



Selection of photographs our Members have taken on their walks

CUMBERNAULD & KILSYTH RAMBLERS SUMMER / AUTUMN 2018 WALKING PROGRAMME



ramblers scotland
at the heart of walking



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Websites: www.ckramblers.org.uk <http://www.ramblers.org.uk/cumbernauld-kilsyth/>
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RAMBLERS ASSOCIATION (SCOTLAND)
CUMBERNAULD & KILSYTH GROUP

SUMMER / AUTUMN 2018 WALKING PROGRAMME

<u>Committee Members</u>	<u>Name</u>	<u>Contact number</u>
Chair Person	Alex Fraser	01236 826342
Secretary/Minute Secretary	Muriel Hanlon	07515 967233
Treasurer	Lorna Dunster	07400 058855
Membership Secretary / C&K Webmaster	Wendy Chisholm	07909 643654
Sunday Walk Programme Co-ordinator	Davy & Janice Forrest	01236 735822
Social Secretary	Janice Forrest	01236 735822
Social Co-ordinator	Aileen Morrison	0141 779 4671
Social Co-ordinator	Lorna McEwan	07917 573774
Ramblers Scotland Website/C&K Contributor	Lorna Dunster	07400 058855
Publicity Officer	Jean McBride	01236 723309
Access & Footpath Officer	Ian Jarvis	01236 592211
	Frances Hardy-Smith	01236 782117
	Isobel Hodge	07753 337465

Non Committee Co-ordinators

Tuesday Walk Programme Co-ordinator	Fiona Barr	01236 735252
Wednesday Walk Programme Co-ordinator	Janette Seale	01786 447107
Facebook Administrator	Nicola Connolly	07949 421044

Group Representatives to Area Council

Janice Forrest	As above
Isabel McQueen	
Frances Hardy-Smith	As above

Group Representatives to Scottish Council

Janice Forrest	As above
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Cumbernauld & Kilsyth Ramblers Information:

