

Walks Programme 2008

Date	Grade	Title and Description
Saturday 5th January	B	Luss Horseshoe Circular high level walk starting at Luss and heading steeply up the hill. Once the height has been gained it is a grassy ridge walk around the horseshoe before a steepish descent in Glen Luss and following the road back to Luss. Terrain: Grass/moor/hill/road. Distance: 11 km, duration 5 - 6 hrs, total ascent 692m to max. ht 655m. Start point: Luss Carpark. Argyll and Bute council now charge for parking at Luss all year round. Car sharing is recommended to reduce parking charges. OS Map Landranger 56, Explorer 347, Grid ref: NS 359931
Sunday 13th January	B	Lochan Beinn Chabhair Initially a steep ascent up path beside waterfall but levelling out on reaching the hanging valley. Thereafter an easy walk along grassy path to the lochan. Return by outward route. Terrain: Good stoney track up the steep section. Grassy moorland path beside Beinn Glas burn. Distance: 9 km, duration 4 hrs, total ascent 490 m to max. ht. 505 m. Start point: Drovers Inn, Inverarnan. OS Map 56 / Explorer 364, Grid ref: NN 318184.
Saturday 19th January	B	Beinn a'Mhanaich After ½km along roadside, a moorland track is followed up a gentle but long shoulder to a long ridge at 550m. A short descent is followed by the final ascent to the Beinn. Return by outward route. Terrain: Mainly obvious tracks along high moorland with no rocky sections. All summits are grassy. Distance: 9½ km, duration 4½ hrs, total ascent 515 m to max. ht. 709 m. Start point: Layby on old Glen Fruin road near Auchengaich farm. OS Map 56 / Explorer 367, Grid ref: NS 275900.
Sunday 27th January	B+ / A	Ben Challum Following hill tracks and crossing open hillside to the summit of this twin-peaked mountain. If snow and ice prevail, this walk becomes Grade A. Terrain: Mountain tracks and open hillside. Distance: 12 km, duration 6½ hrs, total ascent 900m to max ht. 1025m. Start point: Layby on LHS of A82, 2½ miles beyond Crianlarich, just after sign on right to SAC Research Station. OS Map 50 / Explorer 364, Grid ref: NN 356280. 0830 HRS DEPARTURE FROM HELENSBURGH PIER for a one hour drive
Saturday 2nd February	C+	Ardgartan to Lochgoilhead via Loch Long South from Ardgartan to Corran Lochan, returning up the side of Loch Goil. Terrain: Forest roads and tracks. Distance: 18½ km, duration 6 hrs, total ascent m to max. ht m. Start point: Ardgartan Forest Centre car park at foot of Glen Croe. OS Map 56 / Explorer 363 & 364, Grid ref: NN 269037. Public Bus return from Lochgoilhead to Ardgartan

Walks Programme 2008

Date	Grade	Title and Description
Saturday 9th February	B+	The Brack Approaching this well known peak from the east with good views of the Rest and be Thankful and The Cobbler. The ascent climbs steeply up the north side to the east ridge, then west along the ridge for the final climb to the top. Returning via Coileasan Glen and Loch Long. Terrain: Open hillside and forest roads. Distance: 12 km, duration 6 hrs, total ascent 800 m to max. ht. 787 m. Start point: Ardgartan Forest Centre car park. OS Map 56 / Explorer 364, Grid ref: NN 269037.
Sunday 10th February	C	A Meander through Balloch Country Park and Boturich Estate Using a mixture of paths, tracks and minor roads, explore ways through Balloch Country Park and the Boturich Estate. On a fine day we will have some fine views of Loch Lomond. Terrain: The paths go through parkland and woodland. Distance: 12 km, duration 3½ hrs, total ascent 150 m to max. ht. 150 m. Start point: Jenner's front door at Loch Lomond Shores. OS Map 56 / Explorer 347, Grid ref: NS 383822.
Saturday 16th February	C+	Ardgartan to Lochgoilhead via Glen Croe Up Glen Croe to the Rest and be Thankful then down to Lochgoilhead. Terrain: Forest roads and tracks. Distance: 17½ km, duration 5½ hrs, total ascent m to max. ht. 330 m. Start point: Ardgartan Forest Centre car park. OS Map 56 / Explorer 364, Grid ref: NN 269037.
Saturday 23rd February	A / B+	Snow in Glen Coe Climb in snow somewhere in the glen depending on snow conditions. Bring ice axe if possible. Terrain: Snow slopes. David Reid may be able to borrow some ice axes if he is asked. Distance: -km, duration -hrs, total ascent -m to max ht. -m. Start point: Kingshouse Hotel. OS Map 41 / Explorer -, Grid ref: NN 259546. 0800 HRS DEPARTURE FROM HELENSBURGH PIER for a 1½ hour drive
Sunday 24th February	C+	Conic Hill Circular A section of road and then mainly on tracks with some rough walking. Terrain: Varied moorland and forest with views over Loch Lomond. Distance: 11½ km, duration 5 hrs, total ascent 470 m to max. ht. 361 m. Start point: Balmaha car park. OS Map 56/57 / Explorer 347, Grid ref: NS 420908.
Saturday 1st March	B	Loch Awe to Loch Fyne A long walk on a forest road through the hills finishing at Auchindrain on Loch Fyne side. Terrain: Forest road. Distance: 20 km, duration 6 hrs, total ascent 350m to max. ht 300m. Start point: Loch Awe side. OS Map 55 / Explorer 360, Grid ref: By Mini-bus only 0900 HRS DEPARTURE FROM HELENSBURGH PIER by MINI-BUS

