



Forth Valley, Fife & Tayside
Area Joint Programme
April to September 2019

Walks and Events for:

Blairstown & District
Brechin
Dalgety Bay & District
Dundee & District
Dunfermline & West Fife
Forfar & District
Glenrothes
Kinross & Ochil
Kirkcaldy
Perth & District
St Andrews & NE Fife
Stirling, Falkirk & District
Strathclyde

Information Page

Welcome to the 39th edition of the joint programme covering the Summer programme for 2019. 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 new FVFT website; namely 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.

There are walk listings in various formats and IMPORTANTLY a prominent panel showing walks that have been altered since this printed programme was published.

This issue of the programme can be downloaded from the site in PDF format. Several previous editions are also available.

Publication Information for Next Issue

Deadlines: Electronic walk programmes to Ian Bruce by mid-August 2019

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.

Please send it directly to Trevor Abell by the end of August. Email attachments are also acceptable and indeed preferred.

The FV, F & T Joint Programme Team:

Publications and Advertising Secretary:

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Assistant Publications Secretary: Ian Bruce.

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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. However there has been a rethink from HQ at the time of writing, Group Secretaries are still 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.

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

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)

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.**

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.

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.

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*.

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

Transport

Generally cars are used to transport walkers to the start of a walk; car sharing is encouraged. 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.



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	Muir Market 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	ASDACP	Asda Supermarket Car Park, Perth
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 [meetup.com/Tayside-Young-Walkers](https://www.meetup.com/Tayside-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 Thursdays over the dates of the programme, Glenrothes Strollers have a midweek walk, to which all are welcome. The walk is selected by the walk leaders on the week of the walk, the location and distance depending on the weather conditions. To go on the walk, meet at St. Columba's Church.

Grade C: 4 - 6 miles 2.5 - 3.5 hours. **Meet/Time:** St Columba's Church CP at 10.00 **OS:** 59 **GR:** NO269009 **Description:** A short local walk (mostly within a 10 mile radius of Glenrothes), for details call one of the leaders.

Leaders: Linda Aitken or Gill Hagger 01592 757144 or 01592 563039

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 phone leader.

Leader: Edna Burnett, 01577 862977.

Dundee Ramblers Family Walks

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. However there is one in the current programme as we are having a joint walk with the Edinburgh Family Group in August at Maspie Den. 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 Dundee Secretary Jean MacGillivray on 07932014859 or dundeeramblers@gmail.com

Tayside Young Walkers

This is a group founded in February 2014 to provide an opportunity for walkers in the age groups of 20s, 30s and 40s to walk together and enjoy various social events. The group now has over 900 walkers attached to it. The group is 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>

Those of you in the younger age brackets are welcome to walk with them.

Contact: Angharad Gibreel - email myfanwy_1@hotmail.com

Perth A Walkers

Perth have been running their A Walkers Group for the last year in order to provide a programme of walks dedicated to those members wanting to undertake more demanding walks including Munros and Corbetts. As much as possible the walks will be advertised on the group webpage and by direct email contact to those who have indicated an interest. Dates will change, however, in accordance with the vagaries of the weather.

Main contact for this subgroup is Gil McGeachy: gil.mcgeachy@gmail.com

Perth Easy Walks

In complete contrast to the above there are plans to form a half-day walk programme for those walkers finding the normal walks too demanding. These are expected to take place on Tuesdays, probably on just a monthly basis. Current proposed first walk is on 23rd April to meet at ASDACP at 9.30am. Main contact for this subgroup will be Roger Brickell. Email: rogerbrickell@icloud.com

WALKS IN THE PROGRAMME													
	GRADES								DAYS				All
	A+	A	B+	B	C+	C	D	E	Sat	Sun	Regular midweek	Other midweek	
Blairgowrie	-	-	-	6	4	1	-	-	11	-	-	-	11
Brechin	-	-	-	5	7	1	-	-	13	-	-	-	13
Dalgety Bay	-	1	5	4	8	10	6	-	21	5	6	2	32
Dundee	-	1	3	3	11	16	-	-	22	2	-	10	34
Dunfermline & W. Fife	-	3	-	4	6	5	-	-	10	2	-	6	20
Forfar	-	-	-	-	6	5	-	-	4	7	-	-	11
Glenrothes	-	-	1	11	8	31	-	-	13	12	26	-	51
Kinross & Ochil	-	-	1	1	8	15	-	-	6	6	13	-	25
Kirkcaldy	-	1	-	9	6	13	-	-	13	4	6	-	29
Perth	-	-	2	6	15	2	-	-	25	-	-	-	25
St Andrews & NE Fife	-	-	3	3	7	4	2	-	7	6	6	-	19
Stirling & Falkirk	-	-	5	7	10	5	-	-	1	26	-	-	27
Strathlory	-	-	1	4	4	4	-	-	8	5	-	-	13
Totals	0	6	19	68	102	112	8	0	150	74	52	20	310

Walks & Events Diary

Tuesday 2nd April

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

KIRKCALDY:- Langtoun Daunderers - Kirkcaldy Green Spaces

GRADE C: 4.7mils **DEPART:** KRSN at 09:00 **WALK START:** End of Grantsmuir Road, Kirkcaldy, KY2 6NA. at 09:15 **OS:** 59 **GR:** NT252945 **DESCRIPTION:** A Dunnikier daunder around green spaces. Some parts perhaps not walked since the last millennium. The post-walk lunch venue will be decided on the day. **NOTE:** RADO. **CWRA.** **LEADER:** Alex Donald, 07943 871219

Thursday 4th April

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

Saturday 6th April

BLAIRGOWRIE:- Balkello Towards Kinpurney Hill

GRADE C+: 8mils ▲280m/918ft. **DEPART:** WCPB at 09:15 **WALK START:** Balkello Car Park at 10:00 **OS:** 54 **GR:** NO365384 **DESCRIPTION:** Circular walk on paths, tracks and some rough ground round west side of Auchterhouse Hill towards Kinpurney Hill returning the east side of Auchterhouse hill. **NOTE:** RADO. **LEADER:** Anne Crombie, 07341 669925

BRECHIN:- Rotmell Wood and Loch Circular

GRADE C: 8.5mils **DEPART:** SNSB at 09:00 **WALK START:** Cally car Park, near Dunkeld at 10:05 **OS:** 53 **GR:** NO023437 **DESCRIPTION:** Along good tracks to Mill Dam and Raor Lodge and Rotmell Farm and Polney Loch. 1/4 mile on road. **LEADER:** Loraig Alexander, 01307 818791

DALGETY BAY:-**Otterston Loch Circular**

GRADE C: 6mls **WALK START:** DBSCCP at 10:00 **OS:** 65 **GR:** NT156835 **DESCRIPTION:** An easy walk along the Coastal Path. Good paths and some road walking. **NOTE:** RADO. **LEADER:** Alice McEwan, 01383 822013 or 07749 388113

DUNDEE:-**Coastal Walk - Broughty Ferry to Monifieth**

GRADE C: 4.5mls/2.5hrs **WALK START:** Broughty Ferry Castle at 10:30 **OS:** 54 **GR:** NO465304 **DESCRIPTION:** Leisurely walk from Broughty Ferry Castle to Blue Seaway Park, Monifieth and return. Lunch at Grange & Broughty Ferry Golf Club before return journey. **LEADER:** Anne McCreery, 07519 650998

GLENROTHES:-**Cupar - Kemback - Dairsie Mains circular**

GRADE B: 9mls/5hrs **▲** 500ft **DEPART:** LCCP at 9:30 **WALK START:** Cupar, Fluthers CP at 10:00 **OS:** 59 **GR:** NO377147 **DESCRIPTION:** Cupar, Cairngreen Woods, Dairsie Den, Chapelwell and Hawklaw circular on paths, farm tracks and minor roads. **NOTE:** NoSC RADO **LEADER:** C Mackie & T McLaren 07903132319 tmclaren39@gmail.com

KIRKCALDY:-**Dowally - Loch Ordie - Mill Dam**

GRADE B: 12mls **▲** 426m/1400ft. **DEPART:** KRSN at 09:00 **WALK START:** Dowally Craft Centre at 10:30 **OS:** 53 **GR:** NO000481 **DESCRIPTION:** From Dowally to Raor Lodge, Loch Ordie, Riemore Lodge, Grewshill. Then below Deuchary Hill, down to Mill Dam, past Rotmell Wood and back to Dowally. **NOTE:** RADO. **LEADER:** Mike Livesey & Janet Fraser, 07783 201492

PERTH:-**Muir of Thorn, Murthly**

GRADE C+: 9mls **▲** 225m/738ft. **DEPART:** ASDACP at 09:00 **WALK START:** Murthly Village Hall at 09:30 **OS:** 53 **GR:** NO101385 **DESCRIPTION:** A moderate low level route following good tracks, paths and minor roads through farmland and forestry. **NOTE:** RADO. **LEADER:** Kenny Valentine, 01738 446496

STRATHTAY:-**Loch Lomond & West Highland Way (reserve transport)**

GRADE C: 7mls **DEPART:** CCP at 09:30 **WALK START:** Tarbet at 11:30 **OS:** 56 **GR:** NN320045 **DESCRIPTION:** 11.30 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. 4.45pm boat back to Tarbet (45 mins). Boat tickets 15 pounds approx. Book with leader. **NOTE:** RADO. **LEADER:** Bill Bruce, 01887 829753, bill_1_bruce@btinternet.com

Sunday 7th April

DUNFERMLINE & WEST FIFE:- Dunfermline Historic and Rural

GRADE C: 6mls/3hrs **WALK START:** LPRCP at 10:00 **OS:** 367 **GR:** NT098877 **DESCRIPTION:** A walk around the historic sites of the old town and Pittencrieff Park extending further into the countryside. **NOTE:** DWOL. **LEADER:** Jean Barclay, 01383 432495, jean.barclay@tiscali.co.uk

KINROSS & OCHIL:-**Norman's Law**

GRADE B: 4mls **DEPART:** KPR at 09:15 or BURN at 09:00 **WALK START:** Luthrie Village by Norman's Law signpost. (Limited parking) at 10:00 **OS:** 56 **GR:** NO332195 **DESCRIPTION:** A short level stretch followed by ascending farm track between fields, then grass, rock & heather with fairly short but stiff climb to the summit and panoramic views over Tayside and Fife. **NOTE:** RADO. **CWRA.** **LEADER:** Jacqui Ritchie, 01577 866813

STIRLING & FALKIRK:- Menstrie Glen

GRADE C+: 7.5mls/4.5hrs **DEPART:** LACP at 09:30 **WALK START:** Dumyat Centre Menstrie FK11 7BD at 10:00 **OS:** 58 **GR:** NS851969 **DESCRIPTION:** A short, steep climb up the east side of the Glen to Jerrah farm. Around Lossburn reservoir and across the burn. Return along old drove road on west side. **NOTE:** RADO. NoSC. Return Mileage - 12 **LEADER:** Allan Drew, 07921 687285, allan.drew@yahoo.co.uk

Monday 8th April

ST ANDREWS & NE FIFE:- Group Committee Meeting

MEET: Cupar Fire Station Community Room at 19:00 **CONTACT:** Will Aitken, 01334 470066, 07908 721466, wh.aitken@gmail.com

Wednesday 10th April

DUNDEE:- Carnoustie Links

GRADE C: 4mils **DEPART:** OCCP at 09:30 **WALK START:** Tayside Street Car Park (behind Leisure Centre) at 10:00 **OS:** 54 **GR:** NO565344 **DESCRIPTION:** From car park along beach, past golf course to Barry Buddon and back. Optional lunch. **LEADER:** Jean MacGillivray, 01382 623052 or 07932 014859, jean.macgillivray@btinternet.com

Thursday 11th April

DALGETY BAY:- Roamers ~ Dalgety Bay to Aberdour (minimal ascent)

GRADE D: 4mils/2.5hrs **WALK START:** Dalgety Bay Library at 10:00 **OS:** 65 **GR:** NT156834 **DESCRIPTION:** Along the Coastal Path when the daffodils are in bloom. After a refreshment opportunity the option is to return by bus or walk back. **NOTE:** RADO. **LEADER:** Alice McEwan: 01383 982013 or 07749 388113

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

Friday 12th April

KIRKCALDY:- Peebles weekend

MEET: As arranged at 09:30 **DESCRIPTION:** Two nights half board at the Tontine Hotel in Peebles. On Friday 12th and Saturday 13th there are various grade C and grade B walks available. On Sunday 13th there is a grade C+ walk after checkout. **CONTACT:** Liz Greig, 01592 653682, 07919 985239

Saturday 13th April

DALGETY BAY:- Threipmuir - Harlaw Reservoirs (Pentland Hills) Circular

GRADE C+: 6mils ▲100m/330ft **DEPART:** DBSCCP at 09:30 **WALK START:** Red Moss CP, Balerno at 10:15 **OS:** 65 **GR:** NT166639 **DESCRIPTION:** A circular walk around Threipmuir and Harlaw Reservoirs through Green Cleugh, Black Spring and Harlaw House Visitor Centre. **NOTE:** RADO. **LEADER:** Matsue Williams: 0131 332 4395

DUNDEE:- Forret and Logie

GRADE C: 8.5mils/5hrs ▲121m/400ft. **DEPART:** TBCCP at 09:30 **WALK START:** Dairsie Primary School Lane at 10:00 **OS:** 59 **GR:** NO411173 **DESCRIPTION:** Circular walk through countryside north of Dairsie. Mainly on paths and tracks but short road walking. **LEADER:** Tom Webster, 01382 552473

PERTH:- Beinn Fuath

GRADE B+: 9mils ▲700m/2296ft. **DEPART:** ASDACP at 09:00 **WALK START:** Car park on left of A85 half a mile west of St Fillans at 10:15 **OS:** 51 **GR:** NN689247 **DESCRIPTION:** Walk by the side of the road and golf course before ascending Beinn Fuath on rough ground. Descend via Dundurn Fort. **NOTE:** RADO. **LEADER:** Lynn Rankin, 01738 270568 or 07928 758259

ST ANDREWS & NE FIFE:- Pilgrims Way: Ceres to St Andrews

GRADE C+: 10mils/5.5hrs ▲137m/450ft. **DEPART:** FCPC at 09:40 **WALK START:** Ceres Village Car Park at 10:00 **OS:** 59 **GR:** NO400115 **DESCRIPTION:** Undulating walk, mostly on good paths, farm tracks, quiet country roads and town pavements. Some paths may be muddy. **NOTE:** RADO. NoSC. As linear walk, option to take Moffat & Williamson bus 64 bus to start or return by bus at end of walk. **LEADER:** Jane Houston, 01334 850211 or 07771 856643, jemillar15@aol.co.uk

QUICK GUIDE TO USING A COMPASS

Step 1: Line up your points



To start with you need to know where you are on the map (point A) and where you want to go to (point B). Get the map flat - a stiff map case, flat rock or your knee works. Line up point A and B with either the side of your compass or one of the black lines running down the base plate, making sure that the direction of travel arrow is point in the direction you want to go in (so towards point B). A compass with a larger base is useful here for covering longer distances, but you can use a straight edge with a smaller compass. For the moment, don't worry about the north arrow.

Step 2: Align to grid north



Now, hold the compass still and turn the compass housing bezel so that the "N" on the bezel and the orienteering arrow are point to grid north (the top of the map). To help do this – make sure that the orienteering lines are lined up with the easting lines on the map. Try to get this as accurate as possible - and if you have folded your map check which way is north! Again, ignore what the compass needle is doing at this stage.

Step 3: Adjust for magnetic variation



Now you need to allow for the difference between magnetic north and grid north. We're lucky in the UK that this variation is small and only in one direction, but where accuracy is important to need to adjust for it. Look for 'magnetic north'. Ignore any references to 'true north' as we don't need them. At the moment, in GB, all magnetic variations are west, and 0° to 4°. Pick up your compass and turn your compass bezel anticlockwise to ADD the magnetic variation. Many compasses have a smaller scale inside the compass housing to make this easier, or use the outer scale. Most compasses only show a marker for every 2 degrees. *With such a small variation for GB you can often ignore it, but it can become critical in some parts of the world or in featureless areas.*

Step 4: Line yourself up

Now put the map away. Be careful you don't move the compass bezel. Hold the compass flat and near your body, with the big 'direction of travel' arrow pointing straight ahead. Turn yourself *and* the compass around slowly until the red end of the needle lines up with the orienting arrow. The direction of travel arrow should still point straight ahead - that's the way you are going, towards B. Look up, and pick an object in the distance that's in exactly the right direction. It could be a distinctive tree, rock, hill peak or similar. Don't use sheep, as they tend to move!

Taken from the OS help page

<https://getoutside.ordnancesurvey.co.uk/guides/beginners-guide-to-using-a-compass/>

Sunday 14th April

FORFAR:- Cat Law

GRADE C+: 8mils **DEPART:** MMCP at 09:30 **WALK START:** Balintore at 10:15 **OS:** 53 **GR:** NO296587 **DESCRIPTION:** Steady climb up Catlaw from Auld Allan and return by Glen Quharity and Balintore with lovely views, bring your binoculars and on a clear day you can see Stirling. **LEADER:** Susan McLaren, 01575 573128

GLENROTHES:- Auchtermuchty Circular

GRADE C+: 8mils/4.5hrs ▲700ft **DEPART:** LCCP at 09:30 **WALK START:** CP off Dunshalt Road at 10:00 **OS:** 59 **GR:** NO240115 **DESCRIPTION:** A walk through Auchtermuchty and up to Demperston and Pitlour Hills, then to Strathmiglo over several styles past Reedieleys to Dunshalt. Likely to be muddy. **NOTE:** NoSC RADO **LEADER:** H Morrison 01592 749170 or 07821148256 hazmgmtmor@hotmail.com

STIRLING & FALKIRK:- Overtoun and Lang Craigs

GRADE B: 8mils/4.5hrs ▲440m/1443ft. **DEPART:** LACP at 09:30 **WALK START:** Council Offices car park, Garshake Road, Dumbarton, G82 3LG at 10:30 **OS:** 64 **GR:** NS412758 **DESCRIPTION:** A walk on the outskirts of Dumbarton, some rough terrain encountered but giving wonderful views over the Firth of Clyde. **NOTE:** RADO. NoSC. Return Mileage - 70 **LEADER:** Phil Seale, 07840 957215, phil@philseale.co.uk

Tuesday 16th April

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

Wednesday 17th April

DUNFERMLINE & WEST FIFE:- Boness to Kinneil Estate

GRADE C: 6mils/3hrs ▲90m/295ft. **DEPART:** LPRCP at 09:30 **WALK START:** Pier car park, Boness at 10:00 **OS:** 367 **GR:** NT000819 **DESCRIPTION:** Using part of the John Muir Way through Kinneil Nature reserve, passing Kinneil House. Return via Kinneil Wood. **NOTE:** DWOL. **LEADER:** Maureen Paul, 01383 727875 or 07842 386718, apaspaul9@gmail.com

ST ANDREWS & NE FIFE:- Leisurely Walk: Kingsbarns-Cambo

GRADE D: 4mils/2.5hrs ▲40m/131ft. **DEPART:** FCPC at 13:00 **WALK START:** Kingsbarns Beach Car Park at 13:45 **OS:** 59 **GR:** NO602124 **DESCRIPTION:** Walk along the beach ,following Coastal Path and then through woodland in Cambo Estate. Return by woodland paths and minor road. Some steps could be muddy and slippery. **NOTE:** RADO. NoSC. Leaders will meet at Walk Start Point **LEADER:** Carol Philip & Christine Arnold, 013344 475997 or 01334 654158, carolphilip@btinternet.com

Thursday 18th April

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

Saturday 20th April

BLAIRGOWRIE:- Loch Boltachan, St Fillans

GRADE B: 10mils ▲680m/2230ft. **DEPART:** WCPB at 09:00 **WALK START:** Car Parking layby opposite The Four Seasons Hotel at 10:30 **OS:** 51 **GR:** NN690244 **DESCRIPTION:** Varied walk, mainly on paths and tracks, some over open hillside can be indistinct and muddy. Part of the route follows the former Lochearnhead, St Fillans and Comrie railway giving access to Dunira Forest and Loch Boltachan. Good views. **NOTE:** RADO. **LEADER:** Pat Fraser, 01250 873577 or 07843 786191, patriciafraser@btinternet.com

BRECHIN:- Corrie Fee

GRADE C+: 7mils **DEPART:** SNSB at 09:00 **WALK START:** Glen Doll Car Park (fee). at 10:15 **OS:** 44 **GR:** NO284760 **DESCRIPTION:** Following good paths through Glendoll Forest to Corrie Fee NNR. Return by same route. Co-leader Irene McCool (01356 623521). **LEADER:** Sheila Mather, 01356 650240

DALGETY BAY:- Barnton to South Queensferry

GRADE C: 7.5mils **DEPART:** MBS - meet at 10:00 to catch X58 bus at 10:10 **WALK START:** Barnton Bus Stop at 10:40 **OS:** 65 **GR:** NT186749 **DESCRIPTION:** A Linear walk along the coast from Barnton to South Queensferry on woodland paths and minor roads. Coffee and cake stop at South Queensferry and returning by bus from South FRB stop. **NOTE:** RADO. An option is to go by car to The Forth Road Admin Centre car park joining the X58 bus at the south FRB bus stop at 10:25. **LEADER:** Evelyn Gordon: ergordon2126@yahoo.co.uk 01383 823221 or 07790 656855

DUNDEE:- Little Glenshee

GRADE C+: 7mils/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:** Circular walk on tracks and paths on open moorland and optional longer walk to Craig Gibbon and Obelisk (2 miles). **LEADER:** Graham Smith, 01382 528153 or 07963 819719

DUNFERMLINE & WEST FIFE:- The Kennet Estate and The Tolbooth

GRADE C: 5mils/2.5hrs **DEPART:** LPRCP at 09:30 **WALK START:** The Tolbooth and Mercat Cross, Clackmannan at 10:15 **OS:** 366 **GR:** NS912918 **DESCRIPTION:** A visit to the Tolbooth and Mercat Cross in Clackmannan then a walk in the woodlands around Kennet Estate and Kennet Pans. **NOTE:** DWOL. **LEADER:** Linda Moyes, 01383 852817 or 07840 759384, lm57.moyes@gmail.com

GLENROTHES:- Dunfermline - Fife Pilgrims Way from Lochore linear

GRADE C+: 9mils/4.5hrs ▲650ft **DEPART:** LCCP at 9:30 **WALK START:** FRC CP Robertson Rd Dunfermline at 10:00 **OS:** 58 **GR:** NT112888 **DESCRIPTION:** Walk to Halbeath Rd to take no 19 bus from Dunfermline to Ballingry. Start walk at Crosshill (GR NT177959). Route passes through Lochore Meadows, Blairadam Forest, Loch Fitty and Kingseat. Good paths, some easy inclines. Bring your bus-pass! **NOTE:** CWRA RADO Leaders will meet group at Robertson Rd CP **LEADER:** C & B Barton 01383 725859 chrisbettybarton@gmail.com

KINROSS & OCHIL:- Culross - Valleyfield

GRADE C: 8mils **DEPART:** KPR at 09:15 or BURN at 09:30 **WALK START:** Culross East CP at 10:00 **OS:** 65 **GR:** NS990858 **DESCRIPTION:** Using part of the John Muir Way, and heading inland to Valleyfield Woodland Park. (Probably too late for the snowdrops - but with climate change & the variable growing season, who knows!). **NOTE:** RADO. CWRA. **LEADER:** Carolyn Jenkins, 07925 972650, carolynjenkins1309@gmail.com

KIRKCALDY:- Prestonpans to Leith Links linear

GRADE C: 9.5mils **DEPART:** Kirkcaldy bus station stance 5 at 8.15 for X60 at 08:25 **WALK START:** Debenhams, Princes Street, Edinburgh EH2 3AB at 09:25 **OS:** 66 **GR:** NT251738 **DESCRIPTION:** Bus from Debenhams to Prestonpans, starting from Prestonpans at 10.30. Mainly on footpaths and cycle tracks beside the Forth, then to Craigtinnny golf course to finish at Leith Links for bus back to city centre. **NOTE:** RADO. NoSC. **LEADER:** Margaret Miller, 01592 266956

PERTH:- Devilla Forest near Kincardine

GRADE C: 6mils ▲78m/255ft. **DEPART:** ASDACP at 09:00 **WALK START:** Forestry Commission Car Park on the A985 two miles east of Kincardine Bridge at 10:00 **OS:** 65 **GR:** NS963870 **DESCRIPTION:** Circular walk using forest paths with some muddy patches. Will hopefully spot some wildlife and visit the Lochs in Devilla. **NOTE:** RADO. **LEADER:** Lynn Salvin, 01738 634628 or 07712 298939, salvin@blueyonder.co.uk

Sunday 21st April

STIRLING & FALKIRK:- Kinlochard: Couligarten, Duchray Water & Stronmacnair

GRADE C+: 7.5mls/4hrs ▲200m/656ft. **DEPART:** LACP at 09:30 **WALK START:** Park in Kinlochard Forestry Commission CP From Aberfoyle continue on the B829 beside Loch Ard to Kinlochard FK8 3TW at 10:30 **OS:** 57 **GR:** NN446020 **DESCRIPTION:** This is an undemanding, interesting and scenic walk in woodland and beside water. We include a visit to the historic area of Stronmacnair. **NOTE:** RADO. NoSC. Past The Wee Blether Tearoom turn L down a narrow road to the signposted Forestry Commission CP on the R Return Mileage - 55 **LEADER:** Janette Seale, 01786 447107 or 07709 957317, janette.seale@hotmail.co.uk

STRATHTAY:- Lady Mary's Walk

GRADE C: 6.5mls **DEPART:** CCP at 09:00 **WALK START:** Crieff at 09:30 **OS:** 52 **GR:** NN864225 **DESCRIPTION:** Lady Mary's walk is a delightful walk which includes the beautiful north bank of the River Earn in Crieff. **NOTE:** RADO. **LEADER:** Muriel Findley, 01887 820095, murfin41@btinternet.com

Tuesday 23rd April

Perth: - First walk by the Perth Easy Walks Group – meet at ASDA 9.30, refer first page.

