



Winter/ Spring Programme 2019/20

Covering the period November 2019 to April 2020

Contacts

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Treasurer – Debbie Reid, 132 Lasswade Road, Edinburgh, EH16 6QY, 0131 664 9275/
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Walks Convener – Kirstie Maclean, Flat 1, 38 Spottiswoode Street, Edinburgh, EH9 1DG,
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Social Convener – Position currently vacant

Website: <http://www.hfedinburgh.co.uk/>

“Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop away from you like the leaves of autumn.” (John Muir)

HF Edinburgh is affiliated to: HF Holidays Ltd, Imperial House, Edgware Road, London NW9 5AL

Club Information

HF Edinburgh is a friendly and relaxed club in which like-minded individuals participate in walking and other activities. Groups meet on Sundays for trips to popular or sometimes lesser known walking areas. "A" and "C" walks occur fortnightly on Sundays and "B" walks take place on the alternate Sunday.

"A" walks are to areas where there are Munros or Corbetts or walks of similar degrees of difficulty. In the winter, these walks are only for walkers experienced at this level.

"B" walks are to areas where the level of difficulty is somewhat less arduous - usually up to a maximum of 15 miles and up to an ascent of 750m.

"C" walks are mainly flat with a maximum of 250m ascent and less than 8 miles in distance. They take place on the same weekends as **"A"** walks.

Each trip has a nominated organiser and this programme outlines the walk that he or she is intending to organise and the time to meet. He or she helps to arrange transport to the day's destination, organises any refreshment stops, provides information about the route of the walk and is responsible for organising the re-imburement of drivers on the cost sharing basis outlined below. **Walkers should notify the walk organiser of their intention to come on a walk by the Friday evening before the walk. They should also let the organiser know if they are in a position to transport others.** If walks are changed for any reason, details are sent out by email a few days before the walk. As far as "A" walks are concerned, this sometimes means organising the walk on Saturday rather than Sunday if this has a better weather forecast (see "Specific "A" walkers' responsibilities below). **Please contact the walk organiser if you have any queries or concerns about any aspect of a walk.**

Organisers' and Walkers' Responsibilities

Please note: The organiser of the walk is not a designated walk leader – the club has no trained walk leaders. Life in general and particularly outdoor activities are never without risks. By participating in a Club walk, you are agreeing to make your own risk assessment of the conditions, the location, the weather and your level of fitness for undertaking the intended walk. It is the responsibility of every walker to wear/carry appropriate footwear and clothing. If you think that a walk might be too strenuous for you, please contact the organiser to discuss your participation. Occasionally, a walk organiser will conclude that an intending participant does not have the level of fitness or the appropriate clothing, food supplies or water required for a particular walk, taking account of the distance, ascent/ descent, terrain, weather forecast and hours of daylight available. In these circumstances, the organiser is entitled to exclude the intending participant from the walk.

Club Policies

- Please bring a fully charged mobile phone with you on walks and make sure you put the walk organiser's phone number in your contacts. It is useful to have the phone numbers of a few other fellow walkers.
- Bring the relevant OS map if you have a copy.
- It is reasonable to assume that all walkers do not walk at the same speed. However, the Club operates a **Chain of Sight** policy whereby everyone should be in sight of the individual or sub group immediately behind. The person at the front (whether or not the walk organiser) should always stop when they come to a junction in the path, a road, the brow of a hill or a piece of terrain that appears hazardous and wait for the others to catch up. Once they have caught up, ascertain if they need a brief stop.

- Any decisions as to change of plan during a walk should be taken collectively as a group, e.g. to do a shorter walk because of poor weather.
- Although the intention on all walks is that participants walk in a group, should there be a necessity to split up, no one should split off on their own. Any such sub group must have the necessary information to allow it to complete the walk safely and in good time.
- Walk participants should advise their fellow-walkers as early as possible if they encounter difficulties during a walk.
- Travel to all walks is arranged on a fuel sharing basis. A sliding scale based on distance travelled is laid out below. All travellers must respect the car owner by having a **change of footwear for the journey home**.
- In keeping with the individual responsibilities previously outlined, all walkers should assess their need for **personal accident insurance**.

