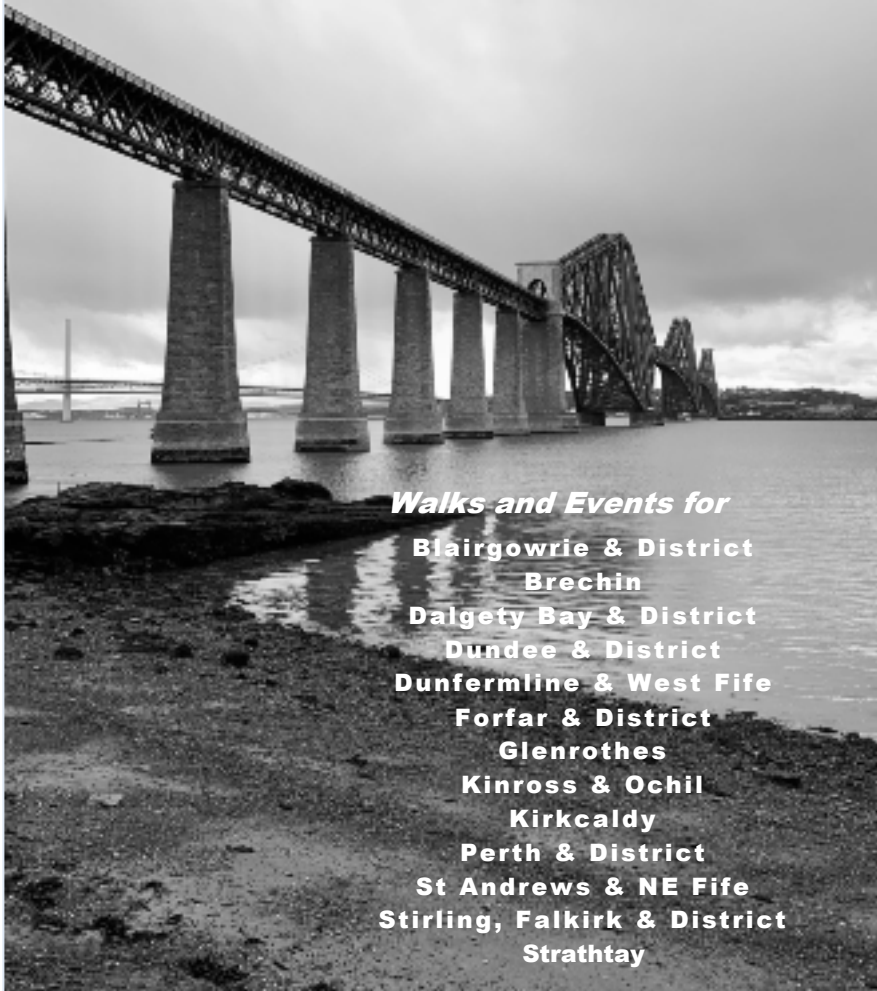




Forth Valley, Fife & Tayside

Area Joint Programme

October 2022 to March 2023



Walks and Events for

**Blairgowrie & District
Brechtin**

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

We are back! After 2 years of each group providing walks week by week during the pandemic, we are now hopefully back to something closer to normality. So welcome to the 42nd edition of the joint programme covering the Autumn/Winter programme for 2022/23. Without Covid we would now have been on issue 46. We hope that you find the programme informative and helpful in planning your own walking programme for the next 6 months. You can now download a PDF version of this file to your computer, phone, etc.

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

Publication Information for Next Issue

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

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

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

Please send it directly to Trevor Abell by the end of February.

The FV, F & T Joint Programme Team:

Publications and Advertising Secretary:

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

Assistant Publications Secretary: Ian Bruce.

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

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

Front Cover: *Forth Rail Bridge from South Queensferry*

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

Covid

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

Transport

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

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

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

Cancelling Walks

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

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
St Andrews & NE Fife	FCPC	Fluthers Car Park, Cupar
Stirling & Falkirk	LACP	Linden Ave Car Park, Stirling
Strathtay	CCP	Car Park behind Co-op, Aberfeldy

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

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

Acronyms used in the Programme

RADO = Registered Assistance Dogs Only

DWOL = Dogs welcome on Leads

CWRA = Children with responsible adults

NoSC = Not suitable for children

SPECIAL GROUPS

Glenrothes Strollers walks

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

Weekly walks begin at the agreed start point at 10am. Car sharing is encouraged, and people leaving from Glenrothes also meet at 9.30 at the Lomond Centre car park. If a walk start point is more than 30 minutes travelling time from the Lomond Centre, there may need to be an earlier departure, so please phone one of the contacts below, to check the start time. Walk start points are also posted weekly on the Glenrothes Ramblers Facebook page. For details of where to meet the group, please contact Joan Howell or Brian Conway. Please text Joan on 07802 433468 or Brian on 07980 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:** Sandra Wilkinson email: wilkinson.am@gmail.com

Dundee Ramblers Family Walk

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

Meetup.com/Dundee-Ramblers-Family-Walks-Meetup. You can also contact Dundee Secretary Jean MacGillivray on 07932014859 or dunderamblers@gmail.com

Young Walkers Groups

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

Stirling and Falkirk Mid-Week Wanderers

This Spring will see the start of a new group to provide walks from April to June and possibly extended throughout the Summer. The walks will generally be Grade B, and walkers will be expected to have a level of fitness to do the walks at a fairly brisk pace. Details of the walks will be published on the web page in advance. They may be unrec'd. Walks will be subject to change or cancellation so anyone who wishes to join must advise the walk leader in advance.

Leader: Colin Thomson colinbthomson@gmail.com Tel. 01786 472726 / 07702

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.

**FORTH VALLEY FIFE & TAYSIDE RAMBLERS
MINUTES OF THE ZOOM AGM HELD ON THE 20TH NOV. 2021**

OFFICE BEARERS PRESENT

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

MEMBERS PRESENT

C Barton, S Wallace, C Ferguson, J Ritchie, J Searles, J Houston, N Denness, P Trant, I McGugan, J Coates, L Robbie

GUESTS

Alison Mitchell; Ramblers Scotland Strategic Committee (RSSC)
Danny Carden; Ramblers Scotland

M M welcomed all members and guests to the meeting and for giving up their time to attend. He introduced Alison Mitchell from the RSSC to give an overview of the work of the committee. Alison started by thanking all members and the walk leaders for all their hard work during these difficult times,
She reported that the learning and development programme is going very well and the classes are very well attended. Good news in that Ramblers membership has increased by 2% over the year to 6282. Alison reported that Mike Gray is going to be taking on the role of treasurer for RSSC

Danny Carden from Ramblers Scotland reported on the following cases regarding access issues.

Glenborrodale Estate in the Highlands where the local landowner is trying to prevent walkers from walking on his land; and

Dalwhinnie level crossing Network Rail padlocked the gates without consultation in late July, severing an historic route to popular lochs, glens and hills including much-loved Ben Alder.

Following the two presentations, the official AGM business was undertaken.

AGM 2021

The convenor welcomed all present to the AGM

APOLOGIES FOR ABSENCE

Apologies were received from; P Fraser, K Baker, V Mowatt, B Dickson, J McGillivray, C Roberts.

MINUTES OF THE PREVIOUS MEETING

The minutes for the AGM held on the 21st Nov. 2020 were read and approved

Proposed by J Houston

Seconded by T Abell

MATTERS ARISING

There were no matters arising from these minutes.

PRESENTATION OF THE ANNUAL REPORT

The annual report was already circulated to all area members

Convenor's report – nothing added

Vice Convenors report- nothing added (apologies tendered)

Area secretary report – nothing added

Access officers report – nothing added

Publications officer report.

T A raised the question regarding the printing of an area walks programme as was previously done. There followed some discussion from the members present about this and the decision was made that it will be held over until nearer next winter before printing one, this also depends on how the restrictions etc. are at that time.

Treasurer's report

M G reported that expenditure has been much lower than expected, with no meeting costs and not printing the AJP at present means the bank balance at the moment is much higher than normal. The budget for next year has been designed to lower this to a much more normal balance. The treasurer also thanked Mr. Allan Paul for examining the accounts.

ADOPTION OF ANNUAL REPORT AND ACCOUNTS

The annual report and accounts were formally adopted.

Proposed by P trant

Seconded by I Mc Guban

APPOINTMENT OF INDEPENDENT EXAMINER OF ACCOUNTS

Mr. Allan Paul was duly elected.

Proposed by M Morris

Seconded by M Gray

APPOINTMENT OF COMMITTEE

M M thanked the committee for all their work during the last year.

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

This was approved by all members present

Proposed by S Wallace

Seconded by C Barton

Committee members

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

APPOINTMENT OF DELEGATES TO SCOTTISH AND GENERAL COUNCIL

Scottish Council; M Morris & J Forret
General Council; B Dickson & M Gray

Date for the March Area Council meeting is Thursday the 17th March

DATE FOR THE 2022 AGM

The date for the 2022 AGM is Saturday the 26th November.

AOCB

C Barton asked J A if he had received the information regarding a landowner at Hill of Beath, this landowner has removed two core paths and a historic right of way on his land.

J A said he had not heard about this matter and it was agreed that all the relevant information will now be sent to him.

With there being no other matters to discuss the Convenor closed the meeting at 11.00 am

FORTH VALLEY, FIFE AND TAYSIDE AREA AGM 2022

Saturday 26th November 9.30

Venue: Church Hall, Burnside, Scone PH2 6LP

Draft Programme: -

9.30-10.00	Registration and coffee
10.00-11.00	Area AGM
11.00 -11.30	Interval and coffee
11.30- 12.00	Speaker (topic: Mapping Scotland's paths)
12.00 -12.30	Discussion
12.30	Lunch (packed lunch)
1.15	Local Walk if weather satisfactorily.

It would be helpful if members could contact the Area Secretary two weeks before the AGM if they going to attend – Mr Jim Forret: 07526670535;
james.forret@btinternet.com

Walks Diary

Saturday 1st October

BLAIRGOWRIE:-

Cortachy Circuit & Airlie Monument

GRADE C+: 7.2mls/4hrs **Ascent:** 450m/1480ft **DEPART:** WMCP at 09:00 **WALK START:** Car park beside Cortachy Primary School at 09:45 **OS:** 54 **GR:** NO392597 **DESCRIPTION:** Woodland paths, tracks and some minor road walking, visiting the Scott-Wilson monument followed by a steady climb to Airlie Monument. **NOTE:** If you wish to attend this walk PLEASE REGISTER with **LEADER:** Pat Fraser: patriciafraser@btinternet.com 01250 873577 or 07843 786191

BRECHIN:-

Balkello / Auchterhouse Hill / Balluderon Hill

GRADE C+: 7.5mls **WALK START:** Balkello Woods Car Park at 10:30 **OS:** 54 **GR:** NO365385 **DESCRIPTION:** On tracks to Auchterhouse Hill, site of ancient fort. Short climb on to Balluderon Hill (Syd Scroggie Cairn). Return via woodland trail. **NOTE:** What3Words: packet.when.bolts. **LEADER:** Linda Robbie: lnr1@btinternet.com 01307 464512

DALGETY BAY:-

Muckhart to Crook of Devon

GRADE C+: 9mls/5hrs **Ascent:** 200m/660ft **WALK START:** Coronation Hall car park, Pool of Muckhart at 10:00 **OS:** 58 **GR:** NN999006 **DESCRIPTION:** From the Pool of Muckhart following Core Paths to Muckhart Mill and Rumbling Bridge. Through the Gorge, following the River Devon to the Crook of Devon and returning via forest paths & farm tracks. **NOTE:** BOOKING ESSENTIAL. If you would like to join this walk please book a place by contacting the **LEADER:** Neil Denness: neildenness@gmail.com 07772 904880

DUNDEE:-

Kilmany to Gauldry Circular Walk

GRADE C+: 5.5mls/3hrs **DEPART:** TBCP at 10:30 **WALK START:** Beside Jim Clark Monument in Kilmany (limited parking) at 10:45 **OS:** 53 **GR:** NO145236 **DESCRIPTION:** A pleasant walk from Kilmany cross the A92 and follow the track uphill to Gauldry. Return by the disused railway line to Kilmany. Can be muddy in parts. Please bring a packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Frances Pogorzelec & Moira Dobson: 07808 029186 & 01382 454684 or 01382 459543 & 077920140781

KIRKCALDY:-

Weekend at Peebles

DESCRIPTION: Friday Sep 30 to Monday Oct 3 at the Barony Castle Hotel. There will be walks each day, and members of other groups are welcome to join us. **NOTE:** Anyone wishing to stay at the hotel can book online. **CONTACT:** Mike Livesey: 07783 201492

PERTH:-

Castle Law & Pitkeathly Loch - PLEASE BOOK WITH LEADER

GRADE B: 7mls **Ascent:** 250m/820ft **WALK START:** Top of Station Road, Forgandenny, opposite the village hall. at 10:00 **OS:** 58 **GR:** NO086181 **DESCRIPTION:** From Forgandenny climb through Garblie Wood to Castle Law Fort. Then over the open hill to Pitkeathly Loch and down to West Dron. Continue on Silver Walk to Pitkeathly Wells and past rear of Strathallan School. **NOTE:** No. 17 bus leaves Perth and gets to Forgandenny around 10am. Check before walk, inform leader & check return times. **LEADER:** Trevor Abell: tmbabell@gmail.com 01738 813123 or 07913 288098

ST ANDREWS & NE FIFE:-

Book for Christmas Lunch on 10th Dec

DESCRIPTION: If you wish to come to Christmas lunch at Elmwood golf Club, please send £5 deposit to Colin Brown before 16th November. **CONTACT:** Colin Brown: colinbrown54@talktalk.net 01334 655724 or 07745 252292

RADO = Registered Assistance Dogs Only

DWOL = Dogs welcome on Leads

CWRA = Children with responsible adults

NoSC = Not suitable for children

Sunday 2nd October

DUNDEE:- Sunday Afternoon Walk - Caird Park & Trottick Mill

GRADE C: 4mils/2hrs **WALK START:** Mains Castle in Caird Park, Dundee, DD4 9BX at 14:00 **OS:** 380 **GR:** NO410330 **DESCRIPTION:** Walk around Caird Park and Trottick Mill Ponds Nature Reserve. Can be very muddy in places. Please bring refreshments for coffee stop along the way. Minimal ascent. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Sheila Wallace & Rona Ross: smwallace55@gmail.com 07944 570925 or 07749 838972

KINROSS & OCHIL:- Innerdownie Circular

GRADE C+: 7mils **DEPART:** KPR at 09:30 **WALK START:** Castlehill Reservoir Car Park at 10:00 **OS:** 58 **GR:** NN996033 **DESCRIPTION:** Head for Glen Quey and then take a right turn and then the climb starts here for Innerdownie. This is circular walk. **NOTE:** RADO. Nearest Post code FK14 7LA. **LEADER:** Moira McCauley: 01383 839795 or 07484 718783

STIRLING & FALKIRK:- Meikle Bin Linear

GRADE C+: 6.5mils/3.5hrs **Ascent:** 550m/1800ft **WALK START:** Car Park opposite Todholes Farm B818 at 10:00 **OS:** 57 **GR:** NS672858 **DESCRIPTION:** From the North end of Carron Valley Reservoir we will follow the forestry tracks through the trees. A steep but easy climb to the top of Meikle Bin which will be taken as a leisurely pace. Good views on a clear day. **NOTE:** CWRA. Car park is small so if possible please car share and arrive early. **LEADER:** Betty Brodie: bettybrodie@aol.com 01324 556762 or 07936 380395

STIRLING & FALKIRK:- Sunday walkers see the details on our website.

DESCRIPTION: Sunday walkers see our website for our current programme - <https://sfdramblers.wordpress.com/walks-programme> **LEADER:** Allan Drew: allan.drew@yahoo.co.uk 07921 687285

Monday 3rd October

ST ANDREWS & NE FIFE:- Committee Meeting

MEET: Community Fire Station, Cupar at 19:00 **DESCRIPTION:** General Committee meeting, Group Secretary to send out agenda prior to meeting. **NOTE:** Changes will be notified to Committee members (eg, if room not available). **CONTACT:** Jane Houston: jemillar15@aol.co.uk 01334 850211 or 07771 856643

Thursday 6th October

DUNDEE:- Ardler (Dundee) and Surrounding Area

GRADE C: 4mils/2.5hrs **WALK START:** Ardler Complex Community Centre, Turnberry Avenue, Dundee at 10:00 **OS:** 380 **GR:** NO378335 **DESCRIPTION:** Easy city walk, circular route, from Ardler Community Centre and return (taking in Clatto Country Park). Lunch at Ardler cafe at 12.30 at end of walk. Numbers limited so booking required. Please see website for booking information. **LEADER:** Sheila Wallace: smwallace55@gmail.com 01382 320243 or 07944 570925

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

Saturday 8th October

DUNDEE:- Loch Skiach and Millpond

GRADE B: 9mils/5hrs **Ascent:** 480m/1570ft **DEPART:** CWCP at 09:00 **WALK START:** Car Park opposite Kinnaird House on B898 (Limited Parking) at 10:00 **OS:** 52 **GR:** NN982498 **DESCRIPTION:** Moderate climb up to Loch Skiach, mostly downhill on way back. Mostly good track, some heathery tracks. 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 & Lena Brown: 01382 450763 & 07812 826905 or 01382 884649 & 07597 690186

DUNDEE:- Social Stroll - Forfar Loch

GRADE C: 3mils/3hrs **DEPART:** OCCP at 10:30 **WALK START:** Leisure Centre Car Park, Forfar Loch, Forfar at 11:00 **OS:** 54 **GR:** NO450506 **DESCRIPTION:** Leisurely walk round Forfar Loch followed by lunch in Forfar. **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:- Den of Alyth

GRADE C+: 6mils/4hrs **Ascent:** 50m/160ft **DEPART:** LPRCP at 09:00 **WALK START:** Den of Alyth car park at 10:30 **OS:** 53 **GR:** NO236487 **DESCRIPTION:** An easy circular walk on paths and tracks through Alyth Den to Hill of Alyth: then return to Alyth on the Cateran Trail. **NOTE:** DWOL. **LEADER:** Linda Pirie: lapirie@hotmail.co.uk 07881 369442

FORFAR:- St Andrews Lade Braes to Craigton Park

GRADE C: 5mils **WALK START:** St Andrews Bus Station at 10:30 **OS:** 59 **GR:** NO506168 **DESCRIPTION:** From bus station walk along Lade Braes as far as Craigton Park for picnic lunch. Return by same route. **LEADER:** Christine Ferguson: 01382 532384

KIRKCALDY:- Ceres - Balmalcolm

GRADE C+: 9mils **DEPART:** Kirkcaldy bus station for the 09:05 X61 (stance 4) at 09:00 **WALK START:** Bow Butts bus stop, Ceres KY15 5NE at 10:00 **OS:** 59 **GR:** NO399114 **DESCRIPTION:** Pleasant walk from Ceres to Balmalcolm via Clatto Reservoir. **NOTE:** RADO NoSC. **LEADER:** Margaret Miller: 01592 266956

PERTH:- Bankfoot to Dunkeld via Glengarr - PLEASE BOOK WITH LEADER

GRADE B: 9mils **Ascent:** 185m/600ft **WALK START:** Prieston Road bus stop, Bankfoot at 09:45 **OS:** 52 **GR:** NO064353 **DESCRIPTION:** A linear walk from Bankfoot to Dunkeld along Glengarr, using the old drovers path. Bus from Perth to Bankfoot and then return to Perth by bus from Dunkeld. **NOTE:** By bus No.23, 9:20am from Mill Street Stop F. Walk leader will meet group in Bankfoot. Poles & gaiters useful. **LEADER:** Paula Bowman: pbowman58@hotmail.com 01738 582339 or 07870 937963

ST ANDREWS & NE FIFE:- Drumoig to Morton Lochs

GRADE C+: 8.5mils/4.5hrs **Ascent:** 100m/330ft **DEPART:** FCPC at 09:30 **WALK START:** Drumoig driving range car park at 10:00 **OS:** 59 **GR:** NO439251 **DESCRIPTION:** Paths through farmland & woodland, some minor road walking. Minimal ascents but some fine panoramic views, wildlife to spot at Morton Lochs. **NOTE:** Please contact walk leader to book your place, thank you. **LEADER:** Nicky Haxell: nickyhax@gmail.com 01334 839117 or 07527 156034

Sunday 9th October

DALGETY BAY:- Portmore Reservoir circular

GRADE C+: 8mils/4hrs **Ascent:** 200m/660ft **WALK START:** Horseshoe Inn at Eddleston, on street parking at Old Manse Road opposite Horseshoe Inn at 10:30 **OS:** 73 **GR:** NT243471 **DESCRIPTION:** A circular walk with a gentle climb to Skiprig bank and Lockwood, then round Portmore Reservoir, and returning by Portmore House. Generally good path and tracks but a bit coarse undergrowth at very first. **NOTE:** BOOKING ESSENTIAL Please contact walk leader to book and arrange car share if required. **LEADER:** Matsue: 07807 549947 or 0131 332 4395

GLENROTHES:- Dundee - West End circular

GRADE C+: 7.5mils/4.5hrs **Ascent:** 600ft **DEPART:** LCCP at 9:30 **WALK START:** Riverside drive Dundee at Lay-by nearest the Tay Rail Bridge at 10:15 **OS:** 54 **GR:** NO392293 **DESCRIPTION:** An urban walk mostly on pavements with lots of steps. From the Tay to Blackness, Balgay Hill, and Dudhope, returning by the Hawkhill and Dundee University. **NOTE:** CWRA RADO **LEADER:** H Morrison 01592 749170 or 07821148256 hazmgtmor@hotmail.com

STIRLING & FALKIRK:- Glasgow Waterworks From Mugdock Park

GRADE C: 7mils/5hrs **Ascent:** 90m/300ft **WALK START:** The main CP at Mugdock Country Park Visitor Centre. This is well signposted from the A82 at a junction 1.5miles south of Strathblane. at 10:15 **OS:** 64 **GR:** NS547780 **DESCRIPTION:** Starting at the main Car Park at Mugdock Country park we discover a viewpoint looking north along the line of the famous Glasgow water supply aqueduct. This comes all the way from Loch Katrine and eventually through Strathblane. **NOTE:** DWOL CWRA. Well surfaced throughout, but there may be puddles along some sections after rain, so waterproof footwear is advised. **LEADER:** Wraight Shepherd: 01786 475137 or 07753 941564 wraight.shepherd@talk21.com

STRATHTAY:- Lady Mary's Walk

GRADE C: 6.5mils **DEPART:** CCP at 09:30 **WALK START:** Macrosty Park, Crieff at 10:10 **OS:** 52 **GR:** NN858221 **DESCRIPTION:** Lady Mary's walk, named after Lady Mary Murray, is a delightful walk which includes the beautiful north bank of the River Earn in Crieff and Laggan Hill. **NOTE:** RADO. **LEADER:** John & Lily Fleming: jandlfleming@btinternet.com 01887 820575

