



Northern Ireland Civil Service Ramblers

SATURDAY 17 OCTOBER 2020

LONG HAUL TRAIL, TOLLYMORE FOREST PARK

10.00AM SHARP : MEET IN DONARD PARK, NEWCASTLE

Grade D (Leisurely): Minimal ascent/descent over approx.

14k/8mile distance. Mainly good tracks but some rough, sometimes wet and slippery terrain, so good ankle support from waterproof walking boots is essential - don't be tempted to try walking shoes !

Directions to meeting point: meet in the Donard main car park at the southern end of Newcastle's promenade, - perhaps after some brekkies or whatever in Niki's Kitchen or similar?

Walk description: takes in a short stretch of Donard Wood and a brief uphill trek across open hillside to enter Tollymore Forest and link with sections of the Long Haul Trail. Following a scenic riverside dander we exit the park and return to Newcastle via Tipperary Wood. We finish with a stroll along the Promenade back to Donard Park

The walk leader reserves the right to vary the route on the day depending on prevailing weather conditions. Please notify him if you intend to join the walk.

Contacts:

Denis Hamill: Mob: 07***;**

email : d*****

IMPORTANT

COVID 19

Club walks will follow the Covid 19 guidance, which can be found on the Ulster Federation of Ramblers website. This guidance includes:

- *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.*

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

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)