

Where do I get more information?

General books

The Essential Hillwalker's Guide by Kevin Walker and Peter Steele (Constable)

Hiking by Karen Berger (Dorling Kindersley Eyewitness Companion)

The Backpackers Handbook by Chris Townsend (Ragged Mountain Press)

Guidebooks

The Munros by the Scottish Mountaineering Club (SMC)

Scotland by Chris Townsend (www.cicerone.co.uk)

The Corbetts and Other Scottish Hills by the SMC

The High Mountains by Irvine Butterfield (Diadem)

Pocket Mountain Guides (www.pocketmountains.com)

Cicerone Range of Guides (www.cicerone.co.uk)

Loch Lomond and The Trossachs National Park walking guides by Tom Prentice (www.micapublishing.com)

Websites:

Mountaineering Council of Scotland (www.mcofs.org.uk) for *A Visitors Guide to the Munro and Corbetts* written by the late Irvine Butterfield at www.mcofs.org.uk/visitor-guides.asp and *The Parents' Guide*: More detailed information for kids and novices at www.mcofs.org.uk/kids-info.asp.

• **Walk Highlands** (www.walkhighlands.co.uk)

• **Scottish Mountaineering Club** (www.smc.org.uk)

• **The Great Outdoors** (www.tgomagazine.co.uk)

• **Outdoorsmagic** (www.outdoorsmagic.com)

• **Munro Magic** (www.munromagic.com)

• **Scottish Hills** (www.scottishhills.com)

Look After the Environment

Conservation:

Be responsible, respect the environment: following simple guidelines on where to walk, how to camp, where to go to the toilet etc. can help you avoid damaging the outdoors. See www.mcofs.org.uk/advice-and-policies.asp

Join Us

Membership Benefits for Climbers

- Discounts at shops and accommodation providers, and a wide range of other service providers
- Free quarterly Scottish Mountaineer magazine (for regular walking articles) or a free digital version (direct to your email)
- Subsidised training courses (e.g. navigation, GPS, first aid, winter skills & more)
- Civil Liability Insurance & access to Travel & Activity Insurance
- Choice of a free gift when you join the MCoFs (e.g. Map, compass or DVD)

We work to defend your access rights & protect the mountain environment

Individual Membership Categories: Adult, Joint, Family, Concession, Graduate and Youth

Scottish Hill Walking Clubs: If you are looking to join a hill walking club go to the "Find a Club" page on the MCoFs website at: www.mcofs.org.uk/clubs-list.asp. Read the ClubSpot articles about our clubs at: www.mcofs.org.uk/clubspot.asp to encouraging their children's climbing. Membership of the club entails both parent and child.

Go to www.mcofs.org.uk and click on the *Join Us* button (pay by PayPal) or Tel: 01738 493 942 and pay by credit card. Direct Debit discounts available!

Photos by Melanie Nicoll, Annette Forsyth, Roger Wild, Hebe Carus



- **Grough** (www.grough.co.uk)
- **Live for the outdoors** (www.livefortheoutdoors.com)
- **Walking in Scotland** (walking.visitscotland.com)



Helping you plan your day:

- **Mountain Weather Information Service**

(www.mwis.org.uk)

- **The Midge Forecast**

(www.midgeforecast.co.uk)

- **Deer Stalking**

(www.outdooraccess.com/hills)

The MCoFs supported web and Hillphone service detailing stag stalking activities between 1st July – 20th October: plan your access without disturbing a shoot.



