

Northern Ireland Civil Service Ramblers

SATURDAY 03-October- 2020
CHIMNEY ROCK & SPENCES MOUNTAIN



Directions to the Start Point

Travel south through Newcastle onto the Kilkeel Road. 3-km outside the town you will see the Bloody Bridge Car Park on the left-hand side.

MEET IN CAR PARK AT 09.30AM SHARP.

The walk.

Ascend the Quarry Track past the Quarry to the Mourne Wall Stile. Stone path under foot.

From the Stile turn left and slowly ascend the first rock outcrop on Chimney Rock. Mixture of short and medium length grass under foot.

Follow the track on almost level ground to the summit. Short grass under foot.

Continue in same direction and descend to Spences Mountain. Medium length grass under foot.

Turn left and slowly descend to a stone path. Generally long grass under foot.

Return to the Quarry Track and descend back to the Car Park. Stone path under foot.

The Stats

Distance –11-km (6.57-miles) long. Ascent –660-m. (2171-ft) Duration – < 5.5-hours.

Notifying the Leader.

Please let the leader know by 6pm on Friday 2nd October if you plan to attend.

Norman - 07*****

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