

## 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.



## *Summer Programme*

***April to September 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.com](http://www.monklandsramblers.com)

The Group can also be contacted by E-Mail.

The address is : [cmrambler@talktalk.net](mailto: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
<b>APRIL</b>			
Sat 27th	B	Carfraemill Circular	Carfraemill (Lauder)
<b>MAY</b>			
Sun 12th	C+	Blanefield / Killearn Circular	Blanefield
Sat 18th	A+	Meall nan Aighean and Carn Mairg	Kenmore
	B	Falls of Acharn Circuit	
<b>JUNE</b>			
Sun 2nd	B+	Birkscairn Hill and Glen Sax	Peebles
	C	Peebles Circular	
Sat 15th		Lake District - Patterdale	
	A	Hartsop Circuit via High Street	Patterdale
	B	Patterdale Circular	
Sun 30th	B	Aberfeldy to Pitlochry (Rob Roy Way)	Pitlochry
<b>JULY</b>			
Sat 13th	A+	Bauchaille Etive Mor	Glencoe
	B	Rannoch Station to Kingshouse	
Sun 28th	C+ / B	Anstruther to Kingsbarns	St. Andrews
<b>AUGUST</b>			
Sat 10th	B	Isle of Bute - Rothesay	Rothesay
		West Island Way - North Circuit	
Sun 25th	B+	Eildon Hills with Bowden Circular	Melrose
	B	Bowden Circular from Melrose	
<b>SEPTEMBER</b>			
Sat 7th	B	Great Trossachs Path - Loch Katrine to Callander	Callander
Sun 22nd	B	Mystery Walk	To be confirmed

DATE	WALK	DISTANCE	LEADER	OS	GRADE	DATE	WALK	DISTANCE	LEADER	OS	GRADE
<b>APRIL</b>						<b>JULY</b>					
Sat 27th	Carfraemill Circular	15Kms / 9.5 Mls	Kenny Higgins	66	B	Sat 13th	Beauchaille Etive Mor Rannoch Station to Kingshouse	13 Kms / 8 Mls 17.5 Kms / 11 Mls	Gary McLean To be confirmed	41 41/42	A+ B
	Departure Point Booking Number	Coatbridge Kenny	8-30 am 07594 - 358454				Departure Point Booking Number	Coatbridge Gary	8-30 am 07882 - 504482		
<b>MAY</b>						<b>Sun 28th</b>	Anstruther to Kingsbarns	16 Kms / 10 Mls	Janice Black	59	C+ / B
Sun 12th	Blanefield / Killearn Circuit	17.5 Kms / 11 Mls	Gavin McMoneagle	64	C+		Departure Point Booking Number	Coatbridge Janice	8-30am 01236 - 761068		
	Departure Point Booking Number	Airdrie Gavin	8-30 am 01236 - 764058								
Sat 18th	Meall nan Aighean and Carn Maig Falls of Acharn Circuit	13.0 Kms / 8 Mls 16.0 Kms / 10 Mls	Allan Ward Alan Russell	51 52	A+ B	<b>AUGUST</b>					
	Departure Point Booking Number	Coatbridge Allan	8-30 am 01236 - 754339			Sat 10th	Isle of Bute - Rothesay West Island Way - North Circuit	19 Kms / 12 Mls	Gavin McMoneagle	63	B
<b>JUNE</b>							Departure Point Booking Number	Airdrie Gavin	8-00 am 01236 - 764058		
Sun 2nd	Birkscairn Hill and Glen Sax Peebles Circular	17 Kms / 11 Mls 16 Kms / 10 Mls	Kenny Higgins Christine McMahon	73 73	B+ C+	<b>Sun 25th</b>	Eildon Hills with Bowden Circular	14 Kms / 9 Mls	Kenny Weldon	73	B+
	Departure point Booking Number	Coatbridge Kenny	8-30 am 07594 - 358454				Bowden Circular from Melrose	13.5 Kms / 8.5 Mls	Pat Rawlinson	73	B
Sat 15th	Lake District - Patterdale Hartsop Circuit via High Street	14 kms / 9 Mls	Ken Paton	90	A		Departure Point Booking Number	Airdrie Kenny	8-30 am 01236 - 600757		
	Patterdale Circular	13 Kms / 8 Mls	Linda Paton	90	B	<b>SEPTEMBER</b>					
	Departure Point Booking Number	Airdrie Ken	8-00 am 01236 - 769567			Sat 7th	Great Trossachs Path Loch Katrine to Callander	18.5 Kms / 11.5 Mls	Michael McGinley	57	B
Sun 30th	Aberfeldy to Pitlochry (Rob Roy Way)	15 Kms / 9.5 Mls	Liz Cushley	52	B		Departure Point Booking Number	Coatbridge Michael	8-30 am 0141- 771-0071		
	Departure Point Booking Number	Coatbridge Liz	8-30 am 01236 - 762001			<b>Sun 22nd</b>	Mystery Walk	16 Kms / 10 Mls	Mystery Leader	??	B
							Departure Point Booking Number	Coatbridge Douglas	8-30 am 0141 - 778 - 4892		

**September Weekend - Friday 27th to Monday 30th**

**See overpage for Midweek Walks Programme.**

## 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.

## Aviva Community Fund

The Club wishes to thank Aviva Insurance 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](mailto:cmrambler@talktalk.net)

## Midweek walk Programme Summer 2019

Contact the Leader: David Dunn - 01236 434706 or

Wednesday 11th April	Drumpellier Circular Meet at Visitor Centre - 12.00 noon	5 Miles
Wednesday 15th May	History Walk - Strathclyde Park to Baron's Haugh and Dalziel Estate Meet at Strathclyde Watersports Centre - 12.00 noon	7 miles
Wednesday 19th June	Chatelherault Circular Meet at the Visitor Centre - 12.00 noon	7 Miles
Wednesday 10th July	N.L. Heritage Trail - Moffat Mills to Coatbridge Meet at bus stance next to ASDA. Transport to Moffat Mills by public transport - 11.30 am	6 Miles
Wednesday 14th Aug.	The Coffee Walk - Drumpellier to The Fort and back Meet at Visitor Centre - 12.00 noon	8 Miles
Wednesday 11th Sept	Autumn Colours of the Clyde Walkway Bothwell Bridge to Bothwell Castle Meet at the small car park on Hamilton side of Bothwell Bridge - 12.00 noon Return by Public Transport	7 Miles ... .