



***Forth Valley, Fife & Tayside
Area Joint Programme
October 2019 to March 2020***

Walks and Events for:

**Blairgowrie & 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
Strathtay**

Information Page

Welcome to the 40th edition of the joint programme covering the Winter programme for 2019/20. 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-February 2020
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 February. Email attachments are also acceptable and indeed preferred.

The FV, F & T Joint Programme Team:

Publications and Advertising Secretary:

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

Assistant Publications Secretary: Ian Bruce.

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

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

General Information

Walks Grading

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

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

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

C Leisurerly, mainly on level ground and often paths and tracks.

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

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

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

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

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

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

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

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. 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 dunderamblers@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 two years 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

The half-day walk programme for this group is not expected to operate over the Winter, a programme for the Spring will be prepared and interested members informed.

FORTH VALLEY, FIFE AND TAYSIDE AREA
DRAFT MINUTES FOR THE AGM HELD ON 24TH NOVEMBER AT
BURNSIDE HALL, SCONE

OFFICE BEARERS PRESENT

Roger Brickell (**RB**), Trevor Abell (**TA**), Ian Bruce (**IB**), Jim Forret (**JF**)

MEMBERS PRESENT

Margaret Best, Jacqueline Ritchie, Sybil Taylor, Ann Eve, Edna Burnett, Allan Bardwell, Nan Ross, Chris Roberts, Ben Douglas, Pat Fraser, Beth Dickson, Joan Bizzari, Jill Pontin, Barbara Oswald, Stewart Collier, Linda Collier, Linda Cullis, Helen Stanghon, Jean MacGillvray, Lynn Salvin, Christine Ferguson, Dorothy Cameron, Irene McGugan, Wraight Shepherd, Linda Moyes

Jeannie Cranfield, delivery officer Ramblers Scotland
Alison Mitchell, Chairperson of Scottish Council Executive Committee & Convenor of Grampian Area

MINUTES OF THE LAST AGM

The minutes for the AGM held on the 25th Nov. 2017 were read and approved
Proposed by Jean MacGillvray. Seconded by Trevor Abell

MATTERS ARISING

There were no matters arising from these minutes

PRESENTATION OF ANNUAL REPORT

Although the individual reports were printed in the Annual report the office bearers were given the opportunity to expand on any topic therein

Chairman's report

The Chairman thanked all the volunteers in the area for all their hard work during the year. Ben Douglas picked up on a point in this report to do with first aid kits. The Chairman stated that some groups carry a first aid kit and Ben pointed out that ALL groups should carry one. Allan Bardwell made the point that all kits should be audited on an annual basis as some of the items go out of date

Secretary's report

The Area Secretary reported that we had three area council meeting during the year and the numbers attending were much the same as previous years
On the subject of GDPR he stated that the confusion etc. regarding this subject had settled down

Publications report

TA said that 2 editions of the AJP had gone out during the year. He is now asking Newsletter editors to have their next one to him soon for the Summer edition
GDPR did cause some problems with people's preferences but it is now less contentious. Ramblers HQ seem to have adopted a better methodology. A full set of posting labels were received i.e. it was accepted that the Walk Programme is essential information

regardless of members postal preferences. He also stated a report from the John Muir Trust on keeping Scotland tidy, indicated that throwing away banana skins, orange peel or chewing gum is also very bad for the environment as they take so long to disintegrate - over a year.

Access Officer Report

In the absence of the Access Officer, the Chairman asked if there were any points in his report that they would like to discuss. Wraight Shepherd asked about membership of the local access forum for the Trossachs & Loch Lomond National Park.

RB pointed out there was something of a problem in Ramblers representation in so far as two different Ramblers areas, i.e. Strathclyde North and our own Area covered the park.

Treasurer's Report

As the Treasurer was not present at the meeting the Chairman said that anyone having a question regarding the accounts should email the Treasurer direct.

Website Development

IB reported that the area website was getting well used, all the walk information is available on the site including updates of cancelled walks, walk changes and so forth.

Training report

In the absence of the Training Coordinator, Jeannie Cranfield gave an outline of the training courses available. She recommended that all walk leaders should attend a leadership course as there is always new things to learn. John Nicholls has taken on the role previously covered by Katy Robinson and he is now the contact for all Training Coordinators.

Ben Douglas pointed out that all groups have a responsibility to ensure that training is shared between members/ leaders and that group committees should make sure leaders are properly trained.

Jeannie Cranfield said that they are looking for Walk Leading trainers for the areas

Stewart Collier said he had been requested to organise training courses for his area with the following results: -

First Aid- 7 members attending

Walk leaders - 7 members attending

Navigation - 5 members attending

He reported that some walk leaders are not carrying maps on walks but this should improve through training.

Jean MacGillvray pointed out that for some local walks a map is not really necessary and we should be careful not to scare people from wanting to lead walks

ADOPTION OF THE ANNUAL REPORT & ACCOUNTS

The report & accounts were formally adopted by the members present

Proposed by Allan Bardwell; Seconded by Lynne Salvin

APPOINTMENT OF OFFICE BEARERS

JF proposed that Roger Brickell be appointed Convenor, this was accepted by the members present

The remaining office bearers were all willing to stand for re-election and this was also accepted by the members present

Convenor.	Roger Brickell
Vice convenor	Mike Morris
Area secretary.	Jim Forret
Membership secretary.	Vacant
Treasurer	Mike Gray
Access officer	John Andrews
Publications secretary	Trevor Abell
Assistant publications secretary	Ian Bruce
Advertising officer	Trevor Abell

A short discussion followed about the vacant post for Membership Secretary and the duties required within the post. Jeannie Cranfield said that there is now no need for all the sheets of information to be printed off etc. as all the information is held in the Insight Hub. All the membership information is now sent direct to the Group Secretaries and the one item that the Membership Secretary now has to do is to contact those members that are not assigned to a particular group, these are known as area members rather than group members.

The appointment of the office bearers was proposed by Jean McGillvray and seconded by Ben Douglas.

APPOINTMENT OF INDEPENDENT EXAMINER OF ACCOUNTS

Mr Allan Paul was duly re-elected to the post

Proposed by Lynne Salvin. Seconded by Dorothy Cameron

APPOINTMENT OF DELEGATES TO SCOTTISH COUNCIL 9/10 MARCH 2019

Roger Brickell and Trevor Abell were duly elected to represent the Area at the Scottish Council 2019 at Dunblane.

APPOINTMENT OF DELEGATES TO GENERAL COUNCIL 13/14 APRIL 2019

Jean MacGillvray and Christine Ferguson initially agreed to go if no other members were wanting to attend. But after checking diaries etc. it was finally agreed that Linda Moyes and Wraight Shepherd would represent the Area at General Council in 2019 at Manchester.

VENUE AND DATE FOR 2019 AGM

It was decided that the venue and date for the 2019 AGM would again be the Burnside Hall Scone on Saturday the 23rd November

AOCB

Ben Douglas reported on the formation of a new path in West Fife; it runs from Balgonie Woods to Woodend. You can walk from Shiresmill through Balgonie woods. Ben reported on the network of paths in this area, there is a variety of walks available from Coastal path to woodlands etc.

Beth Dickson reported on a path that had become very overgrown, but now due to the efforts of a Kirkcaldy member, Mr Alex Donald, this path is now clear and open. We now have to let people know about this and get them to use it regularly in order to avoid the same happening again.

Jean MacGillvray highlighted the need to send out the information on these paths. Wraight Shepherd reported that there is now a new footbridge over the river at the Kelpies in Falkirk.

Christine Ferguson asked when the Pilgrims Way was expected to be fully open. Jeannie Cranfield said the official opening was to be in March 2019 although there is still an ongoing legal issue around the St Ninians coalfield at Kelty. Ben Douglas stated that we need proper detailed maps for the path.

Jean MacGillvray mentioned that the Dundee Family group have suitable walks designed to encourage families to go walking with children and everyone is welcome to join them.

There being no other business the meeting was closed at 10.55 am

FORTH VALLEY, FIFE AND TAYSIDE AREA AGM Saturday 23th November 9.30. Venue: Church Hall, Burnside, Scone PH2 6LP.

Directions: The hall is situated at the southern end of Scone close to the memorial to Douglas.

Draft Programme:

9.30 – 10.00 am	Registration and coffee/tea.
10.00- 11.00	Area AGM
11.00 -11.30	Interval
11.30-12.00	Speaker
12.00 -12.30	Discussion
12.30 -1.15	Lunch (packed lunches)
1.15	Walk if conditions are suitable

Registration:

It would be helpful if members intending to attend could inform the Area Secretary by phone or email two weeks before the event.

Contact : Mr Jim Forret: 01334656137 mobile: 07526670535,

Email: james.forret@btinternet.com



Walks Diary

Tuesday 1st October

KINROSS & OCHIL:-

Tuesday Walkers - See details at beginning of this programme.

KIRKCALDY:-

Langtoun Daunders - Wemyss Circular

GRADE C: 4.9mils **DEPART:** KRSN at 10:00 **WALK START:** West Wemyss car park (KY1 4SS) at 10:30
OS: 59 **GR:** NT325946 **DESCRIPTION:** A circular route taking in West Wemyss, East Wemyss and Coaltown of Wemyss following the Fife Coastal Path and inland on the old railway line. Lunch at Nourish. **NOTE:** RADO. CWRA. **LEADER:** Beth Dickson, 07791 912417, bd6427@icloud.com

Thursday 3rd October

GLENROTHES:-

Strollers Walk - see first page of this programme for details

Friday 4th October

STIRLING & FALKIRK:- Kingussie Weekend away

Duke of Gordon Hotel, Kingussie (contact Ray) **NOTE:** 4/10/2019 - 7/10/2019 **CONTACT:** Ray Finlay: rayfin_1@hotmail.com 01786 449135 or 07792 549363

Saturday 5th October

BLAIRGOWRIE:- Birnam Wood and Stare Dam

GRADE C: 6mls/3.5hrs **ASCENT:** 160m/524ft. **DEPART:** WCPB at 09:30 **WALK START:** Beatrix Potter Garden/Birnam Institute Dunkeld at 10:00 **OS:** 52 **GR:** NO032419 **DESCRIPTION:** A lovely circular walk taking in part of Birnam Hill, Stair Bridge and lunch at Stare dam, beautiful views of the Strathmore valley and surrounding area. **NOTE:** RADO. **LEADER:** Madeleine McIntosh, 01250 872005 or 07904 382840, maddiesworld@outlook.com

BRECHIN:- Lochs Shandra and Auchintaple

GRADE C+: 8mls **DEPART:** SNSB at 09:30 **WALK START:** Car park at Freuchies at 10:30 **OS:** 44 **GR:** NO224608 **DESCRIPTION:** Follow path to Loch Shandra, then over mainly good tracks to Auchintaple Loch. Return by Craighead and Craignity to Loch Shandra and car park. **LEADER:** Christine Bean: chrisbean@yahoo.co.uk 01356 624285

DALGETY BAY:- Crossford to Torryburn via Crombie Point

GRADE C: 6.5mls **DEPART:** DBSCCP at 09:30 **WALK START:** King George V car park Crossford at 10:30 **OS:** 65 **GR:** NT068866 **DESCRIPTION:** Some paths, mostly pavement walking with one small incline. Return to Crossford by bus. (Remember bus pass.) **NOTE:** RADO. **LEADER:** Alice McEwan: 01383 822013 or 07749 388113

DUNDEE:- Water of May, Forteviot

GRADE C+: 5.5mls/3hrs **ASCENT:** 100m/330ft **DEPART:** CWCP at 09:30 **WALK START:** Car Park at Bowling Club, Forteviot at 10:30 **OS:** 58 **GR:** NO052174 **DESCRIPTION:** Low level route on tracks and minor roads. Locked gate to climb. **LEADER:** Stewart & Val MacDonald: 01382 642728 & 07960 624539 or 07852 815900

GLENROTHES:- Auchtermuchty - Pitmedden Forest circular

GRADE B: 7mls/4.5hrs **ASCENT:** 1200ft **DEPART:** LCCP at 09:30 **WALK START:** Clink Forest CP at 10:00 **OS:** 58 **GR:** NO223128 **DESCRIPTION:** A circular walk from The Clink, Broom Hill and Pitmedden Forest. Forest tracks and footpaths. Returning by Raemore. **NOTE:** NoSC RADO **LEADER:** C Mackie & T McLaren 07903132319 tmlclaren39@gmail.com

KINROSS & OCHIL:- Airthrey Loch and Abbey Craig

GRADE C+: 6mls **DEPART:** KPR at 09:00 or BURN at 09:15 **WALK START:** Pathfoot CP, University of Stirling at 10:00 **OS:** 57 **GR:** NS803967 **DESCRIPTION:** A scenic walk around Airthrey Loch and Stirling University grounds to the Wallace Monument and Abbey Craig woodlands. Mainly good paths with some steep sections and great views of Stirling, the lower Forth & the Ochils. **NOTE:** RADO. **LEADER:** Susan Tester, 01786 834535, susantester@btinternet.com

PERTH:- Luncarty to Methven

GRADE C: 8.5mls **DEPART:** No.34 Bus from Mill Street, Perth at 09:30 **WALK START:** Main road bus stop in Luncarty at 09:50 **OS:** 58 **GR:** NO094294 **DESCRIPTION:** From Luncarty to Methven via Hatton, Bertha Park, Almondbank & Methven Loch. Returning by bus from Methven. **NOTE:** RADO. **LEADER:** John Andrews: john@jdandrews.co.uk 01738 827275 or 07526 884953

Sunday 6th October

STRATHTAY:- Loch Con and Limestone Pavements

GRADE C+: 7mls **DEPART:** CCP at 09:30 **WALK START:** Trinafour (entrance to dam road) at 10:00 **OS:** 42 **GR:** NN725650 **DESCRIPTION:** Along the old military road then take track up past limestone pavements. Short ascent over Meall Dail-Chealach and down to Loch Con. Down along the Allt Con to Loch Errochty, over the dam and follow track back to start. **NOTE:** RADO. **LEADER:** Bill Bruce, 01887 829753, bill_1_bruce@btinternet.com

Monday 7th October

ST ANDREWS & NE FIFE:- Group Committee Meeting

MEET: Cupar Fire Station Community Room at 19:00 **DESCRIPTION:** Group Secretary will issue Agenda before meeting. **CONTACT:** Jim Coates, 01337 831113, jcoates1944@gmail.com

Wednesday 9th October

DUNDEE:- Camperdown to Clatto

GRADE C: 4mls **WALK START:** Camperdown Park (1st layby on right) at 10:30 **OS:** 54 **GR:** NO365329 **DESCRIPTION:** Walk on good paths from Camperdown Park to Clatto Park and back. Lunch afterwards for those interested. **LEADER:** Jean MacGillivray: jean.macgillivray@btinternet.com 01382 623052 or 07932 014859

Thursday 10th October

DALGETY BAY:- Roamers ~ Fordell Estate Circular

GRADE D: 4mls/2hrs **WALK START:** Dalgety Bay Library at 10:00 **OS:** 65 **GR:** NT156834 **DESCRIPTION:** A morning walk through woodland and farmland. **NOTE:** RADO. **LEADER:** June Wright: 01383 822358

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

Saturday 12th October

DALGETY BAY:- Cupar Springfield Circular

GRADE C: 8mls/4hrs **ASCENT:** 30m/100ft **DEPART:** DBSCCP at 09:15 **WALK START:** Fluthers Car Park, Cupar at 10:15 **OS:** 59 **GR:** NO377147 **DESCRIPTION:** A figure of eight walk via Cupar Muir and Simpson Bridge, on pavements and tracks. **NOTE:** RADO. **LEADER:** Margaret Johnston: 01383 860725

DUNDEE:- Craig of Balloch, Backwater Dam

GRADE B: 8mls/4hrs **DEPART:** CWCP at 09:30 **WALK START:** Backwater Dam North Car Park at 10:30 **OS:** 44 **GR:** NO256615 **DESCRIPTION:** Walk on tracks and over rough ground, one steep ascent. **LEADER:** Lena Brown: 01382 884649 or 07597 690186

DUNFERMLINE & WEST FIFE:- Kinghorn, Pettycur Bay and Kinghorn Loch

GRADE C: 5.5mls/3.5hrs **ASCENT:** 100m/328ft. **DEPART:** LPRCP at 09:30 **WALK START:** Pettycur Bay car park at 10:00 **OS:** 367 **GR:** NT265861 **DESCRIPTION:** A circular walk on paths and tracks via Kinghorn Loch Ecology Centre. **NOTE:** DWOL. **LEADER:** Olive Inglis, 01383 842693 or 07773 995015, oliveminglis@aol.com

FORFAR:- Circular walk to Barry Mill

GRADE C+: 6.5mls **DEPART:** MMCP at 10:00 **WALK START:** Carnoustie Beach Car Park at 10:30 **OS:** 54 **GR:** NO567344 **DESCRIPTION:** Circular walk to Barry Mill and return via Golf Course (Path, tracks and quiet roads.) **LEADER:** Jenny McDade: 01241 855481

KIRKCALDY:- Letham Glen

GRADE C: 6mls **DEPART:** KRSN at 10:00 **WALK START:** Letham Glen car park (KY8 5TB) at 10:30 **OS:** 59 **GR:** NO382017 **DESCRIPTION:** Through Letham Glen to Blacketyside, across the A915 to Silverburn. Then down to the golf course, along to Leven beach and back to Letham Glen car park. **NOTE:** RADO. CWRA. **LEADER:** Nancy Davies, 01592 262260, davis1746@gmail.com

PERTH:-

Tracks to Loch Skiach

GRADE C+: 8mils **ASCENT:** 350m/1150ft **DEPART:** ASDACP at 09:30 **WALK START:** Car parking at refuse collection point across from walk start. at 10:00 **OS:** 52 **GR:** NN976507 **DESCRIPTION:** Fisherman's tracks wandering up through wood to moorland above Strathtay. Good bothy for lunch, fisherman's hut for afternoon stop. Large and small loch. Great views. **NOTE:** RADO. **LEADER:** Gil McGeachy: gil.mcgeachy@gmail.com or 07946 655068

Sunday 13th October

GLENROTHES:-

Livingston - Almondell and Linn Mill aqueduct

GRADE C+: 7.5mils/4hrs **ASCENT:** 770ft **DEPART:** LCCP at 9:30 **WALK START:** At the North CP in Almondell country park at 10:30 **OS:** 65 **GR:** NT090696 **DESCRIPTION:** A figure of eight walk from Almondell Country Park on forest paths and tracks beside the river Almond and past the Linn Mill aqueduct. A small section along a quiet country road. **NOTE:** CWRA DWOL **LEADER:** C Baker 01592 751384 cabecosse1@aol.co.uk

ST ANDREWS & NE FIFE:-

Scone Circular

GRADE B: 8mils/4hrs **ASCENT:** 250m/820ft. **DEPART:** FCPC at 09:00 **WALK START:** Quarrymill car park on A93 towards Scone, north of Perth from junction with A94 at 10:00 **OS:** 58 **GR:** NO120252 **DESCRIPTION:** Woodland walk through Quarrymill to Scone, ascending to MacDuff's Folly and Lynedoch Obelisk. This short, steepish climb is rewarded with great views. Gentle descent through golf course. Paths, maybe muddy in places, and minor roads. **NOTE:** RADO. NoSC. Leaders will meet at Walk Start Point **LEADER:** Carol Philip & Christine Arnold, 013344 475997 or 07979 541678 & 07718 316597

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

GRADE B: 10mils/6hrs **ASCENT:** 300m/980ft **DEPART:** LACP at 09:30 **WALK START:** Balquidder Return Mileage – 65 FK19 8PA at 10:45 **OS:** 51 **GR:** NN534208 **DESCRIPTION:** A remote moorland walk linking to Brig o Turk via Glen Finglas on an old drovers route. Moorland path and minor road, can be very boggy and exposed **NOTE:** RADO NoSC. Coach walk, no pickup at Grangemouth. **LEADER:** Ray Finlay: rayfin_1@hotmail.com 01786 449135 or 07792 549363

Tuesday 15th October

KINROSS & OCHIL:-

Tuesday Walkers - See details at beginning of this programme.

