

Northern Ireland Civil Service Ramblers

SLIEVE BINNIAN AND LAMAGAN

SATURDAY 01 DECEMBER 2018



Directions to the Start Point

Travel 9km south of Newcastle to a Petrol Station and a road junction on the right-hand side.

Turn right at the road junction onto Quarry Road and travel 3km to the Carrick Little crossroads and car park.

Note. If the car park and the surrounding grass verges are full, travel up the lane, past the Tea House, to a third car park.

MEET IN CAR PARK AT 09.30AM SHARP.

The walk.

- From the Car Park travel north up the lane to the Gate.
- Continue north up the track then climb west along the Mourne Wall to the South Tor of Binnian.
- Turn north and climb to the North Tor.
- Continue north and descend to the saddle below Lamagan
- Turn north-east and climb Lamagan.
- Continue north-east and descend to the saddle below Cove.
- Turn south-east and descend to the Lower Cove.
- Continue south picking up the stone track eventually arriving at the original gate.
- Continue south on the lane back to the car park.

Stats.

Distance 13-km 890(8.5-mis). Total Ascent 890-m (2,900-ft).

Duration – 6-hour (approx.) walk.

Notifying the Leader.

Please let the leaders know by 12 noon on Friday 30th Nov if you plan to attend.

Norman - 07*****

Sinead – 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)

