



Late Summer Programme 2022

Covering the period August 1st 2022 – October 31st 2022

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 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. The organiser should sort this out with their 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 and some cafes/pubs may still require this.

Day, date and time	Walk description, meeting place and organiser
Saturday August 6th 9.30 am/ 10.30 am	<p>Melrose to St Boswells This walk forms the first part of St Cuthbert's Way. After a steep but not difficult 50 – 60 minutes uphill to the saddle of the Eildons, you will take in wonderful views in all directions. We then drop down through woods to the pretty, historic village of Bowden, follow paths and a very minor road into Newtown St Boswells and then the undulating river bank to a bridge which takes us across the Tweed to Dryburgh. After more river side walking we arrive in St Boswells. We catch the bus back to Melrose.</p> <p>Grade: B Distance: 9.5 miles Ascent: Approximately 350 metres OS: 73</p>
Saturday August 13th 8.00 am/ 10.30 am	<p>Stuchd an Lochain and Meall Buidhe, Glen Lyon A clockwise circuit above Loch an Daimh taking in these two Munros and an excellent Corbett, Sron a'Choire Chnapanich. Some steep slopes and moorland tramping.</p> <p>Grade: A Distance: 20 kms Ascent: 1,070m OS: 51</p>
Sunday August 14th 9.30 am/ 11.00 am	<p>Loch of the Lowes (Scottish Borders) circular This walk (which is a fairly challenging C walk) commences on a steadily uphill track for about two miles before heading down a path into a steep valley. We then head up hill again for half a mile (steep but not difficult) to Pikestone Rig before 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. NB If it is a warm day, there will be opportunities for paddling or even swimming. Bring a towel, costume and jelly sandals (the bottom of the loch is stony and slippery) if you want to partake.</p> <p>Grade: C Distance: 6.5 miles Ascent: 300 metres OS: 73 and 79</p>
Sunday August 21st 10.15 am	<p>Juniper circular via Bonaly and Glencorse Reservoir A gentle ascent taking in sights of Torduff and Glencorse reservoirs. Paths are good and there are beautiful views on this circular walk. We will pass through the village of Blinkbonny on our return to Juniper Green.</p> <p>Grade: B Distance: 8 miles Ascent: 340 metres OS: 350</p>
Saturday August 27th 8.00 am/ 10.15 am	<p>Creise, (Clach Leathad,) Meall a'Bhuiridh Ascent of 2 or 3 Munros from Lower Car Park at Glen Coe Ski Centre. Clach Leathad can easily be included, weather and time permitting. It only adds about 35 minutes on to the walk time. From the car park we will take an anti-clockwise route approaching the summits in the order as above. Parts of the route are steep and involve some easy scrambling. This is an interesting, varied walk with rivers, rocks, heather and grass, great views in clear weather and good value for baggers as it includes 3 Munros.</p> <p>Grade: A Distance: 12k Ascent: 1080 metres OS: 41 and 50.</p>

<p>Sunday August 28th</p> <p>10.30 am</p>	<p>Meikle Pinkerton to the Brunt This walk goes from Meikle Pinkerton to the Brunt and back via Spott Home Farm and Doon Hill. It is in the foothills of the Lammermuirs which lets you enjoy the countryside, following open tracks with views of hedgerows, woods, cornfields, pastures, moors, hilltops and coastline. There is the opportunity, if desired, to include a visit to the fascinating archaeological site at Doon Hill.</p> <p>Grade: C Distance: 5 miles Ascent: Negligible OS: 67/ 351</p>
<p>Saturday September 3rd</p> <p>10.30 am</p>	<p>Pool of Muckhart to Rumbling Bridge Starting from coronation car park in Pool of Muckhart, the route meanders through pleasant countryside on woodland paths, alongside the River Devon and past a deer farm. The next section is sadly on pavement beside the A823 but only for a short distance after which a path takes us down to the River Devon and its wonderful falls. Once out of the glen, there is a pleasant walk out to open country where there are views of the Gargunnock Hills and the Wallace Monument on the return journey.</p> <p>Grade: B Distance: 7.5 miles Ascent: Minimal OS: 366 or 48</p>
<p>September 10th/ 11th</p>	<p>Weekend away in the Lake District. No local walks organised.</p>
<p>Saturday September 17th</p> <p>8.00 am/ 10.30 am</p>	<p>Mayar and Dreish Starting from Glen Clova, the intention is to do both mountains, weather permitting.</p> <p>Grade: A Distance: 15 kms (12 kms if only one ascended) Ascent: 860 kms (700 kms if only one ascended) OS: 44</p>
<p>Sunday September 18th</p> <p>9.30 am/ 11.30 am</p>	<p>Glen Ogle Trail This scenic walk, which forms part of the Rob Roy way, has gorgeous views over Loch Earn and the Perthshire mountains. Starting from Lochearnhead, a steep but not difficult footpath climbs up through trees to the old railway track. We follow this very gently up Glen Ogle over a number of bridges and a viaduct. We return the same way but take a different route back into Lochearnhead.</p> <p>Grade: C Distance: 6 miles Ascent: 140 metres OS: 51</p>
<p>Saturday September 24th</p> <p>9.30 am</p>	<p>Falls of Clyde walk This circular walk starts at New Lanark conservation village, ascending to Corrie Linn and Bonnington Linn by the River Clyde. There are stunning waterfalls, scenic woodland and lots of steps both up and down.</p> <p>Grade: B Distance: 13 kms (8 miles) Ascent: 300 metres OS: 72</p>
<p>Saturday October 1st</p> <p>8.00 am/ 10.00 am</p>	<p>Meall Greigh, Meall Garbh and An Stuc, Lawers Group These are the three, less-frequently visited Munros in the west of the Ben Lawers range. There is a bit of easy scrambling involved in the ascent of An Stuc. Parking is with permission of the Ben Lawers Hotel and they reasonably expect us to spend some money there at the end of the walk.</p> <p>Grade: A Distance: 15 kms Ascent: 1,240m OS: 51</p>

