

2010 Programme

2010	Grade	Title and Description
Sunday 3rd January	C	Inveraray Castle and Inveraray forest circuit Terrain: Mainly tracks and forest roads, short very muddy/wet connection between main tracks. Distance: 10 km, duration 3 hrs, total ascent 220m to max. ht 180m. Start point: Inveraray car park (no parking fee November to March). Distance from H'burgh: 44 miles OS Map 56 / Explorer 360 / 363, grid ref: NN 096084.
Sunday 10th January	C	River Cononish & Ben Lui Nature Reserve Starting along the West Highland Way then forest track to River Cononish. Visit site of gold mine (disused, but a planning application has been submitted for it to re-open) below Beinn Chuirn and return alongside river. Terrain: Good track all the way and mainly dry. Undulating but ascent mostly very gradual. Distance: 14 km, duration 4½ hrs, total ascent 270 m to max. ht. 410 m. Start point: Dalrigh. Distance from H'burgh: 40 miles. OS Map 50 / Explorer 364 / 377, grid ref: NN 344291.
Saturday 16th January	B	Stob an Eas A fine hill between Glen Kinglas and Hell's Glen. Starting with a steep ascent through forest beside a burn leading on to open moorland and an undulating ascent to the hill where there are good views. Descend to a bealach and climb to Beinn an t-Seilich. From there descend north-easterly, crossing the outward route for a steeper descent over rough ground to the junction of the Dunoon and Inveraray roads near the start. The detour to Beinn an t-Seilich may be omitted if conditions are poor. Terrain: Forest track, open moorland and tussocky grass. Distance: 8.7 km, duration 5½ hrs, total ascent 818m to max ht. 732m. Start point: Lay-by on A83 north side shortly before turn to A815 (Dunoon). Distance from H'burgh: 30 miles OS Map 56 / Explorer 364, grid ref: NN 194098. 0900 HRS DEPARTURE FROM HELENSBURGH PIER for a fifty minute drive
Sunday 24th January	B	Ben Bowie and Killoeter A walk with fine views over Helensburgh 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: 15½ km, duration 5½ hrs, total ascent 490m to max. ht 313m. Start point: Forest road just east of Daligan Farm on B832. Distance from H'burgh: 3 miles OS Map 56 / Explorer 347, grid ref: NS 328842.
Saturday 30th January	C	Carbeth Inn - Coffee, Walk and a Meal Morning coffee followed by a short circular walk including Carbeth Huts, the West Highland Way, Ardoch and the Boards. During the walk a short break for a snack and then a meal at the Inn. Terrain: Path, track and road. Distance: 8 km, duration 2½ hrs, total ascent 200m to max. ht 150m. Start point: Butterbridge car park on A83. Distance from H'burgh: 22 miles OS Map 64 / Explorer 348, grid ref: NS 524791.

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Saturday 6th February	C+	Pucks Glen and Kilmun Arboretum Scenic walk up 'magical' Puck's Glen and through old pine plantation and arboretum.. Terrain: Tarmac road (closed to traffic), forest track and woodland paths. Can be muddy. Distance: 11 km, duration 4 hrs, total ascent 400m to max. ht 245m. Start point: Benmore Gardens car park. Distance from H'burgh: 45 miles. OS Map 56 / Explorer 363, grid ref: NS 143855.
Saturday 13th February	C+	Tyndrum to Crianlarich On the West Highland Way, passing the remains of the historic St Fillan's Chapel, the Holy Pool and the site of one of Robert the Bruce's battles. N.B. Taxi Fare of £1.20 approx required for return to Tyndrum. Contact Kathleen by previous Thursday to book seat. Terrain: Mixture of good paths and tracks and a short section of surfaced road through farmland and woodland. Distance: 9½ km, duration 3½ hrs, total ascent 248m to max. ht. 334m. Start point: Green Wellie Stop Car Park, Tyndrum. Distance from H'burgh: approx 38 miles. OS Map 50 / Explorer 364, grid ref: NN 329306.
Sunday 14th February	B+	An Caisteal (The fortress or castle) Path beside river Falloch before climbing pathless to Sron Gharbh (Rough Nose), continuing along the Twistin Hill eventually to reach the Munro. Return by outward route, hopefully enjoying the splendid views ahead. Terrain: Both good and rough paths and grassy long elevated ridge. Minor scrambles here and there. Distance: 11 km, duration 5½ hrs, total ascent 880m to max ht. 995m. Start point: Keilator lay-by on A82 on south side of Glen Falloch, easy to miss. Distance from H'burgh: 33 miles. OS Map 50 / Explorer 364, grid ref: NN 369239.
Saturday 20th February	C+	Sauchie Crag Start at Bannockburn Heritage Centre Stirling then on to north third reservoir and along path on edge of crags back to Heritage Centre via Lewis Hill. Terrain: Road, forest tracks, path, some high points but safe paths. Distance: 19 km, duration 6 hrs, total ascent m to max. ht. 266m. Start point: Bannockburn Heritage Centre car park. Distance from H'burgh: approx 53 miles. OS Map 57 / Explorer 348/366, grid ref: NS 796904.
Saturday 27th February	A(snow) Or B+	Ben Vrackie (Speckled hill) A direct approach from the west as an alternative to the more usual southern approach from Moulin. Terrain: Open hill. Bring ice axe if there is snow or phone leader for loan of ice axe. Distance: 7 km, duration 6 hrs, total ascent 841m to max. ht. 841m. Start point: Kili crankie. Distance from H'burgh: 95 miles. OS Map 43 / Explorer 386, grid ref: NN 918626. 0800 HRS DEPARTURE FROM HELENSBURGH PIER for a 2hr 45min drive

