

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: 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 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 can be made once the newsletter is issued on a Wednesday evening after the previous walk. This gives details of the booking contact (NB: this is not always the leader). 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 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.
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.



Winter Programme

October 2023 to March 2024

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

*Programs, photographs and general group information
can also be found on the club's website:
monklandsramblers.com*

The Group can also be contacted by E-Mail:
mcmrambler@talktalk.net

Committee contact numbers

Chairperson	Tony Grimason	07516 238706
Treasurer	Douglas Bryson	07910 089689
Secretary	Christine McMahon	07837 990985
Walks Convenor	Ken Paton	07711 612520
Assistant Walks Convenor	Stuart Sefton	07760 171693
Internet Officer	David Rankin	07903 105461
Area Representatives	Rob Mackenzie	07952 669398
	Stuart Sefton	07760 171693
Other Committee Members	David Dunn	07746 714394
	Liz Cushley	07761 832606
	Pat Rawlinson	07873 263894
	Jackie Wilson	07368 200915

Social Events

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 = **£15-00**, under 16s = **Free**, under 18s = **£7.00**. Occasionally there may be additional costs e.g. 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 reccé 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 membership can be renewed online at the RA website.

There is 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.

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.

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. Please also make yourself aware of our **Safety Policy** which can be found on the group's website.

Sponsorships

North Lanarkshire Council

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

Inverhouse Distillers

The club wishes to thank Inverhouse Distillers for their continued 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 e.g.: windproof/waterproof jacket and trousers, a warm fleece, hat, gloves and spare socks. The layer principle is best i.e. 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

<u>GRADE</u>	<u>ASCENT</u> METRES/FEET		<u>DISTANCE</u> KILOMETRES/MILES		<u>DESCRIPTION</u>
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