

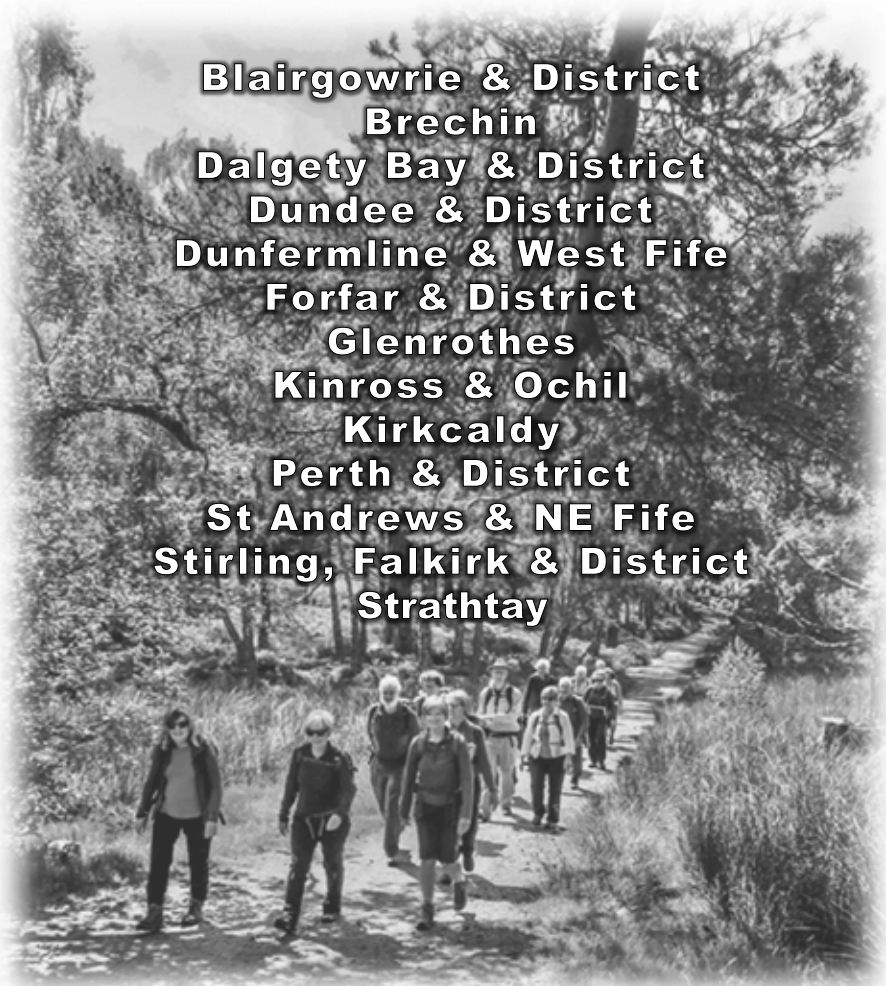


**Forth Valley,
Fife & Tayside**

Area Joint Programme

October 2023 to March 2024

Issue 44

A black and white photograph of a group of hikers walking along a dirt path through a wooded area. The path is lined with trees and foliage, and the hikers are dressed in outdoor gear.

**Blairgowrie & District
Breachin
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 44th edition of the joint programme covering the Winter programme for 2023/24. 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 Forth Valley, Fife and Tayside website www.fvft-ramblers.org.uk This website also provides up to date information on walks in this programme. There are several reasons walks may need to be changed. cancelled or added after publication. The site is intended as a central area of information for the members and volunteers of all groups in the Forth Valley, Fife & Tayside area. In addition, most of the groups have their own websites (refer at the back of this programme) where you can get additional information and news

Publication Information for Next Issue

Deadlines: Electronic walk programmes to Ian Bruce by mid-Feb 2024

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

The FV, F & T Joint Programme Team

Publications and Advertising Secretary: Trevor Abell

Tel 07913 288098 email 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.. The easiest way to change preferences is to set up your own account with Ramblers at www.ramblers.org.uk/my-account Group Secretaries are now allowed to make changes, so members without access to a computer can contact them for assistance to change preferences. If you are not receiving the national Walk Magazine, it might be that your preferences currently indicate no postal communication

Front Cover: *Perth Ramblers on a coach excursion walk near Aviemore*

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).

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

If you are unsure of the suitability of a walk contact the Walk Leader beforehand. It is

not always possible to shorten a walk if you are overexerting yourself; choose a grade of walk suitable to your level of fitness and experience.

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

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

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 (subject to any official restrictions). Abbreviations for car parks used as pick up points are included in this programme.

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

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

Cancelling Walks

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



The following abbreviations are used for group meeting places:

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

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

For the Stirling Young Walkers consult <https://www.meetup.com/Stirling-Young-Walkers>

Acronyms used in the Programme

RADO = Registered Assistance Dogs Only

DWOL = Dogs Welcome On Leads

CWRA = Children With Responsible Adults

NoSC = Not Suitable for Children

MINUTES FOR THE AGM HELD ON THE 26TH NOVEMBER 2022 AT THE BURNSIDE HALL SCONE

OFFICE BEARERS PRESENT

B Dickson(**B D**), M Gray (**M G**), J Andrews (**J A**), T Abell (**T A**),I Bruce (**I B**), J Forret (**J F**).

MEMBERS PRESENT

28 members were present, representing 11 groups.

GUESTS

Jeannie Cranfield, Ramblers Scotland
Claire Exley, Ramblers Scotland
Alison Mitchell, Convenor, Ramblers Scotland Strategic Committee.

In the absence of the convenor B Dickson (Vice Convenor) chaired the meeting.

Mr G Miller from the Blairgowrie group gave a very detailed talk on Mapping Scotland's Paths. Ramblers Scotland launched the Scottish Paths Map, an online map featuring hundreds of previously hidden trails, thanks to data collated from numerous sources, including paths recorded and audited by hundreds of Ramblers volunteers.

Alison Mitchell, Convenor RSSC gave an update on all the work the committee has been carrying out over the last year and was able to confirm that the membership of the Ramblers is at last now increasing.

Some of the policy issues that have arisen: -

- **Coul Links**
- In 2019 we took part in a public inquiry to fight to save internationally-protected wet lands and dunes at Coul Links near Dornoch in Scotland from becoming an 18-hole golf course.
- **Dalwhinnie**. In July 2021 Network Rail locked the level crossing at Dalwhinnie with no consultation.
- **Glenborrodale**
We are involved in a legal case in Ardnamurchan where a landowner has built a wood yard over a well-established and historic route from Glenborrodale to Acharacle, with huge implications for local access.

- **National Parks**
- The government has committed to creating at least one new national park in Scotland and we are sitting on a Stakeholder Advisory Group to help guide this process.
- **Introductory Walks Pilot Out There Award** with 50 participants completing the Out There Award and 38 completing the newly launched Out There Award Plus, which focuses on introductory responsible camping skills.

Main AGM 2022

The Vice Convenor welcomed all present to the AGM

Apologies

Apologies were received from M Morris, W Aitken, G Pirie, S Colliar, S Wallace, N Denness, J Searles.

Minutes of the Previous Meeting

The minutes for the AGM held on the 20th November 2021 were read and approved. Proposed by T Abell; Seconded by J Houston

Matters Arising

There were no matters arising from these minutes.

Presentation of the Annual Reports

The annual report had already been circulated to the members.

There were no additions to the reports from the authors.

Access officers report.

I McGugan raised her objection to the last paragraph in the Access Officer's report.

The paragraph partly reads:

As I have so often indicated, I have little or no information about, or involvement with. what goes on in Angus, Clackmannanshire, Dundee or Falkirk.

I McGugan pointed out that her group has a very active and inclusive rapport with the Local Council Access Dept, local landowners and farmers on the issues of access.

J Andrews stated that this might be so, but he can only report things as he knows them and he wishes to say to all members involved with Council access departments and access forums to let him know they get on with local access issues.

Adoption of the annual reports and Accounts

The annual report and accounts were formally adopted.

Proposed by J McGillivray; Seconded by L Robbi

Appointment of the Independent Examiner

M Gray reported that Mr Allan Paul who has done this job for quite a few years is retiring. Nominations for the post were requested at the meeting but none were forthcoming.

The search for someone to take up the post will now begin.

APPOINTMENT OF COMMITTEE

Since all the committee members were willing to stand for re-election and there were no other nominations for the committee the Vice Convenor suggested that the committee be re-elected en masse

This was approved by the members present

Proposed by C Roberts

Seconded by P Fraser

Committee Members

Convenor	M Morris
Vice Convenor	B Dickson
Area secretary	J Forret
Treasurer	M Gray
Access officer	J Andrews
Publications officer	T Abell
Assistant publications officer	I Bruce

Appoint of Delegates to Scottish and General Councils

Scottish Council J Forret & J Polednova

General Council J Andrews & M Gray

Date for the 2023 AGM

The date for the 2023 AGM is Saturday the 18th November. Venue will again be this hall in Scone

Conveners Report AGM 2022

In June we agreed to offer 1st Aid courses, for the Groups and I was in the process of securing dates, venues, and a provider when we were stymied by some unwelcome last minute budget restrictions. Fortunately, as most of you will know this unacceptable thunderbolt has been recalled from above. Mike Gray will bring the Area members up to speed at the AGM. Meantime I have asked BASP to give me some dates for a 1st Aid course this year. Ramblers Scotland are in the process of producing an online course, and Jeannie

Cranfield is exploring the option of using Community Hubs, some of which offer courses to local groups. Assemble has written 1st Aid advice online covering a good range of topics. **Mike Morris**

Area secretary report 2021/22

We have had three Area Council meetings during this year, all held on Zoom. These meetings were all well attended, in fact the one in October had about 30 members attending, this led to some lively discussions on different topics. We now have 2 First Aid courses booked, they are being held in the Burnside Hall, Scone, and they are being run by the British Association of Ski Patrollers.
Jim Forret

Area Access Officer's Report 2021 to 2022

I have been doing this job for about 14 years and cannot recall a time when I have been so seriously concerned about the performance of our local authorities in fulfilling – or failing to – their obligations to assert and protect the public right of access.

A year ago, I referred to the relatively new procedures adopted by Perth and Kinross Council to enable it to 'close' cases of obstruction without taking any positive action to resolve them. Figures, taken from the Council's quarterly reports dating from February 2020 to May 2022 inclusive, show that the total number of cases listed as 'Closed Unresolved' was 48. In other words, PKC has 'washed its hands' of 48 cases of obstruction simply because the offenders either failed to respond or refused to cooperate.

As I have so often indicated, I have little or no information about or involvement with what goes on in Angus, Clackmannanshire, Dundee or Falkirk. Consequently, I can only guess that things are much the same in those parts of our Area, but that our members there either have not attempted to pursue such problems as they encounter or have given up doing so.
John Andrews

Publications Secretary: After two years we were finally able to put together the Area Joint Programme (AJP) for the six-month period October 22- March 23. All groups were able to contribute as normal and to provide a full programme for the winter period..

It was noted that the cost of printing and postage has increased substantially and was over £2,200 equating to around £1.75 per copy. Attempts to increase the advertising revenue were singularly unsuccessful, although all the obvious potential supporters had been contacted. **Trevor Abell**

Assistant Publications Secretary's Report

Trevor and I have been producing the AJP (Area Joint Programme) since

issue 25. Mike Whitehead and Sean Galbally produced issues 10 to 24. Mike was a great help to us when we took over, providing detailed instructions of the process he used to merge the group programmes into the AJP. At that time WPCs had to send their programmes to Mike for the book and then enter them again online at Ramblers in order for them to appear on the Ramblers website. I devised a software program where WPCs could enter their walks once only and two different files were produced, one suitable for the printed AJP and the other suitable for uploading all the walks to Ramblers in one go. We are now using version 4 of my software. For a very long time now we have been waiting for the successor to GWEM. This is named Walks Manager and was supposed to take over early this year. **Ian Bruce Assistant Publications Secretary**

Treasurer's Report 2021/22

1. The allocation from RAGB was set at a very low figure of £2800, both reflecting the reduced activity due to lingering Covid and to bring the bank balance down.
2. Increased group activity as the year went on did leave one group short of funds to cover reccie expenses. An extra payment of £100 was made.
3. One edition of the Joint Programme was published. Printing and particularly postage have increased significantly leading to a £380 overspend against budget. This will be an on-going issue as we aim to publish two editions in the coming year, unless we take measures to keep costs in check.

Thanks, as ever, are extended to Group Treasurers for their crucial work and diligence during the year, and especially to Alan Paul for examining the Area accounts for the final time.

Following some considerable justification to the Finance Dept, our original budget request of £9000 for the year has now been approved in full by RAGB. A more detailed breakdown of both the accounts for 2021/22, as well as the finalised budget and cash-flow for 2022/23 are available on request.

There being no further business the meeting closed at 11.15

Note: these minutes have been heavily edited for purposes of space – a more complete set can be obtained from the Area Secretary if required.

SPECIAL GROUPS

Glenrothes Strollers walks

On most Thursday mornings, there is a Strollers Walk to which all are welcome. Walks are all within Fife and range from 4 to 7 miles. (On longer walks an alternative short cut will be suggested - where possible). Walks are graded C to C+ and range from 2.5 to 3.5 hours.

Weekly walks begin at the agreed start point at 10am. Car sharing is encouraged, and people leaving from Glenrothes also meet at 9.30 at the Lomond Centre car park. If a walk start point is more than 30 minutes travelling time from the Lomond Centre, there may need to be an earlier departure, so please phone one of the contacts below, to check the start time.

Walk start points are also posted weekly on the Glenrothes Ramblers Facebook page.

For details of where to meet the group, please contact Joan Howell or Brian Conway. Please text Joan on 07802 433468 or Brian on 07980 652339

Kinross & Ochil Tuesday Walkers

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

Dundee Ramblers Family Walk

A sub group of Dundee Ramblers has been running a programme of short walks suitable for families with or without children. However, the Dundee Committee have reluctantly decided to discontinue these walks. The children are getting older and so am I! It was a really good idea at the time and we have all enjoyed some excellent walks and had great fun. However, in the recent programmes there were mainly adults on the walks and we changed them to Family Walks/Social Strolls. If anyone in the area is interested in starting a new Family Walks programme, I can give assistance. Meanwhile, I would like to thank all the families and walk leaders who have come along over the years. Our last walk will be in September. Jean MacGillivray.

Young Walkers Groups

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

Forfar Strollers Walks.

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

Walks Diary

Walks for Stirling & Falkirk group are not included in this issue. They will be shown on their website, the Area website and Ramblers website as and when they are confirmed.

Sunday 1st October

FORFAR:-

River Tay and Tayport

GRADE C: 7mils/4hrs **DEPART:** MMCP at 09:30 **WALK START:** Car Park at the South of the Tay Road Bridge at 10:45 **OS:** 54 **GR:** NO 426 288 **DESCRIPTION:** We will follow the Fife Coastal path along to Tayport, enjoy views over the Tay. Passing Tayport Harbour and Common and head towards Tentsmuir. Return by the same route. Walk will be on good paths, cycle path, pavement and grassy/sandy path. **LEADER:** Lisa Hughes: elhughes1973@aol.com 07901 901307

Tuesday 3rd October

KIRKCALDY:-

Langtoun Daunders - Springfield

GRADE C: 5mils/4.5hrs **DEPART:** KRSN at 09:50 **WALK START:** Car park at end of Muir Road, Springfield KY15 5SN at 10:30 **OS:** 59 **GR:** NO 3411 1185 **DESCRIPTION:** Springfield, taking in Cults Mill & Crawford Priory. Good paths & minor roads. The walk will be followed by lunch at Springfield Tavern. **NOTE:** RADO CWRA. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Joyce Samson: 07952 134585

Wednesday 4th October

DUNFERMLINE & WEST FIFE:- **Aberdour to Burntisland linear**

GRADE C: 7mils/3.5hrs **ASCENT:** 50m/160ft **DEPART:** LPRCP at 10:00 **LINEAR WALK START:** Aberdour rail station, far end at 10:30 **GR:** NT 1913 8542 **END AT:** Aberdour rail station NT 1913 8542 **DESCRIPTION:** A walk on the Fife Coastal Path, passing Aberdour castle, the silver sands beach, along the shore via the town of Burntisland, to the links. Those wishing a shorter walk can take the no. 7 bus back to Aberdour. **NOTE:** RADO. Route may be muddy after wet weather, especially a short section under a rail tunnel. Minimal ascent. **LEADER:** Sonia Wilson: soniawilson9@aol.com 07840 873919

PERTH:-

Loch Glow & Dumglow

GRADE C+: 6mils/4.5hrs **ASCENT:** 280m/920ft **DEPART:** BPR at 09:00 **WALK START:** On approach road to Loch Glow at 10:00 **OS:** 58 **GR:** NT 094 957 **DESCRIPTION:** From Loch Glow, passing the Inneans, to make a steady ascent of Dumglow, continuing via forest tracks to Kirkhill Common and Nivingston Hill. For instructions to start point see our website <https://perthramblers.org.uk>. **NOTE:** PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** John Andrews: johndandrews44@gmail.com 01738 248941 or 07526 884953

Thursday 5th October

GLENROTHES:-

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

Friday 6th October

KIRKCALDY:-

Melrose weekend

DESCRIPTION: Waverley Castle Hotel, Friday 6th - Monday 9th. Various walks each day. **NOTE:** If you intend to go, make your own booking and inform the contact. **CONTACT:** Joyce Samson: 07952 134585

Saturday 7th October

BLAIRGOWRIE:- Little Glenshee

GRADE B: 8mls/4hrs **ASCENT:** 390m/1280ft **DEPART:** WCPB at 09:00 **WALK START:** Car park at Little Glenshee at 10:00 **OS:** 52 **GR:** NN 989 340 **DESCRIPTION:** A lovely undulating walk up Little Glenshee then heading East towards Creag Liath for wonderful views weather permitting, continuing onwards on good tracks and paths back to the start. **NOTE:** RADO. PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com. **LEADER:** Madeleine McDonald: maddiesworld@outlook.com 07904 382840

DALGETY BAY:- Aberdour to Puddledub circular.

GRADE C+: 9.5mls/5hrs **ASCENT:** 335m/1100ft **WALK START:** Aberdour Railway station car park. at 10:00 **OS:** 58 **GR:** NT 1913 8542 **DESCRIPTION:** A varied walk, woods fields and gentle hills (except for a few yards of steep path) with views over Forth, across to Ochils and Lomonds. Some paths will be muddy and there is a section of bog on the Old North road which is unavoidable. **NOTE:** RADO. BOOKING REQUIRED - If you would like to join this walk please contact the Walk Leader. **LEADER:** Jane Searles: jane.searles@btinternet.com 07900 175403

DUNDEE:- Craighall Bridge, Blairgowrie Circular

GRADE C+: 6.3mls/4hrs **ASCENT:** 245m/805ft **DEPART:** CWCP at 09:30 **WALK START:** Wellmeadow Car Park, Blairgowrie, PH10 6AY at 10:15 **OS:** 53 **GR:** NO 180 451 **DESCRIPTION:** Easy circular walk via Lorty and Old Military Road to Middle Mause Farm. Drop down to old A93 and Craighall Bridge with views into Erich Gorge. Some slow ascents, may be muddy and a short section on busy road. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. Leaders: Frances Pogorzelec: 07808 029186 or 01382 454684 & Moira Dobson: 01382 459543 or 07792 140781

GLENROTHES:- Ceres to St Andrews using Pilgrims Way

GRADE B: 10mls/5.5hrs **ASCENT:** 700ft **DEPART:** LCCP at 9:30 **WALK START:** Ceres Village CP (opposite farm museum) at 10:00 **OS:** 59 **GR:** NO400115 **DESCRIPTION:** A linear walk - the last section of the Pilgrims Way Fife. Returning to the car park by public bus to Ceres. **NOTE:** NoSC **RADO LEADER:** Sheena Fury 01592756497 sheena_fury@yahoo.co.uk

PERTH:- Fife Pilgrim's Way - Kennoway to Ceres

GRADE C+: 9mls/4.5hrs **ASCENT:** 121m/400ft **DEPART:** BPR at 09:30 **LINEAR WALK START:** Bow Butts bus stop, Ceres for 10.39 No.46 bus to Kennoway at 10:30 **GR:** NO 400 115 **END AT:** Ceres NO 400 115 **DESCRIPTION:** From Bonnybank climb up to Devon Wood and then to Clatto Hill. The path continues to Clatto Den, Clatto Reservoir and on down the Waterless Road towards the village of Ceres. **NOTE:** Check bus times prior to date. PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** Colin Fraser: cfraser365@gmail.com 01382 541617 or 07895 808614

ST ANDREWS & NE FIFE:- Gauldry Circular

GRADE C+: 6.5mls/3.5hrs **ASCENT:** 230m/750ft **DEPART:** FCPC at 10:00 **WALK START:** Morrison Duncan Hall, Gauldry at 10:30 **OS:** 59 **GR:** NO 375 238 **DESCRIPTION:** Walk from Gauldry through Bottomcraig, Balmerino Woods and over Coultra Hill, returning to Gauldry. May be muddy in places. **NOTE:** RADO NoSC. Walk may be subject to change (weather etc). Please contact walk leader to book your place, thank you. **LEADER:** Susan Richmond: susanrichmond@live.co.uk 01382 542516 or 07593 230299

Sunday 8th October

STRATHTAY:- Urlar Rob Roy

GRADE C+: 8mls/5hrs **ASCENT:** 365m/1200ft **WALK START:** Birks car park at 09:30 **OS:** 52 **GR:** NN 8555 4865 **DESCRIPTION:** Urlar walk mainly on moorland tracks up one branch of the Rob Roy Way, across the new pylon track, and back along the other branch of the Rob Roy Way. **LEADER:** Violet Keir: 07568 440607

Monday 9th October

ST ANDREWS & NE FIFE:- **Group Committee meeting**

MEET: Via Zoom, Convenor to provide details at 19:00 **DESCRIPTION:** General Committee meeting, Group Secretary to issue agenda prior to meeting. Any changes will be notified to Committee members, if required. **CONTACT:** Jane Houston: jemillar15@aol.co.uk 01334 850211 or 07771 856643

