant walk through Oban and the nearby countryside and coast.</i> Start at Longsdale CP Oban NM862307, near the Leisure Centre. Walk through the town and up to the viewpoint on Pulpit Hill. Take the track up to the mast at NM850290 then head SW along Druim Mòr to the high point at 137m. Visit the fort site at Dùn Uabairtich, 88m, then take the path down to the Dive Centre and follow the road to Gallanachbeg and Gallanachmore. Visit the site of Dun an Fheurain, NM8244026591 with a good view to the Firth of Lorn. Head back along the public road as far as the Kerrera Ferry Slip and take the footpath that leads above Ardbhan Craigs to Pulpit Hill. Return to the Leisure Centre.		
Grade: L Distance: 12 km Height to climb: 250m Map(s): LR49, EX359	Meet at: start of walk Start time: 10:00 Leader: Aeltsje Oosterhof 07501091664	

Thursday 19th November Last done 11.9.21	Tom Meadhoin & Mam na Gualainn	
	Callert	
<i>A through route over hills not often visited at the junction of two great sea lochs. Splendid views of familiar places from a different perspective.</i> Start on the B863 near Callert House at NN095603 where limited parking is available. Take the track N up through the trees and continue N on the path up to the bealach at NN100623. Turn E and head up onto Mam na Gualainn to summit at 796m. Return to bealach at approx 470m then follow the broad ridge to Tom Mheadhoin 621m. Head back down towards outward route and return to cars.		
Grade: M+ Distance: 12 km Height to climb: 850m Map(s): LR41, EX384	Meet at: start of walk Start time: 09:30 Leader: Raymond Howat 07469953319	

Sunday 22nd November Last done 20.10.22	Beinn Sgulaire	
	Glen Creran	Munro
<i>Beinn Sgulaire rises from the sea at the head of Loch Creran. A traverse of its high-level undulating ridge affords splendid views.</i> Start from the lay-by near Druimavuic at NN008451. Take the track which leads around the back of Druimavuic Ho, through a wood and on to the open hillside. Stay on the track, climbing to about 160m alt at NN014445. The route now ascends the SW ridge to a small summit at 488m then continues rising E to a summit at 863m. The ridge turns NE to Meall Garbh at 848m and curves N up to the main summit of Beinn Sgulaire at 937m. Descend NE at first then steeply NW down a rib, then turning SW, then W towards the sheepfold at NN033465. Continue SW to the track near Taraphocain and follow this W to join the road and return to the cars.		
Grade: S Distance: 16 km Height to climb: 1050m Map(s): LR50, EX376/384	Meet at: start of walk Start time: 09:00 Leader: Sally Cameron 07810464994	

Thursday 26th November Last done 2.4.21	Sron Ghlaidh (Torr a' Challtuinn)	
	Glen Gloy	
Limited parking is available on unclassified road (signposted Glen Gloy) approx 80m from its junction with A82, NN223864. Walk E on road, cross bridge, continue over cattle grid, carry on uphill and leave the road taking to the hillside at NN225866. Continue NE up the nose of the hill following the fence line passing through a gate at NN231870. Continue along the shoulder to the summit at 449m. Return by outward route for best views if weather permits or from summit, head ESE to 408m spot height and descent eastern flank and return by road.		
Grade: M Distance: 8 km Height to climb: 365m Map(s): LR34/41, EX400	Meet at: start of walk Start time: 10:00 Leader: Jane Munro 07767351922	

Saturday 28th November Last done 17.3.22	Mam Carraigh	
	Bridge of Orchy	
Meet at CP NN295396, over bridge at rear of Bridge of Orchy hotel (accessed off A82 signposted Inveroran). Join the WHW and walk NW over Màm Carraigh joining the minor road at Inveroran Hotel. Follow minor road east then south back to the Bridge of Orchy Hotel.		
Grade: L Distance: 8 km Height to climb: 300m Map(s): LR50	Meet at: start of walk Start time: 10:00 Leader: Aeltsje Oosterhof 07501091664	

Thursday 3rd December Last done 26.1.23	Glen Mama & Druim Fiaclach	
	Arisaig	
<i>A walk visiting a quiet glen with native woodland and a traverse along an intriguing rugged ridge with splendid views to Ardnamurchan and the Small Isles.</i> Start 300m E of the railway viaduct at NM731840, where limited parking is available. Take the track NE past Glen Mama farm. Turn right on to the footpath and follow it up Gleann Màm through deciduous woodland. In this section, some diversions may be required if the river is in flood. The path continues to the twin lochs. Just past the foot of the first loch, at NM752853, climb N up the steep slope on rough ground to reach the watershed where there are several small lochans at about 370m alt. Contour SW to the Bealach a' Mhama at NM745856. An undulating and twisting ridge extends WSW from here for about 3Km. Stay on or near its crest and follow it over Druim Fiaclach. Pass over the railway tunnel to reach the A830 at NM714848. Transport required. Alternatively, return to the start along the A830.		
Grade: M Distance: 9 km Height to climb: 500m Map(s): LR40, EX398	Meet at: start of walk Start time: 09:30 Leader: Raymond Howat 07469953319	

Sunday 6th December Last done 27.7.24	Ben Cruachan Reservoir	
	Loch Awe	
<i>A chance to see the reservoir, which feeds the power station inside the mountain below, and appreciate the high peaks all around.</i> Park in lay-by on A85 to west of St. Conan's Kirk at NN115267 and take the St Conans road, proceed along the Cruachan access road and follow to the base of the dam, climb the steps and walk W along the top of the dam. Take the track round the W side of the reservoir past the tunnelEX delivering water from the SW flank of the mountain. Continue on the track to the head of the reservoir, where a tunnelEX delivers water from the N side of the mountain. Contour around the head of the reservoir on rough ground, crossing many small streams and back along the E side to reach the tunnelEX bringing water from the SE flank. Return to access road and return by outward route.		
Grade: M Distance: 13 km Height to climb: 530m Map(s): LR50, EX377	Meet at: start of walk Start time: 10:00 Leader: Virginia Bird 07817771153	

