

2015 Programme

Date	Grade	Title and Description
Saturday 3rd January	C+	Whinney Hill from Balloch Follow paths in Balloch Park onto path through the woods up Whinney Hill (Grid Ref NS398843). Return along country lanes and paths. Terrain: Good paths in Balloch Park. Muddy woodland path up Whinney Hill. Quiet lanes on the return section. Some steep gradients. Distance: 12 km, duration 4 hrs, total ascent 300m to max. ht 160m. Start point: Car park across from Balloch Station. Distance from H'burgh: 8 miles / 15mins OS Map 56 / Explorer 347, grid ref: NS 390819.
Saturday 10th January	B	South Calder Water, Dalzell Park & Baron's Haugh Nature Reserve from Strathclyde Loch The walk involves 2 circuits linked by Strathclyde Loch's east shore and the Clyde Walkway. Firstly, it follows Calder Valley nature trail before walking to Dalzell Park Estate and Baron's Haugh RSPB Nature Reserve. Terrain: This is a Grade B walk only on total distance and can easily be shortened. Good footpaths with some muddy sections and some tarmac surfaces. The path undulates, but has no difficult climbs. . Distance: 18 km, duration 6 hrs, total ascent 300 m to max. ht. 100 m. Start point: Car park on north shore of Strathclyde Loch off spine road, after theme park. Distance from H'burgh: 40miles / 1hr. OS Map 64 / Explorer 343, grid ref: NS 725578. 0900 HRS DEPARTURE FROM HELENSBURGH PIER
Sunday 11th January	B+	Lower Ptarmigan and beyond From lower Ptarmigan, continue to Tom Fithich, Creag a' Bhocain and Cailness. Return along loch side Terrain: Open hill. Good track on return. PLEASE BRING A TORCH Distance: 18 km, duration 6-7 hrs, total ascent 850m to max ht. 492m. Start point: Rowardennan car park. Distance from H'burgh: 27miles / 50mins OS Map 56 / Explorer 364, grid ref: NS 359987. 0830 HRS DEPARTURE FROM HELENSBURGH PIER
Sunday 18th January	B	Fairlie Glen and Kaim Hill (at an easy pace) A walk up Fairlie Glen past a 14th Century Tower House and waterfalls onto the open hillside above Fairlie. We ascend to the summit of Kaim Hill where extensive views of Largs, The Cumbraes and Arran may be experienced. A gentle descent from the summit allows us to reach a minor road which is followed for almost a mile before regaining a track which leads back to Fairlie Castle. Terrain: Muddy paths and tracks with some road walking and one mile of steep (160m), rough, pathless hillside. Distance: 11 km, duration 4 hrs, total ascent 490m to max ht. 387m. Start point: Car park and picnic site overlooking the sea off A78 at south end of Fairlie village. Distance from H'burgh: 47miles / 1hr 15mins(Via Kilbirnie) OS Map 63 / Explorer 341, grid ref: NS 207546.
Saturday 24th January	B	Cruach nam Miseag (Lochgoilhead) Forest tracks from Lettermay onto open hillside. Ascend craggy hillside to summit Cruach nam Miseag. Follow ridgeline south west towards Lochan nan Cnàimh and descend to pick up track for return to Lettermay. Terrain: Forest tracks and open hillside. Distance: 11 km, duration 5 hrs, total ascent 685m to max. ht 606m. Start point: Lay-by on right hand side just past entrance to Drimsynie Estate office on Carrick Castle road. Distance from H'burgh: 33miles / 1hr OS Map 56 / Explorer 363, grid ref: NN 188003. 0900 HRS DEPARTURE FROM HELENSBURGH PIER

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Sunday 25th January	C	Erskine Bridge & Circular Walk along shore and Golf Course Cross the bridge (highest point of walk) and proceed towards Erskine and down to the shore. Walk back along the shore around Mar Golf Course and through Erskine Hospital grounds. Terrain: Mixture of tarmac tracks and footpaths along shore and through woods. Paths muddy in places. Distance: 10 km, duration 4 hrs, total ascent 90m to max. ht 45m. Start point: Football pitch, Mount Pleasant, Old Kilpatrick (up to bowling club). Anyone not wishing to walk over the bridge can be met on the other side by arrangement. Distance from H'burgh: 12miles / 35mins OS Map 64 / Explorer 342, grid ref: NS 469728.
Saturday 31st January	C+	Social Event - Coffee, Walk and a Meal Morning tea or coffee at the Village Inn, Arrochar when lunch is chosen, followed by a circular walk around Arrochar and Tarbet. Return to the Inn for a late lunch. Terrain: Forest tracks and open hillside. Distance: 8 km, duration 3 hrs, total ascent 150m to max. ht 100m. Start point: Village Inn car park, Tighness just outside Arrochar. Distance from H'burgh: 17miles via A814 / 30mins OS Map 56 / Explorer 364, grid ref: NN 293034.
Saturday 7th February	B+	The Brack From visitor centre ascend faint steep path through outcrops to east ridge and so to summit. Return by north ridge or Coileasan Glen and forestry road depending on conditions. Terrain: Forestry tracks at low level. Mainly grassy slopes but some outcrops on the steep ascent. Distance: 10 km, duration 6 hrs, total ascent 853m to max. ht 787m. Start point: Ardgartan Visitor Centre. Distance from H'burgh: 25miles / 45mins. OS Map 56 / Explorer 364, grid ref: NN 269037. 0900 HRS DEPARTURE FROM HELENSBURGH PIER
Sunday 8th February	C+	Crianlarich to Inverarnan (one way) A section of the West Highland Way. Terrain: Paths and can be muddy in places. Distance: 11 km, duration 4 hrs, total ascent 150m to max. ht. 250m. Start point: The Drovers Inn car park. A BUS WILL TAKE WALKERS FROM HERE TO THE ACTUAL START. WALKERS INTENDING TO COME ALONG MUST RING OR EMAIL THE LEADER NO LATER THAN THURSDAY 5TH FEB. Distance from H'burgh: 27miles / 45mins. OS Map 50 / Explorer 346, grid ref: NN 318185.
Saturday 14th February	C+	Doughnot Hill Climb along tracks to Lang Craigs and then via Black Linn Reservoir to Doughnot Hill. Terrain: Mainly tracks, some forestry. A short descent over boggy hillside. Distance: 10 km, duration 4 hrs, total ascent 280m to max ht. 374m. Start point: Overtoun House. Distance from H'burgh: 13miles / 30mins. OS Map 64 / Explorer 347 grid ref: NS 424763.
Sunday 15th February	B	Beinn Dubh and Mid Hill (at an easy pace) Circuit of the hills above Glen Striddle with excellent views of Loch Lomond and Arrochar Hills. Ascend north west to Beinn Dubh then to Coire na h-Eanachan. Return south and south east over Mid Hill and descend to Glen Luss road near Glen Molloch Farm. Terrain: Moderate ascents and descents on grassy slopes. Can be wet and peaty underfoot in places. Return on tarmac road down Luss Glen.

