

## 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 minimize 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 4 walks before joining.  
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 of the walks.

#### 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 with 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 8-12mils. Moderate to Slow pace.

#### ABBREVIATIONS

Gil. st.sm Gilmour Street train station, Paisley  
Buch st sm. Buchanan St. bus station, Glasgow  
Que. st.sm. Queen Street train station, Glasgow  
L.L. Low Level Platform  
W.M.C.P Water Mill Hotel car park, Loanhead.  
Paisley (Behind Paisley Abbey)

#### COMMITTEE

S. Maguire Chair  
Bus convenor.  
M. Kelly Sunday prog. Convenor.  
W. Woods Librarian  
N. Deans.

G. Wallace Local Access Officer. Tel:0141 943 1418

# RAMBLERS ASSOCIATION PAISLEY GROUP

WINTER  
PROGRAMME  
2006 - 2007