Walks Programme 2008

Date	Grade	Title and Description
Saturday 8th March	C+	Allander-Kelvin walkways We will follow a surprisingly rural route on paths along the banks of the Kelvin and the Allander, with about 1 km of urban walking. We will use the train between Milngavie and Partick. Leader will meet group at Milngavie Station. Direction of route will depend on weather. Terrain: Footpaths, some of which may be muddy. Distance: 16 km, duration 5½ hrs, total ascent negligible to max. ht. 70 m. Start point: Milngavie railway Station 10.15 am. OS Map 64 / Explorer 342, grid ref: NS 555744.
Sunday 9th March	B+	Beinn Udlaidh The Allt Ghamhnaina will be followed South until clear of the forestry. Then the north ridge leads to the summit. Dropping East to the bealach, the route next climbs steeply up Beinn Bhreac-liath. The north ridge then leads back to the start. The whole route is trackless but can command magnificent views. Terrain: Forest, stream, moor and mountain. Distance: 11 km, duration 5½ hrs, total ascent 925m to max ht. 840m. Start point: Invergaunan in Glen Orchy. OS Map 50 / Explorer 377, Grid ref: NN 279368.
Saturday 15th March	B	Strachurmore to Coylet Inn Terrain: Forest roads, some muddy tracks. Distance: 19 km, duration 5½ hrs, total ascent 200m to max ht. 200m. Start point: Strachurmore. OS Map 56 / Explorer -, Grid ref: NN 106008. RETURN to Strachurmore by PUBLIC BUS
Sunday 23rd March	C+	Dukes Pass/ Lime Craig Circular Walk mainly on made up tracks providing views over Loch Ard Forest and Flanders Moss. Terrain: Tracks through forest and open moorland - steep in places. Distance: 9 km, duration 3 hrs, total ascent 380m to max ht. 305m. Start point: David Marshall Lodge Visitor Centre Car Park. Money required for Car park fee. OS Map 57 / Explorer 365, Grid ref: NN 520016.
Friday 28th March and Saturday 29th March	B+	NAVIGATION COURSE It is hoped to hold a course with classroom work on Friday evening and field work on Saturday. Running the course depends on there being a sufficient number of interested ramblers. Space is limited. There is room for no more than eight course members. Those interested should 'phone Malcolm by the end of January at the latest. If there is insufficient interest to justify running the course Malcolm will take a local 'C' walk at the usual time on the Saturday. Contact Joyce or see local paper. Start point: To be arranged.
Sunday 6th April	C	Scroggy Bank/Greenock Cut Circular Leisurely walk - part on hillside and part along route of Greenock Cut aqueduct providing views over Firth of Clyde. Terrain: Tracks and pathways. Distance: 12 km, duration 3 hrs, total ascent 110m to max. ht. 275m. Start point: Cornalees Visitor Centre Car Park. OS Map 63 / Explorer 341, Grid ref: NS 247721.