Tuesday 11th October

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

KIRKCALDY:- Langtoun Daunderers -- North Kirkcaldy Wander

GRADE C: 6mils **WALK START:** Dunnikier Golf Club car park, Dunnikier Way, KY1 3LP at 10:00 **OS:** 59 **GR:** NT278944 **DESCRIPTION:** A flat walk on paths and tracks up Johnny Marshall's Loan, then round the back of warehouses onto the Clunie road, returning to the start via the track adjacent to the A92. **NOTE:** RADO NoSC. The walk will be followed by lunch at Dunnikier Golf Club. **LEADER:** Liz Greig: 01592 653682 or 07919 985239

Wednesday 12th October

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

PERTH:- Lade/Tay/Almond loop - PLEASE BOOK WITH LEADER

GRADE C: 5mils **Ascent:** 30m/100ft **WALK START:** Tulloch Square car par at 10:00 **OS:** 58 **GR:** NO097252 **DESCRIPTION:** On good paths to the Lade, then following the Tay and Almond to Double Dykes & returning via the Lade. **NOTE:** Tulloch Square is at the Tulloch Road end of Tulloch Terrace (PH1 2PW) and is on the route of the No 2 bus from Mill St. **LEADER:** Norma Hill: nrhill54@gmail.com 01738 562113 or 07765 777878

Thursday 13th October

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

GRADE D: 4mils/2.5hrs **DEPART:** Dalgety Bay Library at 10:00 **WALK START:** Townhill Loch CP at 10:30 **OS:** 58 **GR:** NT103891 **DESCRIPTION:** A pleasant easy walk on good paths around Townhill Loch on the north side of Dunfermline. **NOTE:** RADO. BOOKING ESSENTIAL If you would like to join this walk please book a place by contacting the **LEADER:** Ken Wright: 07535 386982

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

Saturday 15th October

BLAIRGOWRIE:- Crook of Devon Circular

GRADE C: 7.5mils **Ascent:** 350m/1150ft **DEPART:** WMCP at 09:00 **WALK START:** Behind Crook of Devon Church at 10:15 **OS:** 58 **GR:** NO033001 **DESCRIPTION:** Low level walk mainly paths & tracks, some road walking. Skirting around Crook of Devon in attractive wooded areas, open farmland and through the neighbouring gorge. Small detour to visit Tullibole Witches' Maze. **NOTE:** If you wish to attend this walk PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com **LEADER:** Liz Chisholm: lizchis@outlook.com 07786 626338

BRECHIN:- Tarfside to Rowan

GRADE B: 6mils **WALK START:** Tarfside Village Car Park at 10:15 **OS:** 44 **GR:** NO493796 **DESCRIPTION:** From Tarfside on track past Hill of Rowan (optional diversion via Maule monument on hill top). Return via Milton. **NOTE:** What3Words: messing.sculpting.cools. **LEADER:** Frances Low: 01356 625384

DALGETY BAY:- Brig O'Turk circular

GRADE C: 7mils/4hrs **Ascent:** 200m/660ft **WALK START:** Little Drum Wood CP on A821 Near Brig O'Turk. at 10:45 **OS:** 57 **GR:** NN549063 **DESCRIPTION:** Circular walk with lovely views and Autumn colours. Walk through Little Drum Wood on waymarked paths, continue through woodland walks with views over Loch Venachar, before returning to car park. **NOTE:** BOOKING ESSENTIAL Please contact walk leader to book and arrange car share if required. **LEADER:** Irene Garvie: 07941 620775

DUNFERMLINE & WEST FIFE:- Meall nan Caorach & Meall Reamhar (Grahams)

GRADE B+: 7.5mls/5hrs **Ascent:** 550m/1800ft **DEPART:** LPRCP at 08:30 **WALK START:** Amulree Village Hall Car Park: postcode PH8 0EF at 10:00 **OS:** 52 **GR:** NN899364 **DESCRIPTION:** A hill walk up 2 Grahams east of the A822 Crieff/Dunkeld road. The walk-in is along a reasonably good hill track as far as the bealach between the two hills. The hills have some steep and pathless ascents and descents. Return by the track. **NOTE:** RADO. Muddy and rough ground in places, wear hillwalking clothes and boots. Livestock may be encountered. Some road walking. **LEADER:** Bob Cuthbertson: bob.cuthbertson@hotmail.co.uk 01383 747997 or 07503 001948

GLENROTHES:- Glenrothes - Star Moss Circular

GRADE C+: 9mls/4.5hrs **Ascent:** 470ft **DEPART:** LCCP at 09:30 **WALK START:** Lomond Centre CP at 09:45 **OS:** 59 **GR:** NO285008 **DESCRIPTION:** A variation of a popular walk starting from the Lomond Centre, an easy circular walk through woodland using paths and rights of way to Balbirnie Estate, Star Moss and returning by Cuinin Hill (with a little road walking). **NOTE:** CWRA DWOL **LEADER:** W Cumming contact by Email splish2splish@gmail.com

KIRKROSS & OCHIL:- Bridge of Tilt Circular

GRADE C+: 9.5mls/5hrs **DEPART:** KPR at 08:45 **WALK START:** Car park on LHS travelling North at Old Bridge of Tilt at 10:00 **OS:** 43 **GR:** NN874663 **DESCRIPTION:** A walk up one of Perthshire's most scenic glens on a circular route following good paths, tracks and minor roads. **NOTE:** RADO. Nearest post code at starting point PH18 5TP. **LEADER:** Alastair Kerr: alastair-kerr@hotmail.com 07523 268191

KIRKCALDY:- Cupar - Foodie - Dairsie

GRADE B: 9mls **Ascent:** 240m/790ft **DEPART:** KRSN at 09:30 **WALK START:** Fluthers car park, Cupar KY15 4HB at 10:30 **OS:** 59 **GR:** NO376146 **DESCRIPTION:** From Cupar on paths, tracks and some quiet roads via Foodieash, Foodie, Dairsie and Dairsie Mains. **NOTE:** RADO NoSC. **LEADER:** Mike Livesey: 07783 201492 or 01592 503272

PERTH:- Comrie & Maam Road - PLEASE BOOK WITH LEADER

GRADE B: 10mls **Ascent:** 295m/975ft **WALK START:** Car park next to skate park, Comrie (on R. just before bridge) at 10:00 **OS:** 52 **GR:** NN777223 **DESCRIPTION:** Moderate route with a strenuous ascent up to Lord Melville's Monument. Path then follows Maam Road through Dunira Estate, onto Kindrochet and then returning via old railway line, passing power station and Aberuchill Castle. **NOTE:** RADO. Mainly good paths with about two miles of road walking. **LEADER:** Sarah Martin: 07925 252828

Sunday 16th October

STIRLING & FALKIRK:- Bannockburn and St Ninians

GRADE C+: 7.5mls/3.75hrs **Ascent:** 136m/450ft **WALK START:** Bannockburn Heritage Centre FK7 0LJ at 10:15 **OS:** 57 **GR:** NS797905 **DESCRIPTION:** Route passes through the outskirts of Stirling and winds through green spaces of St Ninians, Whins of Milton and Cambusbarron villages. There are fine views and many points of historic interest given by information boards along the way. **NOTE:** CWRA. **LEADER:** Katie: katiebaker50@sky.com or 07985 455814

RADO = Registered Assistance Dogs Only

DWOL = Dogs welcome on Leads

CWRA = Children with responsible adults

NoSC = Not suitable for children



Monday 17th October

DUNDEE:-

Dundee City Midweek Walk with Lunch (circular)

GRADE C+:- 3mils/3hrs **WALK START:** McManus Cafe, Meadowside, DD1 1DA at 11:00 **OS:** 380 **GR:** NO402300 **DESCRIPTION:** From McManus Cafe to Dudhope Park, Lochee Road, Verdant Works and Deaf Hub Cafe, The Old Mill, Brown Street. (lunch stop here at 12.30), returning to McManus by High St. and Reform St. Numbers limited so booking required (see website). **NOTE:** Generally flat walk with one uphill section to Dudhope Park and also steep set of steps to climb taken at a steady pace. **LEADER:** Sheila Wallace: smwallace55@gmail.com 07944 570925

Wednesday 19th October

KIRKCALDY:-

Final call for Winter Meal

DESCRIPTION: Last day for booking onto the Winter Meal on 19th November (see separate entry)
CONTACT: Mike Livesey: 07783 201492

PERTH:-

Blaigowrie Lochs, Hare Myre & Ericht - PLEASE BOOK WITH LEADER

GRADE C+:- 8.5mils **Ascent:** 130m/434ft **WALK START:** Wellmeadow car park, Blagowrie at 10:05 **OS:** 53 **GR:** NO180451 **DESCRIPTION:** This circular walk starts and finishes along the River Ericht, goes through wooded areas, skirts around Hare Myre and visits Fingask and White Lochs following the Ardblair Trail. **NOTE:** Park at the Wellmeadow Car Park or catch the 57 bus: leaves Perth Bus Station at 09.15, arrives Blagowrie at 10.02. **LEADER:** Tara Harper: rugpurcat@hotmail.co.uk 07762 265869

ST ANDREWS & NE FIFE:-

Kemback to Blebo

GRADE C:- 5mils **Ascent:** 60m/200ft **DEPART:** FCPC at 09:40 **WALK START:** Car park opposite Kemback church hall in Dura Den at 10:15 **OS:** 59 **GR:** NO415150 **DESCRIPTION:** Gentle walk, uphill at start, through woodland then minor road to Blebo, may be muddy. **NOTE:** Please contact walk leader to book your place, thank you. **LEADER:** Jim Forret: james.forret@btinternet.com 01334 656137 or 07526 670535

Thursday 20th October

GLENROTHES:-

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

Friday 21st October

STIRLING & FALKIRK:- Nethybridge weekend

DESCRIPTION: This is a reminder that the group has a weekend away booked at the Nethybridge Hotel from the 21st October – 24th October. For details contact Babs **CONTACT:** Babs Butler: barbaraafbutter@btinternet.com 07711 575561

Saturday 22nd October

DALGETY BAY:- Kinghorn, Roddenbraes, Craigencalt circular

GRADE C: 7mls/4hrs **Ascent:** 245m/800ft **WALK START:** Kinghorn Harbour car park. at 10:30 **OS:** 65 **GR:** NT266861 **DESCRIPTION:** From the harbour northwards to Grangehill, Rodenbraes, Binnend to Standing Stane Road. Return via Craigencalt, Kinghorn Loch & Kinghorn Links. **NOTE:** BOOKING ESSENTIAL If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** David Thomson: dabthomson@gmail.com 07922 050562

DUNDEE:- Glen Artney to see Deer Rut

GRADE C: 7mls/4hrs **DEPART:** CWCP at 09:00 **WALK START:** Car Park Glen Artney (Take Braco turn off on left from Comrie, turn right over bridge to Army Hut then down single track road to car park) at 10:15 **OS:** 57 **GR:** NN712102 **DESCRIPTION:** Leisurely walk, hoping to see and hear deer rutting. Some road walking. Bring binoculars. 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: 01382 450763 or 07812 826905

DUNFERMLINE & WEST FIFE:- Loch Freuchie circular

GRADE C+: 8mls/4.5hrs **Ascent:** 50m/165ft **DEPART:** LPRCP at 09:00 **WALK START:** Amulree village hall car park at 10:30 **OS:** 52 **GR:** NT900365 **DESCRIPTION:** A moderately long but technically easy walk around a small Highland loch: half on rough paths and half on a quiet public road. **NOTE:** RADO. Be traffic aware on the very quiet roads. **LEADER:** Mick Harrison: mickdharrison@hotmail.com 07982 710999

KIRKCALDY:- River Avon & Union Canal

GRADE C+: 6mls **DEPART:** KRSN at 09:00 **WALK START:** Muiravonside Country Park car park, Linlithgow EH49 6LN at 10:00 **OS:** 65 **GR:** NS963755 **DESCRIPTION:** A rural riverside walk, starting at Newparks Farm following the river, returning via the Union Canal and crossing the Avon Aqueduct. There is one flight of steep steps near the beeing of the walk. **NOTE:** RADO NoSC. **WINTER MEAL:** This will take place on November 19 (see separate entry) at Dunnikier Golf Club, Kirkcaldy KY1 3LP. **LEADER:** Beth Dickson: bd6427@icloud.com 07791 912417

PERTH:- Cloan Glen - PLEASE BOOK WITH LEADER

GRADE C+: 7mls **Ascent:** 275m/900ft **WALK START:** Crown Inn Wynd car park, High Street, Auchterarder at 10:00 **OS:** 58 **GR:** NN945128 **DESCRIPTION:** From Auchterarder pass under A9 and ascend Cloan Glen, return on higher route via Bellshill, Foswell and Woodend. (If the car park is full there is usually plenty of on-street parking in nearby Ruthven Street.). **NOTE:** If travelling by bus, No.19 (Docherty's service) from Perth bus station at 9:20. **LEADER:** Pete & Anne Trant: thetrants@virginmedia.com 01738 565075 or 07985 202934

STRATHTAY:- Glen Banvie

GRADE C+: 8mls **Ascent:** 200m/660ft **DEPART:** CCP at 09:30 **WALK START:** Old Bridge of Tilt car park at 10:10 **OS:** 43 **GR:** NN874662 **DESCRIPTION:** Circular route past Old Blair and the Whim Plantation and following the track up Glen Banvie almost to Bruar Water. Descend Glen Bruar through Glen Banvie Wood and Baluan Wood to rejoin the outward route. **NOTE:** RADO. **LEADER:** Linda Wallace: lindamwallace@yahoo.co.uk 07799 075073

Sunday 23rd October

DUNDEE:- Little Lochs, Blairgowrie

GRADE C: 7.5mls/3.5hrs **DEPART:** CWCP at 09:30 **WALK START:** Hazelwood Road (beside Blairgowrie Cemetery) off A93, on street parking. at 10:15 **OS:** 53 **GR:** NO174437 **DESCRIPTION:** Easy low level route following paths, tracks and the last mile of pavement, through farmland and woodland. Passing through Darroch Wood and by Fingask, White and Stormont Lochs. 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

FORFAR:- Inverbervie, Benholm Mill, Roman Road Circular

GRADE C: 7mls **DEPART:** MMCP at 09:00 **WALK START:** Seafront Car Park, Inverbervie (follow signs for Leisure Centre) at 10:00 **OS:** 45 **GR:** NO831727 **DESCRIPTION:** A lovely coastal loop from Inverbervie passing Gourdon Harbour then returning via Benholm Mill and the Roman Road. **LEADER:** Elizabeth Anderson: 01382 370980

GLENROTHES:- Lochore - Blairadam circular

GRADE C+: 8mls/4hrs **Ascent:** 380ft **DEPART:** LCCP at 9:30 **WALK START:** Lochore Meadows CP at 10:00 **OS:** 58 **GR:** NT170962 **DESCRIPTION:** Round loch and into forest via old Blairadam House drive. Through forest to M90 footbridge and return by Keltiehill and south side of loch. Some rough tracks. **NOTE:** CWRA DWOL Leaders will meet walkers at Lochore Meadows **LEADER:** C and B Barton 01383 725859 chrisbettybarton@gmail.com

STIRLING & FALKIRK:- Queensferry crossing

GRADE C: 6.5mls/5hrs **Ascent:** 100m/330ft **WALK START:** Doubletree Hilton Hotel Queensferry CP at 10:00 **OS:** 65 **GR:** NT125809 **DESCRIPTION:** From the Hilton hotel walk up & over the Forth road bridge, where weather permitting there will be stunning views. Continue to South Queensferry for lunch. **NOTE:** Please park at the lower CP, not at the hotel, but below it. **LEADER:** Billy Kane: 44nfl44@googlemail.com 07940 286792

Tuesday 25th October

DALGETY BAY:- Burleigh Castle to Loch Leven Larder

GRADE C: 6mls/3.5hrs **Ascent:** 40m/130ft **WALK START:** Burleigh Sands car park at 10:15 **OS:** 58 **GR:** NO133040 **DESCRIPTION:** From car park walk to Burleigh Castle, then return on the same route and onto Loch Leven Larder (lunch optional) via the Heritage Trail. Mainly on paths, tracks and pavement. **NOTE:** BOOKING ESSENTIAL If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** H Haines & Rose Nutt: 01383 822187 & 07990 660724 or 01383 822669 & 07494 235392

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

Wednesday 26th October

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

PERTH:- Bertha Loch, Luncarty & River Tay - PLEASE BOOK WITH LEADER

GRADE C+: 9mls **Ascent:** 60m/200ft **WALK START:** Lawgrove Place, Inveralmond Ind. Est. (2nd on right off Ruthvenfield Road from Inveralmond roundabout) at 10:00 **OS:** 58 **GR:** NO094264 **DESCRIPTION:** A leisurely walk starting at Lawgrove Place, Inveralmond, Perth. The walk will take us via the river Tay to Luncarty returning via Redgorton and Bertha Loch. Mostly level walk on tracks/paths with some minor road walking. **NOTE:** No. 4 bus from Mill Street, Stand E at 9:45. Please remember to book a place by phone or email directly with the leader. **LEADER:** Tom Reid: 07551 903278

Thursday 27th October

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

Saturday 29th October

BLAIRGOWRIE:- Crieff - Bairds Monument - Knock Mary Circular

GRADE C+: 8mils/4.5hrs **Ascent:** 250m/820ft **DEPART:** WMCP at 09:00 **WALK START:** Macrosty Park Car Park Crieff at 10:00 **OS:** 368 **GR:** NN858221 **DESCRIPTION:** West along riverside and farm track to Trivan, ascending hill to Baird Monument (Optional). Road walk south to upper Strowan then on to hillside leading to Knock Mary and back to Crieff. **NOTE:** If you wish to attend this walk PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com **LEADER:** Jean Stewart: 01250 873852 or 07989 890445

BRECHIN:- Ardblair Trail and Bluebell Woods, Blairgowrie

GRADE C: 6mils **WALK START:** Wellmeadow Car Park, off Back Brae, Blairgowrie at 10:30 **OS:** 53 **GR:** NO180451 **DESCRIPTION:** Circular walk from Blairgowrie, on paths and good tracks throughout, through woodland and town. **NOTE:** What3Words: loads.influence.herb. **LEADER:** Linda Robbie: lnr1@btinternet.com 01307 464512

DALGETY BAY:- Dunkeld and the Pine Cone Point.

GRADE C+: 8.5mils/5.5hrs **Ascent:** 250m/820ft **WALK START:** Dunkeld North Car Park (Charge Involved) Street parking may be available. at 10:00 **OS:** 52 **GR:** NO026428 **DESCRIPTION:** Along the north bank of the River Tay to enter the forest at Craigvinean, then a gentle climb to view the autumn colours of Perthshire from the Pine Cone Viewpoint. Descend to Ossian's Hall to return via The Hermitage and Inver to Dunkeld. **NOTE:** BOOKING ESSENTIAL Please contact walk leader to book and arrange car share if required. **LEADER:** Evelyn Gordon: 07790 656855

DUNDEE:- Anstruther to St Monans Circular

GRADE C: 8mils/4hrs **Ascent:** 115m/370ft **DEPART:** TBCP at 09:00 **WALK START:** Station Road Car Park, Anstruther, KY10 3JA at 10:00 **OS:** 59 **GR:** NO563037 **DESCRIPTION:** Anstruther to St Monans via coastal path and return via woodland paths, farm tracks and minor roads. Can be muddy in places. There is an option to shorten walk if anybody wants to get the bus back from St Monans. Please bring packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Lorna Sayer: 07515 378048

GLENROTHES:- Glenrothes - Pitcairn to E Lomond Freuchie & Kirkforthar Circular

GRADE B: 9mils/5hrs **DEPART:** LCCP at 9:30 **WALK START:** Pitcairn Ranger Station, Glenrothes at 9:45 **OS:** 59 **GR:** NO266035 **DESCRIPTION:** Start by walking up towards East Lomond, then down to Freuchie, over to Muirhead and Kirkforthar. Return through Lochmuir Wood, skirt Balbirnie and back by the Coul Burn path to Pitcairn. Mainly on good paths, with some field edges and a little road walking. **NOTE:** CWRA RADO Leader will meet walkers at Pitcairn **LEADER:** W Cumming contact by Email splish2splosh@gmail.com

KIRKCALDY:- Markinch & Star

GRADE C+: 8.5mils **DEPART:** Kirkcaldy bus station for the 09:15 X37 (stance 11) at 09:10 **WALK START:** The Lomond Centre, Woodside Way, Glenrothes KY7 5EP at 10:00 **OS:** 59 **GR:** NO285008 **DESCRIPTION:** A pleasant walk through the outskirts of Markinch via Cuinin Hill. Return by Dalginch Braes Loan to Markinch then the viaduct to the Lomond Centre. **NOTE:** RADO NoSc. **LEADER:** Margaret Miller: 01592 266956

PERTH:- Atholl Woods Path circular - PLEASE BOOK WITH LEADER

GRADE C+: 9.5mils **Ascent:** 250m/820ft **WALK START:** Cally car park, Dunkeld at 10:00 **OS:** 52 **GR:** NO023437 **DESCRIPTION:** Circular walk starting from Cally Car Park to Mill Dam then following the Atholl Woods Path through Rotmell Wood. Good views overlooking the Tay before walking uphill to Raor Lodge and return by Dowally & Rotmell Lochs. **NOTE:** This is a circular walk on good tracks and paths. Please note: There is quite a steep climb up to Raor Lodge. **LEADER:** Sheelagh Candy: 07505 449406

Sunday 30th October

DUNDEE:- Family Halloween Walk - Monikie Park

GRADE C: 3mls/1.5hrs **WALK START:** Car Park at Monikie Park at 14:00 **OS:** 54 **GR:** NO501383 **DESCRIPTION:** Fancy Dress walk round Monikie Reservoirs. Maybe we'll see some ghosts. Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Jean MacGillivray: 07932 014859

KINROSS & OCHIL:- Holl Reservoir - Bishop Hill Circular

GRADE C+: 8mls/4.5hrs **Ascent:** 273m/900ft **DEPART:** KPR at 09:30 **WALK START:** Holl Reservoir Car Park at 10:00 **OS:** 370 **GR:** NO224035 **DESCRIPTION:** Circular walk on hill paths and tracks. Steady ascent up the back of Bishop Hill, along the top, steep descent to Glen Vale, up past John Knox's Pulpit, Harper Leas reservoir and return to Holl. Fine views all around. Boggy sections. **NOTE:** RADO. Meet leaders at walk start. Nearest post code KY6 3HR. **LEADER:** Jacqui Ritchie & Margaret Best: 07718 315990

