

2017 Programme

Date	Grade	Title and Description
Saturday 7th January	B	Overton Muir and Carman Hill Circuit This walk offers great views across the Clyde and Loch Lomond with a visit to the site of an ancient hill fort. From Balloch, cross the A82 on the footbridge and follow Stonymollan Lane and path to the cross stone on Stonymollan Muir. Then head south over Overton Muir to Carman Hill. From there, descend to the River Leven and follow the riverside path back to Balloch. Terrain: Hilly but no difficult ascents or descents. It follows a tarmac lane and good country path up to the cross stone. Then rough hill paths with boggy sections across Overton Muir and Carman Hill and gravel and tarmac paths along the riverside. Distance: 15 km, duration 5½ hrs, total ascent 440m to max. ht 304m. Start point: Visitors Centre & Sweeney's boatyard car park, Balloch. Distance / time from Helensburgh: 9 miles / 20mins OS Map 63 / Explorer 347/OL38, Grid ref: NS 390820.
Sunday 15th January	C+	Ardgowan and Leapmoor From Lunderston Bay car park, we walk along the coast and then on woodland paths and hill tracks. The walk goes along the coast, through Ardgowan Woods, up through Leapmoor Forest, back to Inverkip, past the marina and finally back along the coast to the car park. It includes a longish but gentle hill. Terrain: Paths and tracks some of which may (will) be muddy. A small amount of walking along minor roads. Distance: 15 km, duration 5 hrs, total ascent 300 m to max. ht. 200 m. Start point: Lunderston Bay car park on A770 (opposite Cardwell Garden Centre) 1.2 miles north of junction with A78. Distance / time from Helensburgh: 37miles / 1hr 10mins. OS Map 63 / Explorer 341, Grid ref: NS 204746.
Saturday 21st January	C	Strathclyde Area AGM followed by walk along Helensburgh Upper Way & Duchess Woods The walk offers excellent views over the Clyde estuary and scenic woodland paths. From the church, walk up Colquhoun Street to the Hill House and then follow the Helensburgh Upper Way north west before descending through Duchess Woods and returning to the church along Helensburgh promenade. Terrain: Long gradual hills, but no steep sections. Underfoot, the walk is a mixture of paved paths / roads and good but sometimes muddy country paths. Distance: 9 km, duration 3 hrs, total ascent 200m to max ht. 120m. Start point: Helensburgh Parish Church Hall, Colquhoun Street, Helensburgh. The walk will start after the Area AGM, estimated 13:00. Distance / time from Helensburgh: 0miles / 0mins OS Map 56 / Explorer 347/OL38, Grid ref: NS 295824.
Sunday 22nd January	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 to Cochno estate near Hardgate with parking adjacent to entrance to Edinbarnet Nursing Home. Distance / time from Helensburgh: 15miles / 30mins OS Map 64 / Explorer 342, 347/OL38, Grid ref: NS 503740.

2017 Programme

Date	Grade	Title and Description
Saturday 28th January	C+	Bowling to Balloch A pretty flat, level walk along the cycle path with views over the River Clyde and Dumbarton Castle and the River Leven. Terrain: Mostly cycle path and some footpath. Distance: 15 km, duration 5 hrs, total ascent negligible to max. ht 10m. Start point: Visitors Centre & Sweeney's boatyard car park, Balloch. This walk requires a train fare from Balloch to Bowling station where the walking starts. Distance / time from Helensburgh: 9miles / 20mins OS Map 63 / Explorer 347 / OL38, Grid ref: NS 390820.
Sunday 5th February	C+/B	Craigmore, Aberfoyle Slow climb from Aberfoyle to the Lodge. Then follow paths in Achray Forest and cross the A821 to Craigmore. Walk around Craigmore (option to climb to the summit 387m), recross the A821 and follow paths through the forest to join the Rob Roy Way and return to Aberfoyle. Terrain: Tarmac, paths and tracks with a few short, steep ascents and descents and some mud. Distance: 10 (12) km, duration 4 (5) hrs, total ascent 350 (507)m to max. ht 230 (387)m. Start point: Aberfoyle Visitors Car Park. Distance / time from Helensburgh: 27 miles / 45 mins. OS Map 57 / Explorer 365/OL46, Grid ref: NN 522009.
Saturday 11th February	C+	The Knock, with coffee and meal at Nardini's Before starting the walk, we will have a coffee at Nardini's. The walk offers tremendous views to Bute, Arran and distant hills, with a visit to the site of a hill top fort. The route follows the side of Noddsdale Water, passes Brisbane Mains Farm before ascending the Knock. It descends to the west onto the lane back into Largs. Terrain: The ascents and descents are quite long but gradual. There is about 4 km of paved surfaces on paths and lanes. The farm track and hill paths are very muddy with a few boggy sections. Distance: 12 km, duration 4 hrs, total ascent 250m to max. ht. 217m. Start point: Largs promenade car park, 200m north of ferry terminal. A parking charge is payable. Please advise David Clark by Thursday, 9th February, if you wish to stay for a meal in Nardini's after the walk. Distance / time from Helensburgh: 45 miles / 1 hr 10 mins. OS Map 63 / Explorer 341, Grid ref: NS 202596.
Sunday 12th February	B	Beinn Dubh & Mid Hill Circuit of the hills above Glen Striddle with excellent views of Loch Lomond and the Arrochar hills. Ascend north west to Beinn Dubh, then to Coire na h-Eanachan and 655m spot height. 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 Glen Luss. Distance: 12 km, duration 5½ hrs, total ascent 720m to max ht. 655m. Start point: Luss car park. Parking fee required, £1.00 per hour. Distance / time from Helensburgh: 9 miles / 20 mins. OS Map 56 / Explorer 347/OL38, 364/OL39 Grid ref: NS 359931.

