

Centenary Edition
1917-2017
Glasgow HF Outdoor Club



www.meetup.com/glasgow-hf-outdoor-club



Summit of Ben Lomond 1st April 2017

Winter Programme
October–March 2017/18

Welcome to the second (winter) half of our centenary year programme – our aim is to offer a wide range of walks of various types and levels, so we hope you will find many that suit you, whatever your interests. Many thanks to all the walk organisers who have offered their time and expertise and to Gerena for the onerous task of coordinating it all. Now (for some of us at least), we await in keen anticipation some good snow and winter weather!

Still to come are also two of the main centenary social events: the Civic Reception in October and the dinner dance/ceilidh at the Grand Central Hotel in November. If you fancy the Civic Reception, contact Jim McLarnon to see if there are any (free) tickets still available; for the dinner dance (cost £40), sign up on the website or contact Gerena Sumen. Finally, we are again planning the popular xmas ceilidh/walking weekend at the Crianlarich Hotel in December – so please sign up on the website or contact Colin Nicol NOW if you are interested in order that we know we have sufficient numbers for the event to go ahead. All contact telephone numbers are on the 'Committee' page of the programme.

This year we have decided in this 2017 winter programme to give advance notice of the weekends away and holidays abroad planned for the 2018 summer programme. If you are interested in any of these, sign up on the website or contact whoever is indicated in the information given in this programme. This year RSVPing will be open as soon as the winter programme is distributed and goes live on the website; also this year, members will be entirely responsible for booking their own accommodation – so book early to avoid disappointment! Last year we found that some hostels were fully booked surprisingly early on public holiday weekends. Holidays abroad will be organised in a similar way to the Mallorca and Samos trips this year.

Finally, just to say, on a personal note, that this will be my final programme as President, since I retire at the next AGM in February after my (maximum) 3-year 'stint'. It has been a pretty busy and eventful time and I am grateful to all who have pulled together to help to run the club: the committee, walk organisers and members generally. One of the most gratifying aspects of my time as President has been the willingness and goodwill I have encountered when sounding out members about serving on the committee, taking on committee roles, and leading walks. Without their input, the club cannot function. Hopefully, some innovations the committee has introduced have enabled the club to be in a better place than it was, but I will leave the membership to be the judge of that.

Regards and best wishes,
Paul Harrison



Mallorca 21/05/2017 (photo: Paul Harrison)

Front cover photo Ben Lomond 01/04/2017 (photo: Paul Harrison)

Ben Lomond

On 1st April 2017, the HF club climbed Ben Lomond via the tourist path. What's unusual about that? Well we dressed up in 1920's clothing to re-enact the event of the Ben Lomond Mountain View Indicator being installed on a stone plinth, on the summit by HF members in 1929. This event was funded by The Daily Record through its readers and installed by the HF members. Unfortunately, the mountain view indicator is no longer on the summit of Ben Lomond due to wear and tear. The original negative template of the mountain view indicator is with the National Trust for safekeeping and is looking at it being installed on the summit in the future.

In "The Great Outdoors Magazine", March 2017, the Glasgow HF Club mountain view indicator story was mentioned. The original 1929 idea was enthusiastically taken up by the Glasgow HF Club of installing the plinth and mountain view indicator on the summit of Ben Lomond on 1st April 1929. The story continues with another try to set up a stronger memorial of an etched metal plate protected by glass, set up in 1933. This too gradually became worn, and in 1960 the engraved plate was stolen. The date might be symbolic in view of what happened and what was to follow.

The idea came to me for a centenary event, by reading the archives of the HF club in the Mitchell Library under TD 1937, 5th Floor, archives. One of the black and white photographs, of the summit of Ben Lomond on 1st April 1929, gives an insight into HF members and what they were wearing on the day. Most of the members from the club looked like they were going to the office, instead of going hill-walking, raincoats, hats, scarves, walking shoes and no rucksacks, just handbags. It was rumoured that you were a little weird, if you went hillwalking, so to keep it normal and secret just wear office clothes and sandwiches in pockets. Umbrellas were a form of walking pole back in the 1920's.

What would it be like to wear office wear and carry no rucksack but just a handbag to put your food and drink into? Nine HF members dressed up for the challenge, and fourteen members participated with us to celebrate this momentous occasion, a piece of history to be treasured and not forgotten. It was not very comfortable to wear a skirt, raincoat and hand bag as I was very conscious of tripping on my long skirt and raincoats are only showerproof and not breathable and my handbag can carry only a small water bottle, a sandwich, which became squashed.

What did I learn from this experience, that our present HF members and the old ones in the black and white photograph like to try new experiences and that there is a great comradery within the club that will never die. I have great respect and admiration and a little bit envious of the HF members in 1929, they showed that an idea of building a plinth and installing a mountain view indicator can be supported by HF members, with great determination no matter how hard, along with many setbacks to reach their goal. In 1929, the HF members were brave, even pioneers, no problem too big or too small to solve and so we are left to consider what can we do to follow in their footsteps.

