

Saturday 17 July 2021

Low Level Walk

Date / Meet	SILENT VALLEY to MEELMORE LODGE Walk meeting time 9.30am @ Meelmore Lodge carpark from where we will take a taxi to the start of the walk in the Silent Valley. Latest information is that it costs £4 to leave a car at Meelmore Lodge for the day.
Walk	<p>The route goes alongside the main Silent Valley reservoir on a tarmac road as far as the Ben Crom reservoir. We then take a roughish trail beside the Ben Crom reservoir until we reach the Shelter Stone where we ford the Kilkeel River. We then cross open moorland as far as the Hare's Gap where we descend to Meelmore Lodge. The going is mostly very good but it may be a bit boggy just after our crossing at the Shelter Stone so you are advised to wear waterproof boots..</p> <p>Walk lasts about 4hrs. Bring a lunch which we will take round about 1 o'clock.</p>
Leader	<p>Ivan Baxter 07*****</p> <p>Please text the Leader on or before Thursday 15 July 21 if you intend to walk to book suitable transport from Meelmore Lodge to the Silent Valley and in case there is a last minute change in arrangements. Covid rules will apply.</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

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