

**Summer 24 Programme**

For Booking Number see Newsletter email issued in advance of each walk (Wednesday following a walk weekend).

Date/Prog	Walk Name	Walk 1/2	Walk Leader	Circular/Linear	Distance Km	Distance MIs	Grade	Ascent (m)	Walk Area	First Pickup
April Sun 7th	Broughton Heights	1	Alan Robertson	C	11.4	7.1	B+	580	Scottish Borders	Coatbridge 08:30
	Stobo to Broughton on John Buchan Way	2	Kenny Weldon	L	11	6.9	B	330		
April Sat 20th	Crail to Elie - Fife Coastal Path	1	Janice Black	L	17	10.6	B	250	Fife Coast	Coatbridge 08:30
May Sun 5th	Beinn Ime	1	Dougie Andrews	C	16	10.0	A+	1020	Arrochar	Airdrie 08:30
	Three Lochs Way Glenmallan to Arrochar	2	Tony Grimason	L	14.5	9.1	B+	455		
May Sat 18th	Yair to Traquair	1	Ken Paton	L	16	10.0	B+	620	Scottish Borders	Coatbridge 08:30
June Sun 2nd	Ben Lawers and Beinn Ghlas	1	Stuart Sefton	C	17.5	10.9	A+	1195	Killin	Coatbridge 08:30
	Killin and Falls of Dochart Circular	2	Pat Rawlinson	C	16	10.0	B	400		
June Sat 15th	Club BBQ at Aberdour	1		C					Aberdour	Coatbridge <b>10:00</b>
June Sun 30th	Beinn an Dorain	1	Alan Robertson	C	11	6.9	A+	960	Bridge of Orchy	Coatbridge 08:30
	Auchtertyre to Bridge of Orchy on WHW	2	Liz Cushley	L	14.8	9.3	B	230		
July Sat 13th	Beinn Na Lap	1	Dougie Andrews	C	10	6.3	B+	580	Rannoch Moor	Coatbridge 08:00
	Around Loch Ossian	2	Christine McMahon	C	14.8	9.3	C+	120		
July Sun 28th	Ben Vrackie	1	Kenny Higgins	C	14	8.8	A	900	Pitlochry	Coatbridge 08:30
	Glen Banvie and Bruar Circuit	2	Jackie Wilson	C	17.8	11.1	B	325		
Aug Sat 10th	Beinn Each from Loch Lubnaig	1	Stuart Sefton	C	10.5	6.6	A	770	Trossachs	Coatbridge 08:30
	Kingshouse Circuit via Balquidder Station	2	Pat Rawlinson	C	14	8.8	B+	490		
Aug Sun 25th	Meall na Aighean from Fortingall	1	Kenny Weldon	C	14	8.8	A+	955	Kenmore	Coatbridge 08:30
	Around Drummond Hill	2	Linda Paton	C	17.6	11.0	B+	580		
Sept Sat 7th	Criffel Hill from New Abbey	1	Douglas Bryson	C	12.5	7.8	B+	610	Dumfries	Airdrie 08:30
	Mabie Farm Park to New Abbey	2	Christine McMahon	L	14	8.8	B	280		
Sept Sun 22nd	Water of Leith Balerno to Leith	1	Tony Grimason	L	20	12.5	B+	0	Edinburgh	Coatbridge 08:30

**WALKING GRADES**

GRADE	ASCENT (MTRS)	DISTANCE (KM)	DESCRIPTION
C	Nil	9-14	Easy
C+	150	14-16	Easy/Moderate
B	150-450	16-19	Moderate
B+	450-760	16-22	Moderate/Strenuous
A	760-914	9-14	Strenuous
A+	914+	9-19	Very Strenuous