



Winter Programme 2022 - 2023

Covering the period November 1st 2022 – January 31st 2023

Contact – hf_edinburgh@yahoo.co.uk

President – Janice Christie

Secretary – Kay Dollive

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, 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.
- 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 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 you are not yet a member contact the HF secretary at hf_edinburgh@yahoo.co.uk.
- If walks are undersubscribed, you will receive a circular email from the 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 25p per mile, with drivers going free. The organiser should sort this out with drivers and passengers;
- Coffee shop and/ or pub stops are 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 still encourages us to continue wearing masks in shops and cafes/pubs.

Day, date and time	Walk description, meeting place and organiser
<p>Saturday November 5th.</p> <p>8.30 am/ 10.00 am</p>	<p>Stanhope-Drumelzier circular A lovely circular walk in the Borders with one climb and a series of undulating tops followed by a gradual descent. Beginning at Stanhope we follow a track up the Stanhope Burn, then turn onto a good track which climbs up to Traberon Law. From there NE on easy terrain to Middle Hill, then Glenstivon Dod and Drumelzier Law before gradual descent to Drumelzier. Return via track along the Tweed or the old railway. Grade: B Distance: 16 kms (10 miles) Ascent: 500 metres OS: 72 Meeting place: Hillend 8.00 am. Start point: bridge across the Tweed at 304120. NB There is only room for 3 cars at the start point, hence walk will be restricted to max of 12 people assuming full car occupancy. Walk organiser: Sue Lieberman</p>
<p>Saturday/ Sunday November 12th/ 13th (flexible to match weather conditions)</p> <p>8.00 am/ 10.00 am</p>	<p>Creag Mac Ranaich and Meall an t-Seallaidh There is quite a long walk in and out with 2 short, steep, exciting ascents of these two Corbetts that lie opposite each other on the western side of Glen Ogle. Creag Mac Ranaich (852m) has massive rocky buttresses to negotiate on a somewhat fugitive path while Meall an t-Seallaidh (809m) has a grassy ridge to enjoy, although heather and bog come first. The descent from the second joins the incoming track at the Klendrum Burn to complete the circular. Grade: A Distance: 20 kms Ascent: 984 metres OS: 51 Meeting place: Strachan Road 8.00 am. Lochearnhead Public carpark 10.00 am. Walk organiser: Debbie Reid</p>
<p>Saturday November 12th</p> <p>9.30 am/ 11.15 am</p>	<p>Duns Law, Duns Castle and Hen Poo Loch This 6.5 mile circular walk takes us through the grounds of Duns Castle. It is a mixture of open parkland and mixed woodland and passes the pretty and intriguingly named Hen Poo Loch. It is mainly flat but we make an easy 100m ascent and descent of Duns Law from where there are excellent views (weather permitting). The walk is on estate roads, tracks and rather muddy paths. Grade: C Distance: 6.5 miles Ascent: Approximately 100 metres OS: 74 Meeting place: . The Northumberland Hotel, Craigmillar Park at 9.30 am. Let me know if you need a lift from the centre of Edinburgh. If you don't want a coffee en route, meet in Castle St, Duns at 11.15 am. Walk organiser: Kirstie Maclean</p>
<p>Saturday November 19th</p>	<p>Broughton Heights and Trahenna Hill circuit Broughton Heights is the highest of the fine range of hills lying to the east of the village. With grassy ridges and steep heathery slopes, the hills give some</p>

