



View of Loch Lomond from Conic Hill

Photo by Maggie Nutley

STRATHKELVIN RAMBLERS

Rambles and Hill Walks

Programme 56

APRIL – SEPTEMBER 2019

CONTACTS LIST

	Leader(s)	Telephone No	Mobile
	Pauline Anderson	0141 770 9943	07866 414 887
	Ann and Robert Bain		07802 452 693
	Lorraine Beaman	01360 312 584	07858 766 650
	Mary Brown	0141 578 3749	07786 453 029
	Bob Cole	0141 578 3533	07481 929 520
	Alan Connor	0141 776 1549	
	Evelyn Cook		07914 025 467
	Ella Corbett	0141 779 2595	
	Joan Darling	01360 311 922	07712 316 333
	Christine & Frank Duffy	0141 776 1638	
	Stuart Ferguson		07802 744 620
	David Ford	0141 578 6748	07938 884 883
	Lily Halkett		07535 109 973
	Charlie Hasson	01506 411 886	07960 264 155
	John Hinton	01360 311 944	
	Parmjit Kaur		07595 330 213
	Christine Kitchener	01360 312 347	07795 648 250
*	Neil Kitchener	01360 312 347	07802 320 958
	Moir Lang	0141 776 4161	07857 509 438
	Ann Langley	01360 310 807	
	Archie Leishman	01360 620 346	07842 532 394
	Evelyn Leishman	01360 620 346	07842 532 396
	Caroline Logan	0141 946 9184	07758 240 855
*	Hazel Macfarlane	0141 578 1611	07596 284 514
	David Mackenzie	0141 762 3412	07443 932 253
*	Ann Martin	01360 310 070	07904 278 359
	Barbara Martin	0141 779 3796	07773 935 250
	Aileen McLay	0141 775 1339	07762 386 507
	Eric Meechan		07932 508 861
	Sheila Meiklejohn	0141 578 3093	07813 503 224
	Matt Millar	01236 728 970	07563 708 120
*	Maggie Nutley		07853 000 248
	Christine Pacione	01360 312 749	07715 446 140
*	Liz Paterson		07490 285 426
	Lesley Queen		07746 316 236
	Rena Scott	0141 328 3697	07933 239 753
	Alan Thomson	0141 776 4755	07860 497 905
	Anne Wilkie	0141 776 3145	07956 537 408

(* denotes Programme Sub-committee member)

IMPORTANT DATES TO REMEMBER

16 Mar	Contact Hazel Macfarlane by this date if attending visit to The Engine Shed in Stirling on 16 th April
30 Mar	Contact Alan Connor by this date if attending the Chinese meal at The Cotton House on 28 th May
3-6 May	Scottish Ramblers Gathering 2019 – based in Melrose
8 May	Contact Robert Bain by this date if going on bus to Dunkeld on 18 th May
27 May	Contact Christine Pacione or Ann Martin by this date if attending visit to the Kilsyth Gardens on 5 th June
5 Jun	Contact Robert Bain by this date if going on bus to Fife Coast on 15 th June
15 Jun	Walk details and social events for Winter Programme by this date, if possible
27 Jun	Programme Meeting in Miners Welfare and Social Club at 7pm All members welcome – meeting is not just for Walk Leaders
1 Jul	Contact Neil Kitchener by this date if attending Treasure Hunt on 4 th July
25 Jul	Contact Aileen McLay by this date if attending walk to, and lunch at, The Golden Pheasant on 1 st August
7 Aug	Contact Robert Bain by this date if going on bus to Pentlands on 17 th August
20 Aug	Cheques for balance of payment to Neil Kitchener by this date if attending Strathpeffer Walking Weekend
27-30 Sep	Strathpeffer Walking Weekend 2019

***** REMEMBER TO *****

CHECK THE WEBSITE FOR ANY CHANGES TO THE PROGRAMME

**ALWAYS CONTACT THE WALK LEADER
IF PLANNING TO MEET THE GROUP AT THE WALK START LOCATION
AS IT MAY HAVE CHANGED**

RAMBLERS SCOTLAND

STRATHKELVIN GROUP

PROGRAMME No 56 (April – September 2019)

STRATHKELVIN GROUP COMMITTEE MEMBERS		
Chairperson	James Lawson	0141 775 2845
Treasurer	Robert Bain	07802 452 693
Secretary	Ann Martin	01360 310 070
Minute Secretary	Mary Brown	0141 578 3749
Programme Co-ordinator	Neil Kitchener	01360 312 347
Membership Secretary	Anne Wilkie	0141 776 3145
Webmaster	Archie Leishman	01360 620 346
Bus Convenor	Robert Bain	07802 452 693
Halls Convenor	Barbara Martin	0141 779 3796
Footpaths Officer	James Lawson	0141 775 2845
Independent Member	Martha Thom	

STRATHKELVIN RAMBLERS WEBSITE

You are encouraged to check our website www.strathkelvinramblers.org.uk on a regular basis for ongoing changes to the current programme. In addition, we have a group web page www.ramblers.org.uk/strathkelvin on the main Ramblers website.

You can also register your email address at info@strathkelvinramblers.org.uk to be kept up-to-date with the latest news from the group.