Access:

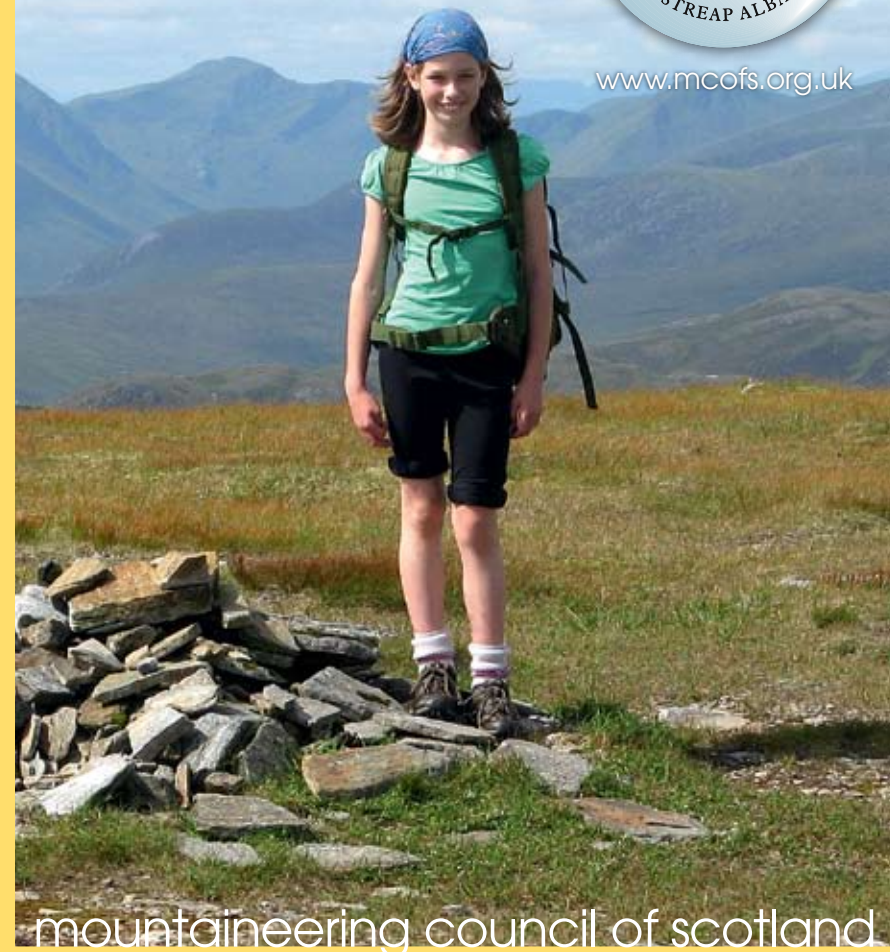
You have the right to walk and climb on most land in Scotland as long as you do so responsibly. What does that mean? – know and practice the Scottish Outdoor Access Code. See more at www.mcofs.org.uk/access-law-and-soac.asp.

MCoFs Fact File No.4

summer hill walking IN SCOTLAND



www.mcofs.org.uk



mountaineering council of scotland



Summer Hill Walking

What's it all about?

Hill walking is a continuation of taking the dog and the children for a walk in your nearby woodland park by getting out onto the open hills above. It's free for everyone, good for the soul, gets you fit and allows you to appreciate Scotland's countryside.

Hills can be split into different categories of difficulty depending on their height, remoteness, signposting, quality of their paths, and their topography. They range from relatively short walks along a path to serious undertakings over rough ground, in exposed situations above cliffs and in remote terrain.

Venturing out in winter conditions requires more specialist clothing, gear and personal skills and is more like mountaineering.

What kit do I Need?

Clothing (outdoor styles are now widely available):

- **Appropriate Walking Footwear:**
- **Look For:** waterproof fabric or leather; rubber cleated soles such as 'Vibram' or 'Five-Ten' but avoid plastic soles
- **Trail Shoes** (Lightweight; low-cut; good for easier trails in summer)
- **3-Season Boots** (high-cut over ankles; good for rougher paths)
- **Waterproof Jacket** ('breathable' with integral hood)
- **Base-layer** (a 'wicking' fabric next to the skin; not cotton)
- **Fleece** (various 'weights' for different weather)
- **Walking Trousers** (wind-proof/shower-proof; not jeans!)
- **Waterproof Overtrousers** (for protection in heavy rain)
- **Gloves & Hat** (even in summer - it's colder and windier up there!)

