



STRATHKELVIN RAMBLERS

Rambles and Hillwalks

Programme 49

OCTOBER 2015 – MARCH 2016

Meeting Points for Cars and Buses

Saturday - Southbank Business Park Visitors 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 will 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 9p per mile towards petrol costs to be paid by the passengers in each car, subject to a maximum of £9. The leader will advise members of the 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 phone 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.

Important Dates to Remember

ASAP	Contact Anne Wilkie if attending the Visit to Scottish Parliament on 25 th February
11 Sep	Contact Christine Pacione or Ann Martin by this date if attending Scholars' Restaurant Lunch on 11 th November
5 Oct	Contact Maggie Nutley by this date if attending GPS-App-Android-Phone Support Group on 12 th October
10 Oct	Contact Anne Clark by this date if attending Panto at Oran Mor on 17 th December
19 Nov	Strathkelvin Ramblers 23rd AGM
28 Nov	Cheques to Charlie Hasson by this date if attending Christmas Lunch
12 Dec	Christmas Lunch at Hayston Golf Club. 1.00pm for 1.30pm
11 Jan	Contact Kathleen Brolly by this date if attending Cambodian Trek on 18 th January
16 Jan	Walk details and social events for Summer Programme by this date, if possible
28 Jan	Programme Meeting in Lenzie Public Hall at 7.00pm All members welcome – meeting is not just for leaders
8 Feb	Contact Freda Bunyan by this date if attending Tour of BBC at Pacific Quay on 15 th March. Admission fee is also required by this date
12 Feb	Contact Hilary Sneddon by this date if attending First Aid Refresher Training
Sep 2016	Eurorando 2016 in Skane, southern Sweden. They offer a week of exciting hikes and activities for walkers from 11th to 17th September. Details at www.eurorando2016.com

RAMBLERS' ASSOCIATION (SCOTLAND)

STRATHKELVIN GROUP

PROGRAMME No 49 (OCTOBER 2015 – MARCH 2016)

STRATHKELVIN GROUP COMMITTEE MEMBERS		
Chairperson	Archie Leishman	01360 620 346
Vice Chairperson/ Minute Secretary	Kathleen Brolly	07703 386 832
Treasurer	Charlie Hasson	0141 563 1038
Secretary	Ann Martin	01360 310 070
Bus Convenor/ Footpaths and Environment	Alan Gemmell	0141 578 9812
Membership Secretary	Anne Wilkie	0141 776 3145
Librarian/ Halls Convenor	Elke Hinton	01360 311 944
Independent Member	Barbara Martin	0141 779 3796
Independent Member	Alan Thomson	0141 776 4755
Independent Member	Robert Bain	07802 452 693

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

The Ramblers' Association

Ramblers 2nd Floor Camelford House 87-90 Albert Embankment London SE1 7TW Tel: 020 7339 8500 (General enquiries) Fax: 020 7339 8501 E-mail ramblers@ramblers.org.uk Web www.ramblers.org.uk	Ramblers Scotland Kingfisher House Auld Mart Business Park Milnathort Kinross KY13 9DA Tel: 01577 861222 Fax: 01577 861333 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' Association.

Application forms are available from the Membership Secretary or you can apply online. Joining the Ramblers' Association gives automatic membership of your local group and the right to walk and socialise with any other group nationwide.

GUIDELINES FOR WALKERS

- Must have warm and waterproof clothing (unsuitable clothing e.g. denims should not be worn) and carry food and drink on every walk
- Boots are essential on 'A' and 'B' walks and are recommended for 'C' walks
- Must carry emergency food (e.g. chocolate), a first aid kit and a survival bag
- Must keep a plastic whistle within easy reach (on your person not in a rucksack). A metal whistle can adhere to lips in very cold conditions
- On 'A' and 'B' walks, it is desirable to carry the relevant map and a compass or GPS and know how to use them
- Must stay within sight or hailing distance of the leader or back marker at all times
- Must not leave a walk without informing the leader or back marker
- Must inform the walk leader of any medical condition that could affect their ability to complete the walk. Individuals are responsible for carrying any special medication that they require for personal use
- Children are welcome but must be capable of doing the walk and must be accompanied by a parent or guardian at ALL times. Dogs are not allowed on any of our walks
- Walkers intending to meet the group at the walk start must check in advance with the walk leader as the walk may have changed.