Gerena Sumen



Ben Lomond 2017
(photo: Caroline Reilly)



Ben Lomond 2017
(photo: Fiona Morrison)



Ben Lomond 2017
(photo: Caroline Reilly)

Centenary Merchandise



Centenary Buff



Features and Benefits of the HF Centenary Buff:

- A buff is a very versatile piece of headwear that is great for outdoor activities.
- Buffs are a perfect piece of gear when camping or backpacking.
- During the day buffs provide sun relief and block UV rays
- Buffs are useful because they serve many functions but are still light weight and packable.
- Paul Harrison wears one, so they must be good! 😊

The 13 most useful ways to wear a buff:

SCARF: Simply wear the buff loosely around you neck.

NECK WARMER: Keep it around your neck but pull it over the bottom of your chin.

FACE MASK: Pull it up even higher all around; it should cover your nose but sit below your eyes

SUN GUARD: Cover your chin in the front and pull the back up and over the back of your head; works great with a baseball cap or helmet.

HOOD: Keep the front under your chin and pull the back up and over the whole top of your head.

BALACLAVA: Start with the hood and then grab material from below your chin and double it up and over to cover your nose.

HEAD BAND: Like the scarf this is pretty straight forward.

BEANIE: Twist it in the middle then pull top section down over the bottom to make a cap shape.

BANDANA: Tie a knot to make a cap shape.

SAHARIANE: Lay flat on your head with openings facing front and back; hold inside with one hand over your forehead and use other hand to pull top layer towards back of head to secure.

HAIR BAND: Start with a scarf then pull up.

HEAD SCARF: Just like a hair band but also pull the top back to cover your hair.

SCRUNCHIE: Also very straight forward, use it to hold back your pony tail.

We would like you to note your interest on Meetup website to buy an exclusive buff designed by Alan Adie of BigintheUK. Alan's team have designed an exclusive centenary logo and colours that highlight the enchantment, history and tradition of the Glasgow HF Outdoor Club. The cost of the buff is £15.00. This buff will be a worthy addition to all member's kit and reflects the club's 100 year history. You can contact Gerena Sumen by 01301-702249



- Process Cyan
- 376 C
- 7455 C
- White

This car window sticker will be available to buy for £1.00 from October 2017.

Honorary President

John Barrowman

Honorary Members

Margaret Hawthorne

Moya Taylor

Club Activities

Weekend and Midweek rambles and hill walks

Meeting Points:

Sunday walks:

29 Cadogan Street, near corner with West Campbell Street (Outside Corunna House)

Saturday walks:

Houldsworth Street (Finneston), corner with Port Street (G3 8ED)

Except when using public transport- see walk details.

Annual subscription due 1st April to Membership Secretary
Ordinary Members £25 Concession £20 Associate Member £10

How to Join the Club

Attend a maximum of Two outings as a temporary member prior to applying for full membership. Application form available from the Membership Secretary or on the website. You can now register using electronic membership form. Send the form together with the necessary remittance to the membership Secretary or alternatively pay into the club's bank account or PayPal account. Cheques should be made payable to Glasgow HF Outdoor Club. Please enclose a stamped addressed envelope.



Milngavie 05/08/2017 (photo: Gerena Sumen)

Club Committee

Executive Posts

President: Paul Harrison

0141 942 5910 pharribobs@yahoo.co.uk

Vice President and Weekend Secretary: John Moore

0141 647 5133 j.n.moore@me.com

Treasurer: Gillian McFall

01555 893973 g.mcfall300@btinternet.com

Secretary: Maura Buchanan

07771931346 maura.buchanan@ntlworld.com

Programme Coordinator: Gerena Sumen

01301 702 249 simten56@yahoo.co.uk

Media Communications and Membership Secretary: Alan Brown

01294 650440 alanbrown37@hotmail.com

Non- Executive Posts

High Level Walks Secretary: Robin Gordon

01361 883153 robingordon@ymail.com

Low- Level Walks Secretary: Stephen Thomson

0141 397 8475 smthomson11@icloud.com

Centenary Programme Coordinator: Jim McLarnon

07952412342 jim1961 jaymez007@hotmail.co.uk

Social Secretary: Colin Nicol

0141 649 3796 colin1.nicol@btinternet.com

Co-opted Posts

Gail Baxter, Adrienne Caldwell, Jeff Dunn, Harry Kennedy,
Vivienne McCarlie, Joanna Rodger, Dougie Robertson.

Non-Committee Posts

Packchat Editor Ian Brooke

Examiner of Annual Financial Accounts: Agieszka Kaluzna, Magdalena Jandy

Equipment Coordinator: Harry Kennedy

Goodwill Secretary: Margaret Alexander (0141 954 0020)



Club Code

Coming on our walks

The club welcomes new adult (18 and over) members, both beginners and experienced walkers. If you are a beginner we ask that you consider whether your level of fitness is appropriate for the type of walk that you want to do – occasionally someone will turn up who is not fit enough to complete a walk and this can be frustrating, both for the group and the individual. It can also be very demoralising for that person and may put them off hill walking altogether.

We don't want you to feel under pressure on your first walk, so think about the grade of walk that you believe you can comfortably manage. Here are the grades of walks undertaken by the club and brief details of what you can expect:-

Grade A+

Very strenuous: arduous traverses involving steep ascents/descents over rugged terrain- for experienced, energetic hillwalkers who enjoy a long day out 8+ hours.

Typically > 1200 metres ascent + 20km.

Grade A

Strenuous: fitness, stamina & experience required ascents of 900-1200m + 10-20km walking at a brisk pace for 6/7 hours. Steep ascents/descents over rough ground.