Thursday 25th April

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

Friday 26th April

BRECHIN:- Weekend in Newtonmore (Friday 26 to Monday 29 April)

CONTACT: Sheila Mather, 01356 650240

Saturday 27th April

DALGETY BAY:- Wood you Ever do Craighorn (again)

GRADE B+: 7.5mls/5hrs ▲720m/2360ft **DEPART:** DBSCCP at 09:15 **WALK START:** Woodland Park CP, Alva at 10:30 **OS:** 58 **GR:** NS898975 **DESCRIPTION:** A long ascent of Wood Hill, then on to Ben Ever & Craighorn. At Craighorn summit turn west then south to pick up the track above Alva Burn and return to start. **NOTE:** RADO NoSC. **LEADER:** Ian Bruce: ianbruce100@btinternet.com 01383 616062 or 07518 154237

DUNDEE:- Kilgour & Arraty Craigs, Falkland

GRADE C: 6.5mls/4hrs ▲50m/164ft. **DEPART:** TBCP at 09:30 **WALK START:** Pillars of Hercules, Strathmiglo - Falkland Rd, A912 at 10:15 **OS:** 59 **GR:** NO241082 **DESCRIPTION:** On minor road, tracks and paths through farmland and forest. **LEADER:** Stewart & Val MacDonald, 01382 642728 & 07960 624539 or 07852 815900

FORFAR:- Lade Braes and Balgove (St Andrews)

GRADE C: 4mls **WALK START:** St Andrews Bus Station at 10:30 **OS:** 59 **GR:** NO501168 **DESCRIPTION:** Circular walk from town centre through a country estate, returning alongside golf courses. option to extend walk along the West Sands. **LEADER:** Christine Ferguson, 01382 532384

KIRKCALDY:- Burntisland Circular

GRADE B: 7.7mls **DEPART:** KRSN at 09:00 **WALK START:** Burntisland Leisure Centre car park, Lammerraws Road, Burntisland KY3 9BS at 09:30 **OS:** 66 **GR:** NT236858 **DESCRIPTION:** Burntisland, Kilmundy Hill, Standin' Stane Road. Return via pond, quarry and Broomhill Viewpoint to start of walk. **NOTE:** RADO. CWRA. **LEADER:** Alex Donald, 07943 871219

PERTH:- Knachly and Hill of Spott

GRADE C+: 6.5mils ▲340m/1115ft. **DEPART:** ASDACP at 09:00 **WALK START:** Public car park in Glenprosen Village at 10:15 **OS:** 54 **GR:** NO328657 **DESCRIPTION:** Taking the Ministers Road, this walk then turns right to climb to the top of Knachly, then follows the ridge to Hill of Spott before descending and returning to the start. Mostly good paths or tracks and moderate ascents with good views. **NOTE:** RADO. **LEADER:** Pete & Anne Trant, 01738 565075 & 07985 202934 or 07557 785696, thetrants@virginmedia.com

Sunday 28th April

GLENROTHES:- Lomond Hills - Craigmead West Lomond Ballo circular

GRADE B: 6.5mils/3.5hrs ▲750ft **DEPART:** LCCP at 09:30 **WALK START:** Craigmead CP at 10:00 **OS:** 58 **GR:** NO227062 **DESCRIPTION:** Walk to West Lomond Hill optionally including summit and back by reservoirs. Mainly hill tracks with some rough moorland. Short road walk. Superb views possible. Ascent 550 or 750ft. **NOTE:** CWRA RADO **LEADER:** W Cumming contact by Email splash2splosh@gmail.com

ST ANDREWS & NE FIFE:- Cloan Glen, Auchterarder

GRADE C+: 6mils/3.5hrs ▲250m/820ft. **DEPART:** FCPC at 09:30 **WALK START:** Crown Inn Wynd Car Park, High St, Auchterarder at 10:30 **OS:** 58 **GR:** NO943127 **DESCRIPTION:** Moderate low-level route with fine views as follow paths, tracks and minor roads, through farmland and woodland. **NOTE:** RADO. NoSC. **LEADER:** Susan Richmond, 01382 542516 or 07593 230299, susanrichmond@live.co.uk

STIRLING & FALKIRK:- Slackdhu in the Blanefield Hills

GRADE B+: 7mils/5hrs ▲450m/1476ft. **DEPART:** LACP at 09:30 **WALK START:** Kirkhouse Inn CP Strathblane G63 9DB at 10:30 **OS:** 64 **GR:** NS562794 **DESCRIPTION:** Starting on good tracks then open hillside with very few defined paths but rewarded with magnificent views over Black Craig. You must inform the walk leader in advance if you are going. **NOTE:** RADO. NoSC. A commanding position in the Blanefield Hills Return Mileage - 55 **LEADER:** Ray Finlay, 01786 449135 or 07792 549363, rayfin_1@hotmail.com

Tuesday 30th April

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

Wednesday 1st May

DUNFERMLINE & WEST FIFE:- Evening walk - Charleston Iron Mills Heritage

GRADE C: 4mils/2hrs **DEPART:** LPRCP at 17:30 **WALK START:** Limekilns car park at 18:00 **OS:** 367 **GR:** NT075833 **DESCRIPTION:** A varied walk exploring Charleston's heritage - limeworks, ironworks and mills. A mixture of paths and tracks with a little road walking. **NOTE:** DWOL. **LEADER:** Anne Laird, 01383 727515 or 07768 860066, anne-laird@hotmail.co.uk

Thursday 2nd May

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

Saturday 4th May

BLAIRGOWRIE:- Around Craig Leek

GRADE C+: 7mils ▲280m/918ft. **DEPART:** WCPB at 09:15 **WALK START:** Invercauld Estate Kelloch Car Park at 10:30 **OS:** 43 **GR:** NO187914 **DESCRIPTION:** Walk on paths and tracks, through woodland and open hillside around Craig Leek. **NOTE:** RADO. **LEADER:** Jean Stewart, 01250 873852

BRECHIN:- Gella Bridge Circular

GRADE C+: 6mils **DEPART:** SNSB at 09:00 **WALK START:** Gella Bridge Car Park, Glen Clova at 10:00 **OS:** 44 **GR:** NO373652 **DESCRIPTION:** To Kinrive via Brocklas. return via Glenmoy and Glencuilt. Co-leader Christine Bean (01356 624285). **LEADER:** Frances Low, 01356 625348

DALGETY BAY:-**Ceres to Drumcarrow Craig Circular**

GRADE C+: 10mls/6hrs ▲200m/660ft **DEPART:** DBSCCP at 09:00 **WALK START:** Ceres Folk Museum Car Park on S Croftdyke at 10:00 **OS:** 59 **GR:** NO399114 **DESCRIPTION:** Walking through farmland to Drumcarrow Craig, return loop, great scenery. **NOTE:** RADO NoSC. **LEADER:** Chris Roberts: c-b.roberts@tiscali.co.uk 01383 822184 or 07749 757587

DUNFERMLINE & WEST FIFE:- Blair Atholl and Loch Bhac

GRADE B: 9mls/5.5hrs ▲450m/1476ft. **DEPART:** LPRCP at 08:30 **WALK START:** Blair Atholl car park next to water mill at 10:00 **OS:** 43 **GR:** NN872651 **DESCRIPTION:** A glen, moorland and loch walk in the heart of highland Perthshire. **NOTE:** DWOL. **LEADER:** Grant Robertson, 01577 208436 or 07936 738581, grantrobertson1952@gmail.com

GLENROTHES:-**Aberfeldy - Loch Hoil Circular**

GRADE B: 8mls/4hrs ▲800ft **DEPART:** LCCP at 9:30 **WALK START:** Loch na Craige CP off the A 826 (Crieff to Aberfeldy road) at 11:00 **OS:** 52 **GR:** NN886451 **DESCRIPTION:** Starting from the car park there is a gradual ascent to Loch Hoil though pine woodlands. Continue around Craig Formal with views of Schiehallion in the distance. **NOTE:** NoSC RADO **LEADER:** L Allen 01592 748016 lesallen80@gmail.com

KIRKCALDY:-**Struthers Barns to Balmalcolm linear**

GRADE C: 9mls **DEPART:** Kirkcaldy bus station stance 2 at 9:00 for bus 41 at 09:10 **WALK START:** Struthers Barns road end on A916 at 10:00 **OS:** 59 **GR:** NO381094 **DESCRIPTION:** By Clatto Reservoir to Torloisk Wood along part of Fife Pilgrim Way, ending at Balmalcolm for bus back to Kirkcaldy. **NOTE:** RADO. NoSC. **LEADER:** Margaret Miller, 01592 266956

PERTH:-**Craig Fonvuick, Killiecrankie**

GRADE B+: 7mls ▲420m/1377ft. **DEPART:** ASDACP at 09:00 **WALK START:** National Trust Visitor Centre Killiecrankie (non members pay) at 09:45 **OS:** 43 **GR:** NN917626 **DESCRIPTION:** A superior hill walk to the viewpoint of Craig Fonvuick, returning via the River Garry, minor roads tracks and hill paths. **NOTE:** RADO. **LEADER:** Jim McCulloch, 01738 560604 or 07954 255876, james49mcculloch@virginmedia.com

STRATHTAY:-**Schiehallion Heritage Trail**

GRADE B: 6mls **DEPART:** CCP at 09:00 **WALK START:** Braes of Foss CP at 09:20 **OS:** 42 **GR:** NN753556 **DESCRIPTION:** From Braes of Foss car park, visit sites around Schiehallion ranging from Bronze Age sites to the remains of buildings from which Maskelyne carried out experiments in the 18th century to measure the weight of the Earth. Some climbing. **NOTE:** RADO. **LEADER:** Jenny Rees, 07979 608496, jenny.rees@virgin.net

Sunday 5th May

KINROSS & OCHIL:-**Upper Bridge of Allan Circuit**

GRADE C+: 5.5mls **DEPART:** KPR at 09:00 or BURN at 09:15 **WALK START:** Fountain Road Car Park, Bridge of Allan (near Co-op supermarket) at 10:00 **OS:** 57 **GR:** NS793974 **DESCRIPTION:** A scenic walk through Mine Woods to Cocksburn Reservoir, Pandreich Woods and Whitehill, with some short steep sections. Return to Bridge of Allan. **NOTE:** RADO. **LEADER:** Susan Tester, 01786 834535, susantester@btinternet.com

STIRLING & FALKIRK:-**Glen Ogle from Lochearnhead**

GRADE B: 7.5mls/5hrs ▲231m/760ft. **DEPART:** LACP at 09:30 **WALK START:** Lochearnhead Main Car Park between A85 and Loch shore FK19 8QG at 10:15 **OS:** 51 **GR:** NN593238 **DESCRIPTION:** An interesting walk along the old railway in Glen Ogle and then back along the old military road to the car park. Lovely views over mixed terrain with a short steep climb at the start of the walk. **NOTE:** RADO. NoSC. Return Mileage - 60 **LEADER:** Val Smith, 01786 470976 or 07828 149859, vps6@iname.com

Tuesday 7th May

KIRKCALDY:-

Langtoun Daunders - The Gypsy Trail, Leslie

GRADE C: 4mls **DEPART:** KRSN at 10:00 **WALK START:** Glenrothes Golf Club car park, KY6 2LA at 10:30 **OS:** 59 **GR:** NO251001 **DESCRIPTION:** Paths and tracks past Bloodyfoot, Strathendry and Prinlaws, returning over viaduct. **NOTE:** RADO. CWRA. **LEADER:** Liz Greig, 01592 653682 or 07919 985239

Wednesday 8th May

DUNDEE:-

Monikie

GRADE C: 3mls **DEPART:** OCCP at 09:30 **WALK START:** Monikie Park Car Park (Charges apply) at 10:00 **OS:** 54 **GR:** NO501383 **DESCRIPTION:** Leisurely walk round Monikie Country Park. Optional lunch. **LEADER:** Jean MacGillivray, 01382 623052 or 07932 014859, jean.macgillivray@btinternet.com

Thursday 9th May

DALGETY BAY:-

Roamers ~ Calais Muir Woodland, Dunfermline (minimal ascent)

GRADE D: 3.5mls **DEPART:** DBL at 09:30 **WALK START:** Tesco, Duloch at 10:00 **OS:** 65 **GR:** NT126861 **DESCRIPTION:** The route includes the Enchanted Walk, the Middle Path and the Gypsy Way. **NOTE:** RADO. **LEADER:** Ben Douglas: 01383 822715 or 07852 658675

GLENROTHES:-

Strollers Walk - see first page of this programme for details

Friday 10th May

DALGETY BAY:-

Weekend Away in Bute - Fri 10th to Sun 12th May

CONTACT: Chris Roberts: c-b.roberts@tiscali.co.uk 01383 822184 or 07749 757587

Saturday 11th May

DUNDEE:-

Ben-Y-Vrackie

GRADE B+: 6.25mls/4.5hrs ▲720m/2362ft. **DEPART:** CWCP at 09:00 **WALK START:** Car park on Baledmund Road at 10:30 **OS:** 52 **GR:** NN944598 **DESCRIPTION:** Great viewpoint at the summit, following good paths through woodland, open moorland and passing Loch a' Choire halfway, then on well made steep path to the summit. **LEADER:** Brenda Moffat & Sheila Roberts, 01382 736209 & 07512 850588 or 01382 825065

PERTH:-

Glen Fender

GRADE C+: 11mls ▲350m/1148ft. **DEPART:** ASDACP at 09:00 **WALK START:** Amulree Village Hall car park at 09:45 **OS:** 52 **GR:** NN900365 **DESCRIPTION:** Circuit of Glen Fender and descent to Glen Quaich by Turrereich and return by Loch Freuchie. **NOTE:** RADO. **LEADER:** Roger Brickell, 01764 656114 or 07733 317725, rogerbrickell@icloud.com

Sunday 12th May

FORFAR:-

Pitairlie Wood, Cunmont Hill Circular

GRADE C: 5.5mls **DEPART:** MMCP at 09:30 **WALK START:** 'The Thackie' Newbigging at 10:00 **OS:** 54 **GR:** NO507369 **DESCRIPTION:** Circular walk from 'The Thackie' using forest tracks, field margins and unclassified road. **LEADER:** David Anderson, 01382 370980 or 07510 182157

GLENROTHES:-

Lomond Hills - Bishop Hill circular

GRADE B: 7.5mls/4.5hrs ▲1000ft **DEPART:** LCCP at 09:30 **WALK START:** Holl Reservoir CP at 10:00 **OS:** 58 **GR:** NO223034 **DESCRIPTION:** Starting from Holl Reservoir walk to Bishop Hill then along the ridge with excellent views of Loch Leven and the Fife countryside two things of special interest being Carlin Maggie and the limestone quarry workings. **NOTE:** NoSC RADO **LEADER:** W Cumming contact by Email splish2splosh@gmail.com

KIRKCALDY:- Buckie Braes

GRADE C: 7mls **DEPART:** KRSN at 09:00 **WALK START:** South Inch car park, Tay Street, Perth PH2 8NS at 10:00 **OS:** 53 **GR:** NO120230 **DESCRIPTION:** Ascends through Craigie district via South Inch, Buckie Braes and Mailer Hill. Then by Craigie Knowes, St Magdalene Hill with good views. Finally back along the Tay and around North Inch. **NOTE:** RADO. NoSC. **LEADER:** Joan Bizzarri, 01592 269323 or 07851 702935, bizzarri.joan6@gmail.com

ST ANDREWS & NE FIFE:- Kirriemuir & Loch of Kinnordy

GRADE C+: 7.5mls/4hrs ▲150m/492ft. **DEPART:** FCPC at 09:15 **WALK START:** Kirrie Den car park on Knowehead, Kirriemuir at 10:30 **OS:** 54 **GR:** NO384538 **DESCRIPTION:** Walk through Kirrie Den to Loch of Kinnordy, then round Caddam Woods to Camera Obscura and return to start. Paths, tracks and minor road walking. **NOTE:** RADO. NoSC. Leaders will meet at walk start point **LEADER:** Stewart & Linda Collier, 07881 596883

STIRLING & FALKIRK:- Cupar to Hill of Tarvit House

GRADE C+: 7.4mls/4.5hrs ▲213m/700ft. **DEPART:** LACP at 09:15 **WALK START:** Fluthers Car Park Cupar KY15 4HB at 10:30 **OS:** 59 **GR:** NO376147 **DESCRIPTION:** From the Fluthers CP, along the river Eden to get to the outskirts. Out to Cupar Muir, then up hill to Scotstarvit tower and Hill of Tarvit house. Before returning to Cupar via Ceres moor. **NOTE:** RADO. CWRA. Note Early start – No we are not climbing Hill of Tarvit – That's another 300 foot climb Return Mileage - 85 **LEADER:** Eric Davidson, 07757 658055, davidson.family.es@gmail.com

Tuesday 14th May**DUNDEE:- Dinner at Dundee and Angus College**

MEET: Training Restaurant, Kingsway Campus, Dundee at 18:00 **DESCRIPTION:** Dinner at Kingsway Campus Training Restaurant. Cost £17.If you want to go please contact Linda by 9th April (maximum number of 42 so first come first served).Please also let Linda know if you have any food allergies or dietary requirements. **NOTE:** To make it fair no names will be taken until the printed programme has been sent out. **CONTACT:** L Beveridge, 01382 730832, 07811 462266

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

Wednesday 15th May**KIRKCALDY:- Summer Meal - advanced notice**

DESCRIPTION: The summer meal will take place on June 15 (see separate entry) at the Carnock Inn, Carnock, Dunfermline. See the Kirkcaldy group page at the Ramblers website for further details. **CONTACT:** Mike Livesey, 07783 201492, 01592 503272

ST ANDREWS & NE FIFE:- Leisurely Walk: St Andrews Town

GRADE C: 5mls/3hrs ▲45m/150ft. **DEPART:** FCPC--see alternate option below at 10:00 **WALK START:** West Port--west end of South Street at 10:30 **OS:** 59 **GR:** NO505165 **DESCRIPTION:** Easy walk , mainly on footpaths around St Andrews, taking in harbour, cathedral, castle and Lade Braes. Some short, sharp inclines. **NOTE:** RADO. NoSC. Rather than car share from FCPC, option to take X59 bus from Cupar Rail Station at 9:48 **LEADER:** Jim Forret, 01334 656137 or 07526 670535, james.forret@btinternet.com

Thursday 16th May

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

Friday 17th May**STIRLING & FALKIRK:- Spring weekend away - Gilsland Spa Hotel, Cumbria**

DESCRIPTION: 17th May to 20th May 2019 ----Gilsland Spa Hotel, Cumbria (contact Babs). **CONTACT:** Babs Butler, 01324 720165, 07711 575561, barbaraftutler@btinternet.com

Saturday 18th May

BLAIRGOWRIE:-

Glen Damff Circular

GRADE B: 10.5mils ▲ 360m/1181ft. **DEPART:** WCPB at 09:15 **WALK START:** Glenhead Farm at 10:00 **OS:** 44 **GR:** NO260628 **DESCRIPTION:** Start at Glenhead farm, at the head of Backwater reservoir, follow tracks north up to The High Tree via Bad Buidhe returning via Cairn Daunie. Walk mainly on tracks with approx 2 kms over moorland. **NOTE:** RADO. **LEADER:** Phil Taylor, 01828 633648

BRECHIN:-

Conach Craig - Bus trip with meal.

