



**STIRLING HILLWALKING CLUB**  
**WALKS PROGRAMME**  
**July-Dec 2018 - version 2**

Date Time	Walk Description	Lift (m)	Distance (Km)	Map/ Grid Ref	Grade	Walk Leader
08/07/18	Ben Ledi and Benvane shorter option – Ben Ledi only	1330 840	19 10	57 587092	2/2 2/1	John Law 07914 669876
22/07/18	Beinn Odhar	745	11	50 328330	2/2	Gregor Paterson 01786 462449
05/08/18	Maspie Den, West and East Lomond ex Falkland shorter option	600 380	16.5 16.5	59 253073	2/1 1/1	Eric Howman 01259 742889
19/08/18 8.30 start	Geal Charn and A'Mharconaich	730	11	42 628792	2/2	Neil Wallis 07919 252967
02/09/18	Stob Ghabhar	1000	16.5	50 270418	2/2	Gregor Paterson 01786 462449
16/09/18	Kilsyth Hills: Tomtain and Garrel Hill (the latter as an option)	600	15/16	64 749792	1/2	Catherine & Alistair 0141 616 9016
30/09/18	Covenanters' Grave from West Linton	300	17	72 141521	1/1	Alison Wallis 07787 582619
14/10/18	Ben Vane part 2 --- to finish the last 60m lift	930	11	56 322098	2/2	John Mott 07857 905469
28/10/18	Clyde Valley — parking at Kirkfieldbank School A72	100	12	72 868438	1/1	Alan Cameron 01786 825787
11/11/18	Cramond Island and Dalmeny	100	14	66 191771	1/1	Ron McQuaid 01786 471818
25/11/18	Muthill	150	15	58 865169	1/1	Sylvia Elsmere 01764 660146
09/12/18	Glen Ogle Trail to Lochan Larig Cheile	200	11	57 590238	1/1	Gerry Malley 01786 833214
16/12/18	Christmas Lunch					

## 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 Gregor Paterson: Phone 01786 462449.

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>