



Spring

Programme 2024

2 March – 30 June 2024

Contacts

President: Kirstie Maclean

Secretary: Alison Jefferies

Assistant Secretary: Caroline Anderson
(weekends away)

Treasurer: Anne Donnelly

Walks Committee:

A Walks Convener: Pam Manning
B Walks Convener: Sue Lieberman
C Walks Convener: Kirstie Maclean
Walks Adviser: Ann Peat
Walks Secretary: Sarah Hawkin

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)

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. Though numbers may occasionally 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 normally be on a Saturday or a Sunday. Please check the start times and meeting places as they vary.
- It is **essential** you contact the walk organiser as soon as possible, and normally at least 48 hours before the walk, to indicate your wish to participate.
- You will be told of any minor changes by the walk organiser. Occasionally walks planned for a Saturday will be moved to a Sunday (or vice versa), and/or the walk itself will be changed, for instance if there is a poor weather forecast. When there is a major change like that, and time permits, e.g. there is at least 48 hours between the change being decided and the actual walk, it is helpful if the walk organiser notifies all members via the club email (hf_edinburgh@yahoo.co.uk) in case the change allows members, not previously signed up, to join the 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. Alert the organiser, before the walk starts, if you don't have a phone with you.
- Please remember the "line of sight" rule i.e. ensure you have any group members walking behind you within sight and wait 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.
- Carry sufficient food and water with you for the length and difficulty of walk you are undertaking.
- Carry a map and compass for A and B walks, and know how to use them.
- 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.

| Date, time | Cat A | Walk description, meeting place and organiser |
|--|----------|---|
| Sat or Sun 9 th or 10 th March 8.00 or 10.00 | A | <p>Meall Ghaordie from Glen Lochy OS map: 51 Distance: 9.5 km Ascent: 895 metres Meeting places: Strachan Road 8am, or road widening section 10am. Take the Glen Lochy Road just through Killin on the left. There is parking for a few cars just past the bridge over the Allt Dhuin Croisg at GR N365524. Description: Meall Ghaordie is an isolated Munro, standing between Glen Lochay and Glen Lyon. We will start on the track beyond the farm on the NW side of Alt Dhuin Croisg walking through mixed woodland before climbing up grassy slopes, sometimes wet and muddy, before reaching the rockier upper sections of the hill. Organisers: Debbie Reid/Anne Kilgour</p> |
| Sat or Sun 23 rd or 24 th March 8.00 or 10.30 | A | <p>Mayar and Dreish OS map: 44 Distance: 15 km Ascent: 860 m Meeting places: Meet at Strachan Road at 8.00 am or Glen Doll Forestry Car Park GR NO283761 at 10.30 am. Description: Starting from Glen Clova, the intention is to do both Munros, weather permitting. A walk from the Glen Doll car park, ascending through the magnificent Corrie Fee following well defined paths to the first Munro, Mayar. We then walk along the broad ridge to Driesh before retracing our steps briefly to descend by the Kilbo path. Organiser: Martin Moss</p> |
| Sunday 7 th April 8.00 or 9.45 | A | <p>Ben Challum, Nr Tyndrum OS map: 50 Distance: 11.5 km Ascent: 910 m Meeting places: Strachan Road at 08.00 or from starting point, a layby on the West side of the A82 just North of the turning for Kirkton Farm, GR NN355281, at 09.45. Description: A straightforward ascent up modestly angled grassy slopes with some boggy sections. The higher slopes and the lovely ridge between this Munro's two summits provide extensive views. Organiser: Janice Christie</p> |

