

# C&K Ramblers Wednesday Walks



**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>
Wed	25-Apr	<b>RIVER AVON HERITAGE TRAIL</b> Leader: Terry Hunter - 01324 611296 / 07593 439688 Grade B Walk minor roads, grassy paths, riverside path. The trail is waymarked, but it is narrow and uneven with some steep inclines, especially steps.	OS 65 14km, 300m
<b><i>New Summer / Autumn 2018 Programme</i></b>			
Wed	9-May	<b>GALLANGAD MUIR</b> 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
Wed	23-May	<b>HILL OF BEATH</b> 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
Wed	6-Jun	<b>CROMBIE to CHARLESTOWN &amp; LIMEKILNS</b> 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
Wed	20-Jun	<b>RIVER LEVEN: DUMBARTON to BALLOCH</b> 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
Wed	4-Jul	<b>STANK GLEN</b> 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
Wed	18-Jul	<b>DUNBLANE to BRIDGE OF ALLAN</b> 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

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Wed	1-Aug	<b>DUMYAT HILL</b> 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
Wed	15-Aug	<b>KILLEARN, DUMGOYNE &amp; KIRKHOUSE WOOD</b> 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
Wed	29-Aug	<b>EAGLESHAM CIRCULAR via WATERFOOT &amp; BONNYTON</b> 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
Wed	12-Sep	<b>ACHINEDEN FARM &amp; BURNCROOKS RESERVOIR (JMW)</b> 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
Wed	26-Sep	<b>STRATHBLANE</b> 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
Wed	10-Oct	<b>FALKIRK: BANTASKINE, LIONTHORN &amp; CALLENDAR WOODS</b> 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
Wed	24-Oct	<b>DALMENY, RIVER ALMOND &amp; CRAIGIE HILL (+Deli)</b> 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