Thursday 10th December Last done 20.8.23	Ben Challum	
	Tyndrum	Munro + MT
Park layby on A82 just north of Kirkton Farm turning. Cross the road and following lane to cross bridge and continue turning left just before reaching farm (part of the WHW). Through gate, pass remains of chapel and graveyard, leave WHW keeping on track straight ahead passing to the right of another cemetery with two tall prominent trees. Cross railway at level crossing and continue briefly on the track before taking faint path uphill, bearing right to eventually continue alongside a deer fence. At two points there are high styles to cross over the fences. Some very boggy sections as the route undulates over some minor bumps. It's necessary to cross to the other side of the fence at some point to avoid the worst of the swamps. Follow a line of fenceposts almost all the way. From south summit, 998m care is needed in mist, as the ridge is split in two by a cleft. Head west for a short distance to cross this cleft before following the ridge on the far side north. The ridge descends briefly before reascending to the main Munro summit, 1025m. Return by outward route.		
Grade: S Distance: 11.5 km Height to climb: 910m Map(s): LR50	Meet at: start of walk Start time: 09:00 Leader: Raymond Howat 07469953319	

Saturday 12th December Last done 8.5.21	Glenfinnan Viaduct circuit	
	Glenfinnan	
<i>A walk around historic Glenfinnan, its famous railway viaduct seen from several different points, and splendid views of Loch Shiel.</i> Start at Callop CP, NM923792. Head NW on the forestry track. At the signpost for river view, take path to small promontory which gives views of Callop River. Return to road and continue W. At the signpost for loch view, take the path on right which climbs to another promontory with a view over Loch Shiel. Return to road and continue W. At the bend in road, NM910801, look for signpost to right for hilltop view. Follow this short path, which climbs to a 3rd promontory with view of the hills to the N and W. Return to the road then turn almost immediately NW to follow the signposted path to the visitor centre along a boardwalk. On reaching the main A830 road, follow it NW across the bridge over the River Finnan and turn immediately NE on to the estate road into Glen Finnan. Just before the viaduct, at a signpost to Glenfinnan Station, take the path leading up hill and passing under the viaduct. There are several vantage points with clear views down Loch Shiel. The path descends to station. Cross the track carefully and follow road downhill to the A830. Turn right and take 1st road on opposite side signposted Pier which heads SW downhill. Turn S at road junction then E to reach the pier at NM901804. Turn N and walk along the shore of the loch, with houses on the left, to pass in front of the Glenfinnan Hotel. Turn E at the road and follow it to the A830. Recross the bridge over the River Finnan and retrace the outward route back to Callop.		
Grade: L Distance: 10 km Height to climb: 250m Map(s): LR40, EX398	Meet at: start of walk Start time: 10:00 Leader: Jane Munro 07767351922	

Thursday 17th December Last done 23.9.23	Beinn a' Bhuidh	
	Stronmilchan	Corbett
<i>The approach to this hill climbs up a wild crag lined coire, followed by a steep pull up to a summit, that gives a complete contrast, with wide and distant views to the S.</i> Start near the junction of the A85 and B8077, NN132283, where limited parking is available (alternative layby a short distance east on A85. Head through gate and follow track NW, when track forks go left, following it up through a small disused quarry and head off generally SWS up the pathless hillside. Can be boggy, rough and in places steep until the ridge is reached. Aim to either reach the rounded knobble at around 350m or the narrow bealach to its right. Aim SW up the main ridge avoiding the initial crag on the left side. Gradient begins to ease and the going becomes more pleasant with stunning views south towards Loch Awe and Kilchurn Castle. Continue up the ridge until it broadens into wide moorland and a trig point towards the southern edge of Monadh Driseig, 641m. Cross boggy ground, descending slightly, to reach the foot of the much more well defined ridge which climbs up to Beinn a' Bhuidh, 897m. Return by outward route or depending on group, descend steeply to the Lairig Torran and follow A' It Coire Ghlais to outward track at the disused quarries.		
Grade: M+ Distance: 11.5 km Height to climb: 862m Map(s): LR5, EX377	Meet at: start of walk Start time: 09:00 Leader: Alice Wilson 07770365807	

Sunday 20th December Last done 28.10.2021	Cona Glen to Corrlarach Bothy	
	Ardgour	
<i>A walk by the Cona river in a lovely glen. The landscape is varied, with many pools and waterfalls and some 700 year old trees.</i> Start at the estate road entrance at NN022686, where parking is available. Follow the estate road, turn left at the junction and head NW on the track into Cona Glen to reach Corrlarach Bothy, NM958720. Return by the same route.		
Grade: L Distance: 16 km Height to climb: 140m Map(s): LR40/410, EX391	Meet at: Corran Ferry slip at 0900 hrs for 0915 ferry or start of walk Start time: approx 09:30 Leader:	

Thursday 24th December		
Christmas Eve – no walk		
Grade: Distance: Height to climb: Map(s):	Meet at: Start time: Leader:	

Saturday 26th December		
Boxing Day – no walk		
Grade: Distance: Height to climb: Map(s):	Meet at: Start time: Leader:	

Thursday 31st December		
NYE – walk TBA if any interest		
Grade: Distance: Height to climb: Map(s):	Meet at: Start time: Leader:	