

## Ramsay's Round: Proposed clockwise schedule

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 Choimmich Mor	3,603	0 55	3 55
6	Stob Coire An Laoig	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 Mheadoin	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	Binnean Beag	3,083	1 05	16 20
16	Binnean 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 Lubhair</b>	<b>3,250</b>	<b>0 25</b>	<b>20 35</b>
22	Sgurr A'Mhain	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 lubhair: Mamore Ridge:

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