Tuesday 10th October

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

Wednesday 11th October

BLAIRGOWRIE:- **Midweek Meander**

GRADE C: 4mls/3hrs **WALK START:** Well Meadow at 10:00 **OS:** 53 **GR:** NO 1799 4521 **DESCRIPTION:** This is a taster walk of about 3 to 4 miles for those of us who would like a shorter, more social meander. **NOTE:** RADO. **LEADER:** Gordon Millar: millarnodrog@gmail.com 07854 878887

FORFAR:- **Strollers Walk - max 4 miles - See details at start of this programme.**

PERTH:- **River Garry & Linn of Tummel circuit**

GRADE C: 7mls/4hrs **ASCENT:** 185m/600ft **DEPART:** BPR at 09:00 **WALK START:** Garry Bridge car park at 10:00 **OS:** 43 **GR:** NN 9133 6099 **DESCRIPTION:** A leisurely walk starting at the Garry Bridge car park. Following the Garry and Tummel rivers downstream to Loch Faskally and returning via Faskally forest. Woodland paths and road walking, mostly level with several short climbs of steps. **NOTE:** PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** Tom Reid: 07551 903278

ST ANDREWS & NE FIFE:- **Cairngreen Wood**

GRADE C: 6mls/4hrs **ASCENT:** 45m/150ft **WALK START:** Cupar Cemetery Car Park at 10:00 **OS:** 59 **GR:** NO 380 135 **DESCRIPTION:** Start at Cupar cemetery car park. Easy walk on good paths and forest tracks, may be muddy in places, some minor road walking. **NOTE:** RADO NoSC. Walk may be subject to change (weather etc). Please contact walk leader to book your place, thank you. **LEADER:** Jim Forret: james.forret@btinternet.com 01334 656137 or 07526 670535

Thursday 12th October

DALGETY BAY:- **Roamers ~ North Queensferry circular. (minimal ascent)**

GRADE D: 4mls/2hrs **ASCENT:** 50m/160ft **WALK START:** Ferrytoll Park & Ride car park at 10:00 **OS:** 65 **GR:** NT 1244 8212 **DESCRIPTION:** A pleasant easy walk on good paths from Ferrytoll along the approach road to the Forth Road Bridge and then taking the B981 into North Queensferry. Return via the Coastal Path and Port Laing. **NOTE:** RADO. **BOOKING REQUIRED** - If you would like to join this walk please contact the Walk Leader. **LEADER:** Rose Nutt: 07494 235392

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

Saturday 14th October

BRECHIN:- **Panmure Estate**

GRADE C: 7mls/4.5hrs **WALK START:** Estate road entrance 250 m south of Panmure Estate gates on B9128 at 10:00 **OS:** 54 **GR:** NO 547 386 **DESCRIPTION:** Leisurely walk around roads and tracks within Panmure Estate grounds, including the Panmure Testimonial Monument on Downie Hills. **NOTE:** RADO. **LEADER:** Margaret Spalding: mspalding426@btinternet.com 07720 863005

DALGETY BAY:- **New Lanark & the Falls of Clyde**

GRADE C+: 6.5mls/4hrs **ASCENT:** 336m/1100ft **WALK START:** New Lanark car park at 10:00 **OS:** 72 **GR:** NS 8825 4254 **DESCRIPTION:** From New Lanark visit the spectacular Falls of Clyde from both banks, passing Bonnington Power Station, Corra Linn waterfall, Wildlife Reserve & Corra Castle before returning to New Lanark. Riverside & forest paths and a few steep steps. **NOTE:** RADO. **BOOKING REQUIRED** - If you would like to join this walk please contact the Walk Leader. **LEADER:** Audrey Robertson: 07720 980715

DUNDEE:- Glen Artney to see the Deer Rut

GRADE C: 7mils/4hrs **DEPART:** CWCP at 09:00 **WALK START:** Car Park Glen Artney (Take Braco turnoff 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:** NN 712 102 **DESCRIPTION:** Leisurely walk hoping to see and hear deer rutting. Some road walking. Bring binoculars. Please bring a packed lunch. **NOTE:** RADO. Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Rose Garvie: 07812 826905 or 01382 450763

DUNDEE:- Social Stroll - West End of Dundee

GRADE C: 4.5mils/3hrs **WALK START:** Bottom of Glamis Road, Dundee at 11:00 **OS:** 54 **GR:** NO 371 298 **DESCRIPTION:** Walk by Ninewells Community Garden to the Nature Trail then on to the Invercarse Hotel for coffee and cake. Please bring a small packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Jean MacGillivray: 07932 014859

DUNFERMLINE & WEST FIFE:- Plean - Denny circular

GRADE C: 8mils/4hrs **ASCENT:** 120m/397ft **DEPART:** LPRCP at 09:15 **WALK START:** Plean country park, car park at 10:00 **OS:** 57 **GR:** NS 828 868 **DESCRIPTION:** A pleasant country walk, mostly on roads or good tracks, this walk visits ruined Plean House, a broch and passes Torwood Castle. **NOTE:** RADO. Possible traffic on minor roads, ensure a good lookout is kept. 20 places available. **LEADER:** Michael Harrison: mickdharrison@hotmail.com 07982 710999

FORFAR:- Arbroath to Auchmithie

GRADE C+: 8mils/4.5hrs **DEPART:** MMCP at 09:30 **WALK START:** Car Park at Arbroath Cliffs at 10:30 **OS:** 54 **GR:** NO 658 412 **DESCRIPTION:** Walk along cliffs to Auchmithie and return. Grassy path down to beach and steep set of stairs back up from beach to path. **LEADER:** Sally Easson: 01575 609100

KIRKCALDY:- Cameron Toll - Holyrood

GRADE C+: 7mils/5hrs **DEPART:** Kirkcaldy bus station, stance 6 (for the 08:25 X61) at 08:20 **LINEAR WALK START:** Cameron Toll Shopping Centre, EH16 5XG at 10:00 **GR:** NT 2739 7105 **END AT:** Dynamic Earth NT 2676 7368 **DESCRIPTION:** By Lady Susan's Walk, Craigmillar Castle, Innocent Railway, Holyrood Park and Dunsapie Crag. Mainly on paths with good surfaces but some rough ground. **NOTE:** PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Margaret Miller: 01592 266956

PERTH:- Dunkeld, The Hermitage & Strathbraan

GRADE C+: 7mils/4.5hrs **ASCENT:** 200m/650ft **DEPART:** BPR at 09:15 **WALK START:** Birnam Arts Centre at 10:00 **OS:** 52 **GR:** NO 0314 4183 **DESCRIPTION:** Along the Tay to Inver then to the Hermitage and Ossians Hall. Following the River Braan to cross Rumbling Bridge then to Balhomish Farm before returning by the Inchewan Burn path. Autumn colours, leaping salmon and deer may be seen. **NOTE:** Could use No.23 bus, 9.20 from Mill St., Perth (check times). PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** Mike Brown: mikebrown1957@btinternet.com 01738 446330 or 07444 109293

Sunday 15th October

GLENROTHES:- Dundee - The Law and Balgay Hill Circular

GRADE C+: 7.5mils/4.5hrs **ASCENT:** 750ft **DEPART:** LCCP at 9:30 **WALK START:** Dundee on Riverside drive at layby nearest the Tay Railway Bridge at 10:15 **OS:** 54 **GR:** NO392293 **DESCRIPTION:** An urban walk mainly on pavements with lots of steps. Through the centre of Dundee for a gradual climb to the top of the Law (170m). Down steps to Lochee Road (80m) and up Balgay Hill (140m). Return by the West End and Riverside. **NOTE:** CWRA DWOL **LEADER:** Hazel Morrison 01592 749170 hazmgmtmr@hotmail.com

Wednesday 18th October

DUNDEE:- Newtyle Circular

GRADE C: 4mils/2hrs **DEPART:** CWCP at 10:00 **WALK START:** Car Park, North Street, Newtyle at 10:30 **OS:** 53 **GR:** NO 298 415 **DESCRIPTION:** Circular walk on disused railway tracks with some road walking. Pleasant views. Minimal ascent. Lunch to follow at end of walk for those interested. Booking required. Please see website for booking information. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Sheila Wallace: smwallace55@gmail.com 07944 570925

Thursday 19th October

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

Saturday 21st October

BLAIRGOWRIE:- Bridge of Cally Circular

GRADE C: 7.5mils/4hrs **ASCENT:** 240m/794ft **DEPART:** WCPB at 09:30 **WALK START:** Bridge of Cally Village at 10:00 **OS:** 53 **GR:** NO 1420 5165 **DESCRIPTION:** Circular walk on good paths, following parts of Cateran Trail. Fantastic open views of fields and woodland. **NOTE:** RADO. PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com. **LEADER:** Andrea Bridge: andrea.winebridge@gmail.com

DUNDEE:- Piperdam Circular

GRADE C+: 8mils/4hrs **ASCENT:** 160m/520ft **DEPART:** CWCP at 09:30 **WALK START:** Piperdam Car Park at 10:00 **OS:** 52 **GR:** NO 305 347 **DESCRIPTION:** From Piperdam, climb Blacklaw Hill, over to Redmyre Loch, then round about ending with a bit of road walking, then coming back down by the golf course. Please bring a packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. Leaders: Brenda Moffat: 07512 850588 or 01382 736209 & Morag Banks: 07714 880701 or 01382 858945

DUNFERMLINE & WEST FIFE:- Aberdour to Inverkeithing on Fife coastal path

GRADE C: 5mils/3hrs **ASCENT:** 50m/160ft **DEPART:** LPRCP at 09:30 **LINEAR WALK START:** Aberdour rail station at 10:45 **GR:** NT 1912 8541 **END AT:** Inverkeithing rail station NT 1312 8334 **DESCRIPTION:** Take 10:24 train from Inverkeithing to Aberdour (£1.80). Footpath and tracks along Fife coastal path to Inverkeithing. Great seaside walking with many points of interest, including wildlife, industrial heritage and views. Minimal ascent. **NOTE:** RADO. Paths may be muddy after rain. Joint walk leader with George Naismith: 07833 366299. **LEADER:** Linda Pirie: lapirie@hotmail.co.uk 07881 369442

GLENROTHES:- Burntisland to Dalgety Bay linear

GRADE C+: 8.5mils/5hrs **ASCENT:** 770ft **DEPART:** LCCP at 9:30 **WALK START:** Dalgety Bay Station CP at 10:15 **OS:** 58 **GR:** NT148840 **DESCRIPTION:** Train from Dalgety Bay to Burntisland. Fife Coastal Path from Burntisland back to Dalgety Bay. Good path with excellent views. Phone leader beforehand to check train time. Bring your Fife Style card. **NOTE:** CWRA RADO Leaders will meet group at Dalgety Bay Station **LEADER:** Chris Barton 01383725859 chrisbetybarton@btinternet.com

KIRKCALDY:- Falkland - Dunshalt - Strathmiglo

GRADE C+: 7.5mils/5hrs **DEPART:** KRSN at 09:15 **WALK START:** Falkland Library car park, Falkland KY15 7BX at 10:00 **OS:** 59 **GR:** NO 2536 0735 **DESCRIPTION:** From Falkland to Dunshalt then track to Strathmiglo (can be muddy), then back to start going through Falkland Estate. Some road and track walking. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Liz Greig: 01592 653682 or 07919 985239

PERTH:- The Rocking Stone, Dunkeld

GRADE B: 6mils/4.5hrs **ASCENT:** 350m/1150ft **DEPART:** BPR at 09:30 **WALK START:** Atholl Street car park, Dunkeld at 10:15 **OS:** 52 **GR:** NO 026 428 **DESCRIPTION:** Starting from Dunkeld via Polney Loch to highest point at Rocking Stone (315m.). Circular walk with ascents and descents at careful, gentle pace. Steep drops on some narrow paths so walking poles helpful. **NOTE:** Could use No.23 bus, 9.20 from Mill St., Perth (check times). PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** Lynn Salvin: salvin@blueyonder.co.uk 01738 634628 or 07712 298939

STRATHTAY:- Birnam Hill and the Tay

GRADE C+: 11mils/6.5hrs **DEPART:** Car park behind Aberfeldy Coop at 09:30 **WALK START:** Quarry car park under King's Seat, Dunkeld at 10:00 **OS:** 52 **GR:** NO 0305 4165 **DESCRIPTION:** Ascend to the King's Seat on Birnam Hill for good views. Down past The Hermitage to Jubilee Bridge and back along the Tay to Birnam. **LEADER:** John Nixon: john.nixon54@hotmail.com 07917 886524

Sunday 22nd October

ST ANDREWS & NE FIFE:- Falkirk Wheel & Antonine Wall

GRADE C: 7mils/3.5hrs **ASCENT:** 50m/160ft **DEPART:** FCPC at 09:30 **WALK START:** Car Park at Falkirk Wheel, £3.50 charge, card only at 10:45 **OS:** 65 **GR:** NS 8537 8001 **DESCRIPTION:** Interesting walk on good paths and tracks, taking in Falkirk Wheel, Antonine Wall, Rough Castle and two canals, may be muddy in places. **NOTE:** RADO NoSC. Walk may be subject to change (weather etc). Please contact walk leader(s) to book your place, thank you. Leaders: Carol Philip: carolphilip@btinternet.com 01334 475997 or 07979 541678 & Christine Arnold: jandca.winslow@btinternet.com 01334 654158 or 07718 316597

Tuesday 24th October

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

Wednesday 25th October

FORFAR:- Strollers Walk - max 4 miles - See details at start of this programme.

PERTH:- Lady Mary's Walk & Baird Monument

GRADE C: 6.5mils/4hrs **ASCENT:** 135m/450ft **DEPART:** BPR at 09:15 **WALK START:** Taylor Park CP, Turretbank Rd., Crieff at 10:00 **OS:** 52 **GR:** NN 8583 2210 **DESCRIPTION:** A leisurely walk starting at Taylor Park car park. The walk will be along the river Earn and then up to Baird's Monument, returning via Laggan Hill. Tracks/paths with some minor road walking. Mostly level walk with short inclines. **NOTE:** Poles & gaiters useful as can be muddy if wet. PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** Tom Reid: 07551 903278

Thursday 26th October

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

Saturday 28th October

BRECHIN:- Arbirlot Circular

GRADE C: 7mils/4hrs **WALK START:** Arbroath West Links car park at 10:00 **OS:** 54 **GR:** NO 6336 4012 **DESCRIPTION:** Along West Links to Elliott, then on path to Arbirlot Village. Return via Bankhead, Millfield and Lochlands. No Dogs please as cattle in fields. **NOTE:** RADO. **LEADER:** Colleen Lumsden: 07419 124842

DALGETY BAY:- The Pentlands - Monks Rig & West Kip

GRADE B: 4.5mils/3.5hrs **ASCENT:** 340m/1120ft **WALK START:** Nine Mile Burn car park on A702 (3miles SW of Silverburn) at 10:00 **OS:** 66 **GR:** NT 177 577 **DESCRIPTION:** Climb along Monk's Pass, passing the fount stone and onwards to West Kip. Return via secluded glen. **NOTE:** RADO. BOOKING REQUIRED - If you would like to join this walk please contact the Walk Leader and arrange car sharing. **LEADER:** Mike Gordon: 07752 145911

DUNDEE:- Little Glenshee

GRADE B: 7mils/4hrs **DEPART:** OCCP at 09:00 **WALK START:** Car park at Schochieburn (over a ford) (limited parking) at 10:15 **OS:** 52 **GR:** NN 988 340 **DESCRIPTION:** Moderate to strenuous circular walk on tracks and paths on open moorland and optional longer walk to Craig Gibbon and Obelisk (2 miles). Please bring packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. Leaders: Graham Smith: 01382 528153 or 07963 819719 & Margaret Dixon: 07963 819718

DUNFERMLINE & WEST FIFE:- Ben Lomond

GRADE A: 7.5mils/5.5hrs **ASCENT:** 990m/3250ft **DEPART:** LPRCP at 08:00 **WALK START:** Rowardennan car park. Post code: G63 0AR at 09:45 **OS:** 56 **GR:** NS 359 986 **DESCRIPTION:** Ben Lomond is one of the most popular Munros, with great views over Loch Lomond and its islands. The ascent is on a well-made path but our return route down the Ptarmigan Ridge is over rougher terrain with steep and rocky sections. **NOTE:** RADO. The route can be muddy lower down. As with all mountain walks, full hillwalking clothing and equipment must be carried. **LEADER:** Bob Cuthbertson: bob.cuthbertson@hotmail.co.uk 01383 747997 or 07503 001948

FORFAR:- Circular Walk from Rait

GRADE C+: 7mils/3hrs **DEPART:** MMCP at 09:30 **WALK START:** Car Park at Rait Antiques at 10:30 **OS:** 53 **GR:** NO 225 270 **DESCRIPTION:** Circular walk from Rait with some lovely views. **LEADER:** Ann Clubb: 01307 461902

KIRKCALDY:- The Walk, Edinburgh (1)

GRADE C+: 8.5mils/6hrs **ASCENT:** 100m/330ft **LINEAR WALK START:** The wide concourse at the east end of Platform 2, Waverley Station EH1 1BB at 10:30 **GR:** NT 2594 7393 **END AT:** Waterfront Broadway EH5 1SG NT 2260 7685 **DESCRIPTION:** Calton Hill, London Road Gardens, Montgomery St Park, Lochend Park, Leith Academy, Leith Links W, Water of Leith, Victoria Path, Hawthornvale Path, Trinity Path, McKelvie Parade, Granton Harbour. Return to West End by bus 22 or 24. **NOTE:** PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Mike Livesey: 07783 201492

PERTH:- Elie circuit via Kilconquhar Loch

GRADE B: 9.5mils/5.5hrs **ASCENT:** 155m/510ft **DEPART:** BPR at 08:45 **WALK START:** Elie High Street at 10:15 **OS:** 59 **GR:** NO 492 001 **DESCRIPTION:** Fine mixed circular walk, woodland paths, tracks, quiet streets, some pavement walking, and partly on the Fife coastal path. Route passes through some farmland. **NOTE:** Walking poles recommended. PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** Paula Bowman: pbowman58@hotmail.com 01738 582339 or 07870 937963

Sunday 29th October**GLENROTHES:- Gauldry - Wormit Circular**

GRADE C+: 7mils/4hrs **ASCENT:** 675ft **DEPART:** LCCP at 9:30 **WALK START:** Gauldry Village Hall at 10:15 **OS:** 59 **GR:** NO374238 **DESCRIPTION:** A walk along grass paths through woodland. A small section of minor road and a section of the Fife Coastal Path. May be muddy in parts. **NOTE:** NoSC **RADO LEADER:** Ishabel Rankin 07900392059 ishabelrankin@gmail.com

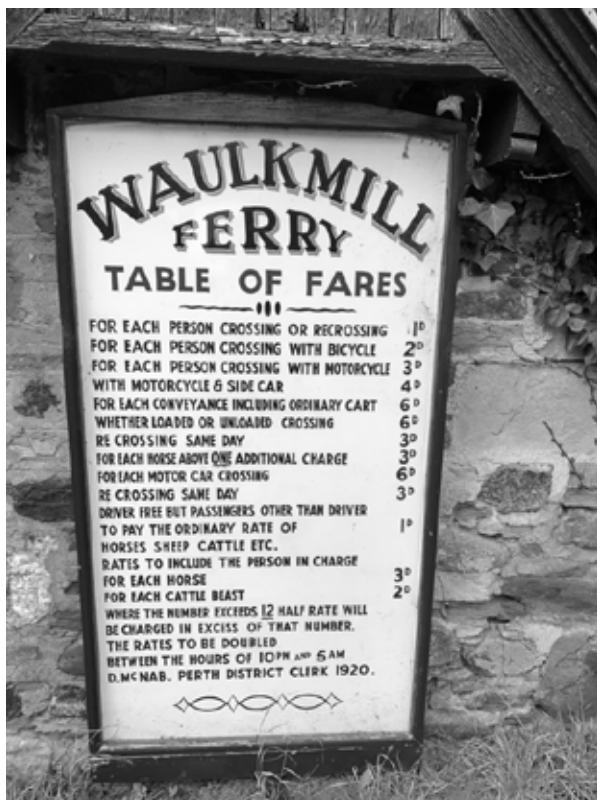
Acronyms used in the Programme

RADO = Registered Assistance Dogs Only

DWOL = Dogs Welcome On Leads

CWRA = Children With Responsible Adults

NoSC = Not Suitable for Children



Wednesday 1st November

PERTH:- **Dunblane circular**

GRADE C+: 9.2mls/4.5hrs **ASCENT:** 345m/1125ft **DEPART:** BPR at 09:00 **WALK START:** Haining car park, behind Dunblane Cathedral at 10:00 **OS:** 57 **GR:** NN 781 014 **DESCRIPTION:** From the Cathedral along the river to the cemetery then up to the Sherrifmuir road to view the Macrae Clan monument. Returning through woodland and into Dunblane via the Darn path. Lovely views over Dunblane and surrounding countryside. **NOTE:** Some short, sharp ascents and wet sections. **PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK.** **LEADER:** Elsie Carnegie: elsie.carnegie@gmail.com 07763 833324

Thursday 2nd November

BLAIRGOWRIE:- **Blairgowrie AGM**

MEET: Royal British Legion Hall, 9 George Street, Blairgowrie, PH10 6HA at 19:00 **DESCRIPTION:** Blairgowrie AGM followed by light refreshments then our guest speaker Lynette Downie - Local Story Teller **CONTACT:** Pat Fraser: patriciafraser@btinternet.com 07843 786191

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

Saturday 4th November

BLAIRGOWRIE:- Pine Cone viewpoint and The Hermitage

GRADE C+: 6.5mls/3.5hrs **ASCENT:** 290m/950ft **DEPART:** WCPB at 09:00 **WALK START:** Rumbling Bridge Car Park at 10:00 **OS:** 52 **GR:** NN 997 411 **DESCRIPTION:** A lovely Autumnal walk from the Rumbling bridge to the Pine Cone viewpoint at The Hermitage near Dunkeld, following good tracks and paths towards Tomgarrow in the open countryside and returning to the Rumbling Bridge car park. **NOTE:** RADO. PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com. **LEADER:** Madeleine McDonald: maddiesworld@outlook.com 07904 382840

DUNDEE:- Balmerino Abbey Circular

GRADE C+: 6mls/4hrs **DEPART:** TBCP at 10:00 **WALK START:** Wormit Bay (near memorial for Tay Bridge Disaster) at 10:15 **OS:** 54 **GR:** NO 392 260 **DESCRIPTION:** Walk from Wormit Bay to Balmerino Abbey and return. A coastal walk with superb views of Dundee and the Tay. Some gentle ascents and descents. Please bring a packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Margaret Wallace: 07469 736814

