



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.

... ENJOY YOUR WALK

CEDARS WALKING GROUP

Programme 2012 - 2013

www.cedarswalkers.org.uk

Programme is subject to change:
confirm with Jethro Centre after 9.20 am on walk day

Contact: Jethro Centre Tel: (028) 3832 5673

Date	Main Walk	Alternative
Sep 13	Newcastle - Donard Car Park	
20	Bangor/Crawfordsburn/Hollywood (train)	
27	Banagher Glen	Craigavon Lakes
Oct 04	Antrim Hills	Carnfunnock
11	Slieve Gallion (Iniscarn)	Lough Fea
18	Carlingford - Barnavave	Carlingford Forest
25	Lagan Towpath	
Nov 01	Gosford (Hallowe'en)	
08	Helen's Tower (train and bus)	
15	Rourke's Park / Chimney Rock	Annalong coast
22	Dundrum Railway track loop	
29	Black Mountain / Divis	
Dec 06	Trassey Track to newcastle	
13	Christmas Dinner walk	
Jan 10	Antrim Loop	
17	Yellow Water	
24	Newry Canal	
31	Benburb (snowdrops)	
Feb 07	Delamont	
14	Spelga / Pigeon Rock	Oxford Island
21	Peatlands	
28	Murlough	
Mar 07	Brandy Pad	Castlewellan
14	Castleward	
21	Slieve Gullion	Ballymoyer
28	Easter break - two weeks	
Apr 11	Rossmore, Monaghan (bluebells)	
18	Glenariff Forest Park	Broadwater
25	Cassey Water to Rostrevor	Greencastle
May 02	Drumbane Trail, Glenuillin	Clare Glen
09	Carnlough/Glenarm Forest	
12 to 16	Residential	
23	Ballyhornan Coastal Path	
30	Binnian	Blue Lough
Jun 06	Cuilcagh Way	Hillsborough Forest
13	Slieve Croob	Drumkeeragh
20	North Coast and meal	