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Date	Grade	Title and Description
Saturday 18th 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 / time from Helensburgh: 25 miles / 45 mins. OS Map 56 / Explorer 364/OL39, Grid ref: NN 269037. 0900 HRS DEPARTURE FROM HELENSBURGH PIER
Saturday 25th February	B+	Beinn Eich and Doune Hill A steady climb up the spine of the hill. Return by the outward route. Terrain: Grassy hillside. Peat hags. Rough moorland. Some ridge tracks. Distance: 13 km, duration 6 hrs, total ascent 950m to max. ht. 757m. Start point: Glen Molloch Farm at head of Glen Luss. Limited parking at the side of the passing place near farm gate. Distance / time from Helensburgh: 13 miles / 30 mins. OS Map 56 / Explorer 347/OL38, 364/OL39 Grid ref: NS 330942.
Sunday 26th February	C	Glen Fyne A linear walk in Glen Fyne along 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, duration 4 hrs, total ascent 100m to max. ht. 100m. Start point: Car Park at entrance to Glen Fyne, just off A83. Distance / time from Helensburgh: 35 miles / 60 mins. OS Map 50/56 / Explorer 363/OL37, 364/OL39, Grid ref: NN 193127.
Saturday 4th March	C+	Three Trossachs' Lochs Take the track north to Loch Achray. Head east. Then head south to Loch Drunkie and the view point. Return by a slightly different forest track. Terrain: Mainly forest tracks. A slightly rougher track on the ascent / descent to Pine Ridge view point. Distance: 14 km, duration 5 hrs, total ascent 110m to max ht. 210m. Start point: A forest car park just before a bridge on the north end of Dukes Pass. Distance / Time from Helensburgh: 34 miles / 1hr. OS Map Landranger 57 / Explorer 365 / OL46, Grid ref: NN 514054.
Sunday 12th March	C+	Salloch Trail Walk through woods on paths and forest tracks with superb views over Loch Lomond. Steep path coming down. Terrain: Tracks, forest paths, muddy in places. Distance: 8 km, duration 4 hrs, total ascent 200 m to max. ht. 170 m. Start point: FCS car park at Salloch (£3). Distance / Time from Helensburgh: 24 miles / 45 mins. OS Map 56 / Explorer 364 / OL39, Grid ref: NS 380957.
Saturday 18th March	C+	The Kelpies and Falkirk Wheel A walk along the Forth and Clyde Canal from the Helix Park (home of the Kelpies) to the Falkirk Wheel. Return via the Union Canal and Callendar Park to the Helix Park. Terrain: Hard surfaced paths throughout. Distance: 18 km, duration 5½ hrs, total ascent 150m to max ht. 85m . Start point: The Kelpies main car park in the north of Helix Park. Parking charge £2. Distance / Time from Helensburgh: 52 miles / 1 hr 15 mins. OS Map 65 / Explorer 349, Grid ref: NS 908818.

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Date	Grade	Title and Description
Saturday 25th March	B+	Beinn Chuirn From the car park at Dalrigh (Tyndrum) follow track to beyond Cononish and ascend by the south west ridge, returning via the gold mine but avoiding the steep descent slopes. Terrain: Good track at first, rough moorland thereafter. Distance: 15 km, duration 6½ hrs, total ascent 770m to max ht. 880m . Start point: Dalrigh Car Park. Distance / Time from Helensburgh: 40 miles / 1 hr 15 mins. OS Map 50 / Explorer 377, 364 / OL39, Grid ref: NN 344292. 0830 HRS DEPARTURE FROM HELENSBURGH PIER
Sunday 2nd April	C+	Puck's Glen Circular forest walk including a scenic wander through "magical" Puck's Glen. Terrain: Road, paths and tracks, some short steep sections. Distance: 11 km, duration 5 hrs, total ascent 400m to max. ht 245m. Start point: Benmore Garden car park. Distance / Time from Helensburgh: 50 miles / 1 hr 15 mins. OS Map 56 / Explorer 363 Grid ref: NS 143855.
Saturday 8th April	B	Glen Loin Circuit 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 400m to max. ht 300m. Start point: First car park, Arrochar. £1 parking fee. Distance / Time from Helensburgh: 20 miles / 35 mins. OS Map 56 / Explorer 364/OL39 Grid ref: NN 298049.
Sunday 9th April	C+	Loch Avich A loop over moorland, along the south-east shore of Loch Avich with an optional detour to waterfalls. Terrain: Easy, good firm paths and track. One river to cross. Distance: 11 km, duration 4 hrs, total ascent 183m to max. ht. 170m. Start point: Car park at Barnaline, opposite the lodge. Distance / Time from Helensburgh: 75 miles / 2 hrs. OS Map 55 / Explorer 360, Grid ref: NM 970139.
Sunday 16th April	B	Beinn an t-Sidhein & Glen Buckie This walk is at the top end of Grade B. It offers fantastic views. Ascend steep forest paths and rough hill path to An Sidhein. Follow rough path through heather to Beinn an t-Sidhein. Descend very steep pathless grassy hillside into Glen Buckie and return to Strathyre along quiet scenic single track road (7km). Terrain: Steep forest paths. Rough hill paths, boggy in places. Very steep grassy pathless descent. About 7 km of undulating tarmac road. Distance: 15 km, duration 6 hrs, total ascent 650m to max ht. 572m. Start point: Car park behind Strathyre Post Office. Distance / Time from Helensburgh: 45 miles / 1hr 20 mins. OS Map 57 / Explorer 365/OL46, Grid ref: NN 560171.
Saturday 22nd April	C+	Glen Shira Follow the tarmac road by the River Shira part way up the glen. Cross the river by the bridge and follow the track to Drimlee. Return by the same track to the bridge. Then take a rough track back to the start. Mainly flat. Terrain: Tarmac road and stoney 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 / Time from Helensburgh: 30 miles / 50mins. OS Map 50, 56 / Explorer 363/OL37, 364/OL39 Grid ref: NN 112103.