Walks Programme 2008

Date	Grade	Title and Description
Saturday 12th April	B+	Beinn Mhic Mhonaith (Hill of the son of the moor) Initially on steep forest road, easing to more gentle rise. The road and forest are left at the Airigh Chailleach. Thereafter is a stretch of steep open grassy hillside. A wide ridge described as a classic highland ridge with some of the best mountain views in Scotland leads to the summit. After passing a lochan a fairly steep grassy descent leads to the end of the forest road and the return to the falls. At one point there is a fine stand of ancient Scots Pine in a reserve. Terrain: Forest roads and grassy slopes. Distance: 13½ km, duration 5½ hrs, total ascent 720 m to max. ht. 796 m. Start point: Glen Orchy, Eas Urchaid Falls. Limited parking. Note: As this walk is primarily for the views, if visibility is poor we will walk the cycle track from Bridge of Orchy to Eas Urchaid (12km - 2 cars) OS Map 50 / Explorer 377, Grid ref: NN 242321.
Sunday 13th April	C+	Gargunnock Hills Start at Ballochleam and follow track along the base of the main cliffs of the Campsie Plateau. Fine views of Loch Lomond, Ben Lomond and the Trossachs during the ascent of Lees Hill (411m). Continue to main 485m summit of Gargunnock Hills (Carleatheran). Fine views over the Forth Valley and the Highlands. Path descends to Spout of Ballochleam and continues back to start point at Ballochleam. Terrain: Vehicle tracks, grassy paths, boggy in places and some pathless terrain. Distance: 14 km, duration 5 - 6 hrs, total ascent 450 m to max. ht. 485 m. Start point: Minor road at Ballochleam. OS Map 57 / Explorer 348, Grid ref: NS 656927.
Saturday 19th April	A	Ben Cruachan - West Outer Forest track then on hill to Meall Copach and on and up to Meall an Each, the west outer of Ben Cruachan. Down north east ridge to Meall Riaghain. Terrain: Trackless mountain. Distance: 13 km, duration 8 hrs, total ascent 1000m to max ht. 906m. Start point: Inverawe Country Park. OS Map 50 / Explorer 377, Grid ref: NN 021317. 0800 HRS DEPARTURE FROM HELENSBURGH PIER
Sunday 20th April	C+	Fintry Hills Along part of the Fintry Hills to Stronend. From Fintry, along the river and road then up and along the cliff edge over Double Craigs to Stronend. Returning along steep sheep track down the cliff and back along track and road. Terrain: Muddy paths and tracks, sections of tarmac road, grassy and tussocky hillside. Distance: 12 km, duration 6 hrs, total ascent 542 m to max. ht. 511 m. Start point: Road junction in Fintry. OS Map 57 / Explorer 348, Grid ref: NS 614868.
Saturday 26th April	B	Inveruglas to Arrochar and back Circular walk. Terrain: Forest roads and tracks. Distance: 25 km, duration 8 hrs, total ascent - m to max. ht. 100 m. Start point: Inveruglas car park. OS Map 56 / Explorer 364, Grid ref: NN 322097. OPTIONAL return by PUBLIC BUS

Walks Programme 2008

Date	Grade	Title and Description
Saturday 3rd May	C+	Achran Forest Circular Circular forest walk starting at Killin with some lovely views. Terrain: Forest tracks and sections of disused rail tracks. Distance: 20 km, duration 5½ hrs, total ascent 350m to max. ht 350m. Start point: First car park at right hand side after A827 bridge crossing of River Dochart at Falls of Dochart, Killin. OS Map Landranger 51, Explorer , Grid ref: NN 572327
Sunday 11th May	B	Lochan Beinn Chabhair Initially a steep ascent up path beside waterfall but levelling out on reaching the hanging valley. Thereafter an easy walk along grassy path to the lochan. Return by outward route. Terrain: Good stony track up the steep section. Grassy moorland path beside Beinn Glas burn. Distance: 9 km, duration 4 hrs, total ascent 490 m to max. ht. 505 m. Start point: Drovers Inn, Inverarnan. OS Map 56 / Explorer 364, Grid ref: NN 318184.
Saturday 17th May	C	Stank Lochan from Braeval We will follow part of the course of the cycle track from Aberfoyle to Callander as far as the Stank Lochan and return by the same route. We will hope to see some more early purple orchids and, if we are lucky, little grebe on the lochan. Terrain: Forestry track and path which may be muddy in places. Distance: 11 km, duration 4 hrs, total ascent 140 m to max. ht. 220 m. Start point: Leader will meet group at Braeval Car Park on Aberfoyle/Calendar Road just past end of Golf course. OS Map 57 / Explorer 365, Grid ref: NN 541007.
Saturday 24th May	B+	The Cobbler New path across road from car park, zig-zag up to forest road, eventually veer off left and scramble to summit. Will be taken slowly. Terrain: Sheep track, hill tracks and easy scramble. Distance: 9 km, duration 5 hrs, total ascent 890m to max ht. 890m. Start point: Succoth car park near Arrochar (£1 payment needed). OS Map 56 / Explorer 364, Grid ref: NN 295048.
Saturday 31st May	C	Loch Sloy Dam There are good views both up and down. Terrain: All on tarmac road. Distance: 10 km, duration 3 hrs, total ascent 314m to max ht. 256m. Start point: OS Map 56 / Explorer , Grid ref: NN 322098.
Sunday 1st June	A	Beinn Tulaichean and Cruach Ardrain (Hill of the Hillocks and Stack of the High Part) The mountain is approached by the trackless but wide south-east ridge, over grass first then crags and boulders leading to the crest just south of the Tulaichean summit. The grassy ridge path is followed NNW to reach the summit of Cruach Ardrain. The return is south to a bealach and then drops east to a track beside the Inverlochlarig burn. Terrain: Steep grassy moorland and rocky mountain ridges. Distance: 11 km, duration 5½ hrs, total ascent 1030 m to max ht. 1046 m. Start point: Car park at end of tarmac road in Balquhiddier Glen, 750m east of Inverlochlarig Farm. OS Map 56 and 57 / Explorer 365, grid ref: NN 446185.