Grade B+

Moderate to strenuous: for regular walkers or newcomers who are used to sustained aerobic exercise. A steady pace will be required for ascents between 600-900m (expect some steep gradients) + 10-15km usually covered over 6 hours.

Grade B

Moderate: usually on paths/tracks, 300-600m ascent (with possibly some steep sections) + 10-15km or up to 20km on flatter walks. Expect to be walking for 5/6 hours.

Grade C+

Easy to moderate: typically up to 300m ascent (gentle gradients) + 9-12km or up to 15km on flatter walks which should take 4/5 hours. Suitable for anyone with average fitness/limited walking experience.

Grade C

Easy: a maximum of 4 hours to cover 12km with a minimal ascent on paths/tracks/roads always at a comfortable pace.

Walkers who want to go on a more strenuous walk (grades B+, A or A+) should contact Paul Harrison or John Moore prior to their first walk- this is especially important in winter.

The website www.walkhighlands.co.uk contains detailed descriptions of many of the hill walks (and lower level walks) that appear on our programme-consulting that may provide you with more information on what a particular walk entails.

What Equipment Do I Need?

For your own safety and enjoyment, when coming on our walks you should be properly equipped for the conditions. The walk organiser may exclude anyone they believe to be not properly equipped, or who they think may not be able to complete the walk in the required time.

Basic kit list:-

Rucksack, about 35 litres capacity

Walking boots with treaded sole remain the recommended footwear

Comfortable outdoor clothing (avoid cotton under layers & denim trousers)

Waterproof jacket and over-trousers

Spare fleece or jumper, hat or gloves

Small First Aid kit (plasters, blister kit, bandage, disinfectant wipes)

Survival Bag, whistle

Liquid (a least 1 litre) and or flask if hot drink required

Enough food for a full day's walking+ something extra, just in case

Summer extra's:-

Sun hat, sunscreen, midge repellent

Winter extras:-

Ice-axe, crampons, head torch

Also useful are:-

Individual bothy bag, gaiters, walking poles, map & compass

You should have in your rucksack emergency contact information: your name, address, telephone number and any relevant medical information, plus name and phone number of someone to be contacted in an emergency. If you carry an android mobile phone an emergency contact number can be inserted onto the lock screen. For iPhones, a free app to hold all the above emergency info can be downloaded.

Safety On Club Walks

The club has an excellent safety record because of the broad range of experience that has been built up over many years and for a walk to proceed there must be a minimum of 3 in a group. The walk organiser will be an ordinary club member who is unpaid volunteer, however they will be competent navigators and in many cases will have been arranging group walks for many years. They will determine the route to be taken and set a pace appropriate to the walk grade and makeup of the group.

As a courtesy to the group organiser and members, walkers should not go ahead of the group organiser but should remain near them and within guidance. If they wish to leave the group either temporarily or permanently, they should inform the organiser. Walkers should follow the organiser's advice but ultimately they are responsible for their own safety.

Mountaineering Scotland Membership

Mountaineering Scotland's national representative body for hillwalkers, climbers and ski-mountaineers which works hard to look after their interests. Our club members now have access to all benefits of Mountaineering Scotland membership as the cost of this is included in Glasgow HF Outdoor Club membership fee.

There is a wealth of information on all aspects of hillwalking and mountaineering to be found on their website www.mountaineering.scot and all novice walkers should take advantage of this as part of their preparation for attending walks.

Weather Forecasts

Checking the weather forecast 1-2 days in advance of a walk is a good habit to get into, particularly in winter when the weather may make a walk much more demanding. The recommended website for mountainous conditions is www.mwis.org.uk which provides detailed weather forecasts for areas in Scotland (plus Lake District, Snowdonia). For lower walks BBC forecasts are available on various media.

In the event of an extremely poor forecast the walk organiser may decide to walk in another area or cancel the planned walk- this will be notified in advance via the club website but could be as late as the evening before walk.

Using Members Cars

Club members cars are the main means of transport to the hill walks in our programme, particularly Sunday. To compensate drivers for the costs involved a mileage charge of 24p is currently in force, with the total cost of a journey being divided equally between car drivers and passengers.

Please respect the car you are journeying in- don't wear walking boots in the car, bring a change of footwear and a bag for your boots.

Dogs on walks

For various reasons, the club has a policy that dogs are not allowed on walks under any circumstances. Please respect this policy.

General

Members are required to book A and B walks plus club weekends through the website. Members are required to book on C walks and social events through the website, but this is not a requirement. Off-line C walkers are required to contact the Weekend Secretary regarding weekend trips.

Abbreviations used in the programme

Cadogan St= 29 Cadogan Street, outside Corunna House near corner with West Campbell Street

BBS= Buchanan Bus Station

Houldsworth St= Houldsworth St at corner with Port St, Finneston G3 8ED

Central= Glasgow Central Station

Queen St= Glasgow Queen Street Station

Glasgow HF Winter Walks 2017/18

Please check the club website for the most up to date information about any changes or additions to the walk programme.

OCTOBER

Friday 29 September-Monday 2 October WALKING WEEKEND IN WINDERMERE



Saturday 30 September WINDERMERE TO LAKESIDE

Sh97 Grade C+ 16km

Depart: from the Windermere Hotel 09:30
to catch ferry across Windermere.