GUIDELINES FOR LEADERS

- Must have a current membership of The Ramblers' Association
- Should welcome new walkers and introduce them to the group
- Should appoint a back marker
- Should count the number of walkers before, approximately halfway through, and at the end of every walk
- Should set a walking pace within the capability of the entire party
- May cancel or change any walk at their discretion
- Should give return time(s) to the bus driver where applicable
- May turn away any walker not properly equipped.

The club holds a selection of maps and books which may be useful when planning a walk. A list of these can be found on the Strathkelvin Ramblers website. The list can also be obtained from the Club Librarian or by emailing librarian@strathkelvinramblers.org.uk

SAFETY

Every effort is made to ensure members' safety. However, neither the group nor the 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 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.

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 telephone the leader before 9.00 pm on a day prior to the walk.

Contact Details

	Leader(s)	Telephone No	Mobile
	Ann and Robert Bain		07802 452 693
	Kathleen Brolly		07703 386 832
	Gordon Brown	01360 620 616	07874 804 591
	Freda Bunyan	0141 779 1815	07904 877 249
	Anne Clark	0141 563 3907	07722 827 887
	Bob Cole	0141 578 3533	07543 943 455
*	Alan Connor	0141 776 1549	
	Ella Corbett	0141 779 2595	
	Shirley Cowan	0141 776 2969	
	Frank Duffy	0141 776 1638	
	David Ford	0141 578 6748	
	Alan Gemmell	0141 578 9812	07856 278 037
	Margaret Gibb	0141 776 6160	
	Charlie Hasson	0141 563 1038	07960 264 155
	Ann Langley	01360 310 807	
	Archie Leishman	01360 620 346	07842 532 394
*	Evelyn Leishman	01360 620 346	07842 532 396
*	Ann Martin	01360 310 070	07904 278 359
	Barbara Martin	0141 779 3796	07773 935 250
*	Hazel Macfarlane	0141 578 1611	07842 554 134
	David Mackenzie	0141 762 3412	07570 981 214
	Aileen McLay	0141 775 1339	07762 386 507
	Maggie Nutley		07853 000 248
*	Christine Pacione	01360 312 749	07715 446 140
	Liz Paterson		07490 285 426
	Frances Price		07772 998 906
	Rena Scott	0141 328 3697	
	Hilary Sneddon	0141 776 1543	07966 759 994
	Alan Thomson	0141 776 4755	07860 497 905
	Anne Wilkie	0141 776 3145	07956 537 408
	Margaret Wilson	0141 776 3801	07977 534 442

* indicates Programme Sub-Committee member

OCTOBER 2015

Saturday 3 rd October 2015			
Grade B	Beinn Dubh and the Horseshoe Begins with a steady, but not difficult climb, followed by a top level walk on firm flat ground		
O.S. 56	Distance 16km (10 miles)	Ascent 692m (2,250ft)	
Walk starts at	Start of Glen Luss Road	Grid Ref NS 359 931	
Leader	David Mackenzie		
Grade C	Cathkin Braes Good paths		
O.S. 64	Distance 8km (5 miles)	Ascent 100m (330ft)	
Walk starts at	Cathkin Braes Country Park	Grid Ref NS 610 579	
Leader	Gordon Brown		
Wednesday 7 th October 2015			
Grade C+	Duchary Bridge to Couligartan A circular walk on mainly good paths		
O.S. 57	Distance 14.5km (8.7 miles)	Ascent 300m (980ft)	
Walk starts at	Kinlochard Car Park	Grid Ref NN 455 023	
Leader	Frances Price		
Saturday 10 th October 2015			
Grade B	Menteith Hills Long but gradual climb at start, easier going after forest exit. Can be muddy on return leg		
O.S. 57	Distance 12km (7.5 miles)	Ascent 400m (1,312ft)	
Walk starts at	Braeval Forestry Car Park	Grid Ref NN 543 006	
Leader	Charlie Hasson		
Grade C+	Drumpellier Country Park		
O.S. 64	Distance 12.8km (8 miles)	Ascent Negligible	
Walk starts at	Drumpellier Country Park	Grid Ref NS 704 664	
Leader	Anne Clark		
Monday 12 th October 2015			
GPS-APP-ANDROID-PHONE SUPPORT GROUP			
Kilsyth Lennox Golf Club Lounge Bar Tak-Ma-Doon Road, Kilsyth G65 0RS 2pm tea/coffee + cake £2			
Names to Maggie Nutley by 5 th October			