Walks Programme 2008

Date	Grade	Title and Description
Saturday 7th June	B	Brig O' Turk Circular Walk up Glen Finglas, Lag a'Phuill and back to Brig O' Turk. The "Mell Trail". Strenuous walk. Terrain: Forest track. Distance: 21 km, duration 7 hrs, total ascent 650 m to max. ht. 600 m. Start point: Forest car park about 1km after turning north in Brig O'Turk. OS Map 57 / Explorer , Grid ref: NN 531074.
Saturday 14th June	B	Circular walk around Beinn Narnain (Hill of Notches) From the car park the route climbs steeply, following the line of an old tramway to a forest road. This road is followed up Glen Loin, then west following the Allt Coiregrogain to the back of the glen. The path then climbs steeply up a grass slope to the Bealach a'Mhaim. From here the path joins the normal return route from the Cobbler. Terrain: Forestry tracks, hill paths with a steep grassy scramble up the head of the glen. Distance: 12 km, duration 6 hrs, total ascent 630 m to max. ht. 630 m. Start point: Succoth car park near Arrochar (£1 for car park). OS Map 56 / Explorer , Grid ref: NN 295048.
Saturday 21st June	X	Go Ape at Aberfoyle A visit to the award winning high wire forest adventure course with rope bridges, tarzan swings and zip slides 13 metres up in the trees. Cost is £25 adults and £20 for 11 - 17 years old. Visit will depend on reasonable numbers wishing to go when a block booking will be tried for. Those interested or wanting further information must contact Jim before 7th June. Terrain: Like no previous 'walk'! Distance: km, duration about 3 hrs, total ascent m to max. ht. m. Start point: David Marshall Lodge north of Aberfoyle on Duke's Pass Road (£2 parking fee). OS Map / Explorer , Grid ref: NN 519016 .
Sunday 22nd June	C+	Loch Ard Forest Follow forest roads through open forest and along lochside. There are some lovely views of Loch Ard and the surrounding hills. Terrain: Forest roads. Distance: 16km, duration 5hrs, total ascent -m to max ht. 130m. Start point: Parking to right at Lochard Cottages, reached by a left turn in Kinlochard. OS Map 57 / Explorer -, Grid ref: NN 447021.
Saturday 28th June	B	Loch Chon to Loch Lomond (Inversnaid Hotel) Walking mainly on paths through woodland, open country and along loch sides. Terrain: Forest, moor, hills, lochside. Distance: 19 km, duration 5½ hrs, total ascent 350 m to max. ht. 350 m. Start point: Mini bus booking required. See inside cover of printed programme for details. OS Map / Explorer , Grid ref: By Mini-bus only 0930 HRS DEPARTURE FROM HELENSBURGH PIER by MINI-BUS
Saturday 5th July	C+	Ardgartan to Lochgoilhead Cross country via the Allt Coire Odhair and Donich Water. Terrain: Forest track, moorland and some muddy footpaths. Steep at start. Distance: 9 km, duration 4½ hrs, total ascent 400m to max. ht 400m. Start point: Car park, Ardgartan Forestry Offices. OS Map 56 / Explorer -, Grid ref: NN 269037 RETURN to Ardgartan by PUBLIC BUS