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Sunday 28th February	C	Glen Shira Once a refuge for Rob Roy, Glen Shira is a pleasant glen north of Inveraray. The tarmac road by the River Shira is followed to the head of the glen. On the return, the river is crossed by a bridge and a rough track followed back to the start. The route is mainly flat. Terrain: Tarmac road and stony, muddy track. Distance: 15 km, duration 5 hrs, total ascent 210m to max. ht. 80m. Start point: Minor road off A83 leading to small cemetery at head of Loch Shira. Distance from H'burgh: 30 miles. OS Map 56 / Explorer 360/363, grid ref: NN 112103.
Saturday 6th March	C+	Kirkton Glen to Lochan an Eireannaich A circular walk starting at Rob Roy's grave. Terrain: Forest track and then open hill to the lochan. Good views north to Glen Dochart on a fine day. Distance: 11 km, duration 4-5 hrs, total ascent m to max. ht 450m. Start point: Balquidder Church. Distance from H'burgh: 54 miles. OS Map 51,57 / Explorer 365, grid ref: NN 535209.
Sunday 14th March	B+	Glen Finlas Trio Steep initial climb then high level horseshoe walk. Terrain: Road, hillside and mostly moorland. Distance: 13½ km, duration 5-6 hrs, total ascent 850 m to max. ht. 693 m. Start point: Lay by on A817 near junction of A82. Distance from H'burgh: 6½ miles. OS Map 56 / Explorer 347, grid ref: NS 352882.
Saturday 20th March	B	Carron Valley Reservoir, Earl's Hill and Hart Hill A varied walk encompassing Earl's hill and Hart hill. Terrain: Woodland, road and moorland probably wet. Distance: 14 km, duration 5 hrs, total ascent 450m to max. ht 441m. Start point: By Graham's Castle just off B818 near Carron Valley Reservoir. Distance from H'burgh: 30 miles. OS Map 57 / Explorer 348, grid ref: NS 682858.
Sunday 21st March	C+	Lochgoilhead Circular From Lochgoilhead up Lettermay burn then north above River Goil, returning along river side to start point. Terrain: Tarmac, forest track with open views and woodland path. Can be muddy. Distance: 17½ km, duration 5½ hrs, total ascent 316m to max ht. 250m. Start point: Car park Lochgoilhead Village. Distance from Helensburgh: 30 mls OS Map 56 / Explorer 363, grid ref: NN200012. 0900 HRS DEPARTURE FROM HELENSBURGH PIER
Saturday 27th March	B+	Bheinn Mhic Chasgaig (MacChasgaig's hill) A dramatic hill on the south side of beautiful glen Etive. After crossing the Etive river, a rough path follows lesser burns up narrow valleys leading to a steep open hillside climb to the summit area. Terrain: Rough path by burn, possible route through ravine, open hillside to summit. Distance: 9 km, duration 5½ hrs, total ascent 750m to max. ht 864m. Start point: Alltchaotunn, Glen Etive. Distance from H'burgh: 65 miles. OS Map 41, 50 / Explorer 384, grid ref: NN 198513. 0830 HRS DEPARTURE FROM HELENSBURGH PIER

