

## 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 incurred on a ramble or other club activity.
3. Follow the country code : "Close gates, Take home litter, Face oncoming traffic, etc."
4. "Do not walk" in front of a leader or "Leave a ramble" without informing the leader.
5. Children under 16 years of age should be accompanied by an adult.
6. Holidays and social events are offered to club members.
7. All those interested in walking are welcome to join the group. After participating in two or three walks we would expect you to join the Ramblers Association.  
Membership forms are available from the Group secretary.  
Joining the Ramblers Association gives automatic membership of your local group and the right to walk and socialise with any other groups nationwide.
8. Walks are subject to change at the Leaders discretion.
9. Please inform the Leader of any medical condition which you have which he / she should be aware of.
10. While the committee have tried to ensure that alternative walks finish as near the same time as possible, it is inevitable that time differences will occur. Please be patient.

### TRANSPORT.

1. Bookings are taken on a 'First come – First served'.  
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 Coatbridge Leisure Centre and the car park at Airdrie Ten Pin Bowling, ( opposite Airdrie train station) at the times stated in the programme.
3. A 'No Show' on the day may be charged FULL FARE to cover the cost of transport. To avoid this please inform the Leader as early as possible if you are unable to attend. Your seat could then be offered to another walker on a waiting list.



## Summer Programme

April to September - 2015 -



### 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 web site.

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

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

## Committee

|                                |                    |                                       |
|--------------------------------|--------------------|---------------------------------------|
| Chairperson                    | Bernadette Boulton | 01236 - 843022<br>(07771 - 773264)    |
| Treasurer                      | Douglas Bryson     | 0141 - 778 - 4892<br>(07790 - 112820) |
| Secretary                      | Christine McMahon  | 01698 - 833983<br>(07837 - 990985)    |
| Walks Convenor                 | Ken Paton          | 01236 - 769567<br>(07711 - 612520)    |
| Social Secretary               | Liz Cushley        | 01236 - 762001<br>(07761 - 832606)    |
| Internet and Publicity Officer | David Rankin       | (07903 - 105461)                      |
| Area Representative            | Liz Hunt           | 01236 - 622088<br>(07507 - 516899)    |
| Other Committee Members        | David Dunn         | 01236 - 434706<br>(07760 - 255438)    |
|                                | Kenny Weldon       | 01236 - 600757<br>(07952 - 997486)    |
|                                | Steve Shaw         | 01698 - 301980                        |

## Mobile Numbers

Please only use Committee mobile numbers on walk day to advise of cancellation or late arrival at Pick Up point. **Do not use for Booking purposes.**

## Social Events

Details of Social Events will be circulated on the bus two to three weeks before the Event. Advertisements will also be placed in the Airdrie and Coatbridge Advertiser and also on the Groups 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 endeavour to include these walks or events at the earliest possible time.

## 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

## Fares

Bus fares for most walks will be **£12-00-£15.00** although some buses will vary depending on the distance travelled. Please ask when booking if you wish to know the cost in advance.

## Note to Leaders.

It would be helpful if leaders of joint walks could do their recce's at the same time, if feasible, 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 fully up to date. Membership forms are available from the Group Secretary.

## 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>     |       |                                                                                  |                 |
| Sunday 12th      | B+    | Glen Finglas Circular                                                            | Brig O, Turk    |
|                  | C+    | Loch Venacher Circuit                                                            |                 |
| Saturday 18th    | B     | Peebles Circular via Cademuir                                                    | Peebles         |
| <b>MAY</b>       |       |                                                                                  |                 |
| Sunday 3rd       | B     | Mealna Letter & Loch Beanie                                                      | Glen Shee       |
| Saturday 9th     | B     | Arran - Sannox to Brodick via the Saddle.                                        | Arran           |
|                  | C+    | Blackwaterfoot circuit via the Kings Cave then bus to Brodick                    |                 |
| Sunday 31st      | A+    | Stob Ghabhar                                                                     | Bridge of Orchy |
|                  | B     | Kingshouse to Bridge of Orchy                                                    |                 |
| <b>JUNE</b>      |       |                                                                                  |                 |
| Saturday 6th     | B+    | High Spy and Cat Bells                                                           | Lake District   |
| Sunday 21st      | B     | Three Lochs Way - Garelochhead to Arrochar                                       | Arrochar        |
| Saturday 27th    | A+    | Carn Dearg from Corroul                                                          | Corroul         |
|                  | B     | Corroul to Rannoch Station                                                       |                 |
| <b>JULY</b>      |       |                                                                                  |                 |
| Sunday 12th      | B+    | Creag Uchdag - Glen Lednock                                                      | Comrie          |
|                  | B     | Comrie Circular                                                                  |                 |
| Saturday 18th    | B+    | Mount Keen - Munro for Beginners                                                 | Brechin         |
| Saturday 25th    |       | <b>Monklands Group 30th Anniversary Meal and Dance - Details to be confirmed</b> |                 |
| <b>AUGUST</b>    |       |                                                                                  |                 |
| Sunday 2nd       | B     | Kirkton of Glenisla to Alyth Cateran Trail                                       | Alyth           |
| Saturday 8th     | A+    | Cruach Ardrain and Tulaichan                                                     | Crianlarich     |
|                  | C+    | Tyndrum to Inverarnan                                                            |                 |
| Sunday 23rd      | B     | Southern Upland Way - Ellemford Bridge to Cockburnspath                          | Cockburnspath   |
| Saturday 29th    | B     | St Mungo's Farm to Blackford                                                     | Gleneagles      |
| <b>SEPTEMBER</b> |       |                                                                                  |                 |
| Sunday 13th      | B     | Callander Circular                                                               | Callander       |
| Saturday 19th    | B+    | Ben Donich                                                                       | Arrochar        |
|                  | B     | Rest and Be Thankful to Arrochar                                                 |                 |