ST ANDREWS & NE FIFE:-

Pre-Book Christmas Lunch

DESCRIPTION: Lunch at Monturpie on 7th December. Please prebook attendance with £5 deposit by 28th Nov. **NOTE:** Menu options will be provided prior to 7th Dec. Further details on Group website or by contacting Leader **CONTACT:** Will Aitken, 01334 470066, 07908 721466, wh.aitken@gmail.com

Wednesday 16th October

ST ANDREWS & NE FIFE:-

Mid-week Leisurely Walk: Kemback & Blebo

GRADE C: 5mils/3hrs **ASCENT:** 60m/200ft. **DEPART:** FCPC at 09:40 **WALK START:** Car park opposite Kemback Church Hall in Dura Den at 10:00 **OS:** 59 **GR:** NO415150 **DESCRIPTION:** Gentle walk uphill at start through woodland, then minor road towards Blebo. May be some muddy tracks in Blebo woods on return. **NOTE:** RADO. NoSC. Leader will meet at start of walk **LEADER:** Dorothy Cameron, 01334 474305

Thursday 17th October

GLENROTHES:-

Strollers Walk - see first page of this programme for details

Saturday 19th October

BLAIRGOWRIE:- Glen Fincastle, Blair Atholl

GRADE B: 11.5mils/6hrs **ASCENT:** 540m/1771ft. **DEPART:** WCPB at 08:45 **WALK START:** Blair Atholl information centre on main road beside Country Life Museum at 10:00 **OS:** 43 **GR:** NN875654 **DESCRIPTION:** Beautiful scenic walk offering a very varied terrain and scenery from heather moor and farmland to Birchwoods and lochans. The route is over paths and tracks with a challenging ascent as the walk leaves Blair Atholl behind. **NOTE:** RADO. **LEADER:** Pat Fraser, 01250 873577 or 07843 786191, patriciafraser@btinternet.com

BRECHIN:- Brechin Path Network

GRADE C: 9mils **DEPART:** SNSB at 09:30 **WALK START:** St Ninian's Square, Brechin at 09:35 **OS:** 44 **GR:** NO601602 **DESCRIPTION:** A circular walk on the Brechin Path network. **LEADER:** Ellen Smith: 01307 818632

DALGETY BAY:- Kingseat, Tarmangie & Whitewisp

GRADE B+: 7.5mils/5hrs **ASCENT:** 860m/2820ft **DEPART:** DBSCCP at 08:30 **WALK START:** Burn Car Park, Dollar at 09:30 **OS:** 58 **GR:** NS963981 **DESCRIPTION:** Strenuous walk over the named summits, descending via Saddle Hill. **NOTE:** RADO. **LEADER:** Ian Bruce: ianbruce100@btinternet.com 01383 616062 or 07518 154237

DUNDEE:- Glen Artney to see Deer Rut

GRADE C: 7mils/4hrs **DEPART:** CWCP at 09:00 **WALK START:** Car Park Glen Artney (Take Braco turn off on left from Comrie, turn right over bridge to Army Hut then down single track road to car park) at 10:15 **OS:** 57 **GR:** NN712102 **DESCRIPTION:** Leisurely walk, hoping to see and hear deer rutting. Some road walking. Bring binoculars. **NOTE:** RADO. **LEADER:** Rose Garvie: 01382 450763

DUNFERMLINE & WEST FIFE:- White Coomb via the Grey Mare's Tail

GRADE A: 7.5mils/6.5hrs **ASCENT:** 750m/2460ft. **DEPART:** LPRCP at 08:00 **WALK START:** Grey Mare's Tail car park at 10:00 **OS:** 330 **GR:** NT186144 **DESCRIPTION:** White Coomb is a Corbett in the Moffat Hills. This fairly rough hillwalk heads up past the spectacular Grey Mare's Tail waterfall to beautiful Loch Skeen, then on to the ridge at Lochcraig Head. Broad ridges are followed to the summit. **NOTE:** DWOL. **LEADER:** Grant Robertson, grantrobertson1952@gmail.com, 07936 738581

GLENROTHES:- Valleyfield - Shires Mill and Balgownie Woods circular

GRADE C+: 8.5mils/4hrs **ASCENT:** 700ft **DEPART:** LCCP at 9:30 **WALK START:** Low Valleyfield CP (just past Newmills on coast road) at 10:30 **OS:** 65 **GR:** NT006863 **DESCRIPTION:** Mainly woodland walk through mixed plantations with some good views. New section developed by Fife Woodland Trust in Balgownie Wood. Magnificent Autumnal colours. Shorter walk option - 6 miles, contact leaders to arrange (start from Shires Mill) **NOTE:** CWRA DWOL Leaders will meet group at Low Valleyfield **LEADER:** C & B Barton 01383 725859 chrisbettybarton@gmail.com

PERTH:- Lady Mary's Walk and Laggan Hill

GRADE C+: 7mils **ASCENT:** 150m/490ft **DEPART:** ASDACP at 09:30 **WALK START:** Taylor Park Car Park, Turretbank Road, Crieff PH74LJ at 10:15 **OS:** 52 **GR:** NN858221 **DESCRIPTION:** Very attractive walk on good paths along riverbank then returning via Laggan Hill with fine views of the countryside. **NOTE:** RADO. **LEADER:** Jim Pirie: 01738 451314 or 07923 457219

STRATHTAY:- Ben Vrackie Bealach

GRADE C+: 7mils **DEPART:** CCP at 09:30 **WALK START:** Ben Vrackie car park at 10:00 **OS:** 52 **GR:** NN944598 **DESCRIPTION:** Up on tracks and paths over the Ben Vrackie bealach and down to Killiecrankie. Back along the forest track. **NOTE:** RADO. **LEADER:** Muriel Findley, 01887 820095, murfin41@btinternet.com

Thursday 24th October

DUNFERMLINE & WEST FIFE:- Duloch and Fordell Estate

GRADE C: 5mls/3hrs **WALK START:** Duloch bus stop near Tesco Superstore at 10:00 **OS:** 367 **GR:** NT125862 **DESCRIPTION:** Duloch - Calais Muir wood, Prathouse farm track - Fordell Estate country paths and back to Duloch. **NOTE:** DWOL. **LEADER:** Olive Inglis, 01383 842693 or 07773 995015, oliveminglis@aol.com

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

Saturday 26th October

DALGETY BAY:- Twentieth Anniversary Lunch and Walks [Grades B, C & D]

Details have been sent to all members who have booked. **CONTACT:** Chris Roberts: c-b.roberts@tiscali.co.uk 01383 822184 or 07749 757587

DUNFERMLINE & WEST FIFE:- Innerdownie

GRADE B+: 8mls/4hrs **ASCENT:** 400m/1312ft. **DEPART:** LPRCP at 09:30 **WALK START:** Glensherup car park, Glendevon at 10:15 **OS:** 366 **GR:** NN973052 **DESCRIPTION:** A circular walk on good paths taking you past Glensherup and Glenquey to the summit of Innverdownie. Lunch at the summit followed by a descent through native woodland to Glenquey reservoir. A good path contours back to the start. **NOTE:** DWOL. NoSC. Leader will meet everyone at Glensherup car park **LEADER:** Linda Moyes, 01383 852817 or 07840 759384, lm57.moyes@gmail.com

KIRKCALDY:- Rumbling Bridge Circular

GRADE C+: 7mls **DEPART:** KRSN at 09:00 **WALK START:** Pool of Muckart Village Hall (FK14 7LL) at 10:00 **OS:** 58 **GR:** NN999005 **DESCRIPTION:** Slightly undulating route passing Rumbling Bridge gorge and Muckart Mill on tracks and road. **NOTE:** RADO. NoSC. **LEADER:** Liz Greig, 01592 653682 or 07919 985239

PERTH:- Pool of Muckhart Circular

GRADE C: 8mls **ASCENT:** 200m/660ft **DEPART:** ASDACP at 09:30 **WALK START:** Cairns Place, Pool of Muckhart (turn into Kirkehill from the A91 then first left) at 10:30 **OS:** 58 **GR:** NO000007 **DESCRIPTION:** Circular walk from Pool of Muckhart by Muckhart Mill, Rumbling Bridge, Crook of Devon and River Devon by Naemoor. **NOTE:** RADO. **LEADER:** Donald Purvis: purvishome@gmail.com 01738 813294 or 07478 247825

ST ANDREWS & NE FIFE:- Dalgety Bay & Letham Hill

GRADE C+: 7.5mls/4hrs **ASCENT:** 201m/660ft. **DEPART:** FCPC at 09:15 **WALK START:** Dalgety Bay Rail Station car park at 10:30 **OS:** 65 **GR:** NT149841 **DESCRIPTION:** Circular walk with some prolonged inclines, following good tracks and path through woodland, farmland and part of Fife Coastal Path. **NOTE:** RADO. NoSC. **LEADER:** Jane Houston, 01334 850211 or 07771 856643, jemillar15@aol.co.uk

Sunday 27th October

DUNDEE:- Family Halloween Walk at Crombie Park

GRADE C: 3mls **WALK START:** Crombie Country Park Car Park at 14:00 **OS:** 54 **GR:** NO528401 **DESCRIPTION:** Dress up (optional) and walk around Crombie Reservoir. Watch out for ghosts and other spooky things. All welcome with or without children. **LEADER:** Jean MacGillivray: jean.macgillivray@btinternet.com 01382 623052 or 07932 014859

FORFAR:- Kirriemuir & Loch of Kinnordy followed by AGM at 2pm

GRADE C: 7mls **DEPART:** MMCP at 10:00 **WALK START:** Kirrie Den Car Park (Tannage Brae) at 10:30 **OS:** 54 **GR:** NO384538 **DESCRIPTION:** Walk through Kirrie Den to Loch of Kinnordy, (chance maybe to see red squirrels and the work of the beavers) then round Caddam Woods to Camera Obscura and return to start point. Note leader will meet at walk start point. Followed by the AGM **NOTE:** AGM will be at St John's Church Hall at 2 pm. **LEADER:** Grace Johnston: 01575 574685

GLENROTHES:- Lomond Hills - Three Peaks

GRADE B+: 13mls/7hrs **ASCENT:** 2600ft **DEPART:** LCCP at 09:00 **WALK START:** East Lomond CP at 09:30 **OS:** 58 **GR:** NO252058 **DESCRIPTION:** From East Lomond car park walk up East and West Lomond then Bishop Hill returning by Ballo. **NOTE:** NoSC RADO **LEADER:** W Cumming contact by Email splish2splosh@gmail.com

STIRLING & FALKIRK:- AGM

Bowling club Stirling FK8 1EB at 13:00 **DESCRIPTION:** Annual General Meeting After walk **CONTACT:** Betty Brodie: bettybrodie@aol.com 01324 556762 or 07936 380395

STIRLING & FALKIRK:- Stirling's Historic Kings Park Walk, followed by AGM

GRADE C: 3mls/2hrs **ASCENT:** 10m/30ft **DEPART:** LACP at 09:30 **WALK START:** Bowling club Stirling FK8 1EB at 10:00 **OS:** 57 **GR:** NS793936 **DESCRIPTION:** This historic walk follows the magnificent new path around the perimeter of Kings Park Stirling. We will be dodging stray golf balls, and ignoring any bad language from wayward golfers. **NOTE:** RADO CWRA. AGM will follow the walk. **LEADER:** Wraight Shepherd: wraight.shepherd@talk21.com 01786 475137 or 07753 941564

Tuesday 29th October

DUNDEE:- AGM

MEET: Lochee Bowling Club, Muirton Road, Dundee at 19:30 **DESCRIPTION:** Hopefully the business part will be short after which Roz Brown will give us a talk - 'Discover the Camino De Santiago' with discussion and photos. Tea and biscuits will be provided. **CONTACT:** Jean MacGillivray: jean.macgillivray@btinternet.com 01382 623052 or 07932 014859

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

Wednesday 30th October

DUNFERMLINE & WEST FIFE:- Oktoberfest - Arthur's Seat

GRADE B: 5mls **ASCENT:** 300m/984ft. **WALK START:** Scottish Parliament building at 10:30 **OS:** 350 **GR:** NT269739 **DESCRIPTION:** From start, over Arthur's Seat to the Sheep's Heid inn at Duddingston. Return along disused railway line finishing at the Auld Hoose in St Leonards Street. **NOTE:** DWOL. Duration 3 - 4 hours depending upon drinking time **LEADER:** Alan McGuckin, 01383 731557 or 07970 172593, atmccg53@gmail.com

KIRKCALDY:- Winter Meal - advanced notice

DESCRIPTION: The winter meal will take place on November 30 (see separate entry) at Dunnikier Golf Club, Kirkcaldy KY1 3LP. See the Kirkcaldy group page on the Ramblers website for further details. **CONTACT:** Mike Livesey, 07783 201492, 01592 503272

Thursday 31st October

DUNDEE:- Newtyle Circular

GRADE C: 6mls/3hrs **DEPART:** CWCP at 09:30 **WALK START:** North Street Car Park, Newtyle at 10:00 **OS:** 53 **GR:** NO298415 **DESCRIPTION:** Walk along disused railway line. Minimal ascent. Lunch to follow for those interested. **LEADER:** Sheila Wallace: smwallace55@gmail.com 01382 320243 or 07944 570925

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

Saturday 2nd November

BLAIRGOWRIE:- Circular walk in Glen Clova

GRADE C+: 6mls/3.5hrs **ASCENT:** 100m/328ft. **DEPART:** WCPB at 09:30 **WALK START:** Gella Bridge Car Park at 10:30 **OS:** 44 **GR:** NO373652 **DESCRIPTION:** A circular walk starting at Gella Bridge car park, following a path past Brocklas to Kinrive. Follow path through Glen Moy to Glen Cuilte and then cross country, with a gentle ascent, back to the car park at Gella. **NOTE:** RADO. **LEADER:** Mike Morris, 01828 632548 or 07984 463213, morriskilry@gmail.com

BRECHIN:- Careston Circular

GRADE C: 8mils **DEPART:** SNSB at 09:30 **WALK START:** 2 Montboy Steading, Careston, DD9 6RX at 09:45 **OS:** 44 **GR:** NO539615 **DESCRIPTION:** A pleasant walk on tracks and quiet country roads. **LEADER:** Sheena Leven: 01356 630208

DALGETY BAY:- Townhill Loch & Woods (Minimal Ascent)

GRADE C: 8mils/4.5hrs **DEPART:** DBSCCP at 09:30 **WALK START:** Crossgates Fire & Rescue Centre - on street parking at 09:50 **OS:** 65 **GR:** NT146892 **DESCRIPTION:** A pleasant walk on tracks and paths. **NOTE:** RADO. **LEADER:** Jane Mitchell: janemaclean1@hotmail.com 01383 822843 or 07975 984015

DUNDEE:- Newport, Wormit and Drumoig Circular

GRADE C: 7mils/4hrs **ASCENT:** 110m/360ft **WALK START:** TBCP at 09:30 **OS:** 54 **GR:** NO426287 **DESCRIPTION:** Walk through Newport, Wormit, St Fort and The Roseberry Hill. **LEADER:** Tom Webster: 01382 552473

GLENROTHES:- Glenrothes to Balmalcolm linear (return by service bus)

GRADE C: 7mils/4hrs **ASCENT:** 70ft **DEPART:** LCCP at 9:30 **WALK START:** Walk Start Lomond Centre Car Park at 9:30 **OS:** 59 **GR:** NO285008 **DESCRIPTION:** A linear walk, via Woodside, Markinch, Star Moss, Kirkforthar, Rameldry and Burnturk. Mostly on paths and tracks with some road walking. Can be muddy. Return to Glenrothes by Bus so BRING YOUR BUS PASS. **NOTE:** NoSC RADO **LEADER:** H Morrison 01592 749170 or 07821148256 hazmgmtmor@hotmail.com

KINROSS & OCHIL:- Atholl Woods

GRADE C: 7mils **DEPART:** KPR at 09:00 or BURN at 09:00 **WALK START:** Cally car park at 10:00 **OS:** 379 **GR:** NO023437 **DESCRIPTION:** Quiet forestry trails to reach the loch at Mill Dam before returning through mature woodland overlooking the Tay and passing picturesque Polney Loch. **NOTE:** RADO. **LEADER:** Gwen Perry, 01577 861556

KIRKCALDY:- Newburgh - Lindores Hill - Glenduckie Hill

GRADE B: 9.5mils **ASCENT:** 400m/1312ft. **DEPART:** KRSN at 09:00 **WALK START:** Car park beside Newburgh Primary School (KY14 6JW) at 10:00 **OS:** 59 **GR:** NO241183 **DESCRIPTION:** Figure-of-eight route on paths, tracks and rough ground. Good views. **NOTE:** RADO. NoSC. **LEADER:** Mike Livesey, 07783 201492 or 01592 503272

PERTH:- Birnam (Ladywell Plantation, Inver, River Tay)

GRADE C+: 7.5mils **ASCENT:** 200m/660ft **DEPART:** ASDACP at 09:30 **WALK START:** Turn left off A9 onto B867 just before Birnam turning. Small car park on right after 400m at 10:00 **OS:** 53 **GR:** NO041405 **DESCRIPTION:** along the foot of Birnam Hill to the Inchewan Burn, up the burn and through Ladywell Plantation to Inver. Return to start along the bank of the River Tay. On footpaths and tracks throughout. **NOTE:** RADO. **LEADER:** Pete & Anne Trant: thetrants@virginmedia.com 01738 565075 & 07985 202934 or 07557 785696

Sunday 3rd November**FORFAR:- Anniversary Walk & Meal at the Royal Hotel**

Myre Car Park at 10:00 **DESCRIPTION:** Forfar Ramblers 20th Anniversary Walk followed by a meal at the Royal Hotel at 12.30pm (Please Note meeting point is Myre Car Park - No Charges on a Sunday) Names for the meal to Dorothy please before the end of August **CONTACT:** Dorothy Hutcheon: 01307 468034

STIRLING & FALKIRK:- Braco Circular

GRADE C+: 7.5mils/4.5hrs **ASCENT:** 200m/650ft **DEPART:** LACP at 09:30 **WALK START:** Small car park in Feddel Road FK15 9QG Return Mileage – 30 at 10:15 **OS:** 57 **GR:** NN836097 **DESCRIPTION:** This walk takes us from the centre of Braco to the hills above the village. It is a gentle incline through woodland, open hillside and riverside. Lovely views over Strathallan and the Ochil hills beyond. **NOTE:** RADO CWRA. Additional parking is available on the streets nearby. **LEADER:** Janet McNee: janet.mcnee@googlegmail.com 01324 872205 or 07929 130582

STRATHTAY:- Pine Cone Point

GRADE C: 6mls **DEPART:** CCP at 09:30 **WALK START:** Jubilee Bridge car park at 10:00 **OS:** 52 **GR:** NO002436 **DESCRIPTION:** Follow tracks through Craigvinean forest. Out and back detour to fine viewpoint at Pine Cone point. Return by the side of the Tay. **NOTE:** RADO. **LEADER:** Joyce Cameron & Violet Keir, 01887 840343 or 07568 440607, jemcameron@hotmail.co.uk

Monday 4th November

ST ANDREWS & NE FIFE:- Group Annual General Meeting

MEET: Cupar Fire Station Community Room at 19:00 **DESCRIPTION:** Secretary will issue Agenda in advance of AGM. **CONTACT:** Jim Coates, 01337 831113, jcoates1944@gmail.com

Tuesday 5th November

KIRKCALDY:- Group AGM

MEET: St Bryce Church, Kirkcaldy at 19:00 **DESCRIPTION:** Annual General Meeting. **CONTACT:** Beth Dickson, 07791 912417, bd6427@icloud.com

KIRKCALDY:- Langtoun Daunderers - Glenrothes Riverside Park and Leslie

GRADE C: 3.5mls **DEPART:** KRSN at 10:00 **WALK START:** Glenrothes Riverside car park (KY7 5GB) at 10:30 **OS:** 59 **GR:** NO266017 **DESCRIPTION:** Circular walk on paths and tracks through Riverside Park, including around the back of Leslie. Lunch will be at the Lomond Centre, Woodside, Glenrothes (KY7 5DD). **NOTE:** RADO. NoSC. **LEADER:** Liz Greig, 01592 653682 or 07919 985239

Wednesday 6th November

GLENROTHES:- A.G.M

St Columba's Church Hall at 7:30pm. Please come if you can to tell us how we are doing and suggest any changes. **CONTACT:** Tam McLaren (Group Chairman) tmlaren39@gmail.com

Thursday 7th November

BLAIRGOWRIE:- AGM

MEET: Royal Hotel, Blairgowrie at 19:30 **DESCRIPTION:** Usual format of presentation by speaker, details in Newsletter and business meeting, when members can make choices for day away and weekend away. Please book optional bar meal at 6pm by contacting Pat NO LATER than THURSDAY 31st OCTOBER. **CONTACT:** Pat Fraser, 01250 873577, 07843 786191, patriciafraser@btinternet.com

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

Friday 8th November

PERTH:- Perth and District Annual General Meeting

MEET: Scone Old Parish Church Hall, Burnside, Scone at 19:00 **DESCRIPTION:** AGM followed by free buffet. Business meeting including nominations for committee members and officers please. Come along, join in the discussions then stay on for a bite to eat and refreshments. Ample parking and on the No.7 bus route. **CONTACT:** Trevor Abell: tmbabell@gmail.com 01738 813123 or 07913 288098