2010 Programme

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Sunday 28th March	C+	Menteith Hills A different view of this area by path and track via Visitor Centre at David Marshall Lodge to Meall Ear (Rough Hill). Forest for 2km over moor to trig point. Terrain: Mainly forest track with minor scrambles. Faint moor paths to summit. Can be boggy and needs care. Distance: 11 km, duration 5 hrs, total ascent 360m to max. ht 427m. Start point: Central Aberfoyle car park. Distance from H'burgh: 27 miles. OS Map 57 / Explorer 365, grid ref: NN 522009.
Saturday 3rd April	B	Dumgoyne and Earl's Seat On private road pass farm to just before Cantiwheery Cottage. Go through gate and onto path up hill. Climb Dumgoyne by SW ridge. Descend NE and continue to Earl's Seat. Descend SW following burn to Cantiwheery and the start. Terrain: Hill paths and open moorland, some boggy. Distance: 11½ km, duration 6 hrs, total ascent 580m to max. ht 578m. Start point: A81 Blanefield/Aberfoyle road 1½ miles north-west of Blanefield near Craigbrook Farm. Distance from H'burgh: 25 miles. OS Map 64 / Explorer 348 grid ref: NS 540811.
Saturday 10th April	C+	The Whangie Circular From Carbeth Inn, cross the A809 and follow the path round Auchineden Farm. Pass the water works and follow the ridge to the Whangie from where the path is downhill. Then forest path to rejoin the farm path and return to the Inn. Terrain: Muddy paths, tracks, rough open ground and road. Distance: 11 km, duration 4½ hrs, total ascent 200m to max. ht. 357m. Start point: Carbeth Inn car park on A809. Distance from H'burgh: 22 miles. OS Map 64 / Explorer 348, grid ref: NS 524791.
Sunday 18th April	B	Cruach Tairbeart from Arrochar The ascent and descent of the hill is steep in places and can be wet. Walk will be taken at a gentle pace. Terrain: A mixture of short sections of pavement, good paths, muddy paths and some open hillside and moorland around the trig point. Distance: 13 km, duration 5 hrs, total ascent approx 620m to max ht. 415m. Start point: Succoth car park, Arrochar. (Pay and Display). Distance from H'burgh: 13½ miles. OS Map 56 / Explorer 364, grid ref: NN 294049.
Saturday 24th April	B+	Lochgoilhead to Corran A walk south along a path about 100m above the east side of Loch Goil as far as the end of the peninsula, followed by a steep trackless climb to a hilltop. Terrain: Mainly track, one section no path at all. Distance: 14 km, duration 6 hrs, total ascent 400m to max ht. 400m. Start point: Car park Lochgoilhead. Distance from H'burgh: 30 miles. OS Map 56 / Explorer 363, grid ref: NN 202014. 0900 HRS DEPARTURE FROM HELENSBURGH PIER
Sunday 25th April	C+	Glen Loin A long walk up Glen Loin to Loch Sloy approaches and returning to Succoth through the Ardgartan Forest on the west side of the glen. Terrain: Undulating footpaths up the Glen with surrounding open views and back along mainly laid forestry route. Distance: 17 km, duration 5½ hrs, total ascent 300m to max ht. 200m. Start point: Succoth car park, Arrochar. (Pay and Display). Distance from H'burgh: 13½ miles. OS Map 56 / Explorer 364, grid ref: NN 294049.

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Sunday 2nd May	C+	Highlandman's Wood and Tom na h'Airidh A climb on woodland paths to open hillside with good views. Some rock cup-marks for viewing. Terrain: Rough tracks on hillside, moorland and woodland. Boggy and steep in places with a few small rivers to cross. Distance: 8 km, duration 4½ hrs, total ascent 302m to max. ht 354m. Start point: Hill House car park at the top of Upper Colquhoun Street. OS Map Landranger 56, Explorer 347, Grid ref: NS 301838
Saturday 8th May	B+	Meall a'Bhuiridh and Creise From the White Corries Ski Centre follow chair lift route to plateau above Creag Dhubh. Head South West to north ridge of Meall a'Bhuiridh and ascend South to summit. Descend West South West on narrow ridge to a col. Scramble to plateau ahead and then turn North to reach summit of Creise. Return by outward route. Terrain: Open moorland and rock strewn mountain ridges. Distance: 11 km, duration 7 hrs, total ascent 1100m to max ht. 1108m. Start point: The White Corries Ski centre car park. OS Map Landranger 41 / Explorer 384, Grid ref: NN 266525.
Saturday 15th May	B+	Beinn Dorain Ascend to Coire an Dòthaidh to bealach then to top. Return by outward route. Terrain: Mountain tracks, possibly boggy in places. Distance: 10 km, duration 6 hrs, total ascent 890 m to max. ht. 1076 m. Start point: Bridge of Orchy Hotel car park. OS Map Landranger 50 / Explorer 377, Grid ref: NN 297395.
Sunday 16th May	C+	Blanefield Circular Starting along main road and then following Campsie Dene road becoming a firm track, on past Cantywehery cottage. The main road will be crossed near Dumgoyne Distillery (not visiting!), returning by a part of the West Highland Way and then along a disused railway line. Terrain: Main road, side road, unsurfaced country track, lowland grassy path and disused railway line. Distance: 12 km, duration 4½ hrs, total ascent 104 m to max. ht. 128 m. Start point: Kirkhouse Inn, Strathblane . OS Map Landranger 64 / Explorer 348, Grid ref: NS 562794.
Sunday 23rd May	B	Ben Cleuch - The Ochil Hills From Tillicoultry, climb through Mill Glen, over Andrew Gannel Hill to Ben Cleuch. Descend via Ben Ever, dropping into Alva Glen, returning to start point. Terrain: Initial steep climb on clear paths, then mostly rough hill tracks. Final section on clear path through woods. Distance: 13 km, duration 5 - 6 hrs, total ascent 808 m to max. ht. 721 m. Start point: Ochil Hills Woodland Park Car Park, Alva. OS Map Landranger 58 / Explorer 366, Grid ref: NS 898975.

