

Mountain name(s) and Section :	Ladhar Bheinn	10
OS Map, Grid reference & height :	33	NG 823039
Date of ascent :	Saturday 27 September 2008	
Brief note of route followed : From Inverie, by the Mam Uidhe 4WD track, taking R track at junction in forest after 2 miles, into Gleann na Guiserein to Folach, then by unmade hillwalkers' path by stream NE into Coire Garbh, onto An Diollaid, then following ridge to summit, and out to Stob a'Choire Odhair, then returning to main ridge following it over Bealach Coire Dhorraicail, Aonach Sgoilte, and c500m E of Mam Suigheid. From there descended N into lower part of Coire Torr an Asgaill, crossing Allt Coire Torr an Asgaill to join stalkers' path back to Folach, thence returning to Inverie by outward route.		
Distance – 20 miles	Total ascent – 1400 m	Time taken – 10 ½ hours
Brief note of prevailing weather : Overcast, base lowering to 700mand persisting thus, with continuous rain from 0900 to 1500, SW wind, veering W. Gradually clearing from 1500, becoming clear and sunny by 1700.		

MQI	Notes	Level
1 Access	Knoydart Foundation / JMT land. No stalking on Sat / Sun. Declared open access policy, although there was stalking in this area on Friday. Stalking activity posted in the estate office at Inverie daily on weekdays. 4WD track to Folach, then unmade boggy path up to ridge. Ridge path to summit and Aonach Sgoilte, but more intermittent thereafter. Stalkers' path down Coire Torr an Asgaill.	4
2 Fauna	Glens / Lower Slopes : Divers in Inverie Bay. Stalking ponies. Meadow pipits, black slugs, northern eggar caterpillars, fox scats, roaring stags, raven, crane flies, Highland midge, frogs. Birdsong in wood. Montane Zone : Roaring stags, deer droppings, black slugs, meadow pipits, frogs.	3
3 Flora	Glens / Lower Slopes : Conifer plantations (larch, sitka spruce, lodgepole pine). Some felling and replanting with native species. Grass dominated on almost treeless landscape outside forest, with some heather☼, bell heather☼, devils bit scabious☼, clover, birds foot trefoil, tormentil☼, sphagnum & polytrichum moss, parsley fern, bracken, soft rush, cross leaved heath☼, blaeberry, foxglove, woolly fringe moss, bog asphodel, bog myrtle, eared willow, browsed spruce & birch saplings, gorse, rhododendron saplings, violets☼, purple saxifrage☼, broom, bramble, ragwort☼, fungi, cotton grass. Isolated rowans, alder, oak & birch by river. Cladonia, alpine lady's mantle, butterwort. Montane Zone : Grass dominated (little or no heather except in steep gullies). Alpine lady's mantle☼, sphagnum & polytrichum & moss, blaeberry, violets☼, woolly fringe moss, cladonia, parsley fern, stiff sedge, tormentil☼, bog asphodel, fir clubmoss, roseroot, fungi, thrift, deer grass, purple moor grass. On Aonach Sgoilte, cowberry & crowberry.	3
4 Drainage	Natural throughout. Some local erosion on ridge path especially between summit and Aonach Sgoilte. Some very boggy areas and peat hags in Coire Torr an Asgaill. Bridges across streams and over 4WD track. Allt Coire Torr an Asgaill crossed dryshod on descent.	4
5 Past Human Influence	Old drystone sheep fanks. Old stalkers' path in Coire Torr an Asgaill. Old rusty fence by 4WD track. Old pine roots exposed by 4WD track indicative of past deforestation. Old ruined shepherd's cottage at Folach. Old cylindrical triangulation pillar at SH 1010.	3
6 Recent Human Influence	Estate bought out by Knoydart Foundation in 1999. New bridge and deer fence at Folach (funded by Knoydart Foundation members). Plantation forests. Recent logging of non native species by Knoydart Foundation in Inverie Wood, and commencement of replanting with native species – part of an ongoing programme. 2 or 3 planes heard. Trig point at SH 1010 partly demolished. Peat built shooting butt by stalkers' path by Allt Coire Torr an Asgaill. Stalking ponies at Folach. Occasional passage of Landrover on 4WD track. Well used ridge path with some local erosion.	3
7 Degree of wildness	A moderate walk in and a long and fairly arduous walk in total, with numerous reascents on the ridge after passing the summit over fairly rough ground. Some scrambling made awkward by the wet rock which was slippery. Only 4 other people seen on the route (at summit), although this may be partly accounted for by the mist, which along with the rain, added to the wildness on this occasion. A splendidly remote hill. The grandeur of Coire Dhorraicail could be seen only to a limited extent through the mist. A fine airy ridge from SHs 1010 to 1020, and out to Stob a'Choire Odhair. Single small cairns at each summit (except SH 1010, which has a trig point). A triple summit on main ridge. Wildness enhanced by the sound, and later sight, of roaring stags at the start of the rut. The ridge over Aonach Sgoilte might aptly be nicknamed the "Palamino Ridge". Aptly named the "Rough Bounds of Knoydart".	4
8 Aesthetic / physical response	A magnificent hill, although not seen to best advantage by this route. In the mist, the views (recalled from earlier ascents) could only be imagined. Has the added attraction of being a coastal (and peninsular) hill climbed not only from sea level, but from the sea itself. Views of the Skye Cuillin on descent.	4
	Total MQI Score	★★★★
		28

Survey completed by :

☼ denotes plant species observed in flower