



# STIRLING HILLWALKING CLUB

## WALKS PROGRAMME

### January to June 2019 - version 2

Date Time	Walk Description	Lift (m)	Distance (Km)	Map/ Grid Ref	Grade	Walk Leader
13 <sup>th</sup> Jan	Two options depending on weather: * Blairdennon or * Glen Sherup	793 742	13 15.5	58 897975 871051	2/2 2/2	Gregor Paterson 01786 462449
27 <sup>th</sup> Jan	Ben Cleuch and Ben Ever	700	15	58 898974	2/1	Ron McQuaid 01786 471818
10 <sup>th</sup> Feb	Tillicoultry woodlands and riverside ramble – start at Tillicoultry old railway car park off A908	280	15	58 920966	1/2	Alan Cameron 01786 825787
24 <sup>th</sup> Feb	Bo'ness Circular via Hopetoun House	165	18.2	65 021812	1/2	John Mackenzie 01259 761651
10 <sup>th</sup> March	Menteith Hills from Braeval carpark	750	12.5	57 541007	2/2	Neil Wallis 01786 850863
24 <sup>th</sup> March	1. Balquidder/Killin– linear walk a lá Betty 2. Lochernhead/Killin – linear walk a lá Alison	530 300	16.5 13	Bus from Killin	1/2 1/2	John Mott 07857 905469
7 <sup>th</sup> April	Circular from Newburgh via White Craigs, Lindores Loch & Glenduckie	350	18	58 228181	1/1	Sylvia Elsmere 07921 856557
21 <sup>st</sup> April	Schehallion	750	10	51 752558	2/1	Ann Dalglish 01314 552423
5 <sup>th</sup> May 8.30 start	Creag Leacach and Glas Maol	750	11	43 137756	2/2	John Mott 07857 905469
19 <sup>th</sup> May	Stronachie, Path of Condie, Water of May Circular	390	14.5	58 070078	1/1	Eric Howman 01259 742889
2 <sup>nd</sup> June	tba					David Mossom 07376 248270
16 <sup>th</sup> June	Stood Hill near Wanlockhead	350	16.5	71 858126	2/2	Gerry Malley 01786 833214
30 <sup>th</sup> June	Beinn nam Fuaran	940	16	50 328332	2/2	Gregor Paterson 01786 462449

## **GRADING OF WALKS**

Walkers on harder walks, i.e. more severe than grade 1/1 should be physically fit and have some hill walking experience.

If in any doubt, prospective walkers should discuss these aspects with the walk leader or Ron McQuaid - phone 01786 471818 – mobile 077871 542890

The walks are graded, for example 1/2, the first number relating to the technical difficulty and the second number to the terrain.

Each category is graded in a range 1 (easiest) to 4 (hardest) and is given as a guide only.

<b>Technical Difficulty</b>	<b>Terrain</b>
1 Mostly not too steep	1 Good paths or tracks for the most part
2 Appreciable steep sections	2 Reasonable, some paths or tracks but also some roughish areas
3 Some handwork required	3 Fair, but few tracks and paths and also rough pathless areas
4 Scramble in parts	4 Hard going over mainly rough pathless ground

Please take into account any comments the walk leader has made in the walk description regarding pace.

The following is just a guide on average pace:

A formula for estimating the time required for a journey was published in 1892 by the renowned Scottish mountaineer, W.W. Naismith. There are numerous variations on this formula and enthusiasts will discuss at length the merits of different models. The simplest formula combines the horizontal distance with the height gained. Allow 5 kilometres per hour on the flat plus 10 minutes for every 100 metres height gain.

More information can be found at:

<http://www.walkhighlands.co.uk/safety/estimating-distance.shtml>