



## WALK SAFELY

- \* Always bring waterproof clothing.
- \* Wear footwear suitable for rough ground.
- \* Bring enough food and liquids.
- \* Carry additional warm clothing, hat and gloves.
- \* Carry personal first aid kit.
- \* Carry card with emergency contact number and details of relevant medical conditions / allergies
- \* Remember you're responsible for your own safety.

## CEDARS WALKING GROUP

Programme 2011 - 2012

Contact: Jethro Centre Tel: 3832 5673

Programme subject to change:

confirm with Jethro Centre after 9.20 am

## ... ENJOY YOUR WALK

Date	Main Walk	Alternative
<b>Sep</b> 15	<b>Newcastle - Donard Car Park</b>	
22	Bangor/Hollywood train - Coastal Path	
29	Carnfunnock Country Park ... ..	Scawt Hill
<b>Oct</b> 06	<b>Delamont / Quoile</b>	
13	Helen's Tower	
20	Silent Valley ... ..	Blue Lough
27	Halloween at Gosford	
<b>Nov</b> 03	<b>Belfast Lisburn tow path by train</b>	
10	Ballyhornan Coastal Path	
17	Newry Canal ... ..	Slieve Gullion
24	Murlough	
<b>Dec</b> 01	<b>Kilbroney</b>	
08	Whitehead by train	
15	Christmas Dinner - Clare Glen / Brackagh	
<b>Jan</b> 05	<b>Antrim Loop</b>	
12	Castlewellan Forest Park	
19	Craigavon Lakes ... ..	Slieve Croob
26	Giant's Ring	
<b>Feb</b> 02	<b>Hen Track</b>	
09	Loughgall Country Park	
16	Castleward	
23	Broadwater ... ..	Mournes
<b>Mar</b> 01	<b>Peatlends</b>	
08	Tollymore	
15	Saint Patrick's Way, Downpatrick	
22	Gortin Glen	
29	Carlingford	
<b>Apr</b> 19	<b>Cavehill</b>	
26	Carnlough	
<b>May</b> 03	<b>Trassey Track</b>	
10	Bluebells Portglenone	
<b>14-18</b>	<b>Residential - Ballina, County Mayo</b>	
24	Orlock Point, Donaghadee	
31	Cuilciagh Way	
<b>Jun</b> 07	<b>Banagher Glen, Dungiven</b>	
14	Bar-B-Q in the Mournes	