



Across the heart of the Cairngorms: Trek the Lairig Ghru

"..one of Scotland's truly great walks.."

Saturday June 1st & Sunday June 2nd 2019

The Lairig Ghru is one of the best-known and best-loved treks in Scotland. Following an ancient route used for centuries by travellers, cattle-drovers and thieves, it crosses the Cairngorms from Deeside to Speyside. Although only a pass, and not a mountain peak, it reaches altitudes of 835m (2740 feet)—higher than many British mountains! As such, it is not to be underestimated, and its completion is a real achievement that will linger long in the memory.

Some folk hike the whole route in a day, but to do that is to miss much of the experience of being in the heart of the Cairngorms. On this trip we'll allow two days to complete the route, giving us more time to enjoy these wonderful mountains, and to experience a wild camp high in the hills.



The descent to Rothiemurchus on Day 2



Itinerary

Day 1: We will meet at 08:30 in Aviemore (exact location TBC), for a coffee, kit check and chat over the weather forecast and itinerary. Following this, we will be driven round the Cairngorms (approximately a 2-hour journey) in a private taxi/people-carrier to our start point, the Linn of Dee near Braemar in Deeside. We will shoulder our packs and start the trek, heading gradually into the Cairngorms. How far we reach on Day 1 will depend upon the group, the weather and how we feel, but evening will see us setting up camp for a night in the mountains.

Day 2: We will break camp and continue the trek, passing over the high point of the whole trek, before descending gradually into the ancient Caledonian pines of Rothiemurchus and our start point. We will aim to be back in time for folk to get a good start on their journey home.

The route is 20 miles/32 km in total, with ~810m of ascent—you should be fit enough to accomplish this over two days whilst carrying an overnight backpacking sack. Almost all of the route is on good paths, albeit rough at times.

An internet search will reveal lots of information on the route! Be aware though that many folk do the crossing from North to South.....we will be doing it South to North as this makes the logistics with taxis etc simpler.

Your Guide

Jonty Mills, UIMLA International Mountain Leader & Mountaineering Instructor (MIA). Extensive experience in the Cairngorms, and knowledge of their history, geology, flora and fauna.

Cost/Booking

£180 per person. This includes guiding and private transport from near Aviemore to the start of the trek. It does NOT include equipment or food. There are maximum of 6 spaces on this trip.

For enquiries or to book please contact me on jonty@onhighhills.com

Dates don't suit? Get in touch to discuss a private trip for you or your group.

Gear/Equipment

We will send you a required gear list on booking. Good quality one or two-man tents can be rented from us at £15 or £20 (respectively) for the trip. We also have a supply of good quality sleeping bags that can be rented at £5 for the trip---if taking advantage of this you MUST bring a sleeping bag liner with you to use, for hygiene reasons.