STIRLING & FALKIRK:- Moffat Weekend away at the Annandale Arms

MEET: Moffat at 00:00 **DESCRIPTION:** Contact Colin for details 8/11/2019 - 11/11/2019 **CONTACT:** Colin Thomson: colinbthomson@gmail.com 01786 472726 or 07702 636505

Saturday 9th November

DALGETY BAY:- Almondell Country Park and Canal (negligible ascent)

GRADE C: 6.5mls/3hrs **DEPART:** DBSCCP at 09:30 **WALK START:** North Car Park Almondell Country Park at 10:30 **OS:** 65 **GR:** NT090695 **DESCRIPTION:** A walk along woodland paths and canal towpath. **NOTE:** RADO. **LEADER:** Ken Wright: 01383 822358 or 07535 386982

DUNDEE:- Cupar, Ceres, Hill of Tarvit

GRADE C+: 7.5mls/4.5hrs **DEPART:** TBCP at 09:30 **WALK START:** Cupar Cemetery Car Park at 10:15 **OS:** 59 **GR:** NO377137 **DESCRIPTION:** Circular walk on tracks and paths with some minor road walking. Can be muddy in places. One steep ascent (optional). **LEADER:** L Beveridge & J Cumming: 01382 730832 & 07811 462266 or 01382 642752 & 07526 237526

DUNFERMLINE & WEST FIFE:- Traprain Law and Hailes Castle

GRADE B: 5mls/4hrs **ASCENT:** 182m/600ft. **DEPART:** LPRCP at 08:30 **WALK START:** Park in Main Street, East Linton at 10:00 **OS:** 67 **GR:** NT589775 **DESCRIPTION:** A pleasant walk from East Linton, visiting historic Hailes castle (a fortified manor owned by Earl of Boswell) then on to Traprain Law. Can be muddy and rough. **NOTE:** DWOL. **LEADER:** Anne Laird, 01383 727515 or 07768 860066, anne-laird@hotmail.co.uk

FORFAR:- Children in Need Walk along Dundee Riverside

GRADE C: 4mls **WALK START:** Discovery Point Dundee at 10:45 **OS:** 54 **GR:** NO403329 **DESCRIPTION:** Leisurely walk along the riverside and return, in aid of Children in Need Please Note we will meet at Discovery Point, or by catching the 9.40am bus at Forfar East High Street. **LEADER:** Christine Ferguson: 01382 532384

KIRKCALDY:- Craigleith Circular

GRADE C: 7.5mls **DEPART:** Kirkcaldy Bus Station stance 5 at 8.25 for X58 bus at 08:35 **WALK START:** Sainsburys at Craigleith Retail Park (EH4 2LN) at 09:45 **OS:** 66 **GR:** NT225745 **DESCRIPTION:** Urban walk along cycle paths, and from Bonnington to Roseburn by the Water of Leith walkway. **NOTE:** RADO. NoSC. **LEADER:** Margaret Miller, 01592 266956

PERTH:- Meikle to Coupar Angus via Ardler

GRADE C: 9mls **ASCENT:** 78m/260ft **DEPART:** Perth Bus Station to catch the No 57A bus to Blairgowrie at 09:10 **WALK START:** Bus stop opposite the Post Office in Meikle at 10:30 **OS:** 53 **GR:** NO287446 **DESCRIPTION:** Walk along dismantled railway lines from Meikle to Coupar Angus via Ardler. Catch the 57 bus back from Coupar Angus at the end of the walk. **NOTE:** RADO. There is a bus connection we take from Blairgowrie for Meikle/Dundee arriving in Meikle at 10.28. **LEADER:** Tara Harper: rugpurcat@hotmail.co.uk 07762 265869

ST ANDREWS & NE FIFE:- Tentsmuir Colours of Autumn

GRADE C+: 9mls/4.5hrs **ASCENT:** 20m/65ft. **DEPART:** FCPC at 09:30 **WALK START:** Leuchars Church parking area on School Hill at 10:00 **OS:** 59 **GR:** NO455213 **DESCRIPTION:** Walk into Tentsmuir Forest via Reres Wood, returning via coastal path, to enjoy some 'shinrin-yoku' (ie forest bathing) and the autumn colours. **NOTE:** RADO. CWRA. Leader will meet at walk start **LEADER:** Nicky Haxell, 01334 839117 or 07527 156034, nickyhax@gmail.com

Sunday 10th November

GLENROTHES:- Culross - Preston Island circular

GRADE C: 7mls/4hrs **ASCENT:** 350ft **DEPART:** LCCP at 09:30 **WALK START:** Culross East CP at 10:30 **OS:** 65 **GR:** NS990859 **DESCRIPTION:** A circular walk from the East CP following paths to Preston Island, then into Valleyfield woods and return to Culross by Coffin Road. Culross Abbey can be visited before return to CP. Good paths, no steep inclines. **NOTE:** CWRA RADO **LEADER:** G Christie 07443904731 grant911a@gmail.com

STIRLING & FALKIRK:- Clackmannan and the Black Devon

GRADE C: 7.3mls/4hrs **ASCENT:** 140m/460ft **DEPART:** LACP at 09:30 **WALK START:** Morrisons Supermarket car park, Clackmannan Road, Alloa FK10 1RQ Return mileage 15 at 10:00 **OS:** 58 **GR:** NS899927 **DESCRIPTION:** Starting on the outskirts of Alloa, the walk follows a section of the Black Devon and then heads towards Clackmannan, passing the Clackmannan Tower before returning to the starting point. **NOTE:** RADO CWRA. **LEADER:** Phil Seale: phil@philseale.co.uk 07840 957215

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

facebook: Walkin'cafe



Tuesday 12th November

KINROSS & OCHIL:-

Tuesday Walkers - See details at beginning of this programme.

Wednesday 13th November

DUNDEE:-

Carnoustie Circular

GRADE C: 6mils/3hrs **DEPART:** OCCP at 09:30 **WALK START:** Tayside Street Car Park, Carnoustie (on sea side of railway station) at 10:00 **OS:** 54 **GR:** NO567344 **DESCRIPTION:** Circular walk on roads and tracks. Minimal ascent. Lunch to follow for those interested. **LEADER:** Sheila Wallace: smwallace55@gmail.com 01382 320243 or 07944 570925

Thursday 14th November

DALGETY BAY:-

Roamers ~ Water of Leith (Dean Br to Visitor Centre, Slateford)

GRADE D: 4mils/2.5hrs **ASCENT:** 20m/70ft **DEPART:** MBS - meet at 09:05 to catch the X57 bus at 09:15 **WALK START:** West End Bus Stop at 10:05 **OS:** 66 **GR:** NT246737 **DESCRIPTION:** Walk the middle section of the Water of Leith Walkway. At the end of the walk, walkers can choose to have a snack or return individually using LRT 44 bus to West End to catch X58/X57 at 06/26 mins hourly **NOTE:** RADO. **LEADER:** Ben Douglas: 01383 822715 or 07852 658675

GLENROTHES:-

Strollers Walk - see first page of this programme for details

Saturday 16th November

BLAIRGOWRIE:-

Forgandenny and Castle Law

GRADE C+: 8mils/5hrs **ASCENT:** 335m/1099ft. **DEPART:** WCPB at 09:15 **WALK START:** Station Road, Forgandenny (Road parking) at 10:15 **OS:** 58 **GR:** NO086181 **DESCRIPTION:** Farm roads, tracks and paths through farmland and lower slopes of Ochil Hills. Four short steep sections but generally flat. Open views over Strathearn. **NOTE:** RADO. **LEADER:** Kathleen Frew, 01250 873805 or 07900 531159, kathleenfrew@msn.com

BRECHIN:- Coupar Angus via River Isla

GRADE C: 6.5mls **DEPART:** SNSB at 09:30 **WALK START:** Larghan Park playground car park, Coupar Angus at 10:15 **OS:** 53 **GR:** NO228405 **DESCRIPTION:** Towards Abbey through town, on to Kemphill, and along track to A923. Cross road to river bank. Return by Town Head to start. Co-leader Kathleen Ritchie, 01356 622839. **LEADER:** Frances Low: 01356 625348

DALGETY BAY:- Blairadam Forest and Loch Glow

GRADE C+: 7mls/4hrs **DEPART:** DBSCCP at 10:00 **WALK START:** Blairadam forest CP near Kelty at 10:30 **OS:** 58 **GR:** NT129945 **DESCRIPTION:** A circular walk through Blairadam forest passing Blairadam House Cowden Hill then using a short road to Loch Glow. Return through forest paths. **NOTE:** RADO. **LEADER:** Matsue Williams: 0131 332 4395

DUNDEE:- West Lomond

GRADE B: 5mls/4hrs **ASCENT:** 271m/890ft **DEPART:** TBGP at 09:30 **WALK START:** Craigmead Car Park at 10:15 **OS:** 58 **GR:** NO227061 **DESCRIPTION:** From the car park climb West Lomond which is the highest point in the county of Fife and the highest peak in the Lomond Hills offering expansive views over Loch Leven below and the Ochils beyond. **LEADER:** Dave Rennie: 07760 460092

GLENROTHES:- Bridge of Earn - Forgandenny Circular

GRADE C: 9mls/4hrs **DEPART:** LCCP at 09:30 **WALK START:** Bridge of Earn Main Street near PO at 10:15 **OS:** 58 **GR:** NO132182 **DESCRIPTION:** Circular walk on minor roads and tracks to Forgandenny via Dunbarney returning via Glenearn **NOTE:** NoSC RADO Leaders will meet group at Bridge of Earn **LEADER:** R and M Fairgrieve 07761 753437 rosfairgrieve@gmail.com

KINROSS & OCHIL:- Balbirnie Estate & Star of Markinch & AGM

GRADE C: 5mls **DEPART:** KPR at 09:20 or BURN at 09:00 **WALK START:** Balbirnie Woodland CP (opp Golf Clubhouse) at 10:00 **OS:** 59 **GR:** NO286025 **DESCRIPTION:** An interesting walk through the wooded estate, past the ancient Stob Cross and a Victorian graveyard. A gradual ascent up a footpath and over fields into Star. Walk will be followed by a meal and AGM in Balbirnie Golf Club. Details later. **NOTE:** RADO. **LEADER:** Andrew & Edna Burnett, 01577 862977 or 07724 561775

KIRKCALDY:- Cullaloe Nature Reserve: Part 1, North.

GRADE B: 7.5mls **DEPART:** KRSN at 09:00 **WALK START:** Scottish Wildlife Trust Cullaloe Nature Reserve car park (KY3 0LU) at 09:30 **OS:** 66 **GR:** NT187871 **DESCRIPTION:** North to Cullaloe, along Cullaloe Hills, east to The Murrel, returning to Nature Reserve via fields. Possible livestock in fields. **NOTE:** RADO. CWWA. **LEADER:** Alex Donald, 07943 871219

PERTH:- Tullybaccart

GRADE B: 9mls **ASCENT:** 250m/820ft **DEPART:** ASDACP at 09:00 **WALK START:** Car park opposite Tullybaccart Farm (also fishery) A923 (Limited parking so please fill up cars) at 09:45 **OS:** 53 **GR:** NO263360 **DESCRIPTION:** A gradual ascent up the side of Pitcur Wood to trig point 353m and back through Drumsuldry wood, followed by a circuit of Northballo Hill. Varied terrain and great views possible. Figure of eight walk so can be shortened if necessary. **NOTE:** RADO. Depart time EARLY at 9.00 Co-leader Helen McGillivray mob.07763277262. **LEADER:** Lynn Rankin: 01738 270568 or 07928 758259

STRATHTAY:- Acharn Stone Circles

GRADE C+: 8mls **DEPART:** CCP at 09:30 **WALK START:** Acharn at 09:50 **OS:** 52 **GR:** NN755438 **DESCRIPTION:** Up past the Falls of Acharn Then anti-clockwise on tracks round Creag an Sgliata to investigate stone circles and giving views down to Glen Quaich. **NOTE:** RADO. **LEADER:** Jenny Rees, 07979 608496, jenny.rees@virgin.net

Sunday 17th November

STIRLING & FALKIRK:- Rosyth, Pattiesmuir and Limekilns

GRADE C+: 7mils/3hrs **ASCENT:** 116m/380ft **DEPART:** LACP at 09:30 **WALK START:** Primrose Lane Medical Centre Rosyth KY11 2ZL Return mileage 50 at 10:15 **OS:** 65 **GR:** NT109844 **DESCRIPTION:** Countryside and estate tracks, with some pavement walking. Good views of the Forth. We go via Pattiesmuir passing Douglas Bank Cemetery then Broomhall estate and Limekilns. We pass Rosyth old church on return. **NOTE:** RADO CWRA. **LEADER:** Betty Brodie: bettybrodie@aol.com 01324 556762 or 07936 380395

Tuesday 19th November

DALGETY BAY:- AGM

MEET: Day Centre, Pentland Rise, Dalgety Bay at 19:30 All members are encouraged to attend.
CONTACT: Chris Roberts: c-b.roberts@tiscali.co.uk 01383 822184 or 07749 757587

Wednesday 20th November

ST ANDREWS & NE FIFE:- Mid-week Leisurely Walk: Balmerino & Coultra Hill

GRADE C: 4mils/2.5hrs **ASCENT:** 200m/656ft. **DEPART:** FCPC at 10:30 **WALK START:** Minor road outside Balmerino Road at 11:00 **OS:** 59 **GR:** NO357246 **DESCRIPTION:** Walk through Tayside woodlands, then a steady climb to Coultra Hill. Return by minor road. Some narrow woodland paths and ravines. Nice views and chance to look round old abbey. **NOTE:** RADO. NoSC. Ascent and descent are gradual not steep. With limited car parking at start, walkers encouraged to meet at FCPC to share cars **LEADER:** Will Aitken, 01334 470066 or 07908 721466, wh.aitken@gmail.com

Thursday 21st November

DUNFERMLINE & WEST FIFE:- Annual General Meeting

MEET: Dell-Farquharson Centre at 19:30 **CONTACT:** Alan McGuckin, 01383 731557, 07970 172593, atmcg53@gmail.com

DUNFERMLINE & WEST FIFE:- Balgownie Woods

GRADE C+: 3.5mils/2hrs **DEPART:** LPRCP at 10:00 **WALK START:** Car park at entrance to Balgownie Woods at 10:30 **OS:** 367 **GR:** NS983886 **DESCRIPTION:** Walk through woodland on paths and tracks which are a mix of wide gravel forest roads and narrow earth paths with some short moderate and steep slopes. **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 23rd November

AREA AGM AT SCONE - FOR DETAILS REFER TO PAGE 10

DUNDEE:- Atholl Woods Path

GRADE C+: 7mils/4hrs **DEPART:** CWCP at 09:30 **WALK START:** Cally Car Park at 10:30 **OS:** 53 **GR:** NO023436 **DESCRIPTION:** Walk from car park to Mill Dam then through Atholl Woods to Polney Loch then back to car Park. All on good tracks. **LEADER:** Lena Brown: 01382 884649 or 07597 690186

DUNFERMLINE & WEST FIFE:- Bishop Hill from Scotlandwell

GRADE B: 4mils/3hrs **ASCENT:** 414m/1358ft. **DEPART:** LPRCP at 09:30 **WALK START:** Portmoak Church car park at 10:15 **OS:** 367 **GR:** NO182019 **DESCRIPTION:** Short but steep hill walk giving great views over Loch Leven. **NOTE:** DWOL. **LEADER:** Alan McGuckin, 01383 731557 or 07970 172593, atmcg53@gmail.com

KIRKCALDY:- Cullaloe Nature Reserve: Part 2, South.

GRADE B: 8mils **DEPART:** KRSN at 09:00 **WALK START:** Scottish Wildlife Trust Cullaloe Nature Reserve car park (KY3 0LU) at 09:30 **OS:** 66 **GR:** NT187871 **DESCRIPTION:** South to Aberdour, east on Coastal Path, north past Kilmundy Hill, below Glassliehead and return via fields to Cullaloe Nature Reserve. Possible livestock in fields. **NOTE:** RADO. CWRA. **LEADER:** Alex Donald, 07943 871219

Sunday 24th November

DALGETY BAY:-

Around Riccarton Campus & the Suburbs of W Edinburgh [C+ and C]

GRADE C+: 10mils/5hrs **ASCENT:** 20m/70ft **DEPART:** DBSCCP at 09:15 **WALK START:** Riccarton Park and Ride at 10:00 **OS:** 66 **GR:** NT180695 **DESCRIPTION:** An Interesting walk around Riccarton Campus at Heriot Watt Uni. Up Donkey Lane to Juniper Green and on to Water of Leith Walkway to Slateford Visitor Centre. Return by Union Canal pathway. **NOTE:** RADO. Can be shortened to 6.5miles C Grade by returning by bus from Slateford. **LEADER:** Evelyn Gordon: ergordon2126@yahoo.co.uk 01383 823221 or 07790 656855

FORFAR:-

Arbroath to Arbirlot

GRADE C: 7mils **DEPART:** MMCP at 10:00 **WALK START:** Elliot Car Park Arbroath at 10:45 **OS:** 54 **GR:** NO635402 **DESCRIPTION:** A near circular walk along to Arbirlot. Returning via Grahamston and Balcathie. Some minor road walking. **LEADER:** Christine Ferguson: 01382 532384

GLENROTHES:-

Glenrothes - Star Moss Circular

GRADE C: 9mils/4.5hrs **ASCENT:** 600ft **DEPART:** LCCP at 09:30 **WALK START:** Lomond Centre CP at 09:45 **OS:** 59 **GR:** NO285008 **DESCRIPTION:** A variation of a popular walk starting from the Lomond Centre, an easy circular walk through woodland using paths and rights of way to Cuinin Hill, Star Moss and Balbirnie Estate (with a little road walking). **NOTE:** CWRA DWOL **LEADER:** W Cumming contact by Email splish2splosh@gmail.com

ST ANDREWS & NE FIFE:-

Blairadam Forest

GRADE C: 7mils/4hrs **ASCENT:** 210m/690ft. **DEPART:** FCPC at 09:30 **WALK START:** Blairadam Forest car park--1km down the access road off the B914, near Kelty at 10:30 **OS:** 58 **GR:** NT129945 **DESCRIPTION:** Moderate low level walk following paths and tracks through forest with one small section on minor road. **NOTE:** RADO. NoSC. **LEADER:** Jim Forret, 01334 656137 or 07526 670535, james.forret@btinternet.com

STIRLING & FALKIRK:-

The Stevenson Way – Doune to Stirling Linear

GRADE B: 9.5mils/5.5hrs **ASCENT:** 150m/490ft **DEPART:** Bus stop Lower Bridge Street, Stirling FK8 1AB at 09:01 **WALK START:** Bus stop Balkerach Street, Doune FK16 6DE Bus 59 at 09:24 **OS:** 57 **GR:** NN726017 **DESCRIPTION:** We follow in the footsteps of David Balfour, of 'Kidnapped' on this lowland section of the Stevenson Way. The later stages of the route takes us along the banks of the Allan Water and the River Forth. **NOTE:** RADO NoSC. Bus number 59. **LEADER:** Colin Thomson: colinbthomson@gmail.com 01786 472726 or 07702 636505

Tuesday 26th November

KINROSS & OCHIL:-

Tuesday Walkers - See details at beginning of this programme.