ST ANDREWS & NE FIFE:- Kinghorn to Kirkcaldy

GRADE C+: 6.5mls/3.5hrs **Ascent:** 200m/660ft **DEPART:** FCPC at 09:30 **WALK START:** Car park in Pettycur Road, Kinghorn at 10:30 **OS:** 59 **GR:** NT269866 **DESCRIPTION:** Walk following coastal path from Kinghorn to Kirkcaldy, returning on quiet farm roads with some moderate inclines. **NOTE:** Please contact walk leader to book your place, thank you. **LEADER:** Bob Stirrat: robertstirrat@hotmail.co.uk 01334 653481 or 07980 371588

Wednesday 2nd November

PERTH:- Pitlochry to Garry Bridge circular - PLEASE BOOK WITH LEADER

GRADE C+: 8.7mls **Ascent:** 225m/740ft **WALK START:** Pitlochry Festival Theatre car park at 10:00 **OS:** 52 **GR:** NN939576 **DESCRIPTION:** A fairly level circular walk on tracks and minor roads close to the Rivers Tummel and Garry, linking Coronation Bridge (NN 903601), Garry Bridge and on the return passing close to Loch Dunmore. **NOTE:** RADO. Sections of path may be muddy. **LEADER:** Richard Townsend: richmtownsend@outlook.com 07753 418101

Thursday 3rd November

BLAIRGOWRIE:- AGM

MEET: British Legion Club, 9 George Street, PH10 6HA at 19:00 **DESCRIPTION:** Blairgowrie & District group Annual General Meeting. **CONTACT:** Pat Fraser: patriciafraser@btinternet.com 07843 786191

DUNDEE:- Carnoustie and Surrounding Area

GRADE C: 8mls/4.5hrs **DEPART:** OCCP at 09:45 **WALK START:** Car Park at Links Parade, Carnoustie, DD7 6AY at 10:15 **OS:** 54 **GR:** NO567344 **DESCRIPTION:** Circular route from car park by Craigmill Den, Barry Mill, Barry Station and return. Town walking, country road walking as well as a variety of tracks (including farm tracks). Can be muddy in places. Please bring a packed lunch. **NOTE:** Car park is situated at the Railway station end of Links Parade (between the station and the sea). **LEADER:** Sheila Wallace: smwallace55@gmail.com 01382 320243 or 07944 570925

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

Saturday 5th November

DALGETY BAY:- Bishop Hill from Portmoak

GRADE B: 5mls/4hrs **Ascent:** 505m/1650ft **WALK START:** Portmoak church car park at 10:00 **OS:** 58 **GR:** NO181021 **DESCRIPTION:** A short walk up and down the steeper sides of Munduff and Bishop Hills, with a circular around the flatter summits taking in a view of the rock formation Carlin Maggie and daughter. **NOTE:** BOOKING ESSENTIAL If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Jane Searles: 07900 175403

DUNDEE:- Memus

GRADE B: 8.6mils/4.5hrs **Ascent:** 264m/870ft **DEPART:** OCCP at 09:00 **WALK START:** Memus (parking at village hall), DD8 3TY at 10:00 **OS:** 54 **GR:** NO426590 **DESCRIPTION:** Road walking on minor road at start and finish. Steady incline from Memus to Newmill of Inshewan on through Glenquiech, Baikes, Anniegathel ruins, Shallgreen and back by Horniehaugh to Newmill of Inshewan and Memus. May be cows in field. **NOTE:** Steady climb at start but all on good tracks. Please bring packed lunch and membership cards for registration. **LEADER:** Anne McCreery & Lorna Sayer: 07519 650998 or 07515 378048

FORFAR:- Local Walk (Followed by AGM)

GRADE C: 5mils **WALK START:** MMCP at 10: **GR:** NO457516 **DESCRIPTION:** Local Walk followed by AGM in St John's Church Hall at 2pm **LEADER:** Dorothy Hutcheon: 01307 468034

KIRKCALDY:- AGM

MEET: St Bryce Kirk, St Brycedale Ave, Kirkcaldy KY1 1ET at 11:00 **DESCRIPTION:** Annual General Meeting **CONTACT:** Beth Dickson: bd6427@icloud.com 07791 912417

PERTH:- Weem Hill - PLEASE BOOK WITH LEADER

GRADE B+: 8mils **Ascent:** 440m/1450ft **WALK START:** Parking at Camserney Village Hall at 10:00 **OS:** 52 **GR:** NN820491 **DESCRIPTION:** A circular walk on tracks and core paths over moorland with fine views of Farragon Hill. **NOTE:** Four fords – sticks recommended. Parking is limited so car share if possible. Short afternoon means a torch is advisable. **LEADER:** Ian Stokes: iangstokes@tiscali.co.uk 01738 787567 or 07775 802630

ST ANDREWS & NE FIFE:- The Clink - Pitmedden Circular

GRADE B: 8.5mils **Ascent:** 300m/980ft **DEPART:** FCPC at 09:30 **WALK START:** Clink Car Park near Auchtermuchty at 10:00 **OS:** 59 **GR:** NO223128 **DESCRIPTION:** Walk from the Clink around Pitmedden forest on minor road and good tracks. Some steep sections but some good views, especially from Carpow Hill. **NOTE:** Car park spaces limited so recommend car sharing. Please contact walk leaders to book your place, thank you. **LEADER:** Carol Philip & Christine Arnold: 01334 475997 or 07979 541678 & 07718 316597

Sunday 6th November**GLENROTHES:- Leslie - Falkland hill foothills circular**

GRADE B: 8mils/3hrs **DEPART:** LCCP at 9:30 **WALK START:** CP in Leslie adjacent to the skateboard park at 9:45 **OS:** 59 **GR:** NO248020 **DESCRIPTION:** A scenic walk with views to the Forth estuary **NOTE:** NoSC RADO **LEADER:** C Mackie and T McLaren 07903 132319 tmlaren39@gmail.com

STIRLING & FALKIRK:- Lomond Hills- 4 Reservoirs walk

GRADE C: 7.5mils/3.5hrs **Ascent:** 150m/490ft **WALK START:** Craigmead CP KY6 3HH at 10:00 **OS:** 58 **GR:** NO221061 **DESCRIPTION:** Moderate walk around the Lomond Hills and taking in four reservoirs. Good paths and tracks. **LEADER:** Lorraine Milne: lorrainemilne@hotmail.co.uk 07925 217341 or 01324 631661

STRATHTAY:- Three Wade Bridges

GRADE C+: 8mils **DEPART:** CCP at 09:30 **WALK START:** Dalnamein at 10:10 **OS:** 43 **GR:** NN754696 **DESCRIPTION:** Following an old Wade Road built in 1729 from Dalnamein to Old Bridge of Tilt and crossing three original Wade bridges at Dalnamein, Clunes Lodge (Tinkers Bridge) and Eye of the Window bridge. **NOTE:** RADO. **LEADER:** Jenny Rees: jenny.rees@virgin.net 07979 608496

Monday 7th 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 etc), will be notified by Convenor **CONTACT:** Jane Houston: jemillar15@aol.co.uk 01334 850211 or 07771 856643

Tuesday 8th November

DALGETY BAY:- AGM

Annual General Meeting, all members of the Group are welcome to attend. **NOTE:** Provisional notification of AGM, further details will be on our website nearer the time. **CONTACT:** Chris Roberts: 14baywalk@gmail.com 01383 822184 or 07749 757587

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 Tayside Mountain Rescue. Tea/Coffee and biscuits will be provided. **CONTACT:** Jean MacGillivray: 07932 014859

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

Wednesday 9th November

PERTH:- Birnam Hill & Birnam - PLEASE BOOK WITH LEADER

GRADE C+: 8mls **Ascent:** 400m/1310ft **WALK START:** Birnam Institute at 10:05 **OS:** 52 **GR:** NO032419 **DESCRIPTION:** Figure of 8 walk, both sections starting & finishing at Birnam Institute. Birnam Hill: well graded ascent, great views, steep descent in places. Birnam Walk: level walk through trees along banks of the Tay (option to omit this section). **NOTE:** RADO. Birnam Hill - 4.5 miles, Birnam Walk - 3.5 miles. No.23 bus from Perth, Mill St. , stop F at 9:20am. **LEADER:** Pat Townsend: pntownsend@outlook.com 07761 426992

Thursday 10th November

DALGETY BAY:- Roamers - Forth Road Bridge walk

GRADE D: 4mls/2hrs **Ascent:** 50m/160ft **WALK START:** Ferrytoll Park and Ride at 10:00 **OS:** 58 **GR:** NT124810 **DESCRIPTION:** Follow the pavement from the car park up to the bridge, across the Road Bridge with a coffee stop at the Bridges viewpoint before walking back across the bridge or take the bus. **NOTE:** BOOKING ESSENTIAL If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Margaret Leighton: 07780 478181

DUNDEE:- Kirkton of Auchterhouse to Dundee

GRADE C: 8mls/5hrs **WALK START:** Bus shelter at Cox Street Dundee (bottom of St Mary's Rd) DD3 9HA at 09:45 **OS:** 380 **GR:** NO386339 **DESCRIPTION:** Travelling from Dundee to Kirkton of Auchterhouse by bus, returning on foot. Walking on roads, old rail tracks, woodland tracks and field tracks. Stop for coffee in Dronley Woods and lunch in the Pine Cone. Can be muddy in places. **NOTE:** Minimal ascent. On street parking on St Mary's Road. **LEADER:** Sheila Wallace: smwallace55@gmail.com 01382 320243 or 07944 570925

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

Friday 11th November

PERTH:- Perth & District Group AGM

MEET: Perth Business Centre, Glasgow Road at 19:00 **DESCRIPTION:** Committee business followed by social event. Further details to follow nearer the date. **CONTACT:** Trevor Abell: tmbabell@gmail.com 01738 813123 or 07913 288098

Saturday 12th November

BLAIRGOWRIE:- Redmyre Loch, Tullybaccart

GRADE C: 8.5mls/4.5hrs **Ascent:** 221m/730ft **DEPART:** WMCP at 09:30 **WALK START:** Northballo Carpark at 10:00 **OS:** 53 **GR:** NO250349 **DESCRIPTION:** Moderate low level route following minor roads, tracks and paths through farmland and forestry. **NOTE:** If you wish to attend this walk PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com **LEADER:** Irene Rintoul: irenerintoul@hotmail.com 01250 870463

BRECHIN:-**Balgavies from Letham**

GRADE C: 5mls **WALK START:** Letham Village Car Park, Aldbar Road at 10:00 **OS:** 54 **GR:** NO528490 **DESCRIPTION:** Circular walk from Letham around Balgavies loch, taking in the old walled graveyard near Milldens. **NOTE:** What3Words: pure.speaker.clinic. **LEADER:** Alison Stewart: 07707 680939

DUNDEE:-**Burntisland and the Binn**

GRADE C+: 6.5mls/4hrs **Ascent:** 240m/790ft **DEPART:** TBCP at 09:30 **WALK START:** Burntisland Links Car Park, KY3 9DY at 10:30 **OS:** 66 **GR:** NT236860 **DESCRIPTION:** A lovely walk along the beach to Pettycur harbour, then inland via Kinghorn Golf course for a gradual climb up to the Binn where there are great views over Burntisland the Fife coast. There is one short steep descent down a grassy bank. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. Please bring a packed lunch. **LEADER:** Frances Pogorzelec & Moira Dobson: 07808 029186 & 01382 454684 or 01382 459543 & 077920140781

DUNDEE:-**West End of Dundee (Social Stroll)**

GRADE C: 4.5mls/4hrs **WALK START:** Bottom of Glamis Road at 11:00 **OS:** 54 **GR:** NO371298 **DESCRIPTION:** Walk by the Ninewells Community Garden to the Nature Trail then to Invercarse Hotel for coffee and cake. **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:- Ben Vrackie

GRADE B: 6.5mls/4.5hrs **Ascent:** 790m/2590ft **DEPART:** LPRCP at 08:15 **WALK START:** Ben Vrackie car park, near Moulin at 10:00 **OS:** 49 **GR:** NN943595 **DESCRIPTION:** A lovely walk with great views over Pitlochry and surrounding areas. Good tracks and paths with some steep sections on the ascent. Return via the Bealach path. **NOTE:** RADO. Final route to the summit is long and steep but on a well-made path. Same path for descent. Could be slippery if wet. **LEADER:** Anne Laird: anne-laird@hotmail.co.uk 01383 727515 or 07768 860066

GLENROTHES:-**Dairsie - Forret and Logie circular**

GRADE C+: 8.5mls/4.5hrs **Ascent:** 900ft **DEPART:** LCCP at 9:30 **WALK START:** Dairsie primary school CP at 10:15 **OS:** 59 **GR:** NO411173 **DESCRIPTION:** From Dairsie to Wester and Easter Forret, Logie returning by Pitormie. **NOTE:** NoSC RADO **LEADER:** L Allen 07578 999338 lesallen80@gmail.com

KINROSS & OCHIL:-**Dollar Circular and AGM**

GRADE C: 4mls/2hrs **DEPART:** KPR at 09:30 **WALK START:** The Inn at Dollar at 10:00 **OS:** 58 **GR:** NS963979 **DESCRIPTION:** A meandering walk around Dollar and then a sit down lunch at The Inn At Dollar followed by our AGM (Details to be circulated). **NOTE:** Post code for start point FK14 7DE. **LEADER:** Moira McCauley: 01383 839795 or 07484 718783

KIRKCALDY:-**Silverknowes, Cramond & Corstorphine Hill**

GRADE C+: 10mls **DEPART:** Kirkcaldy bus station for the 09:05 X60 (stance 5) at 09:00 **WALK START:** Sainsbury, Craigleith Retail Park, Craigleith Rd, Edinburgh EH4 2EB at 10:15 **OS:** 66 **GR:** NT228746 **DESCRIPTION:** Mainly on paths and cycle tracks. A steep section on Corstorphine Hill. **NOTE:** RADO NoSC. **LEADER:** Margaret Miller: 01592 266956

PERTH:-**Castle Law Hill, Abernethy - PLEASE BOOK WITH LEADER**

GRADE B: 8mls **Ascent:** 300m/980ft **WALK START:** Lay-by on A913 at 30 MPH sign opposite Castletlaw Crescent, Abernethy at 09:40 **OS:** 58 **GR:** NO181160 **DESCRIPTION:** A circular walk around Abernethy taking in Carey, Abernethy Glen and Castle Law, providing great views of the Carse of Gowrie. There are some steep sections including steps. May be muddy so sticks & gaiters may be useful. **NOTE:** No.36 bus from Perth bus station (Stand 1) at 9:07. **LEADER:** Tom Reid: 07551 903278

Sunday 13th November

DALGETY BAY:- Penicuik circular

GRADE C+: 7mils/4hrs **Ascent:** 100m/330ft **WALK START:** Tesco CP (east side, farthest from the shop) on Edinburgh Road (A701) in Penicuik at 10:30 **OS:** 66 **GR:** NT236608 **DESCRIPTION:** Moderately undulated circular walk through mixed woodland, alongside the burn and the more open grounds of the 18th century Penicuik Estate. **NOTE:** BOOKING ESSENTIAL Please contact walk leader to book and arrange car share if required. **LEADER:** Matsue: 07807 549947 or 0131 332 4395

STIRLING & FALKIRK:- Cloan Glen

GRADE C+: 6mils/3.5hrs **Ascent:** 230m/750ft **WALK START:** Crown Wynd car park, Auchterarder at 11:00 **OS:** 58 **GR:** NN945128 **DESCRIPTION:** Tracks and country roads through woodland and farmland. A gradual climb through Cloan Glen into the Ochils. Hopefully some rewarding views over Strathearn as we return. **NOTE:** Toilets at car park. **LEADER:** Hilary Thomson: hilarydthomson@gmail.com 01786 472726 or 07834 529694

Tuesday 15th November

DUNDEE:- Normans Law

GRADE B: 6mils/4hrs **Ascent:** 396m/1300ft **DEPART:** TBCP at 09:30 **WALK START:** Luthrie Community Car Park at 10:00 **OS:** 59 **GR:** NO331196 **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. **LEADER:** Graham Smith & Margaret Dixon: 01382 528153 & 07963 819719 or 07963 819718

Wednesday 16th November

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

PERTH:- Loch Freuchie circuit - PLEASE BOOK WITH LEADER

GRADE C+: 8mils **Ascent:** 70m/230ft **WALK START:** Amulree Village Hall at 10:00 **OS:** 52 **GR:** NN898363 **DESCRIPTION:** Pleasant walk from Amulree on minor road to Loch Freuchie returning on tracks. **LEADER:** Mike Brown: mikebrown1957@btinternet.com 01738 446330 or 07444 109293

ST ANDREWS & NE FIFE:- Leven to Lower Largo Circular

GRADE C: 5mils **Ascent:** 80m/260ft **DEPART:** FCPC at 09:30 **WALK START:** Public car park next to Leven beach, north promenade at 10:00 **OS:** 59 **GR:** NO390013 **DESCRIPTION:** Easy, low level route along beach, coastal path & woodland tracks, may be muddy in places. **NOTE:** Please contact walk leader to book your place, thank you. **LEADER:** Colin Brown: colinbrown54@talktalk.net 01334 655724 or 07745 252292

Thursday 17th November

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

RADO = Registered Assistance Dogs Only

DWOL = Dogs welcome on Leads

CWRA = Children with responsible adults

NoSC = Not suitable for children



The long walk home – returning to Rannoch Station from Carroul

Saturday 19th November

DUNDEE:- Alyth Circular

GRADE C: 6.5mils/3hrs **DEPART:** CWCP at 09:45 **WALK START:** Alyth Square at 10:30 **OS:** 53 **GR:** NO245486 **DESCRIPTION:** Walk from the square to and from the Den of Alyth and carry on westwards to West Tullyfergus and then south east to Hill of St Fink and Muirton Farm, following track eastwards into Alyth. 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

KIRKCALDY:- Dunnikier & River Ore

GRADE C: 5mils **WALK START:** Dunnikier Golf Club, KY1 3LP at 13:00 **OS:** 59 **GR:** NT279944 **DESCRIPTION:** From the golf club to Johnny Marshall's Loan, then alongside the River Ore and return to Dunnikier by way of Carberry. **NOTE:** RADO NoSC. This walk will be followed by the winter meal at the golf club (see separate entry). **LEADER:** Mike Livesey: 07783 201492

KIRKCALDY:- Winter Meal

MEET: Dunnikier Golf Club, KY1 3LP at 16:00 **DESCRIPTION:** The meal will be preceded by a walk (see separate entry). Non-walkers are welcome to join walkers for the meal. **CONTACT:** Mike Livesey: 07783 201492

PERTH:- Hopetoun Monument circular - PLEASE BOOK WITH LEADER

GRADE C+: 8mils **Ascent:** 160m/520ft **WALK START:** Scottish Deer Centre CP, Bow of Fife at 10:30 **OS:** 59 **GR:** NO328130 **DESCRIPTION:** Walk from the Deer Centre by Over Rankeilour, Westhall to Mount Hill where the Hopetoun Monument is situated. Return east of Fernie, walking on mostly farm tracks with interesting views over the Howe of Fife. **NOTE:** Some parts may be muddy so pole(s) could be useful. **LEADER:** Colin Fraser: cfraser365@gmail.com 01382 541617 or 07895 808614

STRATHTAY:- Pine Cone Point

GRADE C: 7mils **DEPART:** CCP at 09:30 **WALK START:** Birnam Bowling Club at 10:00 **OS:** 52 **GR:** NO025422 **DESCRIPTION:** Following the side of the Tay and tracks through Craigvinean Forest with an out and back detour to the fine viewpoint at Pine Cone Point. **NOTE:** RADO. **LEADER:** Joyce Cameron & Violet Keir: jemcameron@hotmail.co.uk 01887 840343 or 07568 440607

Sunday 20th November

DALGETY BAY:- Glencorse & Loganlea

GRADE B: 9mils/4hrs **Ascent:** 50m/160ft **WALK START:** Flotterstone car park at 10:00 **OS:** 66 **GR:** NT233631 **DESCRIPTION:** Walking on good paths passing Glencorse & Loganlea Reservoirs. Around Blackhill which can be muddy, pass Logan Cottage and rejoin the road back to Flotterstone. **NOTE:** BOOKING ESSENTIAL Please contact walk leader to book and arrange car share if required. **LEADER:** Audrey Robertson: 07720 980715

FORFAR:- Riverside Nature Park/Invergowrie

GRADE C: 6mils **DEPART:** MMCP at 09:15 **WALK START:** Car Park, Riverside Nature Park, Wright Ave, Dundee DD2 1QE at 10:00 **OS:** 54 **GR:** NO403299 **DESCRIPTION:** Circular walk starting at the car park walking through the Nature Park, taking in the lovely views of the River Tay as we head towards Invergowrie and Kingoodie. Passing the James Hutton Institute and returning again through the Nature Park **NOTE:** Walk will be on good paths and pavement. **LEADER:** Lisa Hughes: elhughes1973@aol.com 07901 901307

GLENROTHES:- Kirkcaldy - Kinghorn circular

GRADE C: 8mils/4hrs **DEPART:** LCCP at 09:30 **WALK START:** Esplanade car park, Inverteal at 10:00 **OS:** 66 **GR:** NT279903 **DESCRIPTION:** Walking inland from Inverteal to Craiggencalt, Kinghorn Loch then to Kinghorn shore front. Returning along coastal path. **NOTE:** CWRA RADO **LEADER:** L Bain and G Christie contact by email grant911a@gmail.com

STIRLING & FALKIRK:- Annual General Meeting

MEET: To be confirmed **DESCRIPTION:** Annual General Meeting **CONTACT:** Katie: katiebaker50@sky.com, 07985 455814

STIRLING & FALKIRK:- Dunblane

GRADE C+: 7mils/4.5hrs **WALK START:** Haining Car Park FK15 DAW at 10:30 **OS:** 57 **GR:** NN781014 **DESCRIPTION:** A circular walk around Dunblane on familiar paths (exact route to be decided depending on the weather). **LEADER:** Katie: katiebaker50@sky.com or 07985 455814

Tuesday 22nd November

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

Wednesday 23rd November

PERTH:- Clunie Wood, Pitlochry - PLEASE BOOK WITH LEADER

GRADE C+: 7mils **Ascent:** 300m/980ft **WALK START:** Festival Theatre car park at 10:00 **OS:** 52 **GR:** NN938575 **DESCRIPTION:** Cross over the A9 to join the Rob Roy Way, climb up through the woodland to the stone circle. Back track to pick up the path to An Suidhe (407m). Follow a circular route along the top of Clunie Wood to meet the Rob Roy Way again for return. **NOTE:** If parking at Festival Theatre is restricted use can be made of the town car parks. **LEADER:** Trevor Abell: tmbaell@gmail.com 01738 813123 or 07913 288098

Thursday 24th November

DUNDEE:- Troattick area of Dundee

GRADE C: 6mils/3.5hrs **WALK START:** Asda (Kirkton) car park, Derwent Avenue, Dundee at 09:45 **OS:** 380 **GR:** NO395333 **DESCRIPTION:** Circular walk taking in Troattick Mill Ponds, local Nature Reserve and Caird Park. Can be muddy in places. Please bring a packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Sheila Wallace: smwallace55@gmail.com 01382 320243 or 07944 570925