Walks Programme 2008

Date	Grade	Title and Description
Saturday 12th July	A+	Across Rannoch Moor (Bracken Moor) A long, but rewarding, walk across the heart of Rannoch Moor. From Rannoch Station follow the forestry track along the northern shore of Loch Laidon. Where the track ends, follow the path on the south side of Stob na Cruaiche until north of the Allt Lochain Ghaineamhaich where the route heads south. Unless in spate, this shallow river will need to be forded as there are no stepping stones or bridges. Once south of the river, the route continues south/west across the trackless moor keeping to the high ground. The A82 is crossed near Loch Ba and the route continues south on a muddy track to join the West Highland Way, which then is followed back to the start point at Bridge of Orchy. Terrain: Forestry track, muddy hill path, trackless moorland and a small section by the side of the A82. Distance: 35 km, duration 10 hrs, total ascent 50 m to max. ht. 350 m. The start point for the walk is at a height of 310m and the end point 150m Start point: Helensburgh Pier 06:40 Bridge Of Orchy Station 08:00 Alternatively catch the Sleeper straight through to Rannoch station. OS Maps 41,42 & 50 / Explorer -, grid ref: NN 423579. NOTE VERY EARLY DEPARTURE
Saturday 12th July	B	Campsie Glen and Cort-ma-Law Moorland, woodland and railway tracks, returning to start along the dismantled railway. Terrain: Paths but muddy, disused railroad and woodland. Distance: 14 km, duration 5½ hrs, total ascent 550m to max ht. 531m. Start point: Clachan of Campsie. OS Map 64 / Explorer -, Grid ref: NS 610795.
Saturday 19th July	C+	Glen Lochay A short glen in old hunting forest. An easy walk on riverside and hillside tracks with some burns to cross. Terrain: Tracks all the way. Distance: 12 km, duration 4½ hrs, total ascent 230m to max ht. 400m. Start point: Kenknock. OS Map 51 / Explorer 378, Grid ref: NN 466365.
Sunday 20th July	A	Ben Lomond East Ridge From Loch Dhu through forest, up Beinn Bhan and onto Ben Lomond. If weather is good, down one of the north ridges to Comer. Terrain: Forest track and open hill. Distance: 16 km, duration 9 hrs, total ascent 1000m to max ht. 974m. Start point: Loch Dhu car park on left side of B829 about 1.75 miles beyond Kinlochard. OS Map 56 / Explorer -, Grid ref: NN 433036. 0800 HRS DEPARTURE FROM HELENSBURGH PIER
Sunday 27th July	C	Brig O' Turk circular walk The route incorporates Loch Drunkie and Three Bens viewpoints. Terrain: All on forestry tracks which might be very churned up and muddy in places. Distance: 10.6 km, duration 4 hrs, total ascent 343m to max ht. 210m. Start point: Car park near bridge at Brig O'Turk. OS Map 57 / Explorer -, Grid ref: NN 533066.