PLEASE NOTE: MEMBERS SHOULD AT ALL TIMES STAY NEAR TO THE LEADER, AND NOT OUT OF SIGHT OR EARSHOT, OR LEAVE A WALK WITHOUT INFORMING THE LEADER.	
EQUIPMENT / WHAT TO BRING	Warm waterproof clothing and strong footwear should be taken. Walking boots are essential on Grade A+ and A walks, and desirable on all walks. Be prepared for changeable weather conditions. JEANS ARE NOT RECOMMENDED. A PACKED LUNCH SHOULD BE TAKEN, AND A FLASK OF HOT DRINK IS RECOMMENDED.
THE COUNTRY CODE	Members are expected to observe the Country Code and the Scottish Outdoor Access Code.
THE RAMBLERS ASSOCIATION	All those interested in walking are welcome to join us, but we would expect those taking part on a regular basis to join the Association. Details are available from the Membership Secretary.
THE LEADER(S) MAY CHANGE A WALK	because of adverse weather or ground conditions, or for any other good reason. The leader(s) make a considerable input into planning and organising the walk(s). Please do nothing to undermine their authority and, in particular, if you have any comment regarding the content of the walk, do make it in private.
MEMBERS	Are reminded that the main objective of the programme is to help members enjoy walking. With this in mind, the committee would like to emphasise the following: Inexperienced Walkers must check with the leader before coming on any grade of walk with which they are unaccustomed. This applies where their inability to cope with conditions and maintain a reasonable walking pace can cause a problem for the leader, or affect the safety of the party. In the interests of safety the leader may refuse to lead anyone whom he/she considers to be improperly equipped or unable to cope with the conditions. CONSIDERATION FOR OTHER WALKERS - As groups are usually made up of members of varying walking ability, please consider those at the back of the party. LEADERS , especially, are reminded that they must set and control the pace of the walk to reflect these differing abilities and MUST NOT ALLOW THE PACE TO BE DICTATED BY ANY MEMBERS OF THE PARTY WHO MAY TEND TO FORCE THE PACE.
INSURANCE	Please note that neither the GROUP nor LEADERS of walks in the programme can accept liability for any accident which may occur on any walks. Personal Accident Insurance for ramblers and members is available from:- British Mountaineering Council Services Ltd, Crawford House, Precinct Centre, Bridge Street East, Manchester M13 9RZ. All sporting and leisure activities have inherent hazards associated with them and rambling is no exception. In spite of the safety of members always being of paramount concern, accidents will occasionally occur. It is important, therefore, that when entering into the activity, each member appreciates that he/she has a responsibility to identify the hazards associated with the activity and take all responsible steps to eliminate or minimise the potential for an accident to arise.
ACCESS PROBLEMS	Members encountering any problems/issues with Footpaths or Access, please report this to a Committee Member. Or alternatively you can contact Ian Jarvis (email: ian.jarvis@icloud.com) who will be happy to contact the relevant Authorities on your behalf.
SUGGESTION FOR WALKS	These are welcome at any time, not only when a new walk programme is being prepared.
VOLUNTEER LEADERS	In order to be able to produce a weekly programme with ideally two walks per Sunday, one walk on a Tuesday and one walk every second Wednesday, as is currently the aim, new Leaders are required, in particular for the Sunday Programme. For members who would like to lead but feel they lack the confidence or competence to do so, the club would give them every encouragement to learn the necessary skills by arranging for them to shadow a leader on any particular walk. An experienced leader would support them for the first walks they lead until they feel sufficiently confident. There are also experienced leaders willing to help any potential new leaders with map reading and compass skills.
LIBRARY	The Group have a selection of Ordnance Survey Maps which are available to any Member who wishes to borrow them. Please contact Davy Forrest (email: diforrest@hotmail.co.uk).
SOCIAL EVENINGS	Up to date information will appear in the Cumbernauld News and Kilsyth Chronicle, and also on our Websites: www.ckramblers.org.uk & www.ramblers.org.uk/cumbernauld-kilsyth
SMOKING	We ask members who smoke, not to do so at the inconvenience or annoyance of other members.

GRADINGS

- A+ & A Strenuous - for the fit. Normally over hills and rough terrain. Could involve steep ascents and descents. Normally more than 750m of climbing.
- B+ & B Moderate. Easier than grade "A" walks, but could have at least one of the features of an "A" grade walk. Normally more than 250m of climbing - or - 14km distance.
- C+ & C Easier walks - less than 250 m of climbing - or - less than 14km distance

Please note that the gradings given for walks are intended only as a rough guide. For further information on a particular walk, please contact the walk leader.

When a grading differs from the above guidelines it is because of other factors, e.g. difficulty of the terrain.

The leader may change or cancel a walk because of adverse weather conditions, or for any other good reason.

The duration of walks can vary enormously from times stated, depending upon the members of the group and the weather.

PLEASE NOTE: All distances and heights on the programme are approximate.

GENERAL NOTES

- SUNDAY WALKS** Travel to the start of the walk by private bus.
Pick up points:
8:50am - Craiglinn Roundabout bus stop
8:55am - Condorrat Main Road bus stop
9:00am - Fleming House car park (first right off Tryst Rd, Cumbernauld)
- TUESDAY WALKS** Travel by public transport and start at different locations. Bus numbers shown in programme, but please check timetables for more information.
- WEDNESDAY WALKS** Travel to start of walk by car share. Meet at 9.30am in the car park Muirfield Community Centre. Access to the Centre car park is from South Muirhead Road, Cumbernauld, just behind the police station in the town centre. There maybe a possibility of an alternative start time, so please check with the walk leader in case there are any changes. You can also meet at the start of the walk.
- BUSES** Bus rambles need not be booked in advance since a large enough bus will be provided, although in the case of a shortage of seats, these will be allocated firstly with preference given to members and secondly on a first come first served basis. The current fare is £10 which is paid on the day. Please note that children (aged 16 and under), WHO MUST BE ACCOMPANIED BY AN ADULT, travel free.
- CARS** Those receiving lifts are expected to make a voluntary contribution towards the costs. It is suggested that the cost of the use of a car is 25 pence per mile per car load, shared equally. In order to make efficient use of the cars provided, at least three people should travel in each car where possible.
CAR OWNERS SHOULD CHECK THAT THIS DOES NOT INFRINGE THE CONDITIONS OF THEIR CAR INSURANCE.