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Saturday 29th May	C+	West Highland Way and Ardess Hidden History Trail From Salloch Bay Car Park, walk along the West Highland Way past Rowardennan Youth Hostel to Ardess Lodge NTS Ranger Centre. There follow the way marked trail which is at the foot of Ben Lomond and eventually join the path coming down from Ptarmigan Ridge. Return to the car park along the WHW. Terrain: Short section on tarmac, undulating paths and tracks, open hill and short, fairly steep, sections on trail. . Distance: 13 km, duration 5 hrs, total ascent 490m to max ht. 200m. Start point: Salloch Bay Car Park . OS Map Landranger 56 / Explorer 347, Grid ref: NS 379958.
Sunday 30th May	B+	Ben Donich Mountain track following the north ridge. Terrain: Mountain track on grass ridge. Short rock step on ridge section. Distance: 8 km, duration 5 hrs, total ascent 640m to max ht. 847m. Start point: Rest and be Thankful car park . OS Map Landranger 56 / Explorer 364, Grid ref: NN 230073.
Sunday 6th June	C+	Conic Hill Circular From Balmaha follow low level West Highland Way route to Milton of Buchanan then farm/forestry track into Garadhbhan Forest to join high level route towards Conic Hill, returning to Balmaha. Terrain: Open road with traffic then hill tracks on open hillside, some of it rough and steep. Spectacular views. Steep descent to the road or loch side (longer). Distance: 11½ km, duration 5 hrs, total ascent 470 m to max. ht. 361 m. Start point: Balmaha car park. OS Map Landranger 56 & 57 / Explorer 347, Grid ref: NS 420909.
Saturday 12th June	C	West Highland Way Rambler Combine cruise with 7½ mile walk. Ferry to Rowardennan departing from Tarbet at 10:00. Rowardennan walk north to Inversnaid. Ferry fare required £14.50. Terrain: Forest track and made up footpath. Distance: 12 km, duration 7 hrs, total ascent 432 m to max. ht. 147 m. Start point: Tarbet car park. OS Map Landranger 56 / Explorer 364, Grid ref: NN 319044.
Saturday 19th June	B+	Beinn an Lochain Ascending by the north-east ridge which is steep and narrow in places, returning by the same route to the north of Loch Restil. Terrain: Narrow, very steep, rocky mountain track requiring some clambering. It would be unsuitable in windy or icy conditions as it is very exposed and steep. Distance: 5½ km, duration 5 hrs, total ascent 755m to max. ht. 901m. Start point: Loch Restil car park on A83 in Glen Kinglas. OS Map Landranger 56 / Explorer 364, Grid ref: NN 234088.
Sunday 20th June	C+	Killin Forest Circular Terrain: Short section on roadway before joining sections of forest tracks and sections of disused railways some of which are part of the cycle track network. Distance: 16 km, duration 5 hrs, total ascent 130 m to max. ht. 250 m. Start point: First car park on right hand side after crossing of River Dochart at Falls of Dochart, Killin. OS Map Landranger 51 / Explorer 378, Grid ref: NN 522327.

