

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 near the 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. A 'No Show' on the day may be charged full fare. Please inform the leader as early as possible if you are unable to attend. Your place could then be offered to another walker.



Winter Programme

October 2016 to April 2017

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

The Group can also be contacted by E-Mail.

The address is : cmrambler@talktalk.net

Committee contact numbers

Chairperson	Bernadette Boulton	01236 843022	07771 773264
Treasurer	Douglas Bryson	0141 778 4892	
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
	Martin Carroll	01236 768659	07929 501844
	Pat Rawlinson	01236 761486	07873 263894

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.

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.

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

DATE	WALK	DISTANCE	LEADER	OS	GRADE	DATE	WALK	DISTANCE	LEADER	OS	GRADE
OCTOBER						FEBRUARY					
Sat 1st	Lochlyoch Hill and Tinto Hill	10 Kms / 6 MIs	Christine McMahon	72	B	Sun 5th	Dowally to Dunkeld via Mill Dam	12.5 Kms / 8 MIs	Alan Russell	52	B
	Departure Point	Coatbridge	8.30 am				Departure Point	Coatbridge	8.30 am		
	Booking Number	Christine	01698-833983				Booking Number	Alan	07766 225903		
Sun 16th	The Whangie to Milton	14.5 Kms / 9 MIs	Gavin McMoneagle	64	B	Fri 10th	Ten Pin Bowling - Ten Pin Bowling Centre - Airdrie - 7.30pm				
	Departure Point	Coatbridge	8.30 am			Sat 18th	Loch Leven Full Circuit	18 Kms / 11.8 MIs	Gary McLean	58	B
	Booking Number	Gavin	01236-764058				Loch Leven Part Circuit	13 Kms / 8 MIs	Michael McGinley	58	C+
Sat 29th	Ben Vane (Strathyre) Three Glens Walk	14.5 Kms / 9 MIs 14.5 Kms / 9 MIs	Allan Ward Pat Rawlinson	57 57	A B		Departure Point	Airdrie	8.30 am		
	Departure Point	Coatbridge	8.30 am				Booking Number	Gary	01236-436663		
	Booking Number	Allan	01236-754339			MARCH					
NOVEMBER						Sun 5th	Leven to Elie Fife Coastal Path	14 Kms / 9 MIs	Christine McMahon	C+	59
Mon 7th	Monklands Group AGM 7.30 pm Coatbridge Indoor Bowling Club Quarry Street Coatbridge						Departure Point	Coatbridge	8.30 am		
							Booking Number	Gavin	01236-764058		
Sun 13th	Wester Glensherrup to Dollar	12.5 Kms / 8 MIs	John McNulty	58	B	Sat 18th	Romanno Bridge To Peebles	16 Kms / 10 MIs	Douglas Bryson	73	B
	Departure Point	Airdrie	8.30 am				Departure Point	Coatbridge	8.30 am		
	Booking Number	John	0141-773-0409				Booking Number	Douglas	0141-778-4892		
Sat 26th	Pentland Hills	14.5 Kms / 8 MIs	Liz Hunt	66	B	April					
	Departure Point	Coatbridge	8.30 am			Sun 2nd	Amulree Circular by Glen Fender and Loch Freuchie	14 Kms / 9 MIs	Alan Russell	52	B
	Booking Number	Liz	01236-622088				Departure Point	Coatbridge	8.30 am		
JANUARY							Booking Number	Alan	01236-602757		
Sun 8th	Moffat Circular and Meal	8 Kms / 5 MIs	Bernadette Boulton	78	C+	Sat 8th	Beinn Narnain (Easy Pace)	12 Kms / 7.5 MIs	Ken Paton	56	A
	Departure Point	Airdrie	9.30 am				Arrochar Circular	16 Kms / 10 MIs	David Dunn	56	B
	Booking Number	Bernadette	01236-843022				Departure Point	Airdrie	8.30 am		
Sat 21st	Drymen Circular via Garadhban Forest	13 Kms / 8.5 MIs	Liz Cushley	57	B		Booking Number	Ken	01236 - 769567		
	Departure Point	Coatbridge	8.30 am			Easter Weekend Away - Friday 14th to Monday 17th April					
	Booking Number	Liz	01236-762001			Venue - Rothesay - Glenburn Hotel					
						Various walks available. Contact Christine McMahon if interested					

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
OCTOBER			
Sat 1st	B	Lochlyoch Hill and Tinto Hill	Thankerton
Sun 16th	B	The Whangie to Milton	Carbeth
Sat 29th	A	Ben Vane (Strathyre)	Strathyre
	B	Three Glens Walk	Lochearnhead
NOVEMBER			
Sun 13th	B	Wester Glensherrup to Dollar	Ochil Hills
Sat 26th	B	Pentland Hills	Flotterstone
JANUARY			
Sun 8th	C+	Moffat Circular and Meal	Moffat
Sat 21st	B	Loch Leven Full Circuit	Scotlandwell
	C+	Loch Leven Part Circuit	
FEBRUARY			
Sun 5th	B	Dowally to Dunkeld via Mill Dam	Dunkeld
Sat 18th	B	Drymen Circular via Garadhban Forest	Drymen
MARCH			
Sun 5th	C+	Leven to Elie (Fife Coastal Path)	Leven
Sat 18th	B	Romanno Bridge to Peebles	Peebles
APRIL			
Sun 2nd	B	Amulree Circular via Glen Fender and Loch Freuchie	Amulree
Sat 8th	A	Beinn Narnain (Easy Pace)	Arrochar
	B	Arrochar Circular	



Hadrians Wall Greenhead to 2nd July 2016 Housestead



Trochry to Dunkeld (via The Hermitage) 28th August 2016