Specific “A” Walkers’ Responsibilities

- For the reasons already stated, **the walk organiser should never be treated as the walk leader**. All intending participants should bring appropriate navigational tools i.e. OS map and compass and/or GPS.
- Anyone intending participating in an “A” Walk **must contact** the organiser on or before the Friday preceding the walk. This helps in sorting out transport arrangements and allows the walk organiser to change the day from Sunday to Saturday if the weather forecast looks better.
- All intending walkers must carry the appropriate footwear, clothing and equipment. Anyone unsure of requirements should consult the following website:
<https://www.walkhighlands.co.uk/safety/kitlist.shtml>
- Conditions in the mountains can change dramatically during the course of a day. This is of special significance for **winter “A” walks**. A good indication of the expected weather conditions can be obtained from the Met Office where most of the popular Munros can be accessed: <http://www.metoffice.gov.uk/>. In the event of adverse conditions being encountered, collective decisions must be taken and participants must remain in sight of one another at all times.
- A change of clothing may be necessary for the journey home.

Walks Programme

We **leave** the meeting point at the time specified (please be there at least five minutes beforehand):

- For “A walks”, this is normally the Queensferry Road end of **Strachan Road** at 8.00 am. If anyone needs a lift from Melville Street to Strachan Road, let the walk organiser know.
- For “B” and “C” walks we normally meet at the Queensferry Street end of Melville Street at 9.30 am.

Occasionally we meet somewhere else e.g. Waverley Station. Such meeting places are noted in the programme and/ or communicated by email.

If you have a walk you believe would suit the club, then please contact the Walks Convener, Kirstie Maclean (0131 229 4344 / 07855 857177). If you have not organised a walk before, a more experienced organiser can guide and support you through the process.

Walks Programme: November 2019 – April 2020

Date	Time	Walk Details and Organiser	Grade
NOVEMBER			
03/11/19	9:30 am	Mendick Hill Circuit 8 miles, ascent 250 metres if hill not climbed. Starting near West Linton, this is an easy moorland walk. Good paths take you round Mendick Hill which dominates the route for most of the way and follows the route of an old Roman road. Two miles from the start, there is access to the summit of Mendick Hill. Caroline Anderson (carolineanderson2652@gmail.com , 0131 553 1550/07929839702)	B
10/11/19	8:00 am	Schiehallion from Braes of Foss 10 kms, 731 metres (Munro height 1083 metres) NN753556. An iconic Scottish mountain which has not been included in recent HF walk programmes. Di McGuire (dimcquire.edinburgh@yahoo.co.uk , 0131 662 1243/07854139673)	A
	9:30 am	Goblins' Ha Walk . This is a fascinating walk through history to the real Goblins' Ha hidden in the depths of Yester Woods beneath the remains of Yester Castle. Start and finish in Gifford. 8 miles, reasonably flat, woodland paths with some muddy bits and tree roots. The subterranean chamber is tricky but worth it! OS Explorer 345. Anne McCulloch (mcculloch.anne@googlemail.com , 07503637623)	C
17/11/19	9.30 am	Cateran Trail circular from Alyth 14 kms, 500 metres ascent, OS53. Starting and finishing at Alyth, we follow a section of the Cateran Trail and detour to ascend Balduff Hill. If there is time at the end of the walk we can visit the Den of Alyth, a pretty woodland walk along the banks of the Alyth Burn. Meet at the square in Alyth at 11.00am. Would someone coming from Edinburgh please contact Tom to coordinate car sharing. Tom Barnard (tom.barnard@btconnect.com , 01350 727740/07736 112531)	B
24/11/19	8.00am	Stuc a Chroin and Ben Each from Glen Ample 13km (with car shuttle) 19 km (without car shuttle if weather really good), 1047m of ascent, OS 51 and 57. A Munro and a Corbett with a delightful knobbly, twisty ridge in between and wonderful views all round. There is a short easy scramble up Stuc a Chroin. Meet 9.45 at Edinample (GR602225). Can someone who is coming from Edinburgh contact Pam to coordinate lift sharing. Remember to bring head torches and warm clothes. Pam Manning (pamhanning@yahoo.com , 01764679197/07880623232)	A