Gear (don't overload yourself: include food and drink):

- **Map** (& map case; to know where you are at all times)
- **Compass** (to navigate in bad weather or over remote terrain)
- **Walking Poles** (reduces stress on joints but not a necessity)
- **Head Torch** (long & short distance beam available)
- **Whistle & Mobile Phone** (to attract help if needed!)
- **Emergency Shelter** (a cheap 'Survival Bag' will do)
- **First Aid Kit** (basic: plasters, bandages, painkillers, antiseptic wipes)
- **Rucksack** (25L+ with a comfortable back system)

How is it done?

Although you can walk anywhere, most will follow the most popular way using a path.

Start on low level walks along good paths in stable, summer weather. There are many such paths opened up by local authorities around towns and cities across Scotland. Practice your map reading here.

Build up your confidence on short/local walks and increase your map reading skills, before progressing to popular hills of around 500m high. Ensure your first



hills are relatively close to the road, have well defined paths, which take up to a couple of hours to complete (see the list of Starter Hills opposite).

Progress on to longer walks up hills of 800m high or more which can take some 5 hours to complete but which still have well defined paths to the summits. Some Munros and Corbetts listed opposite are good examples.

When more confident with navigation and having built up stamina so you feel able to tackle longer days, you can look towards bigger and more remote hills. These can involve over 8 hours effort and often have poor, rough paths.

Munros & Corbetts

What are they? *Munros*: Hills in Scotland over 3,000ft (914m); *Corbetts*: hills between 2,500ft (762m) & 3,000ft (914m)

How many? *Munros*: 283; *Corbetts*: 221

How do I know which is which? The Scottish Mountaineering Club (SMC) is the 'keeper of the list': www.smc.org.uk. Go to 'Munros' & 'Hillwalking Key Facts'.

Walking Festivals

There are more than 15 walking festivals every year. The walks are all 'led' by knowledgeable locals but you need your own equipment. They are a great introduction to an area you don't know. See the Discover Scotland website www.scotland-welcomes-you.com

Route Descriptions

Some national newspapers (e.g. Herald & Scotsman) describe local walks; tourist information centres and

outdoor shops have walk leaflets; Local Authority and National Parks Ranger Services organise walks; there are numerous dedicated websites (see below); and an exciting array of books to inspire you.

Navigation

Learn to navigate! The MCOFS website has the best on-line teaching aid at: www.mcofs.org.uk/mountain-safety.asp; see the 'Navigators Dozen', and 'Learn to Read'. Attend a MCOFS introductory Navigation Course and buy our Hill Walking Essentials DVD.

Maps

Interpreting a map is a vital skill. It allows you to know where you are and where you're going. There are several to choose from:

- *The Ordnance Survey Maps: Landranger Series* (1:50,000 scale) are good for hill walking. The more detailed *Explorer Series* (1:25,000 scale) is useful for micro-navigation on walks through complex field and woodland landscapes.
- *The British Mountain Map Series* (1:40,000 scale) by Harvey Maps are waterproof, indestructible and perfect for tackling Scotland's popular hills.
- *Digital Maps* (e.g. Anquet) provide route-planning on your computer and map excerpts of your walk to print off.

Compass

Venturing onto bigger, remote hills, without sign-posted paths, in poor weather, you will require a compass with your map to work out where you are and where to go. Get one with a clear base-plate with map scales (e.g. Silva Expedition Type 4) and learn how to use it.

GPS (global positioning systems)

These are excellent and can be linked to digital mapping software, but they must complement competent map and compass navigation.

Planning

Essential: plan a journey within your abilities and you'll have more fun! Include bad weather options & escape routes. Leave your route details with a friend in case of emergencies (see advice on www.mcofs.org.uk/mountain-safety-faqs.asp).

