



Activity holiday itinerary

The Cuillin Munros

The majestic mountain range of the Cuillin enables us to offer a challenging and rewarding Scottish walking/mountain skills holiday with local, knowledgeable and experienced mountaineering instructor Matt Barratt from **Skye Adventure**. You'll stay at **Glenbrittle Youth Hostel** in the heart of Skye's stunning landscape.

The mountains and walks for the week are listed below; however weather patterns may affect which day each walk will happen. The more difficult Munros will be kept for days when the weather is at its best.

Meeting place

Course participants should aim to arrive at Glenbrittle Youth Hostel on Saturday evening to prepare for an introduction to the course at approximately 08.45 on Sunday morning. The course finishes on Friday evening, with departure on Saturday.

What to expect from your course

Your guide will have all the equipment you need – helmet, harness and hardware – so please have space for this in your rucksack. Your guide will also have necessary safety equipment, eg group shelter, first aid kit, etc. Please refer to our **Kit List** for other information about what to bring.

Each day will involve around eight hours of exercise: 8-12km of distance and 3000/4000ft of ascent and descent. It's important that you're as fit as possible to cope with this and so you can keep your concentration levels high even when you're tired. To do all eleven Munros on the ridge in four days involves fitness, good weather and some determination. We try to keep the days to eight hours in duration as we've founded this gives enough recovery time for the next day (for your guide as well!)

The Munros

▲ Sgurr nan Gillean

Fantastic scrambling via the west ridge or the southeast ridge (the so-called Tourist Route!). A proper summit with enjoyable exposure.

▲ Am Basteir

A slabby challenge, straightforward scrambling with the sting of the 'bad step' which looks daunting but succumbs to a confident approach.

▲ Bruach na Frithe

Easy by cuillin standards – a great viewpoint.

▲ Sgurr a' Mhadaidh

A scree gully leads to **An Dorus** and a short scramble bags the summit. Can be a good option for poorer weather.

▲ Sgurr Greadaidh

Can be reached from **An Dorus** via a quality ridge. The link to **Banachdich** is a classic section of knife edge scrambling if you like exposure!

▲ Banachdich

Often reached from the **In Pinn** and this way offers some nice scrambling over the south and the central summits to the northern munro summit.

▲ The In Pinn

A 65 metre climb to glory, followed by an abseil to a sense of relief and mild euphoria. Exposed but great fun!

▲ **Mhic Connish**

A long scramble from any direction, good quality rock and most often used as a good warm up for the **In Pinn**.

▲ **Sgurr Alasdair**

We almost always approach this from **Coire Ghrunnda**. A great long face scramble followed by an exposed summit on the roof of Skye.

▲ **Sgurr Dubh Mor**

Great quality gabbro, intricate route finding and another tiny summit make this a great scrambling experience.

▲ **Sgurr nan Eag**

A long and intricate approach leads to a summit with great views to the Small Isles – technically easy.

Accommodation and meals

Seven nights self-catering accommodation at Glenbrittle Youth Hostel, £659. Note that, at this hostel, shared rooms are often classed as mixed gender.

Optional extra

Continental Breakfasts for the week, £41.65.

Membership

Not included. For full details visit www.hostellingscotland.org.uk/membership

Transport

Independent transport is recommended to Skye due to its remote location. There is no public transport between Broadford and Glenbrittle. In the spirit of hostelling, if you bring your car it is likely that you will be asked to help with transport at the beginning or end of the walk.

If you intend to travel by public transport please advise the Reservations Team at the time of booking, or at least four weeks prior to arrival, as we often try and seek car share opportunities.

Fitness and terrain

A high level of fitness is required for any active holiday. This is doubly so for tackling the Cuillin mountains which have the roughest and most demanding terrain in Britain. If you have any concerns or questions about fitness levels, or any medical conditions, please consult us in advance. We want to ensure you enjoy your trip too.

Kit list

- Boots with good ankle support and a rigid sole
- Good waterproof/windproof jacket and trousers
- Warm clothing layers such as a good high wicking base layer next to the skin followed by mid layers of fleece or woollen sweaters
- Warm hat, gloves and scarf
- Sun hat and lotion!
- Water bottle
- A reasonable sized rucksack (around 40 litres) to carry your own food and drink for the day, spare clothing, etc
- Food for evening meals and breakfast* (see optional extra)
- Plastic survival bag and whistle
- Small first aid kit with personal medication, plasters, etc.
(A larger group first aid kit is carried by guide)

- Camera/binoculars (optional)
- Map/compass (optional)
- Midge repellent
- Flask (optional)
- Technical equipment such as helmet, harness, ropes are included.
(Some 40 litre rucksacks are also available from our guide.
Please let us know in advance if you require one.)

Leader

Matt Barratt – Skye Adventure

Matt Barratt is a qualified mountaineering instructor with ten years' experience of guiding on the Isle of Skye. Matt has been working in the mountains for 20 years. His qualifications include NCFE Bushcraft Instructor, Health and Safety at Work First Aid, OCN Forest School leader, as well as a Summer, Winter and International Leader Award.

Matt provided mountain safety training and advice for Scottish star stunt cyclist Danny MacAskill on the BBC's 'The Ridge'. He also guided a successful ascent of Mt Stanley (5100m), and has taken part in expeditions to Spitzbergen, Lahaul Himalaya, Siberia and Krgyzstan.

His favourite Munro on Skye is Sgurr nan Gilleann - because there's no easy way up and because it has 3 classic ridge routes leading to the top!

Operating ratio

Maximum Guide/Client ratio 1:4

Grading

Grade 4

You will get more from this trip if you have built up your hillwalking level in the few months prior to this trip. There is a very high level of regular walking for at least 7-9 hours per day and a good head for heights and scrambling experience is a must.

Important information

We make every effort to ensure that the holiday will take place on the planned dates. Please check with our reservations team before confirming your travel arrangements that the holiday will take place.

Booking information

To check availability of this holiday, please contact our friendly reservations team.

Tel: +44 (0)345 293 73 73

E-mail: reservations@hostellingscotland.org.uk