

International Appalachian Trail ~ Annual General Meeting ~ 18th - 20th Sept, 2013

Loch Lomond & the Trossachs National Park Headquarters, Balloch, Scotland

18th September. Welcome To Loch Lomond

11.00- 12.00. Welcome, introductions and familiarisation of facilities for the Annual General meeting business day on the 19th September. The welcome will be from the Chief Executive Officer of the Loch Lomond & the Trossachs National Park and Paul Wylezol, Chairperson IAT / IATNL. The West Highland Way Management Group will provide Tea, coffee and sandwiches.

12.00-4.00. Delegates will be allocated a group for a walk on the National Park section of the new John Muir Trail due to open in April 2014. This is an opportunity for delegates to informally socialise before the formal business day on the 19th and a first experience of Scotland's first National Park and John Muir Trail.

The walk will commence from the National Park Headquarters and head through Balloch Castle Country Park and then follow a riverside walk to Balloch Bridge. After crossing the bridge to Balloch Pier the riverside path goes to Loch Lomond Shores tourist attraction situated on the banks of Loch Lomond.

The route passes through the visitor attraction onto the Old Luss Road and after a short distance onto the ancient drove and coffin route known as 'Stoneymollan Road'. The route becomes a rough track and then passes through a forestry plantation in Darleith Muir following the path alongside traditional dry stain dyke to Auchendennan Burn then up the Killoeter Escarpment to a forest track in Bannachra Muir. From the track the group will pass through a short section of forest onto Goukhill for stunning views over Loch Lomond, the islands of Inchmurrin, Creinch, Torrinch and the National Nature Reserve Inchcailloch and the most southerly Munro in Scotland- Ben Lomond.

7.00-10.00pm. Tribute to John Muir, Presentations celebrating the life of John Muir and his contribution to conservation

7.00-7.15 Tea and Coffee

7.15-7.25. Welcome by Paul Wylezol, Chairperson IAT / IATNL

7.30- 7.45. Scottish Natural Heritage and the John Muir Trail.

7.45-8.00. John Muir Trust, John Muir Birthplace Trust

8.00- 8.15 Appalachian Trail Conservancy

8.30- 9.00 Nature Conservancy of Canada

9.00-9.15. Beyond Ktaadn.

9.15-9.30 . U.S. John Muir Trail

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Loch Lomond & the Trossachs National Park Headquarters, Balloch, Scotland**

19th September. Annual General Meeting

Agenda

08.30 Tea and coffee

09.00 Welcome and Introductions

09.20 Review Agenda

09.25 Approve 2012 Minutes

09.30 IAT Mission and Objectives

09.45 ATC connection

10.15 Break / Tea and Coffee

10.30 Chapter Presentations

12.30 Buffet Lunch

13.30 Video – Islands of Loch Lomond along the West Highland Way

13:35 Geological connections and the geology of Scotland's IAT trails

14.00 IAT Structure and Responsibilities

14.15 Official IAT Map (Bill Duffy)

14.30 IAT Routes / Connectivity / Standards

14.45 Trail Information / Guide

15.00 Break / Tea and Coffee

15.15 Website and Social Media

15.30 Markets / Marketing / Public Relations

15.45 Thru Hikers

16.00 Sponsorships / Licensing / Merchandising

16.15 Partnerships / Memberships

16.30 Election of Officers and 2014 AGM

16.45 Any Other Business

19.00 Official Dinner, Lomond Arms Hotel, the village of Luss on the bonnie banks of Loch Lomond.

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20th September. Site visits to sections of IAT Scotland Trail.

A. West Highland Way/ IAT Scotland trail

10.00. Meet at Balloch Pier.
10.30. Travel by Water Bus to Balmaha
11.30. Arrive at Balmaha Pier.
11.30 to 15.00 optional walks.
15.00. Leave Balmaha Pier.
16.30. Arrive at Balloch Pier.

Option 1. Conic Hill- WHW/IATS. (3 hours approximately)

After disembarking from the Water Bus:

From the car park at Balmaha and beyond the National Park visitor centre the forest path leads through a section of conifer forest up to a stone staircase going steeply up a corrie between two ridges. Follow the path to the summit where the line of islands across Loch Lomond can be seen. These trace the line of the Highland Boundary Fault which separates the metamorphic rocks of the Highlands from the lower-lying sedimentary rocks of the Midland Valley. The Highland Boundary Fault can be traced for over 150 miles from Arran in the south-west to Stonehaven in the north-east and was most active during the Caledonian orogeny (mountain-building event) when the ancient continents of Laurentia, Baltica and Avalonia collided to form the supercontinent of Euramerica. Stretching from the Appalachians to Norway, the Caledonian mountains formed during this collision event were of Alpine or possibly Himalayan proportions. The fault allowed the Midland Valley to descend vertically by up to 4000 metres.

