

Tuesday 6th July 2021

Meet	Helens Bay Station Start Time 19 - 15
Walk	<p>Helen's Bay to Hollywood section North Down Coastal Path</p> <p>Walkers travelling from the west.</p> <p>Park in Hollywood and take the 18 - 55 Bangor bound train arriving at Helens Bay 19 - 06.</p> <p>Walkers travelling from the east take the 18 - 55 Belfast bound train arriving Helens Bay 19 - 05</p> <p>Walk will be along a section of the coastal path and surrounding trails. Finish Hollywood station, possible refreshments in the Dirty Duck.</p> <p>For train travellers trains home depart westward (Belfast direction) at 21 - 05, 21 - 35, 22 - 35, trains home depart eastward (Bangor direction) at 21 - 23, 21 - 53, 22 - 53</p> <p>Walk will take about 1 – 30 – 2 - 00hrs.</p>
Leader	<p>Wally Gamble: 07*****</p> <p>Email - *****</p>

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