

Walks programme 2009

Date	Grade	Title and Description
Saturday 3rd January	C	Yankee Road To forest, then circular walk in the forest. Return along the Yankee Road. Terrain: Tarmac road and forest track. Distance: 14 km, duration 4½ hrs, total ascent 230m to max. ht 278m. Start point: Area by entrance to Water Works, just off the Haul Road. Distance from H'burgh: 8 miles OS Map 56 / Explorer 347, grid ref: NS 257904.
Sunday 11th January	B	Meall Dhamh (Stag Hill) Farm track start, then long grass climb to reach shoulder. Trackless to Grey Height then firm stony ground to the highest point on ridge. Return by outward route. Terrain: Glen track, rough path ascent over hill and moor. Distance: 9 km, duration 5½ hrs, total ascent 700 m to max. ht. 814 m. Start point: Lay by on A82 on south side of Glen Falloch, easy to miss. Distance from H'burgh: 33 miles. OS Map 50,51 / Explorer 364, grid ref: NN 369239.
Saturday 17th January	C+	Doughnot Hill and Langcraigs Start at Overtoun House and walk up Brown Hill and Doughnot Hill, passing Black Linn Reservoir and returning via the Langcraigs. Terrain: Good tracks but also trackless moor, likely to be wet and muddy. Distance: approx 12 km, duration 4½ hrs, total ascent 250m to max ht. 353m. Start point: Overtoun House, Milton. Distance from H'burgh: approx 15 miles OS Map 63 / Explorer 347, grid ref: NS 427762.
Sunday 25th January	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. Leader will meet group at Aberfoyle. Terrain: Forest tracks. Distance: 17 km, duration 5½ hrs, total ascent 100m to max. ht 115m. Start point: Woollen Mill car park, Aberfoyle. Distance from H'burgh: approx 30 miles OS Map 57 / Explorer 365, grid ref: NN 521009.
Saturday 31st January	B+	Beinn Chorrnach Walk right up Glen Kinglas to cross a footbridge over a burn and follow the road south to its end in Gleann Uaine. Then climb steeply over the rough hillside to the summit of Beinn Chorrnach. Descend westwards down the grassy hillside back to Butterbridge. Terrain: Estate roads and wet, steep, grassy hillsides. Distance: 11 km, duration 5¼ hrs, total ascent 705m to max. ht 885m. Start point: Butterbridge car park on A83. Distance from H'burgh: 35 miles OS Map 56 / Explorer 363, grid ref: NN 234096. 0900 HRS DEPARTURE FROM HELENSBURGH PIER

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Date	Grade	Title and Description
Saturday 7th February	C+	Braeval/Lime Craig Circular Undulating tracks, steep in places, providing views over Loch Ard Forest and Flanders Moss. Short and extended options available on the day. Terrain: Rough tracks through forest. Distance: 8½ km short; 11½ km extended, duration 3 hrs short; 4 hrs extended, total ascent 320m short; 460m extended to max. ht 305m. Start point: Braeval Car Park on A81 approx. 1km east of Rob Roy Motel roundabout. Distance from H'burgh: 27 miles. OS Map 57 / Explorer 365, grid ref: NN 541006.
Sunday 15th February	B	Ben Aan Overlooking Loch Katrine. Terrain: Well made path most way. Steep ascent, muddy. Distance: 6 km, duration 4 hrs, total ascent 355m to max. ht. 462m. Start point: Car park at west end of Loch Achray on A821. Distance from H'burgh: approx 40 miles. OS Map 57 / Explorer 365, grid ref: NN 509070.
Saturday 21st February	C+	Dumyat Following tracks to the top with a good viewpoint. Terrain: Paths. Distance: 6 km, duration 3 hrs, total ascent 400m to max ht. 418m. Start point: Logie Kirk car park off A91. Distance from H'burgh: 43 miles. OS Map 57 / Explorer 366, grid ref: NS 831969.
Sunday 1st March	C+	Kilpatrick Braes Up to the hill top trig point with 360degree views including the river Clyde. Terrain: Rough track moorland and grassy hillside. Distance: 8 km, duration 5 hrs, total ascent 365m to max. ht 365m. Start point: Small car park at pumping station just north of A82 (from Old Kilpatrick before going under Erskine Bridge fork left up Station Road to go under the A82). Distance from H'burgh: 15 miles. OS Map 64 / Explorer 347, grid ref: NS 470731.
Saturday 7th March	B	Ben Donich via North Ridge Mountain track following the ridge. Terrain: Mostly grassy ridge with a few rocky sections. Distance: 8 km, duration 5 hrs, total ascent 640 m to max. ht. 847 m. Start point: Rest and Be Thankful Car park. Distance from H'burgh: 28 miles. OS Map 56 / Explorer 364, grid ref: NN 230073.
Sunday 15th March	C+	Glen Luss from Loch Lomond From the Luss Car Park, we'll go through tranquil Glen Luss as far as the disused farm house at Gleann na Caorainn and return the same way. Terrain: The walk starts on a quiet metalled road which goes fairly steadily up to a height of about 200m. After about 4 km, the road gives way to paths and rough tracks which undulate through the glen. The paths can be wet. Distance: 16 km, duration approx 4½ hrs, total ascent 200m to max. ht 200m. Start point: Luss car park. Distance from H'burgh: 10 miles. OS Map 56 / Explorer 347, grid ref: NS 359932.

