

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 2017 to March 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 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	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
	Michael McGinley	0141-771-0071	07979 590049
	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						JANUARY					
Sun 1st	Kingsbarns to St. Andrews Coastal Walk	13.5Kms / 8.5 Mls	Gavin McMoneagle	59	C+ / B	Sat 6th	Largs Walk and Meal	8 Kms / 5 Mls	Christine McMahon	63	C+
	Departure Point	Coatbridge	8-30am				Departure Point	Airdrie	10-00am		
	Booking Number	Gavin	01236-764058				Booking Number	Christine	01698-833983		
Sat 14th	Beinn an Lochan Rest and be Thankful to Arrochar via Ardgarten	8 Kms / 5 Mls 13 Kms / 8 Mls	Gary McLean Linda Paton	56 56	A B	Sat 20th	<u>North Strathclyde Area AGM and Members' Walk</u> at 10 a.m. for 10.30 in the Lower Hall at Lenzie Public Hall.				
	Departure Point	Airdrie	8-30am			Sun 21st	Trahenna Hill and Broughton Heights	13 Kms / 8 Mls	David Dunn	72	B+
	Booking Number	Gary	07882-504482				Broughton Heights	11.5 Kms / 7 Mls	To Be Confirmed	72	B
Sun 29th	Lauder to Melrose	16 Kms / 10 Mls	Michael McGinley	73	B		Departure Point	Coatbridge	8-30am		
	Departure Point	Coatbridge	8-30am				Booking Number	David	01236-434706		
	Booking Number	Michael	0141- 771-0071			FEBRUARY					
NOVEMBER						Sat 3rd	Blairadam Estate and Forest	14 Kms / 9 Mls	Pat Rawlinson	58	B
Wed 8th	Monklands Group AGM 7.30 pm Coatbridge Indoor Bowling Club Quarry Street Coatbridge						Departure Point	Coatbridge	8-30am		
							Booking Number	Pat	01236 761486		
Sat 11th	Beinn an T-Sidhean Glen Ogle Trail	10 Kms / 7 Mls	Kenny Higgins Liz Cushley	57 57	B+ B	Fri 9th	Ten Pin Bowling Night 7-30pm Ten Pin Bowling Centre Airdrie				
	Departure Point	Coatbridge	8-30am			Sun 18th	Dunkeld and Birnam Hill Circular	13 Kms / 8 Mls	Alan Russell	52	B
	Booking Number	Kenny	01236-604512				Departure Point	Coatbridge	8-30am		
Fri 24th	Club Quiz Night 7-30pm – Price £5 includes light buffet Coatbridge Indoor Bowling Club Quarry Street Coatbridge						Booking Number	Alan	07766-225903		
Sun 26th	Comrie Circular	13 Kms / 8 Mls	Douglas Bryson	51	B	MARCH					
	Departure Point	Coatbridge	8-30am			Sat 3rd	Beinn a Choin Stronachlachar to Kinlochard	9 Kms / 6 Mls 14 Kms / 9 Mls	Allan Ward Bernadette Boulton	56	A C+
	Booking Number	Douglas	0141-778-4892				Departure Point	Airdrie	8-30am		
							Booking Number	Allan	01236-754339		
						Sun 18th	Devil's Beeftub to Moffat	17 Kms / 11 Mls	Ken Paton	78	B
							Departure Point	Airdrie	8-30am		
							Booking Number	Ken	01236-769567		
Easter Weekend Away - Friday 30th March to Monday 2nd April Venue - To Be Confirmed Various walks available.											

WALKS ARE GRADED AS FOLLOWS:

GRADE	ASCENT		DISTANCE		DESCRIPTION
	METRES / FEET	METRES / FEET	KILOMETRES / MILES	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			
Sun 1st	C+ / B	Kingsbarns to St Andrews	St Andrews
Sat 14th	A	Beinn an Lochan	Rest and be Thankful
	B	Rest and be Thankful to Arrochar via Ardgarten	
Sun 29th	B	Lauder to Melrose	Melrose
NOVEMBER			
Sat 11th	B+	Beinn an T-Sidhean	Strathyre
	B	Glen Ogle trail	Lochearnhead
Sun 26th	B	Comrie Circular	Comrie
JANUARY			
Sat 6th	C+	Largs circular and Meal	Largs
Sun 21st	B+	Trahenna Hill and Broughton Heights	Broughton
	B	Broughton Heights	
FEBRUARY			
Sat 3rd	B	Blairadam Estate and Forest	Kelty
Sun 18th	B	Dunkeld and Birnam Hill Circular	Dunkeld
MARCH			
Sat 3rd	A	Beinn a' Choin	Inversnaid
	C+	Stronachlachar to Kinlochard	
Sun 18 th	B	Devil's Beeftub to Moffat	Moffat