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

Saturday 26th November

BRECHIN:-

Murton Nature Reserve from Lunanhead

GRADE C: 7mils **WALK START:** Layby on B9134 1/4 mile SW of Lunanhead, opposite electrical substation at 10:00 **OS:** 54 **GR:** NO471517 **DESCRIPTION:** To Murton Lochs Nature Reserve via Baldardo. Return via Wemyss and Pittscandly. **NOTE:** What3Words: sands.career.crossword. **LEADER:** Sheena Leven: 01356 630208

DUNDEE:-

Dronley Woods

GRADE C+: 8mils/4.5hrs **Ascent:** 60m/200ft **WALK START:** Camperdown Park (1st car park on right) at 10:00 **OS:** 53 **GR:** NO365329 **DESCRIPTION:** Walk from Camperdown Park 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:** Tom Webster & Sammy Shields: 01382 552473 or 07546 064759

DUNFERMLINE & WEST FIFE:-

Rumbling Bridge Gorge

GRADE C+: 8mils/4.5hrs **Ascent:** 180m/590ft **DEPART:** LPRCP at 09:00 **WALK START:** Car Park opp Coronation Hall, Pool of Muckhart. Post Code: FK14 7JF at 09:45 **OS:** 58 **GR:** NN998006 **DESCRIPTION:** A circular walk from Pool of Muckhart to Crook of Devon through a mix of woodland and arable land before returning to Muckhart through the Rumbling Bridge Gorge. The route is on paths, tracks and quiet minor roads. **NOTE:** RADO. Total ascent is spread out, so modest. Livestock may be present, some sections may be muddy, some sections on roads. **LEADER:** Bob Cuthbertson: bob.cuthbertson@hotmail.co.uk 01383 747997 or 07503 001948

Sunday 27th November

BLAIRGOWRIE:-

Ballathie Wood to Old England

GRADE C: 5mils/3hrs **Ascent:** 100m/330ft **DEPART:** WMCP at 09:30 **WALK START:** Ballathie Wood Car Park at 10:00 **OS:** 53 **GR:** NO135380 **DESCRIPTION:** An undulating circular walk taking in the river Tay, a mix of farmland and woodland through the open Perthshire countryside, including a circuit of Old England Loch. **NOTE:** If you wish to attend this walk PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com **LEADER:** Gordon Millar: millarnodrog@gmail.com 07854 878887

DUNDEE:-

Family Walk - Monifieth Art Trail

GRADE C: 5mils/3hrs **Ascent:** 55m/177ft **WALK START:** Dobbies Car Park, Monifieth at 13:00 **OS:** 54 **GR:** NO487334 **DESCRIPTION:** Walk to 'find' the 8 Monifieth Art Trail boards and then look at each board to find everyone's favourites and find the hidden animals. Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Fiona McCallum: 07753 405885

GLENROTHES:-

Collessie - Lindores Loch circular

GRADE C+: 8mils/4.5hrs **Ascent:** 900ft **DEPART:** LCCP at 9:30 **WALK START:** Collessie Village Hall CP (Leave Donation) at 10:00 **OS:** 59 **GR:** NO287134 **DESCRIPTION:** A walk with gentle ascents along woodland paths, farm tracks and grassy slopes. There is also a short section of minor road walking. May be muddy in places. **NOTE:** CWRA RADO **LEADER:** I Rankin 01337 830360 ishabelrankin@gmail.com

KINROSS & OCHIL:-

Bridge of Allan to Dumyat

GRADE C+: 8.3mils/5hrs **DEPART:** KPR at 09:15 **WALK START:** Bridge of Allan Railway Station at 10:00 **OS:** 57 **GR:** NS785977 **DESCRIPTION:** A moderate climb from the SPA village of Bridge of Allan to the dominant landmark peak of Dumyat. There are outstanding viewpoints at the summit, and on the return a fine view of Wallace Monument at Yellow Craig **NOTE:** RADO. Nearest post code at starting point FK9 4NA. **LEADER:** Linda Martin: lemriverside@gmail.com 07771 632830

KIRKCALDY:-

Kingseat & Townhill

GRADE C: 6.5mils **DEPART:** KRSN at 09:30 **WALK START:** On-street parking at Kingseat, KY12 0WN at 10:15 **OS:** 58 **GR:** NT125903 **DESCRIPTION:** Walk exploring the farmland and woodland in north east of Dunfermline. Most of the walk is on reasonable paths although the section between Townhill and Kingseat woodland can be muddy after heavy rain. **NOTE:** RADO NoSC. **LEADER:** Beth Dickson: bd6427@icloud.com 07791 912417

ST ANDREWS & NE FIFE:- Falkland & Maspie Den

GRADE C+: 7mils **Ascent:** 410m/1350ft **DEPART:** FCPC at 10:00 **WALK START:** Library car park, Falkland at 10:30 **OS:** 59 **GR:** NO253074 **DESCRIPTION:** From Falkland to Maspie Den, then up to the Tyndall Bruce monument returning through the Falkland Estate woodlands. A mixture of paths & tracks with a little road walking, may be muddy. **NOTE:** Walk leader to meet at walk start. Please contact walk leader to book your place, thank you. **LEADER:** Yvonne Stephenson: stephensonyjw@gmail.com 07813 378512

STIRLING & FALKIRK:- Auchterarder Circular

GRADE C+: 8mils/5.5hrs **Ascent:** 370m/1220ft **WALK START:** Crown Wynd Car Park, Auchterarder at 10:00 **OS:** 58 **GR:** NN945128 **DESCRIPTION:** A circular route starting in the centre of Auchterarder. We follow paths and tracks, with some road walking, through countryside, woodland and farmland. Views over Auchterarder and area. **NOTE:** Moderate climbing makes this walk a C+. **LEADER:** Linda: lindasauchie@gmail.com 07955 105544

Wednesday 30th November**PERTH:- Broxden/Inveralmond/Town linear - PLEASE BOOK WITH LEADER**

GRADE C: 7mils **Ascent:** 30m/100ft **WALK START:** Broxden Park and Ride at 09:30 **OS:** 58 **GR:** NO087226 **DESCRIPTION:** Linear walk starting at Broxden Park and Ride. We will make our way to Inveralmond on cycle paths via Bertha Park. We will then head into town along the river Tay. Return journey to Broxden by bus. **NOTE:** Don't forget money or pass for return on bus. **LEADER:** Cathy Creedican: cathy_paul_gemma@hotmail.com 01738 634653 or 07747 088844

Thursday 1st December

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

Saturday 3rd December**DALGETY BAY:- Moncreiffe Hill**

GRADE C+: 5.5mils/3.5hrs **Ascent:** 300m/980ft **WALK START:** Moncreiffe Hill car park at 10:30 **OS:** 58 **GR:** NO139209 **DESCRIPTION:** An undulating walk through mixed woodland with some excellent views, in good weather. Booking essential, if you would like to join this walk please book a place by contacting the Walk Leader. **NOTE:** Leave M90 at junc 10 & follow the A912 to Perth. After 0.5mile turn right into Rhynd Road & car park is 1mile on right. **LEADER:** Audrey Price: 07871 806582

DUNDEE:- Dundee East Circular

GRADE C: 7mils/4hrs **WALK START:** Sainsbury's Car Park, 1 Tom Johnston Rd, Dundee, DD4 8XD at 09:30 **OS:** 54 **GR:** NO454323 **DESCRIPTION:** Circular walk from Sainsbury's taking in part of the Dichty, along back of Clearwater Estate to Balmossie and Panmurefield. Return along cycle path. Flat walk. Please bring a packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Rose Garvie: 01382 450763 or 07812 826905

DUNFERMLINE & WEST FIFE:- Glenearn Hills from Bridge of Earn

GRADE B: 7.5mils/4.5hrs **Ascent:** 450m/1480ft **DEPART:** LPRCP at 09:00 **WALK START:** Forgandenny Road, Kintillo, west side of Bridge of Earn at 10:00 **OS:** 58 **GR:** NO129174 **DESCRIPTION:** This walk explores Strathearn and three hills that lie to the south. The route takes minor roads, field edges, forest and hill tracks. One of the summits has the substantial remains of a hill fort. There is some rough ground in the hills. **NOTE:** RADO. May be wet and muddy. Some steep and rough terrain. A few gates and stiles. Livestock may be met. Minor road walking. **LEADER:** Grant Robertson: grantrobertson1952@gmail.com 01383 332265 or 07936 738581

FORFAR:- Christmas Meal

MEET: To be Advised at 13:00 **DESCRIPTION:** Our Annual Christmas Meal - Full Details will follow **CONTACT:** Dorothy Hutcheon: 01307 468034

PERTH:-

Falkland & East Lomond - PLEASE BOOK WITH LEADER

GRADE B: 6mils **Ascent:** 350m/1150ft **WALK START:** Maspie Den car park, Falkland at 10:00 **OS:** 59 **GR:** NO248075 **DESCRIPTION:** From the car park the walk follows good paths through the Maspie Den to emerge at the Lomond car park. We then ascend East Lomond (434m) and descend back to Falkland village. **LEADER:** Trevor Abell: tmbabell@gmail.com 01738 813123 or 07913 288098

Sunday 4th December

GLENROTHES:-

Crossgates countryside circular

GRADE C+: 8mils/4hrs **DEPART:** LCCP at 9:30 **WALK START:** Crossgates Main Street at 10:00 **OS:** 65 **GR:** NT149888 **DESCRIPTION:** A fairly flat, low-level walk on paths and tracks to the SE of Crossgates. Onwards to Coaledge passing a former opencast mine, skirting the edge of Fordell Estate and returning via Annfield. **NOTE:** CWRA DWOL Leader will meet walkers at Crossgates **LEADER:** M Slaven 07754 141295 marygg08@talktalk.net

STIRLING & FALKIRK:-

Ecclesmachan and Binnie Craig

GRADE C+: 7.5mils/4.5hrs **Ascent:** 135m/450ft **WALK START:** Oatridge college Car park at 10:00 **OS:** 65 **GR:** NT055737 **DESCRIPTION:** A nice walk in the countryside surrounding Oatridge College. We will head off towards Broxburn Community woodland before heading back towards Binnie Craig. This is a mixture of road, farm tracks, grassy paths and fields, uneven stone steps. **NOTE:** As you go through the main entrance to the College you will see signs for the CP on the left hand side. **LEADER:** Babs Butler: barbara@butler.btinternet.com 07711 575561

STRATHTAY:-

Glen Lyon - Culdaremore

GRADE C: 6mils **DEPART:** CCP at 09:30 **WALK START:** Fortingall Hotel (please do not park in spaces designated for Fortingall Church - Sunday) at 09:45 **OS:** 52 **GR:** NN740470 **DESCRIPTION:** Short winter walk from Fortingall, along the River Lyon and continuing on the south side up Glen Lyon past Culdaremore to cross the river and return via the Iron Well and McGregor's Leap and the new bridge over the Allt Odhar. **NOTE:** RADO. **LEADER:** Jenny Rees: jenny.rees@virgin.net 07979 608496

Tuesday 6th December

DUNDEE:-

Kingoodie Quarries, Invergowrie

GRADE C: 5.5mils/3hrs **WALK START:** Riverside Nature Park Car Park, Dundee at 10:30 **OS:** 54 **GR:** NO359296 **DESCRIPTION:** Easy low level route following paths, tracks and village streets. Please bring a packed lunch. Nice views over the river. Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Sheila Wallace & Linda Beveridge: smwallace55@gmail.com 07944 570925 or 07811 462266

KINROSS & OCHIL:-

Tuesday Walkers - See details at beginning of this programme.

Wednesday 7th December

PERTH:-

Crail and Fife Coastal Path - PLEASE BOOK WITH LEADER

GRADE C: 7mils **Ascent:** 40m/130ft **WALK START:** Main street, Crail at 10:15 **OS:** 59 **GR:** NO613076 **DESCRIPTION:** Circular walk on good paths and tracks passing Fife Ness and Balcomie golf course, returning through Denburn Wood. **NOTE:** Park in main street in Crail (Marketgate). Leaders: Sue Henderson: tanniesue_peru@yahoo.com 01738 861026 or 07980 147967 and Lynn Rankine: lynnrarkin24@gmail.com 07928 758259

ST ANDREWS & NE FIFE:-

Cupar to Springfield

GRADE C+: 6.5mils **Ascent:** 30m/100ft **DEPART:** FCPC at 10:20 **WALK START:** FCPC at 10:30 **OS:** 59 **GR:** NO377147 **DESCRIPTION:** Walking from Fluthers CP, along nature trail to Eden, to Cupar Muir, then through golf course, along Springfield path & back to Cupar via golf course & river. **NOTE:** Please contact walk leader to book your place, thank you. **LEADER:** Jim Forret: james.forret@btinternet.com 01334 656137 or 07526 670535

Thursday 8th December

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

GRADE D: 4mils/2.5hrs **WALK START:** Dalgety Bay Library at 10:00 **OS:** 65 **GR:** NT156834
DESCRIPTION: Along the Coastal Path, the Avenue and past the golf course to Aberdour. After a refreshment opportunity, the option is to return by bus or walk back. **NOTE:** RADO. BOOKING ESSENTIAL If you would like to join this walk please book a place by contacting the Walk Leader.
LEADER: Sheila & John Stewart: sheilsmail@yahoo.co.uk 07873 954758

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

Friday 9th December

DUNDEE:- **Dundee City Walk - Brackens and St Mary's Area**

GRADE C: 4mils/2.5hrs **WALK START:** Junction of Harestane Road and Pittempton Road, DD3 9EJ at 10:30 **OS:** 380 **GR:** NO385345 **DESCRIPTION:** On street parking on Harestane Rd (between Harestane Place & Pittempton Rd). Circular walk, leisurely stroll, taking in Clatto Country Park. Pavement, footpath and park walking. Please bring a packed lunch. Coffee on offer at end of walk. **LEADER:** Sheila Wallace: smwallace55@gmail.com 01382 320243 or 07944 570925

Saturday 10th December

BLAIRGOWRIE:- **Moncrieffe Hill**

GRADE C+: 6.5mils **Ascent:** 420m/1380ft **DEPART:** WMCP at 09:15 **WALK START:** Tay Car Park on Rhynd Road at 10:00 **OS:** 53 **GR:** NO138209 **DESCRIPTION:** Walk on Moncrieffe Hill, taking in three hill forts with great views of the surrounding area. Walking mainly on good tracks and paths that will include a short narrow steeper section and some steps. Gaiters and walking poles advised. **NOTE:** If you wish to attend this walk PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com **LEADER:** Madeleine McDonald: maddiesworld@outlook.com or 07904 382840

BRECHIN:- **Edzell Mystery Walk and Christmas Meal**

GRADE C: 3.5mils **WALK START:** Edzell Church Car Park at 10:30 **OS:** 44 **GR:** NO598692 **DESCRIPTION:** Edzell Mystery Tour, followed by Christmas Lunch. Meal venue, menu and choices to be confirmed. Contact leader nearer the time. **NOTE:** What3Words: utter.mercy.dialect Route continues on to Map 45. **LEADER:** Sheena Leven: 01356 630208

DUNDEE:- **Redmyre Loch Circuit**

GRADE C: 6mils/3.5hrs **Ascent:** 20m/60ft **DEPART:** CWCP at 09:30 **WALK START:** Little Ballo Woods at 10:00 **OS:** 53 **GR:** NO270349 **DESCRIPTION:** Walk on track, paths, open country around Redmyre and return. Please bring a packed lunch. Please share cars as much as possible, very restricted parking. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Tom Webster & Sammy Shields: 01382 552473 or 07546 064759

GLENROTHES:- **Lochgelly Circular**

GRADE C+: 8mils/4.5hrs **DEPART:** LCCP at 9:30 **WALK START:** Lochgelly High School CP at 10:00 **OS:** 58 **GR:** NT183946 **DESCRIPTION:** Anti-clockwise route through farmland and woodland. May be muddy. A short road section with hopefully good views. Various escape routes. **NOTE:** NoSC RADO Leaders will meet walkers at Lochgelly **LEADER:** R and M Fairgrieve 07761 753437 rosfairgrieve@gmail.com

KINROSS & OCHIL:- **Crawford Priory Walk (Grade C) and Xmas Lunch**

MEET: KPR (Grid Ref NO112025) at 09:15 Further details will be sent out prior to the date.
CONTACT: Andrew Black: 01259 743457

KIRKCALDY:- **Westfield to Culross: West Fife Coastal Path Part 1**

GRADE C: 5.5mils **WALK START:** Kirkcaldy bus station at 10:00 **OS:** 58 **GR:** NT279914 **DESCRIPTION:** Bus X27 (Stance 6) at 10.05 to Westfield at Kincardine. Walk to the start of the Coastal Path at Kincardine and follow it to Culross. Return by bus to Dunfermline and Kirkcaldy. **NOTE:** DWOL CWRRA. Please phone walk leader to confirm bus arrangements or advise car travel. **LEADER:** Ruth Beddall: 01592 260578

PERTH:- Dunkeld to Bankfoot - PLEASE BOOK WITH LEADER

GRADE C: 7mils **Ascent:** 270m/890ft **DEPART:** We will catch the No 23 bus at Garry Place, Bankfoot, which leaves at 09:43. at 09:35 **WALK START:** Southern (Birnam) end of Dunkeld Bridge at 10:15 **OS:** 52 **GR:** NO026423 **DESCRIPTION:** From Dunkeld Bridge through Birnam, then skirting the foot of Birnam Hill on the way to Murthly Saw Mill and Kingswood before heading south on straight tracks to Bankfoot. **NOTE:** Linear walk from Dunkeld to Bankfoot. Park at Bankfoot Church Centre - upper car park for bus from Garry Place. **LEADER:** John Andrews: 01738 827275 or 07526 884953 johndandrews44@gmail.com

ST ANDREWS & NE FIFE:- Group Christmas Lunch

MEET: Fairways Restaurant, Elmwood, by Springfield at 12:30 **DESCRIPTION:** Group Xmas lunch at Fairways, preceded by optional short walk beforehand, starting in Elmwood GC car park at 11:00 **CONTACT:** Colin Brown: colinbrown54@talktalk.net 01334 655724 or 07745 252292

STIRLING & FALKIRK:- Date for the submission of walks for the summer 2023 programme

DESCRIPTION: Date for the submission of walks for the summer 2023 programme **CONTACT:** Allan Drew: allan.drew@yahoo.co.uk 07921 687285

Sunday 11th December

STIRLING & FALKIRK:- Callendar Estate

GRADE C: 7mils/4.5hrs **Ascent:** 150m/500ft **WALK START:** Main CP Callendar Park - FK1 1TS at 10:00 **OS:** 65 **GR:** NS893795 **DESCRIPTION:** Starting at Callendar House, we walk along some of the tracks around the estate. **LEADER:** Allan Drew: allan.drew@yahoo.co.uk 07921 687285

Tuesday 13th 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). Cost £18.50 per person. Meal choice and payment by Tuesday 29th November. Please see website for payment details. Menu to follow via Facebook/email. Any queries or special dietary requirements contact Linda Beveridge. **CONTACT:** L Beveridge: 01382 730832 or 07811 462266

Wednesday 14th December

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

PERTH:- The Darn Road, Dunblane - PLEASE BOOK WITH LEADER

GRADE C+: 7mils **Ascent:** 275m/900ft **WALK START:** Cathedral car park, Dunblane at 10:00 **OS:** 57 **GR:** NN781014 **DESCRIPTION:** From Dunblane centre to Wharry Bridge then down Kippenrair Glen to Allan Water. Follow river to Bridge of Allan and return via the Darn Road path. **LEADER:** Pete & Anne Trant: thetrants@virginmedia.com 01738 565075 or 07985 202934

Thursday 15th December

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

Saturday 17th December

BLAIRGOWRIE:- Blairgowrie views walk.

