



Glasgow Group walks and events

Part of North Strathclyde area

A friendly walking group for people of all ages who enjoy walking in the countryside or the city with others who share their enthusiasm.

Sat 23 November 2019 - 8 miles/12.9 km - Leisurely

Station to Station over the Gleniffer Braes

Meet at 09:20: Meet at Glasgow Central Station outside M & S Simply Food at 9:20am having purchased a return ticket to Johnstone for the 9:34am Ayr train (G2 8HA, NS587651)

Starts: Johnstone Railway Station when the train arrives. (PA5 8JS, NS433629)

The walk starts at Johnstone Railway Station and finishes at Paisley Canal Station. After a gentle walk through the Bluebell Woods in Johnstone, there is a short but steep uphill section to get on to the Gleniffer Braes. After that, most of the walk is a promenade along the Gleniffer Braes with great views across Paisley, Glasgow, the Clyde valley and the hills to the north. It will be a muddy in places. It is possible to end the walk after 10k and get to Canal Street station by bus.

Please read our What you need to know and Walk grades pages.

Linear walk

Contact: Alan, 07720843353, alan@cawatt.scot

Thu 28 November 2019 - 6 miles/9.7 km - Leisurely

Glengoyne Distillery to Killearn via WH Way

Meet at 09:25: Glasgow Central Station. Meet outside M&S at 9.25am with a return ticket to Milngavie. We catch the 9.52 train to Milngavie where we then get the 10.38 Balfron Bus to Glengoyne distillery. (G1 3SQ, NS587652)

Starts: Glengoyne Distillery (G63 9LB, NS527826)

Finishing point: G63 9RT, NS525858

An almost flat walk except a slight hill into Killearn near the end. From the distillery we walk down to join the West Highland Way toward the Beech Tree Inn. We can stop at a seated area where we can have a quick cuppa from our flasks. The Inn will be closed when we get there. From there we continue to Gartness where we can have lunch overlooking the Salmon Leap. Then onto Killearn on a very quiet road for about 2.5 miles.

On reaching Killearn there might be time to have a coffee or tea in one of the cafes - or a drink in the pub. The bus back to Milngavie is one an hour at 45 minutes to the hour.

Linear walk

Contact: Jennifer, 07796655055, jgilmour590@gmail.com

Sat 30 November 2019 - 6 miles/9.7 km - Easy

Dumbreck Marsh and Auchinstarry

Meet at 09:45: Meet at Buchanan Bus Station at the information board to catch the 10.00 First Glasgow No 89 Kilsyth Northfield bus to the stop on Glasgow Road before Laird's Hill Place.

The leader will join the bus at Bishopbriggs.

Car drivers are recommended to park in the section of old road at the side of the A803 at the south edge of Kilsyth, which now forms a layby. Approaching from the Kirkintilloch direction, this is on your left just before the "twin town" sign. Bus is due to arrive at 10.41 am. (NS591658)

Starts: Bus stop on Glasgow Road, Kilsyth, before Laird's Hill Place. (NS702777)

A half day walk visiting the Dumbreck Marsh Nature Reserve, then following the River Kelvin and the Forth and Clyde Canal to Auchinstarry, returning by the River Kelvin. All easy walking, apart from one short (less than a minute) steep uphill.

Alternative dates: Saturday 14th December, Saturday 21st December.

Circular walk

Contact: Barry, 01417722263, luckydollar@btinternet.com

Sat 7 December 2019 10:45 - 10 miles/16.1 km - Moderate

Rosneath Peninsula Circular

Meet at 08:45: Glasgow Queen Street Station (G1 2AF, NS592655)

Starts at 10:45: Kilcreggan Pier car park (G84 0JH, NS241804)

A walk along the coast from Kilcreggan, round Rosneath Point and then a short ascent to a forest track which is followed back to Kilcreggan. If the weather is suitable there is an option to climb Clach Mackenny before returning to Kilcreggan.

Walkers should catch the 09:02 train to Helensburgh Central where the leader will meet them. From Helensburgh walkers will catch the Couplort bus and travel on this to Kilcreggan. After the walk return to Glasgow will be by bus followed by train.

Circular walk

Contact: Idris, 01436673460, idrisscott@live.co.uk

Thu 12 December 2019 09:30 - 4 miles/6.4 km - Leisurely (Finishes 12:30 approx.)