<p>8.45 am/ 10.00 am</p>	<p>superb views. This route takes in Broughton Heights itself before returning over Hammer Head to take in Trahenna Hill. Grassy hill paths and tracks; steep, narrow path up heather for ascent of Hammerhead.</p> <p>Grade: B Distance: 11kms Ascent: 613metres OS: 72 Meeting place: Meet Northumberland Hotel, Craigmillar Park at 8.45 am or Walkers' car park at end of track past Broughton Place. NT 119374. Start from walkers' car park at 10.00 am. Walk organiser: Di McGuire</p>
<p>Saturday November 26th</p> <p>8.30 am/ 10.00 am</p>	<p>Beinn Each An interesting Corbett (NN601158), situated at the end of the ridge which connects it with Stuc a Chroin and Ben Vorlich. The meaning is "HORSE HILL" but I've never seen a horse on it. This is a relatively short hill-walk, good for the short days we'll be having in November. The route is very varied, first a steep winding path through the forest, followed by a short trek along Glen Ample, then turn right up the burn (there's actually a signpost), and follow the path on the open hillside, firstly through dead (I hope) bracken, then a steep knobbly winding route to the summit. The return can be either at the other side of the burn or we can retrace our steps. The walk should not take more than about 4 hours.</p> <p>Grade: A Distance: 10 kms Ascent: 813 metres OS: 57 Meeting place: Strachan Road at 8:30 am or at the layby on the A84, NN584136 for a 10:00am start. Walk organiser: Pam Manning</p>
<p>Saturday November 26th</p> <p>10.30 am</p>	<p>Leith to Musselburgh This is a very attractive and varied walk following the old Restalrig Path from Leith, crossing Craigentenny Golf Course and continuing along the lovely shoreline of the Forth all the way from Seafield to Musselburgh. We will finish via the Estuary of the Esk to the High Street in Musselburgh for refreshments and transport home. Terrain: flat footpath and pavement.</p> <p>Grade: C Distance: 5 miles Ascent: Minimal OS: 66 Meeting place/ public transport: Start at 10.30 am at the Persevere pub foot of Easter Road. Buses Lothian 7 14 35 49 1 16 25. Walk organiser: Anne McCulloch</p>
<p>Sunday December 4th</p> <p>9.00 am/ 10.30 am</p>	<p>Clunie Circuit This walk takes us through the Bobbin Mill woods, then across the river and carefully over the A9 to pick up a steep forest path to Fonab Hill. Return is over open moorland, enjoying open views to the north to the hills above Blair Atholl and across the valley to Ben Vrackie.</p> <p>Grade: B Distance: 12 kms Ascent: 300 metres OS: 52</p>

	<p>Meeting place/ public transport: Meeting place in Edinburgh: Strachan Rd at 9am. Meeting Place in Pitlochry: Ferry Rd Car Park, PH16 5FL for a 10.30 start. Car shares can be arranged from Perth Park and Ride.</p> <p>Walk organiser: Helen Skulina</p>
<p>Saturday December 10th</p> <p>8.00 am</p>	<p>Sgiath Chuil from Glen Dochart This walk is ideal for a short winter's day. Sgiath Chuil is a Munro at 945m with wonderful views over Glen Dochart, Glen Lochay and far beyond on a clear day. The route can be muddy in places.</p> <p>Grade: A Distance: 9 km Ascent: 620 metres OS: 51</p> <p>Meeting place/ public transport: Strachan Road 08:00 am (or at rendezvous to be agreed). There is limited parking off the A85 at the start of the driveway to Auchessan GR 448276.</p> <p>Walk organisers: Diana Borthwick & David Docherty</p>
<p>Sunday December 11th</p> <p>9.30 am/ 11.00 am</p>	<p>Wester Shore and Midhope Castle Starting beside the castle in Blackness, this sausage shaped walk takes in scenic views of the Firth of Forth, deciduous woodland and open countryside. We pass two ancient castles and three kirks/ chapels, one destroyed by Oliver Cromwell in 1650 and another (Abercorn) founded in the late 400s. We will have the opportunity to visit its tiny museum. It is a gentle walk on good paths and tracks with a small amount of very quiet road walking.</p> <p>Grade: C Distance: 6 miles Ascent: Minimal OS: 65</p> <p>Meeting place: Meet at Strachan Road at 9.30 am. Let me know if you need a lift from the centre of Edinburgh. If you don't want a coffee, meet in the parking place just before you get to the castle entrance in Blackness at 11.00 am.</p> <p>Walk organiser: Kirstie Maclean</p>
<p>Sunday December 18th</p> <p>Time to be confirmed</p>	<p>Mince Pie walk Our annual mince pie walk will be over the Eildons, with a lower level walk as an alternative option (route details to follow). As usual, we'll celebrate the last HF walk of the year with mince pies supplied by me.</p> <p>Grade: B and C Distance: TBC Ascent: TBC OS: TBC</p> <p>Meeting place/ public transport: To be confirmed</p> <p>Walk organiser: Ann Peat</p>
<p>Sunday January 8th</p> <p>9.15 am/ 10.15 am</p>	<p>New Year walks from Dollar There will be two walks and (hopefully) a meal at the Inn at Dollar:</p> <p>B walk: Ochil Hills from Castle Campbell The walk will go out over White Wisp, Tarmangie, Cairnmorris and Skythorn Hills, returning over King's Seat and Bank Hills. Views over to the River Forth, Firth of Forth and the Lomond Hills in Fife. We will walk near historic Castle Campbell with its surrounding streams and board walks.</p> <p>Grade: B Distance: 11 km Ascent: 930m OS: 58 & 52 Start Grid Ref: NN963989</p>

