

# Tuesday 21st May

## STRONG WALK

### WALK 7 – CAPEL MOUNTH 'STREAK OF LIGHTNING'

Starting from the Spittal of Muick Carpark, we take the historical route over the Capel Mounth linking Deeside to Glen Clova in Angus. This route has been in use for 100s of years and makes a very convenient traverse between the 2 glens. After crossing the highest point on the pass, a steep, zigzag descent follows, ascending gradually up the narrowing gorge to Bachnagairn, a wonderful spring-time spot to enjoy. Our route continues past the stables at Sandy Hillocks and down the impressive Coire Chash "Streak of Lightning" path to the head of Loch Muick with a return along the length of the loch to conclude the day.

Terrain: This route lies above 2000ft for much of its journey and is not to be underestimated. Rough underfoot.

- Depart from Green Hut Ballater at 8am - BUS
- Distance 23k
- Approx Walking Time 9 hrs.
- Ascent 800m.
- Landranger 43, 44

## MEDIUM WALK

### WALK 8 – KINKER - FALLS OF DESS - LUMPHANAN

This walk follows a mixture of mostly good quality paths, along the Dee, through woodlands, on old military and drove roads and crosses some open grazing land. It's a circular walk between the two ancient villages of Kincardine O' Neil and Lumphanan with an added loop through Dess Woods to take in the spectacular and hidden away Falls of Dess. We will spend a short time in each village, but this walk is mainly about enjoying the flora, fauna and panoramic views of the surrounding woods, pasturelands, forests, and Cairngorms beyond. Public toilets and refreshments are available in both villages. Lumphanan has a traditional tearoom where, time allowing, we can stop for a short break, but don't rely on this, please bring your own drinks and food.

- Depart from Green Hut Ballater at 9am – BUS
- Distance 18km
- Approx Walking Time 6 hrs.
- Ascent 46m.
- Landranger 37

## EASY WALK

### WALK 9 – DALMOCHIE – DEE - CAMBUS

We set off from Ballater, crossing the river at the Royal Bridge. A lovely woodland walk along the banks of the Dee leads us through the ancient settlements of Torphantrick and Glascorrie. Crossing the Dee again on the newly restored Victorian footbridge at Cambus O'May which offers fantastic views, we then return to Ballater on the familiar Deeside Way. Terrain: Rough paths in places.

- Depart from Green Hut Ballater at 10am – ON FOOT
- Distance 12km
- Approx Walking Time 4.5hrs.
- Ascent 50m.
- Landranger 44

### WALK 9A – 'BEES & CHEESE' ([Special Interest](#))

Our Local Ranger will guide us through the forest. Along the way we'll be learning about pollinators, flora and fauna, bees, moths and butterflies.

We then join the Deeside Way riverbank path towards the Cambus O'May Suspension Bridge. We return to the Cheese Factory carpark where a buffet of local cheeses will be available for tasting.

- Depart from Green Hut Ballater at 9:30am – OWN TRANSPORT park at CHEESE FACTORY CARPARK
- Distance 9.5km
- Approx Walking Time 3.5hrs.
- Ascent 50m.
- Landranger 44