GLENROTHES:- Crook of Devon - Witches maze and Rumbling Bridge circular

GRADE C+: 8mls/4hrs **ASCENT:** 500ft **DEPART:** LCCP at 9:30 **WALK START:** Crook of Devon Village Hall CP at 10:15 **OS:** 58 **GR:** NO037001 **DESCRIPTION:** Walk on good paths and minor roads from the Crook to Tullibole Castle, Witch's Maze, Hoodshill then to Rumbling Bridge and return. **NOTE:** CWRA DWOL **LEADER:** Duncan McLaren and Catherine MacKie 07903 132319 tmclaren39@gmail.com

KIRKCALDY:- Scone

GRADE C+: 7.5mls/6hrs **ASCENT:** 250m/820ft **WALK START:** Scone Old Parish Church, Perth PH2 6LP at 10:15 **OS:** 58 **GR:** NO 1311 2558 **DESCRIPTION:** Through Scone Wood, past Spoutwells Farm to Murrayshall Hill, Lynedock Obelisk & McDuff's Monument. Then back through Den of Scone. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Joan Bizzarri: bizzarri.joan6@gmail.com 01592 269323 or 07851 702935

PERTH:- Bridge of Cally to Blairgowrie

GRADE C+: 9mls/5hrs **ASCENT:** 220m/725ft **DEPART:** BPR at 08:40 **LINEAR WALK START:** Wellmeadow car park, Blairgowrie for No.71 bus to Br. of Cally at 09:25 **GR:** NO 1797 4506 **END AT:** Blairgowrie NO 1797 4506 **DESCRIPTION:** Follow the Cateran trail through Cochrage moor to Blackcraig Croft, then on to open moorland with good views of the surrounding countryside. Rejoin the Cateran Trail to return to Blairgowrie, alongside the River Erich. **NOTE:** RADO. Walking poles advised. Farm animals may be encountered. PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** Sheelagh Candy: 07505 449406

ST ANDREWS & NE FIFE:- Autumn Leaves - Reres Wood

GRADE C+: 9mls/5hrs **ASCENT:** 10m/30ft **DEPART:** FCPC at 09:30 **WALK START:** Wessex Avenue, Leuchars at 10:00 **OS:** 59 **GR:** NO 456 212 **DESCRIPTION:** A flat walk where we can enjoy the autumn on paths & tracks through Reres Wood and Tentsmuir Forest, across heathland, beach and dune paths. return to Leuchars via Fife Coastal Path. **NOTE:** RADO NoSC. Walk may be subject to change (weather etc). Please contact walk leader to book your place, thank you. **LEADER:** Nicky Haxell: nickyhax@gmail.com 01334 839117 or 07527 156034

Sunday 5th November

FORFAR:- Local Walk followed by the AGM

GRADE C: 5mls/3hrs **WALK START:** MMCP at 09:30 **OS:** 54 **GR:** NO 4571 5133 **DESCRIPTION:** Local Walk followed by the AGM. at St John's Church 2pm. **LEADER:** Dorothy Hutcheon: 01307 468034

STRATHTAY:- Roro and Bridge of Balgie

GRADE C: 6.5mls/4.5hrs **DEPART:** Car park behind Aberfeldy Coop at 09:30 **WALK START:** Camusvrachan at 10:15 **OS:** 51 **GR:** NN 620 478 **DESCRIPTION:** An out and back walk in Glen Lyon from Camusvrachan to Bridge of Balgie, where there is a splendid tea room. An optional side trip to the Split Rock (Praying Hands of Mary) adds about 450ft of ascent/descent. **LEADER:** Muriel Findley: murfin41@btinternet.com 01887 820095

Monday 6th November

ST ANDREWS & NE FIFE:- Annual General Meeting

MEET: Cupar Community Fire Station at 19:00 **DESCRIPTION:** AGM of St Andrews & NE Fife Group, Group Secretary to issue agenda prior to meeting. Any changes (e.g. venue/date etc) will be notified by Convenor **NOTE:** Please inform a Committee member if you wish to attend the Xmas lunch, thank you **CONTACT:** Jane Houston: jemillar15@aol.co.uk 01334 850211 or 07771 856643

Tuesday 7th November

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

KIRKCALDY:- Langtoun Daunderers -- Coastal Path: Inverkeithing - Aberdour

GRADE C: 6.5mls/5hrs **DEPART:** Kirkcaldy railway station platform 1 for the 09:58 train to Inverkeithing at 09:45 **WALK START:** Inverkeithing railway station, KY11 1PF at 10:30 **OS:** 65 **GR:** NT 1312 8332 **DESCRIPTION:** Lovely views over the Forth and passing a couple of historic ruins on the way. Tracks and paved walkways. **NOTE:** PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Heather Blyth: 07949 997288

Wednesday 8th November

FORFAR:- Strollers Walk - max 4 miles - See details at start of this programme.

PERTH:- Ardblair & The Knockie

GRADE C+: 8mls/5hrs **ASCENT:** 270m/890ft **DEPART:** BPR at 09:15 **WALK START:** Riverside car park, Blairgowrie at 10:00 **OS:** 53 **GR:** NO 180 454 **DESCRIPTION:** Following the Cateran Trail route upstream and to the Knockie, then downhill to Marlee and Ardblair before returning via Newton Castle and Burnhead. **NOTE:** PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** John Andrews: johndandrews44@gmail.com 01738 248941 or 07526 884953

Thursday 9th November

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

GRADE D: 4mls/2.5hrs **ASCENT:** 30m/100ft **DEPART:** DBSCCP at 10:00 **WALK START:** Townhill Loch CP at 10:30 **OS:** 65 **GR:** NT 103 891 **DESCRIPTION:** A pleasant easy walk on good paths around Townhill Loch on the north side of Dunfermline. **NOTE:** RADO. BOOKING REQUIRED - If you would like to join this walk please contact the Walk Leader. **LEADER:** Alice McEwan: 07749 388113

DUNDEE:- AGM

MEET: Balgay Bowling Club, Melville Terrace, West Park Road, Dundee, DD2 1NT at 19:00 **DESCRIPTION:** Hopefully the business part will be short after which there will be a talk by The Scottish Charity Air Ambulance. These talks are usually very interesting and we look forward to a good turnout. Tea, coffee and biscuits will be provided. **CONTACT:** Jean MacGillivray: 07932 014859

DUNDEE:- Carnoustie and Surrounding Area

GRADE C: 8mls/4.5hrs **WALK START:** Car Park at Links Parade, Carnoustie, DD7 6AY (Readily accessed by public transport) at 10:00 **OS:** 54 **GR:** NO 567 344 **DESCRIPTION:** Circular route from Car Park by Craigmill Den, Panbride, Barry Mill, Barry Station and return. Town/country road walking and a variety of tracks (including farm tracks). Booking required. Please see website for booking information. **NOTE:** Please bring a packed lunch. Car Park situated at the Railway Station end of Links Parade (between the station and sea). **LEADER:** Sheila Wallace: smwallace55@gmail.com 07944 570925

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

Saturday 11th November**BRECHIN:- St Cyrus National Nature Reserve**

GRADE C: 6mls/4.5hrs **WALK START:** St Cyrus NNR Car Park (past Steptoe's Yard) at 10:00 **OS:** 45 **GR:** NO 741 634 **DESCRIPTION:** Through bents to hide at the mouth of North Esk. Along the beach to the north end. Ascend to Nether Woodston farm via Old Fishery. Via village to Kirkton. Descend the cliff path and return on the track below the cliffs. **NOTE:** RADO. **LEADER:** Peter Fiabane: fiabanes@gmail.com 07743 943171

DALGETY BAY:- Methven Circular via Methven Woods and Almondbank

GRADE C+: 7.5mls/4hrs **ASCENT:** 200m/660ft **WALK START:** Car park at King George V Jubilee Park, Methven at 10:15 **OS:** 58 **GR:** NO 0293 2598 **DESCRIPTION:** A circular walk through Methven Woods, passing Methven castle, by the River Almond to Almondbank and return. Woodland paths and tracks with some road walking. **NOTE:** RADO. BOOKING REQUIRED - If you would like to join this walk please contact the Walk Leader and arrange car sharing. **LEADER:** Evelyn Gordon: 07790 656855

DUNDEE:- MacKenzie Monument

GRADE B: 9mls/5hrs **ASCENT:** 300m/980ft **DEPART:** CWCP at 09:15 **WALK START:** Car Park at Tullybaccart (South side of A923) at 09:30 **OS:** 53 **GR:** NO 263 359 **DESCRIPTION:** Walk to MacKenzie Monument then down to Long Loch, then back via West Keith Cottage. Mostly good tracks and paths. Please bring a packed lunch. (Ascent is approximate). **NOTE:** RADO. Please let leader know if you don't want your photo to appear on our Facebook pages. Leaders: Lena Brown: 01382 884649 or 07597 690186 & Rose Garvie: 07812 826905 or 01382 450763

DUNFERMLINE & WEST FIFE:- Ladybank Woods circular

GRADE C: 6mls/3.5hrs **ASCENT:** 25m/80ft **DEPART:** LPRCP at 09:30 **WALK START:** Car park off A92 at Edensmuir Woods, by Monkstown (Ladybank) at 10:15 **OS:** 59 **GR:** NO 2974 0955 **DESCRIPTION:** Flat walk through woods in the Ladybank area. Mainly forest tracks but also some minor road walking. **NOTE:** RADO. Care required on minor roads. One level crossing on the main railway line. **LEADER:** Linda Pirie: lapirie@hotmail.co.uk 07881 369442

KIRKCALDY:- AGM

DESCRIPTION: Details TBA. **CONTACT:** Beth Dickson: bd6427@icloud.com 07791 912417

PERTH:- Meigle to Coupar Angus

GRADE C+: 9mls/4.75hrs **ASCENT:** 15m/50ft **DEPART:** Perth Bus Station, Stance 2 for 09:00 No:57 bus to Meigle at 08:55 **LINEAR WALK START:** Small park beside the Post Office and opposite the bus stop in Meigle, PH12 8RN at 10:15 **GR:** NO 287 446 **END AT:** Coupar Angus NO 2226 4019 **DESCRIPTION:** Linear walk along dismantled railway lines and quiet roads to Coupar Angus via Ardler. **NOTE:** No.57A bus back to Perth at end of walk. PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** Colin Fraser: cfraser365@gmail.com 01382 541617 or 07895 808614

Sunday 12th November

GLENROTHES:-

Lomond Hills - Bishop Hill circular

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

KINROSS & OCHIL:-

AGM

MEET: To be advised - (see App) at 13:00 **CONTACT:** Ian Wilkinson: 07704 270029

Monday 13th November

DUNFERMLINE & WEST FIFE:- Annual General Meeting

MEET: Pitbauchlie House Hotel, Dunfermline at 19:30 **DESCRIPTION:** To be preceded by dinner **CONTACT:** Michael Harrison: mickdharrison@hotmail.com 07982 710999

Tuesday 14th November

KIRKCALDY:-

Edinburgh Graveyards and Salisbury Crags

GRADE B: 7mils/6hrs **ASCENT:** 300m/980ft **DEPART:** Kirkcaldy bus station, stance 5 at 08:50 **LINEAR WALK START:** Dean Cemetery, Queensferry Road, Edinburgh EH4 2UP at 10:15 **GR:** NT 2380 7422 **END AT:** Bus station, Elder Street, EH1 3DX NT 2571 7424 **DESCRIPTION:** Through four Edinburgh graveyards and visit the grave of a famous or infamous person in each. A gradual climb to Salisbury Crags, for views over Edinburgh and the Firth of Forth, then on to the New & Old Calton Hill cemeteries. **NOTE:** RADO CWRA. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Alex Donald: 07943 871219

Wednesday 15th November

PERTH:-

Bridge of Earn to Forgandenny

GRADE C+: 9mils/5hrs **ASCENT:** 125m/410ft **DEPART:** BPR at 09:30 **WALK START:** Victory Park car park, Station Road, Bridge of Earn at 10:00 **OS:** 58 **GR:** NO 1299 1827 **DESCRIPTION:** Beside the Deich Burn to Kintillo then on minor roads to Glenearn. To Forgandenny and then return on paths and tracks past Dunbarney windmill and House. [Could use 9.35 No.17 bus from Perth arriving at 09:52 (check times)]. **NOTE:** May be muddy, poles & gaiters may be useful. PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** Pete Trant: thetrants@virginmedia.com 07985 202934 or 01738 565075

ST ANDREWS & NE FIFE:-

Lucklaw Hill

GRADE C: 4.7mils/3hrs **ASCENT:** 215m/710ft **DEPART:** FCPC at 10:10 **WALK START:** Burnside Hall, Balmullo at 10:30 **OS:** 59 **GR:** NO 425 208 **DESCRIPTION:** Pleasant walk over small hill via woodland tracks and good paths, likely to be muddy in places. Affords good views towards the Eden Estuary, Tentsmuir & St Andrews etc. **NOTE:** RADO NoSC. Walk may be subject to change (weather etc). Please contact walk leader to book your place, thank you. **LEADER:** Colin Brown: colinbrown54@talktalk.net 01334 655724 or 07745 252292

Thursday 16th November

DUNFERMLINE & WEST FIFE:- Lomond Hills reservoirs

GRADE C+: 6.5mils/4hrs **ASCENT:** 250m/820ft **DEPART:** LPRCP at 09:45 **WALK START:** Holl reservoir car park, end of Scottish water road, off A911 Scotlandwell to Leslie at 10:30 **OS:** 58 **GR:** NO 2243 0350 **DESCRIPTION:** A tour of four reservoirs on the southern flanks of the Lomond Hills, with open land and forest sections. Good views of the Firth of Forth. **NOTE:** RADO. The route is on good tracks, grassy paths and short section of minor road. One short section of rougher ground. **LEADER:** Grant Robertson: grantrobertson1952@gmail.com 07936 738581 or 07936 738581

GLENROTHES:-

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

Saturday 18th November

NOTE: AREA AGM IS PLANNED FOR THIS DATE VENUE CHURCH HALL, BURNSIDE, SCONE. PH2 6LP

REGISTRATION AT 9.30-10.00, AGM TO COMMENCE AT 10.00

Saturday 18th November

DALGETY BAY:- Union, Forth & Clyde Canals and the Antonine Wall.

GRADE C+: 8mls/4.5hrs **ASCENT:** 114m/370ft **WALK START:** Slamannan Road car park, Falkirk. at 10:30 **OS:** 65 **GR:** NS 8815 7906 **DESCRIPTION:** East from car park to Union Canal towpath, then thro. tunnel (now with lights) along to site of top lock. Walk down to Lock16 to join Forth and Clyde canal towpath. Walk westwards to the Falkirk Wheel. Return via Rough Castle & Union Canal. **NOTE:** DWOL. BOOKING REQUIRED - If you would like to join this walk please contact the Walk Leader. **LEADER:** David Thomson: dabthomson@gmail.com 07922 050562

DUNDEE:- Dronley Woods

GRADE C+: 9mls/5hrs **ASCENT:** 30m/100ft **WALK START:** Camperdown Country Park (3rd car park on left) at 10:00 **OS:** 54 **GR:** NO 359 329 **DESCRIPTION:** Walk to Clatto, Old Railway, Dronley Woods, Muirhead Stables and return. Please bring a packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook Pages. **LEADER:** Samuel Shields: 07546 064759

GLENROTHES:- Leuchars - St Michaels Wood circular

GRADE C: 8mls/4.5hrs **ASCENT:** 275ft **DEPART:** LCCP at 09:30 **WALK START:** Leuchars Railway Station (£1 fee) at 10:15 **OS:** 59 **GR:** NO450208 **DESCRIPTION:** A predominantly flat walk from Leuchars passing Leuchars Castle, Craigie, St Michaels and back to Leuchars. **NOTE:** NoSC **RADO LEADER:** Grant Christie and Lesley Bain grant911a@gmail.com

KIRKCALDY:- Lumphinnans, Cowdenbeath & Dunfermline

GRADE C: 5.5mls/4hrs **DEPART:** Kirkcaldy bus station, stance 10 at 09:00 **LINEAR WALK START:** Bottom of Brucefield Terrace, Lumphinnans at 10:00 **GR:** NT 1798 9273 **END AT:** Leys Park, Dunfermline NT 1008 8792 **DESCRIPTION:** Easy flat walk through the golf course to Cowdenbeath then tracks and paths to Leys Park, Dunfermline. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Margaret Miller: 01592 266956

PERTH:- Braes of Carse, Collace

GRADE B: 9mls/5hrs **ASCENT:** 345m/1125ft **DEPART:** BPR at 09:20 **WALK START:** Church at Kirkton of Collace. at 10:00 **OS:** 53 **GR:** NO 196 320 **DESCRIPTION:** Circular walk following good tracks, paths and minor roads through farmland and woodland with a strenuous ascent to summit of Dunsinane Hill. **NOTE:** RADO. Steep ascent and muddy ground, poles advised. PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** Sarah Martin: 07925 252828

STRATHTAY:- Faskally Circuit

GRADE C: 7.5mls/5hrs **DEPART:** Car park behind Aberfeldy Coop at 09:30 **WALK START:** Pitlochry dam visitor centre at 10:00 **OS:** 52 **GR:** NN 935 579 **DESCRIPTION:** Circular walk round Loch Faskally. Cross the dam, follow the west side of the loch (some quiet road walking) to cross the River Tummel at Coronation Bridge. Continue to Garry Bridge and follow the east side of the loch back to the dam. **LEADER:** Bill McEwan: billmcewan40@gmail.com 01796 472780 or 07535 443556

Sunday 19th November

BLAIRGOWRIE:-

Fungarth and Dunkeld Circular

GRADE C+: 8mls/4hrs **ASCENT:** 500m/1640ft **DEPART:** WCPB at 09:00 **WALK START:** Cally Car Park, Dunkeld at 09:30 **OS:** 52 **GR:** NO 023 437 **DESCRIPTION:** The walk leads through a pleasant woodland towards Dunkeld Golf Course and onwards to Loch of the Lowes. The walk follows the River Tay before climbing steeply on Duke's Path towards Polney Loch. Mainly tracks and paths. **NOTE:** RADO. PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com. **LEADER:** Pat Fraser: patriciafraser@btinternet.com 07843 786191

DUNDEE:-

Social Stroll - Caird Park and Trottick Mill Ponds

GRADE C: 4mls/2.5hrs **WALK START:** Mains Castle Caird Park, DD4 9BX at 13:00 **OS:** 54 **GR:** NO 410 330 **DESCRIPTION:** Circular walk on tracks which can be muddy at times. Also involves some road and pavement walking. Looking at local points of interest. Minimal ascent. Booking required. Please see website for booking information. **NOTE:** Coffee break mid walk - please bring refreshments. **LEADER:** Sheila Wallace: smwallace55@gmail.com 07944 570925

Tuesday 21st November

KINROSS & OCHIL:-

Tuesday Walkers - See details at beginning of this programme.

Wednesday 22nd November

FORFAR:-

Strollers Walk - max 4 miles - See details at start of this programme.

PERTH:-

Spittalfield & Caputh circular

GRADE B: 9.3mls/5hrs **ASCENT:** 130m/430ft **DEPART:** BPR at 09:15 **WALK START:** Rear of Spittalfield Bowling Club at 10:00 **OS:** 53 **GR:** NO 106 408 **DESCRIPTION:** A circular walk on tracks from Spittalfield to Caputh, then near the Tay and finally through Glendelvine. Some sections may be muddy. Mostly fairly level, one steep section after around 3km. **NOTE:** PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** Richard Townsend: richmtownsend@outlook.com 07753 418101

Thursday 23rd November

GLENROTHES:-

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

Saturday 25th November

BRECHIN:-

Cat Law

GRADE B: 8mls/5hrs **WALK START:** Gates of Balintore Castle (limited parking) at 10:00 **OS:** 53 **GR:** NO 295 586 **DESCRIPTION:** Steady but gentle climb to summit of Cat Law on moorland tracks and paths. Good views towards Forfar in clear weather. **LEADER:** Irene McGugan: irene.mcgugan@btinternet.com 07715 759138

DALGETY BAY:-

Joint Walk with Kirkcaldy Group - Auchtertool circular

GRADE C: 6.5mls/3.5hrs **ASCENT:** 280m/920ft **WALK START:** Auchtertool Parish Church. at 10:00 **OS:** 58 **GR:** NT 2078 9023 **DESCRIPTION:** Follow the Historic Kirk path from the car park and onto a circular walk visiting Balmuto, Clentrie and Camilla Loch before returning thro. Auchtertool. Terrain is mostly gravel Core Paths, woodland paths and grass tracks. Some road walking. **NOTE:** RADO. BOOKING REQUIRED - If you would like to join this walk please contact the Walk Leader. **LEADER:** Jane Searles: jane.searles@btinternet.com 07900 175403

DUNDEE:-

Newtyle Circular by Polish Cross

GRADE C: 7mls/3hrs **DEPART:** CWCP at 09:30 **WALK START:** North Street car park, Newtyle at 10:00 **OS:** 53 **GR:** NO 296 415 **DESCRIPTION:** Circular walk on tracks and through woodland area. Can be muddy. Please bring a packed lunch. Minimal ascent. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Margaret Rennie: Gmags2018@gmail.com 07743 091104 or 01382 200731

DUNFERMLINE & WEST FIFE:- Deuchary Hill and Loch Ordie

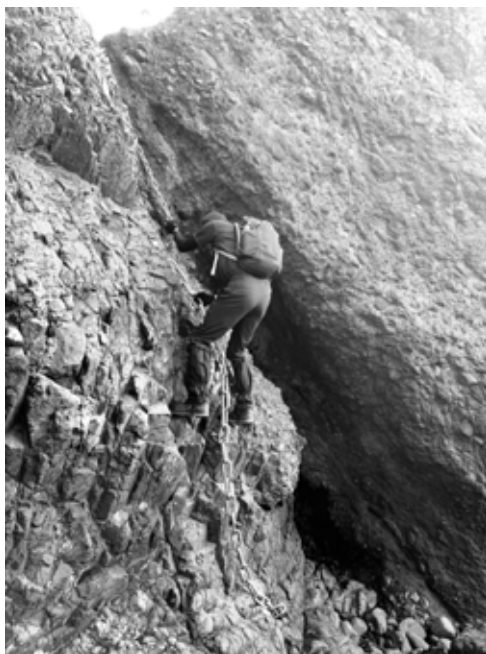
GRADE B: 11.5mils/6hrs **ASCENT:** 563m/1850ft **DEPART:** LPRCP at 08:45 **WALK START:** Cally car park, 600m N of Dunkeld, off A923 at 10:00 **OS:** 52 **GR:** NO 023 437 **DESCRIPTION:** A long and easy going walk into the quiet moorland north of Dunkeld, passing a number of picturesque lochs and climbing the superb viewpoint of Deuchary Hill, then to Loch Ordie before returning through mature woods. Good paths generally. **NOTE:** RADO NoSC. Paths may be muddy after a wet spell. Rougher and steeper over Deuchary Hill. Hill gear needed there. **LEADER:** Colin Lees: colin.j.lees@btinternet.com 07715 277583 or 07715 277583

KINROSS & OCHIL:- Pitlochry Figure of Eight

GRADE C: 6.5mils/4hrs **DEPART:** KPR at 08:45 **WALK START:** Black Sprout Car Park (Nearest post code PH16 5AA) at 10:00 **OS:** 52 **GR:** NN 951 575 **DESCRIPTION:** Two circular walks to give a figure of eight, south and north of Pitlochry. Points of interest include waterfall, whisky distillery, salmon leap and loch. (There is the option of one circular walk should Tuesday walkers wish to participate). **NOTE:** Booking essential. Look for sign for car park approx 100m beyond petrol station leaving Pitlochry. **LEADER:** Peter Edgerton: 07485 089978

KIRKCALDY:- Auchtertool Kirk - Balmuto - Camilla Loch - Auchtertool

GRADE C+: 6.5mils/5hrs **ASCENT:** 280m/920ft **DEPART:** KRSN at 09:30 **WALK START:** Auchtertool Kirk car park, Auchtertool KY2 5UE at 10:00 **OS:** 58 **GR:** NT 2080 9018 **DESCRIPTION:** Follow the historic Kirk Path onto a circular walk visiting Balmuto, Clentrie and Camilla Loch before returning through Auchtertool. Mostly gravel paths, woodland paths and grass tracks. Some road walking. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Jane Searles: 07900 175403



The Elie Chain Walk

Sunday 26th November

DUNDEE:- Social Stroll - Clatto Country Park and Surrounding Area.

