### Programme logo

### Winter Programme 2023/ 24

 **Covering the period November 1st  2023 - February 29th 2024**

### Contacts

**President** – Janice Christie

**Secretary** – Position currently vacant (Janice acting secretary)

**Assistant Secretary (weekends away)** Caroline Anderson

**Treasurer** – Anne Donnelly

**Walks Convener** – Kirstie Maclean

**Social Convener** – Position currently vacant

**Website: http://www.hfedinburgh.com**

**“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, Edgeware 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 not normally restricted. Occasionally participant numbers will be restricted if the walk organiser considers it necessary for a particular walk (e.g. because of limited parking).
* Three walks are planned each fortnight. These will 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 (or vice versa) 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.
* 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;
* Please remember the “line of sight“ rule i.e. ensuring you have any group members walking behind you within sight and waiting if they are getting too far behind you.
* Please let the walk organiser know if you want to car share and if you are willing to be a driver. Recommended mileage rate is 25p per mile, with drivers going free. The organiser will sort this out with drivers and passengers, generally at the beginning of the walk. Please bring cash, including small change with you;
* Please carry sufficient food and water with you for the length and difficulty of walk you are undertaking;
* If you have any concerns about your health or fitness with regard to the length or difficulty of walk you are hoping to undertake, please ring the walk organiser to discuss prior to the walk.

