

Duncanrig Rambling Club, East Kilbride



The main walks* in this programme are graded as follows:

- B+** Moderate to strenuous. For the fit, usually over hilly and rough terrain. Height climbed 1,200 to 2,000 feet. Distance travelled 7 to 12 miles. Usually including several miles without a trail.
- B** Moderate to average fitness required. Usually over lower hills or undulating ground. Height climbed 600 to 1,200 feet. Distance travelled 7 to 11 miles. Usually including short sections without a trail.
- C+** Easy to moderate. Requires average fitness. Usually over undulating ground and can include short uphill sections over rough ground. Height climbed 200 to 600 feet. Distance covered 7 to 10 miles.
- C** Easy. Mainly level ground usually on paths, tracks or minor roads. Height climbed not more than 200 feet. Distance travelled 7 to 12 miles.

It should be noted that the above gradings are intended as a rough guide. People have different ideas of degree of difficulty and the weather, ground conditions, etc on the day can have a considerable effect on the walk. For further information, contact the Leader on any walk.

It should also be noted that a walk might be changed, due perhaps to adverse weather or ground conditions, or any other good reason. Walkers must be properly equipped and competent for the grade of walk. Please note that walking boots are essential on all walks.

When on a walk and a club member requires to "hang back" that person must inform the back marker and upon return to the walk report back to the back marker. This is essential to avoid any member being left behind.

On most walks a shorter, easier alternative walk of 6 to 8 miles is available and details are shown overleaf as (Alt). However, on some occasions there is no alternative possible and all participants must complete the main walk.

Transport: The bus leaves from St Leonards Shopping Precinct, East Kilbride at 8.30 am prompt. There may be an occasional 8 am start for an island or distant walks. Please note that club members are liable for payment whether the booking is made in person or by telephone. Only exception is after Route Convenor explains walk then money will be refunded if walk is unsuitable.

Duncanrig Rambling Club

Established in 1986



Programme 2009



New Members Welcome!

Social Meetings & Book On: Westwood Community Centre alternate Mondays

For more info visit our website at: www.duncanrig.com

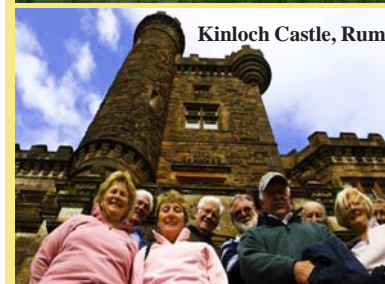
Contact telephone numbers and email:

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Bus Convenor:	Mike	01355 233122	mikecall44@fsmail.net
Membership:	Linda	01355 237548	linda.mullen1@btinternet.com
Route Convenor:	Charlie	01355 224188	co.cm.mcgrillan@blueyonder.co.uk

