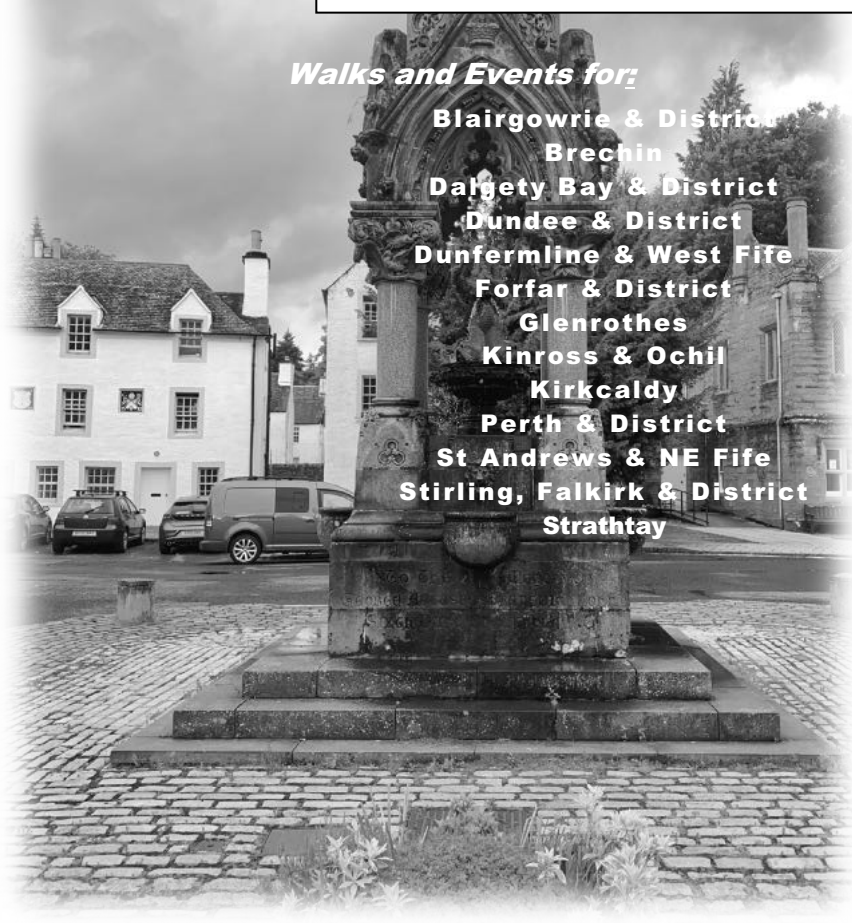


***Forth Valley, Fife &  
Tayside***

***Area Joint Programme***

***April to September 2023***

***Walks and Events for:***



**Blairgowrie & District  
Brechtin  
Dargaty Bay & District  
Dundee & District  
Dunfermline & West Fife  
Forfar & District  
Glenrothes  
Kinross & Ochil  
Kirkcaldy  
Perth & District  
St Andrews & NE Fife  
Stirling, Falkirk & District  
Strathtay**

## Information Page

Welcome to the 43rd edition of the joint programme covering the Summer programme for 2023. We hope that you find the programme informative and helpful in planning your own walking programme for the next 6 months. You can now download a PDF version of this file to your computer, phone, etc.

The complete programme can be found on the FVFT website; namely [fvft-ramblers.org.uk](http://fvft-ramblers.org.uk). This website also provides information on any changes that have been notified. This site is intended as a central area of information for the members and volunteers of all groups in the Forth Valley, Fife & Tayside area. In addition, most of the groups have their own websites (refer at the back of this programme) where you can get additional information and news

### Publication Information for Next Issue

Deadlines: Electronic walk programmes to Ian Bruce by mid-August 2023

Articles, News Items, Letters etc to Area Secretary by the same date.

Group News, single A4/A5 sheet, 1 or 2 sided, hard copy ready for photocopying.

Better, send pdf by email Please send it directly to Trevor Abell by the end of August.

### The FV, F & T Joint Programme Team:

#### **Publications and Advertising Secretary:**

Tel 07913 288098 e-mail: [tmbabell@gmail.com](mailto:tmbabell@gmail.com)

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#### **Assistant Publications Secretary:** Ian Bruce.

Tel: 01383 616062, e-mail [ianbruce100@btinternet.com](mailto:ianbruce100@btinternet.com).

**General Data Protection Regulations (GDPR).** Remember that Group Secretaries are now only supposed to email members regarding any information about walks if the members preferences indicate that they are willing to receive emails. Lists come from Ramblers HQ London and are often based on information from the time people joined. These preferences were originally only to be changed by members themselves, not by the Group Secretaries. The easiest way to do this is to set up your own account with Ramblers at [ramblers.org.uk/join](http://ramblers.org.uk/join). However, Group Secretaries are now allowed to make changes, so members without access to a computer can still contact them for assistance to change preferences. If you are not receiving the national Walk Magazine, it might be that your preferences currently indicate no postal communication.

**Front Cover:** *Dunkeld, main square.*

## General Information

### Walks Grading

The walks in this programme are graded according to the following:

**E** Easy Access Walks for everyone, including people with conventional wheelchairs and pushchairs, using easy access paths. Comfortable shoes or trainers can be worn. Assistance may be needed to push wheelchairs on some sections: visitors are advised to check with the walk leader.

**D** Easy Walks for reasonably fit people. May include unsurfaced rural paths. Walking boots or comfortable footwear and warm, waterproof clothing are recommended. 2 to 5 miles.

**C** Leisurely, mainly on level ground and often paths and tracks.

**C+** Leisurely to moderate, for those with improving fitness, offering some modest challenges.

**B** Moderate, demanding higher standards of fitness and stamina than C+

**B+** Between moderate and strenuous, for the reasonably fit. Standard grading for summits taken at a slower pace in summer conditions.

**A** Strenuous. For the fit, involving some or all of the following factors: on high or rough ground; with steep ascents and descents; distances over 15 miles.

**A+** Severe. Arduous walks for the experienced and very fit, involving some or all the following factors: high, exposed ground; steep ascents and descents; brisk pace; distance over 15 miles. Standard grading for hill-walking in winter conditions.

The walk grade is intended as a rough guide only. More information is supplied in each entry.

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### Walker's Responsibilities

Ramblers want everyone to enjoy walking, including children and vulnerable adults. We are committed to equal opportunities and diversity and aim to treat everyone with dignity and respect. While we want to provide and support walking activities, we can't provide specialist care, supervision or support for children and for those who are unable to care independently for themselves. Children under 18 and those with special needs should be accompanied by others who take responsibility for meeting their needs.

Everyone under 18 must be accompanied by an adult with parental responsibility. We no longer accept unaccompanied young people aged 15-17 on Ramblers activities even with written consent from a parent or guardian, and the consent cards we previously issued are no longer valid. People with special needs must be accompanied by someone responsible for their direct care (who needn't be a Ramblers member).

Walk Leaders are required to complete a risk assessment prior to the walk, forms are available on the web.

If you are unsure of the suitability of a walk contact the Walk Leader beforehand. It is not always possible to shorten a walk if you are overexerting yourself; choose a grade of walk suitable to your level of fitness and experience.

All sporting and leisure activities have inherent hazards associated with them and rambling is no exception. In spite of the safety of members always being the paramount concern, accidents will occasionally occur. It is important, therefore, that when entering into the activity, each member appreciates that they have a responsibility to identify the hazards associated with the activity and take all reasonable steps to eliminate or minimise the potential for an accident to arise. Personal accident insurance is available from several sources. The Walk Leader or Deputy must be a member of the RA. The Leader may change a walk at his/her discretion. Members or visitors should not leave a walk without informing the Leader or divert from a walk without the agreement of the Leader. Many groups carry a first aid kit and/or mobile phone. Individuals are reminded that they are responsible for carrying any special medication that they require for personal use. Walkers must also inform the Walk Leader of any medical condition that could affect their ability to complete the walk.

**Dogs** are not generally suitable on most walks; however some walks are indicated as being suitable for dogs. **Please note: for all walks Registered Assistance Dogs (RADO) are welcome.**

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## The Weather

Listen to the weather forecast (hill walkers' forecast on Radio Scotland) and prepare accordingly. If extreme weather is expected the walk may be cancelled. If you are in doubt, contact the Walk Leader.

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## Clothing and Equipment

Dress according to the season. *Note:* Denim clothes are not suitable.

**Winter:** thermal base layer and layers of clothing, (shirt, trousers, jumper or fleece, and a windproof shell, plus hat, scarf, and gloves). A waterproof jacket (with hood) and waterproof trousers are also needed.

**Summer:** wear fewer, thinner layers but take sun protection.

Wear well-fitting walking boots and take a rucksack to carry your gear.

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## Food and Drink

In general, for a day walk take a flask containing a hot drink, a packed lunch, and various snacks. In warmer weather extra liquid is *essential*.

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## Ticks

Some of the areas walked may contain ticks, which are known to be a source of infection in humans. It is advised that you wear long trousers, a long sleeved shirt and a hat, even in summer. It is also advisable to tuck your trousers into your socks and apply insect repellent. Examine yourself for ticks after a walk and if you find one remove it immediately and cleanly using fine-tipped tweezers or a special tick removal tool. Care is necessary to avoid leaving the mouth parts in the skin; hence you should grasp the tick as close to the skin as possible and pull upwards, slowly but firmly. Once removed apply antiseptic and keep an eye on it for some weeks. The concern is for Lyme Disease, the usual early signs are for an expanding rash. It can be treated but it is serious if neglected. Any unusual reaction should be followed up by a visit to your general practitioner for further advice

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## **Covid**

It is now hoped that any restrictions imposed by the pandemic will be lifted by the time this programme become operational. If further outbreaks do occur, it is likely that groups will want to limit car sharing. Unless there is a ban on sharing transport imposed by the Government and Ramblers Scotland, then the degree of sharing will a decision by the groups and individual members.

## **Transport**

Generally cars are used to transport walkers to the start of a walk; car sharing is encouraged (subject to any official restrictions). Abbreviations for car parks used as pick up points are included in this programme.

When car sharing, it is recommended that car passengers make a contribution to the running costs, the method of calculation and mileage rates are set by individual groups. Car drivers are reminded to call in at the pick up point prior to departure for the walk if they have a spare seat. Passengers are advised to take shoes and a bag for dirty boots and spare dry clothes in wet weather. The times given in this programme are departure times, if you are from a different group and/or going straight to the start of the walk, it is recommended that you contact the Walk Leader beforehand.

Walks may also use public transport, the fare may be indicated and it is the individual's responsibility to pay. Various walks use hired minibuses, in this case the person responsible, a deadline for booking, and (possibly) a fee will be indicated in the programme. If you book a place on a bus and then find that you must cancel at a later date, unless a replacement is found, you may still be liable for the full cost.

## **Cancelling Walks**

Groups may have their own accepted procedure; but it is expected that if a walk has to be cancelled due to weather or other reasons, that the Leader or a deputy will go to the normal Group Meeting Point to advise any walkers of the change in plans. It should not be assumed that a Leader will go to the walk start, since this might mean extensive travel in possibly poor conditions. When weather conditions are likely to be poor all walkers planning on going directly to the walk start should confirm by phone with the Walk Leader if the walk will go ahead or not. The Walk Leader should make a note of the phone number of any visitors that indicate their intention of attending the walk and ring them back if the walk is to be cancelled.

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The following abbreviations are used for group meeting places:

|                         |        |                                                    |
|-------------------------|--------|----------------------------------------------------|
| Blairgowrie             | WCPB   | Wellmeadow Car Park, Blairgowrie                   |
| Brechin                 | SNSB   | St Ninian's Square, Brechin                        |
| Dalgety Bay             | DBSCCP | Dalgety Bay Shopping Centre Car Park               |
| “ “                     | MBS    | Meadowfield Bus Stop, Dalgety Bay                  |
| “ “                     | DBL    | Dalgety Bay Library                                |
| Dundee East             | OCCP   | Odeon Cinema Car Park, Douglasfield, Dundee        |
| Dundee West             | CWCP   | Cineworld Car Park, Camperdown Leisure Park        |
| Dundee Fife             | TBCP   | Tay Road Bridge (South) Car Park                   |
| Dunfermline & West Fife | LPRCP  | Leys Park Road Car Park, Dunfermline               |
| Forfar                  | MMCP   | Market Muir Car Park, Forfar.                      |
| Glenrothes              | LCCP   | Lomond Centre Car Park, Glenrothes                 |
| Kinross & Ochil         | KPR    | Kinross Park and Ride                              |
| “ “                     | BURN   | Dollar Burnside Car Park                           |
| Kirkcaldy               | KRSN   | Kirkcaldy Railway Station North (Forth Ave)        |
| Perth                   | BPR    | Broxden Park and Ride, Perth, Lower Park, far end. |
| St Andrews & NE Fife    | FCPC   | Fluthers Car Park, Cupar                           |
| Stirling & Falkirk      | LACP   | Linden Ave Car Park, Stirling                      |
| Strathtay               | CCP    | Car Park behind Co-op, Aberfeldy                   |

For the Tayside Young Walkers – meeting places vary, details can be seen at <https://www.meetup.com/Tayside-Young-Walkers>

Similarly, for the Stirling Young Walkers consult <https://www.meetup.com/Stirling-Young-Walkers/>

## Acronyms used in the Programme

**RADO** = Registered Assistance Dogs Only

**DWOL** = Dogs welcome on Leads

**CWRA** = Children with responsible adults

**NoSC** = Not suitable for children

## SPECIAL GROUPS

### Glenrothes Strollers walks

On most Thursday mornings, there is a Strollers Walk to which all are welcome. Walks are all within Fife and range from 4 to 7 miles. (On longer walks an alternative short cut will be suggested - where possible). Walks are graded C to C+ and range from 2.5 to 3.5 hours. Weekly walks begin at the agreed start point at 10am. Car sharing is encouraged, and people leaving from Glenrothes also meet at 9.30 at the Lomond Centre car park. If a walk start point is more than 30 minutes travelling time from the Lomond Centre, there may need to be an earlier departure, so please phone one of the contacts below, to check the start time. Walk start points are also posted weekly on the Glenrothes Ramblers Facebook page. For details of where to meet the group, please contact Joan Howell or Brian Conway. Please text Joan on 07802 433468 or Brian on 07980 6523

### Kinross & Ochil Tuesday Walkers

These walks usually take place every second Tuesday. All are welcome. All walks are **Grade C**: maximum 4 miles, approx 2 hours, and usually within a 10-mile radius of Kinross. **Meet/Time**: Kinross Park & Ride (KPR) at 10.00 **OS**: 58 **GR**: NO112025 **Description**: For details of any walk, please contact the leader. **Leader**: Susan Tester 07970 180149 [susantester@btinternet.com](mailto:susantester@btinternet.com)

### Dundee Ramblers Family Walk

A sub group of Dundee Ramblers is running to provide short walks suitable for families with or without children. These are run on Sundays, once a month on a date when there is not a regular walk. As we do not plan them far in advance they are not usually in the Area Joint Programme but do appear on the Ramblers Website. Ramblers and friends from any group are welcome especially those who live in Fife. These walks also appear on the Meetup page and you can find details on

[Meetup.com/Dundee-Ramblers-Family-Walks-Meetup](https://www.meetup.com/Dundee-Ramblers-Family-Walks-Meetup). You can also contact the Dundee Secretary Hillary Miller through [dundeeramblers@gmail.com](mailto:dundeeramblers@gmail.com)

### Young Walkers Groups

Our Area has two young walkers groups - Tayside Young Walkers and Forth Valley Young Walkers. These provide an opportunity for younger walkers to walk together and enjoy various social events. The groups have over 1,000 walkers attached to them. These groups are linked to the Ramblers organisation and those walking regularly are expected to join the Ramblers. Walks are set up using Meetup, and to ensure that numbers are manageable, people are expected to place themselves on a list to attend. Details can be seen at <https://www.meetup.com/Tayside-Young-Walkers/> and <https://www.meetup.com/Stirling-Young-Walkers/>

### Forfar Strollers Walks.

These walks usually take place every second Wednesday. All are welcome. All walks are Grade C: Max 4 miles approx 2hrs Meet/Time: Muir Market Car Park at 10 am - Grid Ref NO457516. For details of any walk, please phone Leader - Christine Ferguson - 01382 532384.

# Walks Diary

Stirling & Falkirk group have not been able to provide their full programme in time for publication. Details of additional walks will be shown on their website, the area website and Ramblers website as and when they are confirmed.

## Saturday 1st April

### **BLAIRGOWRIE:- Monzievaird/Ochertyre, Crieff**

**GRADE C+:** 8.5m/4.5hrs **ASCENT:** 300m/980ft **DEPART:** WCPB at 09:00 **WALK START:** Macrosty Car Park, Crieff at 10:15 **OS:** 52 **GR:** NN858221 **DESCRIPTION:** Riverside, woodland and countryside walk on possibly muddy tracks and paths, taking in Loch Monzievaird and Cluggy Castle. **NOTE:** RADO. PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com. **LEADER:** Kathleen Frew: kathleenfrew@msn.com 01250 873805 or 07900 531159

### **BRECHIN:- Loch Leven Circular**

**GRADE C:** 12m/5hrs **WALK START:** Kirkgate Car Park Kinross. (What3Words: inform.brittle.slept ) at 10:30 **OS:** 58 **GR:** NO125019 **DESCRIPTION:** Level walk on well-made path around national nature reserve. Then through woods and marshland. **LEADER:** Loraig Alexander: 07746 710279 or 01307 818791

### **DALGETY BAY:- Crook of Devon to Tullibole circular.**

**GRADE C+:** 5.5m/4hrs **ASCENT:** 130m/430ft **WALK START:** Crook of Devon Village Hall Car Park. at 10:30 **OS:** 58 **GR:** NO037001 **DESCRIPTION:** Following farm tracks to the Tullibole Maze for a lunch stop and time to try out the Maze. Then along tarmac tracks up to Hoods Hill (224mtr) before returning through grass fields, gravel tracks and Deer Farm to the Crook of Devon. **NOTE:** BOOKING - If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Neil Denness: neildenness@gmail.com 07772 904880

### **DUNDEE:- Kinnoull Hill, Perth, reaching McDuff's Monument.**

**GRADE C+:** 6.5m/3.5hrs **DEPART:** CWCP at 09:30 **WALK START:** Jubilee Car Park (turning off at Kinfauns Junction) at 10:15 **OS:** 53 **GR:** NO144236 **DESCRIPTION:** A few moderate gradients with lovely views. There is a fraction of road walking. Please bring a packed lunch. Please let leader know if you don't want your photo to appear on our Facebook pages. **NOTE:** After turning off at Kinfauns junction pass Kinfauns Village then a winding road to Jubilee Car Park. **LEADER:** Anne McCreery & Margaret Dixon: 07159 650998 or 07963 819718

### **GLENROTHES:- Aberdour - Donibristle Circular**

**GRADE C+:** 7.5m/4hrs **ASCENT:** 700ft **DEPART:** LCCP at 09:30 **WALK START:** Aberdour Station CP at 10:15 **OS:** 66 **GR:** NT191854 **DESCRIPTION:** A coastal walk from Aberdour towards Dalgety Bay Otterston Loch and Bouprie Bank returning by the coastal path. **NOTE:** CWRA RADO Leaders will meet walkers at Aberdour **LEADER:** R & M Fairgrieve 07761 753437 rosfairgrieve@gmail.com

### **PERTH:- Kippenrait Glen & the Darn Road - PLEASE BOOK WITH LEADER**

**GRADE C+:** 7m/5hrs **ASCENT:** 275m/900ft **DEPART:** Broxden P&R (lower car park, far end) at 09:00 **WALK START:** Haining car park beside cathedral, Dunblane at 10:00 **OS:** 57 **GR:** NN781014 **DESCRIPTION:** From Dunblane centre to Wharry Bridge then down Kippenrait Glen to Allan Water. Follow river to Bridge of Allan and return via the Darn Road path. **NOTE:** Please car share as much as possible as car park can be busy. **LEADER:** Pete & Anne Trant: thetrants@virginmedia.com 01738 565075 or 07985 202934

## Sunday 2nd April

### **DUNFERMLINE & WEST FIFE:- Dollar to Muckhart via Commonedged Hill**

**GRADE B:** 8.2mls/4.5hrs **ASCENT:** 445m/1463ft **DEPART:** LPRCP at 09:15 **WALK START:** Castle road middle car park, Dollar at 10:00 **OS:** 58 **GR:** NS963989 **DESCRIPTION:** From Castle Road, traverse Hillfoot Hill and continue to Commonedged Hill on good tracks and paths. Possible walk to Seamab Hill and then downhill to Pool O' Muckhart. Return to Dollar start point via paths and tracks. **NOTE:** RADO. Paths can be muddy and livestock may be encountered. 20 places available. Please phone or text the leader to book. **LEADER:** Mick Harrison: mickdharrison@hotmail.com 07982 710999

### **KINROSS & OCHIL:- Corb Glen, Dunning**

**GRADE C+:** 6.7mls/6hrs **DEPART:** KPR at 09:20 **WALK START:** Heatherie Knowe Car Park on B934 Muckhart to Denning(Nearest post code FK14 7LD) at 10:00 **OS:** 58 **GR:** NO016083 **DESCRIPTION:** Moderate circular walk over rough tracks through scenic glen before fairly sustained ascent of Green Law and Sim's Hill with good views to north and west. Minor road walk back to car park. **NOTE:** Booking essential. **LEADER:** Alastair Kerr: alastair-kerr@hotmail.com 07523 268191

### **STIRLING & FALKIRK:- Loch Turret and Choinneachain Hill**

**GRADE B+:** 10mls/6hrs **ASCENT:** 345m/1140ft **WALK START:** Glen Turret Car Park at 10:45 **OS:** 52 **GR:** NN820264 **DESCRIPTION:** Follow the banks of Loch Turret for 2 miles, then have steep ascents to Ton Eich and Choinneachain Hill. The second half of the walk is pretty well all downhill (honest), so we can relax and take in the views if the weather allows. **NOTE:** The whole route is on established tracks and will be led at a moderate pace. Pre-registration by 24 hours before. **LEADER:** Colin Thomson: colinbthomson@gmail.com 07702 636505

## Monday 3rd April

### **ST ANDREWS & NE FIFE:- Committee Meeting**

**MEET:** Via Zoom at 19:00 **DESCRIPTION:** Committee meeting via Zoom, Convenor to provide details nearer the date **CONTACT:** Jane Houston: jemillar15@aol.co.uk 01334 850211 or 07771 856643

## Tuesday 4th April

### **DUNDEE:- Piperdam Circular**

**GRADE C+:** 8mls/4hrs **ASCENT:** 160m/520ft **DEPART:** CWCP at 09:30 **WALK START:** Piperdam Car Park at 10:00 **OS:** 52 **GR:** NO305347 **DESCRIPTION:** From Piperdam, climb Blacklaw Hill, over to Redmyre Loch, then round about ending with a bit of road walking, then coming back down by the golf course. Please bring a packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Brenda Moffat & Morag Banks: 07512 850588 & 01382 736209 or 07714 880701 & 01382 858495

## Wednesday 5th April

### **PERTH:- West Carse Circular - PLEASE BOOK WITH LEADER**

**GRADE C+:** 9mls **ASCENT:** 125m/410ft **DEPART:** Broxden P&R (lower car park, far end) at 09:30 **WALK START:** West Carse Hall car park at 10:00 **OS:** 53 **GR:** NO196215 **DESCRIPTION:** A varied low-level circuit: Glencarse-Glendoick-Murie-River Tay-Cottown-St Madoes-start. Mostly on core paths or farm tracks, with some potentially muddy bits. Includes some pavement walking with short distances on minor roads. **NOTE:** Leader will join walk at start point. **LEADER:** Mary Lewis: mary11lewis@hotmail.com 01738 860300 or 07754 947057

## Thursday 6th April

### **DUNDEE:- Kirkton of Auchterhouse to Dundee**

**GRADE C:** 8mls/5.5hrs **ASCENT:** 115m/380ft **WALK START:** Bus stop on Cox Street (at bottom of St Mary's Road, Downfield) at 09:45 **OS:** 380 **GR:** NO386339 **DESCRIPTION:** (Meeting point on Number 22 Bus route, on street parking on St Mary's Rd.) Taking bus to War Memorial, Kirkton of Auchterhouse. Walking back to Dundee on roads, old rail tracks, woodland and field tracks. Can be muddy in places. **NOTE:** Stop for Coffee in Dronley Woods and lunch at The Pine Cone. Minimal ascent. **LEADER:** Sheila Wallace: smwallace55@gmail.com 07944 570925

**DUNFERMLINE & WEST FIFE:- West Fife Woodlands Way**

**GRADE C+:** 10mls/5.5hrs **ASCENT:** 150m/490ft **DEPART:** LPRCP at 09:15 **WALK START:** Culross East car park at 10:00 **OS:** 65 **GR:** NS990859 **DESCRIPTION:** A lovely circular walk through an historic 17th Century village, Preston Island salt pans, Balgownie and Valleyfield ancient woodlands. Fantastic views of the Ochil and Pentland hills. Good paths/tracks but there may be some muddy sections. **NOTE:** RADO. Please phone or text the leader to book. **LEADER:** Anne Laird: anne-laird@hotmail.co.uk 01383 727515 or 07768 860066

**GLENROTHES:- Strollers Walk - see first page of this programme for details.**

**Saturday 8th April****DALGETY BAY:- Ceres to Hill of Tarvit and Scotstarvit**

**GRADE C+:** 6mls/4hrs **ASCENT:** 146m/480ft **WALK START:** Fife Folk Museum Car Park. at 10:00 **OS:** 59 **GR:** NO399114 **DESCRIPTION:** From C/P along ridge walk to the NT property Hill of Tarvit. Walk through the gardens and then climb to monument with good views from the hill top. Return via Scotstarvit Tower and Craigrothie to finish loop of walk and return to car park. **NOTE:** RADO. **BOOKING -** If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Irene Garvie: irenegarvie@gmail.com 07305 225816

**DUNDEE:- Bealach Route and Killiecrankie (Moderate to Strenuous Walk)**

**GRADE B+:** 10mls/5hrs **ASCENT:** 625m/2050ft **DEPART:** CWCP at 08:30 **WALK START:** Car Park at Pitlochry Dam Visitor Centre at 09:50 **OS:** 52 **GR:** NN935578 **DESCRIPTION:** This varied waymarked walk heads across open moorland to cross the Bealach na Searmoin, offering great views to reach Killiecrankie. Return walk is past Soldier's Leap and along River Garry and Loch Faskally. Packed lunch required. **NOTE:** A good level of fitness is required for this walk. See website for longer description. **LEADER:** Gwen Laidlaw: 07951 746125

**DUNDEE:- Social Stroll - Murton Nature Trail**

**GRADE C:** 3mls/1.5hrs **DEPART:** OCCP at 10:15 **WALK START:** Murton Farm Car Park on the A932 Arbroath Road, Forfar, DD8 2RZ at 11:00 **OS:** 54 **GR:** NO493511 **DESCRIPTION:** Lovely walk round Nature Trail. Lots of birds and wildlife. Be back in time to enjoy drinks and cakes in the cafe. Please let leader know if you don't wish your photo to appear on our Facebook Pages. **LEADER:** Jean MacGillivray: 07932 014859

