



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 700 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 700 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.

Transport: The bus leaves from the John Wright Sports Centre, East Kilbride at 8.30 am prompt. There may be an occasional 8 am start for an island or distant walk. Please note that club members are liable for payment whether the booking is made in person or by telephone. The only exception is when the walk is deemed unsuitable by a member after the Route Convenor has described the route. In this case, the book on fee will be refunded.



Affiliated Member of Ramblers Scotland and ScotWays



Duncanrig Rambling Club

Established 1986

2019-20

Walking & Social Programme



Social meetings and Book on: Westwood Community Centre, G75 8EY alternate Mondays. or more information visit our website at: www.duncanrig.com

Contact telephone numbers and email:

Bus Book On: **Mike** 07854 099005 mike.call2@virginmedia.com

Membership and Info: **Linda** 07711 511231 linda.mullen1@btinternet.com

New Members and Visitors Welcome!

Walking Programme 2019-20

www.duncanrig.com

Social Programme & Book-on

Date	Walk	Region	W. Manager	Gr	MIs	Leader
May 04—06:	May Weekend: Blairgowrie & Angus Glens					
May 12	Arran: Fairy Glen & Clauchland Point <i>Club Arran: Holy Isle</i>	Ayrshire	E Watson	B	9.0	Ian Duthie
May 26	Innerleithen to Walkerburn <i>Club Peebles to Innerleithen</i>	Borders	H & M Kerr	B	8.5	Mitch Kerr
Jun 09	Greenock & Kelly Cut <i>Club Greenock Cut Circular</i>	Inverclyde	E Watson	B	10.7	Robert McCallum
Jun 23	The Gegan & Sandy Hirst <i>Club The Three Sands & Tynninghame</i>	East Lothian	M Callaghan	C+	9.5	Eric Kent
Jul 07	Girvan Hills <i>Club Sawny Bean's Cave to Girvan</i>	Ayrshire	E Watson	B	8.5	Heather Kerr
Jul 21	Glen Kin Coffin Road & Loch Striven <i>Club Loch Eck</i>	Argyll & Bute	T Mullen	B	9.1	Andy Bennett
Aug 04	Group Walk: Tayport to Dundee V&A					
Aug 18	Scotlandwell to Falkland <i>Club Scotlandwell to Falkland</i>	Fife	T Mullen	B+	8.8	David Black
Sep 01	Sma' Glen Circular <i>Club Frenchton to Newton Bridge</i>	Perth & Kinross	A Bennett	B	9.0	Steven Wallace
Sep 11—18:	Trip to Cinque Terre: Italy					
Sep 15	Group Walk: Helensburgh to Balloch	Argyll	T Mullen	C+	7.4	James McGowan
Sep 29	Black Bush to Aberfeldy <i>Club Black Bush to Aberfeldy</i>	Perth & Kinross	A Bennett	B	9.6	Gordon Stewart
Oct 13	Criffell <i>Club New Abbey & Airds Point Ramble</i>	Dumf & Galloway	H & M Kerr	B	7.3	Ian Duthie
Oct 27	Ben Vrackie <i>Club Garry Bridge to Pitlochry</i>	Perth & Kinross	A Bennett	B+	7.8	Terry Nelson
Nov 10	Inveruglas to Succoth <i>Club Inveruglas to Tighness</i>	Argyll & Bute	T Mullen	C+	8.7	Cathie McGrillan
Nov 24	Whitelaw to Herriot <i>Club Whitelaw to Herriot</i>	Borders	H & M Kerr	B	8.6	Gordon Stewart
Dec 08	Dreghorn to Flotterstone <i>Club Dreghorn to Flotterstone</i>	Midlothian	M Callaghan	B	8.1	Charlie McGrillan
2020	Jan 05: Mystery Walk	Wheesht!	Dinna Ken	??	8 ^{ish}	Yull no' fun oot!!
Jan 19	Currie to Leith <i>Club Colinton to Leith</i>	Midlothian	M Callaghan	B	10.6	Mgt Mary Cowan
Feb 02	Clyde Valley & Craignethan Castle <i>Club Clyde Valley Gills</i>	Lanarkshire	A Bennett	C+	9.7	Steven Wallace
Feb 16	Avonbridge to Linlithgow <i>Club Bethankie Bridge to Linlithgow</i>	West Lothian	M Callaghan	C	8.4	Tom Mullen
Mar 01	Stuc Odhar <i>Club Loch Ard to Bocastle Hill</i>	Stirling	M Callaghan	B+	7.1	Eric Kent
Mar 15	Leadhills to Durisdeer <i>Club Glenim Cottage to Durisdeer</i>	Lanarkshire	A Bennett	B	9.6	Ronnie Taylor
Mar 29	Bowhill Hills <i>Club Bowhill Ramble</i>	Borders	H & M Kerr	B	8.8	Alice Alves
Apr 12	Earl's Burn to Gargunnoch <i>Club Earl's Burn to Gargunnoch</i>	Stirling	S Wallace	C+	9.0	David Jones
Apr 26	Loch Katrine Pipeline Trail <i>Club Glen Arklet Ramble</i>	Stirling	S Wallace	B	8.0	Iain McPhail



Date	Topic	
Apr 08	A Gift at 10 Months Old	Michael McCreadie
Apr 23	(Tuesday) Book on	
May 07	(Tuesday) Book on	
May 20	The Covenanters: David Bryce & John Reardon	
Jun 03	The Real Battle of Bannockburn	Jim Clare
Jun 17	Club Slide Show	James McGowan
Jul 01	Book On	
16	(Tuesday) Book on	
29	Book on	
Aug 12	Book-on & Italy Info Evening: Andy & Linda	
26	Magical Mingulay:	Fiona Rintoul
Sep 09	Book-on only	
23	Winter & Wildlife Photos:	Heather Kerr
Oct 07	Hogganfield Loch LNR	Jim Coyle
21	Franklin's Legs:	Liz McIntyre Allan
Nov 04	The Drove Roads:	Frank McCabe
18	Traveller's Tales:	Gordon Stewart
Dec 02	Fun Quiz Night:	Margaret Mary & Alan
16	Book for <i>Mystery Walk</i> & Club Slide Show:	James McGowan

2020		
Jan 13	Calderwood & Calderglen:	Chris Ladd
27	Scot's Night: Music, Songs & Poems	
Feb 10	Friends of John Hastie Museum:	Liz Cooper
24	Benny Lynch:	Kevin Kerrigan
Mar 09	Old Glesca Poems & Memories	Billy McLean
Mar 23	AGM	
Apr 06	Community Policing :	Katie Edwards
20	Transylvanian Alps:	Tom & Linda Mullen



Committee	23 Apr	29 Jul	28 Oct	20 Jan 2020
Meetings:	10 June	02 Sep	25 Nov	02 Mar 2020