

Walks Programme 2004

Date	Grade	Title and Description
Sunday 4th January	C	Pappert Hill and Nobleston Wood A short and easy walk in the local area to start the New Year, mainly on paths and tracks which can however be muddy and slippery (although there may be brief interludes onto moorland). There are a couple of burns to cross. Distance: 9 km max, duration 3.5 - 4 hrs. ascent modest to max height 257 m. Leader: Geof Flann Start point: Disused quarry- near Alexandria-, OS Maps 63/64, Explorer 364, grid ref: 398 796. Anyone using the train to Alexandria Station let leader know
Saturday 10th January	B+	Luss Horseshoe Initial steady climb on steep grassy track, followed by NW high level walk around horseshoe route. Descending down mid hill and returning along narrow Glen Luss Road. Terrain: mainly grass and moorland. Leader: Steve Kirby Distance: 11 km, duration 5 hrs. Total ascent 690m to max 643m. Start point: Luss visitors car park (with ample parking). OS Map 56 / Explorer 364 grid ref: 359 931
Saturday 17th January	B+	The Brack Approaching this well known peak from the SW (Coilessan Glen) with good views of the Rest and be Thankful, The Cobbler and Loch Long. Returning via Loch Long. Distance: 12/13 km, duration 5.5 hrs, ascent 800m approx. to max 787m. Leader: Steve Kirby Start point: Ardgartan Visitor Centre (nr Arrochar), OS map 56 / Explorer 364, grid ref: 269 037. DEPART HELENSBURGH PIER 9.00 A.M.
Sunday 18th January	C	Cat's Craig Loop A well known and ever popular circular walk along part of Glen Croe. Entirely on forestry tracks with modest inclines but with good views over the glen. Distance: 8 km, duration 4 hrs max. Leader: Doreen Kirk Start point: Ardgartan Visitor Centre, OS Map 56/Explorer 364 grid ref: 269 037
Sunday 25th January	C	Forth and Clyde Canal Towpathh - Bowling to Westerton A green journey into Glasgow along well-surfaced paths with the option of extending the walk to Maryhill viaduct and down Kelvin Way. Distance: 12 km (to Westerton), duration 3 hours, ascent minimal. Leader: Stella Crampton (Contact Geof Flann) Start point: Bowling Station Car Park, Explorer Map 347, grid ref: 443 737. GLASGOW A - Z RECOMMENDED. Trains Helensburgh 9.55 a.m. Bowling 10.25 a.m. Return direct trains Westerton to Helensburgh.

Date	Grade	Title and Description
Saturday 31st January	B	Beinn Udlaidh - from the south (Dark or Gloomy Hill) Trackless ascent beside burn leading to high moorland. Return by different route, finishing along old military road through forest. Terrain: trackless moorland likely to be soft in places. Distance: 10.5 km, duration 5 hrs, ascent 677 m to max. 840 m. Leader: Michael Arrowsmith Start point-. Forestry gate 100 in west of Arinabea in Glen Lochy (on A85), 2 miles beyond turn to Oban. OS Map 50 grid ref 297 317
Sunday 8th February	C+	Greenock Cut circular A return to tins popular walk over old trackways much of it originally built in 1825 as an aqueduct supplying Greenock with water. It now offers a level walk with fantastic views over the Firth of Clyde. Distance 15 km, duration 4 hrs, max. height 275m. Leader: Stella Crampton (Contact Geof Flann). NOTE start point is Overton Waterman cottage parking, OS Map 63 / Pathfinder 402 grid ref: 266 747
Saturday 14th February	B+ but A (if in snow)	Ben Challum (Malcolm's Hill) Farm track past St. Fillans Church then trackless moorland beyond level crossing up to the summit. Return by outward route. Terrain: Moorland leading to rocky mountain but no scrambling required. Distance 11.5 km, duration 6 hours, ascent 928m to max 1022m. Leader: Michael Arrowsmith Start point: Layby on A82 opposite Kirkton Farm (2.4 miles after Crianlarich junction). OS 50 / Explorer 364 grid ref 356 281
Saturday 21st February	C+	Knockupple A return to this walk which proved very popular last year. It takes place through forest on good tracks followed by a short stretch of trackless moorland (which can be very wet) to summit of Knockupple. From here there are good views particularly to the north over Loch Lomond. Returning around Knockupple gorge (underfoot conditions permitting) and retrace steps through forest. Distance 14 km. duration 4 hours, ascent gradual to max. 341 m. Leader: Trish Schooling Start point near Wester Cameron Farm OS MAP 64 / Explorer 347, grid reference 456 832. LIMITED PARKING THROUGH FARM GATES KEEP NUMBER OF CARS TO MINIMUM.
Sunday 22nd February	A	Ben Vrackie (Pitlochry's Speckled Hill) A walk onto the Ben along a well established route firstly on a defined path and then trackless moorland with one of the finest viewpoint in this part of the country. Distance; 16 km, Duration: 5 hrs (or longer in snow), ascent to max height 841m Leader: Alan Dow Start point (at 10 a. m.): near the Moulin Hotel, on the A924 (Braemar Road) north of Pitlochry. OS maps 52 and 43, grid ref. 944 592. DEPARTING HELENSBURGH PIER AT 8.00 A.M.