**FORFAR:- Newtyle/Ardler Circular**

**GRADE C:** 7mls **DEPART:** Market Muir Car Park at 09:30 **WALK START:** Car Park, North Street Newtyle at 10:00 **OS:** 53 **GR:** NO296415 **DESCRIPTION:** Circular route around Newtyle, Ardler area. Walking on tracks (including disused rail tracks) some walking on quiet country roads. **LEADER:** Sally Easson: 01575 609100

**KIRKCALDY:- To Hopetoun Monument & Cupar, linear**

**GRADE B:** 10mls **WALK START:** Fluthers Car Park, Cupar at 09:40 **OS:** 59 **GR:** NO377147 **DESCRIPTION:** Bus 42 at 10.01 from Crossgate, Cupar, to Scottish Deer Centre. Walk to Cupar on tracks and field edges with a short steep climb to the monument, then by Torr of Moonzie. Cairney Lodge and Kingask to finish at Fluthers car park. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Margaret Miller: 01592 266956

**PERTH:- Maam Road, Comrie - PLEASE BOOK WITH LEADER**

**GRADE B:** 10mls **ASCENT:** 297m/970ft **DEPART:** Broxden P&R (lower car park far end) at 09:00 **WALK START:** Car park next to skate park, Comrie (turn R. before bridge when entering Comrie) at 10:00 **OS:** 52 **GR:** NN777223 **DESCRIPTION:** Moderate route with a strenuous ascent up to Lord Melville's Monument. Path then follows Maam Road through Dunira Estate to Kindrochet and return via old railway line, passing power station and Aberuchill Castle. **NOTE:** Walking poles advised due to steep ascent. **LEADER:** Sarah Martin: 07925 252828

**STRATHTAY:- Pine Cone Point**

**GRADE C:** 7mils **DEPART:** Car park behind Aberfeldy Coop at 09:00 **WALK START:** Birnam Bowling Club at 09:30 **GR:** NO024421 **DESCRIPTION:** Following the side of the Tay and tracks through Craigvinean Forest with an out and back detour to the fine viewpoint at Pine Cone Point. **LEADER:** Violet Keir: 07568 440607

**Sunday 9th April**

**GLENROTHES:- Anstruther-Pittenweem-Kilrenny-Cellardyke Circular**

**GRADE C+:** 8mils/4hrs **DEPART:** LCCP at 09:30 **WALK START:** CP adjacent to Coop at 10:15 **OS:** 59 **GR:** NO562038 **DESCRIPTION:** Figure of eight coastal and inland walk following the coastal path and grassy tracks with lovely views over surrounding countryside and the Forth. **NOTE:** CWRA RADO **LEADER:** C Mackie and T McLaren 07903 132319 [tmclaren39@gmail.com](mailto:tmclaren39@gmail.com)

**Tuesday 11th April**

**KINROSS & OCHIL:- Tuesday Walkers - See details at beginning of this programme.**

**Wednesday 12th April**

**DUNDEE:- Kingoodie Quarries, Invergowrie**

**GRADE C:** 5.5mils/4hrs **WALK START:** Riverside Nature Park Car Park, Dundee at 10:30 **OS:** 54 **GR:** NO359296 **DESCRIPTION:** Easy low level route following paths, tracks and village streets. Walking by Invergowrie, Kingoodie and James Hutton Institute. Nice views over the river. Lunch at Post House, Invergowrie before returning to starting point of walk. **NOTE:** Booking required. Please see website for booking information. Minimal ascent. **LEADER:** Sheila Wallace: [smwallace55@gmail.com](mailto:smwallace55@gmail.com) 07944 570925

**FORFAR:- Strollers Walk- Max 4miles - Details on first page of the programme.**

**PERTH:- Leuchars, Reres Wood and Tentsmuir - PLEASE BOOK WITH LEADER**

**GRADE C+:** 10mils **ASCENT:** 10m/30ft **DEPART:** Broxden P&R (lower car park, far end) at 09:00 **WALK START:** St. Athernase Church, Leuchars at 10:15 **OS:** 59 **GR:** NO455214 **DESCRIPTION:** Past Earlshall Castle onto Fife Coastal Path following paths and tracks through forestry and on minor roads. **NOTE:** Some parts may be muddy so pole(s) could be useful. Leader will join walk at start point. **LEADER:** Colin Fraser: [cfraser365@gmail.com](mailto:cfraser365@gmail.com) 01382 541617 or 07895 808614

**Thursday 13th April**

**DALGETY BAY:- Roamers - Dalgety Bay to Aberdour.**

**GRADE D:** 4mils/2.5hrs **ASCENT:** 30m/100ft **WALK START:** Dalgety Bay Library at 10:00 **OS:** 65 **GR:** NT156834 **DESCRIPTION:** A walk along the Coastal Path, the Avenue, and past the Golf Course to Aberdour. After a refreshment opportunity, the option is to return by bus or to walk back. **NOTE:** RADO. **BOOKING -** If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Rose Nutt: 07494 235392

**GLENROTHES:- Strollers Walk - see first page of this programme for details.**

**Friday 14th April**

**DUNFERMLINE & WEST FIFE:- Weekend in Strathpeffer**

**DESCRIPTION:** Friday, 14th to Monday, 17th April. The base for the weekend will be the Ben Wyvis Hotel. There will be a short walk on Friday afternoon, followed by two walks per day on Saturday and Sunday. There may be a walk on the leaving day, Monday. A walks programme will be issued in mid-March. Contacts: George Naismith, 07833 366299; Grant Robertson, 07936 738581 **CONTACT:** Grant Robertson: [grantrobertson1952@gmail.com](mailto:grantrobertson1952@gmail.com) 01383 332265 or 07936 738581

## Saturday 15th April

### **BLAIRGOWRIE:-**

#### **Moulin Killiecrankie Circular Walk**

**GRADE B:** 8.8m/5hrs **ASCENT:** 570m/1862ft **DEPART:** WCPB at 09:00 **WALK START:** Ben Vrackie carpark near Moulin at 10:00 **OS:** 52 **GR:** NN942597 **DESCRIPTION:** A scenic walk on good paths with short quite difficult descent passing under the A9, short minor road walk. Steep ascent from Killiecrankie with lovely views. Poles recommended. **NOTE:** RADO. PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com. **LEADER:** Barbara Oswald: mrs.barbara.oswald@gmail.com 07790 052583

### **BRECHIN:-**

#### **Kincardine O'Neil to Lumphanan Old Town**

**GRADE C+:** 8m/5hrs **WALK START:** Village Car Park, The Spailings, Kincardine O'Neil. (What3Words: front.shampoos.chase) at 10:30 **OS:** 37 **GR:** NO590997 **DESCRIPTION:** Deeside way. An undulating walk in beautiful green lanes with wonderful views. Some minor road walking. One dry ford to cross, can be wet and muddy after rain. **LEADER:** Alison Stewart: 07707 680939

### **DALGETY BAY:-**

#### **West Wemyss to East Wemyss circular.**

**GRADE C:** 6m/4hrs **ASCENT:** 150m/500ft **WALK START:** Harbour Car Park, West Wemyss at 10:00 **OS:** 59 **GR:** NT325946 **DESCRIPTION:** From West Wemyss walk along coast and up several steps to Macduff Castle, followed by a circuit of East Wemyss and return through wooded paths, with a slight climb to Wemyss Estate. A section of the coast is eroded so sticks are suggested. **NOTE:** BOOKING - If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Jane Mitchell: janemaclean1@hotmail.com 01383 822843 or 07975 984015

### **DUNDEE:-**

#### **Dronley Woods**

**GRADE C:** 5m/3hrs **WALK START:** Camperdown Country Park (3rd car park on left) at 10:00 **OS:** 53 **GR:** NO359329 **DESCRIPTION:** From Camperdown walk to Clatto, Old Railway, Dronley Woods, Muirhead Stables. Please bring a packed lunch. Please let leader know if you don't wish your photo to appear on our Facebook pages. **LEADER:** Sam Shields: 07546 064759

### **GLENROTHES:-**

#### **Newtyle Circular**

**GRADE C+:** 7.5m/4hrs **ASCENT:** 500ft **DEPART:** LCCP at 09:30 **WALK START:** North Street CP Newtyle. at 10:30 **OS:** 53 **GR:** NO298415 **DESCRIPTION:** Moderate circular walk following former railway tracks and minor roads with additional visit to a Pictish Stone via a field edge. **NOTE:** CWRA DWOL **LEADER:** H Morrison 01592 749170 or 07821148256 hazmgtmor@hotmail.com

### **KINROSS & OCHIL:-**

#### **Walnut Grove and Kinnoull Hill**

**GRADE C+:** 7m/6hrs **DEPART:** KPR at 09:20 **WALK START:** Ferguson Gallery, Perth.(Nearest post code PH2 8NS) Parking at South Inch at 10:10 **OS:** 58 **GR:** NO121231 **DESCRIPTION:** Cross the railway bridge then walk downstream by the river to Walnut Grove. A long climb on minor roads and bridle paths to the top of Kinnoull Hill for wonderful views. Shorter downhill return route is on bridle paths some of them steep. **NOTE:** Booking essential. For those who wish to take the bus to Perth meet at KPR at 9.20hrs for X56 bus at 9.25hrs. **LEADER:** Ann Eve: 01577 863887 or 07960 973866

### **KIRKCALDY:-**

#### **Pitlessie & Crawford Priory**

**GRADE C:** 7m/5hrs **WALK START:** Car park at the end of Muir Road, Springfield KY15 5SN at 10:00 **OS:** 59 **GR:** NO341118 **DESCRIPTION:** Walk around the Howe of Fife from Springfield to Pitlessie around farmland and returning through the grounds of Crawford Priory. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Beth Dickson: bd6427@icloud.com 07791 912417

### **PERTH:-**

#### **Braes of the Carse - PLEASE BOOK WITH LEADER**

**GRADE B:** 7m/5hrs **ASCENT:** 330m/1080ft **DEPART:** Broxden P&R (lower car park, far end) at 09:30 **WALK START:** Abernethy Church car park at 10:00 **OS:** 53 **GR:** NO267311 **DESCRIPTION:** Description of walk : - A walk around the Abernethy area passing through Baledgarno, Ballindean, Pitmiddle deserted village, Whitehills and Abernethy. **NOTE:** Some areas may be a bit boggy. The car park is very small, so please share cars if at all possible. **LEADER:** John Andrews: johndandrews44@gmail.com 01738 248941 or 07526 884953

## Sunday 16th April

### ST ANDREWS & NE FIFE:- Ardler to Newtyle

**GRADE C:** 7.7mls/4hrs **ASCENT:** 140m/460ft **DEPART:** FCPC at 09:15 **WALK START:** Main Street Ardler at 10:30 **OS:** 53 **GR:** NO265421 **DESCRIPTION:** Easy low level circuit following woodland tracks & paths, some walking on minor roads & railway beds. **NOTE:** RADO. Please contact walk leader to book your place, thank you. **LEADER:** Jim Forret: james.forret@btinternet.com 01334 656137 or 07526 670535

## Tuesday 18th April

### DALGETY BAY:- Barnton to Craigleith - version 2

**GRADE C:** 6mls/3hrs **ASCENT:** 100m/330ft **WALK START:** Barnton bus stop. at 10:00 **OS:** 66 **GR:** NT186749 **DESCRIPTION:** From Barnton to Cramond via River Almond, Esplanade, Silverknowes, Lauriston Castle and Craigleith via National Cycle route 1. Return by bus. Terrain is country paths & pavements. Meet at Meadowfield bus stop 09.15 for the X60 bus at 09.23. **NOTE:** RADO. **BOOKING -** If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** H Haines & Rose Nutt: 01383 822187 & 07990 660724 or 01383 822669 & 07494 235392

## Wednesday 19th April

### PERTH:- St. Andrews Coast - PLEASE BOOK WITH LEADER

**GRADE C+:** 8mls **ASCENT:** 200m/660ft **DEPART:** Broxden P&R (lower car park, far end) at 08:30 **WALK START:** East Sands car park, St. Andrews at 10:00 **OS:** 59 **GR:** NO518162 **DESCRIPTION:** Following the Fife Coastal Path south from St Andrews, then an extended inland loop at Boarhills to return on the Fife Coastal Path. **LEADER:** Jim Pirie: jamespirie1@btinternet.com 01738 451314 or 07923 457219

### ST ANDREWS & NE FIFE:- Rhind Hill, Glenrothes

**GRADE C:** 3mls/2hrs **ASCENT:** 100m/330ft **DEPART:** FCPC at 10:15 **WALK START:** Pitcairn Centre, Moidart Drive, Glenrothes at 10:45 **OS:** 59 **GR:** NO266034 **DESCRIPTION:** Easy route following good paths through to woodland viewpoint summit. May be muddy. **NOTE:** RADO. Please contact walk leader to book your place, thank you. **LEADER:** Colin Brown: colinbrown54@talktalk.net 01334 655724 or 07745 252292

## Thursday 20th April

### DUNFERMLINE & WEST FIFE:- Daffodil Walk: Dalgety Bay to Aberdour

**GRADE C:** 8.5mls/5hrs **ASCENT:** 100m/330ft **DEPART:** LPRCP at 09:00 **WALK START:** Park at Cornerstone Full Gospel Church, Dalgety Bay KY3 0RY at 09:30 **OS:** 65 **GR:** NT167843 **DESCRIPTION:** Linear walk from Dalgety Bay to Aberdour Silver Sands and back with 2 loops to wartime defences and Monks Cave at Braefoot Bay. Good path most of the way with a small section on grass. Lunch stop at/near to Sands Cafe, Silver Sands beach. **NOTE:** RADO NoSC. Please phone or text the leader to book. Minor road crossings, narrow paths at Monks Cave. Watch for golf balls. **LEADER:** Colin Lees: colin.j.lees@btinternet.com or 07715 277583

### GLENROTHES:- Strollers Walk - see first page of this programme for details.

## Saturday 22nd April

### DUNDEE:- Little Glenshee

**GRADE B:** 7mls/4hrs **DEPART:** CWCP at 09:00 **WALK START:** Car Park at Schochieburn (over a ford) (limited parking) at 10:15 **OS:** 52 **GR:** NN988340 **DESCRIPTION:** Moderate to Strenuous circular walk on tracks and paths on open moorland and optional longer walk to Craig Gibbon and Obelisk (2 miles). Please bring a packed lunch. **NOTE:** Please let walk leader know if you don't wish your photo to appear on our Facebook pages. **LEADER:** Graham Smith & Margaret Dixon: 01382 528153 & 07963 819719 or 07963 819718

**FORFAR:- Wormit, Balmerino**

**GRADE C+:** 7mils **DEPART:** Market Muir Car Park at 09:30 **WALK START:** Car Parking at Wormit Bay (nr Memorial for Tay Bridge Disaster) at 10:15 **OS:** 54 **GR:** NO392260 **DESCRIPTION:** Circular walk from Wormit Bay to Balmerino along Fife Coastal Path. Return inland via Bottomcraig and taking the Heritage Path (Monks Road) to return to Wormit. **LEADER:** Elizabeth Anderson: 01382 370980

**KIRKCALDY:- Around Buckie Braes, Perth**

**GRADE C:** 7mils **ASCENT:** 180m/590ft **WALK START:** South Inch car park, Tay Street, Perth PH2 8NS at 10:30 **OS:** 53 **GR:** NO120230 **DESCRIPTION:** Ascends through Craigie district via South Inch, Buckie Braes and Mailer Hill, returning by Craigie Knowles & St. Magdalenes Hill. Good views of Perth and surrounding area. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Beth Dickson: bd6427@icloud.com 07791 912417

**PERTH:- Mealna Letter - PLEASE BOOK WITH LEADER**

**GRADE B+:** 8mils **ASCENT:** 475m/1560ft **DEPART:** Broxden P&R, lower car park, far end at 09:00 **WALK START:** Small lay-by on the Perthshire/Angus border 1km east of Cray on the B951 at 10:15 **OS:** 43 **GR:** NO153642 **DESCRIPTION:** Follow rough track (initially can be boggy) up the northern slopes of Mealna Letter then drop down to Loch Beanie and return via the Cateran Trail. **NOTE:** Please car share as much as possible as parking is limited. **LEADER:** Trevor Abell: tmbabell@gmail.com 07913 288098

## **Sunday 23rd April**

**DALGETY BAY:- West Linton to Garvald circular.**

**GRADE C+:** 8mils/4hrs **ASCENT:** 100m/330ft **WALK START:** Lower Green West Linton, by the church. at 10:00 **OS:** 65 **GR:** NT149516 **DESCRIPTION:** A circular walk from West Linton along the old Roman Road to the outskirts of Dolphinton then around the Mendick Hill. A short stretch on a quiet country road to Garvald and return via Slipperfield. **NOTE:** RADO. BOOKING - If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Evelyn Gordon: 07790 656855

**DUNDEE:- Alyth Circular**

**GRADE C:** 6.5mils/3.5hrs **DEPART:** CWCP at 09:45 **WALK START:** Alyth Square at 10:30 **OS:** 53 **GR:** NO245486 **DESCRIPTION:** Walk from the square to and through the Den of Alyth, and carry on westwards to West Tullyfergus and then south east to Hill of St Fink and Muirton Farm following the track eastwards into Alyth. Minimal ascent. Please bring packed lunch. **NOTE:** Please let leader know if you don't wish your photo to appear on our Facebook pages. **LEADER:** Barbara Sayers: 07986 867255

**DUNDEE:- Family Walk - Balgay Hill**

**GRADE C:** 3mils/2hrs **WALK START:** Victoria Park Gate, Balgay Road at 14:00 **OS:** 54 **GR:** NO381305 **DESCRIPTION:** Walk up Balgay Hill to the Planet Trail, Observatory, through the cemetery to Lochee Park, then back to Victoria Park. Please let leader know if you don't wish your photo to appear on our Facebook pages. **LEADER:** Louisa Greig: 07380 801803

**GLENROTHES:- Lomond Hills - Holl Reservoir to West Lomond circular**

**GRADE B+:** 10mils/5.5hrs **ASCENT:** 1700ft **DEPART:** LCCP at 9:30 **WALK START:** Holl Reservoir CP at 10:00 **OS:** 58 **GR:** NO223034 **DESCRIPTION:** Walk on good paths to West Lomond summit for lovely views across Fife. Return via Craigmead Limekilns and Ballo Reservoir. **NOTE:** NoSC RADO **LEADER:** W Cumming contact by Email splish2splosh@gmail.com

**STIRLING & FALKIRK:- Queensferry Crossing**

**GRADE C:** 6.5mils **ASCENT:** 100m/330ft **WALK START:** DoubleTree Hilton Hotel Queensferry hotel at 10:30 **GR:** NT124810 **DESCRIPTION:** We park at the lower CP, down from the Hilton hotel, walk up and over the old Forth Road bridge. Depending on the weather as we cross the Road Bridge the views should be stunning. Continue to South Queensferry for Lunch. **NOTE:** Please Park at the Lower CP, not at the hotel but below it. Anyone with height issues can walk away from the bridge side. **LEADER:** Billy Kane: 44nf144@googlemail.com 07940 286792

**STRATHTAY:- Braco Countryside**

**GRADE C:** 5.5mls **DEPART:** Car park behind Aberfeldy Coop at 09:00 **WALK START:** Car park by Braco Primary School, Feddal Road at 10:00 **GR:** NN835096 **DESCRIPTION:** An exploration of the countryside to the west of Braco village. The route follows the hidden glen of the Keir Burn and returns by the side of the River Knaik. **LEADER:** Jenny Rees: jenny.rees@virgin.net 07979 608496

**Tuesday 25th April**

**KINROSS & OCHIL:- Tuesday Walkers - See details at beginning of this programme.**

**Wednesday 26th April**

**FORFAR:- Strollers Walk- max 4 miles - Details on first page of the programme.**

**PERTH:- Gartmorn circular - PLEASE BOOK WITH LEADER**

**GRADE C:** 6.5mls **ASCENT:** 30m/100ft **DEPART:** Broxden P&R (lower car park, far end) at 09:00 **WALK START:** Muircot Farm shop car park at 10:00 **OS:** 58 **GR:** NS926957 **DESCRIPTION:** Leisurely walk on farm tracks and lanes taking in the old railway line, woodland and the north bank of Gartmorn Dam. May well be muddy. **LEADER:** Sue Henderson & Lynn Rankin: tanniesue\_peru@yahoo.com 01738 861026 & 07980 147967 or 07928 758259

**Thursday 27th April**

**GLENROTHES:- Strollers Walk - see first page of this programme for details.**

**Saturday 29th April**

**BLAIRGOWRIE:- Glamis to Denoon Hill Fort**

**GRADE C+:** 8mls/4hrs **ASCENT:** 282m/930ft **DEPART:** WCPB at 09:30 **WALK START:** Glamis Car Park at 10:00 **OS:** 54 **GR:** NO385466 **DESCRIPTION:** A view of Glamis Castle before we climb through mixed woodland to Hunters Hill, cross to Crams Hill and onwards to Denoon Hill. Magnificent views of Strathmore and the Sidlaws from Denoon Hill, we return via Charleston. **NOTE:** RADO. PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com. **LEADER:** Gordon Millar: millarnodrog@gmail.com 07854 878887

**BRECHIN:- Craighall Bridge Circular**

**GRADE C+:** 7.4mls **WALK START:** Wellmeadow Car Park, off Back Brae, Blairgowrie. (What3Words: loads.influence.herb ) at 10:00 **OS:** 53 **GR:** NO180451 **DESCRIPTION:** Via Lorny and old military road to Middle Mause Farm. Descend to old A93 and Craighall Bridge with views into Erich Gorge. Some slow ascents, may be muddy, short section on busy road. **LEADER:** Peter & Anna Fiabane: fiabanes@gmail.com 01307 461121 or 07743 943171

**DALGETY BAY:- Lochore to Blairadam circular**

**GRADE C+:** 8mls/4hrs **ASCENT:** 115m/380ft **WALK START:** Lochore Meadows car park. at 10:30 **OS:** 58 **GR:** NT170962 **DESCRIPTION:** Walk round the north side of Loch Ore and into the forest via the old Blairadam House driveway. Continue through the forest to the M90 footbridge and return via Kelyhill and south side of the loch. Some rough tracks. **NOTE:** DWOL. BOOKING - If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** David Thomson: dabthomson@gmail.com 07922 050562

**DUNFERMLINE & WEST FIFE:- Shared walk with Dalgety Bay group**

**DESCRIPTION:** Lochore to Blairadam circular Please book by contacting David Thomson on: 07922 050562 **CONTACT:** Grant Robertson: grantrobertson1952@gmail.com 01383 332265 or 07936 738581

**GLENROTHES:- Shires Mill - Balgownie and Devilla forest circular**

**GRADE C:** 7mls/4hrs **ASCENT:** 460ft **DEPART:** LCCP at 9:30 **WALK START:** Shires Mill CP - Riding for disabled centre off B9037 to Blairhall at 10:30 **OS:** 65 **GR:** NT004876 **DESCRIPTION:** From Shires Mill through Balgownie woods Devilla Forest and the Coffin Road by Culross and Valleyfield. Mainly woodland tracks. Excellent views. **NOTE:** CWRA DWOL Leaders will meet group at Shires Mill **LEADER:** C and B Barton 01383725859 chrisbetybarton@gmail.com

# Group Reports for 2022

## **Forfar & District Ramblers**

Our membership currently stands at 43, a slight increase over the same time last year. It is very gratifying that our new members are keen walkers and that some are now leading walks.

We continue to offer walks on alternate Saturdays and Sundays on a fortnightly basis and have recently introduced mid-week strolls, which are never more than 4 miles long and usually flat. The emphasis is on a leisurely pace and a visit to a local café for a coffee and chat.

In August we had a minibus trip to Ballater where some of the group walked around Loch Muick and others did a shorter walk from the town along a disused railway line. The weather was perfect and a good time was had by all.

Our Christmas meal will be held at Lochlands in Forfar and we hope to organise another away day and perhaps a long weekend in 2023.

## **Glenrothes Ramblers and Strollers**

We completed a full winter program of varied walks thanks in no small part to the commitment and hard work of our walk leaders. We are now looking forward to a full summer program. Our membership figures are stable at around 100 members. We continue to run two led walks per week, Strollers on Thursday and a longer Weekend walk. We have continued to add to our database of led walks, which now has 222 walks with a downloadable OS route map and nearly 200 with an associated GPX file for use with GPS enabled devices.

## **Dundee Ramblers**

Another busy year for the Dundee Ramblers with many activities returning after the hiatus years of Covid. A few of the highlights this year included our midweek break to Fort William in September; two fully booked coach trips to Glasgow and Edinburgh. In Glasgow we visited the world-famous Burrell Collection and enjoyed the lovely weather in Edinburgh with a stroll along the Water of Leith ending at the Botanical Gardens. We also enjoyed a variety of social events nearer to home, including the annual Fish Supper Night with Irish Dancers and Irish Bingo and the Christmas Meal with quiz and raffle. There were also new additions to the social scene with a well-attended Curry Night in Broughty Ferry and a Pub night to meet new members. Group members added to their skills and enjoyed a variety of training courses including First Aid and Heart Start. Looking forward, the Group continues to offer a variety of walks which cater for all levels and experience from social strolls, family walks and more strenuous rambles. Group Members are also looking forward to attending the Ramblers Gathering in Aviemore which returns at the end of April 2023 and our weekend away to Aberfoyle in September 2023.

## **Dundee Ramblers Family Group**

Over the last year, Dundee Ramblers Family Group continued to provide short walks suitable for families with or without children. The group offers a walk each month which are led by one of our walk leader parents or the group coordinator. Some of the highlights from last year included spooky adventures with the Fancy Dress Walk around Monikie Park Reservoirs; an amazing walk around the grounds of Scone Palace with adventures in the garden maze and the popular Monifieth Art Trail and the hunt for hidden animals. These walks are available to all Ramblers and their friends, and we would warmly welcome more young families including grandparents and families from other groups in the area.

### **Dalgety Bay & District Group:**

Y In May 2022 we finally enjoyed the Weekend Away at HF Holidays Alnmouth having made the booking in 2019. The weather held for us and all those taking part enjoyed the walks whether led or self guided. In September a second Weekend Away was arranged to make up for previous the 2 years without one. This weekend was held in Strathpeffer and we couldn't have wished for better weather, sun shining and warm days also The Ben Wyvis hotel worked well for us. In general the walks programme our Walk Leaders had compiled was enjoyed by those able to take part, and the return to a printed winter programme was appreciated by many. We were also able to return to a face-to-face AGM, which was held in a room at Louie Brown's in the centre of Dalgety Bay.