GRADE C: 4mls/2hrs **WALK START:** Clatto Country Park car park, DD3 9SE at 13:30 **OS:** 54 **GR:** NO 368 344 **DESCRIPTION:** Circular walk on tracks (including farm and woodland tracks). Booking required. Please see website for booking information. Coffee break mid walk - please bring refreshments. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Sheila Wallace: smwallace55@gmail.com 07944 570925

FORFAR:- Carrot Hill/Dodd Hill Circular

GRADE C: 6mls/4hrs **DEPART:** MMCP at 09:30 **WALK START:** Carrot Hill at 10:00 **OS:** 54 **GR:** NO 460 405 **DESCRIPTION:** Circular walk from Carrot Hill, Dodd Hill and return via Brightly and Latch Farms. **LEADER:** Elizabeth Anderson: 01382 370980

GLENROTHES:- Kelty - Blairadam Forest - Blair Forge Circular

GRADE C+: 8.5mls/4.5hrs **ASCENT:** 750ft **DEPART:** LCCP at 9:30 **WALK START:** CP at Forestry Offices Blairadam at 10:15 **OS:** 58 **GR:** NT129947 **DESCRIPTION:** Pleasant walk initially through the forest and then into open countryside on good paths and tracks with some road walking. We return to the forest via Blair Forge, Kinnaird, Lochran and Sunnyside. **NOTE:** CWRA DWOL Leader will meet walkers at Blairadam **LEADER:** Mary Slaven 07754141295 marygg08@talktalk.net

PERTH:- Kinnoull & Quarrymill

GRADE C+: 7.8mls/4.5hrs **ASCENT:** 300m/980ft **WALK START:** South Inch car park, Perth at 10:00 **OS:** 58 **GR:** NO 120 230 **DESCRIPTION:** A walk through hill and woodland on mostly smooth paths. Return from Quarrymill along pavements. Mostly good underfoot but wet/dirty in places, so poles recommended. **NOTE:** Walk is on Sunday to allow free parking. PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** Ian Stokes: iangstokes@tiscali.co.uk 01738 787567 or 07775 802630

ST ANDREWS & NE FIFE:- Cloan Glen Circular

GRADE C+: 6mls/3.5hrs **ASCENT:** 230m/750ft **DEPART:** FCPC at 09:15 **WALK START:** Crown Wynd Car Park, Auchterarder at 10:30 **OS:** 58 **GR:** NN 945 127 **DESCRIPTION:** Walk on tracks and country roads through woodland and farmland, lovely scenery, may be muddy in places. **NOTE:** RADO NoSC. Walk may be subject to change (weather etc). Please contact walk leader to book your place, thank you. **LEADER:** Will Aitken: wh.aitken@gmail.com 01334 470066 or 07908 721466

Tuesday 28th November

DALGETY BAY:- Craigleith, Victoria Park and Stockbridge circular walk.

GRADE C+: 8mls/4.5hrs **ASCENT:** 30m/100ft **DEPART:** MBS - meet at 09:15 - X60 departs at 09:23 **WALK START:** Sainsbury's at Craigleith Retail Park. at 10:00 **OS:** 66 **GR:** NT 2249 7455 **DESCRIPTION:** Follow the Ferry Rd cycle path, thro Victoria Park and onto Waters of Leith Walkway via Stockbridge, Dean Bridge. Finally along Roseburn back to Craigleith. **NOTE:** RADO. BOOKING REQUIRED - If you would like to join this walk please contact the Walk Leader. **LEADER:** Heather Haines: 07990 660724

Wednesday 29th November

PERTH:- Comrie & Twenty Shilling Wood

GRADE B: 9mls/5hrs **ASCENT:** 395m/1300ft **DEPART:** BPR at 09:00 **WALK START:** Car park entering Comrie from east, next to skate park at 10:00 **OS:** 51 **GR:** NN 777 223 **DESCRIPTION:** Walk on good paths and through woodland. Climbing up to Lord Melville's Monument and then to Crappich Hill, both fairly steep climbs. Down to Twenty Shilling Wood and back by River Lednock and through Comrie. **NOTE:** May be wet underfoot. PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** Sarah Martin: 07925 252828

Thursday 30th November

DUNFERMLINE & WEST FIFE:- South Queensferry and Dalmeny circular

GRADE C+: 8.5mils/4.5hrs **ASCENT:** 70m/230ft **DEPART:** LPRCP at 09:30 **WALK START:** Dalmeny rail station car park at 10:00 **OS:** 65 **GR:** NT 1390 7786 **DESCRIPTION:** Walk starts with a steep descent of Jacob's Ladder (steps), onto the John Muir Way. The walk is through woodland, by the beach, close to Cramond Island, returning via historic Dalmeny village. Good paths and tracks throughout. **NOTE:** RADO. Possible muddy sections after rain. Steep steps with handrail. Minor roads. **LEADER:** Sonia Wilson: soniawilson9@aol.com 07840 873919

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

Saturday 2nd December

BLAIRGOWRIE:- Newtyle Railway and Polish Cross

GRADE C: 6mils/3hrs **ASCENT:** 154m/510ft **DEPART:** WCPB at 09:30 **WALK START:** Car park, North Street, Newtyle at 10:00 **OS:** 53 **GR:** NO 296 415 **DESCRIPTION:** Walk along the dismantled railway at Newtyle, Angus before making our way to the Polish Memorial Cross in the woods. After the memorial we make our way back to Newtyle. Walk is on minor roads and well defined paths. **NOTE:** RADO. PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com. **LEADER:** Irene Rintoul: irenerintoul@hotmail.com 07576 491807

DALGETY BAY:- Crossgates Community Woodland walk.

GRADE C: 5mils/3hrs **ASCENT:** 50m/160ft **WALK START:** Royal British Legion car park, Crossgates Main street at 11:00 **OS:** 58 **GR:** NT 1460 8891 **DESCRIPTION:** A circular walk through Crossgates woodland passing Cuttlehill Farm and along towards Mossmorran, return via Cowdenbeath Woodend giving good views of Benarty Hill & Bishop Hill. Short section of pavement walking & a busy road to cross. **NOTE:** RADO. BOOKING REQUIRED - If you would like to join this walk please contact the Walk Leader. **LEADER:** Irene Garvie: irenegarvie@gmail.com 07305 225816

DUNDEE:- Cochrage Muir Circular

GRADE C+: 8mils/4.5hrs **ASCENT:** 240m/790ft **DEPART:** CWCP at 09:00 **WALK START:** Bridge of Cally Hotel Car Park, PH10 7JJ at 10:00 **OS:** 53 **GR:** NO 140 513 **DESCRIPTION:** Starting and finishing on the Cateran trail this circular walk has a gentle ascent on good tracks, crosses over open moorland with a detour to a small loch, and more moorland with lovely views before a short descent to the beginning. **NOTE:** Weather will determine if this walk goes ahead as exposed terrain. **LEADER:** Barbara Sayers: 07986 867255

DUNDEE:- Social Stroll with lunch - Dundee City

GRADE C: 4mils/3hrs **WALK START:** Discovery Point, DD1 4XA at 11:00 **OS:** 54 **GR:** NO 403 298 **DESCRIPTION:** Circular route from Discovery Point to Bridgeview Station Restaurant for lunch and return. Minimal ascent. Booking required. Please see website for booking information. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Sheila Wallace: smwallace55@gmail.com 07944 570925

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:** Wendy Cumming splish2splosh@gmail.com

Sunday 3rd December

STRATHTAY:- Loch Con

GRADE C: 5mils/3.5hrs **DEPART:** Car park behind Aberfeldy Coop at 09:30 **WALK START:** Trinafour at 10:00 **OS:** 42 **GR:** NN 725 650 **DESCRIPTION:** Out and back walk mainly on good tracks to the excellent viewpoint at the boat house on Loch Con. **LEADER:** Bill Bruce: bill_1_bruce@btinternet.com 01887 829753

Tuesday 5th December

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

KIRKCALDY:- Langtoun Daundersers - Fordell Forest Walk

GRADE C: 5mils/4hrs **DEPART:** KRSN at 09:00 **WALK START:** Dalgety Bay railway station, KY11 9NJ at 09:30 **OS:** 65 **GR:** NT 1487 8407 **DESCRIPTION:** Pleasant woodland walk through Fordell Estate, may be muddy in parts. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Elaine Chapman: 07775 915823

Wednesday 6th December

FORFAR:- Strollers Walk - max 4 miles - See details at start of this programme.

PERTH:- Methven to Almondbank

GRADE C+: 7.5mils/4.25hrs **ASCENT:** 100m/330ft **DEPART:** BPR at 09:15 **WALK START:** King George Jubilee Park CP, Main Street, Methven (on L as you enter Methven from Perth). at 09:40 **OS:** 52 **GR:** NO 029 259 **DESCRIPTION:** Past Methven Castle and through Methven Woods to Dalcrue. To Almondbank, past Methven Loch and through the woods to return to Methven. [Could use 09:05 No.15 bus from Perth Bus Station, Stance 7 to start]. **NOTE:** Street parking in Methven if car park full. PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** Colin Fraser: cfraser365@gmail.com 01382 541617 or 07895 808614

ST ANDREWS & NE FIFE:- Kingsbarns Circular

GRADE C+: 6mils/3hrs **ASCENT:** 50m/160ft **DEPART:** FCPC at 09:45 **WALK START:** The Square, Kingsbarns at 10:30 **OS:** 59 **GR:** NO 593 120 **DESCRIPTION:** Walk on old railway tracks, short section on road, past Wormiston House to join coastal path for return to Kingsbarns. **NOTE:** RADO NoSC. Walk may be subject to change (weather etc). Please contact walk leader to book your place, thank you. **LEADER:** Dorothy Cameron: 01334 474305

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

SOME INTERESTING WALKING FACTS

You get back after a 7-8 mile walk, feeling pretty pleased with yourself for at least being active and not lounging on the sofa all afternoon. There have been a few people in this world that have taken walking to extremes; like Mr Jesse Castenda of the USA who clocked up 142 miles over 24 hrs, walking in New Mexico. A Belgium walker – George Holtzer - wanted to see how far he could walk without stopping. He managed 418 miles over a period of 6 days and 11 hrs. Yes - he was allowed to stop for a maximum of 2 minutes every 4 hrs to change his shoes and attend to the necessary.

Closer to home – you will remember the recent record set by the lady Jamie Aarons, who climbed all 282 Munros in just 31 days and 10.5 hrs. This record is more impressive when you consider that no mechanised transport was used between the hills – just a bike and a canoe. The previous record had been held by Donnie Campbell from Skye, he had taken 31 days and 23 hrs.

You may be thinking that's all very well, if you are still young and agile. However, Nick Gadner from Gairloch climbed all the Munros over 2 years, and he was 82. Some clever mathematician worked out that climbing all the Munros equates to an ascent of 152,000 m or the same as 17 Everests!

At the other end of the scale, the youngest person to go up all the Munros was Innis Henderson from Newburgh in Fife. He was just 10 weeks, but he did have a little help from mum and dad – Chloe and Lee Henderson. But the youngest person to go up the Munros under their own steam was Daniel Smith from Glasgow at just 9 years. Running close is Quinn Young, a 10-year old girl that also covered all the Munros before leaving primary school. She carried all her own gear and started her exploit at the age of 4 when she climbed Ben Nevis.

So no excuses !

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

Thursday 7th December

GLENROTHES:-

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

Saturday 9th December

BRECHIN:-

Fettercairn Circular and Christmas Lunch

GRADE C: 4mls/2.5hrs **WALK START:** Fettercairn Village car park at 10:00 **OS:** 45 **GR:** NO 650 735 **DESCRIPTION:** Gentle Walk around Fettercairn, followed by Christmas Lunch. (Lunch venue and menu choices to be confirmed later). **NOTE:** RADO. **LEADER:** Sheena Leven: 07513 198481

DUNDEE:-

Social Stroll - Stannergate to Broughty Ferry

GRADE C: 4mls/3hrs **DEPART:** OCCP at 10:45 **WALK START:** Stannergate at 11:00 **OS:** 54 **GR:** NO 437 310 **DESCRIPTION:** Leisurely walk along the waterfront from Stannergate to Broughty Ferry. Please bring a packed lunch as most cafes in Broughty Ferry will be busy on Saturday lunch time. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Jean MacGillivray: 07932 014859

DUNFERMLINE & WEST FIFE:- **Bridge of Allan circular**

GRADE C: 6.6mls/3.5hrs **ASCENT:** 190m/623ft **DEPART:** LPRCP at 10:15 **WALK START:** Dunblane: car park at Dunblane Cathedral at 11:00 **OS:** 57 **GR:** NN 781 014 **DESCRIPTION:** A circular walk via the Darn Road to Bridge of Allan, returning by the Glen Road on good tracks and roads. **NOTE:** RADO. Care required crossing a dual carriageway. Paths may be muddy. **LEADER:** Michael Harrison: mickdharrison@hotmail.com 07982 710999

FORFAR:-

Blairgowrie Circular

GRADE C+: 6.2mls/4hrs **DEPART:** MMCP at 09:15 **WALK START:** Hazelwood Road - adjacent to Blairgowrie Cemetery at 10:15 **OS:** 53 **GR:** NO 175 455 **DESCRIPTION:** Easy low level route following paths, tracks and pavements through farmland and woodland. **LEADER:** Hamish Mungall: 01307 720104

KIRKCALDY:-

The Walk, Edinburgh (2)

GRADE C+: 8mls/6hrs **ASCENT:** 120m/390ft **LINEAR WALK START:** Queensferry Street (northbound side, bus stop QD, bus 22) at 10:30 **GR:** NT 246 737 **END AT:** Clermiston Crescent NT 2016 7447 **DESCRIPTION:** W Granton, Silverknowes, Cramond, R Almond path, Cammo Estate, Bughtlin Burn, Drumbrae Park, Clermiston Park, Clermiston Crescent. Return to city centre by bus 1 or 26. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Mike Livesey: 07783 201492

ST ANDREWS & NE FIFE:-

Christmas Lunch

MEET: Venue and costs yet to be determined. at 12:30 **DESCRIPTION:** Group Xmas lunch, please contact organiser for details. **CONTACT:** Jim Forret: james.forret@btinternet.com 01334 656137 or 07526 670535

Sunday 10th December

DALGETY BAY:-

The Dupplin Estate

GRADE C+: 7mls/4hrs **ASCENT:** 200m/660ft **WALK START:** Old A9 side road, 3.5miles south from Broxden roundabout, at Burnside Cottage. at 10:30 **OS:** 58 **GR:** NO 039 200 **DESCRIPTION:** A circular walk around the Dupplin Estate on good paths. It will be necessary to cross the busy A9 at the start of the walk. **NOTE:** RADO. **BOOKING REQUIRED** - If you would like to join this walk please contact the Walk Leader. **LEADER:** Audrey Price: 07871 806582

GLENROTHES:-

Christmas Meal with a choice of walk

Christmas meal - please inform organiser by 15 November if you wish to participate in the Annual Christmas meal (location and cost will be confirmed later). Prior to the meal, there will be a Strollers or a longer walk - details to follow on the Glenrothes Ramblers website. **CONTACT:** John Duncan 01337831888 john@johnandmorven.co.uk

KINROSS & OCHIL:- Falkland Circular

GRADE C+: 7.5mls/4hrs **DEPART:** KPR at 09:30 **WALK START:** Library car park in Falkland (Nearest post code KY15 7BG) at 10:00 **OS:** 59 **GR:** NO 253 073 **DESCRIPTION:** From the Library car park in Falkland head up by the stables and take track to Craigmead. Then skirt around to head up to the Tyndall Bruce monument and head back to start. **NOTE:** Booking Essential. **LEADER:** Moira McCauley: 07484 718783

Tuesday 12th December**DUNDEE:- Christmas Meal**

MEET: Queens Hotel, 160 Nethergate, Dundee, DD1 4DU at 18:30 **DESCRIPTION:** Our Christmas Meal will be in the Glamis Room of the Queens Hotel, Dundee. (6.30 for 7.00 pm). Names to Gwen as soon as possible. Cost £20.95 pp to be paid by 27th November. Please see website for payment details. Gwen will also need menu choices by 27th November (menu will be emailed and put on Facebook) **CONTACT:** Gwen Laidlaw: 07951 746125

Thursday 14th December**DALGETY BAY:- Roamers ~ Dalgety Bay to Aberdour (minimal ascent)**

GRADE D: 4mls/2.5hrs **WALK START:** Dalgety Bay Library at 10:00 **OS:** 65 **GR:** NT 156 834 **DESCRIPTION:** Along the Coastal Path when the daffodils are in bloom. After a refreshment opportunity the option is to return by bus or walk back. **NOTE:** RADO. **LEADER:** Sheila Stewart: sheilsmai@yahoo.co.uk 07873 954758

DUNFERMLINE & WEST FIFE:- Benarty Hill

GRADE C+: 7mls/5hrs **ASCENT:** 300m/980ft **DEPART:** LPRCP at 09:30 **WALK START:** Findatie car park, Loch Leven at 10:00 **OS:** 58 **GR:** NT 175 991 **DESCRIPTION:** A walk along the Loch Leven path to RSPB Nature Centre then onto Navitie Hill, Benarty Hill and then heading west to the end of the ridge. Return to Benarty top and head south east to Dunmore Fort and return to Vane Farm and Findatie. **NOTE:** RADO. Good tracks and hill paths. Exposed high ground for a time, so please wear boots and take hill gear. **LEADER:** Colin Lees: colin.j.lees@btinternet.com 07715 277583 or 07715 277583

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

Saturday 16th December**BLAIRGOWRIE:- Craighall Bridge Circular**

GRADE C+: 6mls/3hrs **ASCENT:** 230m/750ft **WALK START:** Well Meadow Car Park at 10:00 **OS:** 53 **GR:** NO 1798 4508 **DESCRIPTION:** The walk follows the CATERAN trail along the River Erich past Oakbank and Brooklinn Mills heading towards Lornty. Onwards to Middle Mause before returning down to the old A93. Riverside and woodland paths, field edges and minor roads. **NOTE:** RADO. PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com. **LEADER:** Pat Fraser: patriciafraser@btinternet.com 07843 786191

DUNDEE:- Moncrieffe Hill

GRADE C+: 5mls/3.5hrs **ASCENT:** 330m/1080ft **DEPART:** CWCP at 09:30 **WALK START:** Tay Car Park (Northern entrance Moncrieffe Hill) a mile along minor road off A912 signposted Rhynd & Elcho Castle at 10:15 **OS:** 58 **GR:** NO 138 209 **DESCRIPTION:** A walk up Moncrieffe Hill through beautiful woodland with great views. Moderate ascents (long incline at start) with one fairly steep ascent. Please bring a packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Joyce Cumming: joyce@cumming14.plus.com 07526 237526 or 01382 642752

DUNFERMLINE & WEST FIFE:- Christmas lunch and walk

Glen car park, Pittencrieff Park at 10:00 **DESCRIPTION:** A 1.5-2 hour walk around Dunfermline, followed by festive lunch at the Pitbauchlie House Hotel. Full details to be issued by email and on Ramblers Scotland webpages for our group. **CONTACT:** Grant Robertson: grantrobertson1952@gmail.com 07936 738581 or 07936 738581

FORFAR:- Christmas Lunch

MEET: to be advised at 01:00 **DESCRIPTION:** Christmas Lunch - details to be announced **CONTACT:** Christine Ferguson: 01382 532384 or 07933 461489

GLENROTHES:- West Wemyss to East Wemyss circular

GRADE C+: 6mls/3hrs **ASCENT:** 500ft **DEPART:** LCCP at 9:30 **WALK START:** West Shore CP West Wemyss at 10:00 **OS:** 59 **GR:** NT324946 **DESCRIPTION:** From West Wemyss go by Fife Coastal Path towards East Wemyss then up steps to railway. Returning by Wemyss estate. **NOTE:** CWRA RADO Leaders will meet walkers at West Wemyss **LEADER:** Rosamund Fairgrieve 07761753437 rosairgrieve@gmail.com

KIRKCALDY:- Aberdour Countryside & Fife Coastal Path

GRADE C+: 6mls/5hrs **ASCENT:** 225m/730ft **DEPART:** KRSN at 09:30 **WALK START:** Silversands upper car park, Aberdour KY3 0TZ at 10:00 **OS:** 65 **GR:** NT 1982 8516 **DESCRIPTION:** To coastal path and Aberdour harbour. Via A921, country lane and Long Gates House to Dunearn. Return to Aberdour via coastal path. Views over Firth of Forth. Can be muddy in places after rain. **NOTE:** DWOL CWRA. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Alex Donald: 07943 871219

PERTH:- Ladywell, Inver & River Tay

GRADE C+: 7.5mls/4.5hrs **ASCENT:** 200m/660ft **DEPART:** BPR at 09:20 **WALK START:** Birnam Quarry car park, 400m on B867 off A9 at 10:00 **OS:** 52 **GR:** NO 0413 4046 **DESCRIPTION:** Cross A9 to pick up River Tay path to Inver. Through Ladywell Plantation to Inchewan Burn path and return to start on paths above railway line. **NOTE:** PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** Pete Trant: thetrants@virginmedia.com 07985 202934 or 01738 565075

STRATHTAY:- Xmas Walk - Faskally

GRADE C: 4mls/2hrs **DEPART:** Car park behind Aberfeldy Coop (or catch 09:55 bus) at 10:15 **WALK START:** Pitlochry Dam Visitor Centre at 10:45 **OS:** 52 **GR:** NN 935 579 **DESCRIPTION:** Easy winter walk along Loch Faskally past Loch Dunsmore. Followed by Xmas sandwich lunch in Pitlochry Dam Visitor Centre. **NOTE:** Please book with walk leader in advance. Strathtay members and family only. **LEADER:** Bill McEwan: billmcewan40@gmail.com 01796 472780 or 07535 443556

Tuesday 19th December

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

Wednesday 20th December

PERTH:- Elcho & Rhynd

GRADE C: 6.5mls/4hrs **ASCENT:** 60m/200ft **DEPART:** BPR at 09:30 **WALK START:** Elcho Castle car park at 10:00 **OS:** 53 **GR:** NO 164 210 **DESCRIPTION:** A good winter's walk along paths, tracks and quiet roads with fine views over the River Tay. **NOTE:** May be wet, poles advised. PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** Paula Bowman: pbowman58@hotmail.com 01738 582339 or 07870 937963

Thursday 21st December

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

Saturday 23rd December

BRECHIN:- Brechin Mystery Tour

GRADE C: 6mls/4hrs **WALK START:** St Ninian's Square, Brechin at 10:00 **OS:** 45 **GR:** NO 601 602 **DESCRIPTION:** Route to be decided on the day, depending on weather and conditions underfoot. **LEADER:** Moira Dunbar: mdunbar20@icloud.com 07759 215616

DALGETY BAY:- Glenrothes to Markinch circular.

