

Walk/climb 34 – Monday 5th June 1826m climbed, cumulative 36,547m



Jim Macgregor

June 5, 2023 at 9:57 AM · Highland, Scotland

Walk 34. Part 1 of the Cuillin ridge



Congrats! You just became 5th on Glasnakille Climb!

Distance
9.04 km

Elevation Gain
1,826 m

Moving Time
4:06:11

Steps
23,216

The Cuillin ridge climb is a classic mountaineering scramble & rock climb which is seen as the hardest in the UK. Unless you have been up there it is very hard to describe. Apart from the challenge of the physical demands there is also the mental demands spending two days watching every single footstep and hand hold as the smallest error could lead to you falling over the narrow edge.

Photo below is the boat journey to the start which then involves 900m straight out of the water.



Myself and Mal had the guide book, our fitness and Mal's rope skills but even with this, the stats aren't good. For all groups that attempt the Cuillin Ridge the first time only 5% complete it. The exposure for 2 full days is too much for many people. I have to say most the time you aren't enjoying the view as you are far too focused on where your feet are.



This is the first climb up. Mal's wife returned on the boat back to the car park which meant our climb was the most direct. It can never be underestimated how vital support is.

In the photo we are on the summit of Garsbheinn and the sea loch can be seen below. 900m of sheer slogging it up the mountain and that is when "officially" the climb starts from the summit. Yuh?



A great deal of the climbing is like in the photo on the left. This includes pitching with safety gear in and near vertical climbing. The first part of the ridge is scrambling but no rock climbing and quickly leads you in to a false sense of security on how easy it may be! The first major challenge was the TD Gap which involves a climb up and then abseil down. Not for the faint hearted! The day was moving on as we didn't leave the boat until 10.00am so by the time we got to our last peak of Inaccessible Pinnacle (IP) where there is a usual bottleneck of climbers me and Mal had it completely to ourselves. Now IP is named as such because without a rope you can't get up it. The climbing isn't too steep but it is super-exposed and a classic mountain. It also requires another abseil.



After 10 hours after walking/climbing and scrambling we set to find our bivvy. This entailed climbing off the ridge and down to a small spring of water (essential as I had used up 3 litres of water). I have to say the rocks we slept on were very uncomfortable, I was dreaming about where to put my feet in the few 20mins bits of sleep I had and bitten by midges but the views were amazing.

Walk/climb 35 – Tuesday 6th June 1190m climbed, cumulative 37,737m



Jim Macgregor

Yesterday at 7:52 AM · Highland, Scotland

Walk 35 of Jim's 50,000m at fifty. Cuillin Ridge day two

Finished it in 2 days. Haven't felt this shattered for a while



Distance	Elevation Gain
17.57 km	1,190 m
Moving Time	Steps
7:06:02	22,954
Calories	Avg Heart Rate
3,782 Cal	112 bpm

Well I got up at six and re-filled the water bottles for the day ahead. I think my comment to Mal was I felt someone had punched me all over as I had very little sleep and was dehydrated which is tricky knowing you have to do just as much effort (if not more) again.

We climbed back onto the ridge and proceeded to head in a Northerly direction. The mist was down but it was still very muggy and very atmospheric. Also with no wind the midges were out in force so the few times we did stop it was bitten alive. We proceeded along the ridge which became harder and harder technically.

Towards the end is Am Basteir which involves a really tricky exposed climb. It was the first time we had to wait for other climbers and I must say my nerves starting shredding a bit waiting. Still cracked on from a very narrow ledge with one to go!



Left: top of one of the peaks getting eaten alive!

Below: The Red Cuillin to the East





The final climb up Sgurr nan Gillean also involved a rock climb and an abseil down. Two women who we had seen a couple of times on the last day were up there so handy for taking photos for each other. Photo above is on the last peak with some of the ridge in the background behind us. Special photo for a special trip and super proud of the achievement for both of us. It was then an abseil off the mountain. When returning to my rucksack I found it had been opened and the contents shredded all by a pesky crow! Well that's all I needed. We then had a 2.5 hour walk out to the pub where Mal's wife was going to pick us up. In the guide book it mentions people trying to make last orders. Well for food we had **4mins to spare**. The long walk out resulted in me losing a toe nail and sore feet but the fish and chips were great! I don't think I have ever done anything so challenging, particularly mentally!