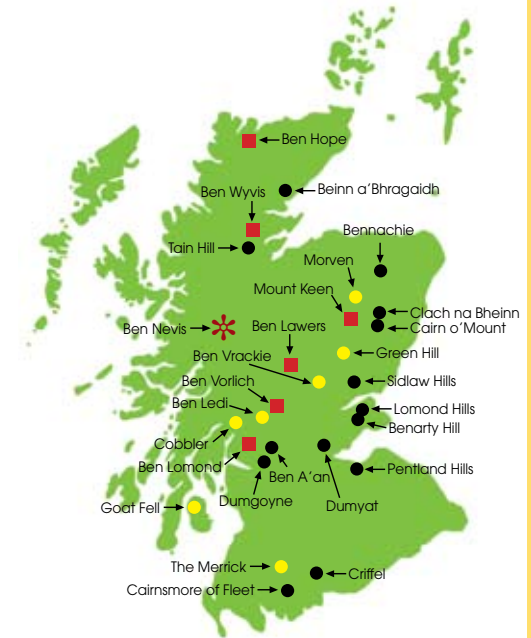
Mobile Phones & Emergencies

You will probably take a mobile, but reception is limited or non-existent in many hill areas. Dial 999 and ask for Police and Mountain Rescue. Please don't abuse this voluntary service with unnecessary callouts. Take advice from: www.mcofs.org.uk/mountain-rescue.asp

Where can I go hill walking near me?

Here are some suitable first hills, all on good paths:

Starter Hills (near main towns & cities): ●
Aberdeen: Cairn o' Mount (526m), Bennachie (528m), Clach na Beinn (579m); **Dundee:** Auchterhouse Hill, Sidlaw Hills (426m); **Dumfries:** Criffel (508m), Cairnmore of Fleet (710m); **Edinburgh:** The Pentland Hills (Allermuir



Hill) (493m); **Fort William:** Cow Hill (288m), Pap of Glencoe (742m); **Inverness:** Tain Hill (288m), Beinn a' Bhragaidh (394m); **Glenrothes:** Benarty Hill (356m), East Lomond Hill (424m) & West Lomond Hill (522m); Bishop Hill (510m); **Glasgow:** Dumgoyne (427m), Ben A'An (461m), Windy Hill, Muirshiel Country Park (316m), The Whangie (357m), Court ma Law, Campsie hills (531m), Conic Hill, Loch Lomond (358m), Beinn Dubh, Luss Hills (643m); **Perth:** Birnam Hill (403m), Craig Rossie, Auchterarder (410m), Culteuchar Hill, Bridge of Earn (313m); **Stirling:** Dumyat, the Ochil Hills (418m), Ben Cleuch (721m), Ben Venue, Trossachs (729m)

Your First Corbett: ●

Stirlingshire: Ben Ledi (879m); **Argyll:** The Cobbler (884m); **Perthshire:** Ben Vrachkie (841m), Auchnafree Hill (789m); **Aberdeenshire:** Morven (872m), Galloway: the Merrick (843m); **Angus:** Green Hill, Glen Clova (870m); **Arran:** Goatfell (874m)

Your First Munro: ■

Argyll: Ben Lomond (974m) & Ben Vane (915m); **Stirlingshire:** Ben Vorlich (985m) **Perthshire:** Ben Lawers (1,214m), Ben Chonzie (931m), Schiehallion (1,083m); **Aberdeenshire:** Mount Keen (939m); **North:** Ben Wyvis (1,056m) & Ben Hope (927m)

Ben Nevis (Gaelic: Beinn Nibheis) (1,344m) ✱

Britain's highest mountain: she's superlative in every way - the challenge, character, cold, wet and windy nature (and views, when not covered in cloud). Despite a big path all the way, navigation off the summit round the huge north face cliffs and south face gullies is extremely dangerous. See: www.mcofs.org.uk/ben-nevis-navigation.asp