

Northern Ireland Civil Service Ramblers

CARRICK LITTLE TO MEELMORE LODGE

SATURDAY 17 JULY 2021



Directions to the Start Point

Drive out of Bryansford in the direction of Hilltown.

At the 1st Left-Hand Junction (signposted to Meelmore Lodge), Turn left

Travel along this road to Meelmore Lodge on the left.

MEET IN CAR PARK AT 09.30-PM SHARP.

A mini bus will transport us around to the start point at Carrick Little.

The walk.

From the Car Park travel north up the lane to the Gate and continue north following the Mourne Wall to the South Tor of Binnian.

Turn north and descend to the North Tor then continue descending to the saddle below Lamagan

Turn west and descend to Ben Crum Reservoir then follow the water's edge track to the Shelter Stone.

Continue north ascending to Hare's Gap and then descending to the Car Park

Stats.

Distance 13-km (8-mis). Total Ascent 737-m (2,400-ft). Duration – 6-hour (approx.).

Costs

It will cost £ 5.00 per head for the Mini Bus and £ 4.00 per car for Car Park. The costs may be recovered later on in the year but not at the moment.

Notifying the Leader.

LET THE LEADER KNOW BY 06.00-PM ON THURSDAY IF YOU PLAN TO JOIN US.

Norman - 07*****

CIVIL SERVICE RAMBLERS - SAFETY CHECKLIST

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

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)

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