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Sunday 27th June	B+	Beinn Maol Chaluim Climbing the SE ridge offers some avoidable scrambling at 500m. There are several minor tops along the narrow summit area extending for about 1km before the main summit is reached. This offers a close view of the SW face of Bidean nam Bian. Return by outward route. Terrain: Rough, steep and pathless hillside. Rock under foot higher up. Distance: 8km, duration 5hrs, total ascent 800m to max ht. 907m. Start point: Lower Glen Etive by Lochan Urr. OS Map Landranger 50 / Explorer 384, Grid ref: NN 150490.
Saturday 3rd July	B+	Ben Ledi Route ascends from the south end of Loch Lubnaig, through trees on to open hillside. This leads to ridge and on to summit. Route descends to join path in Stank Glen, returning to car park. Terrain: Paths on open hill. Distance: 12 km, duration 5 hrs, total ascent 800m to max. ht 879m. Start point: Ben Ledi Car Park on left hand side of A84 after Pass of Leny. (At sign for Strathyre Forest Cabins, cross over river at small bridge and turn left). OS Map Landranger 57 / Explorer 365, Grid ref: NN 586091
Saturday 10th July	B	Glen Sherup A gentle B grade walk over undulating, grassy hills with some good views. Terrain: Forest roads and grassy paths. Distance: 15½ km, duration 5 hrs, total ascent 600m to max. ht. 645 m. Start point: Forestry car park on A823 in Glen Devon about 1mile west of Glen Village signposted Glen Sherup. OS Map Landranger 58 / Explorer 366, grid ref: NN 973052.
Sunday 11th July	C	Carbeth to Mugdock Country Park Visitor Centre Circular From Carbeth Inn take a bracken path to the West Highland Way. Then through Mugdock Wood to the Centre. Pass Craigallian Loch and rejoin the West Highland Way. Return to the Inn via the bracken path . Terrain: Mainly flat paths and tracks. Distance: 12 km, duration 5 hrs, total ascent 180m to max ht. 175m. Start point: Carbeth Inn car park on A809. OS Map Landranger 64 / Explorer 368, Grid ref: NS 524791.
Sunday 18th July	B+	The Dalmally Horseshoe After 2km along a hard track, the Allt Coire Ghlais is crossed by bridge. A steep climb up a narrow ridge leads to Stob Garbh. The ridge is followed North to its highest point at Stob Diamh and beyond to a further peak before descending East down a long ridge to a bridge over another burn and rejoin the outward hard track. Terrain: Mainly trackless, soft grassy moorland, rock strewn ridges and steep grassy slopes craggy in parts. Distance: 11 km, duration 7 hrs, total ascent 1075m to max ht. 998m. Start point: Roadside parking just up the B8077 where it meets the A85 at left hand bend 2miles beyond Dalmally. OS Map Landranger 50 / Explorer 377, Grid ref: NN 132285.
Saturday 24th July	B+ / C+	Beinn Suidhe and hill 636 Both groups walk part of the way to Loch Dochard. C+ Terrain: Path all the way but one large burn to cross. Be prepared to paddle. B+ Terrain: Path and then hill with mild scramble. Path all the way back . C+ walk:- Distance: 12 km, duration ?? hrs, total ascent 150m to max ht. 230m. B+ walk:- Distance: 14 km, duration ?? hrs, total ascent 700m to max ht. 676m. Start point: Car park at Forest Lodge Victoria Bridge. OS Map Landranger 50 / Explorer 377, Grid ref: NN 271419.

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Saturday 31st July	A	Ben Nevis Fort William Britain's highest mountain, is 4,406 feet high. Terrain: Although on one side Ben Nevis is extremely sheer, the mountain on its Fort William side appears as a huge whaleback and its ascent is little more than a hard walk. The track which was built to the former weather observatory, is now used for the normal ascent. Distance: 26 km, duration 7½ hrs, total ascent 1300 m to max. ht. 1344 m. Start point: Achintee Farm OS Map Landranger 41 / Explorer 392, Grid ref: NN 126728.
Saturday 7th August	B+	Beinn Chabhair (Hill of the Hawk) Steep path climb up beside Ben Glas burn. Then a boggy path to Lochan Beinn Chabhair. Finally up grassy slopes to the ridge then through rocky outcrops to the summit cairn. Return by outward route. Terrain: Steep path, boggy tracks, grassy slopes and rocky outcrops. Distance: 13 km, duration 7 - 8 hrs, total ascent 900m to max. ht. 933m. Start point: Car park at Drovers Inn. OS Map Landranger 56 / Explorer 364, Grid ref: NN 318185.
Sunday 15th August	B+	Beinn an Dòthaidh Ascend up Coire an Dòthaidh to bealach then to top. Return by outward route. Terrain: Paths on open hill. May be boggy in places. Distance: 10km, duration 6 hrs, total ascent 966m to max. ht 996m. Start point: Bridge of Orchy Hotel car park. OS Map Landranger 50 / Explorer 377, Grid ref: NN 297395.
Sunday 22nd August	C+	Ben Bowie and Hill House Circular Terrain: A mixture of stony tracks, rough paths, surfaced paths and open moorland which can be boggy. Distance: 13 km, duration 4½ hrs, total ascent 240m to max ht. 313m. Start point: Car parking area at Council Depot opposite Reservoir Car Park, Helensburgh. OS Map Landranger 56 / Explorer 347, Grid ref: NS 305837.
Saturday 28th August	B	Stob an Eas A fine hill between Glen Kinglas and Hell's Glen. Starting with a steep ascent through forest beside a burn leading on to open moorland and an undulating ascent to the hill where there are good views. Descend to a bealach and climb to Beinn an t-Seilich. From there descend north-westerly, crossing the outward route for a steeper descent over rough ground to the junction of the Dunoon and Inverary roads near the start. The detour to Beinn an t-Seilich may be omitted if conditions are poor. Terrain: Forest track, open moorland and tussocky grass. Distance: 8½ km, duration 5½ hrs, total ascent 818 m to max. ht. 732 m. Start point: Lay-by on north side of A83 shortly before A815 (Dunoon) junction. OS Map Landranger 56 / Explorer 363, Grid ref: NN 194098.
Saturday 4th September	C+	Milngavie/Strathblane Circular Starts with the first 8km of the West Highland Way and returns via Mugdock Country Park. Terrain: Good tracks and paths, wet in places. Distance: 17 km, duration 5 hrs, total ascent 180m to max. ht 130m. Start point: Car park in Milngavie just under bridge on Mugdock Road. Distance from Helensburgh 20 miles. OS Map Landranger 64, Explorer 342, Grid ref: NS 552746