GRADE B: 6.5mils **DEPART:** SNSB at 08:00 **WALK START:** Spittal of Glen Muick Car Park at 10:00 **OS:** 44 **GR:** NO308851 **DESCRIPTION:** Follow tracks initially, with short gradual climb, then over rougher ground to summit. Total ascent 470 metres. Alternative low-level walk around Loch Muick. **LEADER:** Alison Stewart, 01307 818770

DALGETY BAY:-

Comrie to St. Fillans

GRADE B: 8.5mils/5hrs ▲ 650m/2130ft **DEPART:** DBSCCP at 08:30 **WALK START:** Car Park, Dundas Street, Comrie at 10:00 **OS:** 52 **GR:** NN772220 **DESCRIPTION:** Linear walk starting at Comrie then northwards to the Melville Monument via the Deil's Caldron, and then eastwards through Glen Boltachan and Glen Tarken. Return to St. Fillans for service bus to Comrie. **NOTE:** RADO. **LEADER:** David Thomson: dabthomson@gmail.com 01383 860324 or 07922 050562

DUNDEE:-

Newburgh to Brunton

GRADE B: 9mils/5hrs **DEPART:** TBCP at 09:30 **WALK START:** Newburgh at 10:15 **OS:** 58 **GR:** NO229181 **DESCRIPTION:** Linear Walk, final part of Fife Coastal Path. Lovely views over Tay. Undulating and may be very muddy. Option to climb Norman's Law. **NOTE:** All meet at TBCP for car sharing as some cars will need to be left at Newburgh and some at Brunton. **LEADER:** David Banks, 01382 858495 or 07719 382703, dbanks1@gmail.com

DUNFERMLINE & WEST FIFE:-

Meikle Bin

GRADE B: 6.5mils/3hrs ▲ 397m/1302ft. **DEPART:** LPRCP at 09:00 **WALK START:** North end of Carron Valley reservoir, Todholes on B818 at 10:00 **OS:** 348 **GR:** NS672858 **DESCRIPTION:** Steep but easy climb to the summit with excellent views over the Carron Valley. **NOTE:** DWOL. **LEADER:** Alan McGuckin, 01383 731557 or 07970 172593, atmcg53@gmail.com

GLENROTHES:-

Stanley - Kinclaven Bluebell Woods

GRADE C: 6mils/3.5hrs ▲ 450ft **DEPART:** LCCP at 09:30 **WALK START:** Kinclaven Woods CP - 2 miles East of Murthly at 10:45 **OS:** 53 **GR:** NO137381 **DESCRIPTION:** A walk through the famous bluebell wood near Kinclaven plus a walk along the banks of the River Tay. **NOTE:** CWRA DWOL **LEADER:** H Morrison 01592 749170 or 07821148256 hazmgmtmor@hotmail.com

KINROSS & OCHIL:-

Backwater Dam, Glen Isla

GRADE C+: 8mils **DEPART:** KPR at 08:45 or BURN at 08:15 **WALK START:** Backwater Dam CP at 10:15 **OS:** 53 **GR:** NO250591 **DESCRIPTION:** A low level circular walk, following well made tracks, paths and minor road round Backwater Dam. Some sections can be wet and muddy. **NOTE:** RADO. **LEADER:** Bill & Sheena Bedborough, 01259 742491

KIRKCALDY:-

Aberdour

GRADE C: 7mils **DEPART:** KRSN at 09:00 **WALK START:** Hawkcraig Road car park, Aberdour, KY3 0TZ at 09:30 **OS:** 66 **GR:** NT198851 **DESCRIPTION:** Through Aberdour and up past Hawk Hill. Past Glassliehead and down to Coastal Path via quarry and wireless station to return to car park. **NOTE:** RADO. **LEADER:** Alex Donald, 07943 871219

PERTH:-

Drovers Inn and Doune Bothy

GRADE C+: 6.5mils ▲ 250m/820ft. **DEPART:** ASDACP at 09:00 **WALK START:** Drovers Inn Car Park Invernanan at 10:30 **OS:** 56 **GR:** NN317184 **DESCRIPTION:** Very scenic walk on a secluded section of the West Highland Way. For the most part on clear paths with some steep ascents and descents. Return by the same route. **NOTE:** RADO. **LEADER:** Sue Henderson, 01738 861026 or 07980 147967, tanniesue_peru@yahoo.com

Sunday 19th May

STRATHTAY:- Loch Skiath

GRADE C+: 6.5mils ▲350m/1148ft. **DEPART:** CCP at 09:00 **WALK START:** Kinnaird House at 09:20 **OS:** 52 **GR:** NN982497 **DESCRIPTION:** Circular route above Kinnaird House on estate tracks and paths to Loch Skiath. **NOTE:** RADO. **LEADER:** John & Lily Fleming, 01887 820575, jandlfleming@btinternet.com

Thursday 23rd May

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

Saturday 25th May

DALGETY BAY:- Forgandenny & Castle Law

GRADE C+: 7.5mils/4.5hrs ▲350m/1150ft **DEPART:** DBSCCP at 09:30 **WALK START:** Station Road Forgandenny at 10:20 **OS:** 58 **GR:** NO086181 **DESCRIPTION:** Paths and tracks over high sheep pastures. Lovely views from Castle Law over the whole of Strathearn. **NOTE:** RADO. **LEADER:** Audrey Price: anprice@live.co.uk 01383 824173 or 07871 806582

DUNDEE:- Polney Loch and Loch of the Lowes

GRADE C+: 7mils/4hrs **DEPART:** CWCP at 09:30 **WALK START:** Car Park North End of Dunkeld at 10:30 **OS:** 53 **GR:** NO026428 **DESCRIPTION:** Walk by River Tay then to Polney Loch, Cally Car Park, Fungarth, Loch of Lowes then back to Dunkeld. All on good paths. **LEADER:** Lena Brown, 01382 884649 or 07597 690186

FORFAR:- Cortachy & Airlie Monument

GRADE C+: 7mils **DEPART:** MMCP at 09:30 **WALK START:** Cortachy Car Park at 10:15 **OS:** 54 **GR:** NO392598 **DESCRIPTION:** Walk from Cortachy along one side of the Esk to Airlie Monument and along the other side of the river to Cortachy to view the rhododendrons. **LEADER:** Susan McLaren, 01575 573128

PERTH:- Kilconquhar Loch

GRADE C+: 7.5mils ▲50m/164ft. **DEPART:** ASDACP 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 Fife Coastal Path up to the cliffs at Shell Bay. **NOTE:** RADO. **LEADER:** Mike Brown, 01738 446330 or 07825 014442, mikebrown1957@btinternet.com

ST ANDREWS & NE FIFE:- Bluebells in Blairgowrie

GRADE C+: 8mils/4.5hrs ▲70m/229ft. **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 and Bluebell Woods. Good footpaths with one short steep ascent from River Ericht. **NOTE:** RADO. NoSC. Leaders will meet at Walk Start Point **LEADER:** Christine Arnold & Carol Philip, 01334 654158 or 01334 475997, jandca.winslow@btinternet.com

Sunday 26th May

GLENROTHES:- Lower Largo to Shell Bay Circular

GRADE C+: 8.5mils/4.5hrs **DEPART:** LCCP at 09:30 **WALK START:** Temple CP Lower Largo. at 10:00 **OS:** 59 **GR:** NO421025 **DESCRIPTION:** An easy circular walk using disused railway and a beach walk to Shell Bay returning by the Fife coastal path. **NOTE:** CWRA RADO **LEADER:** D Higson 01592774187

KIRKCALDY:- Pitmedden Forest

GRADE B: 9.5mils **DEPART:** KRSN at 09:00 **WALK START:** Pitmedden Forest car park, 1 mile along the minor road Mournipea (Q53) northwest from Auchtermuchty at 10:00 **OS:** 58 **GR:** NO221129 **DESCRIPTION:** Forest Tracks with good views, passing Broom, Dumbarrow, Cordon, Pitcairle Hills, Pitmedden Wood and Auchtermuchty Common. **NOTE:** RADO. NoSC. **LEADER:** Joan Bizzarri & Madge Poklekowska, 015920328992, madge.p@live.co.uk

STIRLING & FALKIRK:- Meikleour : Cleaven Dyke and River Tay

GRADE C: 6.5m/3.5hrs ▲80m/262ft. **DEPART:** LACP at 09:30 **WALK START:** Meikleour Village Hall car park PH2 6EB at 10:40 **OS:** 53 **GR:** NO158395 **DESCRIPTION:** We walk through pine woods to Cleaven Dyke, then go by open countryside to follow the banks of the River Tay. Some walking over rough ground. **NOTE:** RADO. CWRA. We have access to the Village Hall for toilets & car park for £1 Donation each to Village Hall. Return Mileage - 105 **LEADER:** Hilary Thomson, 01786 472726 or 07834 529694, hilarydthomson@gmail.com

Monday 27th May**ST ANDREWS & NE FIFE:- Group Holiday to Dunoon: 27th to 31st May**

MEET: Esplanade Hotel, Dunoon: easy, local starter walk on first day at 15:00 **DESCRIPTION:** Walks will be agreed after dinner each night for following day: likely to be at least 2 walks of different grades according to interest of those on holiday. **NOTE:** Travel arrangements to and from Dunoon to be arranged by those going on holiday **CONTACT:** Jim Coates, 01337 831113, jcoates1944@gmail.com

Tuesday 28th May

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

Thursday 30th May**DUNDEE:- Pine Cone Cafe/Birkhill/Templeton Woods**

GRADE C: 5m/2.5hrs **DEPART:** CWCP at 10:00 **WALK START:** Pine Cone Cafe, Strathmartine, Dundee at 10:30 **OS:** 380 **GR:** NO359350 **DESCRIPTION:** Circular route starting from and returning to Pine cone Cafe via Birkhill and Templeton Woods. Footpaths, woodland tracks and some road walking. Minimal ascent. **LEADER:** Sheila Wallace, 01382 320243 or 07944 570925, smwallace55@gmail.com

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

Friday 31st May**KINROSS & OCHIL:- Weekend Away**

MEET: Arrochar Hotel, Arrochar at 14:30 **DESCRIPTION:** A selection of walks in the Trossachs over the 3 days. Full details to follow. **CONTACT:** Susan Tester, 01786 834535, susantester@btinternet.com

Saturday 1st June**BLAIRGOWRIE:- Day Away - Rosslyn Chapel**

MEET: WCPB at 08:00 **DESCRIPTION:** There will be the opportunity to look around Rosslyn Chapel and enjoy a walk in the area. A meal is also being arranged. Full details will be sent out once a recce has been completed. OS map 66 GR NT 274631 Post code EH25 9PU. **NOTE:** To book contact Madeleine MacIntosh Tel 01250 872005 maddiesworld@outlook.com **CONTACT:** Mike Morris, 01828 632548, 07984 463213, morriskilry@gmail.com

BRECHIN:- Cortachy - Airlie Memorial Circular

GRADE C+: 7m/1 **DEPART:** SNSB at 09:00 **WALK START:** Car Park above Cortachy School at 09:45 **OS:** 54 **GR:** NO392597 **DESCRIPTION:** Riverside and forest tracks up to Airlie Memorial Tower. Return via Dykehead on farm and forest tracks. Co-leader Catherine Ferguson (07789 631115). **LEADER:** Nancy McFarlane, 01356 626229 or 07986 531971

DALGETY BAY:- Livingston Circular

GRADE C: 7m/160ft **DEPART:** DBSCCP at 09:30 **WALK START:** Premier Inn Car Park, Deer Park Drive, Livingston at 10:30 **OS:** 65 **GR:** NT046702 **DESCRIPTION:** A walk round Detchmont Law & Livingston Reservoir on tracks and paths. some pavement walking. **NOTE:** RADO. **LEADER:** Ken Wright: 01383 822358 or 07535 386982



THE SCOTT-WILSON MEMORIAL SCULPTURE , GLEN PROSEN
TO MARK THE CENTENNIAL OF THE TERRA NOVA EXPEDITION TO THE SOUTH POLE
(CAPTAIN SCOTT AND HIS GOOD FRIEND REGINALD SMITH OF BURNSIDE LODGE, GLEN PROSEN SPENT
MANY HOURS TESTING EQUIPMENT FOR THE FUTURE EXPEDITION)

DUNDEE:- Dundee to Stannergate

GRADE C: 6mls **WALK START:** Discovery Point, Dundee (beside the penguins) at 10:00 **OS:** 54 **GR:** NO404298 **DESCRIPTION:** Walking the new cycling/walking route to Stannergate, then on to Rose's house for Tea/Coffee and Scones with donations in aid of Dundee Foodbank. There is a choice of buses back into the city afterwards. **NOTE:** RADO. This walk is all on pavements. **LEADER:** Rose Garvie, 01382 450763

DUNFERMLINE & WEST FIFE:- Pool of Muckhart

GRADE C: 7mls/3hrs **DEPART:** LPRCP at 09:30 **WALK START:** Coronation Hall, School Road, Pool of Muckhart at 10:15 **OS:** 368 **GR:** NO000005 **DESCRIPTION:** Pool of Muckhart to Rumbling Bridge gorge along core paths, paths and roads. May be muddy in places. **NOTE:** DWOL. Leader will meet everyone at Coronation Hall **LEADER:** Linda Moyes, 01383 852817 or 07840 759384, lm57.moyes@gmail.com

GLENROTHES:- Dundee - Monikie to Crombie circular

GRADE C: 8.5mls/4.5hrs **▲**400ft **DEPART:** LCCP at 9:30 **WALK START:** Monikie Country Park at 10:45 **OS:** 54 **GR:** NO501384 **DESCRIPTION:** Walk to Crombie Country Park by Craigton return by West Hillhead. **NOTE:** NoSC RADO **LEADER:** J Duncan 01337 831888 john@johnandmorven.co.uk

PERTH:- Hopetoun Monument and Cairney Lodge

GRADE C+: 9mils ▲340m/1115ft. **DEPART:** ASDACP at 09:00 **WALK START:** Crossgate, Cupar to catch the No 23 10.19 bus to The Scottish Deer Centre at 10:30 **OS:** 59 **GR:** NO374143 **DESCRIPTION:** The walk starts at the Scottish Deer Centre (GR NO328130) at 10.30 after catching the 10.19 bus from Crossgate, with a linear walk back to Cupar via the Hopetoun Monument, Torr of Moonzie, Cairney Lodge and Kingask. **NOTE:** RADO. Car parking at is at Crossgate, Fluthers car park, Cupar and then a 5 minute walk to the bus stop. **LEADER:** John Andrews, 01738 827275 or 07526 884953, john@jdandrews.co.uk

STRATHTAY:- Stob Breac

GRADE B: 6.5mils ▲560m/1837ft. **DEPART:** CCP at 09:00 **WALK START:** Inverlochlarig at 10:20 **OS:** 57 **GR:** NN446185 **DESCRIPTION:** Follow forest tracks and grassy slopes to climb Stob Breac, with fine views to the north. Descend west back to start. **NOTE:** RADO. **LEADER:** Alec Ferguson, 01796 470507, waferguson12@btinternet.com

Sunday 2nd June

KIRKCALDY:- Moulin - Bealach Na Searmoine - Killiecrankie

GRADE B: 8mils ▲579m/1900ft. **DEPART:** KRSN at 08:45 **WALK START:** Balnacraig car park, 1km west of Moulin, Pitlochry PH16 5QZ at 10:30 **OS:** 52 **GR:** NN937593 **DESCRIPTION:** Along the road to Moulin then a steady climb to 600m. Then through the bealach and down to Killiecrankie, returning via the Pass of Killiecrankie. **NOTE:** RADO. NoSC. **LEADER:** Mike Livesey, 07783 201492 or 01592 503272

STIRLING & FALKIRK:- Burntisland and The Binn

GRADE C+: 8mils/4.5hrs ▲176m/580ft. **DEPART:** LACP at 09:30 **WALK START:** Links Car Park Burntisland KY3 9DY at 10:30 **OS:** 66 **GR:** NT235858 **DESCRIPTION:** This walk takes us along the beach and then a gradual climb up The Binn for great views over Burntisland and the Fife coast. **NOTE:** RADO. NoSC. Return Mileage - 80 **LEADER:** Janet McNee, 01324 872205 or 07929 130582, janet.mcnee@googlemail.com

Tuesday 4th June

KIRKCALDY:- Langtoun Daunders - Pittenweem & Anstruther

GRADE C: 5mils **DEPART:** KRSN at 09:15 **WALK START:** West Braes car park Pittenweem, KY10 2PT at 10:15 **OS:** 59 **GR:** NO544023 **DESCRIPTION:** Coastal Path from Pittenweem to Anstruther, then heading inland onto farm tracks and field edges back to Pittenweem. **NOTE:** DWOL. CWRA. **LEADER:** Nancy Davies, 01592 262260, daves1746@gmail.com

Thursday 6th June

DUNFERMLINE & WEST FIFE:- Evening walk - Saline Heritage Trail

GRADE C+: 4mils/2hrs ▲100m/328ft. **DEPART:** LPRCP at 18:00 **WALK START:** Car park at bus turning circle in Saline at 18:30 **OS:** 367 **GR:** NT024925 **DESCRIPTION:** Walk along pavements, then farm tracks and narrow paths which could be muddy. Head towards Steelend, then through grounds of Bandrum Nursing Home and along the edge of Saline golf course. Some short, steep slopes. Lovely views at high point **NOTE:** DWOL. **LEADER:** Margaret Graham, 01383 738429 or 07745 219494, margaret.graham@live.co.uk

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

Saturday 8th June

DALGETY BAY:- Lochan a'Chait from Butterstone

GRADE B: 10mils/5.5hrs ▲500m/1640ft **DEPART:** DBSCCP at 09:15 **WALK START:** Butterstone Village Hall at 10:30 **OS:** 52 **GR:** NO063459 **DESCRIPTION:** Walk on tracks and paths to Riemore Lodge and follow Buckny Burn to the ruined Laird's house and on to Lochan a' Chait returning via Riemore Hill to Butterstone. **NOTE:** RADO. **LEADER:** Mike Gordon: magordon2003@yahoo.co.uk 01383 823221 or 07752 145911

DUNDEE:-**Ben Chonzie**

GRADE B+: 8mils/5.5hrs ▲700m/2296ft. **DEPART:** CWCP at 09:00 **WALK START:** Coishavachan, Glen Lednock at 10:45 **OS:** 51 **GR:** NN744276 **DESCRIPTION:** This is a Munro. Follow well worn track until the line of fence posts, then follow posts to summit and return. **LEADER:** Tom Webster, 01382 552473

KIRKCALDY:-**Prinlaws to Chapel linear**

GRADE C+: 8mils **DEPART:** Kirkcaldy bus station stance12 at 9.00 for bus 39A at 09:05 **WALK START:** Leslie Library, KY6 3BB at 10:05 **OS:** 59 **GR:** NO246015 **DESCRIPTION:** From Prinlaws via Flowers O'May, Finglassin's Well at Kinglassie, Dogton and Cluny to finish at Fife Retail Park (Chapel) for buses to town centre. Mainly on footpaths and tracks, with a short section of the Fife Pilgrim Way. **NOTE:** RADO. NoSC. **LEADER:** Ruth Beddall, 01592 260578

PERTH:-**Corrour to Rannoch Station**

GRADE C+: 11mils ▲160m/524ft. **DEPART:** ASDACP at 08:00 **WALK START:** Rannoch Station at 11:00 **OS:** 42 **GR:** NN432577 **DESCRIPTION:** Catch the 11.09 train from Rannoch Station to Corrour. From Corrour around the southern tip of Loch Ossian and then across wild moorland back to Rannoch Station. **NOTE:** RADO. Bring railcard/money for train. Parking and toilets at Rannoch Station. Midge spray/head net is advisable. 4 seasons clothing **LEADER:** Paula Bowman, 01738 582339 or 07870 937963, pbowman58@hotmail.com

Sunday 9th June**DUNDEE:-****Backwater Reservoir, Glen Isla**

GRADE C+: 7.5mils/4hrs ▲301m/990ft. **DEPART:** CWCP at 09:30 **WALK START:** Car Park at western end of Backwater reservoir Dam a mile north of the junction of the B951 and B954 in Glenisla at 10:30 **OS:** 53 **GR:** NO250589 **DESCRIPTION:** Moderate low level walk following tracks, paths and minor tarmac road around reservoir through a plantation and into Glen Damff. **LEADER:** Barbara Sayers, 07986 867255

FORFAR:-**Arbroath to Carnoustie**

GRADE C: 7mils **DEPART:** MMCP at 09:30 **WALK START:** Victoria Park, Arbroath at 10:15 **OS:** 54 **GR:** NO651412 **DESCRIPTION:** Coastal walk from Arbroath to Carnoustie and returning via public transport. **LEADER:** Dorothy Hutcheon, 01307 468034.

GLENROTHES:-**Perth - Tullybelton to Craig Gibbon Obelisk circular**

GRADE B+: 9.5mils/5hrs ▲1500ft **DEPART:** LCCP at 9:30 **WALK START:** Little Glenshee CP at 10:30 **OS:** 52 **GR:** NN987341 **DESCRIPTION:** From start walk proceeds uphill to Craig Gibbon Obelisk, returning by loch Tullybelton. Great views of Tayside. **NOTE:** NoSC RADO **LEADER:** L Allen 01592 748016 lesallen80@gmail.com

ST ANDREWS & NE FIFE:-**Norman's Law & Glenduckie Hill**

GRADE B: 10mils/6hrs ▲300m/984ft. **DEPART:** FCPC at 10:00 **WALK START:** Luthrie Village Hall, off A92 at 10:30 **OS:** 59 **GR:** NO331196 **DESCRIPTION:** Good tracks from start and steep ascent of the Law will be rewarded by great all-round views. On to Glenduckie Village and ascent to hill fort site. Return by coastal path (with option to reclimb the Law from other direction!). **NOTE:** RADO. NoSC. **LEADER:** Nicky Haxell, 01334 839117 or 07527 156034, nickyhax@gmail.com

STIRLING & FALKIRK:- Creag Uchdag from Glen Lednock

GRADE B+: 9.5mils/6.5hrs ▲667m/2188ft. **DEPART:** LACP at 09:30 **WALK START:** Coishavachan PH6 2LY at 10:45 **OS:** 51 **GR:** NN743273 **DESCRIPTION:** This is a Corbett which lies between Loch Tay and Glen Lednock. There are good views to the Ben Lawyers Range, also Ben Lui, Ben More and Stob Binnein. You must inform the walk leader in advance if you are going. **NOTE:** RADO. NoSC. We would begin from the car park by Coishavachan at the end of the public road up Glen Lednock. Return Mileage - 65 **LEADER:** Drew McBride, 01786 479213 or 07933 541764, mcbride169@btinternet.com

Tuesday 11th June

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

KIRKCALDY:- Winter Walks Programme meeting

MEET: Path Tavern, 7 Mid Street, KY1 2PE at 18:30 **DESCRIPTION:** Meeting to decide walks for the 2019-2020 winter programme. Please come to the meeting with proposals for the programme, having completed the proforma available on the Kirkcaldy Ramblers Group webpage. **CONTACT:** Mike Livesey, 07783 201492, 01592 503272

Thursday 13th June

DALGETY BAY:- Roamers ~ Aberdour to Burntisland (minimal ascent)

GRADE D: 4mls/2hrs **DEPART:** MBS - meet at 9.35 - No. 7 **BUS LEAVES** at 09:44 **WALK START:** Aberdour Rail Station at 10:00 **OS:** 66 **GR:** NT191854 **DESCRIPTION:** A walk along a section of the Fife Coastal Path, finishing with a short circuit of Burntisland. **NOTE:** RADO. **LEADER:** June Wright: 01383 822358

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

Friday 14th June

DUNDEE:- City Walk - Central and West Dundee

GRADE C: 4mls/2hrs **WALK START:** Discovery Point at 10:30 **OS:** 54 **GR:** NO404298 **DESCRIPTION:** Circular Walk taking in the sights of Central and West Dundee. Lunch to follow for those interested. Minimal ascent. **LEADER:** Sheila Wallace, 01382 320243 or 07944 570925, smwallace55@gmail.com

Saturday 15th June

BLAIRGOWRIE:- Loch Shandra & Auchintaple Loch circular

GRADE C+: 7.5mls ▲ 300m/984ft. **DEPART:** WCPB at 09:15 **WALK START:** Forestry Commission Car Park at Freuchies at 10:00 **OS:** 43 **GR:** NO224608 **DESCRIPTION:** Mainly good paths and tracks, following sign for Forter then on to ruins of Craignity and Craighead. North across moorland for approx 2 km to Auchintaple Loch. Then south returning to the track for Freuchies. Can be very muddy after rain. **NOTE:** RADO. Maps required are 43 and 44 **LEADER:** Nina Bell, 01250 874301, blairbelles@tiscali.co.uk

BRECHIN:- Hill of Two Halves, Craig Hill, Kenmore - Bus trip with meal.