| Date, time | Cat A | Walk description, meeting place and organiser |
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| Sunday 21 st April 8.00 or 10.00 | A | <p>Beinn Ime & Beinn Narnain OS map: 56 Distance: 14 km Ascent: 1350 m Meeting places: Strachan Rd at 08:00 or Succoch car park GR NN294048 at 10:00 Description: We will start from the car park (charge) at Succoth on the north side of Loch Long near Arrochar. There are good tracks and paths most of the way with some easy rocky scrambling higher up. Beinn Ime is the highest Munro in the Arrochar Alps (1011 m); Beinn Narnain is 926 m. Great views to The Cobbler, Ben Lomond, Loch Lomond and along Loch Long to the Firth of Clyde. Walk Time: 6h30 Organiser: David Campbell</p> |
| Sat or Sun 4 th or 5 th May 8.00 or 10.00 | A | <p>Beinn Achaladair, Beinn a' Chreachain OS map: 50 Distance: 21.5 km Ascent: 1189 m. Meeting places: Strachan Rd at 8 a.m., or 10 a.m. at the car park just off the A82 signed for Achaladair Farm GR NN313437. Description: These two Munros form an enjoyable ridge walk with great views over Loch Tulla and north to Rannoch Moor. We'll climb the route anti-clockwise to reach Beinn Achaladair first, then head NE to Beinn a' Chreachain. Organiser: Ann Peat</p> |
| Sat or Sun 25 th or 26 th May 8.00 or 9.45 | A | <p>Ben More, Stob Binnein OS map: 51 Distance: 11 km Ascent: 1320 m Meeting places: Strachan Rd at 8 am or the verge parking on the south side of the A85 at 9:45 GR NN417260. There is also parking 650 m further east at a large layby. Description: These are 2 of the most prominent best loved Munros in the Crianlarich area and distinctive from many viewpoints due to their shape. An engineered stone path leads part way up the north face of Ben More beyond which it is steep and rocky in places and it holds the snow more than the surrounding hills. We will gain the summit of Ben more first, then drop down to the Bealach between the hills, climb Stob Binnein and retrace our steps to the Bealach from where we descend into Ben More Glen and follow the track back to the parked cars. Organiser: Pam Manning</p> |

| Date, time | Cat A | Walk description, meeting place and organiser |
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| Sat or Sun June 8 th or 9 th 8.00 or 10.00 | A | <p>Beinn a’Ghlo OS map: 51 Distance: 22 km Ascent: 1239 m Meeting places: Strachan Road at 8am or at 10 a.m. at the parking area (charge) near the end of Monzie Road, near Loch Moraig in Blair Atholl GR NN905671 Description: Beinn a’ Ghlo is the collective name for three Munros: Carn Liath (976m), Braigh Coire Chruinn-bhagain (1070m) and Carn nan Gabhar (1121m) in the Blair Atholl area, so climbing them all makes for a long day - but worth it! There are good paths to all of them with great views to the surrounding Perthshire scenery and beyond. Organiser: Ann Peat</p> |
| Sunday June 23 rd 8.00 or 10.45 | A | <p>Ben Starav, Glas Bheinn Mhor OS map: 50 Distance: 16 km Ascent: 1,423 m Meeting places: Strachan Road for an 8 a.m. departure. Limited parking at GR NN 136468, on single track road down Glen Etive ETA 10:45am Description: Ben Starav is a magnificent mountain, its great bulk rising on the south side of Loch Etive to fine rocky ridges. It is a fantastic viewpoint and gives an excellent traverse in combination with Glas Bheinn Mhor. There may be an option (subject to weather, transport logistics and stamina) to include a third Munro, Beinn nan Aighenan, adding about 4 kms and 500 m ascent to the statistics above. Organiser: David Docherty</p> |