| <u>DATE</u>                 | <u>WALK</u>                                                                                                    | <u>DISTANCE</u>                      | <u>LEADER</u>                                   | <u>GRADE</u> | <u>O.S.</u>    | <u>DATE</u>                     | <u>WALK</u>                                                                          | <u>DISTANCE</u>                      | <u>LEADER</u>                      | <u>GRADE</u> | <u>O.S.</u> |
|-----------------------------|----------------------------------------------------------------------------------------------------------------|--------------------------------------|-------------------------------------------------|--------------|----------------|---------------------------------|--------------------------------------------------------------------------------------|--------------------------------------|------------------------------------|--------------|-------------|
| <u>April</u><br>Sunday 12th | Glen Finglas Circular<br>Loch Venacher Circuit                                                                 | 21.5 Kms, 14 Mls<br>17 Kms, 10.5 Mls | John McNulty<br>Kenny Higgins                   | B+<br>C+     | 57             | <u>July</u><br>Sunday 12th      | Creag Uchdag - Glen<br>Lednock<br>Comrie Circular                                    | 16 Kms, 10 Mls<br>16 Kms, 10 Mls     | Kenny Weldon<br>Helen McAleer      | B+<br>B      | 51          |
|                             | Departure Point :<br>Booking number :                                                                          | Coatbridge<br>John                   | Starting time<br>0141 - 773 - 0409              | 8-30 am      |                |                                 | Departure Point :<br>Booking number :                                                | Coatbridge<br>Kenny                  | Starting time<br>01236 - 600757    | 8-30 am      |             |
| Saturday 18th               | Peebles Circular via<br>Cademuir                                                                               | 13.5Kms, 8.5 Mls                     | Michael McGinley                                | B            | 73             | Saturday 18th                   | Mount Keen - Munro at<br>easy pace for beginners                                     | 17.5 Kms, 11 Mls                     | Linda Paton                        | B+           | 44          |
|                             | Departure Point :<br>Booking number :                                                                          | Coatbridge<br>Michael                | Starting time<br>0141 - 771 - 0071              | 8-30 am      |                |                                 | Departure Point :<br>Booking number :                                                | Coatbridge<br>Linda                  | Starting time<br>01236 - 769567    | 8-00 am      |             |
| <u>May</u><br>Sunday 3rd    | Mealna Letter and Loch<br>Beanie                                                                               | 15 Kms, 9.5 Mls                      | Ken Paton                                       | B            | 43             | <u>Saturday 25th</u>            | <b>Monklands Group 30th Anniversary<br/>Meal and Dance - Details to be confirmed</b> |                                      |                                    |              |             |
|                             | Departure Point :<br>Booking number :                                                                          | Coatbridge<br>Ken                    | Starting time<br>01236 - 769567                 | 8-30 am      |                | <u>August</u><br>Sunday 2nd     | Kirkton of Glenisla to<br>Alyth - Cateran Trail                                      | 17 Kms, 10.5 Mls                     | Douglas Bryson                     | B            | 44/45       |
| Saturday 9th                | Arran - Sannox to Brodick<br>via The Saddle<br>Blackwaterfoot Circuit via<br>The Kings cave, bus to<br>Brodick | 15 Kms, 9.5 Mls<br>11 Kms, 7 Mls     | Liz Hunt / Kenny<br>Weldon<br>Christine McMahan | B<br>C+      | 69<br>69       |                                 | Departure Point :<br>Booking number :                                                | Coatbridge<br>Douglas                | Starting time<br>0141 - 778 - 4892 | 8-30 am      |             |
|                             | Departure Point :<br>Booking number :                                                                          | Airdrie<br>Liz                       | Starting time<br>01236 - 622088                 | 8-00 am      |                | Saturday 8th                    | Cruach Ardrain and<br>Tulaichan<br>Tyndrum to Inverarnan                             | 14.5 Kms, 9 Mls<br>17.5 Kms, 11 Mls  | Allan Ward<br>Liz Cushley          | A+<br>C+     | 50/51<br>50 |
| Sunday 31st                 | Stob Ghabhar<br>Kingshouse to Bridge of<br>Orchy                                                               | 14.5 Kms, 9 Mls<br>17 Kms, 10.5 Mls  | Gordon Wilson<br>Liz Cushley                    | A+<br>B      | 50<br>41/50    |                                 | Departure Point :<br>Booking number :                                                | Coatbridge<br>Allan                  | Starting time<br>01236 - 754339    | 8-30 am      |             |