Walk Ferry House to Lakeside

return by 15:45 steamer (£8.25) to Bowness

Organiser: Stephen Thomson

Sunday 1 October WINDERMERE TO AMBLESIDE

Sh97 Grade C+ 13km

Depart: from the Windermere Hotel 09:30

return by bus

Organiser: Stephen Thomson

Saturday 30th September by train SGOR GAIBHRE 995m & CARN DEARG 941m

Sh41/42 NN444674 Grade A

Depart: TBC subject to trains

Organiser: Robin Gordon

Sunday 1st October by car BEINN IME 1011m & BEINN LUIBHEAN 858m

Sh56 NN255084 Grade A

Depart: Cadogan St 08:30

Organiser: Alan Brown

Wednesday 4 October by train TROON TO AYR (Ayrshire Coastal Path)

Sh70 Grade C+ 13km

Depart: Central high level 09:04 train to Ayr

buy a return to Ayr & get off at Troon

Organisers: Donald & Carole Sleight

Thursday 5th October

CENTENARY EVENT

CIVIC RECEPTION AT THE GLASGOW
CITY CHAMBERS

Start at 17:30 finish 19:00

For 100 members, this is a free event
and not part of the lottery funding.

Invitations have been sent out for this event.

But if you would like to attend, please contact
Jim McLarnon to see if tickets are still available.

Saturday 7 October by train KILWINNING TO KILMARNOCK

Sh70 Grade B 20km

Depart: Central high level 09:18 train
to Ardrossan Harbour, buy a single
to & get off at Kilwinning

Organiser: Alan Brown

(will join group at Kilwinning)

Saturday 7th October by car MERRICK CIRCULAR 843m

Sh77 NX427855 Grade B+

Depart: Houldsworth St 08:00

Organiser: Paul Harrison

Sunday 8th October by car STOB BINNEIN 1165m

from Inverlochy

Sh51 NN445184 Grade A

Depart: Cadogan St 08:30

Organiser: Harry Kennedy

Saturday 14 October by car TOMTAIN 453m & COLZIUM PARK

Sh64 Grade B 10km

Depart: Cadogan St 09:00

Organiser: Jo Moody

Saturday 14th October by car BALLACHULISH HORSESHOE

SGORR DHEARG

SGORR DHONUILL 1024m/1001m

Sh41 NN056558/040555 Grade A+

Depart: Houldsworth St 08:00

Organiser: Paul Harrison

Sunday 15th October by train/ferry
ARRAN GOATFELL 874m
Sh69 NR991415 via Sannox
South East ridge Grade A
Depart: 08:30 train from Glasgow Central
to Ardrossan Ferry to Brodick
finally bus to Sannox
Organiser: Alan Ramsay

Saturday 21 October by bus
SANDBANK TO DUNOON
BY BISHOP’S GLEN
Sh63 Grade C+ 11km
Depart: BBS 08:56 McGills 907 to Dunoon,
get off at Hunters Quay to connect
with 10:59 West Coast 489 to Glenfinart,
get off at Sandbank
Organiser: Stephen Thomson
(will join group at Renfrew Rd, Paisley)

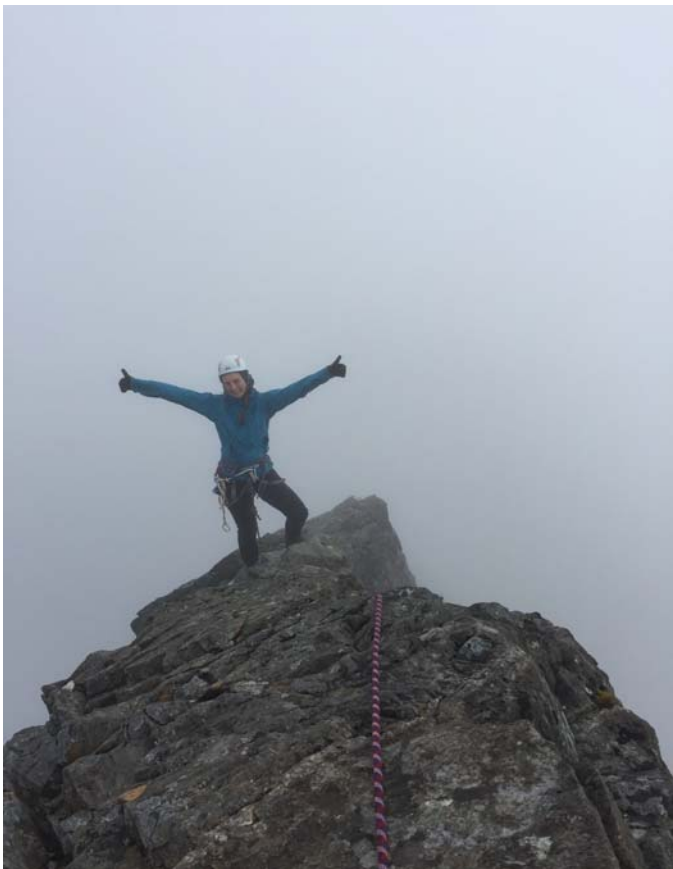
Saturday 21st October
by car (overnight on Friday)
CENTENARY EVENT
HF CLUB FINAL MUNRO
STOB BAN GREY CORRIES 977m
Sh41 NN266724 Grade A
Please book your own accommodation
if staying the night in Roy Bridge.
(Station Lodge Hostel or Achluhrach
Bunkhouse)
Depart: Spean Bridge car park (Station Rd) 09:15
Organiser: Paul Harrison
WALK CANCELLED

