

Dan's Munro Round Schedule 2014
<http://danmunro2014.blogspot.co.uk>

Day	Date	Group	Mileage and sections	Munros	Hills	Completed	Overnight	Kayak/Swim	Bike
1	Mon 14 th April	Mull and Ballachulish OS 41, 48, 49	4 miles hill 15 miles road bike 1.5 miles kayak 30 miles road bike 300m kayak 6 miles road bike 7 miles hill 4 miles mountain bike	3	Ben More, Sgorr Dhearg, Sgorr Dhonuill (Beinn a' Bheithir)	3	Van - nr Portnacraoish OS 50	Sound of Mull - Fishnish to Lochaline Loch Linnhe - Clovullin to Onich	55 miles (4 rides) Dhiseig - Sgeir Mhor (Mull) Lochaline - Corran Bunree - Ballachulish
2	Tue 15 th April	South Glencoe and Aonach Eagach OS 41, 50	15 miles hill road crossing - Glen Coe 4 miles hill 4 miles road bike	7	Beinn Sgulaird, Beinn Fhionnlaidh, Sgor na h-Ulaidh, Bidean nam Bian, Stob Coire Sgreamhach, Sgorr nam Fiannaigh, Meall Dearg	10	Van - Glen Coe CAMPSITE OS 41		4 miles
3	Wed 16 th April	South Glencoe and Glen Etive OS 41, 50	8 miles hill road crossing - Glen Etive 14 miles hill wild camp	9	Buachaille Etive Beag (SCR), Buachaille Etive Beag (SD), Buachaille Etive Mor (SnB), Buachaille Etive Mor (SD), Creise, Meall a' Bhuiridh, Stob a' Choire Odhair, Stob Ghabhar, Meall nan Eun	19	Camp - nr Ben Starav H - CAMPSITE OS 50		
4	Thur 17 th April	Glen Etive OS 50		-	Recovery day in Glen Etive after aborted high camp		Van - Glen Etive OS 50		
5	Fri 18 th April	Glen Etive and Cruachan OS 50	19 miles hill 12 miles road bike	8	Stob Coir' an Albannaich, Glas Bheinn Mhor, Ben Starav, Beinn nan Aighenan, Beinn Eunaich, Beinn a' Chochoill, Stob Diamh, Ben Cruachan	27	Van - nr Lochawe OS 50		12 miles
6	Sat 19 th April	Tyndrum Hills OS 50	18 miles hill 6 miles mountain bike (Glen Fyne)	5	Ben Dubhchraig, Ben Oss, Ben Lui, Beinn a' Chleibh, Beinn Bhuidhe	32	Van - at Rest and Be Thankful OS 50		6 miles
7	Sun 20 th April	Arrochar Alps and Ben Lomond OS 56	7 miles road bike 12 miles hill 19 miles road bike 1 mile kayak 6 miles hill 8 miles mountain bike	5	Beinn Narnain, Beinn Ime, Ben Vane, Ben Vorlich, Ben Lomond	37	Van - at Beinglas Farm OS 56	Loch Lomond	36 miles (3 rides) Achadunan Brewery - Kinglass Water carpark Inveruglas - Inverbeg
8	Mon 21 st April	Crianlarich and Mamlorn Hills OS 51, 56	13 miles hill 3 miles road bike 8 miles hill 15 miles road bike	9	Beinn Chabhair, An Caisteal, Beinn a' Chroin, Beinn Tulaichean, Chruach Ardrain, Stob Binnein, Ben More, Meall Glas, Sgiath Chuil	46	Van - nr Lochearnhead OS 51		18 miles Auchlyne - Lochearnhead
9	Tue 22 nd April	Loch Earn Hills OS 51, 57	8 miles hill 14 miles road bike 7 miles hill 42 miles road bike	3	Stuc a' Chroin, Ben Vorlich, Ben Chonzie	49	Van - nr Bridge of Orchy OS 50		56 miles (2 rides) Finglen - Invergeldie Invergeldie - Bridge of Orchy
