



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 2013 - 2014

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	Location	Alternative
Sep 12	Castlewellan	
19	Hen Track plus mountain option(s)	
26	Bangor/Crawfordsburn/Hollywood (train)	
Oct 03	Howth Head by Train and DART (or possibly coach)	
10	Greenmount Hill Farm to Slemish	
17	Slieve Gullion	<i>Ballymoyer, Whitecross</i>
24	Tully Forest, Lisnaskea	
31	Gosford (Hallowe'en)	
Nov 07	Tollymore Forest	
14	Helen's Tower (train and bus)	
21	Slieve Bearnagh / Trassey Track	
28	Colin Glen	
Dec 05	Lagan Towpath	
12	Slieve Croob	<i>Hillsborough Forest</i>
19	Kilbroney and Christmas Dinner	
26	Christmas - two week break	
Jan 02		
Jan 09	Antrim Loop and Gardens	
16	Tipperary Wood and Granite Trail	
23	Lagan Towpath / Giant's Ring	
30	Bangor/Groomsport (train and bus)	
Feb 06	Loughall Country Park & The Argory	
13	Ballyhornan Coastal Path	
20	Delamont and Quoile	
27	Murlough	
Mar 06	Rourke's Park and Rocky Mountain	
13	Lecale Way	
20	Brandy Pad	
27	Vinegar Hill (The Sperrins)	<i>Newry Canal</i>
Apr 03	Sallagh Braes	<i>Carnfunnock Country Park</i>
10	Lough Shannagh and Doan	
17	Easter (April 20) two week break	
24		
May 01	Carlingford	
08	Slieve Gallion	<i>Lough Fea</i>
12 to 16	Residential	
22	Glenariff	
29	Blue Lough and Lamagan	
Jun 05	North Coast	
12	Commedagh	
19	Attical to BB Hut for Bar-B-Q	<i>Pierce's Castle</i>