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		Distance: 11 km, duration 5 hrs, total ascent 720m to max. ht. 657m. Start point: Luss car park. (no parking charge at this time of year). Distance from H'burgh: 9 miles / 20mins. OS Map 56 / Explorer 364, grid ref: NS 359931.
Sunday 22nd February	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 5 hrs, total ascent 230m to max. ht. 400m. Start point: Kenknock, Glen Lochay. Distance from H'burgh: 55 miles / 1hr 30mins. OS Map 51 / Explorer 378, grid ref: NN 466365.
Saturday 28th February	C	Mugdock Reservoirs A pleasant easy circular walk in the wintertime. Terrain: Paths and tracks. Distance: 11 km, duration 4 hrs, total ascent negligible to max. ht. m. Start point: Mugdock Park Visitor Centre. Distance from H'burgh: 26 miles / 50mins. OS Map 64 / Explorer 342, grid ref: NS 546779.
Sunday 1st March	B+	A Round of Creag Uchdag Two cars start at Ardtalnaig. The walk takes in Tullich Hill, Meall Mòr, Meall nan Oighreag, Creag Uchdag and out at Ardeonaig. Terrain: Open hill. Distance: 15 km, duration 6-7 hrs, total ascent 900m to max. ht 879m. Start point: Ardtalnaig. Distance from H'burgh: 57 miles / 2hrs. OS Map 51 / Explorer 378, grid ref: NN 701393. 0830 HRS DEPARTURE FROM HELENSBURGH PIER
Saturday 7th March	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. Distance from H'burgh: 28 miles / 42mins. OS Map 56 / Explorer 364, grid ref: NN 318184.
Saturday 14th March	B+	The Cobbler Zigzag up forest road and scramble to summit. It will be taken slowly. Terrain: Sheep track; hill track and easy scramble. Distance: 9 km, duration 5-6 hrs, total ascent 890m to max ht. 890m . Start point: Succoth car park Arrochar. £1 payment needed. Distance from H'burgh: 20 miles / 40mins. OS Map 56 / Explorer 364, grid ref: NN 295048.
Sunday 15th March	C	Gryfe Reservoir and Corlick Hill Gently rising slope to start with. Short 10 minute hill climb with easy walk around reservoir. Terrain: Tarmac road, 2km at the start, then forestry road, tracks and short grassy hillside path. Distance: 9 km, duration 4 hrs, total ascent 105m to max ht. 305m . Start point: Car park at cattle grid between Loch Thom and Gryfe Reservoir. Distance from H'burgh: 34 miles / 1hr. OS Map 63 / Explorer 341, grid ref: NS 265722.
Saturday 21st	B	Corrie of Balglass & Earl's Seat from Fintry

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March		Follow old quarry access road via Dunmore Gardens out of Fintry onto hill path alongside the top of Fintry Wood. Follow faint hill paths around the rims of the Corrie of Balglass and Little Corrie. Ascend to Earls Seat and return following fence lines to join the outward route Terrain: Rough hill paths with steep sections. Open straightforward hillside. Distance: 14 km, duration 6 hrs, total ascent 750m to max. ht 578m. Start point: Fintry Sports Club car park near Fintry Bridge. Distance from H'burgh: 26 miles / 50mins. OS Map 57 / Explorer 348, grid ref: NS 615869.
Sunday 29th March	B+	Beinn Reithe and The Saddle Forest track from Lochgoilhead SSE towards Corran Lochan. Leave track after 4km and head ENE up hillside to summit Beinn Reithe. South, south west to summit The Saddle and then west to pick up forest track for return to Lochgoilhead. Terrain: Forest track and pathless, open hillside. Some fairly steep ascents and descents with a few crags to negotiate. Distance: 15 km , duration 6 hrs, total ascent 1035m to max ht. 653m. Start point: Public car park in Lochgoilhead. Distance from H'burgh: 32 miles / 1hr. OS Map 56 / Explorer 363, grid ref: NN 200013.
Saturday 4th April	C+	The Whangie From Carbeth Inn, cross the A809 and follow the path round Auchineden Farm. At the end of the waterworks road continue on a narrow path across rough ground to the Whangie. It is then a short ascent to the trig point on Auchineden Hill. Follow the ridge down to the waterworks road and return to the Inn. Terrain: Muddy paths, rough tracks, open hillside and tarmac. Distance: 11 km, duration 4 hrs, total ascent 220m to max. ht 357m. Start point: Carbeth Inn car park off A809, Stockie Muir Road. Distance from H'burgh: 22 miles / 35 mins. OS Map 64 / Explorer 348 grid ref: NS 524791.
Saturday 11th April	B+	Beinn an Dòthaidh From hotel car park follow path up Coire an Dòthaidh to 744m bealach, then ascending steep slopes north to three summit tops. Return by same route to view the impressive cliffs in the coire under winter conditions. Terrain: Good track to bealach, although boggy and steep at the finish. Path on steep slopes to the summit. Distance: 11 km, duration 6 hrs, total ascent 885m to max. ht 1004m. Start point: Bridge of Orchy Hotel. Distance from H'burgh: 50 miles / 1hr 10 mins. OS Map 50 / Explorer 377 grid ref: NN 297396.
Sunday 12th April	C+	Kilpatrick Hills Circular Circular walk via Jaw Reservoir, Cochno Hill, Greenside Reservoir and up to the Slacks. Returning down the side of Loch Humphrey Burn. Terrain: Mainly tracks and hill path, boggy in places. Distance: 10 km, duration 4 hrs, total ascent 250m to max. ht. 365m. Start point: East entrance of Cochno Estate near Hardgate with parking adjacent to entrance to Edinbarnet Nursing Home. Distance from H'burgh: 15 miles / 30 mins. OS Map 64 / Explorer 342, grid ref: NS 503740.
Saturday 18th April	C+	Strathyre to Callander Linear walk along a section of the National cycle route 7 with bus return. Terrain: Surfaced or rough tracks and paths. Fairly level walk along disused railway track. Distance: 15 km, duration 4 hrs, total ascent 325m to max ht. 150m.