10	Wed 23 rd April	Brodge of Orchy Hills OS 50	26 miles hill 3 miles road bike	8	Beinn Dorain, Beinn an Dothaidh, Beinn Achaladair, Beinn a' Chreachain, Beinn Mhanach, Ben Challum, Creag Mhor, Beinn Heasgarnich	57	Van - nr Killin OS 51		3 miles

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11	Thur 24 th April	Glen Lyon Hills OS 51	4 miles hill road crossing – Glen Lyon 5 miles hill road crossing – Loch Daimh 5 miles hill 9 miles road bike 4 miles hill	4	Meall Ghaordie, Stuchd an Lochain, Meall Buidhe, Meall nan Tarmachan	61	Van – nr Morenish OS 51		9 miles East end Loch an Daimh – Lochan na Lairige
12	Fri 25 th April	Lawers Group and Glen Lyon Hills OS 51	8 miles hill road crossing - Invervar 15 miles hill	12	Mealla'Choire Leith, Meall Corranaich, Bheinn Ghlas, Ben Lawers, An Stuc, Meall Garbh, Meall Greigh, Carn Gorm, Meall Garbh, Carn Maing, Meall nan Aighean, Schiehallion	73	Van – nr Tummel Bridge OS 51		
13	Sat 26 th April	Drumochter Hills OS 42	20 miles road bike 11 miles hill road crossing - Pass of Drumochter 14 miles hill	7	Sgalrneach, Beinn Udlamain, A' Mharconaich, Geal Charn, A' Bhuidheanach Bheag, Carn na Cairn, Meall Chuaich	80	Van – nr Dalwhinnie OS 42		20 miles Lasintullich – Dalnaspidal Logde in Glen Garry
14	Sun 27 th April	Tarf Hills OS 43	30 miles road bike 29 miles hill wild camp nr Loch Tilt	7	Carn Liath, Braigh Coire Chruinn-bhalgairn, Carn nan Gabbhar, Carn a' Chlamain, Beinn Dearg, Carn an Fhithleir, AnSgarsochh	87	Camp – Upper Tilt OS 43		30 miles Nr Dalwhinnie – Nr Blair Atholl
15	Mon 28 th April	Tilt and West Lochnagar Hills OS 43	21 miles hill road crossing - Cairnwell Ski Centre	8	Carn Bhac, Beinn Iutharn Mhor, Carn an Righ, Glas Tulaichean, An Socach, Carn a' Gheoidh, The Cairnwell, Carn Aosda	95	Camp – east of Cairn of Claise OS 43, 44		
16	Tue 29 th April	Day off at Braemar					Van – Cairnwell Ski Centre OS 43		
17	Wed 30 th April	Glenshee and Glen Clova OS 43, 44	15 miles hill	8	Creag Leacach, Glas Maol, Cairn of Claise, Carn an Tuirc, Tolmount, Tom Buidhe, Mayar, Dreish,	103	Van – Glen Doll OS 44		
18	Thur 1 st May	Lochnagar OS 44	10 miles hill Road bike 20 miles	5	Broad Cairn, Cairn Bannoch, Carn an t-Sagairt Mor, White Mounth, Lochnagar,	108	Van – nr Braemar OS 43		
19	Fri 2 nd May	Mount Keen OS 44		1	Mount Keen	109	Van – nr Braemar OS 43		
20	Sat 3 rd May	Cairngorms East OS 36	26 miles hill Corrour bothy	7	Ben Avon, Beinn a' Bhuird, Beinn Bhreac, Beinn a' Chaorain, Bynack More, Cairngorm, Beinn Mheadhoin	116	Corrour Bothy OS 36		
21	Sun 4 th May	Cairngorms Central OS 36, 43	14 miles hill	7	Derry Cairngorm, Ben Macdui, Carn a'Mhaim, The Devil's Point, Sgor an Lochain Uaine, Cairn Toul, Braeriach	123	Van - nr Kingussie/Newtonmore OS 35, 43		
22	Mon 5 th May	Cairngorms West OS 36, 43	26 miles hill	4	Beinn Bhrotain, Monadh Mor, Mullach Clach a'Bhlair, Sgor Gaoith	127	Van - nr Newtonmore OS 35, 43		
