

## *Dungonnell Way, Glens of Antrim*

<b>DATE/ MEET</b>	<p style="text-align: center;"><u>Sunday 12 September, 2021</u></p> <p style="text-align: center;"><b>11 am sharp</b></p> <p style="text-align: center;"><b>Cargan village, north Antrim</b></p> <p>Meet in the centre of the small village of Cargan which is 10 miles north of Ballymena - take the A43 from Ballymena to Glenariff. Park on the main street.</p>
<b>WALK</b>	<p>The Dungonnell Way is a circular walk of 9.5 m/15 kms. It is mainly on paved roads and forest tracks and passes through part of Glenariff Forest Park. The walk should take about four hours including lunch break. The way passes the Dungonnell Dam opened in 1971; the reservoir supplies water to a number of nearby towns &amp; villages. The forest tracks may be muddy so boots are recommended.</p> <p>Do not come if you have any symptoms of Covid,</p>
<b>LEADER</b>	<p>If you intend to come contact-</p> <p>Jim Hamilton – 07***** or email *****</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