



Walk and Talk

2 walks each month on the 1st and 3rd Mondays @ 11am. All walks start from Altnaveigh House on the Belfast Road. Off road parking and toilets available. Walks last approx 1 hour and proper footwear is essential as well as a drink and snack

2018/19 Walks Programme

3 rd Sept	Ravensdale (Picnic)	18 th Mar	Kilbroney
17 th Sept	Heritage Trail Rostrevor	1 st Apr	Tow Path (Woodland Trust)
1 st Oct	Castlewellan Park	15 th Apr	Narrow Water Wood
15 th Oct	Omeath/Carlingford Greenway	6 th May	Clare Glen (Picnic)
5 th Nov	The Bernish	20 th May	The Lagan Belfast **
19 th Nov	Tow Path Lurganare	3 rd June	White Estate Loughbrickland (Picnic)
3 rd Dec	Gosford	17 th June	Dublin Stephens Green **
17 th Dec	Newt City Walk	1 st July	Newcastle **
7 th Jan	Dromantine	15 th July	Mystery Tour
21 st Jan	Warrenpoint	5 th Aug	Brandy Path (Mourne)
4 th Feb	Slieve Gullion	19 th Aug	Cranfield (Picnic)
18 th Feb	Newry Greenway	2 nd Sept	Ravensdale (Picnic)
4 th Mar	Carlingford	16 th Sept	Hillsborough Lake **

All walkers must read and sign a “Disclaimer for Outdoor Activities” form

Walks may be subject to change so it is advisable to keep in touch.

There are 5 Walks Coordinators; Josephine Conlon; Deirdre McVeigh; Helen McDowell; Marie Cranney;

Margaret McArdle:- Tel; 02830849088 or 07964321209: email margetmcardle40@gmail.com

Further Information contact Newry U3A 02830266034

_** Public Transport- Meet at Bus or Railway Station **