Victoria Park and Broomhill Heritage Trail

Starts at 09:30: Hyndland Railway Station (G12 9YH, NS553676)

Victoria Park, opened in 1887, the year of Queen Victoria's Golden Jubilee, is still one of Glasgow's most visited open spaces, and this walk will follow a heritage trail around the park. To reach the park, the route passes through the West End district of Broomhill, and will take in some interesting features of this locality, including it's oldest house and a hidden railway. The walk starts and finishes at Hyndland Station.

Meet outside the ticket office at Hyndland Station at 9:30 to start the walk.

Circular walk

Contact: Gordon, 07443 426941, gordonarthur50@gmail.com

Sat 14 December 2019 10:45 - 5 miles/8.1 km - Leisurely (Finishes 13:30 approx.)

Prestwick town railway station to Troon.

Meet at 09:45: Meet opposite Marks and Spencer shop in Central station having purchased a return ticket to Prestwick town. We will be getting the 10am train. (G2 8HA, NS587651)

Starts at 10:45: Meet at Prestwick town railway station. (KA9 1QH, NS349262)

Finishing point: KA10 6JY, NS325309

A bracing walk along the seafront and beaches of Prestwick and Troon. There is a short steep climb through the sand dunes and some uneven ground further along. This is part of the Ayrshire coastal walk, The walk finishes at Troon Railway Station where we will take the train back to Glasgow.

Linear walk

Contact: Maria, 07774043121, mariaglasgow@hotmail.com

Sat 4 January 2020 10:00 - 8.1 miles/13 km - Easy

Anniesland to Braehead (walk and ferry)

Starts at 10:00: Meet at the entrance to Anniesland Station on Great Western Road at 10am (G13 1HL, NS548686)

Finishing point: G51 4BT, NS523671

A good flat walk for to clear your head after the festivities! Starting at Anniesland Station, we will join the Forth Clyde heading westward to Clydebank. From there to the launch site of the QE2 with a coffee stop at the Leisure Centre cafe. Then we will go past the old Cunard Booking Office, through pleasant woodland to catch the ferry from Yoker to Renfrew. Once across the River Clyde, we will explore the re-generation of Renfrew Riverside including the Clyde View Park. The walk will end at Braehead with good transport links back to Glasgow.

This walk is graded Easy because, although it is longer than our normal grading, it is flat and it is possible to leave the walk at Clydebank and Renfrew.

Anniesland Station is 15min by train from both Central and Queens Street Stations. Also by the no 6 bus route. Linear walk

Contact: Catherine, 07711268312, catherine@cawatt.scot

Sat 11 January 2020 - 7 miles/11.3 km - Leisurely

Tappoch Broch

Meet at 09:05: Meet at Glasgow Queen Street Station main concourse having purchased a return ticket to Larbert for the 09.21 Alloa train.

The leader will join the train at Bishopbriggs

Car drivers park in the large car park in Foundry Loan (contact leader for directions) and await those arriving by train, which is due to arrive at 09:46. (G1 2AF, NS591655)

Starts: Larbert Railway Station. (FK5 4AW, NS860825)

Did you know that there is an Iron Age broch in the woods near Larbert? Well, come and see it! Some walking along pavements beside busy roads to start with, but most of the circular walk is on farm tracks and woodland paths. As well as the broch (now covered in vegetation, but the circular structure is still clearly visible), we will pass the remains of a 16th century castle and a 19th century mansion.

Circular walk

Contact: Barry, 01417722263, luckydollar@btinternet.com

Sat 18 January 2020 - 10 miles/16.1 km - Moderate

Great Cumbrae Adventure

Meet at 09:30: Meet in Glasgow Central Station outside M&S "Simply Food" at 9:30 am having bought an off-peak return ticket for the 9:48 am Largs train. (G2 8HA, NS587651)

Starts: Cumbrae Ferry slip. (KA28 0HQ, NS182580)

An excursion into the "interior" of Great Cumbrae, taking in the highest point of the island at The Glaid Stone, then venturing across to picturesque Fintray Bay and Sheriff's Port, before finishing in Millport. Total distance covered 16km / 10 miles, and a total ascent of 200m / 600ft. Optional extension of 6km / 4 miles available from Millport back to the Cumbrae Slip ferry terminal for those feeling energetic, otherwise we shall go via the shuttle bus.