2017 Programme

Date	Grade	Title and Description
Sunday 23rd April	B+	Corlarach Loop, Dunoon Very strenuous undulating walk taken through the forestry with views over Cumbria, Bute and Rothesay. Terrain: Mostly rough forestry track and some footpath. Can be wet and boggy in places. Although this is not a big climbing walk, I must emphasise it is very strenuous. Distance: 26 km, duration 8 hrs, total ascent not much, to max ht. 34m. Start point: Public car park just past West Bay, Dunoon, at the front opposite the park and public toilets. Distance / Time from Helensburgh: 60 miles / 1 hr 40 mins. OS Map 63 / Explorer 363/OL37, Grid ref: NS 167759.
Sunday 30th April	A	Stop á Choin Up Stob á Choin and off by Bealach Coire an Laoigh. Terrain: Open hill. Distance: 9 km, duration 7 hrs, total ascent 900m to max ht. 869m. Start point: Car park in Inverlochlarig at end of Balquhiddel road. Distance / Time from Helensburgh: 58 miles / 1hr 45mins. OS Map 57 / Explorer 365/OL46, Grid ref: NN 445184. 0830 HRS DEPARTURE FROM HELENSBURGH PIER
Saturday 6th May	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 mucky in places. Distance: 16 km, duration 5 hrs, total ascent 380m to max. ht 230m. Start point: Braeval Car Park. Distance / time from Helensburgh: 26 miles / 45 mins OS Map Landranger 57, Explorer 365 / OL46, Grid ref: NN 541007
Sunday 14th May	B	Dumfoyn from Killearn Follow the pipeline path south out of Killearn for about 1km. Then turn east and follow a farm track uphill. That track winds south passing to the east of Dumgoyne and eventually reaches Dumfoyn summit. Descend steep pathless grassy hillside onto the rough hill path below Dumgoyne and follow steep rough paths to Dumgoyne Distillery. Return to Killearn by the West Highland Way and Killearn Glen. Terrain: A long, continuous, generally gentle ascent up Dumfoyn on farm tracks and rough hill paths, muddy in places. Short section of steep grassy pathless hillside between Dumfoyn & Dumgoyne. Very steep rocky hill path down Dumgoyne. Distance: 15 km, duration 6 hrs, total ascent 650m to max ht. 426m. 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.
Saturday 20th May	A	Beinn Eunaich & Beinn a' Chochuill From parking at Allt Mhoille follow road to Castles Farm then rising path to col between summits. Head west to Beinn a' Chochuill summit, then east back along ridge to Beinn Eunaich summit. Descend by the south ridge and steeply down to join the original path. Terrain: Track and grassy slopes on ascent with a steep final descent to the path. Distance: 13½ km, duration 7 hrs, total ascent 1220 m to max. ht. 989 m. Start point: Limited roadside parking on B8077 at bridge over Allt Mhoille. Distance / time from Helensburgh: 60 miles / 1hr 15 mins OS Map Landranger 50 / Explorer 377, Grid ref: NN 136287. 0830 HRS DEPARTURE FROM HELENSBURGH PIER for a 75 min drive

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Sunday 21st May	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 105 m to max. ht. 305 m. Start point: Car park at cattle grid between Loch Thom and Gryfe Reservoir. Distance / time from Helensburgh: 34 miles / 1hr OS Map Landranger 63 / Explorer 341, Grid ref: NS 268722.
Sunday 28th May	A	An Stùc by Cat Gully From horn shop, walk in to Lochan nan Cat. Take the north side of the loch and then up to An Stùc. On to Ben Lawers or Meall Garbh depending on weather and time. Terrain: Path to Lochan nan Cat, then open hill. Steep ascent. Distance: 14 km, duration 8 hrs, total ascent 1500 m to max. ht. 1214 m. Start point: Ben Lawers Hotel. Distance / time from Helensburgh: 55 miles / 1hr 30 mins OS Map Landranger 51 / Explorer 378/OL48, Grid ref: NN 677395. 0800 HRS DEPARTURE FROM HELENSBURGH PIER
Saturday 3rd June	B	Campsie Glen and Court-ma-Law Moorland, woodland and railway tracks, returning to start along the dismantled railway. Terrain: Paths but muddy, disused railroad and woodland. Distance: 14 km, duration 5½ hrs, total ascent 550 m to max. ht. 531 m. Start point: Clachan of Campsie car park. Distance / time from Helensburgh: 30 miles / 50 mins OS Map Landranger 64 / Explorer 348, Grid ref: NS 610795.
Sunday 4th June	C+	Cruach Tairbeirt Circuit Starting along the path to the track up onto the hill on a lollypop loop around the walk. Terrain: Good track all the way, very undulating and may be muddy in places. Distance: 9 km, duration 4 hrs, total ascent 490m to max. ht. 490m. Start point: First car park, across from the garage, in Arrochar, £1 parking fee. Distance / time from Helensburgh: 20 miles / 35mins OS Map Landranger 56 / Explorer 354/OL39, Grid ref: NN 298049.
Sunday 11th June	C+	Union Canal - From Linlithgow to Falkirk We take the 10:48 train from Falkirk High to Linlithgow (fare £4.10), arrive 10:59. Walk along the canal towpath, passing over the Avon Aqueduct through Polmont to Falkirk. This walk passes under the famous "Laughin & Greetin" Bridge and through the 600m Falkirk Tunnel. Terrain: A flat 15 km walk along the canal towpath, hard surfaces throughout. The tunnel has minimal lighting and a torch is advisable, although not essential. The tunnel towpath is cobbled in places and quite wet due to water ingress from the roof. There is handrail between the towpath and the canal through the tunnel. Distance: 15 km, duration 5 hrs, total ascent 20 m to max. ht. 75 m. Start point: Falkirk High Railway Station. Recommended car parking is Drossie Road car park (free) or the station car park (£3.80 per day). For more details contact leader. Distance / time from Helensburgh: 55 miles / 1 hr 30 mins OS Map Landranger 65 / Explorer 349, Grid ref: NS 882791. 0900 HRS DEPARTURE FROM HELENSBURGH Car Park to catch 10:48 train from Falkirk High