Date	Grade	Title and Description
Saturday 28th February	C+	Pass of Leny and Loch Lubnaig A pleasant walk on Route 7 cycle path with lovely views of the pass and loch. Finishing at Strathyre village. Terrain: good surface and generally level. Distance: 13 km, duration 4.5 hrs, negligible ascent. Leader: David Reid Start point: Car park off A821 near Kilmahog, and beside bridge over R. Teich. OS Map 57, grid ref 609 080 Car transfers will be utilised.
Sunday 7th March	C	Portavadie - Asgog - Eilean Aoidhe Circular Initial stage of walk is the start of the Cowal Way and takes place over paths, track, road and trackless moor. Through mixed woodland and open moor with views over Loch Fyne and to Arran. Distance: 13 km, duration 4 hours, ascent 150m to max. 100m Leaders: Malcolm and Margaret Mackenzie Start point: Portavadie car park, OS Map 62 / Explorer 362, Grid ref 929 698. DEPART HELENSBURGH PIER 9.00 a.m.
Saturday 13th March	B or C	Carron Valley Reservoir, Earl's Hill and Hart Hill A varied woodland, road and moorland walk encompassing the hills noted above. Moorland part of the walk probably wet! Distance: 14 km. Duration: 4.5 hrs with total ascent 500m. approx. to max 441m Leader: Trish Schooling Start point: By 'Graham's Castle' just off B818 near reservoir. OS map 57 grid ref: 682 858 There is an alternative walk missing out the hills and moorland which leaves an easily followed lower grade walk
Saturday 20th March	B+	Glen Finlas Trio A high-level walk with magnificent views to all points of the compass. Steep initial climb followed by high level horseshoe shaped walk around Craperoch (462 111). Balcnock (645m), Creachan Hill (536m). Terrain: hillside and mostly trackless moorland with final descent to reservoir. Distance: 13.5 km, duration 5 - 6 hrs, ascent 850m to max. ht 693m. Leader: Ken Watt Start point: Glen Finlas reservoir approached from minor road turnoff to north (Shemore Farm) from A82 end of MOD road. OS Map 56 / Explorer 347, grid ref: 332 892 DEPART HELENSBURGH PIER 9.00 A.M.
Saturday 27th March	B	Creagan na Beinne (Hill of the rocks or crags) From south shore of Loch Tay at Ardtalnaig take road / track SE up Gleann a' Chillene almost to Dunan. Climb N up south ridge of Creagan na Beinne. From summit continue N towards bealach, turning WSW to Tullichglass. Rejoin track to Ardtalnaig. Terrain: mostly grassland. Distance: 15 km approx, duration 5 - 6 hours, ascent 750m approx. to max. ht 888m. Leaders: Michael and Marion Blake Start point: Small car park just before and south of bridge at Ardtalnaig. OS maps 51 and 52, grid ref: 702 394 DEPART HELENSBURGH PIER 9.00 A.M.

Date	Grade	Title and Description
Sunday 28th March	C	Black Gates - Puck's Glen - Kilmun Forest A walk in the beautiful Puck's Glen area with good views and an interesting arboretum. Terrain: Forest tracks and well defined paths - some of which may be boggy. Some short, steep portions. Distance: 9 km, duration 4 hours, ascent 400m approx. to maximum height of 250m. Leaders: Malcolm and Margaret MacKenzie Start point: Benmore Gardens car park. OS Map 56 / Explorer 363, Grid reference 144 855
Sunday 4th April	B	Cnoc Coinnich Forest track and steep footpath on to moor via Coileissan Glen to this rarely climbed local peak. Trackless grassland to summit with possible return via Glen Croe - weather permitting. Terrain: Forest track, steep paths, trackless moors and hillside (3 km). Dominant all round views. Distance: 14 km., duration 5.5 / 6 hours, ascent 800m approx to max. height of 761 m. Leader: Allan Anderson Start point: Ardgartan Info Centre, near Arrochar. OS Map 56 / Explorer 347, grid ref: 270 037
Saturday 10th April	B	Coire Ealt This is an alternative to the Cowal Way walking from Glenbranter to Lochgoilhead. Starting and finishing on forest roads with grassland and forest path between. If weather is suitable a climb to peak of Sgurr A' Choinnich (650 in approx.) will be included. Terrain: Off the roads the route is through long grass and the descent through forest is quite boggy. Distance: 14.5 km (15.5 km with peak), duration 5.75 hrs (6.25 hrs), ascent 580m (670m) to max.ht. 570m (661m). Leader: David Reid OS Maps required: No. 56 or Explorer 363. A MINI-BUS WILL BE UTILISED TO TRANSPORT TO START POINT AND PICK UP AT FINISH AT A COST OF £5 PER PASSENGER. SEE GENERAL INSTRUCTIONS ON COVER OF PROGRAMME. NOTIFY LEADER BY THURSDAY 8TH APRIL TO BOOK YOUR SEAT ON BUS - THIS IS TO ENSURE PLACES ARE AVAILABLE IN CASE A FURTHER MINI-BUS HAS TO BE ARRANGED
Saturday 17th April	C+	Menteith Hills A different view of this area by path and track via visitor's centre at David Marshall Lodge to Meall Ear (Rough Hill?) and mast / wind meter. Then a foray for 2 km over moor to trig point at 400 m. from where there are wonderful views to north and south. Then return with descent via Dounans Camp. Terrain: Mainly forest track with minor scrambles to mast. Faint moor paths to summit. Can be very boggy and needs care. Distance: 11 km, duration 5 hours, ascent 360m to max 427m. Leader: Allan Anderson Start point: Central Aberfoyle car park, OS map 57 / Explorer 365. Grid ref: 522 011