Sunday 22nd October by car
MEALL A` BHUIRIDH 748m
near Loch Etive
Sh41 NN125506 Grade B
Depart: Cadogan St 08:00
Organiser: Gerena Sumen

Saturday 28 October by car
CASHEL WOODS
FROM MILLAROCHY BAY
Sh56 Grade C+ 12km
Depart: Cadogan St 09:00
Organiser: Sandy Henderson

Saturday 28th October by car
BUACHAILLE ETIVE BEAG
STOB COIRE RAINEACH 925m
& STOB DUBH 958m
Sh41 NN191548 Grade A
Depart: Houldsworth St 08:00
Organiser: Colin Semple

Sunday 29th October by car
(N.B. clocks go back 1 hour)
BEN VENUE TRAVERSE 729m
from Loch Achray
Sh57 NN505068 Grade B
Depart: Cadogan St 08:30
Organiser: Jeannie Carter



Sgurr Dearg 2017 (photo: John King)

NOVEMBER

Wednesday 1 November by bus
FINNICH GLEN (Devil's Pulpit)
Sh64 Grade C+ 13km
Depart: BBS 10:00 First B10 to Balfron,
get off at Killearn.
Organiser: Gerena Sumen

Thursday 2nd November Social Evening
Meet at The Society Room, 151 West George St
For a casual meal/drink 6pm onwards.
All welcome, members or not.



Saturday 4 November by bus
CROY HILL TO KIRKINTILLOCH
Sh64 Grade C+ 14km
Depart: BBS 09:30 First 89 to Kirkintilloch,
get off at Kilsyth Town Centre
Organiser: Eleanor Grieve

Saturday 4th November by car
LOWTHER HILLS 725m
Sh71/78 NS878099 Grade B+
Depart: Houldsworth St 08:30
Organiser: Jean Young

Sunday 5th November by car
FINTRY HILLS CIRCUIT 511m
Sh57 Grade B
Depart: Cadogan St 08:30
Organiser: Paul Harrison

Sunday 5th November by car
BEN STARAV 1078m
& GLAS BHEINN MHOR 997m
Sh50 NN125427 & NN153429 Grade A
Depart: Cadogan St 08:00
Organiser: Shaun Breen

Saturday 11 November by bus
BALERNO TO MURRAYFIELD
BY THE WATER OF LEITH
Sh66 Grade C+ 12km
Depart: BBS 09:15 City link 900 to Edinburgh,
get off at Haymarket. Connect with Lothian
Bus 44 to Balerno at stop HG Haymarket
Station on Dalry Road & get off at Balerno High
School.
Organiser: Gerena Sumen

Saturday 11th November by car
GLAS MAOL 1068m
& CREAG LEACACH 987m
Sh43 NO167765 Grade A+
Depart: Houldsworth St 08:00
Organiser: Robin Gordon

Sunday 12th November by car
BEN CRUACHAN 1127m
Sh50 NN069304 Grade A
Depart: Cadogan St 08:00
Organiser: Paul Harrison

Friday 17th November
CENTENARY EVENT
DINNER & CEILIDH
AT GRAND CENTRAL HOTEL
Start at 19:00 finish 12:00
For 100 members, this is a ticketed event
Tickets cost £40. If interested in coming
contact Gerena Sumen 01301 702 249

Saturday 18 November by bus
STRATHBLANE TO KIRKINTILLOCH
(John Muir Way)
Sh64 Grade C+ 13km
Depart: BBS 09:00 First B10 to Balfron,
get off at Strathblane
Organisers: Donald & Carole Sleigh

Sunday 19th November by car
PENTLANDS CIRCUIT 579m
Sh65/66 NT232630 Grade B
Depart: Cadogan St 08:30
Organiser: Kathleen McGovern

Saturday 25 November by train
DUNCOLM 401m & THE SLACKS 365m
Sh64 Grade B 12km
Depart: Queen St low level 09:06 train
to Dumbarton Central, buy a return
to & get off at Kilpatrick
Organiser: Sandra Owen

Saturday 25th November by car
SGURR EILDE MOR 1010m
Sh41 N230657 Grade A+
Depart: Houldsworth St 08:00
Organiser: John King

Sunday 26th November by car
BEINN IME 1011m
Sh56 NN255084 Grade A
Depart: Cadogan St 08:30
Organiser: Jeff Dunn



Dumyat 2017 (photo: Agnieszka Kaluzna)

DECEMBER

Saturday 2 December by train
CARDROSS TO BALLOCH
 Sh63 Grade C+ 11km
 Depart: Queen St low level 09:31 train
 to Helensburgh, buy a single
 to & get off at Cardross
 Organiser: Pat Wright

Sunday 3rd December by car
CULTER FELL CIRCUIT 748m
 Sh72 NT052290 Grade B+
 Depart: Cadogan St 08:30
 Organiser: Paul Harrison

Wednesday 6 December by bus
PALACERIGG COUNTRY PARK
 Sh64 Grade C+ 13km
 Depart: BBS 10:00 Stagecoach X25A,
 get off at Abronhill
 Organiser: John McGugan

Thursday 7th December social evening
 Meet at The Society Room, 151 West George St
 For a casual meal/drink 6pm onwards.
 All welcome, members or not.

