



## Munro Magic and other mountains 2016 Proposed Dates

Join me on the mountains in 2016. Below is the programme for the first part of the year including a couple of long weekends in Rum and around mid-summer as well as a week in Morocco in the High Atlas Mountains. For more information email [fran@ayecan.org.uk](mailto:fran@ayecan.org.uk)

Date	Munro(s) and other mountain	Meeting Point	Start + walk time	Details about walk – distance height gain	Comments
Friday 12 <sup>th</sup> February	Ben Chonzie	<a href="#">School Road</a> <a href="#">Car Park</a> <a href="#">Comrie</a>	9:30am 5-6 hours	13km 750m ascent	Mountain hares abound on this Munro which offers great views. A higher starting point makes it good for beginners. Local lower level alternative if too much snow.
Alternative	Morbheinn and Ben Halton. If too much snow ...	<a href="#">School Road</a> <a href="#">Car Park</a> <a href="#">Comrie</a>	9:30am 5-6 hours	14km with 750m ascent	This route takes in a Graham (hill between 2000-2500 ft) and a neighbouring top which gives us height without the complication of too much snow. These hills have a wild feel and even feral goats
Thursday 3 <sup>rd</sup> March	Dreish and Mayar	<a href="#">Glen Doll car park, Glen Clova</a>	10:00am 5 - 6 hour	14.5 km – 9 miles 835m ascent	Generally good tracks with a picturesque ascent through Corrie Fee take us to the tops giving lovely views. Lower level alternative will be taken in area if too much snow.
Fri - Mon 8-11 <sup>th</sup> April	Island of Rum including some of the Rum Ridge	<a href="#">Mallaig –ferry terminal office</a>	<b>12noon</b>	2 long walks and 2 short days	Scotland in miniature, this island has sand, sea, mountains and more with the option of visiting Shearwaters at night.. Food and accommodation included. £350 for 4 days Deposit £60
Sunday 24 <sup>th</sup> April	Glas Maol and Creag Leacach	<a href="#">Glenshee Ski Area Car Park</a>	10am <b>5-6 hours</b>	A high start means this 12km walk involves only 595m climbing.	These tops are made more accessible by the ski developments at Glenshee with Creag Leachach having a wilder feel.
Thursday 5 <sup>th</sup> May	Ben Dorain and Beinn an Dothaidh	<a href="#">Bridge of Orchy Railway Station</a>	9:30 am 6-8 hours	14 km with 1288m ascent	You can't fail to notice these ones as you drive past Bridge of Orchy. A fine walk.
Thursday 2 <sup>nd</sup> June	Buchaille Etive Beag	Layby on A82 near Glencoe NN188563	9:30am 5.5 – 6.5 hours	8km with 900 m climbing	A fine mountain in Glencoe with fab views. Steep ascent and descent but much on a good track. Two Munros in a day giving a taste of what Glencoe has to offer.
Fri –Sun 17-19 June	Details to follow	Either Angus or Cairngorm Munros			



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The programme starts with lower mountains so that people can get used to hill ground and tackle mountains without lots of snow. All day walks are **£30 per person**. Please note this does not include transport. Where possible I will encourage lift-sharing and people can sort out contributions with each other. **ADVANCE BOOKING ESSENTIAL**

Walk times are approximate and will always depend on the group, how fit and fast they are and what our lovely weather is up to.....fine weather usually means a longer day as we stop to enjoy the views more often and for longer! Walk details will be confirmed Tuesday evening of the week of the walk as there may be changes due to weather conditions. An alternative to the planned walk will be offered if it seems at all possible to walk that day.

There are two **long weekends** planned which are charged at a different rate.

### Island of Rum 8-11<sup>th</sup> April 2016

£350 for 3 nights, 4 days. Full board in new hostel on Rum. Excludes ferry fare. **Deposit of £60 due by 14<sup>th</sup> Feb 2016.**

### Mid-summer romp 17<sup>th</sup> - 19<sup>th</sup> June 2016—either around the Angus Glens or Cairngorms. More details to follow

### Toubkal Morocco 8<sup>th</sup> – 15<sup>th</sup> October 2016

For those wanting something higher than a Munro there is Toubkal in Morocco to consider! This week long trip will take a less frequented route up Toubkal and also allow for a short spell in Marrakesh.

I reserve the right to alter the route in the interest of safety and to take account of the weather.

Medical **BOOKING FORM** below with details of what to wear and what to bring.

