

Ramblers Scotland - Lochaber and Lorn Group

Walk Programme July - September 2026

Day	Date	Grade	Walk	Area	Location	Leader
Thu	2 July	M+	Beinn Bheag	M	Kinlochleven	Raymond Howat
Sun	5 July	S	Beinn Dubhchraig & Ben Oss cancelled weather	S	Tyndrum	Alice Wilson
Thu	9 July	M	Beinn a' Mhonicag	N	Glen Roy	Raymond Howat
Sat	11 July	L	Loch Dochard ** 	M	Bridge of Orchy	Jane Munro
Thu	16 July	M+	Sgurr Choinnich	N	Loch Arkaig	Raymond Howat
Sun	19 July	M	Isle of Luing circuit	S	Isle of Luing	Alice Wilson
Thu	23 July	S	Beinn nan Aigheanan	M	Glen Etive	Raymond Howat
Sat	25 July	L	Arisaig to Eilean Ighe	N	Arisaig	Jane Munro
Thu	30 July	M+	Stob Gaibhre ** 	S	Glen Creran	Sally Cameron
Sun	2 Aug	M	Meall Ban	M	Duror	Alice Wilson
Thu	6 Aug	S	Aonach Beag & Aonach Mor	N	Glen Nevis	Alice Wilson
Sat	8 Aug	L	Oban to Gallanach cancelled	S	Oban	Aeltsje Oosterhof
Thu	13 Aug	M+	Meall nan Duibhe	M	Kinlochleven	Jo Spicer
Sun	16 Aug	M	Ariundle Lead Mines from Ardnastang	P	Strontian	Raymond Howat
Thu	20 Aug	S	Meall Glas	S	Glen Dochart	Alice Wilson
Sat	22 Aug	M	Doire Ban ** 	N	Fort William	
Thu	27 Aug	S	Bidean nam Bian & Stob Coire Sgreamhach	M	Glen Coe	Alice Wilson
Sun	30 Aug	L	Balinoe to Loch Scammadale	S	Loch Feochan	Alice Wilson
Thu	3 Sept	M+	Meall nan Damh	N	Callop	Raymond Howat
Sat	5 Sept	M	Beinn Inverveigh	M	Bridge of Orchy	Jane Munro
Thu	10 Sept	S	Grey Corries Ridge	N	Spean Bridge	Raymond Howat
Sun	13 Sept	M+	Creag Mhor & Beinn Donachain	S	Stronmilchan	Raymond Howat
Thu	17 Sept	L	TBA	M		
Sat	19 Sept	M	TBA	S		
Thu	24 Sept	S	TBA ** 	N		Sally Cameron
Sun	27 Sept	M+	TBA	P		

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 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.

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

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 rucksacks, 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 bivy/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 2nd July Last done 1.5.22	Beinn Bheag	
	Kinlochleven	
<i>A hill that one passes every time one walks from Altnafeadh to Kinlochleven.</i> Start beside the power station NN189618 follow West Highland Way to top of the pipelines then follow the conduit to NN22265971 turn south east up to the Bealach at NN22965918 then walk up ridge to summit of Beinn Bheag 616m. Continue west to meet the West Highland Way. Follow this down to the start.		
Grade: M+ Distance: 17 km Height to climb: 680m Map(s): LR41, EX392	Meet at: start of walk Start time: 10:00 Leader: Raymond Howat 07469953319	

Sunday 5th July cancelled weather Last done 13.4.23	Beinn Dubhchraig & Ben Oss	
	Tyndrum	2 Munros
<i>Two Munros giving good views of many of the other southern tops.</i> Start at car park at Dalrigh NN343291 head southeast to cross old road bridge over River Fillan then take track leading west to railway bridge then follow track south to bridge over Allt Gleann Auchreoch NN330276. Follow track through wood onto open hillside following ridge up to a small lochan NN303258 turn easterly to top 978m. Retrace steps to lochan then head down to Bealach Buidhe and follow path by spot height 941m to top at 1029m. Return to Bealach Buidhe, then to small lochan and back by outward route.		
Grade: S Distance: 17 km Height to climb: 1230m Map(s): LR50, EX377	Meet at: start of walk Start time: 10:00 cancelled weather Leader: Alice Wilson 07770365807	

Thursday 9th July 3rd time lucky!	Beinn a' Mhonicag	
	Glen Roy	
<i>A great half-day walk with outstanding views.</i> Park/Start at the viewpoint car park in Glen Roy, NN297853 and head west on the stalkers track directly to the summit, 567m. Descend northwards, steep in places, over the parallel roads, eventually picking up a dirt road. Head eastwards for 1.2km to meet the main Glen Roy road, turn right and walk back to the start.		
Grade: M Distance: 5.5 km Height to climb: 415m Map(s): LR34/41, EX400	Meet at: start of walk Start time: 10:00 Leader: Raymond Howat 07469953319	