THE RAMBLERS

Ramblers 2nd Floor Camelford House 87-90 Albert Embankment London SE1 7TW Tel: 020 3961 3300 (General enquiries) E-mail ramblers@ramblers.org.uk Web www.ramblers.org.uk	Ramblers Scotland Caledonia House 1 Redheughs Rigg South Gyle Edinburgh EH12 9DQ Tel: 0131 357 5850 E-mail scotland@ramblers.org.uk Web www.ramblers.org.uk/scotland
--	---

For enquires regarding membership go to www.ramblers.org.uk/membershipenquiries

Non-Members are welcome to join us on two walks before joining the Ramblers. Joining the Ramblers gives automatic membership of your local group and the right to walk and socialise with any other group nationwide.

SAFETY

Every effort is made to ensure members' safety. However, neither the group nor the Walk Leaders can accept liability for any accident. Everyone's safety depends on the co-operation of each member. Please consider other walkers and inform the Walk Leader as soon as possible if you spot a problem or potential problem. All incidents on walks must be reported to the Secretary. Any comments, complaints and/or suggestions should be sent to the Chairperson for discussion at the next committee meeting.

Guidelines for Walk Leaders and Walkers can be found on our website www.strathkelvinramblers.org.uk under "Guidance".

GRADES OF WALKS

- A** Strenuous. Only for the fit. Often over high, rough terrain involving steep ascents/descents
- B+** Moderate to strenuous
- B** Moderate - hills and moorland paths
- C+** Mainly level but could have inclines - less than 17 km (10.5 miles)
- C** Mainly level - less than 12 km (7.5 miles)

If you are unsure of your ability, please consult the Walk Leader by telephone before 9.00pm on a day prior to the walk.

MEETING POINTS FOR CARS AND BUSES

Saturday - Southbank Business Park Visitor Parking, G66 1XQ.
Car Park located off Southbank Drive, opposite Police Station car park.

Wednesday - Lidl Car Park, Milton Road, Kirkintilloch G66 1SY.
Due to parking restrictions at Lidl store, the Walk Leader must hand in a list of registration numbers of cars being left in the car park.

Meet at the appropriate car park by **8.50am** for a prompt **9.00am** departure unless a different start time is listed against the walk in the programme e.g. **8.20am** for an **8.30am** departure.

COST OF TRAVEL

Cars - A contribution of 10p per mile towards petrol costs to be paid by the passengers in each car, subject to a maximum of £10. The Walk Leader will advise members of cost on the day.

Buses – Cost £12

All seats must be booked in advance. If you wish to go on any of the bus outings, you must contact the Bus Convenor before the cut-off date. Cancellations will be charged. Please note that if a minimum number of 25 bookings is not received then the bus will be cancelled. Visiting members are welcome on all our outings. However, on the rare occasions when the bus is full, Strathkelvin members will be given priority.

NOTICES

SHORT THURSDAY WALKS

Each Thursday, Jim Lawson leads a short walk of approximately 3 miles starting at 10am.

Walks are local, within a 10 mile radius of Kirkintilloch.

Walk start point is also the meet up point.

Linear walks use a local bus for the return leg (bring your bus pass if you have one).

After the walk, coffee and a chance to chat in a venue near starting point of walk

**If interested, please phone Jim Lawson on 0141 775 2845
with your email address or mobile number**

Details will then be sent to you weekly

SCOTTISH RAMBLERS GATHERING 2019

Friday 3rd May to Monday 6th May 2019

The popular annual volunteer-run festival, The Gathering, will be held this year in Melrose, a town in the Scottish Borders, with easy access to the Eildon Hills and other fine local walking areas

Eildon Ramblers are hosting the event and organising many walks in the area, mainly starting and finishing in Melrose

More detail, including how to register and book accommodation, is on the homepage of the Ramblers Scotland website

For more information, go to www.ramblers.org.uk/scotland

STRATHKELVIN RAMBLERS WALKING WEEKEND AUTUMN 2019

Friday 27th to Monday 30th September

Located in Strathpeffer staying at
Bay Highland Hotel
IV14 9AN

Cheques for balance of payment to Neil Kitchener by 20th August

APRIL 2019

Wednesday 3 rd April 2019			
Grade C+	Forth Valley Wood Walk Woodland paths and gravel tracks		
O.S. 65	Distance 11km	Ascent Negligible	
Walk starts at	Maggie's Centre, Larbert	Grid Ref NS 852 830	
Leader	Liz Paterson		
Saturday 6 th April 2019			
<i>Walk to be led at an easy pace</i>			
Grade B	Allermuir Circular 3 ascents. All good tracks		
O.S. 66	Distance 13.1km	Ascent 530m	
Walk starts at	Harlaw Car Park	Grid Ref NT 181 655	
Leader	Frank Duffy ***Cars leaving Southbank Business Park at 8.30am***		
Grade C+	Killearn Circular Circular walk mostly on paths with some road walking and via the Wooded Glen		
O.S. 57	Distance 12km	Ascent 100m	
Walk starts at	Village Hall Car Park, Killearn	Grid Ref NS 521 860	
Leader	Rena Scott		
Saturday 13 th April 2019			
Grade B	Crichton's Cairn Mainly good paths with short steep ascent		
O.S. 64	Distance 12km	Ascent 500m	
Walk starts at	Glazert Country House Hotel	Grid Ref NS 631 772	
Leader	Caroline Logan		
Grade C+	Falkirk Wheel to Kelpies and back again Canal towpath		
O.S. 65	Distance 13km	Ascent Negligible	
Walk starts at	Falkirk Wheel Car Park	Grid Ref NS 853 804	
Leaders	Ann and Robert Bain		