2010 Programme

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Sunday 5th September	A	Buachaille Etive Mor An epic mountain with spectacular views. Route climbs through corrie to bouldery ridge and to Stob Dearg. Return along ridge and continue to Stob na Broige. Drop to bealach and descend via Lairig Gartain. Terrain: Steep ascent with scree in corrie, followed by boulder ridge. The descent is on steep path and the return walk can be boggy. Distance: 13 km, duration 8½ hours. Total ascent 1160 m to max. ht. 1022 m. Start point: Lay by at Altnafeadh at the top of Glen Coe. Distance from Helensburgh 60 miles. OS Map Landranger 41 / Explorer 384, Grid ref: NN 221563. 0830 HRS DEPARTURE FROM HELENSBURGH PIER
Saturday 11th September	A B+	Glen Coe Hidden Valley with Stob Coire Sgreamhach (optional) It may be necessary to wade across the Allt Coire Gabhail to reach the Hidden valley. At the valley head, the A walkers will climb the steep scree to reach the bealach and then climb Stob Coire Sgreamhach. This group has the option to return to the bealach or continue along Beinn Fhada ridge before descending into lairig Eilde making it a circular walk. Terrain: Narrow rocky paths with very steep and eroded ascent to the bealach. Be prepared to paddle in places. Distance: 7 km (B+) or 13 km (A), duration 5-8 hrs, total ascent 550m (B+) or 1030m (A) to max. ht. 650m (B+) or 1072m (A). Start point: Main Glen Coe car park on A82. Distance from Helensburgh 64 miles. OS Map Landranger 41 / Explorer 384, Grid ref: NN 171569.
Sunday 12th September	C	The Gryfe and Corlick hill Terrain: Tarmac (2k) at start, followed by forestry road and track. Distance: 9½ km, duration 3 hrs, total ascent 105m to max ht. 303m. Start point: Car parking at cattle grid between Loch Thom and Gryfe reservoir. Distance from Helensburgh 30 miles. OS Map Landranger 63 / Explorer 341, Grid ref: NS 266723.
Saturday 18th September	A	Meall Copagach and Ben Cruachan 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 and mountain ridge. Distance: 10 km, duration 8 hrs, total ascent 1300m to max ht. 1126m. Start point: Inverawe country park, Smokery car park. Distance from Helensburgh 62 miles. OS Map Landranger 50 / Explorer 377, Grid ref: NN 021317. 0830 HRS DEPARTURE FROM HELENSBURGH PIER
Sunday 19th September	C+	Arrochar to Inveruglas and back Walk will be taken at an easy pace. Terrain: Paths, tarmac road and open moorland. Distance: 16 km, duration 4½-5½ hrs, total ascent 150m to max. ht 145m. Start point: Succoth car park at head of loch Long, Arrochar (pay and display £1). Distance from Helensburgh 20 miles. OS Map Landranger 56, Explorer 364, Grid ref: NN 294049
Sat/Sun 25th/26th September		Members' Away Weekend in Pitlochry