2017 Programme

Date	Grade	Title and Description
Sunday 18th June	A	Binnein Mòr (& Na Gruagaichean) From Kinlochleven follow stalkers path to Sgòr Eilde Beag and climb steeply to ridge. Climb north west to 1062m height then north along narrow ridge to 1130m summit. Return by outward route (or south west from 1062m height to Na Gruagaichean 1056m and descend via Leachd na h-Aire). ** Note - Due to the nature of the terrain and to appreciate the views this walk in the Mamores will only take place in good weather conditions. Terrain: Steep ascents on grassy/rocky ridges, narrow in places. Mixture of stalkers paths, hill paths and open hillside. Distance: 15km, duration 8-9(9-10) hrs, total ascent 1150(1250)m to max ht. 1130m. Start point: Car park adjacent to St. Paul's Church, Wades Road, Kinlochleven. (signed Grey Mare's Tail from main road). Distance / time from Helensburgh: 75 miles / 1hr 45mins OS Map Landranger 41 / Explorer 384 & 392, Grid ref: NN 187622. 0800 HRS DEPARTURE FROM HELENSBURGH
Saturday 24th Jun	C+	The Whangie 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 re-join 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 / time from Helensburgh: 22 miles / 40 mins OS Map Landranger 64, Explorer 348, Grid ref: NS 524791
Saturday 1st July	B	Lairig Eilde & Lairig Gartain Circuit Take path round circuit of Buachaille Etive Beag. Start on north side of Allt Lairig Eilde. On approaching Glen Etive return via Lairig Gartain to A82. Terrain: Path most of the way, steep in places. Several streams to cross. Distance: 15 km, duration 6 hrs, total ascent 650 m to max. ht 480 m. Start point: Parking place on left (south) of A82 opposite cairn. Distance / time from Helensburgh: 60 miles / 1hr 30mins OS Map Landranger 41 / Explorer 384, Grid ref: NN 188562
Sunday 2nd July	C+	Greenock Cut / Dunrod Hill Circular walk on pathway with optional short steep hill climb to hill top for panoramic views of Clyde estuary. Terrain: Path, track and open hill. Distance: 12 km, duration 4½ hrs , total ascent 124m to max. ht. 298 m. Start point: Overton Road car park. Distance / time from Helensburgh: 29 miles / 50mins OS Map Landranger 63 / Explorer 341, grid ref: NS 266748.
Saturday 8th July	C+	Glen Lochay A short glen in old hunting forest. An easy walk on riverside and hillside tracks with some burns to cross. Terrain: Tracks all the way. Distance: 12 km, duration 4 - 5 hrs, total ascent 230m to max ht. 400m. Start point: Kenknock, Glen Lochay. Distance / time from Helensburgh: 57 miles / 1hr 45mins OS Map Landranger 51 / Explorer 378/OL48, Grid ref: NN 466365.

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Date	Grade	Title and Description
Sunday 9th July	A	Beinn Fhada and Stob Coire Sgreamhach From Lairig Eilde car park on Glencoe road (A82) follow path up the Lairig Eilde to its highest point. Thence on to the south east ridge of Stob Coire Sgreamhach to the summit. Descend north east scrambling along the tops of Beinn Fhada and return down to the Lairig path via the south east slopes. Terrain: Good path at low level but some scrambling and steep descents on the Beinn Fhada ridge. Distance: 11 km, duration 7 hrs, total ascent 1000m to max ht. 1059m. Start point: Lairig Eilde car park on left (south) of A82 opposite cairn. Distance / time from Helensburgh: 63 miles / 1 hr 30 mins OS Map Landranger 41 / Explorer 384, Grid ref: NN 188562. 0830 HRS DEPARTURE FROM HELENSBURGH PIER
Saturday 15th July	C+	A Linear Walk from Ayr to Troon Part of the Ayr Coastal Path. Terrain: Sandy beaches, unsurfaced track, promenades and pavements. Distance: 15½ km, duration 5 hrs, total ascent N/A to max ht. N/A. Start point: Meet at 09:15 in Helensburgh Central Railway Station to catch the 09.26 train. Alternatively, in front of Ayr Railway Station at 11.17 (all times to be confirmed). Distance / time from Helensburgh: N/A OS Map Landranger 70 / Explorer 326, Grid ref: NS 341213. Meet at 09:15 in Helensburgh Central Railway Station
Saturday 22nd 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 Carloanan 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. 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 23rd July	B+	Beinn Eich and Doune Hill A steady climb up the spine of the hill. Return by the outward route. Terrain: Grassy hillside. Peat hags. Rough moorland. Some ridge tracks. Distance: 13 km, duration 6 hrs, total ascent 950m to max ht. 757m. Start point: Glen Molloch Farm at head of Glen Luss. Limited parking at the side of the passing place near farm gate. Distance / time from Helensburgh: 13 miles / 30 mins OS Map Landranger 56 / Explorer 347/OL38, Grid ref: NS 330942.
Thursday 27th July	C	The Mountains and the People Project - Next Step Walk Drymen Paths and Lanes Circuit The circuit goes to the view point off Drymen Main Street, passes Buchanan Castle and returns along Doghouse Burn, Buchanan Smithy and Coldrach. Terrain: Generally, fairly flat on muddy, rough country paths, forest roads and some tarmaced lanes. Distance: 7 km, duration 2½ hrs, total ascent 170m to max ht. 95m. Start point: Stirling Road Car Park, Drymen. Distance / time from Helensburgh: 17 miles / 30mins OS Map Landranger 57 / Explorer 347/OL38, Grid ref: NS 475886. Meet at 10am in Stirling Road Car Park, Drymen.

