

SATURDAY 30th SEPTEMBER

Rohesey Grade L. Map OS64
 MEET: Gil st sin for 09.01 W. Bay Train.
 LEADER: K. Gibson Tel 881 2747

SUNDAY 1st OCTOBER

Crnach Tardet Grade M. Map OS 56NNN13 058
 MEET: WMCP 09.00
 LEADER: E. McGonnell Tel 01 505 347887

SATURDAY 7th OCTOBER

Erskine circular Grade L. Approx 10 mls. Map OS64
 MEET: Central Rd Paisley for 09.15 No 22 Erskine bus.
 LEADER: A. Doleman Tel 812 0479
 Who will meet at Bridgewater.

SUNDAY 8th OCTOBER

Seger Dhomall Grade S. Map OS 41
 MEET: WMCP 08.00
 LEADER: J. Motherwell Tel 01 505 614109

SATURDAY 14th OCTOBER

Lochwinnoch to Windy Hill, Grade L. Map OS 63
 MEET: Gil st sin for 09.26 Ardrossan train.
 LEADER: B. Crawford Tel 884 3413

SUNDAY 15th OCTOBER

Buchaille Eive Beag Grade S Map OSNN1 79 535
 MEET: WMCP 08.00
 LEADER: J. Arthur Tel 884 4819

SATURDAY 21st OCTOBER

Cardross to Balloch, Grade L.
 MEET: On st L, entrance for 10.10 Train
 LEADER: H. Pandelus Tel 886 2947

SUNDAY 22nd OCTOBER

Ben Bheanla Grade S. Map OS64 NNS42 827
 MEET: WMCP 08.00
 LEADER: G. Wallace Tel 9431418

SATURDAY 28 OCTOBER

Lynn glen & Biar Estate. Ret Kilwinning Grade L Map 63
 MEET: Gil st sin for 09.26 Ardrossan Town train
 LEADER: M. Docherty Tel 561 4416.

SUNDAY 29th OCTOBER

Glen Gaerithe - Glen Dubh. Grade M. Map OS56 NNS93 043
 MEET: WMCP 08.30
 LEADER: M. Teague Tel 887 5704

CONDITIONS

All sporting and leisure activities have inherent hazards associated with them, and rambling is no exception. In spite of the safety of Rambler Association Members being the paramount concern, accidents will occasionally occur. It is important therefore that when entering into the activity, each member appreciates that they have a responsibility to identify the hazards associated with the activity, and take all reasonable steps to eliminate or minimise the potential for an accident to arise. Walkers should bring their own provisions, and ensure they have suitable clothing and boots. Never leave a walk without advising the leader. When using minor roads walk in single file on the right side of the road, facing oncoming traffic. Check meeting times, and times of public transport. Leaders may alter a route, change or cancel a walk due to prevailing conditions. Non members are allowed on a walk before joining. Contact the secretary M. Docherty 561 4416 for application form. Regret no dogs. **ON A WALK, THE LEADER'S DECISION IS FINAL.**

GRADES

(Check with Leader beforehand if in doubt of your fitness for any walk)

STRENUOUS (S) For experienced hill walkers with high level of fitness. Over mountains & Rough ground. Brisk Pace.

MODERATE (M) For experienced country walkers with high level of fitness. On Lower Hills. Steep ascents, rough moorland. Moderate Pace.

LEISURELY (L) For reasonably fit people with country walking experience. Mostly flat, But could involve short uphill sections & rough ground.

Distance approx 8-12 miles. Moderate to slow pace.