

# **AUGUST 2020 WALKS**

## **Saturday 1 August 2020 – Antrim Hills Way**

<b>DATE</b>	<p><i>Saturday 1<sup>th</sup> August 2020</i> <b>10.00 sharp</b> <i>“Sallagh Braes”, Cairncastle to Glenarm section</i></p>
<b>DIRECTIONS</b>	<p>The main walk will depart from <b>Linford car park at 10.00.</b></p> <p>The Linford car park is on the Feystown Road 3 miles above Ballygally village. The easiest route from Belfast is to leave the A8 at Millbrook roundabout (about 2 miles before Larne). Take the first exit and drive about a mile to the T junction then turn right. This is the Ballymullock road and eventually will take you to a T junction in Cairncastle. Turn left here and then in Cairncastle just past the Meetinghouse pub turn left again (Ballycoose Rd). The small car park is about 1.5 miles on the left. Cairncastle is well signposted on this route.</p>
<b>WALK OPTIONS</b>	<p>From Cairncastle we will walk towards Glenarm climbing Robin Young’s Hill, Scawt Hill, Black Hill and Crockandoo. We will take time to enjoy the beautiful coastal views along the route.</p> <p>When we reach the road (above Glenarm village) we have the option to go back along the same route or return along the road. This will depend on the group preference and the weather on the day.</p> <p>This walk is about 8 miles if returning by road and 9 if returning along the Antrim Hills Way.</p> <p>The full walk will take approximately 4 ½ to 5 hours.</p>

	<p>This walk is classified as a C+ walk. The full route is mainly on easy slopes and hills but the terrain is often rough and some stretches may be “guttery” under foot. Trainers or walking shoes are not viable alternatives to hiking boots.</p>
<p><b>ADDITIONAL INFO</b></p>	<p>Dogs unfortunately are not permitted as this walk is mainly across farmland and access is granted by kind permission of land owners.</p> <p>As always, please ensure that you have good waterproof clothing along with sufficient food and drink.</p> <p>Happy to provide further information if required.</p>
<p><b>ADDITIONAL INFO</b></p>	<p>Helen Magill ***** *****</p>

## **CIVIL SERVICE RAMBLERS - SAFETY CHECKLIST**

### **EACH WALKER IS RESPONSIBLE FOR :**

- THEIR OWN SAFETY AND TAKING STOCK OF THEIR EQUIPMENT
- CHOOSING WALKS APPROPRIATE TO THEIR FITNESS LEVEL
- OBSERVING THE COUNTRY CODE, CLOSING GATES, TAKING LITTER HOME
- FAMILIARISING THEMSELVES WITH THE DISCLAIMER FORM SIGNED WHEN JOINING THE CLUB (A COPY OF THIS CAN BE FOUND ON THE CLUB WEB-SITE)

### **YOU MAY NOT BE ALLOWED TO WALK IF YOU DON'T HAVE THESE BASICS**

#### **YOU MUST HAVE:**

	RUCKSACK
	WALKING BOOTS
	RAINCOAT
	LEGGINGS
	ADEQUATE CLOTHING
	HAT
	GLOVES
	ENOUGH TO EAT AND DRINK

#### **YOU SHOULD IDEALLY HAVE :**

	TORCH
	EXTRA BATTERIES
	WHISTLE
	BIVVY BAG
	BASIC FIRST AID (AT LEAST PLASTERS AND BANDAGES)

### **GOOD IDEA TO HAVE**

	GOOD MAP
	COMPASS
	EMERGENCY RATIONS
	A CHANGE OF LEGGINGS, SOCKS AND SHOES

### **COVID 19**

Future club walks will follow the Covid 19 guidance which can be found on the Ulster Federation of Ramblers website and which we all become familiar with recently. These precautions include:

- social distancing before and during walks
- using hand sanitiser when going over stiles or through gates
- avoid touching other walkers' poles, maps etc.
- compliance with Government guidance on car sharing