DISCOUNTS FOR MEMBERS

Discounts available to Ramblers Members include 15% at Cotswold Outdoor.

Ramblers Members can save an extra 10% discount at Go Outdoors, Coatbridge. Just show your Ramblers ID or Proof of Membership at the payment desk in store, and when ordering online, just enter the code 10RAMBLE at the checkout to get a further 10% off your basket.

Walks Programme:**PLEASE NOTE: All distances and heights on the programme are approximate**

<u>Day</u>	<u>Date</u>	<u>Walk Location / Leader / Grade</u>	<u>Map Ref / Distance / Ascent</u>
Tue	1-May	COATBRIDGE CIRCULAR via DRUMPELLIER PARK Leader: Anne T – 07977 635467 / 0141 573 2254 10.30 - Meet at Coatbridge Central Station, off West Canal Street, Coatbridge. Train from Cumbernauld at 10:22, but please check timetables. A pleasant walk along a canal tow path, rough paths, grassy paths and tarred walkways.	ML5 1PE, NS729651 5mi/8km
Fri	4-May	CLUB HOLIDAY WEEKEND AWAY – GRANTOWN-ON-SPEY Grantown-on-Spey is a traditional Highland town on the River Spey at the northern edge of the Cairngorm National Park and 14 miles from Aviemore.	
Mon	7-May	Details can be found on the website.	
Tue	8-May	KILSYTH CIRCULAR via QUEENZIEBURN (new walk route) Leader: Alex F - 01236 826342 / 07999 514095 10:00 - Meet at Kilsyth Swimming Pool bus stop, Airdrie Road. Bus 43. This walk around Kilsyth is on good paths and tracks.	G65 9JE, NS715780 4.5mi/7.2km
Wed	9-May	GALLANGAD MUIR Leader: Alex Fraser - 01236 826342 / 07999 514095 Grade C+ This is an undemanding "there & back" walk on good track, minor road and grassy path with terrific views.	OS 64 13km, 200m
Sun	13-May by Bus	LEDCHARRIE to MHOR 84 via KIRKTON GLEN & BALQUIDDAR Leader: Lorna Dunster – 07400 058855 Grade B+	OS 51 13.5km, 620m
		KINGSHOUSE CIRCULAR via STRATHYRE Leader: Oonagh Duncan – 01236 723686 Grade B	OS 57 13km, 230m
Tue	15-May	CARRON GLEN CIRCULAR, DUNIPACE Leader: Carol C – 01236 822437 10:20 - Meet at Herbertshire Castle Park, Stirling Road, Dunipace. Bus X39 from Cumbernauld. This lovely walk is on rough, and sometimes uneven tracks.	FK6 6HN. NS807831 5mi/8.1km
Sun	20-May by Bus	GLENDDEVON to DOLLAR Leader: Terry Hunter - 07593 439688 Grade B+	OS 58 13km, 700m
		FORESTMILL to DOLLAR Leader: Leader required Grade B	OS 58 16km, 100m
Tue	22-May	CUMBERNAULD VILLAGE CIRCULAR via CUMBERNAULD GLEN and PARK Leader: Jean M – 01236 727705 10:00 - Meet at the bus stop close to the junction of Roadside and the Wynd, Cumbernauld Village. Bus X37, X39, 35, 49. This walk uses an excellent network of paths, taking us from the Village to Abronhill, returning through the Glen.	G672SN, NS767762 4.5mi/7km

Walks Programme:**PLEASE NOTE: All distances and heights on the programme are approximate**