GRADE B: 8.8mls **DEPART:** SNSB at 08:00 **WALK START:** Kenmore Hill car park at 10:00 **OS:** 52 **GR:** NN786445 **DESCRIPTION:** Moderate upland route following good tracks, paths and minor roads. Some strenuous ascents. Dogs under close control. Co-leader Nancy McFarlane (07986 531971). **LEADER:** Catherine Ferguson, 07789 631115, catherineferg@icloud.com

DUNDEE:- Newtyle/Lundie Crag

GRADE B: 8mls/5.5hrs **DEPART:** CWCP at 09:30 **WALK START:** Car park on North Street, Newtyle at 10:00 **OS:** 53 **GR:** NO296415 **DESCRIPTION:** Circular walk from Newtyle via Lundie Crag and return. Some walking through heather. One very steep descent through heather/grass. **NOTE:** RADO. **LEADER:** Rose Garvie & Lena Brown, 01382 450763 or 01382 884649 & 07597 690186

GLENROTHES:- Devilla Forest circular

GRADE C: 8mls/4.5hrs **DEPART:** LCCP at 09:30 **WALK START:** Devilla Forest main CP at 10:15 **OS:** 65 **GR:** NS965873 **DESCRIPTION:** An easy walk on paths and tracks, level with one easy incline. May be muddy in places. The walk visits all four lochs in the forest. **NOTE:** NoSC RADO Leaders will meet Group at start of walk **LEADER:** R and M Fairgrieve 07761 753437 rosfairgrieve@gmail.com

KINROSS & OCHIL:- Munro Bagging in Glen Lyon

GRADE B+: 10.5mils **DEPART:** KPR at 08:00 or BURN at 08:00 **WALK START:** Invervar in Glen Lyon at 10:00 **OS:** 51 **GR:** NN665483 **DESCRIPTION:** A circular walk starting from Invervar. Depending on weather etc, we will take in 5 Munro tops, with an alternative of 3 (8 miles) should the weather deteriorate. Glen Lyon is a beautiful area with outstanding views at 3000ft. **NOTE:** RADO. **LEADER:** Peter Edgerton, 01577 840449

KIRKCALDY:- Balgownie and Devilla

GRADE C: 8.5mils **DEPART:** KRSN at 09:30 **WALK START:** Balgownie Woods car park, KY12 8EL at 10:15 **OS:** 65 **GR:** NS982886 **DESCRIPTION:** Woodland walk on the new West Fife Link path with views of the Ochils and Forth. Parts of Devilla Forest and Balgownie Woods can be muddy. The walk will be followed by the summer meal at the Carnock Inn (see next entry). **NOTE:** RADO. CWA. **LEADER:** Beth Dickson, 07791 912417, bd6427@icloud.com

KIRKCALDY:- Summer Meal

MEET: Carnock Inn, 8 Main Street, Carnock, Dunfermline, Fife KY12 9JQ at 16:30 **DESCRIPTION:** Non-walkers are welcome to join walkers for the meal. **CONTACT:** Mike Livesey, 07783 201492, 01592 503272

PERTH:- Kirkmichael Paths Network

GRADE C+: 9mils ▲ 250m/820ft. **DEPART:** ASDACP at 09:00 **WALK START:** Re-cycling Point car park, Kirkmichael: 1st left over and then 1st left after the bridge. at 10:15 **OS:** 53 **GR:** NO079600 **DESCRIPTION:** Following the Kirkmichael paths Network - the Kindrogan and Pitcarmick Loops to Kindrogan Wood and Enochdhu and part of the CATERAN Trail. **NOTE:** RADO. **LEADER:** Tara Harper, 07762 265869, rugpurcat@hotmail.co.uk

Sunday 16th June

DALGETY BAY:- Springfield: Rankeilour Estate Circular

GRADE C: 8mils/4.5hrs **DEPART:** DBSCCP at 09:30 **WALK START:** Public Hall Springfield at 10:30 **OS:** 59 **GR:** NO341119 **DESCRIPTION:** An easy walk in Rankeilour estate following forest paths and rights of way to Ladybank Woods **NOTE:** RADO. **LEADER:** Jane Mitchell: janemaclean1@hotmail.com 01383 822843 or 07975 984015

DUNFERMLINE & WEST FIFE:- An Caisteal and Binn a'Chroin

GRADE A: 8mils/6.5hrs ▲ 1050m/3444ft. **DEPART:** LPRCP at 08:00 **WALK START:** Layby, 4 km south of Crianlarich, off A82 at 10:00 **OS:** 364 **GR:** NN369239 **DESCRIPTION:** Two Munros reached by a fine ridge walk giving extensive views. Mostly grassy but with some minor rocky sections. **NOTE:** DWOL. **LEADER:** Grant Robertson, 01577 208436 or 07936 738581, grantrobertson1952@gmail.com

STIRLING & FALKIRK:- Kippen Circular

GRADE C+: 8.5mils/4.5hrs ▲ 200m/656ft. **DEPART:** LACP at 09:30 **WALK START:** The Cross, Kippen FK8 3EH at 10:00 **OS:** 57 **GR:** NS653947 **DESCRIPTION:** Minor roads, tracks and old drove roads around the picturesque village of Kippen. Good views over Forth Valley and distant hills. **NOTE:** RADO. NoSC. Return Mileage - 20 **LEADER:** Betty Brodie, 01324 556762 or 07936 380395, bettybrodie@aol.com

STRATHTAY:- Dun Coillich

GRADE C: 5mils **DEPART:** CCP at 09:00 **WALK START:** Dun Coillich CP at 09:15 **OS:** 42 **GR:** NN768528 **DESCRIPTION:** Dùn Coillich was the first successful community land purchase in Highland Perthshire. A guided exploration of the hill with a profusion of wild flowers and views of Schiehallion. **NOTE:** RADO. **LEADER:** Bill Bruce, 01887 829753, bill_1_bruce@btinternet.com

Wednesday 19th June

ST ANDREWS & NE FIFE:- Leisurely Walk: Shell Bay Circular

GRADE C: 5mls/3hrs ▲45m/150ft. **DEPART:** FCPC at 12:00 **WALK START:** Walkers Car Park, Shell Bay--follow signs from A917 to Shell Bay Caravan Park at 12:35 **OS:** 59 **GR:** NO469005 **DESCRIPTION:** Easy circular walk to enjoy Shell Bay and Forth views. **NOTE:** DWOL. CWRA. **LEADER:** Will Aitken, 01334 470066 or 07908 721466, wh.aitken@gmail.com

Thursday 20th June

BRECHIN:- Winter Walks Meeting

MEET: St Andrews Church Hall, Brechin at 19:00 **CONTACT:** Linda Robbie, 01307 464512, lnr1@btinternet.com

DUNFERMLINE & WEST FIFE:- Hill of Beath

GRADE C+: 6mls/3hrs ▲140m/459ft. **WALK START:** LPRCP at 09:30 **OS:** 367 **GR:** NT098877 **DESCRIPTION:** From Leys Park Road car park via old railway track and paths to and from Hill of Beath. **NOTE:** DWOL. **LEADER:** Olive Inglis, 01383 842693 or 07773 995015, oliveminglis@aol.com

GLENROTHES:- Strollers Walk - see first page of this programme for detail

Saturday 22nd June

DALGETY BAY:- Glen Banvie, Falls of Bruar and Blair Castle

GRADE B: 9mls/5hrs ▲200m/660ft **DEPART:** DBSCCP at 09:00 **WALK START:** Glen Tilt CP at 10:30 **OS:** 43 **GR:** NN874663 **DESCRIPTION:** A circular walk on good tracks in the Atholl Estates via Old Blair and Glen Banvie with the return via the Falls of Bruar and the grounds of Blair Castle. **NOTE:** RADO. **LEADER:** Alistair Robb: 01383 820632 or 07757 809102

DUNDEE:- Murthly Estate Circular

GRADE C: 6mls/3.5hrs **DEPART:** CWCP at 09:30 **WALK START:** Parking area at Gellyburn Road end near entrance to Murthly Castle (1km north of Murthly on the B9099) at 10:30 **OS:** 53 **GR:** NO093393 **DESCRIPTION:** Very scenic easy walk around the estate on tracks through woodland and returning along the riverside. **LEADER:** M Rennie, 01382 200731 or 07743 091104

FORFAR:- Memus/Dykend Circular

GRADE C+: 10mls **DEPART:** MMCP at 09:30 **WALK START:** Memus Village Hall at 10:00 **OS:** 54 **GR:** NO420607 **DESCRIPTION:** Starting at Memus, past Burnside Farm head west from Dykend to Benscravie onto Shallgreen. Descend to Anniegathel, and through Den of Battarnach to Glenogil. Return by Den of Ogil, Glenquiech, Boghaugh an Newmill of Inshewan. **LEADER:** Ross Henderson, 01307 467721

KIRKCALDY:- Beecraigs circular, Linlithgow

GRADE B: 8.5mls **DEPART:** KRSN at 09:00 **WALK START:** Beecraigs Country Park Visitor Centre, EH49 6PL at 10:00 **OS:** 65 **GR:** NT005747 **DESCRIPTION:** On tracks and forest paths around the park, also taking in Beecraigs Loch, Witches Craig and Cockleroy. **NOTE:** DWOL. CWRA. **LEADER:** Liz Greig, 01592 653682 or 07919 985239

PERTH:- Kingsbarns to Anstruther

GRADE C+: 11mls ▲50m/164ft. **DEPART:** ASDACP at 09:00 **WALK START:** Kingsbarns town car park at 10:30 **OS:** 59 **GR:** NO593120 **DESCRIPTION:** Coastal walk from Kingsbarns passing Neuk of Fife and Crail to Anstruther. Return to Kingsbarns by bus. **NOTE:** RADO. Bring your bus pass if you have one. **LEADER:** Roger Brickell, 01764 656114 or 07733 317725, rogerbrickell@icloud.com

Sunday 23rd June

GLENROTHES:-

Kelty - Blairadam Forest circular

GRADE B: 9mls/5hrs ▲ 1000ft **DEPART:** LCCP at 9:30 **WALK START:** Lochore Meadows West CP, off B996 at Kelty at 10:00 **OS:** 58 **GR:** NT152949 **DESCRIPTION:** A circular walk on fairly good paths and tracks with some minor road walking. From Kelty into Maryburgh, Blairadam forest up to Dummiefarine Hill (optional climb!) skirting Loch Glow and returning via the forest again. Will be muddy: good views. **NOTE:** NoSC RADO Leader will meet Group at start of walk **LEADER:** M Slaven 01383 515995 or 07754141295 marygg08@talktalk.net

ST ANDREWS & NE FIFE:-

Glen Derby, Kirkmichael

GRADE B: 7.5mls/4hrs ▲ 200m/656ft. **DEPART:** FCPC at 09:00 **WALK START:** Car park opposite Kirkmichael School at 10:45 **OS:** 43 **GR:** NO079600 **DESCRIPTION:** Moderate walk, following paths and tracks through woodland and over moorland. Some sustained ascents and some sections could be boggy. **NOTE:** RADO. NoSC. **LEADER:** Jim Forret, 01334 656137 or 07526 670535, james.forret@btinternet.com

STIRLING & FALKIRK:- **Aberlady to Dirleton (Linear COACH WALK 1)**

GRADE B: 8mls/4.5hrs ▲ 20m/65ft. **DEPART:** LACP at 09:00 **WALK START:** Entrance to North Lodge, Gosford House EH32 0PX at 10:15 **OS:** 66 **GR:** NT449787 **DESCRIPTION:** Wonderful coastal walk along Gosford Bay /Aberlady Bay and Gullane Bay. **NOTE:** RADO. CWRA. Note early start - Additional Coach Pick up at Grangemouth at 9:15 **LEADER:** Colin Thomson & Hilary Thomson, 01786 472726 or 07702 636505, colinbthomson@gmail.com

STIRLING & FALKIRK:- **Aberlady to Dirleton (Linear COACH WALK 2)**

GRADE C+: 6mls/3.5hrs ▲ 20m/65ft. **DEPART:** LACP at 09:00 **WALK START:** Entrance to North Lodge, Gosford House EH32 0PX at 10:15 **OS:** 66 **GR:** NT449787 **DESCRIPTION:** Wonderful coastal walk along Gosford Bay /Aberlady Bay and Gullane Bay. **NOTE:** RADO. CWRA. Note early start. Alternative pick up at Grangemouth at 9:15 **LEADER:** Colin Thomson & Hilary Thomson, 01786 472726 or 07702 636505, colinbthomson@gmail.com

Tuesday 25th June

KINROSS & OCHIL:-

Tuesday Walkers - See details at beginning of this programme.

Wednesday 26th June

DUNDEE:-

Lade Braes, Balgove & Golf Links, St Andrews

GRADE C: 4mls **DEPART:** TBCP at 10:00 **WALK START:** Kinburn Car Park, St Andrews (first roundabout as you approach St Andrews) at 10:30 **OS:** 59 **GR:** NO502169 **DESCRIPTION:** Easy walk through Lade Braes, over to Balgove Estate and returning alongside the Links golf course. Lunch of soup, sandwiches, tea/coffee and biscuits (£7.75 pp) to follow at end of walk at Drumoig Golf Hotel, Forgan Drive, Drumoig KY16 0DS. **LEADER:** Frances Pogorzelec & Moira Dobson, 07808 029186 & 01382 667300 or 01382 459543 & 077920140781, frances.pogorzelec@gmail.com

Thursday 27th June

GLENROTHES:-

Strollers Walk - see first page of this programme for details

STIRLING & FALKIRK:-

Date for submission of walks for the 2019 winter programme

DESCRIPTION: Date for submission of walks for the 2019 winter programme. **CONTACT:** Babs Butler, 01324 720165, 07711 575561, barbara@butler@btinternet.com



The Great Wall of Beinn A' Chuallaich Rannoch

Saturday 29th June

BLAIRGOWRIE:- Glen Kendrum

GRADE B: 10mls **▲** 550m/1804ft. **DEPART:** WCPB at 08:45 **WALK START:** Car Park in Lochearnhead at 10:15 **OS:** 51 **GR:** NN592238 **DESCRIPTION:** Walk on road to old railway station, on through woodland, then short steep climb to upper rail track. Good track through Glen Kendrum with steady climb to bealach. Return by similar route. Fantastic open views of remote glen and Loch Earn. **NOTE:** RADO. Walk may be extended down to Glen Dubh depending on weather and progress. **LEADER:** Kathleen Frew, 01250 873805 or 07900 531159, kathleenfrew@msn.com

BRECHIN:- Enochdhu to An Lairig Col. Return via Uchd nah-Anaile

GRADE B: 8mls **DEPART:** SNSB at 09:00 **WALK START:** Car Park in Enochdhu, Strathardle. at 10:30 **OS:** 43 **GR:** NO062628 **DESCRIPTION:** Following Cateran Trail through forest then open grouse moor to col (view over to Spittal of Glenshee). Possible shorter walk visiting Dirnanear Gardens. Co-leader Irene McCool (01356 623521). **LEADER:** Ellen Smith, 01307 818632

DALGETY BAY:- Union Canal (Bridge 41) to Linlithgow

GRADE C: 7mls/4hrs ▲20m/70ft **DEPART:** DBSCCP at 09:30 **WALK START:** Park Farm Bistro at 10:15 **OS:** 65 **GR:** NT029770 **DESCRIPTION:** Walk along canal path into Linlithgow, then round the Loch. Return by canal path. **NOTE:** RADO. **LEADER:** Sheila & John Stewart: sheilsmail@yahoo.co.uk 01383 600370 or 07517 004993 & 07873 954758

DUNDEE:- Jack's Road

GRADE A: 12.5mls/7hrs ▲570m/1870ft. **DEPART:** Dundee Riverside Drive next to Bridgeview Restaurant at 08:00 **WALK START:** Auchallater at **OS:** 43 **GR:** NO156883 **DESCRIPTION:** Through walk from Auchallater to Glen Doll. Meal at Glen Clova Hotel after walk - approximately 6.00pm. Anyone not on the walk is welcome to attend meal. Names and money for walk and/or meal to Pat by end April. **NOTE:** Cost of bus £10 each. Bus will depart from Dundee Bridgeview Restaurant at 08.00am then go to Forfar Tesco at 08.30am. **LEADER:** Nan Hargraves & Pat Hargraves, 01307 462016 or 01307 462882

GLENROTHES:- Cupar - Ceres Circular

GRADE B: 9mls/5hrs ▲900ft **DEPART:** LCCP at 09:30 **WALK START:** Cemetery CP on Ceres Road, Cupar at 10:00 **OS:** 59 **GR:** NO380136 **DESCRIPTION:** Circular walk on tracks and minor roads passing through Ceres and Chance Inn. **NOTE:** NoSC RADO **LEADER:** G Christie 07443904731 grant911a@gmail.com

KIRKCALDY:- Four Tops in the Pentlands

GRADE A: 9.5mls ▲822m/2700ft. **DEPART:** KRSN at 09:15 **WALK START:** Flotterstone car park at 10:30 **OS:** 66 **GR:** NT231630 **DESCRIPTION:** Around Glencorse reservoir to Maiden's Cleugh, then Bell's Hill, Den's Cleugh, Black Hill, down to Loganlea reservoir and along to the Howe. Then Carnethy, Turnhouse and back to Flotterstone. **NOTE:** RADO. NoSC. **LEADER:** Mike Livesey, 07783 201492 or 01592 503272

PERTH:- Craig Hill, Kenmore

GRADE B: 9mls ▲460m/1509ft. **DEPART:** ASDACP at 09:00 **WALK START:** Kenmore Hill Car Park at 10:00 **OS:** 52 **GR:** NN786445 **DESCRIPTION:** moderate upland route following good tracks, paths and minor roads through woodlands and over moor with some strenuous ascents. **NOTE:** RADO. **LEADER:** Jim Pirie, 01738 451314 or 07923 457219

STRATHTAY:- Three Wade Bridges

GRADE B: 10mls **DEPART:** CCP at 09:00 **WALK START:** Old Bridge of Tilt at 09:40 **OS:** 43 **GR:** NN874662 **DESCRIPTION:** From Dalnamein Bridge to Blair Atholl following the Wade Road (built 1729) and crossing three original Wade bridges – Dalnamein, Clunes Lodge or Tinkers Bridge, Eye of the Window Bridge. **NOTE:** RADO. **LEADER:** Jenny Rees, 07979 608496, jenny.rees@virgin.net

Sunday 30th June

KINROSS & OCHIL:- Kinnoull Hill

GRADE C+: 5mls ▲222m/728ft. **DEPART:** KPR at 09:30 or BURN at 09:15 **WALK START:** South Inch CP (Parking charges) at 10:00 **OS:** 58 **GR:** NO120230 **DESCRIPTION:** Walk takes us across the railway bridge, some road walking, then steep climb up Kinnoull Hill. Mostly on good paths. Lovely views. **NOTE:** RADO. **LEADER:** Margaret Best, 01577 864112.