Thursday 28th November

DUNDEE:-

City Walk - West and Central Dundee

GRADE C: 4mils/2hrs **WALK START:** Roseangle Arts Cafe, 132 Perth Road, Dundee, DD1 4JW (top of Roseangle) at 11:00 **OS:** 54 **GR:** NO395297 **DESCRIPTION:** Circular walk on pavements and in parks. Minimal ascent. Lunch to follow for those interested. **LEADER:** Sheila Wallace: smwallace55@gmail.com 01382 320243 or 07944 570925

GLENROTHES:-

Strollers Walk - see first page of this programme for details

Saturday 30th November

BLAIRGOWRIE:-

Glamis, Hunters Hill

GRADE C: 6mils/3.5hrs **ASCENT:** 130m/426ft. **DEPART:** WCPB at 09:30 **WALK START:** Bridge at east end of Glamis village at 10:00 **OS:** 54 **GR:** NO385467 **DESCRIPTION:** Starting in Glamis village follow tracks and paths around Hunters Hill walking past Charleston village through woodland and returning to Glamis. Should be views over Strathmore and the hills to the north. Evidence of beaver activity. **NOTE:** RADO. **LEADER:** Phil Taylor, 01828 633648

BRECHIN:- Rocks of Solitude Circular

GRADE C: 9mils **DEPART:** SNSB at 09:30 **WALK START:** Edzell Moor Car Park, near Edzell Church at 10:00 **OS:** 44 **GR:** NO598691 **DESCRIPTION:** Roadside path to Gannochy Bridge. Through the 'Blue Door' and along riverside path to the Rocks of Solitude. Return by Kirkton of Balfour. **LEADER:** Eleanor Gillick: eleanorgillick@yahoo.co.uk 01356 648580 or 07518 339604

GLENROTHES:- Meikle and Ardler Loop

GRADE C: 7mils/4hrs **DEPART:** LCCP at 9:30 **WALK START:** Kinloch Memorial Hall, Dundee Road, Meikle at 10:15 **OS:** 53 **GR:** NO289442 **DESCRIPTION:** Low level walk following tracks and paths and minor roads through farmland and woodland. **NOTE:** NoSC RADO **LEADER:** I Rankin 01337 830360 ishabelrankin@gmail.com

KIRKCALDY:- Kirkcaldy - Thornton - Cluny Circular

GRADE C+: 10mils **DEPART:** KRSN at 09:45 **WALK START:** Car park at foot of Johnny Marshall's Loan (KY1 3LR) at 10:00 **OS:** 59 **GR:** NT275939 **DESCRIPTION:** Flat walk in the countryside to the north of Kirkcaldy. Mainly on paths and tracks with a little road walking. The walk will be followed by the winter meal at Dunnikier Golf Club (see next entry). **NOTE:** RADO. NoSC. **LEADER:** Jim Hall, 01592 640395, jameshallkdy55@gmail.com

KIRKCALDY:- Winter Meal

MEET: Dunnikier Golf Club, KY1 3LP at 15:30 **DESCRIPTION:** Non-walkers are welcome to join walkers for the meal. **CONTACT:** Mike Livesey, 07783 201492, 01592 503272

PERTH:- Syd Scroggie's Sidlows

GRADE C+: 6mils **ASCENT:** 350m/1150ft **DEPART:** ASDACP at 09:30 **WALK START:** Balkello Forest CP - turn off B954 at Auchterhouse about 2.8miles along the road car park is on left at 10:15 **OS:** 54 **GR:** NO365383 **DESCRIPTION:** Walk climbs Balluderon Hill, Auchterhouse Hill with ascents and descents. Mostly good paths, can be muddy/boggy sections. Steep stretches of narrow, heathery path and loose, Stoney track require extra care. Gaiters and walking poles useful. **NOTE:** RADO. **LEADER:** Lynn Salvin: salvin@blueyonder.co.uk 01738 634628 or 07712 298939

STIRLING & FALKIRK:- St Andrews day lunch with walk

MEET: Stirling Bowling Club at 13:05 **DESCRIPTION:** Lunch at 1.30pm followed by folk group Tarneybackle. Names and payment please to Hilary by 17th November. **Note:** WALK BEFORE LUNCH STILL TO BE ARRANGED. **CONTACT:** Hilary Thomson: hilarydthomson@gmail.com 01786 472726 or 07834 529694

Sunday 1st December

DALGETY BAY:- Dupplin Estate

GRADE C: 7mils/3.5hrs **ASCENT:** 200m/660ft **DEPART:** DBSCCP at 09:30 **WALK START:** Old A9 by the Dupplin estate entrance PH2 OPR at 10:20 **OS:** 58 **GR:** NO039200 **DESCRIPTION:** A gentle circular walk around the estate. We have to cross the A9 dual carriageway and climb a gate. **NOTE:** RADO. **LEADER:** Audrey Price: anprice@live.co.uk 01383 824173 or 07871 806582

KINROSS & OCHIL:- This 'O' Way Around Fossoway

GRADE C: 6mils **DEPART:** KPR at 09:40 or BURN at 09:45 **WALK START:** Crook of Devon CP at 10:00 **OS:** 369 **GR:** NO037003 **DESCRIPTION:** Circular walk within Fossoway with unusual views of the Ochils and Loch Leven. **NOTE:** RADO. CWRA. **LEADER:** Peter Edgerton, 01577 840449

STRATHTAY:- Stanley and Taymount Wood

GRADE C: 7mils **DEPART:** CCP at 09:30 **WALK START:** Stanley at 10:10 **OS:** 53 **GR:** NO108329 **DESCRIPTION:** Follow disused railway line parallel to the Tay, then into Taymount Woods and circle back past Airtully. **NOTE:** RADO. **LEADER:** Grace Proudfoot: sheffieldwoman@gmail.com, 07548 626285

Tuesday 3rd December

KIRKCALDY:-

Langtoun Daunderers - Lady's Walk

GRADE C: 4mIs DEPART: KRSN at 10:00 WALK START: Lomond Centre car park, Woodside, Glenrothes (KY7 5DD) at 10:30 OS: 59 GR: NO286008 DESCRIPTION: From Woodside to Coaltown of Balgonie, through woodland then along the new road at Markinch back to Woodside. Lunch will be at the Lomond Centre, Woodside, Glenrothes (KY7 5DD). **NOTE:** RADO. CWRA. LEADER: Nancy Davies, 01592 262260, daves1746@gmail.com

What3words

This is a relatively new idea (about 5 years old) devised to help you locate a particular position anywhere on the planet. The idea is that the earth, yes including all the oceans, has been divided up into 3x3m squares (around 57 trillion of them) and each square is given a 3 word address. The address is permanent of course but fixed at random using a algorithm, so adjacent squares will in no way be linked in the words that have been assigned. Three ordinary English words are used, though the system has developed to the extent that now 36 languages are included and the intention is that all the major languages will be catered for.

It should be very useful for the Ramblers and similar groups in that once you have downloaded the app to your phone or computer you can locate a specific start point very accurately probably better than using a 6-numbered OS grid and certainly much easier to use than giving a fellow walker a detailed GPS coordinate i.e.

51.520847, -0.19552100 $\longleftrightarrow$ ///filled.count.soap

The use of the OS grid is great for detailing your position out on the hills, but less useful when you are in a built-up environment.

Give it a go. You can download the app from what3words.com for free and it has a very good base map to work with allowing you to change the scale from one that initially covers a county then focusing down to the individual squares.



Laura-Lee Johnston, Belfast Boucher Stone-Paragon
Q. Mourne Mountains, Northern Ireland

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of the hills, it puts everything
into perspective. Everything just
feels better when you're outside."

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Thursday 5th December

DUNFERMLINE & WEST FIFE:- Short Winter Walk

DESCRIPTION: Details will be published on the Dunfermline and West Fife ramblers web site on 2nd December. **NOTE:** DWOL. **LEADER:** Grant Robertson, grantrobertson1952@gmail.com, 07936 738581

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

Saturday 7th December

DALGETY BAY:- Falkland Circular

GRADE B: 7mils/4.5hrs **ASCENT:** 400m/1800ft **DEPART:** DBSCCP at 09:15 **WALK START:** Main car park in centre of Falkland at 10:00 **OS:** 59 **GR:** NO254073 **DESCRIPTION:** An unusual route via Bluebrae Plantation to Maspie Den. Visit the Temple of Decision and Tyndall-Bruce monument then return to Falkland. A mixture of paths and tracks with a little road walking. **NOTE:** RADO. **LEADER:** Irene Garvie: 01383 791050 or 07941 620775

DUNDEE:- Corrie Fee and Dounalt

GRADE C+: 7mils/4hrs **DEPART:** OCCP at 09:15 **WALK START:** Glen Doll at 10:30 **OS:** 44 **GR:** NO284760 **DESCRIPTION:** Walk to Corrie Fee then return by Dounalt Trail. Minimal ascent. **LEADER:** Pat & Peter Hargraves: 01307 462882 or 07986 423328

DUNFERMLINE & WEST FIFE:- Bo'ness to Kinneil Estate

GRADE C: 5mils/3hrs **ASCENT:** 90m/295ft. **DEPART:** LPRCP at 10:00 **WALK START:** Pier car park, Bo'ness at 10:30 **OS:** 367 **GR:** NT000819 **DESCRIPTION:** Using part of the John Muir Way through Kinneil Nature Reserve and past Kinneil House. Return via Kinneil Wood. **NOTE:** DWOL. **LEADER:** Alan Paul, 01383 727875 or 07739 169674, apaspaul9@gmail.com

FORFAR:- Christmas Meal

MEET: Hotel at 13:00 **DESCRIPTION:** Christmas Meal - Venue to be advised **CONTACT:** Dorothy Hutcheon: 01307 468034

PERTH:- Broxden to Buckie Braes to St. Magdalene's Hill circular

GRADE C: 6mils **DEPART:** ASDACP at 09:30 **WALK START:** Car parking at Broxden Park and Ride at 09:45 **OS:** 58 **GR:** NO088226 **DESCRIPTION:** Walk through farmland and wooded area, mostly paths with some inclines. Overlooks Craigie Golf course. **NOTE:** RADO. **LEADER:** Cathy Creedican: cathy_paul_gemma@hotmail.com 01738 634653 or 07747 088844

ST ANDREWS & NE FIFE:- Christmas Lunch and pre-lunch optional walk

MEET: Monturpie Restaurant, north of Upper Largo on A915 at 12:30 **DESCRIPTION:** Pre-booking essential--refer Note on 15th October. **NOTE:** Leisurely optional walk at 10:00 will start from Monturpie **CONTACT:** Will Aitken, 01334 470066, 07908 721466, wh.aitken@gmail.com

Sunday 8th December

GLENROTHES:- Walk(s) followed by Christmas meal

DESCRIPTION: Choice of two walks followed by Christmas meal at Balbirnie Golf Club. Details of the walks will be given by the walk leaders nearer the date. All who wish to go for the meal must give their names to John Duncan or Linda Aitken by Thursday 21 November. Meeting for the longer walk (7miles) is 11am at the Lomond Centre, the shorter strollers walk (4.5miles) is from St Columba's church at 12noon. There is a limit to the numbers, so apply early - partners and non-walkers welcome. **NOTE:** Meal timing: Balbirnie Golf Club, Markinch by 3.30pm for meal at 4pm. **CONTACT:** J Duncan, 01337 831888, john@johnandmorven.co.uk

STIRLING & FALKIRK:- Devilla forest revisited

GRADE C: 7mls/4hrs **ASCENT:** 10m/30ft **DEPART:** LACP at 09:30 **WALK START:** Devilla forest Car Park FK10 4AS Return mileage 25 at 10:15 **OS:** 65 **GR:** NS964871 **DESCRIPTION:** A walk along the tracks, paths, forestry roads of this vast woodland, taking in Moor Loch, Peppermill dam, The Squirrel trail and any other nooks and crannies we come across. **NOTE:** DWOL CWRA. **LEADER:** Babs Butler: barbara@butler.btinternet.com 01324 720165 or 07711 575561

Tuesday 10th December

DUNDEE:- Christmas Meal

MEET: Queens Hotel, Dundee at 19:00 **DESCRIPTION:** Once again we are having our Christmas Meal in the Queens Hotel, Dundee. Cost £17. Name and full payment to Joyce by 31st October. Please make cheques payable to Joyce Cumming. **CONTACT:** Joyce Cumming: joyce@cumming14.plus.com 01382 642752 or 07526 237526

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

KIRKCALDY:- Summer Walks Programme meeting

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

Wednesday 11th December

DUNDEE:- Glamis Village to Castle and back

GRADE C: 4mls **DEPART:** OCCP at 10:00 **WALK START:** Car Park in Glamis Village at 10:30 **OS:** 54 **GR:** NO385465 **DESCRIPTION:** Walk from Glamis Village by the river to the Castle. Walk around the castle grounds. Lunch in the Castle Tearoom then return by the Queen Mother Gate. **LEADER:** Jean MacGillivray: jean.macgillivray@btinternet.com 01382 623052 or 07932 014859

ST ANDREWS & NE FIFE:- Mid-week Leisurely Walk: Falkland Circular

GRADE C: 5mls/2.5hrs **ASCENT:** 100m/328ft. **DEPART:** FCPC at 12:30 **WALK START:** Main car park in Falkland at 13:00 **OS:** 59 **GR:** NO254073 **DESCRIPTION:** Pleasant woodland walk through the estate grounds on good paths with some uphill sections. **NOTE:** RADO. NoSC. **LEADER:** Christine Arnold & Carol Philip, 01334 654158 or 07718 316597

Thursday 12th December

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

GRADE D: 2.5mls/3hrs **WALK START:** Dalgety Bay Library at 10:00 **OS:** 65 **GR:** NT156834 **DESCRIPTION:** A walk along the Coastal Path with seasonal refreshment in Aberdour. Return by bus. There is the option to return on foot, Grade C, 5mls 4hrs. **NOTE:** RADO. **LEADER:** Rose Nutt: 01383 822669 or 07494 235392

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

Saturday 14th December

BLAIRGOWRIE:- Rattray Circular Walk

GRADE C+: 7.5mls/4hrs **ASCENT:** 160m/524ft. **DEPART:** WCPB at 09:45 **WALK START:** Oakbank Mill Car Park, Balmoral Road at 10:00 **OS:** 53 **GR:** NO178462 **DESCRIPTION:** Circular walk on tracks with some road walking. Good views of the Sidlaws. **NOTE:** RADO. **LEADER:** Irene Rintoul, 01250 870463, irenerintoul@hotmail.com

BRECHIN:- Christmas walk and meal - Murton Farm and Nature Reserve, Forfar.

GRADE C: 1.5mls **DEPART:** SNSB at 09:30 **WALK START:** Murton Farm car park at 10:15 **OS:** 54 **GR:** NO493512 **DESCRIPTION:** Circuit of Nature Reserve on good paths, followed by Christmas Lunch. **LEADER:** Irene McGugan: irene.mcgugan@btinternet.com 01307 818436

DALGETY BAY:- Christmas Lunch and Walk

Members will be informed of the details in the usual way. **CONTACT:** Chris Roberts: c-b.roberts@tiscali.co.uk 01383 822184 or 07749 757587

DUNDEE:- North Dundee

GRADE C: 7mls **WALK START:** Stobsmuir Ponds (Take 15 bus from town or park cars on Dalgleish Rd and walk up to Ponds) at 10:00 **OS:** 54 **GR:** NO418321 **DESCRIPTION:** From Stobsmuir Ponds walk to Caird Park, Trottick Reserve and along cycle path to Sainsbury's Cafe. Get 28 bus back to town or to Dalgleish Road to collect cars. **NOTE:** RADO. **LEADER:** Rose Garvie: 01382 450763

DUNFERMLINE & WEST FIFE:- Christmas lunch

DESCRIPTION: For further details contact Grant Robertson or watch for news on the Dunfermline & West Fife group's Ramblers web site. **CONTACT:** Grant Robertson, 07936 738581 granrobertson1952@gmail.com

GLENROTHES:- Cardenden - Lochgelly Circular

GRADE C+: 6.5mls/3.5hrs **ASCENT:** 475ft **DEPART:** LCCP at 9:30 **WALK START:** Cardenden Swimming Pool CP at 10:00 **OS:** 58 **GR:** NT216955 **DESCRIPTION:** A fairly easy walk on good paths and tracks to the west of Cardenden with a slight incline into Oakwood. Some minor road and pavement walking returning via Woodend. **NOTE:** CWRA DWOL Leader will meet group at Cardenden **LEADER:** M Slaven 01383 515995 or 07754141295 marygg08@talktalk.net

KINROSS & OCHIL:- Christmas Lunch

DESCRIPTION: A walk followed by lunch at the Dunmar House Hotel, Alloa. Full details to follow. **CONTACT:** Andrew Black, 01259 743457

KIRKCALDY:- Kincardine Wander

GRADE C: 7.5mls **DEPART:** KRSN at 09:00 **WALK START:** Kincardine Community Centre car park, Anderson Lane (FK10 4SF) at 10:00 **OS:** 65 **GR:** NS932875 **DESCRIPTION:** Through the town and countryside around, visiting Kennet Pans, Peppermill Dam and Tulliallan College grounds. Varied terrain. **NOTE:** RADO. NoSC. **LEADER:** Ruth Beddall, 01592 260578

PERTH:- Perth Group Walk and Christmas Lunch

GRADE C: 5mls **DEPART:** Huntingtower Hotel Car Park at 09:30 **WALK START:** Huntingtower Hotel Car Park at 09:35 **OS:** 53 **GR:** NO074258 **DESCRIPTION:** A short walk starting and returning to the hotel car park. Christmas Lunch 12.30 for 1.00pm details in newsletter. Members to book and pay treasurer Peter Trant by mid-November please. **NOTE:** RADO. **LEADER:** Lynn Salvin: salvin@blueyonder.co.uk 01738 634628 or 07712 298939

STIRLING & FALKIRK:- Date for submission of walks for the 2020 summer programme

Date for submission of walks for the 2020 summer programme. Contact name to be confirmed at AGM. **CONTACT:** Eric Davidson: davidson.family.es@gmail.com 07757 658055

STRATHTAY:- Xmas Walk - Craigower or Faskally

GRADE C: 4mls **DEPART:** Aberfeldy Bus Stop at 09:25 **WALK START:** Pitlochry Dam Visitor Centre at 10:10 **OS:** 52 **GR:** NN935579 **DESCRIPTION:** Easy winter walk either up Craigower or to Loch Dunsmore along Loch Faskally (depending on weather and conditions underfoot). Followed by Xmas sandwich lunch in Pitlochry Dam Visitor Centre. **NOTE:** RADO. **LEADER:** Bill McEwan, 01796 472780, billmcewan40@gmail.com

Sunday 15th December

STIRLING & FALKIRK:- Forgandenny Countryside

GRADE C+: 6.5mls/4hrs **ASCENT:** 150m/490ft **DEPART:** LACP at 09:30 **WALK START:** Station Road, Forgandenny PH2 9EQ Return mileage 65 at 10:15 **OS:** 58 **GR:** NO086181 **DESCRIPTION:** A meandering exploration of the countryside around Forgandenny, on paths, quiet roads and fields. We visit an iron age fort, chapel remains and a windmill **NOTE:** RADO NoSC. **LEADER:** Colin Thomson: colinbthomson@gmail.com 01786 472726 or 07702 636505

Wednesday 18th December

DUNFERMLINE & WEST FIFE:- Short Winter Walk

DESCRIPTION: Details will be published on Dunfermline & West Fife web site on. 16th December.

NOTE: DWOL.

Thursday 19th December

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

Saturday 21st December

PERTH:- Pitmedden Forest

GRADE C+: 7mils **DEPART:** ASDACP at 09:30 **WALK START:** Forest Car Park (upper) at 10:00 **OS:** 58 **GR:** NO188142 **DESCRIPTION:** Circular walk through forest on good tracks. Views of Howe of Fife, Lomond Hills and River Tay. **NOTE:** RADO. **LEADER:** Jim McCulloch: james49mcculloch@virginmedia.com 01738 560604 or 07954 255876

ST ANDREWS & NE FIFE:- Pilgrim Way West: Culross to Dunfermline

GRADE B: 8.5mils/4.5hrs **ASCENT:** 190m/623ft. **DEPART:** FCPC at 09:00 **WALK START:** Culross Palace-- West End car park at 10:15 **OS:** 65 **GR:** NS986859 **DESCRIPTION:** The furthest west section of new Pilgrim Way taking in shore, woodland and farmland. Great views and historic locations on fully waymarked route. Some road/pavement walking, along with new and old tracks. **NOTE:** RADO. NoSC. After walk, we will return to Culross by bus. It is intended that Group complete the Pilgrim Way over future walk programmes **LEADER:** Will Aitken, 01334 470066 or 07908 721466, wh.aitken@gmail.com

Sunday 22nd December

FORFAR:- Letham Square to Balgavies Loch

GRADE C: 5mils **DEPART:** MMCP at 10:00 **WALK START:** Letham Square at 10:20 **OS:** 54 **GR:** NO529488 **DESCRIPTION:** Walk from Letham Square via country roads and farm tracks to Balgavies Loch. Clockwise round loch and return by outward route, some road walking. **LEADER:** Dot Eaton: 01307 465319

KIRKCALDY:- Falkland & Bonnet Stane

GRADE C+: 8.5mils **DEPART:** KRSN at 09:00 **WALK START:** Falkland library car park (KY15 7BY) at 09:45 **OS:** 59 **GR:** NO253074 **DESCRIPTION:** Walk through Maspie Den to Craigmead then hill track to base of West Lomond before skirting hill and dropping down to Bonnet Stane. Return to Falkland via lower Lomond slopes. **NOTE:** RADO. CWRA. **LEADER:** Brian Clark, 01592 784553, bjclark@live.co.uk

STIRLING & FALKIRK:- Lower River Carron and The Kelpies

GRADE C: 8mils/5hrs **ASCENT:** 30m/100ft **DEPART:** LACP at 09:30 **WALK START:** main free Kelpies Car Park. FK2 7ZT Return mileage 27 at 10:00 **OS:** 65 **GR:** NS906819 **DESCRIPTION:** We explore the sheltered Lower Carron River and the Kelpies along riverside paths, and footpaths following the lade of The Carron Works. We take in "Love and Kisses" and we cross two smart new footbridges. Most paths are well surfaced **NOTE:** DWOL CWRA. **LEADER:** Wraight Shepherd: wraight.shepherd@talk21.com 01786 475137 or 07753 941564

Saturday 28th December

BRECHIN:- Brechin Path Network

GRADE C: 6mils **DEPART:** SNSB at 09:30 **WALK START:** St Ninian's Square, Brechin at 09:35 **OS:** 44 **GR:** NO601602 **DESCRIPTION:** A gentle walk on the Brechin Path Network. **LEADER:** Sheena Leven: 01356 630208



DALGETY BAY:- Duloch Park District Centre to Dalgety Bay

GRADE C: 5mils/3hrs **ASCENT:** 10m/30ft **DEPART:** Regents Way bus stop (opposite Hugo's Bar). Meet at 09:55 to catch the no 87 bus at 10:04 **WALK START:** Duloch Park District Centre (beside Tesco) at 10:40 **OS:** 65 **GR:** NT126861 **DESCRIPTION:** Linear walk on paths and tracks returning to Dalgety Bay **NOTE:** RADO CWRA. **LEADER:** Ben Douglas: 01383 822715 or 07852 658675

DUNDEE:-Festival of Winter Walks - Kingoodie Quarries, Invergowrie.