	9.30 am	Loch of the Lowes (Scottish Borders) circular commences on a good, steadily uphill track for about two miles before heading down a path into a steep valley. We then head up hill again for a fairly short distance (steep but not difficult) to Pikestone Rig before crossing a rather boggy area and then contouring round Peat Hill. The Loch of the Lowes comes into sight and we drop down to it before walking back along its boggy shore to the car park. Distance 6.5 miles, ascent 300 metres, OS 73 and 79. Kirstie Maclean (kirstie.maclean@gmail.com, 0131 229 4344/ 07855857177)	C
DECEMBER			
01/12/19	9:30 am	Cluny walk Pitlochry 7.25 miles, 450 metres ascent, OS52. The Cluny Walk escapes from the centre of Pitlochry by climbing up into the forests above the opposite side of the River Tummel. There are lovely views across the town to the hills beyond. Good paths, tracks and minor roads, with a steep ascent. Ali Pugh (ali_pugh@yahoo.co.uk, 0131 339 5872/ 07747005093)	B
08/12/19	9.00 am	Ben A'an 2.8 miles, 340 metres ascent, OS 46. A short mountain walk for a short winter's day. Ben A'an is regarded as a "miniature Munro" with fantastic views from the summit. Steepish ascent on a good path, with a wee bit of a scramble near the summit. Otherwise a straightforward climb in the heart of the beautiful Trossachs. Ann Peat (annpeat20@gmail.com, 07985203065)	A/B
	9.30 am	Kelpies and Falkirk Wheel: This there and back 8 mile walk includes two of the most iconic and interesting modern structures in Central Scotland. The walk is almost entirely flat (some steps) and is mainly on the canal tow path with a short bit of pavement walking. If time and legs permit, we can add on the Charlotte Dundas Way (approx. 2 miles) which provides a glimpse into Falkirk's industrial past. OS 65 Kirstie Maclean (kirstie.maclean@gmail.com, 0131 229 4344/ 07855857177)	C
15/12/19	9.00 am	Mincemeat Pie Walk – the Cloich Loop and Great Map of Scotland from Eddleston. NB 9.00 start (no coffee stop). 7.5 miles, 150 ascent, OS 337. A circular walk via old drovers' paths, forestry tracks and farmland. Great views towards the Moorfoot Hills. Options to shorten the walk/ climb to Peat Hill (464 metres). As usual, mince pies supplied, bring own mulled wine, head torch and mini spikes, if you have them, for this short winter day. Ann Peat (annpeat20@gmail.com, 07985203065)	All
22/12/19		No organised walk this Sunday	
29/12/19		No organised walk this Sunday	
31/12/19 – 03/01/20		New Year "weekend" away	All
JANUARY 2020			