Saturday 9 December by bus
BO'NESS TO SOUTH QUEENSFERRY
 (John Muir Way)
 Sh65 Grade C+ 16km
 Depart: BBS 08:45 First X37
 to Falkirk Bus Station to connect
 with 10:16 First 5C to Bo'ness
 Organiser: Jean Young
 (will join group at Falkirk)

Saturday 9th December by car
WHITE COOMB
BY GREY MARE'S TAIL 751m
 Sh79 NT186144 Grade B
 Depart: Houldsworth St 08:30
 Organiser: Robin Gordon

Sunday 10th December by car
BEN VANE 916m
 from Butterbridge
 Sh56 NN277098 Grade A
 Depart: Cadogan St 08:00
 Organiser: Alan Ramsay



Friday 15th December-Sunday 17th December by car
CLUB WEEKEND AT
THE CRANLARICH HOTEL
FOR XMAS CEILIDH
High and low-level walks to be
arranged further details will be
posted on Meetup website. Anyone interested
in joining us at Cranlarich should get
in touch with Colin Nicol 0141-649-3796
colin1.nicol@btinternet.com Please indicate
if joining us for one or two nights.

Saturday 16 December by bus
MUGDOCK XMAS TREE WALK
Sh64 Grade C 10k
Depart: BBS 10:00 First B10 to Balfron,
get off at Milngavie. Bring a bauble
to decorate the tree!
Organiser: Jim McLarnon (will join group at Milngavie)

Saturday 23 December
No low level walk

Saturday 23rd December by car
BEINN NARNAIN 926m
& A`CHROIS 848m from Succoth
Sheet 56 NN272066 Grade A
Depart: Houldsworth St 08:30
Organiser: Alan Ramsay

Saturday 30 December
No low level walk

JANUARY

Wednesday 3 January 2018 by bus
STRATHAVEN CIRCULAR
Sh71 Grade C 8km
Depart: BBS 09:22 First X1 to Hamilton,
get off at Quarry St near John St to connect
with 09:55 Whitelaw's 256
to East Kilbride & get off at Strathaven
Organiser: Sandy Henderson

Thursday 4th January social evening
Meet at The Society Room, 151 West George St
For a casual meal/drink 6pm onwards.
All welcome, members or not.



Saturday 6 January by bus
KIRKINTILLOCH CIRCULAR
Sh64 Grade C 11km
Depart: BBS 09:30 First 89 to Kirkintilloch,
get off at The Stables
Organiser: Jo Moody

Sunday 7th January by car
BEINN BHEULA 779m
Sh56 NS154983 Grade B
Depart: Cadogan St 08:30
Organiser: Paul Harrison

Saturday 13 January by bus
RATHO CIRCULAR
Sh65 Grade C 10km
Depart: BBS 09:30 City link 900 to Edinburgh,
get off at Ratho Station to connect
with 10:40 Lothian Bus 20 to Ratho
Organiser: John Barrowman

Saturday 13th January by car
BEINN BHREAC 681m
BEN REOCH 632m & TULLOCH HILL 632m
from Inverbeg via Glen Douglas
Sh56 NN321000/308022/294007 Grade B
Depart: Houldsworth St 08:00
Organiser: Alan Ramsay

Sunday 14th January by car
BEN VORLICH from LOCH EARN 985m
SH51/57 NN629189 Grade A
Depart: Cadogan St 08:00
Organiser: Gail Baxter

Saturday 20 January by train
HELENSBURGH CIRCULAR
Sh56 Grade C+ 12km
Depart: Queen St low level 09:01 train
to Helensburgh, buy a return to
& get off at Helensburgh
Organiser: Grace Morrissey

Saturday 20th January by car
BEINN AN LOCHAIN 901m
Sh56 NN218079 Grade A
Depart: Houldsworth St 08:30
Organiser: Paul Harrison

Sunday 21st January
BEN VORLICH 943m
from Inveruglas
Sh56 NN295124 Grade A
Depart: Cadogan St 08:00
Organiser: Alan Ramsay

Friday 26th January-Sunday 28th January
by car (2 nights)
WALKING WEEKEND IN LAKE DISTRICT
BORROWDALE



Members to book your own accommodation.
Please see website for full details.
www.meetup.com/Glasgow-hf-Outdoor-club

Saturday 27th January by train
JOHNSTONE TO BARRHEAD
BY GLENIFFER BRAES
Sh64 Grade C+ 12km
Depart: Central high level 09:34 train to Ayr;
Buy single to & get off at Johnstone
Organiser: Stephen Thomson
(will join group at Paisley Gilmour St)

FEBRUARY

Thursday 1st February social evening
Meet at The Society Room, 151 West George St
For a casual meal/drink 6pm onwards.
All welcome, members or not.