OCTOBER 2015

Saturday 17 th October 2015		
Grade B	Samson's Stone and Dunmore Fort, Bochartle Two moderate climbs and one fairly steep descent on rough tracks. Majority of walk on good tracks with some rough terrain at beginning	
O.S. 57	Distance 11.2km (7 miles)	Ascent 245m (800ft)
Walk starts at	Kilmahog Car Park on A821, not Kilmahog Woollen Mill	Grid Ref NN 605 080
Leaders	Ella Corbett and Anne Wilkie	
Grade C+	Three Lochs Easy walk starting at Byre Inn, Brig O'Turk, mostly on paths, one or two areas can be boggy, passing Loch Venachar, Loch Drunkie and Loch Achray	
O.S. 57	Distance 13km (8.1 miles)	Ascent 95m (315ft)
Walk starts at	Byre Inn, Brig O'Turk	Grid Ref NN 532 064
Leaders	Ann Martin and Ann Langley	
Saturday 24 th October 2015		
Grade B	Cruach Tairbert Paths and tracks	
O.S. 56	Distance 10km (6.25 miles)	Ascent 415m (1,361ft)
Walk starts at	Arrochar Car Park	Grid Ref NN 295 049
Leaders	Ann and Robert Bain	
Grade C+	Callendar Park to Shieldhill Circle	
O.S. 65	Distance 11.2km (7 miles)	Ascent 100m (330ft)
Walk starts at	Callendar Park Car Park, Falkirk	Grid Ref NS 895 785
Leader	Ann Martin	
Saturday 31 st October 2015		
Grade B(easy)	Ochils Circular from Dollar Through to Glenquoy and around Auchlinsky Hill, to Seamab and Commenedje hills, return to Castle Campbell car park. Mainly tracks and paths, some damp rough ground. Only one short steepish ascent	
O.S. 58	Distance 12.8km (8 miles)	Ascent 360m (1,170ft)
Walk starts at	Castle Campbell Car Park	Grid Ref NS 964 993
Leader	Alan Connor	
Grade C	Gullane and Yellowcraigs Good paths and beach	
O.S. 66	Distance 11.3km (7.1 miles)	Ascent 100m (330ft)
Walk starts at	Gullane Town Centre	Grid Ref NT 482 826
Leader	Gordon Brown	

NOVEMBER 2015

Wednesday 4th November 2015			
Grade C	Orbiston		
	Good paths		
O.S. 64	Distance 8km (5 miles)	Ascent 100m (330ft)	
Walk starts at	Strathclyde Country Park	Grid Ref NS 733 569	
Leader	Gordon Brown		
Saturday 7th November 2015			
Grade B+	Dunmore, Corrie of Balglass and Earl's Seat		
	Campsie terrain, can be damp underfoot, return modifiable		
O.S. 57/64	Distance 13.5km (8.5 miles)	Ascent 780m (2,535ft)	
Walk starts at	Fintry Sports Centre Car Park	Grid Ref NS 615 869	
Leader	Bob Cole		
Grade C+	Devilla Forest		
	Circular walk on mainly good forestry paths, passing Peppermill Dam and Moor Loch		
O.S. 65	Distance 12km (7.5 miles)	Ascent 100m (330ft)	
Walk starts at	Car Park off the A985 Kincardine Bridge to Dunfermline Road, 1 mile east of Kincardine	Grid Ref NS 952 872	
Leaders	Ann Martin and Ann Langley		
Wednesday 11th November 2015			
SCHOLARS' RESTAURANT LUNCH			
230 Cathedral Street, Glasgow, G1 2TG			
12noon for 12.15pm			
3 course lunch with coffee			
Date to be confirmed and numbers may be limited			
To book, contact Christine Pacione or Ann Martin by 11th September			
Saturday 14th November 2015			
Grade B	The Dumyats (via The Menstrie Sting)		
	Steep incline at first, followed by good tracks (if dry)		
O.S. 57/58	Distance 12km (7.5 miles)	Ascent 450m (1,476ft)	
Walk starts at	Menstrie	Grid Ref NS 848 971	
Leader	Frank Duffy		
Grade C+	Luggiebank and Palacerigg		
	Gravel paths, pavements and tracks		
O.S. 64	Distance 12km (7.5 miles)	Ascent 100m (330ft)	
Walk starts at	Greenfaulds Train Station	Grid Ref NS 755 732	
Leaders	Liz Paterson and Frances Price		

NOVEMBER 2015

Thursday 19th November 2015

**STRATHKELVIN RAMBLERS
23RD ANNUAL GENERAL MEETING**

Invitation to all members to attend the Annual General Meeting
To be held in the Park Centre
Kerr Street, Kirkintilloch G66 1LF