Date	Grade	Title and Description
Saturday 24th April	A SLOW (B)	Beinn a' Chochuill (Hill of the Hood or Shell) THIS WALK WILL BE DONE AT A SLOWER PACE THAN USUAL TO ENCOURAGE "B" GRADE WALKERS TO PARTICIPATE Rough road, then track leading steadily uphill to lower slopes. Steep climb up to shoulder, then follow ridge to summit. Terrain: Track. mountainside and grass. Distance: 11 km, duration 8 hours. Ascent 930 m to max. ht. 980 m. Leaders: Steve Kirby / Phil Burkinshaw Start point Old Military Road (138 077) turning N. off A85 at Dalmally near road bridge at grid ref: 135 288. DEPART HELENSBURGH PIER AT 9.00 A.M.
Sunday 25th April	A or C+	Meall nan Tarmachan From cairn at far end of Lochan na Lairige up long ridge of Tarmachan on to Meall Garbh and Benin nan Eachan, returning north down Meall Glas and back to start. Terrain: Mountain and part track. Distance: 10 km, duration 6 - 8 hours, ascent 1100 m approx to maximum height 1044 m. Leader: Alan Dow Start point: North of Loch Tay, turning of A827 at Edramucky, past Visitor Centre and Mountain Rescue Post, 1/2 km past N. end of Lochan. OS Map 51, grid ref: 595 414. DEPART HELENSBURGH PIER AT 8.00 A.M. Or Overtoun House, Overtoun Burn and Doughnot Hill It is hoped that a variation of the normal route from Overtoun House can be arranged, passing Black Wood to Doughnot Hill and returning via the Black Linn Reservoir and the Lang Craigs. Terrain: Good tracks but also some trackless moor all of which can be wet and muddy. Distance: 11 - 12 km approx, duration 4.5 hrs. ascent 250 m. approx to max height of 353 m. Leader: Geof Flann Start point: Overtoun House OS Map 56/Explorer 347 GR 425 781 NORMAL DEPARTURE TIME
Saturday 1st May	A B C C	SCOTISH GATHERING - ABERFOYLE Ben Venue Staule Loch and back Water to Glasgow Stronlachar Silver Rings, Kirkton, Aberfoyle
Sunday 2nd May	A B C+ C+	SCOTTISH GATHERING - ABERFOYLE (continued) Ben Ledi Callander Crag and Town of Callender (an easy B!!) Aberfoyle to David Marshal Lodge and Lime Crag Brig o' Turk
Friday & Saturday 7th & 8th May		Compass and Navigation Course Being taken by Malcolm and Margaret Mackenzie. Those who have applied have been notified of venue and requirements.

Date	Grade	Title and Description
Sunday 9th May	C+	Glen Loin A walk on paths from Succoth by Loch Long through forestry to Loch Sloy Dam returning past Stronafyne Farm. Terrain: Woodland paths and good tracks. Distance: 16 km, duration 4.5 hrs, total ascent 300m to max ht. 301 m. Leader: Neil. Cameron Start point: Succoth car park (nr. Arrochar) OS Map 56/Explorer 364, grid ref: 298 052
Saturday 15th May	B+	Meall Ghaordaidh (possibly hill of the shoulder ?) From Glen Lochay following a track through fields onto higher open hillside. Path through heather, small rocky section at summit. Terrain: track, grassy hillside, heathery slopes and small rocky section. Distance 11 km, total ascent 900 m to max. ht. 1039 m; duration 5.5 / 6 hrs. Leader: Trish Schooling Start point: Layby over bridge west of Duncroisk in Glen Lochay. OS Map 51 grid ref: 527 364.
Sunday 23rd May	A Or C+	Beinn a Ghlo Path from Loch Moraig to foot of mountain and then rough hill walking. Same route as in 2002 but in reverse up nose of Cam nab Gabhar to summit and onto Carn Liath (975 m) and return. Covering three Munros. Distance: 18 km, total ascent 1700 m to max. ht. 1129 m. Duration 6 - 8 hrs. Leader: Allan Dow Start point at Loch Moraig, OS Map 43, grid ref: 905 671, But meet at Tilt Hotel, Blair Atholl for a 10.00 am departure. DEPART HELENSBURGH PIER AT 8.00 A.M. OR Kirkton Glen (to Loch of the Irishman) An ever popular walk in a beautiful area and starting from Rob Roy's grave and proceeding over forest track and then open hill where there are good views to Glen Dochart. Distance: 11 km, gradual ascent to 450 m approx., duration 5 hours. Leader: Doreen Kirk Start point: Balquhidder Church, OS map 51, GR: 536 209.
Saturday 29th May	B SLOW (C+)	Cambusbarron to Lewis Hill Normally a B grade walk due to a number of steep but short climbs - will be taken at a slower pace Part circular walk largely through forest tracks along edge of escarpment with good views of the Touch and Gargunnock hills. We will lunch on Lewis Hill which overlooks North Third Reservoir and surrounding area. Distance: 11 km. ascent around 500 m to max. height 266 m. Leader Geof Flann Start point: By disused quarry in Cambusbarron. OS Map 57 / Explorer 366, grid ref: 772 923.

