### Programme logo

### Spring Programme 2023

 **Covering the period February 1st – April 30th 2023**

**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 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.
* 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;

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| **Day, date and time** | **Walk description, meeting place and organiser** |
| Saturday February 4th9.00 am/ 9.30 am | **Kinneswood, White Craigs, Munduff Hill, Bishop Hill** We head across Kilmagad woods then ascend steeply up the impressive White Craigs and then over and up to a radar golf ball on Munduff Hill. We cut through West Feal Farm and then over the west tip of Harperleas reservoir where we turn left to go up Glen Vale. Another steep ascent takes us up Bishop Hill where we cut down through the woods back to the end. Stunning views on a clear day.**Grade:** B**Distance:** 9 miles **Ascent/ descent:** Approximately 550 metres**OS:** 58 |
| Saturday February 11th8.00 am/ 9.45 am | **Stob a‘ Choire Odhair** is one of the Black Mount Munros. There are great views from the summit west to its more impressive neighbour Stob Ghabhar and east over Loch Tulla and Rannoch Moor. The walk starts west along the Abhainn Shira, then turns north west alongside Alt Toaig. We will pas the famous Clashgour Bothy, a small green hut, owned by the Glasgow University Mountaineering Club. We return by the same route.**Grade:** A**Distance:** 10.5 kms**Ascent/ descent:** 750 metres**OS:** 50 |
| Saturday February 11th9.30 am/ 10.30 am | **Ceres and Hill of Tarvit** This keyhole shaped walk starts and finishes in the village of Ceres, allegedly the prettiest in Scotland. After coffee at the Fife Folk Museum, we set off on the Pilgrim’s Way but quite quickly turn off towards the village of Craigrothie. Arriving at the Hill of Tarvit House (designed by Lorimer), we skirt behind the house and up to the monument on top of the hill. Coming down a different way, we walk to 15th C Scotstarvit Tower and then return to Craigrothie and Ceres. **Grade:** C**Distance:** 7 miles**Ascent/ descent:** Approximately 200 metres**OS:** 59 |
| Sunday February 19th9.00 am/ 10.15 am | **Tinto Hill from the north** A great little hill for shorter winter days. Commanding panoramic views of the Clyde Valley and beyond. Excellent path and reasonably gentle ascent.**Grade: B****Distance:** 7 kms**Ascent/ descent :** 486 metres**OS:** 72 |
| February 25th/26th (TBC)8.15 am/ 9.45 am  | **Ben Vane in the Trossachs** This enjoyable Corbett lies immediately to the north of Ben Ledi. A gradual and winding ridge from Glen Buckie leads straight to the summit with good views on a clear day.**Grade:** A**Distance:** 4 kms **Ascent/ descent:** 620 metres**OS:**  |
| Saturday February 25th11.00 am | **Old Town and Water of Leith** This is a charming and varied walk through the centre of Auld Reekie, old and new, with a number of points of interest along the way. A pleasant easy stroll for a winter’s day.**Grade:** C**Distance:** 5 miles**Ascent/ descent:** minimal but some steep steps.**OS:**  |
| Sunday March 5th8.30 am/ 9.45 am  | **Ben Vrackie via Pass of the Sermon** Another chance to climb this Corbett (841 metres), a Club favourite, via the Bealach na Searmoin this time. We start at the Ben Vrackie car park in Moulin, off a lane behind the Moulin Hotel (GR: NN943595). Good paths all the way to the summit, with stunning views of Beinn a’Ghlo and the Cairngorms. Return via the usual route to the car park. Refreshments available in the Moulin Hotel.**Grade:** B**Distance:** 10 kms**Ascent/ descent:** 787 metres |
| Saturday March 11th8.00 am/ 10.15 am | **Beinn Chabhair from Inverarnan** Whilst it may rank among 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 in the middle moorland section.**Grade:** A**Distance:** 13 kms**Ascent/ descent:** 948 metres**OS:** 50 |
| Saturday March 11th10.55 am | **Dirleton – North Berwick** Starting from the attractive village of Dirleton, this walk passes through fields and then onto the beach at Archerfield. From here we stay on the beach, with views of a number of islands including Fidra (Treasure Island) and the Fife coast, until we reach North Berwick.**Grade:** C**Distance:** 5 miles**Ascent/ descent:** None**OS:** 66 |
