

# Castlegregory Walking Festival

## 8<sup>th</sup> and 9<sup>th</sup> October 2011



**Cumann Sléibhteoireachta Chorca Dhuibhne**

### Registration Form

Name.....

Address.....

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Land ☎.....Mob ☎.....

Email.....

Emergency Contact.....M ☎.....

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. 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 higher level of fitness and a head for heights and will involve some scrambling and narrow ridges. Walk duration 6-7 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 7<sup>th</sup> October to discuss the walks in detail with you and to confirm your attendance.