



WILD PLACES
REAL ADVENTURES
MEMORABLE JOURNEYS

13 Balmoral Road, Portree, Isle of Skye, IV51 9DX// e info@skyeadventure.co.uk//t 07818 884 609 or 07785 962 391

THE CUILLIN MUNROS

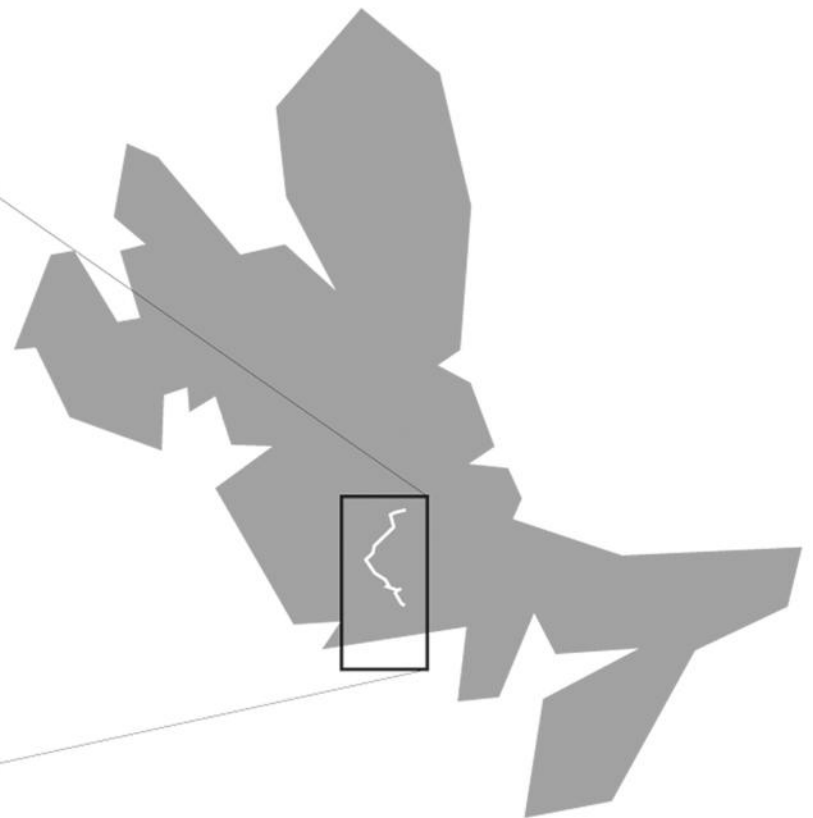
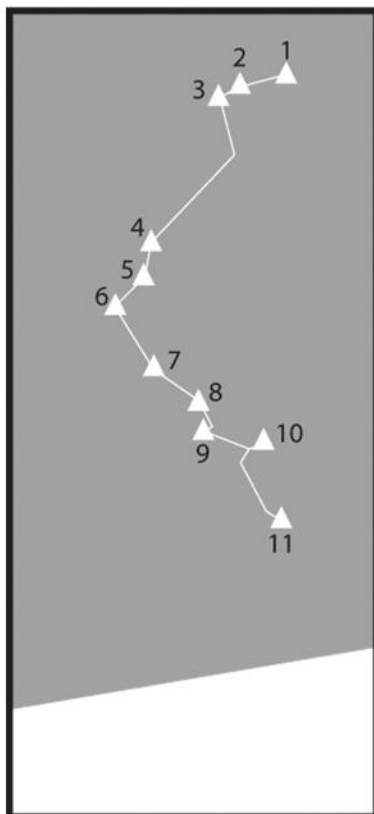
What to expect from your course

We will get in touch with you prior to your course to make meeting and travel arrangements. Your guide will have all the equipment you need-helmets, harnesses, hardware so please have space for this in your rucksacks. Your guide will have necessary safety equipment eg. Group shelter, First Aid Kit. Please refer to our Kit List for other information about what to bring.

Each day will involve around 8 hours of exercise: 8-12 km of distance and 3000/4000 feet of ascent and descent. It is important that you are as fit as possible to cope with this and so that you can keep your concentration levels high even when you are tired. To do all 11 munros on the ridge in 4 days involves fitness, good weather and some determination. We try to keep the days out to 8 hours in duration as we have found this gives enough recovery time for the next day-for your guide as well!

The Munros

- 1 Sgurr nan Gillean - Fantastic scrambling via the west ridge or the SE ridge (The so called Tourist route!). A proper summit with enjoyable exposure.
- 2 An Basteir - A slabby challenge, straightforward scrambling with the sting of the "bad step" which looks daunting but succumbs to a confident approach.
- 3 Bruach na Frithe - Easy by cuillin standards- a great viewpoint.
- 4 Sgurr Mhadaidh - A scree gully leads to An Dorus and a short scramble bags the summit, can be a good option for poorer weather
- 5 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!
- 6 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.
- 7 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.
- 8 Mhic Connich - A long scramble from any direction, good quality rock and most often used as a good warm up for the In Pinn.
- 9 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.
- 10 Sgurr Dubh Mor - Great quality gabbro, intricate route finding and another tiny summit make this a great scrambling experience.
- 11 Sgurr nan Eag - A long and intricate approach leads to a summit with great views to the Small Isles-technically easy.



COASTEERING, GORGE WALKING, CANYONING, MOUNTAINEERING & CLIMBING - WHAT WILL YOUR ADVENTURE BE?