Date	Grade	Title and Description
29 May 30 May 31 May 1-2 June 3 June 4 June 5 June 6 June 7 June 8 June 9 June 10 June 11 June 12 June		Southern Upland Way Portpatrick to Castle Kennedy 13.4 miles Castle Kennedy to Glen Luce 9.3 miles Glen Luce to Bargrennan 20.0 miles Bargrennan to St. John's Town of Dalry 17.5 & 13.7 miles. St. John's Town of Dalry to Sanquar 16.2 miles Sanquar to Wanlockhead 8.1 miles Wanlockhead to Moffatt 20.0 miles Mofatt to St. Mary's Loch 19.0 miles St. Mary's Loch to Traquair 12.0 miles Traquair to Melrose approx. 13.0 miles Melrose to Jedburgh approx. 10.0 miles Jedburgh to Kirk Yetholm approx. 14.0 miles Kirk Yetholm to Wooler approx. 10.0 miles Wooler to Lindisfarne approx. 13.0 miles
Sunday 6th June	B or C+	Ben Donich Circular Circular walk around Ben Donich on good paths, hill tracks and forest tracks. Some steep sections and parts will be muddy. Terrain: Forest, open hill and open tracks. Distance: 16 km, total ascent 560 m, max. ht. 420m. Duration: 6 hrs. Leaders Malcolm /Margaret Mackenzie Start point: Inveronich (just off 8839 near Lochgoilhead), OS Map 56 / Explorer 363 grid ref: 203 021 Or Loch Lomond Woods Pathed walk through woods with good views of Loch Lomond and surrounding woods. Terrain: mainly woodland paths but some scrambling over rocks and fallen trees is required. Distance: 14 km, moderate ascent to max. ht. 135 m. Leader: Neil Cameron Start point: Rowardennan Car Park. OS map 56 / Explorer 364 grid ref: 360 987
Sunday 13th June	B+	Glen Finlas Trio Another chance to attempt this walk cut short by gales and heavy rain in the last programme. A high-level walk with magnificent views to all points of the compass. Steep initial climb followed by high level horseshoe shaped walk around Craperoch (462 m), Balcnock (645 m), Creachan Hill (536 m). Terrain: hillside and mostly trackless moorland with final descent to reservoir. Distance: 13.5 km, duration 5-6 hours, ascent 850 m to max. ht 693m. Leader: Ken Watt Start point: Glen Finlas reservoir approached from minor road turnoff to north (Shemore Farm) from A82 end of MOD road. OS map 56 / Explorer 347, grid ref: 332 892
Saturday 19th June	A	Bidean nam Bian via Stob Coire nan Lochan Following rocky track up narrow valley, climbing to ridge at valley end. Steep climb over rocks to reach the Stob. On to Bidean and return down Coire Gabhail. Terrain: rough, rocky and in places narrow track requiring scrambling mountainous. Distance: 9.5 km, total ascent 1166 m to max ht. 1150 m. Duration: 6.5 hrs. Leader Michael Arrowsmith Start point: Upper public car park in Glen Coe, OS Map 41, grid ref: 171 569. DEPART HELENSBURGH PIER AT 8.30 A.M. (To get a space in the CP)

Date	Grade	Title and Description
Sunday 20th June	C	Braeval to Callander Mixture of track, path and quiet road with terrain consisting of forest and grassland. Distance: 13.5 km, negligible ascent, duration 3.5 hrs. Leaders: Ralph Ward / Kathleen Siddle Start point: Braeval car park, OS Map 57 / Explorer 365, GR: 006 543. For members wishing to walk one way only, a minibus will be used for transport. Those interested in the one way only walk must contact the leaders no later than the previous Thursday to ensure seats are available.
Saturday 26th June	B	Beinn Udlaidh (Dark or gloomy hill) An opportunity to attempt this walk which was abandoned in January due to adverse weather - heavy snow and gales ! Trackless ascent beside burn leading to high moorland. Returning by different route, finishing along old military road through forest. Terrain: trackless moorland likely to be soft in places. Distance: 10.5 km, ascent 677 m to max ht. 840 m, duration 5 hours. Leader: Michael Arrowsmith Start point: Forestry gate 100 m west of Arinabea in Glen Lochy on A85, (2 miles approx. beyond turn to Oban). OS Map 50 grid ref: 297 317
Sunday 4th July	B	Cruachan (Mound ?) Above Loch Lomond at Inversnaid with nearby historic military garrison. Terrain: Grassland hillside from parking to summit with possible descent via Lochan to West Highland Way and return to parking via Inversnaid. Distance: 4.5 km, ascent 500 m approx to max. ht. 537 m. Duration: 4 hrs +, dependant upon route and weather. Leader: Allan Anderson Start point: past Inversnaid turning left over wooden bridge, 0.5 km past "garrison". OS maps 56 / Explorer 364, grid ref: 345 090. Allow at least 1 hr 20 mins for drive to start point.
Saturday 10th July	B+	The Cobbler (by the scenic route !) Following good paths to the main peak area; then stony, often steep, mountain paths with easy scrambles. Terrain: mixed mountainside and reasonable paths. Distance: 9.5 km, ascent 941 m to max. ht. 881 m. Duration: 5.5 hrs. Leader: Stella Crampton Contact: Geof Flann Start point: Succoth car park (by Loch Long) OS Maps 56 / Explorer 364, grid ref: 294 049.

