

CIVIL SERVICE RAMBLERS - Walking Programme for 2018 (Version 11 -Sept 18)

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 new 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
<u>January</u>					
Sat 6 th (09.30)	Carrick Little - Lamagan - Binnian - Carrick Little	11km (6ml)	795m (2608ft)	B	Stephen Dougherty & Sinead McCartan
Fri 19 th (19.00)	AGM in Pavilion - brief AGM business followed by entertainment and refreshments	-	-	-	Committee
Sat 20 th (09.30)	(HL) Meelmore Lodge - Slievenabrock - Commedagh - Corragh - Slievenaglogh - Luke's Mountain - Meelmore Lodge	12km (7.5 ml)	740m (2428ft)	B	Cowan Higgins & Helen Magill
	(LL) Meelmore Lodge - Slievenabrock - Slievenaglogh - Luke's Mountain - Meelmore Lodge	10km (6ml)	410 m (1345ft)	C+	Norman McElhinney & Miriam Miskelly
Sun 28 th (11.00)	Dundrum and Murlough	11km (7ml)	minimal	D	Ivan Baxter
<u>February</u>					
Sat 3 rd (09.30)	Butter Car Park - Doan - Ben Crom - Carn - Ott - Butter Car Park	14km (8.5ml)	570m (1850ft)	B	Colin McWhirter & Orlagh Darling
Sat 17 th (09.30)	(HL) Bloody Bridge - Brandy Pad - Bearnagh - Meelmore Lodge	13km (8ml)	739m (2395ft)	B	Stephen Dougherty & Sinead McCartan
	(LL) Bloody Bridge - Brandy Pad - Meelmore Lodge (Meet at Meelmore Lodge and travel by Bus/ Taxi)	10km (6ml)	550m (1804ft)	C	Cowan Higgins & Ken Bradley

Date	Walk	Distance	Total Ascent	Grade	Leaders
Sun 25 th (10.45)	Bangor to Holywood. Trains leave Holywood at 10.53 and arrive in Bangor at 11.13	16km (10ml)	Minimal	D	Geoffrey Crossey
<u>March</u>					
Sat 3 rd - Sun 4 th	Sperrins - Gortin - walks to be confirmed	tbc	tbc	Various	Michael Carson
Sat 10 th (10.00)	Rourke's Park - Seefins - Rocky - Chimney Rock - Spence's Mt and River - Rourke's Park	12km (7.5ml)	590m (1934ft)	B	Denis Hamill
Sat 17 th (10.00) tbc	St Patrick's Day walk - ** Anticipated start at Castleward - (Classic 20km walk over private land around Downpatrick and Strangford Lough- shorter options also available.)	20km (12ml)	minimal	D	Lecale Rambling Club
Sat 24 th (09.30)	Kilbroney Park - Forest - Slieve Martin - Knockshee - Fallow Stream - Forest - Kilbroney Park	11.5 km (7 ml)	450m (1476ft)	C+	Norman McElhinney & Miriam Miskelly
<u>April</u>					
Sun 1 st (14.00)	Shaw's Bridge - Giants Ring	10km (6ml)	minimal	D	Helen Mallon
Sat 7 th (10.00)	Happy Valley Car park - Slieve Meelbeg - Slieve Loughshannagh - Slieve Meelmore - Happy Valley Car park	10km (6ml)	900m (2950ft)	B	Colin McWhirter & Orlagh Darling
Sun 8 th (14.00)	Groomsport - Orlock - Potavo Reservoir - Groomsport	10km (6ml)	minimal	D	Wally Gamble
Sun 15 th (14.00)	Antrim Castle and Gardens	10km (6ml)	minimal	D	Denis Hamill
Sat 21 st (10.00)	(HL) Bloody Bridge - Donard - Commedagh - Slievenamaddy - Donard Forest Tree Line - Bloody Bridge (LL) Bloody Bridge - Glen River - Donard Forest Tree Line - Bloody Bridge	14km (8.5ml) 12km (7.5ml)	950m (3117ft) 550m (1804ft)	B C+	Cowan Higgins & Aidan Keane Stephen Dougherty & Sinead McCartan
Sun 22 nd (14.00)	Cavehill - Meet at Belfast Castle car park	10km (6ml)	minimal	D	Trevor Mc Cormick