The return ferry fare from Largs to Cumbrae Slip is £5.00, and a single fare on the bus from Millport to Cumbrae Slip is approx. £2.00.

Circular walk

Contact: James, 07736-390887, jfm6721@talktalk.net

Thu 23 January 2020 10:10 - 6.2 miles/10 km - Easy

A Stroll through Edinburgh's New Town

Meet at 09:20: Meet in Queens St Station by the barriers having purchased a return ticket for the 9.30 am train to Edinburgh Waverley. (G1 2AF, NS592655)

Starts at 10:10: Haymarket Station (EH12 5EY, NT240731)

Finishing point: EH1 1BB, NT258738

From Haymarket Station, we will walk along the Water of Leith to the Scottish National Gallery of Modern Art where we will have a coffee break and walk round the landforms. Then via the Dean Cemetery, Stockbridge, Inverleith Park to the Royal Botanic Gardens. Great views from the highest point where we will enjoy a snack lunch either brought from home or bought from the cafe. We'll head back to Waverley Station admiring the Georgian architecture of the New Town.

Anyone wanting to travel by bus can meet the leader at Haymarket

There are several points after the Botanic Gardens where the walk can be shortened.

Linear walk

Contact: Annette, 07582700474, a.bonar123@btinternet.com

Sat 25 January 2020 10:30 - 3 miles/4.8 km - Easy

North Strathclyde Area AGM and Members' Walk

Meet at 10:00: The first floor meeting room at Friends Meeting House, 38 Elmbank Crescent, Glasgow. G2 4PS

10.00 for 10.30 (G2 4PS, NS581657)

Starts at 10:30: The first floor meeting room at Friends Meeting House, 38 Elmbank Crescent, Glasgow. G2 4PS (G2 4PS, NS581657)

North Strathclyde Area AGM and Members' Walk.

Glasgow Group forms part of North Strathclyde Area, all Group members are encouraged to attend.

The Notice and Agenda for the members will be sent to all members in December. A short walk will take place after the meeting.

Anticipated start time for the walk would be 2 pm, but may be earlier if the AGM finishes early.

Circular walk

Contact: Barry, 01417722263, luckydollar@btinternet.com

Sat 1 February 2020 11:30 - 5.5 miles/8.8 km - Leisurely

Perthshire walk

Meet at 09:50: Meeting at Queen Street Train station at 9.50 am after getting a return ticket to Birnam/Dunkeld train station. Train departs 10.08am. We will be getting the return train to Glasgow at 16.30pm. (G1 2AF, NS592655)

Starts at 11:30: Birnam/Dunkeld train station. (PH8 0YZ, NO032417)

Beginning at Birnam train station we will walk along the river Tay to Inver. Continuing on to the Hermitage folly, then onto the dramatic Rumbling bridge before returning to Birnam through attractive Moorland.

Circular walk

Contact: Maria, 07774043121, mariaglasgow@hotmail.com

Thu 6 February 2020 10:40 - 6 miles/9.7 km - Leisurely (Finishes 14:00 approx.)

Whinney Hill Woods

Meet at 09:25: Meet at the barrier at Queen St Station at 9.25 with a return ticket to Balloch (G1 2AF, NS592655)

Starts at 10:40: G83 8LG, NS390819

A splendid walk through Balloch Country Park through Whinney Hill woods. There is a steepish Hill in the middle of the walk but we can take it at a very slow pace. the walk is on good tracks and a quiet road that gives us a wonderful view of Loch Lomond.

Circular walk

Contact: Jennifer, 07796655055, jgilmour590@gmail.com

Sat 8 February 2020 - 10 miles/16.1 km - Leisurely

Rob Roy Way - Aberfoyle to Callander

Meet at 08:50: The coach will leave at 9am prompt from the bus stop in Beith Street. From Partick Station come down the lane at the side of Morrisons. (G11 6BZ, NS557664)

Starts: The walk will start from the car park in Aberfoyle when the coach arrives. Travel time approx 50 minutes (FK8 3UE, NN522009)

On this section of the Rob Roy Way, our route climbs gently from Aberfoyle through the forests beneath the Menteith Hills. The descent offers great views to the north of Loch Venacher and beyond. There will be some stony paths and it may be boggy underfoot.

The cost of the coach will be £12. Walkers must contact Alan to check that there is still a space for them on the coach. At that stage Alan will give you the details for making a bank transfer or sending a cheque.