Saturday 11th July Last done 2.12.21	Loch Dochard ** 	
	Bridge of Orchy	
<i>A pleasant walk in a remote glen with forest, river and mountain scenery. A couple of kilometres of rough off-path walking and a river crossing add to the adventure.</i> Start from the CP just south of Victoria Bridge, NN270418. Head W on the forest track, past the monument, to its end at Doire nan Taghan. Continue W in a ride to the forest boundary and reach the Allt Sùil na Curra. Cross the river where it bifurcates around an island with Old ShielingsEX. Head N down the slope to join the path beside the Abhainn Shira and follow it W to the shore of Loch Dochard. Return E along the path and cross the bridge at NN232417. Continue E to cross the Allt Ghabhar (the bridge is missing) near where it flows in to the Abhainn Shira and follow a faint muddy path along its N bank to join the track at the bothy, Clashgour HutEX. If it is not possible to cross the Allt Ghabhar, follow it upstream to cross on the bridge at NN232426 and reach the house at Clashgour. Follow the well-made track E past the bothy and continue to Victoria Bridge. Head S back to the CP.		
Grade: L Distance: 14 km Height to climb: 130m Map(s): LR50, EX377	Meet at: start of walk Start time: 10:00 Leader: Jane Munro 07767351922	

Thursday 16th July Last done 23.4.22	Sgurr Choinnich	
	Loch Arkgaig	Graham
Park at Butterfly Reserve NN120911, walk west on road and turn off onto track through nature reserve at NN119912. Follow track till forestry road at NN121916, head west for short distance and join ATV track to summit cairn of Sgùrr Chòinnich 749m. Return by same route or descend whichever way group feels comfortable and head over to Carn Dubh 604m, then relatively easy traverse over to Beinn Chraoibh 616m. Descend s/w shoulder to dam at NN127927, cross river and head back on forestry track to NN122917, through gate and head back to car park or retrace track through butterfly reserve to cars. (Whilst stats are into S category, forestry track and atv track make this less demanding.)		
Grade: M+ Distance: 13 km Height to climb: 910m Map(s): LR34, EX399	Meet at: start of walk Start time: 10:00 Leader: Raymond Howat 07469953319	

Sunday 19th July Last done 2.12.23	Isle of Luing circuit	
	Isle of Luing	
<i>A chance to explore the old slate mining area and lovely coastal scenery of Luing.</i> Limited parking is available near the ferry slip at Cuan at NM753143. After the short but interesting ferry crossing, take path N to Cuan Point and then follow the coast S along the W side of Luing to Port Mary. We then take the path inland to reach the trig point of Cnoc Dhomhnuill (94m). Then follow farm track taking the path in a southerly direction to the Cullipool road at NM742122. Walk along the road in an easterly direction, continuing towards Ardinamir bay to NM753119 where we take a short diversion to visit the ruined Iron Age hill fort NM752120. Then return to the road and take the path southwards visiting the impressive Bronze Age galleried dun near Leccamore. Continue along the track to reach the main road. Just past the graveyard take the route westwards to NM739090 and then take farm tracks to reach the Cullipool road near Fladda at NM740122. Continue into Cullipool where there is an option to stop at the Atlantic Islands centre for coffee before taking the footpath starting at NM741130 to bypass Cnoc Dhomhnuill this time, rejoin road at NM750135 and then continue along the road back to the ferry. Note ferry fare is £2.85 return, prebookable online.		
Grade: M Distance: 16 km Height to climb: 350m Map(s): LR49/55, EX359	Meet at: Cuan Ferry slip 09:45 - sailing at 10:00 Start time: on arrival at Luing Leader: Alice Wilson 07770365807	

Thursday 23rd July Last done 25.8.22	Beinn nan Aighenan	
	Glen Etive	Munro
<i>Beinn nan Aighenan is a truly remote Munro and requires careful navigation to reach it in poor visibility.</i> Start at the Coileitir Farm track, NN136468, where limited parking is available. Head E on the track, cross the River Etive and follow it SW, past Coileitir and cross the Allt nam Meirleach on the footbridge. Head S on the path up to the col at NN139423, 766mLR. Descend SE across the slope past a group of lochansEX on a spur, to reach the col at the foot of the N ridge of Beinn nan Aighenan. Climb the ridge to its summit at 957m. Return to the foot of the N ridge and climb back up to the 766mLR col and return by outward route.		
Grade: S Distance: 16 km Height to climb: 1300m Map(s): LR50, EX384/377	Meet at: start of walk Start time: 09:00 Leader: Raymond Howat 07469953319	