Date	Walk	Distance	Total Ascent	Grade	Leaders
Sun 29 th (11.00)	Downhill Demesnes - Downhill forest - Castlerock and Grangemore Dunes (Trains arrive from Belfast at 10.50)	13km (8ml)	minimal	D	Carol Warke & Lorraine Wright
May					
Thurs 3 rd (19.15)	Scrabo, Newtownards - Meet at the car park below Scrabo Tower. Small amount of steep 'climbing' - good views. Lovely bluebells in May.	10km (6ml)	Minimal	D	Colin McWhirter
4-7 th	Leenane Walking Festival, several levels of walk per day	Various	Various	?	Leenane Festival
Sun 6 th (tbc)	Causeway Challenge Walk: Portballintrae to Port Bradden (walking as NICS Ramblers) Causeway Challenge Walk: Portballintrae to Port Bradden (and back)	(13mls) (26mls)	minimal minimal	D+ B	Bannside Rambling Club
Tue 8 th (18.30)	A walk in the Lagan Valley Regional Park - Stranmillis to Terrace Hill Gardens via Minnowburn (for a shorter version of the walk members can also join at Shaw's Bridge at 19.30)	10km (6ml) 8km (5ml)	minimal "	D D	Brett Irwin
Wed 16 th (19.15)	Cregagh Glen (Forest trails) - Meet at the entrance to the Glen at the top of the Cregagh Road. Park cars in side streets further down the road.	10km (6ml)	minimal	D	Ivan Baxter
Sat 19 th (10.00)	(HL) Pigeon Car Park - Slievemageogh - Eagle- Slievemoughanmore - Pigeon - Pigeon Car Park (LL) Pigeon Car Park - Slievemageogh - Pigeon (Traverse) - Pigeon Car Park	14km (8.5ml) 11km (7ml)	tbc 300m (1000ft)	Tbc C+	Norman McElhinney & Miriam Miskelly Colin McWhirter & Orlagh Darling
Thurs 24 th (19.15)	Belfast Parks - Meet in the car park outside Stranmillis College for a dander through Belfast's big gardens including Botanic Gardens and Ormeau Park	10km (6ml)	minimal	D	Ivan Baxter
Sun 27 th (09:30)	Rathlin - Church Bay to RSPB centre and return (longer option to include Ballyconaghan walk to north coast of island)	10km (8ml) 16km (10ml)	100m (328ft) "	D D	John Holmes
Tue 29 th (19.15)	Parks, Highways and Byways of Bangor	10km (6ml)	minimal	D	Wally Gamble

Date	Walk	Distance	Total Ascent	Grade	Leaders
<u>June</u>					
Sat 2nd (10.00)	Carrick Little - Lamagan Cove - Beg - Annalong Valley - Carrick Little CANCELLED	16km	900m	B	Cowan Higgins & Sinead McCartan
Wed 6 th (19.15)	Stranmillis to the MAC	10 km (6ml)	minimal	D	Helen Mallon
10 th - 17 th	Dingle Way (6 walking days) - a loop trail walk round the scenic Dingle peninsula	121km (75ml)	Various	Mainly C, one B walk	John Holmes
Thurs 14 th (19.15)	Hillsborough Forest Park - Meet in the car park beside the lake	10km (6ml)	minimal	D	Alison Wise
Sat 16th (10.00)	Donard Park - Glen River - Donard - Commedagh - Glen River - Donard Park CANCELLED	13km (8ml)	1050m (3450ft)	A	Colin McWhirter & Orlagh Darling
Tue 19 th (18.45)	North Down Coastal Path - Bangor to Holywood - Meet at Holywood railway station at 18.45 to get the 18.52 train arriving in Bangor at 19.13	16km (10ml)	minimal	D	Mary Graham
Sat 23 rd (10.00)	(HL) Meelmore Lodge - Spellack - Meelmore - Meelbeg - Slieve Loughshannagh - Pollaphuca - Meelmore Lodge (LL) Meelmore Lodge - Fofanny Dam - Carn/ Slieve Loughshannagh Saddle - Pollaphuca - Meelmore Lodge	12km (7.5ml) 12km (7.5ml)	1070m (3510ft) 300m (984ft)	A+ C+	Cowan Higgins & Helen Magill Norman McElhinney & Miriam Miskelly
Sun 24 th (11.00)	Cargan - Dungonnel Way	16km (10ml)	250m (820ft)	D	Jim Hamilton
Wed 27 th (19.15)	Stricklands Glen and Carnalea Glen - Meet at car park at Bryansburn Inn (Trains from Belfast arrive at Bangor West station at 7.09 pm)	10km (6ml)	minimal	D	Aidan Keane
Sat 30th (10.00)	Donard Park - Glen River - Brandy Pad - Beg - Cove - Lamagan - Ben Crom Dam - Reservoir edge - Brandy Pad - Glen River - Donard Park CANCELLED	19km (12ml)	nbc	nbc	Stephen Dougherty & Sinead McCartan