Conic Hill is made up of conglomerate of the Devonian Inchmurrin Conglomerate Member and comprises rounded clasts mostly 10 – 15cm in size, predominantly of quartzite in the lower part but with igneous and volcanic clasts at higher levels. Because of the rounded clasts the rock is also known as pudding stone.

On a clear day it is possible to see Goat Fell on the Isle of Arran, 50 miles (80km) to the south west. Further round towards the south is the rounded outline of Ailsa Craig, that great volcanic plug in the Firth of Clyde which still provides the world's finest source of granite for curling stones - made in Mauchline, Ayrshire, used in the Winter Olympics, and exported all over the globe to Russia, China, Japan, New Zealand, the USA and even Canada.

Retrace your steps to return to Balmaha or continue down the far side to Garadhbhan Forest and onto the village of Drymen.

Facilities in Balmaha and Drymen include shop, pub, restaurant and Balmaha National Park Visitor Centre. Transport to and from Balmaha will be by Water Bus but a local land bus or Taxi service (also from Drymen) can also be used to return to Balloch.

Option 2. Inchcailloch, National Nature Reserve. (2 hours approximately)

After disembarking from the Water Bus carry on along the single track road passing stone houses on each side of the road along the paved footpath running between the road and Loch Lomond. Follow this to the bay and then turn right at the Oak Tree Inn then a short walk to the boatyard, owned and managed by the Macfarlane family. Your island adventure now begins with a short boat journey (extra cost paid at time). The ferry will drop you off at the pier on the east side of the island, known as the North Jetty.

Inchcailloch is a small wooded island with a rich biodiversity and a long and colourful history. The island is an ideal place to experience remoteness, wildness, tranquillity and peace as well as the beauty and scenery the island. The view at the summit is one of the best in Scotland. Dramatic natural forces and years of human use have combined to create an island of remarkable diversity.

There are three walking routes on the island which can be enjoyed separately or together. The **Low Path** is a gentle woodland walk with a few slopes and steps. At first sight the woods look untouched by man, but look closer and you'll discover that people played an important part in creating this wonderful home for wildlife.

The **Summit Path** is more strenuous with a steep climb to the top of the island. Here you'll find out how dramatic forces of nature have sculpted the island and created lots of different homes for plants and animals.

Each path takes 30-45 minutes, just take your time and enjoy the view.

Central Path – this is the most direct route from the north pier to Port Bawn and takes around 20 minutes.

There are compost toilets on the island.

Option 3. West Highland Way/ Millennium Trail /IATS, Balmaha to Rowardennan (3 hours approximately)

After disembarking from the Water Bus carry on along the single track road to a narrow path off to the left, follow the path to the top of the hill, known as Craigie Fort. The path then descends to enter a semi-natural oak woodland and follows the shore around Arrochymore Point to rejoin the road at Milarrochy Bay.

For the next 3 miles (5km), the Way parallels the road, crossing and re-crossing it several times to a car park by Glasgow University Field Centre at Ross. Beyond the car park, the Way continues along the shore between the field centre and the boathouse, up a steep stony path into Ross Wood. From the top of the hill, the path descends gradually to meet the shore at a shingle beach. If the water level is low, the remains of a crannog (a stone age dwelling platform built of rocks and timber) can be seen just off shore.

The path continues, crossing a couple of burns and climbing over a small knoll, to emerge at a small car park above an inlet. After skirting the inlet, the Way continues along the shoreline to meet the road just south of Rowardennan.

Rowardennan is also the start point for the ascent of Ben Lomond, Scotland's most climbed mountain. At 974 metres (3195 feet), it is the most southerly Munro (a name given to mountains over 3000 feet, approximately 914m).

Facilities in Rowardennan include toilets, pub, and restaurant.

This walk section has to be timed to enable return to Balmaha for the Water Bus pick up at 16.30

B. Site visit to the Ayrshire Coastal Path/IAT Scotland Trail

0900. Depart from Balloch.
11.00. Arrive at Maidens.
13.30. Arrive at Dunure
14.30. Arrive at Alloway
16.00. Depart from Ayr
17.30. Arrive at Balloch

Rotarians' cars will collect interested guests from Balloch HQ and drive down to the Ayrshire Coast.

The walking group, led by Ayr Rotarians, will traverse the highly scenic 10km stretch of beach and cliff-top between Maidens and Dunure, featuring the famous and historic Culzean and Dunure castles. Distance 10Km. Time - approx.2.5 - 3 hrs. (High Water 1320). (This is the ACP stretch featured recently by Paul Wylezol in a six-page article on the IAT Website home page). Well-earned pint and light bite at the Dunure Inn beside the old fishing harbour.

On the road home (time and interest permitting) a stop can be made to visit the Robert Burns Birthplace Museum in Alloway.