Date	Grade	Title and Description
Saturday 17th July	C+	Glenartney to Loch Earn A long day with a walk in beautiful Perthshire glens. Through Glenartney and then Glen Vorlich down to Loch Earn. We pass under the eastern slopes of Ben Vorlich (the principle peak of south Perthshire). Terrain: a variety of tracks, some good vehicular tracks (this is hunting country) and some little more than sheep trods which can be indistinct and often wet. Gradually rising ground to base of Ben Vorlich. There are burns to cross. Distance 16.5 km, ascent 350 m approx. to max ht. 572m, duration 5.5 - 6 hrs. Leader: Geof Flann OS Maps 51 and 57 / Explorer 368. Start point: Glenartney Church CP grid ref: 712 612 Finish: Near Ardvorlich House on S. Loch Earn Road, GR 634 233 A minibus will be utilised which will take nearly 2 hrs to reach start point therefore: DEPART HELENSBURGH PIER AT 9.00 A.M. Those interested must contact leader no later than previous Thursday to ensure seats are available. It is emphasised that anyone going direct to start point will need to make arrangements for pick up at finish - it is approx. 25 km on poor, single track roads - nearly an hour's drive.
Saturday 24th July	C with Alt B	Forest Lodge to Kingshouse (and possibly return) This is part of the West Highland Way over undulating ground. Terrain: mostly open moorland. Distance: 12.5 km (or 25 km for there and back), ascent negligible to max. ht. 350 m. Duration: 4 hrs (one way) Leaders: Ralph Ward / Kathleen Siddle Start point: car park south of Victoria Bridge. OS Maps: 50 & 41, grid ref 418 270. A minibus will be utilised for transport from finish back to start. Those interested must contact leaders no later than previous Thursday to ensure seats are available.
Sunday 25th July	A+	Carn Mor Dearg and Ben Nevis Up Carn Mor Dearg and on to Ben Nevis then down tourist route to Lochan Meall an t-Suidhe. Then turning north to circle Ben Nevis and return by outward track. The section between Dearg and Nevis is exposed and will only be attempted if conditions are good. Distance: 16 km, ascent near 1200 m to max ht. 1344 m. Duration: 10 hours. Leader: Allan Dow Start point: Car park before roundabout on the A82 and near to Nevis Bank Hotel at start of Glen Nevis, by 9.30 a.m. to enable prompt 10.00 start on walk. OS Map 41, grid ref: 113 744. In view of the long day those attending will have to leave Helensburgh at 7.30 a.m. and may wish to consider staying in the Fort William area overnight. If so please liaise with leader.

Date	Grade	Title and Description
Saturday 31st July	C+	Loch Venacher This is a section of the Route 7 Sustrans Cycle Way which precedes the section walked in February. It starts in the Achray Forest at the end of the scenic drive and ends in Callander (or 3 km short of there if preferred) on good tracks or roads all the way, mainly close to the lochside. Terrain: forest roads, paths and tarmac roads. Distance: 13.5 / (or 11) km; ascent negligible. Duration: 4.75 (or 4) hrs. Leader: David Reid Start point: A821 near north end of Duke's Pass at end of Achray Forest Drive. OS Map 57/Explorer 365, grid ref 513 054 A minibus will be utilised for transport from finish back to start. Those interested must contact Geof Flann/Kathleen Siddle no later than previous Thursday to ensure seats are available.
Sunday 1st August	A	Sgurr Eilde Mor (big peak of the bird) The remotest of the Mamores; starting from Mamore Lodge we follow stalker's path to lochan. Steep scree slopes to summit. Terrain: path over hillside, scree slope. Distance: 14 km, ascent 810 m to max. ht. 1010 m. Duration: 6.5 hrs. Leader: Trish Schooling Start point: Mamore Lodge at Kinlochleven (there is a £2.00 car park charge) OS Map 41, grid ref: 186 630. DEPART HELENSBURGH PIER 8.00 a.m.
Sunday 8th August	B+	An Caisteal (The Fortress or Castle) Path along River Falloch, climb Sron Gharbh (Rough Nose) at 709 m to Twistin Hill and continue to flat summit. Terrain: Some good and some rough paths and long grassy ridge to top. Minor scrambles here and there. From the mountain there are dominant views. Distance: 11 km, ascent 940 m approx. to max ht 995m. Duration: 7 hours. Leader: Allan Anderson Start point: Layby on A82 1.5 km south of Crianlarich (care - difficult to see if driving from south). OS Map 50, grid ref: 370 239
Saturday 14th August	B	Menteith Hills Another look at this attractive area with a mixture of forest and open moorland with some good views but also some steep ascents and descent without scrambling. Terrain: forest roads and rough paths through heather, later some open grassland. Leader: David Reid Distance: 13.5 km, ascent 450 m to max ht. 400 m, duration 4.5 hrs. Start point: Braeval car park, 0.7 km from Rob Roy junction (near Aberfoyle) on A81 Callander road (around 45 mins from H'burgh). OS Maps 57 / Explorer 365, grid ref: 541 006 (With acknowledgement to Tom Prentice who described this walk in the weekend Glasgow Herald)
Saturday 21st August	B	Ben Donich by the North Ridge THIS IS A DIFFERENT AND MORE DIFFICULT WALK THAN THAT FOR 6 JUNE IN THIS PROGRAMME Steady climb on a broad grassy ridge; there is one slightly awkward rock step descent mid-ridge. This walk features views of gigantic fallen blocks. Distance: 8 kms, ascent 641 m to max. ht. 847 m, duration 5 hrs. Leader: Stella Crampton, Contact Geof Flann Start point: Rest and Be Thankful car park on the A83. OS Maps 56 / Explorer 364 grid ref: 230 073

