# Thursday 23rd WAL BOL May Setti We W

### STRONG WALK

### WALK 13 – BEN AVON (MUNRO)

Ben Avon is one of the six big Cairngorms Munros with a vast high level plateau featuring an array of remarkable granite tors. Our wonderful route is possible due to the kindness of Invercauld Estate and local 4x4 drivers. We will be driven to Loch Builg where we will start our climb, led by a professional guide, to Carn Dearg, Carn Drochaid, Clach Choutsaich and on to the main top, Stob Dub Easaich Mor. Our descent is by the Sneck and the Quoich Water before climbing over into Glean an t-Slugain, the Fairy Glen and down past Invercauld House to our transport at Keiloch. Wonderful views will be on offer on this exciting route. Terrain: mostly on good paths. Strong fitness and ability to cope with rough steep ground is necessary.

- Depart from Green Hut Ballater at 8am - BUS
- Distance 25k
- Approx Walking Time 9 hrs.
- Ascent 999m.
- Landranger 36, 43

## MEDIUM WALKS

### WALK 14 – MORVEN from BOULTENSTONE (CORBETT)

Setting off from Boultenstone, we walk south west up Glen Deskry by good landrover tracks before a short ascent takes us to Preas Whin bothy for a well earned break. A stiffish pull up shortening heather gains the summit of Morven and some great views of mid Deeside and beyond. A gradual descent west, leads us back onto tracks which head south as we pass close by Peter's Hill, before dropping south west to Abergairn at the west end of the pass of Ballater. A gentle downhill will take us back to the village. Terrain: Mixture of good paths and rough ground. This is our longest medium rated walk of the week.

- Depart from Green Hut Ballater at 9am – BUS
- Distance 22km
- Approx Walking Time 8hrs.
- Ascent 800m.
- Landranger 37, 44

#### WALK 14A – MAR LODGE REGENERATION WALK

A beautiful circuit taking in the best examples of woodland restoration at Mar Lodge Estate. We first walk through the resurgent pine and birch woodlands of Doire Bhraghad. After a short walk up Glen Lui, we cut through the spectacular glacial meltwater channel of Clais Fhearnaig, and then walk out via Glen Quoich. Hosted/led by National Trust for Scotland this is a great chance to learn about the history and conservation work here. WALK 14A Continued... Terrain: Mostly low level but a few steeper sections. Clais Fhearnaig can be exposed.

- Depart from Green Hut Ballater at 9am – Own Transport – Car Share
- Distance 13km
- Approx Walking Time 4hrs.
- Ascent 250m.
- Landranger 43

## EASY WALK

WALK 15 – LOGIE COLDSTONE – DEESIDE WILLOW (Special Interest)

A circular walk on good paths from the hamlet of Logie Coldstone with an afternoon visit to DEESIDE WILLOW. The morning walk offers a variety of landscapes and points of interest with the potential to see red squirrels and a variety of bird life whilst walking through woodlands. Views of Morven can be enjoyed whilst walking through farmland and passing abandoned townships, before circling back to the grounds of Blelack House where we'll stop for lunch (bring your own packed lunch). After lunch, Katie and Nick, owners of Deeside Willow, will provide a tour of their farm, where we will learn about the many aspects of growing and working with willow. This will be followed by a hands-on crafting session where everyone will have the opportunity to create their own willow memento. Toilets and refreshments will be available at Deeside Willow.

- Depart from Green Hut Ballater at 10am - BUS
- Distance 9km
- Approx Walking Time 3hrs.
- Ascent 310m.
- Landranger 37