

U3A "Over-the-Hill Mob"
Walking Programme for 2024
Group Walks monthly on 4th Wednesdays
Group Leader: Isabel Watson
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NB:1) All walkers walk at their own risk.
2) If you intend to make your own way to the start of a walk then let the leader know in advance 3) Appropriate footwear is essential on all walks. Also bring waterproof clothing, spare jumper, packed lunch, drinks, torch and a personal first aid kit.
4) Grades: C= Gentle; B= Moderate; A= Strenuous

January 24th
Leader: John Lumb **T: 01387 270153**
New Abbey & Airds Point **C+/7/400'**
Woodland, paths and minor roads. Some short steepish ascents and descents. Start point - New Abbey c/p. NX 963 662. Ex 313 Lr 84. Leave Brooms Rd c/p 9am

February 28th
Leader: Alistair Brown **T: 07583 754101**
Walk in Lochmaben area **C/7/minimal**
From the Bowling Green c/p in Lochmaben, a circuit of Castle Loch, Halleaths, and along the Annan and Kinnel. Return via Brumel Wood. Tracks, fields and minor roads roads. Likely muddy. Start: NY 084 822 Ex 332
Leave Annan Rd Aldi 9am

March 27th
Leader: Archie **T: 07866 358184**
Castlerigg Stone Circle area **B/12/1312'**
From the Stone Circle to Threlkeld via Latrigger Hill and return. Refreshments in Threlkeld. Roads, tracks, disused railway grass and cobbles. Can be

shortened. Start: NY 291 236 Ex 0L4/5 Leave Annan Rd Aldi c/p **8am**

April 24th
Leader: Hugh Dickson **T: 07730 2240**
Lowther Hill Circular **B/8/1800'**

From Wanlockhead to Lowther Hill via Middle Moor, Cockhill & Glenim. Past East Lowther & return via SUW. Mountain tracks, hillside & streams. Start: NS 879 127 Ex 329. Leave Homebase c/p 9am (there is an optional 1/2 mile and 150' of ascent to do on this walk.)

May 22nd
Leader: John Burnett **T: 01387 262405**
The Machars area. **C/8/250'**

Drive to the Isle of Whithorn, then bus to Garlieston (1028) Return via shore path, passing Galloway House, Cruggleton Castle, Port Yerrock then to the Isle for refreshments. Historic interest. Paths, roads and coastal path. Long trousers recommended.. Park NX 478 365 Ex 311. Leave Homebase c/p at **8.30am**

June 26th
Leader: Isabel **T: 07710 559315**
Sandy Hills Circular **C+/10/1312'**

From Barend Caravan Park to Sandyhills and follow coastal path to Rockcliffe & return via Dalbeattie forest. Tracks and road. Beautiful views NX 886 557 Ex 313. Leave Homebase c/p 9am

July 24th
Leader: Dot King **T: 07864 269736**
River Eden **C/10.5/350'**
A walk incorporating a riverside path along the Eden, three nature reserves and an industrial estate. Paths, tracks, country lanes and a road. Park at Kingmoor Nature Reserve. NY 387 578 Ex 315. Leave Annan Rd Aldi car park at 9 am

August 23rd
Leader: Steve **T:0 7832 105635**
Wanlockhead Circular **B/10.5/1814**
From Wanlockhead to Cogshead via Blackhill & Glenaber Hill. Return via Tongue Hill following SUW. Tracks, open hillside and parts of SUW. Park overflow c/p NS 873 127 Ex 329. Leave Homebase c/p 9am

September 25th
Leader: Stuart King **T: 07729 409948**
Amazing Ness Glen **C/9min/800'**
From Dalmellington, skirting Bogton Loch on the Craigenkillian Estate and ascend the Ness Glen to Loch Doon. Return on the Jubilee path. Minor roads, paths and tracks. Park marked on map NS 475 060 Ex 327 Leave Homebase c/p at 9am

October 23rd
Leader: Irene Haining **T: 07729 635162**
Langholm Area Circular **B/7m/1050ft**
Circular walk round Becks Farm taking in Calfield Rig, Craig Hope Head and Mid Hill returning by Gallowside Woods. Tracks leading to open hillsides with fine views. Park at Kiln Green c/p NY 363 849 Ex 323 Leave Aldi Annan Road c/p at 9am

November 27th
Leader Ken Baxter **T: 07926 068934**
Lotus Hill **C/5/800'**
Circular walk over Lotus Hill. Tracks and open hillside. Start NX 908 683 Ex 313 Leave Homebase c/p 9am

December 11th
Leader Tom Lindsay **T: 01387 268513**
Arbory Hill Circular **B/6/1400**
From car park at Abington to hill fort on Arbory Hill, then to radio mast on Castle Hill and return. Moderate climb & gentle finish on grass and tracks. NS 933 235 Ex 329 Leave Annan Rd, Aldi at 9am