

Dr Bob's Hop Across Scotland 2009

Daily Plan

Day 1: Thursday 17th September 2009

Over night base: The Boathouse Hotel, Auchinstarry Marina, Kilsyth. Tel 01236 829 200
www.boathousekilsyth.com

Arrangements for travel to start point: By rail:

Croy Station (08.40) to Queen Street Station (09.03)
Queen St Station (09.18) to Bowling (09.54)

Walkers: Bob Grant Philip Norris
 Joan Grant Tish McEwan
 Fiona Grant Pam McDonald
 Paul Gilhooley

Start Point: Marina at start of Forth and Clyde Canal, Bowling

Start Time: 10.30am

Route: Bowling to locks at Old Drumchapel...approx 5 miles

1st stop (approx time) 12.30pm -1.30pm

Old Drumchapel locks to Maryhill Locks...approx 3.25 miles

2nd stop (approx time) 2.45pm-3.15pm

Maryhill Locks to Maggie's Centre , Glasgow...approx 3miles

Finish Place: Maggie's Centre Glasgow

Finish Time: 4.30pm

Travel arrangements to overnight base: Rail from Glasgow Queen Street to Croy Station

Overnight base: Boathouse Hotel, Kilsyth

Evening meal: At Boathouse @ 7.30pm

Dr Bob's Hop Across Scotland 2009

Daily Plan

Day 3: Saturday 19th September 2009

Over night base: The Boathouse Hotel, Auchinstarry Marina, Kilsyth
www.boathousekilsyth.com tel 01236 829 200

Arrangements for travel to start point: By Car

Walkers: Bob Grant	Julie Grant	Teresa Henderson
Joan Grant	Lorna Grant	?David Irvine
Fiona Grant	Alison Taylor	Pam McDonald
Paul Gilhooley	Joyce McClure (with Fred)	

Start Point: Twechar Bridge

Start Time: 9.30am

Route: Twechar Bridge to Kelvinhead Jetty (via Auchinstarry Marina) approx 4.75 miles

1st stop (approx time) 11am-11.30am

Kelvinhead Jetty to Underwood Lock..... approx 3.25 miles

2nd stop (approx time) 12.45pm-1.30pm

Underwood Lock to Falkirk Wheel..... approx 3.5 miles

3rd stop (approx time) 2.45pm-3pm

Falkirk Wheel to Glen Village (south exit of Falkirk Tunnel)...approx 3 miles

Finish Place: Glen Village (south exit Falkirk Tunnel)

Finish Time: 4.15pm

Distance for the day: 14.5 miles

Total distance covered: 40.5 miles

Travel arrangements to overnight base: by car to Boathouse Hotel, Auchinstarry Marina

Evening meal: At Boathouse Hotel at 7.30pm

Contact Details: Bob Grant on 07921 352 947

Dr Bob's Hop Across Scotland 2009

Daily Plan

Day 4: Sunday 20th September 2009

Over night base: The Boathouse Hotel, Auchinstarry Marina, Kilsyth Tel 01236 829 200
www.boathousekilsyth.com

Arrangements for travel to start point: By car from Boathouse Hotel

Walkers: Bob Grant	Julie Grant	Tish McEwan (part of day)
Joan Grant	Lorna Grant	Pam McDonald
Fiona Grant	Alison Taylor	
Paul Gilhooley	Joyce McClure (with Fred)	

Start Point: Glen Village (south exit Falkirk Tunnel)

Start Time: 9.30am

Route: Glen Village (south exit Falkirk Tunnel) to Haining Woodapprox 4.75 miles

1st stop (approx time) 11.15am-11.30am

Haining Wood to Linlithgow Canal Centre.....approx 3.75 miles

2nd stop (approx time) 1pm-1.45pm

Linlithgow Canal Centre to Fawns Park Bridge.....approx 3.5 miles

3rd stop (approx time) 3pm-3.15pm

Fawns Park Bridge to Niddrie Bridge, Winchburgh.....approx 2miles

Finish Place: Niddrie Bridge, Winchburgh (south end of village)

Finish Time: 4.15pm

Distance for the day: 14 miles

Total distance covered: 54.5 miles

Travel arrangements to overnight base: By car to Boathouse Hotel, Auchinstarry Marina

Evening meal: At Boathouse Hotel at 7.30pm

Contact Details: Bob Grant on 07921 352 947

Dr Bob's Hop Across Scotland 2009

Daily Plan

Day 5: Monday 21st September 2009

Over night base: The Boathouse Hotel, Auchinstarry Marina, Kilsyth. Tel 01236 829200
www.boathousekilsyth.com

