

NOTES FOR WALKERS

Booking

Please contact the appropriate leader or contact name by the **Thursday evening** prior to the walk if intending to participate. This will permit a mini-coach to be booked if numbers are sufficient.

Transport

When possible a bus will be organised for linear and long distance walks. Due to the high costs the charge will be £10 for members (including Leader) and £12 for non-members (unless otherwise advised). Where a bus is not organised car sharing is encouraged to minimise the number of cars used and allow members without cars to come along. It is recommended that transport costs are shared between occupants (including driver). Whether or not you choose to use this system for sharing transport costs is entirely between the driver and their passengers.

Leader

The safety of the party depends on everyone adhering to the leader's instructions. The average speed of the walk will be that of the slowest person. All ramblers should remain within the group unless a specific arrangement has been made with the leader. Regular stops will be made to enable the party to regroup as necessary. The leader is responsible for the following:

1. Register those attending for insurance purposes.
2. Appointing a back marker.
3. Ensuring the back marker has the club's first aid kit.
4. Ensuring the number of people in the party remains constant (with the aid of the back marker).
5. Ensuring that gates are left as found (aided by all).

Distance and Grading

Included in the title and description of each walk is the approximate distance in miles and an indication of how easy, moderate or strenuous it is judged to be. The grading system is as follows:

Tough: Arduous walks for the experienced and fit, involving all or some of these factors: on high ground, with steep ascents and descents, at a brisk pace, distances over 15 miles.

Moderate: for the reasonably fit: offering some modest challenges. Standard grading for summits taken at a slower pace in summer conditions.

Easy: mainly on level ground and often on paths or tracks. Suitable for beginners.

Please note: New members are requested not to attempt walks outwith their capability. If in doubt contact the leader who will be happy to advise you.

Please to book before Thursday because you may be the only one and the leader may start to plan to do something else on Sunday!

Membership of the Ramblers

New members are most welcome. Regular walkers will hopefully become members.

Shop Discounts

The shops listed below offer discounts on the normal retail price of goods to members of the Ramblers. **Membership cards must be shown.**

Craigdon Sports, High Street, Inverurie and St Andrew Street, Aberdeen

Blacks Camping and Leisure Ltd, George Street, Aberdeen

Nevis Sport, George Street, Aberdeen

Cotswold Outdoor, Union Square, Aberdeen

Tiso, Netherkirkgate, Aberdeen - hold regular club discount nights



ramblers scotland
at the heart of walking

Inverurie Group

Programme April – October 2010

RAMBLERS SCOTLAND
INVERURIE GROUP

Officers and Committee

- Chairperson:** Dawn Tuckwood
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- Group Secretary:** Maureen Corley,
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- Publicity Secretary:** Aileen Scott,
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- Dennis Scott, 42 Rutherford Folds, Inverurie, AB51 4JH
Tel. (01467) 620402
- Doug Forbes, 50 David McLean Drive, Alford, AB33 8PW
Tel. (019755) 62754

Safety

Should the leader feel that the walk is outwith the capability of any person, or if any person is inadequately equipped, then that person will not be accepted on the walk by the leader. The leader may cancel or alter a walk if adverse weather conditions render the programmed walk hazardous or otherwise unsuitable.

All sporting and leisure activities have inherent hazards associated with them and rambling is no exception. In spite of the safety of members always being of the paramount concern, accidents will occasionally occur. It is important therefore, that when entering into the activity, each member appreciates that they have a responsibility to identify the hazards associated with the activity and take all reasonable steps to eliminate or minimise the potential for an accident to arise.

The Ramblers and its agents take no responsibility for any loss or injury incurred during its activities.

Clothing and Equipment

Stout boots are recommended for all walks and are essential for medium and tough graded walks. Each person should carry a rucksack with waterproofs, warm clothing, food and drink (non-alcoholic) for the day. They should also provide for emergencies by carrying extra clothing for prolonged stops, emergency food (high energy), a torch and whistle. Hot drinks are best in colder conditions. Alcohol is dangerous when one is cold.

Dogs

Dogs are **not** permitted on any of the walks.