2010 Programme

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Saturday 2nd October	B+	Pulpit Rock and the Paper Caves The Pulpit Rock stands above Lock Eck opposite the Coylet Inn and is a prominent land mark, but not marked on the OS maps. The Paper Caves are reputed to have been used by the Campbells as a hiding place for important papers during times of strife. Terrain: Easy walking on forest tracks along the side of Lock Eck , then rising through the woods above the caves. This is followed by rough walking through forest plantation and trackless grass slopes to the Pulpit Rock. The return path via the caves involves some mild scrambling down a steep path followed by an easy walk back to the start point. Distance: 15 km, duration 7 hrs, total ascent 360m to max. ht 330m. Start point: Overflow car park Ben More Botanical Gardens. Distance from Helensburgh 52 miles. OS Map Landranger 56 / Explorer 363, Grid ref: NS 143855. 0900 HRS DEPARTURE FROM HELENSBURGH PIER
Sunday 3rd October	C	Hillhouse / Drumfad Wood Circular A walk to be taken at a leisurely pace through woodland and open moorland / rough grazing offering scenic views of the Firth of Clyde. Terrain: A mixture of stoney paths, grassy paths and open grassland with a short section on single track roadway. Distance: 7 km, duration 3 hrs, total ascent 120 m to max. ht. 190 m. Start point: Car parking area at Council Depot opposite reservoir car park, Sinclair Street, Helensburgh . Distance from Helensburgh 1.5 miles. OS Map Landranger 56 / Explorer 347, Grid ref: NS 305837.
Saturday 9th October	C	Cashel Woodland Walk and B.B.Q. After the cut-off for the walk signed red, the road continues up hill and then onto a stunning plateau. Terrain: Firm track. Distance: 6½ km, duration 2½ hrs plus B.B.Q. 3hrs, total ascent m to max. ht. m. Start point: Cashel Farm House, Millenium forest car park along Rowardennan road, Balmaha by Drymen. Distance from Helensburgh 23 miles. OS Map Landranger 50 / Explorer 347&365, Grid ref: NS 400940.
Sunday 10th October	B+	Beinn Each (Horse hill) Steep track through trees joining forest track before following burn up steep hill side. Return by track and paths. Terrain: Steep forest and hillside tracks. Distance: 6 km, duration 4½ hrs, total ascent 690m to max. ht 811m. Start point: Layby on A84 beside Loch Lubnaig. Distance from Helensburgh 42 miles. OS Map Landranger 57 / Explorer 365, Grid ref: NN 584136.

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2010	Grade	Title and Description
Saturday 16th October	B	Kirkton Glen to Glen Dochart taken at C+ pace Forest tracks, followed by open moorland passing the Loch of the Irishman, then faint paths, some of which can be boggy down to near Ledcharrie Farm on the A85 at Glen Dochart where we will be picked up by mini-bus and returned to our cars at Balquhiddier Church. * Mini-bus fare of £3.50 required for return to Balquhiddier Church. Members must contact the leaders by previous Thursday to book seat. Terrain: Forest tracks and faint paths which can be boggy. Distance: 16km, duration 5½ hrs, total ascent 400 m to max ht. 600 m. Start point: Balquhiddier Church. Distance from Helensburgh 49 miles. OS Map Landranger 51 / Explorer 365, Grid ref: NN 536209.
Saturday 23rd October	B+	Cruach nan Nighean and Beinn Donachain Up Cruach nan Nighean over to Beinn Donachain north to Airigh Shielings and back out on forest path to finish at Eas Urchaidh. Terrain: Open hill. Distance: 10 km, duration 5½ hrs, total ascent 660 m to max. ht. 650 m. Start point: Glen Orchy road two cars. Start at pic-nic spot. Finish at Eas Urchaidh. Distance from Helensburgh 55 miles. OS Map Landranger 50 / Explorer 377, Grid ref: NN 231305. 0900 HRS DEPARTURE FROM HELENSBURGH PIER
Sunday 24th October	C	Glen Ogle trail Terrain: Mainly paths on a gradual ascent but boggy in parts. Distance: 10½ km, duration 4 hrs, total ascent 301 m to max. ht 402 m. Start point: Lochearnhead car park opposite the water sports centre. Distance from Helensburgh 50 miles. OS Map Landranger 51 / Explorer 365, Grid ref: NN 593237.
Saturday 30th October	C+	Butterbridge to Lochan Srath Dubh-uisge (black water) The firm track is followed right up Glen Kinglas and over the watershed, past the end of Loch Sloy, finally turning up the grassy hillside for a steady climb to the lochan, the high point of the walk. Return is by the outward route. Terrain: Mainly open glen as well as forest track. Grassy moorland climb. Distance: 17 km, duration 6 hrs, total ascent 400 m to max. ht 468 m. Start point: Butterbridge car park on A83. Distance from Helensburgh 28 miles. OS Map Landranger 56 / Explorer 364, Grid ref: NN 235096.
Sunday 31st October	B+	Rannoch Moor/Black Corries Circuit From Kingshouse hotel follow track eastwards by Allt Chailleach to Black Corries Lodge. Ascend track past north side of lochan to climb Meall a'Phuill. Descend southwards to rejoin main east west track back to Kingshouse. Terrain: Track and open hillside. Distance: 14 km, duration 5½ hrs, total ascent 250 m to max. ht 448 m. Start point: Kingshouse Hotel, off A82. Distance from Helensburgh 58 miles. OS Map Landranger 41 / Explorer 384, Grid ref: NN 260548. 0830 HRS DEPARTURE FROM HELENSBURGH PIER

