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| Mountain name(s) and Section : | An Stuc | 2 |
| Grid reference(s) & height(s) in metres : | NN 639431 | 1118m |
| Date of ascent : | 15 September 2007 | |
| Brief note of route followed : NT car park to col between Beinn Ghlas & Meall Corranaich then path to col between Beinn Ghlas & Ben Lawers, then contour NE to Creag an Fhithich & N to An Stuc. Descent from col on S side of An Stuc to Lochan nan Cat, then Lawers Burn paths to A827 & Ben Lawers Hotel car park. Distance 16 km; ascent 850m; descent 1000m; time 8.5 hours. | | |
| Brief note of prevailing weather : Intermittent rain – light to moderate – brief clearances p.m. – very strong SW winds gusting to 60-70mph on ridges, cols etc; significant wind chill [down to –4C], 1C at 900m rising to 8C in afternoon – cloud level 800m rising to over 1000m for periods in afternoon. | | |

| MQI | Notes | Level |
|--|---|---------------|
| 1 Access | Good parking at NT visitor centre. Good paths as far as col between Beinn Ghlas & Ben Lawers – also from Creag an Fhithich to An Stuc; indistinct from col S of An Stuc to Lochan nan Cat ; thence to hydro scheme at 662427. Good paths down to A827 at Lawers village. No seasonal restrictions noted. | 4 |
| 2 Fauna | Very limited observation due to severe weather – black & red grouse seen near NT car park. Hill sheep farming still well in evidence. Faint sounds of stags rutting in high corries near Lochan nan Cat. One raptor seen on E slopes of Ben Lawers in afternoon – not an eagle; - a buzzard? | 2 |
| 3 Flora | Glens / Lower Slopes : Encouraging regeneration in protected areas between NT car park & up to shielings below Coire Odhar – nature trails apparent. Also good wooded areas from 350m down to Lawers village on A827 | 3 |
| | Alpine Zone : Again very limited observation due to severe buffeting from wind above 600m – general impression was of a reasonable montane flora. [Lawers NT Reserve is famous for rarer alpines] | |
| 4 Drainage | Part of hydro scheme catchment for Lochan na Larige dam on minor road from Loch Tay to bridge of Balgie in Glen Lyon –evident on Burn of Edramurchy & at 600m on Lawers Burn. Overall little impact on natural drainage pattern. | 3 |
| 5 Past Human Influence | Shielings well in evidence on route to Coire Odhar & then again between 600-700m on Lawers Burn & again lower at 500-550m. Lawers Burn 'path' constructed to give access to shielings. Also old hydro paths & associated 'roads/tracks'. Coire Odhar recorded as an original area for skiing in Scottish Highlands. | 3 |
| 6 Recent Human Influence | NTS visitor centre & car park at 609379. Nature trail area en route to Coire Odhar – fenced off to deter grazing from prevalent hill sheep farming (and some deer) – regeneration very apparent here and in protected areas on descent route to E of Lawers Burn. | 3 |
| 7 Degree of wildness | Prevailing weather emphasised this on way to An Stuc. Ridge of Creag an Fhithich & then to An Stuc was particularly difficult due to high wind from W. Steep descent to Lochan nan Cat. In morning met several groups heading for An Stuc – I was with Ian MacAskill - all part of a completion by Stuart Roxburgh (Grampian Club) – about 25 made it to the summit eventually but some 6 or so gave up on Lawers. | 4 |
| 8 Aesthetic / physical response | An Stuc is the most attractive summit of the Lawers range – an excellent hill but a very real physical & psychological challenge on this occasion. Physically by far the hardest 'completion' that I have experienced! The aesthetic response was also of a high quality despite the weather limiting views and photography etc. The 'party' held in a sheltered hollow on the lee side of the summit was a success. | 4 |
| Total MQI Score | | ★★★ 26 |

Survey completed by :

☼ denotes plant species observed in flower