

CIVIL SERVICE RAMBLERS - Summer Midweek Walks Programme for 2022

With the exception of evening walks you should advise the walk leader at least 12 hours in advance that you intend walking.

- Choose a walk appropriate to your fitness level - see disclaimer signed on joining the club available at www.nicsramblers.co.uk
- Safety notes and further information on the grading system and walk starts are at the bottom of this document
- Start times are provisional and any changes will be shown in the walk flyer or emailed before the walk.
- No flyers issue for summer evening walks with directions to the start point noted below or emailed before the walk.
- Additional information about a walk can be obtained by contacting the respective walk leader.
- Prospective members can contact a walk leader via the club's membership officer (at 'contact us' page) www.nicsramblers.co.uk
- Train times correct at the time of publishing but check the timetable before travelling.

Date	Walk	Description	Meeting Point	Start Time	Leader
<i>May</i>					
Sun 1 st					
Thurs 5 th					
Sat 7 th					
Tues 10 th	Conlig	Explore little known trails in the woods surrounding Clandeboye Golf Club and Clandeboye Estate. Bluebells should be in full bloom	Lower car park of Clandeboye Golf Club	19:15	W. Gamble
Sat 14 th					
Thurs 19 th	THREE PARKS East Belfast	The walk takes us through Belmont Park, down the Circular Road into Tommy Patton Park and from there into Victoria Park for a circuit of the park. The	Meet in the CIYMS carpark, Circular Road (near Strathearn School).	19:15	Ivan Baxter

Date	Walk	Description	Meeting Point	Start Time	Leader
		return is via Kyle Street, Park Avenue and Sydenham Avenue. The going is footpaths and trails, mostly flat with an incline up Park Avenue.			
Sat 21 st					
Tues 24 th	Billy Neill Centre pathways and Comber Greenway	A leisurely stroll along the pathways around the Billy Neill football centre. There will be some walking on grass so please bring appropriate boots. Then an optional walk along the Comber Greenway	Meet at outer car park at Billy Neill Centre, Comber Road, Dundonald	19:15	Alison Halliday
Sat 28 th					
<u>June</u>					
Thurs 2 nd	Lagan Meadows	The walk follows the Lagan towpath before branching through the meadowlands.	Stranmillis car park	19:15	Brett Irwin
Sat 4 th					
Tues 7 th	Evening Walk	Stricklands Glen and Carnalea Glen	Car park at Bryansburn Inn (train from Belfast arrives Bangor West station at 7.09pm)	19:15	Aidan Keane
Sun 12 th					

Date	Walk	Description	Meeting Point	Start Time	Leader
Thurs 16 th	Scrabo Country Park	A woodland walk taking in Scrabo Tower; a picturesque lake; and Killynether Wood - a distance of under 6 miles with a small amount of steep climbing and good walking shoes advised.	Car Park below Scrabo Tower	19:15	Colin McWhirter
Sat 18 th					
Tues 21 st	Whitehead - Blackhead Lighthouse Return	Walk along the refurbished coastal path to Blackhead Lighthouse -return via the upper path to the car park. Ice creams after at the Wrinka	Whitehead Beach Carpark	19:15	Michael Carson
Sat 25 th					
Thurs 30 th	Cairn Wood	After a slight climb, we begin a gentle walk round the woods with some views over Clandeboye Estate.	Cairn Wood car park, Craigantlet Road BT23 4TE	19:15	Alison Halliday
<u>July</u>					
Sat 2 nd					
Tues 5 th	Helen's Bay to Holywood section North Down Coastal Path	Walkers travelling from the west.Park in Holywood and take the 18 - 55 Bangor bound train arriving at Helens Bay 19 - 06. Walkers travelling from the east take the 18 - 55 Belfast bound train arriving Helens Bay 19 - 05 Walk along a section of the coastal path and surrounding trails. Finish Holywood station, possible refreshments in the Dirty Duck. For train travellers trains home depart westward (Belfast	Helens Bay Station	19:15	Wally Gamble