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| **Date and time** | **Walk description, meeting place and organiser** |
| Sunday November 5th08.00/ 9.15 am | **The Mell Circuit, Glen Finglass, the Trossachs:**  This long, but straightforward circular walk starts from Brig’o Turk and follows a minor road to Glen Finglas reservoir. Towards the end of the reservoir the path divides and the walk can be done in either direction. We will take the right hand path to walk in an anti-clockwise direction, heading gently uphill along the estate path to the highest point of 600 metres about half way through the walk. The return route is downhill. The route begins in regenerated woodland, but as the path leaves the reservoir the surrounding landscape becomes remote and is filled with rocky crags and moorland.  On a clear day there are great views of Ben Ledi and Ben Vane. Grade: B Distance**:** 22.5km/14m Ascent: 600m OS:57 Travel arrangements/ meeting place: Strachan Road at 08.00 am or 9.15 am at Brig O’Turk. Turn right in the middle of the village, past the school house. In about half a mile, there is a fork in the road and parking for about 12 cars beside a row of bins. GR532073Walk Organiser: Anne Kilgour |
| Sunday November 12th8.00 am/ 10.00 am | **Schiehallion:** It's a while since the group visited this iconic hill that even I find easy to spot from the summits of other hills, sitting as it does, proud and pointy in splendid isolation. There is a new approach path recently built by the John Muir trust for good walking before the more challenging boulder field leading to the summit. Grade: A Distance: 10km Ascent: 731m OS: 51Travel arrangements/ meeting place: Strachan Rd for 8am or at the PayFor car park at Braes of Foss for a 10am start.Walk Organiser: Debbie Reid  |
| Saturday November 11th11.00 am | **Currie/ Balerno Circular** This is an easy, flat walk along the Lymphoy path from Currie calling in at Malleny Garden (NTS) and returning along the Water of Leith to Currie.Grade: C Distance: 4.5 miles Ascent: Minimal OS: 66Travel arrangements/ meeting place: The walk starts at the 44 bus stop opposite the Riccarton Inn at 11.00 am. Finish at the same spot with drinks/coffee at the inn. Lothian Bus no 44 to the start. Off street parking nearby. Walk organiser: Anne McCulloch |
| Saturday November 18th8.30 am/ 9.30 am | **Spartleton Hill,** **Herring Road and Whiteadder reservoir** This figure of eight walk starts with an ascent of Spartleton Hill (468 metres) and then drops back down, via the Herring Road (taken by Dunbar fishwives going to market in Lauder), to Whiteadder reservoir. We turn off onto a quiet road uphill and after about a mile turn back on a track towards Priestlaw Hill. After a brief ascent, we drop down to near the reservoir and return to the start. Grade: B Distance: 11 miles Ascent: 500 metres OS: 67Travel arrangements/ meeting place: Northumberland Hotel at 8.30 am or Whiteadder car park at 9.30 amWalk organiser: Di McGuire |
| Sunday November 26th8.00 am/ 9.45 am | **Meall Chuaich** The most northerly of the Drumochter Munros, the ascent of Meall Chuaich is straightforward with initially a track following the aqueduct to the hydrostation and continuing towards Loch Cuaich. Thereafter, there is a well defined if somewhat eroded path to the summit cairn. The summit is an excellent viewpoint with Badenoch and Strathspey to the north and the Cairngorm summits to the north-east. The descent is normally by the same route, although a longer, steep, pathless route to reach the track along Loch Cuaich is possible in dry conditions.Grade: A Distance: 14 kms Ascent: 614 metres OS: 42Travel arrangements/ meeting place: Strachan Road at 8.00 am or from the starting point, layby 94 on the east side of the A9 after the turn off for Dalwhinnie and just before Cuaich cottages (NN654867) at 9.45 amWalk organiser: Janice Christie |
| Sunday November 26th9.30 am/ 10.15 am | **Bonnybank to Ceres (Fife Pilgrim Way)** This linear walk on paths and tracks through attractive Fife farms and woods has great views in all directions. We pass a reservoir which has a variety of bird life. The walk ends on the Waterless Road (a grassy track) which was part of the original pilgrim route to St Andrews. We finish in the lovely village of Ceres where, if bus times permit, we will have a cup of tea in the Fife Folk Museum. Grade: C Distance: 7.5 miles Ascent: 230 metres OS map: 59Travel arrangements/ meeting place: Meet at Strachan Road at 9.30 am or start of the walk at 10.15am. There is no viable public transport.Walk organiser: Kirstie Maclean |
| Sunday December 3rd9.00 am | **Meikle Says Law** At 1775ft this is the highest of the Lammermuir Hills but the walk is only about 6mls long and climbs just over 600ft so, as long as we don’t get lost or encounter streams that are now rivers, it can be done comfortably on a short winter’s day. Depending on the weather and conditions this can become circular by following the England/ Scotland border, walking along the side of Collar Law and down into the valley of Faseny Water.Grade: B Distance: 6 mls Ascent: 392 m OS: 67/ 345Travel arrangements/ meeting place: Meet at the Northumberland Hotel at 9am.Walk organiser: Ali Pugh  |