Contact details:

Jimmy Begg (Dr), Route Manager ACP,
Rotary Club of Ayr
Ayrshire Coastal Path Management Group
19a Ewenfield Road, Ayr KA7 2QF, Tel: 01292 269195.
email: beggbiel@btinternet.com

B. Site visit to Clyde Coastal Path/IAT Scotland Trail

Itinerary

0900 – Those choosing this option will be collected from Balloch HQ by Allander Rotarians and transported to the Erskine Bridge. (If numbers exceed car capacity, it is possible to take the 0923 train for a couple of stops to Kilpatrick Station.)

The walking group, led by Rotarians, will follow the new Clyde Coastal Path under the A82 to a fine view point overlooking the Firth of Clyde. We then walk along the line of the Antonine Wall past the Summer Stone and along the Thomas Wood Path. We visit the site of a Roman Fort. It is then a short distance along the Faifley Knowes Path to Achadh na Creag and a welcome lunch stop. Lunch is provided by the Rotary Club of Allander although a donation would be appreciated.

Visit the Megalithic Cup and Ring rock art and continue over Edinbarnet and open muir to the lands of Tambowie and on to Milngavie, the start of the West Highland Way.

1612 – Leave Milngavie by car. (or train Milngavie via Glasgow to Balloch)
1711 - Arrive back at Balloch.

Total Distance 14 km or just under 10 miles

CLYDE COASTAL PATH contact details:

www.focrt.org, Telephone: +(0)141 328 6630, email: iain.white@focrt.org

BOOKING FORM FOR IAT AGM DINNER AND SITE VISITS

International Appalachian Trail-Sentier International des Appalaches

Annual General Meeting 18th - 20th September, 2013

Loch Lomond & the Trossachs National Park Headquarters, Balloch, Scotland.

Name. _____

Address. _____

Zip/Postal code. _____

Telephone Number _____

(Include Int. Dialing code) _____

***E mail Address** _____

***E mail Address for AGM Dinner PayPal invoice** _____

Organisation _____

Chapter _____

Post Held _____

I wish to register and pay for the following-

	Cost per person	Please tick box
AGM Dinner on the 19th September.	*£20.00	<input type="checkbox"/>
<small>The Lomond Arms Hotel in the beautiful picturesque village of Luss Free pick up and drop off by minibus for first 30 bookings, provided by the West Highland Way Management Group *The dinner is being subsidised by the West Highland Way Management Group</small>		

Site Visits:-

A:-

Option 1. Conic Hill	No Charge	<input type="checkbox"/>
Option 2. National Nature Reserve/Inchcailloch	No Charge	<input type="checkbox"/>
Option 3. West Highland Way	No Charge	<input type="checkbox"/>

B. Ayrshire Coastal Path	No Charge	<input type="checkbox"/>
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C. Firth o Clyde Rotary Trail	No Charge	<input type="checkbox"/>
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Donation on the day for packed lunch requested

Please book your site visit in advance to assist in organizing transport arrangements.

Forms to be returned whwmailbox@lochlomond-trossachs.org by August 23rd, 2013.

[Extending Your Stay in Scotland](#)

The **Visit Scotland** [corporate website](#) has a comprehensive list of things to do and see to enhance your stay.

To Discover more about Ayrshire and walk the Ayrshire Coastal Path

Refer to the excellent Guide Book and Website (<http://www.ayrshirecoastalpath.org/index.html>) for information on accommodation, bus and train timetables, tidal information, and route distances.

Each section is an easy 6-9 miles (10-15 km). Fit walkers can easily accomplish two stages per day if they wish to do so. The entire route is very well served by buses and /or trains for walkers wishing to stay in one place for several nights. Many of our accommodation providers can arrange for baggage transfer on request. Contact me for any further advice. September can be dry - or very wet. Remember, there is no such thing as bad weather just inappropriate clothing, so be prepared for any weather.

Contact details:

Jimmy Begg (Dr), Route Manager ACP,
Rotary Club of Ayr
Ayrshire Coastal Path Management Group
19a Ewenfield Road, Ayr KA7 2QF, Tel: 01292 269195.
email: beggbieldd@btinternet.com

To discover more about Scotland's first National Park, Loch Lomond & the Trossachs National Park information can be found at –

Interactive map of National Park <http://tiny.cc/3w7ozw> or scan-



Things to do and see in the National park <http://tiny.cc/347ozw> or scan-



To discover more about IAT Scotland Trail Section Links

Mull of Galloway Trail- <http://www.mullofgallowaytrail.co.uk/>

Ayrshire Coastal Path- <http://www.ayrshirecoastalpath.org/index.html>

Firth of Forth Rotary Trail/ Clyde Coastal path- <http://www.focrt.org/ccp/>

West Highland Way- <http://www.west-highland-way.co.uk/home.asp>

Great Glen- <http://greatglenway.com/>

Cape Wrath Trail - <http://www.capewrathtrail.co.uk/>

Accommodation can be booked through these sites.

These links take you to the region information and also for accommodation bookings:

[Loch Lomond, The Trossachs & The Forth Valley](#)

[Accommodation in Balloch and surrounding areas](#)

<http://www.west-highland-way.co.uk/home.asp>