GRADE C+: 7.5mils **Ascent:** 200m/660ft **WALK START:** Wellmeadow Car Park at 10:00 **OS:** 53 **GR:** NO180451 **DESCRIPTION:** A scenic circular walk along the Erich, passing the old mills up to the Knockie, joining the Ardblair trail including Fingask and the White Loch. **NOTE:** If you wish to attend this walk PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com **LEADER:** Barbara Oswald: mrs.barbara.oswald@gmail.com 07790 052583

DALGETY BAY:- Loch Ore to Harran Hill

GRADE C: 4.5mils/2.5hrs **Ascent:** 180m/590ft **WALK START:** Lochore Meadows car park at 10:30 **OS:** 58 **GR:** NT170962 **DESCRIPTION:** Walk around Loch Ore and ascend west side Harran Hill and descend east side of hill to join path again around loch to start position. **NOTE:** BOOKING ESSENTIAL If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Irene Garvie: 07941 620775

DUNDEE:- Social Stroll - Murton Nature Trail

GRADE C: 3mils/1hrs **DEPART:** OCCP at 10:15 **WALK START:** Murton Farm Car Park on the A932 Arbroath Road, Forfar, DD8 2RZ at 11:00 **OS:** 54 **GR:** NO493511 **DESCRIPTION:** Lovely walk round Nature Trail. Lots of birds and wildlife. Be back in time to enjoy drinks and cakes in the cafe. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Jean MacGillivray: 07932 014859

DUNDEE:- Tentsmuir Circular

GRADE C: 8mils/4.5hrs **DEPART:** TBCP at 09:45 **WALK START:** East Common Car Park, Links Road North, Tayport at 10:00 **OS:** 54 **GR:** NO466281 **DESCRIPTION:** Flat Walk over Golf Course, Morton Lochs, Ice House and beach. Please bring a packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Tom Webster & Sammy Shields: 01382 552473 or 07546 064759

DUNFERMLINE & WEST FIFE:- Camperdown Park Festive walk and picnic

GRADE C+: 5mils/4hrs **Ascent:** 20m/70ft **DEPART:** LPRCP at 09:30 **WALK START:** Camperdown Park car park, north side of main drive at 10:30 **OS:** 54 **GR:** NO365329 **DESCRIPTION:** Flat festive walk around Camperdown Park, Templeton Woods and Clatto Park. Bring Christmas goodies to share a picnic, with Christmas hats etc. **NOTE:** RADO. **LEADER:** Linda Pirie: lapirie@hotmail.co.uk 07881 369442

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

GRADE C: 9mils **Ascent:** 250m/820ft **WALK START:** Wormit Bay car park (near the memorial for Tay Bridge Disaster) at 10:15 **OS:** 59 **GR:** NO392260 **DESCRIPTION:** From Wormit Bay follow the Fife Coastal Path to west of Thornton, then return via Balmerino Abbey and Kilburns. Some gentle ascents/descents. **NOTE:** Some parts may be muddy so pole(s) could be useful. **LEADER:** Colin Fraser: cfraser365@gmail.com 01382 541617 or 07895 808614

STRATHTAY:- Xmas Walk - Faskally

GRADE C: 5mils **DEPART:** Aberfeldy bus stop at 09:55 **WALK START:** Pitlochry Dam Visitor Centre at 10:45 **OS:** 52 **GR:** NN935579 **DESCRIPTION:** Easy winter walk along Loch Faskally past Loch Dunsmore and Faskally House. Followed by Xmas sandwich lunch in Pitlochry Dam Visitor Centre. **NOTE:** RADO. Times to be confirmed when Stagecoach winter timetable available. Strathtay members/partners only. **LEADER:** Bill McEwan: billmcewan40@gmail.com 01796 472780 or 07535 443556

Sunday 18th December

DUNDEE:- Family Santa Hat Walk at Balgay Planet Trail/Observatory

GRADE C: 3mils/2hrs **WALK START:** Victoria Park Gate, Balgay Road, Dundee, DD2 2BB at 14:00 **OS:** 54 **GR:** NO381305 **DESCRIPTION:** Walk from Victoria Park, up Balgay Hill and Planet Trail. Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Louisa Greig: 07380 801803

GLENROTHES:- Leuchars - Tentsmuir circular

GRADE C: 8mils/4.5hrs **DEPART:** LCCP at 9:30 **WALK START:** Tentsmuir forest CP at 10:00 **OS:** 59 **GR:** NO498243 **DESCRIPTION:** Transverse Tentsmuir forest then follow the coastline back via Tentsmuir point using paths and the beach. **NOTE:** NoSC RADO **LEADER:** A Collings 07913 604236 ann.collings@myphone.coop

STIRLING & FALKIRK:- To the milk bar and beyond

GRADE C: 7.5mils/45.5hrs **Ascent:** 15m/50ft **WALK START:** Union Inn Car Park (Lock 16), Camelon at 10:15 **OS:** 65 **GR:** NS868804 **DESCRIPTION:** Walk up to the Union Canal towpath towards Glen Village. From there, pass the Milk Barn and into the Callendar Estate paths. Mostly on good paths. There are a few gates but no stiles. **LEADER:** Lynne Bell: Macbell@hotmail.co.uk 07946 247727 or 01324 621857

Tuesday 20th December

KIRKCALDY:- Langtoun Daunderers -- Pettycur Bay to Kirkcaldy

GRADE C: 4.5mls **WALK START:** Kirkcaldy bus station at 10:00 **OS:** 58 **GR:** NT279914 **DESCRIPTION:** Number 7 bus (Stance 13) at 10.03 to Pettycur Bay caravan park, then walk back to Kirkcaldy on the Fife Coastal Path. **NOTE:** RADO NoSC. The walk will be followed by lunch at Novar Bar. **LEADER:** Janet Fraser: janetfrsr@yahoo.co.uk 07544 300857

Wednesday 21st December

DUNFERMLINE & WEST FIFE:- Christmas lunch, with optional short walk preceding

GRADE C: DESCRIPTION: Location of lunch and walk are to be confirmed. Please watch our web pages on Ramblers Scotland and Facebook. The walk will be leisurely and no more than 2 hours. **NOTE:** RADO. **LEADER:** Anne Laird: anne-laird@hotmail.co.uk 01383 727515 or 07768 860066

PERTH:- Elcho & Rhynd - PLEASE BOOK WITH LEADER

GRADE C: 6.5mls **Ascent:** 60m/200ft **WALK START:** Elcho Castle car park at 10:00 **OS:** 58 **GR:** NO164210 **DESCRIPTION:** A good winter's walk along paths, tracks and quiet roads giving fine views over the Tay. **NOTE:** Could be wet in places. Poles recommended. The short winter afternoons mean that it is advisable to carry a torch. **LEADER:** Ian Stokes: iangstokes@tiscali.co.uk 01738 787567 or 07775 802630

Thursday 22nd December

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

Saturday 24th December

DALGETY BAY:- Glenrothes to Markinch circular.

GRADE C: 8mls/4hrs **Ascent:** 185m/600ft **WALK START:** Glenrothes, Riverside car park at 10:00 **OS:** 59 **GR:** NO266016 **DESCRIPTION:** Through Riverside Park and Pitcoudie to Gilvenbank Park, Balfarg Henge, across A92 to Balbirnie Park and Balbirnie stone circle. A circuit of the old part of Markinch and return through Balbirnie park, Cadham to Riverside Park. **NOTE:** BOOKING ESSENTIAL If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Jane Searles: 07900 175403

Wednesday 28th December

GLENROTHES:- Leven to Glenrothes linear

GRADE C: 8mls/4.5hrs **DEPART:** LCCP at 09:30 **WALK START:** Lomond Centre CP at 09:45 **OS:** 59 **GR:** NO285008 **DESCRIPTION:** Walk to Glenrothes town centre bus station to take 43 bus at 10.02 from Glenrothes town centre to Leven bus station (check website for bus time changes). Follow river Leven to Kennoway, then Fife Pilgrim way to Markinch and back to Lomond Centre. **NOTE:** CWRA DWOL **LEADER:** J Duncan 01337 831888 john@johnandmorven.co.uk

PERTH:- Glenalmond & Logiealmond - PLEASE BOOK WITH LEADER

GRADE C+: 7.5mls **Ascent:** 300m/980ft **WALK START:** Main entrance to Glenalmond College - on minor road from Methven to Buchanty at 10:00 **OS:** 52 **GR:** NN974282 **DESCRIPTION:** From Glenalmond College over the Almond to Harrietfield, then to Logiealmond Lodge, returning via Morningside. **NOTE:** Park on roadside near the big stone arch with postbox beneath it. **LEADER:** John Andrews: johndandrews44@gmail.com 01738 827275 or 07526 884953

Thursday 29th December

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

Friday 30th December

DUNFERMLINE & WEST FIFE:- End of Year Winter Hill Walk

GRADE B+: **DESCRIPTION:** The choice of walk will be made a month prior to the date and will be weather dependent. **NOTE:** RADO. **LEADER:** Colin Lees: colin.j.lees@btinternet.com or 07715 277583

KIRKCALDY:-

Crook Of Devon - Drum - Rumbling Bridge

GRADE C+: 6.5mils **DEPART:** KRSN at 09:15 **WALK START:** On street parking near the PO, Crook of Devon KY13 0UR at 10:00 **OS:** 58 **GR:** NO035002 **DESCRIPTION:** Via Drumbog to Drum, then via Lendrick Muir to Rumbling Bridge and Devil's Mill, returning to the start beside the River Devon. **NOTE:** RADO NoSC. **LEADER:** Mike Livesey & Janet Fraser: 07783 201492

RADO = Registered Assistance Dogs Only

DWOL = Dogs welcome on Leads

CWRA = Children with responsible adults

NoSC = Not suitable for children



Some of you may have wondered what this logo indicates. Well it is used for the app – **What 3 Words**.

Some clever people have found a very accurate way of defining where you are in the world. In fact, they have divided the whole world including the oceans into squares of 3x3 m and given each square an identifier using three English words – it would seem to be an impossible task, but the system is there and ready to be used by anyone. No doubt all walkers will go on using the OS grid system, but the What3Words app is a very useful resource allowing you to define your position very accurately and more important allowing others to locate you if needed. It is already widely used by many delivery companies and emergency services in the UK and indeed world-wide. The system now provides a navigation component to show you the right direction to follow to reach a particular point and this facility can be automatically linked to Google maps to provide a clear idea of the route to follow and the distance. Give it a go and load up your phone with the app!



Beaver Activity at Mill Dam (Dunkeld Area)

Tuesday 3rd January

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

Wednesday 4th January

PERTH:- Perth to Pitcairngreen - **PLEASE BOOK WITH LEADER**

GRADE C: 6mils **Ascent:** 15m/50ft **WALK START:** Bells Sports Centre, North Inch at 10:00 **OS:** 58 **GR:** NO115243 **DESCRIPTION:** A local walk along the Tay and the Almond to Pitcairngreen with hopefully some bird spotting along the way. **NOTE:** Remember bus pass or money for return to Perth on No 14 bus (regular hourly service). This walk is almost entirely flat. **LEADER:** Paula Bowman: pbowman58@hotmail.com 01738 582339 or 07870 937963

Thursday 5th January

DUNDEE:- Camperdown, Muirhead, Birkhill and Surrounding Area

GRADE C: 7mils/4hrs **WALK START:** Car park at Camperdown Wildlife Centre at 09:30 **OS:** 380 **GR:** NO360324 **DESCRIPTION:** Circular walk on woodland and other tracks with some road walking. Late lunch to follow at end of walk at Camperdown Wildlife Centre Cafe for those interested. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Sheila Wallace: smwallace55@gmail.com 01382 320243 or 07944 570925

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

Saturday 7th January

BLAIRGOWRIE:- Alyth Circular

GRADE C: 5mls **Ascent:** 30m/100ft **DEPART:** WMCP at 09:30 **WALK START:** Alyth Market Square at 10:00 **OS:** 53 **GR:** NO247485 **DESCRIPTION:** The walk is along paths and tracks by Alyth Golf Course following the line of the Old Alyth Railway, past fields and fruit farms, returning via Jordanstone and Balharry to Alyth. A largely level easy walk. **NOTE:** If you wish to attend this walk **PLEASE REGISTER** with Pat Fraser: patriciafraser@btinternet.com **LEADER:** Phil Taylor: philip377taylor@btinternet.com 01828 633648 or 07759 960746

BRECHIN:- Ruthven Circular

GRADE C: 6mls **WALK START:** Ruthven Community Centre (old Ruthven Church) at 10:30 **OS:** 53 **GR:** NO285488 **DESCRIPTION:** An easy and picturesque walk on woodland paths, tracks and minor roads. Across Isla Bridge and via Oak Wood to Dryloch. Down road to Islabank and return via Balbirnie. Some road walking. May be muddy in places. **NOTE:** What3Words: wayer.historic.waltz Turn off A926 at house 'Little Acre' and follow tarmac lane downhill and on to car park. **LEADER:** Peter & Anna Fiabane: fiabanes@gmail.com 01307 461121 or 07743 943171

DALGETY BAY:- Seafield / Beveridge Park & Promenade

GRADE C: 6mls/3hrs **Ascent:** 50m/160ft **WALK START:** Seafield car park at 10:00 **OS:** 59 **GR:** NT278898 **DESCRIPTION:** Good paths and road walking. Lunch in the Fife Museum. The lunch is intended to cover the Christmas lunch that has not been arranged. This is just a normal lunch. **NOTE:** BOOKING ESSENTIAL If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Ken Wright: 07535 386982

DUNDEE:- Backmuir Woods

GRADE C+: 9mls/5hrs **Ascent:** 25m/80ft **WALK START:** Camperdown Park (1st car park on right) at 09:30 **OS:** 53 **GR:** NO365329 **DESCRIPTION:** Walk through Camperdown, Templeton, 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:** Tom Webster & Sammy Shields: 01382 552473 or 07546 064759

GLENROTHES:- West Wemyss to Coalton and 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 through Wemyss estate to Coalton and East Wemyss, return by old railway line and Coastal Path. **NOTE:** CWRA DWOL **LEADER:** C Mackie and T McLaren 07903 132319 tmlclaren39@gmail.com

ST ANDREWS & NE FIFE:- Around Culross

GRADE C: 7.8mls **Ascent:** 100m/330ft **DEPART:** FCPC at 09:15 **WALK START:** Car park at west end of Culross at 10:30 **OS:** 65 **GR:** NS982859 **DESCRIPTION:** A walk in and around historic village of Culross, mainly coastal and quiet countryside roads. **NOTE:** Please contact walk leader to book your place, thank you. **LEADER:** Jane Houston: jemillar15@aol.co.uk 01334 850211 or 07771 856643

Sunday 8th January

KINROSS & OCHIL:- Loch Leven's Larder

GRADE C: 6mls/3hrs **DEPART:** Kinross Community Campus at 10:00 **WALK START:** Kinross Community Campus at 10:05 **OS:** 58 **GR:** NO118036 **DESCRIPTION:** A walk along the Heritage Trail to Loch Leven's Larder, returning via path to Auld Mart Road, Milnathort before a short section of pavement walking back to the community campus. **NOTE:** RADO. Nearest post code at start KY13 8FP. **LEADER:** Stephanie McLellan: Stephanie.mclellan46@gmail.com 07470 327090

STIRLING & FALKIRK:- Braco Countryside

GRADE B: 7mls/4hrs **Ascent:** 200m/660ft **WALK START:** Braco Primary School, Feddal Road at 10:30 **OS:** 57 **GR:** NN836098 **DESCRIPTION:** We explore the wild countryside to the west of Braco, following the Kier Burn and return by the River Knaik. The walking is mostly on tracks, some slippery and steep in places, and we have some walking over open moorland. Also note we need. **LEADER:** Hilary Thomson: hilarydthomson@gmail.com 01786 472726 or 07834 529694

Tuesday 10th January

KIRKCALDY:-

Langtoun Daunderers -- Beveridge Park & Town Centre

GRADE C: 4.5mls **WALK START:** KRSN at 10:30 **OS:** 59 **GR:** NT275918 **DESCRIPTION:** Around Beveridge Park and the town centre on footpaths and pavements. **NOTE:** RADO NoSC. The walk will be followed by lunch at Pane e Vino. **LEADER:** Ruth Beddall: 01592 260578

Wednesday 11th January

PERTH:-

Luncarty to Perth - PLEASE BOOK WITH LEADER

GRADE C: 6mls **Ascent:** 40m/130ft **WALK START:** Luncarty, outside shop at 09:45 **OS:** 58 **GR:** NO095299 **DESCRIPTION:** A linear flat walk on tracks/paths beside the River Tay from Luncarty to Perth city centre. **NOTE:** No.34 bus to Luncarty at 9:30 from Mill Street (stop E). **LEADER:** Pat Townsend: pntownsend@outlook.com 07761 426992

Thursday 12th January

DALGETY BAY:-

Roamers ~ Dalgety Bay to Inverkeithing

GRADE D: 2.5mls/2hrs **WALK START:** Dalgety Bay Library at 10:00 **OS:** 58 **GR:** NT156834 **DESCRIPTION:** A walk along the Coastal Path and, after refreshment, return by bus. There is the option to return on foot, Grade C, 5mls 3hrs. **NOTE:** RADO. BOOKING ESSENTIAL If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Ken Wright: 07535 386982

GLENROTHES:-

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

Saturday 14th January

DALGETY BAY:-

Kirkcaldy to West Wemyss

GRADE C+: 6.5mls/3hrs **Ascent:** 200m/653ft **WALK START:** Kirkcaldy, Pathead Sands car park. at 10:00 **OS:** 58 **GR:** NT287924 **DESCRIPTION:** From Pathead Sands car park, through Ravenscraig Park to Dysart and follow coast path to West Wemyss. Return by Chapel Woods to West Lodge, through Dysart to Ravenscraig Park and back to Pathead Sands. **NOTE:** BOOKING ESSENTIAL If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Jane Searles: 07900 175403

DUNDEE:-

Dundee City Stroll with Lunch

GRADE C: 3mls/1.5hrs **WALK START:** Discovery Point, Dundee, DD1 4XA at 11:00 **OS:** 380 **GR:** NO403298 **DESCRIPTION:** Leisurely stroll along the waterfront, over Seabraes Footbridge and around Magdalen Green. Returning by Dundee Science Centre to Sleeperz for lunch at 12.30pm. Numbers limited so 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 01382 320243 or 07944 570925

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:** NO133317 **DESCRIPTION:** Moderate low level route following paths, tracks and minor roads through farmland passing by standing stones, and a wee detour to an old graveyard. 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

DUNFERMLINE & WEST FIFE:- **Harran Hill and Loch Ore Meadows**

GRADE C+: 6mls/4hrs **Ascent:** 200m/660ft **DEPART:** LPRCP at 09:30 **WALK START:** Lochore Meadows car park at Kelty (west) end of park at 10:15 **OS:** 58 **GR:** NT170962 **DESCRIPTION:** Walk on tracks and paths, with a steep, but short, incline on Harran Hill. Then a route around Loch Ore. **NOTE:** RADO. **LEADER:** Linda Pirie: lapirie@hotmail.co.uk 07881 369442

PERTH:-**Luthrie to Norman's Law - PLEASE BOOK WITH LEADER**

GRADE C+: 7mils **Ascent:** 280m/920ft **WALK START:** Luthrie Village Hall car park at 10:00 **OS:** 59 **GR:** NO331199 **DESCRIPTION:** Good tracks, paths and quiet road walking. Returning via Ayton Farm and Wester Kinsleith. There is a good 360 degree panoramic view at the top of Norman's Law, provided the visibility is good. **NOTE:** Some parts may be muddy so pole(s) could be useful. **LEADER:** Colin Fraser: cfraser365@gmail.com 01382 541617 or 07895 808614

STRATHTAY:-**Cleaven Dyke**

GRADE C: 5mils **DEPART:** CCP at 09:30 **WALK START:** Meikleour at 10:10 **OS:** 53 **GR:** NO157396 **DESCRIPTION:** Pleasant easy winter walk round Meikleour visiting the Cleaven Dyke (a Neolithic feature consisting of a pair of ditches which run for over a mile) and also the site of a Roman Signal Station. **NOTE:** RADO. **LEADER:** Jenny Rees: jenny.rees@virgin.net 07979 608496

Sunday 15th January**DUNDEE:-****Family Walk - Quarrymill/Scone Den**

GRADE C: 3mils/1.5hrs **WALK START:** Quarrymill Car Park, Isla Road, Scone, PH2 7HQ at 14:00 **OS:** 53 **GR:** NO119251 **DESCRIPTION:** Leisurely walk Quarrymill Woodland Park to Scone Den. Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Jean MacGillivray: 07932 014859

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

GRADE C: 5mils **WALK START:** MMCP at 10:30 **GR:** NO457516 **DESCRIPTION:** Local Walk - followed by the Walks Planning Meeting at St John's Church Hall at 2pm **LEADER:** Christine Ferguson: 01382 532384

GLENROTHES:-**Scotlandwell Circular from Findatie**

GRADE C+: 8.5mils/4.5hrs **Ascent:** 600ft **DEPART:** LCCP at 09:30 **WALK START:** Findatie CP on B9097 Vane Farm Road at 10:00 **OS:** 58 **GR:** NT170992 **DESCRIPTION:** Follow Loch Leven pathway through Levenmouth Plantation to Grahamstone Farm. Then on to Kinneswood following the Michael Bruce Way to Scotlandwell returning via Loch Leven pathway. Mostly on good paths incline at Kinneswood and short road link **NOTE:** NoSC RADO **LEADER:** J Duncan 01337 831888 john@johnandmorven.co.uk

STIRLING & FALKIRK:-**Hallglen to California (the Scottish one) - restricted numbers**

GRADE C: 6.3mils/5hrs **Ascent:** 256m/840ft **WALK START:** Glenburn Road, Hallglen, Falkirk at 10:00 **OS:** 65 **GR:** NS895783 **DESCRIPTION:** From Hallglen we go under the railway and follow the Drove Loan to Shieldhill then up to California. This is a steady climb, however we shall be taking our time and walking at a nice even pace with frequent stops. **NOTE:** Park on Glenburn Road. From Falkirk pls park on L side after Beaulay Court. Coming from Lauriston park on R side. **LEADER:** Billy Kane: 44nfl44@goolemail.com 07940 286792

Monday 16th January**ST ANDREWS & NE FIFE:-****Summer Walks Planning Meeting**

MEET: Cupar Community Fire Station at 19:00 **DESCRIPTION:** Meeting to select walks for the summer 2023 programme **NOTE:** Any changes (eg venue/date etc) will be notified by Organiser **CONTACT:** Colin Brown: colinbrown54@talktalk.net 01334 655724 or 07745 252292

Tuesday 17th January**DALGETY BAY:-****Summer Walks Planning Meeting.**

Summer Walks Programme to be agreed. Walk Leaders are encouraged to send in walk ideas if unable to attend. **NOTE:** Provisional notification of Walks Planning Meeting, further details will be on our website nearer the time. **CONTACT:** Neil Denness: neildenness@gmail.com 07772 904880

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

Wednesday 18th January

PERTH:-

Birnam to Rumbling Bridge circular - PLEASE BOOK WITH LEADER

GRADE C+: 7.2mils **Ascent:** 510m/1670ft **WALK START:** Birnam Institute, Station road, Birnam at 10:05 **OS:** 52 **GR:** NO032418 **DESCRIPTION:** A circular walk on tracks, one fairly steep muddy section, initially by the Inchewan Burn and returning via Rumbling Bridge and the Hermitage. **NOTE:** RADO. Start timed to meet No.23 bus from Perth. Sections of path can be muddy. **LEADER:** Richard Townsend: richmtownsend@outlook.com 07753 418101

ST ANDREWS & NE FIFE:-

Earlsferry-Kincraig-Ruddons Point

GRADE C: 5.5mils **Ascent:** 150m/490ft **DEPART:** FCPC at 10:00 **WALK START:** Car park near Shell Bay Holiday park, off A917 at 10:45 **OS:** 59 **GR:** NO469005 **DESCRIPTION:** Coast and country walk from Shell bay on coastal path and woodland tracks. Lovely views from Kincraig Hill & Ruddons Point. **NOTE:** Please contact walk leader to book your place, thank you. **LEADER:** Will Aitken: wh.aitken@gmail.com 01334 470066 or 07908 721466

Thursday 19th January

GLENROTHES:-

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

Saturday 21st January

BLAIRGOWRIE:-

Winter walk and Lunch - Poets Walk

GRADE C: 3mils/2hrs **Ascent:** 182m/600ft **DEPART:** WMCP at 08:45 **WALK START:** The Corbenic Community Carpark at 09:30 **OS:** 52 **GR:** NN973396 **DESCRIPTION:** The path meanders through a variety of terrains, including open hillside, moorland, woodlands and riverbanks. A lunch will be arranged. Details will be advised closer to the date. **NOTE:** If you wish to attend this walk PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com **LEADER:** Irene Rintoul: 07576 491807 irenerintoul@hotmail.com

BRECHIN:-

Careston river walk

GRADE C+: 8mils **WALK START:** Careston Kirk at 10:00 **OS:** 44 **GR:** NO528604 **DESCRIPTION:** A pleasant walk following farm road and good tracks through woodlands and along river bank. **NOTE:** What3Words: faster.salmon.ratty Continues on to Map 54. **LEADER:** Catherine Ferguson: CatherineFerg@icloud.com 07789 631115

DALGETY BAY:-

The River Almond Walkway

GRADE C+: 7mils/3.5hrs **Ascent:** 95m/310ft **WALK START:** Cramond Glebe Road car park at 10:30 **OS:** 66 **GR:** NT186765 **DESCRIPTION:** Walk along the River Almond and through Cammo village to the railway line at the eastern boundary of Edinburgh Airport. Return to the river via tracks, minor roads and an old bridge. There are steep riverside steps on this walk. **NOTE:** BOOKING ESSENTIAL If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** David Thomson: dabthomson@gmail.com 07922 050562

DUNDEE:-

Crombie Circular

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

DUNDEE:-

Social Stroll - Rosie Roadies

GRADE C: 3mils/2.5hrs **DEPART:** OCCP at 09:15 **WALK START:** Layby opposite the Electricity Sub Station on the B9134 Aberlemno Road at 10:00 **OS:** 54 **GR:** NO470516 **DESCRIPTION:** We will walk down Rosie Roadie, the quarry path and Laikas path, then down into town before returning to starting point. Please bring a packed lunch. Can be muddy in places - boots recommended. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Jean MacGillivray: 07932 014859

GLENROTHES:- Elie to Anstruther linear

GRADE C: 7mils/4hrs **DEPART:** LCCP at 9:30 **WALK START:** Ruby Bay public CP at 10:15 **OS:** 59 **GR:** NT497997 **DESCRIPTION:** Walk the Fife Coastal Path from Elie to Anstruther, returning by public bus. **NOTE:** NoSC **RADO LEADER:** S Fury 01592 756497 sheena_fury@yahoo.co.uk

KINROSS & OCHIL:- Auchlinsky Circular Walk

GRADE C+: 6.1mils/3.5hrs **DEPART:** KPR at 09:30 **WALK START:** Castlehill Reservoir at 10:00 **OS:** 58 **GR:** NN996033 **DESCRIPTION:** Leaving Castlehill reservoir climb approx 1000ft to the top of Seamab hill overlooking Pool of Muckhart. The walk takes you through commercial pine forest and open grazing land planted with deciduous trees by woodland trust **NOTE:** Nearest post code at start FK14 7LA. **LEADER:** Linda Martin: lemriverside@gmail.com 07771 632830

KIRKCALDY:- Charlestown - Pittliver

GRADE C: 7mils **DEPART:** KRSN at 09:15 **WALK START:** Limekilns seafront car park, KY11 3HH. at 10:00 **OS:** 65 **GR:** NT075834 **DESCRIPTION:** To Charlestown, skirting Broomhall Estate. Pick up Pittliver Path, then footpaths and some of Pilgrims Way before returning to start via Broomhall Estate. **NOTE:** RADO NoSC. **LEADER:** Liz Greig: 01592 653682 or 07919 985239

PERTH:- Between Moneydie and Gourdiehill - PLEASE BOOK WITH LEADER

GRADE C: 6.5mils **Ascent:** 100m/330ft **WALK START:** Beside Pitlandie Wood at 10:30 **OS:** 52 **GR:** NO065304 **DESCRIPTION:** A circuit of quiet lanes and tracks passing by Cowford, Gourdiehill, Woodend and Blackhill. (From A9 slip road at Luncarty, follow B8063 for 2 miles, R at crossroads to Moneydie. At top of hill after ¾m park on roadside near large sheds. **LEADER:** John Andrews: johndandrews44@gmail.com 01738 827275 or 07526 884953

Sunday 22nd January

STIRLING & FALKIRK:- Almondbank circular

GRADE C+: 8mils/4.5hrs **Ascent:** 100m/330ft **WALK START:** Almondbank playing fields at 10:30 **OS:** 52 **GR:** NO067258 **DESCRIPTION:** A lovely walk leaving from Almondbank playing fields. We then head off towards Pitcairngreen, Dalcrue and Methven woods. This walk will be a mixture of woodland, fields good paths and a bit of roadwork. **LEADER:** Babs Butler: 07711 575561 barbaraftbutler@btinternet.com

Tuesday 24th January

DALGETY BAY:- Barnton to Craigleith via Saughton Gardens.

