



26 HIGHLAND/MORAY CAIRN GORM & BEINN MHEADHOIN

▶ Distance: 13 miles/20.7km ▶ Time: 8 hours ▶ Grade: Challenging



Looking across Loch Avon to Cairn Gorm from the top of Beinn Mheadhoin.

PHOTO: KEITH FERGUS

PLAN YOUR WALK



ROUTE

Start/parking

Coire Cas car park by ski centre, PH22 1RE, grid ref NH989060

Is it for me? Mountain paths with one short section of pathless terrain. Several steep ascents and descents and over 1400m of ascent. Good navigation skills required throughout
Stiles None

PLANNING

Nearest town

Aviemore

Refreshments The Storehouse, Cairngorm Mountain Resort (Tel: 01479 861261)

Public toilets Cairngorm Mountain Resort

Public transport

Trains and buses from Glasgow, Edinburgh and Inverness to Aviemore. Bus 31 from Aviemore to Coire Cas Car Park

Maps OS Explorer OL57; Landranger 36



CHOSEN BY...

KEITH FERGUS

This epic crossing of the Cairngorm plateau is a challenging walk in all respects but it's well worth the effort. It begins by climbing Cairn Gorm, the 'capital peak' of the national park, before descending to spectacular Loch Avon, climbing to Loch Etchachan and summiting magnificent Beinn Mheadhoin. It's a very tough walk - but in the right conditions, it's unforgettable.

Additional text: Nick Hallissey

1 Start

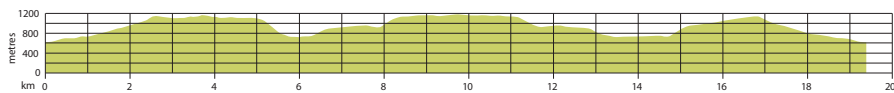
Pass between ski centre buildings and beneath funicular track. Turn L up path marked 'Windy Ridge Path'. Follow

clear, flagstoned path which criss-crosses through ski runs up Sròn an Aonaich ridge, eventually reaching Ptarmigan café complex. Pass behind café and turn L up enclosed conservation path, climbing to summit of Cairn Gorm.

2 2 miles/3km

Follow path descending westwards off summit, to reach junction of paths at the top of Fiacail a' Choire Chais ridge. Follow path southwest onto Stob Coire an t-Sneachda. Descend across stony ground to col above Coire an t-Sneachda. Head southeast into Coire Domhain. Initially route traverses pathless, often marshy ground. As terrain steepens, path runs L of Allt

GRADIENT PROFILE



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► OS Explorer map OL57 ► Buy maps at: ordnancesurvey.co.uk/shop

Coire Domhain. In turn, very steep descent (albeit along excellent path) culminates at Feith Buidhe, at base of Loch Avon basin.

3 4½ miles/7.25km

Crossing Feith Buidhe can be awkward but smaller tributaries a little upstream provide easier passage. Network of paths pass Shelter Stone after which steep incline rises southeast. Path continues past Loch Etchachan to Little Loch Etchachan. Take path L.

4 5¼ miles/9.4km

This zigzags steeply northeast up Beinn Mheadhoin's southwestern slopes past 1163-metre western tor. Continue to summit of Beinn Mheadhoin, a granite tor rising some 25 feet in height. View takes in Cairn Gorm, Loch Avon and Ben Macdui.

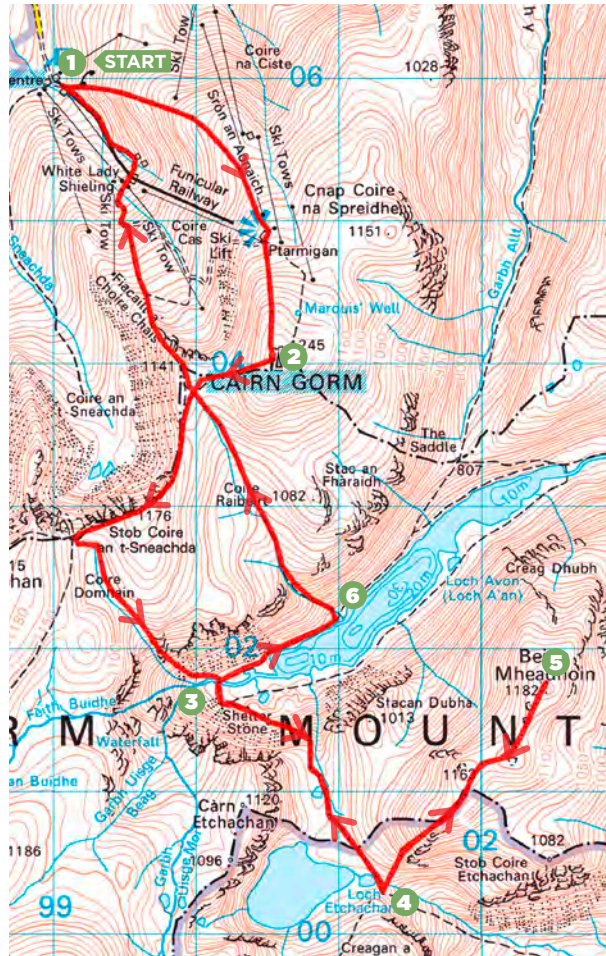
5 7 miles/11.3km

Retrace steps back to Loch Avon. Near base of basin keep R when path splits, and L when it forks to Feith Buidhe. Once across, follow path to beach at head of Loch Avon. Continue above loch for 0.5km to cross outflow of Allt Coire Rairbeirt.

6 10 miles/16.1km

Turn L from where a relentless climb of 200m, along a superb path, rises northwest through Coire Rairbeirt back to plateau. Return to junction of paths passed on outbound

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route but now continue ahead, descending Fiacall a' Choire Chais ridge. Path soon drops R off ridgeline and descends to join track. After a zig-zag, turn L off track and follow footpath which runs parallel to track, all the way back to start. [CWM](http://www.cwm.gov.uk)

VIEW THE WALK ON
OS MAPS ONLINE:
lfto.com/cwroutes

IN ASSOCIATION WITH



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DATE WALKED

TIME TAKEN

YOUR RATING