APRIL 2019

Tuesday 16th April 2019

THE ENGINE SHED

Forthside Way, Stirling, FK8 1QZ

This is a fairly new Building Conservation Centre where you can explore our built heritage. It is hoped to have a guided tour and there is a cafe where you can have coffee and/or lunch

Entry is free

We also hope to have a short walk

Travel by bus or train - both stations are close to the venue

Please aim to be at the Engine Shed for 10.15am

To book contact Hazel Macfarlane by 16th March

Saturday 20th April 2019

Grade B	Kilpatrick Braes and Reservoirs	
	Linear and part circular mainly on good paths	
O.S. 64	Distance 14km	Ascent 365m
Walk starts at	Cochno Road Car Park	Grid Ref NS 503 740
Leader	David Mackenzie	
Grade C+	Cairnoch Hill	
	Walk on forest tracks to top of Cairnoch Hill with gentle slopes	
O.S. 57	Distance 12km	Ascent 280m
Walk starts at	Layby at entrance to forest signed for	Grid Ref NS 683 861
	John de Graham's Castle	
Leaders	Neil and Christine Kitchener	

Saturday 27th April 2019

Grade A	Stuc Odhar (below Ben Ledi)	
	Some track, mostly open hillside with steep sections and also climbing of deer fence gate required. Gaiters and walking poles advised	
O.S. 57	Distance 15km	Ascent 638m
Walk starts at	Little Drum Car Park, Loch Venachar, A821	Grid Ref NN 548 062
Leaders	Alan Thomson and Eric Meechan	
	Cars leaving Southbank Business Park at 8.30am	
Grade C+	Loch Ard Forest	
	A meandering walk along tracks through the forest, taking in parts of Rob Roy Way	
O.S. 57	Distance 13km	Ascent 225m
Walk starts at	Entrance to Loch Ard Forest	Grid Ref NS 506 936
Leader	Neil Kitchener	

MAY 2019

Wednesday 1st May 2019			
Grade C+	Cobleland		
	Walk can be shortened if required		
O.S. 57	Distance 13km	Ascent Negligible	
Walk starts at	Aberfoyle Car Park	Grid Ref NN 522 009	
Leader	Rena Scott		
Saturday 4th May 2019			
Grade B	Harlaw, Threipmuir, Loganlea and Glencorse		
	Gradual ascents, possible muddy sections		
O.S. 66	Distance 13.3km	Ascent 386m	
Walk starts at	Harlaw Car Park	Grid Ref NT 181 655	
Leader	Charlie Hasson		
Grade C	River Kelvin Bridges		
	Very good level paths including a walk through the old Garscube Estate		
O.S. 64	Distance 12km	Ascent Negligible	
Walk starts at	Science Centre, Maryhill Road	Grid Ref NS 555 708	
Leader	David Mackenzie		
	Seniors remember bus pass		
	Meet at Winchers Statue in Buchanan Bus Station at 9.45am		
Saturday 11th May 2019			
Grade B(easy)	Bruach Caoruinn Burn Loop		
	Forest track and paths		
O.S. 57	Distance 17.5km	Ascent 500m	
Walk starts at	Car Park at Kinlochard	Grid Ref NN 446 020	
Leaders	Stuart Ferguson and Rose Shaw		
Grade C+	Isle of Cumbrae - Anticlockwise		
	Road all the way. Option to shorten by taking bus back from Millport to ferry		
O.S. 63	Distance 16.4km	Ascent Negligible	
Walk starts at	Ferry terminal on Cumbrae	Grid Ref NS 184 586	
Leader	Alan Connor		
Notes	Cars to Largs then ferry. Petrol and parking £8.50, ferry £3.20.		
	Seniors remember bus pass		
	Cars leaving Southbank Business Park at 8.30am		

Saturday 18th May 2019



Dunkeld



Grade **B+**

Birnam and Obney Hills

Walk is on good tracks except for small section through bushes and short heather. Ascents are not too steep

O.S. 52

Walk starts at
Leaders

Distance **14.4km**

Beatrix Potter Garden
Ann and Robert Bain

Ascent **751m**

Grid Ref **NO 026 428**

Grade **B(easy)**

Birnam Circular

A circular and interesting walk on mostly good paths and forest tracks which could be muddy in places

O.S. 52

Walk starts at
Leaders

Distance **14km**

Beatrix Potter Garden
Ann Martin and Liz Paterson

Ascent **397m**

Grid Ref **NO 026 428**

Grade **C**

Braan and Inver Walk

All good paths

O.S. 52

Walk starts at
Leader

Distance **10.4km**

Beatrix Potter Garden
Christine Duffy

Ascent **100m**

Grid Ref **NO 026 428**

*****Bus leaving Southbank Business Park at 8.30am*****

Contact the Bus Convenor by 8th May to book your place

All seats must be booked in advance. Please note that if a minimum number of 25 bookings is not received then the bus will be cancelled