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Date	Grade	Title and Description
Saturday 29th July	B	Duncolm from Overton House Follow the distinct country path to Black Linn Reservoir. From there, cross open pathless hillside to Fyn Loch and onward to Duncolm, assisted in places by sections of hill path. Return down boggy distinct hill path to Loch Humphrey, onto forestry roads to Lang Craigs and rough steep path back to Overton House. Terrain: Rough boggy hill paths with steep sections on Duncolm and Lang Craigs. About 2km of open hillside. Stone forestry road. Distance: 15 km, duration 6 hrs, total ascent 570m to max ht. 401m. Start point: Overton House car park. Distance / time from Helensburgh: 13 miles / 30mins OS Map Landranger 64 / Explorer 347/OL38, Grid ref: NS 425761.
Saturday 5th August	C+	River Cononish & Ben Lui Nature Reserve Starting along the West Highland Way then forest track to river and along the track towards Ben Lui. Terrain: Good track all the way may be muddy in places undulating but ascent mostly very gradual. Distance: 14 km, duration 5 hrs, total ascent 270m to max. ht. 410m. Start point: Dalrigh car park. Distance / time from Helensburgh: 38 miles / 1hr OS Map Landranger 50 / Explorer 364/OL39, Grid ref: NN 343291.
Sunday 6th August	A	Ben Vorlich from Ardvorlich - A Joint Walk with the Glasgow Ramblers From Ardvorlich, on Loch Earn, we follow a track south along the Ardvorlich Burn to the north ridge of Ben Vorlich. We then follow the ridge to the trig point on the summit. We will return via the same route, although there is an option to return via Ben Our. Terrain: Initially along a farm track, deteriorating into a muddy and then rocky hill path. Distance: 10½km, duration 5 hrs, total ascent 904m to max. ht 984m. Start point: Parking area on right (south) side of minor road along the south side of Loch Earn 3 miles beyond the junction with A84. Distance / time from Helensburgh: 53 miles / 1 hr 30 mins OS Map Landranger 51 / Explorer 365/OL46, Grid ref: NN 632232. 0900 HRS DEPARTURE FROM HELENSBURGH PIER
Sunday 13th August	B	Union Canal - From Newbridge to Linlithgow We take the 10:40 bus from Linlithgow to Newbridge (Fare £3.80, journey time 20 minutes) and then walk through an industrial estate to the Union Canal. The rest of the walk is along the canal towpath passing over the Almond Aqueduct and through Broxburn and Winchburgh to Linlithgow. Terrain: 2.5 km of road walking followed by 20 km along the towpath. A very flat walk mostly along paved or hard surfaces. Distance: 22½ km, duration 7 hrs, total ascent 40m to max ht. 75m. Start point: Linlithgow Cross on Linlithgow High Street. Suggested car parking at The Vennel car park (free on Sunday). For more details contact leader. Distance / time from Helensburgh: 60 miles / 1hr 30mins OS Map Landranger 65 / Explorer 349, Grid ref: NT 001772. 0845 HRS DEPARTURE FROM HELENSBURGH to catch bus at Linlithgow 10:40hrs

2017 Programme

Date	Grade	Title and Description
Saturday 19th August	C	Balmaha Millennium Forest Path and Inchcailloch (Island of old women or nuns) After a short ramble along the Balmaha forest path, the ferry will then be taken to Inchcailloch. The island will be explored at a leisurely pace. Terrain: All track and path with the occasional modest short gradient to climb. Distance: 7 km, duration 4½ hrs, total ascent 150m to max. ht. 85m. Start point: Balmaha Visitor Centre car park. Please book with Trish by Thursday, 17 August (Ferry £5) Trish Schooling 01436 671814 Distance / time from Helensburgh: 20 miles / 35mins OS Map Landranger 56 / Explorer 347, Grid ref: NS 421909.
Sunday 20th August	A+	Ben Starav North West Ridge Take shore path past Kinlocheteive House to Allt Coire Sgriodain. Then up the ridge, only if the weather is good. Terrain: Open hill with scramble. A bit of scrambling with a bit of mild exposure. Distance: 12 km, duration 8 hrs, total ascent 1078m to max. ht. 1078m. Start point: Normal start for Ben Starav near south end of Glen Etive. Distance / time from Helensburgh: 69 miles / 1hr 50mins OS Map Landranger 50 / Explorer 384, Grid ref: NN 138468. 0800 HRS DEPARTURE FROM HELENSBURGH PIER
Sunday 27th August	B At an easy pace	Conic Hill Ridge Circular Steep climb from Balmaha Car Park on the West Highland Way (WHW) to the ridge where the steep climb continues. Travel along the ridge eventually descending to the WHW. Return along WHW and the ridge to descend to the edge of Loch Lomond. Re-join the WHW and return to the car park. Terrain: Rough tracks and hillside with a short section on tarmac. Distance: 10 km, duration 5 hrs, total ascent 550m to max. ht. 361m. Start point: Balmaha Visitor Centre car park. Distance / time from Helensburgh: 20 miles / 35mins OS Map Landranger 56 / Explorer 347, Grid ref: NS 421909.
Sunday 3rd September	B At an easy pace	Ben Our A steady climb to the summit. In good weather, great views of the surrounding hills nearby. Terrain: Track and paths all the way. May be boggy in places. Distance: 12 km, duration 5 hrs, total ascent 701m to max. ht. 741m. Start point: Edinample on the south Loch Earn south road. Please note that there is limited parking. Distance / Time from Helensburgh 50 miles / 1hr 30mins. OS Map Landranger 51, Explorer 365, Grid ref: NN 601225
Saturday 9th September	C or B	A Wander on Kerrera A walk around Kerrera to the castle and tea shop, if it is open. Option to go to the highest point. Terrain: Paths all the way, but not to the highest point. Distance: 10 or 18 km, duration 6 hours. Total ascent 200m to max. ht. 189m. Start point: Car park near jetty for Kerrera Ferry on the coast road about 1 mile south of Oban Ferry Terminal. Distance / Time from Helensburgh 76 miles / 2 hrs. OS Map Landranger 49 / Explorer 359 , Grid ref: NM 834283. 0830 HRS DEPARTURE FROM HELENSBURGH PIER
Sunday 10th September	B+	Beinn an Lochain (by North East Ridge) Terrain: Steep and narrow in places with sheer drops. Return by the same route. Distance: 6 km, duration 5 hours. Total ascent 730m to max. ht. 901m. Start point: Lay-by on left hand side of A83 before bend at Butterbridge in Glen Kinglas. Distance / Time from Helensburgh 23 miles / 50 mins. OS Map Landranger 56 / Explorer 364 / OL39 , Grid ref: NN 234088.