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Wed	23-May	HILL OF BEATH Leader: Janette Seale - 01786 447107 / 07709 957317 Grade C+ This new walk offers great panoramic views of the surrounding countryside. It includes some rough walking and a few locked gates to climb.	OS 58 12km, 240m
Sun	27-May by Bus	SGIATH A CHAISE Leader: Ian Jarvis – 01236 592211 Grade B CALLANDER to STRATHYRE Leader: Leader required Grade C	OS 57 13km, 645m OS 57 15km, 150m
Tue	29-May	CUMBERNAULD VILLAGE CIRCULAR via ANTONINE WALL and WESTERWOOD GOLF CLUB Leader: Annette W - 01236 720149 / 07815 158711 10:00 - Meet at the bus stop close to the junction of Roadside and the Wynd, Cumbernauld Village. Bus X37, X39, 35, 49. This walk passes along the line of the Antonine Wall, through Westerwood Golf Course, is on good paths and tracks and follows a woodland trail.	G67 2SN, NS767762 5mi/8km
Sun	3-Jun by Bus	BEN IME from BUTTERBRIDGE Leader: Matthew Gardner – 07493 945949 Grade A REST & BE THANKFUL to GLEN CROE Leader: Jean Cloherty – 07974 795860 Grade C	OS 56 11.5km, 900m OS 56 13km, 150m
Tue	5-Jun	CALENDAR PARK CIRCULAR Leader: Fiona B – 01236 735252 / 07884 062775 10:00 - Meet at the Kiosk/WCs in the park. Bus X37. A walk on paths and tracks through Callendar Woods.	FK1 1TS, NS893796 4.5mi/7.2km
Wed	6-Jun	CROMBIE to CHARLESTOWN & LIMEKILNS Leader: Fiona Barr - 01236 735252 / 07884 062775 Grade C+ This is a linear walk of sorts. Bus travel is included (plan to board Stagecoach Bus No.6 to Crombie at 10.31am). The terrain is mainly level pavements & paths but also some uneven ground. We visit 2 charming conservation villages, interesting industrial heritage and a section of Fife Coastal Path.	OS 65 12km, 120m
Sun	11-Jun by Bus	FAMILY RAMBLING DAY: WALK & BBQ – GOSFORD SANDS to GULLANE Leader: Oonagh Duncan – 01236 723686 Grade C (one walk for all)	OS 66 7km, flat

Walks Programme:**PLEASE NOTE: All distances and heights on the programme are approximate**

<u>Day</u>	<u>Date</u>	<u>Walk Location / Leader / Grade</u>	<u>Map Ref / Distance / Ascent</u>
Tue	12-Jun	KILSYTH CIRCULAR via BANTON Leader: Ysanne M – 01236 728970 10:00 - Meet at Kilsyth Swimming Pool bus stop, Airdrie Road. Bus 43. A lovely circular walk, mostly on rough paths, from Kilsyth to the village of Banton. On the way we walk along the edge of Banton Loch.	G65 9JE, NS715780 5mi/8km
Sun	17-Jun by Bus	COLDINGHAM to EYEMOUTH via ST ABBS HEAD Leader: Terry Hunter - 07593 439688 Grade B (one walk for all)	OS 67 14km, 250m
Tue	19-Jun	AUCHINSTARRY CIRCULAR around BAR HILL and via TWECHAR Leader: Anne T – 07977 635467 / 0141 573 2254 10:00 - Meet at the Boat House car park. Bus 43. This walk is on paths and tracks, and the canal path, around Bar Hill.	G65 9SG, NS721767 5mi/8.1km
Wed	20-Jun	RIVER LEVEN: DUMBARTON to BALLOCH Leader: Anne Thomson - 0141 573 2254 / 07977 635467 Grade C Train travel is included (plan to board the train to Dumbarton Central at 11.07am). This is an easy linear walk beside the River Leven mostly on Tarmac.	OS 63/56 11.5km, min.asc
Sun	24-Jun by Bus	FALLS OF CLYDE Leader: Muriel & David Hanlon – 01236 728545 / 07515 967233 Grade C+ (one walk for all)	OS 72 13km, 300m
Tue	26-Jun	ANNUAL DAY TRIP to TROON Leader: Fiona Barr - 07884 062775 / 01236 735252 09:30 - Travel by private bus to Troon. After an easy walk, approx 2hrs, there is time for lunch, retail therapy or to further explore this lovely seaside town. The cost is £10/per person. Please contact leader to book your place.	
Sun	1-Jul by Bus	BEINN DORAIN Leader: Lorna Dunster - 07400 058855 Grade A KINGSHOUSE to BRIDGE of ORCHY Leader: Alex Fraser - 01236 826342 Grade C+	OS 50 11km, 980m OS 41 & 50 16km, 200m
Tue	3-Jul	CONDORRAT CIRCULAR Leader: Alice P - 07522 256070 10:00 - Meet at Condorrat Library. Bus X37, X39, 45. This walk is on good roads, paths and tracks.	G67 4BT, NS734733 5mi/8km
Wed	4-Jul	STANK GLEN Leader: Allan Frampton – 07926 186320 Grade B Combine a cycle path to Strathyre, woodland paths & roads and a high level forest track below Ben Ledi. It is a steady uphill plod and there is an uneven stony path downhill.	OS 57 15km, 300m