MAY 2019

Saturday 25th May 2019

Grade B **Three Hills and Three Lochs Loop in the Kilpatrick Hills**
This walk takes in Lang Craigs, Doughnot and Duncolm hills along with
Black Linn, Fynloch and Loch Humphrey

O.S. 64 Distance **13km** Ascent **401m**
Walk starts at **Overtoun House Car Park, Milton** Grid Ref **NS 424 762**
Leader **Pauline Anderson**

Grade C **Harlaw and The Poet's Glen**
Road, tracks, uneven path up the Poets Glen

O.S. 66 Distance **11.2km** Ascent **100m**
Walk starts at **Harlaw Car Park** Grid Ref **NT 182 655**
Leader **Barbara Martin**
Cars leaving Southbank Business Park at 8.30am

Tuesday 28th May 2019

CHINESE MEAL AT THE COTTON HOUSE
209 Glasgow Road, Longcroft, FK4 1QQ

6.45pm for 7pm

This will be an A la Carte Dinner
Soups and starters £4.10 - £7.30
Mains £11.80 - £15.80
Tea, coffee and drinks extra

Bills to be settled by each person / table on the night

The Cotton House reputedly best Chinese food in West of Scotland
European food also available

**To book contact Alan Connor at earliest convenience
and at the latest by 30th March**

JUNE 2019

Saturday 1st June 2019

Grade B **Glen Sannox and Glen Rosa (Arran)**
All open hillside with burn crossings and steep section. Walking poles and gaiters advised

O.S. 69 Distance **17.5km** Ascent **430m**
Walk starts at **Parking area at start of Glen Sannox** Grid Ref **NR 015 455**
Leaders **Alan Thomson and Eric Meechan**
Cars, ferry and public bus on Arran. Seniors remember bus pass
Approximate costs - Petrol and parking £8, Ferry fare £8 return
Cars leaving Southbank Business Park at 5.30am

Grade C+ **Standing Stones and King's Cave (Arran)**
Road, tracks, paths and shore

O.S. 69 Distance **14.4km** Ascent **95m**
Walk starts at **Auchagallon** Grid Ref **NR 892 346**
Leader **Alan Connor**
Cars, ferry and public bus on Arran. Seniors remember bus pass
Approximate costs - Petrol and parking £8, Ferry fare £8 return
Cars leaving Southbank Business Park at 5.30am

Grade C+ **Glorat, Meikle Reive and Maiden Castle**
Some rough terrain and moderately steep in places, but short slopes and steady pace. Of archaeological interest

O.S. 64 Distance **8.8km** Ascent **250m**
Walk starts at **Milton of Campsie Cross Car Park** Grid Ref **NS 652 767**
Leader **John Hinton**

Wednesday 5th June 2019

AEOLIA AND BLACKMILL GARDENS

Allanfauld Road, Kilsyth, G65 9DE

Aeolia and Blackmill gardens are across from each other and both are members of Scotland's Gardens Scheme. The owners of Aeolia are members of the Scottish Rhododendron Society and have a collection of over 100 specimens. Blackmill House has extensive grounds with the Garrell Burn running through a wooded valley with all sorts of nooks and crannies to explore.

There are plenty of places to sit and tea, coffee and home baking will be on offer.

The fee, which includes entrance to both gardens, is £7 of which 60% goes to Strathcarron Hospice with the rest to other charities such as Maggie's

It is intended that the parking will be at Colzium with a short walk to the gardens (weather permitting). Please wear walking shoes as some paths are uneven

Meet at Lidl Car Park at 1pm

To book contact Christine Pacione or Ann Martin by 27th May

JUNE 2019

Saturday 8th June 2019

Grade B	Castlehill/Seamab Circular Good paths and tracks	
O.S. 58	Distance 11.5km	Ascent 450m
Walk starts at	Castlehill Reservoir	Grid Ref NN 997 033
Leaders	Anne Wilkie and Ella Corbett	
Grade C+	Kelly Cut and Shielhill Glen Lots of steps in Shielhill Glen nature trail	
O.S. 63	Distance 13km	Ascent 120m
Walk starts at	Greenock Cut Visitor Centre	Grid Ref NS 246 721
Leader	David Ford	

Saturday 15th June 2019



Fife Coast



Grade B+	Leven to Elie Fife Coastal Path. Grass, beach and road walking. Golf course crossing	
O.S. 59	Distance 18km	Ascent 195m
Walk starts at	Leven Promenade Car Park at Church Road	Grid Ref NO 386 008
Leader	Maggie Nutley	
Grade C+	Anstruther to Elie Fife Coastal Path. Grass, beach and road walking. Golf course crossing	
O.S. 59	Distance 10km	Ascent Negligible
Walk starts at	Anstruther Golf Course Car Park	Grid Ref NO 563 031
Leaders	Ann Martin and Ann Langley	

*****Bus leaving Southbank Business Park at 8.30am*****

Contact the Bus Convenor by 5th June to book your place

All seats must be booked in advance. Please note that if a minimum number of 25 bookings is not received then the bus will be cancelled

