



Blairgowrie & District Hillwalking Club

Web site: www.bdhc.org.uk

The Lomond Hills

20 November 2011

O.S. Map No. 58/59

Bus start: Blairgowrie (Wellmeadow): 8.00am Alyth (Square): 7.45 am

A Walk – Falkland to Scotlandwell

Start in Falkland and head south on the path to the summit of East Lomond 424m. Continue on the path heading west and cross over the road at 227062. Follow the path west again passing Miller's Loch to West Lomond 522m. Descend SW over Devil's Burdens and drop down into Glen Vale. Continue south rising over Bishop Hill to Pinnels and White Craig and then follow path down into Scotlandwell.

Approx. distance: 12km

Total ascent: 750 m

Min. **walking** time: 4.5 hrs

B Walk – West Lomond to Scotlandwell

Starting from Craigmear Car Park at 227062, follow the path to the summit of W. Lomond and continue as for A party.

Approx. distance: 9 km

Total ascent: 450 m

Min. **walking** time: 3 hrs

C Walk – Glenlomond to Scotlandwell

Starting from 169047 (S. of Glenlomond) follow the path east and then north towards the Glen Burn. Continue alongside the burn to Glenvale and head south to Bishop Hill. Continue as A/B walk.

Approx. distance: 9 km

Total ascent: 250 m

Min. **walking** time: 3.75 hrs

Please note that the Minimum walking times are based on reasonably fast walkers and assuming good conditions. The times do not include stops or breaks. In poor weather conditions or if members are not comfortable walking at 4km/hour then alternative or shorter routes should be considered.

The next club walk is on the 11 December 2011 to Obney Hills starting at 9.00 am (Blairgowrie) and 8.45 am (Alyth).

Other information/events: Extra special to walk to celebrate the 60's on November 26 based at the Clova Hotel.

IMPORTANT: YOUR SAFETY IN THE HILLS

The Committee reminds members and guests of the following important points:

- You are responsible for your own safety
- Club officials are not trained mountain leaders
- Are you fit enough to complete your chosen walk in the available time?
- Know where you are going on the walk and follow the route on your map.
- Know how many are in your party and stay together
- Ensure you have enough food plus emergency rations
- Carry a map & compass, survival bag, torch, whistle and small first aid kit. Know how to use them.
- In winter conditions you must carry an ice axe on high level walks (club rule). You are also recommended to carry crampons.
- **Learn** how to use your equipment.

Club officials will be happy to give advice on any of these points if requested.