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<u>Day</u>	<u>Date</u>	<u>Walk Location / Leader / Grade</u>	<u>Map Ref / Distance / Ascent</u>
Sun	8-Jul by Bus	DOUGLAS PARK, LARGS Leader: Davy Forrest – 01236 735822 Grade B+	OS 63 15km, 530m
		GOLDENBERRY HILL Leader: David & Suzi Bollan - 07846 186011 Grade B	OS 63 14km, 248m
Tue	10-Jul	KILSYTH CIRCULAR Leader: Alex F - 01236 826342 / 07999 514095 10.00 - Meet at Kilsyth Swimming Pool bus stop, Airdrie Road. Bus 43. This walk around Kilsyth is on good paths and tracks.	G65 9JE, NS715780 4.5mi/7.2km
Fri	13-Jul	CLUB HOLIDAY WEEKEND AWAY – Venue TBC Details to follow (by email/on website).	
Mon	16-Jul		
Tue	17-Jul	KIRKINTILLOCH CIRCULAR Leader: Maree M – 0141 578 1254 10:30 - Meet at Barleybank Car Park, Kirkintilloch. Bus from Cumbernauld No 047. This walk around Kirkintilloch is on good paths and tracks.	G66 1HF, NS654738 5mi/8km
Wed	18-Jul	DUNBLANE to BRIDGE OF ALLAN Leader: Anne Crummy & Thora Barron – 01236 721975 / 01236 720959 Grade C+ This is a linear, scenic, waymarked route on good paths & tracks and minor road. We finish with the optional extra of a Fish Tea.	OS 57 11km, 250m
Sun	22-Jul by Bus	THE COBBLER Leader: Wendy Chisholm – 07909 643654 Grade A	OS 56 10km, 890m
		GLEN DOUGLAS to ARROCHAR Leader: Alex Fraser - 01236 826342 Grade B	OS 56 14km, 330m
Tue	24-Jul	PALACERIGG CIRCULAR via GLENCRYAN WOODS Leader: Annette W – 01236 720149 / 07815 158711 10:00 - Meet at Asda taxi rank, Town Centre. Bus X37, 39, 25, 45. This is a woodland walk on good paths and tracks.	G67 1AX, NS762748 5mi/8km
Sun	29-Jul by Bus	BROUGHTON HEIGHTS Leader: Davy Forrest – 01236 735822 Grade B+	OS 72 14km, 750m
		DRUMELZIER to BIGGAR Leader: Muriel & David Hanlon – 01236 728545 / 07515 967233 Grade C	OS 72 12km, min.asc

