



Northern Ireland Civil Service Ramblers

CAVEHILL

Saturday 4 April 2026

Meet at 10.00am in the carpark on the left before Belfast Castle, or if there no spaces left there, park near the castle itself.

We'll take the Cavehill Trail to McArt's Fort and then walk towards Colinward mast via GlasnaBradán Wood, returning via the Upper Hightown Road entrance to the CAVEHILL Country Park. Approximately 7 miles with a few steep sections. It may be damp or muddy in places so boots and poles recommended. Bring drinks and snacks/lunch.

The walk leaders reserve the right to vary the route on the day depending on prevailing weather conditions.

Leader: Helen Mallon

Contact number: 07*****

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

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

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)