

NICS Ramblers Sunday Walk

21st November 2021

Date / Meet	<p><i>Meet at 1:30 pm at the top of the Cregagh Road (park at the shops or in adjacent streets, eg Cregagh Park) for a short walk in Cregagh Glen.</i></p> <p><i>Entrance to the Glen is from the Upper Knockbreda Road (A55). Please take care crossing the busy carriageway.</i></p>
Walk	<p>The linear route explores the shady but picturesque and wooded Cregagh Glen on surfaced and unsurfaced paths. The first part is uphill with some steep climbs. From there we cross under Manse Road and past Lagan College taking a path, that has some steep sections, to Lisnabreeny Rath which is the highest point in the Castlereagh Hills. On the return there is the option to divert to the American Military Cemetery.</p> <p>Good footwear essential. Poles may also be useful since it may be slippery underfoot in parts.</p>
Leader	Alison Halliday 07*****

SAFETY CHECKLIST

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

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

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