

Walk Programme Challenging, Less Challenging, Moderate, Moderate/Easy  
 1<sup>st</sup> May 2022 (**UPDATED 5<sup>th</sup> April 2022**)

Date / Grade of Walk	Time of Departure	O.S. Map	Start/Finish Point	Description of walk	Height m/feet	Distance Km/miles
1 <sup>st</sup> May 2022 Challenging	<b>0700hrs</b>	41/42	377813 483873	Roughburn - NW through forest – NE - Beinn á Chaorainn(M) - NNE – Bealach á Bharnish - Creag Meagaidh(M) – Window - Aberarder	1300m 4265ft	20km 12.5ml
1 <sup>st</sup> May 2022 Less Challenging	<b>0700hrs</b>	34/42	483973 483873	Aberarder – Window – NE - Stob Poite Coire Ardair(M) - NE, E Carn Liath (M) - SW,SE - Na Cnapanan – Aberarder	1045m 3430ft	17km 10.6ml
<b>1<sup>st</sup> May 2022 Moderate</b>	<b>0700hrs</b>	<b>73</b>	<b>321336 251402</b>	<b>Kirkhouse – Minor Rd W – Orchard Mains – 301335 – SW – 296330 – SW – 276313 (384m, Nr Glenshiel Banks) – NW – Stake Law (544m) &amp; Path@269319 – N, NE – Birkscairn Hill – Kirkhope Law – Path N, NW (Cross Borders Drove Road) - Peebles – X B7062 - Kingsmeadow Coach Park</b>	<b>595m 1950ft</b>	<b>16.5km 10.3ml</b>
<b>1<sup>st</sup> May 2022 Moderate/Easy</b>	<b>0700hrs</b>	<b>73</b>	<b>321336 251402</b>	<b>Kirkhouse – Minor Rd W – Orchard Mains – 302336 – Track NW, NNE – 299340 – WNW – 295340 – W, NW – 286345 – SW, NW – 274343 – NE – Kirkhope Law – N, NW (Cross Borders Drove Road) – Peebles - X B7062 – Kingsmeadow Coach Park</b>	<b>465m 1525ft</b>	<b>13km 8.1ml</b>
				<b>Moderate Routes Updated 5<sup>th</sup> April 2022</b>		
				<b><u>NOTE:- 2 COACHES 1<sup>st</sup> MAY</u></b>		