Saturday 25th July Last done 20.5.23	Arisaig to Eilean Ighe	
	Arisaig	
Take 0821 train from Banavie (plenty free parking or 0815 from FW, or drive if you prefer) arriving at Arisaig at 0921. Walk from station into and through the village and head to Arisaig Marina for morning coffee (especially for those that set off early) at the marina cafe/gift shop. Head on the minor road for Keppoch House and take the coastal track towards Eilean Ighe where lunch will be taken in one of the many little bays. If the tide is out, then choice to explore Eilean Ighe and look for the cave. Return to village for refreshments at the pub! Return train at 1621 or 1831 hrs arriving FW 1728 or 1939 hrs.		
Grade: L Distance: 12km Height to climb: 150m Map(s): LR40, EX398	Meet at: start of walk Start time: 09:30 Leader: Jane Munro 07767351922	

Thursday 30th July Last done 5.3.23	Stob Gaibhre ** 🐾	
	Glen Creran	
Park at Elleric CP. Follow track into Glen Ure towards Airigh nan Lochan. Leave track at NN077470 and head up its easterly ridge to summit 690m Stob Gaibhre. Return to NN069466 (apprx 530m) and descend in a northerly direction to meet up with track at NN070474 and return by outward route to carpark.		
Grade: M+ Distance: 12 km Height: 750m Map(s): LR50, EX376/384	Meet at: start of walk Start time: 10:00 Leader: Sally Cameron 07810464994	

Sunday 2nd August Last done 21.9.23	Meall Ban	
	Duror	
Park at Duror, CP NM988547. Cross road and follow walk/cycle path eastwards to junction and take right hand fork onto forestry track, following this eastward then southwards to NN004546. Take the right-hand fork and follow this to its end. Head onto the open hillside via a firebreak to the summit of Meall Ban. Continue eastwards again through the forest firebreaks to pick up the forestry track on the eastern side and follow this back to the outward route and to the carpark.		
Grade: M Distance: 13 km Height to climb: 520m Map(s): LR41, EX376/384	Meet at: start of walk Start time: 10:00 Leader: Alice Wilson 07770365807	

Thursday 6thth August Last done 6.2.16	Aonach Beag & Aonach Mor	
	Glen Nevis	2 Munros + 2MTs
<i>Two classic Munros, Aonach Beag being the more interesting and also the higher. Splendid views of grand hills and wild corries.</i> Start at the Upper Falls CP in Glen Nevis, NN167691. Take the path through the gorge and across the bridge to Steall ruin. Head NE up the broad ridge, which turns E as it narrows, to reach the summit Sgurr a Bhuic, 963m. Descend a little NE to a col then climb steeply N to Stob Coire Bhealaich, 1048m. Head W along the ridge, then steeply NW up a fine ridge to Aonach Beag, 1234m. Descend steeply NW on rocky ground to the col then climb gradually to the summit plateau of Aonach Mor, 1221m. Return S, almost to the col, to a WP (NN192722) on the 1130m contour. Descend steeply W on an ill-defined spur to the bealach at NN186721, taking care not to stray on to even steeper ground on either side of this line. From the bealach, head S through the hanging valley of Coire Giubhsachan to pick up the path down to Steall ruin on the W side of the burn. Return through the Nevis gorge to the CP.		
Grade: S Distance: 16 km Height to climb: 1500m Map(s): LR41, EX392	Meet at: start of walk Start time: 09:00 Leader: Alice Wilson 07770365807	

Saturday 8^h August cancelled 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 cancelled	

Thursday 13th August Last done 17.12.22	Meall na Duibhe	
	Kinlochleven	
Start in Kinlochleven at the Grey Mare's Tail car park. Follow the path that leads to the Waterfall for approximately 200m. At a junction, (NN183623), take a right fork and climb the good path heading northeast across the slopes of Meall an Doire Dharaich to reach the track at NN208634 which leads to Loch Eilde Mor. Follow the track east for ½Km then right fork on to a good path leading to a small dam at the pipeline intake. Over the dam, turn left on to a fair path south of Loch Eilde Mor to about NN227634. Leaving the path, head south over open hillside up to the summit of Meall na Duibhe. Descend southwestwards to cross the pipeline at NN210613 where a path, marked by a cairn, descends to the Ciaran path leading back to Kinlochleven.		
Grade: M+ Distance: 11 km Height to climb: 630m Map(s): LR41, EX384	Meet at: start of walk Start time: 10:00 Leader: Jo Spicer 07815042505	

