



Summer Programme 2022

Covering the period May 1st 2022 – July 31st 2022

Contacts

President – Janice Christie, 9 St Ronan's Terrace, Edinburgh EH10 5NG, 0131 447 5167/
07876074375

janicechristie@blueyonder.co.uk

Secretary – Kay Dollive, Firbank House, Kenmore Road, Aberfeldy, PH15 2BY,
07776096717, kdollive@btinternet.com

Assistant Secretary (weekends away) Caroline Anderson: 1, Abercorn Court, Edinburgh
EH8 7LP 07929839702, carolineanderson2652@gmail.com

Treasurer – Debbie Reid, 9F, McDonald Place, Edinburgh, EH7 4NH, 07734414859,
debbie.pm.reid@gmail.com

Walks Convener – Kirstie Maclean, Flat 1, 38 Spottiswoode Street, Edinburgh, EH9 1DG,
0131 229 4344, 07855857177 kirstie.maclean@gmail.com

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

Important information concerning walks

Please observe the following information and guidelines in order to make our group walks pleasurable and successful:

- The number of participants on walks is normally restricted to a maximum of 15 including the organiser;
- Occasionally walks will be restricted to less than 15 participants if the walk organiser considers that number too many for a particular walk. If you turn up on a walk without booking and that takes the walk over numbers, you will be asked to leave;
- Three walks are planned each fortnight. These will usually be on a Saturday or Sunday. Please check the starting times and meeting venues as they vary. Occasionally walks planned for a Saturday will be moved to a Sunday if the weather forecast is markedly better. You will be informed of any changes by the walk organiser;
- It is **essential** you contact the walk organiser as soon as possible and at least 48 hours ahead of the walk to indicate your wish to participate.
- If walks are undersubscribed, you will receive a circular email from Kay Dollive (HF secretary) to say there are still spaces on a particular walk.
- Please make sure you have your ICE (in case of emergency) card and a mobile phone with you. In the case of the phone, make sure it is charged up, switched on and has the walk organiser's number listed in your contacts. Please alert the organiser, prior to the walk starting, if you don't have a phone with you;
- There no longer seems to be any specific advice on car sharing provided by the Scottish Government. However, they advise having windows open if you are in an enclosed space and keeping a distance from other people. Lateral flow tests are recommended prior to walks. Please let the walk organiser know if you are willing to share, either as a driver or a passenger. Please note there is absolutely no obligation to car share;
- Recommended mileage rate is 30p per mile.
- Please observe at least one metre social distancing at all times on walks;
- Coffee shop and/ or pub stops are now permitted and there is no limit on numbers. However, the Scottish Government advises avoidance of crowded places so it is sensible to risk assess before deciding to enter/order. Again, a lateral flow test is recommended before going to a pub or cafe. Check with the organiser if you need to bring a packed lunch.
- Please bring a mask and hand gel. You are not required to wear a mask on walks but it could be necessary to wear one if, for instance, someone needs physical assistance on a walk. Although no longer a Scottish

Government requirement, it is encouraging us to continue wearing masks in shops and cafes/pubs and some cafes/pubs may still require this.

Day, date and time	Walk description, meeting place and organiser
<p>Saturday May 7th</p> <p>8.00 am Strachan Road, 9.45 am Ardvorlich car park</p>	<p>Ben Vorlich and Stuc a' Chroin Ascent of two Munros from Ardvorlich on Loch Earn. There is a good path to the summit of Ben Vorlich, the ascent of Stuc a' Chroin is steep and the path is eroded, the descent is grassy and can be boggy when wet.</p> <p>Grade: A Distance: 17 kms. Ascent: 1,200m ascent. OS: 51 and 57. Meeting place: Strachan Road 08:00 or at Ardvorlich car park NN 633232 09:45.</p> <p>Walk organisers: David Docherty (07795 373919), Diana Borthwick (07450 681650)</p>
<p>Saturday May 7th</p> <p>10.00 am in the Loft Cafe, Haddington or 11.00 am outside the church in Gifford</p>	<p>Gifford – Bolton Circular This is a very pleasant and interesting walk through typical East Lothian countryside and villages. The walk starts in Gifford, turning off the road and wending its way through deciduous riverside woods. It reaches Bolton Where Rabbie Burns' mother, brother and sister are buried. Returning by a different route, we are mainly in woodlands and open fields.</p> <p>Grade: C Distance: 6 miles Ascent: Minimal OS: 66</p> <p>Meeting place/ public transport: Gifford Church at 11.00. Bus from Waterloo Place at 9.03 am (LRT 104) to Haddington for coffee at 10.00 (if necessary will provide a shuttle to Gifford).</p> <p>Walk organiser: Kirstie Maclean (kirstie.maclean@gmail.com, 0131 229 4344, 07855857177)</p>
<p>Saturday May 14th</p> <p>9.45 am Waverley, 10.15 am Falkirk High</p>	<p>Falkirk to Linlithgow (John Muir Way) This linear walk starts at Falkirk High station. We go into the grounds of Callendar House (where we will have a coffee or look around) and then go uphill past a loch and into Callendar Woods. From here on, we mainly follow the canal towpath through woods and fields past Polmont and into Linlithgow. There is one very short slightly vertiginous bit.</p> <p>Grade: B (or C if you only walk to Polmont but this is only approximately 3.5 miles) Distance: 9.5 miles Ascent: One steady climb near the start OS: 65</p> <p>Meeting Place/ public transport: Catch the 9.45 train from Waverley (9.50 from Haymarket) to Falkirk High arriving at 10.15 am. Return by train from Linlithgow.</p> <p>Walk organiser: Kirstie Maclean (kirstie.maclean@gmail.com, 0131 229 4344/ 07855857177)</p>