Saturday October 1st Time TBC	Tynningham Links, Lochhouses, Binning Wood Forests, woods, plantations, hedgerows- we are spoiled for choice in East Lothian. This walk takes us first through farmland and then into Binning wood, returning by Lime Tree Walk to the car park. Grade: C Distance: 6.5mls Ascent: None OS: 351/ 67
Sunday October 9th 9.00 am/ 10.30 am	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. Grade: B Distance: 12 kms Ascent: 300 metres OS: 52
October 15th/ 16th Date TBC 8.00 am/ 10.00 am	An Caisteal and Beinn a'Chroin Last visited by HF in 2018, these 2 Munros are just south of Crianlarich above the headwaters of the River Falloch. Good track to start then path, sometimes indistinct and sometimes through rocky outcrops and likely to be a bit boggy on the descent from Beinn a'Chroin. Grade: A Distance: 14 kms Ascent: 1,045m . OS: 50 and 56
Saturday October 16th 10.30 am	Musselburgh circular (including bird watching) This walk, which was the last walk that Cliff Davies organised before his untimely death, starts from Fisherrow Harbour on the John Muir Way. We walk eastwards along the coast, crossing the River Esk and then head inland to three lagoons where there should be a range of birds (Martin Moss had kindly agreed to help us identify birds. Bring binoculars if you have them). Passing the race course, we walk uphill through two parks to the beautiful Inveresk Lodge Garden (£3.00 entry or free for SNT members). Finally, we drop down to the River Esk and walk back along its banks into Musselburgh. Grade: C Distance: 6.5 miles Ascent: 50 metres OS: 66
Sunday October 23rd 10.00 am	Lee Penn Circular from Innerleithen Starting from Innerleithen there is a good path initially through woods before a steep ascent to Lee Pen (502m). There are lovely views of the Tweed Valley and the Moorfoot Hills. The walk continues west taking in the summits of Lee Burn Head and Black Knowe before descending to Cardrona and returning to Innerleithen via the Tweed Valley Railway Path. Grade: B Distance: 13.8Km Ascent: 490m OS: 73
Saturday October 29th 8.00 am/ 10.15 am	Beinn Dorain and Beinn an Dothaidh, Bridge of Orchy "Dot and Doris" are the two imposing peaks towering over Bridge of Orchy. There is a good path, with some erosion, ascending the corrie to the bealach between the two hills and then south to the summit of Beinn Dorain. In my experience, after returning to the bealach, path(s) on Beinn an Dothaidh are a bit more elusive. There is nothing technical on the route. Grade: A. Distance: 13 kms. Ascent: 1,100m. OS: 50
Saturday October 29th	Bruntsfield to Leith Links Join me for this fascinating walk from Bruntsfield to Leith Links enjoying many of Edinburgh's green

10.30 am

spaces. Terrain is on pavements and a hill path (Hunter's Bog). Finish around 1.30 pm for lunch in a traditional Leith pub (optional).
Grade: C Distance: 5 miles Ascent: 200 metres OS: 66