### Programme logo

### Late Summer Programme 2023

**Covering the period August 1st – October 31st 2023**

### 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 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** |
| Saturday August 5th  8.30 am/ 10.00 am | **Ochils circular via Andrew Gannel Hill from Tillicoultry** A slightly less demanding walk that takes us over the familiar tops of Andrew Gannel, Ben Cleuch and Ben Ever. The steep hike up The Law is avoided by taking a slim path, much less well travelled, that contours high above the Gannel Burn. Paths are obvious, sometimes a little eroded and sometimes  boggy. If we are lucky on the return, the downward slopes of the Ochils are breathtaking in late afternoon sunshine.  **Grade:** B  **Distance:** 13km **Ascent:** 850m **OS Explorer:** 366  **Meeting Place:** Strachan Road at 08.30 am or from starting point on Upper Mill Street Tillicoultry for a 10am start.  **Walk Organiser:** Debbie Reid |
| Saturday August 12th  10.23 am | **Seton Sands to Aberlady** Starting fromSeton Sands caravan park, we walk along the beach to Aberlady. We will visit a bird club and see a free art exhibition. Continuing into Aberlady we will have a pub stop at either the Duck or the Aberlady Inn before returning home.  **Grade:** C  **Distance**: approx 5 miles **Ascent:** negligible **OS:** 66  **Meeting Place:** Bus no 26 from Waterloo Place. Meet at Waterloo Place for the 10.23 am bus.  **Walk organiser**: Lisa Conlan |
| Saturday August 12th  8.00 am/  09:45 am | **Meall Glas from Glen Lochay** This might be a new Munro for some members. Starting from the car park at Kenknock in Glen Lochay we walk west along a minor road for about 3km then turn south to ford the river Lochay at Lubchurran. I‘ll bring some heavy duty rubble bags to help keep our feet dry. We  climb on a steep Land Rover track to where the track ends at around 670m. We continue south up steep grassy slopes, boggy in places, to the summit of Beinn Cheathaich at 937m, then west for about 2km (crossing a bealach at 908m) to the Meall Glas summit at 935m. We will return by the same route.  **Grade**: A  **Distance:** 18km **Ascent:** 810m **OS:** 51 **Walk time:** 5-7 hours  **Meeting place:** 8.00 am Strachan Road or Car park (NN476368) at 9.45 am.  **Walk Organiser:** David Campbell |
| Saturday August 19th/ Sunday August 20th  (To be confirmed)  9.30 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:** 337  **Meeting place:** Meet at Northumberland Hotel @ 9 30 am or Kingsmeadow Car Park@ 10 30 am.  **Walk organiser:** Moira Brown |
| Saturday August 26th  7.00 am | **Aonach Eagach, Glencoe (Postponed from July 2023)**One of the best high-level ridges on the mainland. Frequent scrambling on exposed pinnacles. Not for everyone but a great day out. We'll start at Allt-na-reigh. If we have two cars then we'll operate a shuttle with one car left at the Clachaig Inn. If we only have one car then we will retrace our steps back to the start from the second Munro, Sgorr nam Fiannaidh (9km, 1537m). This walk is weather dependent; if it is too wet or windy we'll do an alternative walk.  **Grade:** A  **Distance:** 10km **Ascent:** 1,150m **OS:** 41  **Meeting Place:** It's a long day so please meet at Strachan Road for a 07:00 am departure.  **Walk organiser:** David Docherty |
| Sunday August 27th  9.30 am/ 11.15 am | **St Cuthbert’s Cave circular** This undulating circular walk through attractive Northumberland countryside has great views of the Cheviots and over to Lindisfarne and the Farne Islands. Parts of it are on St Cuthbert’s Way and we visit the cave where his coffin was hidden from the Vikings. Unfortunately on our recces, we encountered cows on the far side of one field and “Bull in field” signs on three gates. Fortunately, there was no sign of him but should we suspect his presence, we will do a there and back walk.  **Grade:** C  **Distance:** 7 miles **Ascent:** 240 metres **OS:** 75/ 340  **Meeting place:** Northumberland Hotel 9.30 am or start of walk 11.15 am  **Walk organiser:** Kirstie Maclean |