GRADE C: 8mls/4hrs **ASCENT:** 185m/610ft **WALK START:** Riverside Park car park, Glenrothes. at 10:00 **OS:** 59 **GR:** NO 2656 0170 **DESCRIPTION:** Through Riverside Park and Pitcoudie to Gilvenbank Park, Balfarg Henge, and then across the A92 into Balbirnie Park to see the stone circle. A circuit of old Markinch & return thro. Balbirnie Park, Cadham to Riverside Park. **NOTE:** RADO. BOOKING REQUIRED - If you would like to join this walk please contact the Walk Leader. **LEADER:** Jane Searles: jane.searles@btinternet.com 07900 175403

KINROSS & OCHIL:- Kinross & Burleigh Circular

GRADE C: 7mls/4.5hrs **DEPART:** KPR at 09:50 **WALK START:** Kinross Pier car park (Nearest post code KY13 8UF) at 10:00 **OS:** 58 **GR:** NO 1214 0171 **DESCRIPTION:** Circular walk from Kinross Pier passing Burleigh Sands, Burleigh castle and through the community woodland. Fairly level apart from one short steep slope down and up. **NOTE:** Booking essential. (Walk may be shortened depending on weather). **LEADER:** Ann Eve: 07960 973866

KIRKCALDY:- Blairadam Forest Explorer

GRADE C: 6mls/5hrs **DEPART:** KRSN at 09:15 **WALK START:** Forestry Commission Car Park, KY4 0LJ (1km down access road, off B914 at NT 1299 9373) at 10:00 **OS:** 58 **GR:** NT 1293 9461 **DESCRIPTION:** Exploring paths and track of this great forest. **NOTE:** DWOL NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Beth Dickson: bd6427@icloud.com 07791 912417

Wednesday 27th December

GLENROTHES:- Thornton - Kirkcaldy circular

GRADE C: 7mls/3.5hrs **ASCENT:** 270ft **DEPART:** LCCP at 9:30 **WALK START:** Thornton Railway Station at 10:00 **OS:** 59 **GR:** NT291972 **DESCRIPTION:** An easy walk from Thornton to Kirkcaldy by footpaths and farm tracks passing through Dunnikier park. Returning by rights of way along the river Ore. **NOTE:** CWRA RADO **LEADER:** John Duncan 01337831888 john@johnandmorven.co.uk

Thursday 28th December

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

Saturday 30th December

BLAIRGOWRIE:- Arbroath to Auchmithie Cliff Top Walk

GRADE C+: 8mls/4hrs **ASCENT:** 222m/730ft **DEPART:** WCPB at 09:00 **WALK START:** Victoria Park Car Park at 10:00 **OS:** 54 **GR:** NO 6585 4113 **DESCRIPTION:** Return trip, walking along the cliff tops from Arbroath Victoria Park to Auchmithie via Carlingheugh Beach. A stairway ascent and descent at each end of the beach. A moderate walk to work off Xmas indulgence. **NOTE:** RADO. PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com. **LEADER:** Gordon Millar: millarnodrog@gmail.com 07854 878887

DUNFERMLINE & WEST FIFE:- Glen Sherup horseshoe, Ochil Hills

GRADE B+: 9.5mls/6hrs **ASCENT:** 630m/2070ft **DEPART:** LPRCP at 08:15 **WALK START:** Woodland Trust car park, Glen Sherup, off Glen Devon road at 09:00 **OS:** 58 **GR:** NN 972 051 **DESCRIPTION:** This circular walk in the Ochils takes in the rolling summits of Innerdownie, Whitewisp Hill, Tarmangie Hill and Ben Shee. It offers a mixture of forest trails and open grassy hillside. **NOTE:** RADO NoSC. High and exposed terrain on this route. Muddy sections possible during wet spells. Hill walking gear required. **LEADER:** Colin Lees: colin.j.lees@btinternet.com 07715 277583 or 07715 277583

Tuesday 2nd January

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

Wednesday 3rd January

PERTH:-

Murthly estate

GRADE C: 6.8mls/3.5hrs **ASCENT:** 123m/400ft **DEPART:** BPR at 10:20 **WALK START:** Murthly Village Hall at 11:00 **OS:** 52 **GR:** NO 099 385 **DESCRIPTION:** An easy walk following tracks and paths through farmland and woods on the estate. A short length of road walking at beginning and end of walk. **NOTE:** Could be muddy, gaiters & poles advised. **PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK.** **LEADER:** Pat Townsend: pntownsend@outlook.com 07761 426992

Thursday 4th January

GLENROTHES:-

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

Saturday 6th January

BRECHIN:-

St Vigean's Circular

GRADE C: 6.5mls/4hrs **WALK START:** Meadowbank Inn car park, off A92 Montrose road, northern outskirts of Arbroath at 10:00 **OS:** 54 **GR:** NO 649 427 **DESCRIPTION:** From car park to St Vigean's. Along path to Letham Grange and return. **LEADER:** Moira Dunbar: mdunbar20@icloud.com 07759 215616

DALGETY BAY:-

Murthly woods and river.

GRADE C+: 7mls/4hrs **ASCENT:** 140m/460ft **WALK START:** Walker car park at entrance to Murthly Castle, 1km north of Murthly on B9099 at 10:15 **OS:** 53 **GR:** NO 093 393 **DESCRIPTION:** Riverside and woodland walk on good paths. **NOTE:** RADO. BOOKING REQUIRED - If you would like to join this walk please contact the Walk Leader. **LEADER:** Audrey Price: 07871 806582

FORFAR:-

Camperdown Park, Templeton and Clatto

GRADE C: 6mls/4hrs **DEPART:** MMCP at 09:30 **WALK START:** The Car Park nearest Camperdown House at 10:00 **OS:** 54 **GR:** NO 525 401 **DESCRIPTION:** Starting from Camperdown House, we walk around the park and the neighbouring Templeton Woods and Clatto Country Park. The walk will be on paths through parkland and woodland. Could be muddy. **LEADER:** Lisa Hughes: elhughes1973@aol.com 07901 901307

KIRKCALDY:-

Dalgety Bay Coast & Countryside

GRADE C: 8mls/6hrs **WALK START:** Dalgety Bay railway station car park at 10:00 **OS:** 65 **GR:** NT 1488 8407 **DESCRIPTION:** By green spaces and urban footpaths through Dalgety Bay to St Bridget's Kirk. Return by Hillend village along coastal and field paths. **NOTE:** RADO NoSC. **PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK.** **LEADER:** Ruth Beddall: 01592 260578

ST ANDREWS & NE FIFE:-

The Binn, Burntisland

GRADE C+: 6.5mls/3.5hrs **ASCENT:** 240m/790ft **DEPART:** FCPC at 09:45 **WALK START:** Burntisland Links at 10:30 **OS:** 65 **GR:** NT 236 860 **DESCRIPTION:** Walk with some ascent (steep but short) using Coastal path, farm tracks and woodland paths, also some walking on minor roads. Likely to be muddy in places. **NOTE:** RADO NoSC. Walk may be subject to change (weather etc). Please contact walk leader to book your place, thank you. **LEADER:** Colin Brown: colinbrown54@talktalk.net 01334 655724 or 07745 252292

Sunday 7th January

DUNDEE:-

Guildtown, St Martins and Wolfhill

GRADE C+: 6.8mls/3.5hrs **DEPART:** CWCP at 09:45 **WALK START:** Guildtown Village Hall, Hall Road, Guildtown at 10:30 **OS:** 53 **GR:** NO 133 317 **DESCRIPTION:** Moderate low level route following paths, tracks and minor roads through farmland, passing by standing stones. Minimal ascent. Please bring a packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Barbara Sayers: 07986 867255

GLENROTHES:- Kinghorn - Binnend and Craigencalt Circular

GRADE C+: 6mils/3.5hrs **DEPART:** LCCP at 9:30 **WALK START:** Pettycur Road (top) CP at 10:00 **OS:** 66 **GR:** NT269867 **DESCRIPTION:** A circular walk by Grange Farm up to Binnend Village (Binn Hill optional) returning by Craigencalt and Burnside Path. **NOTE:** NoSC RADO Leaders will meet walkers at Kinghorn **LEADER:** Rosamund Fairgrieve 07761753437 rosfairgrieve@gmail.com

KINROSS & OCHIL:- Possible New Year walk - see Ramblers App

CONTACT: Ken Staples: woodlea-ken@tiscali.co.uk 07810 180283

Monday 8th January

ST ANDREWS & NE FIFE:- Summer Walks Planning Meeting

MEET: Cupar Community Fire Station at 19:00 **DESCRIPTION:** Meeting to select walks for the 2024 summer programme **NOTE:** Any changes (venue/date etc) will be notified by organiser. **CONTACT:** Colin Brown: colinbrown54@talktalk.net 01334 655724 or 07745 252292

Wednesday 10th January

PERTH:- Ardblair Trail & Bluebell Wood, Blairgowrie

GRADE C: 5mils/3hrs **ASCENT:** 75m/250ft **DEPART:** BPR at 09:00 **WALK START:** Wellmeadow car park, Blairgowrie at 10:00 **OS:** 53 **GR:** NO 180 451 **DESCRIPTION:** An easy walk following the Ardblair Trail and Bluebell Wood Path, mainly on tracks and paths. Short sections of road walking. **NOTE:** Could be muddy, gaiters & poles advised. **PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. LEADER:** Pat Townsend: pntownsend@outlook.com 07761 426992

Thursday 11th January

DALGETY BAY:- Roamers ~ Dalgety Bay to Inverkeithing

GRADE D: 2.5mils/2hrs **WALK START:** Dalgety Bay Library at 10:00 **OS:** 65 **GR:** NT 156 834 **DESCRIPTION:** A walk along the Coastal Path from Dalgety Bay to Inverkeithing and return by bus. There is the option to return on foot, Grade C, 5mils 3hrs. **NOTE:** RADO. **LEADER:** Margaret Leighton: 07780 478181

DUNDEE:- Ardler (Dundee) and Clatto Walk with Lunch

GRADE C: 4mils/2hrs **WALK START:** Ardler Complex Community Centre, Turnberry Avenue, Dundee, DD2 3TP at 10:00 **OS:** 54 **GR:** NO 376 333 **DESCRIPTION:** Circular route with street and park walking. Lunch at cafe at Ardler at end of walk (12 noon). Booking required. Please see web site for booking information. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Sheila Wallace: smwallace55@gmail.com 07944 570925

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

Saturday 13th January

BLAIRGOWRIE:- Alyth Hill & Beaver walk

GRADE C+: 6.5mils/3.25hrs **ASCENT:** 319m/1050ft **DEPART:** WCPB at 09:45 **WALK START:** Alyth Square at 10:00 **OS:** 53 **GR:** NO 246 485 **DESCRIPTION:** Walk through Alyth den then onto Alyth Hill. Crossing over to Bamff Estate where we can see plenty of Beaver activity. Following part of the CATERAN trail back to Alyth. Good paths, varied scenery. Some steeper sections. **NOTE:** RADO. **PLEASE REGISTER** with Pat Fraser: patriciafraser@btinternet.com. **LEADER:** Alison Arnold: alisonarnold@live.co.uk 07989 755874

DUNDEE:- Scone Circular, Scone, near Perth

GRADE C+: 5.5mils/4hrs **ASCENT:** 250m/820ft **DEPART:** CWCP at 08:30 **WALK START:** Scone, riverside car park near Scone Old Church at 09:00 **OS:** 53 **GR:** NO 131 255 **DESCRIPTION:** A circular walk to MacDuff's Folly hilltop and the Lynedoch Obelisk hilltop with reasonably good paths. Please bring packed lunch. Some road walking on minor roads, through a golf course, hill paths, can be muddy in some areas. Limit to 20. **NOTE:** Booking required. Please see website for booking information. Boots and appropriate clothing needed. **LEADER:** Gareth Vaughan: 07714 418650

GLENROTHES:- Elie to Shell Bay Circular

GRADE C+: 8mils/4.5hrs **ASCENT:** 500ft **DEPART:** LCCP at 09:30 **WALK START:** Shell Bay public CP at 10:15 **OS:** 59 **GR:** NO468004 **DESCRIPTION:** Short steep climb to Kincaig Point (superb views) then Coastal Path to Elie, woodland paths to Kilconquar Loch, return via Shell Bay. Short road walk. **NOTE:** CWRA DWOL **LEADER:** Duncan McLaren and Catherine MacKie 07903132319 tmclaren39@gmail.com

PERTH:- Errol circuit

GRADE C+: 8mils/4.25hrs **ASCENT:** 80m/260ft **DEPART:** BPR at 09:00 **WALK START:** Car park beside Errol church at 09:40 **OS:** 53 **GR:** NO 2524 2295 **DESCRIPTION:** To Inchcoonans and Port Allen. Then east along River Tay and return by New Farm to start. Almost level circular walk on minor roads, tracks and paths but could be muddy. [Could use 09.00 No.16 bus from Perth Bus Station, Stance 4 to Errol]. **NOTE:** Check bus times prior to walk. **PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK.** **LEADER:** Colin Fraser: cfraser365@gmail.com 01382 541617 or 07895 808614

STRATH TAY:- The Silvery Tay

GRADE C: 5mils/3.5hrs **DEPART:** Car park behind Aberfeldy Coop at 09:30 **WALK START:** Dunkeld and Birnam Recreation Park at 10:00 **OS:** 52 **GR:** NO 025 422 **DESCRIPTION:** A short winter walk. From Little Dunkeld we follow the banks of the River Tay west then north to cross the river at the Jubilee Bridge. Return is by the other river bank, passing Dunkeld Cathedral and the last Dunkeld Parent Larch. **LEADER:** John Hayward: sorton.hayward@btinternet.com 01887 822787

Sunday 14th January

DUNFERMLINE & WEST FIFE:- Cambus circular

GRADE C: 7.5mils/3.5hrs **ASCENT:** 10m/26ft **DEPART:** LPRCP at 09:30 **WALK START:** Main Street, Cambus, off A907 Alloa-Stirling road at 10:30 **OS:** 57 **GR:** NS 855 939 **DESCRIPTION:** Pleasant flat walk from Cambus in a figure of eight, taking a route alongside the River Forth and through the Diageo bonded warehouses on good tracks and paths. **NOTE:** RADO. Shared path with cyclists, so keep a sharp lookout. **LEADER:** Michael Harrison: mickdharrison@hotmail.com 07982 710999

Tuesday 16th January

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

Wednesday 17th January

FORFAR:- Strollers Walk - max 4 miles - See details at start of this programme.

PERTH:- Blairadam Forest

GRADE C: 7.5mils/4.5hrs **ASCENT:** 290m/950ft **DEPART:** BPR at 09:15 **WALK START:** Blairadam South Lodge car park at 10:00 **OS:** 58 **GR:** NT 1297 9376 **DESCRIPTION:** On good tracks and paths through the forest to Cowden Knowe for views to Loch Leven. Return through Blairhill Wood & Pieries Burn Bridge. Conifer and deciduous woodland and industrial archaeology. **NOTE:** May be muddy in places, poles advised. **PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK.** **LEADER:** Pete Trant: thetrants@virginmedia.com 07985 202934 or 01738 565075

ST ANDREWS & NE FIFE:- Kemback & Blebo Craigs

GRADE C+: 4.5mils/2.5hrs **ASCENT:** 225m/740ft **DEPART:** FCPC at 10:30 **WALK START:** Car park near Kemback Church at 11:00 **OS:** 59 **GR:** NO 417 151 **DESCRIPTION:** Walk to explore Kemback Woods & Blebo Craigs, through mixed woodland and interesting country village. Great views from Clatto Hill, short steep section from Kemback and return via steep flight of steps (alternative route available). **NOTE:** Walk may be subject to change (weather etc). Please contact walk leader to book your place, thank you. **LEADER:** Will Aitken: wh.aitken@gmail.com 01334 470066 or 07908 721466

Thursday 18th January

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

Saturday 20th January

BRECHIN:- Brechin Path Network

GRADE C: 7mls/4.5hrs **WALK START:** Brechin Castle Garden Centre Car Park at 09:30 **OS:** 54 **GR:** NO 578 600 **DESCRIPTION:** : Gentle circular walk around Brechin and the river South Esk. **LEADER:** Sheena Leven: 07513 198481

DALGETY BAY:- Hidden Gem of Edinburgh

GRADE C: 6mls/4hrs **ASCENT:** 50m/160ft **WALK START:** Edinburgh Bus Station at 10:35 **OS:** 66 **GR:** NT 2570 7424 **DESCRIPTION:** A circular urban walk from central Edinburgh following one of the old railways routes down Leith Walk to Ocean Terminal and returning back to the city centre. Bus times from the Bay to Edinburgh to be confirmed nearer the walk time. **NOTE:** RADO. **BOOKING REQUIRED** - If you would like to join this walk please contact the Walk Leader. **LEADER:** Alice McEwan: 07749 388113

DUNDEE:- Social Stroll - Carnoustie to Easthaven and Craigmill Den

GRADE C: 4.5mls/2.5hrs **DEPART:** OCCP at 10:15 **WALK START:** Car Park beside Leisure Centre, Carnoustie, DD7 7JB at 11:00 **OS:** 54 **GR:** NO 563 342 **DESCRIPTION:** Walk from Carnoustie to Easthaven then on to Craigmill Den. Lunch afterwards. Please let leader know if you don't wish your photo to appear on our Facebook pages. **LEADER:** Jean MacGillivray: 07932 014859

DUNDEE:- Tullybaccart Circular

GRADE C+: 6mls/4hrs **ASCENT:** 100m/330ft **DEPART:** CWCP at 09:30 **WALK START:** Tullybaccart Car Park on South side of A923 at 10:00 **OS:** 53 **GR:** NO 263 360 **DESCRIPTION:** Circular walk to Lairds Loch, Pitcur Farm, Leys and Ledcreeff Loch. On good tracks but may be muddy in parts. One long gradient climb. Please bring a packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Samuel Shields: 07546 064759

KINROSS & OCHIL:- Wallace Road (Rerun of K & O's first ever walk)

GRADE C+: 6mls/3hrs **DEPART:** KPR at 09:30 **WALK START:** Track just of B996 road north of Glenfarg (Nearest post code PH2 9QQ) at 10:00 **OS:** 58 **GR:** NO 135 127 **DESCRIPTION:** Easy circular walk mainly on tracks and farm roads. Beautiful views over Bridge of Earn and Abernethy. **NOTE:** Booking Essential. Check exact start point with walk leader when making booking. **Leaders:** Sheena Bedborough: 07919 836908 or 01259 836908 & William Bedborough: 01259 742491

KIRKCALDY:- West Wemyss Countryside

GRADE C: 5.5mls/4hrs **ASCENT:** 85m/280ft **DEPART:** KRSN at 09:30 **WALK START:** Harbour car park, West Wemyss KY1 4SL at 10:00 **OS:** 59 **GR:** NT 3249 9463 **DESCRIPTION:** From West Wemyss along the Fife Coastal Path, through East Wemyss & Coaltown of Wemyss. See the result of a long-term relationship between a tree and an architectural stone. **NOTE:** DWOL CWRA. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Alex Donald: 07943 871219

PERTH:- Luncarty to Perth

GRADE C: 6mls/2.75hrs **ASCENT:** 35m/110ft **WALK START:** Marshall Way mini-roundabout in Main Road, Luncarty at 09:45 **OS:** 52 **GR:** NO 095 299 **DESCRIPTION:** Following the banks of the River Tay from Luncarty to finish in Perth. This walk requires catching the No 34 bus at 9.30 from Mill Street Bus Station. **NOTE:** PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** John Andrews: johndandrews44@gmail.com 01738 248941 or 07526 884953