| Saturday December 9th9.20 am/ 10.30 am  | **Dirleton circular**  Starting at the lodge at Dirleton we walk to Archerfield walled garden. Possible coffee stop there. Then follow the woodland walk towards Gullane and a short spell walking on pavement we return to Dirleton via the beach. Grade: C Distance: 6 miles Ascent: Minimal OS: 66Travel arrangements/ meeting place: Meet Waterloo Place for X5 bus at 9.20 am or at the start of the walk at Dirleton Green at 10.30 am.Walk organiser: Lisa Conlan |
| Saturday December 9th/ Sunday December 10thTBC8.00 am/ 10.00 am | **Ben Lawers (1214m) and Beinn Ghlas (1103m)** Always a popular winter walk, Ben Lawers being the 10th highest Munro, but the car park stands at 410m and the total ascent is only 910m. These 2 hills need no introduction to most Awalkers.  On a bright sunny winter's day they are superb with excellent views of Loch Tay and the surrounding hills.  Full winter gear is needed.Grade: A Distance: 10.5 kms Ascent: 910 metresOS: 51Travel arrangements/ meeting place: Meet at Strachan Road at 8:00 am or at the NTS pay and display car parkat NN608377 at 10:00 am.Walk organiser: Pam Manning |
| Saturday December 16thTBC | **Mince pie walks (B and C).** Details to be confirmed.Walk organiser: Ann Peat |
| Saturday January 6thB and C walks 9.25/ 9.30/ 10.05 am | **New Year walks** There are two New Year walks. There are likely to be pre-walk coffee arrangements and we are also planning to have an early supper in a pub nearby. Details of coffee and supper to be confirmed.**Flotterstone circular B** Starting at Flotterstone car park, we go up Turnhouse Hill (466m), Carnethy Hill (573m) and then steep downhill to the Howe. Then right around Black Hill through Green Cleuch, past Threipmuir Reservoir keeping height to Bavelaw marshes -maybe some birds! Round the back of Black Hill through a nice quiet glacial valley, past King’s Hill to Glencorse Reservoir and back to Flotterstone. Grade: B Distance: 9 miles (14 kms) Ascent: 609 metresOS: 67Travel arrangements/ meeting place for both walks: See below.Walk organiser: Pauline Boyle **Flotterstone circular** **C** This walk starts at Flotterstone car park, goes up to Castlelaw and round the side of Castlelaw Hill. We then go steadily to the summit of Fala Knowe (439 metres). We drop down gradually between Allermuir and Capelaw Hills, taking a path round the back of Capelaw which brings us to Bonaly reservoir. We return via Phantom’s Cleugh to Glencorse reservoir and back to Flotterstone. Grade: C Distance: 7.5 miles Ascent/ descent: Approximately 250/ 300 metres, not steep.OS: 67Walk organisers: Angela & Kim SwalesTravel arrangements/ meeting place for both walks: Northumberland Hotel 9.30 am or St Andrew Square bus station for bus 101A departing 9.25, scheduled to arrive at Flotterstone 10.02 (Houstons bus destination Dumfries). Meet in Flotterstone car park EH26 0PP, just beyond the Inn at 10.05 am. |
| Sunday January 14th08.00 am/ 09.45 am | **Ben Vorlich (Loch Sloy)** This is the most northerly Munro in the Arrochar Alps with great views west over Loch Sloy to the other Arrochar Alps and east to Ben Lomond and LochLomond. We will start from the car park (charge) at Inveruglas visitor centre.Grade: A Distance: 13.5km (8.5miles) Ascent: 945m OS: 56Travel arrangements/ meeting place: Depart Strachan Road 08:00 am or Inveruglas 09:45am.Wak organiser: David Campbell |
| Saturday January 13th9.30 am/ 10.00 am/ 10.45 am | **Lin’s Mill Loop** This lollipop shaped walk takes us along the steep, wooded, attractive River Almond valley. We see/ cross a number of viaducts and aqueducts and often walk beside a “canal feeder” which then joins the Union Canal. It is a walk particularly for those who enjoy industrial archaeology. Grade: C Distance: 7 miles Ascent/ descent: Probably less than 100 metres but there are a number of steep flights of steps.OS map: 65Travel arrangements/ meeting place: Meet at Strachan Road at 9.30 am, cafe at 10.00 am or start of the walk at 10.45 am. Walk organiser: Kirstie Maclean |
| Saturday January 20th/ Sunday January 21stTBC8.30 am/ 9.30 am/ 9.50 am | **Earlston – Melrose circular** Beginning and ending at Earlston, this is a really nice midwinter walk, suitable for the shortest days.  It takes in woodland, quiet back roads and farmland. From the public car park in Earlston we follow a short stretch along the B6356, then turn off onto a woodland path along the Leader Water to Leader Foot.  From there a quiet road and paths lead through Newstead to Melrose (where there’s a possible stop in a Melrose cafe).  From central Melrose, we cross the Chain Bridge and continue west along the Tweed, then north on the Southern Upland Way before turning down a track, then a quiet minor road back to Earlston. Grade:B Distance:10 miles Ascent/descent:Approximately 150 metres OS: 73Travel arrangements/ meeting place:Northumberland Hotel, 08.30 am, or meet at the public car park in Earlston, 0930 (0950 if by bus). It is possible to do this via public transport via Borders Bus 51 - the last bus back is at 5pm.**Walk organiser:**Sue Lieberman  |
