

WINTER SKILLS

Great chance to learn some basic safety skills essential for winter walking, and have some snowy fun too. Location dependent on available suitable snow conditions. Price includes use of ice-axe / crampons.

WINTER SKILLS DAY	January 20	£55
WINTER SKILLS DAY	January 30	£55
WINTER SKILLS DAY	February 4	£55
WINTER SKILLS DAY	February 27	£55
WINTER SKILLS DAY	March 3	£55

NIGHT NAVIGATION

Why wait till you're coming down the hill in the dark, before you realise this is a course you really should have done sooner. This 3-4 hour session could save a lot of anxiety or even a benightment.

NIGHT NAVIGATION EVENING	January 29	£35
NIGHT NAVIGATION EVENING	November 12	£35
NIGHT NAVIGATION EVENING	December 3	£35

NORDIC WALKING INTRODUCTION SESSIONS

Fun, all over exercise without killing yourself. Sessions usually 3 or so hours from 10am (6pm evening ones). Use of poles included but NOT transport.

STIRLING	January 31	£25
GLASGOW	February 14	£25
EDINBURGH	March 20	£25
CALLANDER	April 11	£25
STIRLING	May 5 (evening)	£25
GLASGOW	June 5	£25

EQUIPMENT

The success of the day may depend on how well equipped you and the rest of the group are. The following are the essential items that you will require. Get in touch with us if you do not have any of these.

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| <input type="checkbox"/> 35 litre rucksack with waterproof (plastic) liner | <input type="checkbox"/> Trousers (NOT DENIM) or shorts |
| <input type="checkbox"/> Short or long sleeve wicking shirt | <input type="checkbox"/> Spare trousers if walking in shorts |
| <input type="checkbox"/> Waterproof (over) trousers | <input type="checkbox"/> Waterproof jacket with hood |
| <input type="checkbox"/> Spare fleece or warm sweater | <input type="checkbox"/> Walking boots and socks |
| <input type="checkbox"/> Personal first aid kit | <input type="checkbox"/> Sunscreen / insect repellent |
| <input type="checkbox"/> Warm hat and gloves | <input type="checkbox"/> Survival bag / whistle |
| <input type="checkbox"/> Packed lunch / snacks | <input type="checkbox"/> Hot / cold drink |
| <input type="checkbox"/> Sun glasses / sun hat | <input type="checkbox"/> Share of group safety equipment issued by the leader |
| <input type="checkbox"/> Gaiters or Stop Trous (optional) | <input type="checkbox"/> Camera / binoculars (optional) |

For winter grade 3 and 4 walks you will also need

- | | |
|--|---|
| <input type="checkbox"/> 45 litre rucksack with liner | <input type="checkbox"/> 4 season walking boots |
| <input type="checkbox"/> Ice axe and crampons (provided by us if required) | <input type="checkbox"/> Several extra sets of gloves and extra hat |
| <input type="checkbox"/> Mitts | <input type="checkbox"/> Extra warm clothing |
| <input type="checkbox"/> Gaiters | <input type="checkbox"/> Head torch & spare battery |
| <input type="checkbox"/> Snow Goggles | <input type="checkbox"/> Camera (optional) |

Prices include VAT at 17.5%. If this changes the prices may change.

GRADES:

1. Easy pace, flattish terrain
2. Undulating ground, some off path
3. Moderate pace, lumpy
4. Hilly / mountainous, probably rough in places, purposeful
5. As 4 plus good head for heights and hands frequently required for balance.

HOW TO BOOK:

- ☎ Telephone: 01786 445703
- 💻 Online using our secure server www.cndoscotland.com

Full payment is required at the time of booking. In event of cancellation by you, a full refund will only be made if more than 5 working days notice before the event is given. If C-N-Do has to cancel, a full refund will be made. For any trip with an overnight component, please ask for the full holiday booking conditions.

PAYMENT METHODS:

Cash, Cheque / postal order payable to C-N-Do Scotland Ltd, Visa / MasterCard credit cards - 1% surcharge if over £50, Maestro (Switch) / Visa Debit (Delta) debit cards.

TO CHECK AVAILABILITY:

Contact us on 01786 445703 or admin@cndoscotland.com.

*DISCOUNT OFFERS (only 1 offer can be claimed at a time):

- > 3 or more people booking together for the same walk – 5% off.
- > Folk booking & paying for 3 or more walks at once – 5% off
- > Group walks get in touch.

OPERATING RATIO:

Walking Grade 1 & 2 - 1 leader to 13.
Grade 3 & 4 - 1 leader to 10 (Winter conditions - 1 to 6).
Scrambling 1 instructor to 5 (Aonach Eagach).

INCLUDED:

Qualified leader, licensed transport from and back to Stirling, free use of essential safety equipment.