GRADE C: 5.5mils **WALK START:** Riverside Nature Park Car Park, Dundee at 10:00 **OS:** 54 **GR:** NO359296 **DESCRIPTION:** Easy low level route following paths, tracks and village streets. Lunch of soup and sandwiches towards end of walk at Invergowrie Inn. **LEADER:** Joyce Cumming: joyce@cumming14.plus.com 01382 642752 or 07526 237526

GLENROTHES:- Kirkcaldy - Fife Coastal Path Buckhaven to Ravenscraig park linear
GRADE C: 7mils/4hrs **ASCENT:** 575ft **DEPART:** LCCP at 9:30 **WALK START:** Ravenscraig park CP at 10:00 **OS:** 59 **GR:** NT294927 **DESCRIPTION:** From Ravenscraig park go by bus to Buckhaven (from Ravenscraig flats to the Buck and Hind, leaving at 10 13), then walk Fife Coastal Path back to Ravenscraig Park. **NOTE:** CWRA DWOL **LEADER:** L Allen 01592 748016 lesallen80@gmail.com

KIRKCALDY:- A Quartet of Wemysses

GRADE C+: 7mils **DEPART:** KRSN at 09:00 **WALK START:** West Wemyss car park (KY1 4SS) at 09:30 **OS:** 59 **GR:** NT325946 **DESCRIPTION:** Through Wemyss Castle estate to Coaltown of Wemyss. Then across the A955 and via Newton, East Newton and Wemyss Den to East Wemyss. Return to West Wemyss on the Coastal Path. **NOTE:** RADO. NoSC. **LEADER:** Mike Livesey, 07783 201492 or 01592 503272

PERTH:- Errol and Port Allen

GRADE C: 5mils **DEPART:** ASDACP at 09:30 **WALK START:** Errol Village at the Mercat Cross at 10:00 **OS:** 53 **GR:** NO250228 **DESCRIPTION:** A nice and easy stroll from Errol across flat farm tracks towards the Sewage Farm and then along the reed beds and forest tracks to Port Allen and return to Errol **NOTE:** RADO. **LEADER:** Allen Bardwell: allenbardwell@blueyonder.co.uk 01738 444459 or 07952 339171

Sunday 29th December

STIRLING & FALKIRK:- Broxden Circular

GRADE C+: 7mils/4hrs **ASCENT:** 245m/800ft **DEPART:** LACP at 09:30 **WALK START:** Broxden Park & Ride Perth PH2 OPX Return mileage 65 at 10:15 **OS:** 52 **GR:** NO087227 **DESCRIPTION:** It might seem an odd place to start a walk but we soon leave the car park behind and head off over the motorway towards our goal, the trig point on Mailer Hill. Then it's on to masts on Craigie Hill and back to the start via Buckle Braes **NOTE:** RADO CWRA. **LEADER:** Babs Butler: barbara@butler.btinternet.com 01324 720165 or 07711 575561



Happy New Year!

Thursday 2nd January

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

Saturday 4th January

BLAIRGOWRIE:- Dunkeld Circular

GRADE C: 6mls/3.5hrs **ASCENT:** 150m/492ft **DEPART:** WCPB at 10:00 **WALK START:** Car Park North end of Dunkeld High Street at 10:30 **OS:** 379 **GR:** NN026428 **DESCRIPTION:** A walk along the riverside before heading north for Polney Loch. Through woodland to Cally Car Park, woodland continues to golf course where tracks head south then west back to Dunkeld. **NOTE:** RADO. **LEADER:** Jean Stewart, 01250 873852

DALGETY BAY:- Craigie and Mailer Hills

GRADE C: 5mls/3.5hrs **ASCENT:** 230m/750ft **DEPART:** DBSCCP at 09:30 **WALK START:** Low Road Perth at 10:20 **OS:** 58 **GR:** NO100226 **DESCRIPTION:** Gentle walk through Buckie Braes past Craigie Hill golf course and then on to Mailer Hill. Return via St Magdalene's Hill. **NOTE:** RADO. **LEADER:** Audrey Price: anprice@live.co.uk 01383 824173 or 07871 806582

FORFAR:- Inverarity/Carrot Hill and Dodd Hill

GRADE C+: 3mls **DEPART:** MMCP at 10:00 **WALK START:** Carrot Hill Wood (3mls south of Inverarity off the B9127) at 10:30 **OS:** 54 **GR:** NO465410 **DESCRIPTION:** Easy walk up the hills with some excellent views **LEADER:** Dorothy Hutcheon: 01307 468034

PERTH:- Lindores Loch, Collessie, Fife

GRADE C+: 8mls **ASCENT:** 280m/920ft **DEPART:** ASDACP at 09:00 **WALK START:** Victory Hall, Collessie at 10:00 **OS:** 59 **GR:** NO286133 **DESCRIPTION:** Moderate route following tracks and paths with some road walking and some well graded ascent **NOTE:** RADO. Depart time EARLY at 9.00. **LEADER:** Kenny Valentine: 01738 446496

Sunday 5th January

GLENROTHES:-

Leven to Lower Largo figure of eight walk

GRADE C: 7.5mls/4hrs **ASCENT:** 400ft **DEPART:** LCCP at 09:30 **WALK START:** CP before Putting Green Leven esplanade at 10:00 **OS:** 59 **GR:** NO387010 **DESCRIPTION:** An interesting figure of eight walk round Leven Links, Silverburn and Lundin Links golf courses. **NOTE:** CWRA RADO **LEADER:** J Duncan 01337 831888 john@johnandmorven.co.uk

KINROSS & OCHIL:-

Loch Leven's Larder

GRADE C: 6mls **DEPART:** BURN at 09:45 **WALK START:** Kinross Community Campus at 10:15 **OS:** 58 **GR:** NO118036 **DESCRIPTION:** A walk along the Heritage Trail to Loch Leven's Larder and return. **NOTE:** RADO. **LEADER:** Margaret Best, 01577 864112.

ST ANDREWS & NE FIFE:-

Cupar Walks Leaflet Walk 3: Kemback & Dairsie Mains Circular

GRADE C+: 9mls/5hrs **ASCENT:** 198m/650ft. **WALK START:** FCPC at 10:00 **OS:** 59 **GR:** NO377147 **DESCRIPTION:** From Cupar through Cairngreen woods, Kemback, Dairsie Mains, Chapelwell and Hawklaw, on paths, farm tracks, field edges and minor roads/pavements. Some sections may be rough/overgrown. **NOTE:** RADO. NoSC. **LEADER:** Susan Richmond, 01382 542516 or 07593 230299, susanrichmond@live.co.uk

STIRLING & FALKIRK:-

Aberdour

GRADE C+: 7mls/3.5hrs **ASCENT:** 175m/570ft **DEPART:** LACP at 09:30 **WALK START:** Hawkcraig Road car park, Aberdour. KY3 0TZ Return mileage 60 at 10:30 **OS:** 65 **GR:** NT198851 **DESCRIPTION:** Through Aberdour and up past Hawk Hill. Past Glassliehead and down to Coastal Path via quarry and wireless stations to return to car park. **NOTE:** RADO NoSC. **LEADER:** Allan Drew: allan.drew@yahoo.co.uk 07921 687285

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Tuesday 7th January

KIRKCALDY:-

Langtoun Daunderers - Kirkcaldy Town Centre and Pathhead

GRADE C: 4.5mls **DEPART:** KRSN at 10:00 **WALK START:** Kirkcaldy Railway Station North car park (KY2 5PS) at 10:05 **OS:** 59 **GR:** NT275918 **DESCRIPTION:** A walk linking green spaces, and other spaces, on urban footpaths and pavement. Proposed lunch venue Pane e Vino. **NOTE:** DWOL. CWRA. **LEADER:** Ruth Beddall, 01592 260578

Wednesday 8th January

DUNFERMLINE & WEST FIFE:- Short Winter Walk

DESCRIPTION: Details will be published on Dunfermline & West Fife ramblers web site on 6th January. **NOTE:** DWOL.

Thursday 9th January

DALGETY BAY:-

Roamers ~ Dalgety Bay to Inverkeithing

GRADE D: 2.5mls/2hrs **WALK START:** Dalgety Bay Library at 10:00 **OS:** 65 **GR:** NT156834 **DESCRIPTION:** A walk along the Coastal Path and, after refreshment, return by bus. There is the option to return on foot, Grade C, 5mls 3hrs. **NOTE:** RADO. **LEADER:** Ben Douglas: 01383 822715 or 07852 658675

DUNDEE:-

Circular Walk - Muirhead & Birkhill

GRADE C: 6mls/3hrs **DEPART:** CWCP at 10:45 **WALK START:** Muirhead & Birkhill Millennium Hall at 11:00 **OS:** 54 **GR:** NO348340 **DESCRIPTION:** Circular walk on pavements and tracks. Minimal ascent. **LEADER:** Sheila Wallace: smwallace55@gmail.com 01382 320243 or 07944 570925

GLENROTHES:-

Strollers Walk - see first page of this programme for details

Friday 10th January

DUNDEE:-

Walks Planning

DESCRIPTION: Please email or pass walks for the Summer Programme to me by today's date. Offers to lead walks would be most welcome and experienced leaders will help anyone who has never led a walk before. **CONTACT:** Joyce Cumming: joyce@cumming14.plus.com 01382 642752 or 07526 237526

Saturday 11th January

BRECHIN:-

Carnoustie Coastal Saunter

GRADE C: 8mls **DEPART:** SNSB at 09:30 **WALK START:** Shore Car Park opposite Carnoustie Railway Station at 10:15 **OS:** 54 **GR:** NO566344 **DESCRIPTION:** Gentle Walk on coast path and/or beach to Elliot. Return by same route. Can be shortened at any point. Linear extension option with bus return from Arbroath (bring bus pass / fare). **LEADER:** Peter & Anna Fiabane: fiabanes@gmail.com 01307 461121 or 07743 943171

DUNDEE:-

Crombie Circular

GRADE C: 7mls **DEPART:** OCCP at 09:30 **WALK START:** Crombie Park at 10:00 **OS:** 54 **GR:** NO528401 **DESCRIPTION:** Through Panmure Estate, Monikie Testimonial then on to Monikie Park. On forest paths with about half a mile road walking. **LEADER:** Graham Smith: 01382 528153 or 07963 819719

DUNFERMLINE & WEST FIFE:- Limekilns & Charleston

GRADE C: 7mls/3.5hrs **DEPART:** LPRCP at 09:30 **WALK START:** Limekilns car park at 10:00 **OS:** 367 **GR:** NT075833 **DESCRIPTION:** A circular walk from Limekilns and Charleston taking in Broomhall Estate and Pittliver, returning by Douglas Bank cemetery (Pattiesmuir). A short section will follow the Pilgrims Way. Mostly good paths, some road walking. **NOTE:** DWOL. Leader will meet group at Limekilns **LEADER:** Linda Moyes, 01383 852817 or 07840 759384, lm57.moyes@gmail.com

GLENROTHES:-**St Andrews - Pipeland, Scooniehill and Balmungo circular**

GRADE C: 7mls/4hrs **DEPART:** LCCP at 09:30 **WALK START:** Sands Coastal Car Park i.e. swimming pool at 10:15 **OS:** 59 **GR:** NO518160 **DESCRIPTION:** circular walk through Pipeland, Scooniehill and Balmungo returning via coastal path. **NOTE:** CWRA RADO **LEADER:** C Mackie & T McLaren 07903132319 tmlaren39@gmail.com

KIRKCALDY:-**River Avon & Union Canal**

GRADE C+: 6mls **DEPART:** KRSN at 08:45 **WALK START:** Muiravonside Country Park car park (EH49 6QE) at 10:00 **OS:** 65 **GR:** NS963755 **DESCRIPTION:** A rural riverside walk, starting at Newlands Farm following the river and returning via the Union Canal and crossing the Avon Aqueduct, the longest in Scotland. There is one steep flight of steps near the beginning of the walk. **NOTE:** RADO. NoSC. **LEADER:** Beth Dickson, 07791 912417, bd6427@icloud.com

PERTH:-**Kinfauns Castle & Kinnoull Hill**

GRADE C+: 7mls **ASCENT:** 360m/1180ft **DEPART:** Tay Street, Perth at 09:59 **WALK START:** Perth Railway Bridge at 10:00 **OS:** 58 **GR:** NO120231 **DESCRIPTION:** A circuit from Perth via Willowgate, Kinfauns Castle, Kinnoull Hill & Barnhill **NOTE:** RADO. **LEADER:** John Andrews: john@jandrews.co.uk 01738 827275 or 07526 884953

STRATHTAY:-**Perth to Almondbank**

GRADE C: 7.5mls **DEPART:** Aberfeldy Bus Stop at 09:25 **WALK START:** Perth at 10:45 **OS:** 52 **GR:** NO119240 **DESCRIPTION:** Beside the Tay up North Inch to the confluence with the River Almond. Fine views across the Tay to Scone Palace. Along the Almond to Almondbank and cross the river. Back along the north side of the river passing Roman Fort. **NOTE:** RADO. **LEADER:** Jenny Rees, 07979 608496, jenny.rees@virgin.net

Sunday 12th January**STIRLING & FALKIRK:- Doune to Cuthill Brae**

GRADE C: 7mls/4hrs **ASCENT:** 100m/330ft **DEPART:** LACP at 09:30 **WALK START:** Car Park in Moray Public Park, Doune - turn into King Street and bear left round the edge of the park. FK16 6DN at 10:00 **OS:** 57 **GR:** NN730017 **DESCRIPTION:** Starting in Doune, an easy walk following the banks of the River Teith towards Blair Drummond, and finishing around Doune Castle and passing the site of the Roman Camp. **NOTE:** DWOL CWRA. Return mileage 10. **LEADER:** Phil Seale: phil@philseale.co.uk 07840 957215

Monday 13th January**ST ANDREWS & NE FIFE:- Summer 2020 Walks Planning Meeting**

MEET: Cupar Fire Station Community Room at 19:00 **DESCRIPTION:** Members with walk ideas and willing walk leaders requested to attend to develop the Summer 2020 Group Walks Program. **CONTACT:** Jim Coates, 01337 831113, jcoates1944@gmail.com

Tuesday 14th January**DALGETY BAY:-****Summer Walks Planning Meeting**

MEET: Day Centre, Pentland Rise, Dalgety Bay at 19:30 Come along to discuss the programme for summer 2020. All members (not just current walk leaders) are welcome to attend. **CONTACT:** Ian Bruce: ianbruce100@btinternet.com 01383 616062 or 07518 154237

KINROSS & OCHIL:-**Tuesday Walkers - See details at beginning of this programme.****Wednesday 15th January****ST ANDREWS & NE FIFE:-****Mid-week Leisurely Walk: Eden Estuary Circular**

GRADE C: 5.5mls/3hrs **ASCENT:** 25m/82ft. **DEPART:** FCPC at 09:30 **WALK START:** Tentsmuir Car Park--£2 fee at 10:15 **OS:** 59 **GR:** NO498242 **DESCRIPTION:** Leisurely beach and forest walk with good paths and tracks. **NOTE:** RADO. NoSC. **LEADER:** Jim Coates, 01337 831113, jcoates1944@gmail.com

Thursday 16th January

BRECHIN:-

Summer Walks Meeting

MEET: St Andrew's Church Hall, Brechin. at 19:00 **CONTACT:** Ellen Smith: 01307 818632

GLENROTHES:-

Strollers Walk - see first page of this programme for details

Saturday 18th January

BLAIRGOWRIE:-

Walk and Winter Lunch

MEET: WCPB at 09:30 **DESCRIPTION:** Walk details will be sent out prior to the lunch. The lunch will be at Cargills at 1pm. Please see details in the newsletter and book NO LATER THAN MONDAY 6TH JANUARY through Pat Fraser - patriciafraser@btinternet.com/01250 873577. **CONTACT::** Mike Morris, 01828 632548, 07984 463213, morriskilry@gmail.com

DALGETY BAY:-

Kinghorn Circular via Craigencault

GRADE C+: 5mls/3hrs **ASCENT:** 150m/490ft **DEPART:** MBS – meet at 09:35 for No 7 bus at 09:44 **WALK START:** Kinghorn Memorial bus stop at 10:15 **OS:** 66 **GR:** NT270871 **DESCRIPTION:** Begin with a loop to the historic harbour, then onto paths and tracks inland via the Craigencault Ecology Centre before returning to Kinghorn **NOTE:** RADO. **LEADER:** Sheila & John Stewart: sheilsmail@yahoo.co.uk 01383 600370 or 07517 004993 & 07873 954758

DUNDEE:-

Sidlaws

GRADE B: 4.8mls/4hrs **ASCENT:** 333m/1090ft **DEPART:** CWCP at 09:30 **WALK START:** Balkello Community Car Park at 10:00 **OS:** 54 **GR:** NO367385 **DESCRIPTION:** This hill walk takes in the three main summits of Auchterhouse, Balluderon & Craigowl Hills for superb views towards the city and Tay as well as across Strathmore to the Angus Glens. **LEADER:** Dave Rennie: 07760 460092

KINROSS & OCHIL:-

Scone, McDuff's Monument & Obelisk

GRADE C+: 7mls **DEPART:** KPR at 09:20 or BURN at 09:15 **WALK START:** Quarrymill Woodland Park on A93 north of Perth at 10:00 **OS:** 369 **GR:** NO119251 **DESCRIPTION:** A gentle climb up the Den of Scone then steeply up to the Monument & Obelisk, returning via the golf course to Scone and the Annaty Burn. **NOTE:** RADO. **LEADER:** Ann Eve, 07960 973866 or 01577 863887

KIRKCALDY:-

Loch Skiach Circular

GRADE B: 10mls **DEPART:** KRSN at 09:00 **WALK START:** Road side of B898 at Kinnaird House (PH8 0LB) at 10:30 **OS:** 52 **GR:** NN983498 **DESCRIPTION:** Long easy climb up to Loch Skiach on good hill tracks. Then by gradual descent following narrow trails through the heather to reservoir where route resumes on hill tracks for return to Kinnaird House. **NOTE:** RADO. CWRA. **LEADER:** Brian Clark, 01592 784553, bjclark@live.co.uk

PERTH:-

Spittalfield to Caputh

GRADE C+: 7mls **ASCENT:** 200m/660ft **DEPART:** ASDACP at 09:00 **WALK START:** Spittalfield Bowling Club at 09:45 **OS:** 53 **GR:** NO106408 **DESCRIPTION:** Leave Spittalfield Green following good track to Millhole, Mains of Fordie, Locholly, over hill to meet road at Stenton. Return along Tay to Caputh and then back to walk start. All the walk on good paths with only a moderate climb. **NOTE:** RADO. Depart time EARLY at 9.00. **LEADER:** Trevor Abell: tmbabell@gmail.com 01738 813123 or 07913 288098

ST ANDREWS & NE FIFE:-

Pool of Muckhart Circular

GRADE C+: 8mls/4hrs **ASCENT:** 170m/557ft. **DEPART:** FCPC at 09:30 **WALK START:** Pool of Muckhart car park on Main St at 10:30 **OS:** 58 **GR:** NN999006 **DESCRIPTION:** Circular walk on tracks, paths and minor roads through local villages in scenic area. **NOTE:** RADO. NoSC. **LEADER:** Jim Coates, 01337 831113, jcoates1944@gmail.com

Sunday 19th January

FORFAR:-

Murton Circular & Walks Planning Meeting

GRADE C: 5mls **DEPART:** MMCP at 10:00 **WALK START:** Murton Car Park at 10:15 **OS:** 54 **GR:** NO496513 **DESCRIPTION:** Easy walk round Murton followed by the Walks Planning Meeting at 2.00pm at St John's Church Hall **LEADER:** Margaret Mackie: 01307 464666

GLENROTHES:- Cupar - Clatto Reservoir to Devon Wood circular

GRADE C+: 7.5mls/4hrs **ASCENT:** 800ft **DEPART:** LCCP at 9:30 **WALK START:** Clatto Reservoir CP at 10:00 **OS:** 59 **GR:** NO365079 **DESCRIPTION:** A route which starts on part of the Pilgrim way through forest tracks to Devon wood **NOTE:** CWRA RADO **LEADER:** J Duncan 01337 831888 john@johnandmorven.co.uk

STIRLING & FALKIRK:- Around Culross

GRADE C+: 8mls/4.5hrs **ASCENT:** 90m/300ft **DEPART:** LACP at 09:30 **WALK START:** Car park at west end of Culross KY12 8JJ Return mileage 30 at 10:15 **OS:** 65 **GR:** NS983858 **DESCRIPTION:** Our walk includes a visit to Torry Bay Nature reserve and Culross Abbey. **NOTE:** RADO NoSC. **LEADER:** Hilary Thomson: hilarydthomson@gmail.com 01786 472726 or 07834 529694

Thursday 23rd January

DUNFERMLINE & WEST FIFE:- Short Winter Walk

DESCRIPTION: Details will be published on Dunfermline & West Fife ramblers web site on 20th January 2020. **NOTE:** DWOL.

