

Castlegregory Walking Festival

8th and 9th October 2011



Cumann Sléibhteoireachta Chorca Dhuibhne

Registration Form

Name.....

Address.....

Land ①.....Mob ①.....

Email.....

Emergency Contact.....M ①.....

Weekend Cost for walks €25, non refundable, including 2 packed lunches and transport to the starting and finishing points or €20 for walks without lunch. Children under 18 pay €5 and must be accompanied by a parent or guardian. There is a €10 supplement for Saturday am registration

Cheques should be payable to **Dingle Hillwalking Club** and posted with this form to **Noel O'Neill Assistant Manager, Bank of Ireland, Main St. Dingle Co Kerry.**

Walk options.

Saturday 8th Oct. Easy Moderate Difficult Pack Lunch

Sunday 9th Oct Easy Moderate Difficult Pack Lunch

Please tick ✓ your preferred walks and pack lunch option

Easy: Usually lower level; can be over rough ground and ascent up to 250 metres. Walk duration 3-4 hours.

Moderate: Requires a reasonable degree of fitness; climbs up to 826 metres, May involve some scrambling.
Walk duration 5-6 hours

Difficult: Requires a high level of fitness, stamina, a head for heights and will involve some scrambling and narrow ridges. Walk duration 7-8 hours.

Walk leaders may change routes depending on weather conditions. It is important to choose the correct walk to suit your ability and fitness level. Walking boots, wet gear and appropriate clothing are strongly recommended for your own safety and enjoyment. Walk leaders will be available in Community Centre next to Spar from 7-9pm on Friday 7th October to discuss the walks in detail with you and to confirm your attendance.