	<p>C walk: Dollar –Tillicoultry circular (with option of Castle Campbell) This is an easy C walk with an optional sting in the tail which is of B standard. The walk starts in Dollar and we walk to Tillicoultry by a quiet road and track before joining a cycle path which follows the Devon Way. This has lovely views of the River Devon and the Ochil Hills. We return to Dollar on the cycle path. At this point, some members may wish to stay in Dollar for a museum visit, coffee or drink. Those who enjoy a challenge will walk up the steep, often stepped path to Castle Campbell (destroyed by the Macleans in 1645 during the civil war!), returning by a different but equally steep route. This extension is approximately 2 miles.</p> <p>Grade: C Distance: 6 miles (or 8 miles) Ascent: minimal (or approximately 120 metres) OS: 58</p> <p>Meeting place for both walks: Strachan Road at 9.15 am (or Dollar at 10.15 am). If anyone needs a lift to Strachan Road, let me (Kirstie) know. Meeting places in Dollar: B walk: From the centre of Dollar drive up the minor road on the east side of the mill stream to reach the Castle Campbell car park. C walk: The Cafe at Number 44 (Bridge Street) in Dollar.</p> <p>Meal bookings: I am hoping the meal will be at the Inn at Dollar. However, they have not got a 2023 diary yet! Further details to follow.</p> <p>Walk organisers: David Campbell and Janice Christie will organise the B walk on the day. Kirstie Maclean will organise the C walk and take bookings for both walks and for the meal.</p>
<p>Saturday January 14th</p> <p>8.00 am/ 10.15 am</p>	<p>Beinn Chabhair from Inverarnan Whilst it may rank amongst the smaller Munros, Beinn Chabhair is a surprisingly rugged peak with great character. The 1,500m long summit ridge has an interesting assortment of knolls and rocky humps which make a fine walk. The start via Beinglas Falls is steep and eroded and, if it is not frozen, we can expect boggy ground on the middle, moorland section.</p> <p>Grade: A Distance: 13km Ascent: 948 metres OS: 50</p> <p>Meeting place: Meeting places: Strachan Road 08:00 am or Drovers Inn car park 10:15</p> <p>Walk organisers: Diana Borthwick and David Docherty</p>
<p>Saturday January 14th</p> <p>11.00 am</p>	<p>Gullane to Aberlady via Saltcoats Castle and Luffness Mains House A flat, easy, pleasant 5.5 mile walk visiting the hidden treasure of Saltcoats Castle, the paths to Luffness Mains House where the first peaches in Britain were grown. We reach Aberlady via the postman's path.</p> <p>Grade: C Distance: 5.5 miles Ascent: minimal OS:</p> <p>Meeting place/ public transport: Meet in Gullane at 11.00 am. (Buses X5 and 124). Return from Aberlady.</p> <p>Walk organiser: Caroline Anderson</p>
<p>Sunday January 22nd</p>	<p>Oldhamstocks to Blackcastle Hill and back via Aikengall We will be walking and climbing through farmland, hills and valleys . Typical East Lothian scenery and great views.</p>

<p>9.30 am/ 11.00 am</p>	<p>Grade: B Distance: 8.5mls Ascent: 320 metres OS: Landranger 67 or Explorer351 Meeting place/ public transport: Start at Oldhamstocks Village green at 11 am. Edinburgh 9.30 am at the Northumberland Hotel, Craigmillar Park. Walk organiser: Ali Pugh</p>
<p>Saturday January 28th</p> <p>7.45 am/ 9.45 am</p>	<p>Beinn Narnain An iconic Munro in the Arrochar Alps, usually done with the Cobbler and/or Ben Ime. This reduced version is more suitable for short winter days. We will start from the Forestry Commission 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. There are great views from the summit to The Cobbler, Ben Lomond, Loch Lomond and down Loch Long to the Firth of Clyde. If time allows we can stop for refreshments in Arrochar on the way home. Grade: A Distance: 9.5km Ascent: 1025m OS: 56 Meeting place/ public transport: Strachan Road 7.45 am, Succoth 9.45 am. Start Grid Ref: NN294048 Walk organiser: David Campbell</p>
<p>Saturday January 28th</p> <p>10.30 am/ 11.00 am</p>	<p>Union Canal and Water of Leith Our walk starts from the canal basin at Fountainbridge and follows the canal towpath as far as Slateford. We will then turn down into picturesque Colinton Dell and follow the route of the Water of Leith as far as Balerno, from where we can pick up a bus back into town. This is a lovely walk with much of interest to see along the way. Grade: C Distance: 8 miles (but can be shortened) Ascent: minimal OS: 66 Meeting place/ public transport: There will be a coffee stop in Fountainbridge at 10.30 am and the walk will commence at 11.00 am. Buses 1, 34,35 (Fountainbridge), 2,10, 11, 15,16, 23, 24, 27, 36, 47 (general vicinity). Walk organiser: Anne Donnelly</p>