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

Saturday 25th January

BRECHIN:- Forfar Loch and Balmashanner Circular

GRADE C: 7mls **DEPART:** SNSB at 09:30 **WALK START:** Old Forfar Leisure Centre car park at east end of Loch. at 10:15 **OS:** 54 **GR:** NO450506 **DESCRIPTION:** Leisurely walk around loch followed by moderate climb to monument. Return through town. Co-leader Catherine Ferguson, 07789 631115. **LEADER:** Nancy McFarlane: 01356 626229 or 07986 531971

DALGETY BAY:- Colinsburgh: Balcarres Estate Circular

GRADE C+: 6mls **DEPART:** DBSCCP at 09:00 **WALK START:** Junction of Main St and North Wynd (adj. to Corner Shop) at 10:15 **OS:** 59 **GR:** NO476034 **DESCRIPTION:** A walk through Balcarres Estate via Sprattyhall, Miggies acres, Balniel Farm, Balcarres Den to Balcarres Craig Tower and return to Colinsburgh. **NOTE:** RADO. **LEADER:** Jane Mitchell: janemaclean1@hotmail.com 01383 822843 or 07975 984015

DUNDEE:- Bus Trip to Edinburgh

MEET: Car Park by Bridgeview Restaurant, Riverside Drive, Dundee at 09:00 **DESCRIPTION:** Bus trip to Holyrood Park, Edinburgh with option of Arthurs Seat (3 miles, Ascent 280 m). Meal on way home. Names to Pat by 1st October. Cost of bus £10 to be paid to Pat on or before Christmas Meal. Bus leaves Forfar Tesco 8.30 am and Dundee 9.00 am. **CONTACT:** Pat & Peter Hargraves: 01307 462882 or 07986 423328

DUNFERMLINE & WEST FIFE:- North Queensferry Coastal Circuit

GRADE C: 3.25mls/2hrs **ASCENT:** 101m/331ft. **DEPART:** LPRCP at 09:30 **WALK START:** Battery car park N Queensferry at 10:00 **OS:** 367 **GR:** NT131805 **DESCRIPTION:** Starting from directly under the North Railway bridge, the walk provides and interesting mix of coast wildlife and industrial landscape. **NOTE:** DWOL. **LEADER:** Alan McGuckin, 01383 731557 or 07970 172593, atmcg53@gmail.com

GLENROTHES:- Lomond Hills - East Lomond Circular

GRADE C+: 7mls/4hrs **ASCENT:** 750ft **DEPART:** LCCP at 9:30 **WALK START:** Pitcairn Centre CP at 9:45 **OS:** 59 **GR:** NO268035 **DESCRIPTION:** Gradual climb to East Lomond Relay Station. Round to Old Limeworks, returning via Easter Glassie and Rhind hill. Mainly good tracks, can be muddy with some road walking. **NOTE:** NoSC RADO Leader will meet group at Pitcairn Centre **LEADER:** H Morrison 01592 749170 or 07821148256 hazmgtmor@hotmail.com

KIRKCALDY:- Kellie Countryside

GRADE C+: 8mls **DEPART:** KRSN at 09:00 **WALK START:** Gillingshill Nature Reserve car park, north of Arnroach (KY10 2RX) at 10:00 **OS:** 59 **GR:** NO509058 **DESCRIPTION:** Circular walk on footpaths, tracks, roads and rough ground. Takes in Carnbee Church and Kellie Law. **NOTE:** RADO. NoSC. **LEADER:** Ruth Beddall, 01592 260578

PERTH:-

Crail Circular

GRADE C+: 7mils **ASCENT:** 50m/160ft **DEPART:** ASDACP at 09:00 **WALK START:** Crail main street parking (Marketgate) at 10:15 **OS:** 59 **GR:** NO613076 **DESCRIPTION:** Pleasant walk on the coastal path and field tracks, passing the golf course and returning to the village centre. **NOTE:** RADO. Depart time EARLY at 9.00. **LEADER:** Sue Henderson: tanniesue_peru@yahoo.com 01738 861026 or 07980 147967

Sunday 26th January

STIRLING & FALKIRK:- **Upper Carron Glen**

GRADE C: 6mils/4.5hrs **ASCENT:** 95m/310ft **DEPART:** LACP at 09:30 **WALK START:** Herbertshire Castle Park, main car park next to Stirling Road, A872 FK6 6JW at 10:00 **OS:** 57 **GR:** NS807832 **DESCRIPTION:** We explore the Upper Carron Glen from Denny's main park, Herbertshire Castle Park. We follow the sheltered glen to a charming series of waterfalls and cascades above Fankerton. Good paths throughout, but some may be muddy when wet. **NOTE:** . On the return route we take in wide viewpoints, across the fields and down Barnego Road. Return mileage 13. **LEADER:** Wraight Shepherd: wraight.shepherd@talk21.com 01786 475137 or 07753 941564

STRATHTAY:-

Scone and the Lynedoch Obelisk

GRADE C: 5.5mils **DEPART:** CCP at 09:30 **WALK START:** Scone Old Church at 10:15 **OS:** 53 **GR:** NO132256 **DESCRIPTION:** Circular route round Scone, taking in the Lynedoch Obelisk and the birthplace of David Douglas (who brought the original Douglas Fir seed back from America). **NOTE:** RADO. **LEADER:** Bill Bruce, 01887 829753, bill_1_bruce@btinternet.com

Tuesday 28th January

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

Thursday 30th January

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

Saturday 1st February

BLAIRGOWRIE:-

Tullyfergus Wood, Alyth

GRADE C+: 6.5mils/4.5hrs **ASCENT:** 225m/740ft. **DEPART:** WCPB at 09:30 **WALK START:** Car Park Den of Alyth, Bamff Road, Alyth at 10:00 **OS:** 53 **GR:** NO235487 **DESCRIPTION:** A fairly easy circular walk along good paths, tracks and a stretch of minor road walking. The terrain is through forestry woodland and farmland and conditions are usually very good underfoot. **NOTE:** RADO. **LEADER:** Nina Bell, 01250 874301, blairbelles@tiscali.co.uk

DALGETY BAY:-

Forteviot : Water of May Circular

GRADE C+: 7mils/4hrs **ASCENT:** 200m/660ft **DEPART:** DBSCCP at 09:30 **WALK START:** Bowling Club Car Park, Forteviot at 10:30 **OS:** 58 **GR:** NO051174 **DESCRIPTION:** A walk following tracks and minor roads through farmland and woodland with some ascents. **NOTE:** RADO. **LEADER:** Mike Gordon: magordon2003@yahoo.co.uk 01383 823221 or 07752 145911

FORFAR:-

Newtyle Circular

GRADE C+: 7.5mils **DEPART:** MMCP at 10:00 **WALK START:** North Street Car Park Newtyle at 10:30 **OS:** 54 **GR:** NO299415 **DESCRIPTION:** Easy walk on disused rail track and quiet country roads and through woodlands. Good views over Strathmore. **LEADER:** Dorothy Hutcheon: 01307 468034

PERTH:-

Dunsinane Hill, Pitmiddle Wood and Franklyden Circular

GRADE C+: 8mils **ASCENT:** 500m/1640ft **DEPART:** ASDACP at 09:30 **WALK START:** By the school at Kirkton of Collace at 10:15 **OS:** 53 **GR:** NO196320 **DESCRIPTION:** From Kirkton of Collace to Dunsinane Hill to visit Macbeth's Castle, through Pitmiddle Wood via Seamaw Loch. Across open moorland to Franklyden, Bandirran and over the hill back to the start. Some steepish ascents and minor road walking. **NOTE:** RADO. **LEADER:** Allen Bardwell: allenbardwell@blueyonder.co.uk 01738 444459 or 07952 339171

ST ANDREWS & NE FIFE:- Dupplin Estate & Cairnie Braes

GRADE C: 7mils/3.5hrs **ASCENT:** 212m/695ft. **DEPART:** FCPC at 09:00 **WALK START:** By Dupplin Estate entrance, on A9, 3.5 miles south of Perth Broxden roundabout at 10:00 **OS:** 58 **GR:** NO039200 **DESCRIPTION:** A scenic walk on paths through various parts of the Dupplin Estate, crossing the Cairnie Braes before re-entering the Dupplin Estate. **NOTE:** RADO. NoSC. **LEADER:** Sarah Dallas-Ross & Julie Gadd, 07828 403601 or 07752 033326, sarahadele.sdr@gmail.com

Sunday 2nd February

GLENROTHES:- Glenrothes - Boblingen Way, Gipsy Trail, Leslie

GRADE C+: 9mils/4.5hrs **ASCENT:** 350ft **DEPART:** LCCP at 09:30 **WALK START:** Lomond CP at 09:30 **OS:** 59 **GR:** NO286008 **DESCRIPTION:** Follow Boblingen Way to west Glenrothes, through Newcastle and using gipsy trail to Leslie, returning by Leslie House and Riverside Park. **NOTE:** NoSC DWOL **LEADER:** W Cumming contact by Email splish2splosh@gmail.com

KINROSS & OCHIL:- Dundee: Monikie to Crombie Circular

GRADE C: 9mils **DEPART:** KPR at 09:00 or BURN at 08:45 **WALK START:** Monikie Country Park at 10:00 **OS:** 54 **GR:** NO501384 **DESCRIPTION:** Walking on tracks through woods to Craigton and Crombie Country Park, returning via East & West Hillhead. **NOTE:** RADO. **LEADER:** Carolyn Jenkins, 07925 972650, carolynjenkins1309@gmail.com

STIRLING & FALKIRK:- Sunday afternoon stroll along Carse of Lecropt followed by tea

GRADE C: 6.5mils/3.5hrs **ASCENT:** 40m/130ft **DEPART:** LACP at 13:15 **WALK START:** Under Motorway bridge on Lecropt road. FK9 4NB Return mileage 15 at 13:30 **OS:** 57 **GR:** NS780978 **DESCRIPTION:** On quiet local tracks, roads and paths. starting at Carse of Lecropt then through Keir estate arriving at Westerton arms for tea. **NOTE:** RADO NoSC. Have your lunch before the start. Only need to carry drink. **LEADER:** Ray Finlay: rayfin_1@hotmail.com 01786 449135 or 07792 549363

Tuesday 4th February

KIRKCALDY:- Langtoun Daunderers - Beveridge Park & Raith Woods

GRADE C: 5mils **DEPART:** KRSN at 10:00 **WALK START:** Beveridge Park car park (KY2 5PH) at 10:15 **OS:** 59 **GR:** NT273908 **DESCRIPTION:** Around Beveridge Park, through Sunnybrae Plantation to Raith House then on to Newliston. Across Oriol Road, through Longbraes Plantation and returning to Beveridge Park via Raith Drive. **NOTE:** RADO. NoSC. **LEADER:** Mike Livesey & Janet Fraser, 07783 201492

Thursday 6th February

DUNFERMLINE & WEST FIFE:- Short Winter Walk

DESCRIPTION: Details will be published on Dunfermline and West fife ramblers web site on 3rd February. **NOTE:** DWOL.

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

STIRLING & FALKIRK:- Summer programme walks meeting

MEET: Mayfield centre, St Ninians, Stirling. FK7 0DB at 19:30 **DESCRIPTION:** Summer programme walks meeting Come along to socialise and hear a preview of the new walks for the summer programme from the walk leaders. All welcome. **CONTACT:** Eric Davidson: davidson.family.es@gmail.com 07757 658055

Saturday 8th February

BRECHIN:- Montrose Links

GRADE C: 6.5mils **DEPART:** SNSB at 09:30 **WALK START:** Car park on airstrip, Broomfield Road, Montrose at 10:00 **OS:** 54 **GR:** NO722593 **DESCRIPTION:** Leisurely walk on beach, Kinnaber Moor and riverside. **LEADER:** Morag Boyd: morag.boyd1@btinternet.com 01674 830657 or 07935 799368

DUNDEE:- Walkmill Ferry and Scone

GRADE C: 6mls **DEPART:** CWCP at 09:30 **WALK START:** St David's Chapel, Kirk Loan, Stormontfield at 10:00 **OS:** 53 **GR:** NO108298 **DESCRIPTION:** From Stormontfield to Walkmill Ferry then to Scone Palace when hopefully the snowdrops will be in bloom (bring packed lunch). Free entry to the grounds and the cafe will be open, so you may be able to get a cuppie after the walk. **LEADER:** Jean MacGillivray: jean.macgillivray@btinternet.com 01382 623052 or 07932 014859

DUNFERMLINE & WEST FIFE:- Craig Rossie and Corb Glen

GRADE B+: 10mls/5.5hrs **ASCENT:** 600m/1968ft. **DEPART:** LPRCP at 08:30 **WALK START:** Corb Glen car park On B934 Dunning-Glen Devon Road at 09:30 **OS:** 47 **GR:** NO017083 **DESCRIPTION:** A exploration of the northern side of the Ochil Hills, visiting a lower but bold hill overlooking Auchterarder and Strath Earn. **NOTE:** DWOL. **LEADER:** Grant Robertson, grantrobertson1952@gmail.com, 07936 738581

GLENROTHES:- Abernethy - Castle Law Fort and Barclayfield circular

GRADE C+: 6mls/3.5hrs **ASCENT:** 1100ft **DEPART:** LCCP at 9:30 **WALK START:** The Tower, Abernethy (park on Main Street) at 10:00 **OS:** 58 **GR:** NO190164 **DESCRIPTION:** A walk to Castle Law Fort and Barclayfield on forest paths, option to climb to Castle Law (great views). **NOTE:** NoSC RADO **LEADER:** L Allen 01592 748016 lesallen80@gmail.com

KIRKCALDY:- Cupar Circular

GRADE C+: 9mls **DEPART:** KRSN at 09:10 **WALK START:** Fluthers car park, Cupar (KY15 4HL) at 10:00 **OS:** 59 **GR:** NO377147 **DESCRIPTION:** Tracks and path, some road walking. Rough in places. **NOTE:** RADO. NoSC. **LEADER:** Joan Brown, 07989 904371, joanbrown8@gmail.com

PERTH:- Cargills Leap, Knockie and Ardblair Trail, Blairgowrie

GRADE C+: 9mls **ASCENT:** 270m/890ft **DEPART:** ASDACP at 09:30 **WALK START:** Riverside Car Park, Blairgowrie at 10:30 **OS:** 53 **GR:** NO179453 **DESCRIPTION:** Walk on marked paths, tracks and minor roads to Cargills Leap, the Knockie and then following the Ardblair trail. Waterfalls, woodland, old mills. **NOTE:** RADO. **LEADER:** Mike Brown: mikebrown1957@btinternet.com 01738 446330 or 07825 014442

STRATHTAY:- St Mary's Church to Aberfeldy

GRADE C: 7mls **DEPART:** Aberfeldy Bus Stop at 09:25 **WALK START:** Grandtully Castle at 09:30 **OS:** 52 **GR:** NN893515 **DESCRIPTION:** From Grandtully Castle to the tiny church of St Mary's and follow tracks and paths back to Aberfeldy. **NOTE:** RADO. **LEADER:** John & Lily Fleming, 01887 820575, jandlfleming@btinternet.com

Sunday 9th February

STIRLING & FALKIRK:- Cowdenbeath Hill of Beath

GRADE C+: 5.5mls/3hrs **ASCENT:** 183m/600ft **DEPART:** LACP at 09:30 **WALK START:** Small car park at Dalbeath Marshes off B917 on the edge of Cowdenbeath KY4 9RJ at 10:30 **OS:** 58 **GR:** NT152907 **DESCRIPTION:** Easy walking on good tracks and paths, with a short climb to the trig on Hill of Beath. There will be at least two gates to climb. **NOTE:** RADO CWRA. Return mileage 60. **LEADER:** Lorraine Milne: lorrainemilne@hotmail.co.uk 01324 631661 or 07925 217341

Tuesday 11th February

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

Wednesday 12th February

DUNDEE:- Dundee Law from Discovery Point

GRADE C: 4mls **ASCENT:** 174m/570ft **WALK START:** Discovery Point at 10:30 **OS:** 54 **GR:** NO404298 **DESCRIPTION:** Walk through Dundee City Centre to Dundee Law and back. Lunch afterwards for those interested. **LEADER:** Jean MacGillivray: jean.macgillivray@btinternet.com 01382 623052 or 07932 014859

Thursday 13th February

DALGETY BAY:- **Roamers ~ Braefoot Point**

GRADE D: 4mls/2.5hrs **ASCENT:** 25m/80ft **WALK START:** Dalgety Bay Library at 10:00 **OS:** 65 **GR:** NT156834 **DESCRIPTION:** A walk to the old ammunition pier on woodland tracks and the Coastal Path. **NOTE:** RADO. **LEADER:** Alice McEwan: 01383 822013 or 07749 388113

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

Saturday 15th February

BLAIRGOWRIE:- **Round Kinpurney and up**

GRADE C+: 6.25mls/4hrs **ASCENT:** 345m/1131ft. **DEPART:** WCPB at 09:30 **WALK START:** Newtyle Park car park at 10:00 **OS:** 53 **GR:** NO298415 **DESCRIPTION:** Pleasant walk on road, track and rough walking with some fence crossing. Excellent views across the Strathmore Valley and beyond if weather good. **NOTE:** RADO. **LEADER:** Anne Crombie, 07341 669925

DALGETY BAY:- **Abercorn to Society Circular**

GRADE C: 5.5mls/4.5hrs **ASCENT:** 110m/360ft **DEPART:** DBSCCP at 10:00 **WALK START:** Abercorn church at 10:30 **OS:** 65 **GR:** NT080789 **DESCRIPTION:** Mainly easy walking on paths, minor roads and through the grounds of Hopetoun House. Great views of the Bridges and across into Fife. Returning along the rocky foreshore via Abercorn Point to the church. **NOTE:** RADO. Alternative route avoiding foreshore is available. **LEADER:** Neil Denness: neildenness@gmail.com 07772 904880

KINROSS & OCHIL:- **Blairadam & Cowden Hill**

GRADE C+: 8mls **DEPART:** KPR at 09:30 or BURN at 09:15 **WALK START:** Blairadam main CP (by FC depot), off B914 at Kelty. at 10:00 **OS:** 58 **GR:** NT129946 **DESCRIPTION:** A walk through Blairadam forest on good paths. Passing Blairadam House and Walled Gardens, heading towards Nivingston Road. On to the Cowden Hill loop. **NOTE:** RADO. **LEADER:** Moira McCauley, 01383 839795 & 07484 718783

KIRKCALDY:- **Loch Glow from Maryburgh**

GRADE B: 9mls **ASCENT:** 270m/885ft. **DEPART:** KRSN at 09:15 **WALK START:** Maryburgh. Park beside minor road at the rightangle bend eastwards (KY4 0JE) at 10:00 **OS:** 58 **GR:** NT137961 **DESCRIPTION:** Loch Glow & Dummiefarine Hill. Tracks with some grass and a little road walking. **NOTE:** RADO. NoSC. **LEADER:** Mike Livesey, 07783 201492 or 01592 503272

PERTH:- **Weem Rock and Camserney**

GRADE B: 7.1mls **ASCENT:** 300m/980ft **DEPART:** ASDACP at 09:30 **WALK START:** Forest Scotland Weem Wood Car Park near Castle Menzies at 10:30 **OS:** 52 **GR:** NN839497 **DESCRIPTION:** A steep climb up to atmospheric Weem Rock. Descend then climb again to higher ground above Weem Rock on footpaths. Descend to Camserney and return via river bank. Some of the paths around Weem Rock are slippery. **NOTE:** RADO. **LEADER:** Ian Stokes: iangstokes@tiscali.co.uk 01738 787567 or 07775 802630