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		Start point: Forestry Commission Scotland car park, Strathyre. REQUIRES A BUS BACK TO THE CAR PARK. WALKERS INTENDING TO COME ALONG MUST RING OR EMAIL THE LEADER NO LATER THAN THURSDAY 16th APRIL. Distance from H'burgh: 45 miles / 1hr 30mins. OS Map 57 / Explorer 365, grid ref: NN 561168.
Sunday 19th April	A	An Caisteal & Beinn a'Chroin A circular walk taking in two Munro summits with spectacular views, weather permitting. Involves a short, but steep scramble to gain the summit plateau on Beinn a'Chroin. Terrain: Short section of track then onto steep open hillside to pick up good ridge path via Sron Gharbh and Twistin Hill to summit of An Caisteal. Steep and rocky descent and minor scramble onto summit of Beinn a'Chroin. Steep hillside descent and boggy walk out in Coire Earb Distance: 14 km, duration 8 hrs, total ascent 1045m to max ht. 995m. Start point: Kielator lay by, east of A82 1½ miles south of Crianlarich. Distance from H'burgh: 33 miles / 50mins. OS Map 50 / Explorer 364, grid ref: NN 369239.
Saturday 25th April	A	Beinn nan Aighenan Cross River Etive and Allt Mheuran to follow west bank of Allt nam Meirleach south to headwaters and bealach at 766m. Continue south easterly losing height then rising to summit Beinn nan Aighenan. Terrain: Short section of track then hill paths, boggy in places. Some boulder sections with rock slabs and stones on the final ascent Distance: 15 km, duration 8 hrs, total ascent 1230m to max ht. 957m. Start point: Junction of Glen Etive road and track leading to houses Coileitir and Glenceitlein. Distance from H'burgh: 67 miles / 2hrs. OS Map 50 / Explorer 384, grid ref: NN 137469. 0800 HRS DEPARTURE FROM HELENSBURGH PIER
Sunday 26th April	C	Fairy Knowe, Doon Hill and Lochan Spling Starting on the cycle path, this is a wander through Loch Ard Forest visiting the above named spots. Terrain: Paths and tracks. Distance: 12 km, duration 4 hrs, total ascent 210m to max ht. 77m. Start point: Woollen Mill Car Park, Aberfoyle. Distance from H'burgh: 27 miles / 45mins. OS Map 57 / Explorer 365, grid ref: NN 522009.
Sunday 3rd May	B At Easy Pace	Beinn á Mhanaich A straightforward climb up The Strone after which there is a slight dip followed by the final steeper ascent to the summit. Good views down the Firth of Clyde and across to Loch Lomond. Terrain: Steep smooth grassy hillside with muddy access and rough grassy terrain higher up. Distance: 10 km, duration 5 hrs, total ascent 520m to max. ht 709m. Start point: Small lay-by near Auchengaich farm on the old Glen Fruin Road. Distance / time from Helensburgh: 3.5 miles / 15 mins OS Map Landranger 56, Explorer 347, Grid ref: NS 274900
Saturday 9th May	C+	Calderglen from Calderglen Country Park From the visitor's centre, follow Calder Glen north along the west side of the Rotten Calder River past a series of waterfalls. Cross the river near the Hamilton Expressway and return to the Country Park via Calderside Road. Terrain: Good undulating paths, muddy in places. Quiet single track road (3.5km). Distance: 13 km, duration 5 hrs, total ascent 350m to max ht. 200m. Start point: Calderglen Country Park main car park off A726, south of East Kilbride (sat nav post code: G75 0QZ).