2010 Programme

2010	Grade	Title and Description
Saturday 6th November	B+	Beinn Ime Follow glen Bhalachain to Bealach a'Mhaim and climb Beinn Ime by south shoulder. Return the same way. Terrain: Mountain paths and steep grassy hillside with some boggy parts. Distance: 14 km, duration 5½ - 6 hrs, total ascent 1137 m to max. ht 1011 m. Car park at Succoth, Pay and display £ 1. Distance from Helensburgh 20 miles. OS Map Landranger 56 / Explorer 364, Grid ref: NN 295050
Sunday 7th November	C	Ardcastle Wood Circular Undulating walk around Ardcastle Wood to be taken at a leisurely pace and offering scenic views of Loch Fyne. Terrain: A mixture of well made paths and grassy tracks which can be muddy in places depending on weather conditions. Distance: 8 km, duration 3 hrs, total ascent 150m to max. ht. 70m. Start point: Off-road car park in Ardcastle Wood on LHS of A83 Inveraray to Lochgilphead Road . Distance from Helensburgh 56 miles. OS Map Landranger 55 / Explorer 358, Grid ref: NR 943919.
Sunday 14th November	B	Ptarmigan Taken at an easy pace, this walk provides a commanding view over Loch Lomond most of the time. Terrain: Short distance on track then through bracken followed by well worn hill path. Distance: 8 km, duration 6 hrs, total ascent 731m to max ht. 731m. Start point: Rowardennan car park . Distance from Helensburgh 27 miles. OS Map Landranger 56 / Explorer 364, Grid ref: NS 359986.
Saturday 20th November	B	Cnoc Coinnich A walk up Coilessan Glen on track and a steep footpath onto moor. Trackless grassland to summit with dominant all round views. Terrain: Some 3 km on grassy moor and steepish final approach to top; can be soggy in parts in bad weather. Distance: 9 km, duration 5 hrs, total ascent 640 m to max ht. 761 m. Start point: Parking at limit of public vehicular access (unmarked on maps) driving from Ardgarten Centre. Coilessan "Events" parking - west bank of Loch Long. Distance from Helensburgh 24 miles. OS Map Landranger 56 / Explorer 364, Grid ref: NN 259011.
Sunday 28th November	C	Kippen Circular Starts and finishes at the war memorial in Kippen near Stirling. Follow country lanes, grassy paths, farm tracks and minor roads around this picturesque village. Terrain: mainly flat with some rough and muddy tracks. Distance: 13 km, duration 4 hrs, total ascent 220m to max ht. 170m. Start point: Car park opposite The Inn at Kippen on the B8037. Distance from Helensburgh 29 miles. OS Map Landranger 57 / Explorer 348, Grid ref: NS 649949.

2010 Programme

2010	Grade	Title and Description
Saturday 4th December	B+	Beinn Odhar Mainly open hill sides with a return on the West Highland Way path. Terrain: Grassy hills with some very rocky areas and the usual quota of peat hags and boggy ground. Return on forest roads and paths. Distance: 14 km, duration 5½ hrs, total ascent 750m to max. ht. 901m. Start point: Dalrigh car park near Tyndrum. Distance from Helensburgh 38 miles. OS Map Landranger 56 / Explorer 364& 377, Grid ref: NS 344992. 0900 HRS DEPARTURE FROM HELENSBURGH PIER
Sunday 5th December	C	Yankee Road Built by the American forces during WWII North to the forest , then a circular walk in the forest before returning along Yankee Road. Terrain: Tarmac Road and forest track. Distance: 14½ km, duration 5 hrs, total ascent 442 m to max. ht. 453 m. Start point: Area by the entrance to Water works, just off the Haul Road. Distance from Helensburgh 8 miles. OS Map Landranger 56 / Explorer 347, Grid ref: NS 257904.
Sunday 12th December	B	The Strone and Beinn a Mhanaich (Monks Hill) A steady climb to 500m, over short grass and then along ridged Moorland with a dip, before the final climb to the summit. Terrain: Muddy farmland then short grassy hillside and later rougher hillside with tussocks and deer grass. Distance: 10 km, duration 5 hrs, total ascent 590 m to max. ht. 709 m. Start point: Lay-by near Auchengaich Farm on Glen Fruin Road. Distance from Helensburgh 7 miles. OS Map Landranger 56 / Explorer 347, Grid ref: NS 275900.
Saturday 18th December	B+	Beinn Luibhean (Hill of the little plant) A steady climb up the glen following the burn to Bealach a'Mhargaidh before a grassy climb to a summit in the very heart of the Arrochar Alps. Terrain: Partially along firm narrow path but mainly trackless moorland. Distance: 6 km, duration 4 hrs, total ascent 690m to max ht. 857m. Start point: Lay-by on right of A83 road, just beyond road bridge half way up Glen Croe. Distance from Helensburgh 23 miles. OS Map Landranger 56 / Explorer 364, Grid ref: NN 242063.