*The Kinross group at the summit of Ben A'an*

### **Kinross and Ochil Group**

We have had a good year with a varied mixture of walks for both our Tuesday walks. Number of members coming out on walks has started to increase after a slight decline because of the pandemic. We have also attracted a few new members to join our group too and this was helped by a promotional event in the summer. We had a fabulous weekend away at the end of May to

Aberfoyle where some of our members climbed Ben A'an and we were very lucky to have had good weather. We've had a few social events too which have been well attended such as a summer barbecue and coffee mornings. We look forward to another exciting year

### **Perth Group**

Over the year we were able to have one coach trip. This time to Aviemore in June. Fortunately, the weather was kind and it proved an enjoyable day for all the members that joined the outing. We are planning on one or two similar coach trips for 2023. In terms of long weekends away this did not happen in 2022, the last one being in September 2021 to Northumberland. However, we are in the process of arranging a long weekend at Melrose for the early autumn.

The new Group website [perthramblers.org.uk](http://perthramblers.org.uk) has been set up though the old one is also still operating, but will be restricted in the amount of text it can carry.

Although we were not able to arrange the traditional Xmas lunch for 2022, however we were able to hold a winter lunch in February 2023 in Perth.

### **Dunfermline and West Fife group**

Our group is a relatively small friendly group of around 70 members with a mix of locals as well as some from slightly further afield. We normally arrange walks every 2 weeks at weekends and sometimes on week days. We also organise Spring and Autumn weekends which allow a chance to socialise with fellow ramblers as well as walking in areas further away.

### **Dalgety Bay & District Group:**

Ÿ In May 2022 we finally enjoyed the Weekend Away at HF Holidays Alnmouth having made the booking in 2019. The weather held for us and all those taking part enjoyed the walks whether led or self guided. In September a second Weekend Away was arranged to make up for previous the 2 years without one. This weekend was held in Strathpeffer and we couldn't have wished for better weather, sun shining and warm days also The Ben Wyvis hotel worked well for us. In general the walks programme our Walk Leaders had compiled was enjoyed by those able to take part, and the return to a printed winter programme was appreciated by many. We were also able to return to a face-to-face AGM, which was held in a room at Louie Brown's in the centre of Dalgety Bay.



*Dalgety Bay Ramblers on a trip to Dalkeith.*

### **St Andrews and NE Fife**

We have been able to sustain a full programme of walks during the year thanks to the support of our regular walk leaders, many of whom generously offer two or even three walks per programme. While, pleasingly, our total membership has been increasing – we currently have some 110 members – the turnout for both our weekend and Wednesday, leisurely walks averages around 12 walkers. We have held the majority of our winter walks in Fife but with car-sharing now fully re-established, we will be venturing further afield more often in the coming months. A highlight for many of our members was our well-attended Christmas lunch, when members and friends met for the first time in three years to enjoy an excellent meal and good company at Fairways Restaurant, near Springfield.



*St Andrews group stop for a lunch break at Fife Ness*

### **Blairgowrie**

We are an active group meeting fortnightly on Saturdays with most of our walks within the Perthshire, Angus and Fife areas. Generally, our walks are between 6 to 9 miles in distance and within the C+ or B categories. We generally meet in Blairgowrie Wellmeadow carpark on walk days and share car transport. Public transport is seldom an option given Blairgowrie's geographical location.

We currently have around 80 members with most walks catering for 15 to 25 walkers. The group organises special outings during the year including, in early September, a long weekend further away, last year to the Trossachs and this year to Grantown. Also, we generally have special midsummer and winter walks ending at a restaurant for a meal.

### **Brechin**



*The Brechin Group on a recent walk.*

After a gap because of Covid we enjoyed an amazing weekend away at Newtonmore last April and over 30 of us are booked to go to Aberfoyle this April. We are pleased to have new walkers/members joining us recently. On a sadder note, we lost 3 stalwart walkers this year and on 25th February are holding a Walk to Remember our immediate past Convenor, Ellen Smith. We will plant a native tree at the side of a loch near to where she lived and enjoy her favourite walking snacks while we remember all the good times we enjoyed in her company. We also have a new email address which is [brechinramblers@gmail.com](mailto:brechinramblers@gmail.com) should anyone want to contact the group.

## Sunday 30th April

### **KINROSS & OCHIL:- Benarty Hill Circular**

**GRADE C+:** 7mls/5hrs **DEPART:** KPR at 09:30 **WALK START:** Car park off Great North Road (B996) to west of Lochore Meadows (Nearest Post code KY4 0HH) at 10:00 **OS:** 367 **GR:** NT152949 **DESCRIPTION:** A walk up Benarty Hill via Harran Hill wood. **NOTE:** Booking essential. **LEADER:** Moira McCauley: 01383 839795 or 07484 718783

### **PERTH:- Ceres and Hill of Tarvit - PLEASE BOOK WITH LEADER**

**GRADE C+:** 7mls **ASCENT:** 265m/870ft **DEPART:** Broxden P&R (lower car park, far end) at 09:30 **WALK START:** Car park at Fife Folk Museum, Ceres at 10:30 **OS:** 59 **GR:** NO400114 **DESCRIPTION:** A circular walk from Ceres to Hill of Tarvit and return. On tracks and paths but some road walking, mostly within the villages. A stiff climb onto the Hill of Tarvit. **NOTE:** SUNDAY WALK. **LEADER:** Ian Stokes: iangstokes@tiscali.co.uk 01738 787567 or 07775 802630

### **ST ANDREWS & NE FIFE:- Blairgowrie Bluebells**

**GRADE C+:** 8mls/4.5hrs **ASCENT:** 70m/230ft **DEPART:** FCPC at 09:15 **WALK START:** Wellmeadow Car Park, Blairgowrie at 10:30 **OS:** 53 **GR:** NO180452 **DESCRIPTION:** Pleasant scenic walk via Cargill's Leap, Knockie path, Ardblair Trail & bluebell woods. Good footpaths with one short steep ascent from River Erich. **NOTE:** RADO. Please contact walk leader to book your place, thank you. **LEADER:** Carol Philip & Christine Arnold: 01334 475997 or 07979 541678 & 07718 316597

## Wednesday 3rd May

### **PERTH:- Glencarse to Perth - PLEASE BOOK WITH LEADER**

**GRADE B:** 8mls **ASCENT:** 400m/1310ft **DEPART:** South Street bus stop at 10:00 for No. 16 bus to Glencarse at 10:07 **WALK START:** Glencarse Hotel at 10:20 **OS:** 53 **GR:** NO196216 **DESCRIPTION:** Linear walk from Glencarse to Perth via Balthayock Wood and Loch, Murrayshall Hill, Deuchny Wood & Corsiehill. **LEADER:** John Andrews: johndandrews44@gmail.com 01738 827275 or 07526 884953

### **ST ANDREWS & NE FIFE:- Kingsbarns Circular**

**GRADE C:** 5mls/3hrs **ASCENT:** 50m/160ft **DEPART:** FCPC at 09:45 **WALK START:** The Square, Kingsbarns at 10:30 **OS:** 59 **GR:** NO593121 **DESCRIPTION:** Minor road towards Morton of Pitmilny, some woodland tracks & return to Kingsbarns via coastal path. **NOTE:** RADO. Leader to meet at start point, Kingsbarns. Please contact walk leader to book your place, thank you. **LEADER:** Dorothy Cameron: 01334 474305

## Thursday 4th May

### **DUNFERMLINE & WEST FIFE:- Springfield and Pitlessie with Crawford Priory**

**GRADE C:** 6.3mls/3hrs **ASCENT:** 20m/70ft **DEPART:** LPRCP at 09:30 **WALK START:** Springfield Church car park at 10:15 **OS:** 59 **GR:** NO342119 **DESCRIPTION:** Low level walk on tracks and paths. Short stretch of road walking. Could be muddy. **NOTE:** RADO. Please phone or text the leader to book. **LEADER:** Linda Pirie: lapirie@hotmail.co.uk 07881 369442

### **GLENROTHES:- Strollers Walk - see first page of this programme for details.**

### **KIRKCALDY:- Glenfarg - Lochelbank - Candy**

**GRADE B+:** 9.5mls **ASCENT:** 400m/1310ft **WALK START:** Wallace Park car park, Glenfarg PH2 9PQ at 10:30 **OS:** 58 **GR:** NO134101 **DESCRIPTION:** Glenfarg village, Arngask house, Paris Bridge, Lochelbank Windfarm, Heatheryleys, Woodside, Off road driving centre, Candy House, Glendy Mill, Glenfarg. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Mike Livesey: 07783 201492

## Saturday 6th May

### **DUNDEE:- Craigmead to Bishop Hill**

**GRADE B:** 9mls/5.5hrs **ASCENT:** 300m/980ft **DEPART:** TBCP at 09:00 **WALK START:** Craigmead Car Park (3km west of Falkland) at 10:15 **OS:** 58 **GR:** NO227061 **DESCRIPTION:** On tracks and paths with good views. From Craigmead car park via Harperleas Reservoir, West Feal, Bishop Hill, Glenvale, and Harperleas Reservoir. Please bring a packed lunch. **NOTE:** Please let leader know if you don't wish your photo to appear on our Facebook pages. **LEADER:** Tom Webster: 01382 552473

### **PERTH:- Dunblane to Kinbuck circular - PLEASE BOOK WITH LEADER**

**GRADE C+:** 8mls **ASCENT:** 95m/310ft **DEPART:** Broxden P&R (lower car park, far end) at 09:00 **WALK START:** Haining Car Park behind Dunblane Cathedral at 10:00 **OS:** 57 **GR:** NN781014 **DESCRIPTION:** Walking quiet minor roads, riverside paths and tracks. Some gentle ascents and descents, boggy field section, steps, stiles. Following the Allan Water in parts. Nice views. **NOTE:** Please car share as much as possible as car park can be busy. **LEADER:** Lynn Salvin: salvin@blueyonder.co.uk 01738 634628 or 07712 298939

## Sunday 7th May

### **FORFAR:- Riverside Nature Park/Invergowrie**

**GRADE C:** 6mls **DEPART:** MMCP at 09:30 **WALK START:** Car Park, Riverside Nature Park, Wright Avenue Dundee DD2 1QE at 10:15 **OS:** 54 **GR:** NO349299 **DESCRIPTION:** Circular walk starting from the car park, through the Nature Park, taking in the lovely views of the River Tay, as we head towards Invergowrie and Kingoodie. Passing the James Hutton Institute and returning again through the Nature Park. **NOTE:** Walk will be on good paths and pavement. **LEADER:** Lisa Hughes: elhughes1973@aol.com 07901 901307

### **GLENROTHES:- Gellyburn - Murthly Castle Estate**

**GRADE C+:** 8.5mls/4hrs **ASCENT:** 600ft **DEPART:** LCCP at 09:30 **WALK START:** Off-road parking by Murthly Castle Gates (small area/please car share) at 10:30 **OS:** 53 **GR:** NO093393 **DESCRIPTION:** A very pleasant walk by Roman bridge, River Tay and through the estate on good paths and tracks. **NOTE:** CWRA RADO **LEADER:** I Rankin and C Baker 07900 392059 ishabelrankin@gmail.com

### **STIRLING & FALKIRK:- Birnam to Bankfoot Linear**

**GRADE C+:** 8.5mls/5hrs **ASCENT:** 150m/500ft **DEPART:** Bankfoot at Prieston Road at 10:08 **WALK START:** Birnam Hotel at 10:18 **OS:** 52 **GR:** NO069353 **DESCRIPTION:** We follow the banks of the River Tay into Murthly Estate and then go through woodland and open countryside. We will be on good tracks and paths but we have to tackle some overgrowth. **NOTE:** Park at Bankfoot at Prieston Rd. Catch Bus 23 on Main Street to Birnam at 10.08. Pre-registration required with. **LEADER:** Colin Thomson: colinbthomson@gmail.com 07702 636505

### **STRATHTAY:- Loch Lomond & West Highland Way**

**GRADE C:** 7mls **DEPART:** Car park behind Aberfeldy Coop at 09:45 **WALK START:** Tarbet at 11:45 **GR:** NN320045 **DESCRIPTION:** 11:45 boat from Tarbet to Inversnaid (30 mins). Walk south along part of the West Highland Way in woodland alongside Loch Lomond as far as Rowardennan. 4:45 boat back to Tarbet (45 mins). Boat tickets £20 approx. **NOTE:** Times to be confirmed. Book with leader. **LEADER:** Bill Bruce: bill\_1\_bruce@btinternet.com 01887 829753

## Tuesday 9th May

**KINROSS & OCHIL:- Tuesday Walkers - See details at beginning of this programme.**

## Wednesday 10th May

**FORFAR:- Strollers Walk - max 4 miles - Details on first page of the programme.**

**PERTH:- River Ericht path - PLEASE BOOK WITH LEADER**

**GRADE C:-** 8mls **ASCENT:** 30m/100ft **DEPART:** Broxden P&R (lower car park, far end) at 09:00 **WALK START:** Wellmeadow Car Park, Blairgowrie at 10:00 **OS:** 53 **GR:** NO181450 **DESCRIPTION:** A circular, low level walk following minor road and footpaths/field tracks up the north side of the Ericht to Kitty Swanson's Bridge. Cross the bridge and follow south side of the Ericht on footpaths to join minor road back to start. **NOTE:** RADO. Bus No 57 departs Perth Bus Station at 9.00am arriving Blairgowrie 9.47am. Leader will join walk at start point. **LEADER:** Pat Townsend: pntownsend@outlook.com 07761 426992

**Thursday 11th May**

**DALGETY BAY:- Roamers - Calais Muir Woods.**

**GRADE D:** 4mls/2.5hrs **ASCENT:** 30m/100ft **WALK START:** In front of Dulloch Leisure Centre. at 10:30 **OS:** 66 **GR:** NT127863 **DESCRIPTION:** A pleasant walk through the Calais Muir woods. **BOOKING -** If you would like to join this walk please book a place by contacting the Walk Leader. **NOTE:** RADO. No.87 bus from Regents Way opposite the church at 10.04 am. Please be at bus stop 10min before the bus is due to leave. **LEADER:** Alice McEwan: 07749 388113

**GLENROTHES:- Strollers Walk - see first page of this programme for details.**

**Saturday 13th May**

**BLAIRGOWRIE:- Glen Fincastle, Blair Atholl**

**GRADE B:** 11.5mls/6hrs **ASCENT:** 540m/1770ft **DEPART:** WCPB at 08:45 **WALK START:** Blair Atholl Information Centre on main road beside Country Life Museum at 10:00 **OS:** 43 **GR:** NN875654 **DESCRIPTION:** Beautiful scenic walk, varied terrain and scenery, heather moor, farmland, birchwoods and lochans. Paths and tracks with a challenging ascent on leaving Blair Atholl. **NOTE:** RADO. PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com. **LEADER:** Pat Fraser: patriciafraser@btinternet.com 07843 786191

**BRECHIN:- Inverbervie to Johnshaven**

**GRADE C:** 7mls **WALK START:** Inverbervie, Bay Car Park. (What3Words: dimes.vase.shapeless ) at 10:00 **OS:** 54 **GR:** NO833723 **DESCRIPTION:** Level coastal walk on good tracks. Return by same route. **LEADER:** Suzanne Johnston: suzy\_kettles@hotmail.co.uk 07429 811838

**DUNDEE:- Tayport - Serpentine and Newport Walk**

**GRADE C:** 7mls/4.5hrs **ASCENT:** 150m/490ft **WALK START:** Tay Road Bridge Car Park Kiosk, B946, Newport-on-Tay at 09:30 **OS:** 54 **GR:** NO426287 **DESCRIPTION:** Taking in the Tayport - Serpentine Walk and a scenic walk round Newport and the River front. Very small amount of road walking. Numbers limited to 30 so booking required. Please see website for booking information. **NOTE:** Please bring a packed lunch. Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Gareth Vaughan: 07714 418650

**GLENROTHES:- Kirkcaldy to Woodside Linear by public bus**

**GRADE B:** 10mls/5.5hrs **DEPART:** LCCP at 9:30 **WALK START:** Lomond Centre CP at 9:30 **OS:** 59 **GR:** NO285008 **DESCRIPTION:** Walk to Glenrothes Town Centre Bus Station to get the 9.55 number 37 to Kirkcaldy [check website for bus changes]. Follow the Coastal Path to West Wemyss, historic Doubledikes Road and Lady's Walk back to the Lomond Centre. **NOTE:** NoSC RADO **LEADER:** W Cumming contact by Email splish2splosh@gmail.com

**KIRKCALDY:- Harran Hill & Benarty Hill**

**GRADE B:** 9.5mls **WALK START:** Lochore Meadows west end car park, off Great North Road at Kelty. at 10:00 **OS:** 58 **GR:** NT152949 **DESCRIPTION:** Over Harran Hill to the steep ascent (steps) of Benarty Hill, then along the ridge with fine views to the north. Return to the start via Visitor Centre and the south side of Loch Ore. Poles useful. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Margaret Miller: 01592 266956

**ST ANDREWS & NE FIFE:- Lomond Reservoirs**

**GRADE C+:** 6.5mls/4hrs **ASCENT:** 242m/790ft **DEPART:** FCPC at 10:00 **WALK START:** Craigmead Car Park at 10:45 **OS:** 58 **GR:** NO227061 **DESCRIPTION:** Pleasant easy loop with some gradients on woodland & farm tracks, likely to be muddy. **NOTE:** RADO. Please contact walk leader to book your place, thank you. **LEADER:** Jane Houston: jemillar15@aol.co.uk 01334 850211 or 07771 856643

**Sunday 14th May****DALGETY BAY:- Historic Stirling circular.**

**GRADE C+:** 6mls/4hrs **ASCENT:** 150m/490ft **WALK START:** Wallace Monument, Abbey Craig car park (free parking) at 10:30 **OS:** 57 **GR:** NS808958 **DESCRIPTION:** From the Abbey Craig car park head towards Castle and then onto Cambuskenneth Abbey before returning to the Wallace Monument and car park. Terrain includes ancient city streets and some rough tracks. Steep sections up to Castle & Monument. **NOTE:** RADO. **BOOKING -** If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Sheila & John Stewart: sheilsmail@yahoo.co.uk 07873 954758

**DUNDEE:- Family Walk - Maspie Den**

**GRADE C:** 3mls/2hrs **WALK START:** The Stables (Car Park at the Centre for Stewardship), Falkland Estate, suggested donation £2 at 14:00 **OS:** 59 **GR:** NO247074 **DESCRIPTION:** Lovely walk crossing bridges, through tunnels, waterfalls and even a waterfall you can walk behind. Can be muddy. Ideal for children exploring. Adults welcome as well. Boots or wellies advised. **NOTE:** Please let leader know if you don't wish your photo to appear on our Facebook pages. **LEADER:** Jean MacGillivray: 07932 014859

**DUNFERMLINE & WEST FIFE:- Glen Clova: Jock's Road and Corrie Fee. Lower level option.**

**GRADE C+:** 6mls/4hrs **ASCENT:** 670m/2200ft **DEPART:** LPRCP at 07:45 **WALK START:** Glen Doll ranger base and car park at 10:00 **OS:** 44 **GR:** NO284760 **DESCRIPTION:** Forest walk on tracks and paths, returning by river. Possibly muddy sections after rain. **NOTE:** RADO. Please phone or text the leader to book. It is hoped to have a meal (optional) in the Glen Clova Hotel after the walk. **LEADER:** Linda Pirie: lapirie@hotmail.co.uk 07881 369442

**DUNFERMLINE & WEST FIFE:- Glen Clova: Mayar and Driesh, Munros. High level option.**

**GRADE B+:** 9.4mls/6hrs **ASCENT:** 850m/2790ft **DEPART:** LPRCP at 07:45 **WALK START:** Glen Doll ranger base car park, head of Glen Clova at 10:00 **OS:** 44 **GR:** NO284760 **DESCRIPTION:** These two relatively straightforward Munros are accessed via Corrie Fee. Descent is via the Kilbo path and the Shank of Drumfollow. Good forest tracks lead to a steep and rough climb, followed by pathless moorland and hill paths. **NOTE:** RADO NoSC. Please phone or text the leader to book. Max 15 walkers. Hill gear needed. Glen Clova Hotel for meal after. **LEADER:** Grant Robertson: grantrobertson1952@gmail.com 01383 332265 or 07936 738581

**STIRLING & FALKIRK:- Countryside around Muiravonside, the Haining and Union Canal**

**GRADE C+:** 6.5mls/3.5hrs **ASCENT:** 260m/850ft **WALK START:** Muiravonside Country Park Woodland Car Park EH49 6LW at 10:00 **OS:** 65 **GR:** NS961757 **DESCRIPTION:** From Muiravonside Park we follow tracks, minor roads and farmland to reach the Union Canal and Haining Wood to see the bluebells. On reaching the Avon Aqueduct we descend the steps to the lovely River Avon and return to the park. **NOTE:** CWRA. Stiles and kissing gates. A flight of 112 steps to descend. First car park ( Woodland ) free, second one requires £1. **LEADER:** Betty Brodie: bettybrodie@aol.com 01324 556762 or 07936 380395

**Wednesday 17th May****DUNDEE:- Social Stroll - Quarry Mill and Scone Den**

**GRADE C:** 3mls/1.5hrs **DEPART:** CWCP at 10:30 **WALK START:** Quarrymill Car Park, Isla Road, Scone, PH2 7HQ at 11:00 **OS:** 53 **GR:** NO119251 **DESCRIPTION:** Leisurely walk in Quarrymill Woodland Park to Scone Den. Lunch in the MacMillan Coffee Shop. Please let leader know if you don't wish your photo to appear on our Facebook pages. **LEADER:** Jean MacGillivray: 07932 014859

**PERTH:- Little Glenshee to Craig Gibbon - PLEASE BOOK WITH LEADER**  
**GRADE C+:** 8.5mls **ASCENT:** 470m/1540ft **DEPART:** Broxden P&R (lower car park, far end) at 09:30  
**WALK START:** Car park at ford, Little Glenshee (small car park, please park accordingly) at 10:00  
**OS:** 53 **GR:** NN988340 **DESCRIPTION:** Challenging upland route to Craig Gibbon obelisk. **NOTE:** Leader will join walk at start point. Sticks /poles useful for water crossings and for steep sections.  
**LEADER:** Paula Bowman: pbowman58@hotmail.com 01738 582339 or 07870 937963

### Thursday 18th May

**DUNFERMLINE & WEST FIFE:- Beecraigs Country Park and Cockleroy Hill**  
**GRADE C+:** 7.5mls/4.5hrs **ASCENT:** 150m/490ft **DEPART:** LPRCP at 09:00 **WALK START:** Beecraigs Visitor Centre car park at 09:50 **OS:** 65 **GR:** NT005746 **DESCRIPTION:** A relatively easy walk exploring Beecraigs Country Park including an ascent of Cockleroy Hill for a stunning view of the Forth Valley, and a visit to the Scottish Korean War Memorial. Aggregate tracks, forest paths, grassy path to summit. **NOTE:** RADO. Short muddy section and some steps. Good walking boots or shoes recommended. Please phone or text the leader to book. **LEADER:** Bob Cuthbertson: bob.cuthbertson@hotmail.co.uk 01383 747997 or 07503 001948

**GLENROTHES:- Strollers Walk - see first page of this programme for details.**

### Friday 19th May

**DALGETY BAY:- Weekend Away in Kingussie**  
**DESCRIPTION:** Friday 19th to Monday 22nd walking in and around Kingussie. **CONTACT:** Chris Roberts: 14baywalk@gmail.com 01383 822184 or 07749 757587

### Saturday 20th May

**DUNDEE:- Harran and Benarty Hill**  
**GRADE B:** 6mls/5hrs **ASCENT:** 377m/1240ft **DEPART:** TBPCP at 09:00 **WALK START:** Lochore Meadows main car park, KY5 8BA at 10:00 **OS:** 54 **GR:** NT170961 **DESCRIPTION:** This is a circular hill walk from Lochore Meadows through Harran Hill woods then ascending to Benarty Hill. 377 metres of ascent including steep sections and potentially some rough terrain. Please bring packed lunch. **NOTE:** No booking required, please bring membership cards for registration. **LEADER:** James & Lorna Sayer: 07515 378048

**FORFAR:- Gauldry to Kilmany**  
**GRADE C+:** 5mls **DEPART:** MMCP at 09:30 **WALK START:** Morison Duncan Hall, Main Road, Gauldry at 10:30 **OS:** 59 **GR:** NO373237 **DESCRIPTION:** Easy, low level route following tracks, paths and minor roads through woodlands and farmland (Crossing one Stream) with some moderate but short ascents. **LEADER:** Hamish Mungall: 01307 720104

**PERTH:- Pitmedden Forest - PLEASE BOOK WITH LEADER**  
**GRADE C+:** 8mls **ASCENT:** 140m/460ft **DEPART:** Broxden P&R (lower car park, far end) at 09:30  
**WALK START:** Forestry Commission car park, Glenfoot (turn R. off A913, car park on L. after 2mi) at 10:00 **OS:** 58 **GR:** NO188141 **DESCRIPTION:** Undulating walk through forest on good paths and tracks. **LEADER:** Cathy Creedican: cathy\_paul\_gemma@hotmail.com 01738 634653 or 07747 088844

**STRATHTAY:- Pitlochry to Grandtully/Aberfeldy**  
**GRADE C+:** 9mls **DEPART:** Bus from Aberfeldy at 08:55 **WALK START:** Pitlochry Dam at 09:50 **GR:** NN936579 **DESCRIPTION:** Linear walk from Pitlochry Dam (cross A9) up Clunie Hill on farm and forest tracks. Descend through Ballechin Wood to Strathday and follow old railway line to Aberfeldy. **NOTE:** Or leave car in Grandtully, or catch bus back from Grandtully, to shorten by 4 miles. Bus times to be confirmed. **LEADER:** Bill McEwan: billmcewan40@gmail.com 01796 472780 or 07535 443556

## Sunday 21st May

### DUNDEE:- Trottick Area of Dundee

**GRADE C:** 6mils/3.5hrs **WALK START:** Asda (Kirkton), Derwent Avenue, Dundee, DD3 0SZ at 11:00  
**OS:** 380 **GR:** NO395333 **DESCRIPTION:** Circular walk, taking in Trottick Mill Ponds Local Nature Reserve and Caird Park. Please bring a packed lunch. Minimal ascent. Numbers limited so booking required. Please see website for booking information. **NOTE:** Please let walk leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Sheila Wallace: smwallace55@gmail.com 07944 570925

### GLENROTHES:- Balmalcolm - Clatto Hill Circular

**GRADE C+:** 8mils/4hrs **ASCENT:** 700ft **DEPART:** LCCP at 09:30 **WALK START:** Muddy Boots CP Balmalcolm at 10:00 **OS:** 59 **GR:** NO321085 **DESCRIPTION:** A local walk with good views on tracks, rights of way and forest to Clatto Hill returning by Downfield farm and Newhall. **NOTE:** CWRA DWOL **LEADER:** L Allen 07578 999338 lesallen80@gmail.com

### STIRLING & FALKIRK:- Ballathie to Campsie Linn

**GRADE C+:** 8mils/5hrs **ASCENT:** 250m/820ft **WALK START:** Ballathie House Hotel PH1 4QN at 10:30 **OS:** 53 **GR:** NO146367 **DESCRIPTION:** We walk mostly through woodland and partially by the River Tay. A section of the route is overgrown with gorse and broom in places but is passable for us determined adventurers. A short section of paths is quite narrow slippery & steep. **NOTE:** Please park on the tree lined avenue away from the main hotel parking. We hope for a good show of bluebells. **LEADER:** Colin Thomson: colinbthomson@gmail.com 07702 636505