05/01/20	9.00 am	<p>New Year Walk and meal:</p> <p>The C walk (organised by Kirstie) starts beside Whiteadder reservoir following a track, part of the “Herring Road” taken by fishwives going to market in Lauder. We turn onto a quiet road uphill and return on a track towards Priestlaw Hill (there is a voluntary ascent). We then drop down to near the reservoir and return to the start. 7 miles, approximately 200 metres ascent (275 metres if Priestlaw Hill included). Meet by 9.00 at Melrose Street. Coffee in Gifford.</p> <p>The B walk (organised by Caroline) is around 11 miles in total and includes the C walk and also Spartleton Hill (468 metres). Meet by 9.00 at Melrose Street. No coffee stop.</p> <p>The meal will either be in Gifford or Haddington (details to follow).</p> <p>Kirstie Maclean (kirstie.maclean@gmail.com, 0131 229 4344/ 07855857177)</p>	All
12/01/20	9.30am	<p>Tinto Hill from the North 7 kms, 486 metres ascent, OS72. A great little hill for short winter days. Commanding views of the Clyde Valley. Excellent paths and reasonably gentle ascent.</p> <p>Janice Christie (janicechristie@blueyonder.co.uk, 0131 447 5167/ 07876074375)</p>	B
19/01/20	8.00 am	<p>Beinn Ghlas and Ben Lawers 11 kms, ascent 942 metres, OS</p> <p>Two very well known hills, giving good views, hopefully, of Highland Perthshire. Meeting point will be Ben Lawers car park.</p> <p>Kay Dollive 07776096717 (kdollive@btinternet.com)</p>	A
	9.30 am	<p>Glenkinchie to Dodridge Law and back by Windy Mains 6.5 miles, OS 66, Explorer 345. This is a lovely, easy, well signposted walk along good tracks and quiet country roads between fields and along hedgerows. There is a little bit of climbing but nothing strenuous and some fabulous views.</p> <p>Ali Pugh (ali_pugh@yahoo.co.uk, 0131 339 5872/ 07747005093)</p>	C
26/01/20	9.30 am	<p>Morebattle Pilgrimage (Scottish Borders) 10 kms, ascent 450 metres, OS 74. A good winter circular walk that follows part of the St Cuthbert’s Way up heathery slopes to Hownam Law and back down via Grange Hill to a farm road. Walk time about 4 hours.</p> <p>Debbie Reid (debbie.pm.reid@gmail.com, 07734414859)</p>	B
FEBRUARY			
02/02/20	8:00 am	<p>There is currently no A walk organised. However, a number of our members will be away for the weekend at Loch Ossian. It may be possible for other members to join them for a walk. Information to follow once the new train timetable is issued in December.</p> <p>Kay Dollive 07776096717 (kdollive@btinternet.com)</p>	A
	9:30 am	<p>Prestonpans - Aberlady – Gullane Approximately 6/7 miles, flat, OS 66. Travel by bus 26 going. Meet beside Jenner’s on St Andrew’s Street at 9.45 am. Bus 124 back.</p> <p>Aileen Boyle (aileenboyle42@outlook.com, 0131665 5022/ 07591651959)</p>	C