2017 Programme

Date	Grade	Title and Description
Saturday 16th September	A	Beinn Achaladair & Beinn an Dothaidh From parking area just short of Achallader farm follow path up Coire Achaladair to col. Walk north to reach summit of Achaladair and return to col. Ascend south east ridge of Dothaidh over the 3 tops and down to col to follow path down Coire an Dothaidh to Bridge of Orchy. Terrain: Reasonable track on ascent and path descent to Bridge of Orchy. Distance: 16 km, duration 8 hrs, total ascent 1240m to max ht. 1036m. Start point: Car left at Bridge of Orchy Hotel NN297 395. Start point Achallader Car park NN 315 439. Distance / Time from Helensburgh 45 miles / 1 hr 15mins. OS Map Landranger 50 / Explorer 377, Grid ref: NN 315439. 0830 HRS DEPARTURE FROM HELENSBURGH PIER
Saturday 23rd September	B	Magnificent Eleven (Southside of Glasgow) This is an interesting and surprisingly rural route set almost entirely within the boundaries of Glasgow City Council. It has been developed by a south east Glasgow Countryside Ranger working in partnership with Glasgow Ramblers, who carry out path improvements. It joins up green spaces on the south side of Glasgow including Linn Park, King's Park, Cathkin Braes (including Glasgow's highest point) and Netherton Braes. Terrain: Mostly good paths with a few muddy sections and rougher woodland paths. It includes some quite steep ascents. Only about 2km are on city streets. Distance: 16 km, duration 6 hrs, total ascent 440m to max ht. 192m. Start point: Linn Park Adventure Playground car park on Netherlee Road, immediately south of the Cathcart Cemetery. Please drive through to the large lower car park. Distance / Time from Helensburgh 34 miles / 1hr . OS Map Landranger 64 / Explorer 342, Grid ref: NS 580593.
Sunday 24th September	C+	Glen Gyle and Loch Katrine An easy walk around the western end of Loch Katrine as far as Portnellan on the east bank, returning by the same route. Terrain: Undulating tarmac road all the way (suggest soft boots or trainers). Distance: 16 km, duration 5 hrs, total ascent 40m to max ht. 120m. Start point: Car park at Stronachlachar. Distance / Time from Helensburgh 38 miles / 1hr 15mins. OS Map Landranger 56 / Explorer 364 / OL39, Grid ref: NN 404102.
Friday 29th September Sunday 1st October	Various	Members' away weekend in Newtonmore
Saturday 7th October	C+	Whinney Hill from Balloch Follow paths in Balloch Park onto path through the woods and up Whinney Hill. Return by completing a circle on paths and country lane. Terrain: Good paths in the park. Muddy woodland path up the hill. Some steep gradients. Distance: 12 km, duration 4½ hrs, total ascent 300m to max. ht 160m. Start point: Car Park across from Balloch Station. Distance / Time from Helensburgh 8 miles / 15mins. OS Map Landranger 63 / Explorer 347 / OL38, Grid ref: NS 390819.

