

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 2019 to April 2020

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 monklandsramblers.com

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 are currently - Adults - **£12-00**, under 16s - **Free**, under 18s - **£5.00**. Prices above will be held throughout this Winter programme. Occasionally there may be additional costs eg ferry, local bus, meal. 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. Prices for next Summer's Programme may increase to £15.00 depending on grants and sponsorship.

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 (M / FT)		DISTANCE (KM / MILES)		DESCRIPTION
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
OCTOBER			
Sat 5th	B	Overton to Wemyss via Greenock Cut and Kelly Cut	Greenock
Sun 20th	B+	Beinn na Galmimh	Amulree
	B	Newton Bridge to Amulree	Amulree
NOVEMBER			
Sat 2nd	B	Drymen to Aberfoyle (Rob Roy Way)	Aberfoyle
Sun 17th	B	Eddleston to Peebles via White Meldon	Peebles
Sat 30th	B	Leadhills to Priests Pool Circular	Leadhills
JANUARY			
Sun 5th	C+	Club Walk and Meal	
Sat 18th	B	Doughnut Hill and Lang Craggs	Old Kilpatrick
FEBRUARY			
Sun 2nd	C+	Boness to South Queensferry	South Queensferry
Sat 15th	B	Wandel Circuit - near Abington	Abington
MARCH			
Sun 1st	B	Bishop Hill from Hill Reservoir	Scotlandwell
Sat 14th	B	Duchess Drive, Bowhill	Selkirk
Sun 29th	B	Glen Farg and Binn Hill	Glen Farg
APRIL			
Sat 4th	A+	Beinn an Dothaidh	Bridge of Orchy
	B	Bridge of Orchy to Kirkton Farm West Highland Way	Bridge of Orchy

DATE	WALK	DISTANCE	LEADER	OS	GRADE	DATE	WALK	DISTANCE	LEADER	OS	GRADE
OCTOBER						FEBRUARY					
Sat 5th	Overton to Wemyss Bay Via Greenock cut and Kelly Cut	16 Kms / 10 Mls	Gavin McMoneagle	63	B	Sun 2nd	Boness to South Queensferry	16 Kms / 10 Mls	Janice Black	65	C+
	Departure Point Booking Number	Airdrie Gavin	8-30 am 01236 - 764058				Departure Point Booking Number	Coatbridge Janice	8-30 am 01236 - 761068		
Sun 20th	Beinn na Gaimimh Newton Bridge to Amulree	16 Kms / 10 Mls 17 Kms / 11 Mls	Gary McLean John McNulty	52 52	B+ B	Fri 7th	Ten Pin Bowling Night	7.30pm	Ten Pin Bowling Centre. Airdrie		
	Departure Point Booking Number	Coatbridge Gary	8-30am 07882 - 504482			Sat 15th	Wandel Circuit - near Abington	13 Kms / 8 Mls	Ken Paton	72	B
							Departure Point Booking Number	Airdrie Ken	8-30 am 01236 - 769567		
NOVEMBER						MARCH					
Sat 2nd	Drymen to Aberfoyle (Rob Roy Way)	16 Kms / 10 Mls	Alan Russell	56	B	Sun 1st	Bishop Hill from Holl Reservoir	15 Kms / 9.5 Mls	Kenny Higgins	58	B
	Departure Point Booking Number	Airdrie Alan	8-30 am 07766 - 225903				Departure Point Booking Number	Coatbridge Kenny	8-30 am 07594 - 358454		
Wed 6th	Monklands Group AGM Coatbridge Indoor Bowling Club		7-30pm Quarry Street. Coatbridge			Sat 14th	Duchess Drive, Bowhill	13 Kms / 8 Mls	Pat Rawlinson	73	B
Sun 17th	Eddleston to Peebles via White Meldon.	13 Kms / 8 Mls	Christine McMahon	73	B		Departure Point Booking Number	Coatbridge Pat	8-30 am 01236 - 761486		
	Departure Point Booking Number	Coatbridge Christine	8-30 am 01698 - 833983			Fri 20th	Club Quiz Night Coatbridge Indoor Bowling Club		7-30pm Quarry Street. Coatbridge		
Sat 30th	Leadhills Circular via Priestpool	13.5 Kms / 8.5 Mls	Michael McGinley	78	B	Sun 29th	Glen Farg and Binn Hill	14 Kms / 9 Mls	Douglas Bryson	58	B
	Departure Point Booking Number	Airdrie Michael	8-30 am 0141-771-0071				Departure Point Booking Number	Coatbridge Douglas	8-30 am 0141 - 778 - 4892		
JANUARY						APRIL					
Sun 5th	Pentland Walk and Meal	10 Kms / 6 Mls	Bernadette Boulton	66	C+	Sat 4th	Beinn Dothaidh Bridge of Orchy to Kirkton Farm. (West Highland Way)	11.5 Kms / 7 Mls 16 Kms / 10 Mls	Kenny Weldon Liz Cushley	50 50	A+ B
	Departure point Booking Number	Coatbridge Bernadette	10.00 am 01236 - 843022				Departure Point Booking Number	Coatbridge Kenny	8-30 am 01236 - 600757		
Sat 18th	Doughnut Hill and Lang Crag	12 Kms / 7.5 Mls	David Dunn	64	B	Easter Weekend - Friday 10th to Monday 13th April					
	Departure Point Booking Number	Airdrie David	8-30 am 01236 - 434706			Venue - Oban		Contact - Christine on 01698 833983			
Sat 25th	North Strathclyde Area AGM 10-00 am for 10-30am Friends Meeting House. 38 Elmbank Crescent. Glasgow.					Various Walks available					
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 Community Fund for their continued support.

Hughes and McHugh Opticians

The Club wishes to thank Hughes and McHugh 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 2019 - 2020

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

Wednesday Oct 9th :-	Salsburgh to Caldercruix Meet at Airdrie Bowling Alley, opposite Airdrie Railway Station at 10.45 am	7.0 Miles
Wednesday Nov 13th :-	Strathclyde Park Forest Walk Meet at Strathclyde Park Watersports Centre at 12.00 noon	5 Miles
Wednesday Dec 4th :-	Drumpellier Circular Meet at Drumpellier Park Visitor Centre at 12.00 noon	5 Miles
Wednesday Jan 15th :-	Monklands Canal and Faskine Woods Trek Meet at Car Park opposite Cambroe Care Centre at 12.00 noon	7 Miles
Wednesday Feb 12th :-	Strathclyde Park to Chatelherailt and Return Meet at Strathclyde Park Watersports Centre at 12.00 noon	9 Miles
Wednesday Mar 11th :-	Drumpellier to Hogganfield Loch and Return Meet at Drumpellier Park Visitor Centre at 12.00 noon.	11 Miles