

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 a walk before joining.
Regret no dogs.

ON A WALK, THE LEADERS 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. Brick or Moderate 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

Gilmour Street train station, Paisley

Gl. st.stn.

Buchanan St. bus station,

Buch st.stn.

Glasgow Qu.st.stn.

Queen Street train station, Glasgow

L.L.

Low Level Platform

WMC/P

Water Mill Hotel car park, Loanend, Paisley (Beluard Paisley Abbey)

COMMITTEE

Chair

S McGuire 884 4899

Secretary

N Stevens 884 1268

Treasurer

A Doleman 812 0479

Membership Sec

M Teague 887 5704

Librarian

W Woods 01505 348538

N Deans, M. Kelly, J. Motherwell, M McLean

RAMBLERS ASSOCIATION PAISLEY GROUP

WINTER PROGRAMME 2008/09

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