Walks Programme 2008

Date	Grade	Title and Description
Saturday 2nd August	B+	Ben Vorlich (Loch Earn Area) from south Walk in on tracks from north of Callander leading to south-east ridge. Terrain: Farm road and tracks then open hillside. Distance: 19 km, duration 8 hrs, total ascent 1000m to max. ht. 985m. Start point: Braeleny farm.(Take north turn in central Callander) OS Map 57 / Explorer -, Grid ref: NN 638110.
Saturday 9th August	C+	Loch Ard and the aqueduct From Aberfoyle, we have a shortish stretch of road walking before taking to good forestry tracks, with excellent views of surrounding hills and lochs. Part of the return route will follow an old aqueduct Terrain: Forest tracks. Distance: 17 km, duration 5½ hrs, total ascent 100 m to max. ht. 115 m. Start point: Leader will meet group at Aberfoyle Woollen Mill car park, Aberfoyle. OS Map 57 / Explorer 365, Grid ref: NN 522009.
Sunday 17th August	B+	Beinn Chabhair (Hill of the Hawk) Steep climb up Ben Glas burn on path. Boggy path to lochan. Grassy slopes to ridge then through rocky outcrops to cairn. Terrain: Steep paths and open moorland. Distance: 11 km, duration 7 hrs, total ascent 900 m to max. ht. 933 m. Start point: Drovers' Inn, Inverarnan. OS Map 56 / Explorer -, Grid ref: NS 318185.
Saturday 23rd August	C+	Muirshiel Hill of Stake Circular A steady rise to site of disused mine. Continuation up incline to undulating moorland and ascent to summit of Hill of Stake. Return over undulating moorland and final descent to starting place. Lovely views down the Firth of Clyde. Terrain: A mixture of track paths and rough moorland which can be muddy. Distance: 11 km, duration 4½ hrs, total ascent 325m to max ht. 522m. Start point: Car Park at Muirshiel Country Park Visitor Centre Inverclyde. OS Map 63 / Explorer 341, Grid ref: NS 313632.
Saturday 30th August	A	Ben Bhuidhe, Loch Fyne (Yellow Hill) The route follows the road to Inverchorachan then heads up due west following the banks of a burn to the grassy flanks of the hill. The route then climbs up the grassy slope to the ridge. Return by reverse of outward route. Terrain: Road to Inverchorachan. Steep grass slopes to summit ridge. Distance: 10 km, duration 7 hrs, total ascent 940 m to max. ht. 948 m. Start point: Loop off A83 near Fyne Bridge. OS Map 50 / Explorer -, Grid ref: NN 195127.
Sunday 31st August	C+	Highlandman's Wood and Tom na h'Airidh Climb on woodland paths to open ground with good views. Terrain: Tracks on open hillside, moorland and woodland. Boggy and steep in places. Some rock cup- marks for viewing! Distance: 8.2 km, duration 4.25 hrs, total ascent 302 m to max. ht. 354 m. Start point: Hill House Car park, in Upper Colquhoun Street, Helensburgh. OS Map 56 / Explorer 347, Grid ref: NS 301838.

Walks Programme 2008

Date	Grade	Title and Description
Saturday 6th September	C+	Rowardennan to Inversnaid Boat crossing from Tarbet 10am; return from Inversnaid 16.30; fare £14.50 includes refreshments. Terrain: Forest paths and woodland; includes some rough tracks. Distance: 11½ km, duration 5½ hrs, total ascent negligible to max. ht 50m. Start point: Tarbet Pier car park. OS Map Landranger 56, Explorer 347, Grid ref: NN 321044
Saturday 13th September	C	Balloch Country Park, Boturich Estate and a Guided Tour of the National Park Headquarters A meander through Balloch Country Park, parts of the Boturich Estate and a guided tour of the new National Park Headquarters. Anyone wishing to go on the visit without the walk must advise Kathleen before the start of the walk. Members only for visit with no walk. Terrain: The ramble is on a mixture of tracks and paths through woodland and parkland. Distance: about 10 km, duration 3 hours for ramble, 1 hour for guided tour, total ascent negligible m to max. ht. m. Start point: Car Park on the road through Balloch, opposite the main entrance to Balloch Park. OS Map Landranger 56 / Explorer 364, Grid ref: NS 395821.
Sunday 14th September	B+	Beinn Ime A walk up the glen behind the Cobbler and up to the top of Beinn Ime. Terrain: Mountain path and steep grassy hillside. Distance: 8 km, duration 5½ hrs, total ascent 1020 m to max. ht. 1011 m. Start point: Lay-by half way up Rest and be Thankful. Overspill, parking short distance beyond. OS Map Landranger 56 / Explorer 367, Grid ref: NN 242061.
Saturday 20th September	A	Inveruglas to Inverarnan via Ben Vorlich (Hill of the canoe shaped basket) Highland High Way 3. A through or linear walk. Terrain: Open hillside with steep ascents and descents. Distance: 18½ km, duration 8 hrs, total ascent 1250m to max ht. 941m. Start point: Inveruglas Car Park off A82 beyond Tarbet. OS Map Landranger 56 / Explorer 364, Grid ref: NN 321099. 0900 HRS DEPARTURE FROM HELENSBURGH PIER
Sunday 21st September	C+	Salloch Trail A gradual ascent through a wooded area is followed by splendid views, on a mist free day, of Loch Lomond and beyond. A fairly steep descent leads on to part of the West Highland Way. Terrain: Forest roads and tracks. Distance: 10 km, duration 3 hrs, total ascent negligible to max ht. 240m. Start point: Salloch Car Park. (About 4 miles beyond Balmaha) OS Map Landranger 56 / Explorer 364, Grid ref: NS 379958.
Sat/Sun 27th/28th September		Members' Away Weekend in Newton Stewart

