

INTRODUCTION

Cairngorms: the highs and the lows

Walking conditions

When to go

Safety in the mountains

Maps

How to use this book



PART 1 AVIEMORE AND THE SPEY

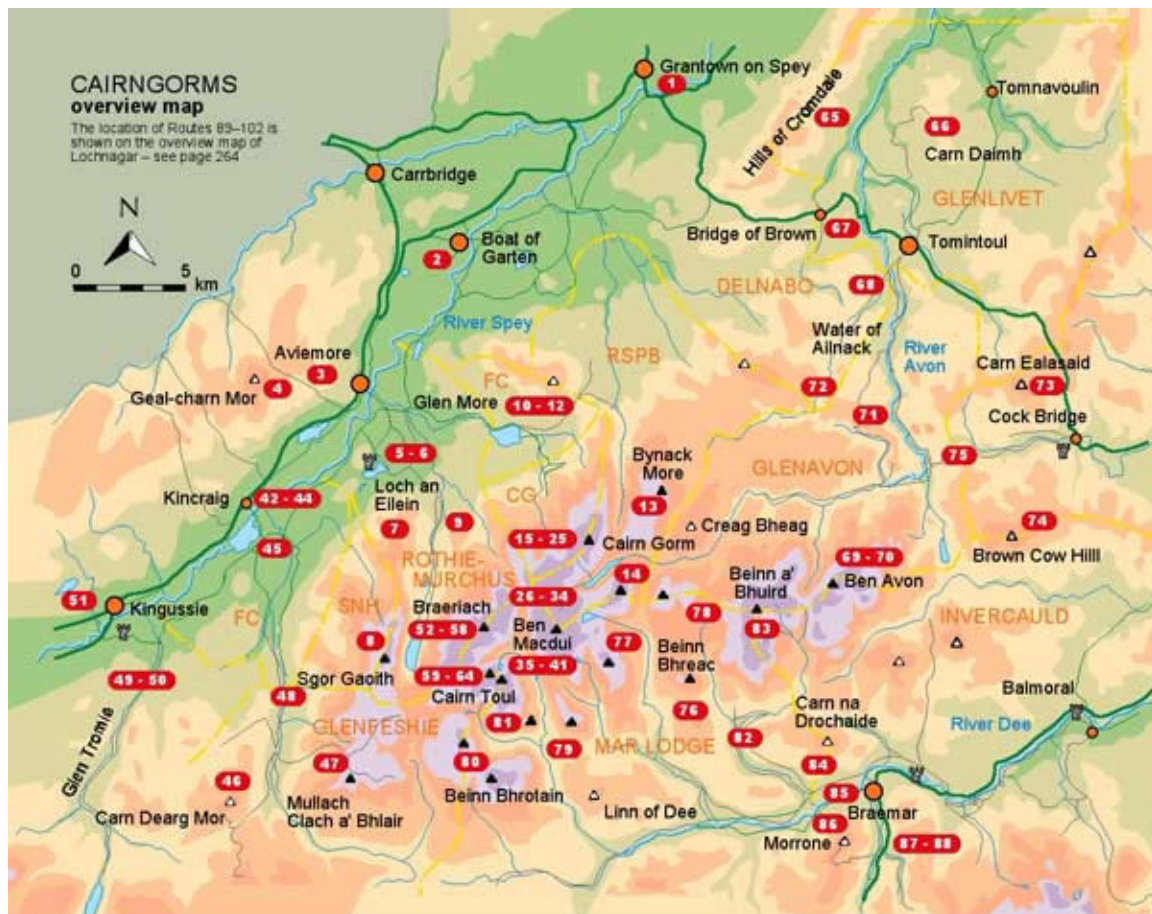
- 1 Granttown and Spey
- 2 Spey at Boat of Garten
- 3 Craigellachie Birches
- 4 Geal-charn Mor
- 5 Around Loch an Eilein
- 6 Ord Ban
- 7 Argyll Stone

PART 2 GLEN MORE

- 8 Gleann Einich and the Sgorans
- 9 Creag a' Chalamain and the Cat Notch
- 10 Down Cairn Gorm
- 11 Lochan Uaine
- 12 Meall a' Bhuachaille
- 13 Creag Mhor and Bynack More
- 14 Beinn Mheadhoin

SUMMIT SUMMARY: CAIRN GORM

- 15 Bynack More and the Saddle
- 16 Strath Nethy and the Saddle
- 17 Lairig an Lui, Loch Avon, Coire Raibert
- 18 Lochan na Beinne and Cnap Coire na Spreidhe
- 19 Coire Cas (descent)
- 20 Coire an t-Sneachda: Headwall (scramble Grade 1)
- 21 Coire an t-Sneachda: Pygmy Ridge (scramble Grade 3)
- 22 Coire an t-Sneachda: Goat Path
- 23 Fiacail Ridge of Coire an t-Sneachda (scramble Grade 1)
- 24 Lurcher's Crag
- 25 Plateau route from Macdui