Walking Programme 2009

Date	Walk	Location	Map	Mls	Grade	Leader
Feb 08	Ardrossan to Portencross <i>(Alt) Ardrossan to Fairlie</i>	Ardrossan	63	6.5 <i>11.7</i>	C <i>C</i>	Sam Thompson
Feb 22	De'il's Barn Door <i>(Alt) Camps Reservoir Circular</i>	Crawford	72	8.74 <i>6.95</i>	B <i>C+</i>	David Sawyer
Mar 08	West Island Way	Bute	63	9.17	C+	May Trescowthick
Mar 22	Pentland Ridge <i>(Alt) Pentland Reservoirs</i>	Pentland Hills	65/66	8.44 <i>7.41</i>	B+ <i>C+</i>	Charlie McGrillan <i>Esther Bennett</i>
Apr 05	Biggar to Dawyck <i>(Alt) Drumelzier to Patervan</i>	Biggar <i>Broughton</i>	72	8.48 <i>9.34</i>	C <i>B+</i>	Jill Campbell
Apr 19	Rosthwaite to Keswick via Falcon Crag <i>(Alt) Rosthwaite to Keswick via Cumbria Way</i>	Keswick	90	7.81 <i>7.6</i>	B <i>C</i>	John Whitley <i>Anne Whitley</i>
May 1-4	Club Weekend - Caledonian Hotel	Fort William				
May 17	Watch Water and Dye Water	Longformacus	67	8.1	C+	Edwin Jenkins
May 31	Kindallachan to Dunkeld <i>(Alt) Kindallachan to Dunkeld</i>	Dunkeld	52	9.66 <i>6.28</i>	B <i>B</i>	Gordon Stewart
Jun 14	Anstruther to Kingsbarns <i>(Alt) Anstruther to Boarhills</i>	Anstruther	59	8.9 <i>12.0</i>	C	Ken Gemmell
Jun 28	Glendevon and Tarmangie <i>(Alt) Glenhead to Blackford</i>	Glendevon	58	11.4 <i>6.24</i>	B+ <i>C+</i>	Mike Callaghan
Jul 12	Rockcliffe Circular	Solway Coast	84	9.74	C+	Audrey Braidwood
Jul 26	Selkirk to Melrose <i>(Alt) Dryburgh Circular</i>	Selkirk	73	9.69 <i>7.51</i>	B <i>C+</i>	Jean Buckley
Aug 09	Noblehouse to Romano Bridge Kirk	Romano Bridge	72/73	9.2	C+	Bob Macfarlane
Aug 23	Colmonell to Byne Hill <i>(Alt) Maidens to Girvan</i>	Girvan	76	8.9 <i>9.5</i>	B <i>C</i>	Linda Mullen <i>Meg Baillie</i>
Sep 06	Clatteringshaws to Mossdale	St J T of Dalry	77	10.2	C+	Christine Gemmell
Sep 20	Balquidder to Killin via Glen Dochart <i>(Alt) Lochearnhead to Killin</i>	Killin	51/57	11.2 <i>6.95</i>	B+ <i>C+</i>	Ronnie Taylor
Oct 04	Logierait to Aberfeldy <i>(Alt) Kenmore to Aberfeldy</i>	Aberfeldy	52	7.7 <i>7.77</i>	C <i>B+</i>	Linda Inglis <i>Iain McPhail</i>
Oct 18	Lomond Hills <i>(Alt) Lomond Hills Reservoir</i>	Falkland	58/59	10.4 <i>8.0</i>	B <i>C+</i>	Tom Wilson <i>Margaret Cowban</i>
Nov 01	Drummullan Circular	Maybole	76	8.13	C+	Angela Anderson
Nov 15	Dunslair Heights <i>(Alt) Dawyck Mill to Peebles</i>	Peebles	73	8.0 <i>6.8</i>	B+ <i>C</i>	Nancy Coull
Nov 29	Douchlage to Aberfoyle	Drymen	56/57	9.7	C+	John Rafferty
Dec 13	Glen Fruin to Glen Luss <i>(Alt) Glen Luss</i>	Luss	56	8.44 <i>8.68</i>	B <i>B/C+</i>	Helen Garry
Dec 27	A Favourite Walk	TBA				
2010						
Jan 10	Mystery Walk	Can You Guess?	Easyish		C	Jim Brown
Jan 24	Broughton to Kirkton Moor <i>(Alt) Stobo Circular</i>	Broughton	72/73	8.48 <i>6.5</i>	B <i>B</i>	Straton Sinclair

Duncanrig Rambling Club



Social Programme 2009

- Feb 02 Burns' Night: Alex Rintoul & friends
- Feb 16 Postcards from the Edge (of EK!): Chris Moffatt
- Mar 02 EK News Photographer: John McIntyre
- Mar 16 Enchanting Images: David Stanton
- Mar 30 The Path of the Molendinar: Murray Blair
- Apr 14 (Tues) Book On
- Apr 27 Who Do You Think You Are: Liz Carmichael
- May 11 Tales from the Chalkface: Ian Valentine
- May 26 (Tues) Book On
- Jun 08 Curious Facts of Scottish Battles: Bill Sutherland
- Jun 22 Club Slide Show
- Jul 06 Book On
- Jul 21 (Tues) Book On
- Aug 03 Book On
- Aug 17 Book On
- Aug 31 Realm of the Dragon: Sam Thompson
- Sep 14 Where There's a Will There's a Way: Anne Forrest
- Sep 29 (Tues) Book On
- Oct 12 Going to Madeira M'Dear! Alex Rintoul
- Oct 26 Skiing & Walking the Sierra Nevada: Allan Hughes
- Nov 09 Filming for Bargain Hunt: Lesley McIlhagger
- Nov 23 Walking the Canadian Rockies: David Jamieson
- Dec 07 Christmas Ceilidh
- Dec 21 Slide Show & Book on for Mystery Walk
- 2010
- Jan 18 Annual General Meeting

Committee 09.02.09: 09.03.09: 06.04.09: 18.05.09:
 Meetings 15.06.09: 06.07.09: 03.08.09: 07.09.09:
 05.10.09: 02.11.09: 30.11.09: 11.01.10.