



Community Walking Leader and Heritage Ambassador Training



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Timetable

Content	Date	Location	Delivery
– Ring of Gullion Coach Heritage Tour	Saturday 20 th Jan 2018 10.30 – 16.30	Pick up, and drop off: Newry Museum	Tour Guide - Una Walsh
– Welcome, registration, structure of NI Tourism industry – Introduction to OCNNI Tour Guiding skills (level 2) – Researching & presenting commentary – The role of the tour guide	Monday 22 nd Jan 2018 10.00 – 16.30	Training Room, Crossmaglen Community Centre	Travel & Tourism Associates
– Itinerary planning & development – Health and safety – 5-minute practice commentary (Group 1)	Monday 29 th Jan 2018 10.00 – 16.30	Training Room, Crossmaglen Community Centre	Travel & Tourism Associates
– Geology: Slieve Gullion Courtyard	Saturday 3 rd Feb 2018 10.00 – 12.00	Classroom 5, Slieve Gullion Forest Park	Onsite guide - Kirsten Lemon: Geological Survey Northern Ireland
– Biodiversity: Woodlands	Saturday 3 rd Feb 2018 13.00 – 15.00	Classroom 5, Slieve Gullion Forest Park	On site guide – Dave Tosh: CEDaR
– Commentary presentation skills – 5-minute practice commentary (Group 2)	Monday 5 th Feb 2018 10.00 – 16.30	Training Room, Crossmaglen Community Centre	Travel & Tourism Associates
– Camlough Village Walking Tour	Saturday 17 th Feb 2018 10.00 – 12.00	Camlough village; departs Doyle's Pub	Tour Guide - Des Murphy
– Leading the group and microphone techniques – 5-minute practice commentary (Group 1)	Monday 19 th Feb 2018 10.00 – 16.30	Training Room, Crossmaglen Community Centre	Travel & Tourism Associates
– Health and safety on guided tours – Portfolio building – 5-minute practice commentary (Group 2)	Monday 26 th Feb 2018 10.00 – 16.30	Training Room, Crossmaglen Community Centre	Travel & Tourism Associates
– On-site practical guiding session with feedback, assessment and evaluation. (5 participants); all participants attend. – Post-tour feedback, final submission of portfolio and course evaluation	Monday 5 th Mar 2018 10.00 – 16.30	Departure location TBC	Travel & Tourism Associates

Content	Date	Location	Delivery
– Walking in Your Community: Slieve Gullion Courtyard	Saturday 10 th Mar 2018 09.30 – 16.30	Slieve Gullion Forest Park	Claire Overend - Outdoor Recreation Northern Ireland
– On-site practical guiding session with feedback, assessment and evaluation. (5 participants); all participants attend. – Post-tour feedback, final submission of portfolio and course evaluation	Monday 12 th Mar 2018 10.00 – 16.30	Departure location TBC	Travel & Tourism Associates
– Emergency First Aid - TBC	Saturday 24 th Mar 2018 09.30 – 16.30	Health Matters, Monaghan Court, Monaghan Street, Newry	Health Matters
– On-site practical guiding session with feedback, assessment and evaluation. (5 participants); all participants attend. – Post-tour feedback, final submission of portfolio and course evaluation	Monday 26 th Mar 2018 10.00 – 16.30	Departure location TBC	Travel & Tourism Associates

Introduction

Welcome to the **Ring of Gullion Ambassador** training course. This course is being organised through the Ring of Gullion Landscape Partnership Scheme. The Ring of Gullion Landscape Partnership is part of the Heritage Lottery Fund's programme to conserve and enhance some of the region's most treasured landscapes. A £1.4 million programme is underway which aims to engage people with the Ring of Gullion Area of Outstanding Natural Beauty (AONB) and surrounding landscape. Actions range from trail construction to storytelling and from interpreting the history of Newry Canal, to enhancing the area's rich biodiversity and of course the **Ring of Gullion Ambassador** training course.

Knowing more about our heritage and passing on that knowledge is of vital importance to communities and our sense of place. This course will help you to explore your heritage, build up a collection of stories and share them with your own community, as well as, visitors.

Please do not use any audio recording device unless the guide says they are comfortable with you doing so.

