

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	28-Feb	FALKIRK HELIX PARK & SKINFLATS RESERVE Leader: Larry Indoo – contact via Janette Seale - 01786 447107 / 07709 957317 Grade C This is an easy flat walk. Visit the Kelpies, walk a section of canal and walk around Skinflats Nature Reserve.	OS 65 13km, fairly flat
Wed	14-Mar	SAUCHIE CRAGS & NORTH THIRD RESERVOIR Leader: Annette Wilson - 01236 720149 / 07815 158711 Grade C+ Walk to the summit of Lewis Hill and along a cliff top path. Parts are steep and close to the edge. Continue on forest road, woodland path and Fisherman's path.	OS 57 10km, 250m
Wed	28-Mar	DUNFERMLINE TOWN LOCH & TOWNHILL WOOD Leader: Fiona Barr - 01236 735252 / 07884 062775 Grade C+ This is an easy varied walk to the north of Dunfermline. Walk woodland paths and tracks and cycle path.	OS 65 11km, 100m
Wed	11-Apr	BLACKNESS, WESTER SHORE WOOD & CARRIDEN WOOD Leader: Allan Frampton – 07926 186320 Grade C Walk woodland paths, a section of John Muir Way, farm track and field path. There might be cattle in a field and there may be a gate to cross.	OS 65 12km, 70m
Wed	25-Apr	RIVER AVON HERITAGE TRAIL 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