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		Distance / time from Helensburgh: 37 miles / 1hr OS Map Landranger 64 / Explorer 334, Grid ref: NS 653527.
Sunday 10th May	B+	Lower Ptarmigan Tom Fithich to Creag a' Bhocain and Cailness. Terrain: Open hill. Good track on return leg. Distance: 18 km, duration 7 hrs, total ascent 850 m to max. ht. 492 m. Start point: Rowardennan car park. £3 parking fee. Distance / time from Helensburgh: 27 miles / 50 mins OS Map Landranger 56 / Explorer 364, Grid ref: NS 359987. 0830 HRS DEPARTURE FROM HELENSBURGH PIER for a 50 min drive
Sunday 17th May	C	Glen Ogle Trail Terrain: Mainly paths on a gradual ascent, but boggy in parts. Distance: 11 km, duration 4 hrs, total ascent 300 m to max. ht. 402 m. Start point: Lochearnhead car park opposite the water sports centre. Distance / time from Helensburgh: 60 miles / 1hrs 30mins OS Map Landranger 51 / Explorer 365, Grid ref: NN 593238.
Saturday 23rd May	A	Beinn a' Chaisteil & Beinn nam Fuaran A round of the two Corbetts in Auch Glen. Take estate road to viaduct, then along Glen Coralan to ascend the south west ridge of Beinn a' Chaisteil. Take ridgeline to Beinn nam Fuaran then descend west to regain Auch Glen estate track. Terrain: Initially good estate track then steep trackless ascent on open hillside and ridge. Steep rocky/grass descent with the possibility of a river crossing. Distance: 15 km, duration 8 hrs, total ascent 996 m to max. ht. 886 m. Start point: Roadside parking at entrance to Auch Estate Limited, off A82 north of Tyndrum Distance / time from Helensburgh: 42 miles / 1hr 5 mins OS Map Landranger 50 / Explorer 377, Grid ref: NN 317353.
Saturday 30th May	B	Glen Loin Circular A walk up Glen Loin climbing gently on a track and through woods, returning on a double track through the forest. Terrain: Hill track which could be boggy in places, and forest track. Distance: 18 km, duration 6 hrs, total ascent 800 m to max. ht. 336 m. Start point: First Car park, Arrochar. £1 parking fee. Distance / time from Helensburgh: 20 miles / 35mins OS Map Landranger 56 / Explorer 364, Grid ref: NN 298049.
Saturday 6th June	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 5 hrs, total ascent 230 m to max. ht. 400 m. Start point: Kenknock, Glen Lochay. Distance / time from Helensburgh: 55 miles / 1hr 30 mins OS Map Landranger 51 / Explorer 378, Grid ref: NN 466365.
Sunday 7th June	B+	Ben Ledi from Bochastle A gentle walk alongside the River Teith followed by a steep climb to the summit of Ben Ledi. Return down Stank Glen and the high level, undulating forestry track to Bochastle. Terrain: A mixture of riverside path, old railway track, forest track and hill paths. Distance: 17 km, duration 8 hrs, total ascent 1000m to max. ht. 879m. Start point: Bochastle forestry car park. Turn left off A84 onto A821 at Kilmahog (signed for Aberfoyle). Pass "The Lade" pub on the left and after 0.5 km turn right into car park. Distance / time from Helensburgh: 38 miles / 1 hr OS Map Landranger 57 / Explorer 365, Grid ref: NN 607081.

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		0900 HRS DEPARTURE FROM HELENSBURGH PIER
Saturday 13th June	A	Beinn Fhionnlaidh from Elléric Ascent from Elléric farmhouse in lower Glenure by the long grassy west ridge above Loch Creran. A reasonable path to the half-way lochans giving way to a rocky ridge in the upper part. Descent by the same route. Superb views of the Glencoe hills on the ascent. Terrain: Dry grassy ridge with fairly well defined path, giving way to a rocky ridge with numerous false summits on the upper section. Distance: 14 km, duration 7½ hrs, total ascent 1015 m to max. ht. 959 m. Start point: Car park close to Elléric farmhouse at the head of Loch Creran. Distance / time from Helensburgh: 80 miles / 2 hr 15 mins OS Map Landranger 50 / Explorer 384, Grid ref: NN 036488. 0830 HRS DEPARTURE FROM HELENSBURGH PIER
Sunday 14th June	C+	Loch Ard Forestry Walk From the Aberfoyle Visitor Centre Car Park, cross the River Forth and follow the road part of the way and onto a tarmac track to reach the entrance to the forest track. A gentle walk with views of Loch Ard and then joining a path to views of the Wallace Monument and Stirling Castle. Terrain: Mainly forestry track, paths and roadside paths, can be mucky in places. Distance: 14km, duration 5 hrs, total ascent 120m to max ht. 120m. Start point: Aberfoyle Visitors Centre car park. Distance / time from Helensburgh: 27 miles / 50 mins OS Map Landranger 57 / Explorer 365, Grid ref: NN 520009.
Sunday 21st June	C+	Braeval to Loch Venachar Starting on the Rob Roy Way (RRW), we leave it at the wee lochan “Stank” and wind our way down to Loch Venachar. Follow the shore until we meet RRW and make our way back. Terrain: Mainly forestry track, paths and roadside paths, can be muddy in places. Distance: 17 km, duration 5½ hrs, total ascent 363m to max. ht. 226m. Start point: Braeval car park. Distance / time from Helensburgh: 26 miles / 45 mins OS Map Landranger 57 / Explorer 365, Grid ref: NN 541007.
Saturday 27th June	B+	Ben Donich and East Ridge Follow normal ascent path from the Rest and be Thankful car park. From the summit descend by the east ridge to Bealach Fubh-lic at the head of Coire Odhair. Then descend by a steep path north east into the forest, returning by forest track to the start. Terrain: Good path on ascent, but descent is over rough grass avoiding rock outcrops. Steep path down to the forest track. Distance: 9 km, duration 5 hrs, total ascent 720 m to max. ht. 847 m. Start point: Rest and be Thankful car park. Distance / time from Helensburgh: 21 miles / 35 mins OS Map Landranger 56 / Explorer 364, Grid ref: NN 229074.
Sunday 28th June	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. 298 m. Start point: Overton Road car park. Distance / time from Helensburgh: 29 miles / 50 mins OS Map Landranger 63 / Explorer 341, Grid ref: NS 266748.
Saturday 4th July	C+	Arthurs Seat, Edinburgh From Waverley Station walk along Princes Street, the Royal Mile and past the Scottish Parliament Building. Follow the gradually ascending Queen's Drive and