Saturday 3 February by bus
BLANEFIELD
& THE BEECHTREE CIRCULAR
Sh64 Grade C+ 11km
Depart: BBS 09:00 First B10 to Killearn,
get off at Blanefield War Memorial
Organiser: Colin Nicol
(will join group at Blanefield)

Saturday 3rd February by car
MEALL NAN TARMACHAN
& RIDGE 1044m
Sh51 NN585390 Grade A
Depart: Houldsworth St 08:00
Organiser: Alan Ramsay

Sunday 4th February by car
STOB DAIMH 998m
Sh50 NN132283 Grade A
Depart: Cadogan St 08:00
Organiser: Shaun Breen

Wednesday 7 February by train
DOUGALSTON CIRCULAR
Sh64 Grade C+ 12km
Depart: Queen St low level 09:25 train
to Milngavie, buy a return to &
get off at Milngavie
Organiser: Pat Wright

Saturday 10 February by train
CHATELHERAULT TO HAMILTON
Sh64 Grade C+ 12km
Depart: Central low level
09:16 train to Larkhall,
buy a return to & get off at Chatelherault
Organiser: Maud Devine

Saturday 10th February by car
MEALL GLAS 959m
& SGIATH CHUIL 921m
Sh51 NN431321 Grade A+
Depart: Houldsworth St 08:00
Organiser: Robin Gordon

Sunday 11th February by car
SCHIEHALLION 1083m
from Braes of Foss
Sh51 NN713547 Grade A
Depart: Cadogan St 08:00
Organiser: Alan Ramsay

Wednesday 14th February

AGM

PARTICK BURGH HALL

Room 10

Start: 19:30- 21:00

N.B. Only current paid-up members may vote.

Friday 16th February-Saturday 17th February

Overnight Aviemore YH by car

Book SYHA Telephone 03452937373

Saturday 17th February

CAIRNGORM CIRCUIT

VIA NORTH RIDGE 1244m

Sh51 NJ005040 Grade A

Start: 09:00 Aviemore YH

Organiser: Gerena Sumen (07796364306)

Saturday 17 February by train

NEILSTON TO DARNLEY

Sh64 Grade C+ 12km

Depart: Central high level

09:35 train to Neilston,

buy a single to & get off at Neilston

Organiser: Stephen Thomson

(will join group at Neilston)

Sunday 18th February by car

LUSS HILLS BEINN EICH

& DOUNE HILL 703m/734m

Sh56 NS302946/288924 Grade B+

Depart: Cadogan St 08:30

Organiser: Paul Harrison

Saturday 24 February by car

BIRNAM HILL & KINGS SEAT 404m

Sh52/53 NO032401 Grade B 8km

Depart: Cadogan St 09:00

Organiser: Gerena Sumen

Sunday 25th February by car

BEN LUI 1130m

Sh50 NN266263 Grade A

Depart: Cadogan St 08:00

Organiser: Alistair Wilson



Loch Ard 2014 (photo: Stephen Thomson)

MARCH

Thursday 1st March social evening
Meet at The Society Room, 151 West George St
For a casual meal/drink 6pm onwards.
All welcome, members or not.



Saturday 3 March by bus
KILLEARN TO STRATHBLANE
Sh64 Grade C+ 12km
Depart: BBS 09:00 First B10 to Balfron,
get off at Killearn Parish Church stop
Organiser: Pat Wright

Saturday 3rd March by car
BEN LOMOND 974m
Sh56 NN367028 Grade A
Depart: Houldsworth St 08:00
Organiser: Alistair Wilson

Saturday 3rd March- Sunday 4th March
Overnight Glen Nevis YH by car
Book SYHA 0345 293 7373

Sunday 4th March
CARN MOR DEARG 1220m
& BEN NEVIS 1344m
Sh41 NN166712 Grade A++
Depart: Glen Nevis YH 08:00
Organiser: John King

Sunday 4th March by car
THE COBBLER 884m
Sh56 NN259058 Grade B+
Depart: Cadogan St 08:30
Organiser: Harry Kennedy



Cobbler 2015 (photo:Tom Addie)

Wednesday 7 March by bus
CROSSFORD TO DUNFERMLINE
VIA LIMEKILNS
Sh66 Grade C+ 12km
Depart: BBS 09:15 Stagecoach X24
to St Andrews, get off at Crossford.
Without travel concession
buy a Day rider ticket £14.50
Organiser: Grace Morrissey

Saturday 10 March by train
GREENOCK & KELLY CUTS
Sh63 Grade C+ 14k
Depart: Central high level 08:55
to Wemyss Bay, buy a return
to Weymss Bay & get off at Drumfrochar
Organiser: Sandra Owen

Saturday 10th March by car
STOB A` CHOIRE ODHAIR 945m
& STOB GHABHAR 1090m
from Victoria Bridge
Sh50 NN230455/257460 Grade A
Depart: Houldsworth St 08:00
Organiser: Alan Ramsay

Sunday 11th March by car
LAMB KNOWE 662m CRAMALT CRAIG 831m
& PYKESTONE KNOWE 631m
Sh72 NT167226/NT169248/NT175232 Grade B+
Depart: Cadogan St 08:30
Organiser: John Moore

Saturday 17 March by bus
ANNBANK TO AYR
(River Ayr Way)
Sh70 Grade B 16km
Depart: BBS 08:55 Stagecoach X77 to Ayr,
get off at Ayr BS to connect with 10:19
Stagecoach 43A to Annbank at the High Street
Town Hall stop & get off at Annbank.
Organiser: Maura Buchanan