23	Tue 6 th May	Monadh Liath and Creag Meagaidh OS 34, 35	16 miles road bike 19 miles hill road crossing- Garva bridge 17 miles hill	9	Carn Sgulain, A' Chailleach, Carn Dearg, Geal Charn, Carn Liath, Stob Poite Coire Ardair, Creag Meagaidh, Beinn a' Chaorainn, Beinn Teallach	136	Van – nr Loch Laggan OS 34		16 miles

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24	Wed 7 th May	Loch Laggan and Loch Ericht Hills OS 42	4 miles road bike 3 miles mountain bike 16 miles hill Culra bothy	7	Creag Pitridh, Geal Charn, Beinn a' Chlachair, Beinn Eibhin, Aonach Beag, Geal Charn, Carn Dearg	143	Culra Bothy OS 42		7 miles
25	Thur 8 th May	Loch Ossian and Loch Treig Hills OS 41, 42	25 miles hill	7	Beinn Bheoil, Ben Alder, Sgor Gaibhre, Carn Dearg, Beinn na Lap, Chno Dearg, Stob Coire Sgriodain	150	Van - nr Glen Spean OS 41		
26	Fri 9 th May	North of Glen Nevis OS 41	19 miles hill	10	Stob Coire Easain, Stob a'Choire Mheadhoin, Stob Ban, Stob Coire Claurigh, Stb Coire an Laoigh, Sgurr Choinnich Mor, Aonach Beag, Aonach Mor, Carn Mor Dearg, Ben Nevis	160	Van - Glen Nevis OS 41		
27	Sat 10 th May	Mamores OS 41	3 miles mountain bike 17 miles hill 24 miles road bike	10	Binnein Beag, Binnein Mor, Sgurr Eilde Mor, Na Gruagaichean, Stob Coire a' Chairn, An Gearanach, Am Bodach, Sgurr a Mhaim, Stob Ban, Mullach nan Coirean	170	Van - Glenfinnan OS 40		27 miles
28	Sun 11 th May	Glenfinnan and Loch Lochy OS 51	14 miles hill 15 miles road bike 7 miles hill 3 miles mountain bike 20 miles road bike	5	Sgurr nan Coireachen, Sgurr Thuilm, Gulvain, Meall na Teanga, Sron a'Choire Ghairbh	175	Van - nr Laggan OS 51		38 miles
29	Mon 12 th May	Knoydart OS 33	32 miles hill	8	Gairich, Sgurr Mor, Sgurr nan Coireachan, Garbh Chioch Mhor, Sgurr na Ciche, Meall Buidhe, Luinne Bheinn, Ladhar Bheinn	183	Van - nr Kinloch Hourn OS 33		
30	Tue 13 th May	South Glen Shiel OS 33	4 miles hill road crossing Glen Quoich 16 miles hill camp - east of Sgurr na Sgine?	10	Sgurr a' Mhaoraich, Gleouraich, Spidean Mialach, Creag a' Mhaim, Druim Shionnach, Aonach air Chrith, Maol Chinn-dearg, Sgurr an Doire Leathain, Sgurr an Lochain, Creag nan Damh	193	Van - Glen Shiel OS 33		
31	Wed 14 th May	Kintail and Blaven OS 32, 33	10 miles hill 10 miles road bike 400m kayak 30 miles road bike	3	Sgurr na Sgine, The Saddle, Beinn Sgritheall	196	Bothy - Camasunary OS 32		28 miles
32	Thur 15 th May	Skye Cuillin (1) OS 32	18 miles hill	8	Sgurr nan Eag, Sgurr Dubh Mor, Sgurr Alasdair, Sgurr Mich Choinnich, Inaccaessible Pinnacle, Sgurr na Banachdich, Sgurr a' Ghreadaigh, Sgurr a' Mhadaidh	204	Glen Brittle OS 33		
33	Fri 16 th May	Skye Cuillin (2) OS 32	18 miles hill	4	Bruach na Frithe, Am Basteir, Sgurr nan Gillean, Blaven	208	Van - Loch Cluanie OS 33		54 miles