CHILDREN:

Youngsters are very welcome so long as the activity is suited to their age and ability. Please chat it over with us before booking though. C-N-Do is licensed through the Adventurous Activities Licensing Authority, to take unaccompanied under 18s. Of course we are very happy for youngsters to bring an adult with them any time they like!

PARTICIPATION STATEMENT:

Outdoor activities are potentially hazardous and, although C-N-Do takes due care to minimise risk to clients, a certain level of responsibility must fall on each participant for his / her own personal safety in the outdoors. In addition, it is your duty to dress and equip yourself appropriately, to inform the leader if concerned about any situation during the activity, or of any personal, medical or health condition which may be affected by being active, and to abide by the instructions of the leader during the course of the activity. We reserve the right to alter activities and locations for reasons of weather, safety or local access situations.

PRIVATE GUIDING

Want to do something different or our dates don't suit and you have a small group? Then contact us for details of private guiding.

"Folks – If you can't find here what you'd really like to do, don't keep it to yourself, TELL US! Round about May time the next series will be getting made up so, if it's possible, your special request can be put in. Contact details are overleaf."



ONE DAY WALKS COURSES

&

NORDIC WALKING



JANUARY - JUNE

2010

www.cndoscotland.com

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JANUARY

Mon 4	H KNOCK OF CRIEFF & GLEN TURRET DISTILLERY – Stretch the legs, see the view, do the tour, have a coffee (or wee dram). OS56, Grade 1, 5mls £28
Tue 5	M MEALL NAN TARMACHAN – Perhaps we'll spot some of the birds that give this hill its name. It's a fine climb to the top. Harvey Maps Ben Lawers, grade 4, 7mls £33
Wed 6	G BEN VENUE – Well placed Trossachs hill providing good sport well beyond its modest height. Harvey Maps (Ben Venue), grade 3, 7mls. £33
Thur 7	SGIATH A'CHAISE –Great viewpoint between Glen Ample and Strathyre reached by a pleasant easy track most of the way. Harvey Maps (Ben Ledi), grade 2, 10ml. £30

FEBRUARY

Mon 1	M AN CAISTEAL – Grand Crianlarich mountain for the time of year. Harvey Maps (Crianlarich), grade 4, 7mls £33
Tue 2	STUC ODHAR - Wee hill in the Trossachs well worth a visit. Harvey Maps/ B.Ledi. grade 3, 8mls. £33
Wed 3	TOMTAIN & GARREL HILL – Two excellent wee hills overlooking Carron Valley reservoir. OS57, grade 2, 8-10mls. £30
Thur 4	H LOCH LEVEN & VANE FARM – Combine a wee stroll with the chance to spot the odd bird or thousand! Binoculars at the ready. Price includes entry to Vane Farm centre. OS58, grade 1, 8mls £32
Fri 5	M BEINN NARNAIN – Really excellent hill in the Arrochar Alps. Harvey Map (Arrochar Alps), grade 4, 5mls. £33
Sat 6	C MEALL AN T'SEALLAIDH – Fine undulating ridge leads to an excellent viewpoint overlooking Balquhadder. Harvey Maps (Ben Ledi), grade 3, 9mls. £30
Sun 7	DEUCHARY HILL - Overlooking Dunkeld and surrounded by a maze of interesting paths, this wee hill's great for an easy jaunt. OS52, grade 2, 8mls £30

MARCH

Mon 1	M SCHIEHALLION – Famous ubiquitous mountain that can be spotted from widely around. Fairy hill of the Caledons. OS51, grade 4, 8mls. £33
Tue 2	GLEN AMPLE – Fine walk through one of the hunting forests of the Stewart kings. Harvey Maps (Ben Ledi), grade 2-3, 8mls. £33
Wed 3	BIRNAM HILL & INCHEWAN BURN CIRCUIT – Famous wee hill from which we can try to spot Dunsinane. Fine scenic walk. OS52, grade 2, 6mls. £30
Thur 4	THE MAAM WALK – Interesting, varied route on riverside paths, ancient hill tracks and quiet country roads to the north of Comrie. OS52, grade 1, 6mls. £28

Fri 5	M CRUACH ARDRAIN & BEINN TULAICHEAN – Two fine hills for a winter day. Harvey Map (Crianlarich), grade 4, 9mls £33
Sat 6	G TINTO HILL – Highest hill and ancient volcano in Lanarkshire. OS72, grade 3, 7mls. £33
Sun 7	GREENOCK CUT & LOCH THOM – Fine cross country loop; countryside within a stones throw of the city. OS64, grade 2,

Hi Folks,

Welcome to another batch of jaunts from Stirling. Hopefully you'll find something that appeals. You might wonder why there are only walks on during the first week of every month this time round. Amongst other reasons, this will enable you to enjoy a full week of consecutive walks from Stirling, and also allow plenty of space for you to book either private days with us or something special for a group of you later in the month. Please get in touch if you want information on group organiser discounts and freebies.