Walk/run 36 – Thursday 8th June 833m climbed, cumulative 38,570m

Jim Macgregor
 Today at 12:47 PM · Highland, Scotland

Walk run 36 of Jim's 50,000m at fifty
 Quick shake down walk run from Fairy pools to Glen Brittle



Distance	Elevation Gain
7.00 km	833 m
Moving Time	Steps
1:49:07	10,426
Calories	Avg Heart Rate
820 Cal	118 bpm


 A collage of three images. On the left is a selfie of a man with a red headband and sunglasses on his head, smiling. In the middle is a wide landscape view of a valley with a winding road and green hills. On the right is a vertical image of a waterfall cascading over dark rocks into a pool of water.

Well after one day of rest from the Cuillin Ridge I thought I might get another cheeky mountain in! The plan is to visit the Isle of Syke for a week as we needed a 2 day weather window. Luckily we have been blessed and so managed it on day 2 and 3. That has allowed us to chill out checking out distilleries, bit of fishing and a castle or two.

Today I set off from Fairy pools to climb Sgurr Thuilm at 881m high. This involved leaving the tourist area on Fairy Pools and heading straight up hill for 3km. It isn't quite on the same ridge as the Cuillin Ridge but does connect up. That means there were no footpaths up there! A bit more clinging on by my finger nails and reached the summit after an hour and a half. The way down was straightforward back to Glen Brittle Youth Hostel with some gorgeous waterfalls and pools at the end. Forgot to say this is with a toe nail that is just about to go from the walk out a couple of days ago. All good though and hopefully one more climb on Saturday on the way home. So far that is nearly 4000m covered in a week!

Walk/run 37 – Saturday 10th June 1308m climbed, cumulative 39,878m

With time to kill before catching the ferry at 2.15am tomorrow we were in no rush to drive down to Heysham Port. After a short ferry ride off the Isle of Skye we headed south towards Glen Coe. Another famous ridge, famed for its exposure and how narrow it is with grade 2 scrambling is the Aonach Eagach where once on it you are committed to the end.

Jim Macgregor
Today at 12:40 PM · Glencoe National Nature Reserve, Scotland

Walk run scramble 37 of Jim's 50,000m at fifty
Aonach Eagach ridge and Pap of Glencoe.
Very hot

Start and end hidden

Distance	11.26 km	Elevation Gain	1,308 m
Moving Time	3:41:51	Steps	20,022
Calories	1,494 Cal	Avg Heart Rate	117 bpm

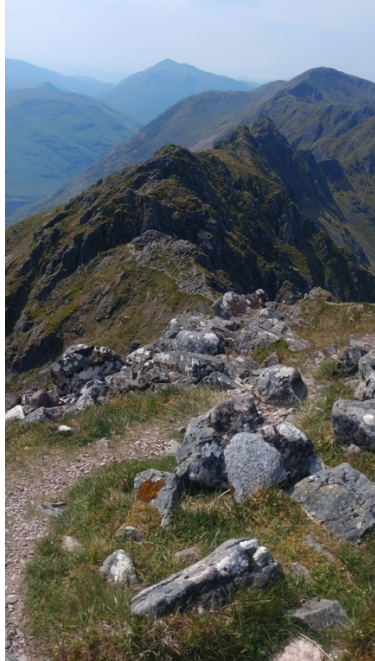
The image shows a man, Jim Macgregor, wearing a red headband and sunglasses, smiling on a mountain ridge. The background is a vast, rocky mountain landscape under a blue sky with scattered clouds. The app interface is overlaid on the left side of the image, providing details about the hike.

After being dropped off up the pass a bit I headed off by myself up the first munro. This is a Scottish Mountain over 914m. It only took me an hour with some great views on top. This ridge is quite renowned for its exposure so I had done a bit of research before heading off. One thing I changed was from my fell shoes to Walking boots. I considered I would need the foot support for the ridge!

Mal had already advised me that the exposure was nothing like the cuillins so set off and sure enough I didn't find the exposure or the scrambling too hard but then again maybe my fear senses have been hidden now? I met quite a few people who were understandably cautious on the ridge and overtook many of them. One very inspiring I met had only just got into hill walking at about 60 and so that he could access the mountains had learnt to drive. He said it had changed his life dramatically. Fair does to him, the mountains definitely have a draw to them.

I travelled light with my usual fell running bum bag and two bottles of water as temps even on the ridge were over 20 degrees. After completing the ridge I decided to go up the Pap

of Glencoe which overlooks the valley. Amazing views but I was running short of water and my life straw to drink from a stream was useless as all the streams had dried up. I got back to the car park and had a quick wash in the river (much to the annoyance of a fisherman downstream) before we started driving South. In total this week in Scotland I have accumulated over 5000m and my body is certainly telling me this.



To the left one of the steeper, trickier sections of the ridge.

