

A NEW RAMBLERS GROUP for family walking is starting in February 2018



Glasgow & West of Scotland Family Walking

Walking can be a huge adventure for children and great fun for families. There's lots to explore: hills to scramble up, puddles to splash in, trees to climb, insects, birds, animals and lots and lots of space for kids to run about in. Family walks aren't only fun, they provide an important social opportunity to meet other parents and children and provide a great way for all the family to stay fit and healthy. Walking is an inexpensive way for parents to spend quality time outside with their kids. Add to that Scotland's magnificent scenery and great landscapes, and you have the perfect adventure playground for the whole family to explore and enjoy together.

We are launching a new family walking group for Glasgow and West of Scotland from February 2018. The walks will be coordinated by Glasgow Ramblers but led by leaders from several Ramblers groups including Bearsden and Milngavie, Helensburgh and West Dunbartonshire, Cumbernauld and Kilsyth, Paisley, Eastwood and Glasgow Ramblers.

Come along and give it a try! You do not have to be a member of Ramblers to enjoy the first two or three walks. If you are interested in joining in or finding out more about the walks, please contact the coordinator Catherine Watt, the Secretary of Glasgow Ramblers.

info@glasgowramblers.org.uk or phone Catherine 07711268312

(Please note all children and young people under 18 must be accompanied by a responsible adult).

The first few walks are listed below:

Sunday 4th February Balloch Country Park

From Balloch Station we will head up along the east side of the River Leven into Balloch Country Park. We will stop for a break beside the Boathouse and playpark before going in search of a castle, a walled garden and some fairy houses.

2.5 miles 2-2.5 hours circular walk mainly on paths at an easy pace. **(Glasgow Ramblers)**

Sunday 18th February Doon Hill and Fairy Knowe, Aberfoyle

From the car park join the Rob Roy Way (minor road with pavement and grass verge) for about 0.75km. Take the forest road to Doon Hill and, while climbing it, look out for the toadstools, fairy doors and houses. 4 miles 2-2.5 hrs Ascent 120 m Terrain- forest tracks may be muddy.

(Helensburgh and West Dunbartonshire Ramblers)

Saturday 3rd March The Whangie

A walk to a bizarre rock feature in the Kilpatrick Hills. It is a steady gradual climb up but the views over Loch Lomond are worth the effort. Entering the massive gash in the hillside is very exciting.

3 miles 2 hours Ascent 180 m may be muddy **(Glasgow Ramblers)**

Saturday 17th March Linn Park LNR Circular)

From the gates of Linn Park on Clarkston Road, the walk will cross the White Bridge and continue along the north bank of the River Cart to Snuffmill Bridge. We will stop at the playpark in Linn Park and perhaps make a detour to Castle Knowe where Mary Queen of Scots watched the Battle of Langside. 3 miles approx 2 hrs walking (**Eastwood Ramblers**)

Saturday 7th April

TBC

(Cumbernauld and Kisyth Ramblers)

Saturday 21st April Mugdock Circular

Circular walk around Mugdock Country Park.

The walk is flat mostly on made up paths (some can be a bit muddy after rain) taking in views of the Campsie Hills, Mugdock Castle, Craigend Castle and Mugdock Loch.

Distance approx 2 miles, about 1.5 hours (**Bearsden and Milngavie Ramblers**)

Sunday 6th May Walls Hill Iron Age Fort

A 5 mile circular walk from Howwood Railway Station to gradually climb up the valley on quiet roads through a variety of habitats including fields and woodlands. Part of the route is steep, rough and may be wet in places so suitable boots should be worn. (**Paisley Ramblers**)

Saturday 19th May Linn Park LNR / Holmbyre Woods / Netherton Braes

This is a walk as leaves and returns to the famous White Bridge of Linn Park LNR. The route initially heads south but is ultimately circular and rewards throughout in woodland walking. Ultimately the walk finishes with the flourish of native bluebell in fine array in the Cart & Kittoch Valleys SSSI (Netherton Braes). A delightful walk of no great elevation change and approx. 2hrs in duration. (**Glasgow Ramblers**)

To join visit our **Meetup** page:

Glasgow & West of Scotland Family Walking

<https://www.meetup.com/Glasgow-Family-Walking-Meetup/>

For more information about walking with Ramblers visit the website

www.ramblers.org.uk

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