Arrangements for travel to start point: By car

Walkers: Bob Grant	Julie Grant
Joan Grant	Alison Taylor
Fiona Grant	Joyce McClure (with Fred)
Paul Gilhooley	Pam McDonald

Start Point: Niddrie Bridge (south end of Winchburgh)

Start Time: 9.30am

Route: Niddrie Bridge to Almond Aqueduct (also known as Linn's Mill)...approx 4.75 miles

1st stop (approx time) 11.15am-11.30am

Almond Aqueduct to Gogar Moor Bridge.....approx 3.5 miles

2nd stop (approx time) 12.45pm-1.30pm

Gogar Moor Bridge to Kingsknowe Station.....approx 3.75 miles

3rd stop (approx time) 2.45pm-3pm

Kingsknowe Station to Fountainbridge (Edinburgh Quay).....approx 3.25 miles

Finish Place: Fountainbridge (Edinburgh Quay)

Finish Time: 4.15pm

Distance for the day: 15.25 miles

Total distance covered: 69.75 miles

Travel arrangements to overnight base: ? Taxi or bus

Overnight Base: 4 Kimmerghame View, Edinburgh. Tel 0131 332 3083

Evening meal: To be arranged

Contact Details: Bob Grant on 07921 352 947

Dr Bob's Hop Across Scotland 2009

Daily Plan

Day 6 Tuesday 22nd September 2009

Over night base: 4 Kimmerghame View, Edinburgh. Tel 0131 332 3083

Arrangements for travel to start point: Bus or taxi

Walkers: Bob Grant	Julie Grant	Bill Massie(part of day)
Joan Grant	Alison Taylor	Pam McDonald
Fiona Grant	Joyce McClure (with Fred)	
Paul Gilhooley	Tish McEwan	

Start Point: Fountainbridge (Edinburgh Quay)

Start Time: 9.30am

Route: Fountainbridge (Edinburgh Quay) to Maggie's Centre, Western General, Edinburgh
.....approx 2.25 miles

1st stop (approx time) 10.15am-10.45am (to be confirmed with Centre)

Maggie's Centre, Edinburgh to South Queensferryapprox 7.25miles

2nd stop (approx time) 1.15pm-2pm

South Queensferry to Ferry Hills (on road N from N Queensferry)..approx 3 miles

3rd stop (approx time) 3pm-3.15pm

Ferry Hills to St David's Harbour, Dalgety Bay.....approx 2.5miles

Finish Place: St David's Harbour, Dalgety Bay

Finish Time: 4.15pm

Distance for the day: 15miles

Total distance covered: 84.75 miles

Travel arrangements to overnight base: by car(to be arranged)

Overnight Base: 4 Kimmerghame View, Edinburgh. Tel 0131 332 3083

Evening meal: to be arranged

Contact Details: Bob Grant on 07921 352 947

Dr Bob's Hop Across Scotland 2009

Daily Plan

Day 7: Wednesday 23rd September 2009

Over night base: 4 Kimmerghame View, Edinburgh. Tel 0131 332 3083

Arrangements for travel to start point: By car (to be arranged)

Walkers: Bob Grant	Julie Grant	Bill Massie (part of day)
Joan Grant	Alison Taylor	Jessie Massie (part of day)
Fiona Grant	Joyce McClure (with Fred)	Pam McDonald
Paul Gilhooley	Tish McEwan	

Start Point: St David's Harbour, Dalgety Bay

Start Time: 9.30am

Route: St David's Bay via Fife Coastal Path to Aberdour.....approx 4 miles

1st stop (approx time) 10.45am -11am

Aberdour to Kinghorn Harbour.....approx 5.75 miles

2nd stop (approx time) 1pm-1.45pm

Kinghorn Harbour. To Seafield car park, West Kirkcaldy....approx 2 miles

3rd stop (approx time) 2.45pm -3pm

Seafield car park to Maggie's Centre Fife, Victoria Hospital, Kirkcaldy
(via St Brycedale Surgery).....approx 2.25 miles

Finish Place: Maggie's Centre Fife at Victoria Hospital Kirkcaldy

Finish Time: 4pm

Distance for the day: 14miles

Total distance covered: 98.75 miles

Travel arrangements to overnight base: by car (to be arranged)

Evening meal: Pane E Vino Ristorante, 3 Hunter Street, Kirkcaldy KY1 1ED

Contact Details: Bob Grant on 07921 352 947