| Date, time | Cat B | Walk description, meeting place and organiser |
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| Sunday 3 rd March 9.30, or ask organiser | B | <p>Bowhill & Duchess Drive OS map: 73 Distance: 7.5 km Ascent: 400 m Meeting places: Northumberland Hotel 9.30. We'll stop for coffee near the walk start at the Waterwheel café. I'll give you the parking details & time if you want to come direct to the start of the walk. No feasible public transport. Description: This typical Scottish Borders walk includes varied woodland and extensive heathery moorland with great views. It takes in a ruined castle (Newark Castle) and a stately home (Bowhill House) belonging to the Earl of Buccleuch. Although the ascent is 400 metres, it is (mainly) very steady both up and down and on good tracks. Organiser: Kirstie Maclean</p> |
| Sunday 17 th March 8.30 or 9.45 | B | <p>Callander Crag and the Bracklinn Falls OS map: 57 Distance: 15 km Ascent: 400 m Meeting places: Strachan Road 08.30, or 09.45 at car park on left just above Callander Golf Club. Turning from the main road is signed to the Bracklinn Falls. Description: A circular walk from Callander (mainly on paths) with panoramic views from the crags (a relatively steep ascent) and a visit to the lovely Bracklinn Falls. Returning via West Bracklinn Farm and Dalvey. Can be cut short by returning from the Bracklinn Falls directly to the starting car park. Organiser: Janice Christie</p> |
| Sat or Sun 30 th or 31 st March 8.00 or 10.00 | B | <p>Enochdhu Circular OS map: 43 Distance: 18 km / 11.25 m Ascent: 700 m Meeting places: Strachan Rd, 8 a.m. or in as few cars as possible at parking place by recycling bins, Enochdhu, 10 a.m: GR NO 062 627. Description: This walk follows part of the old Drovers road that linked the Spittal of Glenshee to the town of Kirkmichael where the Michaelmas Fair was one of Scotland's foremost 18 century cattle markets. Leaving Enochdhu and walking north through woodland and moor, the trail takes us gently up to the An Lairig pass (600 m). From here we leave the trail and head south east for the summit of Meall Uaine (794 m and now called a Fiona) before navigating a pathless section over a hillock or two to the trail that takes us back into the forest and our starting point in Enochdhu. Organiser: Debbie Reid</p> |

| Date, time | Cat B | Walk description, meeting place and organiser |
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| Sat or Sun 13 th or 14 th April 8:00 or 9:30 | B | <p>Stuc Odhar from Glen Finglas Car Park OS map: 57 Distance: 12 km Ascent: 700 m Meeting places: Strachan Road 8:00 a.m. or Glen Finglas car park 9:30 a.m. at GR NN 546 065. Description: This circular route starts from the Glen Finglas car park and visitor centre on the north side of Loch Venachar. The path goes steeply up Lendrick Hill (great views of Loch Venachar across to Achray Forest and Ben Venue). We continue to the summit of Stuc Odhar, 674 m, with views of Ben Ledi to the east. We will descend west towards Gleann Casaig and Glen Finglas reservoir, and then through mixed deciduous woodland returning to the start of the walk. Expect a mixture of terrain, including tracks and off path, which can be wet underfoot in places. Organiser: Anne Kilgour</p> |
| Sunday 27 th April 10.30 at walk start | B | <p>Hollybush Circular, Galashiels OS map: 73 Distance: 8 miles Ascent: 300 m Meeting place: Gala Policies (Swimming pool car park), 10.30 a.m. Public Transport: X62 bus to Galashiels leaves from Waterloo Place hourly and takes 1.5 hours. Description: An attractive 8 mile Scottish Borders walk starting from Gala Policies in Galashiels and taking in parts of the Southern Upland Way before walking along the banks of the River Tweed from Yair Bridge to Abbotsford. There are two fairly significant ascents but neither is difficult (300 metres). Organisers: Liz Purser / Doreen Convy</p> |
| Sat or Sun 11 th or 12 th May 9.00 or 10.15 | B | <p>Balkello Wood to Kinpurney Tower, Auchterhouse, Angus OS maps 53 & 54, Explorer 380 Distance: 14 km Ascent: 520 m Meeting places: Strachan Road 9 a.m. or Balkello Community Woodland Car Park at 10.15, GR OS 365 385. Description: This hike through the Sidlaw Hills north of Dundee is a moderate there-and-back route following tracks and paths through woodland and over open hillside with some strenuous ascent. Organiser: Ali Pugh</p> |
| Sunday 2 nd June 9.00 or 10.30 | B | <p>Loch Skeen and White Coomb OS map: 79 Distance: 9.5 km (6 miles) Ascent: 600 m Meeting places: Northumberland Hotel at 9 a.m. or Grey Mare's Tail car park at 10.30, GR NT 286 145. Description: This walk climbs beside Grey Mare's Tail waterfall to Loch Skeen and then ascends White Coomb, southern Scotland's fifth highest hill. Return route descends by the waterfall back to start point. Organiser: Di McGuire</p> |