SHELTER STONE SUMMARY

- 26 Strath Nethy and the Saddle
- 27 Lairig an Lui, Loch Avon
- 28 To Coire Cas or Cairn Gorm by Coire Raibert
- 29 From Coire Cas by Coire Domhain
- 30 From Linn of Dee by Loch Etchachan
- 31 To Ben Macdui by Loch Etchachan
- 32 To Carn Etchachan by Pinnacle Gully (scramble Grade 1)
- 33 Forefinger Pinnacle (scramble Grade 3)
- 34 To Ben Macdui by Avon Slabs (scramble Grade 1 or 2)

SUMMIT SUMMARY: BEN MACDUI

- 35 From Lairig Ghru by Tailor Burn
- 36 From Derry Lodge by Carn a' Mhaim
- 37 Sron Riach
- 38 Via Derry Cairngorm
- 39 Coire Etchachan
- 40 From Coire Cas
- 41 Plateau route from Cairn Gorm

PART 3 BADENOCH

- 42 Badenoch Way
- 43 Insh to Aviemore
- 44 Druid Circle at Dalraddy
- 45 Take an Insh
- 46 Carn Dearg Mor
- 47 Mullach Clach a' Bhlair by Coire Garbhloch
- 48 Badan Mosach waterfall
- 49 Summer Road to Ruthven
- 50 Glen Tromie: Croidh-la
- 51 Creag Bheag

SUMMIT SUMMARY: BRAERIACH

- 52 From Glenmore by Chalamain Gap and Sron na Lairige
- 53 From Rothiemurchus by Sron na Lairige
- 54 Gleann Einich and Coire Ruadh
- 55 Gleann Einich and Coire Dhondail
- 56 Coire Dhondail scramble (scramble Grade 1)
- 57 South Ridge of Coire Bhrochain
- 58 Ridge route from Cairn Toul

SUMMIT SUMMARY: CAIRN TOUL

- 59 Coire Odhar
- 60 Great Moss
- 61 East Ridge (scramble Grade 1)
- 62 Northeast Ridge of Angel's Peak (scramble Grade 1)
- 63 Corrie of the Chokestone Gully
- 64 Ridge route from Braeriach

PART 4 GLENLIVET AND TOMINTOUL

- 65 Hills of Cromdale
- 66 Carn Daimh
- 67 Around the Brown

- 68 Glen Brown and Ailnack Ravine
- 69 Ben Avon by its River
- 70 Tors of Ben Avon
- 71 Cnap Chaochan Aitinn
- 72 Ailnack Upper Ravine

PART 5 DONSIDE

- 73 Carn Ealasaid
- 74 Brown Cow Hill
- 75 Don to Ben Avon

PART 6 DEESIDE BRAEMAR

- 76 Clais Fhearnaig
- 77 Derry Cairngorm by Lochan Uaine
- 78 The Happy Face of Beinn a' Chaorainn
- 79 Dee and Derry
- 80 Around Glen Geusachan
- 81 The Devil's Back Side
- 82 Glen Quoich
- 83 Beinn a' Bhuid
- 84 Carn na Drochaide and the Fairy Glen
- 85 Morrone Birkwood and the Dee
- 86 Morrone and Glen Ey
- 87 Creag nan Gabhar
- 88 White Mounth and Jock's Road

PART 7 BALMORAL AND LOCHNAGAR

- 89 Balmoral Castle
- 90 Craigendarroch and the Dee
- 91 Around Loch Muick
- 92 Dubh Loch and Broad Cairn
- 93 Creag an Dubh-loch

SUMMIT SUMMARY: LOCHNAGAR

- 94 Queen Victoria's Ballochbuie Route
- 95 Byron's scramble by the Stuic (scramble Grade 1)
- 96 Tracks from Balmoral
- 97 Meall Coire na Saobhaidhe
- 98 Tourist path from Spittal of Glenmuick
- 99 Conachraig
- 100 Loch na Gaire
- 101 Falls of Glas Allt (descent)
- 102 From Loch Callater

THE LONG ROUTES

The Cairngorms 4000s

The Lairig Ghru

Appendix I Route summary

Appendix II Access (in particular during the deer-stalking season)

Appendix III Mountain bothies

Appendix IV Gaelic place names

Appendix V Lists of hills

Appendix VI Scrambles summary and grading

Appendix VII Accommodation and information

Appendix VIII Further reading