

**Ramsay's Round: Proposed clockwise schedule** The below mentioned times are all approximate, determined by directional travel, weather and fitness levels.

Number	Location	Height	Travel time	Cumulative time
Start	Glen Nevis Youth Hostel			
1	Ben Nevis	4,046	1 25	1 25
2	Carn Mor Dearg	4,012	0 35	2 00
3	Aonach Mor	3,999	0 45	2 45
4	Aonach Beag	4,060	0 15	3 00
5	Sgurr Choinnich Mor	3,603	0 55	3 55
6	Stob Coire an Laoigh	3,650	0 35	4 30
7	Stob Coire Claurigh	3,858	0 35	5 05
8	Stob Ban	3,217	0 30	5 35
9	Stob Choire Easain	3,650	1 15	6 50
10	Stob A Choire Mheadhoin	3,610	0 15	7 05
	Loch Treig Dam North side		0 45	7 50
	Rest Period		0 10	8 00
11	Stob Choire Sgriodain	3,211	1 10	9 10
12	Chno Dearg	3,433	0 45	9 55
13	Beinn na Lap	3,066	1 10	11 05
	Loch Eilde Mor		3 00	14 05
	Rest Period		0 15	14 20
14	Sgurr Eilde Mor	3,277	0 55	15 15
15	Binnein Beag	3,083	1 05	16 20
16	Binnein Mor	3,700	1 00	17 20
17	Na Graugaichean	3,442	0 40	18 00
18	An Gearanach	3,200	1 10	19 10
19	Stob Coire a'Chairn	3,219	0 30	19 40
20	Am Bodach	3,382	0 30	20 10
<b>21</b>	<b>Sgurr an Iubhair</b>	<b>3,250</b>	<b>0 25</b>	<b>20 35</b>
22	Sgurr a'Mhaim	3,601	0 30	21 05
23	Stob Ban	3,250	1 05	22 10
24	Mullach nan Coirean	3,077	0 45	22 55
	Glen Nevis Youth Hostel		1 04	23 59

### **21 Sgor an Iubhair: Mamore Ridge:**

This mountain lost its Munro status in 1999 due to too small a resascent 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**