

## MONKLANDS RAMBLERS and HILLWALKERS – GENERAL NOTES

### WALKS

1. Adequate footwear and clothing are essential. Be prepared for adverse weather conditions. Carry a packed lunch. Boots are essential on 'A' and 'B' grade walks and recommended on 'C' grade walks.
2. The Ramblers Association cannot take responsibility for damages or losses on a walk or other club activity.
3. Please follow the country code: eg close gates, take home litter, face oncoming traffic, etc."
4. Please stay with the group on a club walk unless you have express permission from the leader to leave.
5. Children under 16 years of age should be accompanied by an adult.
6. Holidays and social events will be offered to club members.
7. After participating in two or three walks we would expect you to join the Ramblers Association (RA). Membership forms are available from the group secretary or the RA can be joined online. Joining the RA gives automatic membership of your local group and the right to walk and socialise with any other group nationwide.
8. Walks are subject to change at the leader's discretion.
9. Please inform the leader of any relevant medical condition.
10. The committee try to ensure that alternative walks on the same day finish at similar times. However this is not always possible and time differences may occur. Please be patient.

### TRANSPORT

1. Bookings are taken on a 'first come – first served' basis. Bookings can be made on the 'next walk' sheet which goes round the bus at the end of each walk. Places can also be booked by phoning the leader, whose number appears in the programme. Please try to telephone between 6pm to 7pm and book early **as buses have to be confirmed three days prior to the walk.**
2. Buses leave from behind Coatbridge Time Capsule and the car park at Airdrie Ten Pin Bowling, (opposite Airdrie train station) at the times stated in the programme. The order of pick up will be determined by the walk location.
3. If you have booked a place on a walk please inform the leader as early as possible if you are unable to attend. Your place could then be offered to another walker and the Leader would not need to hold the bus waiting on someone who may not turn up.



## **Summer Programme & Midweek Walks**

**April to September 2018**

### RAMBLERS ASSOCIATION SCOTLAND

*To encourage Rambling and Mountaineering, to further a greater knowledge, love and care of the countryside and to work for the preservation of natural beauty, the footpaths and the provision of access to open country.*

#### **Monklands Ramblers and Hillwalkers Web Site**

*Programmes, photographs and general group information can also be found on the club's website.*

*The address is : [www.monklandsramblers.co.uk](http://www.monklandsramblers.co.uk)*

The Group can also be contacted by  
E-Mail: [cmrambler@talktalk.net](mailto:cmrambler@talktalk.net)

### Committee contact numbers

Chairperson	Bernadette Boulton	01236 843022	07771 773264
Treasurer	Douglas Bryson	0141 778 4892	07910 089689
Secretary	Christine McMahon	01698 833983	07837 990985
Walks Convenor	Ken Paton	01236 769567	07711 612520
Social Secretary			
Internet and Publicity Officer	David Rankin		07903 105461
Area Representative	Liz Hunt	01236 622088	07507 516899
Other Committee Members	David Dunn	01236 434706	07760 255438
	Liz Cushley	01236 762001	07761 832606
	Kenny Weldon	01236 600757	07952 997486
	Pat Rawlinson	01236 761486	07873 263894
	Michael McGinley	0141-771-0071	07979 590049

### Mobile Numbers

Please only use Committee mobile numbers on walk day to advise of cancellation or late arrival at pick-up point. Please do not use for booking.

### Social Events

Details of social events will be circulated on the bus and will be publicised on the group's website. Please contact the Social Secretary or any Committee Member to book.

### Suggestions

The Committee welcomes suggestions for walks or social events.

Please contact any Committee member at any time and we will try to include these walks or events in the club programme.

### Fares

Bus fares for most walks will be **£12-00-£15.00**. Prices vary with distance travelled and numbers on the bus. Occasionally there may be additional costs eg ferry, local bus. Please ask when booking if you wish to know the cost in advance.

There is an introductory discount fare of **£5** the first time someone walks with our group.

### Note to Leaders

It would be helpful if leaders of joint walks could do their reces at the same time as this would help with the timing of the two walks and would also save on recce expenses.

### Note to members

Could all members please ensure their Ramblers Association membership is up to date. Membership forms are available from the group secretary or can be renewed online at the RA website.