STIRLING & FALKIRK:- The Great Battlefield of Bannockburn

GRADE C: 5mls/4hrs ▲54m/180ft. **DEPART:** LACP at 09:30 **WALK START:** Bannockburn Heritage Centre car park FK7 0NP at 09:45 **OS:** 57 **GR:** NS798905 **DESCRIPTION:** Starting at the NTS Battle of Bannockburn Heritage Centre we follow the course of the Bannockburn through the gorge and down to the carse where the main battle took place. We return along the Pelstream Burn, following it towards its source. **NOTE:** RADO. CWRA. I hope we will be accompanied by a local historian. Return Mileage - 3 **LEADER:** Wraight Shepherd, 01786 475137 or 07753 941564, wraight.shepherd@talk21.com

Tuesday 2nd July

KIRKCALDY:-

Langtoun Daunderers - Cardenden to Kirkcaldy linear

GRADE C+: 4mils **DEPART:** Kirkcaldy bus station stance 9 at 9.30 for bus 32 at 09:35 **WALK START:** Cardenden railway station bus stance, KY5 0DE at 10:15 **OS:** 58 **GR:** NT218949 **DESCRIPTION:** Through Carden Den and Sunnyside plantation on paths and tracks, passing the sites of Carden Tower and the last duel in Scotland. Finish at John Smith Business Park with lunch at the Spiral Weave. **NOTE:** DWOL. CWRA. **LEADER:** Jim Hall, 01592 640395, jameshallkdy55@gmail.com

Thursday 4th July

DUNFERMLINE & WEST FIFE:- Evening walk - Carnock Woods, Cowstrandburn

GRADE C+: 3.5mils/2hrs ▲80m/262ft. **DEPART:** LPRCP at 18:00 **WALK START:** Car park at entrance to woods at Cowstrandburn at 18:30 **OS:** 367 **GR:** NT037906 **DESCRIPTION:** Walk through woodland starting on good gravel paths then narrow earth paths which could be muddy. Some short, steep slopes. Lovely views at high point in forest. **NOTE:** DWOL. **LEADER:** Margaret Graham, 01383 738429 or 07745 219494, margaret.graham@live.co.uk

GLENROTHES:-

Strollers Walk - see first page of this programme for details

Saturday 6th July

DALGETY BAY:-

Circular walk from Tynninghame Links to Seacliff Harbour

GRADE C+: 8mils/4hrs ▲20m/70ft **DEPART:** DBSCCP at 09:00 **WALK START:** Tynninghame Links Car Park (£2.00 Charge) at 10:30 **OS:** 67 **GR:** NT627809 **DESCRIPTION:** Woodland path to Ravensheugh Sands. Along beach and coastal paths to Seacliff Harbour, Britain's smallest, returning inland along good tracks and minor road. **NOTE:** RADO. **LEADER:** Evelyn Gordon: ergordon2126@yahoo.co.uk 01383 823221 or 07790 656855

DUNDEE:-

Loch Hoil

GRADE C+: 7mils/3.5hrs ▲150m/492ft. **DEPART:** CWCP at 09:15 **WALK START:** Gate on Gilmerton/Aberfeldy Road (A826) at 10:30 **OS:** 52 **GR:** NN886450 **DESCRIPTION:** Undulating walk over forest tracks. **LEADER:** Stewart & Val MacDonald, 01382 642728 & 07960 624539 or 07852 815900

DUNFERMLINE & WEST FIFE:- Townhill Loch and Woods

GRADE C+: 6mils/3hrs ▲60m/196ft. **WALK START:** LPRCP at 09:30 **OS:** 367 **GR:** NT098877 **DESCRIPTION:** From Leys Park along disused railway path then through woods and around loch. **NOTE:** DWOL. **LEADER:** Olive Inglis, 01383 842693 or 07773 995015, oliveminglis@aol.com

KIRKCALDY:-

King's Seat - Tarmangie - Whitewisp

GRADE B: 8.5mils **DEPART:** KRSN at 09:00 **WALK START:** Castle Campbell car park, Dollar, FK14 7PP at 10:00 **OS:** 58 **GR:** NS963993 **DESCRIPTION:** A circular walk taking in some of the finest views in the Ochils. Splendid views make the effort worthwhile. **NOTE:** RADO. CWRA. **LEADER:** Brian Clark, 01592 784553, bjclark@live.co.uk

PERTH:-

Auchtermuchty to Abernethy

GRADE C+: 8mils **DEPART:** Perth Bus Station for the 9.05am No 36 bus at 09:05 **WALK START:** The Cycle Tavern in Auchtermuchty at 10:10 **OS:** 58 **GR:** NO238118 **DESCRIPTION:** Catch the bus from Perth Bus Station to Auchtermuchty and then a linear walk through Pitmedden Forest via Seven Gates and across the Hill of Gattaway. Return to Perth by bus. **NOTE:** RADO. Bring your bus pass if you have one. **LEADER:** John Andrews, 01738 827275 or 07526 884953, john@jdandrews.co.uk

ST ANDREWS & NE FIFE:-

Abernethy to Pitmedden

GRADE C+: 7.5mils/4hrs ▲106m/350ft. **DEPART:** FCPC at 09:00 **WALK START:** Abernethy Round Tower in centre of village. Street parking and small car park off Main St at 10:30 **OS:** 58 **GR:** NO190164 **DESCRIPTION:** Mostly circular walk on good paths, forestry tracks and field edges. Good views. Minor uphill sections. **LEADER:** Julia Gadd, 01382 541267 or 07752 033326, julia.gadd@hotmail.com

Sunday 7th July

FORFAR:- Local Walk (Followed by Walks Planning Meeting)

GRADE C+: 7.5mils **WALK START:** MMCP at 09:30 **OS:** 54 **GR:** NO457516 **DESCRIPTION:** Head up to Balmashanner, follow tracks through disused quarries at Slatefield down to the Dundee Rd. West by Halkerton and South Leckaway. North by Lochmill then east Drumgley & Lochside to A90. Cross and follow footpath nth of Forfar Loch. **LEADER:** Ross Henderson, 01307 467721

GLENROTHES:- Glen Isla - Blackwater Reservoir circular

GRADE C+: 8mils/4.5hrs **▲** 400ft **DEPART:** LCCP at 9:30 **WALK START:** Blackwater Reservoir, western end CP at 11:00 **OS:** 44 **GR:** NO250589 **DESCRIPTION:** Low level walk following paths, tracks and minor roads around reservoir and Glen Damph. **NOTE:** NoSC RADO **LEADER:** C Mackie & T McLaren 07903132319 tmclaren39@gmail.com

STIRLING & FALKIRK:- Little Glen Shee including Craig Gibbon

GRADE B: 8mils/5hrs **▲** 535m/1755ft. **DEPART:** LACP at 09:30 **WALK START:** Little Glenshee car park PH1 4DR at 10:30 **OS:** 52 **GR:** NN989339 **DESCRIPTION:** This is an undulating walk on good forest paths with an easy few metres walk up to the obelisk on Craig Gibbon. There will be four metal stiles and a couple of burns to cross but nothing too difficult. **NOTE:** RADO. NoSC. Small car park but room for at least another 6 cars across the ford. Return Mileage - 90 **LEADER:** Lorraine Milne, 01324 631661 or 07925 217341, lorrainemilne@hotmail.co.uk

Monday 8th July

ST ANDREWS & NE FIFE:- Winter Walks Planning Meeting

MEET: Cupar Fire Station Community Room at 19:00 **DESCRIPTION:** If cannot attend, please pass on ideas to Walks Coordinator. **CONTACT:** Will Aitken, 01334 470066, 07908 721466, wh.aitken@gmail.com

Tuesday 9th July

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

Wednesday 10th July

DUNDEE:- Forfar Loch

GRADE C: 3mils **DEPART:** OCCP at 09:30 **WALK START:** Forfar Loch Car Park at 10:00 **OS:** 54 **GR:** NO450506 **DESCRIPTION:** Circular walk round Forfar Loch. Variety of wild life. Optional lunch. **LEADER:** Jean MacGillivray, 01382 623052 or 07932 014859, jean.macgillivray@btinternet.com

Thursday 11th July

DALGETY BAY:- Roamers ~ Fordell Castle Circular (40m gentle ascent)

GRADE D: 4mils/2.5hrs **▲** 40m/130ft **WALK START:** Dalgety Bay Library at 10:00 **OS:** 65 **GR:** NT156834 **DESCRIPTION:** A walk on tracks and the B916 footpath/cycleway. **NOTE:** RADO. **LEADER:** Ken Wright: 01383 822358 or 07535 386982

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

Saturday 13th July

BLAIRGOWRIE:- Stormontfield loop

GRADE C: 6mils **▲** 50m/164ft. **DEPART:** WCPB at 09:30 **WALK START:** Car Park at Stormontfield church, Kirk Loan at 10:00 **OS:** 53 **GR:** NO109298 **DESCRIPTION:** Flat riverside walk on paths and minor roads, with views of Stanley Mills on the opposite side, returning by way of Waulkmill. Option to continue to Perth Racecourse if weather and enthusiasm permit. **NOTE:** RADO. **LEADER:** Bill Phillips, 01250 870260

BRECHIN:-**Glen Callater**

GRADE C+: 9mils **DEPART:** SNSB at 09:00 **WALK START:** Auchallater Car Park, Glen Clunie. at 10:45 **OS:** 43 **GR:** NO156882 **DESCRIPTION:** Following track to Loch Callater. Return by same route. Can be shortened or extended. Co-leader Sheena Leven (01356 630208). **LEADER:** Frances Low, 01356 625348

DALGETY BAY:-**Plean Country Park**

GRADE C: 5.5mils/3hrs ▲50m/160ft **DEPART:** DBSCCP at 09:30 **WALK START:** Plean Country Park CP at 10:30 **OS:** 57 **GR:** NS827868 **DESCRIPTION:** See how nature has regenerated itself from the former pit bings, countryside paths maybe muddy in parts. **NOTE:** RADO. **LEADER:** Ken Wright: 01383 822358 or 07535 386982

DUNDEE:-**Tayport to Tentsmuir**

GRADE C: 8mils/4hrs **DEPART:** TBCP at 09:30 **WALK START:** Links Road North Car Park, Tayport at 10:00 **OS:** 59 **GR:** NO465281 **DESCRIPTION:** Beach and forest walk, no inclines. Visit the ice house and possible seal sighting. **LEADER:** Dave Rennie, 07760 460092

GLENROTHES:-**Stanley - Ballathie Wood circular**

GRADE C+: 8.5mils/5.5hrs ▲700ft **DEPART:** LCCP at 09:30 **WALK START:** CP outside Stanley Primary School (on B9099) at 10:30 **OS:** 58 **GR:** NO108329 **DESCRIPTION:** From Stanley, follow River Tay then through woodland to Ballathie Estate. Return passing Innernyte Farm using disused railway line. Mainly on good paths and tracks. **NOTE:** CWRA DWOL **LEADER:** L Bain 07977489965 thebains@yahoo.com

KINROSS & OCHIL:-**The Maam Road**

GRADE C+: 6.5mils **DEPART:** KPR at 08.45 or BURN at 09:00 **WALK START:** Laggan Car Park at 10:00 **OS:** 52 **GR:** NN777224 **DESCRIPTION:** From Laggan Car Park, follow lane to Twenty Shilling Wood, thence to Maam Road. Extensive views of Upper Strathearn. Return via west side of the dramatic gorge of Glen Lednock. **NOTE:** RADO. **LEADER:** Andrew & Edna Burnett, 01577 862977

KIRKCALDY:-**Falkland Estate landmarks**

GRADE C+: 6.5mils **DEPART:** KRSN at 09:30 **WALK START:** Falkland Estate car park, KY15 7AF at 10:00 **OS:** 59 **GR:** NO247075 **DESCRIPTION:** Woodland walk past the Mausoleum, Temple of Decision, Tyndall Bruce monument, Kilgour Crags and the Woodland Hub at Chancefield. Then returning to the start via the Pillars of Hercules and Red Squirrel Trail. Undulating, with good views. **NOTE:** RADO. NoSC. **LEADER:** Jim Hall, 01592 640395, jameshallkdy55@gmail.com

PERTH:-**Aberfeldy to Pitlochry (The Rob Roy Way) see note - can shorten**

GRADE B: 9.5mils ▲322m/1056ft. **DEPART:** Bus Stop opp ASDA for the 8.50 No23 bus to Aberfeldy at 08:50 **WALK START:** Aberfeldy Town Centre at 10:30 **OS:** 52 **GR:** NN854490 **DESCRIPTION:** The last section of the Rob Roy Way to Pitlochry along old railway paths, hill paths (boggy in places) and forest tracks. Can shorten to 5 miles by leaving at Grandtully, otherwise continue to Pitlochry and return by bus. **NOTE:** RADO. The No27 bus for Perth leaves Grandtully at 35 minutes past the hour, hourly. Leave the walk here if you want a shorter walk. **LEADER:** Allen Bardwell, 01738 444459 or 07952 339171, allenbardwell@blueyonder.co.uk

Sunday 14th July**STIRLING & FALKIRK:-****Edinburgh Canals and The Water of Leith**

GRADE C: 7mils/5hrs ▲76m/250ft. **DEPART:** LACP at 09:30 **WALK START:** The entrance to Haymarket Station This allows you to (1) park nearby, or (2) take the train in to Haymarket, or (3) Park and Ride using the tram. at 10:45 **OS:** 66 **GR:** NT240732 **DESCRIPTION:** Where does the Union Canal go to in Edinburgh? Let's find out. Also explore part of the enchanting Water of Leith Walkway. We follow the canal from its terminal basin to Craiglockhart, then the Water of Leith walkway down to the New Town. **NOTE:** DWOL. CWRA. Return Mileage - 70 to Haymarket **LEADER:** Wraight Shepherd, 01786 475137 or 07753 941564, wraight.shepherd@talk21.com

STRATHTAY:- Glen Tarken/Creag Ruadh

GRADE C+: 6mls ▲280m/918ft. **DEPART:** CCP at 09:00 **WALK START:** North Side of Loch Earn at 10:00 **OS:** 51 **GR:** NN669247 **DESCRIPTION:** Follow estate tracks steeply up into Glen Tarken and make a high level circuit of the Glen. Option to ascend Creag Ruadh over fairly easy ground which would add 1,000 ft ascent/descent and increase the Grade to B. **NOTE:** RADO. **LEADER:** Alec Ferguson, 01796 470507, waferguson12@btinternet.com

Tuesday 16th July

DALGETY BAY:- Winter Walks Planning Meeting

MEET: Dalgety Bay Day Centre at 19:30 **CONTACT:** Ian Bruce: ianbruce100@btinternet.com 01383 616062 or 07518 15423

Wednesday 17th July

DUNFERMLINE & WEST FIFE:- Eildon Hills from Melrose

GRADE B: 5.5mls/4hrs ▲477m/1564ft. **DEPART:** LPRCP at 08:30 **WALK START:** Abbey car park, Melrose at 10:00 **OS:** 338 **GR:** NT547341 **DESCRIPTION:** Fine half-day walk from Melrose taking in the three summits of Eildon Hills. **NOTE:** DWOL. **LEADER:** Alan McGuckin, 01383 731557 or 07970 172593, atmcg53@gmail.com

ST ANDREWS & NE FIFE:- Leisurely Walk: Cupar to Cairnie Fruit Farm

GRADE C: 5mls/2.5hrs ▲76m/250ft. **WALK START:** FCPC at 13:00 **OS:** 59 **GR:** NO377147 **DESCRIPTION:** Easy walk on urban footways, road verge, farm and woodland tracks to Cairnie. Return by same route after refreshments in Farm Cafe. **NOTE:** DWOL. CWRA. **LEADER:** Will MacKay, 01334 652903 or 07474 504506

Thursday 18th July

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

Saturday 20th July

DALGETY BAY:- Hermitage of Braid to Portobello Beach

GRADE C+: 8.5mls **DEPART:** MBS - meet at 09:00 for X58 bus at 09:10 **WALK START:** Edinburgh West End at 09:50 **OS:** 66 **GR:** NT246737 **DESCRIPTION:** Short walk to catch bus to Hermitage of Braid. Walk by Blackford Pond, Craigmillar Castle and Figgate Burn Park to Portobello beach. Mostly on good pedestrian paths. return from Portobello by bus. **NOTE:** RADO. **LEADER:** H. Haines & Jane Mitchell: janemaclean1@hotmail.com 01383 822187 & 07990 660724 or 01383 822843 & 07975 984015



If you are in the Dunkeld -Meikleour Area, make a detour to Spittalfield

**The Walkin Café is now open Wed – Sat 10am-4pm
and Sunday 11am-3.30pm**

Cycling & Walking friendly

(local maps on display of all the Core Paths around Spittalfield)

Lovely Coffee & Tea

Fresh Scones & Cakes

Soup, Sandwiches, Paninis & Toasties

Contact 07824398378

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DUNDEE:- Badandun Hill and Auchintaple Loch

GRADE B: 8mils/5hrs ▲480m/1577ft. **DEPART:** CWCP at 09:00 **WALK START:** Folda (at phone box) Glen Isla at 10:15 **OS:** 43 **GR:** NO187645 **DESCRIPTION:** From Glen Isla up tracks to Badandun Hill then round Auchintaple Loch. Views of Cairngorms and Strathmore. **LEADER:** Joyce Cumming, 01382 642752 or 07526 237526, joyce@cumming14.plus.com

DUNFERMLINE & WEST FIFE:- Glen Derby and Kindrogan

GRADE C+: 7.5mils/4hrs ▲300m/984ft. **DEPART:** LPRCP at 09:30 **WALK START:** Car park opposite Kirkmichael primary school at 11:00 **OS:** 387 **GR:** NO079600 **DESCRIPTION:** Moderate route on tracks and paths through woodland and over moorland. **NOTE:** DWOL. **LEADER:** Alan Paul, 01383 727875 or 07739 169674, apaspaul9@gmail.com

FORFAR:- Edinburgh Day Out

DESCRIPTION: Day out to Edinburgh by public transport. Opportunity to climb Calton Hill and after lunch visit the Scottish Parliament, followed by a bar meal before returning. Names to Christine by the 31st May - More details to follow. **CONTACT:** Christine Ferguson, 01382 532384

KIRKCALDY:- Kinglassie - Glenrothes

GRADE C+: 9mils **DEPART:** KRSN at 09:00 **WALK START:** Kinglassie public park, KY5 0YF at 09:30 **OS:** 58 **GR:** NT233987 **DESCRIPTION:** After an initial steep climb mainly flat with some road walking. **NOTE:** RADO. NoSC. **LEADER:** Joan Brown, 07989 904371, joanbrown8@gmail.com

PERTH:- A walk on the Cateran Trail with the Portuguese Ramblers

MEET: Starting place to be decided **DESCRIPTION:** A chance to walk part of the Cateran Trail with a Portuguese Ramblers group who are walking the entire length of the trail during the week. We will walk part of the section at Kirkton of Glenisla and return. **NOTE:** Trevor Abell will be the contact point and will finalise details nearer the time. Contact Trevor if you are interested. **CONTACT:** Trevor Abell, 01738 813123, tmbabell@gmail.com

Sunday 21st July

GLENROTHES:- Linlithgow - Beecraigs Park Cockleroy and Witchcraig

GRADE B: 7mils/4hrs ▲500ft **DEPART:** LCCP at 09:30 **WALK START:** Beecraigs Country Park CP at 10:45 **OS:** 65 **GR:** NS998742 **DESCRIPTION:** A walk through Beecraigs Country Park to Witch Craig Hill with superb views (ascent 250 ft). Then on to Cockleroy Hill (optional climb ascent 250 ft). **NOTE:** CWRA DWOL **LEADER:** C Baker 01592 751384 cabecosse1@aol.co.uk

ST ANDREWS & NE FIFE:- Glen Farg, Binn Hill and Railway Tunnels

GRADE B+: 10.5mils/5.5hrs ▲609m/2000ft. **DEPART:** FCPC at 09:30 **WALK START:** Aberargie--turn into Pattersons crane hire (approx 300m before roundabout going west on A913). Private land, please park where directed at 10:15 **OS:** 58 **GR:** NO162157 **DESCRIPTION:** Through woods to Binn Hill and via recycling centre to Balvaird Castle. Along disused railway through two 550m tunnels and back to Aberargie. Walk on tracks, fields, minor roads and old railway track. Very undulating up to 800ft. **NOTE:** RADO. NoSC. ESSENTIAL: Bring torch for tunnels. As parking is by arrangement, please only park where directed. **LEADER:** Sarah Dallas-Ross, 01382 541769 or 07828 403601, sarahadele.sdr@gmail.com

STIRLING & FALKIRK:- Balquidder to Brig o Turk via Glen Finglas Linear (COACH WALK)

GRADE B: 9mils/6hrs ▲295m/967ft. **DEPART:** LACP at 09:30 **WALK START:** Ballimore at end of minor road south of Balquidder FK19 8PE at 10:45 **OS:** 51 **GR:** NN529175 **DESCRIPTION:** A remote moorland walk linking Ballimore with Brig o Turk via Glen Finglas on an old drovers route. **NOTE:** RADO. NoSC. Moorland path and minor road, can be very boggy and exposed. Coach Walk - no pickup at Grangemouth **LEADER:** Ray Finlay, 01786 449135 or 07792 549363, rayfin_1@hotmail.com

Tuesday 23rd July

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

Thursday 25th July

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

Saturday 27th July

BLAIRGOWRIE:- Deuchary Hill

GRADE B: 11.5mils ▲590m/1935ft. **DEPART:** WCPB at 09:00 **WALK START:** Cally Car Park at 09:30 **OS:** 53 **GR:** NO023437 **DESCRIPTION:** Follow track to the Glack, then path east of Mill Dam. Head east, then north on steep rough path to summit. Continue on uneven path north to Loch Ordie. Return on track passing Raor Lodge. At Mill Dam continue on track to Cally Car Park. **NOTE:** RADO. **LEADER:** Richard Townsend, 07753 418101, richmtownsend@outlook.com

BRECHIN:- Tarfside - Millden circular.

