

Tuesday 10th May 2022

Date / Meet	Clandeboyne Estate Walk start time 19 -15 @ Clandeboyne Golf Club (lower car park) Travelling from Bangor Take the first exit from the Bangor - Newtownards dual carriageway sign posted Conlig, drive through the village until you see a sign for Clandeboyne Golf Club (on the left hand side of the road), turn right and drive up the hill until you reach the first carpark Travelling from Newtownards Take the first exit from the Newtownards - Bangor dual carriageway sign posted Conlig, drive towards the village until you see a sign for Clandeboyne Golf Club, (on the right hand side of the road) turn left and drive up the hill until you reach the first carpark
Walk	Explore little known trails in the woods surrounding Clandeboyne Golf Club and Clandeboyne Estate. Bluebells should be in full bloom Walk will take about 1 – 30 – 2 - 00hrs.
Leader	Wally Gamble: 07***** Email - *****

CIVIL SERVICE RAMBLERS ***SAFETY CHECKLIST***

YOU MUST HAVE:

	RUCKSACK
	WALKING BOOTS
	RAINCOAT
	LEGGINGS
	ADEQUATE CLOTHING
	HAT
	GLOVES
	ENOUGH TO EAT AND DRINK

THE LEADER CAN REFUSE TO ALLOW YOU ON THE WALK IF YOU DON'T HAVE THE BASICS

YOU SHOULD HAVE:

	TORCH
	EXTRA BATTERIES
	WHISTLE
	BIVVY BAG
	BASIC FIRST AID (AT LEAST PLASTERS AND BANDAGES)

GOOD IDEAS

	GOOD MAP
	COMPASS
	EMERGENCY RATIONS
	A CHANGE OF LEGGINGS, SOCKS AND SHOES
	SHELTER TENT

WALKERS RESPONSIBILITIES

- FOR YOUR OWN SAFETY, TAKE STOCK OF YOUR EQUIPMENT
- CHOOSE THE WALK MOST SUITABLE TO YOUR FITNESS LEVEL
- OBSERVE THE COUNTRY CODE, CLOSE GATES, TAKE LITTER HOME
- AWARENESS OF THE MATTERS SET OUT IN THE DISCLAIMER FORM YOU SIGNED WHEN JOINING THE CLUB – A BLANK COPY OF THIS FORM CAN BE FOUND ON THE CLUB WEB-SITE