



# Activity Holiday Itinerary

## Torridon Munros (3 Days)

In partnership with Nineonesix Guiding and based at Torridon Youth Hostel, the aim of this holiday is to provide an enjoyable, challenging experience which will build your skills in this wild landscape. There are options to try scrambling or to improve on your current knowledge.

This holiday has no more than 5 participants at any one time which gives you the opportunity to meet like-minded hillwalking enthusiasts and to receive detailed support and guidance from our mountain leader guides.

### Itinerary

#### **Saturday:**

- Arrive at Torridon Youth Hostel from 5pm and settle in.
- Briefing/equipment check at 8pm

#### **Sunday:**

- **Beinn Alligin** 985; with the option of an easy scramble on the way to the summit.

#### **Monday:**

- **Liathach** 1055m, one of the most famous and challenging ridges on the mainland.

#### **Tuesday:**

- **Beinn Eighe, Ruadh-stac mor** 1010m: Poised above the spectacular Coire Mhic Fhearchair with its famous Triple buttress and Beinn Eighe, Spidean Coire nan Clach, 993m.

#### **Wednesday:**

- Depart from Torridon Youth hostel after breakfast.

### Equipment List

- Waterproof/Windproof Jacket with a hood and waterproof trousers
- Walking Trousers/tracksuit trousers (not jeans)
- Correctly fitted 3 or 4 season walking boots (fairly stiff sole or rigid sole)
- Gaiters
- Fleece mid Layer
- Baselayer, e.g. wicking T-Shirt
- Gloves and spares
- Hat/Balaclava
- Head Torch/Spare bulb and battery (Ordinary Torch will do)
- A 25-30 litre + Rucksack and plastic liner
- Spare fleece or sweater and socks
- Water bottle
- Compass and whistle
- Relevant map OS Landranger 1:50000 Sheets 19, 25 and 26
- Survival Bag
- Flask (if desired)
- Sun hat/sun cream/sun block & Sun glasses
- Midge repellent.

**Please note, many clients find walking poles very useful for walking and descents in particular.**

### Grading

Grade 4.

This is a very rugged and demanding terrain with steep ascents. A high level of fitness is need, with scrambling experience and a good head for heights. The trip is ideal if you want to learn more about hillwalking and to achieve the ascents of the Torridon Munros with good company.

### Important Information

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



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### **Booking Information**

To check availability of this holiday, please contact our friendly Sales and Reservations team:

**Tel:** 0345 293 73 73

**E-mail:** [reservations@syha.org.uk](mailto:reservations@syha.org.uk)