Sunday 16th August Last done 27.2.14	Ariundle Lead Mines from Ardnastang	
	Strontian	
<i>A walk in the lead mining area famous for the discovery of the mineral Strontianite in 1790, from which the metal Strontium was first isolated.</i> Start at the hotel at NM800614, where parking is available. Take the minor road, which soon becomes a footpath, NE to a junction at NM813633. Fork left and follow the path NW to its highest point at NM797652, 393m. Leave the path and head ENE across rough undulating terrain to reach another path at NM818661. Descend E, past disused mine shafts to reach the public road and follow it S to Ariundle visitor centre. Transport required.		
Grade: M Distance: 12 km Height to climb: 460m Map(s): LR40, EX390/391	Meet at: Corran Ferry slip at 0900 hrs for 0915 ferry or start of walk Start time: 10:00 Leader: Raymond Howat 07469953319	

Thursday 20th August New route	Meall Glas	
	Glen Dochart	Munro + 1MT
Park on the S side of the A85 at a forestry road entrance about 500m E of Auchessan, NN453276. Take the private road across the River Dochart to Auchessan. There is a track to follow behind the house which disappears higher up. Continue up NNW heading for the col just to the east of the summit of Meall Glas, then around W to the summit, 959m. Leave Meall Glas by its eastern ridge, passing a prominent cairn at spot height 908m, then go NE to Beinn Cheathaich, 937m. Head eastwards towards the bealach and contour southwards aiming for the west side of the forest to pick up the outward track and return to the start.		
Grade: S Distance: 14 km Height to climb: 920m Map(s): LR49, EX376	Meet at: start of walk Start time: 10:00 Leader: Alice Wilson 07770365807	

Saturday 22nd August New route	Doire Ban ** 	
	Fort William	
Park at the end of the unclassified road near Lundavra NN097664. Head west, cross bridge and after about 20m take track on left and ford the river (this route can be reversed if fording is preferred at the end of the walk). Follow the ATV track to its end then take to the open hillside and ascend Doire Ban, keeping east of the crags, Creag na Feannaige, to the small cairn on the summit, 566m. Continue south from the summit then bear SW to fence at NN084633, then through felled forest to pick up forestry track at NN079631 and follow this westwards then north towards the disused quarry, NN076646. A stile giving access over the fence and on to the boggy open ground to the N. A faint path may be found that leads past the remains of some dwellings and continues to Lundavra then continue on road back to the start.		
Grade: M Distance: 10 km Height to climb: 466m Map(s): LR50, EX392	Meet at: start of walk Start time: 10:00 Leader: no leader as yet	

Thursday 27th August	Bidean nam Bian & Stob Coire Sgreamach	
New route	Glen Coe	2 Munros + 1MT
<i>The highest mountain in Glen Coe – steep, rock and complex terrain. Well-worn paths but terrain is rocky and sections steep scree & very mild scrambling.</i> Park at 3 Sister CP NN168569, take path down from CP to old track, turn right for short distance then left leading to footbridge over River Coe and up into Coire nan Lochan. Once well up into the Coire, fork right at NN154553 taking faint track NW into the upper coire and onto Stob Coire nan Lochan’s north ridge passing the Pinnacle and South Buttresses and onto its summit at 1115m. Follow the track down to the bealach between the two mountains, it’s not as bad as it looks, reaching the summit of Bidean nam Bian at 1150m. Follow the track SE, descending to Bealach Dearg thereafter the track rises with one steeper section of boulders before the summit of Stob Coire Sgreamach. Return to Bealach Dearg then descend north into Coire Gabhail and eventually follow the path out of the Lost Valley back to the start.		
Grade: S Distance: 12 km Height to climb: 1320m Map(s): LR41, EX384	Meet at: start of walk Start time: 09:00 Leader: Alice Wilson 07770365807	

Sunday 30th August	Balinoe to Loch Scammadale	
Last done 1.6.23	Loch Feochan	
<i>A circular forest walk taking in part of a coffin route.</i> Starting point: Layby [NM872242] at head of Loch Feochan on A816 Cross main road and take track east to cottages at Balinoe, turn right between 2 cottages and take forest track south up hill to junction at NM882226 then take left fork going south and then east to point where track crosses coffin route at NM889225. Follow coffin route north leading back to track slightly to east of cottages at Balinoe.		
Grade: L Distance: 8 km Height to climb: 259m Map(s): LR49, EX376	Meet at: start of walk Start time: 10:00 Leader: Alice Wilson 07770365807	