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		at Dunsapie Loch climb a grassy slope with the option at the top of a minor scramble to the summit of Arthur's Seat. Then a short, fairly steep descent to walk round Salisbury Crags and return to the station. After the walk there will be the option of remaining in Edinburgh for a late lunch at a restaurant. If you wish to do so contact Joyce by Thurs 2nd July. Terrain: Road, grass and rough tracks. Distance: 8 km, duration 4 hrs, total ascent 225 m to max. ht 251 m. Start point: Helensburgh Central. Train leaves 09.10am, arriving Edinburgh 11.13am. Off peak day return £20.30. Distance / time from Helensburgh: 0 miles / 0 mins OS Map Landranger 56 / Explorer 347, Grid ref: NS 297823 0900 HRS DEPARTURE FROM HELENSBURGH CENTRAL STATION
Saturday 11th July	C+	Arrochar / Ardgartan / Cat Craig Loop Climb the zig-zag path to the forestry track. Walk south west to Ardgartan. Follow the Cat Craig loop and return by the same track. Terrain: Paths and Forestry Tracks. Distance: 14 km, duration 5 hrs , total ascent 250m to max. ht. 150 m. Start point: Succoth / Arrochar car park opposite start of zig-zag path. £1 parking fee. Distance / time from Helensburgh: 20 miles / 35mins OS Map Landranger 56 / Explorer 364, grid ref: NN 294049.
Sunday 12th July	B+	A Round of Creag Uchdag Two cars start at Ardtalnaig. The walk takes in Tullich Hill, Meall Mòr, Meall nan Oighreag, Creag Uchdag and out at Ardeonaig. Terrain: Open hill. Distance: 15 km, duration 7 hrs, total ascent 900m to max ht. 879m. Start point: Ardtalnaig. Distance / time from Helensburgh: 57 miles / 2hrs OS Map Landranger 51 / Explorer 378, Grid ref: NN 701393. 0830 HRS DEPARTURE FROM HELENSBURGH PIER
Saturday 18th July	C+	Greenock to Wemyss Bay From Overton Road in Greenock, join the Greenock Cut. At Cornalees Visitors Centre start the Kelly Cut and, at its end, continue through Kelly Glen to Wemyss Bay. Return by train to Drumfrochar Station, Greenock, fare £3.10. Terrain: Good tracks, muddy paths and tarmac - Cuts are virtually flat. Distance: 16 km, duration 6 hrs, total ascent 100m to max ht. 175m. Start point: Overton Road car park Distance / time from Helensburgh: 29 miles / 50 mins OS Map Landranger 63 / Explorer 341, Grid ref: NS 266748.
Sunday 19th July	A	Beinn a' Bheithir From Forestry car park just south of Ballachulish follow rising tracks steeply up grass slopes to col between the two main summits. Climb one or both as time and weather permits, and return from the ridge by the same route. Dramatic views of Glencoe and the western seaboard. Terrain: Mainly walking on faint paths through forestry and steep grass slopes. Distance: 16 km, duration 7 hrs, total ascent 1200m to max ht. 1024m. Start point: Glean a' Chaolais car park. Distance / time from Helensburgh: 60 miles / 1hr 30 mins OS Map Landranger 41 / Explorer 384, Grid ref: NN 047588. 0830 HRS DEPARTURE FROM HELENSBURGH PIER
Saturday 25th July	C+	Inveraray - Dùn na Cuaiche Tower & Forest Circuit Follow the estate road past Inveraray Castle and take the forest track up to Dun na Cuaiche Tower. Descend by the same route and then head north along the River Aray to Carloonan Bridge. Return by forest roads past the fish pond. Terrain: Undulating woodland paths and forestry tracks. Long climb up decent forest track to the tower.

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		Distance: 15 km, duration 6 hrs, total ascent 450m to max. ht. 260m. Start point: Car park on right hand side of A83 as you head south out of Inveraray. Distance / time from Helensburgh: 41 miles / 1hr OS Map Landranger 56 / Explorer 363, Grid ref: NN 093083.
Sunday 26th July	A	Ben Oss from Glen Falloch A long, but rewarding walk following the Allt Fionn Ghlinne from Glen Falloch to its source at Loch Oss followed by an ascent to the summit of Ben Oss. Return via the south ridge to pick up the hydro-track at the head of Gleann nan Caorann. Terrain: Initially on good track before steady grass & heather ascent to Loch Oss. Steeper, rocky slopes to Ben Oss. Descend heather & grass ridge followed by walk-out on very good hydro-track. Distance: 21 km, duration 9 hrs, total ascent 1100m to max ht. 1029m. Start point: Parking area at entrance to hydro track. Distance / time from Helensburgh: 29 miles / 45 mins OS Map Landranger 50 / 56 / Explorer 364, Grid ref: NN 320199.
Saturday 1st August	C+	Ardgartan to Lochgoilhead On forest roads, a long gradual ascent through Glen Croe is followed by a long gradual descent through Gleann Mor. Continue to Lochgoilhead on forest roads and tracks. Return to Ardgartan by public bus at 16.08. Bus fare required. Terrain: Forest roads and tracks. Distance: 15 km, duration 5 hrs, total ascent 520m to max. ht. 300m. Start point: Ardgartan Forest Walks Car Park. Distance / time from Helensburgh: 22 miles / 40 mins OS Map Landranger 56 / Explorer 364, Grid ref: NN 268037. 0900 HRS DEPARTURE FROM HELENSBURGH PIER
Sunday 2nd August	B+	The Cobbler Zig-zag up forest road and scramble to summit. Will be taken slowly. Terrain: Sheep track; hill track and easy scramble. Distance: 9km, duration 5½ hrs, total ascent 890m to max. ht 890m. Start point: Succoth / Arrochar car park opposite start of zig-zag path. £1 parking fee. Distance / time from Helensburgh: 20 miles / 35 mins OS Map Landranger 56 / Explorer 364, Grid ref: NN 294049.
Sunday 9th August	B+	Cnoc Coinnich and the Steeple Ascend the Steeple from Lochgoilhead and then east across open hillside to the summit of Cnoc Coinnich. Descend north west to pick up Cowal Way for return to Lochgoilhead. Terrain: Hill paths, open hills and forest track. Includes a section of the Cowal Way. Distance: 10 km, duration 5 hrs, total ascent 800m to max ht. 761m. Start point: Lochgoilhead public car park. Distance / time from Helensburgh: 32 miles / 1hr OS Map Landranger 56 / Explorer 363, Grid ref: NN 200013.
Sunday 16th August	C+	Loch Ard Forest Circular Walk provides views of the Trossachs and the River Forth valley. Terrain: Mainly on forest tracks with the final section on a minor tarmac road. Distance: 14 km, duration 5 hrs, total ascent 200m to max. ht. 300m. Start point: Forest car park at Drymen Road cottage on east side of single track road connecting Drymen to Gartmore. Distance / time from Helensburgh: 21 miles / 40 mins OS Map Landranger 57 / Explorer 365, Grid ref: NS 507936.
Saturday 22nd August	B	Sauchie Crags 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.

