



# The Original Mourne Seven Sevens 2025 Final Instructions

**Phone Number – 07845 659503**  
**Give your Name and Participant Number in all messages**  
**In an emergency dial 999 ask for Police then Mountain Rescue**

Lagan Valley Orienteers welcomes you to the Original Mourne Seven Sevens Challenge Walk. Please remember that this event is a personal challenge and not a race. To complete this challenge you must be an experienced hill walker and be fit enough for the distance, climb and terrain involved. The exact route is not fixed and is not way-marked at any stage. **Navigational skills will be required, especially if weather conditions are poor so participants must have the ability and experience to use both map and compass.** (Navigation using only a smartphone app is dangerous).

**Parking** is free in Donard carpark but parking may be limited due to other events especially later in the morning. Please car share if possible and allow time to find alternative parking nearby. Please do not drive directly to Greenhill.

**Registration opens on Saturday morning at 06:00** in [Greenhill YMCA](#) approx. 800m from Donard carpark. Follow signs & tape from the south end of the carpark up through the woods to Greenhill. Registration will take no more than 10 minutes.

**IMPORTANT: Please report to Registration no earlier than 15 minutes before your allocated Start Block**

You will need to hand in the **Registration Form** ([click here to download](#)) with details of your car registration, walking companions (if any), contact details, etc. Please print out and complete this in advance so as to save you time queuing on Saturday morning.

You will receive an electronic timing chip (aka dibber) on a lanyard. Please look after this as you will be charged £30 for a lost dibber. You will also have a Tyvek strap attached to your rucksack which has your **Participant Number** on it.

**The Start** – of the walk is just outside Registration. Therefore, once registered you should be able to start immediately. Please do not loiter.

**How to use the electronic timing gear:** At the Start Line a marshal will check your **Participant Number** against your name and then activate your timing chip (dibber). **You must then dib the START BOX as you leave.**



At each summit you will find an electronic **SI Control Box** on a post with an orange and white flag. **Insert your dibber into the hole in the SI box** and wait until you hear a beep. The dibber will now have recorded the time you arrived at the top. ([Click here](#) for more info on the timing system). There are six Marshalled Check Points (MCPs) along the route in the cols between summits and at Ben Crom Dam. The Donard-Commedagh col is visited twice. **Please be sure to give the marshals your number as you go past.**



N.B. The NIMRA 77s race starts at 10am and uses the same checkpoints. Runners will be wearing race bibs.

**The Initial Route** – from Greenhill YMCA into the forest to the Glen River path will be signed and marked. From there follow the path up the river to the Donard - Commedagh col (saddle) and onwards.

**Light refreshments** and will be available at Greenhill from 14:00. **Please bring a cup so we can reduce waste.**

**Finishers' names and times will be streamed live to <http://lvo.org.uk/liveresults> throughout the day.** We will also have live data from several checkpoints around the course which we will publish snapshots of onto Facebook page through the day so your friends and family can monitor your progress.

**Leave No Trace** – This event subscribes to the [LNT ethos](#) and the [NI Countryside Code](#): - Use stiles to cross fences and walls, leave gates as you find them and **please bring ALL your rubbish home** - including orange peels and banana skins! We will have recycling bins at the finish to help you with this task. **Unfortunately, we cannot allow dogs on this event** – no matter how well behaved and experienced they are on mountain hikes.

**Route:** The route is clockwise around each of the seven summits which must be visited in the order stipulated below plus the marshalled checkpoints (denoted MCP below).

Checkpoint	Grid Ref*		Marshals / Timed
Start – Greenhill YMCA	J 3697 3032		<b>Start Control Box</b>
Follow signage and the Glen River track from the bottom bridge until you exit the forest at the top gate			
<b>Slieve Donard</b>	J 3577 2767	Summit Cairn	<b>Control Box 101</b>
Col Donard-Commedagh	J 3496 2792	Stile	MCP
<b>Slieve Commedagh</b>	J 3459 2860	Summit Cairn	<b>Control Box 102</b>
<b>Slieve Lamagan</b>	J 3285 2600	Summit	<b>Control Box 103</b>
Col Binnian-Lamagan <b>Cut-Off Time 12:00</b>	J 3209 2558	Path junction in Col	MCP
<b>Slieve Binnian</b>	J 3203 2339	South Summit Tor – East side	<b>Control Box 104</b>
Ben Crom Dam <b>Cut-Off Time 14:00</b>	J 3137 2561	Northwest end of dam	MCP – <b>Control Box 105</b>
<b>Slieve Meelbeg</b>	J 3006 2790	Summit – East (inside) of wall corner	<b>Control Box 106</b>
Col Meelmore-Meelbeg <b>Cut-Off Time 16:00</b>	J 3030 2813	Stile	MCP
<b>Slieve Meelmore</b>	J 3053 2855	Summit Cairn – West side of wall	<b>Control Box 107</b>
<b>Slieve Bearnagh</b>	J 3126 2805	Corner in wall – South side	<b>Control Box 108</b>
Hares Gap	J 3226 2868	Gate	MCP
Col Donard-Commedagh	J 3496 2792	Stile	MCP – <b>Control Box 109</b>
Follow the Glen River path from the gate at the top of the forest to the bottom bridge and then marker tapes back to Greenhill			
Finish – Greenhill YMCA	J 3697 3032		<b>Finish Control Box</b>

\*Tip - The 8 figure grid reference denotes the bottom left hand corner of a 10m square. [See here](#) for more info.

Mark these on your Mourne map before the big day and plan your route.

**Cut-off times will be enforced.** Walkers missing a cut-off will be retired from the walk and will be marked **RTD** on the results (no times). **Control boxes will be taken in after the cut-off time for each stage of the course.**

**In the event of extreme weather conditions** the route may be altered on the day. Marshalled Check Points may have to be moved for their safety, but Control Boxes will remain in place until the cut-off times.

**Retirees at any stage of the event must report as soon as possible to a marshal or via text to base (07845 659503) and return directly to Greenhill to return their dibber and to register that they are safely off the mountains.**

**[The Mourne Rambler Bus](#)** (Service 405) does a loop of the eastern Mournes starting Newcastle at 09:00. 12:00 and 15:00 via Bryansford, Trassey Road, Ott Carpark, and the Head Road past Silent Valley, Carricklittle and Bloody Bridge.

**Equipment, food and water:** The event is not supported along the route. Participants must carry all the equipment and supplies they need for the day. **Participants must have the following minimum kit which will be checked at registration:**

- Hiking boots/shoes or fell shoes (no trainers)
- Waterproof coat with hood & waterproof trousers
- Hat
- Food and drink sufficient for a long day hiking – Bring extra water on a hot day.
- 1:25,000 map of the Mourne Mountains\*\*
- Compass & whistle\*\*
- First Aid kit\*\*
- Survival bag\*\* (a foil bag is good but no space blankets)

\*Smart phones must not be used as the only means of navigation

\*\*If walking in a group – the map, compass, whistle, first aid kit and survival bag may be shared between up to 3 people. Groups will need to do kit check together and stay together throughout the day.

These items are required regardless of the weather forecast as mountain conditions in Britain and Ireland can change dramatically with little warning. **Anyone failing the kit-check at registration will not be allowed to start. The Organiser's decision will be final and there will be no recompense for this decision.**

**Water** - There will be a bucket of water from a local ground source at the Ben Crom Dam which walkers may use at their own risk. We recommend that ground water be treated with water purification tablets before drinking.

***We look forward seeing you on 9<sup>th</sup> August and we hope you have a great day out – Lagan Valley Orienteers***