## Tuesday 23rd May

### DUNDEE:- The Hermitage & Birnam Glen

**GRADE C+:** 7mils/4hrs **DEPART:** CWCP at 09:30 **WALK START:** Dunkeld North Car Park, PH8 0AR (charge payable) at 10:30 **OS:** 53 **GR:** NO026428 **DESCRIPTION:** Lovely walk taking in Hermitage, Rumbling Falls, Birnam Glen and Birnam Oak. All on good tracks. Please bring a packed lunch. Please let leader know if you don't wish your photo to appear on our Facebook pages. **LEADER:** Rose Garvie & Lena Brown: 01382 450763 & 07812 826905 or 01382 884649 & 07597 690186

**KINROSS & OCHIL:- Tuesday Walkers - See details at beginning of this programme.**

## Wednesday 24th May

**FORFAR:- Strollers Walk - max 4 miles - Details on first page of programme.**

### PERTH:- Hopetoun Monument circular - PLEASE BOOK WITH LEADER

**GRADE C+:** 8mils **ASCENT:** 160m/520ft **DEPART:** Broxden P&R (lower car park, far end) at 09:30 **WALK START:** Scottish Deer Centre car park, Bow of Fife at 10:15 **OS:** 59 **GR:** NO328130 **DESCRIPTION:** Walk from the Deer Centre by Over Rankeilour, Westhall to Hopetoun Monument on Mount Hill. Return east of Fernie, walking on mostly farm tracks with interesting views over the Howe of Fife. **NOTE:** Leader will join walk at start point. Some parts may be muddy so pole(s) could be useful. **LEADER:** Colin Fraser: cfraser365@gmail.com 01382 541617 or 07895 808614

## Thursday 25th May

**GLENROTHES:- Strollers Walk - see first page of this programme for details.**

## Friday 26th May

### KINROSS & OCHIL:- Kinross & Ochil Weekend Away - Blairgowrie

**MEET:** The Angus Hotel, Blairgowrie, Perthshire (Post code PH10 6NH) at 15:00 **DESCRIPTION:** Friday to Sunday with both long and short walks **CONTACT:** Alistair Kerr & Ann Eve on 07523168191 or 07960973866 (Numbers may be restricted for this event)

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## Saturday 27th May

### **BLAIRGOWRIE:-**

#### **Morrone Birkwood & Lion's Face, Braemar - 5mls with addition 4mls**

**GRADE C+:** 9mls/4.5hrs **ASCENT:** 350m/1150ft **DEPART:** WCPB at 09:00 **WALK START:** Car park taking left on entry to the village beside the public toilets at 10:00 **OS:** 43 **GR:** NO159913 **DESCRIPTION:** Very scenic 5 mile walk through ancient birch forest, now very sparse, looking over the Dee towards the Grampians. After lunch 4 mile additional/optional modest climb to skirt Creag Choinnich to the iconic Lion's Face. Good paths & tracks. **NOTE:** RADO. PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com. **LEADER:** Kathleen Frew: kathleenfrew@msn.com 01250 873805 or 07900 531159

### **BRECHIN:-**

#### **Rossie Island Circular**

**GRADE C:** 7mls **WALK START:** Montrose Academy Sports Centre, Marine Ave, Montrose. (What3Words: broad.comedy.tidy ) at 10:00 **OS:** 54 **GR:** NO719576 **DESCRIPTION:** Around Rossie Island, up by Rossie Braes and the back of Ferryden. Return by other side of Rossie Island. **LEADER:** Moira Dunbar: mdunbar20@icloud.com 01356 622327 or 07759 215616

### **DUNDEE:-**

#### **Arbroath Town Trail**

**GRADE C:** 6.2mls/3.5hrs **ASCENT:** 62m/200ft **DEPART:** OCCP at 11:45 **WALK START:** Arbroath Harbour Car Park, DD11 1PB at 12:30 **OS:** 54 **GR:** NO641406 **DESCRIPTION:** An easy walk from Arbroath Harbour to St Vigeans and return, taking in Victoria Park and Arbroath Abbey. The walk will be followed by a meal at the Bell Rock Restaurant, Ladyloan, Arbroath at 4.30pm. **NOTE:** As we will only be stopping for a short tea/coffee break please have lunch before the walk. **LEADER:** Frances Pogorzelec & Moira Dobson: 07808 029186 & 01382 454684 or 01382 459543 & 077920140781

### **DUNFERMLINE & WEST FIFE:- Northern Ochil Hills and the Glen Devon reservoirs**

**GRADE B:** 9mls/5hrs **ASCENT:** 450m/1480ft **DEPART:** LPRCP at 09:00 **WALK START:** Foot of Glen Devon reservoirs access road (Frandy fishery), off A823 at 10:00 **OS:** 58 **GR:** NN949051 **DESCRIPTION:** A circular route exploring the less frequented hills to the north of the Glendevon Reservoirs, visiting Common, Wether & Craigentaggert. Terrain: water authority road, tussocky hill paths, quad bike tracks & off path on grassy hillsides. **NOTE:** RADO. Possible traffic on minor road, steep ascents. Please phone or text the leader to book. **LEADER:** Colin Lees: colin.j.lees@btinternet.com or 07715 277583

### **GLENROTHES:-**

#### **Auchterarder - Cloan Glen circular**

**GRADE C+:** 8mls/4.5hrs **ASCENT:** 825ft **DEPART:** LCCP at 9:30 **WALK START:** Crown Inn Wynd CP, High Street, Auchterarder at 10:30 **OS:** 58 **GR:** NN943127 **DESCRIPTION:** Walk on minor roads and paths around Auchterarder then up Glen Cloan, returning by Bellshill, Foswell and Woodend. **NOTE:** NoSC RADO **LEADER:** S Fury 01592 756497 sheena\_fury@yahoo.co.uk

## Sunday 28th May

### **DALGETY BAY:-**

#### **Colsnaur Hill & Myreton Hill from Menstrie**

**GRADE B:** 5mls/4hrs **ASCENT:** 605m/1980ft **WALK START:** Dumyat Community Centre, Menstrie at 10:00 **OS:** 58 **GR:** NS851970 **DESCRIPTION:** Exploring two more Ochil Hills on the other side of the valley from Dumyat. **NOTE:** RADO. BOOKING - If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Jane Searles: jane.searles@btinternet.com 07900 175403

### **ST ANDREWS & NE FIFE:-**

#### **Tentsmuir Point & Forest**

**GRADE C:** 8mls/4.5hrs **ASCENT:** 50m/160ft **DEPART:** FCPC at 10:30 **WALK START:** Larick Centre Car Park, Shanwell Rd, Tayport at 11:00 **OS:** 59 **GR:** NO466279 **DESCRIPTION:** Beach & coastal walk from Tayport Common out to Tentsmuir Forest and return by various forest/woodland paths. **NOTE:** RADO. Please contact walk leader to book your place, thank you. **LEADER:** Nicky Haxell: nickyhax@gmail.com 01334 839117 or 07527 156034

## Tuesday 30th May

### DUNDEE:-

#### Glen Shee Munros

**GRADE A+:** 8.5mls/6hrs **ASCENT:** 760m/2490ft **DEPART:** CWCP at 08:20 **WALK START:** Glen Shee Ski Centre Car Park, AB35 5XU at 09:20 **OS:** 43 **GR:** NO138781 **DESCRIPTION:** Strenuous circular walk to climb the three eastern Munros above Glen Shee Ski Centre -Carn Aosda, Carn a Gheoidh and The Cairnwell. Appropriate warm clothing and waterproofs required for mountain walking. Numbers limited so booking required. **NOTE:** Please see website for booking information. Please bring packed lunch, snacks and hot drink. **LEADER:** James Sayer: 07855 790754

### KIRKCALDY:-

#### Carlops - Thieves Road - East Cairn Hill

**GRADE B+:** 12mls **ASCENT:** 660m/2170ft **WALK START:** Old Quarry car park, Carlops EH26 9NF (opposite the church). at 10:30 **OS:** 65 **GR:** NT161559 **DESCRIPTION:** The old Roman road to Stonypath, then the Thieves Road to Cauldstane Slap. A short steepish climb up East Cairn Hill, on to the Bore Stane and returning to Carlops via North Esk Reservoir. Tracks, stony paths and one boggy section. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Mike Livesey: 07783 201492

## Wednesday 31st May

### PERTH:-

#### Loch Ordie & Deuchary Hill circuit - PLEASE BOOK WITH LEADER

**GRADE B+:** 10mls **ASCENT:** 390m/1280ft **DEPART:** Broxden P&R (lower car park, far end) at 08:50 **WALK START:** Cally car park at 09:30 **OS:** 53 **GR:** NO023437 **DESCRIPTION:** Via Mill Dam and Raor Lodge to Loch Ordie, return via Deuchary Hill and Mill Dam. Deuchary Hill has a 360° panorama of the surrounding countryside. Tracks and paths, steady climb up Deuchary Hill with short steep sections near top. **NOTE:** Sections of the path can be muddy if wet, gaiters and sticks would be useful. **LEADER:** Tom Reid: 07551 90327

## Thursday 1st June

### DUNFERMLINE & WEST FIFE:- Dunfermline and Crossford circular

**GRADE C+:** 7.5mls/4hrs **ASCENT:** 150m/490ft **WALK START:** Dunfermline-Alloa cycle route car park, Rumblingwell, KY12 8BH at 10:30 **OS:** 65 **GR:** NT080881 **DESCRIPTION:** A varied walk, starting in Dunfermline, using parts of the Fife Pilgrim Way. The route heads west on the Dunfermline-Alloa cycleway, taking in the wooded country and farmland west of the town, including the fine village of Crossford. **NOTE:** RADO. Some paths may be muddy after rain. Some road crossings. Please phone or text the leader to book. **LEADER:** Grant Robertson: grantrobertson1952@gmail.com 01383 332265 or 07936 738581

### GLENROTHES:-

#### Strollers Walk - see first page of this programme for details.

## Saturday 3rd June

### DALGETY BAY:-

#### The Bannockburn Cliffs

**GRADE B:** 10mls/5hrs **ASCENT:** 390m/1280ft **WALK START:** Bannockburn Heritage Centre at 10:30 **OS:** 58 **GR:** NS797905 **DESCRIPTION:** Leave the Heritage Centre on the minor road and cross over the M9 motorway. Follow tracks through woodland to the North Third Reservoir dam. Cross the dam and follow the shore up and along the cliffs before returning to the Heritage Centre. **NOTE:** BOOKING - If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** David Thomson: dabthomson@gmail.com 07922 050562

### DUNDEE:-

#### Hill of Tarvit and Scotstarvit from Ceres

**GRADE B:** 6.5mls/5hrs **ASCENT:** 232m/760ft **DEPART:** TBCP at 09:00 **WALK START:** Bogwell Car Park by the Folk Museum, Ceres, KY15 5NF at 09:30 **OS:** 59 **GR:** NO400114 **DESCRIPTION:** This walk heads west from the attractive historic village of Ceres, visiting a National Trust mansion house, a fine viewpoint and a medieval tower. Numbers limited to 30 so booking required. Please see website for booking information. **NOTE:** Toilets at start point. Please bring packed lunch. **LEADER:** Gareth Vaughan: 07714 418650

**FORFAR:- Away Day to Edinburgh**

**DESCRIPTION:** Meet at West End of Princes Street and walk down to Dean Bridge. From there follow the Water of Leith Path along to Slateford. Refreshments at the Visitor Centre then option of walking back to town, or taking the service bus back, **NOTE:** Meal in Edinburgh (optional) before return home. Distance of Walk 3.5mls/7mls. **CONTACT:** Christine Ferguson: 01382 532384 or 07933 461489

**PERTH:- Griffin Forest - PLEASE BOOK WITH LEADER**

**GRADE B:** 11.5mls **ASCENT:** 426m/1400ft **DEPART:** Broxden P&R (lower car park, far end) at 08:30 **WALK START:** Car park on right hand side of A826 (Amulree to Aberfeldy Road) at 09:30 **OS:** 52 **GR:** NN886451 **DESCRIPTION:** A circular walk through forest, passing Loch Kennard, Loch Scoly and Loch Grandtully – good views across to Aberfeldy. Some prolonged ascent. **NOTE:** Please note early meeting and start time. Walking poles advised. **LEADER:** Sarah Martin: 07925 252828

**STRATHTAY:- Loch Ordie**

**GRADE C+:** 8.5mls **ASCENT:** 350m/1150ft **DEPART:** Car park behind Aberfeldy Coop at 09:00 **WALK START:** Dowally at 09:30 **GR:** NO001480 **DESCRIPTION:** Walk on moorland tracks and paths up to Loch Ordie, go part way round the loch and head towards Baledmund and back on moorland and farmland tracks and paths. **NOTE:** Car share or 8:55 bus from Aberfeldy, return buses 2:10, 4:10. Bus times to be confirmed. **LEADER:** Muriel Findley: murfin41@btinternet.com 01887 820095

**Sunday 4th June****GLENROTHES:- Comrie - Melville Monument - Kindrochet - Craggish circular**

**GRADE B:** 9.5mls/5hrs **ASCENT:** 1500ft **DEPART:** LCCP at 9:30 **WALK START:** CP at School Rd Comrie at 10:45 **OS:** 52 **GR:** NN772221 **DESCRIPTION:** A moderate route following good, well signed paths with some short bursts of strenuous ascent. **NOTE:** NoSC RADO **LEADER:** C Mackie and T McLaren 07903 132319 tmlaren39@gmail.com

**STIRLING & FALKIRK:- Almondbank Circular**

**GRADE C+:** 8mls **ASCENT:** 100m/330ft **WALK START:** Almondbank playing fields at 10:30 **GR:** NO067258 **DESCRIPTION:** A lovely walk leaving from Almondbank playing fields. We then head off towards Pitcairngreen, Dalcruie and Methven woods. This walk will be a mixture of woodland, fields good paths and a bit of roadwork. **LEADER:** Babs Butler: barbarafbutler@btinternet.com 07711 575561

**Tuesday 6th June**

**KINROSS & OCHIL:- Tuesday Walkers - See details at beginning of this programme.**

**Wednesday 7th June**

**FORFAR:- Strollers Walk - max 4 miles - Details on first page of the programme.**

**PERTH:- Newton Bridge to Amulree - PLEASE BOOK WITH LEADER**

**GRADE B+:** 11.5mls **ASCENT:** 310m/1020ft **DEPART:** Amulree Village Hall (at NN898363, for car shuttle to Newton Bridge) at 09:45 **WALK START:** Newton Bridge car park at 10:00 **OS:** 52 **GR:** NN890313 **DESCRIPTION:** From Newton Bridge follow track to Auchnafree, then along the Rob Roy Way to Amulree village hall. Final section of walk on minor road. This is a lengthy exploration of remote countryside with no shortcut option. **NOTE:** RADO. The walk involves car shuttling between Amulree & Newton Bridge (4 miles). Path may be rough & boggy. Poles advised. **LEADER:** Richard Townsend: richmtownsend@outlook.com 07753 418101

**ST ANDREWS & NE FIFE:- St Monans to Anstruther**

**GRADE C:** 5mls/3hrs **ASCENT:** 30m/100ft **DEPART:** FCPC at 10:00 **WALK START:** Behind the fish sheds in St Monans at 10:45 **OS:** 59 **GR:** NO523018 **DESCRIPTION:** A low level walk via Abercrombie, Balcaskie & Grangemuir to Anstruther and return on the coastal path. **NOTE:** RADO. Please contact walk leader to book your place, thank you. **LEADER:** Jim Forret: james.forret@btinternet.com 01334 656137 or 07526 670535

## Thursday 8th June

### **DALGETY BAY:-**

#### **Roamers - Water of Leith to Stockbridge.**

**GRADE D:** 4mls/2.5hrs **ASCENT:** 30m/100ft **WALK START:** West End, Edinburgh at 10:05 **OS:** 66 **GR:** NT246737 **DESCRIPTION:** A walk through. Dean Village along the Water of Leith walkway to Stockbridge, Cannonmills, Bonnington and Leith. Bus from Dalgety Bay to Edinburgh and the walk starts at the last bus stop before Princes Street. **NOTE:** RADO. **BOOKING** - If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Margaret Leighton: 07780 478181

### **GLENROTHES:-**

#### **Strollers Walk - see first page of this programme for details.**

## Saturday 10th June

### **BLAIRGOWRIE:-**

#### **Spittal of Glenshee to Loch Beanie**

**GRADE B:** 7.5mls/4hrs **ASCENT:** 252m/830ft **DEPART:** WCPB at 09:00 **WALK START:** Spittal of Glenshee at 09:50 **OS:** 43 **GR:** NO110702 **DESCRIPTION:** A ramble following part of the Cateran Trail through Glenshee before heading eastwards to Loch Beanie and returning following Allt Mor burn to Invereddie and back to the start. Lovely views of the surrounding hills and countryside. **NOTE:** RADO. **PLEASE REGISTER** with Pat Fraser: patriciafraser@btinternet.com. **LEADER:** Madeleine McDonald: maddiesworld@outlook.com or 07904 382840

### **BRECHIN:-**

#### **Pitlochry to Killiecrankie**

**GRADE C:** 9mls **WALK START:** Boating Station, Clunie Bridge Road, Pitlochry. (Parking £3.00 / car) (What3Words: tests.lilac.goat ) at 09:30 **OS:** 52 **GR:** NN928587 **DESCRIPTION:** Along the lochside to Faskally House. On to Killiecrankie. Return through forest on Craigower Hill and over golf course to Car Park. **LEADER:** Loraig Alexander: 07746 710279 or 01307 818791

### **DUNDEE:-**

#### **Sidlaws (ABC Hills)**

**GRADE B:** 4.8mls/4hrs **ASCENT:** 333m/1090ft **DEPART:** CWCP at 09:30 **WALK START:** Balkello Community Car Park, DD3 0QY at 10:00 **OS:** 54 **GR:** NO367385 **DESCRIPTION:** This walk takes in the three main summits of Auchterhouse, Balluderon & Craigowls Hills for superb views towards the city and Tay as well as across Strathmore to the Angus Glens. Please bring a packed lunch. **NOTE:** Please let walk leader know if you don't wish your photo to appear on our Facebook pages. **LEADER:** Anne McCreery & Margaret Dixon: 07159 650998 or 07963 819718

### **DUNFERMLINE & WEST FIFE:-**

#### **Star Moss and Markinch circular**

**GRADE C:** 7mls/4hrs **ASCENT:** 100m/330ft **DEPART:** LPRCP at 09:45 **WALK START:** Balbirnie car park at 10:30 **OS:** 59 **GR:** NO292018 **DESCRIPTION:** This walk takes in the attractive area around Markinch, which has much human and natural history interest. Walk is on paths, through woodland and on farm tracks. Short amount of road walking. May be muddy sections after rain. **NOTE:** RADO. Please phone or text the leader to book. **LEADER:** George Naismith: georgenaismith@hotmail.co.uk 07833 366299

### **GLENROTHES:-**

#### **St Monans - Balcaskie - Pittenweem - Fife Coastal Path**

**GRADE C:** 8mls/4hrs **ASCENT:** 430ft **DEPART:** LCCP at 09:30 **WALK START:** St Monans church CP at 10:15 **OS:** 59 **GR:** NO522015 **DESCRIPTION:** A circular walk using part of the Fife coastal path, farmyard tracks and rights of way. From St Monans to Balcaskie then Pitenweem and return by coastal path. **NOTE:** CWRA RADO **LEADER:** L Bain and G Christie contact by email grant911a@gmail.com

### **KINROSS & OCHIL:-**

#### **Loch Ordie**

**GRADE B:** 10mls/6hrs **DEPART:** KPR at 09:00 **WALK START:** Cally Car Park, Dunkeld (Nearest post code PH8 0HU) at 10:00 **OS:** 53 **GR:** NO023437 **DESCRIPTION:** Walk on good tracks to Mill Dam then on to Loch Ordie returning via Dowally and Rotmell Lochs. **NOTE:** Booking essential. **LEADER:** Margaret Best: 01577 864112

**KIRKCALDY:- Hill of Beath**

**GRADE B:** 8mls **WALK START:** The recycling point on McLeod Drive, Cowdenbeath (first entry on right, not Morrison's car park) at 09:30 **OS:** 58 **GR:** NT167914 **DESCRIPTION:** Through Cowdenbeath and Dalbeath Nature Reserve to climb Hill of Beath. Circle the hill to track on south side. Return via Mains of Beath and Cuttlehill. Possibly muddy: poles useful. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Margaret Miller: 01592 266956

**PERTH:- Corroul to Rannoch Station - PLEASE BOOK WITH LEADER**

**GRADE B+:** 11mls **ASCENT:** 160m/524ft **DEPART:** Broxden P&R (lower car park, far end) at 08:00 **WALK START:** Rannoch Station (for 11.09 train to Corroul) at 11:00 **OS:** 42 **GR:** NN423577 **DESCRIPTION:** From Corroul around southern tip of Loch Ossian and then across moorland back to Rannoch Station. **NOTE:** Don't forget train ticket money/railcard, midge net and midge repellent. Dress for 4 seasons. The walk will have 3 stops. **LEADER:** Paula Bowman: pbowman58@hotmail.com 01738 582339 or 07870 937963

**Sunday 11th June****DUNDEE:- Family Walk - Monifieth Art Trail**

**GRADE C:** 5mls/3hrs **WALK START:** Blue Seaview Play Park, Monifieth, DD5 4NH at 14:00 **OS:** 54 **GR:** NO499322 **DESCRIPTION:** Walk to find the 8 Monifieth Art Trail boards then look at each board and find everyone's favourite and find the hidden animals. Please let leader know if you don't wish your photo to appear on our Facebook pages. **LEADER:** Fiona McCallum: 07753 405885

**ST ANDREWS & NE FIFE:- Rocks of Solitude**

**GRADE C+:** 7mls/3.5hrs **ASCENT:** 75m/250ft **DEPART:** FCPC at 09:15 **WALK START:** Car park at north end of Edzell High St, nr Panmure Hotel at 10:40 **OS:** 44 **GR:** NO599693 **DESCRIPTION:** Scenic walks following the banks of River North Esk, paths can be narrow, uneven and muddy with some steep drops to river. Short section of walk on minor road. **NOTE:** RADO NoSC. Please contact walk leader to book your place, thank you. **LEADER:** Bob Stirrat: robertstirrat@hotmail.co.uk 01334 653481 or 07980 371588

**Tuesday 13th June****KIRKCALDY:- Crook of Devon - Rumbling Bridge**

**GRADE C:** 6.5mls **ASCENT:** 100m/330ft **WALK START:** On-street parking near the Post Office, Crook of Devon KY13 0UR at 10:30 **OS:** 58 **GR:** NO035002 **DESCRIPTION:** Via Drumbog to Drum, then via Lendrick Muir to Rumbling Bridge and Devil's Mill, returning to the start beside the River Devon. Tracks and woodland paths. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Mike Livesey & Janet Fraser: janetfrsr@yahoo.co.uk 07544 300857

**Wednesday 14th June****PERTH:- Dunkeld to Loch Ordie - PLEASE BOOK WITH LEADER**

**GRADE C+:** 10mls **ASCENT:** 398m/1310ft **DEPART:** Broxden P&R (lower car park, far end) at 09:30 **WALK START:** Cally car park at 10:00 **OS:** 52 **GR:** NO023437 **DESCRIPTION:** A walk north of Dunkeld through open countryside to Loch Ordie. A steady climb from Cally car park to reach the Glack, then taking footpath to east of Mill Dam to reach Loch Ordie at Loch Ordie Lodge. Return by Dowally and Rotmell Lochs. **NOTE:** RADO. Could be muddy, gaiters/walking poles recommended. Leader will join walk at start point. **LEADER:** Pat Townsend: pntownsend@outlook.com 07761 426992

## Thursday 15th June

### **DUNFERMLINE & WEST FIFE:- Cupar to Cairnie Fruit Farm**

**GRADE C:** 6mls/3hrs **ASCENT:** 120m/390ft **DEPART:** LPRCP at 12:15 **WALK START:** Fluthers car park, Cupar at 13:00 **OS:** 59 **GR:** NO377147 **DESCRIPTION:** Gradual incline at start of walk, then on quiet country roads and tracks to fruit farm. There we will have refreshments before returning the same way. **NOTE:** RADO. Please phone or text the leader to book. **LEADER:** Linda Pirie: lapirie@hotmail.co.uk 07881 369442

**GLENROTHES:- Strollers Walk - see first page of this programme for details.**

## Saturday 17th June

### **DUNDEE:- Loch Brandy**

**GRADE B+:** 5.5mls/5hrs **ASCENT:** 697m/2290ft **DEPART:** OCCP at 09:30 **WALK START:** Car Park at Glen Clova at 10:30 **OS:** 44 **GR:** NO326730 **DESCRIPTION:** Walk from Glen Clova to Loch Brandy, which is a superb example of a mountain corrie, backed by craggy slopes and cradling a perfect loch. On good paths. This walk includes going up the Snub onto the plateau but this is optional. **NOTE:** Going up the snub onto the plateau will depend on the weather. Please bring packed lunch. **LEADER:** Graham Smith & Margaret Dixon: 01382 528153 & 07963 819719 or 07963 819718

### **DUNDEE:- Social Stroll - River Tay in Perth**

**GRADE C:** 5mls/4hrs **DEPART:** CWCP at 10:30 **WALK START:** South Inch Car Park, Perth (charges apply) PH2 8AB at 11:00 **OS:** 53 **GR:** NO119230 **DESCRIPTION:** Walk from South Inch over railway bridge, through Sculpture Trail, Norrie Millar walk to North Inch. Stop at Black Watch Museum for lunch. Then walk back to car park. **NOTE:** Please let leader know if you don't wish your photo to appear on our Facebook pages. **LEADER:** Jean MacGillivray: 07932 014859

### **FORFAR:- Local Walk - Followed by the Walks Planning Meeting**

**GRADE C:** 5mls **WALK START:** MMCP at 10:30 **OS:** 54 **GR:** NO457516 **DESCRIPTION:** Local walk followed by the walks planning meeting at St John's Church Hall at 2.00pm. **LEADER:** Sheena Benvie: 01307 462209

### **PERTH:- Kilconquhar Loch - PLEASE BOOK WITH LEADER**

**GRADE C+:** 7.5mls **ASCENT:** 50m/170ft **DEPART:** Broxden P&R (lower car park, far end) at 08:45 **WALK START:** Elie Main Street near to Elie Coffee Shop at 10:15 **OS:** 59 **GR:** NO492000 **DESCRIPTION:** Walk to Elie House, past Kilconquhar Loch followed by a short section of the Fife coastal path up to the cliffs at Shell Bay. **LEADER:** Mike Brown: mikebrown1957@btinternet.com 01738 446330 or 07444 109293