Please read our What you need to know and Walk grades pages.

Linear walk

Contact: Alan, 07720843353, alan@cawatt.scot

Sat 15 February 2020 10:00 - 10 miles/16.1 km - Leisurely (Finishes 15:30 approx.)

Another Mugdock Meander

Meet at 09:20: Meet outside Marks and Spencer Simply Food on the station concourse at 9.20, ready to take the 9.41 train to Milngavie. (G2 8HA, NS587651)

Starts at 10:00: NS555744

The annual winter wander round Mugdock Country Park and environs. Which route will we take this year?

Circular walk

Contact: Ian, 01415572553, ic.brooke66@gmail.com

Sat 22 February 2020 09:00 - 12 miles/19.3 km - Moderate

Loch Leven Nature Trail

Starts at 09:00: meet outside Partick Station at 9am (G11 6RY, NS556665)

12 miles circular walk around Loch Leven in Kinross. Loch Leven is a sparkling jewel surrounded by rolling hills and fertile farmland. It brims with natural beauty, wildlife and history. This picturesque loch is a National Nature Reserve with a remarkable range of wildlife, including tens of thousands of breeding and wintering birds. Loch Leven has been a home for monks, the scene of sieges and the setting for a queen's escape. It has welcomed generations of anglers and hosted huge curling tournaments.

<https://www.pkc.gov.uk/media/35787/Loch-Leven-Heritage-Trail-Leaflet-2016/pdf/leafletbetter.pdf>

100 miles round trip, suggested passenger contribution £10

Circular walk

Contact: John Mc, 0141 773 0409, squareloaf@talktalk.net

Thu 27 February 2020 09:30 - 7 miles/11.3 km - Moderate

Croy Hill and the Antonine Wall

Starts at 09:30: Queen Street station, meet at information board with a return ticket to Croy (G1 2AF, NS592655)

The walk starts from Croy Station, then along the canal and onto the Antonine Wall and Croy Hill. Good views, and a Roman fort.

Circular walk

Contact: John Mc, 0141 773 0409, squareloaf@talktalk.net

Sat 29 February 2020 - 5.6 miles/9 km - Easy

Monkland Canal

Meet at 09:10: Meet in Glasgow Queen Street Station main concourse, having purchased a return ticket for the 09.24 Airdrie train to Coatbridge Sunnyside.

Car drivers are recommended to park in the large car park in Heritage Way (opposite the entrance to Summerlee Museum), walk down to the foot of Heritage Way, and wait there for those arriving by train, due at 09.46. (G1 2AF, NS591655)

Starts: Coatbridge Sunnyside Station. (ML5 3HR, NS731656)

A half day circular walk. Monkland Canal was closed in the 1940s and most of the route is now culverted underground, much of it under the M8 motorway, but this walk follows one of the few remaining open sections, as well as incorporating some local parks. After the main walk, the leader will offer an optional extension of $\frac{3}{4}$ mile/1.2 km around the outside of Summerlee Heritage Museum. Walkers may, if they wish, then have lunch in the Museum café, and perhaps visit the Museum itself (admission free, but please note closing time 5 pm).

Alternative dates: Sunday 23rd February, Saturday 29th February, Sunday 1st March. (moved from 22 to 29 Feb)

Circular walk

Contact: Barry, 01417722263, luckydollar@btinternet.com

Sat 7 March 2020 - 12 miles/19.3 km - Moderate

North Queensferry to Burntisland

Meet at 08:45: Meet in Queens Street Station near the barriers at 8.45 am to catch the 9am Edinburgh train. Buy a return ticket to Burntisland (G1 2AF, NS592655)

Starts: The walk will start from North Queensferry when the walkers arrive by train (KY11 1JH, NT131807)

Part of the Fife Coastal Path, the walk will be on pavements and footpaths. Train from Glasgow to Haymarket then train to North Queensferry. Home by train from Burntisland

more dates for walk 21 mar 28 mar

Linear walk

Contact: John Mc, 0141 773 0409, squareloaf@talktalk.net

Thu 12 March 2020 - 8.1 miles/13 km - Leisurely

Seven Lochs Way

Meet at 09:40: Meet the leader at 9:40 am on Hope Street at the 38C bus stop to catch the bus at around 9.50 am to Chryston. Alight at Hogganfield Loch. (G1 4PA, NS586650)

Starts: The walk will start at the bus stop opposite the entrance on Cumbernauld Road when the bus arrives.

