

## **Cairngorms High Trek walking**

### **About the Cairngorms High Trek**

Anyone who thinks the Cairngorms are boring, has not explored either the interior or the high tops. This trip aims to do both and you will come away from it absolutely stunned by the dramatic landscapes, the glacier sculpted corries and glens, and the intricate beauty of arctic tundra flora.

Our route lies within the National Park and you will soon discover why it was created. We range from Beinn Avon in the east, across to the central massif and end up in the western group after restocking mid way. This is a challenging trek but not overly so if you prepare for it.

**Please note:** Backpacking and wild camping are required on this walking holiday.

### **Fitness Levels**

Due to the remote nature of the trip and lack of easy escape routes, participants should ensure that they have a high enough level of fitness to enable them to complete at least the linear parts of this holiday in full.

Although the distances are not long and we have all day to enjoy the route folk do have to have the ability to carry 30lbs or so on a daily basis - not impossible but some practice is advised. The terrain covered is mainly on paths and tracks, which may be rough, rocky and wet at times plus there is some un-pathed terrain.

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### At a glance...

- **Grade:** 4 - 5
- **Price:** £569 p.p
- **Duration:** 8 days
- **Accommodation:** 7 nights
- **Accom type:** Wild Camping/Hostel
- **Walking/Exploring:** on 8 days
- **Travel/Exploring:** 2 x ½ days
- **Group min:** 3
- **Group max:** 8
- **Meet:** C-N-Do Office, Stirling
- **Finish:** C-N-Do Office, Stirling



### Your walking holiday includes:

- Qualified Mountain Leader
- 8 days with walking
- 6 nights wild camping
- 1 night Youth Hostel
- Food for all meals provided
- Tents, stoves, gas and pots are provided
- Transport from and back to Stirling