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Saturday 21st March	A	A Winter walk Location will depend on snow cover and weather on the day. Terrain: Hopefully snow. Distance: - km, duration 8 hrs, total ascent -m to max ht. -m. Start point: To Be Arranged. OS Map - / Explorer -, grid ref: N-. 0800 HRS DEPARTURE FROM HELENSBURGH PIER
Sunday 22nd March	C+	Part of the West Highland Way over Rannoch moor A moorland walk south along the WHW and north on rising moorland. Terrain: Foot path southbound, wet moorland northbound. Distance: 12 km, duration 3½ hrs, total ascent 409m to max. ht 500m. Start point: White Corries car park. Distance from H'burgh: 45 miles. OS Map 41, 50 / Explorer 384, 377 grid ref: NN 266525.
Saturday 28th March	B	Mentieth Hills A mixture of forest and open moorland with some good views but with some steep ascents and descents without scrambling. Terrain: Forest roads and rough paths through heather, later some open grassland. Distance: 13½ km, duration 4½ hrs, total ascent 450m to max. ht 400m. Start point: Braeval car park, 0.7 miles from Rob Roy junction on A81 Callendar road (about 45mins drive from H'burgh). Distance from H'burgh: 30 miles. OS Map 57 / Explorer 365, grid ref: NN 541006.
Saturday 4th April	B+	Ben Ruadh and Sligrachan Hill This is the often seen but seldom walked north-west horizon from Helensburgh. From Inverchapel on Loch Eck side, start on way-marked path then climb steeply on grass to south ridge. Follow undulating ridge to summit. Continue north past a lochan to climb Sligrachan Hill before turning south into Drynain Glen to join a forest track and road leading to Ardentinnny. Alternatively descend directly from Ben Ruadh to Drynain Glen. Terrain: Forest tracks and grassy moorland. Forest roads at end. Distance: 13 km, duration 6 hrs, total ascent 720m to max. ht 664m. Start point: Forestry Commission Car park on left of road, just past Inverchapel Centre on A815. Distance from H'burgh: 50 miles. OS Map 56 / Explorer 362, 363 grid ref: NS 146859. A two car or mini-bus walk.
Sunday 12th April	C	Knockupple Through forest tracks followed by a short stretch of trackless moorland which can be very wet to summit of Knockupple. Return route will, conditions permitting, be around Knockupple Gorge then retracing steps along forest tracks. Terrain: Forest track and trackless moorland, likely to be wet. Distance: 14 km, duration 4 hrs, total ascent 230m to max. ht. 343m. Start point: Wester Cameron Farm. Distance from H'burgh: 15 miles. OS Map 64 / Explorer 347, grid ref: NS 456832.