JUNE 2019

Saturday 22nd June 2019

Grade B+	Culter Fell and Gathersnow	
	Mainly hill paths, tracks and a short descent over rough ground. Some road walking at the start and finish	
O.S. 72	Distance 15.9km	Ascent 802m
Walk starts at	Culter Allers Farm	Grid Ref NT 031 312
Leaders	Aileen McLay and Ailsa Maclennan	

Grade C+	Up Clatty, Down Chucky	
	Woodland paths, pavements and quiet country roads	
O.S. 72	Distance 12km	Ascent 200m
Walk starts at	Maudslie Bridge	Grid Ref NS 803 502
Leader	Liz Paterson	

Thursday 27th June 2019

PROGRAMME MEETING

*****Kirkintilloch Miners Welfare and Social Club*****

Saramago Street, Kirkintilloch, G66 3AA

6.50pm for 7pm start

This meeting is for ALL active walking members - not just for Walk Leaders
Please make an effort to come along as it is vital to try to fill our programme and avoid gaps. It is also an opportunity to exchange ideas and get a preview of the next programme of walks
Tea and coffee will be provided

If possible, email details of walks and social events to
programme@strathkelvinramblers.org.uk
Alternatively, pass details to any member of the Programme Sub-Committee
by Saturday 15th June

Saturday 29th June 2019

Grade A	Doune Hill and Beinn Eich	
	Steady climb from Glen Luss on ridge to Doune Hill via Beinn Eich.	
	Return same way	
O.S. 56	Distance 18.5km	Ascent 880m
Walk starts at	Layby off A82 at start of Glen Luss	Grid Ref NS 356 932
Leader	Bob Cole	

Grade B(easy)	Carron Valley	
	Good paths all the way. Car parking charge of £3	
O.S. 57 & 64	Distance 16km	Ascent 150m
Walk starts at	Forestry Commision Car Park at east end of the reservoir	Grid Ref NS 772 839
Leaders	Moira Lang and Caroline Logan	

JULY 2019

Wednesday 3 rd July 2019			
Grade C+	Blanefield Meander	Circular walk taking in part of John Muir Way and WHW. Mostly on paths with a few muddy areas	
O.S. 64	Distance 12.8km	Ascent 132m	
Walk starts at	Church Car Park, Dene Road, Blanefield	Grid Ref NS 555 796	
Leaders	Ann Martin and Ann Langley		
Thursday 4 th July 2019			
TREASURE HUNT			
Explore the byways of Kirkintilloch and have some fun discovering a few hidden gems and learning a bit about its history Meet in Barleybank car park next to St Mary's Church on Cowgate between 6pm and 6.30pm The trail should take less than 2 hours on foot and finish in The Kirky Puffer for scoring and prize giving Cost is £2 per person to cover prizes etc			
Arrange teams of two to four people and contact Neil Kitchener to book a place for your team by Monday 1st July			
Saturday 6 th July 2019			
Grade B	King David's Seat Hill	Circular walk on paths and open hillside with some steep ascents and descents	
O.S. 58	Distance 13.6km	Ascent 480m	
Walk starts at	Castle Campbell Car Park	Grid Ref NS 964 993	
Leader	David Mackenzie		
Grade C+	Beecraigs, Witch Craig and Cockleroy	A circular walk. Steep hill at Cockleroy but worth the climb with great views	
O.S. 65	Distance 13km	Ascent 280m	
Walk starts at	Balvornie Car Park	Grid Ref NS 997 741	
Leader	Mary Brown		

JULY 2019

Saturday 13th July 2019			
Grade B	Glen Tarken (Lochearnhead)		
	Open country and farm tracks		
O.S. 51	Distance 13km	Ascent 515m	
Walk starts at	Car Park next to Loch Earn Sailing Club	Grid Ref NN 689 247	
Leader	Matt Millar		
	Cars leaving Southbank Business Park at 8.30am		
Grade C+	Salloch Forest and Rowardennan		
	A walk through Salloch Forest on tracks followed by a walk along the West Highland Way to Rowardennan and back		
O.S. 56	Distance 12km	Ascent 300m	
Walk starts at	Salloch Car Park on the East bank of Loch Lomond, 6km North of Balmaha	Grid Ref NS 379 957	
Leaders	Evelyn Cook and Lesley Queen		
Saturday 20th July 2019			
Grade B(easy)	Loch Ard Pipe Line Circular		
	Forest track and paths		
O.S. 57	Distance 16km	Ascent 450m	
Walk starts at	Car Park at Kinlochard	Grid Ref NN 446 020	
Leaders	Stuart Ferguson and Rose Shaw		
Grade C+	Torrance Circular		
	Paths can be muddy		
O.S. 64	Distance 12.8km	Ascent Negligible	
Walk starts at	Southbank Business Park	Grid Ref NS 654 734	
Leader	Sheila Meiklejohn		
Saturday 27th July 2019			
Grade A	An Caisteal		
	Ridge route up via Stob Gharbh and Twistin Hill. Return the same way		
O.S. 50	Distance 12.5km	Ascent 900m	
Walk starts at	Layby on RHS of A82, 2km SW of Crianlarich	Grid Ref NN 369 239	
Leader	Bob Cole		
	Cars leaving Southbank Business Park at 8am		
Grade C+	Auchterarder Circular		
	Tracks, pavement and road walking		
O.S. 58	Distance 13km	Ascent 160m	
Walk starts at	Gleneagles Equestrian Centre	Grid Ref NN 918 117	
Leader	Barbara Martin		
	Cars leaving Southbank Business Park at 8.30am		