GRADE C: 6mils/3hrs **Ascent:** 50m/160ft **DEPART:** MBS Meet at 09:20 to catch the X 58 bus at 09:28 to Edinburgh **WALK START:** Barnton Roundabout bus stop. at 10:10 **OS:** 66 **GR:** NT186749 **DESCRIPTION:** From Barnton via woods to Clermiston Road to disused railway at Pinkie onwards to Saughton Gardens, Leith Waters then National Cycle Route 1 to Craigleith retail park return by bus. **NOTE:** BOOKING ESSENTIAL If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Rose Nutt: 07494 235392

Wednesday 25th January

DUNDEE:- Public Art Trail Lochee

GRADE C: 2mils/1.5hrs **WALK START:** Lochee Library, 47-49 High Street, Lochee, DD2 3AU at 11:00 **OS:** 54 **GR:** NO379314 **DESCRIPTION:** A very interesting walk round Lochee looking at the Public Art. This will be led by someone from Dundee Public Art Department. Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Jean MacGillivray: 07932 014859

PERTH:- Obney Hill circular - PLEASE BOOK WITH LEADER

GRADE C+: 7mils **Ascent:** 350m/1150ft **WALK START:** Car park on B867 Bankfoot road, 0.5 km from the junction with the A9 at 10:00 **OS:** 52 **GR:** NO042405 **DESCRIPTION:** Follow the woodland path past the Rohallion Lodge on to the open hill and climb up to the summit of Obney Hill (403m). Descend towards Balholmish Farm and down to Tomgarrow to join the Inchewan path back to the walk start. **LEADER:** Trevor Abell: tmbabell@gmail.com 01738 813123 or 07913 288098

Thursday 26th January

GLENROTHES:-

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

Saturday 28th January

DALGETY BAY:-

Dalkeith Country Park

GRADE C+: 6.5mils/3.5hrs **Ascent:** 50m/160ft **WALK START:** Laundry House car park, Dalkeith Country Park. at 10:15 **OS:** 66 **GR:** NT337682 **DESCRIPTION:** A leisurely walk around the Country Park following Way Marked routes. Mainly flat walk with a couple of undulations, some paths may be muddy. **NOTE:** BOOKING ESSENTIAL If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Audrey Price: 07871 806582

DUNFERMLINE & WEST FIFE:- Tillicoultry to Gartmorn Circular

GRADE C+: 9mils/4.5hrs **Ascent:** 130m/427ft **DEPART:** LPRCP at 09:15 **WALK START:** Car park opposite Devonvale Hall, Tillicoultry at 10:00 **OS:** 58 **GR:** NS920966 **DESCRIPTION:** Tillicoultry to Aberdona Gallery, a steep climb, then to Gartmorn Dam. Return via Coalsnaughton. On good tracks and paths. **NOTE:** RADO. Walking on minor road for 100 metres. Be aware of passing traffic. **LEADER:** Mick Harrison: mickdharrison@hotmail.com 07982 710999

FORFAR:-

Arbroath Explorer

GRADE C: 7mils **DEPART:** MMCP at 09:15 **WALK START:** Elliot Car Park. Elliot Street Arbroath at 10:00 **OS:** 54 **GR:** NO621394 **DESCRIPTION:** A circular walk around Arbroath, taking in Hospitalfield & Keptie Pond, heading out towards Victoria park. Return by shore roads and paths, passing the Harbour Signal Tower along the way. **NOTE:** The walk is on pavements and good paths. **LEADER:** Lisa Hughes: elhughes1973@aol.com 07901 901307

KIRKCALDY:-

Burntisland to Kirkcaldy

GRADE C+: 6.5mils **WALK START:** Kirkcaldy bus station at 09:30 **OS:** 58 **GR:** NT279914 **DESCRIPTION:** Number 7 bus (Stance 13) at 9:33 to Links Place, Burntisland. Walk back to Kirkcaldy via Binnend village, Kinghorn Loch and the Coastal Path from Kinghorn to finish at Seafield. **NOTE:** RADO NoSC. **LEADER:** Ruth Beddall: 01592 260578

PERTH:-

Dundee City circular - PLEASE BOOK WITH LEADER

GRADE C+: 6.5mils **Ascent:** 275m/900ft **WALK START:** Riverside car park at Bridgeview Station at 10:30 **OS:** 54 **GR:** NO384292 **DESCRIPTION:** Climb through Victoria Park to Balgay Park and Hill. Continue to Dundee Law then descend past Dudhope Castle and The Howff to return along the riverside. **LEADER:** Pete & Anne Trant: thetrants@virginmedia.com 01738 565075 or 07985 202934

ST ANDREWS & NE FIFE:-

Braes of the Carse, Collace

GRADE C+: 8.7mils **Ascent:** 380m/1250ft **DEPART:** FCPC at 09:15 **WALK START:** Church in Kirkton of Collace at 10:30 **OS:** 53 **GR:** NO196320 **DESCRIPTION:** Moderate route following good tracks, paths & minor roads through farmland & woodland, with some strenuous ascent to Dunsinane Hill. **NOTE:** Please contact walk leader to book your place, thank you. **LEADER:** Colin Brown: colinbrown54@talktalk.net 01334 655724 or 07745 252292

Sunday 29th January

DUNDEE:-

Sunday Social Stroll - Strathmartine and Baldovan area

GRADE C: 3mils/1.5hrs **WALK START:** Nine Maidens, Laird St, Dundee, DD3 9QU at 14:00 **OS:** 380 **GR:** NO378342 **DESCRIPTION:** Parking at side of Nine Maidens (Kingsmuir Park). City walk and country road walking around Strathmartine and Baldovan. Leisurely stroll. Coffee on offer at end of walk. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Sheila Wallace: smwallace55@gmail.com 01382 320243 or 07944 570925

GLENROTHES:-

Glenrothes to Balmalcolm linear (return by service bus)

GRADE C+: 8.0mils/4.5hrs **Ascent:** 600ft **DEPART:** LCCP at 9:30 **WALK START:** Lomond Centre CP at 9:30 **OS:** 59 **GR:** NO285008 **DESCRIPTION:** A linear walk, via Woodside, Markinch, Star Moss, Kirkforthar and Rameldry. **NOTE:** NoSC RADO **LEADER:** H Morrison 01592 749170 or 07821 148256 hazmgtmor@hotmail.com

STIRLING & FALKIRK:- Wandering in the countryside near Kilsyth

GRADE C: 7.5mils/5.5hrs **Ascent:** 185m/600ft **WALK START:** Gavell Road car park on the left just before you leave Kilsyth heading West on the A803 at 10:00 **OS:** 64 **GR:** NS704775 **DESCRIPTION:** We start with a slight climb on the southern slopes of the Kilsyth Hills to reach a good view point. We then cross onto the other side of the A803 to explore the Dumbreck Marshes on the new path network which has been recently improved. **NOTE:** Go past the small CP park on the L side with a long stretch of straight road in front of you. Be well clear of the bend. **LEADER:** John: john.linda.mckay@gmail.com 07928 349268

STRATHTAY:- Craigower

GRADE C: 4.5mils **Ascent:** 258m/850ft **DEPART:** CCP at 09:30 **WALK START:** Moulin at 10:00 **OS:** 52 **GR:** NN944592 **DESCRIPTION:** Path through the golf course to Drumchorry and forest tracks/paths up Craigower for far reaching views. Descend north then east on forest track and through the golf course to the Cuilc and return past Lettoch to Moulin. **NOTE:** RADO. **LEADER:** John Nixon: john.nixon54@hotmail.com 07917 886524

Tuesday 31st January

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

Wednesday 1st February**PERTH:- Cargills Leap, Knockie and Ardblair Trail, Blairgowrie**

GRADE C+: 9.5mils **Ascent:** 100m/330ft **WALK START:** Riverside car park, Blairgowrie at 10:00 **OS:** 53 **GR:** NO180454 **DESCRIPTION:** Walk on marked paths, tracks and minor roads to Cargill's Leap, the Knock and then following the Ardblair Trail. Waterfalls, woodlands, old mills. **NOTE:** PLEASE BOOK A PLACE WITH LEADER. **LEADER:** Mike Brown: mikebrown1957@btinternet.com 01738 446330 or 07444 109293

Thursday 2nd February

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

Saturday 4th February**BLAIRGOWRIE:- Stanley & King's Myre**

GRADE C: 6mils/4hrs **Ascent:** 140m/460ft **DEPART:** WMCP at 09:15 **WALK START:** Stanley Mills, Mill Brae, Stanley at 10:00 **OS:** 53 **GR:** NO114329 **DESCRIPTION:** Paths & tracks with some minor road walking. From Stanley Mills, the track rises to give views over wooded countryside before continuing along part of the old Scottish Midland Junction Railway. Then into Taymount Wood and King's Myre Loch. **NOTE:** If you wish to attend this walk PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com **LEADER:** Pat Fraser: patriciafraser@btinternet.com 07843 786191

BRECHIN:- Arbroath to Auchmithie and return.

GRADE C+: 8mils **WALK START:** Car park at Whiting Ness, east end of Victoria Park, Arbroath at 10:00 **OS:** 54 **GR:** NO658411 **DESCRIPTION:** Good coastal path with a rougher section down steps to a rocky foreshore. **NOTE:** What3Words: worm.caves.breath. **LEADER:** Irene McGugan: irene.mcugan@btinternet.com 01307 818436

DALGETY BAY:- Leven circular

GRADE C: 5mils/3hrs **Ascent:** 40m/130ft **WALK START:** Leven Promenade car park at 10:30 **OS:** 59 **GR:** NO382004 **DESCRIPTION:** Follow the Promenade to Scoonie then Lethan Glen, Blacketydsie Farm and Silverburn return via the Fife Coastal Path. Terrain mainly Paths, Pavement and Tracks. **NOTE:** BOOKING ESSENTIAL If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Alice McEwan: 07749 388113

DUNDEE:- Dairsie, Wester Forret, Logie

GRADE C+: 7mils/4hrs **Ascent:** 70m/230ft **DEPART:** TBGP at 10:00 **WALK START:** Dairsie Lane, beside Primary School. at 10:30 **OS:** 59 **GR:** NO411173 **DESCRIPTION:** Circular walk through countryside North of Dairsie. Mainly on paths and tracks. Please bring a packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Tom Webster & Sammy Shields: 01382 552473 or 07546 064759

GLENROTHES:- Cupar - Hopetoun Monument circular

GRADE B: 7mils/4.5hrs **Ascent:** 800ft **DEPART:** LCCP at 09:30 **WALK START:** Deer Centre CP at 10:00 **OS:** 59 **GR:** NO328131 **DESCRIPTION:** Walk from the Deer Centre by Over Rankelour, Westhall to Mount Hill where the Hopetoun Monument is situated. Return by Fernie walking on mostly farm tracks with interesting views over the Howe of Fife. **NOTE:** CWRA RADO **LEADER:** J Duncan 01337 831888 john@johnandmorven.co.uk

PERTH:- Dollar & River Devon - PLEASE BOOK WITH LEADER

GRADE C: 6.5mils **Ascent:** 185m/600ft **WALK START:** Corner of West Burnside and Manor House Road, Dollar at 10:00 **OS:** 58 **GR:** NS962980 **DESCRIPTION:** Around Dollar then along the river and old railway line before returning to Dollar. On paths, tracks, pavements and quiet roads, a couple of short stiff climbs. **NOTE:** Roadside parking alongside Dollar Burn. Could be wet in places. Poles recommended. **LEADER:** Ian Stokes: iangstokes@tiscali.co.uk 01738 787567 or 07775 802630

Sunday 5th February

KINROSS & OCHIL:- South Queensferry Circular

GRADE C: 8.5mils/4hrs **DEPART:** KPR at 09:30 **WALK START:** South Queensferry car Park opposite Hawes Inn at 10:00 **OS:** 65 **GR:** NT 36783 **DESCRIPTION:** A short walk till we come to a clearing where we join a good path through wooded section and good tracks with views of the sea and three bridges. Pass Dalmeny House, Barnbogle Castle and follow the shoreline. **NOTE:** Nearest post code at start of walk EH30 9TA. **LEADER:** Moira McCauley: 01383 839795 or 07484 718783

ST ANDREWS & NE FIFE:- Anstruther & Kilrenny

GRADE C+: 7mils **Ascent:** 100m/330ft **DEPART:** FCPC at 10:00 **WALK START:** Public car park, B9131, north Anstruther at 10:45 **OS:** 59 **GR:** NO563038 **DESCRIPTION:** Figure of eight walk from Anstruther to Pittenweem to Kilrenny & Cellardyke, taking in both coast & country on coastal path, pavements & grassy tracks. Lovely views. **NOTE:** Please contact walk leader to book your place, thank you. **LEADER:** Will Aitken: wh.aitken@gmail.com 01334 470066 or 07908 721466

STIRLING & FALKIRK:- The Boness Riviera and the sunny Costa Carriden

GRADE C: 6mils/5hrs **Ascent:** 60m/200ft **WALK START:** Meeting point: Car park at the bottom of Snab Lane just off the A904. This is on the approach road to Boness Town Centre, near the junction with A993. at 10:15 **OS:** 65 **GR:** NS985812 **DESCRIPTION:** Our outward route gives wide views over the Forth Estuary, and we look north as the Romans did. We make our way along the high route of The Antonine Wall to the unique Bridgestone Slab. This is a replica. **NOTE:** DWOL CWRA. Well surfaced throughout, with some sections across mown grass, waterproof footwear is advised. **LEADER:** Wraight Shepherd: wraight.shepherd@talk21.com 01786 475137 or 07753 941564

Tuesday 7th February

KIRKCALDY:- Langtoun Daundersers -- Kelty to Cowdenbeath

GRADE C: 6.5mils **WALK START:** Kirkcaldy bus station at 09:00 **OS:** 58 **GR:** NT279914 **DESCRIPTION:** Number 18 bus (Stance 8) at 9.06 to Kelty. Then path to Lochore Meadows, round to the east side of the loch then via Hilton of Beath and Lumphinnans Farm to Cowdenbeath. **NOTE:** RADO NoSC. The walk will be followed by lunch at Diamonds Restaurant, with return to Kirkcaldy by public transport. **LEADER:** Janet Fraser: janetfrsr@yahoo.co.uk 07544 300857

RADO = Registered Assistance Dogs Only

DWOL = Dogs welcome on Leads

CWRA = Children with responsible adults

NoSC = Not suitable for children



The view down to Newtyle, Fife.

Thursday 9th February

DALGETY BAY:-

Roamers - North Queensferry circular

GRADE D: 4mils/2hrs **Ascent:** 50m/160ft **WALK START:** Ferrytoll Park & Ride at 10:00 **OS:** 58 **GR:** NT124820 **DESCRIPTION:** From Ferrytoll to North Queensferry via B981 and return via the Fife Coastal Path. Walking mainly on pavement & tracks, optional steps to avoid walking along the road. **NOTE:** BOOKING ESSENTIAL If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Rose Nutt: 07494 235392

GLENROTHES:-

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

Saturday 11th February

DALGETY BAY:-

Auchtertool circular

GRADE C: 7mils/4hrs **Ascent:** 280m/920ft **WALK START:** Auchtertool Kirk car park, approx. 1mile west of village on B925. at 10:00 **OS:** 58 **GR:** NT207902 **DESCRIPTION:** Follow the historic Kirk Path from the car park on a circular walk through the Fife countryside. Terrain is mostly on gravel Core Paths, woodland paths and grass tracks. Some road walking on minor roads. **NOTE:** BOOKING ESSENTIAL If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Neil Denness: neildenness@gmail.com 07772 904880

DUNDEE:-

Arbroath to Auchmithie

GRADE C+: 8mils/4hrs **DEPART:** OCCP at 10:00 **WALK START:** Car Park at start of cliffs at 10:30 **OS:** 54 **GR:** NO658412 **DESCRIPTION:** Walk along cliffs to Auchmithie and return. Lovely views. Grassy path down to beach and steep set of stairs back up from beach to path. Please bring a packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Margaret Wallace: 07469 736814

DUNFERMLINE & WEST FIFE:- Largo to Shell Bay circular

GRADE C+: 8mils/4hrs **Ascent:** 20m/70ft **DEPART:** LPRCP at 09:30 **WALK START:** Temple car park, Lower Largo at 10:30 **OS:** 59 **GR:** NO421025 **DESCRIPTION:** An easy, circular walk along a disused railway line, by Dumbarnie golf course, returning on the Fife Coastal Path. **NOTE:** RADO. **LEADER:** George Naismith: georgenaismith@hotmail.co.uk 07833 366299

PERTH:- **Around Tayport & Morton Lochs - PLEASE BOOK WITH LEADER**
GRADE C+: 9.5mls **Ascent:** 225m/740ft **WALK START:** Links Road North car park, Tayport at 10:00
OS: 59 **GR:** NO464285 **DESCRIPTION:** Use Fife Coastal Path from Tayport towards Newport then to Causewayhead, Kirkton Barns, Morton Lochs and return to start. **NOTE:** Some parts may be muddy so pole(s) could be useful. **LEADER:** Colin Fraser: cfraser365@gmail.com 01382 541617 or 07895 808614

STRATHTAY:- **St Mary's Church**
GRADE C+: 8.5mls **WALK START:** CCP at 09:30 **OS:** 52 **GR:** NN858491 **DESCRIPTION:** Circular walk through Duireaskean, St Mary's Church (probably not open) and Westpark and returning along the old railway track. The route is largely on good tracks and paths but there are muddy bits. **NOTE:** RADO. **LEADER:** Joyce Cameron & Violet Keir: jemcameron@hotmail.co.uk 01887 840343 or 07568 440607

Sunday 12th February

DUNDEE:- **Sunday Afternoon City Stroll**
GRADE C: 3mls/1.5hrs **WALK START:** Waterstones Book Shop, 35 Commercial Street, Dundee, DD1 3DG at 14:00 **OS:** 380 **GR:** NO404303 **DESCRIPTION:** Circular route from Waterstones, walking along Waterfront, crossing over Seabraes Footbridge, joining Perth Rd by steps opposite University (several sections of steps here), returning to Waterstones for coffee by Nethergate and High St. **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:- **Snowdrop Walk, House of Dun**
GRADE C: 5mls **DEPART:** MMCP at 10:00 **WALK START:** House of Dun Car Park at 10:40 **OS:** 54 **GR:** NO675598 **DESCRIPTION:** A stroll through Lady Augusta's Walk to view carpet of snowdrops in the wooded dell. (Parking fee applies for non NTS members) Followed by a short walk in Brechin **LEADER:** Christine Ferguson: 01382 532384

GLENROTHES:- **Cupar - Ceres Tarvit Hill Circular**
GRADE B: 8mls/4hrs **Ascent:** 900ft **DEPART:** LCCP at 9:30 **WALK START:** Cemetery CP on Ceres road at 10:00 **OS:** 59 **GR:** NO380136 **DESCRIPTION:** Mixed walk mainly on well defined paths including the pilgrims way. Stiff climb to the summit of Tarvit hill. **NOTE:** NoSC RADO **LEADER:** L Allen 07578 999338 lesallen80@gmail.com

KIRKCALDY:- **Devilla Forest & Four Lochs**
GRADE C: 6mls **DEPART:** KRSN at 09:00 **WALK START:** Forestry Commission car park on A985, FK10 4AZ at 10:00 **OS:** 65 **GR:** NS963870 **DESCRIPTION:** A snaking walk taking in three waymarked routes, with views of Bordie and Moor Lochs, and Peppermill and Keil Dams. **NOTE:** DWOL NoSC. **LEADER:** Beth Dickson: bd6427@icloud.com 07791 912417

STIRLING & FALKIRK:- **Blackness to Hopetoun**
GRADE C: 6.5mls/3.5hrs **Ascent:** 205m/680ft **WALK START:** Blackness Square at 10:00 **OS:** 65 **GR:** NT052800 **DESCRIPTION:** Leaving Blackness we follow woodland paths beside the shore. Views across to Fife and the Bridges. Option to detour to view Midhope Castle and Abercorn Church. Short section on minor road then part of Hopetoun estate. **NOTE:** CWRA. Limited parking at Blackness. Please car share if possible. The walk goes along part of the John Muir Way. **LEADER:** Betty Brodie: bettybrodie@aol.com 01324 556762 or 07936 380395

STIRLING & FALKIRK:- **Blackness to Society**
GRADE B: 9.5mls/5hrs **Ascent:** 185m/600ft **WALK START:** Blackness Square at 10:00 **OS:** 65 **GR:** NT052800 **DESCRIPTION:** A figure of 8 walk going through West Shore Wood, Abercorn and toward Port Edgar before turning to Society. Mostly on good paths and tracks, but with a tricky underfoot stretch along the foreshore. **NOTE:** This walk will be led at a moderately brisk pace. **LEADER:** Colin Thomson: colinbthomson@gmail.com 07702 636505

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Tuesday 14th February

KINROSS & OCHIL:-

Tuesday Walkers - See details at beginning of this programme.