| Sunday September 3rd  9.30 am/ 10.15 am | **Glenearn Hills, Bridge of Earn** A moderate walk to some great viewpoints, following track and path through forestry and over open hillside, including  a short climb to the remains of an ancient fort on Castle Law.  **Grade:** B  **Distance**: 10k **Ascent:** 300m **OS**: 58 or 369 **Meeting place:** Strachan Road at 9.30 a.m. If it is difficult for you to get to Strachan road let the walk organiser know. Bridge of Earn can now be accessed on the electric Ember bus if you prefer to travel by bus. It is the Edinburgh to Dundee service. It is a frequent service but it must be booked online . Bus passes accepted. I can pick up anyone from the bus stop in Bridge of Earn and take them to join the group. **Walk organiser:** Ali Pugh |
| Saturday September 9th/ Sunday September 10th  (To be confirmed) | **Two Munros and a Corbett, Ben Vorlich, Stuc a Chroin and Beinn Each** This is a linear ridge walk from Ardvorlich GR 633230 to Ardchuliare More GR 587137. A car shuttle will be necessary so one car will be left at the end of the walk. The ascent of Ben Vorlich is relatively easy but usually busy. However the crowds soon thin out. Stuc a Chroin is gained by an interesting shortish scramble but there is an alternative steep path. A knobbly winding ridge leads to Bein Each, which can also boast a rocky short scrambly climb to the summit. It’s a delightful walk with beautiful views back to Loch Earn.  **Grade:** A  **Distance:** 15k **Ascent:** 1300m **OS**: 51 and 57  **Meeting Place:** To follow  **Walk organiser:** Pam Manning |
| Saturday September 9th  9.30 am/ 10.30 am | **East Linton – Dunbar (John Muir Way)** Although mainly flat,  this is a very interesting and varied walk. Starting from  East Linton, we pass the Phantassie Doocot before joining a path  beside the River Tyne. We eventually reach the mouth of the Tyne at a wide lagoon (Tyninghame Bay). Coming into the John Muir Park, we reach the gorgeous white sands of Bellhaven Bay and then follow an undulating cliff top path, with steps, into Dunbar, finishing at John Muir’s Birthplace. Return from Dunbar by X7 bus or train.  **Grade:** C **Distance:** 7.5 miles **Ascent:** Minor but quite a lot of steps up and down on the last mile of the walk. **OS:** 67  **Meeting Place:** Northumberland Hotel 9.30 am or East Coast bus  X7 from Waterloo Place 9.28 am to East Linton (Stop: Bridgend  Hotel, just past Bridge St.). Start of walk 10.30 am from fountain /  garden area on Bridge St.  **Walk organisers:** Angela & Kim Swales |
| Saturday September 16th/ Sunday September 17th | Club weekend away, no organised walks. |
| Sunday September 24th  8.30 am/ 10.00 am | **Killin circular via Glen Ogle** Starting from the Falls of Dochart in Killin, this very easy forest walk along disused railway track takes in a long forgotten railway siding at Glendhu and Lochan Larig Chiele at the top of Glen Ogle before returning to Killin on a slightly different path through the Aucharn forest. Amazingly, Robin Vevers remembers travelling on a steam train along part of this route in his youth!  **Grade**: B  **Distance:** 19.5km/12m **Ascent:** 253m **OS:**51  **Meeting Place:** Strachan Road at 08.30am or Killin municipal car park NN574332 for 10am.  **Walk Organiser:** Debbie Reid |
| Saturday September 30th  9.20 am/ 10.40 am | **Kirkcaldy to East Wemyss** This walk takes in a beautiful stretch of the Fife Coastal Path. We start at the lovely Ravenscraig Park with its impressive ruined Castle. Our walk will then take us through three historic villages and some beautiful deciduous woods. It is on good paths throughout with one minor, but steep, stepped ascent and descent. We return from East Wemyss to Kirkcaldy/Edinburgh by bus.  **Grade:** C  **Distance:** 6 miles **Ascent**: 50 m approx. **OS:** 59  **Meeting Place**: St Andrew Square Bus Station in time for the 9.20 departure of Stagecoach bus X60 (destination St Andrews), scheduled to arrive at Ravenscraig Park at 10.38. If driving, there is a car park near the entrance to the Park with space also in the surrounding streets. There will be a coffee stop at the Harbour Master's Cafe at Dysart, about 15 mins into the walk.  **Walk organiser:**  Anne Donnelly |