AUGUST 2019

Thursday 1st August 2019

WALK TO, AND LUNCH AT, THE GOLDEN PHEASANT

2 Stepps Road, Auchinloch, G66 5DH

Meet at the Leisure Centre in time to leave at 11.15am

The route is via Christine's Way, Boghead Wood, Lenzie Moss,
Victoria Road, right of way to Auchinloch and along Langmuirhead Road to the pub
Distance of 6.4km and ascent of 65m

Anyone not wishing to walk can drive or take the X87/X85 bus directly to the pub
The walkers should arrive at the Golden Pheasant around 12.30-12.45pm

Seniors bring concession cards if planning to return to Kirkintilloch by bus

To book contact Aileen McLay by Thursday 25th July

Saturday 3rd August 2019

Grade B+	Ben Reoch	
	Mainly open hillside and track	
O.S. 56	Distance 9.5km	Ascent 684m
Walk starts at	Tarbet Car Park	Grid Ref NN 320 045
Leaders	Archie and Evelyn Leishman	
Grade C	Plean Country Park Trails	
	Good tracks, wildlife and heritage	
O.S. 57	Distance 11km	Ascent 30m
Walk starts at	Plean Country Park, FK7 8BE	Grid Ref NS 828 868
Leader	Hazel Macfarlane	

Wednesday 7th August 2019

Grade C+	Devilla Forest	
	Circular walk on mainly good forestry paths, passing Peppermill Dam and Moor Loch and taking in the Squirrel Trail	
O.S. 65	Distance 12km	Ascent 100m
Walk starts at	Car Park off the A985 Kincardine Bridge to	Grid Ref NS 952 872
	Dunfermline Road, 1 mile east of Kincardine	
Leaders	Christine Pacione and Ann Martin	

Saturday 10th August 2019

Grade B	Aberfoyle Circular Tarmac, woodland and hill tracks	
O.S. 57	Distance 15km	Ascent 450m
Walk starts at Leader	Aberfoyle Woollen Mill Car Park Parmjit Kaur	Grid Ref NN 522 009
Grade C+	A Loch and 2 Lochans Straightforward walk on mainly flat paths	
O.S. 57	Distance 12.7km	Ascent 220m
Walk starts at Leader	Aberfoyle Woollen Mill Car Park Christine Duffy	Grid Ref NN 522 009

Saturday 17th August 2019



Pentlands



Grade B+	Hare Hill and Nine Mile Burn Paths and tracks. Ascents are not too steep	
O.S. 66	Distance 20.5km	Ascent 802m
Walk starts at Leaders	Threipmuir Car Park Ann and Robert Bain	Grid Ref NT 167 639
Grade B	South Blackhill Circular 3 ascents. All good tracks	
O.S. 66	Distance 12.2km	Ascent 670m
Walk starts at Leader	Threipmuir Car Park Frank Duffy	Grid Ref NT 167 639
Grade C+	Four Reservoirs A lovely circular walk mostly on paths which can be a little muddy at times with a little section of road walking in middle	
O.S. 66	Distance 12.8km	Ascent 125m
Walk starts at Leaders	Threipmuir Car Park Ann Martin and Ann Langley	Grid Ref NT 167 639

*****Bus leaving Southbank Business Park at 8.30am*****

Contact the Bus Convenor by 7th August to book your place

All seats must be booked in advance. Please note that if a minimum number of 25 bookings is not received then the bus will be cancelled

Saturday 24th August 2019

Walk to be led at an easy pace

Grade B+ **Ben Vorlich (Locheearnhead)**
 A continual climb using footpaths up to summit, returning across moorland via Ben Our

O.S. 51 & 57 Distance **11km** Ascent **1,025m**
 Walk starts at **Ardvorlich, Lochearnside** Grid Ref **NN 633 233**
 Leader **Neil Kitchener**
*****Cars leaving Southbank Business Park at 8.30am*****

Grade C **Inchcailloch**
 Steep steps at start

O.S. 56 Distance **8km** Ascent **94m**
 Walk starts at **Loch Lomond National Park Visitor Centre** Grid Ref **NS 421 909**
 Leader **Mary Brown**

Saturday 31st August 2019

Grade A **Ben Challum**
 Faint path up fairly easy angled hillside with a fine ridge to the summit. Boggy for some of the way

O.S. 50 Distance **12km** Ascent **951m**
 Walk starts at **Layby opposite Kirkton Farm on the A82** Grid Ref **NN 355 282**
 Leaders **Archie and Evelyn Leishman**
*****Cars leaving Southbank Business Park at 8am*****

Grade C+ **Whinney Hill Wood**
 Circular walk through Balloch Country Park, along paths through Whinney Hill Woods and back along loch side

O.S. 56 Distance **10.5km** Ascent **160m**
 Walk starts at **Balloch Country Park** Grid Ref **NS 391 831**
 Leader **Lily Halkett**