GRADE C+: 8mils **DEPART:** SNSB at 09:00 **WALK START:** Tarfside Car Park at 09:45 **OS:** 44 **GR:** NO493796 **DESCRIPTION:** Tarfside to Millden via Blackcraigs. Return via tower and Craig Crane. **LEADER:** Ellen Smith, 01307 818632

DALGETY BAY:- Helix Walk

GRADE C: 6mils/3.5hrs **DEPART:** DBSCCP at 09:30 **WALK START:** Falkirk football stadium car park at 10:15 **OS:** 65 **GR:** NS906804 **DESCRIPTION:** A gentle walk to see the Kelpies. Negligible ascent. **NOTE:** RADO. **LEADER:** Irene Garvie: 01383 791050 or 07941 620775

DUNDEE:- Lady Mary's Walk and Laggan Hill

GRADE C+: 7mils/3.5hrs **DEPART:** CWCP at 09:30 **WALK START:** Turretbank Road, Crieff, PH7 4LJ at 10:30 **OS:** 52 **GR:** NN858221 **DESCRIPTION:** Pleasant walk on a good path, initially along riverside, with fine views of the countryside. Thereafter following ascent of Laggan Hill. **LEADER:** Brenda Moffat, 01382 736209 or 07512 850588

GLENROTHES:-**Bo'ness to Linlithgow**

GRADE B: 10mls/5hrs **▲** 400ft **DEPART:** LCCP at 09:30 **WALK START:** Bo'ness rail station car park. at 10:30 **OS:** 65 **GR:** NT002817 **DESCRIPTION:** Along Bo'ness foreshore to Kinneil House, then by Fishers Brae along north side of Linlithgow Loch. Return via Bonnytoun and Airngath. Good paths and some road walking, on quiet country lanes, and urban streets. **NOTE:** NoSC RADO **LEADER:** I Rankin 01337 830360 ishabelrankin@gmail.com

KIRKCALDY:-**Kingseat and Townhill**

GRADE C: 6.5mls **DEPART:** KRSN at 09:30 **WALK START:** Kingseat (on-street parking), KY12 0UD at 10:15 **OS:** 58 **GR:** NT125903 **DESCRIPTION:** Farmland and woodland northeast of Dunfermline. On reasonable paths, though some sections are liable to be muddy. **NOTE:** RADO. CWRA. **LEADER:** Beth Dickson, 07791 912417, bd6427@icloud.com

PERTH:-**Cupar and Cairnie Fruit Farm Circular**

GRADE C+: 8mls **▲** 194m/637ft. **DEPART:** ASDACP at 09:00 **WALK START:** Fluthers Car Park Cupar at 10:00 **OS:** 59 **GR:** NO377147 **DESCRIPTION:** From Cupar walk through Foodieash, Cairnie Fruit Farm and then a circuit around Kilmaron Hill and then returning to Cupar. **NOTE:** RADO. **LEADER:** Donald Purvis, 01738 813294 or 07478 247825, purvishome@gmail.com

STRATHTAY:-**Griffin to Dunkeld**

GRADE C+: 12mls **DEPART:** CCP at 09:00 **WALK START:** Griffin at 09:10 **OS:** 52 **GR:** NN885451 **DESCRIPTION:** Follow forest tracks up past Griffin wind farm and down through the south end of Craigvinean Forest to emerge at The Hermitage and Dunkeld. Bus back to Aberfeldy. **NOTE:** RADO. **LEADER:** Joyce Cameron & Violet Keir, 01887 840343 or 07568 440607, jemcameron@hotmail.co.uk

Sunday 28th July**KINROSS & OCHIL:-****Hill of Beath and Townhill circular**

GRADE C+: 8mls **DEPART:** KPR at 09:30 or BURN at 09:30 **WALK START:** Robertson Road, Dunfermline (Rd north of QM hospital) at 10:00 **OS:** 58 **GR:** NT112889 **DESCRIPTION:** Using core paths NE of Dunfermline, easy hill walk up to Hill of Beath, with option to continue to the summit. Some moderate inclines. **NOTE:** RADO. **LEADER:** Carolyn Jenkins, 07925 972650, carolynjenkins1309@gmail.com

STIRLING & FALKIRK:- High Valleyfield Woodlands and Countryside

GRADE C+: 6.5mls/3.5hrs **▲** 130m/426ft. **DEPART:** LACP at 09:30 **WALK START:** Car Park at Main Street, Low Valleyfield KY12 8TL at 10:00 **OS:** 65 **GR:** NT006863 **DESCRIPTION:** Woodland and open countryside route with short stretches of road walking. Return Mileage - 40. **NOTE:** RADO. CWRA. **LEADER:** Hilary Thomson, 01786 472726 or 07834 529694, hilarydthomson@gmail.com

Tuesday 30th July**DALGETY BAY:-****Musselburgh to Dalkeith (minimal ascent)**

GRADE C: 6mls/3hrs **DEPART:** MBS - meet at 09:00 for X58 bus leaving at 09:10 **WALK START:** Edinburgh Bus Station at 10:05 **OS:** 66 **GR:** NT256742 **DESCRIPTION:** After a short walk, catch bus to Fisherow, then walk on cycle route 1 along the River Esk to outskirts of Whitecraig. Then by pavement of A6904 into Dalkeith Country Park. Return from Dalkeith by bus. **NOTE:** RADO. **LEADER:** H Haines & Rose Nutt: 01383 822187 & 07990 660724 or 01383 822669 & 07494 235392

Wednesday 31st July**DUNFERMLINE & WEST FIFE:- Evening walk - Vane Farm and Loch Leven**

GRADE C+: 3mls/2hrs **▲** 200m/656ft. **DEPART:** LPRCP at 18:30 **WALK START:** RSPB Vane Farm car park, off B9097 on south side of Loch Leven at 19:00 **OS:** 58 **GR:** NT160990 **DESCRIPTION:** An exploration of the wetlands and hillsides of this beautiful nature reserve. **LEADER:** Grant Robertson, 01577 208436 or 07936 738581, grantrobertson1952@gmail.com

Thursday 1st August**GLENROTHES:-****Strollers Walk - see first page of this programme for details**

STIRLING & FALKIRK:- Winter 2019 walks meeting

MEET: Mayfield centre, St Ninians, Stirling. FK7 0DB at 19:30 **DESCRIPTION:** Come along to socialise and hear a preview of the new walks for the winter programme from the walks leaders. All are welcome. **CONTACT:** Babs Butler, 01324 720165, 07711 575561, barbara@butler.btinternet.com

Saturday 3rd August

DUNDEE:- Guildtown, St Martins and Wolfhill

GRADE C+: 6.75mls/3.5hrs ▲152m/500ft. **DEPART:** CWCP at 09:45 **WALK START:** Guildtown Village Hall, Hall Road, Guildtown at 10:30 **OS:** 53 **GR:** NO133317 **DESCRIPTION:** Moderate low level route following tracks, paths and minor roads through farmland passing by standing stones. **LEADER:** Barbara Sayers, 07986 867255

DUNFERMLINE & WEST FIFE:- Minchmoor and the Three Brethren

GRADE B: 9.5mls/6hrs ▲457m/1500ft. **DEPART:** LPRCP at 08:30 **WALK START:** Yarrowford parking beside the phone box at 10:00 **OS:** 58 **GR:** NT407300 **DESCRIPTION:** Good tracks and paths with a steady climb to Brown Knowe, Broomy Law, Three Brethren and down past Broadmeadows, Scotlands first youth hostel. **NOTE:** DWOL. **LEADER:** Anne Laird, 01383 727515 or 07768 860066, anne-laird@hotmail.co.uk

KIRKCALDY:- Old Moor Road and Ceres circular

GRADE C+: 7.5mls **DEPART:** KRSN at 09:00 **WALK START:** Cemetery car park opposite Castlehill School, Cupar, KY15 5JN at 09:45 **OS:** 59 **GR:** NO377137 **DESCRIPTION:** Along tracks and clear paths through Ceres and past Chance Inn, returning to Cupar. Good views. **NOTE:** DWOL. CWRA. **LEADER:** Liz Greig, 01592 653682 or 07919 985239

PERTH:- Path of Condie and Condie Hill

GRADE C+: 8mls ▲300m/984ft. **DEPART:** ASDACP at 09:00 **WALK START:** Area adjacent to the start of the forest road 0.5 miles south from the hamlet of Stronachie at 10:00 **OS:** 58 **GR:** NO071078 **DESCRIPTION:** Start the walk through the plantation over North Hill and down to the Water of May and Clow Bridge. Climb the main path to Condie Hill and then onto Path of Condie hamlet and then return using a series of forest tracks. **NOTE:** RADO. **LEADER:** Trevor Abell, 01738 813123 or 07913 288098, tmbaell@gmail.com

Sunday 4th August

DALGETY BAY:- Bochastle - Stank Glen Circular

GRADE B+: 10mls/6hrs ▲470m/1540ft **DEPART:** DBSCCP at 09:00 **WALK START:** Bochastle Car Park at 10:15 **OS:** 57 **GR:** NN607081 **DESCRIPTION:** From Bochastle CP, forestry track along the lower slopes of Ben Ledi, round Stank Glen, Loch Lubnaig and return by cycle track. **NOTE:** RADO. **LEADER:** Mike Gordon: magordon2003@yahoo.co.uk 01383 823221 or 07752 145911

FORFAR:- Family & Friends Walk round Camperdown Park

GRADE C: 4mls **DEPART:** MMCP at 09:30 **WALK START:** Camperdown Park Car Park (Opposite The Zoo) at 10:15 **OS:** 54 **GR:** NO464656 **DESCRIPTION:** Easy walk round Camperdown Park all friends and family welcome. (opportunity for refreshments in Cafe after the walk). **LEADER:** Margaret Mackie, 01307 464656

GLENROTHES:- Scone Circular from Stormontfield

GRADE C: 8mls/4.5hrs **DEPART:** LCCP at 09:30 **WALK START:** Stormontfield Village Hall at 10:45 **OS:** 53 **GR:** NO108298 **DESCRIPTION:** Riverside walk along by the River Tay including a short loop via Waulkmill and Stormontfield fish ponds. Limited walking on road and also Woodland walks along the way. **NOTE:** CWRA DWOL Leader will meet Group at start of walk **LEADER:** D Mathieson 07535 813423 don2908@yahoo.co.uk

ST ANDREWS & NE FIFE:- Auchtermuchty to Pitlour

GRADE B+: 9mils/5hrs ▲243m/800ft. **DEPART:** FCPC at 09:30 **WALK START:** Street parking near Cycle Tavern, Auchtermuchty at 10:00 **OS:** 58 **GR:** NO239117 **DESCRIPTION:** Circular walk via Leckiebank, Pitlour Hill, Strathmiglo, returning via Dunshalt. Enjoy scenic views. Some steep uphill and downhill sections in first half of walk to Strathmiglo. **NOTE:** RADO. NoSC. **LEADER:** Joan Crichton, 01334 652402 or 07441 202444, jocrglen@aol.com

STIRLING & FALKIRK:- Beinn Narnain from Arrochar

GRADE B+: 5mils/6.5hrs ▲926m/3038ft. **DEPART:** LACP at 09:00 **WALK START:** Car Park at the head of Loch Long, also used for The Cobbler ascent G83 7AU at 10:00 **OS:** 56 **GR:** NN294043 **DESCRIPTION:** The most interesting ascent of any of Scotland's Munros. Starting from Loch Long, we meander up the rocky SE slopes of Beinn Narnain, along grassy banks, rocky boulders, ledges and miniature glens, and passing the famous steeple rock. **NOTE:** RADO. NoSC. An intro to Arrochar Alps. Return Mileage - 100. You must inform the walk leader in advance if you are going. **LEADER:** Wraight Shepherd, 01786 475137 or 07753 941564, wraight.shepherd@talk21.com

Tuesday 6th August

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

KIRKCALDY:- Langtoun Daunders - River Ore from Dunnikier

GRADE C: 5mils **DEPART:** KRSN at 09:45 **WALK START:** Oswald House car park (previously known as Dunnikier House Hotel) at 10:15 **OS:** 59 **GR:** NT278943 **DESCRIPTION:** Johnny Marshalls Loan and River Ore, followed by lunch at Dunnikier Golf Club. **NOTE:** RADO. CWRA. **LEADER:** Beth Dickson, 07791 912417, bd6427@icloud.com

Wednesday 7th August**DUNDEE:- Lucklaw Hill, Balmullo**

GRADE C+: 5mils/3hrs ▲150m/492ft. **DEPART:** TBCP at 09:30 **WALK START:** Burnside Hall, Balmullo at 10:00 **OS:** 59 **GR:** NO429209 **DESCRIPTION:** Circular walk on forest tracks, short distance on road. **LEADER:** Stewart & Val MacDonald, 01382 642728 & 07960 624539 or 07852 815900

Thursday 8th August**DALGETY BAY:- Roamers ~ Kirkcaldy to Kinghorn**

GRADE D: 4mils/2hrs **DEPART:** MBS - meet at 09:35 for No. 7 bus at 09:44 **WALK START:** Seafield Car Park, Kirkcaldy at 10:30 **OS:** 66 **GR:** NT278897 **DESCRIPTION:** A walk along a section of the Fife Coastal Path. **NOTE:** RADO. **LEADER:** Rose Nutt: 01383 822669 or 07494 235392

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

Saturday 10th August**BLAIRGOWRIE:- Glensherup Horseshoe - Glendevon**

GRADE B: 9mils ▲576m/1889ft. **DEPART:** WCPB at 09:15 **WALK START:** Car Park on south side of road at 10:15 **OS:** 58 **GR:** NN972050 **DESCRIPTION:** Lovely walk on excellent paths and tracks taking in Glensherup Reservoir and Ben Shee. **NOTE:** RADO. **LEADER:** Madeleine McIntosh, 01250 872005 or 07904 382840, maddiesworld@outlook.com

BRECHIN:- Pitmedden Forest from Abernethy

GRADE C+: 8mils **DEPART:** SNSB at 09:00 **WALK START:** Abernethy Round Tower at 10:30 **OS:** 58 **GR:** NO190165 **DESCRIPTION:** Park on streets or in small signed CP. A circular walk from Abernethy up into Pitmedden Forest with a variety of good viewpoints. **LEADER:** Peter & Anna Fiabane, 01307 461121 or 07743 943171, fiabanes@gmail.com

DALGETY BAY:- Ben Vorlich (Loch Earn)

GRADE A: 7mls/6hrs **▲**890m/2920ft **DEPART:** DBSCCP at 08:00 **WALK START:** Roadside parking at Ardvorlich at 09:30 **OS:** 51 **GR:** NN633232 **DESCRIPTION:** A straightforward ascent of this popular Munro and return by the same route. On a clear day the views are spectacular. The walk will not take place if adverse weather is forecast. Check with leader or Area Website before travelling. **NOTE:** RADO NoSC. Distance, time required and ascent are estimates. Online entries may be updated after recce. **LEADER:** Ian Bruce: ianbruce100@btinternet.com 01383 616062 or 07518 154237

DUNDEE:- Brunton to Tay Bridge Car Park

GRADE C+: 10mls/5hrs **DEPART:** TBCP at 09:30 **WALK START:** Brunton at 10:00 **OS:** 59 **GR:** NO310209 **DESCRIPTION:** Linear walk. Part of Fife Coastal Path. Lovely views. May be muddy. **NOTE:** All meet at TBCP for car sharing as some cars will need to be left at TBCP and some at Brunton. **LEADER:** David Banks, 01382 858495 or 07719 382703, dbanks1@gmail.com

GLENROTHES:- Lomond Hills - Craigmead to four Lomond reservoirs circular

GRADE C+: 7mls/4hrs **▲**700ft **DEPART:** LCCP at 9:30 **WALK START:** Craigmead CP at 9:45 **OS:** 58 **GR:** NO227062 **DESCRIPTION:** Initially a climb to the limekilns, then to the four reservoirs on mostly undulating paths with two short quiet road walking sections. **NOTE:** NoSC RADO Leaders will meet Group at start of walk **LEADER:** R and M Fairgrieve 07761 753437 rosfairgrieve@gmail.com

KINROSS & OCHIL:- Linlithgow Circular

GRADE C: 8.5mls **DEPART:** KPR at 09:15 or BURN at 09:15 **WALK START:** St Ninians Way (off A706) at 10:00 **OS:** 65 **GR:** NS997771 **DESCRIPTION:** A walk along good paths and tracks, starting by the Loch, then along the canal towpath, River Avon to the Aqueduct, on towards the Viaduct and return alongside the Loch, passing Linlithgow Castle. **NOTE:** RADO. **LEADER:** Alastair Kerr, 07523 268191, alastair-kerr@hotmail.com

KIRKCALDY:- Lochgelly - Lochore Meadows

GRADE C: 7mls **DEPART:** KRSN at 09:30 **WALK START:** Lochgelly High School car park, KY5 8LZ at 10:00 **OS:** 58 **GR:** NT183946 **DESCRIPTION:** Countryside paths and tracks to Lochore Meadows, then returning via Lumphinnans. Can be very muddy in places, with cattle possible on one of the tracks. **NOTE:** RADO. NoSC. **LEADER:** Jim Hall, 01592 640395, jameshallkdy55@gmail.com

PERTH:- Meikle Bin (Carron Valley)

GRADE B: 8mls **▲**350m/1148ft. **DEPART:** ASDACP at 09:00 **WALK START:** Todholes car park on the B818 Denny to Fintry road. at 10:30 **OS:** 57 **GR:** NS673858 **DESCRIPTION:** Setting out on forest tracks through woodland, eventually emerging to climb steeply on grass to Meikle Bin - good views to be seen. The return initially retraces the route before accessing the shore of the Carron Valley Reservoir. **NOTE:** RADO. **LEADER:** Pete & Anne Trant, 01738 565075 & 07985 202934 or 07557 785696, thetrants@virginmedia.com

Group Reports for 2018

Dalgety Bay & District

We continue to achieve our objectives of putting on over 50 walks of different grades in a variety of locations, mostly weekend but midweek as well. Our weekend away is always a highlight and this year to Pitlochry was no exception. In addition, we have 8 members who provide the leaders for the Paths for All Dalgety Bay (Fife Council 'Bums of Seats) walks. The number of walks for this commitment is over 40. It is always encouraging to see members volunteering to take on the role of walk leaders and, with the procedures being in process nationally, in the Area and from our own experienced leaders, members can take advantage of what is available. In 2019 we look forward to the unveiling of the *Fife Pilgrim Way* routes. A significant addition in west Fife is the network of paths provided by West Fife Woodlands in Balgownie Woods, NS/981883 - layby for access. (Ben Douglas – Chairman.

Forfar District

Once again we have enjoyed a varied programme of walks. We were pleased to have the company of Ben Dolphin on our walk up Moncrieffe Hill on a lovely sunny day in April. Our day out in Perth was a great success, giving us then opportunity to discover the Sculpture Trail, the Rodney Gardens as well as the Blackwatch Museum.

A new departure this year was our decision to raise money for Children in Need in October with a sponsored walk from Broughty Ferry to Monifieth. We were able to raise the sum of £310. We intend to do something similar in 2019 and are currently liaising with the Dundee Group on a possible joint venture. Apart from raising the money, the walk was great fun and we were very pleased with the generosity of people we passed on route.

Perth and District

Another full programme of Wednesday and Saturday walks this year with very few cancellations due to weather. The group ran the usual two coach trips. This year to Mugdock Country Park and the reservoirs of Milngavie in June and later in the year to Melrose. Our long weekend away was this year taken in Bute. Fortunately, one of our members knows the island well and was able to organise a series of great walks for us to enjoy.



Perth Ramblers at Bute

The A-Walkers have continued with their own programme, thanks to the efforts of Gil McGeachy, with ascents of Ben Nevis and Ben Chonzie amongst others.



A Walkers on Ben Nevis

In May our group were the hosts for the Gathering and with other local groups helped to organise a series of walks. In December, our Xmas lunch was taken at Huntingtower Hotel and proved very to be very successful and a likely venue for 2019.

Stirling and Falkirk Ramblers. Wraight Shepherd, new Chair of Stirling and Falkirk Ramblers. Stirling and Falkirk Ramblers continue their varied and popular programme, and



Stirling and Falkirk Ramblers scale new heights (Beinn an t-Sithean in The Trossachs)

continue to welcome many walkers from other groups. Most of our walks are on Sundays, assembling at Stirling City Centre (at Linden Avenue Car Park, free on Sundays, access is from the roundabout near Waitrose). Join us there, or at the designated start of the walk, and you are guaranteed a warm welcome. We also organise four weekends away a year in attractive destinations, usually a couple of hours from Central Scotland. These are always fully subscribed many months in advance.

All of our walks are well attended, averaging about thirty people for the easier walks, and about a dozen for the most challenging walks (some of which take in the more accessible mountain tops). Our central location is ideal to explore a variety of walks, not only in the Central Lowlands, but also reaching into the Southern

Highlands, and along the Fife, Lothian and Ayrshire coast. Occasionally we organise coach trips to facilitate linear routes such as coastal paths. To make all this possible we hold Walks Meetings twice a year. These are always lively and well attended.

However, we know that our members are advancing in age (as they are in every other group), and so this year we are launching a Stirling Young Ramblers Group. We need to reach out to engage with younger people, and so we will be sending out our messages through Social Media. The initial responses are encouraging, but we will know more at the end of summer 2019.

The hallmark of our group is friendliness, so please look carefully at our programme for 2019.

Glenrothes Group.

We have enjoyed another year with a great mixture of walks over all seasons and in various parts of the country. We managed a full programme offering walks every alternate Saturday/Sunday

and every Thursday. This is in no small part due to the dedication of our many walk leaders. Numbers attending the weekend walks remain steady and we continue to welcome many visitors; the Thursday "Strollers" are thriving with attendances remaining good.

Our weekend away in Melrose at the Waverley Castle Hotel was well attended and we were very fortunate with the weather. The accommodation and food were excellent and a great variety of walks for all abilities were on offer over four days. We held our 25th A.G.M. in November and welcomed Ben Dolphin who is the current President of the Scottish Ramblers.

Our winter walks (a long and a short walk), which were held in December, were followed by Christmas High Tea at Balbirnie Golf Club, Markinch. This was a new venue for us and proved an excellent choice with delicious food and great service.

The Group's membership has been stable now for several years - currently 100+ and we are looking forward to more great walking and good companionship in 2019.

Strathtay



Our small groups continues to operate with a regular programme of monthly walks on Saturdays. This year we have been able to visit a wide range of venues including a visit to Taymouth Castle and Murthly Estates as illustrated.



Blairgowrie Group

2018 was a good year for our group both in terms of maintaining numbers and the walks themselves. We had a day away at the Falkirk Wheel and The Kelpies ending with a trip on the Wheel and a good supper afterwards. We went to Melrose for our weekend away. We have decided to go to Roslyn Chapel for our day away and to Dumfries for our weekend away.

Dundee Ramblers

At the moment we have 195 members with between 50 and sixty regularly taking part in walks and Social events. In the last year we have had a Fish Supper Night, meal at Dundee College, Weekend in Melrose, Christmas Meal in the Queens Hotel as well as a varied Walks Programme. We were delighted to welcome Members of SCEC to Dundee and led them on a short walk to see the V & A Museum and the Dundee Waterfront. We have been represented at Area Council, Scottish Council and our secretary represented the Area at the GB Council in Bangor. 13 Members completed the West Highland Way and we held our usual short walk for the Festival of Winter Walks. Members have taken part in the Ramblers Roadshow and 2 members will be attending the Mentoring course to help and encourage new people to lead walks. We are using the new Walks Register App and have a very active Facebook page.

St Andrews & N.E. Fife Group. Jane Houston

One of the highlights of 2018 was our annual holiday in June at Melrose. Members and friends spent a splendid 4 days walking in glorious sunshine in the rolling Border hills and along the

riverside. Most of those attending have signed up enthusiastically for this year's trip to Dunoon.



We have approximately 97 members, and a few new walkers joined us during the year. Although the numbers attending walks reduced slightly, averaging 12 people per walk, on a couple of days we had as many as 24. Our leisurely Wednesday walks continue to attract members who still enjoy walking with us now

At the Sydney Scroggie Cairn in the Sidlaws

and again. Our walk reports were published regularly throughout the year in the local newspapers.

Our Local Walks Leaflets for St Andrews and Cupar are still proving popular. These can be downloaded from our Group or Area websites, and hard copies are also available. Two of our members will be involved in monitoring the Ceres to St Andrews section of the new Fife Pilgrim Way once it is launched. Several members attended training during the summer on Walk Leadership and Navigation Skills, and everyone found these courses both useful and enjoyable.

We concluded another successful year with a good turnout of friends old and new at our popular Christmas lunch.

Dunfermline and West Fife:

Last year was very successful. We had over 200 people joining us on our 43 planned walks. We covered a wide range of walks from Goatfell and the Tarmachan Ridge to pleasant local rambles around Dunfermline and the woodlands of West Fife. We had enjoyable weekends away in Braemar and Arran, enlivened by some rough sea conditions! This year we're planning our next weekend away in Dunoon.

Brechin

I think it is fair to say that last summer was exceptional weather wise. We however had shocking weather on a couple of our walks with one being cancelled. All our walks were well attended. With a few new ones to a lot of members thanks to our imaginative walk leaders.

3 worth a mention were firstly our trip to Fortingall, which has the the oldest Yew tree in Britain reported to be between 2,000 and 5,000 years old. There were also splendid views over Glen Lion to enjoy. And a medieval site to explore

Onto October a walk to Aboyne in October, with a temperature of 20 degrees it was almost balmy. There were magnificent views from Mortlich Hill over the beautiful autumnal colours of the trees below to be seen and enjoyed.

But sometimes the biggest surprises are on your own doorstep. We had walk around the Brechin

paths network. While walking along the river a Heron was seen then out of the blue 2 Kingfishers flew past. There was not a camera in sight!
Our weekend away was to Crieff. With good weather and and walks and great company. We look forward to our next season of walks.