NS 638672 (G33 1QB, NS638672)

The Seven Lochs Wetland Park is a new park right on Glasgow's doorstep with seven main lochs plus ponds, meadows, bogs and woods. The mainly flat trail is on path linking Hogganfield Loch in the west to Drumpellier Visitor Centre in the east. The walk passes Hogganfield, Frankfield, and Lochend lochs and takes in four local nature reserves, including the wetland wilderness of Commonhead Moss and the woodland glades of Bishop Loch. After a coffee stop it will be a 20 to 25 mins walk to Blairhill Station from where we will catch the train back to the city centre.

There will be a coffee stop at the Visitor's Centre Drumpellier Park.

Linear walk

Contact: Catherine, 07711268312, catherine@cawatt.scot

Sat 14 March 2020 - 12 miles/19.3 km - Moderate

Rob Roy Way - Callander to Balquidder

Meet at 08:20: Meet at the bus stop on Beith Street, Partick just down the the lane from Morrisons in plenty of time for the coach to depart at 8.30 am prompt. (G11 6RY, NS556665)

Starts: The walk will start from the Meadows Car Park, Callander when the coach arrives. (FK17 8BB, NN626079)
From Callander, we will follow an old railway line past the Falls of Leny and along the west bank of Loch Lubnaig to Strathyre. The last three miles has a gradual ascent through the forest before descending the Mhor 84 Hotel. The cost of the coach will be £14. Walkers must contact Alan to check that there is still a space for them on the coach. At that stage Alan will give you the details for making a bank transfer or sending a cheque.

Please read our What you need to know and Walk grades pages.

If we can find a volunteer, a second walk around Callander will offered.

Linear walk

Contact: Alan, 07720843353, alan@cawatt.scot

Sat 21 March 2020 10:35 - 6.5 miles/10.5 km - Moderate (Finishes 03:30 approx.)

The Complete Falls of Clyde Circuit

Meet at 09:00: Outside Simply M&S, Glasgow Central Station (G2 8HA, NS587651)

Starts at 10:35: New Lanark Visitor Centre (ML11 9DG, NS882425)

A circular walk from the World Heritage Site of New Lanark following the path for Falls of Clyde up river, crossing over bridge at Bonnington Linn, then heading downriver on other side through woodland, continuing with good views of Falls and New Lanark from other side. We cross back over river further down then head back up to New Lanark.

There is a bit of up and down, a few fairly steep bits which is why this walk is listed as moderate.

Circular walk

Contact: Judith, 07845151491, jansell243@btinternet.com

Sat 28 March 2020 10:40 - 5 miles/8.1 km - Strenuous (Finishes 13:00 approx.)

Ben Donich (by bus)

Meet at 08:55: Meet at Buchanan Bus Station with a return ticket to Rest and be Thankful on the 926 bus (G2 3NW, NS591658)

Starts at 10:40: Rest and be Thankful car park (G83 7AS, NN244055)

With a high-level start point, a direct path and fine views, Ben Donich makes an excellent objective for a shorter hillwalk. There is a little rocky ground with a slight scramble down before the summit to add a little character.

There is a fairly good path for most of the ascent, though it is not continuous on the summit plateau. There is some rocky ground with a short easy scramble at one point.

Circular walk

Contact: Fiona, 07718460043, fabfab548@gmail.com

Sun 5 April 2020 11:00 - 5.9 miles/9.5 km - Strenuous

Fiarach Grade A

Meet at 09:00: Meet at Partick Station for a 9am departure

(we might be in the supermarket cafe) (G11 6RY, NS556665)

Starts at 11:00: Dalrigh car park beyond Crianlarich on A82 (FK20 8RX, NN343291)

A Graham 652 metres high between Crianlarich and Tyndrum. The walk starts at the "concealed" car park at Dalrigh off the A82. Walking on good tracks, a bit of bog and open hillside. OS sheet 50. Big views from a small hill. 480 metres of ascent.

This is a strenuous walk, potentially in wintry conditions. Please ensure you contact the walk leader prior to the walk so we can check you have the requisite equipment and experience.

The recommended passenger contribution is £10. A round trip of 100 miles at 10p per mile.