### WALKS ARE GRADED AS FOLLOWS :

GRADE	ASCENT		DISTANCE		DESCRIPTION
	METRES / FEET	KILOMETRES / MILES			
C	NIL	NIL	9 – 14	6 – 9	EASY
C+	150	500	14 – 16	9 – 10	EASY / MODERATE
B	150-450	500 – 1500	16 – 19	10 – 12	MODERATE
B+	450-760	1500-2500	16 – 22	10 – 14	MODERATE / STRENUOUS
A	760-914	2500-3000	9 – 14	6 – 9	STRENUOUS
A+	914+	3000+	9 - 19	6 - 12	VERY STRENUOUS

### QUICK REFERENCE LIST OF WALKS

DAY	GRADE	DETAILS	AREA
<b>APRIL</b>			
Sat 7th	B	Strathblane to Queen's View via Burncrooks Reservoir	Strathblane
Sun 22nd	A	Beinn a'Choin	Inversnaid
	B	Stronachlachter to Kinlochard	
<b>MAY</b>			
Sat 5th	A	Ben Ledi via Stank Glen	Callander
	B	Ben Gullipen from Callander	
Sun 13th	C+	Tayport to St. Andrews	St. Andrews
Sat 26th	A+	Meall a'Bhuiridh	Glencoe
	B	Coire Gabhail - The Lost Valley	
<b>JUNE</b>			
Sun 10th		Club Barbeque	Aberdour Sands
Sat 23rd	B+	Trahenna Hill and Broughton Heights	Broughton
	B	Lyne Station to Broughton	
<b>JULY</b>			
Sun 8th	A	A'Mharconaich	Drummochter
	B	Glen Tilt Circular	Blair Atholl
Sat 21st	A	Goat Fell	Arran
	C+	Lochranza to Sannox	
<b>AUGUST</b>			
Sun 5th	B+	Kirk Yetholm circular	Kirk Yetholm
	B	Morebattle to Hairstanes	Kelso
Sun 19th	A+	Beinn Ime from Butterbridge	Arrochar
	B	Butterbridge to Arrochar	
<b>SEPTEMBER</b>			
Sat 1st	B	Benachally Hill near Dunkeld	Dunkeld
Sun 16th	B	Glentress Circular - Dunslair Heights	Peebles

DATE	WALK	DISTANCE	LEADER	OS	GRADE	DATE	WALK	DISTANCE	LEADER	OS	GRADE
<b>APRIL</b>						<b>JULY</b>					
Sat 7th	Strathblane to Queens View via Burncrooks Reservoir	17 Kms / 10.5 MIs	Gavin McMoneagle	64	B	Sun 8th	A'Mharconaich - easier Munro Glen Tilt Circular	13.5 Kms / 8.5MIs	Kenny Higgins	42	B+
	Departure Point	Airdrie	8-30am				Departure Point	Coatbridge	8-30 am		
	Booking Number	Gavin	01236-764058				Booking Number	Kenny	01236 - 604512	43	B
Sun 22nd	Beinn a Choin Stronachlachar to Kinlochard	9 Kms / 6 MIs 14 Kms / 9 MIs	Allan Ward Liz Cushley	56 56	A B	Sat 21st	Arran Goat Fell	13.5 Kms / 8.5 MIs	David Dunn	69	A
	Departure Point	Airdrie	8-30 am				Arran Lochranza to Sannox	16 Kms / 10 MIs	Christine McMahon	69	C+
	Booking Number	Allan	01236 - 754339				Departure Point	Airdrie	8-00 am		
							Booking Number	David	01236 - 434706		
<b>MAY</b>						<b>AUGUST</b>					
Sat 5th	Ben Ledi via Stank Glen Ben Gullipen from Callander	12 Kms / 7.5 MIs 12 Kms / 7.5 MIs	Gary McLean Linda Paton	57 57	A B	Sun 5th	Kirk Yetholm Circular Morebattle to Hairstanes	14 Kms / 9 MIs 17 Kms / 11 MIs	Ken Paton Pat Rawlinson	74 73/74	B+ B
	Departure Point	Coatbridge	8-30 am				Departure Point	Coatbridge	8-30 am		
	Booking Number	Gary	07882-504482				Booking Number	Ken	01236 - 769567		
Sun 13th	Tayport to Leuchars - Fife Coastal Path	17 Kms/ 11 MIs	Michael McGinley	59	C+	Sun 19th	Beinn Ime from Butterbridge	13 Kms / 8 MIs	Allan Ward	56	A+
	Departure Point	Coatbridge	8-30am				Butterbridge to Arrochar	16 Kms / 10 MIs	John McNulty	56	B
	Booking Number	Michael	0141- 771-0071				Departure Point	Airdrie	8-30 am		
Sat 26th	Meall a'Bhuiridh Coire Gabhail - The Lost Valley	11 Kms / 7 MIs 10 Kms / 6.5 MIs	Liz Hunt Ken Paton	50 50	A+ B	<b>SEPTEMBER</b>					
	Departure Point	Coatbridge	8-30 am			Sat 1st	Benachally Hill	16 Kms /10 MIs	Douglas Bryson	43	B
	Booking Number	Ken	01236 - 769567				Departure Point	Coatbridge	8-30 am		
							Booking Number	Douglas	0141-778-4892		
<b>JUNE</b>						Sun 16th	Glentress Circular - Dunslair Heights	16 Kms / 10 MIs	Kenny Higgins	73	B
Sun 10th	Club BBQ - Aberdour		Christine McMahon				Departure Point	Coatbridge	8-30 am		
	Departure point	Coatbridge	10.00 am				Booking Number	Kenny	01236-604512		
	Booking Number	Christine	01698 - 833983								
Sat 23rd	Trahenna Hill and Broughton Heights Lyne Station to Broughton	13 Kms / 8 MIs	David Dunn	72	B+						
			Alan Russell	72	B						
	Departure Point	Coatbridge	8-30 am								
	Booking Number	David	01236 - 434706								