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<u>Day</u>	<u>Date</u>	<u>Walk Location / Leader / Grade</u>	<u>Map Ref / Distance / Ascent</u>
Tue	31-Jul	CAMELON and CARRON CIRCULAR Leader: Ivar S - 01324 841145 / 07921 778208 10:20 - Meet in the car park opposite Falkirk Golf Club in Stirling Road, Camelon. Bus from Cumbernauld X37 (bus stop on Main Road, at Police Station). Train from Cumbernauld to Camelon - check timetable for times.	FK2 7YP, NS868809 4.92mi/7.90km
Wed	1-Aug	DUMYAT HILL Leader: Terry Hunter - 01324 611296 / 07593 439688 Grade B This is a popular moderate hill walk which can be taken at a gentle pace. A there & back option can be included.	OS 57 10km, 340m
Sun	5-Aug by Bus	BEN VENUE Leader: Lorna Dunster - 07400 058855 Grade A CALANDER LOCH VENACHER & LOCH ACHRAY Leader: Alex Fraser - 01236 826342 Grade B	OS 57 14km, 750m OS 57 16km, 100m
Tue	7-Aug	CUMBERNAULD VILLAGE CIRCULAR Leader: Betty R – 01236 726146 / 07544 812567 10:00 - Meet at the bus stop close to the junction of Roadside and the Wynd, Cumbernauld Village. Bus X37, X39, 35, 49. This walk passes through Westerwood Golf Course, is on good paths and tracks and offers good views of the Kilsyth Hills.	G67 2SN, NS767762 5mi/8km
Sun	12-Aug by Bus	THE BRACK Leader: Matthew Gardner – 07493 945949 Grade A ARDGARTEN CIRCULAR to ARROCHAR Leader: Allan Frampton – 07926 186320 Grade B	OS 56 13km, 825m OS 56 15km, 400m
Tue	14-Aug	CASTLECARY CIRCULAR via ALLANDALE WOODS Leader: Thora B – 01236 720959 10:00 - Meet at Castlecary Hotel. Bus X37, X39. A pleasant walk on tarmac and rough woodland tracks.	G68 0HD, NS786780 5mi/8km
Wed	15-Aug	KILLEARN, DUMGOYNE & KIRKHOUSE WOOD Leader: Larry Indoo – contact via Janette Seale - 01786 447107 / 07709 957317 Grade C+ This is an interesting varied walk on road, WHW path, grassy path, pipe track. There are several gates on this route.	OS 57/64 13.5km, 180m
Sun	19-Aug by Bus	MELROSE to LAUDER Leader: Francis Hardy-Smith - 01236 782117 Grade B (one walk for all)	OS 73 16km, 340m