Wednesday 4 th September 2019			
Grade C+	Rough Castle Bonnybridge Circular Grass paths and tracks. A little road walking		
O.S. 65	Distance 12.6km	Ascent 80m	
Walk starts at	Falkirk Wheel Car Park	Grid Ref NS 852 804	
Leader	Joan Darling		
Saturday 7 th September 2019			
Grade B+	Pentland Hills Circular - Harbour, Capelaw, Fala Knowe and Castlelaw Hills Hill paths and tracks		
O.S. 66	Distance 14.5km	Ascent 607m	
Walk starts at	Harlaw Car Park	Grid Ref NT 181 655	
Leader	Parmjit Kaur		
Grade C	Strathkelvin Walkway to Clachan of Campsie Level walk on good paths with some nice views. Return by bus		
O.S. 64	Distance 12km	Ascent 50m	
Walk starts at	Southbank Business Park	Grid Ref NS 654 734	
Leader	Lorraine Beaman Seniors please remember bus pass		
Saturday 14 th September 2019			
Grade B	Ben Shee, Glen Sherup On tracks and open hillside with gradual climbs. Walking poles and gaiters advised		
O.S. 58	Distance 14km	Ascent 516m	
Walk starts at	Glen Sherup Parking area, River Devon	Grid Ref NN 972 052	
Leaders	Alan Thomson and Eric Meechan ***Cars leaving Southbank Business Park at 8.30am***		
Grade C+	Lady Flora of Loudoun Pavements, footpaths and farm roads		
O.S. 70	Distance 12.1km	Ascent 57m	
Walk starts at	Lady Flora's Institute, Main Street, Newmilns	Grid Ref NS 539 373	
Leader	Liz Paterson		

Saturday 21 st September 2019			
Grade B	Gryffe Reservoir and Corlic Hill		
	Some road walking required		
O.S. 63	Distance 14km	Ascent 303m	
Walk starts at	Greenock Cut Visitor Centre	Grid Ref NS 246 721	
Leader	David Ford		
Grade C+	Two Ambles at Whitelee Wind Farm		
	Good underfoot on tracks and paths with an optional extension of 1.1km.		
	One walk before and one after lunch, option to have lunch and coffee at the café		
O.S. 64	Distance 11.1km	Ascent 90m	
Walk starts at	Whitelee Visitor Centre	Grid Ref NS 549 439	
Leader	Alan Connor		
	Cars leaving Southbank Business Park at 9.30am		
Friday 27 th – Monday 30 th September 2019			
WALKING WEEKEND BASED IN STRATHPEFFER			
Dinner, Bed and Breakfast for 3 nights			
Up to 3 levels of walks			
Outstanding balance to Neil Kitchener by 20th August			
Saturday 28 th September 2019			
Grade C+	Almondell Park and Lin's Mill		
	Walk in Almondell Park near Broxburn. There are a few stiles to be negotiated and some steep steps at Lin's Mill		
O.S. 65	Distance 11.2km	Ascent Negligible	
Walk starts at	Almondell Visitor Car Park near Broxburn	Grid Ref NT 091 681	
Leader	Mary Brown		

Kilometres	Miles
7.5	4.7
10	6.25
12	7.5
15	9.5
16	10
20	12.5
24	15

Metres	Feet
100	325
200	650
300	975
400	1,300
500	1,625
914	3,000
1,000	3,250

Conversions are approximate

QUICK REFERENCE LIST

APRIL 2019

Wed	3 rd		C+	Forth Valley Wood Walk	Liz Paterson
Sat	6 th	8.30am	B	Allermuir Circular – Easy Pace	Frank Duffy
	6 th		C+	Killearn Circular	Rena Scott
Sat	13 th		B	Crichton's Cairn	Caroline Logan
	13 th		C+	Falkirk Wheel to Kelpies and back	Ann and Robert Bain
Tue	16 th	10.15am		<i>Visit to The Engine Shed, Stirling</i>	<i>Hazel Macfarlane</i>
Sat	20 th		B	Kilpatrick Braes and Reservoirs	David Mackenzie
	20 th		C+	Cairnoch Hill	Neil and Christine Kitchener
Sat	27 th	8.30am	A	Stuc Odhar (below Ben Ledi)	Alan Thomson, Eric Meechan
	27 th		C+	Loch Ard Forest	Neil Kitchener

MAY 2019

Wed	1 st		C+	Cobleland	Rena Scott
Fri	3-6 th			<i>Scottish Ramblers Gathering – Melrose</i>	
Sat	4 th		B	Harlaw, Threipmuir, Loganlea and Glencorse	Charlie Hasson
	4 th	9.45am	C	River Kelvin Bridges	David Mackenzie
Sat	11 th		B(easy)	Bruach Caoruinn Burn Loop	Stuart Ferguson, Rose Shaw
	11 th	8.30am	C+	Isle of Cumbræ - Anticlockwise	Alan Connor
Sat	18 th	BUS	B+	Birnam and Obney Hills	Ann and Robert Bain
	18 th	8.30am	B(easy)	Birnam Circular	Ann Martin, Liz Paterson
	18 th	BUS	C	Braan and Inver Walk	Christine Duffy
Sat	25 th		B	Three Hills and Three Lochs Loop in the Kilpatrick Hills	Pauline Anderson
	25 th	8.30am	C	Harlaw and The Poet's Glen	Barbara Martin
Tue	28 th	6.45pm		<i>Meal at The Cotton House</i>	<i>Alan Connor</i>

