

DUNFERMLINE RAMBLING CLUB

Sunday outings on the first and third Sundays of every month leaving from the Bruce Street car park, Dunfermline, at **9am, (8am in summer)** unless otherwise stated.

Monthly midweek outings leave from the east end of the free car park off Leys Park Road.

This quarter, these outings will be on the last Thursday of the month, meeting at 9.30am in the car park.

Please note that persons accepting lifts in other members' cars are expected to contribute towards the travelling costs at the following agreed rates:- (from June 2006)

- Round trips of under 50 miles.....£4.00 each
- Round trips exceeding 50 miles.....£6.00 each.
- Thursday local walks.....£2.00 each.

Proposed Hostel Weekends for 2009

Early self-booking advised on 0870 155 3255 (not Cannich)

1. 1-4 May Cannich private hostel 01456 415263
2. 29 May-1 June Braemar 01339-741659
3. 21-24 August Raasay 01478-660240

Conversion Table

km	miles	km	miles	miles	km	miles	km
6 =	3.72	14 =	8.68	4 =	6.44	12 =	19.32
8 =	4.96	16 =	9.92	6 =	9.66	14 =	22.54
10 =	6.2	18 =	11.16	8 =	12.88	16 =	25.76
12 =	7.44	20 =	12.4	10 =	16.1	18 =	28.98

General Information

1. It is a great help with distribution if as many people as possible receive the programme as an e-mail attachment (in Word). If you would like to be added to the distribution list please send your e-mail address to alan_cooper@hotmail.com.

2. Club contact is Jim Jarvie on 01383 738432
e-mail: cruachan1@tiscali.co.uk



PROGRAMME

SPRING 2009

Affiliated to
The Scottish Rights of Way Society, and
Friends of the Ochils
<http://uk.geocities.com/dunfermlineramblers/>

Participants on the outings are asked to ensure that they are properly equipped to tackle the walks, many of which are off-the-track in wild, boggy or mountainous country.

Please provide yourself with adequate walking boots, compass, map and wet-weather clothing (to include waterproof-jacket, overtrousers, and change of clothes).

Please Note:-

1. Walkers are expected to heed advice/instructions given by walk coordinators and other experienced club members as to their suitability for attempting particular walks (or sections of walks).

2. Walkers take part at their own risk.

1 Mar 9am The Lomonds OS58/59

A circular medium level walk from Falkland taking in both East Lomond (424m) and West Lomond (522m). Approx. 10 miles.

There are low level options from the same start.

Start: Falkland MR 252070 Coordinator: Fiona Binnie

15 Mar Choice of high or low level walks

HL 8am Beinn Chabhair OS50

This 933m Munro is situated at the head of the Ben Glas Burn. The ascent is made from the A82 close to Inverarnan at the foot of Glen Falloch. Approx. 11km with ascent of 920m.

Start: Off A82 at MR318187 Coordinator: Colin Lees

or

LL 9am Collessie and Lindores Loch

OS59

A circular walk of about 8 miles over undulating terrain, giving good views round Lindores Loch.....90 m ascent..

Start: Collessie MR286134 Coordinator: Tom Wilson

Thursday 26 Mar 9.30am 2 Bridges Walk OS58/65

A circular walk crossing the Kincardine Bridge then back over the Clackmannanshire Bridge before returning to start via Kennet Pans and Lookaboutye. Approx. 7 miles.

Start: Park & Ride CP Kincardine - MR 932873

Coordinator: Eric Simpson

5 April Choice of high or low level walks

HL 8am Glas Tulaichean & Carn an Righ

OS43

A circular route, up via Glen Lochsie to the first Munro Glas Tulaichean (1051m) returning via Gleann Taitneach –18km -700m ascent – 5.5-6hrs. Conditions permitting, an optional extension to include a second Munro , Carn an Righ (1029m) adds 6km, 350m ascent, 2hrs onto walk.

Start: Dalmunzie Hotel, 2km W of Spittal of Glenshee MR091712

Note: £2 per car to park at hotel. Coordinator: Rob Pearson

or

LL 9am Circular from Crail

OS59

Follow Fife Coastal Path to Coastguard Station at Fife Ness then return on inland route via disused airfield. Approx: 6.5 miles.

Start : Crail MR613075 Coordinator : Ray Henderson

19 April Choice of medium or low level walks

ML 9am Dull to Loch Farleyer OS52

A circular 9 mile walk, from the Highland Safari's car park , to this remote loch, on tracks through meadow, forest and open moorland.

A steady climb to about 450m giving good views down the Strath of Appin.

Start: CP near Dull MR 812489 Coordinator: Liz Fischbacher

LL 9am Holyrood and Arthur's Seat OS66

Car to Ferry Toll, bus to Edinburgh. Walk via Holyrood, Salisbury Crag, up Arthir's Seat, down to Duddingston Loch and the Sheep's Heid Inn then return to bus station – 8 miles. Coordinator: Jim Jarvie

Thursday 30 April 9.30am Pitlessie (A914) OS59

A 5.5 mile walk, on tracks and tarred road, from Pitlessie, along the 'Balcony road' giving sweeping views of the Howe of Fife.

Start: Pitlessie MR336096 Coordinator: Dorothy Anderson

1-4 May Glen Affric private hostel (Cannich) – see back page

3 May 9am Pentland Circular from Red Moss OS66

A circular walk of about 8 miles via Green Cleuch and Maiden's Cleuch passing the four reservoirs.

Start: Red Moss MR166638 Coordinator: Andy McGrouther

MONDAY. 11 May 7.30pm. CLUB MEETING

Old Inn, Kirkgate, Dunfermline

Come and say your piece and play an active part in compiling our programme for the next three months.

17 May Choice of high or low level walks

HL 9am Three Pentland Peaks OS66

From Threipmuir car park, West Kip, East Kip and Scald Law (579m), returning via The Howe. 13km with 484m of ascent.

Start: MR 166638 Coordinator: Eric Simpson

LL 9am Circular from Killearn OS57/64

A 7 mile circular to the south of Killearn passing the Glengoyne

Distillery.

Start: Killearn MR525858

Coordinator: David Lloyd

Thursday 28 May 9.30am Water of Leith OS66

A 'there and back' walk from the Gallery of Modern Art going west along the Water of Leith. By bus a possibility.

Start: MR 235737

Coordinator: Eileen Donaldson

29 May-1 June Braemar Hostel weekend – see back page