| Date, time | Cat B | Walk description, meeting place and organiser |
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| Sunday 16 th June 9.00 or at walk start | B | <p>Pykestone Hill, Middle Hill & Drumelzier Law OS Explorer map: 336, Biggar Distance: 15 km Ascent: 696 m Meeting places: Northumberland Hotel 9 a.m. (Or at walk start, place and time to follow.) Description: This enjoyable hill walk climbs these three Donalds, the first two being flat-topped while the latter has a more impressive outline. Good track for the ascent, then narrow paths following fence posts to Middle Hill. Fainter paths over Drumelzier. The cols between the hills are boggy but the rest of the going is good . Dawyck Botanic garden, with a very fine cafe, is a few miles from the start of our walk. Worth considering as we are into long days. Organiser: Ali Pugh</p> |
| Sat or Sun 29 th or 30 th June 8.30 or 9.45 | B | <p>The Eildons from Bowden OS map: 73 Distance: 10 km Ascent/descent: 525 m Meeting places: Northumberland Hotel 8.30 a.m., or Bowden village 9.45 a.m. Use side street parking in village & meet at entrance to the common beside bus-stop, in village centre, GR: NT 303 556 Description: The three conical tops of the Eildons lie just south of Melrose and offer a great day's walking along good paths, with some steep ascents and views of the Lammermuirs, Moorfoots and Upper Tweedale hills. We'll start walking from the common in Bowden village, following St Cuthbert's Way, to climb steeply up the steps in the woods before leaving the Way to gain first top, Eildon Wester Hill. We'll then make our way to the summit top of Eildon Mid Hill. After climbing Eildon Hill North, we'll descend and make our way back to Bowden along good paths before rejoining St Cuthberts Way to arrive back at the common. Organiser: Anne Kilgour</p> |

| Date, time | Cat C | Walk description, meeting place and organiser |
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| Date, time | Cat C | Walk description, meeting place and organiser |
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| Saturday March 9 th 10.00 (bus) | C | <p>Haddington to Longniddry OS map: 66 Distance: 6 miles Ascent: negligible Meeting place is public transport: Waterloo Place, 10.00 am bus Description The walk starts just before Haddington and goes uphill to the back of the hospital. It then follows farm tracks and paths to Alderston. Good views of the monument and countryside below. At the top of the hill, we go on to Coates along quiet country lanes and join the railway path near Redhouse Castle. We stop for tea or coffee and then walk back to Longniddry for the bus back to Edinburgh. Organiser: Lisa Conlon</p> |
| Saturday March 23 rd 9.25 bus or 9.30 car or 10.15 at walk start | C | <p>Carlops circular OS map: 65 Distance: 7 miles Ascent: 200 m Meeting place: Northumberland Hotel 9.30 am Public transport: St Andrew Square bus station for bus 101A departing 9.25 (Houstons bus destination Dumfries). Meet in the car park in Carlops at approximately 10.15 am. Description: This walk skirts round to the East of Carlops on quiet roads and tracks and through the hamlet of Kittleyknowe. We cross the main road and set off towards Nine-Mile Burn, but turn up into the hills before we get there, crossing a saddle between Patie's Hill and Spittal Hill. We drop steeply down to North Esk Reservoir and then follow a more gentle track down into Carlops. Organiser: Kirstie Maclean</p> |
| Saturday April 6 th 10.00 or 11.15 | C | <p>Linlithgow Circular OS map: 65 Distance: 6 miles Ascent: Minimal, short flight of steps down. Meeting place / public transport: Train from Waverley around 10.00 am (TBC) arriving in time for our coffee stop (TBA) at 10.30. Walk to commence from Linlithgow Station at around 11.15 am. Public Transport: Regular train service from Edinburgh Waverley, which takes about 20 minutes. Bus X38 half-hourly from Regent Road, takes about an hour. Description: Starting from the railway station in the town centre, our route will take us along the Union Canal to the historic Avon Aqueduct. We will then walk through the pretty woodland that forms part of the River Avon Heritage Trail as far as the railway viaduct. After a short walk though Linlithgow Bridge, we end with a circumnavigation of Linlithgow Loch. Organiser: Anne Donnelly</p> |