Date	Walk	Description	Meeting Point	Start Time	Leader
		direction) at 21 - 05, 21 - 35, 22 - 35, trains home depart eastward (Bangor direction) at 21 - 23, 21 - 53, 22 - 53			
Sat 9 th					
Thurs 14 th	TWO PARKS South - East Belfast	The walk is through the Ormeau Park golf course to the Ormeau Road, along the Annadale Embankment and up Ridgeway Street, going into the Botanic Gardens via Colenso. A tour of the gardens and returning to the start via a lower trail in the Ormeau Park. Again footpaths and trails, virtually flat	Meet in Broughton Gardens which is at the Ravenhill Road end of Ardenlee Avenue	19:15	Ivan Baxter
Sat 16 th					
Tues 19 th	Cave Hill	A very pleasant walk through Cavehill Country Park up to the summit of Napoleon's Nose where on a good day beautiful panoramic views over Belfast and beyond can be enjoyed by all.	Belfast Castle car park	19:15	Helen Mallon
Sat 23 rd					
Thurs 28 th	East Belfast Greenway Circuit	We will walk along the Connswater Greenway into Orangefield Park, do a circuit of the park and then make our way to the Millenium Park in Clarawood. From there we will join the Comber Greenway and return to CS Lewis Square. Good footpaths and	Meet in CS Lewis Square at Hollywood Arches, near the Connswater Shopping Centre. (plenty of car parking nearby)	19:15	Ivan Baxter

Date	Walk	Description	Meeting Point	Start Time	Leader
		relatively flat.			
Sun 31st					
<u>August</u>					
Tues 2 rd	Belvoir Forest Park	Explore little known trails through the forest and along the Lagan	Meet in Belvoir Forest Park car park	19:15	Helen Mallon
Sun 7 th					
Thurs 11 th	Helen's Bay	A walk taking in sections of Helen's Way, Crawfordsburn Country Park and the North Down Coastal Path.	Meet in Helen's Bay car park	19:15	Wally Gamble
Sat 13 th					
Tues 16th	Stormont grounds and Belmont Park	A pleasant walk through two of Belfast's iconic parks, with refreshments afterwards in the Pavilion.	Pavilion car park	19:15	Ivan Baxter
Sat 20 th					
Thurs 25 th	Evening Walk				
Sat 28 th					

Additional "Pop-up" trips for high mountain walks (weather dependent) may be arranged by Colin McWhirter, Michael Carson & Norman McElhinney.

WALK GRADINGS

Grade D = LEISURELY

A rating of D means a gentler pace with only an average level of fitness required. These walks are suitable as starter walks for new members. Depending on the route it will sometimes be possible to join for part of the walk. One can expect gentle slopes, distinct coastal trails, valley tracks and paths with a total walking distance of 8 to 20km (5 to 12 miles). Most grade D walks will have a minimal amount of altitude but the total ascent can be up to 250m (820ft). Grade D walks normally take around 3 to 4 hours and the pace is leisurely with plenty of breaks if needed. Good quality walking shoes are recommended.

A rating of D+ will be given for walks between 21 and 24km (13 to 15 miles) provided that the walk is on easily walked paths and trails.

Grade C = MODERATE

A rating of C means walking on easy to moderate slopes, tracks and paths, which may be rough underfoot at times, with a total ascent of 250 to 550m (820 to 1,804ft). Walking distances for Grade C walks are typically 8 to 20 km (5 to 12 miles) and these walks should take up to 5 hours. Lightweight boots with good tread and strong ankle support are recommended.

A rating of C+ will be given if walk duration is greater (21 to 31km/ 13 to 19 miles) or if the route is not on well-marked paths and trails. Walking boots with a moulded sole, deep tread and good ankle support are strongly recommended for C+ walks.

