

2011

GUIDED MUNRO'S

this summer season

THE MUNROS IN SUMMER

ONE WALK EVERY MONTH

WEST
EAST
WEST
SOUTH
CENTRAL

Di Gilbert Mountaineering will be offering one day guided walks up some of Scotland's most famous munro's.

SCOTLANDS SUMMER MUNRO'S

The munro's are mountains in Scotland over 3,000ft, They have fascinated hill walkers since 1891 when Sir Hugh Munro published his first Tables of Scotland's 3,000ft mountains.

Munro 'bagging', as it is often referred to, is a very rewarding experience. By attempting to climb all 283 munro's, individuals are encouraged to travel to places that perhaps they would have ignored otherwise.

Di Gilbert Mountaineering will not be attempting to guide you up all 283, but instead has chosen 5 very special days to climb this coming summer season.

These day walks are suitable for individuals who have summer hill

walking experience and would like to get onto more exposed terrain. You should have a very good head for heights.

Guided munro's are just that - guided days on the hill and you should be aware that these are not instructional days. Individuals should be fit enough to carry out a physically demanding day on the mountain.

Do you want to learn the skills required to complete these days by yourself? Why not try one of our 'Scrambling courses'?

It will cost £100.00 per person. This price reflects the very low ratio's that we operate to.

MAY - SEPTEMBER 2011
INCLUSIVE

Monthly events

22 May**Aonach Eagach, 953m, & 967m**

One of the best ridge traverses on the mainland with excellent scrambling and requires scrambling skills.

18 June**Sgurr Dearg (The Inn Pin), 986m**

The most notorious peak in Skye which requires rock climbing skills.

28 August**Liathach, 1055m & 1023m**

The central, highest and most awesome of the Torridonian trio requires scrambling skills.

17 September**The Saddle, 1010m**

A complex hill with the impressive 'Forcan Ridge' as its jewel and requires scrambling skills.

18 September (new date)**An Teallach, 1062m & 1060m**

Often regarded as one of the finest of Scottish mountains and requires scrambling skills.



Basic information

We will meet you at 0830 at the start of your walk. We will carry out a quick equipment check and then head off for a day on the hill.

We would anticipate returning by the car around 1630 but conditions on the day may change this.

You will be expected to carry the following equipment:

Waterproofs

You will require waterproof jacket and trousers. Essential to keep the wind and precipitation out and the warmth in. Trousers with at least a half length leg zip will ensure that they can be put on over boots.

Clothes

I recommend the layering system so that you can easily regulate your temperature depending on what the weather is doing. I tend to wear a thermal base layer along with a mid layer thin fleece and/or a waistcoat. Any kind of wicking fabric is recommended and cotton is to be avoided at all costs. Trousers which can dry out fast are a bonus. I carry a thin pair of gloves and a wooly hat with even the best weather forecasts. A sun hat is a good idea on those hot and sunny days. Hats need to fit under your climbing helmet. I highly recommend www.outdoorresearch.com.

Spare clothes

Apart from the clothes that I'll expect to wear during the day, I'll carry an extra layer with me. I'm a



David Stephenson enjoying traversing An Teallach

big fan of the synthetic 'belay jacket' which is a lightweight jacket that can be worn over all my clothes. If you don't have one of these, an extra fleece will suffice. I'll also carry a spare pair of big gloves.

Rucksack

Roughly 30 - 35 litres will be fine for this course. You want to be able to comfortably get all your kit inside. I like simplistic designs with a good size pocket in the lid. Everything in your rucksack wants to remain dry so a waterproof liner is a good idea. I highly recommend www.deutergb.co.uk.

Food & drink

Like any engine, your body needs fuel to perform at its best. Lots of small items that can be munched on throughout the day are ideal. A one litre water bottle should provide

enough liquid and/or a flask depending on personal preference.

Walking boots

There is a huge array of walking boots on the market now. I want a light weight boot that is comfortable and has a stiff vibram sole. I highly recommend www.scarpa.co.uk.

Personal first aid

Any personal medication and a small first aid kit to deal with common problems such as blisters, sunburn or insect bites.

Emergency kit

A cheap orange plastic emergency bivouac bag which can live in the bottom of your rucksack. A little whistle for attracting attention and weights nothing.

Basic information

Head torch

A small head torch with spare batteries. Either Halogen or strong LED's are the best.

Climbing helmet

This will be provided if indicated on your booking form.

Climbing harness

This will be provided if indicated on your booking form.

Camera

To savour those memories in future years.



If you are unsure whether you are fit enough or have any questions about these days, please contact Di and she will be happy to discuss the options with you.

Simply download a booking form from the website and sent it to Di either electronically or by post. You will then be send out final information with meeting places.



If you require more information about these days, I highly recommend the SMC's book titled "The Munro's".

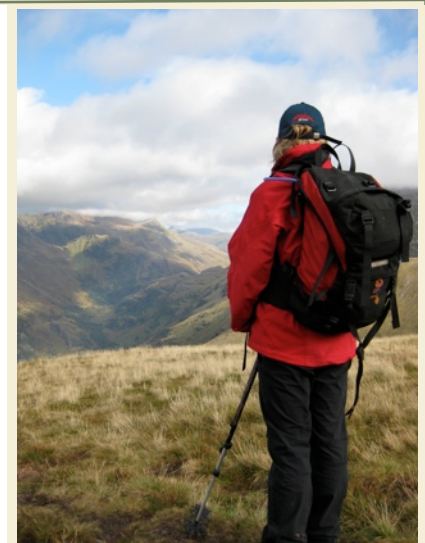


The hardest Munro of the lot - Sgurr Dearg, better known as 'The Inn Pin'



"It took me a long time to admit that I was a 'bagger' "

Di Gilbert



There are 283 Munros, 221 Corbetts and 224 Grahams.



DI GILBERT MOUNTAINEERING

2011

WWW.DIGILBERT.CO.UK