

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 20 miles.....£2.00 each

Round trips of 20-50 miles..... £4.00 each.

Round trips exceeding 50 miles £6.00 each.

Proposed Hostel Weekends for 2009

Early self-booking advised on 0870 155 3255

1. 29 May-1 June Braemar 01339-741659
2. 21-24 August Raasay 01478-660240
3. Lake District October weekend ?

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

SUMMER 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.**

7 June 8am HL Beinn Dorain (1076m) OS50

From the Bridge of Orchy, an ascent of this conically shaped Munro with the option of adding **Beinn an Dothaidh (1002m)**.

9km, 890m ascent for Beinn Dorain: 12km, 1140m ascent for both.

Start: Car Park MR297397 Coordinator: Rob Pearson

9am LL Soldiers and Saints OS66

A circular walk of about 8 (or 6) miles, via the Glencorse, Bonaly, Torduff and Clubbiedean reservoirs. On tracks through conifer plantations and open moorland with a gentle climb to about 255m.

Start: Currie MR 182676 Coordinator: Barbara Johnson

21 June 9am HL Ochils circular OS58

A walk via Innerdownie and Whitewisp Hill to Tarmangie Hill, returning NE through woods on Glen Sherup track.

Approx. 8 miles – max. ht 645m.

Start: Glen Sherup CP MR 966053 Coordinator: John Nicholson

9am LL Crieff to Muthill OS58

A walk following the River Earn from the Crystal factory shop before turning via Strageath Hall into Muthill. 11 miles return.

Return by bus possible from Muthill (Post Office) 1317 and 1517.

Start: Crystal CP MR 857205 Coordinator: David Lloyd

Thursday 25 June 9.30am Cramond Brig circular OS66

A walk of about 6.5miles along River Almond then Cramond, Silverknowes foreshore, Lauriston Castle grounds, Corstorphine Hill and Cammo estate. Some road walking. Possible by bus.

Start: C. Brig Hotel CP MR179755 Coordinator: Sylvia Greenoak

5 July 8am HL Glencoe OS41

Stob Coire Sgreamhach (1072m) + Bidean nam Bian (1150m)

A walk up Coire Gabhail into the lost valley and then some mild scrambling to the highest mountain in the old county of Argyll.

Along ridge to the 2nd Munro and return via Coire nan Lochan.

Approx. 12km with 1090m of ascent.

Start: Glencoe A82 CP MR171568 Coordinator: Colin Lees

9am LL Kilmahog towards Strathyre OS57

From car park near the Lade Inn along track towards Strathyre as far as chalets, and return.

Start: MR 608083

Coordinator: Harry Mowbray

19 July 8am HL Ben Lui (1130m) OS50

A fine walk from Dalrigh via the Cononish Glen.

Approx. 18km with 930m of ascent.

Start: Dalrigh (A82) MR344291 Coordinator: Margaret Pearson

9am LL Blairadam forest circular OS58

A circular walk starting from the 'Christmas tree' car park.

Start: MR 127937 Coordinator: John Nicholson

Thursday 30 July 9.30am Linlithgow circular OS65

An 8.5 mile walk, from the Canal Centre, via the Union canal, river Avon and Linlithgow loch circuit.

Start: Linlithgow MR 005771 Coordinator: Barbara Scott

2 Aug 9am Mid Level Aberfeldy circular OS52

Up the Birks to the Falls of Moness and onto the Urlar Road, then over

open moorland paths to join the Amulree to Kenmore road. Return by footpaths with fine views of the Tay valley. 12 miles – 450m ht.

Start: Birks CP MR855486 Coordinator: Liz Fischbacher

A LL walk along the Tay towards Kenmore & return is an alternative.

MONDAY. 10 August 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.

16 Aug 8am HL An Socach (944m) OS43

This Munro can be tackled either from the Glenshee ski centre (13km) or via the Baddoch Burn in Glen Clunie (16km). Decision on day.

Start: A93 MR 140780 or MR 138833 Coordinator: Ian Smith

9am LL Blairhall Mystery walk OS65/58

Start: Blairhall MR 005895 Coordinator: Bobby Sapsed

21 to 24 August Hostel Weekend Raasay

See back page for phone details.

Thursday 27 August 9.30am Markinch circular OS59

A 6 mile walk from Markinch railway station on minor roads, tracks and paths. The route goes via Balbirnie House Hotel, Star Moss and the highest point Balbirnie Hill (137m).

Start: Markinch MR299015 Coordinator: Dorothy Anderson

NB See back page for revised car charges.