

MONKLANDS RAMBLERS and HILLWALKERS – GENERAL NOTES

WALKS

1. Adequate footwear and clothing are essential. Be prepared for adverse weather conditions. Carry a packed lunch. Boots are essential on 'A' and 'B' grade walks and recommended on 'C' grade walks.
2. The Ramblers Association cannot take responsibility for damages or losses on a walk or other club activity.
3. Please follow the country code: eg close gates, take home litter, face oncoming traffic, etc."
4. Please stay with the group on a club walk unless you have express permission from the leader to leave.
5. Children under 16 years of age should be accompanied by an adult.
6. Holidays and social events will be offered to club members.
7. After participating in two or three walks we would expect you to join the Ramblers Association (RA). Membership forms are available from the group secretary or the RA can be joined online. Joining the RA gives automatic membership of your local group and the right to walk and socialise with any other group nationwide.
8. Walks are subject to change at the leader's discretion.
9. Please inform the leader of any relevant medical condition.
10. The committee try to ensure that alternative walks on the same day finish at similar times. However this is not always possible and time differences may occur. Please be patient.

TRANSPORT

1. Bookings are taken on a 'first come – first served' basis. Bookings can be made on the 'next walk' sheet which goes round the bus at the end of each walk. Places can also be booked by phoning the leader, whose number appears in the programme. Please try to telephone between 6pm to 7pm and book early **as buses have to be confirmed three days prior to the walk.**
2. Buses leave from behind Coatbridge Time Capsule and the car park at Airdrie Ten Pin Bowling, (opposite Airdrie train station) at the times stated in the programme. The order of pick up will be determined by the walk location.
3. If you have booked a place on a walk please inform the leader as early as possible if you are unable to attend. Your place could then be offered to another walker and the Leader would not need to hold the bus waiting on someone who may not turn up.



Winter Programme

October 2018 to April 2019

RAMBLERS ASSOCIATION SCOTLAND

To encourage Rambling and Mountaineering, to further a greater knowledge, love and care of the countryside and to work for the preservation of natural beauty, the footpaths and the provision of access to open country.

Monklands Ramblers and Hillwalkers Web Site

Programmes, photographs and general group information can also be found on the club's website.

The address is : www.monklandsramblers.co.uk

The Group can also be contacted by E-Mail.

The address is : cmrambler@talktalk.net

Committee contact numbers

Chairperson	Bernadette Boulton	01236 843022	07771 773264
Treasurer	Douglas Bryson	0141 778 4892	07910 089689
Secretary	Christine McMahon	01698 833983	07837 990985
Walks Convenor	Ken Paton	01236 769567	07711 612520
Social Secretary			
Internet and Publicity Officer	David Rankin		07903 105461
Area Representative	Liz Hunt	01236 622088	07507 516899
Other Committee Members	David Dunn	01236 434706	07760 255438
	Liz Cushley	01236 762001	07761 832606
	Kenny Weldon	01236 600757	07952 997486
	Pat Rawlinson	01236 761486	07873 263894
	Michael McGinley	0141-771-0071	07979 590049

Mobile Numbers

Please only use Committee mobile numbers on walk day to advise of cancellation or late arrival at pick-up point. Please do not use for booking.

Social Events

Details of social events will be circulated on the bus and will be publicised on the group's website. Please contact the Social Secretary or any Committee Member to book.

Suggestions

The Committee welcomes suggestions for walks or social events. Please contact any Committee member at any time and we will try to include these walks or events in the club programme.

Fares

Bus fares for most walks will be **£12-00-£15.00**. Prices vary with distance travelled and numbers on the bus. Occasionally there may be additional costs eg ferry, local bus. Please ask when booking if you wish to know the cost in advance. There is an introductory discount fare of **£5** the first time someone walks with our group.

Note to Leaders

It would be helpful if leaders of joint walks could do their recces at the same time as this would help with the timing of the two walks and would also save on recce expenses.

Note to members

Could all members please ensure their Ramblers Association membership is up to date. Membership forms are available from the group secretary or can be renewed online at the RA website.