Start Time 6.45pm for 7.00 pm

Tea, coffee, cakes

Saturday 21st November 2015

Grade B(easy)	Knockupple	
O.S. 64	Distance 13km (8.2 miles)	Ascent 400m (1,300ft)
Walk starts at	Drymen Road Car Park	Grid Ref NS 494 850
Leaders	Shirley Cowan and Rena Scott	

Grade C+	Colzium, Banton Loch and Auchinstarry Circular	
	Mainly paths, no stiles or burn crossings	
O.S. 64	Distance 11.5km (7.2 miles)	Ascent Negligible
Walk starts at	Colzium Car Park	Grid Ref NS 733 785
Leaders	Margaret Wilson and Hazel Macfarlane	

Saturday 28th November 2015

Grade B	Doughnot Hill, Duncolm	
	Moorland, can be wet	
O.S. 64	Distance 14km (8.8 miles)	Ascent 380m (1,250ft)
Walk starts at	Overtoun House	Grid Ref NS 425 761
Leader	Bob Cole	

Grade C	Local Walk	
O.S. 64	Distance 11.2km (7 miles)	Ascent Negligible
Walk starts at	Southbank Business Park	Grid Ref NS 654 734
Leader	Liz Paterson	

DECEMBER 2015

Wednesday 2nd December 2015

Grade C+

Kilsyth Round Town Walk

A good circular walk mainly on paths, some surfaced paths and minor roads around the town of Kilsyth

O.S. 64

Distance **11km** (7 miles)

Ascent **100m** (330ft)

Walk starts at Leaders

Colzium House Car Park

Grid Ref **NS 729 786**

Ann Martin and Ann Langley

Saturday 5th December 2015

Grade B

Conic Hill

Steep rocky climb with great views over Loch Lomond and beyond

O.S. 56/57

Distance **7km** (4.4 miles)

Ascent **410m** (1.345ft)

Walk starts at Leaders

Balmaha Car Park

Archie and Evelyn Leishman

Grade C+

Linlithgow to Cockleroy

Distance **13.5km** (8.5 miles)

Ascent **200m** (650ft)

Walk starts at Leaders

Linlithgow Loch

Frances Price and Ann Martin

Saturday 12th December 2015

CHRISTMAS LUNCH

At Hayston Golf Club, Campsie Road, Kirkintilloch G66 1RN

1pm for 1.30pm finishing at 4.30pm

Cost for 3 courses, small mince pie and tea or coffee £12.95

Cheque for £12.95 made payable to '**Strathkelvin Ramblers**' to
Charlie Hasson, 10 Gorsewood, Bishopbriggs G64 2TG
by Saturday 28th November, at the very latest

To book, contact Ann Martin or Charlie Hasson

Thursday 17th December 2015

CHRISTMAS PANTO

ORAN MOR – A Panto, a Pie and a Pint

Byres Road, Glasgow G12 8QX

LUNCHTIME (exact time to be confirmed)

Names ASAP but definitely by 10th October

(after this tickets available at Box Office or Oran Mor website www.oran-mor.co.uk)

To book, contact Anne Clark

DECEMBER 2015 / JANUARY 2016

Saturday 19th December 2015		
Grade B	Dollar to Glendevon Circuit	
O.S. 58	Distance 13.1km (8.1 miles)	Ascent 558m (1,831ft)
Walk starts at	Quarry Car Park, Castle Road, Dollar	Grid Ref NS 963 990
Leader	David Ford	
Grade C	Glasgow Points of Interest	
	Easy walking on pavements and paths. Route passes various points of interest heading west of the city	
O.S. 64	Distance 9.6km (6 miles)	Ascent Negligible
Walk starts at	Buchanan Bus Station - meet at Information Desk at 9.45am	Grid Ref NS 592 657
Leader	Barbara Martin	
	Public transport – bus from Kirkintilloch to Buchanan Bus Station. Seniors, bring bus pass	

