



The Original Mourne Seven Sevens 2026 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 Shimna College.

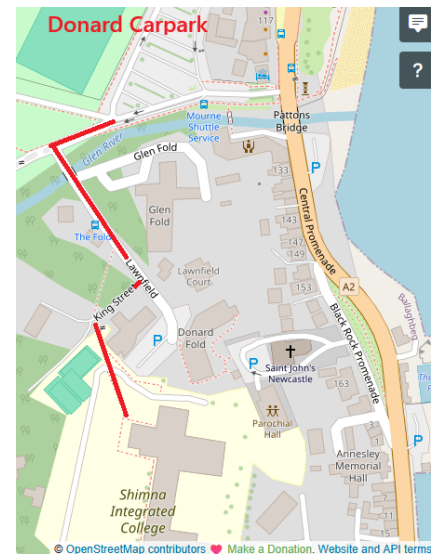
Toilets are available in Shimna College.

Registration opens on Saturday morning at 06:00 in [Shimna Integrated College](#) approx. 250m from Donard carpark. Follow signs & tape from the south end of the carpark to enter the college via a pedestrian gate - 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 to save you time queuing on Saturday morning.

You will receive an electronic **SI Card** 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 with your **Participant Number** on it.



The Start – of the walk is just outside Registration. Therefore, once registered you can 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 (and some checkpoints) 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 record the time you arrived at the top/checkpoint. ([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 Shimna College 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 Shimna 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.

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 anti-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*	Description	Marshals / Timed
Start – Shimna College	J 373 301		Start Control Box
Follow signage & tape to the bottom bridge then up the Glen River path until you exit the forest at the top gate			
Slieve Donard	J 3577 2767	Summit Cairn	Control Box 101
Col Donard-Commedagh	J 3496 2792	Stile	MCP
Slieve Commedagh	J 3459 2860	Summit Cairn	Control Box 102
Hares Gap	J 3226 2868	Gate	MCP
Slieve Bearnagh	J 3126 2805	Corner in wall – South side	Control Box 103
Slieve Meelmore	J 3053 2855	Summit Cairn – West side of wall	Control Box 104
Col Meelmore-Meelbeg Cut-Off Time 13:00	J 3030 2813	Stile	MCP
Slieve Meelbeg	J 3006 2790	Summit – East (inside) of wall corner	Control Box 105
Ben Crom Dam Cut-Off Time 14:00	J 3137 2561	Northwest end of dam	MCP – Control Box 106
Slieve Binnian	J 3204 2338	South Summit Tor – East side	Control Box 107
Col Binnian-Lamagan Cut-Off Time 16:30	J 3209 2558	Path junction in Col	MCP – Control Box 108
Slieve Lamagan	J 3288 2605	Summit	Control Box 109
Col Donard-Commedagh	J 3496 2792	Stile	MCP – Control Box 110
Follow the Glen River path from the gate at the top of the forest to the bottom bridge and then marker tapes back to the College			
Finish – Shimna College	J 373 301		Finish Control Box

*Tip - The 8 figure grid reference denotes the bottom left-hand corner of a 10m square in which the control sits. [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. If you miss a cut-off please do not argue with our marshals. The cut-offs are to ensure we can get everyone safely off the hills – marshals and walkers - well before nightfall. **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 Shimna 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 09:30. 12:00 and 15:00 via Bryansford, Trassey Road, Ott Carpark, and the Head Road past Silent Valley, Carricklittle and Bloody Bridge. [Click here](#) for a map of the route showing the main access paths.

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 ^{1 2}
- Compass & whistle ^{1 2}
- First Aid kit ²
- Survival bag ² (a foil bag is good but no space blankets)

Note 1 - Smart phones must not be used as the only means of navigation

Note 2 - 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 8th August and we hope you have a great day out – Lagan Valley Orienteers