34	Sat 17 th May	North Glen Sheil OS 33, 34	54 miles road bike 12 miles hill	12	Carn Ghluasaid, Sgurr na Conbhairean, Sail Chaorainn, A'Chralaig, Mullach Fraoch-choire, Ciste Dhubh, Aonach Mheadhoin, Sgurr a' Bhealaich Dheirg, Saileag, Sgurr na Ciste Duibhe, Sgurr na Carnach, Sgurr Fhuaran	220	Bothy - Glenlicht House		

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35	Sun 18 th May	Glen Affric OS 25, 33	25 miles hill	8	Ben Attow, A 'Ghlas-bheinn, Sgurr nan Ceathreamhnan, An Socach, Mullach na Dheiragain, Beinn Fhionnlaidh, Carn Eighe, Mam Sodhail	228	Camp – East of Carn Eighe OS 25		
36	Mon 19 th May	North Glen Affric and Strathfarrar Hills OS 25	12 miles hill 3 miles road bike 4 miles hill road crossing Strathfarrar 10 miles hill 4 miles road	6	Tom a' Choinich, Toll Creagach, Sgurr na Ruaidhe, Carn nan Gobhar, Sgurr a' Choire Ghlais, Sgurr Fhuar-thuill	234	Camp – East Loch Monar OS 25		3 miles
37	Tue 20 th May	North Loch Mullardoch and West Loch Monar OS 25	30 miles hill	10	Carn nan Gobhar, Sgurr na Lapaich, An Riabhachan, An Socach, Lurg Mhor, Bidein a' Choire Sheasgaich, Sgurr Choinnich, Sgurr a' Chaorachain, Maoile Lunndaidh, Moruisg	244	Van – Strathcarron OS 25		
38	Wed 21 st May	Fionn Bheinn and Torridon OS 20, 25	7 miles road bike 4 miles hill 13 miles road bike 13 miles hill 4 miles road bike	4	Fionn Bheinn, Beinn Liath Mhor, Sgorr Ruadh, Maol Chean-dearg	248	Van – Kinlochewe OS 24		20 miles
39	Thu 22 nd May	Torridon OS 19, 24, 25	16 miles hill 7 miles road bike	6	Ben Alligin (Tom na Gruagaich), Beinn Alligin (Sgurr Mhor), Liatach (Mullach an Rathain), Liathach (Spidean a' Choire Leith), Beinn Eighe (Rudh-stac Mor), Beinn Eighe (Spidean Coire nan Clach)	254	Van – Kinlochewe OS 19		11 miles
40	Fri 23 rd May	Dundonnell and Fisherfield Hills OS 19	28 miles hill	8	Slioch, Ben Tarsuinn, Mullach Coire, Sgurr Ban, A' Mhaighdean, Ruadh Stac Mor, An Teallach (Sgurr Fiona), An Teallach (Bidein a'Ghlas Thuill)	262	Van –nr Dundonnell OS 19		
41	Sat 24 th May	The Fannaichs OS 20	8 miles road bike 22 miles hill 11 miles road bike	9	A' Chailleach, Sgurr Breac, Sgurr nan Each, Sgurr nan Clack Geala, Meall a' Chrasgaidh, Sgurr Mor, Beinn Liath Mhor Fannaich, Meall Gorm, An Coileachan	271	Van – nr Aultguish OS 20		19 miles
42	Sun 25 th May	Ben Wyvis and Beinn Dearg Group OS 20	8 miles hill 11 miles road bike 15 miles hill 5 miles mountain bike	7	Ben Wyvis, Am Faochagach, Cona' Mheall, Beinn Dearg, Meall nan Ceapraichean, Eididh nan Clach Geala, Seana Bhraigh	278	Van – Oykel Bridge OS 16		16 miles
43	Mon 26 th May	Assynt OS 15	25 miles road bike 9 miles hill 33 miles road bike 6 miles hill	3	Conival, Ben More Assynt, Ben Klibreck	281	Van – nr Altnaharra OS 16		58 miles
44	Tue 27 th May	Far North OS 9, 16	17 miles road bike 2 miles hill	1	Ben Hope	282			17 miles