| Saturday January 27th8.00 am/ 10.30 am |  **Mayar and Dreish** Starting from Glen Clova, the intention isto do both mountains, weather permitting. A walk from theGlen Doll car park, ascending through the magnificent CorrieFee following well defined paths to the first Munro, Mayar.We then walk along the broad ridge to Driesh before retracingour steps briefly to descend by the Kilbo path.Grade: A Distance: 15 kms Ascent: 860m OS: 44Travel arrangements/ meeting place: Meet at Strachan Road at 8.00 am or Glen Doll Forestry Car Park NO283761 at10.30 am.Walk organiser: Martin Moss |
| Saturday January 27th9.45 am/ 10.30 am/ 11.15 am | **Roslin Rosewell Circular** This is an enjoyable and picturesque country walk, starting and finishing at the pretty town of Roslin. We will take in pleasant countryside, woodland, the track bed of the old Penicuik to Dalkeith railway and the splendid Roslin Glen, where we will pass its historic Chapel and Castle. While this is an easy walk, there are a couple of short tricky bits and some steps down into the Glen. Poles advised for those who like that bit of extra stability. Grade: C Distance: 7 miles Ascent: 210 metres OS: 66Travel arrangements/ meeting place: LRT Bus 37 from South Bridge at 9.45. Stop: Original Rosslyn Hotel. On street parking nearby.  Coffee at Dolly’s Tearoom, across from bus stop at around 10.30. Walk starts 11.15 from Rosslyn Hotel on corner of Main St and Manse Road, Roslin. Walk organiser: Anne Donnelly |
| Saturday February 3rd10.00 am | **Pentlands circular from Bonaly via Capelaw Hill and Harbour Hill** Starting off at Bonaly, going through Sanctuary Wood and going uphill over moorland to Bonaly reservoir. Climb Capelaw Hill (454 metres) and descend to Phantom’s Cleugh and then ascend Harbour Hill, (421 metres), descend to Maiden’s Cleuch and down through the plantation to Easter Kinleith, past Clubbiedean for a coffee stop and back round Torduff reservoir and back to Bonaly car park.Grade: B Distance: 9km (6mls) Ascent: 376 metres OS: 67Travel arrangements/ meeting place: Meet at Bonaly Top Car Park (right after the bridge over the by-pass). 10.00 am. Either bus number 10 or bus number 16.Walk organiser: Pauline Boyle |
| Saturday February 10th or Sunday February 11th (Weather dependent)8.00 am/ 10.00 am | **Meall Corranaich (1069m) and Meall a' Choire Leith(926m)** Two attractive Munros in the Lawers Range. For achange we will do this walk in an anti-clockwise direction,parking at NN594416 on the little road which crosses fromLoch Tay to Glen Lyon. From here we will climb MeallCorraniach first and return to the car park via a circular route.Full winter gear will be needed.Grade: A Distance: 10.5 kms Ascent: 730 metres OS: 51Travel arrangements/ meeting place: Meet at Strachan Road at 8:00 am or at the NTS pay and display car park at NN608377 or at the higher car park at NN594416 at 10am.Walk organiser: Pam Manning |
| Sunday February 11th9.30 am | **Water of May, Perth and Kinross** South of the meandering river Earn, near Forteviot, Invermay Estate nestles in the folds of the Ochil hills. While the big house is largely concealed from view, the mixed woodland that surrounds it offers a delightful stroll through the valley of the Water of May.Grade: C Distance: 5 .5mls Ascent 150m OS: 58/369.     Travel arrangements/ meeting place: Meet at Strachan Road (or notify Ali if this is a problem) at 9.30am. Public transport not available.Walk organiser: Ali Pugh  |
| Saturday February 17th9.30 am/ 10.30 am | **Peebles-Cademuir/Kirkton  Manor** This walk explores Cademuir Hill and its ancient sites before dropping down to Kirkton Manor and returning along the Tweed.The route covers varied countryside and offers excellent views.Grade:B Distance: 8 miles Ascent:400Metres OS:337Travel arrangements/ meeting place: Meet at Northumberland Hotel @ 9 30 am or Kingsmeadow Car Park@ 10 30 am.Walk organiser: Moira Brown |
| Saturday February 24th8.00 am | **Stob a'Choin from Inverlochlarig** Stob a'Choin is a rough, grassy Corbett well protected by crags. The ascent is very steep and demanding.Grade: A Distance: 11km Ascent: 800m OS: 56Travel arrangements/ meeting place: Strachan Road for an 08:00 am departure.Walk organiser: David Docherty |
| Sunday February 25th9.00 am/ 10.00 am | **Chatelherault** This 7.5 mile walk circles the River Avon gorge in South Lanarkshire. It starts from historic Chatelherault hunting lodge, which is near Hamilton, and passes the ruins of Cadzow Castle. There is a visitors‘ centre, where we will have coffee, and also a museum which there may be time to look round. The walk is undulating, with some fairly steep steps/ slopes up and down into the gorge. It is mainly on good tracks with a short amount of pavement walking.Grade: C Walk distance: 7.5 miles Ascent/ descent: Minimal. Some steep steps down and up in the gorge OS: 64Travel arrangements/ meeting place: Meet at Strachan Road at 9.00 am or Chatelherault at 10.00 am. There is no available public transport.Walk organiser: Kirstie Maclean |