**September Weekend - Friday to Monday**

**See over page for Midweek Walks Programme.**

## Complaints

Should any member have a complaint it should be made in writing and passed to any Committee member who will arrange for it to be included in the agenda for the next Committee meeting. A written reply will be sent to the member as soon as the matter has been resolved.

## First Aid

Members should be aware that the most common injury suffered in walking is blisters. Walkers are advised to carry their own supply of blister plasters.

## North Lanarkshire Council

The club wishes to thank North Lanarkshire Community Grants Scheme for their continued support.

## Scotrail Foundation Scotland

The Club wishes to thank Scotrail Community Grant for their support.

## Food and Drink

Carry enough food and water to sustain you, especially on hill walks. The only shop on the walk is normally on your back so be prepared. Plain water is better than fizzy drinks.

## Clothing

Adequate clothing suitable for the conditions on the day of the walk is essential eg: windproof/waterproof jacket and trousers, a warm fleece, hat, gloves and spare socks. The layer principle is best ie several thin layers are better than one thick layer.

## Equipment

Basic equipment which may be required: first aid kit with blister plasters, whistle, torch, something to sit on such as a garden kneeler, a map and compass if you are ever isolated from the group.

## Email Newsletter

Any member who wishes to receive details of walks and social events can join our email newsletter by contacting Christine at [cmrambler@talktalk.net](mailto:cmrambler@talktalk.net)

## Midweek walk Programme Summer 2018

**Unless public transport required these walks are free of charge**

**Contact the Leader: David Dunn - 01236 434706 or**

**The Secretary: Christine McMahon - 01698 833983**

Wednesday 18th April:-

### **Strathclyde Park Forest Walk, 5 Mls**

Meet at Strathclyde Park Visitor Centre at **12 noon**. Good paths for most of the walk through little known woodland with a historical Roman background.

Wednesday 16th May:-

### **Strathclyde Park to Chatelherault and return, 10 Mls**

Meet at Strathclyde Park Visitor Centre at **12 noon**. The walk follows the Avon way to Chatelherault then the old mineral tramway past the site of Hoolet Row. A bit beyond we return to the Chatelherault Visitor Centre for coffee before returning to Strathclyde Park. Good paths throughout the walk.

Wednesday 13th June:-

### **Salsburgh to Caldercruix, 7 Mls**

Meet at Airdrie Bowling Alley (opposite Airdrie Station) at **10.30** (transport to start of walk and return from Caldercruix by public transport) Bring a packed lunch or snack as required. Some rough terrain walking shoes or boots recommended

Wednesday 11th July:-

### **Drumpellier Circular, 5 Mls**

Meet at Drumpellier Park Visitor Centre at **12 noon**. Good paths for most of the walk.

Wednesday 15th August:-

### **Drumpellier to Hogganfield Loch and back:- 11 Mls**

Meet at Drumpellier Park Visitor Centre at **12 noon**. Time for a tea/Coffee stop at the Fort before the return walk back or bring a packed lunch/snack if you prefer. Good paths for most of the walk.

Wednesday 12th September:-

### **Strathclyde Park to Barons Haugh and return, 6 Mls**

Meet at Strathclyde Park Visitor Centre at **12 noon**. The walk will take in the Japanese garden and Covenanters Oak.(the oldest living thing in Lanarkshire) Good paths through most of the walk