JANUARY 2016

Saturday 2nd January 2016		
Grade B(easy)/ C+	Torrance/Balmore Circular - A New Year Daunder	
	An old favourite with the seasonal addition of mulled wine and muffins. Option for a shorter return to Kirkintilloch saving 3km(2 miles)	
O.S. 64	Distance 15.3km (9.5 miles)	Ascent 140m (460ft)
Walk starts at	Southbank Business Park	Grid Ref NS 654 734
Leader	Archie Leishman	
Wednesday 6th January 2016		
Grade C+	Birdston Circle	
O.S. 64	Distance 11.3km (7 miles)	Ascent 100m (330ft)
Walk starts at	LIDL Car Park	Grid Ref NS 655 744
Leaders	Ann Martin and Christine Pacione	
Saturday 9th January 2016		
Grade B	The Whangie and Burncrooks Reservoir	
	Paths, moorland and some boggy sections	
O.S. 64	Distance 14km (8.7 miles)	Ascent 400m (1,312ft)
Walk starts at	Queens View Car Park	Grid Ref NS 511 807
Leaders	Archie and Evelyn Leishman	
Grade C	The Hillfoots	
O.S. 58	Distance 10.5km (6.5 miles)	Ascent 100m (330ft)
Walk starts at	Tillicoultry Store Car Park	Grid Ref NS 922 964
Leader	Gordon Brown	
	Seniors, bring bus pass for return journey	

JANUARY 2016

Saturday 16th January 2016

Grade **B(easy)** **Trains, Planes and Automobiles**
 A walk around Cumbernauld. Mainly good paths with one muddy section. One busy dual carriageway crossing

O.S. 64 Distance **15.2km** (9.5 miles) Ascent **132m** (400ft)
 Walk starts at **Croy Railway Station** Grid Ref **NS 729 755**
 Leader **Maggie Nutley**

Grade **C** **Glasgow's Clyde Bridges**
 Flat walk along River Clyde Walkway. Pavements, bridges and paths plus history

O.S. 64 Distance **9.5km** (6 miles) Ascent **Negligible**
 Walk starts at **Dalmarnock Bridge, Glasgow** Grid Ref **NS 617 627**
 Leader **Alan Gemmell**
*****Meet at Buchanan Bus Station for 9.45am*****

Monday 18th January 2016

CAMBODIAN TREK

At Kilsyth Lennox Golf Club Lounge Bar
 Tak-Ma-Doon Road, Kilsyth, G65 0RS
 2pm Tea/coffee + cake £2

Names to Kathleen Brolly by 11th January

Saturday 23rd January 2016

Grade **B** **Helensburgh Circular**
O.S. 56 Distance **14.4km** (9 miles) Ascent **300m** (980ft)
 Walk starts at **Helensburgh Pier** Grid Ref **NS 295 821**
 Leaders **Kathleen Brolly and Maggie Nutley**

Grade **C+** **Bothlin Burn to Moodiesburn, Stoneyetts, Luggie Water**
O.S. 64 Distance **12km** (7.5 miles) Ascent **100m** (330ft)
 Walk starts at **Southbank Business Park** Grid Ref **NS 654 734**
 Leader **Anne Clark**

JANUARY 2016

Thursday 28th January 2016

PROGRAMME MEETING

LENZIE PUBLIC HALL
Lower Hall at 6.50pm for 7.00pm start

Lots of walks are required for our next programme. Now is the chance for those who have yet to lead a walk to team up with someone and plan a walk. If you need help with the recce, then speak to a committee member or one of the regular leaders. The club holds a selection of maps and books, a list of which is available on the website or from the Club Librarian.

Suggestions are also needed for social events.

If possible, please send or phone details of your walks and/or social events in advance and be as flexible as possible with dates. If you have a specific date in mind, could you also give alternative dates and/or dates that you can't manage. This allows some preparation to be done by the Programme Sub-Committee prior to the Programme Meeting.

Please make an effort to come along to the meeting as it is vital to try and fill our programme. It is also an opportunity to exchange ideas and get a preview of the next programme of walks.

Tea and coffee will be provided.

This meeting is for ALL active walk members, not just for leaders.

If possible, please email details of walks and social events to
programme@strathkelvinramblers.org.uk
or, alternatively, pass details to **Ann Martin (Walks), Hazel Macfarlane (Social Events)**
or any other member of the Programme Sub-Committee
by Saturday 16th January.

