

Walk Programme Challenging, Less Challenging, Moderate, Moderate/Easy
5th February 2023 (FINAL 8th November 2022)

Date / Grade of Walk	Time of Departure	O.S. Map	Start/Finish Point	Description of walk	Height m/feet	Distance Km/miles
5 th February 2023 Challenging	0700hrs	50	370240 385254	Layby - Under Rail Bridge – Track SE – Approx 377228 – SW – Sron Gharbh – S – Twistin Hill – An Caisteal(M) – S, SE – Bealach@381186 – Beinn a Chroin(M) – 940m Top – N, NW – Coire Earb – Track to Main Road – A82 NE & Minor Rd – Rail Station & Coach Park	1080m 3545ft	16km 10ml
5 th February 2023 Less Challenging	0700hrs	50	370240 385254	Layby - Under Rail Bridge – Track SE – Approx 377228 – SW – Sron Gharbh – S – Twistin Hill – An Caisteal(M) – S, SE – Bealach@381186 – NE – Approx 390204 - Coire Earb – Track to Main Road - A82 NE & Minor Rd – Rail Station & Coach Park	895m 2935ft	15km 9.4ml
5 th February 2023 Moderate	0800hrs	OS 50K 64 & OS 25K 348	641771 547780	From A891 (SE From Lennoxton) – Track N (Past Glorat Hse) – Garmore – NNE – Cort-ma Law (531m) – W – Lairs – X B822 – Path & Track S (Campsie Glen) – Clachan of Campsie – X A891 – Path SE – (JMW) John Muir Way@614786 – W – Strathblane – JMW - W – 554793 - S, SE – 556790 – Leave JMW – S – X Minor Rd@556776 (Craigallian Rd) – Mugdock Country Park – Paths WNW, N – Coach Park@547780	680m 2230ft	20km 12.5ml
5 th February 2023 Moderate/Easy	0800hrs	As Above	652768 547780	Milton of Campsie – S on B757 - 652766 – (JMW) John Muir Way – WNW – X Br@628776 (Lennoxton) – NW, W – Strathblane – JMW - W – 554793 - S, SE – 556790 – Leave JMW – S – X Minor Rd@556776 (Craigallian Rd) – Mugdock Country Park – Paths WNW, N – Coach Park@547780	205m 675ft	14.5km 9.1ml
				<u>NOTE:- 2 COACHES 5th FEBRUARY 2023</u>		