WALKS ARE GRADED AS FOLLOWS :

GRADE	ASCENT		DISTANCE		DESCRIPTION
	METRES / FEET	KILOMETRES / MILES			
C	NIL	NIL	9 – 14	6 – 9	EASY
C+	150	500	14 – 16	9 – 10	EASY / MODERATE
B	150-450	500 – 1500	16 – 19	10 – 12	MODERATE
B+	450-760	1500-2500	16 – 22	10 – 14	MODERATE / STRENUOUS
A	760-914	2500-3000	9 – 14	6 – 9	STRENUOUS
A+	914+	3000+	9 - 19	6 - 12	VERY STRENUOUS

QUICK REFERENCE LIST OF WALKS

DAY	GRADE	DETAILS	AREA
SEPTEMBER			
Sat 29th	B+	Benachally Hill	Dunkeld
	B	Dunkeld Circular	
OCTOBER			
Sun 14th	B	Auchengillan to Balloch	Balloch
Sat 27th	B	Birks of Aberfeldy Circular	Aberfeldy
NOVEMBER			
Sun 11th	B	The Lowther Hills	Wanlochhead
Sat 24th	A	Blackford to Tilliecultry via Ben Cleuch and The Law	Tilliecultry
	B	Blackford to Tilliecultry	
JANUARY			
Sun 6th	C+	Club Walk and Meal	Strathyre
Sat 19th	B	Hillend to Flotterston	Pentland Hills
Sat 26th		North Strathclyde Area AGM	Monklands
FEBRUARY			
Sun 3rd	B	Little Vantage to West Linton via West Cairn Hill	West Linton
Fri 8th		Ten Pin Bowling Night	Airdrie
Sat 16th	C+	Wallace's Statue and River Tweed	Melrose
MARCH			
Sun 3rd	B	Kinnoull Hill	Perth
Sat 16th	B+	Beinn Each	Strathyre
	B	Glen Ample	
Sun 31st	B	Mystery Walk	Mystery
APRIL			
Sun 14th	B	Yair to Traquair via The Three Brethren	Traquair

DATE	WALK	DISTANCE	LEADER	OS	GRADE	DATE	WALK	DISTANCE	LEADER	OS	GRADE
SEPTEMBER						FEBRUARY					
Sat 29th	Benachally Hill Dunkeld Circular	13 Kms / 8 Mls 14 Kms / 9 Mls	Douglas Bryson Alan Russell	43 43	B+ B	Sun 3rd	Little Vantage to West Linton via West Cairn Hill	14 Kms / 9Mls	Alan Russell	66	B
	Departure Point Booking Number	Coatbridge Douglas	8-30am 0141 - 778 - 4892				Departure Point Booking Number	Coatbridge Alan	8-30 am 01236 - 602757		
OCTOBER						Fri 8th	Ten Pin Bowling Night	7.30pm	Ten Pin Bowling Centre. Airdrie		
Sun 14th	Auchengillan to Balloch	19 Kms / 12 Mls	Gavin McMoneagle	63/64	B	Sat 16th	Wallace's Statue and River Tweed	14 Kms / 9 Mls	Pat Rawlinson	73/74	C+
	Departure Point Booking Number	Airdrie Gavin	8-30 am 01236 - 764058				Departure Point Booking Number	Coatbridge Pat	8-30 am 01236 - 761486		
Sat 27th	Birks of Aberfeldy Circular	15 Kms / 9.5 Mls	Liz Cushley	52	B	MARCH					
	Departure Point Booking Number	Coatbridge Liz	8-30am 01236 - 762001			Sun 3rd	Kinnoull Hill Circular	13 Kms / 8 Mls	Douglas Bryson	58	B
NOVEMBER							Departure Point Booking Number	Coatbridge Douglas	8-30 am 0141 - 778 - 4892		
Wed 7th	Monklands Group AGM Coatbridge Indoor Bowling Club		7-30pm Quarry Street Coatbridge			Sat 16th	Beinn Each Glen Ample	10 Kms / 6.5 Mls 14 Kms / 9 Mls	Allan Ward Christine McMahon	57 57	B+ B
Sun 11th	The Lowther Hills	13 Kms / 8 Mls	Michael McGinley	65	B		Departure Point Booking Number	Coatbridge Allan	8-30 am 01236 - 754339		
	Departure Point Booking Number	Airdrie Michael	8-30 am 0141 - 771 - 0071			Sun 31st	Mystery Walk	A Surprise	Another Mystery	TBA	B
Sat 24th	Blackford to Tillicoultry via Ben Cleuch and The Law	16 Kms / 10 Mls	Gordon Wilson	58	A		Departure Point Booking Number	Coatbridge Ken	8-30 am 01236 - 769567		
	Blackford to Tillicoultry	14 Kms / 9 Mls	Gary McLean	58	B	APRIL					
	Departure Point Booking Number	Coatbridge Gordon	8-30 am 01236 - 606669			Fri 12th	Club Quiz Night Coatbridge Indoor Bowling Club. Quarry Street. Coatdyke. Coatbridge.	7-30pm			
Fri 30th	St Andrews Night Ceilidh Coatbridge Indoor Bowling Club. Quarry Street. Coatbridge	7-30pm	Raffle and Buffet Coatbridge			Sun 14th	Yair to Traquair via The Three Brethren	15 Kms / 9.5 Mls	John McNulty	73	B
JANUARY							Departure Point Booking Number	Coatbridge John	8-30 am 0141 - 773 - 0409		
Sun 6th	Ben Ledi Car Park to Strathyre. Meal at Hotel Munro	9.5 Kms / 6 Mls	Bernadette Boulton	57	C+		Easter Weekend - Friday 21st to Monday 24th April				
	Departure point Booking Number	Coatbridge Bernadette	10.00 am 01236 - 843022				Venue - To be confirmed				
Sat 19th	Hillend to Flotterstone	11 Kms / 7 Mls	Kenny Higgins	66	B		Various Walks available				
	Departure Point Booking Number	Coatbridge Kenny	8-30 am 07594 - 358454				See overpage for Midweek Walks Programme				
Sat 26th	North Strathclyde Area AGM and Members Walk at 10am for 10.30am in Coatbridge Indoor Bowling Club. Quarry Street. Coatdyke. Coatbridge. Monklands Group are Hosting this AGM. All Members Welcome										