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Date	Grade	Title and Description
Saturday 18th April	C+	Cashel Millennium Forest Start on the West Highland Way and then walk into Cashel where there is a steady climb on road to the top of the forest. From here there are some wonderful views. The descent is on paths and tracks with the return to Milarrochy on the West Highland Way. Terrain: Tracks, tarmac road and grassy paths. Distance: 14 km, duration 4½ hrs, total ascent approx 370m to max ht. 300m. Start point: Milarrochy Car Park beyond Balmaha. Distance from H'burgh: 21½ miles. OS Map 56 / Explorer 347, grid ref: NS 410926.
Saturday 25th April	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. Return by outward route. Terrain: Forest road and tracks, steep grassy gullies and high level grassland. Distance: 10 km, duration 5½ hrs, total ascent 832m to max ht. 779m. Start point: Lettermay, beyond Lochgoilhead. Distance from H'burgh: 33 miles. OS Map 56 / Explorer 363, grid ref: NN 188002.
Saturday 2nd May	B+	Beinn a'Bhuiridh (Hill of the roaring) Conspicuous from the East, this hill lies south of the Dalmally horseshoe. Following a track initially, the route climbs up Coire Ghlais to the col before climbing steeply south to the summit. The descent follows the long ridge East to descend NE steeply down the nose to meet the outward track. Terrain: Mainly trackless, soft grassy moorland, rock strewn ridges and steep grassy slopes, craggy in parts. Distance: 11 km, duration 6½ hrs, total ascent 875m to max. ht 897m. Start point: Roadside parking just up the B8077 where it meets the A85 on a left hand bend 2 miles beyond Dalmally. OS Map Landranger 50, Explorer 377, Grid ref: NN 132285 0900 HRS DEPARTURE FROM HELENSBURGH PIER for a 1½ hour drive
Sunday 3rd May	C+	Lairig Arnan An attractive walk along this high glen with dramatic views enroute. After 1km on road we access a good track which mounts steadily to 350m onto the southern slopes of Troisgeach hill at water control unit. Terrain: Road and track. Distance: 13 km, duration 5 hrs, total ascent 220m to max ht. 350m. Start point: Drovers Inn A82 Inverarnan. OS Map 56 / Explorer 364, Grid ref: NN 318185.
Sunday 10th May	C	Balmaha Millenium Forest and Inchcailloch After a short ramble along the Balmaha forest path, the ferry will be taken to Inchcailloch. The island will be explored at a leisurely pace, where hopefully the bluebells will be in bloom. Terrain: All track and path with the occasional modest short gradient to climb. Distance: 7 km, duration 3½ hrs, total ascent m to max. ht. 85 m. Start point: Large car park at Balmaha. Ferry costs £5. Book by 7th May. OS Map 56 / Explorer 347, Grid ref: NS 421909.

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Saturday 16th May	B+	Beinn Mhor and Clach Bheinn (Big Hill and Hill of the stones) Both hills are located on the west side of Loch Fyne. Beinn Mhor is the highest hill in Cowal. The walk starts on forest roads by Lock Eck and continues to Bernice Farm, then north up Bernice Glen via a forest path to foot of NE ridge of Beinn Mhor. Climb steep ridge to the summit. Follow ridge to Clach Bheinn then descend back to loch-side and return to start point. Terrain: Forest roads, paths and open hillside. Distance: 14 km, duration 6 hrs, total ascent 730 m to max. ht. 741 m. Start point: Overflow car park, Benmore Botanical Gardens. OS Map 56 / Explorer 363, Grid ref: NS 144854. 0900 HRS DEPARTURE FROM HELENSBURGH PIER
Sunday 17th May	C	Gleniffer Braes, Paisley From Robertson Park walk on grassy path to Glennifer Burn. Head downhill on road and path to a waterfall and then a short climb to Tannahill Walkway. Return on rough paths over open ground to the start. Terrain: Paths, road and moorland, muddy in places . Distance: 10 km, duration 4 hrs, total ascent around 180m to max ht. 170m. Start point: Robertson Park in Gleniffer Braes Country Park, Paisley . OS Map 64 / Explorer 342, Grid ref: NS 455605.
Sunday 24th May	C+ /B	Extended Cat Craig loop From the Rest and be Thankful car park, walk down the Old Military Road and cross Croe Water by a bridge to join a forest track. At the end of the track cross a piece of rough open ground, cross a burn and climb up a short distance by a fence to join the forest road to Ardgartan. From there start on the Cat Craig Loop, which is a mixture of forest track and road and return to the car park along a high forest road. Terrain: Mainly metalled road and forest track . Distance: 18½ km, duration 6 hrs, total ascent 470m to max ht. 246m. Start point: Rest and be Thankful car park . OS Map 56 / Explorer 363,4, Grid ref: NN 230073.
Saturday 30th May	C+	Great Cumbrae circular From the ferry make for the sports centre and then take track to viewpoint and then the road to Millport. Return along road back to ferry on east side of island. Terrain: Quite a lot of tarmac . Distance: 13 km, duration 4½ hrs, total ascent minimal to max ht. 127m. Start point: Largs Ferry car park £2 . OS Map 63 / Explorer 341, Grid ref: NS 202592. 0900 HRS DEPARTURE FROM HELENSBURGH PIER for a 1½ hour drive
Sunday 7th June	B	Garadhban Forest and Conic Hill Outward and return on a section of the West Highland Way, with a short steep ascent from the way to Conic Hill summit. Carried out at an easy pace. Terrain: Forest tracks and rough tracks through moorland. Distance: 14 km, duration 4½ hrs, total ascent 380 m to max. ht. 360 m. Start point: Garadhban Forest car park. OS Map 57 / Explorer 347, Grid ref: NN 479908.

