Beinn Fhada and A’ Ghlas-Bheinn

Having cracked my radial head (elbow) a few weeks ago – I was itching to get out and about again. I had not done any exercise since that trip and was a little apprehensive about not being knackered at the end of this trip!!! No heavy lifting for 6 weeks they said – but nothing was mentioned about walking ☺ ha-ha

I have around 20 Munros left to do and all of those are in far flung places which are too far away for a day trip. So the plan was to drive up to Morvich the night before and it was decided that we would use the cars instead of tents. I have done this a few times before and I must admit I personally find it more comfy than the tent option (plus the fact that I had a duvet, pillow, sleeping back numerous mats – simply luxurious!!).

Left home around 20.00 on the Saturday night and the plan was to meet up at the commando memorial at 22.00. It went to plan and we found ourselves at Morvich for around 23.15. Perfect – no sunlight in October after 19.30 – so we parked up and got our kit ready and off to bed. Slept ok – woke a few times with a sore arm but apart from that it was pretty comfy!!

Woke at 05.15 and had the brew on by half past. A coffee and some Weetabix got me set up and before long we were off along Gleann Choinneachan. It was pitch black – not even a hint of sunrise so we were reliant on the head torches. As we headed towards Bealach an Sgairne – light started to filter through the eastern sky. I had been hoping that we would get a nice sunrise and was hoping reach the bealach for this. Initially I thought the sunrise was not going to be impressive, however on reaching the Bealach, I was met by probably the best sunrise I have ever witnessed. It certainly made up for the last sunrise I witnessed (which caused my broken arm!!!). On that topic – my arm was doing well, it was not too sore and the only time I had pain was when I pushed it out to balance after a slip - that was sore!!!!!

Anyway after 10mins at the Bealach we headed north and summited A’Ghlas Bheinn. A few false summits and a ridge which seemed to go on forever, however we topped out at about 09.15. An interesting hill but with a nice path all the way up.

The same cannot be said for Meall a Bealaich!! A grubby, wet , manky hill side with only hints of a path. The wet moss and grass and steepness made slipping a real possibility and with my bust arm, this made this ascent unpleasant!! I made sure that I had my good arm nearest the hillside as much as possible. Anyway eventually reached the saddle on Beinn Fhada’s north ridge and from here it was a slog to the summit. Arm was hurting a little now and my legs were a little tired now but the views were sill fantastic. Carn Eighe and Mam Sodhail had a good covering of snow but there was just sprinkle on Bheinn Fhada. It was now near noon and we had to head back to the car. We met a few people on our descent and eventually got back to the car around 14.30. A fantastic trip and a sunrise to make up for the evil sunrise in Atholl.!! Plus the benefit of know that I can get back walking (still cannot get on a bike though☹). A few ibuprofen and solpadol sorted that out!! Hopefully will get out again soon…..