



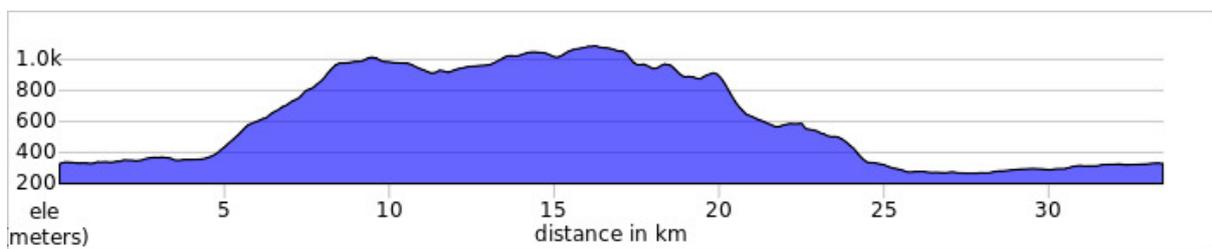
## Real World Riding – Glen Feshie Munro Adventure

2 Big Munros and a classic descent in a beautiful Cairngorm Glen



### Stats:

33km, 1042m Ascent



### Route Notes:

We start at Auchlean in Glen Feshie, and make our way deeper in to the glen, before heading up a good quality but unrelenting steep landrover track up into the hills after about 5km.

This track will deposit us at the edge of the plateau which forms the head of the valley over Loch Einich ( a great out and back razz and starter Bike-packing destination). We'll pop up from here to bag our first Munro: Mullach Clach a Bhlair, before heading back to the edge to climb up to the top of Carn Ban Mor, initially on this good track and then latterly on a narrow singletrack climb to the rounded summit.

The descent from here back to Glen Feshie is a classic in its own right, but with good weather, energy and inclination we'll continue North now on the ridge toward our second Munro Sgorr Gaoith.

From here we follow the ridge North West to gain Meall Bhuidhe and at the base of Geall Charn we head down from the Bealach and head into darkest Glen Mharcaidh to follow the singletrack path into the network of trails in Glen Feshie, eventually to pop out into Glen Feshie at the airfield for a final spin out down the road back to the start.

### **Variations**

This is a remote foray onto the Cairngorm plateau and so can be affected by the weather. The descent from Carn Ban Mor is a classic in its own right, and as such may be used if conditions on the main ridge are giving riders too many problems. This could be done with a visit to bag the second munro, so wouldn't mean missing out on bagging a second Munro.

### **Riders and their Bikes**

You would need to have a good level of hill fitness – we're bagging two munros with bikes, and be prepared for some potential hike-a-bike on the long ascent up the track to the plateau. You should be prepared for all weather on even the best day, with an extra layer and food and water for 4-6 hours on the hill.

You should be a happy red trail rider with some experience of black trails, and ideally have some experience riding outside the trail centre, but this is also a great starter for getting up in the hills for a fit rider developing their experience.

The Trail can be ridden on a XC hardtail with reasonably aggressive tyres, you should bring spare tubes (even if you run tubeless) and a derailleur hanger, as well as a helmet. You can choose your level of protection, but gloves and knee protection are highly recommended as standard on this type of ride.