Saturday 30th January 2016

Grade B	Castle Campbell Circuit	
O.S. 58	Distance 10.3km (6.4 miles)	Ascent 760m (2,493ft)
Walk starts at	Hillfoots Car Park, near Dollar Museum	Grid Ref NS 965 985
Leader	David Ford	
Grade C+	Round the Isle of Cumbrae (clockwise)	
	Easy, pleasant walk with constant open views. All on tarmac (possibly using grass verges at times)	
O.S. 69	Distance 16.4km (10.25 miles)	Ascent Negligible
Walk starts at	Ferry Landing Slip, Cumbrae	Grid Ref NS 184 586
Leader	Alan Connor	
	Drive to Largs and catch ferry to Cumbrae. Cost £5 (Local bus can be used to/from Millport Pier. Seniors, carry bus pass in case)	
	Cars leaving Southbank Business Park at 8.30am	

FEBRUARY 2016

Wednesday 3rd February 2016		
Grade C+	Twechar Circle From Twechar Leisure Centre onto canal towpath towards Auchinstarry, then a short climb up towards path for Croy, then right across road, west towards Bar Hill but going left and finishing by descending the Five Finger path back into Twechar	
O.S. 64	Distance 11km (7 miles)	Ascent 100m (330ft)
Walk starts at	Twechar Healthy Living Centre	Grid Ref NS 699 753
Leaders	Ann Martin and Ann Langley	
Saturday 6th February 2016		
Grade B(easy)	Viewpoints above Aberfoyle Tracks and LRTs	
O.S. 57	Distance 13.5km (8.5 miles)	Ascent 450m (1,476ft)
Walk starts at	Braeval Car Park	Grid Ref NN 543 006
Leader	Frank Duffy	
Grade C	Palacerigg Unsurfaced paths and trails with one incline. Could be muddy	
O.S. 64	Distance 10.2km (6.5 miles)	Ascent Negligible
Walk starts at	Palacerigg Country Park Car Park	Grid Ref NS 786 733
Leaders	Margaret Wilson and Hazel Macfarlane	
Saturday 13th February 2016		
Grade B	Doughnot Hill, Meikle White Hill and Lang Craigs A pleasant and easy walk with surprisingly good views	
O.S. 64	Distance 14.5km (9 miles)	Ascent 368m (1,207ft)
Walk starts at	Overtoun House Car Park, Milton Brae Road, Milton	Grid Ref NS 426 756
Leader	David Mackenzie	
Grade C+	Blanefield Meander Good paths, but could be muddy in places	
O.S. 64	Distance 12.8km (8 miles)	Ascent 100m (330ft)
Walk starts at	Church Car Park, Campsie Dene Road, Blanefield	Grid Ref NS 555 796
Leaders	Ann Martin and Ann Langley Seniors, bring bus pass in case weather changes	

FEBRUARY 2016

Saturday 20th February 2016

Grade B	Round Narnain	
	Paths, tracks and some moorland	
O.S. 56	Distance 12km (7.5 miles)	Ascent 610m (1,982ft)
Walk starts at	Arrochar Car Park	Grid Ref NN 295 049
Leaders	Ann and Robert Bain	
Grade C	Tintock Waterside Circular	
	Distance 11.2km (7 miles)	Ascent Negligible
O.S. 64	Southbank Business Park	Grid Ref NS 654 734
Walk starts at	Margaret Gibb	
Leader		

Thursday 25th February 2016

PROPOSED VISIT TO SCOTTISH PARLIAMENT

Meet at Scottish Parliament at 10.30am
 General and First Minister's Question Time
 Time 11.30am – 1.15pm

Numbers for this session are restricted to 15 so names will be required ASAP
 I am hoping through the MSP to book a tour of the building in the afternoon
 Details to be confirmed in September when Parliament returns after Summer Recess
 There is a café available for coffee, snacks etc.

To book, contact Anne Wilkie

Saturday 27th February 2016

Grade B	Harlaw, Threipmuir and Glencorse	
	Gradual ascents	
O.S. 66	Distance 11.2km (7 miles)	Ascent 386m (1,263ft)
Walk starts at	Harlaw Visitor Centre Car Park	Grid Ref NT 181 655
Leader	Charlie Hasson	
Grade C+	Loch Ard Forest from Milton	
	Distance 13km (8 miles)	Ascent 100m (330ft)
O.S. 57	Milton Car Park, Renagour	Grid Ref NN 503 014
Walk starts at	Shirley Cowan and Rena Scott	
Leaders		

