



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 2014 - 2015

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

... ENJOY YOUR WALK

Date	Location	Alternative
Sep 11	Tollymore Forest	
18	Carndaisy, Moneymore	<i>Lough Fea</i>
25	Portstewart Coastal Path to Whiterocks	
Oct 02	Bangor/Crawfordsburn/Hollywood (train)	
09	Carrick Little	<i>Annalong Coastal Path</i>
16	Divis Mountain	
23	Kilbroney, Rostrevor	
30	Gosford for Halloween	
Nov 06	Carlingford	<i>Omeath NEW Coastal Path</i>
13	Helen's Tower / WW I commemoration (train & bus option)	
20	Murlough	
27	Banns Road - Slievenagore/Silent Valley	
Dec 04	Lagan Canal	
11	Castlewellan Forest Park	
18	Rostrevor & Whistledown, Warrenpoint: Christmas dinner	
25	Christmas - two week break	
Jan 01		
Jan 08	Antrim Town Loop (Antrim Marina)	
15	Tipperary Wood (Donard Car Park)	
22	Newry Canal	
29	Trassey Track	<i>Whyte Estate, Loughbrickland</i>
Feb 05	Slieve Croob	<i>Oxford Island</i>
12	Giant's Ring	
19	Hen Track	
26	Castle Ward	
Mar 05	Pigeon Rock Mountain	<i>Broadwater</i>
12	Whitehead	
19	Ballyhornan for Coastal Path (Lecale Way)	
26	Vinegar Hill Loop	<i>Clare Glen</i>
Apr 02		
09	Easter (April 20) two week brea	
Apr 16	Cave Hill - Belfast Castle	<i>Jordanstown Coastal Path</i>
23	Antrim Hills Way	<i>Carnfunnock Country Park</i>
30	Bloody Bridge / Chimney Rock	<i>Ballymoyer, Whitecross</i>
May 07	Dungonnell, Glenariff Forest	<i>Peatlands Park</i>
11 to 15	Residential	
21	Loughgall Forest Park	
28	Slieve Commedagh	<i>Dundrum old railway line</i>
Jun 04	Rathlin Island	
11	Rourkes Park	<i>Cranfield to Greencastle</i>
18	walk and Bar-B-Q at BB Hut	