|                             | Departure Point :<br>Booking Number :                                                                          | Coatbridge<br>Gordon                 | Starting Time :<br>01236 - 606669               | 8-30 am      |                | Sunday 23rd                     | Southern Upland Way -<br>Ellemford Bridge to<br>Cockburnspath                        | 21.5 Kms, 13 Mls                     | Gary McLean                        | B            | 75          |
| <u>June</u><br>Saturday 6th | The Lake District<br>High Spy and Cat Bells                                                                    | 14.5 Kms, 9 Mls                      | Ken Paton                                       | B+           | 90             |                                 | Departure Point :<br>Booking number :                                                | Coatbridge<br>Gary                   | Starting time<br>01236 - 436663    | 8-30 am      |             |
|                             | Departure Point :<br>Booking Number :                                                                          | Airdrie<br>Ken                       | Starting Time :<br>01236 - 769567               | 8-00 am      |                | Saturday 29th                   | St Mungo's farm to<br>Blackford                                                      | 17 Kms, 10.5 Mls                     | Gordon Wilson                      | B            | 58          |
| Sunday 21st                 | Three Lochs Way -<br>Garelochhead to Arrochar                                                                  | 18 Kms, 11.5 Mls                     | Kenny Higgins                                   | B            | 56             |                                 | Departure Point :<br>Booking number :                                                | Coatbridge<br>Gordon                 | Starting time<br>01236 - 606669    | 8-30 am      |             |
|                             | Departure Point :<br>Booking number :                                                                          | Airdrie<br>Kenny                     | Starting time<br>01236 - 604512                 | 8-30 am      |                | <u>September</u><br>Sunday 13th | Callander Circular                                                                   | 14.5 Kms, 9 Mls                      | Steve Shaw                         | B            | 57          |
| Saturday 27th               | Carn Dearg from Corroul<br>Station<br>Corroul to Rannoch<br>Station                                            | 16 Kms, 10 Mls<br>17 Kms, 10.5 Mls   | Alex Paterson<br>David Dunn                     | A+<br>B      | 41/42<br>41/42 |                                 | Departure Point :<br>Booking number :                                                | Coatbridge<br>Steve                  | Starting time<br>01698 - 301980    | 8-30 am      |             |
|                             | Departure Point :<br>Booking number :                                                                          | Coatbridge<br>Alex                   | Starting time<br>01236 - 756994                 | 8-00 am      |                | Saturday 19th                   | Ben Donich<br>Rest and Be Thankful to<br>Arrochar                                    | 10.5Kms, 6.5 Mls<br>13.5Kms, 8.5 Mls | Frank McNutt<br>Bernadette Boulton | B+           | 56          |
|                             | Departure Point :<br>Booking number :                                                                          | Coatbridge<br>Alex                   | Starting time<br>01236 - 756994                 | 8-00 am      |                |                                 | Departure Point :<br>Booking Number :                                                | Airdrie<br>Bernadette                | Starting Time :<br>01236 - 843022  | 8-30 am      |             |

Friday 25<sup>th</sup> to Monday 28<sup>th</sup> -- September Weekend Away --  
Walks to suit all abilities -- Contact any Committee Member.

## 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 incurred in walking are Blisters. Walkers should carry sufficient Blister Plasters to treat any blister they may incur on a walk and not rely on others to supply them.

## North Lanarkshire Council

The Club wishes to thank North Lanarkshire Council Grants Scheme for their continued support

## Scotrail Foundation Scotland

The Club wishes to thank Scotrail Community Grants 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 much 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 eg: several thin layers are better than one thick layer.



MAXTON TO MELROSE - 14TH SEPT 2014

## Equipment

Basic equipment which may be required are Map and Compass, Hot and cold drinks, First Aid kit with blister plasters, a whistle, a torch and something to sit on such as a Garden Kneeler (Light and Warm)