

Walk Programme
May 2022 - August 2022

Date	Walk Location	Dist. Km (Mi)	Climb M (Ft)	Grade	OS Map
Perth & Kinross					
1 May	Acharn – Aberfeldy	18 (11)	500 (1650)	B	52
	Aberfeldy circle	11 (7)	400 (1300)	C+	52
East Lothian					
15 May	Eyemouth – St Abbs Head & back	17 (10.5)	500 (1650)	B	67
	Coldingham – Eyemouth	8 (5)	160 (525)	C	67
Perth & Kinross					
29 May	Newton Bridge – Loch Freuchie	14 (8.5)	330 (1100)	C+	52
	Amulree – Loch Freuchie	11 (7)	160 (525)	C	52
Loch Lomond & Trossachs					
12 Jun	Ben A’an – Brig o’ Turk	15 (9.5)	650 (2150)	B+	57
	Kilmahog – Brig o’ Turk	10 (6.5)	300 (975)	C	57
Lake District					
26 Jun	Keswick Circle	17 (10.5)	650 (2125)	B+	90
	Scales – Keswick	11 (7)	230 (750)	C	90
South Ayrshire					
10 Jul	Old Lagg - Maidens	15 (9.5)	455 (1500)	B	63
	Dunure Mains - Maidens	9 (5.5)	200 (650)	C	63
Scottish Borders					
24 Jul	Traquair – Yarrowford	16 (10)	580 (1900)	B	73
	Yarrowford circle via Bowhill	13 (8)	410 (1350)	C+	73
Cairngorms					
7 Aug	Glenshee Munros	17 (10.5)	650 (2125)	B+	43
	Glen Taitneach	13 (8)	200 (650)	C	43
Pentland Hills					
21 Aug	Boghall – Flotterstone	14 (8.5)	650 (2125)	B+	66
	Lothian burn – Flotterstone	11 (7)	300 (975)	C	66