Things to think about when on your learning tours:

- What do you think of the meeting point? Is there sufficient parking, if not was there enough communication about this?
- Do you think the time is appropriate? If not, why not? When/how would you organise the time?
- What about the weather, is everyone appropriately dressed? What would you do if they weren't?
- Did the tour run to time? Would you have it longer/shorter? Why?
- Was there opportunity to ask follow up questions? What ways can this be done?
- Were you able to hear the guide at all times? If not, how could you improve this?
- Was the group too big/too small/just right? What size group would be appropriate?
- Was the information pitched at the right level for tourists? Were you given information on how to get more information?
- How will you use this information in your life? Will you take your friends and family out? Will you go to your local school or community group and tell them about the area?
- How much would you be willing to pay for this tour? Would you leave positive feedback on a review website? Would you recommend the tour to friends/family/visitors?
- How would you promote your tour? How did you hear about the Ambassador Course? Do you think it was well publicised? Have you heard of any of these tours before?
- Do you know that Ring of Gullion has a website, Twitter and Facebook Account? Are you following them? Do you know how to get in touch with the Ring of Gullion staff?
- Have you thought about partnerships with others? Joining the Mourne & Ring of Gullion Tourism Forum?
- What kind of environmental protections are on the land? Will this impact on your tour? What land access issues are there?

OCN NI Level 2 in Tour Guiding with Colette McCafferty and Judith Boyle

Colette McCafferty and Judith Boyle are fully qualified, specialist, bespoke tourism trainers and assessors. Travel & Tourism (T&T) Associates is a fully approved Open College Network (OCN) NI centre, which can offer fully accredited, tourism-based courses. Over the past six years, Judith and Colette have successfully delivered tailored tour guiding training for a number of organisations.

Both Colette and Judith have been collectively training and lecturing in a wide range of tourism related subjects for the past 30 years and as a direct result are very familiar with the learning styles and delivery techniques required for a wide range of learning abilities. Subject areas delivered have included Foundation Degrees in Travel in Tourism and Events, BTEC First and National T&T qualifications, NVQs in Tour Guiding, Cultural Heritage and Tourist Information, Blue Badge in Tour Guiding, Chartered Institute of Marketing qualifications, World Host/Ambassador and Creative & Cultural Apprenticeships.

The key training topics for the OCN NI Tour Guiding Award are local information, researching and presenting commentaries, leading groups, health & safety and customer service. Delivery will include a mixture of classroom and site based activities. Classroom sessions will be delivered using power points, exercises, best practice scenarios and discussion, while site based training will involve candidates being afforded the opportunity to experience local tours/guides. The programme will culminate in the candidates jointly preparing and delivering a tour of their area and building a portfolio of evidence for their OCN NI Award.

Content

Structure of the Northern Ireland Tourism Industry: Morning session to begin with introductions, key interests in the local area and anticipated outcomes from the programme. A slide show will follow, outlining the structure of the tourism industry in Northern Ireland and the functions of the primary stakeholders e.g. Northern Ireland Tourist Board, Tourism Ireland, the Visitor Information Centres, Councils, Partnership Boards etc., up-to-date visitor numbers, top attractions and marketing activity.

Researching a Tour Commentary: Candidates will be guided through how to research a commentary for a guided tour and will be asked to prepare a 'story' to tell at the next session. Examples of good practice will be provided and the group will identify key attractions in the local area. The session will finish with the group preparing a guideline sheet entitled 'The Role of the Tour Guide'.

Assessment Day: This is the culmination of the work developed in the previous sessions and will take all candidates out into the Ring of Gullion area to deliver their prepared commentaries for specific sites, according to the itinerary agreed. Each candidate will be allocated 10 minutes to deliver their piece including housekeeping, health and safety and a comprehensive finale. All will be provided with peer and trainer feedback. Back at the training venue, candidates will collate information for portfolios, complete administration and will be furnished with progression information and a summary – 'Top Tips for Tour Guiding'.

The Tour Guiding element of the programme will be assessed according to OCN NI requirements, where candidates will produce a small portfolio of evidence to show their competence against the unit standards. This portfolio will include tour scripts, exercises completed during the programme, photographs, video evidence and a written observation record completed by the trainer. Portfolios will be retained by the trainer until external verification by OCN NI has taken place and certificates have been received.