Litter

Please do not drop litter. It is unsightly and can be dangerous for animals. Orange peel and banana skins are slow to decompose and should be taken home. Leave the countryside as you find it.

Summer Programme 2010.

We have tried to include a good mixture of regular and shorter outings within the repertoire of our (few) available leaders. If you can lead a walk next session do let us know. We want more of you to join us on the walks but please remember we now have to say that you come on walks at your own responsibility. As usual, please book for each walk with the leader by Thursday. The leader will then tell you the best meeting place, more details of the walk, the start time and of course, wait for you on the day.

May 16th Gardenstown, Crovie and Troup Head.

A moderate circular walk of 8 miles, exploring the villages, seeing the gannets and cliff tops with a cuppa at our Seatown cottage at the end.

Leader: David Pickford 01464 831463

May 30th Bin Forest near Huntly.

A moderate circular of 10 miles in and around the forest tracks looking for decent views with a visit to the Peregrine centre half way.

Leader: David Pickford 01464 831463

June 13th Muchalls to Stonehaven.

A linear walk of about 7 miles, starting with public transport. We return to Stonehaven for a BBQ on the beach. We could also include an open air swim at the pool or a boat trip (if it has started again this year).

Leader: David Pickford 01464 831463

Friday evening, June 18th Bennachie Centre

This is a chance to have a go at real map reading round one of the orienteering courses alone, with a friend or with a muttly. If you want a real 'thought sport' challenge there will be a clock. Bacon butties afterwards.

Leader: David Pickford 01464 831463

June 27th Broom Hill near Kildrummy

A moderate circular of 10 miles through the valleys and over the hills on this interesting part of Donside.

Leaders: Alison and Doug Forbes 019755 62754

July 11th Glenlivet

There are numerous trails being promoted around Glenlivet which make the journey worthwhile. An 8 to 10 mile circular around the Braes will be arranged. Final details from the leaders.

Leader: Edith Ross and Aileen Scott 01467 620402

July 25th Carn Aosda

A challenging walk - a fine Munro at 917m, starting by Baddoch on the Glenshee road up along the Baddoch burn, then east to Loch Vrotachan and on to the the ski slopes to the summit. Return down the wonderful undulations of Strone Baddoch.

Leader: Dawn Tuckwood 01330 822507

August 1st By bike to Loch Builg or riverside stroll

Here is an opportunity to visit this remote, dramatic loch. A total of 18miles along a landrover track it is a slog, but on a bike it should be a breeze.

There are a couple of burns to cross which adds more interest.

Alternatively, a walk out and back along the River Gairn makes a pleasant summer stroll.

Leader: David Pickford 01464 831463

August 15th Glen Buchat

A fairly challenging circular of about 11 miles. Up to Meikle Firbriggs, along the crests and down by the lodge to return over Stony Hill.

Leaders: Alison and Doug Forbes 019755 62754

August 29th Fungle road from Aboyne

A moderate circular of 9 miles starting out along this old drove road and back, probably over Baudy Meg, to the village for a fish and chip supper.

Leader: Dawn Tuckwood 01330 82250

September 12th Johnshaven to St Cyrus

A nice walk along the coastline, about 6 miles, catching the bus back to Johnshaven.

Leader: Maureen Corley 01224 318672

September 26/27 or 27th Roughpark/Allargue/Roughpark

Leave Saturday, walk back (different way) Sunday, stay the night DB&B at Allargue Arms. Or just join us on Sunday for the walk back. **Book early.**

Leader: David Pickford 01464 831463

October 10th Balmoral Cairns and Glen Gelder

An exploration of the trails close to the castle to see some of the many royal cairns, then a walk into Glen Gelder, then west to the river, probably 10 miles.

Leader: Jay Turner 01224 791037

October 24th Dufftown and The Convals

An 8 to 10 mile circular from Duffrown up on to these lovely, quiet hills.

Leader: Dennis Scott 01467 620402

September 29th Winter Programme planning meeting at Kintore Arms

November 7th Morning walk then AGM at Inchmarlo GC

Remember, always carry a map, compass, your 'specs, a torch, basic first aid & food/drink every time out! Also look around you - know where you are and where you have been!

