

SATURDAY 2ND APRIL

Dunoon, Grade Leisurely

MEET: Gilmour St. Sm. for 09.20 Gourrock Train**LEADER:** R. Watson & J. Graham Tel 883 2266**SUNDAY 3RD APRIL**

Crnoch nan Capull, Grade Moderate

MEET: Watermill 08.30**LEADER:** S. Brownlie Tel 887 0460**SATURDAY 9TH APRIL**

Maidens to Culzean Castle, Grade leisurely

MEET: Buchanan St. Bus Stn. At 09.00.**LEADER:** J. Knox Tel 886 3473**SUNDAY 10TH APRIL**

Mealld Gorranaich, Grade Strenuous Map 51

MEET: Watermill 08.00**LEADER:** G. Wallace Tel 882 5309**SATURDAY 16TH APRIL**

Kilsyth to Banton via Colzium, Grade leisurely

MEET: Buchanan St. Bus Station for 10.15 bus**LEADER:** M. Docherty Tel 561 4416**SUNDAY 17TH APRIL**

Shalloch of Minnock & Tarfessock Grade Strenuous Map 77

MEET: Watermill 08.00**LEADER:** M. McDonald Tel 638 0246**SATURDAY 23RD APRIL**

The Greenock Cut (Loch Thom), Grade leisurely.

MEET: Gilmour St. Sm. for 10.01 Wemyss Bay train**LEADER:** B. Crawford Tel 884 3413**SUNDAY 24TH APRIL**

Loch Chon, Grade Moderate Map 56

MEET: Watermill 08.30**LEADER:** W. Woods Tel 01505 348538**SATURDAY 30TH APRIL**

The Knock, Largs, Grade Leisurely

MEET: Gilmour St. Sm. for 09.54 Largs train**LEADER:** J. Beacom Tel 886 6845**NOTES**

All sporting and leisure activities have inherent hazards associated with them and rambling is no exception, in spite of the safety of members always 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 that they have suitable clothing and boots. Always stay within sight and sound of the group, and never leave the walk without advising the leader. Carry a note of Name Address and emergency contact telephone number.

Leaders may alter walk, or cancel, due to prevailing conditions. When using minor roads walk in single file behind leader, on right hand side facing oncoming traffic.

Grades are a general guide only. If in doubt about your ability for any walk, contact leader in advance. Regret no dogs.

GRADES

S Strenuous (S) For experienced country walkers with above average fitness, over mountains & rough ground. Brisk to Moderate Pace.

M Moderate (M) For experienced country walkers, with a good level of fitness. On lower hills with steep ascents, and rough undulating moorland; Moderate Pace.

L Leisurely (L) For reasonably fit people with some country walking experience. Mostly flat but could involve short uphill sections, & rough ground. Distance approx. 8-12 miles. Moderate to Slow Pace

E Easy (E) For those with no walking difficulties or health problems. Comfortable shoes or trainers can be worn. Easy paths, gentle climbs, minimum obstructions or steps. Walk no longer than 5 miles with an option to break off after 2 miles. Pace slow.