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Date	Grade	Title and Description
Saturday 13th June	B+	Buachaille Etive Beag Stob Dubh with option to include Stob Coire Raineach. Start south along Lairig Eilde path and take left fork in path up to the bealach. Follow path south westwards along ridge as far as Stob Dubh. Terrain: Some steep stretches and one exposed section. Distance: 9 km, duration 5 to 6 hrs, total ascent 800 m to max. ht. 958 m. Start point: Car park opposite the Cairn on south side of A82. OS Map 50 / Explorer 384, Grid ref: NN 187563.
Sunday 14th June	C	Robert the Bruce Trail (Dumbarton to Balloch) Take the train from Balloch to Dalreoch Station. From there walk to Levensgrove Park. The trail starts in the park at St Serfs' ruin. Walk to Dumbarton Bridge and join the path by the River Leven. On the way to Balloch areas of historical interest will be noted. Terrain: Road and path. Distance: 8 km, duration 3 hrs, total ascent negligible to max. ht. 10 m. Start point: Balloch Station Leave Balloch Station 1009hrs. Arrive Dalreoch Station 1017hrs. Remember fare. OS Map 63 / Explorer 347, Grid ref: NS 390819.
Sunday 28th June	B+	Meall Lighiche (Doctor's Hill) Lying in the midst of some of the most dramatic Scottish mountains it is approached along a narrow valley off the NW end of Glen Coe. Crossing the Allt na Muidhe can be avoided by following it to the col before the ascent to Creag Bhan and the summit ridge. Return is by the outward route. Terrain: Land Rover track, moorland and steep grassy slopes with some outcropping rock, mostly avoidable. Distance: 11km, duration 6hrs, total ascent 730m to max ht. 772m. Start point: A small car park on the north side of the busy A82 road where it bends sharply right shortly before the Glen Coe visitor centre. OS Map 41 / Explorer -, Grid ref: NN 120564. 0900 HRS DEPARTURE FROM HELENSBURGH PIER for a 1½ hour drive
Saturday 4th July	B+	Mullach Coire a'Chuir (Maybe` Top of the corrie on the rounded hill`!) A walk over open trackless ground with some steep ascents. Extensive views from tops if clear! Terrain: Grassland, some boggy. Quite steeply undulating . Distance: 9½ km, duration 6 hrs, total ascent 900m to max. ht 658m. Start point: Corrow Farm on Carrick Castle road about 1½km beyond Lochgoilhead. Parking on roadside fairly limited. OS Map 56 / Explorer , Grid ref: NN 188004
Sunday 5th July	C+	Inverarnan to Smugglers' Cave From Benglas farm South on West Highland Way via Doune Bothy to a bay below the Smugglers' cave. (Climb to cave optional) Good views of Loch Lomond. Return same way. Terrain: Walkers tracks on West Highland Way. Distance: 13 km, duration 5 hrs, total ascent 300m to max. ht. 100 m. Start point: Drovers Inn A82 Inverarnan. OS Map 56 / Explorer 364, grid ref: NN 318185.