Sunday 21st January

FORFAR:- Local Walk + Planning Meeting

GRADE C: 4mls/3hrs **WALK START:** MMCP at 09:30 **OS:** 54 **GR:** NO 4571 5133 **DESCRIPTION:** Local Walk followed by walks planning meeting at St John's Hall 2pm. **LEADER:** Dorothy Hutcheon: 01307 468034

GLENROTHES:- Glenrothes South Circular

GRADE C+: 8.5mls/4.5hrs **ASCENT:** 400ft **DEPART:** LCCP at 09:30 **WALK START:** Lomond Centre CP at 09:30 **OS:** 59 **GR:** NO285008 **DESCRIPTION:** A virtually flat walk on good tracks and paths through woodland. Will be muddy and/or icy. Ladies walk, Coaltown of Balgonie, Thornton, Stenton and return by the Boblingen Way. **NOTE:** CWRA DWOL **LEADER:** Hazel Morrison 01592 749170 hazmgmtmor@hotmail.com

Wednesday 24th January

KIRKCALDY:- Kirkcaldy - Craigencault - Kinghorn

GRADE C: 8mls/6hrs **ASCENT:** 130m/430ft **WALK START:** Beveridge Park car park, Kirkcaldy KY2 5PH at 10:30 **OS:** 59 **GR:** NT 2733 9084 **DESCRIPTION:** Beveridge park to Craigencault Eco Centre, Kinghorn, the coastal path to Seafield and back to Beveridge park. Some road walking. **NOTE:** PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Moira Harrison: 07487 392998

Thursday 25th January

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

Saturday 27th January

BLAIRGOWRIE:- Christmas Lunch & Walk

DESCRIPTION: Christmas Lunch and Walk. Lunch venue and walk details to be advised. **CONTACT:** Pat Fraser: patriciafraser@btinternet.com 07843 786191

DUNDEE:- Arbroath to Auchmithie

GRADE C+: 8mls/5hrs **DEPART:** OCCP at 10:00 **WALK START:** Arbroath Cliffs Car Park at start of cliffs, Kings Drive, Arbroath, DD11 5ED at 10:30 **OS:** 54 **GR:** NO 658 412 **DESCRIPTION:** Walk along cliffs to Auchmithie and return. Lovely views. Grassy path down to beach and steep set of stairs back up from beach to path. Please bring a packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Margaret Wallace: 07469 736814

DUNFERMLINE & WEST FIFE:- Dumyat from Blairlogie

GRADE B: 4.5mls/4hrs **ASCENT:** 415m/1360ft **DEPART:** LPRCP at 09:00 **WALK START:** Blairlogie Orchard: Dumyat Car Park east of village on A91. FK9 5PX at 09:50 **OS:** 57 **GR:** NS 831 968 **DESCRIPTION:** Alternative approach to this dominant Ochils peak than the popular route from Sheriffmuir road, giving good views. A rewarding climb up a rough, steep hill path with some indistinct sections, especially on the return. Short boggy areas. **NOTE:** RADO. Strong walking boots and hill gear required. 12 places available. **LEADER:** Bob Cuthbertson: bob.cuthbertson@hotmail.co.uk 01383 747997 or 07503 001948

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 Caravan Site Leven esplanade at 10:00 **OS:** 59 **GR:** NO389011 **DESCRIPTION:** An interesting figure of eight walk round Leven Links, Silverburn, Letham Glen and Lundin Links golf courses. **NOTE:** CWRA RADO Leader will meet walkers at Leven **LEADER:** Lorraine Murray lorrainemurray303@gmail.com

KIRKCALDY:- The Walk, Edinburgh (3)

GRADE C+: 7.5mls/6hrs **ASCENT:** 180m/590ft **LINEAR WALK START:** Shandwick Place (westbound side, stop SE, bus 26) at 09:45 **GR:** NT 2452 7357 **END AT:** Comiston Springs Avenue NT 2424 6953 **DESCRIPTION:** Clermiston Crescent, Corstorphine Hill, Corstorphine Railway, Water of Leith, Union Canal, Craiglockhart Hill, Braidburn Valley Park, Comiston Springs Avenue. Return to city centre by bus 11. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Mike Livesey: 07783 201492

PERTH:- Bankfoot to Dunkeld

GRADE C: 7.5m/5.5hrs **ASCENT:** 186m/610ft **DEPART:** Perth Mill St., Bus stop F for 09:20 No:23 bus to Bankfoot at 09:15 **LINEAR WALK START:** Garry Place bus stop, Prieston Road, Bankfoot at 09:45 **GR:** NO 0640 3527 **END AT:** Dunkeld NO 0265 4274 **DESCRIPTION:** A fine walk to Dunkeld via the estate at Murthly and along the Tay. One railway crossing. Some parts of the path are steep and narrow, walking poles recommended. **NOTE:** If driving to Bankfoot park in the Church car park. **PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. LEADER:** Paula Bowman: pbowman58@hotmail.com 01738 582339 or 07870 937963

Sunday 28th January

DALGETY BAY:- Cleish - Hills & Lochs.

GRADE B: 5.5m/4hrs **ASCENT:** 320m/1050ft **WALK START:** Loch Glow remote car park at 10:00 **OS:** 58 **GR:** NT 0945 9559 **DESCRIPTION:** A circular walk taking in the hills South Innean, Dumglow (379m) & Dummiefarine giving views of the lochs in the area and the Fife countryside beyond. Terrain will be open grass hillside paths, forest paths and gravel tracks. **NOTE:** RADO. **BOOKING REQUIRED** - If you would like to join this walk please contact the Walk Leader. **LEADER:** Neil Denness: neildenness@gmail.com 07772 904880

DUNDEE:- Social Stroll - Camperdown Park

GRADE C: 3m/1.5hrs **WALK START:** Car Park at Camperdown Wildlife Centre, DD2 4TF at 13:00 **OS:** 54 **GR:** NO 360 324 **DESCRIPTION:** Leisurely walk around Camperdown Park with refreshments at cafe afterwards. Booking required. Please see website for booking information. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Sheila Wallace: smwallace55@gmail.com 07944 570925

ST ANDREWS & NE FIFE:- River Erich Walk

GRADE C: 8m/4hrs **ASCENT:** 75m/250ft **DEPART:** FCPC at 09:30 **WALK START:** Wellmeadow car park, Blairgowrie at 10:45 **OS:** 53 **GR:** NO 180 451 **DESCRIPTION:** Pleasant riverside walk using woodland paths, fields, farm tracks and minor roads. Muddy in places, with exposed tree roots on the route. **NOTE:** RADO NoSC. Walk may be subject to change (weather etc). Please contact walk leader to book your place, thank you. **LEADER:** Jane Houston: jemillar15@aol.co.uk 01334 850211 or 07771 856643

STRATHTAY:- Ballathie to Stanley

GRADE C: 6m/4hrs **DEPART:** Car park behind Aberfeldy Coop at 09:30 **WALK START:** Ballathie House Hotel at 10:15 **OS:** 53 **GR:** NO 146 367 **DESCRIPTION:** An out and back walk through farmland along the old railway track from Ballathie to Stanley. The track runs near a meandering stretch of the River Tay. **LEADER:** Jenny Rees: jenny.rees@virgin.net 07979 608496

Tuesday 30th January

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

Wednesday 31st January

FORFAR:- Strollers Walk - max 4 miles - See details at start of this programme.

Thursday 1st February

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

Saturday 3rd February

BRECHIN:- Den of Alyth and Alyth Hill

GRADE C+: 6m/4.5hrs **WALK START:** Alyth Square car park at 10:15 **OS:** 53 **GR:** NO 246 485 **DESCRIPTION:** Short road walk along minor road in Den of Alyth. Gradual ascent of Hill of Alyth. Great views in fine weather. Return via Lands of Loyal. **LEADER:** Sheena Leven: 07513 198481

DALGETY BAY:- Powmill Circular

GRADE C: 5mls/3.5hrs **ASCENT:** 50m/160ft **WALK START:** Powmill Milk Bar at 10:00 **OS:** 58 **GR:** NT 0200 9839 **DESCRIPTION:** Circular walk from Powmill Milk Bar along minor road and paths to Crook of Devon. Then walking down steps to path along to the river Devon. Descend into the Rumbling Bridge Gorge then follow roads and pavements to start of walk. **NOTE:** RADO. **BOOKING REQUIRED** Please contact walk leader on mob 07305225816 OR landline 01383 791 050 if you would like to join walk. **LEADER:** Irene Garvie: irenegarvie@gmail.com 07305 225816

DUNDEE:- Crombie Circular

GRADE C: 7mls/4hrs **DEPART:** OCCP at 09:30 **WALK START:** Crombie Car Park at 10:00 **OS:** 54 **GR:** NO 528 401 **DESCRIPTION:** Woodland paths to Monikie Monument then on to Monikie Park. Fields and paths. Then return to Crombie. Please bring a packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **Leaders:** Graham Smith: 01382 528153 or 07963 819719 & Margaret Dixon: 07963 819718

FORFAR:- Lunan Bay

GRADE C: 7mls/4hrs **DEPART:** MMCP at 09:30 **WALK START:** Lunan Bay Car Park at 10:30 **OS:** 54 **GR:** NO 692 515 **DESCRIPTION:** Short distance on road, then easy walk south along tracks or beach with ascent on cliff path and decent into Ethis Haven. **LEADER:** Sally Easson: 01575 609100

Sunday 4th February**GLENROTHES:- Glenrothes - Star Moss Circular**

GRADE C+: 9mls/4.5hrs **ASCENT:** 470ft **DEPART:** LCCP at 09:30 **WALK START:** Lomond Centre CP at 09:30 **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:** Leslie Allen 07578999338 lesallen80@gmail.com

KINROSS & OCHIL:- Auchtermuchty, Pitmedden & Carpow Hill

GRADE B: 8.2mls/4.5hrs **DEPART:** KPR at 09:20 **WALK START:** Parking at southern edge of the forest near Newton in Fife (Nearest post code KY14 7HR) at 10:00 **OS:** 58 **GR:** NO 222 129 **DESCRIPTION:** The walk consists of a mix of forest vehicle tracks, pedestrian paths through woods and some minor roads. **NOTE:** Booking essential. Walking poles advisable. **LEADER:** Linda Martin: lemriverside@gmail.com 07771 632830

Tuesday 6th February**KIRKCALDY:- Langtoun Daunderers -- Around Balbirnie Woods**

GRADE C: 4.5mls/4hrs **WALK START:** Car park at main entrance to Balbirnie Park, Markinch KY7 6JN at 10:15 **OS:** 59 **GR:** NO 2924 0182 **DESCRIPTION:** A walk through the park and woods at snowdrop time. Good paths and rough paths. Lunch venue to be arranged. **NOTE:** PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Ruth Beddall: 01592 260578

Wednesday 7th February**ST ANDREWS & NE FIFE:- St Andrews Country & Coast Circular**

GRADE C+: 5.5mls/3hrs **ASCENT:** 40m/130ft **DEPART:** FCPC at 09:30 **WALK START:** Petherham Car Park, St Andrews at 11:00 **OS:** 59 **GR:** NO 502 169 **DESCRIPTION:** Circular walk along West Sands coastal road & path, along Eden Estuary, returning through Balgove Estate & North Haugh. Tracks and minor roads alongside coast, golf courses and interesting Balgove Estate. **NOTE:** RADO NoSC. Walk may be subject to change (weather etc). Please contact walk leader to book your place, thank you. **LEADER:** Will Aitken: wh.aitken@gmail.com 01334 470066 or 07908 721466

Thursday 8th February

DALGETY BAY:- **Roamers - Easter Rosyth**

GRADE D: 4mils/2hrs **ASCENT:** 30m/100ft **DEPART:** MBS - meet at 09:17 for the bus at 09:27 to Dunfermline. **LINEAR WALK START:** Hill St / Dunfermline Wynd bus stop, Inverkeithing at 09:50 **GR:** NT 124 827 **END AT:** Queensferry Road, Rosyth NT 113 844 **DESCRIPTION:** Starting at southern edge of Rosyth, a winding route including parkland & woodland incorporating the unique 20th Century development of Rosyth. The number 7 bus from Meadowfield bus stop at 09.27, please be at bus stop for 09.17. **NOTE:** RADO. Booking Req'd - please contact the Walk Leader to book a place & confirm bus timings. **LEADER:** Ben Douglas: 01383 822715 or 07852 658675

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

Saturday 10th February

BLAIRGOWRIE:- **Kingsbarns Snowdrop Walk**

GRADE C: 7mils/3.5hrs **ASCENT:** 80m/260ft **DEPART:** WCPB at 09:00 **WALK START:** Beach Car Park Kings Barns (travel through Kingsbarns, turn left at end of village) at 10:30 **OS:** 59 **GR:** NO 602 125 **DESCRIPTION:** A short walk along the coastal path to Cambo Glen, through the snowdrop glen and woodland alongside the road into Kingsbarns. Road and tracks in land before returning to the coastal path back to the car park. **NOTE:** RADO. PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com. **LEADER:** Jean Stewart: 01250 873852 or 07989 890445

DUNDEE:- **Tentsmuir Circular via Morton Loch**

GRADE C: 9.5mils/5hrs **DEPART:** TBCP at 08:45 **WALK START:** Car Park, Promenade, Tayport at 09:00 **OS:** 54 **GR:** NO 464 285 **DESCRIPTION:** A circular walk from Tayport to Tentsmuir Point, then on to the Ice House and return via Morton Loch. Mainly good paths with some walking on the beach. It is a fairly flat walk. Boots and appropriate clothing needed. Booking required. **NOTE:** Please bring a packed lunch. Please see website for booking information. Limited to 20. **LEADER:** Gareth Vaughan: 07714 418650

GLENROTHES:- **Dunning - Sims Hill via Corb Glen Circular**

GRADE B: 6.5mils/4.5hrs **ASCENT:** 1300ft **DEPART:** LCCP at 09:30 **WALK START:** Littlerig CP on the B934 off the A823 Glendevon to Dunning road at 10:15 **OS:** 58 **GR:** NO016083 **DESCRIPTION:** Walk using farm tracks, moorland trails and a right of way through Corb Glen to Sims Hill (gradual climb). **NOTE:** CWRA RADO **LEADER:** Duncan McLaren and Catherine MacKie 07903132319 tmlclaren39@gmail.com

KIRKCALDY:- **Kingsseat, Loch Fitty & St Ninians**

GRADE C: 6.5mils/5hrs **DEPART:** KRSN at 09:00 **WALK START:** Kingseat main street, KY12 0TJ (on street parking) at 09:30 **OS:** 58 **GR:** NT 1257 9048 **DESCRIPTION:** Taking part of the Fife Pilgrim Way out of the village and down to Loch Fitty. Then the spiral paths to the summit, with its unique art forms and machinery avenue. Descend and return over the causeway and back to Kingseat. **NOTE:** DWOL. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Beth Dickson: bd6427@icloud.com 07791 912417

PERTH:- **Abernethy Glen & Pitmedden Forest**

GRADE C+: 7mils/4hrs **ASCENT:** 200m/660ft **DEPART:** BPR at 09:30 **WALK START:** The Round Tower, Abernethy village centre. at 10:00 **OS:** 58 **GR:** NO 1900 1644 **DESCRIPTION:** Starting from the Round Tower, the walk goes up the hill to Pitmedden East. We then follow forest tracks to Pitmedden West. The return route follows Abernethy Glen to Craigden and the Witches Glen back to Abernethy. **NOTE:** Limited parking near Tower, look for parking around village e.g. near Corn Kist. **LEADER:** Trevor Abell: tmbabell@gmail.com 07913 288098

ST ANDREWS & NE FIFE:- Drumcarrow Craig

GRADE C+: 7mils/4hrs **ASCENT:** 180m/590ft **DEPART:** FCPC at 10:00 **WALK START:** Cameron Reservoir Car Park at 10:40 **OS:** 59 **GR:** NO 479 113 **DESCRIPTION:** Walk on woodland tracks and paths, farm tracks and minor roads. May be muddy in places, and we may encounter livestock. Drumcarrow affords splendid views over St Andrews, Eden Estuary and hills and countryside to the north & south. **NOTE:** RADO NoSC. Walk may be subject to change (weather etc). Please contact walk leader to book your place, thank you. **LEADER:** Colin Brown: colinbrown54@talktalk.net 01334 655724 or 07745 252292

STRATHTAY:- Loch Hoil

GRADE C: 7mils/4.5hrs **DEPART:** Car park behind Aberfeldy Coop at 09:30 **WALK START:** A826 roadside at 09:45 **OS:** 52 **GR:** NN 885 451 **DESCRIPTION:** A circular route, mainly on forest tracks, round Monadh nam Mial past Loch Hoil and below Craig Formel. **LEADER:** Muriel Findley: murfin41@btinternet.com 01887 820095

Sunday 11th February**DUNFERMLINE & WEST FIFE:- Loch Skiach and the two bothies**

GRADE B: 9.5mils/5.5hrs **ASCENT:** 475m/1560ft **DEPART:** LPRCP at 08:30 **WALK START:** Kinnaird House on B898 between A9 junction at Jubilee Bridge and Grandtully at 10:00 **OS:** 52 **GR:** NN 983 498 **DESCRIPTION:** The walk is on a pleasant mix of farm tracks, hill paths and open, heathery and craggy hillsides, to three hill lochs above Strath Tay. We will visit two open bothies nestled by the lochs, giving shelter for our refreshments. **NOTE:** RADO. Good walking boots or shoes, along with hill gear, required, as this is an exposed upland area. Some wet sections. **LEADER:** Grant Robertson: grantrobertson1952@gmail.com 07936 738581 or 07936 738581

Tuesday 13th February

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

Wednesday 14th February

FORFAR:- Strollers Walk - max 4 miles - See details at start of this programme.

PERTH:- Around Bankfoot

GRADE C+: 7.5mils/4.5hrs **ASCENT:** 145m/480ft **DEPART:** BPR at 09:15 **WALK START:** Garry Place bus stop, Prieston Road, Bankfoot. at 10:00 **OS:** 52 **GR:** NO 0639 3529 **DESCRIPTION:** A walk on tracks and core paths with some road walking (mostly with pavements). Some short muddy sections. Surprisingly good views over the Obney Hills and the distant Ochils. [Could use 09:20 bus from Stop F, Mill St., Perth]. **NOTE:** Parking at Church Centre top CP. May be muddy, poles advised. PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** Ian Stokes: iangstokes@tiscali.co.uk 01738 787567 or 07775 802630

Thursday 15th February**DUNFERMLINE & WEST FIFE:- Aberdour to Kinghorn**

GRADE C: 6mils/3hrs **ASCENT:** 50m/160ft **DEPART:** LPRCP at 09:30 **LINEAR WALK START:** Aberdour rail station at 10:15 **GR:** NT 1913 8542 **END AT:** Kinghorn rail station NT 2696 8688 **DESCRIPTION:** Linear walk on the Fife Coastal Path, using tracks and paths. There is a possible section of beach walking, depending upon tides. Return to Aberdour by train (£1.80). **NOTE:** RADO. There may be wet, muddy sections after wet weather. Leaders: George Naismith: georgenaismith@hotmail.co.uk 07833 366299 & Linda Pirie: lapirie@hotmail.co.uk 07881 369442

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

Saturday 17th February**BRECHIN:- House of Dun Snowdrop Walk**

GRADE C: 5mils/4hrs **WALK START:** Car Park off minor road from Mains of Dun towards Bridge of Dun at 10:00 **OS:** 54 **GR:** NO 669 590 **DESCRIPTION:** Circular Walk around House of Dun enjoying the snowdrop trail. Exact route to be decided on day depending on weather and conditions underfoot. **NOTE:** DWOL. **LEADER:** June Greig: snowowljg@gmail.com 07745 836807

DALGETY BAY:- Tillicoultry & Dollar.

