

## 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.
2. Bookings can be made by texting the booking contact stated in the newsletter (this may be different from the leader).
3. Buses leave from behind Coatbridge Time Capsule and the car park at Farmfoods/Aldi (opposite Airdrie train station) at the times stated in the programme. The order of pick up will be determined by the walk location.
4. If you have booked a place on a walk please inform the booking contact as early as possible if you are unable to attend. Your place could then be offered to another walker. There is no charge for cancellations.



## ***Summer Programme***

***April 2022 to September 2022***

### **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](http://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 597077	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
	Rob McKenzie	01236 423636	07952 669398
	Pat Rawlinson	01236 761486	07873 263894
	Jackie Wilson	01236 596074	07368 200915

### Mobile Numbers

Please only use Committee mobile numbers on walk day to advise of late cancellation or late arrival at pick-up point.

### 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 - **£15-00**, under 16s - **Free**, under 18s - **£7.00**.

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.

### 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 23 <sup>rd</sup>	B	Rob Roy Way – Aberfeldy to Pitlochry	Aberfeldy
<b>MAY</b>			
Sun 8 <sup>th</sup>	C+	Ayr Coastal Path – Dunure to Ayr	Ayr
Sat 21 <sup>st</sup>	B, B+	Glenshee Munros suitable for 'B' Grade Walkers	Glenshee
<b>JUNE</b>			
Sun 5 <sup>th</sup>	B	Butterbridge to Inverarnan	Arrochar / Inverarnan
Sat 18 <sup>th</sup>		Club BBQ – Aberdour	Aberdour
<b>JULY</b>			
Sun 3 <sup>rd</sup>	A	Ben Vrackie from Moulin	Pitlochry
	B	Soldiers Leap from Pitlochry	
Sat 16 <sup>th</sup>	A+	Sgurr Eilde Mor	Kinlochleven
	B	Blackwater Reservoir	
Sun 31 <sup>st</sup>	B	Yetholm and Currburn Circuit	Kirk Yetholm
<b>AUGUST</b>			
Sat 13 <sup>th</sup>	A	A'Bhuidheanach Bheag	Drumochter
	B	Glen Tilt Circuit	Blair Atholl
Sun 28 <sup>th</sup>	B	Amulree Circuit by Glen Fender and Loch Freuchie	Amulree
<b>SEPTEMBER</b>			
Sat 10 <sup>th</sup>	B	Maxton to Melrose	Melrose
Sun 18 <sup>th</sup>	A	Ben Ledi via Stank Glen	Callander
	B	Callander Circular via Ben Ledi Car Park and Samson's Stone	



## **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.

## ***Sponsorships***

- ✓ *North Lanarkshire Council*  
The club wishes to thank North Lanarkshire Community Grants Scheme for their continued support.
  
- ✓ *Inverhouse Distillers*  
The club wishes to thank Inverhouse Distillers 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.

## **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)