

Duncanrig Rambling Club, East Kilbride



The 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 2010



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:	David	01698 791710	david.sawer@virgin.net
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 2010

Duncanrig Rambling Club

Social Programme 2010

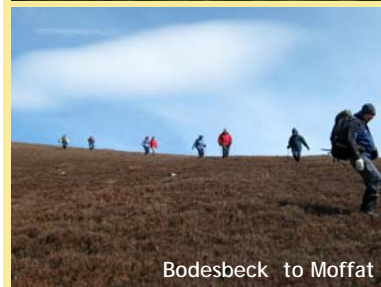
Date	Walk	Location	Map	Mls	Grade	Leader
Feb 07	Greenock/Kelly Cut	Greenock	63	9.0	C	Jim Clare
Feb 21	Meldon Cottage to Peebles	Peebles	73	8.38	B/C+	Linda Inglis
Mar 07	Stirling Crags	Stirling	57	8.0	C+	Mike Callaghan
Mar 21	Leadhills Circular <i>(Alt) Wanlockhead to Elvanfoot</i>	Leadhills	78	9.0 7.0	B C+	Joe McCabe Alex Rintoul
Apr 04	Straiton <i>(Alt) Craigengower</i>	Straiton	77	8.0 8.25	C+ B	Tom Wilson
Apr 18	Durisdeer - Wedder Law <i>(Alt) Watermeetings to Durisdeer</i>	Durisdeer	78	9.0 8.26	B+ C+	Eric Kent Jane Moir
<i>Apr 30 - May 3 Club Weekend - Marine Hotel, Llandudno, North Wales</i> 						
May 16	Lower Largo to St Monans <i>(Alt) Shell Bay to St Monans</i>	Elie, Fife	59	9.25 6.25	C C	Christine Gemmell
May 30	Enochdhu to Kirkmichael <i>(Alt) Bridge of Cally to Blairgowrie</i>	Enochdhu	43 53	8.0 6.75	B C+	David Stimpson Linda Cameron
Jun 13	St Abbs to Woodend <i>(Alt) St Abbs Cliff Walk</i>	St Abbs	67	8.77 9.86	C+ C+	Jean Buckley John Rafferty
Jun 27	Cat Bells <i>(Alt) Bassenthwaite Lake</i>	Keswick	90	6.62 7.94	B+ B	David Sawyer Jeanette Kemp
Jul 11	Auch to Loch Tulla <i>(Alt) Auch to Victoria Bridge</i>	Br of Orchy	50	9.91 7.64	C+ C	Bob Macfarlane
Jul 25	Blair Atholl Circular <i>(Alt) Glen Tilt Circular</i>	Blair Atholl	43	10.05 6.2	B C+	Iain McPhail Barbara Gibson
Aug 08	Lauder to Melrose <i>(Alt) Waverley Br to Dryburgh Abbey</i>	Melrose	73	9.64 7.5	C+ C	Ken Gemmell Bill Aitchison
Aug 22	Grey Mare's Tail <i>(Alt) St Mary's Loch</i>	Moffat	79	8.33 7.52	B+ C+	Ronnie Taylor Ken Gemmell
Sep 05	Dunglass to Dunbar	Dunbar	67	8.9	C	Ann Walsh
Sep 19	Lomond Hills & Bishop Hill <i>(Alt) Lomond Hills Reservoir</i>	Falkland	58/59	10.4 8.0	B C+	Tom Wilson Margaret Cowban
Oct 03	Whitelaw to Hangingshaw	Moorfoot Hills	66	9.9	C+	Gordon Stewart
Oct 17	Pentland Ridge <i>(Alt) Threipmuir Res. Circular</i>	Pentland Hills Balerno	65/66	8.46 8.58	B+ C+	Charlie McGrillan
Oct 31	Strathyre to Callander <i>(Alt) Strathyre Circular</i>	Callander	57	8.76 8.08	C B	Delia Madden Angela Anderson
Nov 14	Ardvorlich to Succoth <i>(Alt) Inveruglas to Succoth</i>	Arrochar	56	9.89 7.89	B B	May Trescowthick
Nov 28	Mauldslie Bridge to Lanark	Lanark	64/71	8.87	C+	Eric Kent
Dec 12	Spango Bridge to Kirkconnel <i>(Alt) Nether Cog to Mennock</i>	Kirkconnel	71 78	9.13 7.0	B C+	Pip Slorach Alison McFarlane
Dec 28	<i>(Tuesday) A Favourite Walk</i>	TBA				Charlie McGrillan
2011						
Jan 09	Mystery Walk	Can You Guess?	Easyish		C	Guess Who?
Jan 23	Mugdock Country Park <i>(Alt) Blanefield to Mugdock via Dumgoyne</i>	Milngavie	64	9.17 9.11	C+ B+	Christine Taylor



St Bees Weekend



Biggar to Dawyck



Bodesbeck to Moffat



Giant's Causeway, Northern Ireland



Maidens to Girvan

Feb 01	Scottish Night: Alex Rintoul & Friends
Feb 15	Antarctic Adventures: Ann Menzies
Mar 01	Lord Lieutenant of Lanarkshire: Gilbert Cox
Mar 15	Da Capo Alba - Mandolin Orchestra
Mar 29	Scottish Lighthouses: Joy Blair
Apr 12	Corsica's Rugged GR20: Maureen Moss
Apr 26	Cash in the Attic - Bring & Buy Sale!
May 10	How the West Was Won: Gordon Stewart
May 24	Orcadian Odyssey: Charlie McGrillan
Jun 07	A Feast of Fab Photos: Jim Clare
Jun 21	Club Slide Show
Jul 05	Book On
Jul 20	(Tues) Book On
Aug 02	Book On
Aug 16	Book On
Aug 30	From Caribbean to Pacific: Sam Thompson
Sep 13	Woodcraft & Woodturning: Mike Pool
Sep 28	(Tues) Book On
Oct 11	Wilderness Walks: Fiona Rintoul
Oct 25	Traidcraft Talk & Sale of FairTrade Goods: Pip Slorach
Nov 08	Shanghai Experiences: Douglas Ewing
Nov 22	Painting for Amateurs: Ken Gemmell
Dec 03	(Friday) Christmas Ceilidh
Dec 06	Club Slide Show
Dec 20	Book on for Favourite & Mystery Walk
2011	
Jan 17	Annual General Meeting

Committee Meetings	08.02.10:	08.03.10:	19.04.10:	17.05.10:
	14.06.10:	05.07.10:	02.08.10:	06.09.10:
	18.10.10:	15.11.10:	10.01.10:	07.02.11