Wednesday 15th February

PERTH:-

Railway tunnels circular - PLEASE BOOK WITH LEADER

GRADE C: 6mils **Ascent:** 200m/650ft **WALK START:** Aberargie bus stop at 10:00 **OS:** 58 **GR:** NO164158 **DESCRIPTION:** A circular walk through two disused railway tunnels. A small incline, 2 gates and a fence to negotiate. Torch required, poles & gaiters may be helpful. **NOTE:** Bus No.36 from Stance 1, Perth bus station at 9:07am. Arrives Aberargie 9:35am. **LEADER:** Cathy Creedican: cathy_paul_gemma@hotmail.com 01738 634653 or 07747 088844

ST ANDREWS & NE FIFE:-

Gauldry to Kilmany

GRADE C: 5mils **Ascent:** 150m/490ft **DEPART:** FCPC at 09:50 **WALK START:** Morison Duncan Hall, Main Road, Gauldry at 10:30 **OS:** 59 **GR:** NO373237 **DESCRIPTION:** Easy, low level route following tracks, paths and minor roads through woodlands and farmland (may be muddy) with some moderate but short ascents. **NOTE:** Please contact walk leader to book your place, thank you. **LEADER:** Jim Coates: jcoates1944@gmail.com 01337 831113

Thursday 16th February

GLENROTHES:-

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

Saturday 18th February

BLAIRGOWRIE:-

Montrose Beach to North Esk Estuary

GRADE C: 8.5mils/5hrs **Ascent:** 180m/590ft **DEPART:** WMCP at 09:15 **WALK START:** Public Car Park on Traill Drive, on right 200m beyond golf club heading towards sea at 10:30 **OS:** 54 **GR:** NO727580 **DESCRIPTION:** Generally flat coastal walk through dunes and woodland to the estuary with visit to historic 18th century bridge. Good tracks and paths, returning along the beach. **NOTE:** If you wish to attend this walk PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com **LEADER:** Kathleen Frew: kathleenfrew@msn.com 01250 873805 or 07900 531159

BRECHIN:- Kinnaird Estate Circular

GRADE C: 6mls **WALK START:** Inch Park Car Park, River Street, Brechin at 09:30 **OS:** 54 **GR:** NO601597 **DESCRIPTION:** Through grounds of Kinnaird Castle and around lake. **NOTE:** What3Words: fruity.parade.reset. **LEADER:** Moira Dunbar: mdunbar20@icloud.com 01356 622327 or 07759 215616

DALGETY BAY:- Anstruther, Pittenweem, Kilrenny & Cellardyke.

GRADE C+: 8mls/4hrs **WALK START:** Car park off St Andrews Road, opposite Anstruther cemetery. at 11:00 **OS:** 59 **GR:** NO563037 **DESCRIPTION:** Figure of eight coastal and inland walk following the coastal path and grassy tracks with lovely views over surrounding countryside and the Forth. **NOTE:** BOOKING ESSENTIAL If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Jane Mitchell: janemaclean1@hotmail.com 01383 822843 or 07975 984015

DUNDEE:- Social Stroll - Arbroath Seafront

GRADE C: 4.5mls/4hrs **DEPART:** OCCP at 10:30 **WALK START:** Elliot Car Park, Arbroath at 11:00 **OS:** 54 **GR:** NO620394 **DESCRIPTION:** Bracing walk along the seafront at Arbroath with coffee or lunch in The Old Boatyard during the walk. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Jean MacGillivray: 07932 014859

GLENROTHES:- Valleyfield - Snowdrops and Preston Island

GRADE C: 7mls/3hrs **Ascent:** 440ft **DEPART:** LCCP at 9:30 **WALK START:** Low Valleyfield CP at 10:30 **OS:** 58 **GR:** NT005864 **DESCRIPTION:** Into Valleyfield woods then circuit of snowdrops display. Return via Culross Abbey then coastal path and Preston Island. **NOTE:** CWRA DWOL Leaders will meet walkers at Low Valleyfield **LEADER:** C and B Barton 01383 725859 chrisbettybarton@gmail.com

KINROSS & OCHIL:- Scone, Macduff's folly and Lymedoch obelisk

GRADE C+: 7.5mls/3hrs **DEPART:** KPR at 09:15 **WALK START:** Quarrymill at 10:00 **OS:** 53 **GR:** NO119251 **DESCRIPTION:** Start from Quarrymill car park the walk goes through woodland to Scone then a long steady climb to Macduff's folly for good views. A further climb leads to Lymedoch Obelisk. The downhill return crosses the golf course, then back to Scone. **NOTE:** Nearest post code for start is PH1 5DS. **LEADER:** Ann Eve: 01577 863887 or 07960 973866

KIRKCALDY:- Collessie & Lindores Loch

GRADE B: 7mls **Ascent:** 300m/980ft **DEPART:** KRSN at 09:45 **WALK START:** Victory Hall car park, Collessie KY15 7TZ at 10:30 **OS:** 59 **GR:** NO287133 **DESCRIPTION:** Collessie Den, Cowden Hill, Lindores Loch, Grange of Lindores. Returning via Woodmill Plantation and Collessie Den. Paths, tracks, grassy hillside, fields and minor roads, with two short sections beside A913 & B937. **NOTE:** RADO NoSC. **LEADER:** Mike Livesey & Janet Fraser: 07783 201492

PERTH:- Scone circular - PLEASE BOOK WITH LEADER

GRADE C+: 8mls **Ascent:** 75m/250ft **WALK START:** Riverside car park next to Scone Old Church at 10:00 **OS:** 58 **GR:** NO131255 **DESCRIPTION:** From car park through Scone and cross the A94 heading for Murrayshall. Ascend to the Lymedoch Obelisk and MacDuff's Folly. Return through Scone Den. **NOTE:** Includes some road walking and tracks and uphill paths. Route can be very muddy in places, poles may be helpful. **LEADER:** Sheelagh Candy: 07505 449406

Sunday 19th February

DUNDEE:- Backwater Reservoir, Glen Isla

GRADE C+: 7.5mls/4hrs **Ascent:** 301m/990ft **DEPART:** CWCP at 09:15 **WALK START:** Car park at Western end of backwater reservoir dam, a mile north of the junction of the B951 and B954 in Glenisla at 10:15 **OS:** 53 **GR:** NO250589 **DESCRIPTION:** Moderate low level walk following tracks, paths and minor tarmac road around reservoir through a plantation and into Glen Damff. 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

DUNDEE:- Family Walk - Lade Braes

GRADE C: 4mls/2hrs **WALK START:** Petheram Bridge Car Park, Links Crescent, St Andrews, KY16 9HR at 14:00 **OS:** 59 **GR:** NO501168 **DESCRIPTION:** Leisurely walk from St. Andrews Lade Braes to the Duck Pond and back. Please let walk leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Jean MacGillivray: 07932 014859

STIRLING & FALKIRK:- River Avon walk from Avonbridge

GRADE C: 8mls/5.5hrs **Ascent:** 105m/340ft **WALK START:** Corner of Bridgend Road opposite number 23. (South East corner of the big crescent.) at 10:00 **OS:** 65 **GR:** NS912726 **DESCRIPTION:** The Avon flows W from Avonbridge. We'll follow it using a fairly good path which can be muddy/wet in a few places. There are 3 short steep climbs but otherwise easy walking. Highlights include the disused railway viaduct and Wallace's cave. **NOTE:** Several of the fields we cross can have cows in them. We are unlikely to find no cows in every one of them. **LEADER:** John: john.linda.mckay@gmail.com 07928 349268

Wednesday 22nd February

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

PERTH:- Birnam Wood & Murthly Estate - PLEASE BOOK WITH LEADER

GRADE C+: 8mls **Ascent:** 175m/570ft **WALK START:** Station Road, Birnam (outside Birnam Arts Centre) at 10:00 **OS:** 52 **GR:** NO031418 **DESCRIPTION:** A leisurely walk along the river Tay through Birnam Woods to Murthly Estate. The return journey will be via Rohallion Loch and through Birnam Woods. Some undulating sections, minor road walking and a rail crossing. **NOTE:** Park in Station Road or Perth Road, Birnam. No.23 bus from Mill Street (F) at 9:20 arrives 9:58. **LEADER:** Tom Reid: 07551 903278

Thursday 23rd February

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

Saturday 25th February

DALGETY BAY:- Harlaw, Threipmuir and Bavelaw

GRADE C+: 7.5mls/4hrs **Ascent:** 330m/1080ft **WALK START:** Harlaw car park, this car park is very busy so car sharing is suggested. at 10:00 **OS:** 66 **GR:** NT182655 **DESCRIPTION:** A circular walk past the Harlaw and Threipmuir reservoirs. A gentle climb to Bavelaw Castle and then we will ascend the flanks of Black Hill and return to Harlaw Waterkeepers House. **NOTE:** BOOKING ESSENTIAL Please contact walk leader to book and arrange car share if required. **LEADER:** Mike Gordon: 07752 145911

DUNDEE:- Social Stroll - Scone Palace

GRADE C: 3mls/3hrs **DEPART:** CWCP at 10:15 **WALK START:** Car Park Scone Palace (take the A93 from Perth to Scone Palace - well signposted) at 11:00 **OS:** 53 **GR:** NO114264 **DESCRIPTION:** Amazing walk around the grounds of Scone Palace. Try not to get lost in the Maze. Admire the snowdrops, hopefully see some peacocks and Heilan Coos. Then lunch in the cafe in the Palace. Entrance to the Palace grounds is free. **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:- Kippen circular

GRADE C+: 8mls/4hrs **Ascent:** 185m/600ft **DEPART:** LPRCP at 09:30 **WALK START:** War memorial, Kippen. Junction of Fore Road and Main Street. at 10:30 **OS:** 57 **GR:** NS652948 **DESCRIPTION:** Circular walk to the west, south and east of the picturesque village of Kippen on country lanes, grassy paths, farm tracks and minor roads. A couple of stiles and gates to negotiate. **NOTE:** RADO. Traffic on minor roads. Be aware of passing traffic. Climbing over stiles and gate. Care to be taken. **LEADER:** Mick Harrison: mickdharrison@hotmail.com 07982 710999

FORFAR:- Scurdie Ness, Elephant Rock, Ferryden

GRADE C: 7.2mls **DEPART:** MMCP at 09:10 **WALK START:** Ferryden at 10:00 **OS:** 54 **GR:** NO721567 **DESCRIPTION:** A great coastal circuit from Ferryden, taking in the lighthouse at Scurdie Ness and the elephant shaped rock near Boddin Point, before returning inland on minor roads **LEADER:** Elizabeth Anderson: 01382 370980

KIRKCALDY:- Auchtermuchty: Clink & Common

GRADE C+: 5mils **WALK START:** Auchtermuchty, on Burnside near bus stop north of A91, KY14 7FH at 10:15 **OS:** 58 **GR:** NO239116 **DESCRIPTION:** Fields and woodland, gentle hills with good views. Tracks, footpaths and country lanes. **NOTE:** RADO NoSC. Please phone leader by the previous evening if you intend to join the walk. **LEADER:** Ruth Beddall: 01592 260578

PERTH:- Newburgh to Glenduckie Hill - PLEASE BOOK WITH LEADER

GRADE B: 8mils **Ascent:** 250m/825ft **WALK START:** Newburgh Primary School Car Park at 10:00 **OS:** 58 **GR:** NO240182 **DESCRIPTION:** The walk follows the Fife Coastal Path for 2/3 miles before heading up Glenduckie Hill, then returning via Glenduckie village, Higham and Coastal Path back to Newburgh. Good views from Glenduckie Hill. **NOTE:** Moderate walk on good tracks and paths with one prolonged climb. Paths may be muddy due to livestock. Poles advised. **LEADER:** Sarah Martin: 07925 252828

ST ANDREWS & NE FIFE:- Methven Wood, Methven

GRADE C+: 7.5mils **DEPART:** FCPC at 09:30 **WALK START:** King George V Jubilee Park, east end of Main Street at 10:30 **OS:** 52 **GR:** NO029259 **DESCRIPTION:** Moderate route following woodland tracks, riverside path & minor roads. **NOTE:** Please contact walk leader to book your place, thank you. **LEADER:** Colin Brown: colinbrown54@talktalk.net 01334 655724 or 07745 252292

Sunday 26th February

GLENROTHES:- Auchtermuchty - The Clink Forest Circular

GRADE C+: 6mils/3hrs **Ascent:** 750ft **DEPART:** LCCP at 09:30 **WALK START:** Forest CP near Newton House at 10:15 **OS:** 59 **GR:** NO222129 **DESCRIPTION:** A circular walk round woodlands at the Clink using forest tracks and some road walking. Great views over Howe of Fife. **NOTE:** CWRA RADO **LEADER:** C Mackie and T McLaren 07903 132319 tmlaren39@gmail.com

STIRLING & FALKIRK:- Colzium circular

GRADE C: 8.5mils/5hrs **Ascent:** 30m/100ft **WALK START:** Starting point: Curling Pond Car Park at Colzium Estate at 10:00 **OS:** 64 **GR:** NS733785 **DESCRIPTION:** Walk on paths through the Colzium Lennox estate and then alongside Banton loch before dropping down to the canal tow path to Auchinstarry. Return to Colzium. **NOTE:** The CP is signposted as you drive into the estate – take the first left hand turn and the car park is beside the pond. **LEADER:** Lynne Bell: Macbell@hotmail.co.uk 01324 621857 or 07946 247727

STRATHTAY:- Loch Con and Limestone Pavements

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

Tuesday 28th February

DUNDEE:- MacKenzie Monument

GRADE B: 9mils/5hrs **DEPART:** CWCP at 09:30 **WALK START:** Car Park at Tullybaccart on South Side of A923 at 10:00 **OS:** 53 **GR:** NO263359 **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. Walk may need to be changed if it is snowy. **NOTE:** RADO. Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Rose Garvie & Lena Brown: 01382 450763 & 07812 826905 or 01382 884649 & 07597 690186

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

Wednesday 1st March

PERTH:-

Castle Law (Forgandenny) - PLEASE BOOK WITH LEADER

GRADE C+: 7mls **Ascent:** 280m/920ft **WALK START:** Station Road, Forgandenny (roadside parking) at 10:00 **OS:** 58 **GR:** NO086181 **DESCRIPTION:** From Forgandenny a steady ascent to Castle Law hill fort with open views to the Perthshire and Angus hills followed by a steeper descent. Mostly on hard or good grassy tracks but may be some muddy stretches. **NOTE:** Poles & gaiters may be useful. **LEADER:** Pete & Anne Trant: thetrants@virginmedia.com 01738 565075 or 07985 202934

Thursday 2nd March

GLENROTHES:-

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

Saturday 4th March

BLAIRGOWRIE:-

Birnam Circular

GRADE C+: 7mls/4.5hrs **Ascent:** 310m/1020ft **DEPART:** WMCP at 08:30 **WALK START:** Birnam Institute at 09:15 **OS:** 53 **GR:** NO031416 **DESCRIPTION:** The walk follows tracks and paths to the south and west of Birnam to Stair Bridge, then south and east past Rohallion Lodge returning to Birnam. There should be extensive views south over Strathmore to the Ochils and Sidlaws. **NOTE:** If you wish to attend this walk PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com **LEADER:** Phil Taylor: philip377taylor@btinternet.com 01828 633648 or 07759 960746

BRECHIN:-

Lunan Bay

GRADE C: 7mls **WALK START:** Lunan Bay Car Park at 10:00 **OS:** 54 **GR:** NO691515 **DESCRIPTION:** Short distance on road, then easy walk south along tracks or beach with ascent on cliff path and descent into Ethie Haven. Can be extended to Kirk Loch and chapel (+1 mile each way). **NOTE:** What3Words: surfed.recon.ruling **LEADER:** Edward Short: edwardshort123@aol.com 01356 626166 or 07802 740087

DALGETY BAY:-

Blackness to Abercorn

GRADE C: 6mls/3hrs **Ascent:** 60m/200ft **WALK START:** Blackness village at 10:00 **OS:** 58 **GR:** NT052800 **DESCRIPTION:** A circular walk on good paths from Blackness to the Hopetoun Estate and then to Abercorn church before returning to Blackness. **NOTE:** BOOKING ESSENTIAL If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Margaret Leighton: 07780 478181

DUNDEE:-

Newport Circular

GRADE C+: 9mls/5hrs **Ascent:** 80m/260ft **WALK START:** Tay Bridge Car Park (South Side), Fife. at 09:30 **OS:** 54 **GR:** NO427287 **DESCRIPTION:** Nature Trail, Farmland, 6 road crossings, road walking/short steep climbs, several gradient climbs, St Fort, Drumoig, Roseberry Hill. Please bring a packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Tom Webster & Sammy Shields: 01382 552473 or 07546 064759

DUNFERMLINE & WEST FIFE:- Steele's Knowe, Ochils

GRADE B+: 8mls/5hrs **Ascent:** 500m/1640ft **DEPART:** LPRCP at 09:00 **WALK START:** Litterigg car park (4.5 miles N of Yetts o' Muckhart on the B934 road to Dunning). FK14 7LD at 10:00 **OS:** 58 **GR:** NO017082 **DESCRIPTION:** A hilly walk around some of the eastern Ochils from Corb Glen taking in 3 minor tops before ascending to the summit of Steele's Knowe, the highest point! Some footpaths and a windfarm access track but mainly off-path on grassy hillsides. **NOTE:** RADO. Fences, Gates and stiles. Muddy & rough in places. Possible livestock. **LEADER:** Bob Cuthbertson: bob.cuthbertson@hotmail.co.uk 01383 747997 or 07503 001948

GLENROTHES:-

Ladybank - Annsmuir and Wilderness Woods

GRADE C: 6.5mls/4hrs **Ascent:** 60ft **DEPART:** LCCP at 9:30 **WALK START:** Golf club CP in Ladybank at 10:00 **OS:** 59 **GR:** NO304104 **DESCRIPTION:** A flat circular walk from Ladybank through the woods on paths and tracks. **NOTE:** CWRA DWOL Leader will meet walkers at Ladybank **LEADER:** I Rankin 01337 830360 ishabelrankin@gmail.com

KIRKCALDY:-**Culross to Cairneyhill: West Fife Coastal Path Part 2**

GRADE C: 5.5mls **WALK START:** Kirkcaldy bus station at 09:25 **OS:** 58 **GR:** NT279914
DESCRIPTION: Bus to Dunfermline and change there for Culross. Walk from the Town House along the Coastal Path to its junction with the A985, then across to Cairneyhill for return by bus to Kirkcaldy. **NOTE:** DWOL CWRA. Please phone walk leader to confirm bus arrangements or advise car travel. **LEADER:** Ruth Beddall: 01592 260578

PERTH:-**Enochdhu to Spittal of Glenshee - PLEASE BOOK WITH LEADER**

GRADE B: 10mls **Ascent:** 640m/2100ft **WALK START:** Enochdhu Recycling Car Park at 10:00 **OS:** 43 **GR:** NO062628 **DESCRIPTION:** W. From Enochdhu to the Spittal of Glenshee and return. This walk picks up the final section of the Cateran trail, through a forest plantation and across a remote grouse moor. Stunning views if the weather is good. **LEADER:** Mike Brown: mikebrown1957@btinternet.com 01738 446330 or 07444 109293

ST ANDREWS & NE FIFE:-**Kennoway to Ceres - Pilgrims' Way**

GRADE C+: 9mls **Ascent:** 121m/400ft **DEPART:** FCPC at 09:50 **WALK START:** St Kenneth's Church, Kennoway at 10:40 **OS:** 59 **GR:** NO350025 **DESCRIPTION:** Meet at FCPC or Ceres Museum car park to catch Stagecoach 41 bus to Kennoway at 10:20. Check bus times prior to date. Section of Pilgrims' Way, mostly on well defined tracks in open country & woodland. Return to Cupar via bus if required. **NOTE:** Please contact walk leader to book your place, thank you. **LEADER:** Dorothy Cameron: 01334 474305

Sunday 5th March**DUNDEE:-****Sunday Social Stroll - Liff Village and Surrounding Area**

GRADE C: 3mls/2hrs **WALK START:** Church Rd, Liff (school end of road) at 14:00 **OS:** 380 **GR:** NO338329 **DESCRIPTION:** Circular route in Liff area taking in local points of interest including House of Gray and Liff Hospital Development. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Sheila Wallace: smwallace55@gmail.com 01382 320243 or 07944 570925

KINROSS & OCHIL:-**Craig A Barns**

GRADE C+: 7mls/3hrs **DEPART:** KPR at 09:00 **WALK START:** Cally car Park at 10:00 **OS:** 52 **GR:** NO024437 **DESCRIPTION:** Varied walks on tracks and path (some narrow along hillside), through forest and on open ground. Fine views of crags, River Tay and hills to the north. Gradual ascents and descents. **NOTE:** Nearest post code at start of walk is PH8 0EP. **LEADER:** Andrew & Edna Burnett: 01577 862977 or 07724 561775

STIRLING & FALKIRK:-**Buchanty to near Dun Mor**

GRADE B: 7.6mls/5hrs **Ascent:** 440m/1440ft **WALK START:** Buchanty is about 5 miles NE of Crieff. The start is at a car park beside the junction of the B8063 with a minor road. PH1 3SQ at 10:30 **OS:** 52 **GR:** NN933282 **DESCRIPTION:** Quite energetic tour of an attractive part of Glenalmond mixes a variety of watery locations with long hilltop views. There is a fairly steep climb on a good path at one point but this will be at my (slow) pace. **NOTE:** CWRA. There will be a limit of 10 cars and this will involve us blocking each other in. **LEADER:** Katie: katiebaker50@sky.com or 07985 455814

Tuesday 7th March**KIRKCALDY:-****Langtoun Daunders -- Craighall Den & Ceres**

GRADE C: 6mls **DEPART:** KRSN at 09:00 **WALK START:** Bridgend car park, South Croftdyke, Ceres KY15 5QN at 10:00 **OS:** 59 **GR:** NO400115 **DESCRIPTION:** A short walk through the quaint village of Ceres, Craighall Den and local farmland. **NOTE:** DWOL NoSC. The walk will be followed by lunch at Pitlessie Arms Hotel. **LEADER:** Beth Dickson: bd6427@icloud.com 07791 912417

Wednesday 8th March

FORFAR:- Strollers Walk - max 4 miles - Details on first page of the programme.
PERTH:- Spittalfield & Inchtuthill - PLEASE BOOK WITH LEADER
GRADE C: 6.8mils **Ascent:** 60m/200ft **WALK START:** Village Green, Spittalfield at 10:30 **OS:** 53 **GR:** NO108409 **DESCRIPTION:** Circular walk from Spittalfield to the River Tay & Inchtuthill and return. **NOTE:** Parking at the village green is limited, but other spaces are available not far away. **LEADER:** Jim Pirie: 01738 451314 or 07923 457219

Thursday 9th March

DALGETY BAY:- Roamers ~ Braefoot Point
GRADE D: 4mils/2.5hrs **Ascent:** 25m/80ft **WALK START:** Dalgety Bay Library at 10:00 **OS:** 58 **GR:** NT156834 **DESCRIPTION:** A walk to the old ammunition pier on woodland tracks and the Coastal Path. **NOTE:** RADO. BOOKING ESSENTIAL If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Alice McEwan: 07749 388113
GLENROTHES:- Strollers Walk - see first page of this programme for details.