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Date	Grade	Title and Description
Sunday 12th July	C+	Strathyre Forest Circular A woodland walk through Strathyre forest and Coille MacCaskill's Grove taking in both sides of the River Balvag around Strathyre . Terrain: Forest tracks and a section of national cycle track. Steep sections in places. Distance: 9 km, duration 3½ hrs, total ascent 385m to max ht. 370m. Start point: Car park off A84 in Strathyre. OS Map 57 / Explorer 365, Grid ref: NN 561168.
Saturday 18th July	A	Ben Vorlich by Loch Lomond (Hill of the Bay) This Munro is the northernmost of the Arrochar Alps, situated on the west shore of Loch Lomond, north of Loch Sloy. Through pasture followed by a steady climb up through woods and steep hill-side to a grassy ridge. The ridge is then followed south to summit via a number of false summits. Return by the same path. Terrain: Pasture, woodland, open hillside with no tracks. Distance: 13 km, duration 6 hrs, total ascent 1020m to max ht. 943m. Start point: Lay-by just south of Ardlui Hotel or car park opposite Ardlui Hotel. OS Map 56 / Explorer 364, Grid ref: NN 318154.
Sunday 19th July	B	Dumgoyne The most prominent volcanic plug of the Strathblane fells . We commence at the Glengoyne Distillery and head for Dumgoyne with a steep climb up the path to the summit from where there are panoramic views. Steep descent to the start point. Terrain: Steep paths throughout. Distance: 6 km, duration 3½ hrs, total ascent 500m to max ht. 470m. Start point: Glengoyne Distillery on the A81. OS Map 64 / Explorer 348, Grid ref: NS 527827.
Sunday 26th July	B	Meall Mor nan Eag Slow pace walk up steep path past waterfall on to wettish moorland. Terrain: Wettish moorland. Distance: 6 km, duration 5 hrs, total ascent 480 m to max. ht. 624 m. Start point: Drovers Inn Inverarnan OS Map 56 / Explorer 364, Grid ref: NN 318185.
Saturday 1st August	C+	The Peninsula Way (Garelochhead to Kilcreggan) A linear walk down the length of the Rosneath Peninsula. Return to Garelochhead by service bus. Note - bus fare or pass required. Terrain: Woodland paths, some rough and wet, and forest tracks. One steep grassy climb of approximately 70m. Distance: 13 km, duration 4½ hrs, total ascent 540m to max. ht. 180m. Start point: Garelochhead Car Park. OS Map 56 / Explorer 347, Grid ref: NS 239912.
Sunday 9th August	B	Beinn Dubh and Luss Horseshoe Climb up grassy ridge to Beinn Dubh, continue on path to Mid Hill. Follow path down Glen Luss . Terrain: Grassy hillside, peat hags on top. Uneven terrain. Descent slippery on wet grass. Distance: 10½ km, duration 5 hrs, total ascent 685m to max. ht 655m. Start point: Luss car park. OS Map 56 / Explorer 364, Grid ref: NS 359932.

Walks programme 2009

Date	Grade	Title and Description
Saturday 15th August	B+	Ben Venue (Hill of the Caves) Ben Venue is a rugged mountain overlooking the Trossachs and Loch Katrine. The north-east side is very steep but the south flank offers our more gentle approach along a well defined path, climbing steadily through beech woods, to open hill-side. Return is by outward route. Terrain: Well defined path, muddy in places reaching open hill-side. A moderate climb with short, steeper pitches near the summit. Distance: 12 km, duration 6 hrs, total ascent 690m to max ht. 729m. Start point: Lay by on B829 by Ledard Farm, near Kinlochard. OS Map 57 / Explorer 365, Grid ref: NN 459023.
Saturday 22nd August	A	Meall Copagach Walk through Meall Copagach, Meall nan Each to Ben Cruachan. Then south via the dam to the other cars at Cruachan power station. Terrain: Open hill. Distance: 10 km, duration 8 hrs, total ascent 1300 m to max. ht. 1126 m. Start point: Inverawe country park Smokery car park. OS Map 50 / Explorer 377, Grid ref: NN 021317. 0800 HRS DEPARTURE FROM HELENSBURGH PIER for a 1½ hour drive
Sunday 23rd August	C+	Carbeth huts and Auchineden path From Carbeth Inn, start on paths through the huts, cross open ground and join the W.H.W for a short distance. Then over more open ground by a burn, cross the A809 and follow a path round Auchineden Farm and through forest. Join the A809 at Auchengillan and walk along a grass verge for about 1km to return to the Inn. Terrain: Paths and tracks, can be muddy, and rough open ground. Distance: 10 km, duration 4 hrs, total ascent 290 m to max. ht. 170 m. Start point: Carbeth Inn car park A809. OS Map 64 / Explorer 347, Grid ref: NS 524791.
Saturday 29th August	C+ (B)	Glen Tarken Going north from St.Fillans on a forest path and then forestry road with good views down over the loch and hopefully a lot of heather in bloom. This is a circular walk, repeating only the last few metres. There is the opportunity to extend the walk (and the grade) by climbing to the rocky top of Craig Ruadh depending on conditions and the energy of the walkers. The party could easily split as the road return is straightforward. Terrain: Forest path then forestry road. The extension is rough and initially steep moorland. Distance: 14 (19) km, duration 5 (7) hrs, total ascent 300 (612) m to max. ht. 400 (712) m. Start point: Car park on A85 Lochearnhead - St. Fillans Road just past toilets before St. Fillans. OS Map 51 / Explorer 368, Grid ref: NN 689246.
Saturday 5th September	B	Fiarach Approach over high moor, can be wet in rainy weather. Circular walk on track up Gleann Auchreoch. Terrain: 5km along firm track. Then grassy climb of 250m to reach Creagan Soilleir at 645m. High moorland to Fiarach, then descent. Distance: 11 km, duration 6 hrs, total ascent 500m to max. ht 652m. Start point: Dalrigh parking off A82. OS Map Landranger 50, Explorer 364 & 377, Grid ref: NN 344291

