



Northern Ireland Civil Service Ramblers

SATURDAY 07 MAY 22

CASTLE BOG

MEET IN CAR PARK AT 10.00AM SHARP.

Directions to the Start Point

Drive west approx. 12-km (from Bryansford) on the B180 Bryansford / Hilltown Road to the end of the road.

At the junction turn sharp left towards Spelga Dam.

Drive 0.5-km to a Cross-Roads and turn right onto the Sandbank Road.

Drive 4-km south until you arrive at the tree surrounded, Leitrim Lodge carpark, on your left.

The walk

From the Car Park travel south on the Ulster Way through Rostrevor Forest until we reach the Yellow River. Stone and compact soil under foot.

Follow the river upstream to the tree-line. Stone and compact soil under foot.

Follow the tree-line north to Tievedockdarragh mountain. Heather and long grass under foot.

Continue travelling north staying to the west of Castle Bog and ascending Pierces Castle. Stone and compact soil then smooth rock under foot.

Opportunity for an Optional Route.*

Continue travelling north and ascending Toramrock mountain. Stone and compact soil under foot.

Continue travelling north and ascend Rocky Mountain. Stone and compact soil under foot.

Turn west and descend back to the Car Park. Grassy then stone ground.

***Optional Route.** Before turning to ascend Pierces Castle stay on the stone track and descend slowly to the Car Park.

Stats

Distance –10-km. (6.2-mls) Ascent –460-m. (1510') **Optional Route** 9-km. (5.6-mls)
Ascent –400-m. (1350')

IMPORTANT

Please let the leader know if you plan to attend by Friday evening

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.