Saturday 11th March

DALGETY BAY:- Gartmorn Dam circular
GRADE C: 8mils/4hrs **Ascent:** 155m/510ft **WALK START:** Sterling Mills Factory Outlet car park at 10:30 **OS:** 58 **GR:** NS920965 **DESCRIPTION:** Southwards from the car park to Gartmorn Dam via Coalpots Wood. After circumventing the reservoir return via Cowpark wood, Fishcross and Devon walkway. **NOTE:** BOOKING ESSENTIAL If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** David Thomson: dabthomson@gmail.com 07922 050562

DUNDEE:- Rocks of Solitude, Edzell
GRADE C: 6mils/3hrs **DEPART:** OCCP at 09:30 **WALK START:** Car Park North Edzell at 10:30 **OS:** 44 **GR:** NO599691 **DESCRIPTION:** Walk along the east bank of the River North Esk and return via Tower Folly. Paths can be narrow and muddy. 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

KIRKCALDY:- Lady Mary's Walk, Laggan Hill & Currochs
GRADE C+: 7mils **DEPART:** KRSN at 09:00 **WALK START:** Taylor car park, Turretbank Road, Crieff PH7 4EN at 10:30 **OS:** 52 **GR:** NN858221 **DESCRIPTION:** Pleasant walk beside the River Earn before a gradual ascent up Laggan Hill with good views. Then on to the Currochs walk with lovely scenery. **NOTE:** RADO NoSC. **LEADER:** Liz Greig: 01592 653682 or 07919 985239

PERTH:- Falkland to East Lomond via Tyndall Bruce Monument - PLEASE BOOK
GRADE B: 8mils **Ascent:** 420m/1380ft **WALK START:** Falkland Car Park top of Back Wynd at 10:00 **OS:** 59 **GR:** NO253074 **DESCRIPTION:** All on good tracks or paths. Through Chancefield and around Kilgour Crags to good views from Tyndall Monument. Then to Craigmead and East Lomond before returning to start. There are some steep sections on East Lomond. **NOTE:** Some parts may be muddy so pole(s) could be useful. **LEADER:** Colin Fraser: cfraser365@gmail.com 01382 541617 or 07895 808614

STRATHTAY:- Glen Garr
GRADE C+: 8mils **DEPART:** Aberfeldy bus stop at 08:55 **WALK START:** Bankfoot at 09:55 **OS:** 52 **GR:** NO063354 **DESCRIPTION:** A linear walk from Bankfoot via Glen Garr, Rumbling Bridge and The Hermitage to Dunkeld. Travel by bus. **NOTE:** RADO. Times to be confirmed when Stagecoach winter timetable available. **LEADER:** John & Lily Fleming: jandlfleming@btinternet.com 01887 820575

Sunday 12th March

DUNDEE:- Family Walk - Scone Palace

GRADE C: 3mils/2hrs **WALK START:** Scone Palace Car Park at 14:00 **OS:** 53 **GR:** NO111267 **DESCRIPTION:** Amazing walk round the grounds of Scone Palace. Might get lost in the Maze. Watch for peacocks. Please let walk leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Jean MacGillivray: 07932 014859

FORFAR:- River Ericht Walk - Blairgowrie

GRADE C: 8mils **DEPART:** MMCP at 09:15 **WALK START:** Wellmeadow Car Park, Blairgowrie at 10:00 **OS:** 53 **GR:** NO179451 **DESCRIPTION:** Lovely riverside walk, mainly following the banks of the River. Crossing at Kitty Swanson Bridge. The walk is mostly on paths, some at the edge of fields and flood banks which could be muddy, Small section on minor road. **LEADER:** Lisa Hughes: elhughes1973@aol.com 07901 901307

GLENROTHES:- Dunfermline - Townhill loch and Kingseat

GRADE C: 7mils/3.5hrs **Ascent:** 390ft **DEPART:** LCCP at 9:30 **WALK START:** Robertson Rd CP Dunfermline (just past QMH) at 10:15 **OS:** 58 **GR:** NT112889 **DESCRIPTION:** Walk on core paths to Townhill loch and Kingseat. Return by the Pleasance. Muddy paths and short road walks. Good views. **NOTE:** CWRRA DWOL Leaders will meet walkers at Dunfermline **LEADER:** C and B Barton 01383 725859 chrisbettybarton@gmail.com

STIRLING & FALKIRK:- Callander and Samson's stone.

GRADE C+: 6.5mils/4.5hrs **Ascent:** 185m/600ft **WALK START:** The Meadows (Riverside CP) - FK17 8AX at 10:00 **OS:** 57 **GR:** NN624080 **DESCRIPTION:** Established paths around Callander and up to Samson's stone Great views. Along parts of the Great Trossachs way and the Rob Roy Way. Evidence of Roman remains along the way. **LEADER:** Allan Drew: allan.drew@yahoo.co.uk 07921 687285

Tuesday 14th March

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

Wednesday 15th March

PERTH:- Clunie Walk, Pitlochry - PLEASE BOOK WITH LEADER

GRADE C+: 7.3mils **Ascent:** 450m/1480ft **WALK START:** Car park by the Pavilion in Ferry Road (free) at 10:00 **OS:** 52 **GR:** NN941578 **DESCRIPTION:** Cross the suspension bridge over the Tummel, cross the A9 and then walk uphill towards Strathtay. There is an excellent viewpoint overlooking Pitlochry which can be visited before going downhill to Fonab Woods to retrace our route back. **NOTE:** Turn left down Ferry Road from Main Street and follow road under the Railway Bridge. Free parking at the Pavilion. **LEADER:** Sheelagh Candy: 07505 449406

ST ANDREWS & NE FIFE:- Pillars of Hercules & Drumdreel Wood

GRADE C: 5mils **Ascent:** 100m/330ft **DEPART:** FCPC at 11:00 **WALK START:** Pillars of Hercules Car Park at 11:30 **OS:** 59 **GR:** NO242082 **DESCRIPTION:** Pleasant walk through Falkland Estate, on good tracks and with some minor road walking. Good views over the Howe of Fife. **NOTE:** Please contact the walk leader(s) to book your place, thank you. **LEADER:** Carol Philip & Christine Arnold: 01334 475997 or 07979 541678 & 07718 316597

Thursday 16th March

DUNDEE:- Fish Supper Night

MEET: Venue still to be confirmed. 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

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

Saturday 18th March

BLAIRGOWRIE:- Cat Law

GRADE B: 8.5mls/4.5hrs **Ascent:** 611m/2000ft **DEPART:** WMCP at 09:15 **WALK START:** Parking at gates of Ballintore Castle(limited parking) at 10:00 **OS:** 53 **GR:** NO295586 **DESCRIPTION:** A steady climb to the top of Cat Law on paths, with lovely views towards Forfar, weather permitting. **NOTE:** If you wish to attend this walk PLEASE REGISTER with Pat Fraser: patriciafraser@btinternet.com **LEADER:** Irene Rintoul: irenerintoul@hotmail.com or 07576 491807

BRECHIN:- Elephant Rock Circular

GRADE C: 6mls **WALK START:** Ferryden Car Park, William Street at 10:00 **OS:** 54 **GR:** NO718567 **DESCRIPTION:** Past Scurdie Ness lighthouse. Continue down coast to Elephant Rock and return by minor roads. **NOTE:** What3Words: crab.grasp.demand. **LEADER:** Helen Simpson: 01356 624583 or 07841 539291 bill_simpson@btinternet.com

DUNDEE:- Dundee City Stroll with Lunch

GRADE C: 3mls/1.5hrs **WALK START:** McManus Cafe, Meadowside, Dundee, DD1 1DA at 11:00 **OS:** 380 **GR:** NO402300 **DESCRIPTION:** Leisurely stroll along Dundee's Waterfront, crossing Seabraes Footbridge and returning by Perth Road to McManus Cafe for lunch at 12.30pm. Numbers limited so 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 01382 320243 or 07944 570925

DUNFERMLINE & WEST FIFE:- Conic Hill circular

GRADE B: 7mls/5hrs **Ascent:** 420m/1380ft **DEPART:** LPRCP at 09:00 **WALK START:** Balmaha visitor centre car park at 10:30 **OS:** 56 **GR:** NS429909 **DESCRIPTION:** This route takes sections of the West Highland Way. It climbs from a delightful village by Loch Lomond to a fine ridge and summits on the exact line of the Highland Boundary Fault, giving breathtaking views of the loch and its islands. **NOTE:** RADO. Good paths and tracks, one section alongside a road. Some steep and rough climbs. **LEADER:** Grant Robertson: grantrobertson1952@gmail.com 01383 332265 or 07936 738581

GLENROTHES:- Kirkcaldy - West Wemyss circular

GRADE C+: 7.0mls/4hrs **Ascent:** 700ft **DEPART:** LCCP at 09:30 **WALK START:** Ravenscraig CP at 10:00 **OS:** 59 **GR:** NT293927 **DESCRIPTION:** Through park to Dysart, then inland by Boreland to West Wemyss. Return by coastal path. May be muddy. **NOTE:** NoSC RADO Leaders will meet walkers at Ravenscraig **LEADER:** R and M Fairgrieve 07761 753437 rosfairgrieve@gmail.com

KINROSS & OCHIL:- Pitmedden Forest from Abernethy

GRADE C+: 8mls/4hrs **DEPART:** KPR at 09:15 **WALK START:** Abernethy, Market Square on Main Street at 10:00 **OS:** 58 **GR:** NO189163 **DESCRIPTION:** This is a well signed walk through Pitmedden Forest on good tracks and paths. **NOTE:** Nearest post code for start of walk is PH2 9JQ. **LEADER:** Ian Wilkinson: 07704 270029

PERTH:- Comrie to Crieff via Auchingarrich - PLEASE BOOK WITH LEADER

GRADE B: 9mls **Ascent:** 505m/1650ft **WALK START:** McCrosty/Taylor Park car park in Crieff at 09:25 **OS:** 52 **GR:** NN858221 **DESCRIPTION:** Walk to High St. bus stop in Crieff for the 09.55 No.15 bus to Dalginross, Comrie where walk will start. A hilly linear walk from Comrie to Crieff on good tracks, paths and wooded hills with fine views over Strathearn. Some steep sections. **NOTE:** If going direct to the start meet at bus stop B827 at War memorial, Comrie (map ref 52/NN773219) at 10.30. Poles useful. **LEADER:** Paula Bowman: pbowman58@hotmail.com 01738 582339 or 07870 937963

Tuesday 21st March

KIRKCALDY:- The Coal Roads

GRADE B+: 10.5mils **Ascent:** 395m/1300ft **DEPART:** KRSN at 09:15 **WALK START:** Bridgend car park, South Croftdyke, Ceres KY15 5QN at 10:00 **OS:** 59 **GR:** NO400115 **DESCRIPTION:** To half way at Drumcarrow Craig. This is a great lunch spot with lovely views from the top, but only worth doing if visibility is good. On paths, tracks, minor roads, with two short sections on the busyish Peat Inn - Pitscottie road. **NOTE:** RADO NoSC. There is a narrow burn to cross and two locked gates to climb. The grade reduces to B if Drumcarrow Craig is omitted. **LEADER:** Mike Livesey: 07783 201492 or 01592 503272

Wednesday 22nd March

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

PERTH:- Loch Ore & Benarty Hill - PLEASE BOOK WITH LEADER

GRADE B: 8mils **Ascent:** 370m/1210ft **WALK START:** Lochore Meadows Country Park Visitor Centre car park at 10:00 **OS:** 58 **GR:** NT170961 **DESCRIPTION:** From Lochore Meadows Country Park we make a steady, but not steep ascent of Benarty Hill and view Loch Leven before descending to Harran Hill and continuing around the southern side of Loch Ore. **NOTE:** Part of the descent from the Hill is quite steep, so poles may be helpful. **LEADER:** John Andrews: johndandrews44@gmail.com 01738 827275 or 07526 884953

Thursday 23rd March

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

Saturday 25th March

DALGETY BAY:- Wormit to Balmerino Abbey

GRADE C+: 9mils/4hrs **Ascent:** 100m/330ft **WALK START:** Wormit Bay car park at 10:00 **OS:** 59 **GR:** NO392260 **DESCRIPTION:** Follow the Fife Coastal Path west towards Balmerino, giving great views over the Tay to Dundee. Visit the Abbey ruins before returning via grass paths & woodland tracks to Kirkton and around Peacehill Farm to the car park. **NOTE:** BOOKING ESSENTIAL If you would like to join this walk please book a place by contacting the Walk Leader. **LEADER:** Neil Denness: neildenness@gmail.com 07772 904880

DUNDEE:- Newtyle/Ardler

GRADE C: 7mils/4hrs **DEPART:** CWCP at 09:45 **WALK START:** Car Park, North Street, Newtyle, PH12 8UZ at 10:00 **OS:** 53 **GR:** NO296415 **DESCRIPTION:** Circular route around Newtyle and Ardler area. Walking on tracks (including disused rail tracks) and with some road walking. Please bring a packed lunch. **NOTE:** Please let leader know if you don't want your photo to appear on our Facebook pages. **LEADER:** Sheila Wallace: smwallace55@gmail.com 01382 320243 or 07944 570925

FORFAR:- St Cyrus Nature Reserve

GRADE C: 6mils **DEPART:** MMCP at 09:00 **WALK START:** Montrose Waste Water Plant at 10:00 **OS:** 45 **GR:** NO724604 **DESCRIPTION:** Leisurely walk over the viaduct and on to St Cyrus Nature Reserve and back. Involving paths and minor roads. **LEADER:** Dorothy Culross: 07738 704008

PERTH:- River Garry & Linn of Tummel - PLEASE BOOK WITH LEADER

GRADE C: 7mils **Ascent:** 175m/570ft **WALK START:** Garry Bridge car park at 10:00 **OS:** 43 **GR:** NN913609 **DESCRIPTION:** The walk will follow the Garry and Tummel rivers downstream to Loch Faskally and return via Faskally forest. Woodland paths and road walking, mostly level with several short climbs of steps. **LEADER:** Tom Reid: 07551 903278

Sunday 26th March

GLENROTHES:- Kirkcaldy - Auchtertool Circular

GRADE C+: 8.5mils/4.5hrs **Ascent:** 500ft **DEPART:** LCCP at 09:30 **WALK START:** Beveridge Park CP at 10:00 **OS:** 59 **GR:** NT273909 **DESCRIPTION:** A walk to Auchtertool passing Balwearie Castle, on to Clentrie Farm, Bankhead of Raith and returning via Raith Estate. **NOTE:** CWRA RADO Leader will meet walkers at Kirkcaldy **LEADER:** M Slaven marygg08@talktalk.net 07754 141295

KIRKCALDY:- Loch Skiach

GRADE B: 10mils **DEPART:** KRSN at 09:00 **WALK START:** Kinnaird House car park, PH8 0LB at 10:30 **OS:** 52 **GR:** NN980504 **DESCRIPTION:** Long easy climb up to Loch Skiach on good hill tracks. Then by gradual descent following narrow trails through the heather to a reservoir, whence the route returns on hill tracks to Kinnaird House. **LEADER:** Brian Clark: bjclark@live.co.uk 01592 784553

ST ANDREWS & NE FIFE:- Loch Faskally Circuit

GRADE C: 6.5mils **Ascent:** 225m/740ft **DEPART:** FCPC at 09:15 **WALK START:** Garry Bridge Parking at 10:30 **OS:** 43 **GR:** NN913610 **DESCRIPTION:** Mostly woodland & riverside paths (may be muddy) and some minor roads. **NOTE:** Please contact the walk leader to book your place, thank you. **LEADER:** Jim Coates: jcoates1944@gmail.com 01337 831113

STIRLING & FALKIRK:- Rural routes between Coatbridge and Airdrie - Linear

GRADE C: 7.5mils/5.5hrs **Ascent:** 75m/250ft **WALK START:** To be decided. **DESCRIPTION:** Predominantly on paths following the Monkland Canal and the North Calder water. Could be muddy in places. Linear using public transport 1 way. **NOTE:** Details will depend on being able to access winter public transport timetables when published. **LEADER:** John: 07928 349268 john.linda.mckay@gmail.com

STRATHTAY:- Bridge of Orchy and Loch Tulla

GRADE C: 6mils **DEPART:** CCP at 09:30 **WALK START:** Bridge of Orchy at 10:30 **OS:** 50 **GR:** NN298395 **DESCRIPTION:** Picturesque walk from Bridge of Orchy using part of the West Highland Way past Loch Tulla and returning to start. **NOTE:** RADO. **LEADER:** Drew MacDonald: drewmacdonald@live.co.uk 07805 787757

Tuesday 28th March

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

Thursday 30th March

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



Forth Valley, Fife & Tayside Area Honorary Officials

The following officials were elected or re-elected at the Virtual Area AGM on the 20th November, 2021

Convenor : Dr Mike Morris, email: morriskilry@gmail.com

Vice Convenor : Beth Dickson, email: bd6427@icloud.com

Secretary : Jim Forret, Tel: 01334656137, mobile: 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: 01738 827275, email : john@jdandrews.co.uk

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 7TWTel: 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: <https://www.meetup.com/Tayside-Young-Walkers/> and <https://www.meetup.com/Stirling-Young-Walkers/>
Secretary: **Angarad Gibreel** email : myfanwy_1@hotmail.com

Group Secretaries (correct September 2022)

Blairgowrie	Patricia Fraser Tel 07843786191 e-mail patriciafraser@btinternet.com
Brechin	Linda Robbie e-mail: lnr1@btinternet.com
Dalgety Bay	Chris Roberts Tel 01383 822184 e-mail: chris.dbayramblersec@gmail.com
Dundee	Jean MacGillvray Tel: 07932 014859 e-mail: dundeeramblers@gmail.com
Dunfermline & West Fife	Sandra MacKinnon Tel: 07704886732 e-mail: semackinnon@hotmail.com
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If you are walking with a group other than your own:

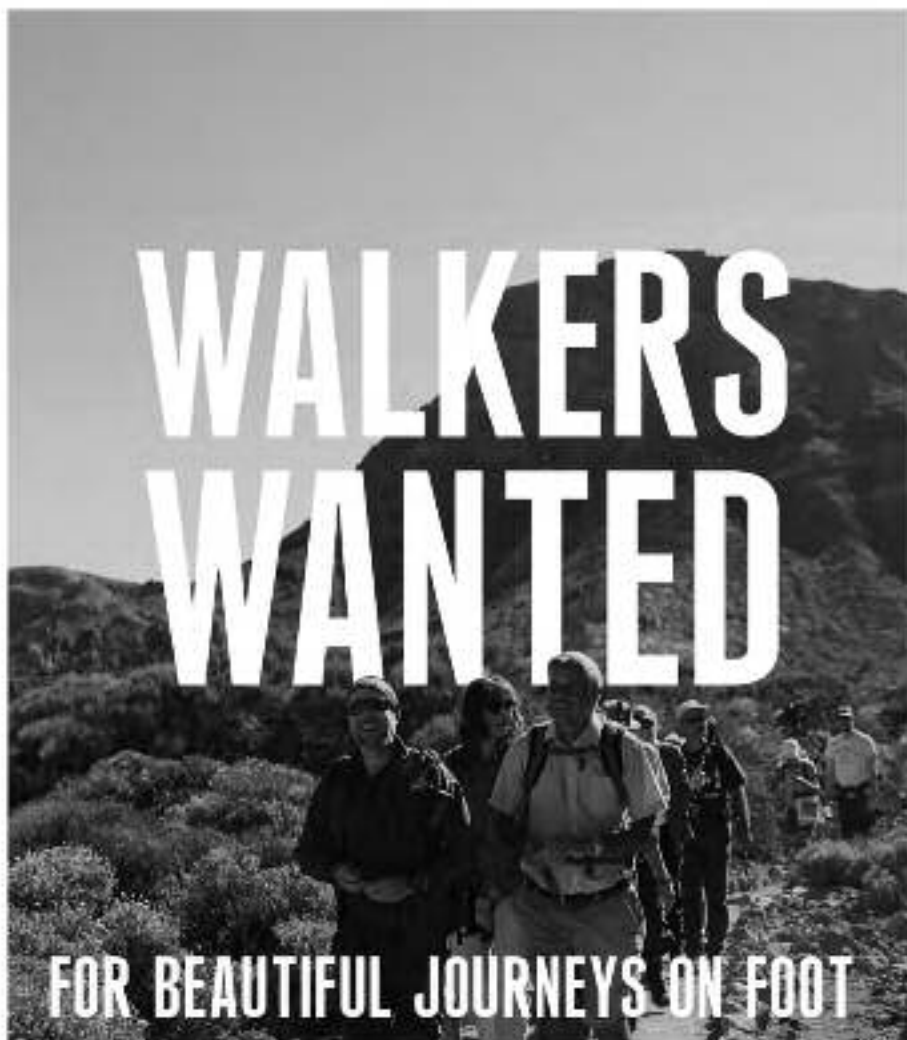
- Phone the walk leader and confirm the meeting place and time
- Leave your full name and contact telephone number in the walk book
- Tell the walk leader if you have any relevant medical condition.
- Socialise, particularly if there are a large number of you from another group.
- Don't leave the walk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



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