| Date, time | Cat C | Walk description, meeting place and organiser |
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| Sunday April 21 st 10.15 at walk start | C | <p>Harbour to harbour OS map: 66 Distance: 5 miles Ascent: Minimal Meeting place: Fisherrow Harbour, Musselburgh, 10.15 am. Pubic transport: Buses 26, 44, 113, 124. Description: From Fisherrow harbour to Cockenzie harbour, this is a coastal walk from Musselburgh to Cockenzie. We will look at new bird hides, which you can go into, on the last lagoon, so please bring binoculars. NB There is no coffee stop. Organiser: Aileen Boyle</p> |
| Saturday May 4 th 10.30 at walk start | C | <p>Cramond Brig to South Queensferry (John Muir Way) OS map: 66, Explorer 350 Distance: 5.8 miles Ascent: Minimal Meeting Place: Car park of the Miller and Carter pub, Queensferry Road. 10.30 a.m. Public transport: Bus 43 to Cramond Brig (Lothian Country Bus with stops in Waterloo Place, Princes St. and West End). Bus 43 also for return from South Queensferry. Description: Following the John Muir Way from Cramond Brig, this shore walk goes down through fields and woodland to the shores of the Firth of Forth and into the Dalmeny estate. There are lovely views of the Fife coastline and other interesting sights, including Dalmeny House, Inchcolm Island, Barnbogle Castle and, if the tide is out, seabirds on the shore. We pass under the magnificent Forth bridges to finish the walk with optional refreshments in South Queensferry before getting the bus back. Organisers: Angela & Kim Swales</p> |
| Saturday May 25 th 9.30 car or 10.00 coffee or 11.30 walk start | C | <p>Scone circular OS map: 65 Distance: 6.25 miles Ascent: Approx. 300 m Meeting place: Strachan Rd 9.30 am, or 10.00 am Caulders Garden Centre, Kinross for coffee or 11.30 am Scone (car park beside the church). Public transport: none. Description: This attractive circular walk from Scone was created to celebrate the village's bi-centenary in 2005. It starts beside a burn, passes through deciduous woods and emerges onto open moorland. There are a couple of steep but not difficult climbs to a folly and an obelisk and one steep downhill. The 360 degree views on a good day are wonderful. NB You may recognise that this walk was in the programme last year. However, due to torrential rain only 3 of us set off and we cut it short. Organiser: Kirstie Maclean</p> |

| Date, time | Cat C | Walk description, meeting place and organiser |
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| <p>Saturday June 8th 11.00</p> | C | <p>Edinburgh centre, Leith, Newhaven circular OS map: 66 Distance: 4 - 5 miles Ascent: Some gentle ascent back to the city centre. Meeting place: Outside Harvey Nichols on St Andrew's Square opposite the tram stop at 11.00 am. Public transport: Lots. Description: This is a charming, varied walk from the town centre, through the Scotland Street tunnel following the old railway which took people from Waverley Station to the Old Chain Pier for the ferry to Burntisland. The return route is through Victoria Park and back on the railway path. Optional lunch/ drinks in a local hostelry. Organiser: Anne McCulloch</p> |
| <p>Saturday June 22nd about 10.30 (at bus stop at walk's start)</p> | C | <p>New Winton Wood and Walk Plantation OS Explorer: 351 Distance: About 10 km Ascent: About 200 m Meeting place: Start near New Winton (Buxley farm road bus stop) about 10.30. Suggest cars unnecessary. Public transport: Bus takes about an hour. Various bus routes. More detailed information to follow. Description: This countryside route takes in the tree lined paths of New Winton Wood and Walk plantation and we should connect with paths in the Winton estate or nearby to enable us to finish in Pencaitland. Organiser: Ali Pugh</p> |