

Names in Group plus mobile numbers -		
<i>Paul Carpenter</i>		
Date <i>18/07/2001</i>	Start location <i>Tomintoul, argyle B and B.</i>	Objective <i>Ben Macdui then ski centre</i>
Distance (Mile/km) <i>30 miles</i>		Maps used and time sunset <i>OS sheet 36, 404, 403 – 21.50 hours</i>

From <i>start location</i>	Route description	Height Gain/Distance	est time
To <i>Faindouran Lodge</i>	<i>Tarmac road to inchrory (179081) then gravel track to lodge (082062)</i>	<i>341m, 15.7 miles</i>	<i>5.5.hours</i>
To <i>Ben Macdui</i>	<i>Rocky paths and steep trails to summit via ford of Avon (042032) up to loch Avon – ascent steep path to plateau (006024) – head to Lochan buidhe (984011) then onto Ben Macdui (989989)</i>	<i>702m, 9.2 miles</i>	<i>4.2 hours</i>
To <i>Ski Centre</i>	<i>Rocky trails from summit back to Lochan buidhe – head west of cairn Lochan, follow gentle slope leading to ski centre.</i>	<i>4.7m</i>	<i>1.5 hours</i>
To			
To			
Total Time			<i>11.2 hours</i>

Escape routes			
From <i>Ford of Avon, 042032</i>			
To <i>Glenmore lodge</i>	<i>From ford travel north/east follow track off slopes of Bynack More via coire odbar (048076) to lochan uaine (green loch) 001105)</i>	<i>8.3 miles</i>	<i>2.5 hours</i>
From			
To			
Naismith Rule – always allow for slowest person. And whoever is carrying the most gear.		Add 10 minutes per hour for rests	<i>1 hour, 50 minutes</i>
<ul style="list-style-type: none"> • One hour for every 3 miles or 5 kms. • One hour for every 2000 feet or 600m gained 		Total estimate time for trip	<i>13 hours</i>