

THE COUNTRYSIDE CODE

1. Check weather forecasts before you leave and don't be afraid to turn back.
2. Follow local signs, advice and access restrictions.
3. Leave gates and property as you find them.
4. Litter can be dangerous to wildlife and farm animals – take rubbish home with you.
5. Don't damage or remove rocks, plants or trees – they are homes and food for insects, birds and animals.
6. Wild and farm animals can behave unpredictably, especially if they are with their young, so give them plenty of room.
7. Consider others – drive carefully on country lanes and give way to walkers when you're on a bike.

Aims of the Walking Festival

1. Promote safety in the hills.
2. Raise the profile of the NWMRT.
3. Raise funds for the NWMRT and your own personal charity.
4. Promote the benefits of hill walking and outdoor activities.
5. Promote the Belfast Hills as an exciting destination and tourist location.
6. Provide an event to encourage greater knowledge of the hills and the environment

HISTORY OF NWMRT

The North West Mountain Rescue Team was established in Derry City in 1980 to provide a search and rescue service for the north west of Northern Ireland and Donegal. Today, our area of operations includes the whole of Northern Ireland. As a member of Mountain Rescue Ireland (MRI), the team can support any of the 11 other Teams based on the island of Ireland.

OPERATIONS

The Team provides a 24 hour call-out service at the request of the Police Service of Northern Ireland (PSNI). Team Members are expected to respond in all weather conditions, 365 days of the year. To respond quickly, we are organised into 3 Sections based in Enniskillen, Magherafelt and Ballymena, known as West, Central and East Sections respectively. The nearest Section provides an immediate response until additional resources arrive from other Sections. The team attends approx 50 rescues and over 80 training events annually, working closely with the Emergency Services, Coast Guard and local authorities.

For further information about the North West Mountain Rescue Team please visit www.nwmrt.org

North West Mountain Rescue Team

WALKING FESTIVAL

Sat 21 May 16

Raise funds for your own charity and your local Mountain Rescue Team whilst experiencing the beauty and natural environment of the Belfast Hills.



National
Trust

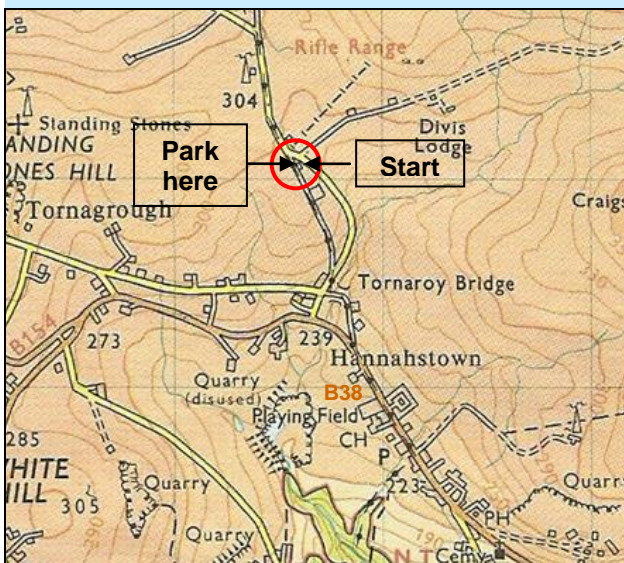
- Once you have paid your registration fee all other money raised by you goes to your own charity if you have one.
- You must be 13 years old to participate in the walks. Those aged 13-17 years must be accompanied by an adult.
- In order to ensure the smooth running of the walks, registration time will be strictly adhered to and unfortunately we are unable to permit registrations onto the walks outside the times stated.
- Food and tea/coffee will be provided at the start and finish for participants.
- Water points will be placed on routes.
- There is both domestic livestock and wild animals on the Belfast Hills and therefore dogs are not permitted.
- Hill walking is a strenuous activity and a reasonable level of fitness is required.

How to find us:

National Trust Car Park, Divis Road, near Belfast, BT17 0NG - See map below

How to get there:

By road: Minor road off the B38 Upper Springfield Road



20K CIRCULAR WALK

Date: Sat 21 May 16

Registration 9.00 – 9.30 am

Cost: £10 adult, £5 child (13-17 yrs)

Distance: 20 kilometres

An excellent all day hike for the adventurer along a marshalled route taking in the Belfast Hills including Black Hill, Black Mountain, Divis Mountain and which provide the backdrop to the city's skyline. They offer spectacular views across Northern Ireland, Belfast Lough and as far as Donegal and the coasts of England, Scotland and the Isle of Man. The route will be marshalled by the North West MRT and there is also an option for a guided walk commencing at **09:15hrs** and **09:30hrs** for those who wish to be accompanied during this walk.

How do I participate?

1. Visit operations@nwmrt.org and register for an application pack.
2. Receive information pack and complete registration form. Return with payment to address that will be provided.
3. Report for registration on the day of the walk.
4. Raise funds for your own charity or NWMRT if you have no charity.

10K CIRCULAR WALK

Date: Sat 21 May 16

Registration 10.00 – 10.30 am

Cost: £10 adult, £5 child (13-17 yrs)

Distance: 10 kilometres

A superb family hike along a marshalled route taking in Black Mountain and Divis Mountain which provide the backdrop to the city's skyline. They offer spectacular views across Northern Ireland, Belfast Lough and as far as Donegal and the coasts of England, Scotland and the Isle of Man. The route will be marshalled by the North West MRT members and there is also an option for a guided walk commencing at **10:15hrs** and **10:30hrs** for those who wish to be accompanied.

What do I need to bring?

1. Waterproof coat.
2. Water and some food.
3. Hat and gloves.
4. Spare warm clothing.
5. Suitable footwear – routes will mainly be cross country and likely to be wet and muddy.
6. Medication that you may need.