Complaints

Should any member have a complaint it should be made in writing and passed to any Committee member who will arrange for it to be included in the agenda for the next Committee meeting. A written reply will be sent to the member as soon as the matter has been resolved.

First Aid

Members should be aware that the most common injury suffered in walking is blisters. Walkers are advised to carry their own supply of blister plasters.

North Lanarkshire Council

The club wishes to thank North Lanarkshire Community Grants Scheme for their continued support.

Scotrail Foundation Scotland

The Club wishes to thank Scotrail Community Grant for their support.

Food and Drink

Carry enough food and water to sustain you, especially on hill walks. The only shop on the walk is normally on your back so be prepared. Plain water is better than fizzy drinks.

Clothing

Adequate clothing suitable for the conditions on the day of the walk is essential eg: windproof/waterproof jacket and trousers, a warm fleece, hat, gloves and spare socks. The layer principle is best ie several thin layers are better than one thick layer.

Equipment

Basic equipment which may be required: first aid kit with blister plasters, whistle, torch, something to sit on such as a garden kneeler, a map and compass if you are ever isolated from the group.

Email Newsletter

Any member who wishes to receive details of walks and social events can join our email newsletter by contacting Christine at cmrambler@talktalk.net

Midweek walk Programme Winter 2018 - 2019

**Contact the Leader: David Dunn - 01236 434706 or
The Secretary: Christine McMahon - 01698 833983**

Wednesday Oct 10th :-	Chatelherault Circular	7.5 Miles
	Meet at The Visitor Centre at 12.00 noon	
Wednesday Nov 14th :-	Moffat Mills to Coatbridge via Heritage Trail	6 Miles
	Meet at The Fountain Bus Stance next to ASDA at 11.30 am	
Wednesday Dec 12th :-	Monklands Canal and Faskine Woods Circular	
	Meet at Car Park opposite Carnbroe Care Centre at 12.00 noon	
Wednesday Jan 16th :-	Strathclyde Park Forest Walk	
	Meet at Strathclyde Park Visitor Centre at 12.00 noon	
Wednesday Feb 13th :-	Cairnhill, Brownsburn and Calderbank Circular	5.5 Miles
	Meet at GO Car Park at 12.00 noon	
Wednesday Mar 13th :-	Strathclyde Park to Bothwell Castle	7 Miles
	Meet at Strathclyde Park Visitor Centre at 12.00 noon.	