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Date	Grade	Title and Description
		Terrain: Road, forest tracks, path, some high points. Distance: 18 km, duration 7 hrs, total ascent 500m to max. ht. 266m. Start point: Bannockburn Heritage Centre car park. Distance / time from Helensburgh: 40 miles / 1hr 15mins OS Map Landranger 57 / Explorer 348/366, Grid ref: NS 796904.
Sunday 30th August	C+	Kinlochard Walk Walk through mostly open forest with good views Terrain: Tracks. Distance: 17 km, duration 6 hrs, total ascent 200 to max. ht. 140m. Start point: Small car park off B829 just past Forest Hills Hotel, Kinlochard village. Distance / time from Helensburgh: 31 miles / 50 mins OS Map Landranger 57 / Explorer 365, Grid ref: NN 447021.
Saturday 5th September	C+	Dunblane to Stirling - The Historical Highlights We commence at Dunblane Cathedral, follow the Darn Road (a Roman path) and visit Robert Louis Stevenson's cave on the banks of Allan Water. We then follow the copper mine path above Bridge of Allan, cross Stirling University campus and climb up to the Wallace Monument. We descend to join the banks of the River Forth and visit Cambuskenneth Abbey before finishing at Stirling Railway Station. Return to Dunblane by train - £3.40 full fare. Terrain: Mainly country paths (rough and muddy in places) with short sections on footpaths or quiet single track roads. Distance: 16 km, duration 6 hrs, total ascent 400m to max. ht 180m. Start point: Car park on the north side of Dunblane Cathedral. Distance / Time from Helensburgh 43 miles / 1hr. OS Map Landranger 57, Explorer 366, Grid ref: NN 781014
Sunday 6th September	A	Ben Lomond via Ptarmigan Ridge Follow track to Ardess then hill path over Ptarmigan towards Ben Lomond - steep, rocky final section to summit. Return to Rowardennan via 'tourist' route. Terrain: Good hill paths with some steep, rocky sections before summit. Distance: 12 km, duration 6½ hours. Total ascent 1060m to max. ht. 974m. Start point: Rowardennan Car Park. £3 charge. Distance / Time from Helensburgh 27 miles / 45mins. OS Map Landranger 56 / Explorer 364 / OL39, Grid ref: NS 359986.
Saturday 12th September	C+	Gargunnock Circular A walk along the back of Gargunnock village. Good views. The walk will be taken at a leisurely pace to enjoy some of the history along the way. Terrain: A little road, tracks and open hillside. Muddy in places. Distance: 10 km, duration 5 hrs, total ascent 200m to max ht. 190m. Start point: Car park at the back of Gargunnock Inn. Distance / Time from Helensburgh 33 miles / 55mins. OS Map Landranger 57 / Explorer 348, 366 Grid ref: NS 705944.
Sunday 13th September	A	Sgorr nam Fiannaidh (with the option to continue to Stob Coire Léith if desired) An ascent of the northern Munro on the Aonach Eagach from the Bridge of Coe forest car park, initially taking the same ascent path as for the Pap of Glencoe before branching off south east to the head of Coire an Lochain then onto the summit plateau. Return by reverse route Terrain: Steep hill paths over heather and finally rock and loose scree. No scrambling. Distance: 8½ km, duration 6 hrs, total ascent 978m to max ht. 967m. Start point: Bridge of Coe Forest Car Park. Distance / Time from Helensburgh 66 miles / 1hr 30mins. OS Map Landranger 41 / Explorer 384, Grid ref: NN 107587. 0900 HRS DEPARTURE FROM HELENSBURGH PIER
Saturday	B+	Beinn an Lochain

