



## **THE 4 PEAKS**

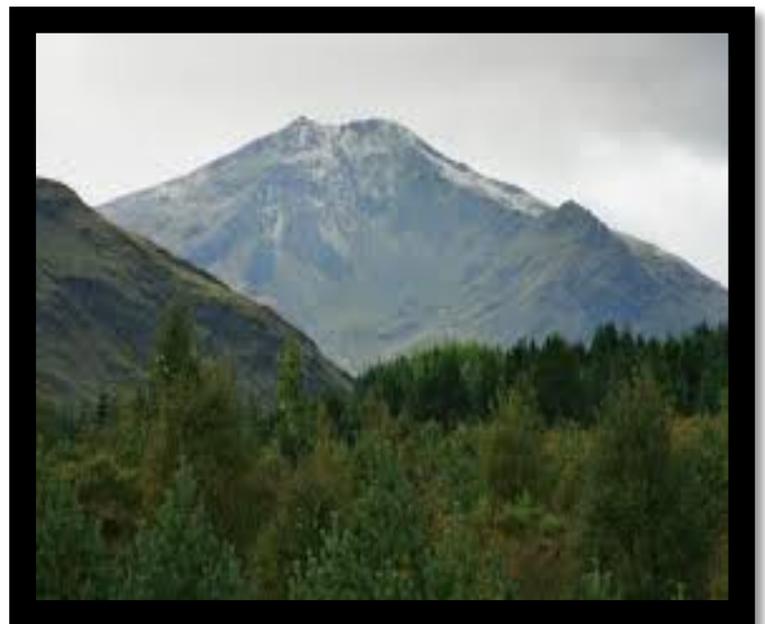
**“Beinn a'Chleibh, Beinn Dubhchraig, Ben Lui, & Ben Oss”**

**SATURDAY 5<sup>TH</sup> JULY 2014**

Duntrune Trekkers are supporting Rainbow Valley, The MS Centre Argyll, and The Lauren Currie Twilight Foundation by raising funds and awareness, allowing these fantastic charities to provide and continue to provide an inspirational service to many people from across Scotland.

**Thank you for your support**

Blair Johnston, Duncan McGregor, Campbell Wright, John Kennedy.



## **GETTING THERE**

- On the A82/A85, 1km south east of Tyndrum, there is a junction is marked Dalrigh, turn in here and sharp turn left into a large car-park with some information boards.
- Alternatively, start from the car-park at Tyndrum lower station, note that parking is more limited here and you may have to park by the Tourist Information Centre instead.

## **BEN DUBHCHRAIG**

- Leave the car-park and aim westwards along a good track, initially past some houses. Turn right, keeping to main track, over a wooden bridge, past the junction with the West Highland Way and under the railway bridge. Follow track for 3km until just before the green buildings of Cononish.
- If you are heading in from Tyndrum station, cross the railway and follow the track through dark forests to Cononish.
- At Cononish, just before the large green sheds, there is a wooden bridge over the River Cononish. Go across this bridge and aim south uphill over wet grassy ground.
- After crossing a fence line and 300m of ascent the gradient eases and Beinn Dubhchraig comes into view.
- Continue uphill on grassy ground following the occasional iron fence post to reach the lochans at 900m.
- Turn south-east and follow path over some boulders to Beinn Dubhchraig's cairn. The view south down to the hills around Loch Lomond is particularly lovely.

## **BEN OSS**

- Return to the lochans and follow a path around the south side of the lochans.
- Aiming west, the path zig-zags through boulders and some scree down to the bealach.
- The path then widens, but travels over lower ground, therefore at some point leave it and aim uphill over grassy ground to reach the northern shoulder of Ben Oss.

- The last section prior to the summit is an easy trudge over fine gravel. From the summit, it still seems a long way to Ben Lui !

## **BEN LUI**

- From Ben Oss, initially aim south, following a faint path over grass and occasional boulders.
- Gradually the path, which disappears now and then, turns west and the wet ground of the bealach at the head of Coire Laoigh is reached.
- The path becomes more obvious as the bealach is crossed and starts to climb and turn north.
- At around 1000m, there is a path heading north east, this is an exit route down Ben Lui's east shoulder, there is some plane wreckage down here.
- On approaching Ben Lui's summit the ground becomes more bouldery and is a place to take great care especially in windy conditions.
- The summit cairn is perched precariously above the coire ! Stop here for a while and take in the views and, if in winter, watch the climbers coming up Coire Gaothach.

## **BEN A'CHLEIBH**

- Aim north-west towards the north-east top, then turn west-south-west downhill.
- The ground initially is loose, then grassy and, depending on conditions, possibly wet and slippery.
- Once at the bealach between Ben Lui and Beinn a'Chleibh, pick up and follow a well defined path up the north eastern arm of Beinn a'Chleibh.
- There's not a lot of ascent and the flat plateau of the summit is quickly reached.
- The path leads directly to Beinn a'Chleibh's small summit cairn where some particularly fine views out towards Ben Cruachan can be savoured.

## **RETURN**

- Return to the bealach between Beinn a'Chleibh and Ben Lui, then follow the initially steep path into Fionn Choirein.