Date	Grade	Title and Description
Sunday 22nd August	B	Lower Ptarmigan A walk offering a different view of Ben Lomond and area. From start point to Tom Fithich under Ptarmigan and on to Creag a' Bhocain; then down to Cailnies and out by way of the West Highland Way. Terrain: No paths. Distance: 12 km, ascent 800 m to max. ht. 731 m, duration 6-8 hrs. Leader: Allan Dow OS Maps 56 / Explorer 364, grid ref: 361 985
Saturday 28th August	C	Cochno Hill, Cochno Loch and Greenside Reservoir A gentle stroll in the nearby Kilpatrick Hills with good views over the Clyde basin and Glasgow. Terrain: part-metalled roads and well defined paths mainly over grassland, some of which can be wet. Distance: 10 km, ascent 200 m approx. to max. ht. 348 m, duration 3.5 hrs. Leader: Geof Flann Start point: E. entrance to Cochno Estate near Hardgate with good parking facilities adjacent to entrance to Edinbarnet Nursing Home. OS maps 56 / Explorer 347, grid ref: 503 740
Sunday 29th August	A	Succoth Circular A demanding walk to close this programme commencing with a steep climb on track through trees and soon following Allt Sugach, turning NE on open hillside to A' Chrois (848 m). Then drop (to 720 m) leading to Beinn Narnain (926 m). Dropping again towards Bealach a' Mhaim to the head of Allt a' Bhalachain, with the possible ascent of the Cobbler (884 m). Returning SE, in either case to the Weir, and onto forest path back to Succoth car park. Terrain: mountain and part track. Distance: 12 km (14 km if Cobbler included), ascent 1312 m to max. ht 926m, duration 7 - 8 hrs. Leader: Jim Crosthwaite Start point: Succoth car park on Loch Long near Arrochar, OS Maps 56 / Explorer 364, grid ref: 293 049
Saturday 4th September	B+	Beinn Tharsuinn (Hill of the Crossing) and Beinn Lochain (Hill of the Loch) Circular walk taking in the tops of the Beinns on mud paths and open hillside. Terrain: Steep(ish) grassy climb through forest, open moorland to top. Descend to Lochan, then on path and forest track back to start point. Distance 12 km, duration 6 hrs., total ascent 775 m to max. ht. 703 m. Leader: Steve Kirby Start point: at road junction near Lettermay (nr Lochgoilhead), OS Map 56 / Explorer 363 grid ref: 188 002. Car Parking limited - car share if possible
Saturday 11th September	C	Balmaha to Rowardennan via the West Highland Way Entire route on paths through open woodland alongside Loch Lomond. Distance: 13.5 km, duration 4.5 hrs, nil ascent. Leader: Stella Crampton; Contact Geof Flann Start point: Balmaha car park, OS map 56 /Explorer 347, Grid ref: 421 909