GRADE C+: 6mils/4hrs **ASCENT:** 150m/490ft **WALK START:** Sterling Mills Factory Outlet car park. at 10:30 **OS:** 58 **GR:** NS 9200 9651 **DESCRIPTION:** From car park follow the Devon Way to Dollar. Cross A91 and return along farm access roads via Dollar Academy, Dollar Bank and Harvieston Home Farm. **NOTE:** DWOL. BOOKING REQUIRED - If you would like to join this walk please contact the Walk Leader. **LEADER:** David Thomson: dabthomson@gmail.com 07922 050562

DUNDEE:- Snowdrop Walk

GRADE C: 8mils/5hrs **WALK START:** Corner of Rennell Road and Pitkerro Road, DD4 7DS at 10:00 **OS:** 54 **GR:** NO 418 321 **DESCRIPTION:** Walk to Trottick Pond through Caird Park then through Baldovan Estate, back to Trottick Pond, then starting point. Please bring a packed lunch. **NOTE:** RADO. Please let leader know if you don't want your photo to appear on our Facebook pages. Leaders: Rose Garvie: 07812 826905 or 01382 450763 & Lena Brown: 01382 884649 or 07597 690186

DUNDEE:- Social Stroll - Snowdrop Walk Scone Palace

GRADE C: 3mils/3hrs **DEPART:** CWCP at 10:15 **WALK START:** Car Park Scone Palace at 11:00 **OS:** 53 **GR:** NO 114 264 **DESCRIPTION:** Amazing walk around the grounds of Scone Palace to see all the snowdrops, hopefully see the peacocks and heilan coos. Might get lost in the maze. Lunch in the cafe in the palace. Admission to the grounds is free. **NOTE:** Please let leader know if you don't wish your photo to appear on our Facebook pages. **LEADER:** Jean MacGillivray: 07932 014859

KINROSS & OCHIL:- Dumyat from Menstrie

GRADE B: 6mils/4.5hrs **DEPART:** KPR at 09:20 **WALK START:** Car Park at Dumyat Centre, Menstrie (Nearest post code FK11 7BL) at 10:00 **OS:** 58 **GR:** NS 850 969 **DESCRIPTION:** Steep initial climb towards Dumyat farm, then strenuous ascent of the hill. Summit has panoramic views of the Forth Valley. Descent to Lossburn Reservoir then to Jerah farmstead. Proceed to forestry track for winding descent to Menstrie. **NOTE:** Booking essential. Walking poles recommended. **LEADER:** Alastair Kerr: alastair-kerr@hotmail.com 07523 268191

KIRKCALDY:- The Walk, Edinburgh (4)

GRADE C+: 8.5mils/6hrs **ASCENT:** 150m/490ft **LINEAR WALK START:** Lothian Road (southbound side, stop XE, bus 11) at 10:30 **GR:** NT 2424 6953 **END AT:** Uddingston Park South NT 3045 7243 **DESCRIPTION:** Comiston Springs Avenue, Braid Hills, Blackford Hill, Nether Liberton, Inch Park, Craigmillar Castle Park, Hawkhill Wood, Royal Infirmary, Hunters Hall Park, Duddingston Park South. Return to city centre by bus 4. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Mike Livesey: 07783 201492

PERTH:- Blairgowrie circuit

GRADE C: 9mils/5hrs **ASCENT:** 200m/660ft **DEPART:** BPR at 09:00 **WALK START:** Wellmeadow car park, Blairgowrie at 10:00 **OS:** 53 **GR:** NO 1798 4506 **DESCRIPTION:** From centre of Blairgowrie via Welton farm, Rosemount and Fingask Loch, a long but leisurely walk on pavements, minor roads, farm tracks and local paths back into Blairgowrie. [Could use No:57 bus at 09:08 from South Street, Perth]. **NOTE:** PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** Lynn Salvin: salvin@blueyonder.co.uk 01738 634628 or 07712 298939

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

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Sunday 18th February

FORFAR:-

Carnoustie Walk

GRADE C: 6.5mls/4hrs **DEPART:** MMCP at 09:30 **WALK START:** Links Parade Car Park, (across from the train station level crossing) at 10:15 **OS:** 54 **GR:** NO 570 345 **DESCRIPTION:** The walk starts along the seafront path then follows the paths around the outskirts of the golf courses. We will then head to Barry Mill and follow paths back into Carnoustie. **NOTE:** Paths are a mixture of unsurfaced and tarmac, with a small section over grassy & sandy paths which are uneven in parts. **LEADER:** Lisa Hughes: elhughes1973@aol.com 07901 901307

GLENROTHES:-

Lochore Meadows Harelaw circular

GRADE C+: 7.5mls/3.5hrs **ASCENT:** 500ft **DEPART:** LCCP at 9:30 **WALK START:** Lochore Meadows CP at 10:00 **OS:** 58 **GR:** NT170961 **DESCRIPTION:** An easy circular walk through woodland and farmland. One gradual ascent. May be muddy. **NOTE:** CWRA DWOL Leaders will meet group at Lochore CP **LEADER:** Chris Barton 01383725859 chrisbettybarton@btinternet.com

Tuesday 20th February

KIRKCALDY:-

Langtoun Daunderers -- Leven & Lower Largo

GRADE C: 5.5mls/4hrs **DEPART:** KRSN at 09:20 **WALK START:** Car park on Leven Promenade beside Action Zone, KY8 4HZ at 10:00 **OS:** 59 **GR:** NO 3879 1010 **DESCRIPTION:** Along Leven beach returning through Lundin Links. The walk will be followed by lunch at either Leven Golf Club or Scoonie Golf Club. **NOTE:** RADO CWRA. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Joyce Samson: 07952 134585

Wednesday 21st February

PERTH:-

Birnam & Rumbling Bridge circular

GRADE C+: 7.2mls/4.5hrs **ASCENT:** 510m/1670ft **DEPART:** BPR at 09:15 **WALK START:** Outside Birnam Institute at 10:05 **OS:** 52 **GR:** NO 0316 4182 **DESCRIPTION:** A circular walk on tracks with one fairly steep muddy section. Initially by the Inchewan Burn and returning via Rumbling Bridge and the Hermitage. [Could use No:23 bus from Perth, arr. Birnam 09:58.]. **NOTE:** RADO. Walking Poles may be useful. PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** Richard Townsend: richmtownsend@outlook.com 07753 418101

Thursday 22nd February

GLENROTHES:-

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

Saturday 24th February

BLAIRGOWRIE:-

Birnam Loop 1

GRADE C+: 7.5mls/4hrs **ASCENT:** 410m/1350ft **DEPART:** WCPB at 09:15 **WALK START:** Street parking at Birnam institute at 10:00 **OS:** 53 **GR:** NO 0313 4418 **DESCRIPTION:** Varied woodland/riverside walk with some open stretches. Good tracks with some uneven paths and gentle inclines. **NOTE:** RADO. PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com. **LEADER:** Kathleen Frew: kathleenfrew@msn.com 07900 531159

DUNDEE:-

Normans Law

GRADE B: 6mls/4hrs **ASCENT:** 396m/1300ft **DEPART:** TBCP at 09:30 **WALK START:** Luthrie Community Car Park at 10:00 **OS:** 59 **GR:** NO 331 196 **DESCRIPTION:** Gradual climb but very steep near the top. Return by coastal path, Denmuir and Wester Kingsleith Farms. Please bring a packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. Leaders: Graham Smith: 01382 528153 or 07963 819719 & Margaret Dixon: 07963 819718

DUNFERMLINE & WEST FIFE:- Braco and Ardoch

GRADE B: 7mils/4.5hrs **ASCENT:** 200m/660ft **DEPART:** LPRCP at 09:00 **WALK START:** Car park by Braco Primary School, Feddal Road, Braco, FK15 9QD at 10:00 **OS:** 57 **GR:** NN 836 098 **DESCRIPTION:** An exploration of the Perthshire countryside west of Braco, following the Kier Burn, returning by the River Knaik. Mostly on tracks, some slippery and steep in places, and over open moorland. **NOTE:** RADO. Some steep, muddy rough sections. Good walking boots required. Possible livestock, walk quietly if necessary. 12 places. **LEADER:** Bob Cuthbertson: bob.cuthbertson@hotmail.co.uk 01383 747997 or 07503 001948

GLENROTHES:- Glenrothes - Gilvenbank car park to the limekiln

GRADE B: 8.0mils/4.5hrs **ASCENT:** 1050ft **DEPART:** LCCP at 09:30 **WALK START:** Gilvenbank Hotel CP at 09:45 **OS:** 58 **GR:** NO279032 **DESCRIPTION:** A walk up Coul Den past Coul Reservoir to the limekiln. There is the option to climb to the peak of East Lomond on the return. **NOTE:** CWRA DWOL **LEADER:** Leslie Allen 07578999338 lesallen80@gmail.com

KIRKCALDY:- Valleyfield Woodlands Wander

GRADE C+: 7mils/5hrs **WALK START:** Culross West car park, KY12 8JJ at 10:30 **OS:** 65 **GR:** NS 9830 8587 **DESCRIPTION:** By the coastal path to Valleyfield Woodlands. A wander through the woodlands to see the snowdrops and return to Culross by inland footpath route. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Ruth Beddall: 01592 260578

PERTH:- St. Ninian's & Loch Fitty

GRADE C+: 7mils/4hrs **ASCENT:** 120m/400ft **DEPART:** BPR at 09:15 **WALK START:** Blairadam South Lodge car park, off B914, at 10:00 **OS:** 58 **GR:** NT 1297 9376 **DESCRIPTION:** Cross the B914 and enter the old St. Ninian's opencast coal mine site. Climb a bing to explore the industrial sculpture park before making a circuit of the attractive Loch Fitty. **NOTE:** Optional steep ascent of bing to industrial sculptures. PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** Pete Trant: thetrants@virginmedia.com 07985 202934 or 01738 565075

Sunday 25th February

ST ANDREWS & NE FIFE:- Blairadam Forest

GRADE C+: 8mils/4.5hrs **ASCENT:** 210m/690ft **DEPART:** FCPC at 09:30 **WALK START:** Blairadam Forest Car Park at 10:45 **OS:** 58 **GR:** NT 129 945 **DESCRIPTION:** A walk through the forest on paths and tracks with some minor road walking. May be muddy in places and we may encounter livestock. **NOTE:** RADO NoSC. Walk may be subject to change (weather etc). Please contact walk leader to book your place, thank you. **LEADER:** Jim Forret: james.forret@btinternet.com 01334 656137 or 07526 670535

STRATHTAY:- Tay Forest Park

GRADE C+: 8mils/5hrs **WALK START:** Aberfeldy Bowling Club car park at 09:30 **OS:** 52 **GR:** NN 855 494 **DESCRIPTION:** Circular walk through the golf course and up to Glassie farm, then through the forest past the ruins of Rawer to Shenavail and Camserney and back along the side of the River Tay. **LEADER:** John Nixon: john.nixon54@hotmail.com 07917 886524

Tuesday 27th February

DALGETY BAY:- Dunfermline to Inverkeithing following the Pilgrims Way.

GRADE C+: 6mils/3.5hrs **ASCENT:** 50m/160ft **DEPART:** MBS - meet at 09:15 for the bus at 09:25 to Dunfermline. **LINEAR WALK START:** Dunfermline Bus Station at 10:00 **GR:** NT 0905 8753 **END AT:** Inverkeithing Town Centre. NT 1297 8281 **DESCRIPTION:** Walk to the Abbey and then thro the Park onto the Limekilns Rd. Following the Pilgrims Way out of Dunfermline and then onto Douglas Bank Cemetery. Cross the A985 and follow pavements thro Rosyth, up and over Castlandhill to Inverkeithing. **NOTE:** RADO. BOOKING REQUIRED - If you would like to join this walk please contact the Walk Leader. **LEADER:** Heather Haines: 07990 660724

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

Wednesday 28th February

FORFAR:-

Strollers Walk - max 4 miles - See details at start of this programme.

PERTH:-

Scotlandwell to Kinross

GRADE C: 7.5mls/4.25hrs **ASCENT:** 80m/260ft **DEPART:** BPR at 09:45 **LINEAR WALK START:** Kinross clock tower at 11:15 **GR:** NO 119 020 **END AT:** Portmoak Church, Scotlandwell NO 1828 0198 **DESCRIPTION:** A linear walk from Kinross to Scotlandwell along the Loch Leven Heritage Trail. Park at Portmoak Church, Scotlandwell [NO 181019] in time to catch the No. 201 bus which leaves the Well Inn at Scotlandwell at 10.45. **NOTE:** PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** John Andrews: johndandrews44@gmail.com 01738 248941 or 07526 884953

Thursday 29th February

DUNDEE:-

Crail and Kingsbarns Circular

GRADE B: 10mls/5.5hrs **ASCENT:** 130m/430ft **DEPART:** TBGP at 08:45 **WALK START:** Crail Harbour (There is on street parking on Castle Street) at 09:45 **OS:** 59 **GR:** NO 612 074 **DESCRIPTION:** A circular walk on the Fife Coastal Path around the eastern most point of Fife. Booking required. Please see website for more information and booking details. Please bring a packed lunch. Mostly unsurfaced and uneven paths. **NOTE:** Start Point and/or Start Time may change subject to the tide. Walk Leader will notify those booked by Monday 26 Feb. Leaders: Chris Miller: cm376705@gmail.com 07955 793286 or 01382 819354 & Hilary Miller: 01382 819354

DUNFERMLINE & WEST FIFE:- **Castle Campbell to Tormauchin/Burnfoot through Glen Quey**

GRADE C+: 8mls/4.5hrs **ASCENT:** 250m/820ft **DEPART:** LPRCP at 09:00 **WALK START:** Castle Campbell car park, 2nd from top at 10:00 **OS:** 58 **GR:** NS 964 989 **DESCRIPTION:** A walk from Dollar, from the Castle Campbell road, through to Glen Quey, passing its reservoir and with a loop onto the Lower Glen Devon reservoir track. The route then returns via Tormauchin and Burnfoot via Glen Quey. **NOTE:** RADO CWRA. Paths could be muddy in places. A short section of road walking on the grass verge. **LEADER:** Colin Lees: colin.j.lees@btinternet.com 07715 277583 or 07715 277583

GLENROTHES:-

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

Saturday 2nd March

BRECHIN:-

Montrose Bay

GRADE C: 8mls/4.5hrs **WALK START:** Montrose Beach car park at 10:00 **OS:** 54 **GR:** NO 726 579 **DESCRIPTION:** : Along beach to mouth of North Esk, returning by Charleton and Kinnaber Links (or vice versa depending on tides). **NOTE:** Walk continues onto Map 45. **LEADER:** Helen Simpson: helensimpson47@icloud.com 07841 539291

DUNDEE:-

Backmuir Woods

GRADE C+: 9mls/5hrs **WALK START:** Camperdown Country Park House (3rd car park on left) at 10:00 **OS:** 54 **GR:** NO 359 329 **DESCRIPTION:** Walk through Templeton Woods, Muirhead, Backmuir Woods, Drovers Road, Liff and return. Please bring a packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Samuel Shields: 07546 064759

FORFAR:-

Guildtown, St Martins & Wolfhill

GRADE C+: 6.8mls/4hrs **DEPART:** MMCP at 09:15 **WALK START:** Guildtown Village Hall, Hall Road Guildtown at 10:15 **OS:** 53 **GR:** NO 134 319 **DESCRIPTION:** Moderate low-level route following tracks, paths and minor roads through farmland. **LEADER:** Hamish Mungall: 01307 720104

KIRKCALDY:-

Union Canal to Edinburgh

GRADE C: 8mls/6hrs **DEPART:** Kirkcaldy bus station (08:25 X61 to Halbeath P&R: 747 at 09:01 to Ratho Station: 20 to walk start) at 08:20 **LINEAR WALK START:** The Bridge Inn, Ratho EH28 8RA at 10:00 **GR:** NT 1392 7087 **END AT:** Fountainbridge Basin NT 2462 7281 **DESCRIPTION:** Walk along Union Canal tow path from Ratho Bridge to the canal terminal at Fountainbridge Basin in central Edinburgh. **NOTE:** RADO. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Margaret Miller: 01592 266956

PERTH:- Polney Loch circular

GRADE C+: 8.5mls/4.5hrs **ASCENT:** 230m/750ft **DEPART:** BPR at 09:30 **WALK START:** Cally car park, Dunkeld at 10:00 **OS:** 52 **GR:** NO 023 437 **DESCRIPTION:** From Cally Car Park down to Polney Loch then follow the track up to Raor Lodge and return by Dowally and Rotmell lochs and Mill Dam. The route is on good tracks with a section of road walking and short uphill climb to Raor Lodge. **NOTE:** RADO. May be muddy, poles advised. **PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. LEADER:** Sheelagh Candy: 07505 449406

Sunday 3rd March

GLENROTHES:- Dollar - River Devon - Muckhart Circular

GRADE C+: 8.5mls/4.5hrs **ASCENT:** 700ft **DEPART:** LCCP at 09:30 **WALK START:** Park in Dollar, meet by Castle Campbell Hotel on W Burnside South at 10:30 **OS:** 58 **GR:** NS962979 **DESCRIPTION:** Along South side of River Devon to Vicars Bridge and Muckhart Mill returning on North side of river. Ascent 700ft - one steep section. Mainly country paths with some quiet farm roads. **NOTE:** NoSC RADO **LEADER:** Ann Collings 07913604236 ann.collings@myphone.coop

KINROSS & OCHIL:- The River Almond Walkway 'Trains & Boats & Planes....'

GRADE C: 7mls/4.5hrs **DEPART:** KPR at 09:15 **WALK START:** Car Park, Cramond Glebe Road (Nearest post code EH4 6NY) at 10:00 **OS:** 65 **GR:** NT 190 770 **DESCRIPTION:** The walk heads upstream through a lovely wooded river valley as far as the railway line of the eastern boundary of Edinburgh Airport. Return to the river via tracks, minor roads and an old pack horse bridge. **NOTE:** (Booking essential). **LEADER:** Edna Burnett: 01577 862977 or 07946 725074

Tuesday 5th March

KIRKCALDY:- Langtoun Daundersers -- Glenrothes & Leslie

GRADE C: 5mls/4hrs **DEPART:** KRSN at 09:30 **WALK START:** Riverside Park, Glenrothes KY7 5GD at 10:00 **OS:** 59 **GR:** NO 2659 0170 **DESCRIPTION:** Along Riverside past Leslie House and continue round the back of Leslie. Cross the viaduct and return to start. The walk will be followed by lunch at Sky View. **NOTE:** RADO NoSC. **PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. LEADER:** Liz Greig: 01592 653682 or 07919 985239

Wednesday 6th March

PERTH:- Strathmiglo, Drumdreel and Chancefield

GRADE C+: 9mls/4.5hrs **ASCENT:** 250m/820ft **DEPART:** BPR at 09:30 **WALK START:** Strathmiglo Village Hall CP at 10:15 **OS:** 58 **GR:** NO 2119 0987 **DESCRIPTION:** East towards Bellfield, then south to Drumdreel Wood via Wester Cash to reach base of Arraty Craigs before descending to Chancefield and returning to start via Barrington Muir plantation. Paths & minor roads through farmland & forestry. **NOTE:** Tracks can be muddy in places so poles would be useful. **PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. LEADER:** Colin Fraser: cfraser365@gmail.com 01382 541617 or 07895 808614

ST ANDREWS & NE FIFE:- St Vigeans & The Picts

GRADE C: 5mls/3hrs **ASCENT:** 50m/160ft **DEPART:** FCPC at 10:00 **WALK START:** Car Park across from St Vigeans Church at 11:00 **OS:** 44 **GR:** NO 638 429 **DESCRIPTION:** Circular walk from St Vigeans Church on mostly flat paths & tracks, minor roads and some old railway trackbed, passing a wartime naval aerodrome. **NOTE:** RADO NoSC. Walk may be subject to change (weather etc). Please contact walk leader to book your place, thank you. **LEADER:** Jane Houston: jemillar15@aol.co.uk 01334 850211 or 07771 856643

Thursday 7th March

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

Saturday 9th March

BLAIRGOWRIE:-

Loch Shandra and Auchintaple Loch Circular

GRADE C+: 7.5mls/4hrs **ASCENT:** 280m/920ft **DEPART:** WCPB at 09:15 **WALK START:** Forestry Commission car park at Freuchies at 10:00 **OS:** 44 **GR:** NO 224 608 **DESCRIPTION:** Mainly good paths and tracks following signs for Forter to the ruins at Craignity and Craighead. North across moorland to Auchintaple Loch returning via track for Freuchies. **NOTE:** RADO. **PLEASE REGISTER** with Pat Fraser: patriciafraser@btinternet.com. **LEADER:** Phil Taylor: philip377taylor@btinternet.com 01828 633648 or 07759 960746

DALGETY BAY:-

Joint Walk with Kirkcaldy Group

DESCRIPTION: Aberdour to Laura's Tower & Otterston Loch. Please book by contacting Beth Dickson on 07791 912417 **CONTACT:** Jane Searles: jane.searles@btinternet.com 07900 175403

DUNDEE:-

Lucklaw Hill and Surrounds Circular

GRADE B: 8mls/4.5hrs **ASCENT:** 380m/1250ft **DEPART:** TBCP at 09:30 **WALK START:** Burnside Community Hall, Balmullo, Fife, at 09:50 **OS:** 54 **GR:** NO 425 208 **DESCRIPTION:** From Balmullo we pass Willie's Wood, we include Airdit Hill, Craigsanquhar Hill, Forret Hill, then lastly Lucklaw Hill, where on a nice day there are lovely views. Please bring a packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **Leaders:** Brenda Moffat: 07512 850588 or 01382 736209 & Morag Banks: 07714 880701 or 01382 858945

DUNFERMLINE & WEST FIFE:-

Gargunnock and Kippen circular

GRADE C+: 7.5mls/4hrs **ASCENT:** 135m/450ft **DEPART:** LPRCP at 09:30 **WALK START:** Main Street, Gargunnock at 10:30 **OS:** 57 **GR:** NS 704 944 **DESCRIPTION:** A pleasant circular walk exploring the quiet roads and lanes between Gargunnock and Kippen, in rural Stirlingshire. **NOTE:** RADO. Some road walking on minor roads, so traffic may be met. Keep a sharp lookout. **LEADER:** Michael Harrison: mickdharrison@hotmail.com 07982 710999

GLENROTHES:-

Glenrothes - Balgonie Circle

GRADE C+: 8mls/4.5hrs **ASCENT:** 250ft **DEPART:** LCCP at 9:30 **WALK START:** Lomond Centre CP at 9:30 **OS:** 59 **GR:** NO285008 **DESCRIPTION:** A circular walk along mainly good paths with some minor road walking and a section of woodland. **NOTE:** NoSC **RADO** **LEADER:** Ishabel Rankin 07900392059 ishabelrankin@gmail.com

KIRKCALDY:-

Dalgety Bay & Otterston Loch

GRADE C: 6.5mls/5hrs **DEPART:** KRSN at 09:00 **WALK START:** Dalgety Bay Parish Church, KY11 9SR at 09:30 **OS:** 65 **GR:** NT 1559 8362 **DESCRIPTION:** The daffodil walk towards Aberdour then returning via Otterston Loch, passing Mount Laura's Tower, and returning through woodland to start. **NOTE:** DWOL NoSC. **PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK.** **LEADER:** Beth Dickson: bd6427@icloud.com 07791 912417

STRATHTAY:-

Stormontfield and Colen Wood

GRADE C: 6mls/4hrs **DEPART:** Car park behind Aberfeldy Coop at 09:30 **WALK START:** Stormontfield at 10:15 **OS:** 53 **GR:** NO 109 298 **DESCRIPTION:** Circular walk from Stormontfield along the River Tay to Cambusmichael Church and back by Colen Woods. **LEADER:** Jenny Rees: jenny.rees@virgin.net 07979 608496

Tuesday 12th March

KINROSS & OCHIL:-

Tuesday Walkers - See details at beginning of this programme.

Wednesday 13th March

BLAIRGOWRIE:-

Midweek Meander

GRADE C: 4mls/3hrs **WALK START:** Starbucks Car Park at 10:00 **OS:** 43 **GR:** NO 1736 7438 **DESCRIPTION:** This is a taster walk of about 3 to 4 miles for those of us who would like a shorter, more social meander. **NOTE:** RADO. **LEADER:** Gordon Millar: millarnodrog@gmail.com 07854 878887

FORFAR:-

Strollers Walk - max 4 miles - See details at start of this programme.

