

Northern Ireland Civil Service Ramblers

NORTH & WEST OF SPELGA

SATURDAY 13th November 2021



Directions to the Start Point

Drive out of Bryansford in the direction of Hilltown.

At the 2nd Left-Hand Junction (Signpost for Kilkeel), Turn left

Travel along this road passing through a Crossroads and then Fofanny Dam on the left.

As Spelga Dam comes into view on the right, turn right onto the Hilltown Road and travel to the Dam Car Park on the left.

MEET IN CAR PARK AT 09.30AM SHARP.

The walk.

From the Car Park cross the Hilltown Road and ascend Butter Mountain. Short grass under foot.

Then travel on undulating ground in a 'U' shape to Spelga. Short grass under foot.

Descend and cross the Hilltown Road then traverse around Hen Mountain on undulating ground to its north face. Short-medium grass under foot.

Ascend Hen Mountain and descend on the other side. Short-medium grass under foot.

Turn West on a grass track to a gully then ascend to Slievenamiskan. A combination of medium and long grass under foot.

Finally descend Slievenamiskan, along the base of the Dam and finally arrive back at the Car Park. Short-medium grass under foot.

Stats.

Grade B. Distance 11-km (6.8-mis). Total Ascent 433-m (1,420-ft).

Duration – 5-hour (approx.) walk.

Notifying the Leader.

Please let the leader know at least 12 hours beforehand if you plan to attend.

Norman - 07*****

CIVIL SERVICE RAMBLERS - **SAFETY CHECKLIST**

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

YOU MUST HAVE:

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

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

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)

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