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<u>Day</u>	<u>Date</u>	<u>Walk Location / Leader / Grade</u>	<u>Map Ref / Distance / Ascent</u>
Tue	21-Aug	KIRKINTILLOCH to CLACHAN of CAMPSIE (linear walk) Leader: Frances T - 01236 612392 / 07757 620946 10:30 - Meet at Barleybank Car Park, Kirkintilloch. Bus from Cumbernauld No 247. This walk follows a section of the Thomas Muir Way along a disused railway. The walk is on good paths and tracks along the Forth and Clyde canal and the Glazert Water.	G66 1HF, NS654738 5.5mi/8.8km
Sun	26-Aug by Bus	BEINN CHABHAIR Leader: Cathie Collins – 0141 956 2262 Grade A+ LOCHAN BEINN CHABHAIR Leader: Janice Forrest – 01236 735822 Grade B DALRIGH to DROVERS (WHW) Leader: Oonagh Duncan – 01236 723686 Grade B	OS 56 14km, 1030m OS 56 9km, 440m OS 50 & 56 16km, 150m
Tue	28-Aug	AUCHINSTARRY CIRCULAR via CROY HILL Leader: Aileen M - 0141 779 4671 / 07974 271904 10:00 - Meet at the Boat House car park. Bus 43. An excellent walk on paths and tracks above Auchinstarry.	G65 9SG, NS721767 5mi/8km
Wed	29-Aug	EAGLESHAM CIRCULAR via WATERFOOT & BONNYTON Leader: Aileen Morrison - 0141 779 4671 / 07974 271904 Grade C+ This new walk is mostly on quiet, country roads with great views.	OS 64 14.5km, 200m
Sun	2-Sep by Bus	CHANGUE FOREST TRAIL Leader: Frances Hardy-Smith – 01236 782117 Grade C+ (one walk for all)	OS 76 14km, 280m
Tue	4-Sep	MOODIESBURN CIRCULAR via STONEYETTS Leader: Peter I - 07810 006591 10:30 - Meet at the bus stop on A80, Cumbernauld Road, at Moodiesburn lights. Bus X3, X37, X39. An easy walk on former railway path, woodland tracks and minor roads.	G69 0AG, NS699704 4mi/6.4km
Sun	9-Sep by Bus	GREY MARE'S TAIL & WHITE COOMB Leader: Nikki Connolly – 07949 421044 Grade B+ ST MARY'S LOCH Leader: Alex Fraser - 01236 826342 Grade C+	OS 79 12km, 750m OS 73 15km, 170m
Tue	11-Sep	SEAFAR WOOD CIRCULAR Leader: Thora B – 01236 720959 10:00 - Meet at Asda taxi rank, Town Centre, Cumbernauld. A lovely walk in woodland planted at the time of the construction of Cumbernauld. <i>Note: There will be a programme planning meeting following this walk.</i>	G67 1AX, NS762748 5mi/8km

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Wed	12-Sep	ACHINEDEN FARM & BURNCROOKS RESERVOIR (JMW) Leader: Janette Seale - 01786 447107 / 07709 957317 Grade C+ This is a scenic undulating walk on tracks & paths. It includes a section of John Muir Way.	OS 64 12km, 200m
Sun	16-Sep by Bus	BROAD LAW Leader: Ian Jarvis – 01236 592211 Grade B+ TWEEDSMUIR to DRUMELZIER Leader: Jean Cloherty – 07974 795860 Grade C+	OS 72 16km, 600m OS 72 15km, 240m
Tue	18-Sep	CUMBERNAULD HOUSE PARK Leader: Anne C - 01236 721975 10:00 - Meet at Braehead Road bus stop, Kildrum. Bus X25. This walk, in ancient woodland, uses an excellent network of paths.	G67 2DE, NS768753 4.5mi/7.2km
Tue	18-Sep	CLUB MIDWEEK BREAK – MONTROSE Contact: Thora Barron or Fiona Barr	
Fri	21-Sep	Details to follow (by email/on website).	
Fri	21-Sep	CLUB HOLIDAY WEEKEND AWAY – Venue TBC to Details to follow (by email/on website).	
Mon	24-Sep		
Tue	25-Sep	BONNYBRIDGE CIRCULAR via BONNYFIELD NATURE RESERVE Leader: Anne M - 01236 726875 / 07719 290042 10:00 - Meet at Bonnybridge Library. Bus X37. This walk is on pavements and good paths.	FK4 1AB, NS823801 4.5mi/7.2km
Wed	26-Sep	STRATHBLANE Leader: Annette Wilson - 01236 720149 / 07815 158711 Grade B This is a slightly longer walk in a familiar area. Varied terrain: minor road, paths & tracks, dismantled railway path (could be muddy) and a section of WHW.	OS 64 16km, 200m
Sun	30-Sep by Bus	NINE MILE BURN to FLOTTERSTONE Leader: Terry Hunter - 01324 611296 Grade B+ FLOTTERSTONE CIRCULAR Leader: Muriel & David Hanlon – 01236 728545 / 07515 967233 Grade B (at an easy pace)	OS 66 11km, 670m OS 66 13km, 450m
Tue	2-Oct	KIRKINTILLOCH to LENNOXTOWN (linear walk) Leader: Peter I - 07810 006591 10:30 - Meet at Barleybank Car Park, Kirkintilloch. Bus from Cumbernauld No 247. This walk follows a section of the Thomas Muir Way along a disused railway. The walk is on good paths and tracks along the Forth and Clyde canal and the Glazert Water. We will return to Kirkintilloch by public bus.	G66 1HF, NS654738 4.5mi/7km