| Sunday March 19th9.00 am/ 10.15 am | **Craig Gibbon, Little Glenshee** Craig Gibbon is a popular destination for walkers, despite being a relatively minor top among the jumble of hills accessed from Little Glenshee. The main curiosity is the obelisk perched on its summit, an eight metre high stone pyramid erected in the 1800s by Colonel Wiliam Mercer. The route passes Loch Tullybalton, two small ponds and woods and hills all around. There are good tracks withsteady ascents.**Grade:** B**Distance:** 8.8 miles**Ascent/ descent:** 415 metres**OS:** Landranger 52/ Explorer 379 |
| Saturday March 25th8.00 am/ 9.30 am | **Creag Uchdag including Corbett top Creag nan Eun** The ascent route on the north side of Loch Lednock is part pathless but has great views. This is quite a rugged corbett at the top. We return on the south side.**Grade:** A**Distance:** 16 kms**Ascent/ descent:** 800 metres**OS:** 51 (NN708323) |
| Saturday March 25th9.50 am/ 11.00 am | **Linlithgow circular** A pleasant walk starting from Linlithgow to the top end of Bo’ness and back to Linlithgow, finishing around the Loch. Pleasant walk along fields, through woods and good tracks.**Grade:** C**Distance:** 6 miles**Ascent/ descent:** Minimal**OS:**  |
| Sunday April 2nd9.15 am/ 10.30 am | **Traquair circular by Damhead and Black Rigg** A circular walk from Traquair village hall, mostly on tracks, ranging from open hillside and up onto the wide ridge of Damhead Rigg. We then drop down into a valley, then swing up folowing a rough track uphill to Black Rigg. We walk through a forest, dropping down on winding forestry tracks until we cross the Southern Upland Way and descend back to Traquair.**Grade:** B**Distance:** 7.5 miles**Ascent/ descent:** 450 metres**OS:** 337/ 73 |
| Saturday April 8th8.00 am/ 9.45 am | **Creag Mac Ranaich and Meall an t-Seallaidh** There is quite a long walk in and out from Lochearnhead with two short, exciting ascents of these two Corbetts that lie opposite each other on the westen side of Glen Ogle. Creag Mac Ranaich (852 metres) has massive rocky butresses to negotiate on a somewhat fugitive path while Meall an t-Seallaidh (809 metres) has a grassy ridge to enjoy, although heather and bog come first. The descent joins the incoming track at the Klendrum Burn to complete the circular.**Grade:** A**Distance:** 20 kms**Ascent/ descent:** 984 metres**OS:** 51 |
| Saturday April 8th11.00 am  | **Aberlady circular** This pleasant East Lothian walk sets off from the Aberlady bird reserve. We walk beside and on the beach as far as Gullane. Having walked through Gullane village, we join the John Muir Way and make our way back to Aberlady.**Grade:** C**Distance:** 6 miles**Ascent/ descent:** Minimal**OS:** 66 |
| Saturday April 15th9.02 am/ 9.30 am | **Bowden Circular** This walk from Melrose takes us over a saddle between the Eildons to reach the attractive village of Bowden. We will enjoy extensive views opening out of the Eildons to the north and Borders countryside to the south. Mostly on good paths and tracks but steps and steep gradients in places. **Grade:** B**Distance:** 8 miles**Ascent/ descent:** 250 metres**OS:** 73 |
| Saturday April 22nd8.00 am/ 10.15 am | **The Cobbler** This familiar Corbett, also known as Ben Arthur, is situated in the Arrochar Alps. There are clear paths with some steep, rocky sections. **Grade:** A**Distance:** 11 kms**Ascent/ descent:** 920 metres**OS:** 56 |
| Sunday April 23rd9.30 am/ 10.15 am/ 11.00 am | **Around Humbie, East Lothian** Humbie village lies in the south-west corner of East Lothian and its church, over a mile to the north in the valley of Humbie Water, makes an ideal starting place for a walk which takes you first through woodland then out into open farmland across rising ground to Bankhead then back to Humbie**.****Grade:** C**Distance:** 5.5 miles**Ascent/ descent:** Negligible**OS:** Landranger 66 or Explorer 345 |
| April 29th/ 30th (TBC)??/ 9.30 am | **Earlston – Melrose circular** Beginning and ending at Earlston. There is a short stretch along the B6356 and we then turn off onto a path along the Leader Water to Leader Foot. From there it is quiet road and path walking through Newstead to Melrose (possible stop in a Melrose cafe). We cross the Chain Bridge, continue west along the Tweed, then north on the Southern Upland Way before turning off on a track, then a quiet minor road back to Earlston. There is a possible option of only doing the first half of the walk and returning from Melrose by public transport.**Grade:** B**Distance:** 10 miles**Ascent/ descent:** Approximately 150 metres**OS:**  |