

WELCOME TO MONKLANDS RAMBLERS & HILLWALKING CLUB

How often do we walk?

In the summer the walks are two weeks on and one week off (alternate Saturdays and Sundays). In the winter months we walk fortnightly except in December when there are no walks on.

Where do we leave from?

The bus leaves from the back of the Time Capsule in Coatbridge and at the car park at Airdrie Indoor Bowling (across from the train station) in Airdrie at the times stated on the programme. ***(If it states Coatbridge on the programme this is where the bus leaves from first, and then Airdrie about 10 minutes later, and vice versa if it leaves Airdrie first).*** [For more details on the locations, maps and addresses, click here.](#)

How much does the bus cost?

The cost of the bus is £12-£15 which is collected on the bus before the walk so please keep your money handy. The £15 fare is for walks which are further away ie Glencoe, the Lake District or walks which involve travelling over by Ferry (Arran, Millport, Rothesay) but you will be advised of higher costs when booking. [We are offering an introductory price of £5 for first time walks.](#)

What type of walks do we do?

As you will see from the programme we do different grades of walks ranging from a C walk which is a flat easy walk, up to an A+ which is a Munro. We have a 30 minute coffee/tea stop in the morning before each walk and a social stop on the way home (usually 1 hour) for a quick drink and/or bite to eat.

What should you bring and what should you wear?

When coming out on a walk you should bring along a packed lunch with hot/cold drink and waterproof jacket and trousers in case of a change in the weather. It is advisable not to wear jeans as they can be very heavy and hard to dry if they get wet. Proper walking boots are also essential even on C grade walks (see full list overleaf). **Any change of clothing and footwear you bring along can be left on the bus whilst on the walk.**

How to book and/or cancel a walk?

A sheet for the next walk is passed round the bus on the way home or alternatively you can phone the contact number against each walk stated in the programme to put your name down (please try and phone between 6-7pm the week prior to a walk).

If it is an answering machine please **leave your name** and your **pick up point**. It is not necessary for the leader to confirm your place if you leave a message as we now run a 53 seater bus. It is advisable to book by the Wednesday night before a walk at the latest - names are taken on a first come first served basis.

Please note it is also important to cancel if you are unable to attend a walk, and to phone the leader as soon as possible (or any committee member if you are unable to contact the leader). This is important as it saves time waiting on anyone who is on the list and also gives us an idea of numbers. It is also possible just to turn up on the day although booking is preferable. Mobile numbers are also on the programme for emergency use only ie if running late or having to cancel on morning of the walk.

Joining the Ramblers Association

Once you have been out on a couple of walks you are expected to join the Ramblers Association. This can be done online or forms can be obtained from Christine, the membership Secretary. [Visit ramblers.org.uk to become a member](http://www.ramblers.org.uk)

Ramblers.org.uk

More detailed information can be found at www.ramblers.org.uk Please note that Cotswold Outdoor shop offers a 15% discount for all members of the Ramblers Association upon production of your membership card.

And lastly the social side...

We also have a good social life within the Club with a Christmas event, bowling, quiz night, barbecue and/or summer day out and a weekend away at Easter. Details of forthcoming social events are passed round the bus and also stated in the Airdrie and Coatbridge Advertiser.

Contact Details

Please contact any of our committee members whose numbers are on the inside page of the programme or our Club Secretary by email on cmrambler@talktalk.net. If you would like to receive our regular newsletter by email, please also contact Christine at the above email address. Visit our website for up-to-date club information, download/view our current walking programme, a huge club photo gallery, general club information and more. Our website address is www.monklandsramblers.co.uk

CHECKLIST ON WHAT TO BRING

Consider wearing

It is best to layer your clothing in case of bad or cold weather:

1. Vest or t-shirt and jumper
2. Fleece jacket
3. Waterproof jacket
4. Waterproof trousers over trousers (Jeans are NOT recommended, as they get too heavy when wet)

Some people like to wear a pair of ankle socks and then proper walking socks. Walking boots (it is advisable to wear proper walking boots as opposed to trainers even on C grade walks as some paths can be very muddy and slippery)

Rucksack containing

1. Packed lunch
2. Hot or cold drink
3. Small mat or bin bag to sit on for lunch
4. Camera/binoculars (if required)
5. Hat, gloves, ear muffs, scarf †
6. Kahtoola's †
7. Microspikes †
8. Shorts †

First Aid

Any personal first aid/medicines is required, although, all leaders carry:

1. Basic first aid kit
2. Midge repellent †
3. Sun tan lotion †

Please be aware of how strong the sun can be even on cloudy days, as you can still get sunburn.

We would also ask if you could make any committee member aware of any medical conditions you may have in case of emergencies. This will be treated in strictest confidence.

After the Walk

Please bring a small bag of fresh clothes (this can be left on the bus whilst out walking) to get changed into after the walk as we enjoy a little social gathering in the local pub with a refreshing (and rewarding) drink. Please bring a top, trousers, socks and trainers/shoes (your feet will thank you afterwards)

† Depending on season