### Rum Trip

In addition to exploring the hills and beaches, there is the option of a visit to the shearwater burrows up the mountainside behind Kinloch Castle. This is done at night time when it is dark. It's really an amazing experience but also weather-dependent.. We have the opportunity to sit amongst them as they fly in and out, sometimes even landing on us.

**The trip includes** three nights' accommodation in four-bedded bunk rooms in the hostel on Rum – linen provided; Three evening meals; three breakfasts; three lunches; a guide for the walking and a cook for the meals. **Excluded** is the return ferry fare; tour of the castle; lunch on the arrival day; toiletries and towel.

The total cost for the trip is £350 per person. The non-refundable deposit of £60 per person is due by **14<sup>th</sup> Feb 2016.**



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### What should I bring/wear?

- **Walking boots** – these must be waterproof and have sufficient ankle support and tread to give you good grip. If you buy these just before the day, please make sure you've walked around in them as much as possible to break them in before you come.
- **Walking socks** – wearing a 2nd pair of socks close to the skin with a thick pair over helps to avoid blisters. If you are prone to blisters you may want to apply a bit of tape on the heels as a preventative measure beforehand.
- **Waterproof jacket and trousers** – these are essential for any walking in Scotland! It is worth investing in a jacket that is breathable too.
- **Layers** – it is best to have several thin layers of a fleece/thermal nature that can be worn and taken off depending on the conditions. You are looking for tops with a wicking nature that take the moisture away from the skin. Layers will trap air and keep you warm as opposed to one big thick fleece.
- **Walking trousers** – should be loose and comfortable. Please avoid jeans as these become heavy when wet and difficult to dry. You quickly cool down if you are wearing jeans. Track bottoms are usually good.
- **Gloves, hats** essential at most times of year. A spare pair of gloves a good idea. Sometimes a **sun hat** is even needed..
- **Sun cream and lip salve** – useful and essential when weather hot

- **Day sack** – around 20 -30 litre capacity is sufficient. You should be able to carry a packed lunch, water, a thermos flask, spare clothing and your waterproofs (if not wearing them).
- Water flask and **thermos flask** with hot drink to keep you hydrated and also warm
- **A rucksack liner** – this is to keep everything inside your rucksack dry in the event of rain so this needs to be waterproof. You can use a bin liner or you can purchase dry bags which are an excellent investment if you are walking regularly. They are pretty bombproof and keep all your gear dry.
- **Walking poles** – not essential but helpful for preventing or supporting knee injuries etc.

If you are unsure of what to bring – give me a ring. I can help out with spare jackets, fleeces and rucksacks if this is your first time and I'm happy to give advice on equipment.

Aldi and Lidl are always worth a try as are Blacks and Mountain Warehouse for basic gear. Craigdon and Tiso have really good quality gear and staff who usually know what they are talking about!

**Payment** is normally £30 (more for multi day trips) payable to Aye Can Ltd or cash. Payment can be made by BACS transfer to Aye Can Ltd Sort Code 089250 Account number 6863594 Bank is Coop Bank



## Munro Magic and other mountains 2016 Proposed Dates

### Physical Activity Readiness Questionnaire and BOOKING FORM **Trip Date/s**

**Name:**

**Address:**

**Telephone:**

**Email:**

**Please read carefully:**

Circle/delete yes or no as appropriate. If you circle any of the 'yes' responses below you may need your doctor's consent before you participate.

1 Has a doctor ever said that you have a heart condition and recommended only medically supervised activity?

Yes / No

2 Do you have chest pain brought on by physical activity?

Yes / No

3 Have you developed chest pain in the past month?

Yes / No

4 Do you lose consciousness or fall over as a result of dizziness?

Yes / No

5 Do you have a bone or joint problem that could be aggravated by physical activity?

Yes / No

6 Has a doctor ever recommended medication for your blood pressure or a heart condition?

Yes / No

7 Are you aware through your own experience or from doctor's advice of any other reason why you should not exercise without medical supervision?

Yes / No

Please outline any other relevant information that may affect your ability to exercise.

Pre-existing medical conditions:

Current medication:

Known allergies:

I realise that my body's reaction to exercise is not totally predictable and that walking in mountain terrain can be dangerous. Should I develop a condition that affects my ability to exercise or participate, I will inform the group leader immediately and stop exercising if necessary. I take full responsibility for monitoring my own physical condition at all times. I will listen to what the leader has to say and follow instruction as appropriate.

**DATE:**

**SIGNED/or typed via email:**

**IN CASE OF EMERGENCY, PLEASE CONTACT:**

Name:

Phone No:

Address:

Tick here if you do NOT wish to be kept informed of courses, trips, classes etc