- Leaving the boulders behind, the ground becomes grass covered but can be extremely wet.
- Don't bother looking for the path marked on the OS map, just run down the obvious path on the east side of the burn.
- Into and through the forest is fast and great fun - expect to get mud covered !
- Cross the Eas Daimh where it meets the burn coming down from Fionn Choirein - this can be tricky in spate.
- Further down cross the railway and wade across the River Lochy - an opportunity to clean all the muck off !
- Reach the car-park where you've hopefully arranged a lift or left a bike to get back to Dalrigh.

### **WHO CAN TAKE PART**

You must have a good level of fitness to take part in this event. If you are under 18 years of age on the date of the climb you must be accompanied by a parent or guardian. Should you have any injuries or pre-existing medical conditions which may affect your ability to complete safely, please check with your GP.

### **ON THE DAY**

You will meet at 9am in Glen Nevis visitors centre car park, just outside Fort William. There we will conduct a safety briefing and do a kit check before getting you into your teams ready for the start which will be at approximately 9.30am.

### **DIRECTIONS**

There is a car park situated at the Glen Nevis visitors Centre. If you are travelling by public transport, please contact us for advice on the best methods of travel.

## **WHAT TO BRING**

### **CLOTHING**

Mountain weather is rapidly changeable. In order to stay comfortable, you'll need to adapt your clothing accordingly. To do this we advise that you use a system of layers in order to remain warm or cool, and dry.

### **THE BASE LAYER**

Often the most important, this is the layer next to your skin. It needs to take moisture away from your body. We would advise against the use of cotton. Look for a synthetic material that has been created and refined specifically for this purpose.

### **THE MID LAYER**

A micro-fleece will assist in keeping moisture away from your body, and add warmth if required. Make sure this is easy to remove to prevent you overheating.

### **THE OUTER LAYER**

This needs to be both waterproof and breathable, which will maximise the effectiveness of your base and mid layers. We would recommend Gore-Tex, although many manufacturers now produce their own all-weather materials.

### **FOOTWEAR**

Walking boots are essential. We would advise wearing a two or three season walking boot with a good sole unit, ankle support and padding. Please make sure your boots have been correctly fitted to prevent blisters and other injuries. You must wear boots for this event – no shoes or trainers.

### **HYDRATION**

A Camelbak type hydration system is advised for this challenge or alternatively a 2 litre water bottle.

### **FOOD**

You will be on the mountain for between 6 and 8hrs, please make sure you have sufficient food for this period of time. Also have some energy snacks in your rucksack to maintain steady energy levels during the climb. Finally, try out your kit before the challenge to see how comfortable it'll be on the day. Remember to also pack extra clothing and comfortable shoes / trainers for your journey home.

## **KIT LIST**

### **TO BE WORN:**

Wicking base layer, Micro-Fleece, Walking trousers (no jeans), 2/3 Season walking boots (no trainers or approach shoes), Specialised walking socks

### **TO BE CARRIED:**

Rucksack/Daysack, Waterproof Jacket and trousers (breathable), Warm hat and gloves, Whistle Small, first aid kit, fully charged mobile phone

### **OPTIONAL ITEMS:**

Waterproof rucksack liner, Gaiters

We have given you a Kit List which caters for all eventualities. At the briefing, we will do a kit check to make sure you have everything you need. It's important, because if you are under-prepared, you may not be allowed to participate.

### **TRAINING:**

The Ben Lomond Hike is a strenuous undertaking, and you'll need adequate preparation. Knowing that you are physically fit and have the right equipment will help you maximise your enjoyment of the event. Test your kit and break in your boots. Ben Nevis is classed Grade B+ (moderate to strenuous).

### **THE ENVIRONMENT:**

We work closely with the authorities to manage the impact of our events. It's important that you play your part in this by keeping noise to a minimum, sticking to footpaths and not dropping litter.

### **MOUNTAIN SAFETY:**

Your safety is paramount, throughout the event. You will be guided by a Mountain Leader (ML). All MLs have appropriate mountain first aid qualifications.

### **HOW MUCH DO I NEED TO RAISE?**

We require no administration fees to join us on the trek up the Ben; what we would ask is for you to raise whatever you can in funds and donations from family and friends (perhaps further afield?) as we will be donating to our three nominated charities being; Rainbow Valley, The Lauren Currie Twilight Foundation, and the Multiple Sclerosis Centre Argyll.

## **HOW DO I RAISE THE MONEY?**

Donations can be deposited via our online PayPal account accessible through our website [www.duntrunetrekking.org](http://www.duntrunetrekking.org). We ask for the donation to be referenced to the sponsored trekker(s) so we can track sponsorship totals. We will also provide sponsorship forms to record details of your sponsors who don't use Paypal. Cash sponsorship will be collected on the day of the walk. Or you can deposit funds directly into our Mount Kilimanjaro Fundraising Bank Account with the Royal Bank of Scotland (Sort Code 83-23-16) (Account Number 00221427).

Disclaimer: Hillwalking and mountaineering are activities with a danger of personal injury and death. Those participating in these activities should be aware of the risks and accept the responsibility for their own actions and involvement. No responsibility can be accepted by Duntrune Trekkers, members, guests or coordinators of walks for any mishap, which may occur, during a meet.

OUR CHARITIES.