2017 Programme

Date	Grade	Title and Description
Sunday 8th October	A	Ben Vorlich from Inveruglas Initially along the Loch Sloy access road and then a steep climb onto the SE ridge of Ben Vorlich which is then followed to the summit. The return will probably be by the same route. Terrain: Surfaced track followed by a steep poorly defined hill path. Distance: 14 km, duration 7 hrs, total ascent 1035 m to max. ht 943 m. Start point: Inveruglas visitor centre car park (Charges may apply (£4.00)). Distance / Time from Helensburgh 22 miles / 35mins. OS Map Landranger 56 / Explorer 364 / OL39, Grid ref: NN 323099.
Saturday 14th October	B	Sauchie Craigs Start at Bannockburn Heritage Centre, Stirling and walk to North Third Reservoir. Return to Heritage Centre along path on edge of crags via Lewis Hill. Terrain: Road, forest path and rough hill path with some steep gradients. Distance: 17 km, duration 6½ hrs, total ascent 430 m to max. ht. 266 m. 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 797905.
Sunday 15th October	A	Stob nan Eighrach From Beinglas, up the waterfall and on to the lower ridge of Cruach (514m). On to Stob nan Eighrach, then north to Beinn Ducteach and back. Terrain: By the pylons. Open hill. No path after the waterfall. Distance: 12 km, duration 7 hrs, total ascent 800 m to max. ht 613 m. Start point: Beinglas Campsite main car park. Distance / Time from Helensburgh 42 miles / 50mins. OS Map Landranger 56 / Explorer 364 / OL39 Grid ref: NN 321187. 0900 HRS DEPARTURE FROM HELENSBURGH
Saturday 21st October	B+	Glen Finglas Loop (The Mell) A long undulating circuit from Brig O'Turk past Glen Finglas reservoir and then heading up Glen Meann and up to the higher part passing the back of Meall Cala (The Mell). Steep decent back to Glen Finglas to join the outer route at the reservoir. Terrain: Tarmac road to start then good tracks all the way. May be muddy in places. Distance: 24 km, duration 7 hrs, total ascent 850 m to max. ht. 600 m. Start point: Dam road car park in Brig o'Turk. Turn off A821 at tearoom on left into village. The car park is on left beyond school. Distance / Time from Helensburgh 35 miles / 1 hr . OS Map Landranger 57 / Explorer 365 / OL46 Grid ref: NN 531073. 0830 HRS DEPARTURE FROM HELENSBURGH PIER
Sunday 22nd October	B+	Beinn Dorain Ascend via Coire an Dothaidh to the bealach and then onto Beinn Dorain. Return by outbound route. Terrain: Mountain track, boggy in places. Distance: 10 km, duration 6½ hrs, total ascent 890 m to max. ht. 1076 m. Start point: Car park next to the Bridge of Orchy Hotel. Distance / Time from Helensburgh 45 miles / 1 hr 10mins . OS Map Landranger 50 / Explorer 377 Grid ref: NN 297395. 0900 HRS DEPARTURE FROM HELENSBURGH PIER

2017 Programme

Date	Grade	Title and Description
Saturday 28th October	B (due to length)	Union Canal - Ratho to Edinburgh Quay (Edinburgh city centre) We catch a train to Edinburgh Park Station and then a bus to Ratho. After Ratho we have a flat, linear walk through pleasant countryside becoming increasingly urban as we cross the Edinburgh Bypass and later the impressive Slateford Aqueduct over The Water of Leith. We finish at the new limit of navigation, Edinburgh Quay, before walking through Edinburgh to Waverley Station and the return train to Helensburgh. ** After the walk there will be the option of remaining in Edinburgh for an early evening meal at a restaurant. If you wish to do so contact Idris by Thursday 26th October. ** Terrain: Hard surfaced towpath throughout and a section of road walking in Edinburgh city centre. Distance: 20 km, duration 7 hrs, total ascent None to max. ht. 65 m. Start point: We catch the 08:26 train from Helensburgh (08:40 Dumbarton) to Edinburgh Park. We arrive at 10:03 and catch the 10:07 or 10:37 bus to Ratho. (Off peak return train fare £20.50, Bus fare required). Distance / Time from Helensburgh Not applicable . OS Map Landranger 65 & 66 / Explorer 350 Grid ref: N/A. 0815 HRS DEPARTURE FROM HELENSBURGH CENTRAL station
Sunday 29th October	A	Beinn lme A walk up the glen behind the Cobbler and up to the top of Beinn lme. Terrain: Mountain path and steep grassy hillside. Distance: 8 km, duration 5½ hrs, total ascent 1020 m to max. ht. 1011 m. Start point: Lay by at bridge on A83, half way up Rest and be Thankful. Overspill parking a short distance beyond. Distance / Time from Helensburgh 20 miles / 45mins . OS Map Landranger 56 / Explorer 364 / OL39 Grid ref: NN 242061.
Sunday 5th November	C+	Aberfoyle & The Lodge Trails Slow climb from Aberfoyle to The Lodge through Craigmere Woods. Then follow trails through Achray Forest and ancient woodland to return to Aberfoyle. Terrain: Tarmac, forest roads and tracks with a few short, steep ascents and descents and the odd bit of mud. Distance: 9 km, duration 4 hrs, total ascent 320 m to max. ht 230 m. Start point: Aberfoyle Visitor Centre car park. Distance / Time from Helensburgh 27 miles / 45mins. OS Map Landranger 57 / Explorer 365 / OL46, Grid ref: NN 522009
Saturday 11th November	C+	Kilpatrick Hills Circular Circular walk via Jaw Reservoir, Cochno Hill, Greenside Reservoir and up to the Slacks. Return down the side of Loch Humphrey Burn. Terrain: Mainly tracks and hill paths, boggy in places. Distance: 10 km, duration 4 hrs, total ascent 420m to max ht. 365m. Start point: East entrance to Cochno Estate near Hardgate with parking adjacent to Edinbarnet Nursing Home. Distance / Time from Helensburgh 15 miles / 30mins. OS Map Landranger 64 / Explorer 342 & OL38 , Grid ref: NS 503740 .
Sunday 12th November	A	A'Chrois Straight up from car park via old pipeline route to forest road. Follow road north east to Allt Sugach and then follow burn side path north west onto open hillside. Trackless ascent north to summit. Return via outward route. Terrain: Small section of forestry road and open hillside - boggy in places. Distance: 9km, duration 5½ hrs, total ascent 1000m to max ht. 849m. Start point: Cobbler car park in Arrochar. £1 parking fee required. Distance / Time from Helensburgh 20 miles / 35mins. OS Map Landranger 56 / Explorer 364 / OL39, Grid ref: NN 295049. 0900 HRS DEPARTURE FROM HELENSBURGH PIER