2015 Programme

Date	Grade	Title and Description
19th September		Ascend by the north-east ridge, which is steep and narrow in places, and return by the same route to the north of Loch Restil. Terrain: Very narrow, steep, rocky mountain path requiring clambering. Unsuitable in very windy or icy conditions as it is very exposed with long drops! Distance: 6 km, duration 6 hrs, total ascent 660m to max ht. 901m. Start point: Roadside lay-by on A83 north of Loch Restil in Glen Kinglas. Distance / Time from Helensburgh 25 miles / 1hr. OS Map Landranger 56 / Explorer 364 / OL39, Grid ref: NN 234088.
Sunday 20th September	C+	Alloa Tower, Clackmannan Tower and Gartmorn Dam Circuit After passing Alloa Tower, follow track across the Forth wetlands to Clackmannan Tower on King's Seat Hill. Then to Clackmannan Tolbooth, the Mannan Stone and along Clackmannan village main street. Follow paths to Gartmorn Dam Nature Reserve and return along Brothie Burn path. Terrain: Mostly country paths, rough and muddy in a few places. 1km through urban area at the end to return to the cars. Distance: 15 km, duration 5½ hrs, total ascent 200m to max ht. 70m. Start point: Car Park at the end of Earn Court off Devon Road, immediately east of Alloa Tower. Distance / Time from Helensburgh 46 miles / 1hr 15mins. OS Map Landranger 58 / Explorer 366, Grid ref: NS 890925.
Sunday 27th September	B+	Beinn nan Imirean From Auchessan follow path up the Allt Essan and then continuing north west on a track to the summit. Returning by the same route. Terrain: Grassy slopes with some boggy sections. Good path for the first half of the walk and trackless thereafter through grass and heather. Distance: 10 km, duration 5 hrs, total ascent 728m to max ht. 849m. Start point: Park at roadside just on Auchessan turnoff in Glen Dochart. Distance / Time from Helensburgh 40 miles / 1hr. OS Map Landranger 51 / Explorer 365 / OL46, Grid ref: NN 447275.
Saturday 3rd October	B	Forth & Clyde/Union Canals - Falkirk to Auchinstarry Marina First a 2km walk to Croy Station. Train fare £5 to Falkirk High Station. From there take the Union Canal towpath to the Falkirk Wheel and join the Forth & Clyde Canal towpath to return to Auchinstarry Marina. If, after the walk, you would like to have a meal in the Boathouse Restaurant Auchinstarry, let Joyce know by Thursday, 1st October. Terrain: Pavement and flat towpaths. Distance: 18 km, duration 6 hrs, total ascent 60m to max. ht 75m. Start point: Car park next to Auchinstarry Marina access road off the B802. Distance / Time from Helensburgh 36 miles / 1hr 15mins. OS Map Landranger 64 / Explorer 348 & 349, Grid ref: NS 721767. 0900 HRS DEPARTURE FROM HELENSBURGH PIER
Fri/Sun 9th/11th October		Members' Away Weekend at Blair Atholl
Sunday 18th October	A	Meall Dearg (Aonach Eagach) An ascent of Meall Dearg (Aonach Eagach) from Loch Leven via Gleann a'Chaolais and the north east ridge, avoiding the main Aonach Eagach Ridge, views of which abound enroute and from the summit. Return by reverse route. Terrain: Rough hillside leading to rocky ridge. Distance: 9 km, duration 6 hrs, total ascent 1030 m to max. ht 953 m. Start point: Roadside parking at Caolasnacon by the bridge over the Allt Gleann a'Chaolais on the B863 Kinlochleven road. Distance / Time from Helensburgh 72 miles / 1hr 40mins. OS Map Landranger 41 / Explorer 384, Grid ref: NN 142607. 0900 HRS DEPARTURE FROM HELENSBURGH PIER
Saturday	B+	Beinn Luibhean (Hill of the little plant)

2015 Programme

Date	Grade	Title and Description
24th October		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 690 m to max. ht. 857 m. Start point: Lay-by on right of A83 road, just beyond road bridge half way up Glen Croe. Distance / Time from Helensburgh 23 miles / 35mins OS Map Landranger 56 / Explorer 364 / OL39 Grid ref: NN 242063.
Sunday 25th October	C+	Milngavie to Arlehaven From Milngavie walk through Allander Park on the West Highland Way continuing on it to Arlehaven. Return via Blair's Hill, the Boards, Craigallian, Mugdock Wood and the WHW. Terrain: Paths and tracks with a short section of rough ground. Distance: 15 km, duration 5 hrs, total ascent 240 m to max. ht 170 m. Start point: Car park in Milngavie just under bridge on Mugdock Road. Distance / Time from Helensburgh 20 miles / 40mins. OS Map Landranger 64 / Explorer 342 Grid ref: NS 552746.
Saturday 31st October	C+	A Circular walk to Glen Fruin A pleasant walk into Glen Fruin, coming round and over the hill to join the Highlandman's Way. Terrain: Some road, tracks and open hillside. Could be muddy. Distance: 9 km, duration 3 hrs, total ascent 150 m to max. ht. 200 m. Start point: Park at the end of the road past the Council depot. Distance / Time from Helensburgh 2 miles / 5mins . OS Map Landranger 56 / Explorer 347 / OL38 Grid ref: NS 311839.
Sunday 1st November	A	Beinn a Chrùlaiste Two cars are required. Ascend Stob Beinn à Chrùlaiste (639m) and onward to Beinn a Chrùlaiste summit (857m). Then head round corrie to Meall Bhalach at 708m and 705m. Descend to the Kings House Hotel. Terrain: Open hill. Distance: 10 km, duration 6 hrs, total ascent 1000 m to max. ht 857 m. Start point: Altnàfeadh. Distance / Time from Helensburgh 60 miles / 1hr 30mins. OS Map Landranger 41 / Explorer 384, Grid ref: NN 220563 0800 HRS DEPARTURE FROM HELENSBURGH PIER
Saturday 7th November	B+	Binnein an Fhìdhleir (Glen Kinglas) From car park at Butterbridge north up steep slope through outcrops to 817 summit. West over Creag Bhrosgan and main top 811m. Follow grassy west ridge right down to road or contour south east down steep grass to rejoin the Kinglas road. This may be 1 or 2 car walk depending on the day. Terrain: Steep grass with occasional rock outcrops. Distance: 10 km, duration 6 hrs, total ascent 830m to max. ht. 817m. Start point: Butterbridge Car Park. Distance / Time from Helensburgh 30 miles / 45mins. OS Map Landranger 56 / Explorer 364 / OL39, Grid ref: NN 234096.
Sunday 8th November	C+	Cnáp Mòr Join the West Highland Way at Beinglas. Leave the path after the forest and before Dubh Lochan for a short climb up Cnáp Mòr. Follow the ridge to the loch side and join the West Highland Way at Ardeish for the return to Beinglas. Terrain: Path, rough hillside and open ground. Distance: 10km, duration 5 hrs, total ascent 320m to max ht. 164m. Start point: The Drovers Inn car park, Inverarnan. Distance / Time from Helensburgh 28 miles / 45mins. OS Map Landranger 50 & 56 / Explorer 364 / OL39, Grid ref: NN 318184.
Saturday 14th	B	Beinn á Mhanaich (at an easy pace)