Ring of Gullion Heritage Coach Tour – Una Walsh

Una, a Mullaghbane native, is one of the most passionate people in South Armagh. She has a wealth of knowledge about everything from the formation of Camlough Mountain 400 million years ago, the Ring Dyke 58 million years ago, through Mesolithic, Neolithic, Iron age, Bronze age, early and late Medieval and Christian heritage. Una is passionate about the townlands and knows them the length and breadth of South Armagh. Una is also a Geo-Ambassador and tutors on the Ring of Gullion Ambassador course. Una specialises in the very popular Ring of Gullion Historical Coach Tour.

Camlough Village Tour – Des Murphy

Des is a Camlough native and has been involved in tourism and recreation in South Armagh for many years. Des is passionate about South Armagh and the Ring of Gullion and delivers regular tours to international and domestic tourists. His tours cover a wide spectrum of interests and locations, which can be delivered by bus or on foot.

Des brings life to the historical characters of South Armagh like no other. His tours include world famous Ring of Gullion and Armagh myths and legends, historical, archaeological and political tours; cross border tours and walking tours of the medieval village of Carlingford, Newry City, Armagh City, Derry City and Belfast City too. For the more adventurous tourist Des can lead hill walking tours of Slieve Gullion, the Cooley Mountains, Mourne Mountains, Camlough Mountain and Slieve Foy, and has been known to give tours all over the Island of Ireland.

Today Des will give his version of the Camlough Village Tour. You can use the Camlough and Bessbrook brochure as a rough guide of the topics covered, please flick to the back for full details.

The Region's Biodiversity – Dave Tosh

The focus of this activity will be learning about wildlife recording, about the different methods everyone can get involved in for helping to take note of where our plants and animals are; the first step in building evidence for their protection, management and continued survival. Hopefully, you will not only be getting involved because you care about wildlife, but also because wildlife recording can be great fun and brings you into contact with many other excited, curious and interested people. Moreover, it gives a great reason to get out and about and to explore the many beautiful places around the Ring of Gullion.

Please let us know in advance of the course if there is a particular species or habitat you are interested in and Dave will tailor his information accordingly. There is lots of recording equipment available from the Ring of Gullion staff, get in touch with them if you'd like to borrow any.

The Ring of Gullion AONB has a rich biodiversity associated with a range of habitats, plants and animals. The diverse habitats include:

- The heath of Slieve Gullion and the ring dyke hills,
- Residual areas of bogland at lower elevations,
- The rivers that flow through the area,
- The lakes associated with glacial scouring,
- Deciduous woodland and scrub,
- Coniferous plantation and
- The farmed landscape of small fields and species-rich hedge banks.

The area today has a rich flora and fauna with many nationally and internationally important habitats and species. The importance of the biodiversity within these habitats, to nature conservation, has been recognised by seven areas within the AONB being declared as Areas of Special Scientific Interest (ASSI).

The upland heaths of Slieve Gullion and the ring dyke hills – although they are vulnerable to scrub encroachment – are of particular significance, as are Camlough, the Cashel Loughs, and the intertidal mud of the upper reaches of Carlingford Lough. Much of the biodiversity of the AONB lies in its farmland with its patchwork of hedgerows, walls and pockets of woodland.

Cashel Loughs is an extensive area of semi-natural vegetation in an ice-scoured rock basin. It takes in a wide range of habitats including dry heath, acid grassland, scrub and woodland. The wetlands are of particular importance, with a range of communities including the clear unpolluted open waters of the three loughs in addition to adjoining fen, cut-over bog, wet heath and rush pasture. The area contains a number of vascular plants with a restricted distribution in Ireland and Britain, including marsh St. John's-wort, western gorse and a number of notable mosses, as well as common reed, water horsetail and white water lily.

The diversity of wetland habitats supports a rich invertebrate community including 30 species of water beetle, 15 species of spider and 10 species of ground beetle. In addition to its overall diversity, the site contains a number of notable species including the rove beetle *Stenus nitens*, the water beetle *Laccornis oblongus* and four species of spider.