2017 Programme

Date	Grade	Title and Description
Saturday 18th November	C	HELENSBURGH & GLEN FRUIN LOCAL WALK FOLLOWED BY GROUP ANNUAL GENERAL MEETING Walk up Colquhoun Street to the Hill House and then follow the Helensburgh Upper Way and the upgraded path over the hill into Glen Fruin. Return to Helensburgh via Glen Fruin road and Old Luss Road (a path). The AGM will then be held in the Parish Church Hall and refreshments will be provided. Note: If you only wish to participate in the AGM, please arrive at the Parish Church Hall at 2pm. Terrain: Long gradual hills but no steep sections. Underfoot, the walk is a mixture of paved paths / roads and good but sometimes muddy country paths. Distance: 12 km, duration 4 hrs, total ascent 300 m to max ht. 190 m. Start point: In front of Helensburgh swimming pool. Distance / Time from Helensburgh: - Not applicable. OS Map Landranger 56 / Explorer 347 / OL38, Grid ref: NS 295822. 1000 HRS DEPARTURE FROM front of HELENSBURGH swimming pool
Sunday 19th November	B at easy pace	The Strone and Beinn a' Mhanaich (Monks Hill) A gentle climb up the Strone to 550m, then along the ridged moor with a dip before final climb to the summit for all round views. Terrain: Open grassy hillside with tracks. Distance: 12 km, duration 5 hrs, total ascent 620 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.
Saturday 25th November	B	Dumyat & Menstrie Glen from Menstrie Ascend a good steep hill path out of Menstrie and follow a grassy path up the eastern slopes of Dumyat to the summit. Descend north over a grassy hillside to join the farm track south east of Lossburn Reservoir. Cross over to the eastern side of Menstrie Glen below the reservoir, pass the derelict farmstead and return to Menstrie down the undulating farm track. Terrain: Steep rough hill paths, open grassy hillside and farm tracks. Distance: 10 km, duration 4½ hrs , total ascent 600m to max. ht. 418m. Start point: Street parking on Ochil Road near the Scout building (turn left off Menstrie Main Street down Park Road and left into Ochil Rd). Distance / Time from Helensburgh 43 miles / 1hr 10mins. OS Map Landranger 58 / Explorer 366 , Grid ref: NS 848971.
Sunday 26th November	C	Rosneath Peninsula Circular Walk along the coast from Kilcreggan, round Rosneath point, through the caravan park and back along the forest track. Terrain: Paths and forest tracks, muddy in places. Distance: 11 km, duration 4 hrs , total ascent 140m to max. ht. 120m. Start point: Kilcreggan car park. Distance / Time from Helensburgh 20 miles / 35mins. OS Map Landranger 63 / Explorer 347 / OL38 , Grid ref: NS 241804.
Sunday 3rd December	C+	Crianlarich to Inverarnan A section of the West Highland Way. Terrain: Good paths which can be muddy in places. Distance: 11 km, duration 4 hrs, total ascent 150m to max. ht. 250m. Start point: Meadow Grove car park Crianlarich, off the A85. Minimum one car left at the Drovers Inn to return drivers to Crianlarich. Distance / Time from Helensburgh 35 miles / 55mins. OS Map Landranger 56 / Explorer 364 / OL39, Grid ref: NN 386253.

2017 Programme

Date	Grade	Title and Description
Saturday 9th December	C+	Balloch to Helensburgh Follow the Three Lochs Way, including Stoneymollan Road, Darleith Muir, Goukhill Muir and then the Red Burn to the outskirts of Helensburgh. Terrain: Minor roads, tracks, forest tracks and pavement. Two ascents relatively steep and a long descent. Distance: 14 km, duration 4 hrs, total ascent 350m to max. ht. 277m. Start point: Meet at 09.15 in Helensburgh Central station to catch the 09.26 train. Alternatively, in Balloch station at 10.00. Distance / Time from Helensburgh Not applicable. OS Map Landranger 63 / Explorer 347 / OL38 , Grid ref: NS 389818. 0915 HRS DEPARTURE FROM HELENSBURGH station or 1000 HRS BALLOCH station
Saturday 16th December	C	Waulkmill Glen & Balgray Reservoir (Darnley Country Park) Follow woodland paths up Waulkmill Glen to the reservoir. Then follow a circuit around Littleton Reservoir, Ryat Linn Reservoir and Balgray Reservoir and back to Waulkmill Glen Reservoir across grass fields. Return along a different woodland path down Waulkmill Glen. After the walk there will be the option of an early meal in Cook and Indis World Buffet (www.cookandindisworldbuffet.com). If you wish to do so contact David by Thursday 14th December. Terrain: Generally, good woodland paths but with a few rough, muddy sections. Gravel and tarmac paths around reservoirs. Grass fields. Moderate ascents . Distance: 11 km, duration 4 hrs, total ascent 150 m to max. ht. 115 m. Start point: Cook & Indis car park on the corner of Corslet Road and Nitshill Road (the main A726), Darnley. Park at south west end of the car park off Corslet Road. Distance / Time from Helensburgh 28 miles / 50mins. OS Map Landranger 64 / Explorer 342 , Grid ref: NS 529595.
Saturday 23rd December	B	Meikle Bin From Todholes car park, follow forestry track to gain summit by north west ridge. Then south and east to pick up track to Carron Valley Reservoir. Return along south west shore to start. Terrain: Forestry roads throughout with grassy hill path over summit ridge. Distance: 13½ km, duration 6 hrs, total ascent 521m to max. ht. 570m. Start point: Todholes car park on the side of the B818 at north end of Carron Valley Reservoir. Distance / Time from Helensburgh 47 miles / 1 hr 15mins. OS Map Landranger 57 / Explorer 348, Grid ref: NS 672858. 0830 HRS DEPARTURE FROM HELENSBURGH PIER