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Date	Grade	Title and Description
Sunday 6th September	C	Balloch Country Park, Boturich Estate and National Park Headquarters Open Day A walk through Balloch Country Park and parts of the Boturich Estate with the option of visiting the National Park Headquarters in Carrochan afterwards. Terrain: A mixture of tracks and paths through woodland and parkland. Distance: 10 km, duration 3 hours for walk, 1 hour for HQ visit, 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 347, Grid ref: NS 394820.
Saturday 12th September	A	Stob An Eas, Beinn an t-Seilich & Beinn an Lochain Walk along ridge line to south of Glen Kinglas. Terrain: Open hillside with no paths . Distance: 8 km, duration 7 hrs, total ascent 1300 m to max. ht. 901 m. Start point: Two car walk starting at lay by on A83 just east of A815 junction finishing at Butterbridge lay-by (NN 235089). OS Map Landranger 56 / Explorer 364, Grid ref: NN 193099. 0830 HRS DEPARTURE FROM HELENSBURGH PIER
Sunday 13th September	C+	Strathyre to Callander Linear walk along section of National Cycle Route 7, with bus return. *Bus fare of £3.12 needed for return to Strathyre. Contact Kathleen by previous Thursday to book bus seat. Terrain: Surfaced or rough tracks and paths. Fairly level walk mostly along disused railway track. Distance: 14½ km, duration approx 4 hrs, total ascent 325m to max ht. 150m. Start point: Forestry Commission Car Park to the west of the A84 at southern end of Strathyre. OS Map Landranger 57 / Explorer 365, Grid ref: NN 561168.
Saturday 19th September	A	Ben Nevis Although Ben Nevis is extremely sheer on one side , the mountain on its Fort William side appears from the South as a huge whaleback and its ascent is no more than a hard walk. Terrain: A track all the way, which was built to the former weather observatory at 4406ft on top of Britain's highest mountain, is used for the normal ascent. Distance: 15 km, duration 7½ hrs, total ascent 1297m to max ht. 1343m. Start point: Achintee Farm, Glen Nevis OS Map Landranger 41 / Explorer 392, Grid ref: NN 126728. 0700 HRS DEPARTURE FROM HELENSBURGH PIER
Sunday 20th September	C	Glen Fyne Linear walk in Glen Fyne alongside the River Fyne. We'll go as far as Inverchorachan, or further if you wish. Good views of surrounding hills and back down the Glen to Loch Fyne. Terrain: Quiet surfaced road and then tracks. Distance: 14½ km (Inverchorachan return), duration 4 hrs, total ascent 100m to max. ht 100m. Start point: Car Park at entrance to Glen Fyne, just off A83. OS Map Landranger 56, Explorer 363, Grid ref: NN 193127