Walks of between 26 to 31km (16 to 19 miles) where the route is on easily walked paths and trails and there is minimal ascent (up 250m or 820ft) will also be graded C to reflect the extra difficulty level due to the distance. As these walks are graded C due to their distance rather than the terrain there may not always be a need for boots depending on the route. Good quality walking shoes are recommended as a minimum and if in doubt members planning to attend should check the flyer or consult the leader.

Grade B = ENERGETIC

A rating of B normally means walking in the mountains/ high moorland and a total ascent of 550 to 950m (1,804 to 3,117ft). Grade B walks will involve steeper climbs and rougher uneven terrain where there are not always marked paths and trails. Walking distances are normally from 8 to 20 km (5 to 12 miles) and grade B walks should take up to six hours.

A rating of B+ will be given if walk duration is greater (21 to 31km/ 13 to 19 miles) or if there is scrambling/ exposure.

Walks of 32km (20 miles) and over where the route is on easily walked paths and trails and there is some ascent (between 250m and 550m/ 820ft to 1,804ft) will also be graded B to reflect the extra difficulty level due to the distance.

Walking boots with a moulded sole, deep tread and good ankle support are strongly recommended for Grade B walks.

Grade A = CHALLENGING

A rating of A means a number of mountain peaks and a total ascent of 950 to 1,200m (3,117 to 3,940ft). Walking distance is normally between from 8 to 14 km (5 to 9 miles) and there are often no paths or trails. Grade A walks normally take between six to seven hours. These walks require a high level of fitness.

A rating of A+ will be given if walk duration is greater (16 to 24km/ 10 to 15 miles) or if there is scrambling/ exposure.

A rating of A++ will be given if distance exceeds 15 miles or if the ascent exceeds 1,200m (3,904ft).

Walks of 32km (20 miles) and over where there is a significant amount of ascent (550m to 950m/ 1,804 to 3,117ft) will also be graded A to reflect the extra difficulty level due to the distance. This will apply regardless of terrain.

Walking boots with a moulded sole, deep tread and good ankle support are strongly recommended.

SAFETY NOTES

All walkers are expected to:

- Take cognisance of the footwear recommendations for the Grade level of the walk;
- Have a waterproof coat, appropriate trousers (preferably wicking and ideally not jeans), adequate warm clothing, hat and gloves (in event of cold conditions) together with enough to eat and drink;
- Have waterproof leggings for walks above leisurely;
- Have a torch and spare batteries, whistle, map and compass for Grade A & B walks (not just the leader).

Leaders are expected to carry a first aid kit (in the case of mountain walks this should be a mountain first aid kit). Any members with allergies should carry first aid items themselves (plasters etc.). If members require any medication during a walk (including painkillers) they should also bring this themselves.

WALK STARTS

Unless otherwise stated on the flyer you must advise the walk leader that you intend to walk, by 8pm on the night before the walk using the telephone number given on the walk flyer. This allows for the leader to cancel the walk if there are no takers or to make contact if weather conditions deteriorate forcing cancellation or change of walk. For Grade A & B walks there is a recommended minimum of 4 people, below which the leader is at liberty to cancel the walk. If a leader is cancelling the walk due to lack of attendance this should be done by 10pm the night before the walk.

Summary - Grading Guide

Ascent (metres)	Distance (miles)	Terrain (mostly)	Grade
0 – 250	Up to 12	Paths/ tracks	D
0 – 250	13 – 15	Paths/ tracks	D+
0 – 250	16 – 19	Paths/ tracks	C
250 – 550	Up to 12	Paths/ tracks	C
250 – 550	13 – 19	Paths/ tracks	C+
0 – 550	20 +	Paths/ tracks	B
0 – 550	Up to 12	Off-track	C+
550 – 950	Up to 12	Off-track	B
550 – 950	Up to 12	Difficult	B+
550 – 950	13 – 19	Any	B+
550 – 950	20 +	Any	A+
950 – 1200	Up to 9	Off-track	A
950 – 1200	10 – 15	Off-track	A+
950 – 1200	Up to 15	Difficult	A+
Over 950	16+	Any	A++
Over 1200	Any	Any	A++