Sunday 16th February

FORFAR:- **Guildtown/St Martins & Wolf Hill**

GRADE C+: 7mls **DEPART:** MMCP at 10:00 **WALK START:** Guildtown Village Memorial Hall at 10:45 **OS:** 58 **GR:** NO135322 **DESCRIPTION:** Walk through Guildtown, St Martins and onto Wolf Hill, along signposted tracks **LEADER:** Ross Henderson: 01307 467721

GLENROTHES:- **Lochore Meadows - Cardenden Circular**

GRADE C: 7mls/4hrs **DEPART:** LCCP at 09:30 **WALK START:** Lochore Meadows CP at 10:00 **OS:** 58 **GR:** NT171962 **DESCRIPTION:** Using footpaths and track follow Torres Loan towards Cardenden returning by edge of the Golf Club at Jamphlars. Special place of interest visiting Harelaw Cairn. **NOTE:** CWRA RADO **LEADER:** G Galloway 01592752838 gwgalloway@blueyonder.co.uk

ST ANDREWS & NE FIFE:- Meigle & Ardler Loop

GRADE C: 7mls/4hrs **ASCENT:** 91m/300ft **DEPART:** FCPC at 09:00 **WALK START:** Kinloch Memorial Hall, Dundee Road, Meigle at 10:30 **OS:** 53 **GR:** NO289442 **DESCRIPTION:** Moderately low level walk following paths and tracks through farmland and woodland. Some minor road walking. **NOTE:** RADO. NoSC. **LEADER:** Jim Forret, 01334 656137 or 07526 670535, james.forret@btinternet.com

STIRLING & FALKIRK:- Exploring the hills behind Sheriffmuir Inn. Little Corum and more

GRADE B: 8mls/5.5hrs **ASCENT:** 450m/1480ft **DEPART:** LACP at 09:30 **WALK START:** Beyond Sheriffmuir inn parking at roadside FK15 0LN Return mileage 15 at 10:15 **OS:** 58 **GR:** NN834026 **DESCRIPTION:** Little Corum, Middle Corum and Glentye on faint paths and open hillside. No steep slopes. **NOTE:** RADO NoSC. **LEADER:** Ray Finlay: rayfin_1@hotmail.com 01786 449135 or 07792 549363

Wednesday 19th February

ST ANDREWS & NE FIFE:- Mid-week Leisurely Walk: Loch Leven Circular

GRADE C: 5mls/3hrs **ASCENT:** 60m/200ft. **DEPART:** FCPC at 10:00 **WALK START:** Car park at Kinross Pier at 11:00 **OS:** 58 **GR:** NO123019 **DESCRIPTION:** Easy low level route following good paths through woodland and open countryside, returning via Kinross. **NOTE:** RADO. NoSC. Will be coffee stop en route and option for lunch stop in cafe at end of walk **LEADER:** Jim Forret, 01334 656137 or 07526 670535, james.forret@btinternet.com

Thursday 20th February

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

Saturday 22nd February

BRECHIN:- Westmuir circular

GRADE C: 9mls **DEPART:** SNSB at 09:30 **WALK START:** Westmuir Village Hall car park at 10:15 **OS:** 54 **GR:** NO366527 **DESCRIPTION:** A figure-of-eight walk by Egnomoss, Muirhouses, Lindertis, Herdhill and Plovemuir. Can be shortened to 7 miles. Co-leader Nancy McFarlane, 07986 531971. **LEADER:** Catherine Ferguson: CatherineFerg@icloud.com 07789 631115

DUNDEE:- Mailer and St Magdalen Hills, Perth

GRADE C+: 8mls/4hrs **DEPART:** CWCP at 09:30 **WALK START:** South Inch Car Park, Perth at 10:00 **OS:** 58 **GR:** NO120230 **DESCRIPTION:** Walk around the Southern Area of Perth, up Mailer Hill, over to St Magdalen Hill and back through Craigie. Lovely views. Muddy in places. Some road walking. **LEADER:** Morag Banks: 01382 858495 or 07714 880701

GLENROTHES:- Pool of Muckart - Naemoor - Crook of Devon - Rumbling Bridge and return
GRADE C+: 7.5mls/3.5hrs **ASCENT:** 600ft **DEPART:** LCCP at 09:30 **WALK START:** Coronation Hall CP, School Road, Pool of Muckart at 10:15 **OS:** 58 **GR:** NN999005 **DESCRIPTION:** A pleasant circular walk on good paths and farm tracks taking in the Rumbling Bridge gorge. **NOTE:** NoSC RADO **LEADER:** C Mackie & T McLaren 07903132319 tmlaren39@gmail.com

KIRKCALDY:- West Fife Woodlands and Snowdrops

GRADE C: 8.5mls **DEPART:** KRSN at 09:00 **WALK START:** Culross West car park (KY12 8JJ) at 10:00 **OS:** 65 **GR:** NS983859 **DESCRIPTION:** Along the coast path to Valleyfield Woodlands, then on to Balgownie Wood and Devilla Forest, returning by West Kirk. **NOTE:** RADO. NoSC. **LEADER:** Margaret Miller, 01592 266956

PERTH:- Falkland Estate Landmarks

GRADE C+: 7mls **ASCENT:** 300m/980ft **DEPART:** ASDACP at 09:30 **WALK START:** Falkland Estate Car Park at 10:20 **OS:** 59 **GR:** NO247075 **DESCRIPTION:** Woodland walk passing Mausoleum, Temple of Decision, Tyndall Bruce Monument and Chancefield. Return via Pillars of Hercules and 'red squirrel' trail. **NOTE:** RADO. N.B. The leaders Gary Martin and Bryson Porter (mob. 07780139566) will meet the group at the start of this walk. **LEADER:** Gary Martin: garygrose@aol.com 07923 437068



A scramble up the hills above St Fillans by the Perth Group

Sunday 23rd February

STIRLING & FALKIRK:- Dunfermline: Town Loch & Townhill Wood

GRADE C: 6.8mls/4hrs **ASCENT:** 100m/330ft **DEPART:** LACP at 09:30 **WALK START:** Town Loch Waterski Centre car park area KY12 0HT Return mileage 50 at 10:30 **OS:** 65 **GR:** NT100891

DESCRIPTION: This is an undemanding varied walk to the north of Dunfermline. Walk woodland paths & tracks and cycle path **NOTE:** RADO NoSC. **LEADER:** Janette Seale: janette.seale@hotmail.co.uk 01786 447107 or 07709 957317

STRATHTAY:- Amulree towards Harrietfield
GRADE C+: 7mils **DEPART:** CCP at 09:30 **WALK START:** Amulree at 09:50 **OS:** 52 **GR:** NN902356
DESCRIPTION: An out and back walk from near Amulree climbing up the estate track over the bealach between Meall nan Caorach and Meall Reamhar. **NOTE:** RADO. **LEADER:** Jenny Rees, 07979 608496, jenny.rees@virgin.net

Tuesday 25th February

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

Thursday 27th February

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

Saturday 29th February

BLAIRGOWRIE:- Craig Fonvuick, Killiecrankie
GRADE B: 5.5mils/4hrs **ASCENT:** 385m/1263ft. **DEPART:** WCPB at 09:15 **WALK START:** Garry Bridge Car Park, Killiecrankie at 10:00 **OS:** 43 **GR:** NN913610 **DESCRIPTION:** A gradual ascent to the fine viewpoint of Craig Fonvuick, returning by Killiecrankie and the River Garry. **NOTE:** RADO. **LEADER:** Richard Townsend, 07753 418101, richmtownsend@outlook.com

DALGETY BAY:- Beecraigs, Cockleroy, Korean War Memorial, Witchcraig
GRADE C+: 7mils/4hrs **ASCENT:** 250m/820ft **DEPART:** DBSCCP at 09:30 **WALK START:** Beecraigs Country Park Visitor Centre at 10:15 **OS:** 65 **GR:** NT007746 **DESCRIPTION:** A circular walk on good paths through the Country Park and ascent to Cockleroy Hill and Witchcraig. There are some quiet road walks involved. **NOTE:** RADO. **LEADER:** Matsue Williams: 0131 332 4395

DUNDEE:- Balmerino Abbey from Wormit Bay
GRADE C+: 6mils/4hrs **DEPART:** TBCP at 10:00 **WALK START:** Wormit Bay at 10:30 **OS:** 54 **GR:** NO392260 **DESCRIPTION:** Circular walk from Wormit Bay to Balmerino Abbey via Peacehill & Killburns. Return along coastal route. **NOTE:** . Car parking at Wormit Bay near the Memorial for the Tay Bridge Disaster. **LEADER:** M Rennie: 01382 200731 or 07743 091104

DUNFERMLINE & WEST FIFE:- Pentland Hills from Flotterstone
GRADE B+: 8mils/5hrs **ASCENT:** 579m/1900ft. **DEPART:** LPRCP at 09:00 **WALK START:** Flotterstone car park at 10:00 **OS:** 66 **GR:** NT234631 **DESCRIPTION:** A traverse of Turnhouse Hill, Carnethy Hill and Scald Law, dropping down to the Howe and back to Flotterstone. Good hill tracks returning via tarmac road passing Loganlea and Glencorse reservoirs. **NOTE:** DWOL. **LEADER:** Anne Laird, 01383 727515 or 07768 860066, anne-laird@hotmail.co.uk

FORFAR:- Tullybaccart & Lundie Crag
GRADE C+: 6mils **DEPART:** MMCP at 10:00 **WALK START:** Car Park opposite Tullybaccart Farm on A923 at 10:45 **OS:** 53 **GR:** NO264360 **DESCRIPTION:** A pleasant walk through fields and woodland returning by Ledcreeff Loch. A couple of short but strenuous climbs rewarded by wonderful views. **NOTE:** RADO. **LEADER:** Elizabeth Anderson: 01382 370980

PERTH:- Bankfoot to Dunkeld via Glengarr
GRADE B: 10mils **ASCENT:** 280m/920ft **DEPART:** ASDACP (No.23 bus at 8.54, stop opposite main store entrance) meet at 08:40 **WALK START:** No.23 bus stop at Garry Place, end of Prieston Road, Bankfoot at 09:30 **OS:** 53 **GR:** NO064352 **DESCRIPTION:** Take the No.23 (8.54) bus from Perth (Asda stop) to Bankfoot. Then a linear walk from Bankfoot to Dunkeld using the old drover's path. Great views along the way. Return to Perth from Dunkeld by bus. **NOTE:** RADO. Check bus times near date. Bring bus pass. Gaiters, walking poles useful for ford crossings. Can be muddy, damp section. **LEADER:** Paula Bowman: pbowman58@hotmail.com 01738 582339 or 07870 937963

ST ANDREWS & NE FIFE:- Hopetoun Monument

GRADE C+: 7.5mls/3.5hrs **ASCENT:** 220m/725ft. **DEPART:** FCPC at 10:10 **WALK START:** Scottish Deer Centre at 10:30 **OS:** 59 **GR:** NO328130 **DESCRIPTION:** Minor roads, farmland and woodland in climb to Monument and return. May be muddy towards the monument. Great views. **NOTE:** DWOL. CWRA. Leader will meet at Walk Start **LEADER:** Colin Brown, 01334 655724 or 07745 252292, colinbrown54@talktalk.net

Sunday 1st March

GLENROTHES:- Kinross - Burleigh Sands and Castle Circular

GRADE C: 7.5mls/4hrs **DEPART:** LCCP at 09:30 **WALK START:** Bistro CP at pier, Kinross at 10:00 **OS:** 58 **GR:** NO128018 **DESCRIPTION:** A walk using the Loch Leven Heritage Trail to Burleigh Sands on woodland paths, returning by Burleigh Castle. **NOTE:** NoSC RADO Leaders will meet group at Kinross **LEADER:** C & B Barton 01383 725859 chrisbettybarton@gmail.com

KINROSS & OCHIL:- Tillicoultry to Kirk Glen

GRADE C: 6mls **DEPART:** KPR at 09:30 or BURN at 09:45 **WALK START:** Small CP opposite Devonvale Hall, Tillicoultry at 10:00 **OS:** 58 **GR:** NS920966 **DESCRIPTION:** Following the River Devon to the Glenfoot Bridge, a little road walking up to the Golf Club, over to Kirk Glen, down to Harviestoun and returning along the old railway line. **NOTE:** RADO. Leader will meet at start of walk. **LEADER:** Christina Rodger, 01577 863785, christina@westerloan.plus.com

KIRKCALDY:- Five Sisters Bing Walk

GRADE B: 8mls **DEPART:** KRSN at 09:00 **WALK START:** Livingston, West Calder (EH55 8BE) at 10:15 **OS:** 65 **GR:** NT024629 **DESCRIPTION:** Forest Tracks and a little road walking, with the option to climb one of the Bings. Return via River Almond. **NOTE:** RADO. NoSC. **LEADER:** Joan Bizzarri & Madge Poklekowska, 015920328992, madge.p@live.co.uk

STIRLING & FALKIRK:- Dollar, River Devon, Vicars bridge Circular

GRADE C: 6.8mls/4.5hrs **ASCENT:** 105m/350ft **DEPART:** LACP at 10:00 **WALK START:** West Burnside Dollar FK14 7DS Return mileage 25 at 10:30 **OS:** 58 **GR:** NS963979 **DESCRIPTION:** Wander for a bit round Dollar, then on to the railway path then to Lower Mains. At the Devon take the fishermen's path to Rackmill, then walk the S side of the Devon up to the old railway line and on to Vicars Bridge. **NOTE:** . Returning on the N side of the Devon. Additional CP space at Dollar Health Centre in Park Pl, Dollar FK14 7AA. **LEADER:** Eric Davidson: 07757 658055 davidson.family.es@gmail.com

Tuesday 3rd March

DALGETY BAY:- Corstorphine Hill to Craighleith

GRADE C+: 5mls/4hrs **DEPART:** MBS - Meet at 09:05 to catch X57 bus at 09:14 **WALK START:** Corstorphine Hill entrance, Queensferry Rd at 10:05 **OS:** 66 **GR:** NT203752 **DESCRIPTION:** Over Corstorphine Hill to Corstorphine Rd, on to Pinkhill along disused railway line to Saughton, Water of Leith to Roseburn , then follow National Cycle Route to Craighleith return to Dalgety Bay by bus. **NOTE:** RADO. **LEADER:** H Haines & Rose Nutt: 01383 822187 & 07990 660724 or 01383 822669 & 07494 235392

KIRKCALDY:- Langtoun Daunderers - Largo & Keil's Den

GRADE C: 4.5mls **DEPART:** KRSN at 10:00 **WALK START:** Car Park at Temple, Lower Largo (KY8 6HX) at 10:45 **OS:** 59 **GR:** NO422026 **DESCRIPTION:** A walk linking Lower to Upper Largo and the wooded den of the Keil Burn, returning to Lower Largo via Lundin Links. Mostly on tracks, some of which could be muddy. Lunch at Blacketyside. **NOTE:** RADO. CWRA. **LEADER:** Jim Hall, 01592 640395, jameshallkdy55@gmail.com

Thursday 5th March

DUNFERMLINE & WEST FIFE:- St Ninians and Loch Fitty

GRADE C+: 6mils/3hrs **ASCENT:** 110m/360ft. **DEPART:** LPRCP at 09:30 **WALK START:** Car park at Halfway House Hotel, Kingseat or on Main Street at 10:00 **OS:** 367 **GR:** NT125904 **DESCRIPTION:** Walk around part of Loch Fitty then around abandoned opencast mine area climbing to the top of a man-made hill to take in the views and see the sculptures. Mainly good gravel paths and a short steep climb. **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



Beinn Alligin Torridon

Saturday 7th March

BRECHIN:- Errol snowdrops and reeds circular

GRADE C: 6.5mils **DEPART:** SNSB at 09:30 **WALK START:** Near Errol Primary School on Station Road, Errol. at 10:45 **OS:** 53 **GR:** NO255231 **DESCRIPTION:** Past New Farm to Daleally and reed beds. Return via Port Allen, Mains of Errol and Muiredge. Co-leader Sheila Mather, 01356 650240. **LEADER:** Linda Cook: 01241 437446

DALGETY BAY:-**St Andrews to Kingsbarns**

GRADE C+: 7mils/4hrs **ASCENT:** 150m/490ft **DEPART:** DBSCCP at 09:00 **WALK START:** The Square, Kingsbarns at 10:00 to catch the No 95 bus to St Andrews at 10:00 **OS:** 59 **GR:** NO592120 **DESCRIPTION:** Interesting section of the Fife Coastal Path from St Andrews to Kingsbarns via Boarhills. **NOTE:** RADO. **LEADER:** David Thomson: dabthomson@gmail.com 01383 860324 or 07922 050562

DUNDEE:-**Lindores Loch, Collesie**

GRADE C+: 8mils/5hrs **ASCENT:** 290m/950ft **DEPART:** TBPCP at 09:30 **WALK START:** Victory Hall on northern edge of Collesie at 10:15 **OS:** 59 **GR:** NO286133 **DESCRIPTION:** Moderate route following tracks and paths with some road walking and some well graded ascent. Route crosses some grazing land. Lovely views. **LEADER:** L Beveridge & J Cumming: 01382 730832 & 07811 462266 or 01382 642752 & 07526 237526

DUNFERMLINE & WEST FIFE:- Benarty Hill from Lochore

GRADE B: 7mils/3.5hrs **ASCENT:** 356m/1167ft. **DEPART:** LPRCP at 09:30 **WALK START:** Lochore Meadows, Willie Clarke Centre car park at 10:00 **OS:** 367 **GR:** NT170962 **DESCRIPTION:** Along the north shore of Loch Ore on the Pilgrims Way, then over Harran Hill and into Benarty Wood. Reach the summit across open moorland with stunning views over Loch Leven and beyond. Return past the winding tower of Mary Pit. **NOTE:** DWOL. **LEADER:** Linda Moyes, 01383 852817 or 07840 759384, lm57.moyes@gmail.com

GLENROTHES:-**Dollar to Tillicoultry Circular**

GRADE C: 7mils/3.5hrs **DEPART:** LCCP at 9:30 **WALK START:** Bridge Street, Dollar - beside the burn at 10:30 **OS:** 58 **GR:** NS963980 **DESCRIPTION:** Easy walk on paths and tracks following the Devon Way and through woodland, may be muddy in places. **NOTE:** NoSC RADO Leaders will meet group at Dollar **LEADER:** R and M Fairgrieve 07761 753437 rosfairgrieve@gmail.com

KIRKCALDY:-**Minchmoor & Three Brethren from Yarrowford**

GRADE B: 9mils **ASCENT:** 520m/1706ft. **DEPART:** KRSN at 08:30 **WALK START:** Yarrowford car park (TD7 5NA) at 10:30 **OS:** 58 **GR:** NT407301 **DESCRIPTION:** Good tracks and paths with a steady climb to Brown Knowe, then Broomy Law, Three Brethren and down past Broadmeadows. **NOTE:** RADO. NoSC. **LEADER:** Mike Livesey, 07783 201492 or 01592 503272

PERTH:-**Hill of Lewis and North Third Reservoir**

GRADE C+: 9mils **ASCENT:** 330m/1080ft **DEPART:** ASDACP at 09:30 **WALK START:** Bannockburn Visitor Centre car park (please park furthest from the building) at 10:30 **OS:** 57 **GR:** NS796905 **DESCRIPTION:** Along minor roads and tracks to the top of Hill of Lewis, then round North Third Reservoir on footpaths, returning to car park through Windy Yet Glen. **NOTE:** RADO. **LEADER:** Pete & Anne Trant: thetrants@virginmedia.com 01738 565075 & 07985 202934 or 07557 785696

STRATHTAY:-**Dowally to Dunkeld**

GRADE C: 6.5mils **DEPART:** Aberfeldy Bus Stop at 09:25 **WALK START:** Dowally at 10:00 **OS:** 52 **GR:** NO000482 **DESCRIPTION:** Linear walk from Dowally up past lochs and through woodland to Dunkeld. **NOTE:** RADO. **LEADER:** Muriel Findley, 01887 820095, murfin41@btinternet.com

Sunday 8th March**STIRLING & FALKIRK:- Innerdownie and Glenquey Reservoir**

GRADE B: 7.2mils/4.5hrs **ASCENT:** 450m/1480ft **DEPART:** LACP at 09:30 **WALK START:** Glen Sherup car park in Glen Devon. FK14 7JY Return mileage 50 at 10:15 **OS:** 58 **GR:** NN971051 **DESCRIPTION:** An easy Hillwalk in Glen Devon, paths all the way, lovely views **NOTE:** RADO NoSC. Loch Fitty is the easier alternative. **LEADER:** Phil Seale: phil@philseale.co.uk 07840 957215

