



Glenrothes Hillwalkers Club
Affiliated to the Mountaineering Council of Scotland

Glenrothes Hillwalkers Club



Information Pack

www.glenrotheshillwalkers.co.uk

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Dear Member

This Information Pack is for all members of Glenrothes Hillwalkers Club, especially less experienced walkers or those who have recently joined the Club.

Our monthly Club walks (high, intermediate and low) should have something to suit everyone, whether you are an experienced Munroist or are just wanting to have a lovely day out enjoying Scotland's scenery.

Our monthly evening meetings have speakers on subjects of interest to those keen on the outdoors, followed by a cuppa, a chance for a chat and an update on Club activities.

Club weekends give you a chance to visit farther flung parts of Scotland - the Isle of Skye, Kintail, Assynt and Glencoe are always popular. These also afford an opportunity to get to know your fellow Club members better in a relaxed and sociable atmosphere.

There are various training opportunities available for members who are interested in extending their skills.

The Club website www.glenrotheshillwalkers.co.uk will give you current information about Club activities and has photographs taken by Club members and links to other useful websites.

If the information you want is not on the website or in the following pages please ask another member or a member of the Club committee. This will help us keep up to date with what members need to know.

We hope you will enjoy walking with the Club.

CLUB WALKS

Description of Levels of Walks

- **HIGH** means summits and ridges, usually 914 metres/3000ft and over - termed "Munros".
- **INTERMEDIATE** means high level but mostly below 914 metres/ 3000ft - could be a Corbett or sometimes a Munro.
- **LOW** level walks are often on paths and tracks but may also cross open countryside. The route could be steep in parts.

Good Practice on the Hill

The Club seeks to bring together people who enjoy hillwalking in a mutually supportive, non-competitive atmosphere.

Members choose from the three levels of walk normally offered and then walk in a group ideally of not more than 10. If the conditions or terrain suggest that a smaller group may be more appropriate this will be organised. Within each group there should be, as far as possible, a distribution of fitness, skills and experience to suit the walk selected. Members may form their own group to follow a different walk from that prescribed, as long as this does not affect the bus route or return time. Details of the walk should be submitted to the bus or walks convenor beforehand.

On the day of the walk, the bus or walks convenor or their deputy will appoint a co-ordinator for each group. The role of this member will be to keep a list of the mobile phone numbers of other contact persons, the bus or walks convenor or their deputy and the bus driver in order to communicate progress.

NB It is not always possible to get a signal so this cannot be relied upon and does not take the place of normal safety precautions.

Members are responsible for their own safety and should contribute to the safe completion of the walk by all, within the estimated time. Members are also required to consider their own fitness when selecting a walk. In the event of members being unable to complete the walk, at least two others or the whole group should accompany them off the hill.

Members interested in developing their "skills for the hills" are encouraged to take advantage of the wide range of material and training opportunities organised through the Club. – see *Training & Safety*

Members are expected to:

- be fit and capable for the walks they undertake – if in any doubt talk to a committee member
- be suitably equipped – see *Kit List*
- prepare for each walk by studying the proposed route, map and guidebooks and weather forecast
- carry and use a map and compass and participate in route navigation – see *Training*
- share the carrying of the emergency group shelter – see *Kit List*
- share their knowledge and skills with less experienced members
- make sure the group's co-ordinator knows where they are at all times
- agree arrangements for breaks, taking into account the terrain, weather conditions and individual needs
- be aware of/look out for each other – maintain visual and verbal contact – especially important in adverse weather
- tell the others in the group if struggling for any reason or need to stop
- be aware of changing weather conditions and the implications
- agree as a group if there is a need to turn back or use an escape or alternative route in the event of adverse weather , ill health or insufficient progress
- consider splitting larger groups if changing circumstances suggest this is appropriate – such decisions to be discussed and agreed by the whole group and another contact person identified
- lastly – **enjoy their days out on the hill**

TRAINING and SAFETY

The club aims to help and encourage all members in developing their knowledge, skills and experience of hillwalking. Formal and informal opportunities for learning are made available to those who are interested.

Training may include

- Navigation: use of map and compass for beginners – classroom based and outdoor practical
- Use of GPS
- Rock climbing and scrambling techniques
- Ridge walking on Skye
- Winter Skills – beginners and more experienced

These sessions are generally organised through external providers.

Informal Training

- Experienced members may be available on a volunteer basis to co-ordinate a group to practice navigation on the monthly club walks or at another time to suit. If you would like to be part of such a group, talk to a member of the committee.
- On club walks and weekends many club members are happy to share their skills, knowledge and experience of the hills – so get chatting!

Other courses are organised at various times depending on needs and requirements. Let a committee member know what training you are interested in. If there is enough demand the club will try to arrange it or put members in contact with others who can.

Members are reminded that climbing, hillwalking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement. The Club provides a range of safety and good practice advice and training for members.

KIT LIST and CLOTHING

Recommended Kit List for summer conditions

- Rucksack, 30-40 litres, line with strong polythene bag to keep contents dry
- Emergency survival bag or bivi shelter. Additionally the club supplies *group shelters* for each group to take on the club walks
- Waterproof jacket
- Waterproof trousers
- Hat and gloves – wool or fleece – plus spares
- Spare warm layer – wool or fleece top
- Walking Boots
- Gaiters – not necessary for hot, dry weather
- Map - in poly bag
- Compass
- Torch – spare battery and bulb
- Whistle
- Personal first aid and medication
- Drink
- Food plus spare food - see *Food List*
- Sun hat, sunglasses, suncream, midge cream
- Sit mat

Recommended Kit List for winter conditions

As above and add

- Ice-axe *
- Crampons *
- Ski goggles with anti mist-lenses
- Fleece balaclava or similar
- Thick gloves or mitts
- Extra fleece
- Hot drink

*These items should only be used by members who have appropriate training.