<p>Saturday May 21st</p> <p>10.00 am start of walk, 8.00 am Strachan Road</p>	<p>Glen Isla and Glas Maol This is a fantastic round of 2 Munros, Glas Maol, Creag Leacach and Corbett Monamenach from the head of Glen Isla. View the Glenshee hills from a new perspective. There is a good track up onto Glas Maol, a bit peaty on the ascent to Black Hill. Drop back to cars from Monamenach.</p> <p>Grade: A Distance: Approx. 20 kms Ascent: Approx. 1135 metres OS: Landranger Map 43</p> <p>Meeting Place: NO 192698, take the rough track down to the right from Auchavan, there is parking for a number of cars a short distance from there. Please can someone volunteer to organise cars at Strachan Road.</p> <p>Time: 7 hours approx, option to cut short if desired</p> <p>Walk organiser: Beverly Bain (beverly.bain@hotmail.co.uk, 07845738274)</p>
<p>Saturday May 21st</p> <p>10.30 am (if coming for coffee) or 11.30 am at Newmills Road</p>	<p>Dalkeith to Old Cockpen Church via South Esk Linear/return riverside walk from Dalkeith to the ruined 12th century Cockpen Church, taking in several key points of historic interest. This walk is almost entirely off-road, along well marked paths that are likely to be muddy in places.</p> <p>Grade: C Distance: 6.5 miles Ascent: 110 m OS map: 66.</p> <p>Meeting place/ public transport: There will be a pre-walk coffee stop: 10.30am at Lavender Coffee & Crumbs Café, 114 High Street, Dalkeith. Bus: LRT 3 (Stop: Buccleuch Street). Free parking available nearby. If only coming for the walk, meet at the bottom of Newmills Road, Dalkeith. Bus: LRT 3 (Stop: James Lean Avenue). Free parking available nearby.</p> <p>Organiser: Anne Donnelly (annedonnelly57@gmail.com; 07963 666035)</p>
<p>Saturday May 28th</p> <p>11.00 am</p>	<p>Cauldshiels Loch and the River Tweed The walk starts on Abbey Street in Melrose. We then pass the old station and make our way past Borders Hospital to ascend into Rhymers Glen and onto Bowdenmoor. The track leads to Cauldshiels Loch then descends to follow the Borders Abbey Way to follow the River Tweed passing Abbotsford and on to Melrose.</p> <p>Grade: B Distance: 9 miles Ascent: 200M. OS: 338</p> <p>Meeting place/ public transport: Abbey Strand car park opposite Melrose Abbey. Bus X62 leaves Edinburgh at 8.20 am, arrives Melrose 10.46 am.</p> <p>Walk organiser: Moira Brown (moirabrown@hotmail.com, 07780712530/ 0131 467 9652)</p>

