

MEETING POINT: Start time, OS sheet number and grid reference for the meeting point are given for each walk- other map references may be included in the text.

Some walks are not allocated a specific day to maximise the weather options. Ring the walk leader on the Thursday evening for more information

If you want to bring a dog please contact the walk leader beforehand

Please contact the walk leader if you want to go

Walks Grading System

Our grading system is generally similar to that used by many walking clubs throughout the UK and beyond:

- A** Suitable for fit and experienced hill-walkers. Long mountain days with lots of ascent and descent over rough terrain, some of it steep.
- A+** indicates a grade at the top end of this category requiring scrambling experience, a good head for heights and the ability to cope with sustained traverses over very rugged and demanding terrain.
- B** Suitable for regular walkers, fit novices or anyone who takes regular aerobic exercise. Mixture of paths, tracks and rough terrain with some steeper gradients in places.
- B+** indicates a grade at the top end of this category because of longer sections of rough terrain and/or steeper gradients.
- C** Suitable for walkers with average fitness, limited experience, or anyone wanting to walk at an easy pace. Mainly on paths and tracks with easy gradients.
- C+** indicates a grade at the top end of this category because of some short sections of rougher terrain or steeper gradients (but not both together).

WW Short walks of 3 to 4 miles on good paths with little ascent for those who cannot do our other walks

Chairman/Walks Co-ordinator:

Graham Sage

<http://www.ammonadhruadh.com>

October 2022 - March 2023 Am Monadh Ruadh Walking Club Programme

Date	Meet	Leader	Walk description	Length Ascent Grade
08/09 Oct Sat/Sun	Burnfield Car Park Grantown 10.15 for 10.30 OS 36 NJ035281	Graham Sage 01479 870080 grahamsage@outlook.com	FINDHORN- SLUIE TO LOGIE Condense cars and drive to Logie to leave some cars before driving on to Sluie. Walk back on paths, sometimes narrow and high above the river. Finish at Logie cafe. Walking poles advisable. Also gaiters due to ticks.	8km/ 5ml 100m C+
22/23 Oct Sat/Sun	Glen conglass CP Glenlivet 9.00 for 9.15 OS 36 NJ172214	Raymond & Joan Jowett Mobile 07766 025575 raymondjowett@aol.com	CARN DAIMH (GLENLIVET) A circular walk in Glenlivet Estate from the Glenconglass car park to the top of Carn Daimh at 570m. The track mainly ascends steadily with a few steeper sections. There are fine views in all directions from the summit cairn. The return route follows a mixture of estate track, moorland path and finally across farm land. There is one fence to cross using a stile. There is a short boggy section just before we return to the car park.	11.5km/ 7ml 330m B
05/06 Nov Sat/Sun	Carrbridge CP 9.00 for 9.15 OS 36 NH 908228	Shena Boyle 07926 195958 shenaboyle@hotmail.com	DOCHGARROCH LOCKS AND CALEDONIAN CANAL Condense cars before travelling to Inverness. Parking at Whin Park beside the River Ness at the west end of Inverness near the Leisure Centre, OS 26 NH 657434. Mainly level circular walk from Whin Park to Dochgarroch Locks and return on the other side of the canal. There are a couple of sets of steps at the beginning of the walk to reach the towpath but not difficult. Often kayaks, canal boats and holiday cruisers can be seen on the canal.	12km/ 7.5ml 10m C
19/20 Nov Sat/Sun	Ruthven Barracks car park OS35 764996	Joy Johnston 01479 821861 mobile 07768 874 889 johnston_joy@hotmail.com	RUTHVEN-GLEN TROMIE CIRCULAR A varied walk which can be boggy in places across the moorland, so take gaiters and poles. Along the river to Tromie bridge and back through the RSPB reserve. 1km along the tarmac road back to car park.	10.5km/ 6.5ml 310m B

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03/04 Dec Sat/Sun		Sandra and Colin Dougall 01479 821462 Mobile 07724 055474 dougallsandra@gmail.com	<u>MYSTERY WALK</u> Details to follow	
17/18 Dec			<u>CHRISTMAS WALK/LUNCH</u> Details to follow	
14/15 Jan Sat/Sun	Carrbridge CP 9.15 for 9.30 OS 36 NH 908228	Ruth Hems 01479 811188 ruth.hems3@btinternet.com	<u>LOWER SLOPES OF CARN PHRIS MHOIR FROM CARRBRIDGE</u> As parking is limited, condense cars and drive up Station Road to ref 867209 Cross the Dulnain and walk through lovely scenery to the turn-off below Carn an Ailean and circling this hill ascend towards the slopes of Carn Phris Mhoir. We will have lunch at a beautifully situated covered shelter. Return to the turn-off point and back to cars via Insharn and Inverlaidnan. Good but rough tracks all the way except for a roughish section through heather about a mile into the walk but still following a track	12.9km/ 8ml 500m B
28 Jan Sat	Community Hall cp Kincraig 9.15 for 9.30 OS36 NH 834059	Ian Lamb 01479 870278 ianlamb@btinternet.com	<u>INSHRIACH</u> Condense cars and drive to cp on road to Gliding club (just 100yards on left from B970 ref NH 853044) Take the forest track heading north east and then various tracks around the woods returning to start. Good tracks all the way with no steep hills.	9km/ 6ml negligible C
11/12 Feb Sat/Sun	Glenmore Visitor Centre 10.15 for 10.30 OS 36 NH979098	Hilary Shorter 01479 851344 mobile 07985 39418 hrshorter@myphonestore.coop	<u>GLENMORE</u> Walk along Old Logging trail to Glenmore Lodge and follow track past Loch Uaine (Green Lochan)to Ryvoan Bothy. Track becomes rougher and steeper past loch. Time for coffee at bothy and return to Loch Uaine - At that point decision can be made as to returning by taking the high path back to visitor centre which is steep and rough in places or returning towards Glenmore lodge and turning left at blue marker post through the woods to ski road and returning to Visitor Centre. If tracks are icy spikes are recommended and we would omit the high trail.	10.5km/ 6.5ml 76m C+