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Date	Grade	Title and Description
Sat/Sun 25th/26th September		Members' Away Weekend in Tobermory, Mull
Saturday 26th September	B+	Ben Arthur (The Cobbler) A short scramble up part of way to the top and back down irregular stone steps. Terrain: Well made mountain path most of the way. Distance: 9 km, duration 5 hrs, total ascent 884m to max. ht 884m. Start point: Succoth car park on Loch Long side, £1 payment needed. OS Map Landranger 56, Explorer 364, Grid ref: NN 295048
Saturday 3rd October	C+	Callander to Aberfoyle section of the Rob Roy Way after bus from Aberfoyle to Callander Walk starts at Invertrossachs Road with approx. 4km on tarmac. Then through forest and open ground on road and path passing the lochan Allt a' Chip Dhuibh, Braeval and the Dounans Centre Terrain: Tarmac, forest road and paths. Distance: 15 km, duration 4½ hrs, total ascent 280m to max. ht 225m. Start point: Woollen Mill car park, Aberfoyle. £2 bus fare required for journey to Callander. Bus leaves Aberfoyle at 10:53am. OS Map Landranger 57 / Explorer 365, Grid ref: NN 522009.
Sunday 4th October	B+	Beinn a'Chrulaiste Circuit starting along West Highland Way climbing one peak and descending by a burn back to Kingshouse. Terrain: Section of West Highland Way, steep climb north to knoll and scree covered summit. Return following burn. Distance: 12 km, duration 5½ hrs, total ascent 600 m to max. ht. 857 m. Start point: Kingshouse Hotel off A82. OS Map Landranger 41 / Explorer 384, Grid ref: NN 259546.
Saturday 10th October	B	Clach Bheinn (Hill of the Stones) A fine hill located on the west side of Loch Eck with great views down Lock Eck and the Holy Loch. Terrain: The walk starts on forest roads by the Botanical Gardens and continues up a grassy slope with a number of false summits, to Creachan Mor. The route then climbs the west side of Clach Bheinn to the summit, then descends back to the loch-side and returns to the start point. Distance: 10½ km, duration 5 hrs, total ascent 690 m to max. ht. 643 m. Start point: Overflow car park, Benmore Botanical Gardens. OS Map Landranger 56 / Explorer 363, Grid ref: NS 144854. 0900 HRS DEPARTURE FROM HELENSBURGH PIER for a 1½ hour drive
Sunday 11th October	C	Helensburgh to Cardross via Ardmore point. Return by train. A coastal walk. Terrain: Beach and sometimes muddy paths. Wellington boots useful. Distance: 9 km, duration 3½ hrs, total ascent negligible to max. ht 0 m. Start point: Helensburgh pier. OS Map Landranger 56 / Explorer 347, Grid ref: NS 294822.

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Saturday 17th October	B+	Beinn Eich and Doune Hill Steady climb up spine of hill. Follow along ridge up to Beinn Lochain. Continue up Doune hill. Return by outward route. Terrain: Grassy hillside, peat hags, rough moorland, some ridge tracks. Distance: 17km, duration 6½ hrs, total ascent 950 m to max ht. 757 m. Start point: Glenmollachan Farm at head of Glen Luss. Limited parking at side of passing place near farm gate. OS Map Landranger 56 / Explorer 363, Grid ref: NS 329943.
Sunday 18th October	C+	Meall Leathan Dhail A ramble through woodland and across open moorland with superb views in clear weather. Terrain: Mixture of quiet surfaced road and rough tracks with some gentle ascents. Distance: 14 km, duration 4½ hrs, total ascent 405 m to max. ht. 484 m. Start point: Park at the Bracklinn Falls Car Park on the northeast side of Callander, past the Golf Club. OS Map Landranger 57 / Explorer 365, Grid ref: NN 637083.
Saturday 24th October	C+	Sir David Baird's Monument near Crieff Pleasant walk, always on paths but sometimes muddy. Initially alongside river and return through woods. Terrain: Easy walking with a short climb to the monument. Good views up Strathmore in places. Adequate parking, no toilets. Time to visit Stuart Crystal (c/w café) or Visitor Centre on return. Distance: 13 km, duration 4 hrs, total ascent 186 m to max. ht 109 m. Start point: Car park on Sauchie Street, Crieff. OS Map Landranger 52 & 58 / Explorer 368, Grid ref: NN 858221.
Sunday 25th October	B	Meall Dhamh (Stag Hill) Farm track start, then long grass climb to reach shoulder. Trackless to Grey Height then firm stony ground to the highest point on ridge. Return by outward route. Terrain: Glen track, rough path ascent over hill and moor. Distance: 9 km, duration 5½ hrs, total ascent 700 m to max. ht 814 m. Start point: Keilator lay-by on A82 on south side of Glen Falloch, easy to miss. OS Map Landranger 50 & 51 / Explorer 364, Grid ref: NN 369239.
Saturday 31st October	A	A'Chrois and Beinn Narnain Starting on old tramway then climbing steep grassy gully to A'Chrois. Good ridge to Beinn Narnain descending to Bealach a'Mhaim and returning via good footpath past Narnain Boulders. Terrain: Open hillsides, rocky ridge and good footpath. Distance: 11½ km, duration 8 hrs, total ascent 1100 m to max. ht 926 m. Start point: Succoth car park on Loch Long side, £1 payment needed. OS Map Landranger 56 / Explorer 363, Grid ref: NN 295050. 0830 HRS DEPARTURE FROM HELENSBURGH PIER