MARCH 2016

Wednesday 2nd March 2016			
Grade C+	Mugdock Meander On mostly good paths out to the Mugdock Reservoir and back along WHW. Could be muddy in places		
O.S. 64	Distance 11km (7 miles)	Ascent 100m (330ft)	
Walk starts at	Mugdock Visitor Centre Car Park	Grid Ref NS 548 780	
Leaders	Ann Martin and Kathleen Brolly		
Saturday 5th March 2016			
Grade B	Sauchie Craggs Some track, narrow paths, several short steep ascents and descents		
O.S. 57	Distance 14.4km (9 miles)	Ascent 257m (835ft)	
Walk starts at	Bannockburn Heritage Centre	Grid Ref NS 797 905	
Leader	Aileen McLay		
Grade C+	East Lomond Hill, Falkland and Maspie Den A steep descent from East Lomond Hill, in part with many steps		
O.S. 58/59	Distance 8.8km (5.5 miles)	Ascent 370m (1,140ft)	
Walk starts at	Craigmead Car Park	Grid Ref NO 228 062	
Leaders	Frances Price and Ann Martin		
Thursday 10th March 2016			
First Aid Refresher Training			
Venue and time still to be confirmed Second part to be held on 14 th April			
For more details, contact Hilary Sneddon by 12th February			
Saturday 12th March 2016			
Grade B	Ben Our Tracks and open hillside with some great views		
O.S. 51	Distance 13km (8 miles)	Ascent 700m (2,296ft)	
Walk starts at	Edinample, South Loch Earn	Grid Ref NN 601 225	
Leaders	Archie and Evelyn Leishman ***Cars leaving Southbank Business Park at 8.30am***		
Grade C+	Falls of Clyde Distance 13km (8.1 miles)	Ascent 300m (984ft)	
O.S. 71	Walk starts at Falls of Clyde Car Park	Grid Ref NS 880 427	
Leaders	Shirley Cowan and Rena Scott		

MARCH 2016

**Tuesday 15th March 2016
at 6:45pm**

BBC Scotland - Pacific Quay Tour

This is an evening tour which lasts about 2 hours
and involves lots of walking, suitable footwear required
Cost Adults £7.45, Concessions £4.85
Payment 4 weeks in advance
Numbers are limited, so please book as soon as possible

To book, contact Freda Bunyan by 8th February

Saturday 19th March 2016

Grade B	Circular from Blackford through Glens Devon and Eagles
	Steady ascents from A9 to Glen Devon. Descend past reservoirs to Glen Eagles then NW to Blackford. Tracks, roads and paths
O.S. 58	Distance 19km (12 miles) Ascent 320m (1,040ft)
Walk starts at Leader	Layby off A9 opposite Blackford Grid Ref NN 893 084
	Alan Connor
	Cars leaving Southbank Business Park at 8.30am

Grade C	Stanley - Taymount Woods
	Countryside walk using core paths. Tracks, road and paths with one level crossing
O.S. 53	Distance 12km (7.5 miles) Ascent Negligible
Walk starts at Leaders	Stanley Car Park Grid Ref NO 330 108
	Barbara Martin and Hazel Macfarlane

Saturday 26th March 2016

Grade B	Craighorn - Ochil Hills
	Open hillside with sections of narrow track which may be slippery in adverse weather. Plus steep descent
O.S. 58	Distance 10km (6.25 miles) Ascent 583m (1,895ft)
Walk starts at Leader	Alva Glen Car Park Grid Ref NS 885 974
	Alan Thomson

Grade C	Avon Water and Green Bridge, Chatelherault Country Park
	Good paths
O.S. 64	Distance 8km (5 miles) Ascent 120m (400ft)
Walk starts at Leaders	Main entrance to Chatelherault Country Park Grid Ref NS 737 540
	Liz Paterson and Frances Price

QUICK REFERENCE LIST

October 2015				
Sat	3rd	B	Beinn Dubh and the Horseshoe	David Mackenzie
	3rd	C	Cathkin Braes	Gordon Brown
Wed	7th	C+	Duchary Bridge to Couligartan	Frances Price
Sat	10th	B	Menteith Hills	Charlie Hasson
	10th	C+	Drumpellier Country Park	Anne Clark
Mon	12th		<i>GPS App Android Phone Support Group</i>	Maggie Nutley
Sat	17th	B	Samson's Stone and Dunmore Fort, Bochastle	Ella Corbett, Anne Wilkie
	17th	C+	Three Lochs	Ann Martin, Ann Langley
Sat	24th	B	Cruach Tairbert	Ann and Robert Bain
	24th	C+	Callendar Park to Shieldhill Circle	Ann Martin
Sat	31st	B(easy)	Ochils Circular from Dollar	Alan Connor
	31st	C	Gullane and Yellowcraigs	Gordon Brown
November 2015				
Wed	4th	C	Orbiston	Gordon Brown
Sat	7th	B+	Dunmore, Corrie of Balglass and Earl's Seat	Bob Cole
	7th	C+	Devilla Forest	Ann Martin, Ann Langley
Wed	11th	tbc	<i>Scholars' Restaurant Lunch</i>	Christine Pacione, Ann Martin
Sat	14th	B	The Dumyats (via The Menstrie Sting)	Frank Duffy
	14th	C+	Luggiebank and Palacerigg	Liz Paterson, Frances Price
Thu	19th		23rd Strathkelvin Ramblers AGM	
Sat	21st	B(easy)	Knockupple	Shirley Cowan, Rena Scott
	21st	C+	Colzium, Banton Loch and Auchinstarry Circular	Margaret Wilson, Hazel Macfarlane
Sat	28th	B	Doughnot Hill, Duncolm	Bob Cole
	28th	C	Local Walk	Liz Paterson
December 2015				
Wed	2nd	C+	Kilsyth Round Town Walk	Ann Martin, Ann Langley
Sat	5th	B	Conic Hill	Archie and Evelyn Leishman
	5th	C+	Linlithgow to Cockleroy	Frances Price
Sat	12th		Christmas Lunch	Ann Martin
Thu	17th		<i>Oran Mor Panto</i>	Anne Clark
Sat	19th	B	Dollar to Glendevon Circuit	David Ford
	19th	C	Glasgow Points of Interest	Barbara Martin