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25/26 Feb Sat/Sun	High St Car Park Grantown near Red Sock Laundry 10.00 for 10.15 OS 36 NJ030275	Shena Boyle 07926 195958 shenaboyle@hotmail.com	DREGGIE - GLEN BEG CIRCUIT Grantown on Spey square follow the road past the caravan park and pass under the old railway line. Continue to the old farmhouse at Western Dreggie and follow on to Wester Gorton. After crossing the Glenbeg burn over stepping stones, follow the track downhill to reach the River Spey and passing Grant Park lochan return to Grantown on Spey high street and back to the car park. Feetz useful for crossing burn.	9km/ 5.5ml 173m C+
11/12 Mar Sat/Sun	Slochd CP 09.15 for 09.30 OS 35 NH 847238 Just off A9	Graham Sage 01479 870080 Mobile 07706 094960 grahamsage@outlook.com	CARN AN AILEAN - SLOCHD Condense cars and drive to Slochd, Walk to Insharn and then take good track west up north side of Carn an Ailean. Track ends and then cross country on heather to another track on south side, then back on good tracks to car. Poles and gaiters advisable.	9km/ 5.5ml 220m B
25/26 Mar Sat/Sun			MYSTERY WALK <u>Details to follow</u>	
<u>BELOW</u>	<u>ARE</u>	<u>WW WALKS</u>	<u>WEEKDAY</u> <u>DETAILS TO</u>	<u>FOLLOW</u>
12 Oct Wed	Am Fasgadh CP Newtonmore B9150 10.15 for 10.30 OS35 NN 928998	Irene Farquhar 07902291080 irenefarquhar49@gmail.com	HIGHLAND FOLK MUSEUM NEWTONMORE Meet at cp (which is 1st not main cp). An easy walk through the Folk Museum around the forest and thatched village and back to parking lot.	5.5km/ 3.4ml negligible WW
21 Oct Fri	Park at side of B9152 at ref OS 36 NH 880102 Details to follow 10.00 for 10.15	Andrew Ker 01479 812066 kerah854@btinternet.com	CIRCULAR WALK ROUND THE BOGACH (LOCHAN) At North end of Kinrara Estate, mainly on estate drives but with about 1km (0.6 ml) on old overgrown vehicle track. We may take an (optional) diversion for coffee break on a high bank with great views onto the river.	4.5km/ 2.8ml negligible WW

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09 Nov Wed	Dalraddy CP 10.00 for 10.15 OS36 NH 858 085	Irene Farquhar 07902291080 irenefarquhar49 @gmail.com	<u>SPEYSIDE WAY - AViemore to DALRADDY</u> Meet at Dalraddy cp to consolidate cars and/or shuttle to the beginning of the walk at Kynakyle (OS 36 890 110). Walk on good tracks, mostly flat but two short but fairly steep sections. We will take it slow for those who find the elevation difficult.	4.8km/ 3ml 2 short steep sections WW
24/Jan	Sculpture cp Feshiebridge 10.15 for 10.30 OS 35 NH 849046	Hilary Shorter 01479 851344 mobile 07985 39418 <a href="mailto:hrshorter@myph
one.coop">hrshorter@myph one.coop	<u>LOWER GLENFESHIE - FRANK BRUCE SCULPTURE PARK AND RIVER CIRCUIT</u> Walking from carpark walk up path (50m uphill) and follow track to Sculpture Park, entering at top gate. Meander round park giving time to admire and read about sculptures. Leave park by lower gate and follow narrow grassy track to river bank to return to carpark. 1.6 miles. Leaving the carpark follow either undulating roughish path to old stone bridge or take road route depending on group wishes. After crossing road follow track slightly uphill along river to reach a boundary wall, turning right through woods and along a narrow grassy trail with a short uphill section which is slightly rougher. Join forestry trail turning right with good views till marker post follows downhill trail to road and carpark. Total 3.6 miles	5.8km/ 3.6ml 50m WW