

## **Walking Information**

We welcome all to the Castlegregory Walking Festival, whether you are a seasoned walker or just beginning. You do not need to belong to a walking club to take part! Children under 18 must be accompanied by a parent or guardian.

**It is important that you choose the walk most suited to your level of fitness and experience.** If you decide to undertake one of the high mountain walks and you are not fit enough to do so you may risk not only your own safety but that of fellow walkers and those who may have to rescue you.

**Dogs are not permitted.**

## **Protective Clothing**

Walkers on the Mountain routes should carry the following:

- rucksack
- walking boots are strongly recommended for all difficult and moderate walks.
- waterproof coat, leggings and gaiters - expect wet and boggy terrain.
- spare clothing
- hat and gloves
- snacks - take into account the walk duration
- at least one litre of water.

**FOR SAFETY REASONS PLEASE ENSURE THAT YOU CHECK IN WITH THE WALK LEADER AT THE END OF YOUR WALK.**

## **Transport**

Transport is provided to the start and from the end of each walk except for the easy walk on Saturday. Start times: Difficult 9am    Moderate 9.30am    Easy 10am

## **Registration**

**To register visit:** [www.dinglehillwalkingclub.com/home](http://www.dinglehillwalkingclub.com/home) page

Weekend cost for walks - €25 (two walks), non refundable, including 2 packed lunches and transport to the starting and finishing points or €20 for walks without lunch. For practical reasons the lunch offer is only available to advance registrations received by 6<sup>th</sup> Oct. There is a €10 supplement for Saturday am registration. Cheques should be payable to **Dingle Hillwalking Club** and posted with the registration form to **Noel O'Neill Assistant Manager, Bank of Ireland, Main St. Dingle Co Kerry**. All walkers are requested to confirm their attendance at the Community Centre next to Spar from 7-9pm on Friday 7th October. Late registrations will also be accepted then.

## **Further Contact Details:**

### **Tourist information**

Castlegregory Information Office. Office Hours: 9am-5pm Monday-Friday

Tel No: 066 7139422

Check out our facebook page: Dingle Hillwalking Club/home page

or e-mail: dinglehillwalking@hotmail.com

### **Accommodation**

A list of accommodation providers is available on [www.dinglehillwalkingclub.com](http://www.dinglehillwalkingclub.com) home page. Follow the links to 'where to stay'

Further accommodation information is available from: Castlegregory Information Office.

### **Follow the Country Code**

Enjoy the countryside and respect its life and work.

Guard against all risk of fire.

Fasten all gates.

Keep to public paths across farmland.

Use gates and stiles to cross fences, hedges and walls.

Leave livestock, crops and machinery alone.

Take your litter home.

Help to keep all water clean.

Protect wildlife, plants and trees.

Take special care on country roads. Make no unnecessary noise.

Enjoy the walk, it is not a race and take in the magnificent views. Please respect the Leaders decisions. The Organisers or walk leaders reserve the right to cancel or alter any route or aspect of the festival.