



**Northern Ireland Civil Service Ramblers
SATURDAY 1st June 2019**

Butter car park, Doan, Ben Crom, Carn, Ott, Butter car pak.

MEET AT BUTTER MOUNTAIN CAR PARK AT 10.00AM SHARP.

Grade B, Distance 14km (8.5mils) – Total Ascent 570m (1850ft)

Butter mountain car park is located on the Slievenaman Road as it climbs up from the Hilltown Road towards the Spelga Dam. After some 5 miles you pass Foffany Dam on your left and about a mile further on it is the small car park on the right just before the brow of the hill.

Our route takes us from Butter Mountain car park across the road and up to the saddle between Slieve Loughshannagh and Carn Mountain. From there we travel across to ascend Doan after which we descend the other side and continue on to ascend Ben Crom with superb views over the Ben Crom reservoir.

The return journey will traverse around Doan and back to the saddle between Slieve Loughshannagh and Carn Mountain at which point we follow the wall up Carn and then cross over to Ott before descending back down to the road.

It can be expected to be muddy and rocky underfoot at times, so appropriate footwear is essential. As always, please ensure that you have good, waterproof clothing and boots, along with food and drink.

The exact route on the day may be varied/ shortened depending on prevailing weather conditions.

Please let the leader know by 12 noon on Friday 31ST May if you plan to attend:

Norman - 0*****

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 MUST HAVE:

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

YOU MAY NOT BE ALLOWED TO WALK IF YOU DON'T HAVE THESE BASICS

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