Walks Programme 2008

Date	Grade	Title and Description
Sunday 5th October	B+	A slow walk up the Cobbler Terrain: Well made mountain path most of the way. A short scramble up part of way to the top and back down irregular stone steps. Distance: 11½ km, duration 6 - 7 hrs, total ascent 988m to max. ht 884m. Start point: Car park at Arrochar. Note: £1 parking charge. OS Map Landranger 56 / Explorer 364, Grid ref: NN 294049.
Saturday 11th October	A	Beinn Dubhchraig from Glen Falloch Farm This linear walk starts by climbing Coire Ordren, heading north for Loch Oss and then climbing Beinn Dubhchraig, finally descending to Dalrigh car park. Terrain: Open hillside, could be wet under foot. Distance: 12 km, duration 8 hrs, total ascent 950 m to max. ht. 978 m. Start point: Glen Falloch Farm. OS Map Landranger 50 / Explorer 364, Grid ref: NN 319918.
Sunday 12th October	C	Portavadie Circular Circular walk starting at Portavadie along the start of the Cowal Way and returning by the coast. Terrain: Paths, tracks and open hillside. Distance: 12 km, duration 4½ hrs, total ascent 210 m to max. ht. 90 m. Start point: Picnic spot car park. OS Map Landranger 62 / Explorer 362, Grid ref: NR 928698. 0900 HRS DEPARTURE FROM HELENSBURGH PIER for a 1½ hour drive
Saturday 18th October	C+	Glen Ample from Loch Earn Starting at Edinample Falls, an easy C+ ramble through lovely Glen Ample, returning on the same path. There are 2 burns which need careful crossing after heavy rain. Terrain: A mixture of stony tracks and grassy paths which undulate slightly through woods and along the floor of the glen. Distance: about 14 km, duration 4½ hrs, total ascent negligible to max. ht. Start point: Edinample Falls. Please car share as parking is limited. OS Map Landranger 51 and 57 / Explorer 365 and 368, Grid ref: NN 602225.
Sunday 19th October	B+	Beinn Chabhair (Hill of the Hawk) Steep climb up Ben Glas burn on path. Boggy path to lochan. Grassy slopes to ridge then through rocky outcrops to cairn. Terrain: Steep paths and open moorland. Distance: 11km, duration 7hrs, total ascent 900 m to max ht. 933 m. Start point: Drovers' Inn, Inverarnan. OS Map Landranger 56 / Explorer 364, Grid ref: NN 318185. 0900 HRS DEPARTURE FROM HELENSBURGH PIER
Saturday 25th October	B+	Beinn Bheula Starting with a long steady climb on road through trees, the track becomes muddy before a climb up beside the Lettermay burn. Then a direct ascent is made of Beinn Bheula. The ridge is followed to Sgoilte before an easier gradient descent to join the outward path at the bridge over the burn. Terrain: Forest road and tracks, steep grassy gullies and high level grassland. Distance: 14 km, duration 6 hrs, total ascent 800 m to max. ht. 779 m. Start point: Lettermay, beyond Lochgoilhead. OS Map Landranger 56 / Explorer 363, Grid ref: NN 187001.

Walks Programme 2008

Date	Grade	Title and Description
Saturday 1st November	C	Fairy Knowe, Doon Hill and Lochan Spling Starting on the cycle path, this is a wander through Loch Ard Forest passing the above named spots. Terrain: Paths and tracks. Distance: 12 km, duration 4 hrs, total ascent slight to max. ht 77m. Start point: Woollen Mill Car Park, Aberfoyle. OS Map Landranger 57 / Explorer 348/365, Grid ref: NN 522009
Sunday 2nd November	B+	Ben Challum Follow hill tracks and cross open hillside to reach both summits of this twin-peaked hill. Terrain: Mountain tracks and open hillside. Distance: 12 km, duration 6½ hrs, total ascent 900m to max. ht. 1025m. Start point: Lay-by on A82, 2½ mls from Crianlarich just after sign on right to SAC Research Station. OS Map Landranger 50 / Explorer 364, Grid ref: NN 356280. 0900 HRS DEPARTURE FROM HELENSBURGH PIER
Saturday 8th November	C+	Ben Ledi Foothills Steep initial ascent taken at an easy pace then undulating tracks to head of glen. Undulating descent to lochside then return to start point along route of former railtrack. Terrain: Forest and moorland tracks. Distance: 10 km, duration 3½ hrs, total ascent 270m to max ht. 390m. Start point: Ben Ledi Car Park On left hand side of A84 north of Callander after Pass of Leny.[At sign for Strathyre Forest Cabins, turn left to cross over river at small bridge and turn left again.] OS Map Landranger 57 / Explorer 365, Grid ref: NN 587092.
Sunday 16th November	B	Stonemollan to Ardmore point and back Good views of Ben Lomond and Loch Lomond, looking back views east over Balloch. Terrain: 4½ km each way on tarmac, forest track and open moorland. Distance: 18 km, duration 5½ hrs, total ascent 450m to max ht. 224m. Start point: Old Luss road, Balloch. OS Map Landranger 63 / Explorer 347, Grid ref: NS 384818.
Saturday 22nd November	B	Butterbridge to Ardlui Parking our vehicles at the Butterbridge car park we would walk up the Glen Kinglas on the gravel track past Abyssinia until the track forks. Here we will take the middle track and enter the plantation woodland. When we break out of the woodland we will follow the line of the Aqueduct and the Dams until we reach the passage between Stob an Fhithich and Stob nan Coinnich Bhacain where we will drop down into Ardlui at Garristuck where our minibus would transport members of the group back to Butterbridge. Places MUST be booked in advance. Terrain: This National Park Ranger lead walk will follow firm tracks, open and through forest, leading onto open moorland and ending with a moderately steep descent. Distance: 12 km, duration 5 hrs, total ascent 263m to max ht. 390m. Start point: Butterbridge car park. OS Map Landranger 56 / Explorer 364, Grid ref: NN 234096.

