

Ramsay's Round: Proposed anti clockwise schedule

The below mentioned times are all appropriate, determined by directional line of travel, weather and fitness levels

Number	Location	Height	Travel time	Cumulative time
Start	Glen Nevis Youth Hostel			
1	Mullach nan Coirean	3,077	1 25	1 25
2	Stob Ban	3,250	00 40	2 05
3	Sgurr a'Mhaim	3,601	00 45	2 50
4	Sgor an Lubhair	3,250	00 20	3 10
5	Am Bodach	3,382	00 20	3 30
6	Stob Coire a'Chairn	3,219	00 25	3 55
7	An Gearanach	3,200	00 45	4 40
8	Na Graugaichean	3,442	00 45	5 25
9	Binnein Mor	3,700	00 35	6 00
10	Binnein Beag	3,083	00 35	6 35
	Loch Eilde Mor		00 45	8 10
	Rest Period		00 15	8 25
11	Sgurr EildeMor	3,277	00 40	8 50
12	Beinn Na Lap	3,066	03 15	12 05
13	Chno Dearg	3,433	00 40	12 45
14	Stob Choire Sgriodain	3,211	00 30	13 15
	Loch Treig Dam North side		00 40	13 55
	Rest Period		00 15	14 10
15	Stob A Choire Mheadhoin	3,610	01 15	15 25
16	Stob Choire Easain	3,650	00 25	15 50
17	Stob Ban	3,217	01 25	17 05
18	Stob Choire Claurigh	3,858	00 50	17 55
19	Stob Coire An Laoigh	3,650	00 35	18 30
20	Sgurr Choimmich Mor	3,603	00 35	19 05
21	Aonach Beag	4,060	01 25	20 30
22	Aonach Mor	3,999	00 25	20 55
23	Carn Mor Dearg	4,012	01 35	22 30
24	Ben Nevis	4,046	00 45	23 15
	Glen Nevis Youth Hostel		00 44	23 59

4 Sgorr an lubhair: Mamore Ridge:

This mountain lost its Munro status in 1999 due to too small a renascent to merit its continued inclusion as a Munro. Because of its location on the Mamore Ridge,

Today, whether one is travelling on the round clockwise or anticlockwise, you must still pass over its summit to stay on line and on the ridge.

C C R January 2009