

CIVIL SERVICE RAMBLERS - Walking 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	Distance	Total Ascent	Grade	Leaders
<i>May</i>					
Sun 1 st	Causeway Challenge Walk	30km			Bannside Ramblers
Thurs 5 th					
Sat 7 th	Leirim Lodge Trevedockdarragh– Pierces Castle – Tonamrock – Rocky Mountain – Leitrim Lodge	10km (5.6ml)	460m	B	Norman McElihinny
Tues 10 th	Evening Walk				
Sat 14 th	Dunluce to Ramore Head	7ml		C	Carol Warke
Thurs 19 th	Evening Walk				

Date	Walk	Distance	Total Ascent	Grade	Leaders
Sat 21 st	Spelga Skyline: Spelga Dam Car park – Butter – Muck – Pigeon – Cock – Spelga Dam	16km (10ml)	1190m	A+	Stephen Dougherty
Tues 24 th	Evening Walk				
Sat 28 th	Meelmore Lodge – Ulster Way – Ott Track – Brandy Pad – Pollaphuca – Meelmore Lodge	12km (8ml)	200m	C	Helen Magill
<u>June</u>					
Thurs 2 nd	Evening Walk				
Sat 4 th	Kilbroney Car Park- Slieve Martin - Knockshee - Kilbroney Forest - Kilbroney Car Park	11.5km (7ml)	450m	C+	Denis Hamill
Tues 7 th	Evening Walk				
Sun 12 th	Kearney to Cloughey	8km (5ml)	Minimal	D	Wally Gamble
Thurs 16 th	Evening Walk				
Sat 18 th	HL: Butter Car Park - Doan - Ben Crom - Carn - Ott and return to car park	14km (8.7ml)	570m	B	Norman McElhinney
Tues 21 st	Evening Walk				

Date	Walk	Distance	Total Ascent	Grade	Leaders
Sat 25 th	Round and Long Seefins - Rocky - Chimney Rock - Spences River - Rourkes Park	12km (8ml)	590m	B	Denis Hamill
Thurs 30 th	Evening Walk				
<u>July</u>					
Sat 2 nd	Pop Up Walk				
Tues 5 th	Evening Walk				
Sat 9 th	The Birds: Rocky river Car Park - Hen - Cock - Pigeon - Rocky River car park.	10km (6ml)	800m	A	Kathryn Minnis
Thurs 14 th	Evening Walk				
Sat 16 th	HL: Carrick Little - Binnian - saddle - Ben Crom Reservoir- Shelter Stone - Hares Gap - Meelmore Lodge. LL: Carrick Little -Saddle - Ben Crom Reservoir - Shelter Stone - Hares Gap - Meelmore Lodge.	13km (8ml) 12km (7.5ml)	1010m 680m	A B	Orlagh Darling Cowan Higgins
Tues 19 th	Evening Walk				
Sat 23 rd	Castlewellan Park and Lake	16km (10ml)	270m	C	Denis Hamill
Thurs 28 th	Evening Walk				

Date	Walk	Distance	Total Ascent	Grade	Leaders
Sat 30 th	HL: Carrick Little - Binnian - Lamagan - Cove - Caves and return via Analong Valley	13km (8ml)	570m	B	Stephen Dougherty
Sun 31st	Rathlin Island: Church Bay to RSPB centre or South Lighthouse and return: Route to be confirmed	10km (6ml)	Minimal	D	Ivan Baxter
August					
Tues 2 nd	Evening Walk				
Sat 6 th	Slievenagloagh-Lough Shannagh-Doan-Silent Valley	15km	700m	B	Norman McIlheny
Sun 7 th	Lagan Valley Regional Park: Walk will follow the Lagan Tow Path to Terrace Hill House (with stunning views of Belfast) and back via Minnowburn Nature Reserve.	TBC	TBC	D	Brett Irwin
Thurs 11 th	Evening Walk				
Sat 13 th	Slieve Croob including Legananny Dolmen and Finnis Souterrain	15km (9ml)	300m	C+	Jim Martin
Tues 16th	Evening Walk				
Sat 20 th	Glenarriff	16km (10ml)	TBC	B	Helen Magill
Thurs 25 th	Evening Walk				

Date	Walk	Distance	Total Ascent	Grade	Leaders
Sat 27 th	Carnadranna - Taylors Rock - Slieve Roosley - Leckanmore - Ballymoney Forest - Rostrever - Kilbroney Park.	16km (10ml)	450m	C+	Colin McWhirter

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++