STIRLING & FALKIRK:- Loch Fitty and St Ninians easier alternative

GRADE C: 6.5mls/3.5hrs **ASCENT:** 115m/370ft **DEPART:** LACP at 09:30 **WALK START:** North end of Main Street, Kingseat KY12 0TH Return mileage 50 at 10:30 **OS:** 58 **GR:** NT126906 **DESCRIPTION:** A stroll down to Loch Fitty and round the disused St Ninians open cast mine. This was going to be a sculpture trail at one time but was abandoned leaving behind a few man made pyramids and molehills. A bit of artistic licence has been used. **NOTE:** DWOL CWRA. Easier alternative to Innerdownie and Glenquey Reservoir walk. **LEADER:** Babs Butler: barbarabutler@btinternet.com 01324 720165 or 07711 575561

Tuesday 10th March

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

Thursday 12th March

DALGETY BAY:- Roamers ~ Townhill Loch, Dunfermline (minimal ascent)

GRADE D: 4mls/2.5hrs **DEPART:** DBL at 10:00 **WALK START:** Townhill Loch CP at 10:30 **OS:** 65 **GR:** NT103891 **DESCRIPTION:** A pleasant easy walk on good paths around Townhill Loch on the north side of Dunfermline. **NOTE:** RADO. **LEADER:** Ken Wright: 01383 822358 or 07535 386982

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

Friday 13th March

BRECHIN:- 'Cheese and Wine' Evening

MEET: Mechanics Institute, Brechin at 19:30 **DESCRIPTION:** A social evening for members, guests, and potential new members. **CONTACT:** Irene McCool: irene.mccool@yahoo.co.uk 01356 623521

Saturday 14th March

BLAIRGOWRIE:- Inver and Birnam walk

GRADE C: 7mls/4.5hrs **ASCENT:** 150m/492ft. **DEPART:** WCPB at 09:15 **WALK START:** Street parking near Birnam Institute at 10:00 **OS:** 53 **GR:** NO031419 **DESCRIPTION:** Flat riverside walk on paths passing Neil Gow's Oak, with some ascent on forest track through the Hermitage and on to Birnam and the Birnam Oak. **NOTE:** RADO. **LEADER:** Bill Phillips, 01250 870260

DALGETY BAY:- Dunfermline to N. Q/ferry (linear walk with shorter 'C' option)

GRADE C+: 8.5mls/4.5hrs **ASCENT:** 100m/330ft **DEPART:** Regents Way bus stop (opposite church) at 8:50 to catch the no 7 bus at 09:00 **WALK START:** Dunfermline bus station at 09:50 **OS:** 65 **GR:** NT090877 **DESCRIPTION:** Route is based on Fife Pilgrim Way Route 1 but via Tower Burn footpath and Pattiesmuir. Option to leave the walk at Inverkeithing Square. Return to D/Bay by the no 87 bus at 14.58 from N Queensferry Church. **NOTE:** RADO. Grade: C 6mls finishes in Inverkeithing with bus back to Dalgety Bay. **LEADER:** Ben Douglas: 01383 822715 or 07852 658675

DUNDEE:- Bishop Hill and Three Reservoirs from Holl Reservoir

GRADE C+: 7.5mls/4hrs **ASCENT:** 245m/800ft **DEPART:** TBCP at 09:30 **WALK START:** Holl Reservoir Car Park at 10:15 **OS:** 58 **GR:** NO224035 **DESCRIPTION:** On tracks and paths with good views over West Lomond and Loch Leven. **NOTE:** . Holl Reservoir Car Park - Turn right off A911 west of Leslie on to minor road (1.75 miles) signposted Scottish Water. **LEADER:** Tom Webster: 01382 552473

KINROSS & OCHIL:- Alan's Memorial Walk - Sauchie Crags

GRADE C+: 6mls **DEPART:** KPR at 09:30 or BURN at 09:30 **WALK START:** Road parking by North Third Reservoir at 10:00 **OS:** 57 **GR:** NS758879 **DESCRIPTION:** Easy walk with spectacular scenery including a site of scientific interest, historic features and hardwood forest. **NOTE:** RADO. **LEADER:** Bill Bedborough, 01259 742491

KIRKCALDY:- Clackmannan & Alloa Towers

GRADE C: 6.5mls **DEPART:** KRSN at 09:15 **WALK START:** Clackmannan tollbooth (FK10 4JX) at 10:30 **OS:** 58 **GR:** NS911918 **DESCRIPTION:** Good paths and some road walking passing Clackmannan Tower, Mary Wood, Alloa Tower and returning by Black Devon wetlands and a circuit around Clackmannan. **NOTE:** RADO. CWRA. **LEADER:** Liz Greig, 01592 653682 or 07919 985239

PERTH:- Gauldry - Gallow Hill

GRADE B: 9.5mils **ASCENT:** 400m/1310ft **DEPART:** ASDACP at 09:00 **WALK START:** Park on Crawford Avenue on east side of village. Walk leader will meet you here in Gauldry at 10:00 **OS:** 59 **GR:** NO382238 **DESCRIPTION:** Following core paths we reach Gallow Hill and enjoy superb views as we walk along ridge. Return by West Links Wood and Peacehill Farm. Inclines gradual and undulating. **NOTE:** RADO. Depart time EARLY at 9.00. **LEADER:** David Casey: david.casey2@hotmail.co.uk 07388 331636

ST ANDREWS & NE FIFE:- Pitlochry to Aberfeldy

GRADE B+: 9mils/45hrs **ASCENT:** 396m/1300ft. **DEPART:** FCPC at 09:30 **WALK START:** Fish Ladder Car Park, Pitlochry at 11:00 **OS:** 52 **GR:** NN934576 **DESCRIPTION:** Part of Rob Roy Way, this linear walk up Clunie Hill on farm forest tracks, then on to Grandtully and Aberfeldy. **NOTE:** RADO. NoSC. Option to have shorter walk just to Grandtully. Bus return from either finish to Pitlochry. **LEADER:** Jim Coates, 01337 831113, jcoates1944@gmail.com

Sunday 15th March

FORFAR:- Northwater Viaduct Kinnaber Links & Montrose Beach

GRADE C+: 8.5mils **DEPART:** MMCP at 10:00 **WALK START:** Kinnaber Woods Car Park at 10:40 **OS:** 45 **GR:** NO724609 **DESCRIPTION:** Walk along cycle path to viaduct over North Esk River, returning along the riverside and back to Montrose via Kinnaber Links. Mostly level with one steep slope to the viaduct **LEADER:** Christine Ferguson: 01382 532384

GLENROTHES:- Dundee - Camperdown, Templeton Woods Circular

GRADE C+: 8mils/4.5hrs **DEPART:** LCPC at 09:30 **WALK START:** Camperdown Park CP off A923 at 10:15 **OS:** 54 **GR:** NO358329 **DESCRIPTION:** A circular walk through woods and via Clatto Reservoir with minimal road walking. **NOTE:** CWRA DWOL Leader will meet group at Camperdown Park **LEADER:** D Mathieson 07535 813423 don2908@yahoo.co.uk

STIRLING & FALKIRK:- Aberdour Daffodils Walk

GRADE C: 5mils/3.5hrs **ASCENT:** 2m/10ft **DEPART:** LACP at 09:30 **WALK START:** Aberdour Station Car Park KY3 0TQ Return mileage 60 at 10:30 **OS:** 65 **GR:** NT191854 **DESCRIPTION:** A memorial walk on the 1st anniversary of the death of our friend Liz Taylor. This was her favourite springtime walk. We will walk from Aberdour to St Bridget's Church near Dalgety Bay and back, to admire the beautiful show of daffodils **NOTE:** RADO CWRA. **LEADER:** Janet McNee: janet.mcnee@googlemail.com 01324 872205 or 07929 130582

Wednesday 18th March

DUNFERMLINE & WEST FIFE:- Fife Coastal Path Elie to Anstruther

GRADE C: 5.5mils/3hrs **DEPART:** LPRCP at 09:30 **WALK START:** Wood Haven car park, Elie at 10:30 **OS:** 371 **GR:** NT496997 **DESCRIPTION:** Coastal path through St Monance and Pittenweem. Return by bus to Elie. **NOTE:** DWOL. **LEADER:** Alan Paul, 01383 727875 or 07739 169674, apaspaul9@gmail.com

ST ANDREWS & NE FIFE:- Mid-week Leisurely Walk: St Andrews West Sands

GRADE C: 5mils/2.5hrs **ASCENT:** 15m/50ft. **DEPART:** FCPC at 12:30 **WALK START:** Bruce Embankment Car Park, St Andrews at 13:00 **OS:** 59 **GR:** NO505172 **DESCRIPTION:** Easy walk on beach, tracks and paths, some alongside golf courses. **NOTE:** RADO. Walk Leaders will meet at Walk Start **LEADER:** Carol Philip & Christine Arnold, 013344 475997 or 07979 541678 & 07718 316597

Thursday 19th March

DUNDEE:-

Fish Supper Night

MEET: Lochee Bowling Club, Muirton Road, Dundee at 19:00 **DESCRIPTION:** As our Fish Supper Night falls near St Patrick's Day wear something Irish if you like. It is an open night so feel free to bring friends and family. Please be prompt. Cost £7. **NOTE:** Please send cheques to Jean by 1st March along with any dietary requirements. **CONTACT:** Jean MacGillivray: jean.macgillivray@btinternet.com 01382 623052 or 07932 014859

GLENROTHES:-

Strollers Walk - see first page of this programme for details

Saturday 21st March

BRECHIN:-

Stonehaven Cliffs and Dunnottar Woods

GRADE C: 7mls **DEPART:** SNSB at 09:30 **WALK START:** Stonehaven Harbour at 10:30 **OS:** 45 **GR:** NO878856 **DESCRIPTION:** Up cliffs to monument. On to Dunnottar Castle, Dunnottar Woods. Return by minor roads. **LEADER:** Helen Simpson: bill_simpson@btinternet.com 01356 624583

DALGETY BAY:-

Pitlochry to Aberfeldy [B and C+]

GRADE B: 9mls/4.5hrs **ASCENT:** 250m/820ft **DEPART:** DBSCCP at 09:00 **WALK START:** Ferry Road CP, Pitlochry at 10:30 **OS:** 52 **GR:** NN940580 **DESCRIPTION:** Linear walk from Pitlochry to Grandtully and then old railbed and paths alongside the River Tay to Aberfeldy. Catch Service Bus back to Pitlochry from Aberfeldy. (**GRADE C+:** Catch bus at Grandtully.) **NOTE:** RADO. **LEADER:** David Thomson: dabthomson@gmail.com 01383 860324 or 07922 050562

DUNDEE:-

Kinnoull Hill, Perth

GRADE C+: 6mls **DEPART:** CWCP at 09:30 **WALK START:** Jubilee Car Park (turning off at Kinfauns Junction) at 10:15 **OS:** 53 **GR:** NO144236 **DESCRIPTION:** Moderate ascents reaching MacDuffs Tower with lovely views, then on to Coronation Path. Minimal road walking. **NOTE:** . After turning off at Kinfauns Junction, pass Kinfauns Village then a winding road to Jubilee Car Park. **LEADER:** Anne McCreery: 07519 650998

GLENROTHES:-

Glen Devon - Steeles Knowe circular

GRADE B: 7mls/4.5hrs **ASCENT:** 750ft **DEPART:** LCCP at 09:30 **WALK START:** Park at access entrance to wind turbine farm (1/4 mile N of Tormaukin Hotel), Glendevon. at 10:30 **OS:** 58 **GR:** NN980052 **DESCRIPTION:** A scenic walk following the right of way to top of Borland Glen (aprox 750ft altitude gain) and follow the line of wind turbines to Steele s Knowe, returning by the wind turbine access road. **NOTE:** NoSC RADO **LEADER:** L Allen 01592 748016 lesallen80@gmail.com

KIRKCALDY:-

Crosshill to Dunfermline Linear

GRADE C+: 9mls **DEPART:** Kirkcaldy Bus Station stance 10 at 9.00 for 33 bus at 09:05 **WALK START:** Lochore Meadows bus stop (KY5 8AN) at 10:15 **OS:** 58 **GR:** NT177959 **DESCRIPTION:** Via Lochore Meadows, Blairadam Forest, Loch Fitty, and Kingseat. Mainly on good paths with a little road walking. Return to Kirkcaldy by the X27 bus from Halbeath Road in Dunfermline. **NOTE:** RADO. NoSC. **LEADER:** Jim Hall, 01592 640395, jameshallkdy55@gmail.com

PERTH:-

From Saucher to Inchturre

GRADE C+: 8.5mls **ASCENT:** 360m/1180ft **DEPART:** Perth Bus Station No.57A bus at 09:10 **WALK START:** Bus stop at Saucher road junction at 09:45 **OS:** 53 **GR:** NO197331 **DESCRIPTION:** Soon climbing Dunsinane, then continuing around Pitmiddle Wood to the deserted village. Descending from there to pass Ballindean and Baledgarno. Returning by bus from Inchturre. **NOTE:** RADO. **LEADER:** John Andrews: john@jdandrews.co.uk 01738 827275 or 07526 884953

Sunday 22nd March

STIRLING & FALKIRK:- Caldergleng Country Park & Langlands moss

GRADE C+: 6.8mils/4hrs **ASCENT:** 100m/330ft **DEPART:** LACP at 09:30 **WALK START:** Meet in the Visitors car park at Caldergleng C P G75 0QZ Return mileage 82 at 10:30 **OS:** 64 **GR:** NS653527 **DESCRIPTION:** This is an attractive undemanding walk beside water and through woodland in a popular East Kilbride country park. **LEADER:** Janette Seale: janette.seale@hotmail.co.uk 01786 447107 or 07709 957317

STRATHTAY:- Glen Fender

GRADE C+: 7mils **DEPART:** CCP at 09:30 **WALK START:** Amulree at 09:50 **OS:** 52 **GR:** NN901367 **DESCRIPTION:** Follow estate tracks up the Glenfender burn, cross over the shoulder, and return either by Kinloch Burn or Allt na Moine. **NOTE:** RADO. **LEADER:** John & Lily Fleming, 01887 820575, jandlfleming@btinternet.com

Tuesday 24th March

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

Thursday 26th March

DUNDEE:- Circular walk from Ardler, Dundee

GRADE C: 4mils/2hrs **WALK START:** Ardler Community Complex, Turnberry Ave, Dundee DD2 3TP at 10:30 **OS:** 54 **GR:** NO376333 **DESCRIPTION:** Circular walk on pavements and woodland tracks. Minimal ascent. Lunch to follow for those interested. **LEADER:** Sheila Wallace: smwallace55@gmail.com 01382 320243 or 07944 570925

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

Saturday 28th March

BLAIRGOWRIE:- Acharn Woods, Killin

GRADE B: 10.25mils/6hrs **ASCENT:** 466m/1528ft. **DEPART:** WCPB at 09:00 **WALK START:** Car Park LHS 100 metres below Falls of Dochart at 10:30 **OS:** 51 **GR:** NN572326 **DESCRIPTION:** Visit to Clan McNab burial island on Falls of Dochart, then initially on old railway line, the walk is mainly through coniferous forest, followed by minor country roads and tracks that have superb views of the Ben Lawers range and Loch Tay. **NOTE:** RADO. **LEADER:** Liz Chisholm, 07786 626338, lizchis@outlook.com

DALGETY BAY:- West Linton/Garvald Circular

GRADE C+: 8mils/4hrs **ASCENT:** 100m/330ft **DEPART:** DBSCCP at 09:30 **WALK START:** West Linton by the church at 10:30 **OS:** 72 **GR:** NT150516 **DESCRIPTION:** A circular walk from West Linton following a right of way (the old Roman Road) to the outskirts of Dolphinton. A short stretch on a quiet country road to the tiny hamlet of Garvald before the return via Slipperfield. **NOTE:** RADO. **LEADER:** Alistair Robb: 01383 820632 or 07757 809102

DUNDEE:- Loch Freuchie, Amulree

GRADE C+: 7mils/4hrs **ASCENT:** 50m/160ft **DEPART:** CWCP at 09:30 **WALK START:** Hall, Amulree (just off A822) at 10:30 **OS:** 52 **GR:** NN898363 **DESCRIPTION:** Circular walk on minor road and track round Loch Freuchie **LEADER:** Stewart & Val MacDonald: 01382 642728 & 07960 624539 or 07852 815900

DUNFERMLINE & WEST FIFE:- East Lomond and Maspie Den

GRADE B: 5mils/3.5hrs **ASCENT:** 426m/1400ft. **DEPART:** LPRCP at 09:00 **WALK START:** Library car park, Falkland at 10:00 **OS:** 370 **GR:** NO252073 **DESCRIPTION:** Moderate climb to East Lomond, drop down to Craigmear and follow track to Maspie Den and back to Falkland. Good tracks and paths, tunnel could be muddy and slippery. **NOTE:** DWOL. **LEADER:** Anne Laird, 01383 727515 or 07768 860066, anne-laird@hotmail.co.uk

FORFAR:- Glamis - Forfar

GRADE C: 7.5mls **DEPART:** Forfar East High Street Bus Stop (for 10.30) at 10:30 **WALK START:** Glamis Village at 11:15 **OS:** 54 **GR:** NO385466 **DESCRIPTION:** Service bus to Glamis then follow signposted route from Glamis Station eastwards along old railway to Cossans & track to House of Cossans. Continue along minor road to Nether Drungley. Turn right and on up to the Glamis Road and into Forfar **LEADER:** Ross Henderson: 01307 467721

KIRKCALDY:- Scone Circular

GRADE C+: 8mls **DEPART:** KRSN at 09:00 **WALK START:** Scone Old Parish Church at 10:15 **OS:** 58 **GR:** NO131255 **DESCRIPTION:** Through Scone Den to McDuff's Monument and Lynedock obelisk,

returning on minor roads and paths via Quarrymill. **NOTE:** RADO. NoSC. **LEADER:** Joan Bizzarri & Madge Poklekowska, 015920328992, madge.p@live.co.uk

PERTH:- Water of Ruchill

GRADE C+: 9mls **ASCENT:** 350m/1150ft **DEPART:** ASDACP at 09:30 **WALK START:** from car park at Water of Ruchill at 10:30 **OS:** 52 **GR:** NN763200 **DESCRIPTION:** A walk of parkland, woodland and fields above Glen Artney. Rough pasture descent, generally good tracks, a small area of bog which can be walked round.

NOTE: RADO. **LEADER:** Gil McGeachy: gil.mcgeachy@gmail.com or 07946 655068

Sunday 29th March

GLENROTHES:- Auchterarder - Cloan Glen circular

GRADE C+: 6mls/3.5hrs **ASCENT:** 825ft **DEPART:** LCCP at 9:30 **WALK START:** Crown Inn Wynd CP, High Street, Auchterarder at 10:30 **OS:** 58 **GR:** NN943127 **DESCRIPTION:** Moderately low level walk with some climbs on paths, tracks and minor roads over farmland and through woodland. **NOTE:** NoSC RADO **LEADER:** I Rankin 01337 830360 ishabelrankin@gmail.com

KINROSS & OCHIL:- Taymount Woods - Ballathie

GRADE C: 7mls **DEPART:** KPR at 09:15 or BURN at 09:00 **WALK START:** Taymount Woods, near Stanley at 10:00 **OS:** 53 **GR:** NO119351 **DESCRIPTION:** A flat walk on tracks and paths through woods and farmland to the grounds of Ballathie Hotel. Return on disused railway to Taymount. **NOTE:** RADO. **LEADER:** Alastair Kerr, 07523 268191, alastair-kerr@hotmail.com

ST ANDREWS & NE FIFE:- River Ericht Walk- Blairgowrie

GRADE C+: 8mls/4hrs **ASCENT:** 30m/100ft. **DEPART:** FCPC at 09:00 **WALK START:** Riverside / Wellmeadow car park on the north side of the centre of Blairgowrie. at 10:15 **OS:** 53 **GR:** NO181450 **DESCRIPTION:** Easy walk, mainly following the north and south banks of the river up to Kitty Swanson Bridge. The start and finish of the route is on minor roads. Field tracks towards the bridge. **NOTE:** NoSC. **LEADER:** Dorothy Cameron, 01334 474305

STIRLING & FALKIRK:- Around Auchtermuchty

GRADE C+: 8mls/4.5hrs **ASCENT:** 215m/700ft **DEPART:** LACP at 09:25 **WALK START:** Small car park in Station Road KY14 7DP Return mileage 65 at 10:30 **OS:** 58 **GR:** NO240115 **DESCRIPTION:** We head off through Auchtermuchty for the Demperston and Pitlour hills. lovely views and pretty countryside all around before we descend to Strathmiglo and flatter ground. good paths and tracks and the odd stile. Could be muddy in places. **NOTE:** RADO CWRA. There might be cows in the fields. **LEADER:** Babs Butler: barbarafbutler@btinternet.com 01324 720165 or 07711 575561



An impressive path over boggy land in Arran

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

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Publications and Advertising Secretary

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Assistant Publications Officer

Ian Bruce,

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Training Officer

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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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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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