Thursday 3rd September Last done 9.5.22	Meall nan Damh	
	Callop	Graham
<i>A remote, craggy hill giving views into an area not often visited.</i> Start at the CP by the river at Callop, NM923792 and follow the track S, past the power station and farm buildings. The track ends at a small dam after about 2½Km. Shortly before the dam, take the footpath forking right and follow it up S to pass through a gate in the fence. Leave the path and follow the fence to the Allt na Cruaiche. Where convenient, cross the burn to its eastern side to gain the NE ridge of Meall nan Damh. Climb the ridge to the first summit, 722m, and traverse E to the second at 723m. Return to the first summit and descend its SW ridge, turning NW to pick up the path at the watershed, NM900747, and follow it back to Callop.		
Grade: M+ Distance: 14 km Height to climb: 750m Map(s): LR40, EX391	Meet at: start of walk Start time: 10:00 Leader: Raymond Howat 07469953319	

Saturday 5th September Last done 30.4.23	Beinn Inverveigh	
	Bridge of Orchy	
<i>A small shapely hill, seen to advantage from the A82 N of Bridge of Orchy, makes an interesting walk with great views of its bigger neighbours.</i> Park next to the Bridge of Orchy Hotel at NN297395 (if still full of construction vehicles, parking at rear of hotel over bridge). Cross the river behind the hotel and follow the WHW to its high point at Mam Carraigh. Turn south and head up the hillside, gently at first then more steeply to a small summit at 546m. Continue along the ridge to the summit of Ben Inverveigh at 639m. Descend by the outward route (easy but longer) or alternatively, head SE steeply down the recently cleared area of forest to the track. Follow this NE back to Bridge of Orchy (shorter but rough going initially, with a fence to cross).		
Grade: M Distance: 12 km Height to climb: 490m Map(s): LR50, EX377	Meet at: start of walk Start time: 10:00 Leader: Jane Munro 07767351922	

Thursday 10th September Last done 29.6.23	Grey Corries ridge	
	Spean Bridge	3 Munros + 6 MTs
<i>A classic mountain expedition with a spectacular high-level ridge linking several summits.</i> Park at NN252793 approx 1.5 km south of Corriechoille Farm. Walk S through The Lairig and on emerging from the forest, head SW up steep rough ground on the N aspect to reach Stob Coire Gaibhre, 958m. Continue up S to a summit at 1121m, and traverse the ridge to Stob Choire Claurigh, 1177m. Turn SW and follow the ridge for 3Km over Stob a'Choire Leith, 1105m, Stob Coire Cath na Sine, 1079m, and Caisteil, 1106m, to reach Stob Coire an Laoigh, 1116m. The main ridge turns NW to reach Stob Coire Easain then SSW to head towards Bealach Coire Easain and onto Surr Choinnich Mor 1094m. Return by outward route to Stob Coire Easain then leave the main ridge here, descend N to reach Beinn na Socaich. Continue N on the ridge above the crags and descend, towards the dam on the Allt Choimhlidh at NN239764 and cross the burn prior to it or continue to the forest track and follow it N to take the right fork at NN236777. Continue NE to rejoin the outward track back to the start.		
Grade: S Distance: 21.5 km Height to climb: 1544m Map(s): LR41, EX392	Meet at: start of walk Start time: 09:00 Leader: Raymond Howat 07469953319	

Sunday 13th September Last done 6.4.23	Creag Mhor & Beinn Donachain	
	Stronmilchan	Graham
Start on B8077 Stronmilchan road approx. 1k from Dalmally close to Edendonich at junction with hydro track at NN164277, take track north to dam on Allt Donachain, cross burn and head north to ridge leading NE from Creag Mhor, follow this ridge NE to Lochan Uaine then NNE to summit of Beinn Donachain NN199316. Return by outward route along ridge but this time head to end of ridge then descend SE avoiding crags to join hydro track and return to start.		
Grade: M+ Distance: 12 km Height to climb: 750m Map(s): LR50, EX377	Meet at: start of walk Start time: 10:00 Leader: Raymond Howat 07469953319	

Thursday 17th September		
Walk to be decided nearer the time if any Leader available		
Grade: Distance: Height to climb: Map(s):	Meet at: start of walk Start time: Leader:	

Saturday 19th September		
Walk to be decided nearer the time if any Leader available		
Grade: Distance: Height to climb: Map(s):	Meet at: start of walk Start time: Leader:	

Thursday 24th September		
Walk to be decided nearer the time		
Grade: Distance: Height to climb: Map(s):	Meet at: start of walk Start time: Leader: Sally Cameron 07810464994	

Sunday 27^h September		
Walk to be decided nearer the time if any Leader available		
Grade: Distance: Height to climb: Map(s):	Meet at: Start time: Leader:	