2015 Programme

Date	Grade	Title and Description
November		A straightforward climb up The Strone after which there is a slight dip followed by the final steeper ascent to the summit. Good views down the Firth of Clyde and across to Loch Lomond. Terrain: Steep smooth grassy hillside with muddy access and rough grassy terrain higher up. Distance: 10 km, duration 5 hrs, total ascent 520 m to max ht. 709 m. Start point: Small lay-by near Auchengaich farm on the old Glen Fruin Road. Distance / Time from Helensburgh: - 4 miles / 15mins. OS Map Landranger 56 / Explorer 347 / OL38, Grid ref: NS 274900.
Sunday 15th November	C	Rosneath Peninsular Ridge Walk Linear walk from Peaton Hill to Kilcreggan. The route will include a circular walk in the Peaton Hill Community Nature Reserve. Fine views over Loch Long, Gare Loch and Firth of Clyde. Terrain: 1km tarmac road, then forest track. Distance: 11 km, duration 4 hrs , total ascent 220m to max. ht. 200m. Start point: Car Park Kilcreggan Pier. 10:30 bus to Ardpeaton. Bus fare required. Distance / Time from Helensburgh 16 miles / 35mins. OS Map Landranger 63 / Explorer 347 / OL38, Grid ref: NS 241804.
Saturday 21st November	C+	Lime Craig Circuit A short circular walk including waterfalls and great views. Terrain: Mainly forest tracks with some steep sections. Distance: 10 km, duration 4 hrs, total ascent 320m to max ht. 305m. Start point: Braeval car park, 1km east of the Rob Roy Hotel. Distance / Time from Helensburgh 30 miles / 55mins. OS Map Landranger 57 / Explorer 365 / OL46, Grid ref: NN 541006.
Sunday 22nd November	B	Sron á Chlachain (at an easy pace) Follow the path behind the village hall to Fingal's Stone. From there it is a steep steady climb to the summit of the hill and great views of Loch Tay. Cross a short stretch of rough ground to reach the path down into Glen Lochay and Moirlanich Longhouse. On the return pass Finlarig Castle and the head of Loch Tay. Terrain: Hill tracks, wet and muddy grassy paths and tarmac. Distance: 11 km, duration 5 hrs, total ascent 400m to max ht. 521m. Start point: McLaren Hall car park, Killin. Distance / Time from Helensburgh 49 miles / 1hr 10mins. OS Map Landranger 51 / Explorer 378 / OL48, Grid ref: NN 573331.
Saturday 28th November	B+	Stob na Boine Druim-fhinn, Lochgoilhead Estate track from Lettermay to Corrow then north west up steep, open hillside to 475pt and on to summit Stob na Boine. Descend south west to B29 crash site. Return east then south east back to start. Terrain: Some good estate tracks but mostly grassy, trackless hillside - steep in places. Distance: 9½ km, duration 5 hrs, total ascent 710m to max ht. 658m. Start point: Lay-by on right hand side of Carrick Castle road immediately after crash barriers just beyond Drimsynie Estates Office. Distance / Time from Helensburgh 33 miles / 1hr. OS Map Landranger 56 / Explorer 363 / OL37, Grid ref: NN 188004. 0900 HRS DEPARTURE FROM HELENSBURGH PIER
Sunday 29th November	C	Drymen Circular Follow the West Highland Way through Garadhban Forest, then quiet road to Milton of Buchanan, returning to Drymen by the golf course. Terrain: Minor roads, West Highland Way and Forest tracks. Distance: 12 km, duration 4 hrs, total ascent 100m to max ht. 150m. Start point: Stirling Road car park in Drymen. Distance / Time from Helensburgh 16 miles / 30mins.

2015 Programme

Date	Grade	Title and Description
		OS Map Landranger 57 / Explorer 347 / OL38, Grid ref: NS 475887.
Sunday 6th December	C+	Ben Gullipen and Beinn Dearg A short walk along forest tracks and open hillside north east of the Menteith Hills. Extensive views of Ben Ledi, Lochs Venachar, Rusky and Achray can be obtained for relatively little effort. Terrain: Forest tracks with an optional 2½ km of indistinct hillside path. Distance: 11 km, duration 4 hrs, total ascent 500m to max. ht. 427m. Start point: Parking area on north side of A81 seven miles beyond junction with A821 near Aberfoyle. Distance / Time from Helensburgh 32 miles / 55mins. OS Map Landranger 57 / Explorer 365 / OL46, Grid ref: NN 619049.
Saturday 12th December	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 490m to max. ht. 505m. Start point: The Drovers Inn car park, Inverarnan. Distance / Time from Helensburgh 28 miles / 45mins. OS Map Landranger 50 & 56 / Explorer 364 / OL39, Grid ref: NN 318184.
Saturday 19th December	C+	Killearn, Endrick Water & Killearn Glen Circuit From Killearn, follow quiet lanes and tree lined country paths to Endrick Bridge. Then take the riverside path for about 2 km before crossing fields and joining lanes to Gartness. Head south along the West Highland Way and return to Killearn through Killearn Glen. Terrain: Quiet lanes, rough country paths, farm tracks and grass fields, with the possibility of a few boggy patches . Distance: 15 km, duration 5½ hrs, total ascent 200 m to max. ht. 100 m. Start point: Killearn village car park at the junction of the B834 with the A875. Distance / Time from Helensburgh 20 miles / 35mins. OS Map Landranger 57 / Explorer 348, Grid ref: NS 523862.
Sunday 27th December	C+	Erskine Bridge & circular walk along shore / golf course Bridge walk (maximum height). Walk towards Erskine down to the shore. Then, walk back along the shore around Mar golf course and through Erskine Hospital grounds. Terrain: Mixture of tarmac tracks and footpaths along shore and through woods. Paths muddy in places. Distance: 15 km, duration 5 hrs, total ascent 200m to max ht. Erskine Bridge. Start point: Football pitch, off Mount Pleasant Drive, Old Kilpatrick (up to Bowling Club). Anyone not wishing to walk over the bridge can be met on the other side by prior arrangement with Leader. Distance / Time from Helensburgh 12 miles / 35mins. OS Map Landranger 64 / Explorer 342, Grid ref: NS 469728.