<u>July</u>					
Thurs 5 th (19.15)	Blackhead, Whitehead & Portmuck - Meet at car park for Blackhead Coastal Path walk <i>(Coastal walk with scenic views across Belfast Lough and across to Scotland)</i>	8km (5ml)	minimal	D	Michael Carson
Sat 7 th (10.00)	(Spelga Skyline) Spelga Dam Car park - Butter - Ott - Carn - Muck - Pigeon - C**k - Spelga Dam Car Park	16km (10ml)	1190m (3904ft)	A+	Norman McElhinney
Tue 10 th (19.15)	Belvoir Park Forest - Meet in Belvoir Park Forest car park <i>(Little known trails through the forest and along the Lagan)</i>	10km (6ml)	minimal	D	Ivan Baxter
Tue 10 th - Tue 17 th	Plymouth (up to 6 walking days) - scenic walking using trains, buses and ferries in Devon and Cornwall	Range of walks available	minimal	D	Garry Gerrish
Wed 18 th (19.15)	Cairn Wood - Meet at Cairn Wood car park on the Craigtantlet Road, BT23 4TE	10km (6ml)	minimal	D	Alison Wise
Sat 21 st (10.00)	Meelmore Lodge -Meelmore - Meelbeg - Doan/Bernagh - Pollaphuca/ Hares Gap - Meelmore Lodge	12km (7.5ml)	950m	B	Helen Magill & Cowan Higgins
Thurs 26 th (19.15)	Stormont grounds and Belmont Park - Meet at the pavilion car park	10km (6ml)	minimal	D	Ivan Baxter
Sun 29 th (11.00)	Larne Leisure Centre - Carnfunnock - Ballygally - Larne Leisure Centre	19km (12ml)	minimal	D	Trevor Mc Cormick
Tue 31 st (19.15)	Conlig - Meet at the lower car park of Clandeboye Golf Club	10km (6ml)	minimal	D	Wally Gamble
<u>August</u>					
Sat 4 th (10.00)	Sallagh Braes (option for full day walk or half day walk) (HL) Ballyboley to Glenarm (meet at Ballyboley forest car park)	22.5km (14ml)	tbc	B+	Helen Magill & Alison Wise
(14.15)	(LL) Cairncastle to Glenarm (meet at Linford carpark,)	9.5km (6ml)	tbc	C+	
6 th -10 th	N. Wales, Ulsterbus Tour	Tbc	Tbc	Tbc	Ivan Baxter
Wed 8 th (19.15)	Bangor Parks - Meet Bangor railway station for a walk round Bangor's Castle and Ward Parks. <i>(Trains from Lisburn/Belfast arrive Bangor 7.13 pm.)</i>	10km (6ml)	minimal	D	Aidan Keane

