

Walk Programme, January 16 - June 16

Date	Walk Location	Dist. Km (Mi)	Climb M (Ft)	Grade	OS Map
Union Canal					
10 Jan	Falkirk Wheel - Linlithgow	18 (11)	250 (825)	B	65
	Falkirk - Linlithgow	14.5 (9)	210 (700)	C+	65
	Winchburgh - Linlithgow	9.5 (6.0)	100 (325)	C	65
Clyde Valley					
24 Jan	Crossford and Lanark circle	17 (10.5)	455 (1500)	B+	72
	New Lanark circle	11 (7)	365 (1200)	C+	72
	Crossford - New Lanark	9 (5.5)	250 (825)	C	72
Aberfoyle					
7 Feb	Aberfoyle and Craigmore	12 (7.5)	560 (1850)	B	57
	Aberfoyle Forest North	9.5 (6)	430 (1400)	C+	57
	Aberfoyle Forest South	12 (7.5)	260 (850)	C	57
Comrie					
21 Feb	St Fillans - Comrie	14 (8.5)	580 (1900)	B+	51
	Comrie circle (Maam Road)	9.5 (6)	340 (1125)	C+	51
	Comrie circle (Bogton Brae)	10.5 (6.5)	130 (425)	C	51
Muirkirk					
6 Mar	Cairn Table	12 (7.5)	430 (1400)	B	71
	Limmerhaugh - Muirkirk	13 (8)	200 (650)	C+	71
	Greenock Farm - Muirkirk	9.5 (6)	160 (525)	C	71
Dunkeld					
20 Mar	Dunkeld circle	16 (10)	590 (1925)	B+	52
	Dunkeld circle	15 (9.5)	435 (1425)	B	52
	Guay - Dunkeld	10.5 (6.5)	290 (950)	C	52
Tweeddale					
3 Apr	Broad Law	17 (10.5)	850 (2800)	A+	72
	Broughton - Crook Inn	14 (8.5)	210 (700)	C+	72
	Fruid Reservoir	13 (8)	205 (675)	C	72
East Lothian					
17 Apr	Cockburnspath - Dunbar	16 (10)	330 (1100)	B	67
	Hailes Castle Dunbar	15 (9.5)	115 (375)	C+	67
	Torness - Dunbar	11 (7)	90 (300)	C	67
Callander					
1 May	Ben Ledi	13 (8)	815 (2675)	A	57
	Callander Craig	11 (7)	520 (1700)	B	57
	Pass of Leny - Callander	11 (7)	290 (950)	C	57
Ullswater					
15 May	Helvellyn	14 (8.5)	930 (3050)	A+	90
	Pooley Bridge - Patterdale	14.5 (9)	530 (1750)	B+	90
	Howtown - Patterdale	9.5 (6)	275 (900)	C	90
27 - 30 May	May Weekend (Nethy Bridge)				
	(Sun 29)				
Fife Coastal Path					
12 Jun	Leven - Elie	14.5 (9)	150 (500)	B	59
	Lundin Links - Elie	12 (7.5)	130 (425)	C+	59
	Cellardyke - Elie	11 (7)	120 (400)	C	59
Drumochter Pass					
26 Jun	Sgairiach Mhòr	14.5 (9)	760 (2500)	A	42
	Sow of Atholl	10.5 (6.5)	440 (1450)	B	42
	Loch Garry	14 (8.5)	60 (200)	C+	42