Below on top of the Pap of Glencoe looking down the valley.



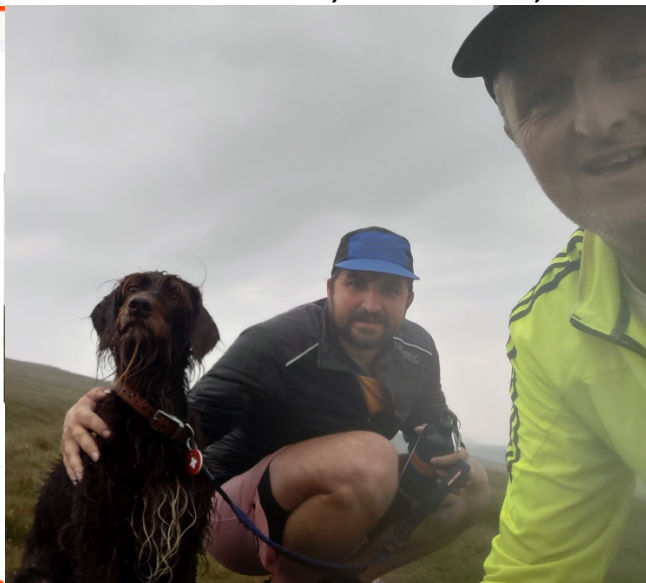
Walk/run 38 – Saturday 10th June 1150m climbed, cumulative 41,028m

Subscription Preview 26 days left

Jim Macgregor
Today at 7:42 AM · Laxey, Garff

Run 38 of Jim's 50,000m at fifty
Good run on the manx hills again with Svet and Ruby

Distance	Elevation Gain
15.63 km	1,150 m
Moving Time	Avg Pace
2:32:35	9:46 /km
Avg GAP	Calories
6:51 /km	1,574 Cal



Back on the Manx hills today. Think it was the first time we have seen rain for over 4 weeks so came as a bit of a shock! It was quite atmospheric up there with the mist swirling in and out. We ran out from sea level today and covered 4 peaks. Ruby had a boost ½ way round with a doggy energy bar thanks to Skinners! I had positioned my van the night before to save having to run out. Legs still feel a bit heavy from Scotland! Well that breaks the 40,000m mark!

Run 39 – Saturday 24th June 1151m climbed, cumulative 42,179m

Subscription Preview 19 days left



Jim Macgregor

Today at 5:43 AM · Laxey, Garff

Run 39 of Jim's 50,000m at fifty

Back on Manx Hills on my own. Parish walk day today. Super excited. Good luck Carole and Olivia



Distance	Elevation Gain
15.87 km	1,151 m
Moving Time	Avg Pace
2:12:59	8:23 /km
Avg GAP	Calories
5:53 /km	1,389 Cal



Back to the Manx hills today and on my own as my hairy “Scottish” mate Svet is in Scotland enjoying a wedding. Woke up early and had already left my van at Windy corner the night before so set off at 5.30. Discovered later that Ruby had been whining when I left so all the creeping around was wasted with her waking up the house!

Plan today was to do the same route as last week and see how I fair. It was one of those strange days where the mist was in and out. Each time I got my phone out to take a photo mist descended again. I saw no one today which is maybe not surprising considering the time of morning. All went really well and actually knocked off around 20mins from last week.

I am here sporting the parish walk shirt and hat. This is an 85 mile walk round the parishes of the Island and it starts at 8.00am today. With a few mates doing it this year I finished just in time to see them walk out of Douglas. Always gets me super excited to see it and who knows I might have another crack again in the future.

Run 40 – Wednesday 28th June 885m climbed, cumulative 43,064m

Mid week cheeky number today. As part of the Manx Fell Runners League you have to marshal a race. Well that was the plan today but to get the height in I had a quick pound up North Barrule before then meeting up with Svet to get to our marshalling point. This was the site of an aircraft crash from 1945 where 31 American servicemen died. The evening turned out to be a cracking one and ended up being surprised what height we climbed.

Always great to see the runners racing and disappearing into the clouds for the final summit. After collecting the checkpoint clickers in we headed down the steep slopes back to the car park. Great evening with a great bunch of people.

Subscription Preview 15 days left



Jim Macgregor

Today at 5:07 PM · Maughold, Garff

Run 40 of Jim's 50,000m at fifty

Marshalling for the North Barrule fell race



Congrats! You just became 8th on Three Legs Up!

Distance	Elevation Gain
9.92 km	885 m
Moving Time	Avg Pace
1:57:56	11:53 /km
Avg GAP	Calories
7:05 /km	1,122 Cal