Thurs 16 th (19.15)	Helen's Bay - Meet in Helen's Bay beach car park	10km (6ml)	minimal	D	Wally Gamble
Sat 18 th (10.00)	(Meet at Meelmore Lodge and travel by Bus/ Taxi) Carrick little - Ben Crom Dam - Doan - Meelmore - Meelmore Lodge	10km (6ml)	625m (2050ft)	B	Cowan Higgins & Helen Magill
Tue 21 st (19.15)	Cavehill - Meet in the car park at Belfast Castle	10km (6ml)	minimal	D	Trevor McCormick
Fri 24th (evening)	End of summer bash - bowling/crazy golf + meal ***Please note that this is subject to confirmation***	-	-	-	
Sat 25 th (10.00)	Slieve Croob including Legananny Dolmen and Finnis Souterrain CANCELLED	15km (10ml)	300m (984ft)	C+	Jim Martin
Sun 26 th (11.00)	Breen Forest/ Moyle Way - Meet at 10.30 at Scenic Inn CANCELLED	14km (8.5ml)	300m	C	Denis Hamill
<u>September</u>					
Sat 1 st - Sat 8 th	Foreign Trip - Italy 7 nights in Madonna Di Campiglio in Italian Dolomites with Milan option before/after trip.	Range of walks	Various	Various	Michael Carson
Sat 8 th	Butter Car Park - Bearnagh - Ben Crom Dam - Doan - Butter Car Park	15km (9ml)	550m (1800ft)	B	Colin McWhirter & Sinead McCartan
Sat 22 nd (10.00)	(HL) Carricklittle - Binnian - Lamagan - Cove - Beg - Annalong Valley - Carricklittle (LL) Carricklittle - Annalong Valley - Brandy Pad - Donard	13km (8ml) 9km (6ml)	570m (1850ft) 670m (2198ft)	B B	Stephen Dougherty & Sinead McCartan Norman McElhinney and Miriam Miskelly
Sun 30 th (11.00)	Castlewellan Loanens	10km (6ml)	minimal	D	Ivan Baxter
<u>October</u>					
Sat 6 th (10.00)	Trassey - Meelmore - Meelbeg - Bearnagh - Hares Gap - Trassey	11km (7ml)	940m (3084ft)	B	Cowan Higgins & Orlagh Darling
Sun 14 th (14.00)	Downpatrick - River Quoile - Inch Abbey	10km (6ml)	minimal	D	Denis Hamill

Sat 20 th (10.00)	(HL) Silent Valley - Slievenaglogh - Doan - Ben Crom Dam - Ben Crom - Silent Valley (LL) Silent Valley - Slievenaglogh - Slieve Loughshannagh - Ben Crom Dam - Silent Valley	16km (10ml) 15km (9.5ml)	750m (2461ft) tbc	B tbc	Norman McElhinney & Miriam Miskelly Colin McWhirter & Orlagh Darling
Sun 21 st (11.00)	Castleward	10km (6ml)	minimal	D	Sinead McCartan
Sun 28 th (11.00)	Moira to Aghalee	10 km (6 ml)	minimal		Mary Graham
<u>November</u>					
Sat 3 rd (10.00)	Carnadranna - Taylor's Rock - Slieve Roosley - Leckan More - Rostrevor - Kilbroney Park <i>(Meet at Kilbroney Park and travel by car to start point)</i>	12km (7.5ml)	tbc	tbc	Norman McElhinney and Miriam Miskelly
Sat 17 th (10.00)	(HL) Happy Valley Car Park - Fofannybane - Craigdoo - Kinnahalla - Spelga - Butter Mountain - Fofanny Dam (East) - Happy Valley Car Park (LL) Happy Valley Car Park - Mourne/Ulster Way - Pollaphuca - track - saddle between Slieve Loughshannagh & Carn - track - Happy Valley Car Park	13km (8ml) 6km (3ml)	tbc 540m (1771ft)	Tbc C+	Colin McWhirter and Orlagh Darling Stephen Dougherty and Sinead McCartan
Sat 24 th	Xmas night out (to be arranged)	-	-		Committee
Sun 25 th (11.00)	Victoria Park to Lisnabreeny Fort	20km (12ml)	Minimal	D	Helen Mallon
Fri 30 th -Mon 3 rd Dec	London Lights Weekend	tbc	tbc	-	Den Hamill/Garry Gerrish
<u>December</u>					
Sat 1 st (10.00)	Binnian and Lamagan (tbc)	tbc	tbc	C	tbc
Sat 15 th (10:00)	Bloody Bridge - Brandy Pad - Commedagh - Corragh - Slievenaglogh - Meelmore Lodge Bloody Bridge - Brandy Pad - Meelmore Lodge				Stephen Dougherty and Sinead McCartan Cowan Higgins & Ivan Baxter
Thurs 27 th (11.00)	Bangor - Groomsport - Donaghadee	20km (12ml)	minimal	D	Muriel King

Additional "Pop-up" trips for high mountain walks (weather dependent) will be arranged by Colin McWhirter, Michael Carson & Norman McElhinney. The opening order of priority has been agreed as the (1) Magillicuddy's Reeks, Kerry; (2) Twelve Bens, Connemara; and (3) Mt. Snowdon, Wales

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++