09/02/20	9:30 am	Cauldshiels Loch and Rhymer's Glen A 9 mile walk exploring part of Sir Walter Scott's Abbotsford estate. The walk is on paths, tracks and minor roads – moderate gradient in places. Leaving Melrose we walk through Rhymer's Glen to Caulshiels Loch (234 metres). The route drops down to the riverside path beside the Tweed and follows the Borders Abbeys Way back to Melrose. Moira Brown (moiralbrown@hotmail.com , 0131 467 9652/ 07780712530)	B
16/02/20	8:00 am	Hartfell and Devil's Beeftub near Moffat 17 kms, 860 metres ascent, OS 78. Depending on the weather an either clockwise or anti-clockwise circular route in the Borders, visiting Hartfell Spa, several tops and the great corrie of the Devil's Beeftub. A straightforward walk but possibly challenging in winter conditions. Matt Flood and Sabine Nolte (sabine_nolte@yahoo.co.uk , 0131 538 6709/ 07881 704281)	A
	9:30 am	Peebles to Lyne Station A gentle walk from the centre of Peebles along by the banks of the River Tweed to Lyne Station, passing Neidpath Castle. On crossing the footbridge, the walk takes us past Barns Tower before making our way to the south bank of the river on our return to town. 11 kms, negligible ascent, OS 72 and 73. Robin Vevers (rvevers@btinternet.com , 0131 336 3205/ 07866973997)	C
23/02/20	9.30 am	Eildon Hills circular 9 kms, 521 metres ascent, OS 73. The three shapely hills beside Melrose with lovely views. Good paths although steep in places. Janice Christie (janicechristie@blueyonder.co.uk , 0131 447 5167/ 07876074375)	B
MARCH			
01/03/20	8:00 am	Meall Ghaordaidh from Glen Lochay 9.5 kms/ 6 miles, ascent 895m (Munro height 1039m) OS51 NN526363. This is a good winter walk which has not been visited by the club for some time. Good views along Glen Lochay and Glen Lyon from the summit. David Campbell , 07736164836 (d.342@btinternet.com)	A
	9:30 am	Marchmont House Circular This 7 mile walk starts just outside the attractive Scottish Borders village of Greenlaw. It initially follows a disused railway which runs beside pretty Blackadder Water. After about 3 miles, we join a quiet road which takes us up to the extensive grounds of Marchmont House and we walk towards this beautiful Palladian Mansion along the longest formal avenue of trees in Scotland. Our return walk to Greenlaw is along very quiet estate roads. Minimal ascent. OS 74. Kirstie Maclean (kirstie.maclean@gmail.com , 0131 229 4344/ 07855857177)	C
08/03/20	9.30 am	West Linton, King's Seat, White Craig and back. 19kms, ascent 490 metres, OS Explorer 344. This walk is classified as strenuous. Considering it is quite close to the city, the feeling of isolation and wilderness is impressive. The feeling of freedom is enhanced by magnificent long distance views. The terrain is very rough and made up of heather, reeds, grass tufts and some bog. However, the rewards justify the effort! Ali Pugh (ali_pugh@yahoo.co.uk , 0131 339 5872/ 07747005093)	B

15/03/20	8.00 am	Ben Venue (from Ledard Farm) Ben Venue, one of the rockiest hills in the Trossachs, is not in view from Loch Ard, which results in this approach being quieter than the one from Loch Achray. The beautiful broadleaved woodland of the lower Ledard Glen provides a picturesque approach, although the upper glen is boggy. Once on the ridge the views are magnificent. The going is rough and rocky. 11.5 km, 813m ascent, OS Explorer 365 Kay Dollive 07776096717 (kdollive@btinternet.com)	A
	9.30 am	Hollybush circular 7 miles, 300 metres ascent, OS 73. This walk starts and ends in Galashils. It begins on the Southern Upland Way, then follows a lovely section of the River Tweed for about three miles, before rejoining the SUW. We are mainly on paths and a cycle track with a very small amount of road walking. Moira Brown (moiralbrown@hotmail.com, 0131 467 9652/ 07780712530	C
22/03/20	9.30 am	Jedburgh to Timpendean 9 miles, 1000 ft ascent, very gradual over course of the day, OS 74 and 80. Circular loop (on the other side of town from the usual Jedburgh loop) to the north and east using woodland paths, forest and gravel tracks and minor roads. At the top of the loop is Timpendean Tower with stunning views to the Eildons. Lovely views of Jedburgh Abbey as we return. No coffee stop. Catriona O'Hara (catrionaohara@blueyonder.co.uk, 0131 315 4794/ 07779063445)	B
29/03/20	8.00 am	Ben Vorlich via Loch Sloy 13.5 kms, 945 metres ascent, OS 56. The most northerly of the Arrochar Alps, Ben Vorlich has superb views over Loch Lomond and the Alps. The approach from Inveruglas is on good tracks but the final ascent is on an unremittingly steep path. The return is by the same route. Janice Christie (janicechristie@blueyonder.co.uk, 0131 447 5167/ 07876074375)	A
	9.30 am	Peebles – Crookston Burn 5 miles. This largely off road, circular walk follows a small burn through the trees alongside pastureland before climbing quite gently up into Cademuir Forest. The path up to and along the ridge offers excellent views across the Tweed Valley. Caroline Anderson (carolineanderson2652@gmail.com, 0131 553 1550/07929839702)	C
APRIL			
05/04/20	9:30 am	Kings Seat from Tillicoultry to Dollar and back Medium degree of difficulty over varied terrain up to King's Seat (a Donald), down past the picturesque ruin of Castle Campbell and back towards Tillicoultry along the Glen Devon Way. 15 kms, 622 metres ascent. Debbie Reid (debbie.pm.reid@gmail.com, 07734414859)	B