Saturday 17th March by car
AONACH MOR 1221m
& AONACH BEAG 1234m
Sh41 NN193730 Grade A
Depart: Houldsworth St 08:00
Organiser: Gerena Sumen

Sunday 18th March by car
BEINN ODHAR 901m
Sh50 NN337339 Grade B
Depart: Cadogan St 08:30
Organiser: Jean Young

Saturday 24 March by bus
MAIDENS TO KIRKOSWALD
Sh70 Grade C+ 11km
Depart: BBS 08:30 Stagecoach X77 to Ayr,
get off at Ayr BS to connect with 09:50
Stagecoach 60 to Girvan & get off at Maidens
Organiser: Maud Devine

Sunday 25th March by car
BEN LEDI 879m & THE STANK GLEN
Sh57 NN5620097 Grade B
Depart: Cadogan St 08:30
Organiser: Sandra Owen

Friday 30th March- Monday 2nd April
(3 nights) by car/ferry
EASTER WEEKEND ON MULL



Members to book your own accommodation.
Please see website for full details
www.meetup.com/glasgow-hf-outdoor-club

Saturday 31 March
(Easter Weekend) by car
AROUND DAVID MARSHALL LODGE
(Aberfoyle)
Sh57 Grade C+ 12km
Depart: Cadogan St 09:00
Organiser: Jo Moody

Thursday 5th April social evening
Meet at The Society Room, 151 West George St
For a casual meal/drink 6pm onwards.
All welcome, members or not.



Saturday 7th April by car
SGOR NA H-ULAI DH 994M
Sh41/50 NN111518 Grade A
Depart: Houldsworth St 08:00
Organiser: Paul Harrison

Sunday 8th April by car
BEN CLEUCH 721m KINGS SEAT HILL
from Tillicoultry Glen
Sh58 903007/934000 Grade B
Depart: Cadogan St 09:00
Organiser: Alan Ramsay

Coming Up...

**Documentary on Scottish Hill-Walking
At Easter On BBC 1- The Adventure Show**
FILMING WITH CAMERON MCNEISH
HF Club members took part in the above
one-off series, Alistair Wilson, Jim McLarnon
& Gerena Sumen



Conic Hill 2017 (photo: Jim McLarnon)

Friday 4th May-Monday 7th May
EARLY MAY BANK HOLIDAY
WEEKEND
INVERGARRY HOSTEL
See website for further information.

Friday 25th May-Monday 28th May
LATE MAY BANK HOLIDAY
WEEKEND
SUTHERLAND NEAR TONGUE
See website for further information.

Friday 21st September- Monday 24th September
WALKING WEEKEND SNOWDONIA
See website for further information.

Holidays Abroad

SIERRA TRAMUNTANA
MALLORCA MAY 2018
A and B walks.
Organiser: Paul Harrison
See website for further information.

TATRAS MOUNTAINS
POLAND SEPTEMBER 2018
High and low level walks.
Organisers: Sylwia Michewska, Paul Harrison
& Stephen Thomson
See website for further information.

Munro Compleatists of the Glasgow HF Outdoor Club 1917-2017

John Barrowman 1989,1994,2002	Fay McKay 1995
Shaun Breen 2007 (First Couple)	John McKeown 1992
Margaret Brown 2004	Jean McRoberts 1999
John Cameron 1987	George Mellon 1992
Jeannie Carter 2016	Elsie Middlemiss 1990
Phil Carter 2002	Keith Moody 1994
Neil Christie 1995	John Moore 1996
Gerry Church 2005	Sandra Owen 2012
Barbara Clark 1993	David Parry 2003
Tim Coates 2006	Ian Pinkerton 2001
Irene Cook 1991	David Pugh 2015
Bob Dale 1998	Joan Rennie 2005
Jimmy Gallacher 1982	Frances Rickus 2007
Alice Galletly 1994	Bobby Robb 1999
Glasgow HF Outdoor Club 2017*	Maie Semple 1993
Margaret Greig 1991	Maureen Stevenson 1992
Margaret Hall 1992	Gerena Sumen 2007 (First Couple)
Paul Harrison 2006	Frank Telfer 1979 (First Male)
Sheryl Harvie 2008	George Templeton 1990
Val Inglis 2009,2012	Stephen Thomson 2012
Peter Kemp 1989	David Traynor 1999
Elizabeth Kennedy 2009	Bill Watson 1991
Catherine McMillan 1982 (First Female)	Ian McAdams 2003
Eleanor Watson 2007	Jim Williamson 2016
Ian McCallum 1987	George Wood 1998
John McGugan 1994	Helen Wood 1992
Mary McIlroy 1991,1994	Jean Young 2011

*Please note, in the 1970's the Edinburgh University Mountaineering Club achieved as a club, a Munro Round within 24 hours, so this is by no means a new idea. Gerena.



Inverkeithing 12/04/2015 (photo: Agnieszka Kaluzna)

This programme was produced by Alan Brown and Gerena Sumen

Back Page photo: top Beinn Dorain Last Munro 1982 photo: Catherine MacMillan, centre Curved Ridge 1995 photo: Gerena Sumen, bottom Ben Challum 2016 Last Munro photo: Jeannie Carter.