## Sunday 18th June

### **DUNDEE:- Sunday Social Stroll**

**GRADE C:** 4mls/2hrs **WALK START:** Nine Maidens, Laird Street, Dundee, DD3 9QU at 14:00 **OS:** 380 **GR:** NO378342 **DESCRIPTION:** (Parking at side of Nine Maidens (Kingsmuir Park). City walk and also country/farm road walking around Strathmartine and Baldovan Areas. Leisurely stroll. Coffee on offer towards end of walk. Minimal ascent. Booking required. **NOTE:** Please see website for booking information. **LEADER:** Sheila Wallace: smwallace55@gmail.com 07944 570925

### **GLENROTHES:- Linlithgow and Pilgrims Hill circular**

**GRADE B:** 8.5mls/5hrs **ASCENT:** 750ft **DEPART:** LCCP at 9:30 **WALK START:** St Ninian's CP Linlithgow at 10:30 **OS:** 65 **GR:** NS996771 **DESCRIPTION:** Walking on paths initially through the town and into open countryside. We pass Parkley Craigs and Pilgrims Hill before heading towards the Grange and Mile End returning via John Muir Way and the loch. **NOTE:** CWRA DWOL Leader will meet group at Linlithgow **LEADER:** M Slaven 07754 141295 marygg08@talktalk.net

**STRATHTAY:- Urlar Rob Roy**

**GRADE C+:** 8mls **ASCENT:** 365m/1200ft **WALK START:** Birks car park at 09:00 **GR:** NN855486  
**DESCRIPTION:** Urlar walk mainly on moorland tracks up one branch of the Rob Roy Way, across the new pylon track, and back along the other branch of the Rob Roy Way. **LEADER:** Violet Keir: 07568 440607

## **Tuesday 20th June**

**KINROSS & OCHIL:- Tuesday Walkers - See details at beginning of this programme.**

## **Wednesday 21st June**

**FORFAR:- Strollers Walk - max 4 miles - Details on first page of the programme.**

**PERTH:- From Dunkeld to Bankfoot - PLEASE BOOK WITH LEADER**

**GRADE C+:** 7mls **ASCENT:** 270m/890ft **DEPART:** Bankfoot Church Centre car park at 09:30 for No 23 bus from Garry Place at 09:43 **WALK START:** The southern (Birnarn) end of Dunkeld Bridge at 10:15 **OS:** 52 **GR:** NO026423 **DESCRIPTION:** From Dunkeld Bridge through Birnam, then skirting the foot of Birnam Hill on the way to Murthly Saw Mill and Kingswood before heading south on straight tracks to Bankfoot. **NOTE:** If car sharing from Broxden, meet at 9.00. **LEADER:** John Andrews: johndandrews44@gmail.com 01738 248941 or 07526 884953

## **Thursday 22nd June**

**GLENROTHES:- Strollers Walk - see first page of this programme for details.**

## **Saturday 24th June**

**BLAIRGOWRIE:- Ardler to Newtyle Circular followed by Summer High Tea event**

**GRADE C:** 8mls/3.5hrs **ASCENT:** 173m/570ft **DEPART:** WCPB at 12:00 **WALK START:** The Ardler Tavern at 12:30 **OS:** 53 **GR:** NO264420 **DESCRIPTION:** Starting at The Ardler Tavern we follow the old railway to Newtyle. Climbing onto the southerly old railway we walk up to the Polish Priests cross, taking in views of the Grampians before descending back to Ardler for our High Tea. **NOTE:** RADO. PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com. **LEADER:** Gordon Millar: millarnodrog@gmail.com 07854 878887

**BLAIRGOWRIE:- Summer High Tea**

**MEET:** The Ardler Tavern, Ardler at 17:00 **DESCRIPTION:** A High Tea following the Ardler to Newtyle walk Numbers for the High Tea are limited so will be allocated on a first come first served basis. **CONTACT:** Pat Fraser: patriciafraser@btinternet.com 07843 786191

**BRECHIN:- Loch Ordie Circular**

**GRADE C+:** 10mls **WALK START:** Cally Car Park, Dunkeld. (What3Words: sector.tint.angers ) at 10:30 **OS:** 52 **GR:** NO023437 **DESCRIPTION:** Take A923 Blairgowrie road out of Dunkeld. Just after right turn off old A9, turn up forest road to Car Park. Along good tracks to Mill Dam and up to Loch Ordie. Return via Dowally and Rotmell Lochs. **LEADER:** Irene McGugan: irene.mcgugan@btinternet.com 01307 818436

**DUNDEE:- Tullybaccart Circular**

**GRADE C+:** 7mls/4hrs **ASCENT:** 200m/660ft **DEPART:** CWCP at 09:30 **WALK START:** Tullybaccart Car Park on A923 at 10:00 **OS:** 53 **GR:** NO263360 **DESCRIPTION:** Circular walk from Tullybaccart car park via Lairds Loch, Pitcur Farm, Leys and Ledcreeff Loch. On good tracks but may be muddy in places. Please bring a packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Sam Shields: 07546 064759

**GLENROTHES:- Kincardine - Devilla Forest Circular**

**GRADE C+:** 8mls/4.5hrs **ASCENT:** 500ft **DEPART:** LCCP at 9:30 **WALK START:** Public CP beside Primary School, Kincardine at 10:30 **OS:** 65 **GR:** NS932877 **DESCRIPTION:** A walk through the west side of Devilla Forest passing two lochs. Return by Tulliallan. Good paths and tracks. Fairly level with one incline. **NOTE:** CWRA DWOL Leaders will meet walkers at Kincardine **LEADER:** R and M Fairgrieve 07761 753437 rosfaairgrieve@gmail.com

**ST ANDREWS & NE FIFE:- Almondell & Lin's Mill Aqueduct**

**GRADE C+:** 6.5mls/4hrs **ASCENT:** 120m/400ft **DEPART:** FCPC at 08:45 **WALK START:** Pumpherstoun Rd Car park, Mid Calder (small car park, car sharing advised) at 10:15 **OS:** 65 **GR:** NT076678 **DESCRIPTION:** Walk on good woodland paths & minor roads, takes in Almondell Country park en route to cross spectacular aqueduct over Union Canal. **NOTE:** RADO NoSC. Please contact walk leader to book your place, thank you. **LEADER:** Will Aitken: wh.aitken@gmail.com 01334 470066 or 07908 721466

**Sunday 25th June****DALGETY BAY:- New Lanark & the Falls of Clyde.**

**GRADE C+:** 6.5mls/4hrs **ASCENT:** 336m/1100ft **WALK START:** New Lanark car park. at 10:00 **OS:** 72 **GR:** NS882425 **DESCRIPTION:** From New Lanark visit the spectacular Falls of Clyde from both banks, passing Bonnington Power station, Corra Linn waterfall, Wildlife Reserve & Corra castle before returning to New Lanark. Riverside & forest paths and a few steep steps. **NOTE:** RADO. **BOOKING -** If you would like to join this walk please book a place by contacting the Walk Leader. £3 parking fee. **LEADER:** Audrey Robertson: 07720 980715

**DUNDEE:- Proposed Bus Trip to the Kelpies**

**MEET:** Car Park next to Bridgeview Restaurant, Riverside Drive, Dundee at 09:00 **DESCRIPTION:** A visit to the Kelpies with a short walk and meal to follow (more details to follow later). Names to Pat on 01307 462882 by 22nd May. Cost of bus £12. Please see web site for payment details. **NOTE:** Bus will depart Forfar 8.30am and then Dundee Bridgeview Restaurant 9.00am. Return by approximately 8.00pm. **CONTACT:** Pat Hargraves: 01307 462882

**DUNFERMLINE & WEST FIFE:- Helensfield and Gartmorn circular**

**GRADE C+:** 7.3mls/3.5hrs **ASCENT:** 165m/545ft **DEPART:** LPRCP at 09:15 **WALK START:** Side road off B910 Clackmannan to Gartlove at 10:00 **OS:** 58 **GR:** NS917925 **DESCRIPTION:** Pleasant, easy walk from Helensfield near Clackmannan on tracks and paths, walking around Gartmorn Dam and return. **NOTE:** RADO. Paths may be muddy after rain. Please phone or text the leader to book. **LEADER:** Mick Harrison: mickdharrison@hotmail.com 07982 710999

**KINROSS & OCHIL:- The Best Views from Fossoway**

**GRADE C+:** 10mls/6hrs **DEPART:** KPR at 09:15 **WALK START:** Rumbling Bridge Car Park (Nearest post code KY13 0QT) at 10:00 **OS:** 58 **GR:** NT015996 **DESCRIPTION:** From Rumbling Bridge car park we pass through Muckhart golf club, Yetts of Muckhart, Back Crook, Back Drum, Drum returning to Rumbling Bridge. **NOTE:** Booking essential. **LEADER:** P Edgerton: 07485 089978

**Tuesday 27th June****DUNDEE:- Polney Loch & Loch of the Lowes**

**GRADE C+:** 7mls/4hrs **DEPART:** CWCP at 09:30 **WALK START:** Dunkeld North Car Park, PH8 0AR (charge payable) at 10:30 **OS:** 53 **GR:** NO026428 **DESCRIPTION:** Walk by River Tay then to Polney Loch, Cally Car Park, Fungarth and Loch of Lowes, then back to Dunkeld. All on good paths. Please bring a packed lunch. Please let leader know if you don't wish your photo to appear on our Facebook pages. **NOTE:** RADO. **LEADER:** Rose Garvie & Lena Brown: 01382 450763 & 07812 826905 or 01382 884649 & 07597 690186

**KIRKCALDY:- Balmullo - Logie - Dairsie**

**GRADE B:** 10mls **ASCENT:** 450m/1480ft **WALK START:** Car park at Balmullo Town Hall, Burnside KY16 0EH at 10:30 **OS:** 54 **GR:** NO425208 **DESCRIPTION:** From Balmullo via Wullie's Wood and minor road to Logie, then tracks and some minor road via Fingask, Craigfoodie, Dairsie and Pittormie Castle. Beside the A914 for 1/4 mile and thence through woods to Cuplahills and back to Balmullo. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Mike Livesey: 07783 201492

## Wednesday 28th June

### PERTH:- Coach trip to Braemar

**MEET:** Broxden P&R **DESCRIPTION:** Booking details will be circulated closer to the day. We hope that a choice of two walks can be offered. **CONTACT:** Peter Trant: thetrants@virginmedia.com 01738 565075 or 07985 202934

## Thursday 29th June

### DUNFERMLINE & WEST FIFE:- Tullibole Witches Maze and Graves

**GRADE C:** 6mls/4hrs **ASCENT:** 50m/160ft **DEPART:** LPRCP at 09:30 **WALK START:** Crook of Devon Village Hall, on A977, KY13 0PG at 10:15 **OS:** 58 **GR:** NO037001 **DESCRIPTION:** A circular walk on paths and tracks to Drum, then through Tullibole Castle grounds and onwards to Gelvan. Returning via the River Devon to the start. **NOTE:** RADO. Could be muddy sections. Please phone or text the leader to book. **LEADER:** Maggie Baillie: maggie-b54@hotmail.com 01383 720235 or 07890 675657

**GLENROTHES:- Strollers Walk - see first page of this programme for details.**

## Saturday 1st July

### DALGETY BAY:- Ochils Walk - Castle Campbell to Glen Quey

**GRADE B:** 8.5mls/5hrs **ASCENT:** 600m/1970ft **WALK START:** Castle Road Car Park, Dollar at 10:00 **OS:** 58 **GR:** NS963989 **DESCRIPTION:** From the Castle Road car park walk up Hillfoot Hill, Commonedge & on to Seamab Hill, hopefully with great views over surrounding countryside. Then return via Auchlinsky Burn & Glen Quey. A mix of gravel tracks & open hillside grass paths. **NOTE:** BOOKING - If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Neil Denness: neildenness@gmail.com 07772 904880

### DUNDEE:- Elie to Kilconquhar Loch

**GRADE C+:** 6.5mls/4hrs **ASCENT:** 125m/410ft **DEPART:** TBCP at 09:00 **WALK START:** Park on the main street in Elie - meet at the Green Area opposite the Elie coffee/deli shops. at 10:00 **OS:** 59 **GR:** NO492000 **DESCRIPTION:** Starting at Elie this walk takes you down the grand driveway to Elie House and past Kilconquhar Loch, then merges with Fife coastal path, a short section through caravan park then very short incline to Kincaig Point. Bring packed lunch. **NOTE:** Coffee/cakes at Pavilion cafe, Earlsferry then back to Elie.(or you can walk straight back through Earlsferry to Elie). **LEADER:** Lorna Sayer & Frances Pogorzelec: 07515 378048 or 07808 029186

### PERTH:- Knock of Crieff and Lady Mary's Walk - PLEASE BOOK WITH LEADER

**GRADE C+:** 8mls **ASCENT:** 298m/980ft **DEPART:** Broxden P&R (lower car park, far end) at 09:15 **WALK START:** Taylor Park car park, Turretbank Rd, Crieff at 10:00 **OS:** 52 **GR:** NN858221 **DESCRIPTION:** A moderate walk starting at Taylor Park, Crieff. The walk will take us up the Knock and then onto the Hosh, returning via Laggan Hill and Lady Mary's Walk. Tracks/paths with some minor road walking and uphill sections. **NOTE:** Sections of the path can be muddy if wet, gaiters and sticks would be useful. **LEADER:** Tom Reid: 07551 903278

### STRATHTAY:- Pitcastle

**GRADE C:** 8mls **DEPART:** Car park behind Aberfeldy Coop at 09:00 **WALK START:** Pitcastle at 09:15 **GR:** NN903534 **DESCRIPTION:** By permission of Pitcastle Estate, a walk, partly guided by estate ranger, through Pitcastle estate and the wild life park. Bookings must be made with the leader. No dogs. **NOTE:** Subject to confirmation by Pitcastle Estate. **LEADER:** Bill Bruce: bill\_1\_bruce@btinternet.com 01887 829753

## Sunday 2nd July

### DUNDEE:- West Fife Woodland Walk

**GRADE C+:** 10mls/5hrs **DEPART:** CWCP at 08:45 **WALK START:** Balgownie West Car Park, Culross, KY17 8JJ (may be pay and display) at 10:15 **OS:** 65 **GR:** NS983858 **DESCRIPTION:** Mainly easy to moderate walking on gravel paths and farm tracks, with a wee bit of pavement taking in the Valleyfield woodland parks, views of the surrounding hills and the village of Culross. Please bring packed lunch. **NOTE:** Please let leader know if you don't wish your photo to appear on our Facebook pages. **LEADER:** Barbara Sayers: 07986 867255

### FORFAR:- Spittalfield

**GRADE C:** 6mls **DEPART:** MMCP at 09:30 **WALK START:** Opposite Spittalfield Village Green at 10:30 **OS:** 53 **GR:** NO110410 **DESCRIPTION:** Pleasant country walk through farmland and some well graded ascents. **LEADER:** Hamish Mungall: 01307 720104

### GLENROTHES:- Bus Trip Clyde Walkway - Crossford to Falls of Clyde linear

Group bus trip with two walks. Long walk of 9 miles starting from Crossford follow the Clyde Walkway through New Lanark to Falls of Clyde and return to New Lanark. Short walk of 6 miles starting at Kirkfieldbank then following the same route as the long walk. Those who wish to go contact leader to book seat on bus - non walkers can come as a visit to New Lanark Heritage Centre. **CONTACT:** J Duncan 01337 831888 john@johnandmorven.co.uk

## Tuesday 4th July

### KINROSS & OCHIL:- Tuesday Walkers - See details at beginning of this programme.

### KIRKCALDY:- Langtoun Daunders -- Around Fordell Estate

**GRADE C:** 6mls **WALK START:** Dalgety Bay railway station at 10:00 **OS:** 65 **GR:** NT148841 **DESCRIPTION:** Exploring the woods of Fordell Estate on paths and tracks. The walk will be followed by lunch at Louis Brown's in Dalgety Bay. **NOTE:** DWOL NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Beth Dickson: bd6427@icloud.com 07791 912417

## Wednesday 5th July

### FORFAR:- Strollers Walk - max 4 miles - Details on first page of the programme.

### PERTH:- Dalmunzie Railway, Spittal of Glenshee - PLEASE BOOK WITH LEADER

**GRADE B:** 7.5mls **ASCENT:** 412m/1350ft **DEPART:** Broxden P&R (lower car park, far end) at 09:00 **WALK START:** Small walkers car park 400m along Dalmunzie Hotel access road at 10:30 **OS:** 43 **GR:** NO105701 **DESCRIPTION:** Along route of old stalkers railway in Glen Lochsle, returning down the other side of the glen. Mostly on tracks but rough in places and a deep ford at the top of the walk. If this cannot be crossed walk may be extended by approx. 1 mile. **NOTE:** Limited parking so car sharing helpful. Sticks advisable. Leader will join walk at start point. **LEADER:** Ian Stokes: iangstokes@tiscali.co.uk 01738 787567 or 07775 802630

### ST ANDREWS & NE FIFE:- Ladybank to Cupar

**GRADE C:** 6.5mls/4hrs **ASCENT:** 25m/80ft **DEPART:** Central Cafe, Crossgate, Cupar for bus No 64 @ 09:48 at 09:40 **WALK START:** Ladybank Railway Station at 10:30 **OS:** 59 **GR:** NO306096 **DESCRIPTION:** Easy low level walk from Ladybank to Cupar, through Ladybank woods & Rankeilour estate, then on to Cupar, may be muddy. **NOTE:** RADO NoSC. Remember your bus pass. Please contact walk leader to book your place, thank you. **LEADER:** Jim Forret: james.forret@btinternet.com 01334 656137 or 07526 670535

## Thursday 6th July

### GLENROTHES:- Strollers Walk - see first page of this programme for details.

## Saturday 8th July

### **BLAIRGOWRIE:- Tayport to Tentsmuir NE Fife**

**GRADE C+:** 9.5mls/5hrs **ASCENT:** 63m/210ft **DEPART:** WCPB at 09:15 **WALK START:** Start Point-Links Road North car park (postcode DD6 9EB) at 10:15 **OS:** 59 **GR:** NO465281 **DESCRIPTION:** A flattish walk exploring the forest area and then the beaches at Tentsmuir. Note! the walk may vary depending on forest clearance work and tidal conditions. **NOTE:** RADO. PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com. **LEADER:** Liz Chisholm: lizchis@outlook.com 07786 626338

### **BRECHIN:- Water of Leith - Slateford to Leith - BUS WALK WITH MEAL**

**GRADE C:** 7mls **DEPART:** t Ninians Square, Brechin. Also East Greens Car Park, Forfar at 08:20 at 08:00 **WALK START:** Water of Leith Visitor Centre. 24 Lanark Road, Slateford. (What3Words: holds.intend.solve ) at 10:30 **OS:** 66 **GR:** NT221707 **DESCRIPTION:** Walking from Visitor Centre to Leith, passing through a mixture of green city river banks and the picturesque buildings of Dean Village, Stockbridge's terraces, and Canonmills, to emerge on the shore in Leith **LEADER:** Alison Stewart: 07707 680939

### **DALGETY BAY:- St Monans to Crail**

**GRADE C+:** 8mls/5hrs **ASCENT:** 120m/390ft **WALK START:** The Common Car Park, St Monans. at 10:00 **OS:** 59 **GR:** NO528017 **DESCRIPTION:** A very pleasant undulating walk passing through. Pittenweem, Anstruther and Cellardyke before reaching the pretty harbour of Crail. Return to St Monans by bus, remember your bus pass. **BOOKING -** please contact Walk Leader to join this walk,. **NOTE:** RADO. For car park, follow signs for St Monans harbour & then car park which also has bus parking. Public toilets at car park. **LEADER:** Audrey Price: 07871 806582

### **DUNFERMLINE & WEST FIFE:- Crieff and Comrie: Ben Chonzie. High level option**

**GRADE B+:** 10mls/6.5hrs **ASCENT:** 820m/2690ft **DEPART:** LPRCP at 08:30 **WALK START:** Loch Turret car park at 10:00 **OS:** 52 **GR:** NN821264 **DESCRIPTION:** A strenuous circular route from the Loch Turret Dam. Good track walk along the side of Loch Turret then leave the track and climb Ben Chonzie. Return via Carn Chois on the other side of the loch, cross the dam back to the starting point. **NOTE:** RADO NoSC. Hillwalking gear. Some rough terrain. Steep ascent to ridge, then open, high moorland. Please phone/text leader to book. **LEADER:** Ian Smith: iansm@talktalk.net 07791 736869

### **DUNFERMLINE & WEST FIFE:- Crieff and Comrie: The Deil's Cauldron/ Low level option.**

**GRADE C+:** 5mls/4hrs **ASCENT:** 230m/750ft **DEPART:** LPRCP at 09:00 **WALK START:** Comrie School car park at 10:30 **OS:** 52 **GR:** NN772220 **DESCRIPTION:** Waymarked woodland path to view waterfalls and the Melville Monument. **NOTE:** RADO. Can be muddy. One fairly steep ascent on steps with handrail. Wear good footwear. Please phone/text the leader to book. **LEADER:** George Naismith: georgenaismith@hotmail.co.uk 07833 366299

### **GLENROTHES:- Dundee East circular**

**GRADE C+:** 7mls/4hrs **DEPART:** LCCP at 9:30 **WALK START:** Sainsbury's CP Tom Johnston Rd. Dundee DD4 8XD at 10:30 **OS:** 54 **GR:** NO454323 **DESCRIPTION:** A mostly urban walk exploring the Easter fringes of Dundee. **NOTE:** CWRA DWOL **LEADER:** H Morrison 01592 749170 or 07821148256 hazmgtmor@hotmail.com

### **KINROSS & OCHIL:- River Braan Circular**

**GRADE C:** 5.5mls/4.5hrs **DEPART:** KPR at 09:15 **WALK START:** Hermitage car park (near Dunkeld) (Nearest post code PH8 0JR) at 10:00 **OS:** 52 **GR:** NO013422 **DESCRIPTION:** A scenic circular walk along the River Braan to Rumbling Bridge returning via Ladywell Plantation and Inver. **NOTE:** Booking essential. £3.00 car park charge at Hermitage for non NTS members. **LEADER:** Bill & Sheena Bedborough: bill.bedborough@btinternet.com 01259 742491 or 07919 836908

**KIRKCALDY:- New Mills to Dunfermline linear (inc. Part 2 of Coastal Path)**  
**GRADE C:** 7.5mils **WALK START:** Kirkcaldy bus station (stance 6) at 08:45 **OS:** 59 **GR:** NT279914  
**DESCRIPTION:** Bus to Dunfermline: change for bus to New Mills Bridge. Follow the Fife Coastal Path and Pilgrim Way to finish at Dunfermline Abbey: return by bus to Kirkcaldy. Options to shorten the walk by returning from Cairneyhill or Crossford. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Ruth Beddall: 01592 260578

**ST ANDREWS & NE FIFE:- Forfar Loch & Balmashanner Hill**  
**GRADE C+:** 6.5mils/3.5hrs **ASCENT:** 150m/490ft **DEPART:** FCPC at 09:15 **WALK START:** Forfar Loch Country Park, off Craig O'Loch Road at 10:30 **OS:** 54 **GR:** NO451507 **DESCRIPTION:** Start by following path round the side of Forfar Loch (may be muddy) and on to Balmashanner Hill for the climb to the monument & viewpoint. return to start via Reid Park. **NOTE:** RADO NoSC. Please contact walk leader to book your place, thank you. **LEADER:** Dorothy Cameron: 01334 474305

## Monday 10th July

**ST ANDREWS & NE FIFE:- Winter Walks Planning meeting**  
**MEET:** Community Room, Cupar Fire Station at 19:00 **DESCRIPTION:** Meeting to discuss our winter walks programme, please attend with ideas for walks you would like to do, thank you. **CONTACT:** Colin Brown: colinbrown54@talktalk.net 01334 655724 or 07745 252292

## Wednesday 12th July

**DUNFERMLINE & WEST FIFE:- Blairadam - Parenwell Bridge Circular**  
**GRADE C:** 7mils/4hrs **ASCENT:** 100m/330ft **DEPART:** LPRCP at 09:00 **WALK START:** Blairadam Forest car park, 1km off B914, near Keltly at 10:00 **OS:** 58AND65 **GR:** NT129946 **DESCRIPTION:** Follow Fife Pilgrims Way through Keltlybridge, and then Blairforge, to Parenwell Bridge, which is linked to Mary, Queen of Scots. Return via Lochran and a core path past Blairadam House. **NOTE:** RADO. Farm tracks and paths may be muddy. Gates to climb. Please phone or text the leader to book. **LEADER:** Maggie Baillie: maggie-b54@hotmail.com 01383 720235 or 07890 675657

**PERTH:- Hill of Spott - PLEASE BOOK WITH LEADER**  
**GRADE C+:** 6.5mils **ASCENT:** 320m/1050ft **DEPART:** Broxden P&R (lower car park, far end) at 09:00 **WALK START:** Glenprosen Village church car park (If full, extra parking is available in lay-bys on minor road before reaching the church) at 10:30 **OS:** 44 **GR:** NO328657 **DESCRIPTION:** From start follow the Minister's Path towards Glen Clova. At the bealach turn S. to climb Knachly and then Hill of Spott. Descend the S. ridge and return through woodland and along minor road. Great views in all directions. **NOTE:** RADO. Walk leader will go straight to start point. **LEADER:** Pete & Anne Trant: thetrants@virginmedia.com 01738 565075 or 07985 202934

## Thursday 13th July

**DALGETY BAY:- Roamers - Dalgety Bay to Fordell Woods.**  
**GRADE D:** 4mils/2.5hrs **ASCENT:** 40m/130ft **WALK START:** Dalgety Bay Library. at 10:00 **OS:** 65 **GR:** NT156834 **DESCRIPTION:** A walk from Dalgety Bay up to the Fordell Estate on tracks and the footpath / cycleway alongside the B916. **NOTE:** BOOKING - If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Alice McEwan: 07749 388113

**GLENROTHES:- Strollers Walk - see first page of this programme for details.**

## Saturday 15th July

**DUNDEE:- Dowally to Loch Ordie**  
**GRADE B:** 9mils/5.5hrs **ASCENT:** 200m/660ft **DEPART:** CWCP at 09:00 **WALK START:** Dowally (North) car park off A9 (approx 5.5 miles past Dunkeld) at 10:15 **OS:** 52 **GR:** NO000481 **DESCRIPTION:** From Dowally Car park, via Raor Lodge, Dowally Loch, Mill Dam, Upper Path, Loch Ordie, Guay Path. On good tracks and paths with good views. Please bring a packed lunch. **NOTE:** Please let leader know if you don't wish your photo to appear on our Facebook pages. **LEADER:** Tom Webster: 01382 552473

**DUNDEE:- Social Stroll - Forfar Loch**  
**GRADE C:** 3mils/1.5hrs **DEPART:** OCCP at 10:30 **WALK START:** Leisure Centre Car Park, Forfar Loch at 11:00 **OS:** 54 **GR:** NO450506 **DESCRIPTION:** Leisurely walk round Forfar Loch followed by lunch in Forfar. Please let leader know if you don't wish your photo to appear on our Facebook pages. **LEADER:** Jean MacGillivray: 07932 014859