PERTH:- Pool of Muckhart to Rumbling Bridge

GRADE C+: 7.5mils/4.75hrs **ASCENT:** 15m/50ft **DEPART:** BPR at 09:15 **WALK START:** Coronation car park, Pool of Muckhart at 10:00 **OS:** 58 **GR:** NN 9995 0055 **DESCRIPTION:** Follow tracks with views of the Ochils to join the River Devon. View the gorge, waterfalls and double stone bridge. Into open country with views to the Gargnunnocks and Wallace Monument then back to the start on the Devon Way. **NOTE:** May be muddy so poles & gaiters advisable. **PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK.** **LEADER:** Mike Brown: mikebrown1957@btinternet.com 01738 446330 or 07444 109293

Thursday 14th March

DALGETY BAY:- Roamers ~ Dalgety Bay to Braefoot Point

GRADE D: 4mils/2.5hrs **ASCENT:** 25m/80ft **WALK START:** Dalgety Bay Library at 10:00 **OS:** 65 **GR:** NT 156 834 **DESCRIPTION:** A walk to the old ammunition pier on woodland tracks and the Coastal Path. **NOTE:** RADO. **LEADER:** Alice McEwan: 07749 388113

DUNFERMLINE & WEST FIFE:- Blairadam and Parenwell Bridge circular

GRADE C: 7mils/4hrs **ASCENT:** 100m/330ft **DEPART:** LPRCP at 09:30 **WALK START:** Blairadam Forest car park, 1km off B914, Clentry, near Kelty, KY4 0JQ at 10:00 **OS:** 58 **GR:** NT 129 946 **DESCRIPTION:** Follow Fife Pilgrims Way through Keltybridge, and then Blairforge, to Parenwell Bridge, which is linked to Mary, Queen of Scots. Return via Lochran and a core path past Blairadam House. **NOTE:** RADO. Farm track and paths may be muddy. Gates to climb. **LEADER:** Margaret Baillie: maggie-b54@hotmail.com 01383 720235 or 07890 675657

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

Saturday 16th March

BRECHIN:- Auchenblae Circular

GRADE C: 7mils/4hrs **WALK START:** Auchenblae Cemetery Car Park near football ground at 10:15 **OS:** 45 **GR:** NO 722 789 **DESCRIPTION:** Circular walk around Drumtochty Forest tracks. Can be wet under foot depending on weather conditions. Partly on minor roads. **LEADER:** Phyllis Bruce: phyllisbruce52@gmail.com 07752 588420

DALGETY BAY:- Crail to Fife Ness circular

GRADE C: 6mils/4hrs **ASCENT:** 30m/100ft **WALK START:** Marketgate car park, Crail at 11:00 **OS:** 59 **GR:** NO 6133 0779 **DESCRIPTION:** From Crail the route follows the Coastal Path east, past the old airfield and around Fife Ness. The inland return is on a track passing Wormiston. **NOTE:** RADO. **BOOKING REQUIRED** - If you would like to join this walk please contact the Walk Leader. **LEADER:** Sheila Stewart: sheilsmail@yahoo.co.uk 07873 954758

DUNDEE:- Murthly Estate Circular

GRADE C: 7mils/4hrs **DEPART:** CWCP at 09:30 **WALK START:** Just South of the entrance to Murthly Castle Estate at 10:30 **OS:** 53 **GR:** NO 093 393 **DESCRIPTION:** Very scenic easy walk around the estate on tracks through woodland and returning along the riverside. Please bring a packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Margaret Rennie: Gmags2018@gmail.com 07743 091104 or 01382 200731

KINROSS & OCHIL:- Cupar to Hill of Tarvit Circular

GRADE B: 9mils/5hrs **DEPART:** KPR at 09:30 **WALK START:** Fluthers car park, Burnside East street, Cupar (Nearest post code KY15 4DB) at 10:00 **OS:** 59 **GR:** NO 3768 1471 **DESCRIPTION:** The walk proceeds S.E. through Cupar to Tarvit farm and continues round to the Hill of Tarvit. Walk proceeds past Scotstarvit Tower, then north along rough paths and field edges and returns to Cupar along the banks of the River Eden. **NOTE:** Booking Essential. Walking poles recommended. **LEADER:** Ian Wilkinson: 07704 270029

KIRKCALDY:- The Walk, Edinburgh (5)

GRADE B: 8mls/6hrs **ASCENT:** 300m/980ft **LINEAR WALK START:** Princes Street (eastbound side, stop PK, bus 4) at 10:20 **GR:** NT 2552 7392 **END AT:** Waverley Station NT 2592 7388
DESCRIPTION: Duddingston Park South, Jewel Park, Innocent Cycle Path, Portobello Golf Course, Portobello, Treverlen Park, Figgate Pond, Figgate Park, Duddingston, Dunsapie, Arthur's Seat, The Hawse, Volunteer's Walk, Holyrood, Waverley Station. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Mike Livesey: 07783 201492

Sunday 17th March**DUNDEE:- Social Stroll - Liff and Surrounding Area**

GRADE C: 4mls/2hrs **WALK START:** Liff Primary School, DD2 5NJ at 13:45 **OS:** 53 **GR:** NO 339 330 **DESCRIPTION:** Circular walk on farm tracks, field tracks and also road walking. Viewing the beautiful countryside around Liff and Fowlis. Booking required. Please see website for booking information. **NOTE:** Coffee break mid walk - please bring refreshments. **LEADER:** Sheila Wallace: smwallace55@gmail.com 07944 570925

FORFAR:- Kirriemuir Circular

GRADE C: 6.5mls/4hrs **DEPART:** MMCP at 09:30 **WALK START:** Bellies Brae Car Park at 10:00 **OS:** 54 **GR:** NO 385 537 **DESCRIPTION:** Circular walk following the Kirriemuir Path Network. **LEADER:** Marilyn Binnie: 07933 999246

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

GRADE C+: 7.5mls/4hrs **ASCENT:** 1000ft **DEPART:** LCCP at 9:30 **WALK START:** Craigmead CP (2 pound fee) at 10:00 **OS:** 58 **GR:** NO227062 **DESCRIPTION:** Initially a climb to the limekilns. Then to the four reservoirs on mostly undulating paths with two short quiet road walking sections. **NOTE:** NoSC RADO **LEADER:** Sam Foster samfos54@gmail.com

ST ANDREWS & NE FIFE:- Ladybank Woods

GRADE C: 7mls/3.5hrs **ASCENT:** 10m/30ft **DEPART:** FCPC at 10:00 **WALK START:** Ladybank Railway Station at 10:30 **OS:** 59 **GR:** NO 306 097 **DESCRIPTION:** Pleasant circular walk through deciduous and coniferous woodland on good tracks and some minor roads. Forest tracks may be muddy in places. **NOTE:** RADO NoSC. Walk may be subject to change (weather etc). Please contact walk leader(s) to book your place, thank you. Leaders: Christine Arnold: jandca.winslow@btinternet.com 01334 654158 or 07718 316597 & Carol Philip: carolphilip@btinternet.com 01334 475997 or 07979 541678

Wednesday 20th March**PERTH:- Ben Shee**

GRADE C+: 5mls/4.5hrs **ASCENT:** 365m/1200ft **DEPART:** BPR at 09:15 **WALK START:** Woodland Trust Glensherup car park, Glendevon A823 at 10:00 **OS:** 58 **GR:** NN 9719 0517 **DESCRIPTION:** Circular walk in the Ochils on tracks and paths to a small but distinctive summit. Great views to the Glendevon reservoirs. **NOTE:** PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** Cathy Creedican: cathy_paul_gemma@hotmail.com 01738 634653 or 07747 088844

Thursday 21st March**DUNDEE:- Lunan Bay Circular**

GRADE C+: 5mls/3hrs **ASCENT:** 170m/560ft **DEPART:** OCCP at 10:30 **WALK START:** Lunan Bay Beach Car Park (free) at 11:30 **OS:** 54 **GR:** NO 691 516 **DESCRIPTION:** Circular walk through paths and fields via Lunan Farm, Courthill, Ironshill and the ruins of Red Castle. A couple of gradual climbs and some country lane walking. Might be muddy in parts. Please see website for booking information(limit of 10). **NOTE:** There will be an opportunity to explore the beach, sand dunes and low cliffs as well as coffee or lunch at end. **LEADER:** Chelin Miller: 07804 776980

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

Saturday 23rd March

BLAIRGOWRIE:-

Morton Lochs and Scotsraig

GRADE C: 9mils/4.5hrs **ASCENT:** 154m/510ft **DEPART:** WCPB at 08:45 **WALK START:** Taybridge Kiosk Car Park at 09:45 **OS:** 54 **GR:** NO 427 287 **DESCRIPTION:** Circular walk through Newport on Tay and Morton Lochs. Paths and tracks with some minor road walking. **NOTE:** RADO. PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com. **LEADER:** Irene Rintoul: irenerintoul@hotmail.com 07576 491807

DUNDEE:-

Glen Moy

GRADE B: 9mils/5hrs **DEPART:** OCCP at 09:00 **WALK START:** Gella Bridge Car Park, Glen Clova, DD8 4NE (very limited parking.) at 10:00 **OS:** 44 **GR:** NO 372 652 **DESCRIPTION:** Long ascent, lunch at top, steep descent, then sting in tail -another ascent then down to car park. Mainly on good tracks with a very short road walk **NOTE:** RADO. Please bring packed lunch. Please let leader know if you don't want your photo to appear on our Facebook pages. Leaders: Rose Garvie: 07812 826905 or 01382 450763 & Lena Brown: 01382 884649 or 07597 690186

DUNDEE:-

Social Stroll - Lochore Meadows

GRADE C: 4mils/2hrs **DEPART:** CWCP at 10:00 **WALK START:** Lochore Meadows Country Park, KY5 8BA at 11:00 **OS:** 58 **GR:** NT 170 961 **DESCRIPTION:** Walk round the loch watching for wildlife and hopefully see some water sports. Please bring a packed lunch. Coffee in cafe after walk. **NOTE:** Please let leader know if you don't wish your photo to appear on our Facebook pages. **LEADER:** Jean MacGillivray: 07932 014859

DUNFERMLINE & WEST FIFE:-

Glen Banvie and Bruar circuit, Blair Atholl

GRADE B: 10mils/5.5hrs **ASCENT:** 380m/1250ft **DEPART:** LPRCP at 08:30 **WALK START:** Old Bridge of Tilt car park, Blair Atholl at 10:00 **OS:** 49 **GR:** NN 874 662 **DESCRIPTION:** This is quite a long walk from the woodlands of Atholl into the moorland outback to the north. The route is on good, waymarked paths and tracks, through woodland, forestry and moorland. There is a short diversion to see the Falls of Bruar. **NOTE:** RADO. Paths and tracks are good but wet sections may be encountered. Good walking shoes or boots are recommended. **LEADER:** Grant Robertson: grantrobertson1952@gmail.com 07936 738581 or 07936 738581

GLENROTHES:-

Dunkeld - Loch of Lowes Circular

GRADE B: 7.5mils/4.5hrs **ASCENT:** 925ft **DEPART:** LCCP at 09:30 **WALK START:** CP at end of Main St, Dunkeld at 10:30 **OS:** 52 **GR:** NO026428 **DESCRIPTION:** Walk to Polney and Cally Lochs via Crieff Hill and Fungarth to Loch of the Lowes. Returning via Haughend. **NOTE:** CWRA RADO **LEADER:** Sheena Fury 01592756497 sheena_fury@yahoo.co.uk

KIRKCALDY:-

Water of Leith: Slateford to Leith

GRADE C: 7.5mils/5hrs **DEPART:** Kirkcaldy bus station, stance 5 at 09:00 **LINEAR WALK START:** Slateford Visitor Centre on the Water of Leith at 10:45 **GR:** NT 2211 7075 **END AT:** Shore Street, Leith EH6 6LB NT 2711 7654 **DESCRIPTION:** A pleasant walk by the Water of Leith, following the river with many points of interest along the way. **NOTE:** RADO NoSC. PLEASE CONTACT THE LEADER AT LEAST 24 HOURS BEFOREHAND IF YOU WISH TO JOIN THE WALK. **LEADER:** Liz Greig: 01592 653682 or 07919 985239

PERTH:-

Abercairney and Dollerie

GRADE C: 7mils/3.5hrs **ASCENT:** 110m/360ft **DEPART:** BPR at 09:45 **WALK START:** Abercairney Estate car park at 10:30 **OS:** 52 **GR:** NN 913 225 **DESCRIPTION:** Around the Abercairney & Dollerie estates, cross the Witch's Bridge and follow part of a long lost railway. [For start, take minor road downhill at New Fowls on A85, at sign for Kinochter turn R. into estate, follow road to stable block.]. **NOTE:** PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** John Andrews: johndandrews44@gmail.com 01738 248941 or 07526 884953

Sunday 24th March

STRATHTAY:-

Little Glenshee and Craig Gibbon

GRADE C+: 8.5mls/5hrs **ASCENT:** 400m/1310ft **DEPART:** Car park behind Aberfeldy Coop at 09:30 **WALK START:** Little Glenshee car park at 10:15 **OS:** 52 **GR:** NN 990 341 **DESCRIPTION:** Circular walk from Little Glenshee past Loch Tullybelton and with an out and back to the good viewpoint at Craig Gibbon obelisk. Return is past Creag na Criche. Good paths, but muddy in places. **LEADER:** Bill McEwan: billmcewan40@gmail.com 01796 472780 or 07535 443556

Tuesday 26th March

DUNDEE:-

Fish Supper Night

MEET: Craigie Bowling Club, 55 Dalkeith Road, Dundee, DD4 7JJ 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 £10. Please see website for more information and payment details. There will also be a display of Irish Dancing by the McCann School of Dance and some games of Irish Bingo. **CONTACT:** Jean MacGillivray: 07932 014859

KINROSS & OCHIL:-

Tuesday Walkers - See details at beginning of this programme.

Wednesday 27th March

FORFAR:-

Strollers Walk - max 4 miles - See details at start of this programme.

PERTH:-

Blairgowrie & Craighall Bridge

GRADE C+: 6.3mls/3.5hrs **ASCENT:** 269m/880ft **DEPART:** BPR at 09:00 **WALK START:** Wellmeadow car park, Blairgowrie at 10:00 **OS:** 53 **GR:** NO 1796 4502 **DESCRIPTION:** Leaving Blairgowrie we will follow the Ceteran Trail and then the old military road and return via the closed section of the A93. Some parts muddy and some tarmac back to Blairgowrie, mostly on the old road. **NOTE:** Poles advised. **PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK.** **LEADER:** Ian Stokes: iangstokes@tiscali.co.uk 01738 787567 or 07775 802630

Thursday 28th March

DUNDEE:-

Dowally to Loch Ordie

GRADE B: 9mls/5.5hrs **ASCENT:** 200m/660ft **DEPART:** CWCP at 09:00 **WALK START:** Dowally (North) Car Park off A9 (approx 5.5 miles past Dunkeld) at 10:15 **OS:** 52 **GR:** NO 000 481 **DESCRIPTION:** From Dowally Car Park, via Raor Lodge, Dowally Loch, Mill Dam, Upper Path, Loch Ordie, Guay Path. On good tracks and paths with good views. Please bring a packed lunch. Booking required. Please see website for booking information. **NOTE:** Please let leader know if you don't wish your photo to appear on our Facebook pages. Leaders: Chris Miller: cm376705@gmail.com 07955 793286 or 01382 819354 & Hilary Miller: 01382 819354

GLENROTHES:-

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

Saturday 30th March

BRECHIN:-

Tom's Cairn, Finzean, Deeside

GRADE C: 6.5mls/4hrs **WALK START:** Birse and Feughside Parish Church car park, Finzean. Follow sign for Finzean Farm Shop off B976, South Deeside Road. at 10:30 **OS:** 45 **GR:** NO 605 925 **DESCRIPTION:** : Leisurely circuit on estate roads and tracks, woodland and hill paths and field edges. with gentle ascents. Can be muddy in places. Short section on B976 - care required. No dogs please - lambing time! **NOTE:** RADO. **NOTE:** RADO. Mobile 07746 710 279. Continues onto Map 44. **LEADER:** Margaret Spalding: mspalding426@btinternet.com 07720 863005

DUNDEE:-

Balmerino Abbey from Wormit Bay

GRADE C+: 6mls/4hrs **DEPART:** TBGP at 10:00 **WALK START:** Wormit Bay at 10:30 **OS:** 54 **GR:** NO 392 260 **DESCRIPTION:** Circular walk from Wormit Bay to Balmerino Abbey via Coastal route. Return via Monks Path and Peacehill. Car parking at Wormit Bay near the memorial for the Tay Bridge Disaster. Please bring a packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Margaret Rennie: Gmags2018@gmail.com 07743 091104 or 01382 200731

DUNDEE:- Ben-Y-Vrackie

GRADE B+: 6.2m/4.5hrs **ASCENT:** 720m/2360ft **DEPART:** CWCP at 09:00 **WALK START:** Car Park on Baledmund Road, Balnakeilly, Moulin, PH16 5EL at 10:30 **OS:** 52 **GR:** NN 944 598 **DESCRIPTION:** Great viewpoint at the summit, following good paths through woodland, open moorland and passing Loch a'Choire halfway. Then on well made steep path to summit. Please bring a packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Margaret Wallace: 07469 736814

FORFAR:- Scone Den and MacDuff Monument

GRADE C: 3m/3hrs **DEPART:** MMCP at 09:15 **WALK START:** Old Scone Church Car Park at 10:15 **OS:** 54 **GR:** NO 119 251 **DESCRIPTION:** Pleasant linear walk through Scone Den and return continuing on through Quarrymill for refreshments at Macmillan coffee shop. Walk can be extended with climb up to the MacDuff Monument. Longer Walk Grade C+ 6 miles. Leaders: Christine Ferguson: 01382 532384 or 07933 461489 & Elizabeth Anderson: 01382 370980

PERTH:- Birks of Aberfeldy, Urlar Burn & Rob Roy Way

GRADE B+: 13m/6hrs **ASCENT:** 500m/1640ft **DEPART:** BPR at 09:00 **WALK START:** Birks car park just above the A826 (Crieff Road), Aberfeldy at 10:00 **OS:** 52 **GR:** NN 856 486 **DESCRIPTION:** Ascend the Birks to Urlar Farm and then follow the Urlar Burn on a good, mostly flat path to meet a minor road. After 1 km down the road join the Rob Roy way back to Aberfeldy. **NOTE:** PLEASE BOOK WITH WALK LEADER AT LEAST 2 DAYS BEFORE WALK. **LEADER:** Trevor Abell: tmbabell@gmail.com 07913 288098

ST ANDREWS & NE FIFE:- Burleigh Sands & Castle

GRADE C: 6.5m/3.5hrs **ASCENT:** 15m/50ft **DEPART:** FCPC at 09:30 **WALK START:** Burleigh Sands car park at 10:30 **OS:** 58 **GR:** NO 134 041 **DESCRIPTION:** Interesting walk taking in castle & beach on Loch Leven, views over the Loch towards the Lomonds & Benarty Hill. **NOTE:** RADO NoSC. Walk may be subject to change (weather etc). Please contact walk leader to book your place, thank you. **LEADER:** Dorothy Cameron: 01334 474305

Sunday 31st March**KINROSS & OCHIL:- Crieff Hosh-Knock-Hosh**

GRADE C+: 6m/4hrs **ASCENT:** 250m/820ft **DEPART:** KPR at 09:00 **WALK START:** Famous Grouse Car Park (Nearest post code PH7 4HA) at 10:00 **OS:** 52 **GR:** NN 856 234 **DESCRIPTION:** A circular, undulating walk through attractive woodlands, ascending 250m to the Knock with panoramic views across Strathearn. **NOTE:** Booking essential. **LEADER:** Jacqui Ritchie: 07718 315

Group pages at Ramblers website

Blairgowrie	www.ramblers.org.uk/blairgowrie
Brechin	www.ramblers.org.uk/brechin
Dalgety Bay	www.ramblers.org.uk/dalgety-bay-district
Dundee	www.ramblers.org.uk/dundee-district
Dunfermline & West Fife:	www.ramblers.org.uk/dunfermline-west-fife
Glenrothes	www.ramblers.org.uk/glenrothes
Forfar	www.ramblers.org.uk/forfar-district
Kinross & Ochil	www.ramblers.org.uk/kinross-ochil
Kirkcaldy	www.ramblers.org.uk/kirkcaldy
Perth	www.ramblers.org.uk/perth
St Andrews & NE Fife	www.ramblers.org.uk/st-andrews-ne-fife
Stirling and Falkirk	www.ramblers.org.uk/stirling-falkirk-district
Strathtay	www.ramblers.org.uk/strathtay

Groups with their own websites are listed below the Group Secretaries on page 57

Forth Valley, Fife & Tayside Area Honorary Officials

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

Convenor

Dr Mike Morris, email: morriskilry@gmail.com

Vice Convenor

Beth Dickson, email: bd6427@icloud.com

Secretary

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

Membership Secretary

Dr Mike Morris

Treasurer

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

Access Officer

John Andrews, Tel: 07526 884 953, email: johndandrews44@gmail.com

Publications and Advertising Secretary

Trevor Abell, Tel 07913 288098, e-mail: tmbabell@gmail.com

Assistant Publications Officer

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

Training Officer

Dr Mike Morris

Useful RA Addresses

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

e-mail: ramblers@ramblers.org.uk 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

Young Walkers:

www.meetup.com/Tayside-Young-Walkers/

www.meetup.com/Stirling-Young-Walkers/

Group Secretaries (correct Feb 2023)

Blairgowrie	Patricia Fraser Tel 07843786191 email patriciafraser@btinternet.com
Brechin	Suzanne Johnston Tel 07429 811838 email: brechinramblers@gmail.com
Dalgety Bay	Chris Roberts Tel 01383 822184 email: chris.dbayramblersec@gmail.com
Dundee	Hilary Miller e-mail: dundeeramblers@gmail.com
Dunfermline & West Fife	Sandra MacKinnon Tel: 07704886732 email: semackinnon@hotmail.com
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Kinross & Ochil	Ian Wilkinson email: i.h.wilkinson@gmail.com
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St Andrews & NE Fife	Colin Brown Tel: 07745 252292. email: colinbrown54@talktalk.net
Stirling, Falkirk & District	Kate Baker Tel: 07985455814 email: sandf.ramblers@gmail.com
Strathtay	Jenny Rees Tel: 07979608496 email: jenny.rees@virgin.net

These groups have their own websites in addition to a webpage on Ramblers website as shown on page 55.

Dalgety Bay	www.dalgetybayramblers.org.uk
Glenrothes	www.glenrothesramblers.org.uk
Perth & District	www.perthramblers.org.uk
St Andrews & NE Fife	www.standrewsnefiferamblers.com
Stirling and Falkirk	www.sfdramblers.wordpress.com

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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