Kinross & Ochil Group. Margaret Best

We have had another successful year with a full programme of walks, a few being cancelled due to bad weather. Numbers continue to be good on walks with Tuesday's more popular than weekends.

Social events have been popular, well attended and good fun. In June we spent the weekend in Aberfoyle where we enjoyed good walks, accommodation and lovely weather. A very successful barbecue in August saw a number of past and present members enjoying a lovely walk and relaxing afternoon. Christmas walk took us to the Fife coast with lunch at Upper Largo Hotel. My thanks to everyone who has helped to make this another good year for the group.

Report on Training Plans by Mike Morris (Area Training Officer).

Over the last few years we have been running a series of training courses on first aid, navigation and walk leadership. For next year the training plan is to offer the Social Media/IT as previously discussed, courses which will be run by Ramblers. Interested members should contact me (morriskilry@gmail.com) and the session(s) will start when there are enough for a course.

We intend to run one each of a navigation course, a Walk Leader Training Course (we soon will have a Trainer in the area) and a 1st Aid course. Dates for these will be confirmed later. Again expressions of interest and availability can be sent to me. I would ask group secretaries to pass on to me any other areas or topics that their members wish us to cover.

Staying with the Secretaries; we have discussed training and development for that group. To that end please read the message from Jeannie Cranfield below which contains details of the first Secretaries course March.

General secretaries play a crucial role in any Ramblers area or group - they are often the unsung heroes behind the scenes dealing with enquiries, responding to emails, sharing information with the public and group members, organising meetings and events and ensuring the area or group business is all kept on track. They also often take the lead in developing the area or group's work and raising its profile across the community.

This is an opportunity to come together with staff and other secretaries from across Scotland, to learn and share what works and explore some of the challenges to better support you in your role. This first pilot course will be held in Edinburgh on 28 March at Caledonia House in the Gyle from 2pm to 5pm.

<https://www.eventbrite.co.uk/e/training-for-general-secretaries-tickets-52954812269>

Red Squirrels: Any member or indeed group that would like to do something to assist in the preservation of our red squirrel population are invited to contact the organisation dedicated to their care – Scottish Squirrels. Assistance such as submitting squirrel sightings when out and about via their website or promoting volunteering opportunities. A toolkit which includes a bit more information about what can be done and how we would like to work with other groups and organisations and what communications materials we can offer. You can download a copy here - https://scottishsquirrels.org.uk/wp-content/uploads/2018/11/201805_SSRS-Stakeholder-Toolkit_05-GENERAL.pdf

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Sunday 11th August

STIRLING & FALKIRK:- Cramond and the Cammo Estate

GRADE C: 8mils/4hrs ▲ 150m/492ft. **DEPART:** LACP at 09:30 **WALK START:** Main car park in Cramond village EH4 6NU at 10:30 **OS:** 66 **GR:** NT191771 **DESCRIPTION:** From Cramond, we follow the River Almond up to the remains of the Cammo Estate, before walking past Lauriston Castle and down to the Forth to complete the walk along the esplanade. **NOTE:** RADO. CWRA. Return Mileage - 65 **LEADER:** Phil Seale, 07840 957215, phil@philseale.co.uk

STRATHTAY:- Ben Vuirich

GRADE B: 10mils ▲ 600m/1968ft. **DEPART:** CCP at 09:00 **WALK START:** Clunskea on A924 at 09:45 **OS:** 43 **GR:** NO009637 **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. **NOTE:** RADO. **LEADER:** Muriel Findley, 01887 820095, murfin41@btinternet.com

Wednesday 14th August

ST ANDREWS & NE FIFE:- Leisurely Walk: Bridge of Earn to Pitkeathly Wells

GRADE D: 4mils/2.5hrs ▲ 30m/100ft. **DEPART:** FCPC at 09:30 **WALK START:** Public Hall & Institute, Station Road, Bridge of Earn at 10:15 **OS:** 58 **GR:** NO130182 **DESCRIPTION:** Walk on minor roads to enjoy country views through farmland and woodland. **NOTE:** DWOL. CWRA. if contacting leader on mobile number, please send text message first **LEADER:** Colin Brown, 01334 655724 or 07745 252292, colinbrown54@talktalk.net

Thursday 15th August

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

Saturday 17th August

DALGETY BAY:-

In and Around Culross

GRADE C+: 7mils/4hrs ▲100m/330ft **DEPART:** DBSCCP at 09:30 **WALK START:** Car Park at east end of Culross at 10:15 **OS:** 65 **GR:** NS989859 **DESCRIPTION:** A figure of eight walk taking in Preston Island and walking up by Dunimarle Castle and returning by the Abbey. **NOTE:** RADO. **LEADER:** Neil Denness: neildenness@gmail.com 07772 904880

DUNDEE:-

Castlehill Reservoir to Commonedge Hill to Quey Reservoir

GRADE C+: 8.25mils/4.5hrs ▲320m/1049ft. **DEPART:** CWCP at 09:00 **WALK START:** Castlehill Reservoir, 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. **LEADER:** Joyce Cumming, 01382 642752 or 07526 237526, joyce@cumming14.plus.com

DUNFERMLINE & WEST FIFE:-

Beinn Narnain and The Cobbler

GRADE A: 6mils/5.5hrs ▲1200m/3937ft. **DEPART:** LPRCP at 08:30 **WALK START:** Succoth car park, 1 km beyond Arrochar at 10:30 **OS:** 56 **GR:** NN294048 **DESCRIPTION:** Relentless ascent of a Munro and an iconic Corbett in the 'Arrochar Alps' in a region of fantastic mountains and sea lochs. **NOTE:** DWOL. **LEADER:** Grant Robertson, 01577 208436 or 07936 738581, grantrobertson1952@gmail.com

FORFAR:-

Caterthuns

GRADE C+: 5mils **DEPART:** MMCP at 09:30 **WALK START:** Caterthuns (Car Park at side of Road) at 10:15 **OS:** 44 **GR:** NO552661 **DESCRIPTION:** Climb to top of White Caterthun, rocky at top, return to road and then climb Brown Caterthun. **LEADER:** Dorothy Hutcheon, 01307 468034.

KIRKCALDY:-

Largo Law and Kiel's Den

GRADE C+: 6mils **DEPART:** KRSN at 09:15 **WALK START:** Lower Largo sea front car park, KY8 6HX at 10:00 **OS:** 59 **GR:** NO422026 **DESCRIPTION:** Short steep climb up the Law for excellent views across the river and surrounding countryside. Return on uphill route then back to start via Kiel's Den and Upper Largo. **NOTE:** RADO. NoSC. **LEADER:** Brian Clark, 01592 784553, bjclark@live.co.uk

PERTH:-

Comrie (Dalginross) to Crieff

GRADE C+: 9mils ▲300m/984ft. **DEPART:** Perth Bus Station for the 9.20 No 15 bus to Comrie (Dalginross) at 09:20 **WALK START:** Dalginross bus stop at Braco Road (see notes) at 10:35 **OS:** 52 **GR:** NN777212 **DESCRIPTION:** From Dalginross on the edge of Comrie to Auchingarrich Wild Life Park along the north side of Torlum and return to Crieff along the ridge to the south to enter via Bridge End. **NOTE:** RADO. Catch the bus from Perth but if you want to start at Crieff, the No15 bus leaves at 10.13 from o/s McColls. **LEADER:** Roger Brickell, 01764 656114 or 07733 317725, rogerbrickell@icloud.com

ST ANDREWS & NE FIFE:-

Backwater Reservoir

GRADE C+: 7.5mils/4hrs ▲300m/984ft. **DEPART:** FCPC at 09:30 **WALK START:** Car park at western end of Backwater Reservoir dam at 10:30 **OS:** 53 **GR:** NO250589 **DESCRIPTION:** Scenic walk round reservoir passing Glendamff and Glenhead Farms. Paths, tracks and minor road walking. **NOTE:** RADO. NoSC. Leaders will meet at walk start point **LEADER:** Stewart & Linda Collier, 07881 596883

Sunday 18th August

GLENROTHES:-

Limekilns - Charlestown and Pattiesmuir circular

GRADE C: 8mils/4hrs ▲500ft **DEPART:** LCCP at 09:30 **WALK START:** Limekilns Shore CP at 10:30 **OS:** 65 **GR:** NT075834 **DESCRIPTION:** A walk along good paths, with some road and pavement walking, through Gallowridge Hill, Wester Gellet and Bellknowes. Two short ascents. **NOTE:** CWRA RADO Leader will meet Group at start of walk **LEADER:** M Slaven 01383 515995 or 07754141295 marygg08@talktalk.net

STIRLING & FALKIRK:- Glen Ogle, Glen Dubh and Glen Kendrum Linear

GRADE B: 10mils/5.5hrs ▲396m/1299ft. **DEPART:** LACP at 09:30 **WALK START:** CP on A84 at east side of road at top of Glen Ogle FK21 8SZ at 10:30 **OS:** 51 **GR:** NN559284 **DESCRIPTION:** Car shuttle linear walk from the top of Glen Ogle on good paths in varied countryside with good views. One burn to cross. **NOTE:** RADO. NoSC. Car shuttle at end of walk from Golden Larches on A84. Return Mileage - 70 **LEADER:** Ray Finlay, 01786 449135 or 07792 549363, rayfin_1@hotmail.com

Tuesday 20th August

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

Thursday 22nd August

DUNDEE:- Dronley and Rosemill Circular

GRADE C: 6mils/3hrs **DEPART:** CWCP at 10:30 **WALK START:** Car Park, Dronley Station at 10:45 **OS:** 380 **GR:** NO342359 **DESCRIPTION:** Circular route around Dronley and Rosemill. Footpaths, woodland tracks and some road walking. Minimal ascent. **LEADER:** Sheila Wallace, 01382 320243 or 07944 570925, smwallace55@gmail.com

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

Saturday 24th August

BLAIRGOWRIE:- Allean Forest and the Stones

GRADE C+: 6.5mils ▲250m/820ft. **DEPART:** WCPB at 09:00 **WALK START:** Allean Forest Walks Car Park at 10:15 **OS:** 52 **GR:** NN858599 **DESCRIPTION:** Paths and tracks climbing through attractive conifer forest to open moorland with wide views, taking in the Atholl mountains, Ben Vrackie and Schiehallion. **NOTE:** RADO. **LEADER:** Anne Easson, 01828 628001, a.easson@btinternet.com

BRECHIN:- Correen Hills Circuit - Bus trip with meal.

GRADE B: 9.5mils **DEPART:** SNSB at 08:00 **WALK START:** Dubston Farm, Tullynessle, near Alford at 09:45 **OS:** 37 **GR:** NJ548200 **DESCRIPTION:** Circular walk on grass and heather tracks over moorland via Lord Arthur's, Edinbanchory, Brux and Badingair Hills. Shorter option available. Co-leader Irene McGugan (01307 818436 or 07715 759138). **LEADER:** Morag Boyd, 01674 830657 or 07935 799368, morag.boyd1@btinternet.com

DUNDEE:- The Hermitage & Birnam Glen

GRADE C+: 7mils/4hrs **DEPART:** CWCP at 09:30 **WALK START:** Hermitage Car Park at 10:30 **OS:** 52 **GR:** NO013423 **DESCRIPTION:** Lovely walk taking in Hermitage, Rumbling Fall, Birnam Glen and Birnam Oak. All on good tracks. **LEADER:** Lena Brown, 01382 884649 or 07597 690186

GLENROTHES:- Edinburgh - Pentlands Swanston Village circular

GRADE B: 9mils/5hrs **DEPART:** LCCP at 09:30 **WALK START:** CP near Scout training Centre, Bonaly at 10:15 **OS:** 65 **GR:** NT212675 **DESCRIPTION:** Walk from Bonaly onward to Swanston Village and Hillend, returning via Boghall, Easter Howgate, Castle law and Bonaly Reservoir. Strenuous walk with uphill sections but rewarded with lovely views over Edinburgh. **NOTE:** NoSC RADO **LEADER:** S Fury 01592 756497 sheena_fury@yahoo.co.uk

KIRKCALDY:- Crail and Cambo countryside

GRADE C+: 8mils **DEPART:** KRSN at 09:00 **WALK START:** Marketgate car park (near church), Crail, KY10 3TH at 10:00 **OS:** 59 **GR:** NO614079 **DESCRIPTION:** By Chance Inn and West Newhall to Cambo Den and a short section of the Fife Coastal Path, returning to Crail by Wormiston. Attractive countryside walk mainly on footpaths and tracks. **NOTE:** RADO. NoSC. **LEADER:** Ruth Beddall, 01592 260578

PERTH:- Badandun Hill and Auchintaple Loch

GRADE B: 8mils ▲550m/1804ft. **DEPART:** ASDACP at 09:00 **WALK START:** The small car park at Folda, Glen Isla at 10:00 **OS:** 43 **GR:** NO187645 **DESCRIPTION:** A steady ascent of Badandun Hill followed by a circuit of Auchintaple Loch, providing excellent views of Glen Isla. **NOTE:** RADO. **LEADER:** John Andrews, 01738 827275 or 07526 884953, john@jdandrews.co.uk

STIRLING & FALKIRK:- Strathallan and Tullibardine

GRADE C: 7.4mils/4.5hrs ▲152m/498ft. **DEPART:** LACP at 09:30 **WALK START:** 2mils north west of Auchterarder off the A823 Crieff road PH3 1NU at 10:15 **OS:** 58 **GR:** NN909134 **DESCRIPTION:** Starting and ending at the medieval chapel of Tullibardine, an undemanding walk in rural Perthshire. Following tracks, mostly through woodland, and quiet country roads. We will include a visit to Malloch Oak & views of Strathallan Castle. **NOTE:** RADO. NoSC. Mileage to start & return - 20 **LEADER:** Allan Drew, 07921 687285, allan.drew@yahoo.co.uk

STRATHTAY:- Glen Derby

GRADE C+: 7.5mils **DEPART:** CCP at 09:00 **WALK START:** Kirkmichael at 09:50 **OS:** 52 **GR:** NO079600 **DESCRIPTION:** A circuit of Glen Derby to the west of Kirkmichael, mainly on tracks and paths. **NOTE:** RADO. **LEADER:** Joyce Cameron & Violet Keir, 01887 840343 or 07568 440607, jemcameron@hotmail.co.uk

Sunday 25th August**DALGETY BAY:- Caerketton, Allermuir & Capelaw extended**

GRADE B+: 9.5mils/5hrs ▲600m/1970ft **DEPART:** DBSCCP at 09:15 **WALK START:** Swanston car park at 10:00 **OS:** 66 **GR:** NT240674 **DESCRIPTION:** Steep climb from Swanston car park to Caerketton with steep descent from Allermuir. Continue past Castletaw Souterrain, ascend Maiden's Cleugh & over Harbour Hill to Capelaw before returning to the car park. **NOTE:** RADO NoSC. **LEADER:** Audrey Robertson & Julia Mifflin: 07720 980715 or 07747 761252

DUNDEE:- Maspie Den Family Walk jointly between Dundee and Edinburgh FGs

GRADE C: 3mils **WALK START:** Falkland Centre for Stewardship, Falkland Estate, Volunteer Car Park (charge £2) at 14:00 **OS:** 59 **GR:** NO247074 **DESCRIPTION:** Lovely walk crossing bridges, through tunnels and behind a waterfall. Can be muddy. Ideal for children exploring. Adults welcome as well!. **LEADER:** Jean MacGillivray, 01382 623052 or 07932 014859, jean.macgillivray@btinternet.com

KINROSS & OCHIL:- Pitmedden & Surrounding Area

GRADE C+: 7mils **DEPART:** KPR at 09:30 or BURN at 09:10 **WALK START:** Pitmedden CP via Auchtermuchty at 10:00 **OS:** 58 **GR:** NO223129 **DESCRIPTION:** Pleasant walk through fields and forest. **NOTE:** RADO. **LEADER:** Liz Douglas, 01337 827582

STIRLING & FALKIRK:- Amulree to Newton via Auchnafree Linear

GRADE B+: 11mils/7hrs ▲350m/1148ft. **DEPART:** LACP at 09:00 **WALK START:** Amulree Hall PH8 0BZ Return Mileage - 70 at 10:00 **OS:** 52 **GR:** NN899363 **DESCRIPTION:** Start with 4km road walk, then through remote Glen Lochan to Glen Almond, following the river to Newton Bridge Car Park. **NOTE:** RADO. NoSC. Car Shuttle walk. All walkers must contact leader in advance. At least 1 car will be required to be parked at Newton Bridge **LEADER:** Colin Thomson, 01786 472726 or 07702 636505, colinbthomson@gmail.com

Thursday 29th August

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

Saturday 31st August**DALGETY BAY:- Crail - Fife Ness Circular**

GRADE C: 6mils/4hrs ▲30m/100ft **DEPART:** DBSCCP at 09:30 **WALK START:** Marketgate Crail at 11:00 **OS:** 59 **GR:** NO613078 **DESCRIPTION:** From Crail the route follows the coastal path east past the old airfield and around Fife Ness. The inland return is on a track passing Wormiston. **NOTE:** RADO. **LEADER:** Sheila & John Stewart: sheilsmail@yahoo.co.uk 01383 600370 or 07517 004993 & 07873 954758

DUNDEE:- Loch Brandy

GRADE B+: 5.5mils/5hrs ▲697m/2286ft. **DEPART:** OCCP at 09:30 **WALK START:** Car Park at 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. The walk includes going up the Snub on to the plateau but this is optional. **NOTE:** Going up the Snub onto the plateau will depend on the weather. **LEADER:** Dave Rennie, 07760 460092

DUNFERMLINE & WEST FIFE:- Menstrie Glen

GRADE C+: 6mils/3hrs ▲250m/820ft. **DEPART:** LPRCP at 09:30 **WALK START:** Dumyat Leisure Centre car park, Menstrie at 10:15 **OS:** 58 **GR:** NS850969 **DESCRIPTION:** Zig zag ascent into Menstrie Glen along rough road to Jerah. Return either on path along river bank or via drove road on west side of glen. **NOTE:** DWOL. Leader will meet group at the start of the walk. **LEADER:** Linda Moyes, 01383 852817 or 07840 759384, lm57.moyes@gmail.com

KIRKCALDY:- Four Lochs from Cally car park

GRADE B: 11.5mils ▲487m/1600ft. **DEPART:** KRSN at 09:00 **WALK START:** Cally car park, off the A923 Dunkeld to Blairgowrie road, PH8 0EP at 10:30 **OS:** 53 **GR:** NO023437 **DESCRIPTION:** Forest track to Mill Dam, then path (possibly muddy) past Deuchary Hill. Thence to Butterstone Loch (minor road downhill for 1.5 miles plus short stretch of A923) and Loch of the Lowes. Return to start past Dunkeld golf course and woodland. **NOTE:** RADO. NoSC. **LEADER:** Mike Livesey & Janet Fraser, 07783 201492

PERTH:- Lucklaw Hill from Balmullo

GRADE C+: 6mils ▲250m/820ft. **DEPART:** ASDACP at 09:00 **WALK START:** Balmullo In Car Park at 10:00 **OS:** 59 **GR:** NO429209 **DESCRIPTION:** Figure of eight walk taking in Wullie's Wood, Cuplahills, Brighouse through woods round the back of Lucklaw and up to the top. Return downhill to Balmullo. Farm tracks, quiet road and steep sections. Can be muddy but lovely views if clear. **NOTE:** RADO. **LEADER:** Lynn Salvin, 01738 634628 or 07712 298939, salvin@blueyonder.co.uk

ST ANDREWS & NE FIFE:- Balmashanner Hill, Forfar

GRADE C+: 6.5mils/3.5hrs ▲150m/492ft. **DEPART:** FCPC at 09:00 **WALK START:** Forfar Loch Country Park, off Craig O'Loch Road at 10:00 **OS:** 54 **GR:** NO451507 **DESCRIPTION:** Start by passing Forfar Loch, and on to Balmashanner Hill, where climb to enjoy monument & viewpoint. Return to start via Reid Park. **NOTE:** RADO. NoSC. **LEADER:** Dorothy Cameron, 01334 474305

Sunday 1st September**FORFAR:- Memus/Cortachy**

GRADE C: 6.5mils **DEPART:** MMCP at 09:30 **WALK START:** Memus Village Hall at 10:00 **OS:** 54 **GR:** NO426592 **DESCRIPTION:** Memus south along public road turn left to Turfachie and continue westwards to Downiepark & Cortachy Home Farm heading up to public road. Track northwards at Cossacks to Dykend. Taking public road down to Memus. **LEADER:** Ross Henderson, 01307 467721

GLENROTHES:- Elie to Shell Bay Circular

GRADE C+: 8mils/4.5hrs ▲450ft **DEPART:** LCCP at 09:30 **WALK START:** Shell Bay public CP at 10:15 **OS:** 59 **GR:** NO469004 **DESCRIPTION:** Short steep climb to Kinraig Point (superb views) then Coastal Path to Elie, woodland paths to Kilconquhar Loch, return via Shell Bay. Short road walk. **NOTE:** CWRA RADO **LEADER:** C & B Barton 01383 725859 chrisbettybarton@gmail.com

STIRLING & FALKIRK:- Bankfoot to Dunkeld via Glen Garr Linear COACH WALK limited seats

GRADE C+: 8.5mils/5hrs ▲121m/400ft. **DEPART:** LACP at 09:00 **WALK START:** Upper Obney Farm, Bankfoot - PH1 4AT at 10:15 **OS:** 52 **GR:** NO031367 **DESCRIPTION:** A scenic walk from Bankfoot to Dunkeld via Glen Garr, Ossian's Cave, and if time permits - The Pine Cone + the Hermitage. One very boggy area. **NOTE:** RADO. NoSC. There is a high chance of livestock in the field at the start. Coach walk - no pickup at Grangemouth. Limited seats available **LEADER:** Babs Butler, 01324 720165 or 07711 575561, barbarafbutter@btinternet.com

Tuesday 3rd September

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

KIRKCALDY:- Langtoun Daunderers - Letham Glen, Lundin Links and Leven

GRADE C+: 5mls **DEPART:** KRSN at 09:00 **WALK START:** Letham Glen car park, Leven, KY8 5TB at 09:30 **OS:** 59 **GR:** NO382017 **DESCRIPTION:** Through Letham Glen, round the back of Blacketyside Farm, through Lundin Woods then back to and across the A915 at the edge of Lundin Links. Then the Coastal Path back into Leven and the car park via lunch at the Agenda in Scoonie Road. **NOTE:** DWOL. NoSC. **LEADER:** Mike Livesey & Janet Fraser, 07783 201492

Wednesday 4th September

DUNFERMLINE & WEST FIFE:- Findatie and Michael Bruce Way

GRADE C+: 7mls/3.5hrs **▲** 100m/328ft. **DEPART:** LPRCP at 09:30 **WALK START:** Findatie car park at 10:15 **OS:** 58 **GR:** NT171991 **DESCRIPTION:** Follow Loch Leven Trail and then to Michael Bruce Way via Portmoak Moss. Return via Kinneswood. **NOTE:** DWOL. **LEADER:** Maureen Paul, 01383 727875 or 07842 386718, apaspaul9@gmail.com