Date	Grade	Title and Description
Sunday 12th September	A	Ben Ledi from Strathyre Two car walk, some being left at Ben Ledi Car Park, others at Strathyre. From Strathyre take footpath to Immeroin then follow forest edge to Creag a' Mhadaidh and then cover the ridge Benvane, Stuc Dhubh and Ben Ledi. Terrain: open hillside for much of the way. Distance: 12 km, duration 8 hrs, ascent 1,000 m to max. 879m. Leader: Allan Dow Start point - where sort out of cars will take place: Ben Ledi car park just off A 84. OS map 57 Explorer 365 grid ref: 587 093 9.00 a.m. START FROM HELENSBURGH PIER
WEEKEND 17 / 18 / 19 September		Away weekend on Arran Nearly 40 members of the group are attending this get-together and a number of walks will take place ranging from the difficult to easy.
Saturday 25th September	B+	Schiehallion Following a well defined path to the rocky top from where there are magnificent views in all directions. Return by same path which can be wet and muddy in parts. Distance: 9 km, duration 5 hrs approx, ascent 733m to max 1083m. Leader: John Tomkins Start point: Schiehallion car park on minor road off B846 (Gen. Wade's Military Road); OS Map 42, grid ref. 754 557 8.30 a.m. START FROM HELENSBURGH PIER
Saturday 2nd October	B	Sligrachan Hill and Ben Ruadh (Red / Brown) Anyone who has walked to the west end of Helensburgh knows this hill by sight if not by name! Through a mix of forest road and open grassland some fine views can be obtained and maybe the question "is that where it is?" answered. Terrain: forest and open moorland. Distance: 11.5 kms, duration 5 hrs ascent 735 m to max. 664 m. Leader: David Reid Start point: Gate on right of unclassified road just before Finart bus terminal and road sign for Ardentinn (leave A815 Dunoon road at Whistlefield). OS map 56 / Explorer 363 grid ref: 174 895
Sunday 10th October	C+	Callander Crag and Bracklin Falls The Crag rises above Callander offering rewarding views of the town and surrounding area. On this circular walk we shall take in the Bracklin Falls following Brackland Glen northward until joining the road and path leading to the Crag. Terrain: Mixture of road and paths, some of which can be wet. Distance: 12 kms, duration 4.5 hrs, ascent 450 m approx. to max ht. 350 m approx. Leader: Geof Flann Start point: Bracklin Falls car park OS Map 57 / Explorer maps 365 & 367, grid ref: 638 083.

Date	Grade	Title and Description
Sunday 17th October	C or B+ (Descent A)	East Bay (Helensburgh) to Cardross via Ardmore Point Walk is subject to tidal fluctuations and takes place on coastal paths and beach with damp sands and stony beach. Distance: 9 km, duration 3.5 hrs, nil ascent Leader: Stella Crampton; Contact Geof Flann Start point: H'burgh Pier OS map 63/Explorer 347 GR: 295 823 Or The Pap of Glencoe Path to near the top then a rock scramble. Down the other side gives an interesting but difficult descent - hence the A grade for this portion. For those wishing to return by outward route this gives a B grading only for most of the way. Terrain: path upward but no path for descent, then walk out on a forest track. Distance: 8 km, duration 6 hrs, total ascent to max. 742 m Leader: Allan Dow Start point: Car park of old village hall, past village of Glencoe, just off A82, OS Map 41, grid ref: 111585 8 a.m. START FROM HELENSBURGH PIER
Sunday 24th October	B+ Or C or B	Beinn Chaorach (Sheep Hill) and Cam Chreag (Crooked Crag) Good views into Loch Lochay following track, open hillside and mountainside. Terrain: Grassy hillside which can be wet in places and with quite steep descent. Distance: 15 km, duration 7 hrs, ascent 750 m to max ht. 884 m. Leader: Trish Schooling Start point: Dalrigh car park, OS map 50 / Explorer 364, grid ref: 344 291. 8.30 a.m. START FROM HELENSBURGH PIER Or alternatively the following walk(s) being undertaken for the Mid Argyll and Kintyre Group - our members most welcome Glen Fyne Linear walk on tracks and partly on road alongside River Fyne as far as Inverchorchan (or further if you wish!) with an alternative return along road to east of river. Good views of surrounding hills on all sides and of the view down the Glen towards Loch Fyne. Distance: 10 km (to Inverchorchan and return), duration 4 hrs, negligible ascent. Variation in the hills above the River Fyne as far as Inverchorchan partly on track and sometimes indistinct paths which can be wet and are hard walking. Distance: still 10 km, duration 4.5 hrs, ascent 450m to max. 430. Leaders: Ken Watts/ Kathleen Siddle Start point: CP at entrance to Glen Fyne (just off main A83), OS Map 56 / Explorer 363, grid ref: 193 127
Saturday 30th October	B	North side of Glen Fruin Ridge Walk taking in Balcnock (638 m) and Beinn Tharsuinn (656 m). Trackless climb and walk along hills on the north side of Glen Fruin. Return to start point along A817. Terrain: grass hillside, tarmac to finish. Distance: 9 km on hillside, 6 km on roadside, duration 5 hrs, ascent 600 m to max. ht. 693 m. Leader: Steve Kirby Start point: Lay-by at Loch Lomond end of A817 (MOD road) - on the north side of the road best approached from the West. OS map 56 / Explorer 347, grid ref: 332 866