**FORFAR:- Kinnaird Estate**  
**GRADE C:** 6mils **DEPART:** MMCP at 09:30 **WALK START:** Inch Car Park, River Street, Brechin at 10:00 **OS:** 54 **GR:** NO601597 **DESCRIPTION:** Through grounds of Kinnaird Estate and around Lake. **LEADER:** Dorothy Hutcheon: 01307 468034

**PERTH:- The hills around Mill Dam, Dunkeld - PLEASE BOOK WITH LEADER**  
**GRADE B:** 12mils **ASCENT:** 185m/600ft **DEPART:** Broxden P&R (lower car park, far end) at 09:00 **WALK START:** Cally Car Park, Dunkeld at 09:30 **OS:** 52 **GR:** NO023437 **DESCRIPTION:** From Cally Car Park pass under Deuchary Hill and then over open moorland back to Mill Dam and then to the car park. A long walk but worth it for the views. **NOTE:** RADO. **LEADER:** Mike Brown: mikebrown1957@btinternet.com 01738 446330 or 07444 109293

## Sunday 16th July

**DALGETY BAY:- Abernethy Glen, Tarduff and Pitcairle Hills**  
**GRADE C+:** 6.4mils/4hrs **ASCENT:** 350m/1150ft **WALK START:** The Mercat Cross, Abernethy at 10:00 **OS:** 58 **GR:** NO190163 **DESCRIPTION:** A gentle climb through Abernethy Glen then up to Tarduff hill and return via Pitcairle hill & the Glen Terrain is mostly good paths with a short section on minor road. On street parking in Abernethy or the small Inn Close car park, nearby. **NOTE:** RADO. **BOOKING -** If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Jane Searles: jane.searles@btinternet.com 07900 175403

**GLENROTHES:-****Cowdenbeath -The Old North Road**

**GRADE C+:** 8.5mls/5hrs **ASCENT:** 1200ft **DEPART:** LCCP at 09:30 **WALK START:** Forestry Commission CP Cullaloe Hills just off the A909 at 10:00 **OS:** 66 **GR:** NT190887 **DESCRIPTION:** A circular walk on paths, tracks and some minor roads. Route is through woods to Cullaloe Hills passing Bouprie Banks, Aberdour, Stenhouse Reservoir and Puddledub with excellent views. **NOTE:** CWRA RADO **LEADER:** L Bain and G Christie contact by email grant911a@gmail.com

**STRATHTAY:-****Around Meall na Leitrach**

**GRADE B:** 10mls **ASCENT:** 300m/980ft **DEPART:** Car park behind Aberfeldy Coop at 09:00 **WALK START:** Dalnaspidal (off A9) at 10:00 **GR:** NN645731 **DESCRIPTION:** Estate and cycle tracks along the length of Loch Garry, then north east up past old shielings, over the col between Meall na Leitrach and Meall Breac and along the River Garry back to Dalnaspidal. **LEADER:** Jenny Rees: jenny.rees@virgin.net 07979 608496

**Tuesday 18th July****KINROSS & OCHIL:-**

**Tuesday Walkers - See details at beginning of this programme.**

**KIRKCALDY:-****Cowdenbeath - Moss Morran - Crossgates**

**GRADE C+:** 9.5mls **ASCENT:** 150m/490ft **WALK START:** The recycling point on McLeod Drive, Cowdenbeath (first entry on right, not Morrison's car park) at 10:45 **OS:** 58 **GR:** NT167914 **DESCRIPTION:** Through Cowdenbeath golf course to Lochgelly. Through Loch Gelly wind farm, past Moss Morran to Crossgates. Return via Cowdenbeath Community Woodland and the old railway. Mostly on paths and tracks, with 1/2 mile of pavement on the B981. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Janet Fraser: janetfrsr@yahoo.co.uk 07544 300857

**Wednesday 19th July****FORFAR:-**

**Strollers Walk - max 4 miles - Details on first page of the programme.**

**Thursday 20th July****GLENROTHES:-**

**Strollers Walk - see first page of this programme for details.**

**Saturday 22nd July****BLAIRGOWRIE:-****Walk 1 - Kenmore to Aberfeldy Circular**

**GRADE B+:** 12mls/6.5hrs **ASCENT:** 360m/1180ft **DEPART:** WCPB at 08:30 **WALK START:** Kenmore Hill Walkers Car Park on minor road 1 mile SE of Kenmore at 09:45 **OS:** 52 **GR:** NN786445 **DESCRIPTION:** B+ Part of Rob Roy Way paths and tracks with some rough walking, burn crossing. Varied countryside, spectacular views on return section. Several short inclines. **NOTE:** RADO. Several cars will be left at Birks Car Park, Aberfeldy for those on shorter walk (Walk 2). **LEADER:** Pat Fraser: patriciafraser@btinternet.com 07843 786191

**BLAIRGOWRIE:-****Walk 2 - Kenmore to Moness Falls then Aberfeldy via the Birks**

**GRADE C+:** 7mls/6.5hrs **ASCENT:** 180m/590ft **DEPART:** WCPB at 08:30 **WALK START:** Kenmore Hill Walkers Car Park on minor road 1 mile SE of Kenmore at 09:45 **OS:** 52 **GR:** NN786445 **DESCRIPTION:** Short alternative follows first part of walk to Moness Falls then continues to Aberfeldy via the Birks. **NOTE:** RADO. Several cars will be left at Birks Car Park, Aberfeldy for those on shorter walk (Walk 2). **LEADER:** Alison Arnold: alisonarnold@live.co.uk 07989 755874

**BRECHIN:-****Hillside Logie Circular**

**GRADE C:** 7mls **WALK START:** Hillside Hall Car Park, Old School Way, off Dubton Road, Hillside. (What3Words: roofed.sped.remix ) at 10:00 **OS:** 45 **GR:** NO709610 **DESCRIPTION:** Mostly flat tracks and some road walking. **LEADER:** Phyllis Bruce: philbruce19@talktalk.net 01561 365414 or 07752 588420

**DUNDEE:- Backmuir Woods**

**GRADE C+:** 9mils/5hrs **ASCENT:** 25m/80ft **WALK START:** Camperdown Country Park (3rd car park on left) at 10:00 **OS:** 53 **GR:** NO359329 **DESCRIPTION:** Walk through Camperdown, Templeton, Muirhead, Backmuir Woods, Drovers Road, Liff and return. Please bring a packed lunch. Please let leader know if you don't want your photo to appear on our Facebook Pages. **LEADER:** Sam Shields: 07546 064759

**DUNFERMLINE & WEST FIFE:- Ben Each (Corbett) and Stuc a' Chroin (Munro)**

**GRADE A:** 9mils/6.5hrs **ASCENT:** 1145m/3760ft **DEPART:** LPRCP at 07:30 **WALK START:** Lay-by on A84 near Ardochallarie More at 09:00 **OS:** 57 **GR:** NN584136 **DESCRIPTION:** These mountains stand on the southern edge of the Highlands. The route climbs Ben Each first then follows a knobbly ridge to the summit of Stuc a' Chroin. From the Munro the route descends to Glen Ample and a return path to the start. **NOTE:** RADO NoSC. A long hill route with much ascent. Max 10 walkers. Good access /return tracks. Please phone/text leader to book. **LEADER:** Colin Lees: colin.j.lees@btinternet.com or 07715 277583

**GLENROTHES:- Kingsbarns - Fife Coastal path and disused railway circular**

**GRADE C+:** 8.5mils/4.5hrs **ASCENT:** 330ft **DEPART:** LCCP at 9:30 **WALK START:** Kingsbarns Square at 10:30 **OS:** 59 **GR:** NO593121 **DESCRIPTION:** From Kingsbarns join disused railway to Morton, Pitmilny on to the Fife Coastal Path. Pitmilny. Returning by Cambo and West Newhall. **NOTE:** CWRA RADO **LEADER:** Ann Collings 07913 604236 ann.collings@myphone.coop

**KIRKCALDY:- Blackness, Hopetoun & Abercorn**

**GRADE C:** 7mils **WALK START:** Blackness village Square at 10:15 **OS:** 65 **GR:** NT052800 **DESCRIPTION:** A circular walk from Blackness on good paths to the Hopetoun estate and then to Abercorn church before returning to Blackness. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Liz Greig: 01592 653682 or 07919 985239

**PERTH:- Glenalmond and Logiealmond - PLEASE BOOK WITH LEADER**

**GRADE C+:** 8mils **ASCENT:** 330m/1080ft **DEPART:** Broxden P&R (lower car park, far end) at 09:30 **WALK START:** East entrance to Glenalmond College - on minor road from Methven to Buchanty at 10:00 **OS:** 52 **GR:** NN976282 **DESCRIPTION:** From Glenalmond College over the Almond to Harrietfield, then to Logiealmond Lodge, returning via Morningside. **NOTE:** Park on roadside near starting point. **LEADER:** John Andrews: johndandrews44@gmail.com 01738 248941 or 07526 884953

**Sunday 23rd July****KINROSS & OCHIL:- Glen Quey & Auchlinsky Hill**

**GRADE C+:** 7mils/5hrs **DEPART:** KPR at 09:30 **WALK START:** Castlehill reservoir car park on A823. (Nearest post code FK14 7JX) at 10:00 **OS:** 58 **GR:** NN996033 **DESCRIPTION:** A walk to Glen Quey, heading for Dollar and then climbing up to Auchlinsky Hill and back to start. **NOTE:** Booking essential. **LEADER:** Moira McCauley: 01383 839795 or 07484 718783

**ST ANDREWS & NE FIFE:- Atholl Woods**

**GRADE C:** 6mils/3hrs **ASCENT:** 32m/100ft **DEPART:** FCPC at 09:30 **WALK START:** Cally car park, Dunkeld at 10:45 **OS:** 52 **GR:** NO024436 **DESCRIPTION:** Low level walk with good tracks throughout, may be muddy. **NOTE:** RADO NoSC. Please contact walk leader to book your place, thank you. **LEADER:** Jim Forret: james.forret@btinternet.com 01334 656137 or 07526 670535

**STIRLING & FALKIRK:- Bracklinn Falls to Scout's Pool Callendar**

**GRADE C+:** 7mils **ASCENT:** 305m/1000ft **WALK START:** Ancaster Square Car Park, Callendar FK17 8BL at 10:15 **OS:** 57 **GR:** NN628081 **DESCRIPTION:** We head to the old railway track and take the path to Bracklinn Falls. After crossing the bridge over the Keltie Water we climb through the forest. Good views of the mountains. Then on to Scout's Pool returning via woods above Callendar. **NOTE:** CWRA. The new bridge at Bracklinn Falls is due to be erected in 2023. Good paths and tracks. Section on minor road. **LEADER:** Betty Brodie: bettybrodie@aol.com 01324 556762 or 07936 380395

**Thursday 27th July****DUNFERMLINE & WEST FIFE:- Obney Hills, near Bankfoot**

**GRADE B:** 7mils/4.5hrs **ASCENT:** 350m/1150ft **DEPART:** LPRCP at 09:00 **WALK START:** Ringwood Quarry Road Car Park on B867, Birnam - Bankfoot road – 0.5 km beyond junction with A9 at 10:00 **OS:** 52 **GR:** NO041405 **DESCRIPTION:** A walk through varied Perthshire countryside and onto open hillside for the ascent to the summit of Obney Hill. Then descend to Glen Garr before following the course of the Inchewan Burn through woodland to return to the start. **NOTE:** RADO. Some tracks and forest paths but mainly rough going off-path on the hill climb. Please phone or text the leader to book. **LEADER:** Bob Cuthbertson: bob.cuthbertson@hotmail.co.uk 01383 747997 or 07503 001948

**GLENROTHES:- Strollers Walk - see first page of this programme for details.**

**Saturday 29th July****DALGETY BAY:- Lower Largo to St Monans.**

**GRADE B:** 10mils/6hrs **ASCENT:** 200m/660ft **WALK START:** Temple Car Park, Lower Largo. at 10:00 **OS:** 59 **GR:** NO422026 **DESCRIPTION:** Following the Coastal Path, this undulating walk passes through Elie (7miles) where there is an option to leave the walk and return by bus. There will be some walking on the beach, tide permitting. Please remember bus pass or money. **NOTE:** RADO. **BOOKING -** If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Audrey Price: 07871 806582

**DUNDEE:- Minister's Path**

**GRADE C+:** 8mils/5hrs **DEPART:** CWCP at 09:30 **WALK START:** Glen Prosen Church Car Park at 10:30 **OS:** 44 **GR:** NO328657 **DESCRIPTION:** From Glen Prosen up and over to Glen Clova on good tracks. Return by same route. Please bring a packed lunch. Please let leader know if you don't wish your photo to appear on our Facebook Pages. **NOTE:** RADO. **LEADER:** Rose Garvie & Lena Brown: 01382 450763 & 07812 826905 or 01382 884649 & 07597 690186

**FORFAR:- Mini Bus Trip to Glen Callater**

**GRADE C+:** 8mils **DEPART:** EGCP at 07:45 **WALK START:** Glen Callater at 09:45 **OS:** 43 **GR:** NO150850 **DESCRIPTION:** Walk around Loch Callater on good hill track, which can be narrow in places or option for stroll group to spend the day in Braemar. Booking and payment of £15 to Elizabeth by the 17th June (limited number of seats). **LEADER:** Elizabeth Anderson: 01382 370980

**PERTH:- Wormit to Balmerino Abbey circular - PLEASE BOOK WITH LEADER**

**GRADE C+:** 9mils **ASCENT:** 250m/820ft **DEPART:** Broxden P&R (lower car park, far end) at 09:30 **WALK START:** Wormit Bay car park (near the memorial for Tay Bridge Disaster) at 10:15 **OS:** 54 **GR:** NO392260 **DESCRIPTION:** From Wormit Bay follow the Fife Coastal Path to west of Thornton, then return via Balmerino Abbey and Kilburns. Some gentle ascents/descents. **NOTE:** Some parts may be muddy so pole(s) could be useful. Leader will join walk at start point. **LEADER:** Colin Fraser: cfraser365@gmail.com 01382 541617 or 07895 808614

**STRATHTAY:- Craig a Barns**

**GRADE C+:** 7mils **DEPART:** Car park behind Aberfeldy Coop at 09:00 **WALK START:** Cally car park, Dunkeld at 09:30 **GR:** NO023436 **DESCRIPTION:** Path round Craig a Barns to visit the caves and then follow moorland tracks past Mill Dam, Rotmell Loch and Dowally Loch. **LEADER:** John Nixon: john.nixon54@hotmail.com 07917 886524

## Sunday 30th July

### **GLENROTHES:- Logierait- Loch Skiach Circular**

**GRADE B:** 9.25mls/5.5hrs **ASCENT:** 1600ft **DEPART:** LCCP at 09:30 **WALK START:** Hillhead Cemetery, Logierait (small area/please car share). at 10:30 **OS:** 52 **GR:** NN969520 **DESCRIPTION:** A moorland walk, mostly on tracks with some road walking at the start and end. Steady incline to 1550 ft but worth it for the views. **NOTE:** NoSC **RADO LEADER:** I Rankin and C Baker 07900 392059 ishabelrankin@gmail.com

## Tuesday 1st August

### **DALGETY BAY:- Lochore to Hare Law circular.**

**GRADE C:** 6.5mls/4hrs **ASCENT:** 120m/390ft **WALK START:** Lochore Meadows car park at 10:30 **OS:** 58 **GR:** NT170962 **DESCRIPTION:** From Lochore car park to Crosshill and Hare Law via the Pilgrims Way to Redhouse. Return via Woodend and Pitcairn. Terrain will be tracks and paths, likely to be muddy in places. **NOTE:** RADO. **BOOKING -** If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** H Haines & Rose Nutt: 01383 822187 & 07990 660724 or 01383 822669 & 07494 235392

### **KINROSS & OCHIL:- Tuesday Walkers - See details at beginning of this programme.**

### **KIRKCALDY:- Blairadam Woodland Wander**

**GRADE C:** 7mls **WALK START:** Blairadam Forestry Car park at Forestry HQ at 10:00 **OS:** 58 **GR:** NT129945 **DESCRIPTION:** A circular woodland walk on paths and tracks with some lovely views across Loch Leven. **NOTE:** RADO NoSC. **PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK.** **LEADER:** Beth Dickson: bd6427@icloud.com 07791 912417

## Wednesday 2nd August

### **FORFAR:- Strollers Walk - max 4 miles - Details on first page of the programme.**

### **PERTH:- Glen Banvie circuit - PLEASE BOOK WITH LEADER**

**GRADE C+:** 9.3mls **ASCENT:** 300m/980ft **DEPART:** Broxden P&R (lower car park, far end) at 09:00 **WALK START:** Old Bridge of Tilt car park (Turn right in Blair Atholl on signposted minor road) at 10:00 **OS:** 43 **GR:** NN874662 **DESCRIPTION:** Circular walk following clear paths, tracks and minor roads through forestry and open woodland with good views. **NOTE:** RADO. Walking poles may be helpful as may be muddy in parts. Leader will join walk at start point. **LEADER:** Sheelagh Candy: 07505 449406

### **ST ANDREWS & NE FIFE:- Loch Glow Circular**

**GRADE C+:** 5.5mls/3hrs **ASCENT:** 250m/820ft **DEPART:** FCPC at 10:00 **WALK START:** Cleish Parish Church, nr Kinross at 10:45 **OS:** 58 **GR:** NT095980 **DESCRIPTION:** Moderate route following tracks, minor roads & paths (may be muddy) with optional climb to Dumglow. **NOTE:** RADO NoSC. Please contact walk leader to book your place, thank you. **LEADER:** Colin Brown: colinbrown54@talktalk.net 01334 655724 or 07745 252292

## Thursday 3rd August

### **GLENROTHES:- Strollers Walk - see first page of this programme for details.**

## Saturday 5th August

### **BLAIRGOWRIE:- Enochdu to Lunch Hut circular**

**GRADE B:** 8mls/4hrs **ASCENT:** 400m/1310ft **DEPART:** WCPB at 09:15 **WALK START:** Enochdu road side car park at 10:00 **OS:** 43 **GR:** NO062627 **DESCRIPTION:** Cateran trail from Enochdu North, leaving the trail and heading up and over Uchd Na H-Anaile towards Uchd Nan Carn with wonderful views, before turning west downhill to the Lunch Hut, cateran trail south west back to Enochdu. **NOTE:** RADO. **PLEASE REGISTER with Pat Fraser:** patriciafraser@btinternet.com. **LEADER:** Jean Stewart: 01250 873852 or 07989 890445

**BRECHIN:- Eskiellawn ( Glen Prosen)**

**GRADE C+:** 8mls **WALK START:** Glenhead Farm, at road end past Backwater Reservoir. (What3Words: positive.single.birthdays )( approx) at 10:00 **OS:** 44 **GR:** NO260628 **DESCRIPTION:** Mostly good tracks though forestry and open moorland with one steep grassy decent. Child Summit of Corwharn 607m **LEADER:** Irene McGugan: irene.mcgugan@btinternet.com 01307 818436

**DUNDEE:- Badandun Hill & Auchintaple Loch**

**GRADE B:** 8mls/5hrs **ASCENT:** 480m/1570ft **DEPART:** CWCP at 09:00 **WALK START:** Folda (at phone box) Glenisla at 10:15 **OS:** 43 **GR:** NO187645 **DESCRIPTION:** From Glen Isla up tracks to Badandun Hill then round Auchintaple Loch. Steep ascent. Good tracks. Please bring a packed lunch. Views of Cairngorms and Strathmore. **NOTE:** RADO. Please let leader know if you don't wish your photo to appear on our Facebook pages. **LEADER:** Rose Garvie & Lena Brown: 01382 450763 & 07812 826905 or 01382 884649 & 07597 690186

**GLENROTHES:- Braco circular**

**GRADE B:** 9.5mls/4.5hrs **ASCENT:** 700ft **DEPART:** LCCP at 09:30 **WALK START:** Feddal Road (B8033) Braco at 10:30 **OS:** 57 **GR:** NN836097 **DESCRIPTION:** Scenic walk on paths around Braco including Ardoch Roman Fort, Braco Castle, Duns Wood and Blairmore. **NOTE:** NoSC RADO **LEADER:** S Fury 01592 756497 sheena\_fury@yahoo.co.uk

**KINROSS & OCHIL:- Crieff Hosh-Knock-Hosh**

**GRADE C+:** 6mls/4hrs **DEPART:** KPR at 09:00 **WALK START:** Famous Grouse car park (Nearest post code PH7 4HA) at 10:00 **OS:** 52 **GR:** NN856234 **DESCRIPTION:** A circular, undulating walk through attractive woodlands, ascending about 250m to the knock with panoramic views across Strathearn. **NOTE:** Booking essential. **LEADER:** Jacqui Ritchie: 07718 315990

### Sunday 6th August

**DALGETY BAY:- Logierait Bridge to Loch Skiach.**

**GRADE B:** 10mls/5.5hrs **ASCENT:** 390m/1280ft **WALK START:** Logierait Inn at 10:00 **OS:** 52 **GR:** NN969519 **DESCRIPTION:** Cross the old Logierait Bridge and walk up a minor road. A steady climb through woods leads to an undulating track to Loch Skiach returning by moorland paths. **NOTE:** RADO. **BOOKING** - If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Mike Gordon: 07752 145911

**DUNDEE:- The Binn & Kinghorn Loch from Burntisland**

**GRADE B:** 6.5mls/4.5hrs **ASCENT:** 242m/790ft **DEPART:** TBGP at 09:00 **WALK START:** Links Place Car Park, Burntisland, KY3 9DY (parking charges) at 10:00 **OS:** 66 **GR:** NT235858 **DESCRIPTION:** The steep escarpment of the Binn is a dramatic backdrop for Burntisland and provides stunning views over the town and across the Forth. Numbers limited to 30 so booking required. Please see website for booking and more walk information. **NOTE:** Hill Climbing but taking it easy. Please bring packed lunch. Toilets at start point. **LEADER:** Gareth Vaughan: 07714 418650

### Wednesday 9th August

**PERTH:- Moulin to Killiecrankie - PLEASE BOOK WITH LEADER**

**GRADE B:** 8.5mls **ASCENT:** 548m/1800ft **DEPART:** Broxden P&R (lower car park, far end) at 09:00 **WALK START:** Ben Vrackie car park (from Pitlochry follow A924 to Moulin, turn sharp left behind Moulin Hotel to Baledmund Road then first right) at 10:00 **OS:** 52 **GR:** NN942597 **DESCRIPTION:** Circular walk following paths, tracks and some road walking. Pass the golf course following the Craigower path to Killiecrankie before returning via the Bealach path to Moulin. Steady uphill climb on Bealach path. Beautiful views. **NOTE:** RADO. Walking poles advised to assist with the climb and uneven ground. Leader will join walk at start point. **LEADER:** Sheelagh Candy: 07505 449406

## Thursday 10th August

### **DALGETY BAY:- Roamers - Lochore Meadows.**

**GRADE D:** 4mls/2.5hrs **ASCENT:** 20m/70ft **WALK START:** Lochore Meadows car park at 10:00 **OS:** 58 **GR:** NT170961 **DESCRIPTION:** A circular walk around Loch Ore. **NOTE:** BOOKING - If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Rose Nutt: 07494 235392

**GLENROTHES:- Strollers Walk - see first page of this programme for details.**

## Saturday 12th August

### **DALGETY BAY:- Cloan Glen, Auchterarder**

**GRADE C+:** 7mls/5hrs **ASCENT:** 275m/900ft **WALK START:** The Community School of Auchterarder car park at 10:30 **OS:** 58 **GR:** NN945131 **DESCRIPTION:** Circular walk under A9 past Woodend, Butend, Eind to Foswell House to Cloan Burn at lane. Return through Cloan Glen. Paths & tracks can be muddy in places. **NOTE:** RADO. BOOKING - If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Chris Roberts: 14baywalk@gmail.com 01383 822184 or 07749 757587

### **DUNDEE:- Wemyss Circular**

**GRADE C:** 7.5mls/4.5hrs **ASCENT:** 120m/390ft **DEPART:** TBCP at 09:30 **WALK START:** West Wemyss Harbour Car Park, KY1 4SL at 10:30 **OS:** 59 **GR:** NT325946 **DESCRIPTION:** Easy low level route on paths and tracks with minimal ascent from West Wemyss along to East Wemyss and McDuff's Castle, returning inland by Lochead Farm, Coaltown of Wemyss and Wemyss Castle Estate. Please bring a packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Frances Pogorzelec & Moira Dobson: 07808 029186 & 01382 454684 or 01382 459543 & 077920140781

### **DUNFERMLINE & WEST FIFE:- Monk's Rig & West Kip, Pentland Hills**

**GRADE B:** 4mls/3.5hrs **ASCENT:** 340m/1120ft **DEPART:** LPRCP at 09:00 **WALK START:** Nine Mile Burn car park, on A702 at 10:00 **OS:** 66 **GR:** NT177577 **DESCRIPTION:** A circular route along Monk's Rig before ascending West Kip. Descend via a secluded glen back to Nine Mile Burn. Great views over the main Pentland summits and the Border hills to the south. **NOTE:** RADO. A few stiles will be encountered. Hill gear required. Please phone or text the leader to book. **LEADER:** Ian Smith: iansm@talktalk.net 07791 736869

### **FORFAR:- Morton Lochs, Tentsmuir, Scotsraig Circular**

**GRADE C:** 7mls **DEPART:** MMCP at 09:30 **WALK START:** Links Road North Car Park, Tayport at 10:15 **OS:** 54 **GR:** NO465284 **DESCRIPTION:** Walk from Tayport, following coastal path to start of Tentsmuir Forest and Morton Lochs. Return through Scotsraig Golf Course to Tayport. **LEADER:** Elizabeth Anderson: 01382 370980

### **ST ANDREWS & NE FIFE:- Scone Circular**

**GRADE C+:** 7.5mls/4hrs **ASCENT:** 250m/820ft **DEPART:** FCPC at 09:30 **WALK START:** Quarrymill Car Park at 10:45 **OS:** 58 **GR:** NO120252 **DESCRIPTION:** Interesting walk on paths & minor roads via Scone & Macduff's Folly & Lynedoch obelisk. Some steep sections but rewarded with fine views. **NOTE:** RADO NoSC. Please contact walk leader to book your place, thank you. **LEADER:** Carol Philip & Christine Arnold: 01334 475997 or 07979 541678 & 07718 316597

## Sunday 13th August

### **DUNDEE:- Family Back to School Walk - Lode Braes to Craigtoun Park**

**GRADE C:** 3mls/2hrs **WALK START:** Windsor Gardens, St Andrews, KY16 8XP at 14:00 **OS:** 59 **GR:** NO491154 **DESCRIPTION:** Walk to Craigtoun Park via Lumbo Den. Spend around half an hour in Craigtoun Park to go to the play park, cafe or have a picnic. Walk back by same route. Please let leader know if you don't wish your photo to appear on our Facebook pages. **LEADER:** Jean MacGillivray: 07932 014859