Circular walk

Contact: Bobby, 01415734781, bobby_robb@hotmail.com

Sun 19 April 2020 11:00 - 5 miles/8.1 km - Strenuous (Finishes 15:00 approx.)

Beinn Odhar Revisited

Meet at 09:00: Outside Morrisons Cafe next to bus station (G11 6RY, NS556665)

Starts at 11:00: Green Welly car park Tyndrum (FK20 8RZ, NN328304)

The highest of the five Auch corbetts Ben Odhar stands at 901 metres high, just thirteen metres short of Munro height. OS sheet 50. We attempted this walk in 2019 but were forced to turn back due to ferocious gale force winds.

A steep sided grassy hill just north of Tyndrum off the West Highland Way.

680 metres of ascent.

Toilets in Tyndrum at start of walk.

A strenuous walk especially in winter conditions.

Please ensure you contact leader so that we can check that you have the requisite equipment and experience.

Circular walk

Contact: Bobby, 01415734781, bobby_robb@hotmail.com

Thu 23 April 2020 - 7 miles/11.3 km - Leisurely

Colzium House from Kilysyth

Meet at 09:45: Meet underneath information boards in Buchanan Bus Station at 9.45 am to catch the No 89 bus to Kilysyth at 10am (G2 3LD, NS591658)

Starts: The walk will start when the bus arrives in Kilysyth at approx 10.45am (G65 9AB, NS715781)

A delightful circular almost level walk on good paths through woodland, the Colzium Estate and returning alongside the canal.

There will be a coffee stop along the way

Circular walk

Contact: Catherine, 07711268312, catherine@cawatt.scot

Sat 25 April 2020 10:30 - 8 miles/12.9 km - Leisurely

Ayrshire Coastal Path – West Kilbride to Stevenston

Meet at 09:30: Meet outside Marks and Spencer Simply Food on the station concourse at 9.30, ready to catch the 9.48 Largs train, alighting at West Kilbride. Buy a return ticket to West Kilbride. (G2 8HA, NS587651)

Starts at 10:30: KA23 9DD, NS208484

Finishing point: The walk finishes at Stevenston railway station, from where we will return to Glasgow Central. (KA20 3LB, NS269412)

The fifth instalment of the Ayrshire Coastal Path, from the Crafts Town of West Kilbride via the ferry port of Ardrossan and faded resort of Saltcoats to Stevenston.

Linear walk

Contact: Ian, 01415572553, ic.brooke66@gmail.com

Finding the start of your walk

Start and meeting points include nearest postcode and an Ordnance Survey grid reference accurate to 100m. Use postcodes with care: in rural areas the nearest postcode may be some distance from the actual start point. See OS maps for an explanation of how to use grid references.

Grades

- **Easy Access** - walks for everyone, including people with conventional wheelchairs and pushchairs, using easy access paths. Comfortable shoes or trainers can be worn. Assistance may be needed to push wheelchairs on some sections.
- **Easy** - walks for anyone who does not have a mobility difficulty, a specific health problem or is seriously unfit. Suitable for pushchairs if they can be lifted over occasional obstructions. Comfortable shoes or trainers can be worn.
- **Leisurely** - walks for reasonably fit people with at least a little country walking experience. May include unsurfaced rural paths. Walking boots and warm, waterproof clothing are recommended.

- **Moderate** - walks for people with country walking experience and a good level of fitness. May include some steep paths and open country, and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential.
- **Strenuous** - walks for experienced country walkers with an above average fitness level. May include hills and rough country, and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential. People in doubt about their fitness should contact the organiser or leader in advance.
- **Technical** - walks for experienced and very fit walkers with additional technical skills. May require scrambling and use of ropes, ice axes and crampons. You must contact the organiser or leader in advance for further details.

Notes

- Walk gradings are provided as a general guide only. If you have any doubt about your fitness for a particular walk please contact the organiser or leader in advance.
- Bear in mind the distance of the walk, regional differences in terrain and the possibility of bad weather, which can make a walk more difficult than planned.
- If you're unsure of your fitness level, try a short and easy walk first - it's much better to find a walk a little too slow and easy than to make yourself miserable and exhausted.
- Leaders may refuse to accept participants who in their opinion are inadequately equipped or unfit.

Join the Ramblers today

Not already a member then why not join today at <http://www.ramblers.org.uk>.