Thursday 5th September

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

Friday 6th September

BLAIRGOWRIE:- 6-8 September Weekend Away - Dumfries

MEET: Best Western Station Hotel, Dumfries (DG1 1LT) at 14:00 **DESCRIPTION:** A range of walks will be available Friday afternoon to Sunday, with a choice of walks on Saturday and Sunday. Full details to follow. Booking as below, final payment 17th June. **NOTE:** Booking and deposit of £25 by the 15th April to Madeleine MacIntosh 01250 872005 maddiesworld@outlook.com. **CONTACT:** Mike Morris, 01828 632548, 07984 463213, morriskilry@gmail.com

Saturday 7th September

BRECHIN:- Glen Esk to Stables of Lee

GRADE C+: 12mls **DEPART:** SNSB at 09:00 **WALK START:** Invermark car Park, Glenesk at 10:00 **OS:** 44 **GR:** NO448804 **DESCRIPTION:** On tracks alongside Loch Lee, continuing to Stables of Lee. Return by same route. Can be shortened at any point. **LEADER:** Sheila Mather, 01356 650240

DALGETY BAY:- Blackness to Hopeton House Circular

GRADE C+: 6mls/3.5hrs **▲** 140m/460ft **DEPART:** DBSCCP at 09:00 **WALK START:** Blackness Inn, parking nearby at 09:45 **OS:** 65 **GR:** NT051800 **DESCRIPTION:** Walk to Blackness Castle and then along section of John Muir Way to Hopetoun House Deer Park. Return via Abercorn and the path along the southern edge of Wester Shore wood. There is an easier alternative route back, if required. **NOTE:** RADO. **LEADER:** Ben Douglas: 01383 822715 or 07852 658675

DUNDEE:- Crail Circular

GRADE C+: 9mls/5hrs **DEPART:** TBCP at 09:45 **WALK START:** Crail Main Street east of Museum at 10:30 **OS:** 59 **GR:** NO614077 **DESCRIPTION:** Easy walk through countryside and along the beach. **LEADER:** M Rennie, 01382 200731 or 07743 091104

GLENROTHES:- Edinburgh - Pentlands, Blackhill circular

GRADE C+: 8mls/4.5hrs **▲** 1050ft **DEPART:** LCCP at 9:30 **WALK START:** Flotterstone Visitors Centre CP at 10:45 **OS:** 66 **GR:** NT233631 **DESCRIPTION:** A walk over the moor and around the side of Blackhill. One fairly steep, steady incline but remainder of walk fairly level with some road walking. **NOTE:** NoSC RADO May be limited parking **LEADER:** I Rankin 01337 830360 ishabelrankin@gmail.com

KINROSS & OCHIL:- St Ninians & Loch Fitty

GRADE C+: 7mils **DEPART:** KPR at 09:30 or BURN at 09:20 **WALK START:** CP at Kingseat CLC, Church Street, Kingseat at 10:00 **OS:** 367 **GR:** NT125904 **DESCRIPTION:** Walk around Loch Fitty then around the abandoned opencast mine area and on towards the tyre sculptures at the top of a man-made hill, to take in the views. Mainly good gravel paths, and some steep bits which are optional. **NOTE:** RADO. **LEADER:** Moira McCauley & Ann Eve, 07484 718783 or 07960 973866

PERTH:- Devil's Burdens circular from East Lomond Car Park

GRADE B: 9mils ▲300m/984ft. **DEPART:** ASDACP at 09:00 **WALK START:** East Lomond Car Park at 10:00 **OS:** 59 **GR:** NO252058 **DESCRIPTION:** From the car park to Craigmead Car Park, West around the North of West Lomond to Devil's Burdens before turning South East to the South side of Harperleas Reservoir and return to Craigmead and start point. **NOTE:** RADO. The leader will meet the group at the start of the walk. **LEADER:** Colin Fraser, 01382 541617, cfraser365@gmail.com

STRATHTAY:- Loch Tummel to Aberfeldy (book transport)

GRADE B+: 12mils ▲530m/1738ft. **DEPART:** Aberfeldy Bus Stop at 09:25 **WALK START:** Netherton at 10:20 **OS:** 52 **GR:** NN869595 **DESCRIPTION:** Bus to Pitlochry, then taxi to Netherton. Super walk steeply up tracks to cross the ridge East of Farragon Hill and descend via Lochs Derculich and Glassie to Aberfeldy. Book with leader. **NOTE:** RADO. **LEADER:** Bill Bruce, 01887 829753, bill_1_bruce@btinternet.com

Sunday 8th September

STIRLING & FALKIRK:- Ben Gullipen & Cock Hill

GRADE B: 6.8mils/4.5hrs ▲360m/1181ft. **DEPART:** LACP at 09:30 **WALK START:** Park at Mollands car parking area (an unofficial parking area), south of Callander on the A81 FK17 8JJ at 10:15 **OS:** 57 **GR:** NN633058 **DESCRIPTION:** A short, fairly strenuous hill walk on good vehicle and forest tracks. It is an almost constant climb to the summit (414m). However, it will be taken at a gentle pace. The panoramic views are well worth the effort. **NOTE:** RADO. NoSC. Return Mileage - 30 **LEADER:** Janette Seale, 01786 447107 or 07709 957317, janette.seale@hotmail.co.uk

Wednesday 11th September

DUNDEE:- Crombie

GRADE C: 3mils **DEPART:** OCCP at 09:30 **WALK START:** Crombie Park Car Park at 10:00 **OS:** 54 **GR:** NO503383 **DESCRIPTION:** Walk round reservoir followed by optional lunch - venue to be decided. **LEADER:** Jean MacGillivray, 01382 623052 or 07932 014859, jean.macgillivray@btinternet.com

Thursday 12th September

BRECHIN:- Brechin Ramblers AGM

MEET: St Andrews Church Hall at 19:00 **CONTACT:** Linda Robbie, 01307 464512, lnr1@btinternet.com

DALGETY BAY:- Roamers ~ Letham Hill Wood

GRADE D: 4mils/2.5hrs ▲100m/330ft **WALK START:** Dalgety Bay Library at 10:00 **OS:** 65 **GR:** NT156834 **DESCRIPTION:** Woodland walk on paths, which can be muddy, with a little more ascent than the other walks in this series. **NOTE:** RADO. **LEADER:** David Thomson: dabthomson@gmail.com 01383 860324 or 07922 050562

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

Friday 13th September

FORFAR:- Weekend Away (Pitlochry)

DESCRIPTION: Weekend Away further details to follow. (Updates will be on our Website for those with access to internet). **CONTACT:** Christine Ferguson, 01382 532384

KIRKCALDY:- Tarbet weekend

MEET: As arranged at 09:30 **DESCRIPTION:** Two nights half board at the Bay Tarbet Hotel on Loch Lomond. Walks to be arranged. **CONTACT:** Mike Livesey, 07783 201492, 01592 503272

Saturday 14th September

DALGETY BAY:-

Newburgh: Walking the Boundary

GRADE B: 7mils/4.5hrs ▲275m/900ft **DEPART:** DBSCCP at 09:00 **WALK START:** CP at East End of Newburgh by Primary School at 10:00 **OS:** 58 **GR:** NO240182 **DESCRIPTION:** A circular walk on paths and tracks following the traditional boundaries of Newburgh. **NOTE:** RADO. **LEADER:** David Thomson: dabthomson@gmail.com 01383 860324 or 07922 050562

DUNFERMLINE & WEST FIFE:- Stuchd an Lochan

GRADE A: 5.5mils/5hrs ▲726m/2381ft. **DEPART:** LPRCP at 08:00 **WALK START:** Loch an Daimh at 10:30 **OS:** 51 **GR:** NN512464 **DESCRIPTION:** Initially a steep ascent to the ridge then a hill path onto a lovely ridge traverse. Will be boggy at start and eroded in places. **NOTE:** DWOL. **LEADER:** Anne Laird, 01383 727515 or 07768 860066, anne-laird@hotmail.co.uk

PERTH:-

Leslie Circular

GRADE C: 7mils **DEPART:** ASDACP at 09:10 **WALK START:** Leslie Car Park at the East end of Leslie near the church at 10:00 **OS:** 59 **GR:** NO255020 **DESCRIPTION:** Countryside walk around Leslie, via Holl Reservoir. **NOTE:** RADO. Leaders will be Gary Martin and Bryson Porter who will meet the group at the start. Bryson's contact no is 07780139566 **LEADER:** Gary Martin, 07923 437068, garygroves@aol.com

ST ANDREWS & NE FIFE:-

Pilgrims' Way: Kennoway to Ceres

GRADE B: 9mils/5hrs ▲121m/400ft. **DEPART:** FCPC at 9:50 or Ceres Museum Car Park , for Stagecoach 41 bus to Kennoway at 10:20 **WALK START:** St Kenneth's Church, Kennoway at 10:40 **OS:** 59 **GR:** NO350025 **DESCRIPTION:** Walk section of Pilgrims' Way, mostly on well-defined paths and tracks in open country and woodland. Some road walking. **LEADER:** Will MacKay, 01334 652903 or 07474 504506

Sunday 15th September

GLENROTHES:-

Dunning - Sims Hill via Corb Glen Circular

GRADE B: 7mils/4.5hrs ▲1300ft **DEPART:** LCCP at 09:30 **WALK START:** Tonguey Folds CP on the B934 off the A823 Glendevon to Dunning road at 10:15 **OS:** 58 **GR:** NO016083 **DESCRIPTION:** Walk using farm tracks, moorland trails and a right of way through Corb Glen to Sims Hill (gradual climb). **NOTE:** CWRA RADO **LEADER:** J Duncan 01337 831888 john@johnandmorven.co.uk

STIRLING & FALKIRK:- Spittalfield Countryside

GRADE C+: 8.5mils/4.5hrs ▲97m/320ft. **DEPART:** LACP at 09:30 **WALK START:** Spittalfield Bowling Club PH1 4JT at 10:45 **OS:** 53 **GR:** NO107408 **DESCRIPTION:** A walk around the countryside surrounding Spittalfield. A lovely riverside walk with a bit of an undulation thrown in for good luck. **NOTE:** RADO. CWRA. Possibility of livestock in fields. Could be muddy in places. Return Mileage - 70 **LEADER:** Babs Butler, 01324 720165 or 07711 575561, barbara@butler@btinternet.com

Tuesday 17th September

KINROSS & OCHIL:-

Tuesday Walkers - See details at beginning of this programme.

Wednesday 18th September

ST ANDREWS & NE FIFE:-

Leisurely Walk: Auchtermuchty Town

GRADE C: 5mils/3hrs ▲106m/350ft. **DEPART:** FCPC at 12:00 **WALK START:** Street parking near Cycle Tavern, Auchtermuchty at 12:30 **OS:** 58 **GR:** NO239117 **DESCRIPTION:** Leisurely walk to north of town to enjoy variety of views, with both path and road walking. Uphill at start towards the Common, then return via Glassants and Mournipea. **NOTE:** DWOL. CWRA. **LEADER:** Joan Crichton, 01334 652402 or 07441 202444, jocrglen@aol.com

Thursday 19th September

GLENROTHES:-

Strollers Walk - see first page of this programme for details

Friday 20th September

DUNDEE:-

Week-end at Strathpeffer

MEET: Highland Hotel, Strathpeffer **DESCRIPTION:** Approximately £94 Bed, Breakfast & Evening Meal per person for 3 nights. (Single supplement £5 per night) . Names and deposit of £45 per person to Pat by 1st April. **CONTACT:** Pat Peter Hargraves & Linda Beveridge, 01307 462882, 01382 730832 & 07811 462266

Saturday 21st September

BLAIRGOWRIE:-

Bealach Route from Killiecrankie

GRADE B: 8.5mls ▲ 625m/2050ft. **DEPART:** WCPB at 09:15 **WALK START:** Killiecrankie National Trust Car Park at 10:00 **OS:** 43 **GR:** NN917626 **DESCRIPTION:** Circular walk from Killiecrankie to Ben Vrackie bealach. Mainly on hill paths and tracks. **NOTE:** RADO. Maps 43 and 52 **LEADER:** Irene Rintoul, 01250 870463, irenerintoul@hotmail.com

BRECHIN:-

Morrone Hill (Morven), Braemar

GRADE B: 8mls **DEPART:** SNSB at 09:00 **WALK START:** Car park at top of Chapel Brae, Braemar at 10:45 **OS:** 43 **GR:** NO144911 **DESCRIPTION:** Steady climb to summit with superb views over Braemar. Descent on track to Old Military Road in Glen Clunie. Return past golf club to village. Low level alternative on nature trails network. **LEADER:** Alison Stewart, 01307 818770

GLENROTHES:-

Crieff - Muthil, Drummond Castle circular

GRADE B: 10mls/5.5hrs **DEPART:** LCCP at 9:30 **WALK START:** Muthil, small CP next to Episcopal Church at 10:30 **OS:** 57 **GR:** NN868170 **DESCRIPTION:** Muthil, River Earn through Drummond Castle grounds and return on paths, tracks and minor roads. **NOTE:** NoSC RADO **LEADER:** C Mackie & T McLaren 07903132319 tmclaren39@gmail.com

PERTH:-

Glenogilvy and Craigowl

GRADE C+: 8mls ▲ 360m/1181ft. **DEPART:** ASDACP at 09:00 **WALK START:** Tarbrax Farm just off the minor road right from the A928 at Milton of Ogilvie at 10:00 **OS:** 54 **GR:** NO381434 **DESCRIPTION:** An open walk mainly over moorland with some minor road walking. Starting at Tarbrax farm along the minor road and then across moorland and ascending to Craigowl - splendid views from here, if a little windy, and return across country. **NOTE:** RADO. Some interesting features along the way !! Park tidily in the farmyard. **LEADER:** Allen Bardwell, 01738 444459 or 07952 339171, allenbardwell@blueyonder.co.uk

STRATHTAY:-

Meggernie Castle

GRADE C: 6.5mls **DEPART:** CCP at 09:00 **WALK START:** Bridge of Balgie at 10:00 **OS:** 51 **GR:** NN576467 **DESCRIPTION:** Follow the carriage drive to the castle, then cross the River Lyon on stepping stones and follow the south bank to Moar. Return by the north Bank. **NOTE:** RADO. **LEADER:** Grace Proudfoot, 07548 626285, sheffieldwoman@gmail.com

Sunday 22nd September

KINROSS & OCHIL:-

Glen Quey

GRADE C+: 7.5mls **DEPART:** KPR at 09:30 or BURN at 09:50 **WALK START:** Castle Campbell CP at 10:00 **OS:** 366 **GR:** NS963993 **DESCRIPTION:** From Castle Campbell, following forest tracks to Glen Quey Reservoir, over the hills back to Dollar. **NOTE:** RADO. **LEADER:** Lesley Creevy, 07875 720910, lesley.creevy@aim.com

KIRKCALDY:-

Glen Prosen and Glen Cally

GRADE B: 9.5mls ▲ 487m/1600ft. **DEPART:** KRSN at 09:00 **WALK START:** A disused quarry doubling as a car park, at DD8 4QN (3.5 miles along the unnumbered road to Glen Cally and Glen Prosen that forks left off the B955 at Dykehead) at 10:30 **OS:** 44 **GR:** NO349633 **DESCRIPTION:** Up to the ridge between Glen Prosen and Glen Cally (can be boggy). Then round to the east side of Glen Cally and back via the Sneck of Lapshalloch on good tracks over minor tops. Finally a short section on the road back to the car park. **NOTE:** RADO. NoSC. **LEADER:** Mike Livesey, 07783 201492 or 01592 503272

STIRLING & FALKIRK:- Birks of Aberfeldy and beyond

GRADE B+: 13mls/7hrs ▲548m/1800ft. **DEPART:** LACP at 09:00 **WALK START:** Birks of Aberfeldy Car Park PH15 2ET at 10:30 **OS:** 52 **GR:** NN855486 **DESCRIPTION:** We follow the Rob Roy Way (RRW) by the Urlar Burn and return along the RRW alternative route, with a short stretch of road walking. **NOTE:** RADO. NoSC. You must inform the walk leader in advance if you are going. Return Mileage - 100 **LEADER:** Colin Thomson, 01786 472726 or 07702 636505, colinbthomson@gmail.com

Tuesday 24th September

DALGETY BAY:- Tillicoultry to Dollar

GRADE C: 6mls/4hrs **DEPART:** DBSCCP at 09:30 **WALK START:** Sterling Mills Car Park at 10:45 **OS:** 58 **GR:** NS920965 **DESCRIPTION:** From car park to Harvieston, Dollarbank and Dollar Glen by farm tracks and return by Devon Way. **NOTE:** RADO. **LEADER:** H Haines & Rose Nutt: 01383 822187 & 07990 660724 or 01383 822669 & 07494 235392

Thursday 26th September

DUNDEE:- Birkhill, Backmuir Woods and Liff

GRADE C: 6mls/3hrs **DEPART:** CWCP at 10:30 **WALK START:** Millennium Hall, Birkhill at 10:45 **OS:** 380 **GR:** NO348340 **DESCRIPTION:** Circular route - Birkhill, Backmuir Woods and Liff. Footpaths, woodland tracks and some road walking. Ascent minimal. **LEADER:** Sheila Wallace, 01382 320243 or 07944 570925, smwallace55@gmail.com

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

Friday 27th September

DUNFERMLINE & WEST FIFE:- Autumn weekend meet

DESCRIPTION: Galloway? Watch web site for details. **CONTACT:** Grant Robertson, 01577 208436, 07936 738581, grantrobertson1952@gmail.com

GLENROTHES:- Group weekend away at Tarbet

DESCRIPTION: Three days Friday 27 to Monday 30 September **NOTE:** For late bookings contact J Duncan **CONTACT:** J Duncan, 01337 831888, john@johnandmorven.co.uk

Saturday 28th September

DALGETY BAY:- Blairadam & Cowden Hill

GRADE C+: 8mls/4hrs ▲250m/820ft **DEPART:** DBSCCP at 10:00 **WALK START:** Clentry car park at 10:30 **OS:** 58 **GR:** NT129946 **DESCRIPTION:** A variation of the cancelled January walk. The intention is to venture off the well maintained tracks to visit corners you may not have seen before. This will depend upon availability of access. **NOTE:** RADO. Distance, time required and ascent are estimates. Online entries may be updated after recce. **LEADER:** Ian Bruce: ianbruce100@btinternet.com 01383 616062 or 07518 154237

KIRKCALDY:- Ben A'an

GRADE B: 5mls ▲340m/1115ft. **DEPART:** KRSN at 08:00 **WALK START:** Ben A'an car park on A821, FK17 8HY at 10:00 **OS:** 57 **GR:** NN509070 **DESCRIPTION:** An up and over. This is a short walk with a steep stepped section. Good views on a clear day overlooking Loch Katrine. **NOTE:** RADO. NoSC. **LEADER:** Madge Poklekowska, 01592 328992, madge.p@live.co.uk

PERTH:- Glenfarg Railway Tunnel Walk

GRADE C+: 5.5mls ▲200m/656ft. **DEPART:** ASDACP at 09:00 **WALK START:** The Bein Inn car park on the A192 (to be confirmed - see note) at 09:30 **OS:** 58 **GR:** NO160130 **DESCRIPTION:** An interesting walk through the two Railway Tunnels of Glenfarg (approximately 500m) and some uphill minor road walking. A torch will be necessary. **NOTE:** RADO. Check with the leader for starting point before leaving home. **LEADER:** Cathy Creedican, 01738 634653 or 07747 088844, cathy_paul_gemma@hotmail.com

ST ANDREWS & NE FIFE:- Follies & Forests

GRADE B+: 8mls/4.5hrs ▲390m/1280ft. **DEPART:** FCPC at 09:30 **WALK START:** Hermitage Car Park (fee £2) at 11:00 **OS:** 52 **GR:** NO012422 **DESCRIPTION:** A moderate low level walk, with well signposted tracks along one prolonged ascent, visiting follies, cathedral and River Tay. Chance to enjoy the autumn colours of this lovely area. **NOTE:** RADO. NoSC. **LEADER:** Jim Coates, 01337 831113, jcoates1944@gmail.com



Sunday 29th September

FORFAR:-

Kinnoull Hill

GRADE C+: 4.5mls **DEPART:** MMCP at 09:30 **WALK START:** Kinnoull Hill Jubilee Car Park at 10:40 **OS:** 58 **GR:** NT146238 **DESCRIPTION:** Following Kinnoull Hill paths with scenic views from top. **LEADER:** Christine Ferguson, 01382 532384

STIRLING & FALKIRK:- Crieff and Glen Turret

GRADE C+: 8mls/4hrs ▲350m/1148ft. **DEPART:** LACP at 09:30 **WALK START:** Macrosty Park, Crieff PH7 4BH at 10:15 **OS:** 52 **GR:** NN858221 **DESCRIPTION:** An easy walk starting with Lady Mary's Walk in Crieff, circling north of the town with good views over Strathearn and returning via the lower part of Glen Turret. **NOTE:** RADO. CWRA. Return Mileage - 50 **LEADER:** Phil Seale, 07840 957215, phil@philseale.co.uk

Forth Valley, Fife & Tayside Area Honorary Officials

The following officials were elected or re-elected at the Area AGM at Scone Burnside Hall on the 24th November, 2018

Convenor

Roger Brickell, Tel: 01764 656114, email: rogerbrickell@icloud.com

Vice Convenor

Dr Mike Morris, email: morriskilry@gmail.com

Secretary

Jim Forret, Tel: 01334656137, mobile: 07526670535, email: james.forret@btinternet.com

Membership Secretary

TBA

Treasurer

Mike Gray, tel 01360 550962, mobile 0797 9993614, e-mail: branziertroad@gmail.com

Access Officer

John Andrews,

Tel: 01738 827275, email: john@jdandrews.co.uk

Publications and Advertising Secretary

Trevor Abell,

Tel 01738 813123, e-mail: tmbabell@gmail.com

Assistant Publications Officer

Ian Bruce,

Tel: 01383 616062, e-mail: ianbruce100@btinternet.com

Training Officer

Dr Mike Morris, email: morriskilry@gmail.com

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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 web: www.ramblers.org.uk

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 web: www.ramblers.org.uk/scotland

Tel: 020 3961 3270

Tayside Young Walkers: Angharad Gibreel - email myfanwy_1@hotmail.com

Group Secretaries (correct September 2018)

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Dalgety Bay	Chris Roberts Tel 01383 822184 email: chris.dbayramblersec@gmail.com
Dundee	Jean MacGillvray Tel: 07932 014859 dundeeramblers@gmail.com
Dunfermline & West Fife	Alan McGuckin Tel 01383 731557; email atmcg53@gmail.com
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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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