Geological Tours – Kirstin Lemon

Geologically Slieve Gullion and the encircling 'ring dyke' hills are considered to be the best example of a volcanic ring dyke system in the UK and Ireland. The complex attracts international research interest and has made contributions of world significance to the scientific understanding of volcanicity.

The oldest rocks in the area formed in an ancient ocean more than 400 million years ago during the Silurian period. Masses of molten granitic rock or magma were later intruded into these rocks, which underlie Newry city and much of the Slieve Gullion area. These granites are over 400 million years old and date from a major period of mountain building in Ireland.

In the Palaeogene period, commencing some 65 million years ago, the area once again became the centre of volcanic activity. Slieve Gullion is the eroded heart of a volcano active in the area some 60 million years ago. Volcanoes often develop an encircling ring fault or fracture around them and the Ring Dyke which gives the area its name is caused by magma, or molten rock, reaching the surface at several points in the fracture resulting in explosive eruptions of which there is still evidence today; the encircling ring dyke is some 11km in diameter and includes the hills of Crosslieve, Mullaghbane Mountain, Slievenacappel, Anglesey Mountain, Flagstaff and the Sugarloaf or Sturgan Mountain.

Volcanoes also erupted in the south of the area and the remains of volcanic necks can be found in the hills around Forkhill. Along the contact zone between the Silurian rocks and the Newry granite, a roughly circular fracture developed into which was intruded a series of acidic lavas. These cooled to form very hard granophyre and felsite rocks – in fact, two 'ring dykes'.

The last glaciation has also left its mark on the area. In more recent times the landscape has been shaped by the action of glaciers during successive Ice Ages. Glaciers exploited existing weaknesses in the rocks (faults and softer rocks) to erode deep valleys through the Ring of Gullion. The upstanding hills were glacially scoured leaving craggy outcrops (*rôches moutonnées*), boulder-strewn slopes and rocky ridges and hollows. The valley bottoms were in-filled with glacial deposits. The 'tail' of Slieve Gullion, which itself forms the 'crag', is seen at Dromintee and is a ridge of boulder clay deposited in the wake of Slieve Gullion as it was overrun by ice moving from the north. To the south-east of Slieve Gullion is a 'tail' of glacial deposits, the Cashel Loughs lie in ice scoured basins, and the deep valley of Carlingford Lough is thought to have been formed by the ice. The 'crag and tail' theory at Slieve Gullion is still contested by some geologists.

Walking in your Community – Outdoor Recreation Northern Ireland

What Is “Walking in Your Community”?

Walking in your Community is an initiative to encourage people throughout Northern Ireland to get walking in their local area. The initiative offers introductory walk leader training and other support to deliver a successful walking programme for local communities.

Walking in Your Community is designed specifically for community group leaders and volunteers as well as club leaders and community members who wish to encourage people to get walking. Trained leaders, known as Community Walk Leader, will set up walking groups and encourage people in their local community to walk with the group as part of a regular and enjoyable walking programme.

Walking in Your Community provides:

- Introductory Community Walk Leader training
- Insurance
- Further training including first aid, further navigation
- Online forum & networking events

Who are Walking in Your Community?

Walking in Your Community is a walking initiative developed by Outdoor Recreation Northern Ireland. Outdoor Recreation NI is an organisation responsible for developing, managing and promoting outdoor activities including walking, cycling, canoeing and adventure activities throughout Northern Ireland.

Outdoor Recreation NI runs the WalkNI website and has previously coordinated training in outdoor activities for community groups.

Walking in Your Community has been developed in response to feedback from community groups. Many club leaders and community members had expressed their wish to encourage their groups to get walking but needed support to enable that to happen. With this in mind, Walking in Your Community was conceived.

Why Walk?

Walking is an activity that is accessible to all, where no special equipment is needed and you can do it from your doorstep. Essentially walking is free!

Walking is the perfect exercise; it is affordable, accessible to all, low risk and low impact. Regular, 30-minutes a day, of brisk walking (walking with a raised pulse and faster breathing but being able to maintain a conversation comfortably) five times a week, has been scientifically proven to help reduce cholesterol, heart disease, strokes, diabetes and more.

Taking part in walking, and in particular a group walk, besides the many physical benefits, also has other benefits, which are equally important. It helps build friendships and participants get a ‘feel good factor’, all of which helps support positive mental health.