| Sunday Ocober 1st  7.45 am/ 9.45 am | **Ben Lomond** Ben Lomond is one of the most popular Munros in Scotland, and to avoid summer crowds is best climbed in a relatively quiet season.  October should be lovely, with the changing woodland colours which will be part of the walk’s attractions. We will take the normal route, starting from the car park past the Rowardennan Hotel (360986), climb for a short way through trees, more steeply for about 250 metres and finally onto the ridge which leads to the summit.  **Grade:** A  **Distance:**  11 kms/ 7 miles **Ascent:** 940m **OS:** 56  **Meeting place:** Strachan Road 7.45am or car park at Rowardennan 9.45am. (NB: as few cars as possible will be necessary for this walk).  **Walk organiser:** Sue Lieberman |
| Sunday October 8th  8.30 am/ 9.45am | **Callander Crags and Bracklinn Falls** A circular walk from Callander (mainly on paths) with panoramic views from the  crags and the lovely Bracklinn Falls. Returning via West Bracklinn Farm and Dalvey. Can be cut short after stopping at the Bracklin Falls.  **Grade:** B  **Distance:** 15 km **Ascent:** 400m **OS:** 57  **Meeting Place:** Strachan Road 08.30 or at 09.45 at the car park on the left just above Callender Golf Club. Road signed to the Bracklinn Falls.  **Walk Organiser:** Janice Christie |
| Saturday October 14th  11.15 am | **Circular walk Glenrothes** We walk through Riverside Park by the River Leven on good paths, past the famous Stan Bonnar (father of actor Mark Bonnar) Hippos. We continue by the river to Leslie Viaduct then along Boblingen Way (paved route) back to bus station.  **Grade:** C  **Distance:** 6.7 miles **Ascent:** very little ascent **OS:**  **Meeting Place:** Meet for Bus X59 from bus station or 11.15 at Glenrothes Bus Station  **Walk organiser:** Caroline Anderson |
| Sunday October 15th  08.00 am/ 9.45am | **Ben Challum, Near Tyndrum** A straightforward ascent up modestly angled grassy slopes with some boggy  stretches. The higher slopes and lovely ridge between the two summits provide extensive views.  **Grade:** A  **Distance:** 11.5km **Ascent:** 910m **OS:**50  **Meeting Place:** Strachan Road at 08.00 am or from starting point, a layby on the West side of the A82 just North of the turning for Kirkton Farm (NN355281) at 09.45 am.  **Walk Organiser:** Janice Christie |
| Saturday October 21st  9.00 am/ 10.30 am | **Dunsinane and Sidlaw Hills** Starting from the village of Collace, this circular walk begins by climbing Dunsinane Hill, a diminutive but historic summit, capped by the remains of Macbeth’s castle. It then meanders south through Pitmiddle Wood (the home of my great, great, great grandparents!) and across rolling grassy hills. There are fine views over Strathmore and the Firth of Tay.  **Grade:** B  **Distance:** 8.75 miles **Ascent:** 410 metres **OS:** 53/ 380  **Meeting Place:** Strachan Road 9.00 am or start of walk at 10.30 am.  **Walk organiser:** Kirstie Maclean |
| Saturday October 28th  9.30 am/ 10.45 am | **Scone circular** This circular walk from Scone was created to celebrate the village’s bi-centenary in 2005. It is a very attractive walk which 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.  **Grade:** C (but on the cusp of B)  **Distance:** 6.25 miles **Ascent:** Approximately 300 metres **OS:** 65  **Meeting Place:** Strachan Road at 9.30 am or start of walk at 10.45 am.  **Walk organiser:** Kirstie Maclean |
| Saturday October 28th  8.00 am | **Ben Achaladair and Beinn a' Chreachain, Bridge of Orchy**  Fine ridge walking linking two Munros to the north of Bridge of Orchy. Ascending via Coire Achaladair and Coire Daingean. Moderate to difficult.  **Grade:** A  **Distance:** 21km **Ascent:** 1,240m **OS:** 50  **Meeting Place:** Strachan Road for an 08:00 am departure.  **Walk organiser:** David Docherty |