

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	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
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
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
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
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
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
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

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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
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
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
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
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