

Northern Ireland Civil Service Ramblers

AROUND SILENT VALLEY

SATURDAY 19 SEPTEMBER 2020



Directions to the Start Point

- Drive along the Coast Road, through Annalong to the outskirts of Kilkeel.
- Pass a Filling Station on the left and 100-m past you will arrive at road-traffic lights.
- Turn right at the lights and travel on the Carrigenagh Road for 5.5-km to a fork in the road.
- Turn right at the fork and 50-m later turn left into the Silent Valley Mountain Park.

MEET IN CAR PARK AT 09.30AM SHARP.

The walk.

- From the Car Park travel north up the road towards the end of the Reservoir. Bitumen macadam under foot.
- From the end of the Reservoir cross the Mill River and follow the Bencrom River north until we can cross it. Long wet grass under foot.
- Once across the river travel west or north-west (depending on where we cross the river) until we find the path on the south base of Doan. Long grass and heather under foot.
- Travel west on the path until we reach Lough Shannagh and descend to it.
- From the Lough travel south on a stone path until we reach a stone wall.
- At the wall turn east until we arrive at the Dam and return to the car park.

Extras.

Depending on numbers, ability and the availability of another leader, a total of 3 extra mountains could be included for some.

Stats.

Distance 13.5-km (8.5-mis). Total Ascent 300-m (1,000-ft).

Duration – 6-hour (maximum.) walk.

Notifying the Leader.

Please let the leader know by 6pm on Friday 18th September if you plan to attend.

Norman - 07*****

CIVIL SERVICE RAMBLERS - SAFETY CHECKLIST

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)

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 |

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