Walks programme 2009

Date	Grade	Title and Description
Sunday 1st November	C	Greenock Cut / Dunrod Hill Circular walk on pathway with short steep hill climb to hill top for panoramic view of Clyde estuary. Terrain: Path, track and open hillside. Distance: 12 km, duration 4½ hrs, total ascent 124 m to max. ht 298m. Overton road car park. OS Map Landranger 63 / Explorer 341/347, Grid ref: NS 266748
Sunday 8th November	B+	The Mell Circuit, Glen Finglas A strenuous and dramatic 15mile trail around Glen Finglas. Terrain: Path and hill track. Distance: 25 km, duration 6 hrs, total ascent 586m to max. ht. 600m. Start point: Drippan Forest car park by Brig o'Turk. OS Map Landranger 57 / Explorer 365, Grid ref: NN 531074. 0900 HRS DEPARTURE FROM HELENSBURGH PIER
Saturday 14th November	C+	Duncolm Starting along the road we follow the Loch Humphrey burn to Greenside reservoir and below Cochno Hill to Craighurst and Duncolm, the highest point in the Kilpatrick hills. Return over lesser hillocks to Loch Humphrey, Greenside reservoir and the outward track. Terrain: Road and track initially, giving way to trackless and high level grassland. Distance: 13½ km, duration 5½ hrs, total ascent 351m to max ht. 401m. Start point: East entrance of Cochno Estate, near Hardgate, with good parking facilities adjacent to entrance to Edinbarnet nursing home. OS Map Landranger 64 / Explorer 342, Grid ref: NS 503739.
Saturday 21st November	C+	Glen Lochay A short Glen in an old hunting forest. Terrain: An easy walk on riverside and hillside tracks. Distance: 12 km, duration 4½ hrs, total ascent 230 m to max ht. 400 m. Start point: Kenknock at end of road down Glen Lochay. OS Map Landranger 51 / Explorer 378, Grid ref: NN 466365.
Sunday 6th December	B	Beinn a'Mhanaich (Monks Hill) A gentle climb up the Strone to 550m, then along ridged moor with a dip before final climb to summit for good all round views. Terrain: Grass tracks all the way to the summit. Distance: 10 km, duration 5 hrs, total ascent 520m to max. ht. 709m. Start point: Lay by near Auchengaich Farm on old Glen Fruin road. OS Map Landranger 56 / Explorer 347, Grid ref: NS 275900.
Saturday 12th December	C+	Glen Loin Walk up east side of Glen Loin on undulating tracks and turn into Allt Coiregrogain eventually to join a separate path out of this coire on its south side and back into Glen Loin through the forest on the northwest side of the glen. Terrain: Forest track, road and paths. Distance: 17 km, duration 5½ hrs, total ascent 300 m to max. ht. 200 m. Start point: Arrochar Car Park (head of Loch Long). Parking: £1 per day. OS Map Landranger 56 / Explorer 347, Grid ref: NN 298049.

Walks programme 2009

Date	Grade	Title and Description
Sunday 20th December	C	Forth and Clyde Canal Bowling Station to Westerton alongside the canal. Terrain: Flat tarmac path. Distance: 12 km, duration 3½ hrs, total ascent 40 m to max. ht. 40 m. Start point: Bowling station car park. OS Map Landranger 64 / Explorer 347, Grid ref: NS 443737.