

HOW WALKS ARE GRADED



The walks in this programme are graded on total height ascended:

- B+ Moderate to strenuous. For the fit, usually over hilly and rough terrain. Height climbed more than 2,200 feet. Distance travelled 7 to 12 miles. Usually includes several miles without a trail.
- B Moderate to average fitness required. Usually over lower hills or undulating ground. Height climbed 1,300 to 2,200 feet. Distance travelled 7 to 11 miles. Usually includes 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 600 to 1,300 feet. Distance covered 7 to 10 miles.
- C Easy. Mainly level ground usually on paths, tracks or minor roads. Height climbed up to 600 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, if a member should require 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

Programme 2012



Aviemore, Strathpeffer Weekend

New Members Welcome!

Social Meetings & Book On: Westwood Community Centre alternate Mondays

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

Contact telephone numbers and email:

President:	John 01355 224237	jandawhitley@talktalk.net
Bus Convenor:	Mike 01355 233122 or 07854099005	mikecall44@fsmail.net
Membership & Info:	Linda 01355 237548	linda.mullen1@btinternet.com
Route Convenor:	Charlie 01355 224188	co.cm.mcgrillan@blueyonder.co.uk

Walking Programme 2012

Date	Grade	Walk	Location	Map	MI	Leader
Feb 5	C	Troon to Kilwinning	Troon	70	9.3	Robert Liddell
19	B	Pease Bay	Cockburnspath	67	7.0	Ian Mair
Mar 4	C+	Durisdeer to Carronbridge	Durisdeer	78	7.6	Tom Mullen
	B	(Alt) Ballencleuch Law		78	8.9	Charlie McGrillan
18	B	Lammer Law	Lammermuirs	66	9.5	David Sawyer
	C+	(Alt) Headshaw Hill Circular		66	7.5	Andy Bennett
Apr 1	C+	Maybole to Dunure	Maybole	70	6.6	Annie Walsh
	C+	(Alt) Culzean to Dunure Inland		70	8.3	David Jones
15	B	Criffel	New Abbey	84	7.2	Jim Brown
	C+	(Alt) New Abbey Loop		84	7.9	Jacqui Hoad
29	C	Spittal to Gullane	Aberlady	66	8.5	Delia Madden
May 4 - 7 Club May Weekend: Royal Hotel, Whitby						
May 20	B	Ballinluig Circular	Dunkeld	52	10.0	Mike Callaghan
	B	(Alt) Kindallachan & Loch Ordie		52	7.7	Audrey Braidwood
Jun 3	C+	Talkin Fell	Brampton	86	8.2	Tom Wilson
17	B+	Glenbranter Circular Long	Cowal	56	9.3	Cathie McGrillan
	Alt	C+ Glenbranter Circular Short		56	6.1	Linda Inglis
Jul 1	C+	Doon Hill to Girvan	Girvan	76	7.9	Tracey Griffiths
	Alt	B Berneraird Circular	Ballantrae	76	10.0	Gordon Stewart
15	B	Spango Bridge to Kirkconnel	Leadhills	71	9.1	Pip Slorach
	C+	(Alt) Nether Cog to Sanquhar		71	7.7	Alison McFarlane
29	C+	Noblehouse to Eddleston	Romannobridge	72/73	7.2	Margaret Docherty
	B	(Alt) Wether Law		72	7.5	Straton Sinclair
Aug 12	B+	Coshieville to Fortingall	Kenmore	51	9.7	David Stimpson
	C+	(Alt) Kenmore Loop		51	5.8	Jill Campbell
26	C	Harestanes to Kelso	Kelso	74	11.2	Ken Gemmell
	C	(Alt) Harestanes to Roxburgh		74	7.5	
Aug 31 - Sep 2 Club Weekend: Eden Arms Hotel, Durham						
Sep 9	B	Newton Bridge to Amulree	Crieff	52	10.4	Nancy Coull
	C+	(Alt) Sma' Glen to Buchanty		52	7.7	Jane Moir
23	C+	Rest & Be Thankful to Succoth Arrochar		52	10.4	Angela Anderson
	B	(Alt) Pole Farm to Succoth		56	9.5	John Devine
Sep 29 - Oct 6 Club Holiday: Puerto de la Cruz, Tenerife						
Oct 7	B+	Pentland Ridge	Pentlands	65/66	8.5	Eric Kent
	C+	(Alt) Lothianburn to Harlaw Reservoir		65	6.5	Bill Aitchison
21	C+	Comrie Circular	Comrie	57	7.6	John Rafferty
	C+	(Alt) Findhu Glen		57	11.1	May Trescowthick
Nov 4	B	Hundleshope Heights	Peebles	73	8.3	Ronnie Taylor
	C+	(Alt) Portmore Loch to Peebles		73	7.9	Barbara Gibson
18	C	Caldercruix to Bathgate	Bathgate	65	10.0	Christine Taylor
Dec 2	B	Pillars of Hercules	Falkland	58/59	7.7	Iain McPhail
16	C+	Hoddum to Annan	Annan	85	9.7	Linda Mullen
30	C+	Water of Leith from Currie	Edinburgh	66	10.3	TBA
	C+	(Alt) Water of Leith from Currie		66	8.2	TBA
2013						
Jan 13		Mystery Walk	who knows?	Easyish!		Who knows who?
27	B	Doughnut Hill	Dumbarton	64	9.2	Eric Kent
	C	(Alt) Dumbarton to Loch Lomond		63	8.2	Iain Cruickshank



Social Programme 2012

Jan 30	Quiz Fun Night: Alec & Nancy Coull
Feb 13	Ayrshire & Arran Coastal Paths: Keith Fergus
Feb 27	An Evening of Song & Chat: Christine Bovill
Mar 12	Travels in India: Eddie Haggerty
Mar 26	Traditional Gaelic Work Songs: Waulking Group
Apr 10	(Tues) Book On
Apr 23	Making a Garden: John West
May 14	Travels in Spain: Jill Campbell
May 29	(Tues) Book On
Jun 11	Tales of Local History with Song: John Young
Jun 25	Club Slide Show
Jul 09	Book On
Jul 23	Book On
Aug 06	Book On
Aug 20	Book On & Tenerife Information Evening
Sep 03	Walking in Slovenia: Alex Rintoul
Sep 17	The Donalds: Erica Niven, Borders Ranger
Oct 01	Book On
Oct 15	Kayaking in the Western Isles: Hugh Kerr
Oct 29	Halloween Party!! Fancy Dress (optional!)
Nov 12	Travels on the Hurtigruten Mail Boat: Maureen Moss
Nov 26	A Trip Down Memory Lane: 25 Years of DRC
Dec 07	(Friday) Christmas Ceilidh
Dec 10	Club Slide Show
2013	
Jan 21	Annual General Meeting
Committee	06.02.12: 05.03.12: 02.04.11: 30.04.12
Meetings	29.05.12: 09.07.12: 06.08.12: 10.09.12
	22.10.12: 19.11.12: 14.01.13: 11.02.13