JUNE 2019

Sat	1 st	5.30am	B	Glen Sannox and Glen Rosa (Arran)	Alan Thomson, Eric Meechan
	1 st	5.30am	C+	Standing Stones and King's Cave (Arran)	Alan Connor
	1 st		C+	Glorat, Meikle Reive and Maiden Castle	John Hinton
Wed	5 th	1pm		<i>Kilsyth Gardens</i>	<i>Christine Pacione, Ann Martin</i>
Sat	8 th		B	Castlehill/Seamab Circular	Anne Wilkie, Ella Corbett
	8 th		C+	Kelly Cut and Shielhill Glen	David Ford
Sat	15 th	BUS	B+	Leven to Elie	Maggie Nutley
	15 th	8.30am	C+	Anstruther to Elie	Ann Martin, Ann Langley
Sat	22 nd		B+	Culter Fell and Gathersnow	Aileen McLay, Ailsa MacLennan
	22 nd		C+	Up Clatty, Down Chucky	Liz Paterson
Thu	27 th	6.50pm		Programme Meeting	
Sat	29 th		A	Doune Hill and Beinn Eich	Bob Cole
	29 th		B(easy)	Carron Valley	Moir Lang, Caroline Logan

QUICK REFERENCE LIST

JULY 2019

Wed	3 rd		C+	Blanefield Meander	Ann Martin, Ann Langley
Thu	4 th	6pm		<i>Treasure Hunt</i>	<i>Neil Kitchener</i>
Sat	6 th		B	King David's Seat Hill	David Mackenzie
	6 th		C+	Beecraigs, Witch Craig and Cockleroy	Mary Brown
Sat	13 th	8.30am	B	Glen Tarken (Locheearnhead)	Matt Millar
	13 th		C+	Salloch Forest and Rowardennan	Evelyn Cook, Lesley Queen
Sat	20 th		B(easy)	Loch Ard Pipe Line Circular	Stuart Ferguson, Rose Shaw
	20 th		C+	Torrance Circular	Sheila Meiklejohn
Sat	27 th	8am	A	An Caisteal	Bob Cole
	27 th	8.30am	C+	Auchterarder Circular	Barbara Martin

AUGUST 2019

Thu	1 st	11.15am		<i>Walk to, and lunch at, The Golden Pheasant</i>	<i>Aileen McLay</i>
Sat	3 rd		B+	Ben Reoch	Archie and Evelyn Leishman
	3 rd		C	Plean Country Park Trails	Hazel Macfarlane
Wed	7 th		C+	Devilla Forest	Christine Pacione, Ann Martin
Sat	10 th		B	Aberfoyle Circular	Parmjit Kaur
	10 th		C+	A Loch and 2 Lochans	Christine Duffy
Sat	17 th	BUS	B+	Hare Hill and Nine Mile Burn	Ann and Robert Bain
	17 th	8.30am	B	South Blackhill Circular	Frank Duffy
	17 th	BUS	C+	Four Reservoirs	Ann Martin, Ann Langley
Sat	24 th	8.30am	B+	Ben Vorlich (Locheearnhead) – Easy Pace	Neil Kitchener
	24 th		C	Inchcailloch	Mary Brown
Sat	31 st	8am	A	Ben Challum	Archie and Evelyn Leishman
	31 st		C+	Whinney Hill Wood	Lily Halkett

SEPTEMBER 2019

Wed	4 th		C+	Rough Castle Bonnybridge Circular	Joan Darling
Sat	7 th		B+	Pentlands - Harbour, Capelaw, Fala Knowe and Castletaw Hills	Parmjit Kaur
	7 th		C	Strathkelvin Walkway to Clachan of Campsie	Lorraine Beaman
Sat	14 th	8.30am	B	Ben Shee, Glen Sherup	Alan Thomson, Eric Meechan
	14 th		C+	Lady Flora of Loudoun	Liz Paterson
Sat	21 st		B	Gryffe Reservoir and Corlic Hill	David Ford
	21 st	9.30am	C+	Two Ambles at Whitelee Wind Farm	Alan Connor
Fri	27 th		3 levels of walk	Strathpeffer Walking Weekend, 27 – 30th September	Neil Kitchener
Sat	28 th		C+	Almondell Park and Lin's Mill	Mary Brown

Enjoy Scotland's outdoors responsibly

Everyone has the right to be on most land and inland water for recreation, education and for going from place to place providing they act responsibly. These access rights and responsibilities are explained in the Scottish Outdoor Access Code. The key things are:

When you're in the outdoors:

- take personal responsibility for your own actions and act safely
- respect people's privacy and peace of mind
- help land managers and others to work safely and effectively
- care for your environment and take your litter home
- keep your dog under proper control
- take extra care if you're organising an event or running a business.

If you're managing the outdoors:

- respect access rights
- act reasonably when asking people to avoid land management operations
- work with your local authority and other bodies to help integrate access and land management
- respect rights of way and customary access.

Visit **outdooraccess-scotland.com** or contact your local Scottish Natural Heritage office.



**KNOW THE CODE
BEFORE YOU GO**

outdooraccess-scotland.com