

WEST TYRONE RAMBLERS WALKING PROGRAMME



westtyronerambblers@gmail.com

find us on facebook

A morning walk gives the body a chance to forgive the trials & tribulations of yesterday, to shed its rubbish & mental clutter - Terri Guillemets

DATE	GRADE	DESTINATION
APRIL 2025		
Saturday 5 April	C	To Be Confirmed Desmond Preston 028 8224 3229
Sunday 13 April	C	Glenveagh National Park, Donegal OS 6 Mary & Michael Holland 07874 166831
Saturday 19 April		Easter Weekend 
Sunday 27 April	B	Eagles Rock through Moydamlaght, Derry Judith Cummings 07876 617798 OS 13 / 8
MAY 2025		
Saturday 3 May	C	Moveille to Greencastle Coastal Walk, Donegal Monica & Kevin O'Gara 07786 468660 OS 3
Friday 9 May to Monday 12 May	C & B	Weekend to Arklow, Wicklow OS 56
Saturday 17 May	B	Slieve Gallion, Derry OS 13 Kate Beggs & Mary Daly 07496 003295
Sunday 25 May	C	Lough Navar Forest Loop, Fermanagh Anne McGarvey 07702 071590 OS 17
Saturday 31 May	C+	Banagher Dam Walk, Derry OS 7 Mary Holland & Patricia Grimes 07874 166831
JUNE 2025		
Sunday 8 June	C	Gola Island, Bunbeg, Donegal OS 1 Tricia R-Q 07881 944749
Saturday 14 June	B	Mullaghclogha, Sperrins OS 13 Anne Flanagan & Kate Hood 07756 393494
Sunday 22 June	C	Sli An Earagail, Donegal OS 1 Bridie Hamdam 07955 243257
Saturday 28 June	C	Donard Forest & Drinnahilly, Down OS 29 Mary Daly & Kate Beggs 07867 754593

✳ N.B. Changes to the walks & departure times may vary ✳

Walks are graded C or B

Grade C walks are mainly on roads, paths or tracks suitable for most reasonably fit adults.

Grade B walks can involve ascending and descending on rough wet ground with no defined paths, suitable for experienced walkers with a good level of fitness.

WEST TYRONE RAMBLERS – INFORMATION AND GUIDELINES

Walk co-ordinator/s may modify or change a scheduled walk at their discretion. Named co-ordinators will complete a reconnaissance of a scheduled walk, and co-ordinate that walk on the day. All efforts are made to replace cancelled walks with walks of similar grades. Walk co-ordinators will be reimbursed by Treasurer for reconnaissance costs at a rate of 20p per mile.

Everyone going on club walks must have appropriate footwear and clothing, carry water and a packed lunch in a rucksack and carry a medical information card and any pertinent medication, a small first aid kit is also useful.

Walk co-ordinator/s may refuse to allow any person to join a walk if they consider the person/s ill- equipped or unfit for that walk. If a member is in doubt about his/her ability to complete a walk, it is advisable to contact the walk co-ordinator in advance. Contact details for walk co-ordinators are given in the walks programme.

Children under 18 years must be accompanied by a responsible adult member.

Dogs are not permitted on Club walks.

All walkers are expected to keep together throughout the walk and not to go ahead of the walk co-ordinators/s. Under no circumstances should anyone leave the group without informing the walk co-ordinator and agreeing a safe alternative route.

All club members are expected to behave in a respectful manner towards other walkers in the group, onlookers and the environment. All members should follow the Country Code #leavenotrace.

In the event of an accident the members involved should submit a report on an Accident Report Form available from the secretary.

The report should include the names of all members involved in the incident.

It should be understood that each member taking part in a walk, does so at his/her own risk and the club cannot be held responsible for any mishap or injury howsoever caused.

Contact:

Westtyronerambblers@gmail.com

westtyronerambblers@gmail.com

DATE	GRADE	DESTINATION
JULY 2025		
Friday 4 July		BBQ Clanabogan Country Club 
Sunday 6 July	C	Lough Finn, Donegal OS 11 Mary & Michael Holland 07874 166831
Saturday 12 July	B	Cruit Island, Donegal OS 1 Rita Fox & Mary Coyle 07799 711928
Sunday 20 July	C	Ards Forest, Donegal OS 2 Patricia Grimes 07818 876869
Saturday 26 July	C	Roe Valley River Walk, Limavady OS 7 Elma Rushe 07968 076053
AUGUST 2025		
Sunday 3 August	C	Boardwalk & Tramore Beach, Carrigart, Donegal OS 2 Mary Coyle & Noreen Keenan 07845 407021
Saturday 9 August	C	Peatlands Park, Dungannon OS 19 Mary Daly & Anne McBain 07867 754593
Sunday 17 August	B	Port to Sturral Ridge View, Donegal OS 10 Nora & Liam McGrath 07821 149753
Saturday 23 August	C	Craigavon Lakes, Armagh OS 20 Eileen McCallion 07740 105256
Sunday 31 August	C	Swan Park to Fr Hegarty's Rock, Buncrana, Donegal Mary & Michael Holland 07874 166831 OS 2
SEPTEMBER 2025		
Saturday 6 September	B	Carnaween, Donegal OS 11 Mary Daly & Kate Beggs 07867 754593
Sunday 14 September	C	Muckish Loop, Donegal OS 2 Nora & Liam McGrath 07821 149753
Saturday 20 September	C & B	Day Trip to Arranmore Island, Donegal Led by Committee OS 1
Sunday 28 September	B	Binevenagh, Limavady OS 4 Judith Cummings 07876 617798

Notes:

Walks take place on alternate Saturdays and Sundays departing Omagh Leisure Centre Car Park usually at 9:30 am; route information is given and car sharing is arranged prior to departure.

In order to preserve insurance cover the membership fee of £25 per person per annum should be paid at the AGM in November.

In every walk with nature one receives far more than he seeks - John Muir



An early morning walk is a blessing for the whole day - Henry David Thoreau