12/04/20	9.30 am	Easter Bunny Walk – Craig Gibbon from Rumbling Bridge 12 kms, 350 metres, OS 53. Craig Gibbon has an intriguing obelisk folly on its summit – the 1838 “statistical account” reports this was erected by Colonel Mercer to enable him to identify the extent of his estate and his own hill. Meet at the Birnam Institute for coffee at 10.45 am. Would someone coming from Edinburgh please contact Tom to coordinate car sharing. Tom Barnard (tom.barnard@btconnect.com , 01350 727740/ 07736 112531)	All
19/04/20	8.00 am	Beinn Narnain and Beinne Ime 13.5 kms, 1325 metres ascent, OS 56. This route includes Beinn Narnain (926m) the most dramatic Arrochar Munro and Beinne Ime (1011m) the highest. There are great views of the Cobbler. The route up Beinn Narnain is up a steep, rocky and sometimes eroded path. There are two very mild scrambles. This is followed by a long, easy ascent of Beinne Ime and a descent on a good path. Janice Christie (janicechristie@blueyonder.co.uk , 0131 447 5167/ 07876074375)	A
	9:30 am	Murieston, Linnhouse and Calderwood 7.5 miles. A circuit of Murieston Trail, Linkhouse Wood and the southern half of Calderwood Country Park, returning by the Murieston Water walkway. Caroline Anderson (carolineanderson2652@gmail.com , 0131 553 1550/07929839702)	C
26/04/20	9.30 am	Struan to Strathtummel Loop 11 miles, 800 feet ascent, OS 53. Following minor roads, paths and grassy tracks up to a moor beside a remote loch, then through woods to a lovely viewpoint overlooking Schiehallion. Returning through woods, over a moor and descending back to a minor road to Old Struan. No coffee stop. Catriona O'Hara (catrionaohara@blueyonder.co.uk , 0131 315 4794/ 07779063445)	B

Petrol cost per car (22p per mile per car)

This will be multiplied by the number of cars needed for the walk and then divided by the number of walkers minus the drivers.

Return Mileage	Cost per car	Return Mileage	Cost per car	Return Mileage	Cost per car
1 - 10	£ 2.20	131 – 140	£ 30.80	261 – 270	£ 59.40
11 - 20	£ 4.40	141 – 150	£ 33.00	271 – 280	£ 61.60
21 - 30	£ 6.60	151 – 160	£ 35.20	281 - 290	£ 63.80
31 - 40	£ 8.80	161 – 170	£ 37.40	291 – 300	£ 66.00

41 - 50	£ 11.00	171 – 180	£ 39.60	301 – 310	£ 68.20
51 - 60	£ 13.20	181 – 190	£ 41.80	311 – 320	£ 70.40
61 - 70	£ 15.40	191 – 200	£ 44.00	321 – 330	£ 72.60
71 - 80	£ 17.60	201 – 210	£ 46.20	331 – 340	£ 74.80
81 - 90	£ 19.80	211 – 220	£ 48.40	341 – 350	£ 77.00
91 - 100	£ 22.00	221 – 230	£ 50.60	351 – 360	£ 79.20
101 - 110	£ 24.20	231 – 240	£ 52.80	361 – 370	£ 81.40
111 - 120	£ 26.40	241 – 250	£ 55.00	371 – 380	£ 83.60
121 - 130	£ 28.60	251 - 260	£ 57.20	381 - 390	£ 85.80