



**RAMBLERS ASSOCIATION SCOTLAND:**

*To encourage Rambling and Hill Walking, 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 Website:**

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

[monklandsramblers.com](http://monklandsramblers.com)

The Group can also be contacted by email.

[cmrambler@talktalk.net](mailto:cmrambler@talktalk.net)

Committee Contact Numbers

<b>Chair</b>	Stuart Sefton	07760 171693
<b>Treasurer</b>	Douglas Bryson	07910 089689
<b>Secretary</b>	Christine McMahon	07837 990985
<b>Walks Convenor</b>	Ken Paton	07711 612520
<b>Wednesday Walks Convener</b>	Tony Grimason	07516 238706
<b>Internet Officer</b>	David Rankin	07903 105461
<b>Social Convenor</b>	Jackie Wilson	07368 200915
<b>Area Representative</b>	Rob Mackenzie	07952 669398
<b>Council Representative</b>	Hilary Fyfe	07950 613746
<b>Other Committee Members</b>	Amanda Milliken	07474 693009
	Pat Rawlinson	07873 263894

## **Social Events**

Holidays and social events will be offered to club members. Details of social events will be circulated on the bus and will be publicised on the group's website.

## **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 or £20, under 16s = £5, under 18s = £10.

Occasionally there may be additional costs e.g. ferry, train, local bus, meal. Please ask when booking if you wish to know the cost in advance, it will also be highlighted in the walk newsletter. There is an introductory discount fare of £10 the first time someone walks with our group.

## **Note to Walk Leaders**

It would be helpful if walk 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 Membership**

Could all members please ensure their Ramblers Association (RA) membership is up to date. Membership can be renewed online at the RA website, either as a one-off annual payment or by direct debit. There is also an RA link at the bottom of every newsletter. It is a requirement for insurance purposes that new members join the RA after their third walk. Non-members participating on a walk are not covered with liability insurance by the RA Insurance. There are also many additional benefits and supplier discounts. It also enables you to walk and socialise with any RA group across the UK.

## **Safety & 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 and basic first aid kit. The Ramblers website has advice on keeping safe on walks under 'Go walking' and then 'Walking Advice'. All walks carry a first aid kit in line with Ramblers Association guidance.

## **Food & 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 is essential e.g.: windproof & waterproof jacket & trousers; warm fleece; hat; gloves & spare socks. The layer principle is best i.e. several thin layers are better than one thick layer. Please make yourself familiar with the Clothing Guide on our website.

**First Time Walkers**

If this is your first walk with us we respectfully request you go on the less strenuous walk on the day if two options are available. This will not always be an easy walk option, and it will give you the chance to assess your level of fitness and capability for taking on more strenuous hill climbs. Attempting a strenuous climb straight off can be much more challenging than you may imagine.

**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)

**Complaints**

Should any member have a complaint it should be made in writing and passed to any Committee member, or by email to the Secretary, 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.

**Sponsorship**

The club wishes to thank Inverhouse Distillers, North Lanarkshire Council and CMS Law for their continued support.

## **WALKS**

1. Conditions can change very rapidly on walks and adverse weather is always a possibility, make sure you are well prepared and fit enough to walk.
2. The Ramblers Association cannot take responsibility for damages or losses on a walk or other club activity.
3. Please follow the country code: e.g. 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 18 years of age should be accompanied by an adult.
6. After participating in two or three walks we would expect you to join the Ramblers Association (RA). Please see 'Note to Membership' above on how to do this and please also ensure you select Monklands as your group.
7. Walks are subject to change at the walk leader's discretion.
8. Please inform the walk leader of any relevant medical condition which could or may affect you on the walk
9. 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 can be made once the newsletter is issued on a Wednesday evening after the previous walk (at approx. 18:30). This gives details of the booking contact (NB: this is not always the walk leader) and how to book on the walk. Please try and book as early as possible as buses have to be confirmed three days prior to the walk.
2. Buses leave from behind Coatbridge Time Capsule and Airdrie Farmfoods car park (opposite Airdrie train station) with a pick-up in Coatdyke at Kwik-Fit bus stop or opposite depending on first pick up. The order of pick up will be determined by the walk location and first bus departure time is at 08:30 unless stated otherwise in the newsletter or walk programme.
3. If you have booked a place on a walk and are unable to attend, please inform the booking contact as early as possible. This gives anyone on a waiting list the chance to take your place and avoids delays by no-shows on the day of the walk. There is no charge for cancellations.