Walks Programme 2008

Date	Grade	Title and Description
Sunday 30th November	C	The woods and crags of the North Third Reservoir Alongside a river, then along the edge of crags and back round the reservoir crossing the top of the dam. Return either through woods then by fields or back over the crags. Terrain: Paths and tracks might be very muddy in places. Distance: 10½ km, duration 4 hrs, total ascent 356m to max ht. 259m. Start point: Road side near where track crosses the Bannock Burn. Limited parking. OS Map Landranger 57 / Explorer 348, Grid ref: NS 770907.
Saturday 6th December	B+	Tullich hill from Tighness Starting through a small forest, a good path leads up to the main broad path contouring the hillside. This is followed into glen Douglas where the path is left and a moorland ascent is made to Tullich hill. Descent is along the north ridge until the main broad path is reached just before the Ant Sreang crossing. Terrain: Undulating open forestry track followed by moderately steep grassy moorland and mountain ridges. Distance: 11 km, duration 5½ hrs, total ascent 716m to max. ht. 632m. Start point: Take B838 Church road off the Tarbet Arrochar road. Roadside parking after the fire station. OS Map Landranger 56 / Explorer 364, Grid ref: NN 297037.
Sunday 7th December	C	Kilcreggan Circular Walk along shore tracks through Rosneath caravan park towards Rosneath village. Return on forest track via the trig point to Kilcreggan. Terrain: Tarmac road, forest track and grass. Distance: 14 km, duration 5 hrs, total ascent 327 m to max. ht. 197 m. Start point: Kilcreggan pier car park OS Map Landranger 63 / Explorer 347, Grid ref: NS 242805.
Sunday 14th December	B+	Inverbeg to Doune Hill Starting from a parking area about 0.7miles up the Glen Douglas road, the Douglas Water will be crossed by the bridge at Doune. Moorland will be crossed to reach the East ridge. After climbing to the first top to Doune Hill we continue to the summit returning by the outward route. Terrain: 2 km each way along tarmac otherwise open hillside. Distance: 10 km, duration 5½ hrs, total ascent 840 m to max. ht. 734 m. Start point: A parking area about 0.7miles up the Glen Douglas road from Inverbeg. OS Map Landranger 56 / Explorer 364, Grid ref: NS 333979.
Saturday 20th December	B+	Beinn an Lochain (Hill of the little loch) Ascend NE ridge which is steep and narrow in places. Return is by outward route. Terrain: Open moorland, mountain track, grassy summit. Distance: 8 km, duration 5 hrs, total ascent 826m to max ht. 901m. Start point: Butterbridge car park on A83 in Glen Kinglas. OS Map Landranger 56 / Explorer 364, Grid ref: NN 234093.
Saturday 27th December	C+	Loch Ard Forest Walk Circular walk via Cashmore. Terrain: Forest roads. Distance: 18 km, duration 5 hrs, total ascent 400 m to max. ht. 230 m. Start point: Drymen Road Cottage Car park on Gartmore Road. OS Map Landranger 57 / Explorer 347 / 348, Grid ref: NS 506936.

Walks Programme 2008