Date	Grade	Title and Description
Saturday 6th Nov	C	Glen Shira Long minor ascending road with fine views from Glen of Beinn Ghlass and surrounding hills. Turning some 8 km out at High Gorge Bridge and near Rob Roy's House (currently not accessible due to repairs). Terrain: Laid single track road as reservoir and farm access, Argyll Estates woods, forest and open countryside. Distance: to 16 km, duration 6 hrs, ascent to max 240 m. Leader: Ann and Allan Anderson Start point: Open space at small cemetery at apex of bay on A83, 1.2 km north of Inverary. OS map 56 grid ref 113 103. 9.00 a.m. START FROM HELENSBURGH PIER
Saturday 13th Nov	C+	Carrick Castle to Ardentinny (and return) Undulating route, partly through woodland and forest but with some good views across Loch Goil and Loch Long. Mainly good forestry tracks with shorter stretches of shore walking and woodland paths which can be muddy. Returning by same route. Distance 16 km, duration 5 hrs, ascent negligible. Leaders: Kathleen Siddle and Ralph Ward Start point: Carrick Castle, OS Map 56 / Explorer 363, grid ref: 944 195
Sunday 14th Nov	B+	Devil's Staircase to Am Bodach Path up Devil's Staircase then onto hillside. Good views over Rannoch and mountains in Glen Coe. Terrain: grassy hillside with choice of descent, one quite steep. Distance: 8 - 9 km, duration 5 - 6 hrs, ascent 800 m to max. ht 943 m. Leader: Trish Schooling Start point: Lay-by on North side of A82 at Altnafeadh, OS map 41, grid ref 220 563. Car transfer to be arranged at start point. 8.30 a.m. START FROM HELENSBURGH PIER
Sunday 21st Nov	B+	Beinn Bhreac, Ben Reoch and Tullich Hill Trackless climb up steep grass slope to highest point followed by undulating trackless grassy broad ridge to next peak. Option to return by valley or descend 300 m before climb to final peak and then descend to Invergroin. No scrambling required. Terrain: mainly obvious track along high moorland, with no rocky sections. All summits are grassy. Distance: 9 km, duration 5.5 hrs, ascent 1020 m to max ht 681 m. Leader: Michael Arrowsmith Start point: Bridge at Invergroin, 4.5 km up Glen Douglas from Inverbeg. OS Map 56 / Explorer 364, grid ref 304 991 Limited parking available - car sharing necessary
Saturday 27th Nov	C	St. Andrew's Day Social event Kathleen Siddle and Ralph Ward have kindly made their home available for this event which will start at 1.30 p.m. from their home with the following walk. Following the walk we will return to party into the evening! Full details will be notified in due course. The Highlandman's Way / Rhu Circular The route is along a mixture of pavements, tracks and paths - some of which can be muddy. We'll wend our way through Helensburgh Upper, along Highlandman's Way and through woodland. On a clear day there are views down to the Clyde Estuary to Arran. Distance: 9 km approx.; duration 2.5 hrs, ascent to max. 200 m. OS map 56 / Explorer 347 applicable.

Date	Grade	Title and Description
Saturday 4th Dec	C+	Flanders Moss A walk in a historically significant area along disused railway track and the bank of the River Forth. Terrain: paths and tracks. Distance: 16 km. duration 5 hrs max, ascent NIL. Leader: Neil Cameron Start point: Large lay-by just to east of Buchlyvie village. OS Map 57 Explorer 348, grid ref: 578 939
Sunday 5th Dec	B+	Garabal Hill Following the beautifully cascading Arnan Burn into Lairig Arnan and thence to Garabal Hill returning by Lochan Beinn Damhain to rejoin outward route. Terrain: Very rough walking all the way. Virtually pathless. Long grass and deep heather are a feature of this lowish altitude walk over pristine countryside. Leader: Michael Arrowsmith Distance: 9 km, duration 4.5 hrs, ascent 560 m to max. 524 m. Start point: The Drovers at Inverarnan on the A82. OS Map 56 / Explorer 364, grid ref: 318 185.
Saturday 11th Dec	B	Fiarach Circular walk from Dalrigh car park up Gleans Auchreoch to approx. 400 m on good track for 5 km. Ascend Creagan Soilleir (646 m). Return over high moor (dependant upon conditions) via Fiarach (652 m) and Lochans. Descend to parking. Terrain: Good track prior to Creagan Soilleir then grassy moor for 50% of route. Distance: 10.5 km, duration 5.5 hrs, ascent 520 m to max ht. 652 m. Leaders: Ann and Allan Anderson Start point: Dalrigh car park on A 82, 2 km S. of Tyndrum, OS Map 50 / Explorer 364, grid ref: 344 291.
Sunday 12th Dec	C	Glashan Trail This walk is being undertaken for the Mid Argyll and Kintyre Group with a 10 a.m. start. An easy, undulating and mostly open walk around Loch Glashan on forest tracks. Distance: 15 km, duration 4.5 hrs max, ascent negligible max. 115m. Leader: Geof Flann Start point: Glen Glashan Forestry CP (off A83 near Lochgair), OS Map 55 / Explorer 362, grid ref: 923 922. Depart Helensburgh Pier at 0830 hrs
Saturday 18th Dec	B	Ben Bowie and Killoeter An interesting, varied, local (to Helensburgh) walk with fine views over the town and Loch Lomond. Quite rough in places with a mixture of tarmac, forest road, paths and open ground. Terrain: forest, moorland - some rough and boggy. Distance: 15.5 km, duration 5.5 hrs, ascent 490 m to max. ht. 313 m. Leader: David Reid Start point: end of forest road just east of Daligan Farm on B832, Helensburgh to Cross Keys road - very limited parking, car share necessary. OS map 56 / Explorer 347, grid ref: 328 842