Clothing

A layering system of base, mid and outer clothing is ideal, as it can be adapted to the conditions. Layers can also be put on and taken off as required. Many synthetic fabrics perform well and do not cost a fortune, which allows you to get what suits you gradually. Cotton and denim fabrics are unsuitable, as they do not *wick* moisture away from the body. Cotton T-shirts and denim trousers, for example, become heavy and chilling when wet.

There is a great deal more that can be said about clothing and other gear. Check the *Club library* for more information as well as talking to other members. We have all made expensive mistakes!

FOOD

Some suggestions	Sandwiches Muesli or energy bars Flapjack/fruitcake/chocolate Dried fruit/nuts Bananas/apples/mandarins Hot drink in flask – tea, coffee, soup, juice Cold drink – water/juice/isotonic
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NB Allow extra food and drink for unexpected delays or emergencies on the walk

BUS AND TRAVEL ARRANGEMENTS

The bus departs from the car park at Glenrothes Town Centre (the back entrance to Boots the Chemist) at 7.30 am prompt on the Sunday following the first Tuesday of each month. Generally the travel time on the bus is approximately two hours each way. To guarantee a seat on the bus it must be booked and paid for on the Tuesday club night preceding the Sunday walk. The bus convenor will take bookings. The 2010-11 charge for the bus is £10.00.

CLUB WEEKENDS

Club weekends are designed for those who want to do some walking further afield than the Sunday bus would normally travel. The accommodation is generally pretty reasonable and can vary from youth hostels and bunkhouses to accommodation owned by clubs etc. Facilities do vary considerably though. There are usually segregated sleeping dormitories and normally showers and washing facilities. It is best to check with the Club Weekends convenor well in advance to ascertain what needs to be taken and what the catering facilities are. Transport is by car and arranged personally between members taking part in the weekend. Potential routes are usually discussed the evening of arrival. There are often several groups planning different levels of walk, so get chatting and poring over the maps and you are bound to find something to suit you.

Members are advised to:

- organise their own transport, food and walks – contact the hut convenor to discuss car sharing
- leave details of the walk and return time in the accommodation with contact phone number and car make and registration number
- give last day walk plans to another member not in the same group
- respect the premises, neighbours and fellow members
- refer to the safety procedures and advice as for club walks (above)

CLUB NIGHTS

Club nights are held on the first Tuesday of every month at Warout Stadium, Warout Road, Glenrothes , KY7 4JY at 7.30 pm. Members can book places on the bus for the next club walk and hut weekends. There is usually a speaker giving a talk and slide show on a subject related to hillwalking. After the interval, when members can enjoy light refreshments and the opportunity to buy raffle tickets and meet up with acquaintances and friends, the second part of the evening deals with club business, arrangements for the following Sunday's walks, forthcoming hut weekends and training courses etc. At the meeting there is the opportunity for members to raise any matters they wish and to exchange useful information.

INFORMATION TABLE / NOTICE BOARD / LIBRARY

The information table contains a wealth of information on a variety of hillwalking and related subjects. There are also many books, which can be borrowed by members. Members can advertise items for sale (relevant to hillwalking) and display these at the information table. Members who wish to walk outwith the monthly club arrangements and have a particular walk in mind can invite other members to join them by leaving this information at the table or on the notice board.

Club Library

A list of books which may be borrowed by members is available from the information table.

CLUB EQUIPMENT

The following equipment is available for members to borrow:

	Number Held
Tents	3
Group shelters	3
Rucksacks (65 or 75 litre)	5
*Group shelters are usually given out on the bus for club walks on a Sunday but can be used by members at other times.	

Borrowing of equipment should be arranged with the Information Convenor.

GENERAL INFORMATION

- Our Annual General Meeting is held in March each year
- A Walks Programme and an Indoor Meets Programme are produced twice each year, one covering from January to June and the second from July to December. The Club Weekend programme is published once each year.
- Suggestions for walks and guest speakers for the club night are always welcomed by the Committee

The Club is affiliated to **The Mountaineering Council of Scotland (MCofS)**, which represents the interests of mountaineers, hillwalkers, climbers and cross-country skiers in Scotland. The Club pays an affiliation fee on behalf of each member and members receive 4 issues per year of *Scottish Mountaineer*, free civil liability insurance and access to training courses run by the MCofS. Their website www.mcofs.org.uk has lots of useful links.

The Club embraces the key principles of the **Scottish Outdoor Access Code** with regard to exercising access rights responsibly. These are set out below.

1. **Respect the interests of other people.** Acting with courtesy, consideration and awareness is very important. If you are exercising access rights, make sure you respect the privacy, safety and livelihoods of those living or working in the outdoors and the needs of other people enjoying the outdoors.
2. **Care for the environment.** If you are exercising access rights, look after the places you visit and enjoy and leave the land as you find it.
3. **Take responsibility for your own actions.** If you are exercising access rights, remember that the outdoors cannot be made risk-free and act with care at all times for your own safety and that of others.

Finally, money matters. If you put your name down for the bus the cash should be paid up front. If not then it must be paid on Sunday. Members booking a place by phone must pay the cost on the bus. The only refunds will be if the bus has to be cancelled. If members do not show on Sunday then any monies not paid are still due.

When booking huts, training or any other activity where a fee is paid, then the fees must be paid at the time of booking. If payment is not made, then a reservation may be made at the discretion of the relevant club officer. This reservation must be confirmed within 3 days by sending a cheque to the appropriate club officer. If a cheque is not received then the reservation will be cancelled and the place offered to other club members as appropriate.

On club nights, a raffle is run and tea is sold to help raise funds for the club. All members are encouraged to contribute to both of these activities.