

Walk Programme Challenging Plus, Challenging, Less Challenging December 2015, January 2016, February 2016

Date / Grade of Walk	Time of Departure	O.S. Map	Start/Finish Point	Description of walk	Height m/feet	Distance Km/miles
6 th Dec Chall Plus	0700hrs	51		As Challenging		
6 th Dec Challenging	0700hrs	51	448276 448276	Auchessan – Past Farm – Track N (E of river) – NNW (Follow Stream) – 440316 – NW (Between Craggs) – Meall Glas (M) – E – 908m – NE - Beinn Cheathaich – N, Descend ESE – Ascend E – Meall a Churain – Sgiath Chuil (M) – S, SW – Ascent Route @ 441302 - Start	1300m 4265ft	16km 10ml
6 th Dec Less Chall	0700hrs	51	448276 448276	Auchessan – Past Farm – Track N (E of River) – NNW (Follow Stream) – 440316 – NW (Between Craggs) – Meall Glas (M) – E – 908m – NE – Beinn Cheathaich – N, Descend ESE – Bealach @ 454324 – SSW, SW – Ascent Route @ 443298 - Auchessan	915m 3000ft	13.5km 8.4ml
10 th Jan Chall Plus	0700hrs	56	353882 359931	Junction A817 / A82 – W, NW – Balcnock, Beinn Tharsuinn, Beinn Chaorach – N, E – Old Shielings – Bridge 315933 – Track to Farm & Minor Road to Luss Car Park	920m 3020ft	18km 11.2ml
10 th Jan Challenging	0700hrs	56	345980 359931	Inverbeg – Glen Douglas – Bridge 317982 – Doune Hill – Beinn Lochain – Beinn Eich – ESE – Edentaggart – Minor Road to Luss Car Park	1025m 3365ft	15km 9.4ml
10 th Jan Less Chall	0700hrs	56	359931 359931	Luss Car Park – A82 footbridge – NW – Beinn Dubh – NW, WNW – Coire na h-Eanachan – Mid Hill – SE – Minor Road to Luss Car Park	700m 2295ft	12km 7.5ml
7 th Feb Chall Plus	0700hrs	42		As Challenging		
7 th Feb Challenging	0700hrs	42	645734 636843	Dalnaspidal – NE – Glas Mheall Beag – Glas Mheall Mor – NNW, W, NW – A`Bhuidheanach Bheag(M) – N, NE – A`Bhuidheanach Mhor – NE – 680803 – N – Carn na Caim(M) – SW – Track – 659802 – Track NW – Main Rd - Dalwhinnie	920m 3020ft	22km 13.7ml
7 th Feb Less Chall	0700hrs	42	645734 636843	Dalnaspidal – NNE – 936m – E – A`Bhuidheanach Bheag(M) – N, NE – A`Bhuidheanach Mhor – NE – 680803 – N – Carn na Caim(M) – SW – Track – 659802 – Track NW – Main Rd - Dalwhinnie	750m 2460ft	19km 11.9ml

Walk Programme Moderate, Moderate/Easy, Easy December 2015, January 2016, February 2016

Date / Grade of Walk	Time of Departure	O.S. Map	Start/Finish Point	Description of walk	Height m/feet	Distance Km/miles
6 th Dec Moderate	0800hrs	66	430760 515855	Seton Sands – NE, N - Aberlady Point – E, N - Gullane Point – NE - Black Rocks – NE, E - Longskelly Rocks – E - Yellow Craig Car Park.	Minimal	18.5km 11.6ml
6 th Dec Moderate/Easy	0800hrs	66	450790 515855	Gosford Sands – N, E - Aberlady Point – E, N - Gullane Point – NE - Black Rocks – NE, E - Longskelly Rocks – E - Yellow Craig Car Park.	Minimal	14km 8.7ml
6 th Dec Easy	0800hrs	66	515855 515855	Walks to North Berwick or Dirleton		
10 th Jan Moderate	0800hrs	57/64	525858 652766	Killearn – NE, E – Auchenibert – SSW – Follow Pipe Line – Cantewheerry – Blanefield – Path S – 557789 – E - John Muir Way (Through Strathblane) Strathkelvin Railway Path - E, SE – Lennoxton – ESE – Milton of Campsie	270m 885ft	20km 12.5ml
10 th Jan Moderate/Easy	0800hrs	57/64	525858 522835	Killearn – NE, E – Auchenibert – SSW – Follow Pipe Line – Cantewheerry – Blanefield – Path S – 557789 – John Muir Way (Track) – WNW – Boards – SW – 539788 – NNW – WHW@537795 – B821 W – 533797 – NNE, NNW – Dumgoyne (Beech Tree Inn)	320m 1050ft	17km 10.6ml
10 th Jan Easy	0800hrs	57/64	556796 522835	Walks Blanefield - Dumgoyne		
7 th Feb Moderate	0800hrs	42/43	747603 871653	Forest Track East off Minor Road – 799603 – Track North East to Loch Bhac – East to Edintian – Tomanraid – North to Blair Atholl	505m 1655ft	19km 11.9ml
7 th Feb Moderate/Easy	0800hrs	42/43	803653 871653	Struan – Old Struan – Track & Path South to Loch Bhac – East to Edintian –Tomanraid – North to Blair Atholl	500m 1640ft	15km 9.4ml
7 th Feb Easy	0800hrs	42/43	871653 871653	Walks Around Blair Atholl		