<p>Saturday June 4th</p> <p>8.00 am Srachan Rd, 10.15 am Invervar car park</p>	<p>Glen Lyon Horseshoe Four Munros from Invervar: Carn Gorm, Meall Garbh, Carn Maigr, Meall nan Aighean. These four Munros on the north side of Glen Lyon lie on a mostly broad and undulating ridge and offer excellent views over the glen to the Lawers range and Loch Rannoch. Grade: A. Distance: 18 kms. Ascent: 1,387m ascent. OS: 51. Meeting place: Strachan Road 08:00 or at Invervar car park NN 666483 10:15. Walk organisers: David Docherty (07795 373919), Diana Borthwick (07450 681650).</p>
<p>Saturday June 4th</p>	<p>Cove to Siccar Point This there and back walk, on the Southern Upland Way and Berwickshire Coastal Path, follows the scenic, interesting and historic coast line between the attractive hamlet of Cove and Siccar Point where James Hutton made his geological discoveries. Apart from over 100 steps up and down, it is relatively flat. It is on good paths and quiet roads, although slightly vertiginous in places. Grade: C Distance: 7 miles Ascent: 50 metres OS: 67 Meeting place/ public transport: Meet at the car park in Cove. If we don't have enough cars, it should be possible to pick up members from the bus stop in Cockburnspath. The 253 bus leaves Edinburgh bus station at 9.00 am. Walk organiser: Kirstie Maclean (kirstie.maclean@gmail.com, 0131 229 4344, 07855857177)</p>
<p>Sunday June 12th</p> <p>10.30 am from Aberfoyle</p>	<p>Menteith Hills, Aberfoyle A challenging upland hike over low hills with strenuous ascent early on, the route follows forest tracks and hill paths, rough in parts, over exposed ground. Grade: B Distance: 10km Ascent: 480m OS: Explorer OL46/ OS 57 Meeting place: Forestry commission Braeval car park near Aberfoyle. Walk organiser: Ali Pugh (ali_pugh@yahoo.co.uk, 07747005093/ 0131 339 5872)</p>
<p>Sunday June 19th</p> <p>9.30 am</p>	<p>Stob Binnein and Ben More from Inverlochlarig The southern approach from the Balqhidder valley to these two mighty Munros (Stob Binnein 1165m and Ben More 1174m) is a more pleasant and less frequented route. The initial ascent of Stob Binnein is steep grass but levels out after about 700m to give a fine ridge walk with superb views. The descent to the bealach is straightforward (303m) and the ascent of Ben More has an avoidable scramble. After returning to the bealach the descent continues down into Inverlochlarig Glen and the track to the farm. Grade: A Distance: 15km Ascent: 1200 metres OS: 57 & 58 Meeting place: Strachan Road at 7.45 am or the car park at Inverlochlarig 9.30 am. Walk Organiser: Janice Christie (janicechristie@blueyonder.co.uk, 07876 074375)</p>

<p>Saturday June 18th</p> <p>10.30 am</p>	<p>Leven to Lower Largo This walk starts along the prom at Leven, then goes up through Lundin Links, then down into Keil's Den. We then follow a path by a stream to Lower Largo, before taking the bus back to Leven, Kirkcaldy and/or Edinburgh.</p> <p>Grade: C Distance: 6.5 miles Ascent: None</p> <p>Meeting place/ public transport: Meet at Waverley station at 10.30 am near the ticket machines. You need a return ticket to Leven.</p> <p>Walk organiser: Caroline Anderson (0131 553 1550/ 07929839702. carolineanderson2652@gmail.com)</p>
<p>Saturday June 25th</p> <p>9.00 am</p>	<p>Helensburgh to Balloch (John Muir Way) Starting from Helensburgh, this walk is on small roads, cycle paths and grassy paths.</p> <p>Grade: B Distance: 9 miles Ascent: 332 metres</p> <p>Meeting place/ public transport: Train from Edinburgh to Helensburgh leaving at 9.15 am. Meet beside the ticket machines at 9.00 am. Either bus or train back from Balloch, via Glasgow. Details to be confirmed nearer the time.</p> <p>Walk organiser: Caroline Anderson (0131 553 1550/ 07929839702. carolineanderson2652@gmail.com)</p>
<p>Sunday July 3rd</p> <p>Time TBC</p>	<p>Hirsel Policies - A return visit to the Hirsel - country home of the Douglas-Home family. The walk finishes with a gentle stroll by the banks of the Tweed.</p> <p>Grade: C Distance: 9km Ascent: fairly flat. OS: 74</p> <p>Meeting place: This walk is not easily accessible by public transport. Travel arrangements will be sent out nearer the time and there may be a possible coffee stop before starting the walk.</p> <p>Walk organiser: Robin Vevers (rvevers@btinternet.com, 0131 336 3205 / 07866 973 997)</p>
<p>Sunday July 3rd</p> <p>08.00 am Depart Edinburgh</p> <p>10.00 am walk start</p>	<p>Stob a' Choire Odhair A reasonably easy Munro (945 metres) with great views over Rannoch Moor and Loch Tulla. It's one of the Black Mountain range between Bridge of Orchy and Glencoe.</p> <p>Grade: A Distance: 12 kms Ascent: 810 metres OS: 50 (grid reference NN 270418)</p> <p>Meeting place/ public transport: Car park near Victoria Bridge at the end of the minor road from Bridge of Orchy.</p> <p>Walk organisers: David Campbell (rdc.342@gmail.com, 07736 164 836) and Debbie Reid (debbie.pm.reid@gmail.com, 07734 414859)</p>
<p>Sunday July 10th</p> <p>Time TBC</p>	<p>Norman's Law is a prominent hill at the far eastern end of the of the Ochil fault line. It sits above the southern bank of the River Tay, four miles north of Cupar. There are stunning views from the top of the hill.</p> <p>Grade: B Distance: 12.5 kms, Ascent: 285 metres, OS: Explorer 380</p> <p>Meeting place: To be confirmed once recce completed.</p> <p>Walk organizer: Joyce Cunningham (joycecunningham98@btinternet.com, 07780995292)</p>

