

Torridon Munros

SYHA Activity Holiday

Itinerary

Led by a knowledgeable local guide this five day course aims to provide as varied an experience as possible, depending upon the aspirations of the group.

Prior experience and fitness

Prior hill walking experience is essential. This course, like all of these courses, can be tailored to suit fitness and aspirations; however you will be on the go for most of the week so some basic fitness is needed for typically five, six to seven hour days on the hill.

The evening before your course starts you will have a full briefing from your guide at Torridon Youth Hostel.

Day 1

Beinn Eighe, Spidean Coire nan Clach, 993m; a nice warm up to the course.

Day 2

Beinn Alligin 985m; with the option of an easy scramble on the way to the summit.

Day 3

Beinn Eighe, Ruadh-stac Mor 1010m; poised above the spectacular Coire Mhic Fhearchair with its famous Triple Buttress.

Day 4

Today the choice is yours – another Munro, some navigation practice or an introduction to rock climbing and abseiling at a local crag.

Day 5

Bring the skills you've learned into practice. Finish the week with Liathach 1055m, one of the most famous and challenging ridges on the mainland.

Equipment list

Waterproof/Windproof jacket and trousers
Correctly fitted four season walking boots
Gaiters

Fleece mid layer
Baselayer, eg. wicking T-shirt
Gloves and spares
Hat/Balaclava
Head torch, spare bulb and battery (Ordinary torch will do.)
Rucksack and plastic liner (A 25-30 litre day sack will do.)
Spare fleece or sweater and socks
Water bottle
Compass and whistle
OS Landranger 1:50000 scale map Sheets 19, 25 and 26.

Please note, many clients find walking poles very useful for some of the rough descents from the Torridon Munros.

Suitability for course

Should your lack of experience or fitness jeopardise the safety of yourself and/or the group leader reserves the right to alter the route for the day, the course or the group in every case. Max 5 participants.