All exercise is good for us, but outdoor activities, whether it is walking, orienteering, cycling or canoeing, have the added advantage in that they take place outside and connect us to nature. This connection to nature has a restorative effect on our well-being, boosting our 'sense of connection' with the seasons and our environment.

How can I be involved?

Set up a walking group

Anyone can set up a Walking in Your Community Group.

You may already be part of an established community group, association or club with an interest in establishing a walking group within this. Alternatively, you may want to set up a walking group in your local area in order to attract a new group of friends and people living in the area to get walking.

Community Walk Leaders

The individuals within a Walking in Your Community Walking group, who are trained and insured to lead a programme of walks in their local area.

Emergency First Aid Training – Health Matters

Who should attend?

This course is designed for people who want to receive training in emergency first aid and is especially suited for nominated first aiders in smaller, low risk working environments.

What you will learn?

It is a comprehensive First Aid course, designed to deliver training in basic life-saving priorities and skills. The content of this course provides basic life-saving first aid and workplace health and safety regulations, covering the following:

The role of the first aider	Health and safety (first aid) regulations
Managing an emergency	Resuscitation (adult CPR)
Communication and casualty care	Seizures (adult)
Bleeding (minor and severe)	Shock
Burns	Unconscious casualty
Choking (adult)	Defibrillator pad placement
Defibrillator prompts and how to respond	

Course duration

One day

Assessment

There is no formal written or practical examination for this course. However, trainers use continuous assessment to evaluate the candidate's attainment.

Certification

Successful candidates will receive a Health Matters certificate of attendance, which is valid for three years.

**Congratulations you are now a
Ring of Gullion Ambassador!**

More information and contact details

The Ring of Gullion Area of Outstanding Natural Beauty	www.ringofgullion.org
Health Matters	www.healthmattersni.com
Outdoor Recreation Northern Ireland – Walking in your Community	www.walkinginyourcommunity.com
Outdoor Recreation Northern Ireland – WalkNI.com, CycleNI.com, CanoeNI.com	www.walkni.com www.cycleni.com www.canoeni.com
Gap of the North Hill Walking Club	www.gaponorth.co.uk
Geological Survey NI	www.bgs.ac.uk/gsni
Mourne Cooley Gullion Geotourism	www.mournecooleygullion.com
Visit Mourne Mountains and Ring of Gullion	www.visitmournemountains.co.uk
Southern Regional College	www.src.ac.uk
Tí Chulainn Cultural Activity Centre	www.tichulainn.com
T & T Associates	judithboyle.assoc@gmail.com
Una Walsh	unawalsh54@gmail.com www.ringofgullion.org/things-to-do/tour-guides
Kevin Murphy	kmmur@hotmail.com www.ringofgullion.org/things-to-do/tour-guides
Kieran Swail	swailk@src.ac.uk Facebook: 3tourismsrc Twitter: @i3tourismsrc
Catherine Bertrand – Butterfly Conservation NI	bcni@btconnect.com www.butterfly-conservation.org
Dave Tosh – CEDaR	david.tosh@nmni.com
Kirstin Lemon – Geological Survey NI	Kirstin.Lemon@detini.gov.uk www.bgs.ac.uk/gsni/
Des Murphy	murphydes1@yahoo.co.uk Twitter: @murphydes1 Facebook: Des Murphy Ireland Tours www.ringofgullion.org/things-to-do/tour-guides
Mourne, Cooley, Gullion Geotourism	www.ringofgullion.org/tourism-in-the-region/mourne-gullion-cooley-geotourism/ www.mournecooleygullion.co.uk
Destination Mourne Mountains and Ring of Gullion	www.ringofgullion.org/tourism-in-the-region/mourne-mountains-ring-of-gullion/ www.visitmournemountains.co.uk/
Castleblayney and South Armagh	www.ringofgullion.org/things-to-do/castleblayney-south-armagh/ www.monaghantourism.com/default.aspx
Carlingford and Cooley	www.carlingford.ie/ www.loutholidays.com/
Discover Northern Ireland	www.discovernorthernireland.com/
Discover Ireland	www.discoverireland.ie/