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Sun	7-Oct by Bus	EAST & WEST LOMOND HILLS & MASPIE DEN to FALKLAND Leader: Wendy Chisholm – 07909 643654 Grade B	OS 58 & 59 16km, 600m
		BURNSIDE & MASPIE DEN to FALKLAND Leader: Muriel & David Hanlon – 01236 728545 / 07515 967233 Grade C+	OS 58 & 59 14.5km, 180m
Tue	9-Oct	CUMBERNAULD COMMUNITY PARK CIRCULAR via ARRIA Leader: Margaret A - 01236 613616 10:00 - Meet at the bus stop close to the junction of Roadside and The Wynd, Cumbernauld Village. Bus X37, X39, 35, 49. This walk is on pavements and good tracks and allows us to view Arria at close range.	G67 2SN, NS767762 5.5mi/8.8km
Wed	10-Oct	FALKIRK: BANTASKINE, LIONTHORN & CALLENDAR WOODS Leader: Terry Hunter - 01324 611296 / 07593 439688 Grade C+ Bus travel is included. This is an interesting, varied, linear walk beside canal, in woodland, on minor road and on estate tracks.	OS 65 12.5km, 220m
Sun	14 -Oct by Bus	BIRNAM HILL, BEATRIX POTTER'S GARDEN & THE BIRNAM OAK Leader: Janice Forrest - 01236 735822 Grade B	OS 52 11km, 400m
		DUNKELD CIRCULAR Leader: Frances Hardy-Smith - 01236 782117 Grade C+	OS 52 12km, 240m
Tue	16-Oct	CARRON GLEN CIRCULAR, DUNIPACE Leader: Carol C – 01236 822437 10:20 - Meet at Herbertshire Castle Park, Stirling Road, Dunipace. Bus X39 from Cumbernauld. This lovely walk is on rough, and sometimes uneven tracks.	FK6 6HN, NS807831 5mi/8.1km
Sun	21-Oct by Bus	MEIKLE BIN Leader: Allan Frampton – 07926 186320 Grade B	OS 57 14km, 400m
		CARRON VALLEY RESERVOIR Leader: David & Suzi Bollan - 07846 186011 Grade C	OS 57 13km, 150m
Tue	23-Oct	CASTLECARY CIRCULAR via BANKNOCK Leader: Fiona B – 07884 062775 / 01236 735252 10:00 - Meet at Castlecary Hotel. Bus X37, X39. An easy walk on minor roads, rough tracks and good paths.	G68 0HD, NS786780 4.5mi/7.2km
Wed	24-Oct	DALMENY, RIVER ALMOND & CRAIGIE HILL (+Deli) Leader: Ivar Struthers - 01324 841145 / 07921 778208 Grade C+ This walk on cycle path, minor road, riverside & woodland paths includes the optional extra of lunch at Craigie Hill Deli.	OS 65 13km, 100m

Walks Programme:

PLEASE NOTE: All distances and heights on the programme are approximate

<u>Day</u>	<u>Date</u>	<u>Walk Location / Leader / Grade</u>	<u>Map Ref / Distance / Ascent</u>
Sun	28-Oct by Bus	SOUTH QUEENSFERRY to CRAMMOND via SHORE & RIVER Leader: Terry Hunter - 01324 611296 Grade B (one walk for all)	OS 66 16km, 125m
Tue	30-Oct	FALKIRK WHEEL CIRCULAR via BONNYBRIDGE and ROUGH CASTLE Leader: Helen H – 01324 841502 10:20 - Meet at the entrance to the Visitor Centre. Bus X37. This walk from the Wheel is on good paths and tracks. <i>Note: Optional lunch at the Board Walk following this walk.</i>	FK1 4LS, NS852801 5mi/8.1km