<p>Sunday July 17th</p> <p>Time TBC</p>	<p>Gullane to North Berwick This coastal walk is an old HF favourite. It is a linear walk from Gullane Bents and finishes in the centre of North Berwick. It follows the coastal trail with some beach walking. Grade: C Distance: 10km Ascent: Minimal OS: 66 Meeting place/ public transport: Gullane is accessible from Waterloo Place via the 124 East Coast Bus. However, more precise travel arrangements and meeting time will be issued nearer the time. A pre walk coffee stop is a possibility. Walk organiser: Robin Vevers (rvevers@btinternet.com, 0131 336 3205 / 07866 973 997)</p>
<p>Saturday July 16th</p> <p>10.00 am</p>	<p>Ben Chonzie and top Carn Chois circular This walk is more interesting done in a clockwise direction so we would start at the Glen Turret Car Park, walk over the dam, follow the path up the hill to a point where we cut over the heather to arrive at a small cairn south of the top of Carn Chois, then on to the summit. The views over Loch Turret are excellent in this section. From Carn Chois, we follow the ridge along to Ben Chonzie. There is a very boggy patch in the lowest section of the ridge which is better skirted round on the left from this direction. From the summit of Ben Chonzie, we drop down to the bealach to the north east, then down the gully which some of us did in snow earlier in the year, and continue on the track along the loch side back to the car park. Grade: A Distance: 16k Ascent: 900 m metres OS: 52 Approximate time: 6 hours. Meeting Place: Loch Turret Car Park at 10:00 am. Walk organiser: Pam Manning (pammanning16@gmail.com, 07880623232/ 01764679197).</p>
<p>Saturday July 23rd</p> <p>10.00 am</p>	<p>Kirk Yetholm and Halterburn Valley This walk, which starts and finishes in Kirk Yetholm, follows the high level main route of the Pennine Way along the border with England on the outward route and returns along the low level alternative route back to Kirk Yetholm. It is a reasonably energetic walk with quite a lot of climbing. However, it is lengthy and steady rather than steep and strenuous. Grade: B Distance: 8 miles (12.75 kms) Ascent: Approx 600 metres OS: 74 Meeting place: End of the road at Halterburn (OS839277). Right turn out of Kirk Yetholm, down the hill and park on the grass by the burn. Walk organiser: Di McGuire (dimmcguire_edinburgh@yahoo.co.uk, 07854139673)</p>

<p>Sunday July 31st</p> <p>08.00 am depart from Edinburgh</p> <p>09.45 am meet at walk start</p>	<p>Cruach Ardrain from Inverlochlarig This will complete Janice's walk from last October when bad weather forced us to descend from the bealach between Beinn Tulaichean and Cruach Ardrain. This time we'll skirt around BT by walking up the estate road before turning west up the grassy path to the bealach. From there it's 1.2 kms walk, with a 200 metre climb to the summit of CA. There are good views over to Ben More, Stob Binnein, Loch Voil and Loch Doine. We can return by the same route or walk over BT if anyone wants to bag both Munros.</p> <p>Grade: A Distance: 12.5 kms Ascent: 900 metres (1 Munro) OS: 51 Meeting place: Inverlochlarig car park NN445185 Walk organiser: David Campbell (rdc.342@gmail.com, 07736164836)</p>
<p>Saturday July 30th</p> <p>10.30 am at the Riccarton Inn</p>	<p>Currie/Balerno linear via Harlaw This is a very pleasant C walk in the foothills of our beloved Pentland Hills with enough of a climb at the start up the Kirk Brae to get you out of breath but we'll take it slowly. At the head of the Kirk Brae we'll take The Old Rifle Range Road (a gentle incline) and a path called the Dog Leg to Harlaw. We'll circle the Reservoir then descend through Harlaw woods and village to the 44 bus at the foot of the Harlaw Road. We can have our picnic in the Harlaw Wildlife Garden.</p> <p>Grade: C Distance: 6.5 to 7 miles Ascent: 200 metres OS: Pentland Explorer 344 Meeting place/ public transport: 10.30 am at the Riccarton Inn, Lanark Road, Currie .Lothian Bus 44 Walk Organiser: Anne McCulloch (mcculloch.anne@googlemail.com, 07503637623)</p>