**GLENROTHES:-****Falkland - Freuchie and East Lomond circular**

**GRADE B:** 8.5mils/4.5hrs **ASCENT:** 1150ft **DEPART:** LCCP at 09:30 **WALK START:** Falkland Library CP at 09:45 **OS:** 59 **GR:** NO253073 **DESCRIPTION:** From Falkland take Maspie Den to Craigmead, path to East Lomond to the limekiln then continue around East Lomond and descend through Freuchie Den returning by coffin path to start. **NOTE:** NoSC RADO **LEADER:** C and B Barton 01383725859 chrisbettybarton@gmail.com

**STRATHTAY:-****Glen Tilt**

**GRADE C+:** 8.5mils **ASCENT:** 365m/1200ft **DEPART:** Car park behind Aberfeldy Coop at 09:00 **WALK START:** Old Bridge of Tilt at 09:40 **GR:** NN874662 **DESCRIPTION:** Follow the estate road and up past the firing range (if no firing) to Gilbert's Bridge. Follow the northwest side of the River Tilt to Gaw's Bridge and Marble Lodge. Return by the estate track and old drove road to Fenderbridge. **NOTE:** For an easy shorter walk, turn at Gilbert's bridge and follow the estate road or old drove road back to the start. **LEADER:** Linda Wallace: lindamwallace@yahoo.co.uk 07799 075073

**Tuesday 15th August****KINROSS & OCHIL:-**

**Tuesday Walkers - See details at beginning of this programme.**

**Wednesday 16th August****FORFAR:-**

**Strollers Walk - max 4 miles - Details on first page of the programme.**

**PERTH:-****Glen Tarken - PLEASE BOOK WITH LEADER**

**GRADE B:** 9.2mils **ASCENT:** 365m/1200ft **DEPART:** Broxden P&R (lower car park, far end) at 09:00 **WALK START:** Lay-by on A85 after St. Fillans (by the public toilets) at 10:00 **OS:** 51 **GR:** NN688246 **DESCRIPTION:** From St. Fillans climb through woods to pass below Creag Odhar and Meall Reamhar on the E. side of Glen Tarken. Return down the W. side of the glen and through Glentarken Wood. **NOTE:** RADO. Some rough ground and a stream crossing, poles and gaiters may be useful. **LEADER:** Pete & Anne Trant: thetrants@virginmedia.com 01738 565075 or 07985 202934

**Thursday 17th August****DUNFERMLINE & WEST FIFE:- Cramond Island**

**GRADE C:** 6mils/4hrs **ASCENT:** 80m/260ft **DEPART:** LPRCP at 09:00 **WALK START:** Park adjacent to Miller & Carter Cramond Brig Hotel car park. EH4 6DY at 09:30 **OS:** 65 **GR:** NT179755 **DESCRIPTION:** This is a linear walk from Miller & Carter Cramond Brig Hotel following the River Almond to Cramond Island via the wartime causeway. **NOTE:** RADO. Tide times will be re-checked prior to the walk. Care required at causeway. Please phone or text the leader to book. **LEADER:** Colin Lees: colin.j.lees@btinternet.com or 07715 277583

**GLENROTHES:-**

**Strollers Walk - see first page of this programme for details.**

**Saturday 19th August****BLAIRGOWRIE:-****Seven Bridges and Knock Castle, Ballater**

**GRADE C:** 6.5mils/4hrs **ASCENT:** 140m/460ft **DEPART:** WCPB at 08:30 **WALK START:** Ballater Town Car Park at 10:00 **OS:** 44 **GR:** NO369959 **DESCRIPTION:** From the middle of Ballater, beside the Old Railway Station, follow the River Dee through forests and tracks to cross Seven Bridges with a visit to Knock Castle. **NOTE:** RADO. **PLEASE REGISTER** with Pat Fraser: patriciafraser@btinternet.com. **LEADER:** Irene Rintoul: irenerintoul@hotmail.com or 07576 491807

**BRECHIN:-****Newtyle Rail Trail**

**GRADE C:** 7mils **WALK START:** Main Street Ardlie, Considerate on-street parking near Ardlie Tavern. (What3Words: munch.lied.reserves ) at 10:00 **OS:** 53 **GR:** NO265420 **DESCRIPTION:** Easy low level and well signed circuit. Woodland tracks and paths. Mainly on old rail line and some walking on quiet roads. **LEADER:** Sheena Leven: 01356 630208

**DALGETY BAY:- Ben Effrey and Craig Rossie**

**GRADE B:** 7mls/5hrs **ASCENT:** 443m/1450ft **WALK START:** Pairney Farm on the B8062 at 10:30 **OS:** 58 **GR:** NN976130 **DESCRIPTION:** Starting from the farm, the track goes up and around the summit of Ben Effrey, where there are the remains of a Pictish fort. The walk continues to the summit of Craig Rossie and then returns down through woodland to the B8602 and start point. **NOTE:** BOOKING - If you would like to join this walk please book a place by contacting the Walk Leader. Car share recommended. **LEADER:** David Thomson: dabthomson@gmail.com 07922 050562

**DUNDEE:- Mount Blair**

**GRADE B:** 7mls **ASCENT:** 530m/1740ft **DEPART:** CWCP at 09:00 **WALK START:** Car park in layby at border of Perth & Angus on B951 at Cray, near Bridge of Cally at 10:15 **OS:** 43 **GR:** NO153642 **DESCRIPTION:** This circular walk is a north to south traverse over the hill with a quiet road walk around its western flank. On grassy slope paths and minor road walking. With great views. Please bring a packed lunch. Very limited parking. **NOTE:** Please let leader know if you don't wish your photo to appear on our Facebook pages. **LEADER:** Graham Smith & Margaret Dixon: 01382 528153 & 07963 819719 or 07963 819718

**GLENROTHES:- Dundee - Lundie Craggs and Loch Long**

**GRADE B:** 8mls/5hrs **ASCENT:** 1350ft **DEPART:** LCCP at 9:30 **WALK START:** Tullybaccart CP on A923 at 10:45 **OS:** 53 **GR:** NO263359 **DESCRIPTION:** A circular walk on tracks and paths, maybe rough/muddy in places through heather. Fabulous views. Alternative lower path to walking along the crags top path. **NOTE:** NoSC DWOL **LEADER:** L Allen 07578 999338 lesallen80@gmail.com

**KIRKCALDY:- East Lomond from Pitcairn**

**GRADE B:** 7mls **WALK START:** Pitcairn Centre car park, Moidart Drive, Glenrothes at 10:30 **OS:** 59 **GR:** NO266034 **DESCRIPTION:** A climb to the top of East Lomond, mainly on paths and tracks but also rough walking. Poles useful. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Ruth Beddall: 01592 260578

**PERTH:- Loch Venachar circuit - PLEASE BOOK WITH LEADER**

**GRADE B+:** 12mls **ASCENT:** 315m/1033ft **DEPART:** Broxden P&R (lower car park, far end) at 09:00 **WALK START:** Glen Finglas car park just off A821, east of Brig O'Turk at 10:30 **OS:** 57 **GR:** NN548063 **DESCRIPTION:** A walk round Loch Venachar on cycle paths and minor roads. **NOTE:** Midge net and midge repellent, sticks/poles useful. **LEADER:** Paula Bowman: pbowman58@hotmail.com 01738 582339 or 07870 937963

## **Sunday 20th August**

**KINROSS & OCHIL:- West Wemyss Circuit**

**GRADE C:** 7.5mls/5hrs **DEPART:** KPR at 09:15 **WALK START:** West Wemyss Harbour (Nearest Post Code KY1 4SS) at 10:00 **OS:** 59 **GR:** NT325946 **DESCRIPTION:** Walk along Fife Coastal Path to East Wemyss, past Wemyss Caves. Steep steps to McDuff's Castle head inland across farmland. Woodland, farm tracks and minor roads to reach Coaltown of Wemyss. Up drive of Wemyss Castle then back to harbour. **NOTE:** Booking essential. **LEADER:** Andrew & Edna Burnett: 01577 862977 or 07724 561775

## Wednesday 23rd August

**PERTH:-**

**Cupar-Kemback-Dairsie Mains circular - PLEASE BOOK WITH LEADER**

**GRADE B:** 9mils **ASCENT:** 320m/1050ft **DEPART:** Broxden P&R (lower car park, far end) at 09:15  
**WALK START:** Fluthers car park, Cupar at 10:00 **OS:** 59 **GR:** NO376146 **DESCRIPTION:** Circular walk from Cupar through Cairngreen Woods, Dairsie Den, Chapelwell and Hawklaw on paths, farm tracks and minor roads. **LEADER:** Mike Brown: mikebrown1957@btinternet.com 01738 446330 or 07444 109293

## Thursday 24th August

**GLENROTHES:-**

**Strollers Walk - see first page of this programme for details.**

## Saturday 26th August

**DALGETY BAY:-**

**Elie to Kilconquhar**

**GRADE C+:** 7.5mils/4hrs **ASCENT:** 60m/200ft **WALK START:** Elie High Street at 10:30 **OS:** 59 **GR:** NO492000 **DESCRIPTION:** From the high street, pick up and follow the Coastal Path to the rail bridge, then by pavement past the entrance to Elie House. Continue around Kilconquhar Loch before returning via the Coastal Path at Earlsferry. **NOTE:** BOOKING - If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Margaret Leighton: 07780 478181

**DUNDEE:-**

**Loch Fitty and St Ninian's Hills**

**GRADE C+:** 7mils/4hrs **DEPART:** CWCP at 09:30 **WALK START:** Village of Kingseat, KY12 0TJ (parking on roadside) at 10:30 **OS:** 58 **GR:** NT125905 **DESCRIPTION:** Walking across Loch Fitty causeway to the 2 St Ninian's hills, which are artificial hills created from an old open cast mine with rusty sculptures at the top of the 'Walnut Whip'. East to moderate walk. Please bring packed lunch. **NOTE:** Please let leader know if you don't wish your photo to appear on our Facebook pages. **LEADER:** Barbara Sayers: 07986 867255

**DUNFERMLINE & WEST FIFE:- Windlestraw Law and Whitehope Law, near Peebles**

**GRADE B+:** 7.5mils/5hrs **ASCENT:** 780m/2560ft **DEPART:** LPRCP at 08:00 **WALK START:** B709, Gorebridge-Innerleithen, 400m South of Blackhopebyre at 09:30 **OS:** 73 **GR:** NT343439 **DESCRIPTION:** These hills are situated in the Borders, part of the Moorfoot group of hills and lie to the North of the Manor Hills above Peebles. The walk is circular, mainly on grassy paths. **NOTE:** RADO NoSC. Hill gear needed. Please phone or text the leader to book. **LEADER:** Colin Lees: colin.j.lees@btinternet.com or 07715 277583

**PERTH:-**

**Glen Quaich and Loch Hoil - PLEASE BOOK WITH LEADER**

**GRADE B:** 10mils **ASCENT:** 600m/1970ft **DEPART:** Broxden P&R (lower car park, far end) at 09:00 **WALK START:** Beside cemetery at Easter Shian at 10:00 **OS:** 52 **GR:** NN844398 **DESCRIPTION:** From Easter Shian through the Calliachar wind farm to circle Loch Hoil, then head south past Meall Dubh to Turrerich. **NOTE:** Park on open grassland beside cemetery. **LEADER:** John Andrews: johndandrews44@gmail.com 01738 248941 or 07526 884953

**STRATHTAY:-**

**Birnam Hill and the Tay**

**GRADE C+:** 11mils **DEPART:** Car park behind Aberfeldy Coop at 09:00 **WALK START:** Quarry car park under King's Seat, Dunkeld at 09:30 **GR:** NO030416 **DESCRIPTION:** Ascend to the King's Seat on Birnam Hill for good views. Down past The Hermitage to Jubilee Bridge and back along the Tay through Birnam. **LEADER:** John Nixon: john.nixon54@hotmail.com 07917 886524

## Sunday 27th August

**FORFAR:-**

**Lundie Craigs**

**GRADE C:** 5mils **DEPART:** MMCP at 09:30 **WALK START:** Lundie Craigs at 10:00 **OS:** 53 **GR:** NO285385 **DESCRIPTION:** A gentle climb from Car Park on Forestry Commission tracks to Lundie Craigs with lovely view of River Tay and also of the Valley of Strathmore, then on to Ledcrief Loch and return. **LEADER:** Lisa Hughes: elhughes1973@aol.com 07901 901307

**GLENROTHES:-****Culross - West Fife Woodlands Way**

**GRADE C+:** 8.5mls/4.5hrs **ASCENT:** 650ft **DEPART:** LCCP at 9:30 **WALK START:** East Low Causeway CP Culross at 10:15 **OS:** 65 **GR:** NS991859 **DESCRIPTION:** A circular trail around a network of paths in West Fife on gravel paths and farm tracks with possibly some short boggy sections. Good views of the surrounding hills and the village of Culross. **NOTE:** CWRA DWOL Leader will meet group at Culross **LEADER:** M Slaven 07754 141295 marygg08@talktalk.net

**ST ANDREWS & NE FIFE:-****From Kirk to Castle (St Monans to Kellie)**

**GRADE C+:** 8mls/4.5hrs **ASCENT:** 30m/100ft **DEPART:** FCPC at 09:45 **WALK START:** St Monans Kirk Car park at 10:30 **OS:** 59 **GR:** NO521016 **DESCRIPTION:** Countryside walking on some new paths (Bowhouse/Stenton), quiet roads and estate paths (Balcaskie) from St Monans to Kellie Castle. **NOTE:** RADO NoSC. Please contact walk leader to book your place, thank you. **LEADER:** Nicky Haxell: nickyhax@gmail.com 01334 839117 or 07527 156034

**Tuesday 29th August****KINROSS & OCHIL:-**

**Tuesday Walkers - See details at beginning of this programme.**

**Wednesday 30th August****PERTH:-****Ceres to St Andrews - PLEASE BOOK WITH LEADER**

**GRADE C+:** 9.5mls **ASCENT:** 180m/590ft **DEPART:** Broxden P&R (lower car park, far end) at 09:15 **WALK START:** Bow Butts bus stop, Ceres (parking at Fife Folk Mus. car park) at 10:30 **OS:** 59 **GR:** NO400114 **DESCRIPTION:** Linear walk along the Fife Pilgrim Way over Kinninmonth Hill and past Drumcarro Hill through Craigtoun Park to St Andrews. Return to Ceres on Moffat & Williamson #64 bus (12 mins past the hour on South Street). **NOTE:** Leader will join walk at start. Some parts may be muddy so pole(s) could be useful. **LEADER:** Colin Fraser: cfraser365@gmail.com 01382 541617 or 07895 808614

**Thursday 31st August****DUNFERMLINE & WEST FIFE:-****The Michael Bruce Way and Loch Leven**

**GRADE C+:** 9mls/5hrs **ASCENT:** 150m/490ft **DEPART:** LPRCP at 09:15 **WALK START:** Findatie car park, off B9097 at 10:00 **OS:** 65 **GR:** NT170992 **DESCRIPTION:** An historic walk on farm tracks, a section of the Loch Leven Heritage Trail and the lower level of Bishop Hill. Good views across Loch Leven to the Ochil hills. **NOTE:** RADO. Could be muddy in places. Please phone or text the leader to book. **LEADER:** Anne Laird: anne-laird@hotmail.co.uk 01383 727515 or 07768 860066

**GLENROTHES:-**

**Strollers Walk - see first page of this programme for details.**

**Saturday 2nd September****BRECHIN:-****Inchgrundle - Loch Lee**

**GRADE B:** 11mls **WALK START:** Invermark Car Park, Glen Esk. (What3Words: booms.yield.tribal ) at 10:30 **OS:** 44 **GR:** NO447804 **DESCRIPTION:** Past Loch Lee to falls of Damff. On to Cairn Lick and return by Shank of Inchgrundle. Best for fitter walkers. Low level walk towards stables of Lee for slower walkers. **LEADER:** Moira Dunbar: mdunbar20@icloud.com 01356 622327 or 07759 215616

**DUNDEE:-****Castlehill Reservoir to Commonedge Hill to Quey Reservoir**

**GRADE C+:** 8.2mls/4.5hrs **ASCENT:** 320m/1050ft **DEPART:** CWCP at 09:00 **WALK START:** Castlehill Reservoir layby, Glendevon on the A823 at 10:15 **OS:** 58 **GR:** NN996033 **DESCRIPTION:** From reservoir ascend by good tracks then hill paths to Commonedge Hill - extensive views of the Forth Valley. Mostly gradual ascent but one short steep ascent. Please bring a packed lunch. **NOTE:** Please let leader know if you don't wish your photo to appear on our Facebook pages. **LEADER:** Joyce Cumming: joyce@cumming14.plus.com 01382 642752 or 07526 237526

**GLENROTHES:- Leuchars - Tentsmuir Forest from Kinshaldy Beach circular**  
**GRADE C:** 8mls/4.5hrs **ASCENT:** 75ft **DEPART:** LCCP at 9:30 **WALK START:** Kinshaldy Beach Tentsmuir CP (2 x £1 coins required) at 10:00 **OS:** 59 **GR:** NO498243 **DESCRIPTION:** Transverse Tentsmuir forest then follow the coastline back via Tentsmuir point and the Icehouse using paths and the beach. **NOTE:** CWRA **RADO** **LEADER:** Ann Collings 07913 604236 ann.collings@myphone.coop

**KINROSS & OCHIL:- Holl Reservoir to West Lomond and Bishop Hill**  
**GRADE B:** 9mls/5hrs **DEPART:** KPR at 09:30 **WALK START:** Car Park at Holl Reservoir. Signposted on A911 west of Leslie (nearest post code KY6 3HR) at 10:00 **OS:** 58 **GR:** NO224035 **DESCRIPTION:** The walk proceeds over footpaths and rough grassy ground with a steep climb up West Lomond (waking poles recommended). There are superb views overlooking Fife & Kinross-shire and route goes close to impressive Carlin Maggie stone pillars. **NOTE:** Booking essential. Packed lunch recommended. **LEADER:** Ian Wilkinson: 07704 270029

**PERTH:- Loch Glassie - PLEASE BOOK WITH LEADER**  
**GRADE B:** 9mls **ASCENT:** 400m/1310ft **DEPART:** Broxden P&R (lower car park, far end) at 09:00 **WALK START:** Taybridge Drive, Aberfeldy (next to Wade Bridge) at 10:00 **OS:** 52 **GR:** NN852492 **DESCRIPTION:** A circular walk passing Weem and up the hillside to take in Loch Glassie and the surrounding woodland. **LEADER:** Trevor Abell: tmbabell@gmail.com 07913 288098

### **Sunday 3rd September**

**DALGETY BAY:- Birks of Aberfeldy and Weem**  
**GRADE C+:** 7.5mls/4.5hrs **ASCENT:** 200m/660ft **WALK START:** Birks car park on A826 opposite Moness Resort at 10:30 **OS:** 52 **GR:** NN855485 **DESCRIPTION:** Steep climb up left side of gorge on uneven steps then follow Rob Roy way to Dunskaig. Crossing river using Wade Bridge. Follow riverside towards Castle Menzies before returning to Aberfeldy via Weem. **NOTE:** RADO. BOOKING - If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Jane Searles: jane.searles@btinternet.com 07900 175403

**DUNDEE:- Family Walk - St Andrews**  
**GRADE C:** 3mls/2hrs **WALK START:** Bruce Embankment Car Park, Golf Place, St Andrews, KY16 9AB at 14:00 **OS:** 59 **GR:** NO505171 **DESCRIPTION:** Walk past Sea Life Centre, Castle, Harbour and East Sands to playpark and beach. Please let leader know if you don't wish your photo to appear on our Facebook pages. **LEADER:** Jean MacGillivray: 07932 014859

**STIRLING & FALKIRK:- Glendevon to Auchterarder via Borland Glen Linear COACH Walk**  
**GRADE C+:** 7mls/4hrs **ASCENT:** 300m/978ft **DEPART:** Crown Wynd Car Park Auchterarder PH3 1GB at 10:00 **WALK START:** Along the road from Tormaukin Inn, Glendevon. Signposted Auchterarder at 10:30 **OS:** 58 **GR:** NN989046 **DESCRIPTION:** We leave Glendevon on the old drove road up Borland Glen to reach Cadger's Yett. Descend to Auchterarder via Cloan Glen and Johnny Mathie's path. Good paths, tracks and minor road. May be muddy sections. contact Babs to book the bus cost £5. **NOTE:** CWRA. Coach from Auchterarder to Glendevon. Choice of two walks with option to walk via Steele's Knowe and Carlowrie Hill. **LEADER:** Betty Brodie: bettybrodie@aol.com 01324 556762 or 07936 380395

**STIRLING & FALKIRK:- Glendevon to Auchterarder via Steeles Knowe Linear/Coach**  
**GRADE B:** 7mls/4hrs **ASCENT:** 387m/1270ft **DEPART:** Crown Wynd car park Auchterarder PH3 1GB at 10:00 **WALK START:** Along the road from Tormaukin Inn Glendevon signposted Auchterarder FK14 7JY at 10:30 **OS:** 58 **GR:** NN989046 **DESCRIPTION:** Walk on good paths and tracks (some trackless between the two hills). Meet at Crown Inn Car Park. Bus departing at 10.00. £5.00 charge and gives names to Babs by the 31st August. 07711575561. **NOTE:** Coach from Auchterarder to Glendevon. Choice of two walks. **LEADER:** Lorraine Milne: lorrainemilne@hotmail.co.uk 07925 217341 or 01324 631661

## Tuesday 5th September

**KIRKCALDY:-**

**Langtoun Daunderers -- Balwearie Wander**

**GRADE C:** 5mls **WALK START:** Beveridge Park car park at 10:00 **OS:** 59 **GR:** NT273908  
**DESCRIPTION:** A wander through the park and woods out to Balwearie Castle. The walk will be followed by lunch at Pane e Vino. **NOTE:** RADO CWRA. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Ruth Beddall: 01592 260578

## Wednesday 6th September

**PERTH:-**

**From Newbigging to Methven - PLEASE BOOK WITH LEADER**

**GRADE C+:** 9.5mls **ASCENT:** 240m/790ft **DEPART:** Methven Recreation Ground car park at 09:20 for No 15 bus to Newbigging at 09:30 **WALK START:** Access road to Newbigging on A 85 at 09:45 **OS:** 52 **GR:** NN948237 **DESCRIPTION:** From Newbigging to Methven via Gorthy Wood, Bellour, Grundcruie, Cloag and Methven Den. **NOTE:** Broxden P&R (lower car park, far end) at 9.00 if you wish to car share to Methven. **LEADER:** John Andrews: johndandrews44@gmail.com 01738 248941 or 07526 884953

**ST ANDREWS & NE FIFE:-**

**Boarhills & Kenly Circular**

**GRADE C:** 4.5mls/2.5hrs **ASCENT:** 100m/330ft **DEPART:** FCPC at 09:45 **WALK START:** Boarhills Village, small parking area beside Information Board (car share advised) at 10:30 **OS:** 59 **GR:** NO566141 **DESCRIPTION:** Walk on minor roads, farm track & paths to enjoy countryside near Boarhills that includes sites of old mills etc. **NOTE:** RADO NoSC. Please contact walk leader to book your place, thank you. **LEADER:** Will Aitken: wh.aitken@gmail.com 01334 470066 or 07908 721466

## Thursday 7th September

**GLENROTHES:-**

**Strollers Walk - see first page of this programme for details.**

## Friday 8th September

**BLAIRGOWRIE:-**

**Granton on Spey, Weekend Away**

**DUNDEE:-**

**Weekend Away to Aberfoyle**

**MEET:** Rob Roy Hotel, Aberfoyle, Stirling, FK8 3UX at 09:00 £140 pppn for 3 nights or £105 pppn for 2 nights. Includes dinner, bed and breakfast. £15 per night single supplement. £20 per person non-refundable deposit required, final balance due 2 weeks prior to arrival. Let Jarka know you have booked. Please book direct with hotel - 01877 382245 (stating Dundee Ramblers). Book before end February to get discounted rate. **CONTACT:** Jarka Polednova: jp1093@googlemail.com 07792 859395

## Saturday 9th September

**DALGETY BAY:-**

**Lochore to Harran Hill.**

**GRADE C:** 4.5mls/3hrs **ASCENT:** 180m/590ft **WALK START:** Lochore Meadows Car Park at 10:30 **OS:** 58 **GR:** NT170962 **DESCRIPTION:** A walk around Loch Ore and then ascend the west side of Harran Hill, return via the east side of the hill to join the path around the loch and back to the car park. **NOTE:** RADO. BOOKING - If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Irene Garvie: irenegarvie@gmail.com 07305 225816

**DUNFERMLINE & WEST FIFE:- Ben Venue, a Fiona in The Trossachs**

**GRADE B:** 7.3mls/5.5hrs **ASCENT:** 812m/2660ft **DEPART:** LPRCP at 08:30 **WALK START:** Ledard Farm, Loch Ard, FK8 3TL, on B829, 7km west of Aberfoyle at 10:00 **OS:** 52 **GR:** NN459022 **DESCRIPTION:** Ben Venue, one of the finest hills in the Trossachs, has magnificent views from the ridge. The approach through the broadleaved woodland of Ledard Glen is picturesque, though the going is muddy in places, with a final rocky summit path. **NOTE:** RADO. Return by the outward route. Hill gear needed. Please phone or text the leader to book. **LEADER:** Bob Cuthbertson: bob.cuthbertson@hotmail.co.uk 01383 747997 or 07503 001948

**FORFAR:- Kirriemuir/Westmuir Circular**

**GRADE C:** 7mils **DEPART:** MMCP at 09:30 **WALK START:** Kirrie Hill Car Park at 10:00 **OS:** 54 **GR:** NO390550 **DESCRIPTION:** A leisurely walk on good tracks and paths, including some pavements and minor roads. Some paths may be muddy (some ascents/descents). **LEADER:** Sally Easson: 01575 609100

**PERTH:- Glengoulandie to Aberfeldy - PLEASE BOOK WITH LEADER**

**GRADE B+:** 9.5mils **ASCENT:** 550m/1800ft **DEPART:** Broxden P&R (lower car park, far end) - NOTE EARLY TIME at 08:30 **WALK START:** By the putting green next to Wade Bridge, Aberfeldy at 09:30 **OS:** 52 **GR:** NN852492 **DESCRIPTION:** There will be a car shuttle to Glengoulandie. Following an ancient hill track from Glengoulandie through remote countryside, reaching nearly 2000' before descending towards Aberfeldy. Glorious views of Schiehallion. **NOTE:** Poles may be useful. **RESTRICTED NUMBERS, PLEASE BOOK BY WED. 6 SEPTEMBER.** Leader will join walk at start point. **LEADER:** Ian Stokes: iangstokes@tiscali.co.uk 01738 787567 or 07775 802630

## **Sunday 10th September**

**GLENROTHES:- Crieff - Fowlis Wester Circular**

**GRADE C+:** 7.5mils/4hrs **DEPART:** LCCP at 09:30 **WALK START:** Fowlis Wester at 10:30 **OS:** 52 **GR:** NN927240 **DESCRIPTION:** A circular walk passing Low Moor Wood, Loch Meallbrodden on to Milquhanzie Hill. See stone circles and St Bean Church must be visited note: there are two fords to cross. **NOTE:** NoSC DWOL **LEADER:** L Allen 07578 999338 lesallen80@gmail.com