APRIL

Thur 1	M MEALL GHAORDAIDH – Big but interesting lump in Glen Lochay we aim to traverse. OS51, grade 4, 8mls. £33
Fri 2	G UAMH BHEAG – Fine, interesting hill between Glen Artney and Callander that RL Stevenson was quite keen on. OS57, grade 3, 9mls £33
Sat 3	G MEALL BUIDHE (& BEINN LEABHAINN) - At the top of Glen Ogle these 2 hills provide great views and fine sport. OS51, grade 2-3, 8mls. £30
Sun 4	ABERLADY BAY TO NORTH BERWICK – Great for spying birds, beach combing, ambling along spotting this and that.... OS66, grade 1, 9mls. £30
Mon 5	M STUCHD AN LOCHAIN - Interesting mountain circuit at the head of Glen Lyon. OS51, grade 4, 9mls £33
Tue 6	TRAVERSE OF BEINN T-SITHEAN – Search out the fairies on this prominent wee hill overlooking Strathyre. Harvey Maps Ben Ledi, grade 3, 8mls. £33
Wed 7	BALLOCHLEAM TO GARGUNNOCK OVER THE TOPS – Great elevated traverse of the Gargunnock escarpment. OS57, grade 2, 9mls. £30

MAY

Sat 1	G OCHILS TRAVERSE OVER THE 2000 FOOTERS – Classic hill-walk linking Sheriffmuir and Glen Devon. Harvey Maps Ochils, grade 4, 15mls. £35
Sun 2	LOCH BRANDY, GREEN HILL, LOCH WHARRAL CIRCUIT – Classic Clova hill walk round 2 amazing corries. OS44, grade 3, 9mls. £33
Mon 3	ARDGARTAN TO LOCHGOILHEAD – Good wild walk across the top of the Ardgail Peninsula. Harvey Maps (Arrochar Alps), grade 2, 8mls. £30

Tue 4	ISLAND OF KERRERA – Interesting island Oban Bay, great for wildlife, flowers.....and of course exploring. Price inc. ferry. OS55, grade 1-2, 8mls. £35
Wed 5	M BEN VORLICH (L.Lomond) – Large imposing mountain to the west of Loch Lomond. Harvey Map (Arrochar), grade 4, 8mls £33
Thur 6	GLEN LYON TO ACHALLADER – Wild historic drovers' and traders' route between the hills. OS51 & 50, grade 3, 15mls £35
Fri 7	KINLOCHLEVEN / BLACKWATER DAM CIRCUIT – A walk of contrasts – wonderful native woodland, early 20 th century industrial heritage, wild Moorland, mighty mountains, setting of parts of 'Children of the dead end'. Well worth a visit. OS41, grade 2, 11mls £32

JUNE

Tue 1	M BIDEAN NAM BIAN & STOB CHOIRE SGREAMHACH – Absolutely massive great mountains forming a side of Glencoe. Harvey Maps (Glencoe), grade 4, 10mls. £33
Wed 2	LOCH TULLA TO INVERAWE – Big walk through wild, big mountain country. OS50, grade 3, 20mls £38
Thur 3	GLEN ALMOND THRO' GLEN LOCHAN – Really interesting walk past ruined villages and shielings, and along a Wade road. OS52, grade 2, 12mls £30
Fri 4	RIVER AVON HERITAGE TRAIL – From Avonbridge to Linlithgow runs an always interesting, mainly downhill, riverside route. OS65, grade 1, 9mls £30
Sat 5	M AONACH EAGACH – Forming one side of Glencoe, is the most challenging ridge for walkers on the UK mainland. Definitely hands out of pockets time, this is a serious graded scramble. Harvey Maps (Glencoe), grade 5, 6mls £60
Sun 6	G THE ROUND OF ETTRICK HEAD - Fine walk over five 2000ers but rarely dropping below 550m in between. With Bodesbeck Law at one end and Ettrick Pen at the other, this is a great high level Borders' stravaig. OS79, grade 3, 8mls. £33
Mon 7	COULSHILL to DOLLAR – Excellent old droving route short cut to by-pass the counting gates at Muckhart. Harvey Maps (Ochils), grade 2, 9ml. £30

M A Munro – hill over 3000' (~914m)

C A Corbett – hill over 2500' (~762m)

G A Graham – hill over 2000' (~610m)

H Easy-ish ½ day walk + visit to local heritage site (entry price not included).

WINTER SKILLS, NIGHT NAVIGATION and NORDIC WALKING one day course dates are shown overleaf and details on these are also available in specific leaflets Give us a call to request or to book. Alternatively check out the website www.cndoscotland.com.