11 th - 17 th September 2016	
EURORANDO Join Ramblers from across Europe at Eurorando 2016 in Skane, southern Sweden. They offer a week of exciting hikes and activities for walkers from 11th to 17th September next year. There are various packages available for groups and individuals so you can tailor your trip to suit your needs. For more information, go to www.eurorando2016.com	

QUICK REFERENCE LIST

January 2016				
Sat	2nd	B(easy) /C+	Torrance/Balmore Circular - A New Year Daunder	Archie Leishman
Wed	6th	C+	Birdston Circle	Ann Martin, Christine Pacione
Sat	9th	B	The Whangie and Burncrooks Reservoir	Archie and Evelyn Leishman
	9th	C	The Hillfoots	Gordon Brown
Sat	16th	B(easy)	Trains, Planes and Automobiles	Maggie Nutley
	16th	C	Glasgow's Clyde Bridges	Alan Gemmell
Mon	18th		<i>Cambodian Trek</i>	Kathleen Brolly
Sat	23rd	B	Helensburgh Circular	Kathleen Brolly, Maggie Nutley
	23rd	C+	Bothlin Burn to Moodiesburn, Stoneyetts, Luggie Water	Anne Clark
Thu	28th		Programme Meeting	
Sat	30th	B	Castle Campbell Circuit	David Ford
	30th	8.30 C+	Round the Isle of Cumbrae (clockwise)	Alan Connor
February 2016				
Wed	3rd	C+	Twechar Circle	Ann Martin, Ann Langley
Sat	6th	B(easy)	Viewpoints above Aberfoyle	Frank Duffy
	6th	C	Palacerigg	Margaret Wilson, Hazel Macfarlane
Sat	13th	B	Doughnot Hill, Meikle White Hill and Lang Craigs	David Mackenzie
	13th	C+	Blane Meander	Ann Martin, Ann Langley
Sat	20th	B	Round Narnain	Ann and Robert Bain
	20th	C	Tintock Waterside Circular	Margaret Gibb
Thu	25th	tbc	<i>Visit to Scottish Parliament</i>	Anne Wilkie
Sat	27th	B	Harlaw, Threipmuir and Glencorse	Charlie Hasson
	27th	C+	Loch Ard Forest from Milton	Shirley Cowan, Rena Scott
March 2016				
Wed	2nd	C+	Mugdock Meander	Ann Martin, Kathleen Brolly
Sat	5th	B	Sauchie Craggs	Aileen McLay
	5th	C+	East Lomond Hill, Falkland and Maspie Den	Frances Price, Ann Martin
Thu	10th	tbc	<i>First Aid Refresher Training</i>	Hilary Sneddon
Sat	12th	8.30 B	Ben Our	Archie and Evelyn Leishman
	12th	C+	Falls of Clyde	Shirley Cowan, Rena Scott
Tue	15th		<i>Tour of BBC at Pacific Quay</i>	Freda Bunyan
Sat	19th	8.30 B	Circular from Blackford through Glens Devon and Eagles	Alan Connor
	19th	C	Stanley - Taymount Woods	Barbara Martin, Hazel Macfarlane
Sat	26th	B	Craighorn – Ochil Hills	Alan Thomson
	26th	C	Avon Water and Green Bridge, Chatelherault Country Park	Liz Paterson, Frances Price

tbc to be confirmed

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