**STRATHTAY:- Ben Vuirich**

**GRADE B:** 10mils **ASCENT:** 600m/1970ft **DEPART:** Car park behind Aberfeldy Coop at 09:00 **WALK START:** Clunskea on A924 at 09:45 **GR:** NO010636 **DESCRIPTION:** A long steadily ascending ridge leads to a shy Corbett behind Beinn Vrackie. Fine views of Beinn a'Ghlo. Return by route of ascent. **LEADER:** Bill McEwan: billmcewan40@gmail.com 01796 472780 or 07535 443556

## **Tuesday 12th September**

**KINROSS & OCHIL:- Tuesday Walkers - See details at beginning of this programme.**

**KIRKCALDY:- Newport - Boulterhall - Wormit**

**GRADE C+:** 7.5mils **ASCENT:** 30m/100ft **WALK START:** Waterstone Crook Sports Centre car park, Newport-on-Tay DD6 8HY at 10:30 **OS:** 59 **GR:** NO413270 **DESCRIPTION:** From the sports centre along Newport Nature Trail, St Fort Home Farm, West and East Links Woods, paths, across A92. Return by tracks and B946, some road walking. Up Wormit Hill and return by Newport Nature Trail. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Mike Livesey & Janet Fraser: janetfrsr@yahoo.co.uk 07544 300857

## **Wednesday 13th September**

**PERTH:- Moulin to Killiecrankie - PLEASE BOOK WITH LEADER**

**GRADE B:** 9mils **ASCENT:** 560m/1840ft **DEPART:** Broxden P&R (lower car park, far end) at 09:00 **WALK START:** Moulin car park (the larger car park, not the higher small car park). at 10:00 **OS:** 52 **GR:** NN943595 **DESCRIPTION:** A circular walk from Moulin following the Bealach Path to NTS Killiecrankie. Return to Moulin via Pass of Killiecrankie, passing below Craigower Hill. There is a fairly steep initial ascent of approximately 400 metres to the bealach. **NOTE:** RADO. Mainly on tracks with short minor road section. May be muddy, poles advised. Leader will join walk at start point. **LEADER:** Richard Townsend: richmtownsend@outlook.com 07753 418101

## Thursday 14th September

### **DALGETY BAY:- Roamers - Letham Hill.**

**GRADE D:** 4mls/2.5hrs **ASCENT:** 100m/330ft **WALK START:** Dalgety Bay Library. at 10:00 **OS:** 65 **GR:** NT156834 **DESCRIPTION:** Head towards St David's Harbour to take the Coastal Path towards Inverkeithing. Pass Prestonhill Quarry and then loop back & ascend into Letham Hill Wood. Continue along the ridge until the descent into Harbour Drive and back to the library. **NOTE:** RADO. **BOOKING -** If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Sheila & John Stewart: sheilsmail@yahoo.co.uk 07873 954758

### **DUNFERMLINE & WEST FIFE:- Glen Farg railway tunnels**

**GRADE C:** 5.2mls/4hrs **ASCENT:** 200m/660ft **DEPART:** LPRCP at 09:30 **WALK START:** Bein Inn car park, west side of road. Obtain permission (refundable deposit may be requested) PH2 9PY at 10:00 **OS:** 58 **GR:** NO160130 **DESCRIPTION:** This circular, country walk explores two tunnels (each about 500m long) that were part of the North British Forth Railway Bridge to Perth Railway Route. The line was opened in 1890 and closed in 1970. Bring a good bright torch!. **NOTE:** RADO NoSC. Tunnels are dark. Can be very wet underfoot. Two fences to climb over. Please phone or text the leader to book. **LEADER:** Colin Lees: colin.j.lees@btinternet.com or 07715 277583

### **GLENROTHES:- Strollers Walk - see first page of this programme for details.**

## Friday 15th September

### **DUNFERMLINE & WEST FIFE:- Weekend in Onich, near Fort William**

**DESCRIPTION:** Friday, 15th to Tuesday, 19th September. The base for the weekend will be Inchree Chalets, Onich. A short walk on Friday afternoon, followed by two walks per day on Saturday, Sunday, Monday. There may be a walk on the leaving day, Tuesday. **NOTE:** A walks programme will be issued in mid-August. **Contacts:** Colin Lees, 07715 277583; Grant Robertson, 07936 738581 **CONTACT:** Grant Robertson: grantrobertson1952@gmail.com 01383 332265 or 07936 738581

### **FORFAR:- Weekend Away in Pitlochry (15-17th Sept)**

**MEET:** Pitlochry Hydro Hotel at 13:00 **DESCRIPTION:** Variety of walks on offer each day, from 1 pm on Friday afternoon to Sunday lunchtime. Accommodation in Pitlochry Hydro Hotel (Tel: 01796 472666) Dinner, Bed & Breakfast. Please make your own booking and travel arrangements. **CONTACT:** Christine Ferguson: 01382 532384 or 07933 461489

## Saturday 16th September

### **BRECHIN:- Loch Skiach - BUS WALK AND MEAL**

**GRADE C+:** 9.5mls **DEPART:** St Ninians Square, Brechin. Also East Greens Car Park, Forfar at 08:20 at 08:00 **WALK START:** Near Balmacneil on B898. (What3Words: width.muted.readily )(approx) at 09:30 **OS:** 53 **GR:** NN976507 **DESCRIPTION:** Circular route on moorland with extensive views, ascending to 1840 ft. **LEADER:** June Greig: snowyowljig@gmail.com 01674 676413 or 07745 836807

### **DALGETY BAY:- Alyth Hill & Glen**

**GRADE B:** 8mls/5hrs **ASCENT:** 400m/1310ft **WALK START:** Alyth village car park. at 10:30 **OS:** 53 **GR:** NO245486 **DESCRIPTION:** Follow the Cateran Trail up to Hill of Loyal then over to Hill of Alyth before returning via paths & tracks through Alyth Glen to the car park. Some road walking required, generally hillside grass paths and forest tracks. **NOTE:** **BOOKING -** If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Neil Denness: neildenness@gmail.com 07772 90488

### **DUNDEE:- Kirkmichael Circular**

**GRADE B:** 8mls/4.5hrs **ASCENT:** 422m/1380ft **DEPART:** CWCP at 09:00 **WALK START:** Public Car Park opposite Kirkmichael School (first left as you enter village across bridge) at 10:00 **OS:** 53 **GR:** NO079600 **DESCRIPTION:** Moderate route following tracks and paths. Flat, then a climb, then its open hillside. Can be muddy. Please bring a packed lunch. Please let leader know if you don't wish your photo to appear on our Facebook pages. **NOTE:** RADO. **LEADER:** Rose Garvie & Lena Brown: 01382 450763 & 07812 826905 or 01382 884649 & 07597 690186

**DUNDEE:-**

**Social Stroll - Monikie Country Park**

**GRADE C:** 3mils/1.5hrs **DEPART:** OCCP at 10:30 **WALK START:** Car Park at Monikie Park at 11:00  
**OS:** 52 **GR:** NO501383 **DESCRIPTION:** Walk round Monikie Reservoirs. Possible lunch after walk.  
Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:**  
Jean MacGillivray: 07932 014859

**GLENROTHES:-**

**Glen Isla - Backwater Reservoir, Craig of Balloch, Milldewan Hill circular**

**GRADE B:** 7.5mils/4hrs **ASCENT:** 1200ft **DEPART:** LCCP at 9:30 **WALK START:** CP half way up the east side of Backwater Reservoir at 11:00 **OS:** 44 **GR:** NO260598 **DESCRIPTION:** A walk on paths and tracks through to Glen Quarry with good views from Milldewan Hill. **NOTE:** NoSC RADO **LEADER:** C Mackie and T McLaren 07903 132319 tmclaren39@gmail.com

**KIRKCALDY:-**

**Kelty to Dunfermline linear**

**GRADE C:** 8.5mils **WALK START:** Kirkcaldy bus station at 09:00 **OS:** 58 **GR:** NT279914 **DESCRIPTION:** The 18 bus at 9.06 to Kelty, then walk along the Pilgrim Way to finish at Dunfermline Abbey. Can be shortened if needed. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Ruth Beddall: 01592 260578

**PERTH:-**

**North side of Loch Leven - PLEASE BOOK WITH LEADER**

**GRADE C+:** 8.6mils **ASCENT:** 105m/350ft **DEPART:** Broxden P&R (lower car park, far end) at 09:30 **WALK START:** Burleigh Sands car park, Loch Leven at 10:00 **OS:** 58 **GR:** NO134040 **DESCRIPTION:** From Burleigh Sands follow the Heritage Trail to Loch Leven's Larder. Continue through Wester Balgedie, Glenlond, Killyford Bridge to Burleigh Castle. Rejoin Heritage Trail at Queen Mary's Gate to return to start. Some road walking. **LEADER:** Pete & Anne Trant: thetrants@virginmedia.com 01738 565075 or 07985 202934

## **Sunday 17th September**

**KINROSS & OCHIL:-**

**Ochils circular via the Nebit, The Law and Andrew Gannel Hills**

**GRADE B+:** 10.1mils/7.5hrs **DEPART:** KPR at 09:15 **WALK START:** Woodlands Park Alva, east end of Alva up single track road. (Nearest post code FK12 5HU) at 10:00 **OS:** 58 **GR:** NS897974 **DESCRIPTION:** Moderate to strenuous walk up the Ochils via the Nebit, The Law and Gannel Hills. **NOTE:** Walking poles advised. **LEADER:** Linda Martin: lemriverside@gmail.com 07771 632830

**ST ANDREWS & NE FIFE:-**

**Strathmiglo & Auchtermuchty Loop**

**GRADE C+:** 9mils/5hrs **ASCENT:** 325m/1070ft **DEPART:** FCPC at 09:45 **WALK START:** Strathmiglo Village Hall, California, Strathmiglo at 10:30 **OS:** 58 **GR:** NO211098 **DESCRIPTION:** Moderate route following paths & minor roads through farmland and forestry with a lengthy but well graded ascent (may be muddy). **NOTE:** RADO NoSC. Please contact walk leader to book your place, thank you. **LEADER:** Jane Houston: jemillar15@aol.co.uk 01334 850211 or 07771 856643

## **Wednesday 20th September**

**PERTH:-**

**Caputh & Spittalfield circular - PLEASE BOOK WITH LEADER**

**GRADE C+:** 7mils **ASCENT:** 200m/660ft **DEPART:** Broxden P&R (lower car park, far end) at 09:30 **WALK START:** Car park at rear of Caputh Village Hall at 10:00 **OS:** 52 **GR:** NO088401 **DESCRIPTION:** A circular route on good tracks and paths with a short section of road walking. **LEADER:** Jim Pirie: jamespirie1@btinternet.com 01738 451314 or 07923 457219

## **Thursday 21st September**

**GLENROTHES:-**

**Strollers Walk - see first page of this programme for details.**

**KIRKCALDY:-**

**Ormiston**

**GRADE C:** 9.5mils **ASCENT:** 120m/390ft **WALK START:** Ormiston Station Car park, Pencaitland Railway Walk, Edinburgh EH35 5AG at 10:30 **OS:** 66 **GR:** NT416697 **DESCRIPTION:** Through Ormiston to see the Great Yew near Ormiston Hall. Then via Ormiston Mains and Fountainhall to West Pencaitland, East Pencaitland and Walk Plantation back to the start. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Mike Livesey & Janet Fraser: janetfrsr@yahoo.co.uk 07544 300857

## Saturday 23rd September

### **BLAIRGOWRIE:-**

#### **Rocking Rock, Dunkeld**

**GRADE B:** 7mils/3hrs **ASCENT:** 386m/1270ft **DEPART:** WCPB at 09:30 **WALK START:** Cally Car Park, Dunkeld at 10:00 **OS:** 53 **GR:** NO023437 **DESCRIPTION:** Walk on tracks and paths to see the Rocking Rock. A circular walk taking in Milldam on the homeward journey back to the Car Park. **NOTE:** RADO. PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com. **LEADER:** Irene Rintoul: irenerintoul@hotmail.com or 07576 491807

### **DALGETY BAY:-**

#### **Shared walk with Dunfermline Group**

**DESCRIPTION:** Newport and Wormit circular. Please book by contacting Linda Pirie on 07881 369442

### **DUNDEE:-**

#### **Brackens and St Mary's Area of Dundee**

**GRADE C:** 4mils/2hrs **WALK START:** Junction of Harestane Rd & Pitempton Rd. DD3 9EJ at 11:00 **OS:** 380 **GR:** NO385345 **DESCRIPTION:** On street parking on Harestane Rd (between Harestane Pl and Pitempton Rd) and also at the top of Pitempton Rd. Circular route, leisurely stroll. Pavement, footpath and park walking. Sandwiches & coffee on offer at end of walk. **NOTE:** Booking required. Please see website for booking information. **LEADER:** Sheila Wallace: smwallace55@gmail.com 07944 570925

### **DUNDEE:-**

#### **Crombie Circular**

**GRADE C:** 7mils/4hrs **DEPART:** OCCP at 09:30 **WALK START:** Crombie Car Park at 10:00 **OS:** 54 **GR:** NO528401 **DESCRIPTION:** Woodland paths to Monikie Monument then on to Monikie Park. Fields and paths. Then return to Crombie. Please bring a packed lunch. Please let leader know if you don't wish your photo to appear on our Facebook pages. **LEADER:** Graham Smith & Margaret Dixon: 01382 528153 & 07963 819719 or 07963 819718

### **DUNFERMLINE & WEST FIFE:- Walk with Dalgety Bay group: Newport and Wormit circular**

**GRADE C:** 7mils/4hrs **ASCENT:** 50m/160ft **DEPART:** LPRCP at 09:00 **WALK START:** Tay Bridge, south end car park at 10:00 **OS:** 54 **GR:** NO426287 **DESCRIPTION:** A circular walk through Newport. Wormit, St Fort, returning to Newport. **NOTE:** RADO. Please phone or text the leader to book. **LEADER:** Linda Pirie: lapirie@hotmail.co.uk 07881 369442

### **PERTH:-**

#### **Pitmedden Forest - PLEASE BOOK WITH LEADER**

**GRADE C+:** 8.5mils **ASCENT:** 280m/920ft **DEPART:** Broxden P&R (lower car park, far end) at 09:15 **WALK START:** Pitmedden Forestry Commission Car Park West (Turn south off the A913 just west of Abernethy for approximately 2 miles – car park is on the left) at 10:00 **OS:** 58 **GR:** NO188141 **DESCRIPTION:** Circular walk through forest on access roads. Views of Howe of Fife, the Lomond Hills and River Tay. **NOTE:** Some parts may be muddy so pole(s) could be useful. Leader will join walk at start point. **LEADER:** Colin Fraser: cfraser365@gmail.com 01382 541617 or 07895 808614

### **STRATHTAY:-**

#### **Lady Mary's Walk**

**GRADE C:** 6.5mils **DEPART:** Car park behind Aberfeldy Coop at 09:00 **WALK START:** Macrosty Park, Crieff at 09:40 **GR:** NN858220 **DESCRIPTION:** Lady Mary's Walk, named after Lady Mary Murray, is a delightful walk which includes the beautiful north bank of the River Earn in Crieff and Laggan Hill. **LEADER:** John & Lily Fleming: jandlfleming@btinternet.com 01887 820575

## Sunday 24th September

### **GLENROTHES:-**

#### **Dunkeld - Braan - Inchewan Burn Circular**

**GRADE C+:** 7.5mils/5hrs **ASCENT:** 1025ft **DEPART:** LCCP at 09:30 **WALK START:** Station Rd, Birnham (next to Beatrice Potter garden) at 10:30 **OS:** 52 **GR:** NO031418 **DESCRIPTION:** A very nice walk, follow the Braan through The Hermitage on to Rumbling Bridge and returning by Balhomish, following the Inchewan burn to Birnam and along the Tay. **NOTE:** CWRA RADO **LEADER:** J Duncan 01337 831888 john@johnandmorgen.co.uk

## Tuesday 26th September

### **KINROSS & OCHIL:-**

#### **Tuesday Walkers - See details at beginning of this programme.**

## Wednesday 27th September

**FORFAR:-**

**Strollers Walk - max 4 miles - Details on first page of the programme.**

## Thursday 28th September

**DUNFERMLINE & WEST FIFE:- Perth Hills and Follies**

**GRADE C+:** 7mils/4hrs **ASCENT:** 330m/1080ft **DEPART:** LPRCP at 09:30 **WALK START:** Corsiehill car park, Kinnoull Woodland Park, Perth at 10:30 **OS:** 58 **GR:** NO136237 **DESCRIPTION:** A walk in the coniferous and deciduous woodland of Kinnoull and Deuchny Hills, along high cliff tops, visiting two towers in dramatic positions, all above the fair city of Perth and the mighty River Tay. Good paths, some steepish ascents. **NOTE:** RADO. There are a couple of minor road crossings. Please phone or text the leader to book. **LEADER:** Grant Robertson: grantrobertson1952@gmail.com 01383 332265 or 07936 738581

**GLENROTHES:-**

**Strollers Walk - see first page of this programme for details.**

## Friday 29th September

**GLENROTHES:-**

**Group Weekend at Stranraer**

Stranraer North West Castle Hotel for 3 nights. **Contact:** J Duncan 01337 831888 john@johnandmorven.co.uk

**PERTH:-**

**Away weekend to Melrose**

**DESCRIPTION:** Three nights at the Waverley Hotel, Melrose. A number of group walks will be organised. **CONTACT:** Trevor Abell: tmbabell@gmail.com 07913 288098

## Saturday 30th September

**BRECHIN:-**

**Ministers Path**

**GRADE C+:** 7mils **WALK START:** Glen Prosen Village Church. (What3Words: boards.shop.fuses ) at 10:00 **OS:** 44 **GR:** NO328657 **DESCRIPTION:** From Church to Glen Prosen, then north towards Glen Clova and return. **LEADER:** Sheena Leven: 01356 630208

**DUNDEE:-**

**Arbroath to Auchmithie**

**GRADE C+:** 8mils **DEPART:** OCCP at 10:00 **WALK START:** Arbroath Cliffs Car Park at start of cliffs, Kings Drive, Arbroath, DD11 5ED at 10:30 **OS:** 54 **GR:** NO658412 **DESCRIPTION:** Walk along cliffs to Auchmithie and return. Lovely views. Grassy path down to beach and steep set of stairs back up from beach to path. Please bring a packed lunch. **NOTE:** Please let leader know if you don't wish your photo to appear on our Facebook pages. **LEADER:** Margaret Wallace: 07469 736814

**KINROSS & OCHIL:-**

**Possible walk round Lochore Meadows and Hill Climb**

**GRADE C:** 4mils/4hrs **DEPART:** KPR at 09:30 **WALK START:** Lochore Meadows car park (Nearest postcode KY5 8BA) at 10:00 **OS:** 58 **GR:** NT170961 **DESCRIPTION:** A walk round Loch Ore with possible walk to Harran Hill and surrounding areas. **NOTE:** Check Ramblers App for further details nearer date or Ken Staples (Walk Coordinator). **LEADER:** Ken Staples: woodlea-ken@tiscali.co.uk 07810 180283

**KIRKCALDY:-**

**Around Gleneagles**

**GRADE C:** 7mils **WALK START:** Car park in Stirling Street, Blackford PH4 1QG at 10:30 **OS:** 58 **GR:** NN902091 **DESCRIPTION:** Scenic walk through paths and fields crossing Gleneagles Golf Course, circumnavigating the hotel. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Beth Dickson: bd6427@icloud.com 07791 912417

**ST ANDREWS & NE FIFE:-**

**Devilla Forest - Four Lochs**

**GRADE C+:** 6mils/3.5hrs **ASCENT:** 100m/330ft **DEPART:** FCPC at 09:15 **WALK START:** Forestry Commission Car Park, Devilla Forest, off A985 at 10:45 **OS:** 65 **GR:** NS963870 **DESCRIPTION:** Walk on forestry & woodland paths & tracks (may be muddy), through Scots pine plantation with varied lochs and abundance of wildlife. **NOTE:** RADO NoSC. Please contact walk leader to book your place, thank you. **LEADER:** Will Aitken: wh.aitken@gmail.com 01334 470066 or 07908 721

## **Forth Valley, Fife & Tayside Area Honorary**

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### **Officials**

The following officials were re-elected at the Area AGM on the 26<sup>th</sup> November, 2022

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#### **Convenor**

Dr Mike Morris, email: [morriskilry@gmail.com](mailto:morriskilry@gmail.com)

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#### **Vice Convenor**

Beth Dickson, email: [bd6427@icloud.com](mailto:bd6427@icloud.com)

#### **Secretary**

Jim Forret, Tel: 01334656137, mobile: 07526670535, email: [james.forret@btinternet.com](mailto:james.forret@btinternet.com)

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#### **Membership Secretary**

Dr Mike Morris

#### **Treasurer**

Mike Gray, tel 01360 550962, mobile 0797 9993614, e-mail: [branziertroad@gmail.com](mailto:branziertroad@gmail.com)

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#### **Access Officer**

John Andrews,

Tel: 01738 827275, email [john@jdandrews.co.uk](mailto:john@jdandrews.co.uk)

#### **Publications and Advertising Secretary**

Trevor Abell,

Tel 07913 288098, e-mail: [tmbabell@gmail.com](mailto:tmbabell@gmail.com)

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#### **Assistant Publications Officer**

Ian Bruce,

Tel: 01383 616062, e-mail: [ianbruce100@btinternet.com](mailto:ianbruce100@btinternet.com)

#### **Training Officer**

Dr Mike Morris

### **Useful RA Addresses**

**RA Central Office:** 2nd Floor, Camelford House, 87-90 Albert Embankment, London SE1 7TW Tel: 020 3961 3300 (new).

e-mail: [ramblers@ramblers.org.uk](mailto:ramblers@ramblers.org.uk) web: [www.ramblers.org.uk](http://www.ramblers.org.uk)

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You can also contact the membership services team (020 3961 3232) and volunteer support (020 3961 3180) directly.

**RA Scotland:** Caledonia House, 1, Redheughs Rigg, South Gyle, Edinburgh EH12 9DQ e-mail: [scotland@ramblers.org.uk](mailto:scotland@ramblers.org.uk) web: [www.ramblers.org.uk/scotland](http://www.ramblers.org.uk/scotland)

Tel: 020 3961 3270

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**Young Walkers:** <https://www.meetup.com/Tayside-Young-Walkers/> and <https://www.meetup.com/Stirling-Young-Walkers/>

Secretary: **Angarad Gibreel** email : [myfanwy\\_1@hotmail.com](mailto:myfanwy_1@hotmail.com)

## Group Secretaries (correct Feb 2023)

|                              |                                                                                                                                     |
|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| Blairstown                   | <b>Patricia Fraser</b><br>Tel 07843786191 e-mail <a href="mailto:patriciafraser@btinternet.com">patriciafraser@btinternet.com</a>   |
| Brechin                      | <b>Suzanne Johnston</b><br>07429 811838 e-mail: <a href="mailto:brechinramblers@gmail.com">brechinramblers@gmail.com</a>            |
| Dalgety Bay                  | <b>Chris Roberts</b><br>Tel 01383 822184 e-mail: <a href="mailto:chris.dbayramblersec@gmail.com">chris.dbayramblersec@gmail.com</a> |
| Dundee                       | <b>Hilary Miller</b><br>e-mail: <a href="mailto:dundeeramblers@gmail.com">dundeeramblers@gmail.com</a>                              |
| Dunfermline & West Fife      | <b>Sandra MacKinnon</b><br>Tel: 07704886732 e-mail: <a href="mailto:semackinnon@hotmail.com">semackinnon@hotmail.com</a>            |
| Forfar                       | <b>Dorothy Hutcheon</b><br>Tel 01307 468034 e-mail: <a href="mailto:dorothy.hutcheon@sky.com">dorothy.hutcheon@sky.com</a>          |
| Glenrothes                   | <b>Betty Barton</b><br>e-mail: <a href="mailto:glenrothesrambler@gmail.com">glenrothesrambler@gmail.com</a>                         |
| Kinross & Ochil              | <b>Ian Wilkinson</b><br>e-mail: <a href="mailto:i.h.wilkinson@gmail.com">i.h.wilkinson@gmail.com</a>                                |
| Kirkcaldy                    | <b>Beth Dickson</b><br>07791912417 e-mail: <a href="mailto:bd6427@icloud.com">bd6427@icloud.com</a>                                 |
| Perth                        | <b>Trevor Abell</b><br>Tel 07913 288098; e-mail <a href="mailto:tmbabell@gmail.com">tmbabell@gmail.com</a>                          |
| St Andrews & NE Fife         | <b>Colin Brown</b><br>Tel: 07745 252292. e-mail: <a href="mailto:colinbrown54@talktalk.net">colinbrown54@talktalk.net</a>           |
| Stirling, Falkirk & District | <b>Kate Baker</b><br>Tel: 07985455814 e-mail: <a href="mailto:sandf.ramblers@gmail.com">sandf.ramblers@gmail.com</a>                |
| Strathtay                    | <b>Jenny Rees</b><br>Tel: 07979608496 e-mail: <a href="mailto:jenny.rees@virgin.net">jenny.rees@virgin.net</a>                      |

|                          |                                                                                                  |
|--------------------------|--------------------------------------------------------------------------------------------------|
| Dalgety Bay              | <a href="http://dalgetybayramblers.org.uk">dalgetybayramblers.org.uk</a>                         |
| Perth & District         | <a href="http://perthramblers.org.uk">perthramblers.org.uk</a>                                   |
| Glenrothes               | <a href="http://glenrothesramblers.co.uk">glenrothesramblers.co.uk</a>                           |
| Dunfermline & West Fife: | <a href="http://ramblers.org.uk/dunfermline-west-fife">ramblers.org.uk/dunfermline-west-fife</a> |
| Dundee                   | <a href="http://ramblers.org.uk/dundee-district">ramblers.org.uk/dundee-district</a>             |
| Kirkcaldy                | <a href="http://ramblers.org.uk/kirkcaldy">ramblers.org.uk/kirkcaldy</a>                         |
| Stirling and Falkirk     | <a href="http://sfdramblers.wordpress.com">sfdramblers.wordpress.com</a>                         |
| St Andrews & NE Fife     | <a href="http://standrewsneferamblers.com">standrewsneferamblers.com</a>                         |
| Kinross and Ochil        | <a href="http://ramblers.org.uk/kinross-ochil">ramblers.org.uk/kinross-ochil</a>                 |
| Forfar                   | <a href="http://ramblers.org.uk/forfar-district">ramblers.org.uk/forfar-district</a>             |
| Strathtay                | <a href="http://ramblers.org.uk/strathtay">ramblers.org.uk/strathtay</a>                         |

### **If you are walking with a group other than your own:**

- Phone the walk leader and confirm the meeting place and time
- Leave your full name and contact telephone number in the walk book
- Tell the walk leader if you have any relevant medical condition.
- Socialise, particularly if there are a large number of you from another group.
- Don't leave the walk without telling the walk leader
- Thank the walk leader at the end of the walk.



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